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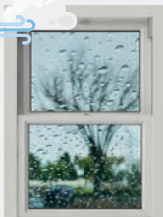
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2025
Food
Issue

14

24

JUNE

VOL 79 | NO 6

14

TAKE COMFORT

Beer cheese, Hot Browns, burgoo, Derby Pie, spoonbread—five classic dishes spell comfort in Kentucky. Learn the backstory to these Kentucky-born comfort foods—and where to enjoy them.

24

SARA BRADLEY

ON THE COVER Award-winning chef Sara Bradley builds culinary connections at her Paducah restaurant, Freight House. Learn more about her journey, and her road home.

ON THE COVER Chef Sara Bradley owns the Paducah restaurant Freight House and has won TV cooking competitions including *Chopped: All-American Showdown* and *Chopped: Legends*, and was runner-up on *Top Chef: Kentucky* and *Top Chef: World All-Stars*. She was recently named a finalist for a 2025 James Beard award. Winners will be announced June 16. Photo: Paducah Convention & Visitors Bureau

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EDITORIAL

EDITOR Shannon Brock

MANAGING EDITOR Joel Sams

COMMUNICATIONS OFFICE COORDINATOR Mary Lyons

MANAGER OF COOPERATIVE OUTREACH Mallory Wafzigi

COPY EDITOR Madelynn Coldiron

CONTRIBUTORS Heather Bilyeu • Miranda Boutelle

Byron Crawford • Kim Kobersmith • Ken McBroom

Shelly Nold • Brian Orms • Elizabeth Rhodus

Hillary Smith • Penny Woods

ADVERTISING

ADVERTISING MANAGER Renee Williams

ADVERTISING SALES REP. Monica Pickerill

ADVERTISING SALES REP. Cynthia Whelan

ADVERTISING SALES REP. John Witt

PRODUCTION

SENIOR GRAPHIC DESIGNER Katy Hurt

GRAPHIC DESIGNER Kacey Harmeling

GRAPHIC DESIGNER Jessica Hawkins

MULTIMEDIA SPECIALIST Wade Harris

KENTUCKY ELECTRIC COOPERATIVES

PRESIDENT Chris Perry

VICE-PRESIDENT STRATEGIC

COMMUNICATIONS Joe Arnold

CHAIRMAN Jason Todd

VICE CHAIRMAN Benny Adair

SECRETARY/TREASURER Tim Lindahl

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Kentucky Living is published to create a community of people who take pride in thinking of themselves as Kentuckians and as knowledgeable electric co-op consumer-members, in order to improve their quality of life.

TO CONTACT US

WWW.KENTUCKYLIVING.COM

Go to KentuckyLiving.com to About/Contact, to send a Letter to the Editor or general comments

PHONE: (800) 595-4846

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PO Box 32170 (40232)

1630 Lyndon Farm Ct Ste 200 (40223) Louisville, KY

(800) 595-4846

EMAIL: advertising@KentuckyLiving.com

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American MainStreet Publications

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Adventure's out there

An invitation to exploration

SUMMER'S HERE—and it's time to get out and explore.

There's plenty to inspire your travels in this issue of *Kentucky Living*. Our cover story, on page 24, profiles Sara Bradley, the award-winning chef and owner of Freight House restaurant in Paducah. Another feature, on page 14, explores the backstories of five classic Kentucky comfort foods, along with insights on where to enjoy them. And you can find an outstanding guide to natural arches and bridges across the state on page 43.

Restaurants, comfort foods, natural wonders—they all share something in common. You can't experience them by hearing about them, looking at pictures or even reading about them on a screen or in these pages. You have to get up and go.

It seems like time is moving faster these days, and there's always something else on the to-do list. But summertime is an invitation to slow down, take the back roads, roll down the windows and maybe discover something new.

Each month, *Kentucky Living* highlights the people, places and experiences that make our cooperative communities unique. When we introduce you to a new small business, family-owned restaurant, scenic destination or weekend getaway, we're doing our part to lift up our communities. And when you dine, support a local business or visit that state park you've been meaning to see, you're doing your part as well.



Nothing is more important to the electric cooperative ethos than community. It's what sets us apart, and it's what brings us together. So, consider this your invitation and your challenge. Adventure is out there, in co-op communities across Kentucky. Discover for yourself what they have to offer—and let us know what you find.

Chris

CHRIS PERRY
President/CEO

**KENTUCKY ELECTRIC
COOPERATIVES**



FROM THE EDITOR

SOMEHOW, IT'S SUMMER AGAIN.

Though the season doesn't officially change until June 20, schools are out, and the days are getting warmer. We're nearly halfway through another year.

And with summer comes grilling season, which is perfect for this June food issue. Not only does grilling help keep the heat outside where it belongs (instead of inside, if you used the oven), it just tastes good. There's nothing quite like the gentle char on cheeseburger or a perfectly cooked pizza crust from the grill.

June is also when we celebrate fathers and father figures, and it just so happens the grill master in my home is the father of my children: my husband, Josh.

Though none of them are quite right for the grill, read about five delicious Kentucky comfort foods on page 14, and learn about well-known Kentucky Chef Sara Bradley on page 24.

Whether you're grilling out or visiting Bradley's Freight House in Paducah, have a safe and happy June in that summer sun.

SHANNON BROCK,
EDITOR

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email address and name of electric co-op.



KentuckyLiving.com

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SECOND HELPING

Sara Bradley's kitchen tips, recipes, Paducah favorites and more

Read about award-winning chef Sara Bradley's culinary journey on page 25, and save room for dessert. Visit KentuckyLiving.com for video links, a recipe for strawberry basil pie, a demonstration of cooking "whooped vegetables," a roundup of the chef's favorite things to see and do in Paducah and more.



COMFORT COOKING

Classic Kentucky recipes

Nothing says Kentucky like classic comfort food. Learn about the history of beer cheese, burgoo, Hot Browns, Derby Pie and spoonbread—and where to enjoy them—on page 14, then visit KentuckyLiving.com for recipes.



EXPERIENCE ARCHES

Plan your adventure

Kentucky is home to more than 2,000 natural bridges and arches. Learn about just a few of our favorites on page 43, then visit KentuckyLiving.com to learn more about how arches are formed and explore a map of arches on public lands.



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A reconnection story

Everyone loves a classic happily-ever-after fairy tale. Lexington authors Beth and Jim Aubrey share theirs in *The Long Flight Home: A True Story of Years Lost and Love Found*.

Though the two first became acquainted as pen pals, it took decades for them to finally meet.

As a young teen, Beth craved adventure. Each time she heard the coal train whistles in her small southeastern Kentucky coal camp, she dreamed of traveling outside her mountains. Library books would take her to exotic locales, enabling her to live out her dreams in the only way possible at the time. When a pirate radio station far away offered to pair up folks seeking a pen pal, Beth took a chance and sent her request.

Jim, an ocean away from Beth in England, had just suffered through the loss of his grandmother and a family relocation to his grandfather's home. Seeking peace and solace alone in his room, he tuned in to the same radio station, heard Beth's request for a pen pal, and wrote her a letter.

The two corresponded as regularly as air mail would allow, getting to know each other until a comfortable friendship evolved. Both anxiously awaited the arrival of the next letter. The many

miles between them prevented any pursuit beyond friendship, though.

Soon, when a local young man showed interest in Beth, she invited him to the prom, unknowingly sealing her fate.

Higher education was out of reach both financially and geographically. Deeming Beth's fellow a worthy suitor, and fearing an unplanned pregnancy, Beth's parents all but arranged her marriage to him, signing consent papers without her knowledge or even a proposal from her groom.

Jim experienced a different approach to adulthood. Dreaming of a life at sea, Jim sought and gained admission to a nautical college. Though courses went well, he didn't pass all his exams, which charted his course into different waters—an enlistment with the Royal Air Force.

Still mourning the loss of his sailing dream, more disappointment would arrive with Beth's final letter announcing her marriage and ending communication.

Into their senior years, after both found successful careers but endured failed marriages, Jim reconnected with Beth through an internet search. Read the rest of the story to follow their long journey from hardships to hearts healed.

» Penny Woods



Path to reconnection

The Long Flight Home: A True Story of Years Lost and Love Found, \$19.99, is available on Amazon. As a single parent, Beth became a safety inspector and mine safety and first aid trainer, eventually becoming one of a handful of women in Kentucky who obtained First Class Mine Foreman's Certification in the 1980s. She went on to become a registered nurse with a 34-year career that took her across the world.

During his service with the Royal Air Force, Jim installed, serviced and maintained ground radar systems. He is also a juried artist and has written several short stories and poems. Connect with the Aubreys at www.bbaubrey.com.

ENERGY EFFICIENCY

tip

Take advantage of warm weather to reduce home energy use. Avoid using your oven and use a grill instead. Cooking outdoors eliminates the electricity used to power the stove, and it avoids raising the temperature inside your home, reducing the need for additional air conditioning.

Source: energy.gov



NRECA



Spotlight on Excellence Awards

Kentucky Electric Cooperatives, East Kentucky Power Cooperative and Salt River Electric each took home Spotlight on Excellence Awards, presented in May at the National Rural Electric Cooperative Association's Connect Conference in Kansas City, Missouri. The Spotlight Awards recognize the work produced by electric cooperative communication and marketing professionals across the country.

Kentucky Electric Cooperatives received:

- Silver award, Best Special Publication-Large, 2024 *Kentucky Living* Photo Contest Calendar, Kacey Harmeling

(Classification 4: Statewide Assn., G&T or Service Member).

- Gold award, Best Long-Form Video, 2024 Distinguished Rural Kentuckian: Dr. Tony Brannon, Wade Harris and Joe Arnold (Classification 4: Statewide Assn., G&T or Service Member).
- Gold award, Best Graphic Design, Gambling with the Grid/February 2024, Jess Hawkins (Classification 4: Statewide Assn., G&T or Service Member).
- Gold award, Best Digital or Print Ad, Bowling Green Giveaway, Jess Hawkins (Classification 4: Statewide Assn., G&T or Service Member).

East Kentucky Power Cooperative received:

- Silver award, Best Web-Based Project, Dataispower.org (Classification 4: Statewide Assn., G&T or Service Member).

Salt River Electric received:

- Silver award, Best Column or Blog Post, Shining bright during National Co-op Month (At-Large Category).
- Silver award, Best Digital or Print Ad, Scary Good Savings (Classification 2: Distribution Co-op (23,000-64,999 meters)).

featured FRAMES



Stella the goat grazes in a paddock in Falmouth on a warm, sunny day. Photo by Ashley Messmer, Owen Electric consumer-member.

How a Safe Step Walk-In Tub can change your life

Remember when...

Think about the things you loved to do that are difficult today — going for a walk or just sitting comfortably while reading a book. And remember the last time you got a great night's sleep? As we get older, health issues or even everyday aches, pains and stress can prevent us from enjoying life.

So what's keeping you from having a better quality of life? Check all the conditions that apply to you.

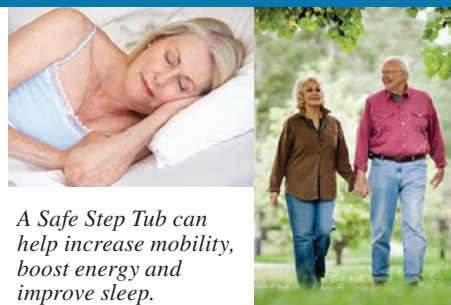
Then read on to learn how a Safe Step Walk-In Tub can help.

Personal Checklist:

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|------------------------------------|---|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Lower Back Pain |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Mobility Issues |
| <input type="checkbox"/> Dry Skin | <input type="checkbox"/> Poor Circulation |

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A Safe Step Walk-In Tub lets you indulge in a warm, relaxing bath that can help relieve life's aches, pains and worries.

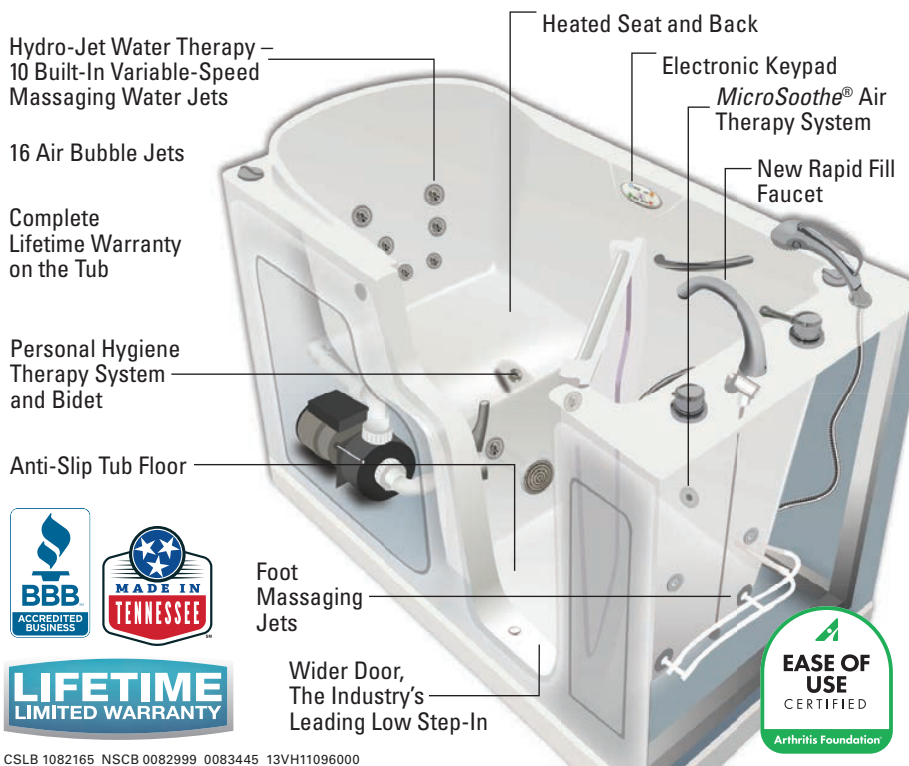


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A Kentucky voice for electric co-ops

Marty Littrel of Meade County RECC elected to national post

JOE ARNOLD



▲ **FOR THE FIRST TIME** in more than 50 years, a Meade County RECC CEO Marty Littrel, right, was elected secretary-treasurer of the NRECA Board of Directors. He is pictured with Kentucky Electric Cooperatives CEO Chris Perry at the 2025 NRECA Legislative Conference in Washington, D.C. Photo: Wade Harris

Kentucky electric co-op leader has been elected to a leadership position with the National Rural Electric Cooperative Association. Marty Littrel, president and CEO of Meade County RECC, was elected secretary-treasurer in March. He is set to serve two years in that post, two years as vice president, and then in 2029 will be in line to serve as NRECA president.

“I look forward to working in this role to ensure we as electric cooperatives are committed to handling the looming energy challenges, while continuing to provide affordable and always-reliable power to our rural co-op consumer-members across the nation, and back here in Kentucky,” Littrel says.

Despite Kentucky’s significant role in the 90 years of rural electrification, only two men with

connections to Kentucky co-ops have served in NRECA leadership positions. In the late 1960s, Jackson Purchase Energy Cooperative General Manager Hobart Adams served as both secretary-treasurer and vice president. And in 1971-72, Louis Strong served as NRECA president while beginning his tenure as general manager of the statewide association of Kentucky co-ops.

“Throughout his more than 20 years working in this industry, Marty has become a passionate advocate for the consumer-members served by Kentucky’s electric co-ops,” says Chris Perry, president and CEO of Kentucky Electric Cooperatives. “He brings invaluable experience, a record of building consensus and a commitment to meeting the challenges of an evolving energy landscape.”

Co-ops support students and rural voting

Sponsored by their local electric cooperatives, nearly 100 high school juniors participated in the 2025 Frankfort Youth Tour, meeting at the state Capitol with elected officials and kicking off the Co-ops Vote campaign.

“The race for the 2026 elections is already underway, including for a U.S. Senate seat that hasn’t been open since 1972,” Secretary of State Michael Adams explained to the youth tour delegation. “As politically red areas in the commonwealth get redder and blue areas get bluer, party primaries matter more than ever. Yet only 10-15% of registered voters participate in the primaries.”

It’s the 10th year Kentucky’s electric cooperatives have partnered with the secretary of state on the nonpartisan initiative to boost rural voter registration and turnout.

“Following the launch of Co-ops Vote in 2016, we’ve seen voter turnout in our rural communities go up,” Adams said. “In the 2024 general election, rural turnout was above the statewide average of 59%. Here are some examples. Anderson County: 69%. Carlisle, Green, McLean, Spencer counties: 68%. Bullitt, Hancock, Livingston, Marshall, Washington counties: 67%. And the list goes on.”



The students also met with Lt. Gov. Jacqueline Coleman and members of the Rural Electric Cooperative Caucus, including Sen. Robin Webb, Rep. Wade Williams and Rep. Samara Heavrin. **KL**

▲ Students and chaperone Alan Coffey of South Kentucky RECC meet with Rep. Shane Baker inside the Kentucky Capitol during the 2025 Frankfort Youth Tour.



◀ Delegates on the 2025 Frankfort Youth Tour discuss issues with members of the Rural Electric Cooperative Caucus in the Kentucky Capitol Annex. Photos: Tim Webb

Full-court preparation



Braylon Ellis, left, and Andrew Tatum have lots in common: they're both recent graduates of Mercer County High School, basketball teammates and they both have type 1 diabetes. Photos: Carter Skaggs/UK Photo

Managing diabetes with help of UK's Barnstable Brown Diabetes Center

HARRODSBURG

For recently graduated Mercer County High School student-athletes Braylon Ellis and Andrew Tatum—both consumer-members of Blue Grass Energy—basketball success is about more than talent and teamwork. It's also about managing type 1 diabetes with vigilance.

Diagnosed at age 3 and 12 respectively, Braylon and Andrew have learned to navigate life with type 1 diabetes while excelling in their sport. Their routines include adjusting insulin levels, using glucose monitors and keeping snacks on hand to stay game-ready. “Keeping a close eye on my blood sugar is very important so that I stay

safe and play at my optimal performance,” Braylon says.

Preparation is constant. “I try to keep my blood sugar at an optimum level when games begin,” Andrew says. With help from coaches, trainers and each other, they stay on top of their health.

Type 1 diabetes adds complexity to an already demanding time of life. “A person with type 1 diabetes makes nearly 200 more medical decisions daily,” says Leslie Scott, diabetes care and education specialist at the University of Kentucky’s Barnstable Brown Diabetes

Center. Fellow nurse practitioner Debra Howard emphasizes the mental toll of balancing athletics and diabetes.

Despite the challenges, Braylon and Andrew support each other. “We know each other’s struggles and can help each other out,” Braylon says. Their bond has helped them thrive—not just manage.

Their care team at Barnstable Brown has been instrumental. “I don’t know where I would be without Barnstable Brown and my family,” says Braylon. Paula Tatum, Andrew’s mom, agrees. “The learning curve was steep, but the amazing providers made it manageable,” she says.

Advances in technology have also been crucial. Tools like continuous glucose monitors and insulin pumps help streamline care. “Braylon’s Dexcom gives him real-time tracking of his blood sugar, which is critical when he’s on the court,” Howard explains.

With high school now behind them, both athletes are looking ahead with the important lessons learned along the way. “Diabetes hasn’t stopped me,” Andrew says. “It’s part of who I am—but it doesn’t define me.”

For more of Braylon and Andrew’s story, visit KentuckyLiving.com. **KL**

HILLARY SMITH is a public relations officer at the University of Kentucky.



Andrew, left, and Braylon have a support team at the UK Barnstable Brown Diabetes Center.



Farm fresh, family made

Goode's Riverside Creamery opens in Liberty

JOE ARNOLD

GREG AND JOY GOODE are bucking a trend.

During their 21 years of marriage and 19 years of dairy farming together, they have watched as both the numbers of dairy farms and dairy cows in Kentucky have decreased at least 50%.

But the Casey County couple has “dairy in our blood, I guess,” Greg quips. In April, they opened Goode's Riverside Creamery. The processing and bottling operation is supplied exclusively with milk from their relatively small herd.

“We want to be able to make a living off 50 or 60 cows,” Greg explains. “We wanted to continue milking. And with the way times are now, it's typically either get bigger or get out. But we didn't want to milk 1,000 cows. We wanted to milk but stay small.”

Open seven days a week, the Liberty business is both a retail storefront and a processor, bottling and selling whole milk, low-fat milk and chocolate milk; as well as selling 16 flavors of ice cream,

butter, local meats, honey and other Kentucky Proud products.

“We've had a great response,” Greg says. “A lot of people want to know where their food comes from.”

The couple researched their business plan for six years, traveling to several different states and touring family farms and small creameries.

“Our main goal is to be able to use all of our own milk from here

on our farm, and if the sales go well, we'll purchase milk from other farms in the area,” Greg says.

“We're trying to keep it local,” he adds. “Our goal is to support our community, and that includes working with other small farms to keep everything as fresh and local as possible.”

Their dedication to community and quality hasn't gone unnoticed. Jeff Williams, president and CEO of Taylor County RECC, expresses his support: “In a short period of time, Goode's Riverside Creamery has already become an important business for our community. We're proud to see local entrepreneurs like Greg and Joy make a lasting impact.”

As for Greg, he's thrilled with the positive reception, but remains grounded. “It's been a lot of hard work, but seeing people enjoy our products makes it all worth it,” he says. **KL**



goodesriversidecreamery.com

(606) 787-4427

LOCATION:

6160 S. U.S. 127
Liberty, Kentucky

INDUSTRY:

Dairy and creamery

ELECTRIC COOPERATIVE:
Taylor County RECC

◀ Emily, left, Leann and Breanna Goode are the daughters of Joy and Greg Goode. The family works at both their dairy farm and at Goode's Riverside Creamery in Liberty. Photo: Brilee Tucker

Room with a moo view

When Goode's Riverside Creamery opened in April, it not only became a place for homegrown dairy and Kentucky Proud products, but also a tourist destination. A large window in the store's retail area offers a wide view of the milk processing and bottling operation. “You can watch milk go directly into the bottles,” says Greg Goode, who owns the business with his wife, Joy. “That's about as transparent as you can get.” Within the first two weeks of opening its doors, the shop was visited by seven school and FFA groups, Goode says. “We're hoping to educate as well as give them some good food, and maybe they'll appreciate farmers.”

Take comfort

Kentucky's down-home, signature foods

BY MEGHAN CAIN-DAVIS

Imagine sitting in granny's kitchen as she cooks something special. Mouth-watering smells waft through the air, and an early summer breeze blows through the kitchen. Nothing says safe, cozy and warm like this moment.

A simple bite of comfort food transports you down memory lane. In Kentucky, it abounds. Top of mind for most is fried chicken, but what are other special dishes that hearken home?

Rooted in Kentucky kitchens, the Hot Brown, beer cheese, burgoo, Derby Pie and spoonbread are Kentucky's ultimate comfort foods.

Beer Cheese

Over 50 years ago, legend says Joe Allman, cousin to Winchester restaurateur Johnny Allman, invented beer cheese so Johnny could have a unique snack in his restaurants along the Kentucky River, says Kerry Hollifield, national sales director at Hall's Beer Cheese.

"Johnny wanted his cousin to come up with a recipe that would make his customers thirsty and increase beer sales," says Hollifield. "They gave beer cheese away for free, and people started buying more beer. Then beer cheese became an iconic product."

A combination of an American lager, aged Wisconsin cheddar and a proprietary

Legend says Joe Allman was the first to concoct beer cheese, now a Winchester classic. Photo: Hall's Beer Cheese



"In central Kentucky, beer cheese is second nature," Hollifield says, but he confirms it's expanding in popularity across the entire state and beyond. Winchester hosts the Beer Cheese Festival every June to celebrate this unique dish.

With its snappy flavor and versatility, beer cheese is known as the life of the party, says Hollifield.

"It's a great snack that represents Southern comfort, friends, family and camaraderie," he says.

The Hot Brown

It's 1926, and The Brown Hotel is hosting another dance. The band breaks, and revelers descend on the dining space for sustenance. They look for the popular late-night dish—ham and eggs—but find chef Fred Schmidt's new creation.

He calls it the Hot Brown, and it soon becomes "one of the great sandwiches of America," says Marc Salmon, the hotel's human resources director and in-house historian.

With its open face, crustless Texas toast, 7 ounces of hand-carved turkey,

warm and bubbly Mornay sauce, applewood smoked bacon and Roma tomatoes, the dish stands the test of time.

"It's a taste of tradition," says Salmon, who has been with the Brown Hotel for 22 years. He says it's important for the Hot Brown to remain true to the original, so the recipe has never changed.

The Hot Brown is served daily at The Lobby Bar and Grill for dinner; for breakfast and lunch at J. Grahams; and in guest rooms through room service. The hotel serves 68,000 Hot Browns a year, averaging 180 a day.

"Kentuckians take a lot of pride in history. Being a part of something people have enjoyed for almost 100 years is special," Salmon says.

A few years ago, The Brown Hotel served a special guest his first Hot Brown—the grandson of its inventor, Fred Schmidt. Driving past Louisville, he wanted to try his grandfather's sandwich at the original location.

"He had no idea how famous his grandfather was," Salmon says. "He loved it."

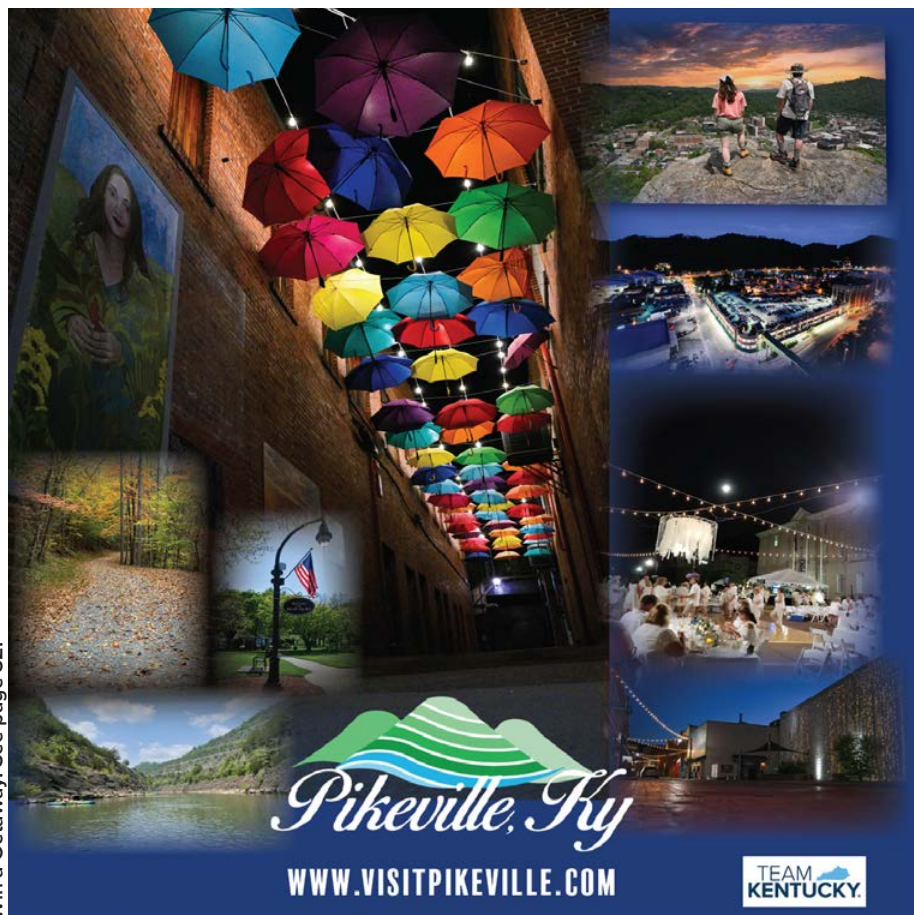
blend of spices, the original Hall's Beer Cheese is still on the menu at Halls on the River (formerly the old Driftwood) in Winchester. It's served with saltine crackers and crudites and is on the Ma Bell burger, named after Jean Bell, legendary employee and beer cheese maker.

"People assume it will have a heavy beer flavor, but it comes as a tasting note at the end," Hollifield says. "It's a mild cheddar flavor with a snap of spices and a smooth, creamy texture."

If you can't make it to the restaurant, Hall's Beer Cheese is sold across the state at Kroger, Walmart, Sam's Club, Costco, Total Wine and Liquor Barn, as well as online.

Created in 1926, the Hot Brown is a Louisville staple, still served daily at The Brown Hotel. Photo: The Brown Hotel





Kern's Kitchen is the one-and-only producer of Derby Pie, and the recipe is a closely guarded secret. Photo: Kern's Kitchen



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Derby Pie

When Walter and Leaudra Kern moved to Kentucky over 70 years ago, they planned to be there as a support for their children. Little did they know, they were about to build a Kentucky dessert staple and a fourth-generation, family-owned business.

Kern's Kitchen is the only place an official Derby Pie is made because it holds a federal trademark. Leaudra created the dessert for the Melrose Inn in 1954. To name her creation, family and co-workers put names in a hat. By luck of the draw, the "Derby Pie" was born.

It was her "authentic, unique recipe" says Rebecca Rupp, president of Kern's Kitchen. "There were amazing flavors in what she was creating."

Over 1,000 pies were sold by 1960, and the Kerns left the Melrose Inn a year later to start baking pies from their home kitchen. By the 1980s, their grandson, the late Alan Rupp,



COMFORT FOOD FESTIVALS

Kentucky's comfort food is worth celebrating. Check out these festivals dedicated to beer cheese, burgoo and spoonbread, and visit KentuckyLiving.com for a selection of comfort food recipes.

Beer Cheese Festival

On June 14 from 10 a.m. to 4 p.m., beer cheese overflows in downtown Winchester. The annual Beer Cheese Festival gathers at least a dozen professional beer cheese makers from around the country to show off their tasty product. Visitors sample beer cheese and vote on favorites, and a panel of judges also vote. Amateur beer cheese makers have their own contest, and winners are chosen only by judges.

"There are all these takes on the original beer cheese, venturing into different spice levels like mild, spicy and super hot," says Whitney Leggett, Winchester's director of strategic communication and downtown development.

Honorees receive a monetary prize and as Leggett says, "more importantly—bragging rights."

Burgoo Festival

The 31st Anderson County Burgoo Festival will take place Oct. 10–12 on Main Street in Lawrenceburg, celebrating the traditional Kentucky soup.

The county's longest-running festival includes live music, more than 100 arts and crafts vendors, festival rides, pageants and of course, a burgoo cookoff.

Attendees can bring a chair to Century Bank Park to catch a concert. Past festivals have featured entertainers like Second Hand News, Walker Montgomery, Jeff Bates, Alex Miller and The Killin' Time Band. This year's entertainment hasn't yet been announced.

"We've had people come from two and three hours away," says Tony Best, the festival president. "A lot of them come just for the burgoo."

Spoonbread Festival

A signature event of the Berea Chamber of Commerce, the Spoonbread Festival celebrates food and community, this year September 19–21.

The festival opens with a big pan of spoonbread from the Historic Boone Tavern Hotel & Restaurant. Their classic recipe has remained the same for over 75 years.

"We serve spoonbread out of a large pan at the festival, and everyone gets a bite," says Abbye Crowe, Boone Tavern's sales and marketing director.

The weekend's activities range from a 5K race and balloon glow to a spoonbread eating contest and car show. Attendees explore vendor tents offering local crafts and goods, listen to live music and performances, enjoy carnival rides and games and partake in a hearty helping of Berea nostalgia.





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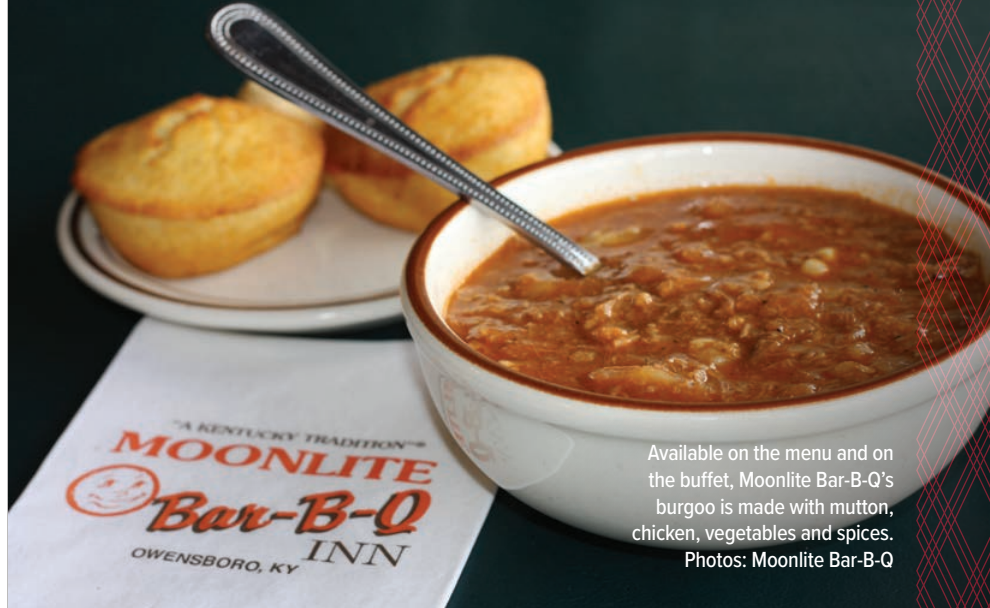
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Available on the menu and on the buffet, Moonlite Bar-B-Q's burgoo is made with mutton, chicken, vegetables and spices.
Photos: Moonlite Bar-B-Q

transformed the business into the household name it is today.

"My dad took what was created and built it," Rebecca Rupp says. "It's definitely a legacy that my father built that is unique and authentic to our city and community. It was important to him and in turn, important to me."

The Kern's Derby Pie is a chocolate walnut pie, but beyond that, the recipe is a secret. Every piece of the pie is made by hand, from cracking eggs and walnuts to making the dough.

"Our crust has our name on it eight times, so you get eight slices," says Rupp. "If it doesn't say Kern's Kitchen on your slice, it's not an original Derby Pie."

Across the Bluegrass State, you can order the pie from Kern's Kitchen's website, as well as at Kroger, Sam's Club, Walmart, Costco and Meijer.

"Our Derby Pie gives you that feeling of homeyness. It's like a big hug from your grandma," Rupp says.

Burgoo

Burgoo has always had a home on Moonlite Bar-B-Q Inn's menu, says Patrick Bosley, third-generation owner of the popular Owensboro restaurant.

"We have good burgoo and always have," says Bosley. "And we haven't changed the recipe."



Moonlite is famous around the world for its barbecue meats, but it's also known for burgoo, selling 35 to 70 gallons of the hearty soup each day.

Passed down from Bosley's grandparents, Moonlite's burgoo combines mutton, chicken, potatoes, corn, cabbage, a blend of seasonings and tomato paste.

"It warms you up, fills you up and triggers lots of memories of home and the past," Bosley says. "We don't have a secret recipe. Our secret to success is that we just cook everything from scratch, and that's what makes it remarkable. We're cooking like grandma and grandpa."

Burgoo, a summer soup, is rooted in pioneer days when churches hosted

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Spoonbread is a mix of cornmeal, eggs, milk, butter and baking powder, beaten with a spoon. Photo: Historic Boone Tavern Hotel & Restaurant

KentuckyLiving.com

Make comfort foods at home

Kentucky comfort foods originate from grandma's kitchen, so why not try making them in your own? Find recipes for spoonbread, burgoo, beer cheese and the Hot Brown at KentuckyLiving.com



Sunday picnics and communities celebrated barn raisings. The entirety of the sheep was used, even leftovers like necks and shanks. They were de-boned and boiled for burgoo, says Bosley.

Today, choice pieces of lamb are used in Moonlite's burgoo, which can be purchased as an entire meal with cornbread or as a side to an entree.

"It's eating a little bit of history," he says.

Burgoo can be ordered by the gallon on Moonlite's website, allowing anyone to experience that "taste of home."

Spoonbread

With indigenous origins, spoonbread is a staple of Southern cuisine. Berea is

the spoonbread capital and hosts the Spoonbread Festival every September.

Richard T. Hougen managed the Historic Boone Tavern Hotel & Restaurant from 1940 to 1976 and is the reason for spoonbread's fame.

"Spoonbread is like if cornbread and corn pudding had a baby," says Abbye Crowe, Boone Tavern's sales and marketing director. "It's really good with butter or honey, and is the perfect side dish with fried chicken and greens."

A mix of cornmeal, eggs, milk, butter and baking powder, spoonbread is delicate, like a souffle. It needs to be eaten with a spoon, thus the name.

Over 225 eggs are used every day to make spoonbread at Boone Tavern, and 56 gallons of it are served a week. Anyone who orders an entree gets spoonbread on the side.

Boone Tavern is located on the campus of Berea College, where 70% of the student body hails from Appalachia. Crowe says having spoonbread on campus is like "having a little piece of home."

"Spoonbread is a piece of what Kentucky has to offer. It's warm, satisfying and homey, and that's what Kentucky is, too," she says. **KL**

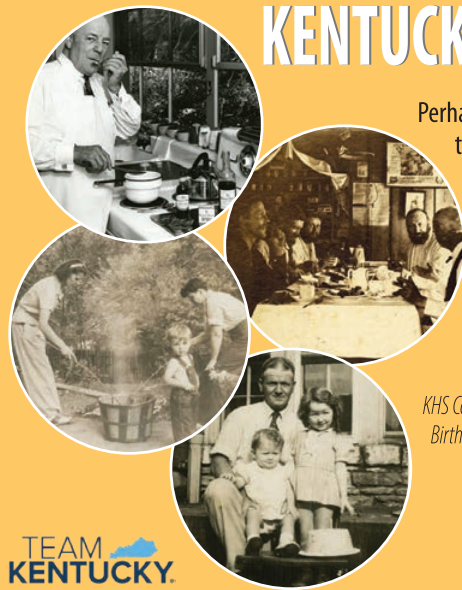
KENTUCKY AT THE TABLE

Perhaps the only thing more comforting than making Kentucky foods is *sharing* it. From around the dinner table, to special occasions, to world-renowned cooking, Kentucky is the epitome for comfort foods.

Find more unforgettable moments in Kentucky history at history.ky.gov.

KHS Collections: Duncan Hines (1953), Hotel Dinner (1885), Birthday Cake (1940), Tending the BBQ (1941)

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A high-angle photograph of a cornfield during harvest. Two men, wearing blue shirts and baseball caps, are walking through the rows of corn, each carrying a large bunch of harvested ears. In the foreground, a black metal bin is filled with the harvested corn, showing the green husks and golden silk. The field is organized into neat rows, with a dirt path running between them. The background shows more rows of corn and some distant structures.

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CURT STEWART



CURT STEWART



FREIGHT HOUSE



FREIGHT HOUSE



Bringing the

WORLD

to Paducah

Chef Sara Bradley builds culinary connections

BY GRAHAM SHELBY

Restaurant work often requires people to operate in close quarters, chopping, filleting and frying in kitchens where space is limited. But for Paducah chef Sara Bradley, her passion for kitchens and cooking has opened up the entire world.

Bradley owns the Paducah restaurant Freight House and was recently named a finalist for this year's James Beard Awards, the restaurateur equivalent of the Oscars. She will learn this month if she wins the award for Best Chef: Southeast. Of that prospect, she says, "It's a little shocking and overwhelming, but all in all, really amazing."

Bradley's competing for the award with four other nominees (including fellow Kentuckian Noam Bilizter of MeeshMeesh Mediterranean in Louisville), and her presence cannot be comforting to any of them, because in the world of high-stakes, high-profile cooking, when Bradley competes, Bradley wins—a lot.

She has bested cooks from bigger cities on a variety of TV cooking contests, including *Chopped: All American Showdown* and *Chopped: Legends*, both of which she won. She also finished as runner-up on *Top Chef: Kentucky* and *Top Chef: World All-Stars*. Bradley's also competing in the 2025 season of Food Network's *Tournament of Champions*.

"I'm competitive, which is another reason I like cooking," she says. "Cooking is like competing with yourself. Can I go faster? I remember, very early on, I would time myself on how long does it take me to break down a halibut?"

Excelling in these shows has given her national name recognition and offered her the opportunity to cook in London, Paris, Macau and elsewhere.

◀ Sara Bradley's culinary approach combines her father's Appalachian roots and her mother's Jewish heritage. Photo: Paducah Convention & Visitor's Bureau

Her culinary journey began as a child who particularly enjoyed the traditional foods made by her mother and grandmother. Though she grew up in Paducah, Bradley's father is from Floyd County in eastern Kentucky and her mother's family is descended from Jewish immigrants who moved from eastern Europe to Muhlenberg County.

The combination of Appalachian and Jewish food traditions has shaped Bradley's culinary approach. "Both of those styles of cooking are very much comfort food. So I grew up where food wasn't just eating," she says, "it was about the actual experience of cooking and dining."

Bradley majored in psychology at the University of Kentucky before deciding to go to culinary school as her passion for food took hold. "That also started the journey of me moving to cities with no place to live and maybe having a job

when I got there." Or maybe not. Case in point: in her 20s, Bradley moved from Birmingham, Alabama, to New York City "with a U-Haul and three large dogs."

She somehow secured lodging, and then looked for work using a restaurant industry practice known as staging (pronounced stodging), in which an aspiring chef offers to temporarily work at a high-end restaurant for free, ostensibly to learn, but often in hopes of getting hired. Bradley staged her way into the food

scene and worked at Michelin-starred and other respected restaurants in New York and later Chicago. She lived paycheck to paycheck and recalls when she moved to the Windy City (by this point, with only one dog), she called a childhood friend who lived there and asked, "Where's a good place to live?" And she says, 'I got a closet that we could fit a twin bed in.' And I was like, 'Let's do it.'"

All the while, Bradley was getting jobs, earning promotions, learning more



Freight House offers an innovative take on traditional local foods. Photo: Freight House

KITCHEN TIPS FROM SARA BRADLEY

Sara Bradley graduated from culinary school and worked in award-winning restaurants in New York and Chicago before coming home to Paducah to open her own successful restaurant, Freight House. Here are her answers to three questions about simple things you can do to make home cooked meals even more delicious and satisfying to prepare and eat.

What are some easy ways to add flavor?

"If you're going to the grocery store and you're trying to make something taste better, you need to grab a couple of lemons and some fresh herbs. Because a squeeze of lemon or a little lemon zest on top of anything ... and some fresh herbs, just make everything taste better." Bradley's herb recommendations include basil, mint, thyme, rosemary, dill and lavender.

I know an aspiring young home cook who wants to improve his culinary game. What would you recommend he learn to incorporate?

"Sherry vinegar and brown butter. He will never make another cookie the same way, he will never make another roux the same way. He will never cook a piece of meat the same way."

If I could invest in one piece of equipment for my kitchen, what would it be?

"I think everyone needs a really nice heavy-bottom Dutch oven. I would also say get yourself a nice cutting board and a nice knife. When you have a nice sharp knife, it is so much easier to do your work."

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and carefully observing her employers, noting their strengths and weaknesses as chefs, leaders and businesspeople. “You learn things like, when I own a restaurant, I’m not going to do that to my employees,” Bradley says, “but man, that guy can cook.”

Homecoming

In her U-Haul days, Bradley never imagined returning to Paducah to open a restaurant. That decision happened over time, as she marked more family milestones from a distance. “My brother started having kids. My sister was getting married. I felt like I was missing out on all these really important things,” she says. The connection she’d always felt between food and love and family had been part of why she’d gotten into restaurant work in the first place, and it’s also what led her to come home to Paducah. In 2015, she opened Freight House, which occupies a historic building once used to store vegetables being transported by rail.

She credits her supportive family and “really amazing staff” for much of the success she and the restaurant have had. That trust and collaboration have made it possible for her to fly around the world to appear on cooking shows that, in turn, promote the restaurant.

Freight House has a dynamic menu that offers innovative takes on traditional local food cooked and served with the precision and style of high-end restaurants in big cities. With its interior brick, open kitchen and well-stocked bourbon bar, Freight House feels classy, but accessible and thoroughly Kentucky in concept and practice.

“Kentucky food is a lot about coming from necessity and cooking with what we have,” she says. Bradley’s menu has featured a culinary application for Asian carp, an invasive species that disrupts the local ecosystem, but can be delicious if served with caramelized onion vichyssoise and brown butter potatoes.

CURT STEWART

Have another helping

Now that you’ve gotten a taste for Sara Bradley’s cooking philosophy, find links to more of her kitchen tips, recipes and cooking demonstration videos—as well as her guide to local Paducah attractions—at KentuckyLiving.com.

Recent standout items included Peanut Butter and Jelly Ribs (\$14), with an official description reading, “Sticky ribs slow cooked in Sprite and smoked pork stock ... glazed in a preserved strawberry glaze made from the braising liquid and a peanut crust that is made from corn flakes fried in brown butter with toasted peanuts and a peanut chili glaze.”

If it’s unclear exactly what description adds up to, let’s just say that one bite of one of these ribs will hit every tastebud you have with a profound bliss that feels both new and familiar—and that’s the idea. While Bradley prioritizes creativity

in cooking, she also believes, “It needs to be nostalgic. It needs to have a story behind it.”

That’s part of the value proposition of her food, which reflects the place where she grew up, and where she and her husband are raising their two young daughters. Far western Kentucky has long been a place of convergence; it’s where the Tennessee, Ohio and Mississippi rivers come together. If the American South and Midwest were people, they’d probably meet for dinner at Freight House, where the purpose includes more than just providing a great meal.

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FREIGHT HOUSE

Local promotion

Bradley emphasizes working with local producers on a variety of menu items, including caviar. One of her longtime suppliers has been America's Best Caviar in nearby Grand Rivers, which produces caviar from locally caught paddlefish and sturgeon. Owner David Fields first spoke with Bradley not long after Freight House opened when he heard that this new restaurant wanted to add caviar to its menu. "So I called her,"

Fields recalls, "and I said, 'Where are you getting your caviar?' And she said, 'Well, I guess from you.'"

In addition to their partnership, Fields has enjoyed the experience of eating at Freight House, which often defies expectations. "I'm a meat-and-potatoes kind of guy, but she makes vegetables taste incredible," he says. "It's like a flavor explosion."

More than that, Fields says, "She will go out of her way to help people here, to promote our products, and it inspires me to do that same thing."

On a recent episode of *Tournament of Champions*, host Guy Fieri referred to Bradley as "the Queen of Paducah" and while that description may be a little overcooked, there's no doubt that Bradley's earned another informal title among locals: ambassador.

Liz Hammonds is director of marketing and communications for the Paducah Convention and Visitors

Bureau, where Bradley serves on the board of directors. "Sara has long been a major advocate for Paducah and local tourism," Hammonds says.

Bradley's food-world fame and advocacy have contributed to the steady increase in tourism Paducah has experienced since the COVID-19 pandemic. "She uses her platform to lift up other small businesses in Paducah," Hammonds says. "We're really grateful."

"I'm constantly trying to figure out how to say Paducah more on TV," Bradley says. "It's a great place to live, a great place to raise a family."

And, improbably, it's a great place to earn a national reputation as a chef. Whatever happens with the James Beard Award, it seems likely that Bradley's work will keep taking her to different spots around the world—and she will keep working to bring the world back to Paducah. **KL**

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UNIQUELY
Kentucky



"The Whittler's Bench" sat outside Bob Stewart's garage in Worthville, shown above, in the 1940s, '50s and '60s. At left, the bench has a new home at Stewart Farms, owned by Dan Stewart, right, shown with his father, Bill Stewart.

The Old Whittler's Bench

In the late 1940s, Robert William "Bob" Stewart Sr., placed a long bench in front of his garage in Worthville. The garage was located between the railroad depot and the local post office.

"Stewart's Garage was in the middle of a lot of daily activity," says Robert William "Bill" Stewart Jr., Bob's son.

Bill, 80, an Owen Electric Cooperative consumer-member for more than 50 years, recalls growing up in Worthville, in Carroll County, and the role the town played in the steam engine era.

"This is where they would stop to take on water to complete their trips from Cincinnati to Louisville," he says.

Bob Stewart came home from the Army and started the garage. He also took flying lessons, and the background photo above

was taken on one of his flights above Worthville.

Through the decades, locals and visitors alike would sit on the bench outside Stewart's Garage to talk and whittle. Bill calls the bench "The Old Whittler's Bench."

"I now realize I may be the only person that can pen the way life was in these early years as I was growing up in Worthville," Bill says. "The idea came to me that the old whittler's bench could tell a story of how Worthville used to be."

So, Bill wrote a poem in 2024 from the perspective of the bench, describing its point of view through the years.

You can read the entire poem at KentuckyLiving.com. Here is an excerpt from "The Old Whittler's Bench":

*In the early fifties, we had a big,
happening town,*

*People showed up at Worthville
from all around.*

*To campaign, President Ike did
a whistle stop,*

*The crowd was big as they
came to see him and shop.*

*The whittler's bench was
located just right,*

*To see all the happenings both
day and night.*

Bob Stewart died in 1963, and the bench went idle for 60 years, but Bill kept it. Now, the bench has a new home at Stewart Farms, owned by Bill's son Dan, on State Route 467, just outside of Worthville.

Story: Shannon Brock

Photos: Stewart family

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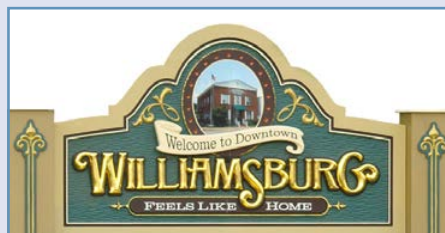
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JUNE 14



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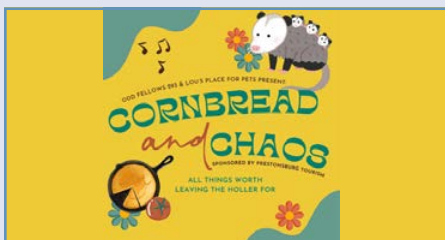
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RED RIVER GORGE

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RED RIVER GORGE

Powell County, Kentucky



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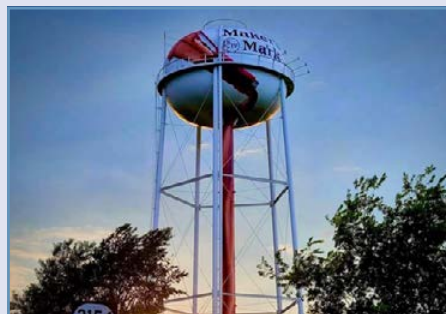


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or see what is happening in your part of Kentucky.

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KentuckyLiving



Sweet basil

A culinary garden essential

SWEET BASIL IS ONE of the most popular culinary herbs today, and in our climate, it can be easily grown in a container or garden each summer. Unfortunately, basil is also susceptible to a common and damaging disease called downy mildew.

Downy mildew affects the leaves and stems of basil. It is seed-borne, but an infected plant also can spread the spores by wind and water to other basil plants. The good news is several new varieties of basil are available to the home gardener that are downy mildew-resistant, helping ensure a beautiful and tasty basil crop that lasts all summer.

Even for resistant varieties, environmental conditions can significantly affect the severity of a downy mildew infection. If you have ever had a hard time growing sweet basil, or experienced a crop failure, don't give up. Here are few tips to make the next basil planting a success.

First, purchase plants that are downy mildew resistant, such as Rutgers Devotion DMR, Rutgers Obsession DMR, Rutgers Passion DMR or Rutgers Thunderstruck DMR. Other resistant plants include Prospera DMR, Prospera Compact DMR, Prospera Italian Large Leaf DMR and Amazel by Proven Winners.

SHELLY NOLD is a horticulturist and owner of The Plant Kingdom. Send stories and ideas to her at The Plant Kingdom, 1000 E Market St., Louisville, KY 40206.



SHELLY NOLD

Several types of basil are naturally resistant to downy mildew but have unique flavor profiles. These include lemon basil, Mrs. Burns, Sweet Dani Lemon, red leaf, Red Rubin basil, Thai basil, African blue basil, lime basil and spice or cinnamon basil.

Always plant basil in full sun. Give plants ample spacing and don't overcrowd them—this allows for good air circulation. Minimize leaf wetness by using drip irrigation or by avoiding showering the leaves when watering. Harvest basil regularly to keep plants vigorous and actively growing. **KL**

ASK THE gardener



Why do my tomatoes have rotten spots on the bottom?—Marian Fine

A You have described a tomato that has blossom end rot, a common disorder caused by calcium deficiency. It could be that there is not enough calcium in the soil, or maybe the soil pH is outside the recommended range of 6.5–6.7 and calcium is not available to the fruit. Excessive heat, uneven moisture levels and too much nitrogen make tomatoes more prone to this disorder. For now, avoid adding fertilizer, keep soil consistently moist and discard all infected fruit. There is still plenty of growing season left for your plants to produce a healthy crop.

» Angie Oakley



RJ/GADORE-STOCK

Have a gardening question?

Go to KentuckyLiving.com, click on Home & Garden, then "Ask the Gardener."

READER
recipe

A toothsome treat

Strawberry Angel Food Cake Trifle

Submitted by Debra Perry

Consumer-member of South Kentucky RECC

Debra's mother made this easy and delicious recipe for her and her siblings (five boys and five girls), and it was always a big hit. It brings back special memories for her, and she continues to make it and share the recipe.

- 1 box angel food cake mix, or buy store-bought cake if short on time**
- 1 qt fresh strawberries, cleaned and sliced**
- 1 (13 oz) tub strawberry glaze**
- 8 oz cream cheese, softened**
- ½ C powdered sugar**
- 1 (16 oz) container whipped topping, such as Cool Whip, softened**
- 1 tsp vanilla extract**

Bake cake as directed and cool. Cut cake into cubes of about 1 inch and set aside. Mix strawberries and glaze together in bowl and set aside. Mix cream cheese and sugar with hand mixer until smooth. Add whipped topping and vanilla and gently mix with spatula. In trifle bowl or other deep dish, layer cake cubes, followed by strawberry mixture and cream cheese mixture. Continue layering to use all ingredients. Refrigerate before serving. Decorate top with more sliced strawberries. Serves 12.

HEATHER BILYEU

Simply summertime

Easy and elegant recipes for warm days

OH, HOW I LOVE SUMMER, y'all! These long summer days call for lounging by the pool, hosting friends and family for an outdoor barbecue and watching my son play on the back porch. With school out and schedules more relaxed, effortless dishes leave room for more play. This month, I'm sharing two recipes perfect for warm-weather dining. A quick and flavorful maple-glazed salmon makes for an easy weeknight dinner alongside rice and fresh veggies, while a light and refreshing strawberry angel food cake trifle is the perfect sweet treat to end the day. Both dishes are simple, satisfying and sure to bring smiles around the table all summer long.

Maple Dijon Salmon

1½ lb salmon, cut into individual servings

2 Tbsp Dijon mustard

2 Tbsp maple syrup

1 tsp soy sauce

2 garlic cloves, minced

½ tsp smoked paprika

¼ tsp pepper

¼ tsp salt

Sliced green onions, lemon wedges and sesame seeds for garnish

Preheat oven to 375°. Line a baking sheet with foil, drizzle with olive oil to prevent sticking and place salmon on top. Whisk Dijon mustard, maple syrup, soy sauce minced garlic cloves and spices in a small bowl until combined. Brush glaze over top of each piece of salmon with pastry brush and spread evenly. Bake 15–20 minutes, until internal temperature reaches 145° and salmon is tender and flaky. Remove and garnish with green onions, a squeeze of lemon juice and a sprinkle of sesame seeds. Serve immediately alongside rice and a veggie. Serves 4.

HEATHER BILYEU, raised in southern Kentucky, is the owner and voice behind the food blog, *Fueling a Southern Soul*.

**SEE
VIDEOS**
at KentuckyLiving.com/Cook



HEATHER BILYEU

Go to KentuckyLiving.com/submit-a-recipe



Catch of the day

Fast Eddie's Bait & Tackle, Benton

JOEL SAMS



SINCE ITS BEGINNINGS IN 1984, Fast Eddie's Bait & Tackle has become a destination on Kentucky Lake. Anglers stop by the convenience store in the early morning to fuel up and buy supplies, and they come back after a day on the lake to enjoy a catfish dinner, pizza or the daily special. Tourists and locals visit for lunch, dinner, fuel, footwear and just about anything in between.

Owners Andy and Kim Davenport have won the Marshall County *Tribune-Courier's* Readers Choice awards for best catfish, best pizza and best convenience store for four years running. "Anything from a bologna sandwich down to a pair of boots, you can get it here," Andy says.

The two-piece catfish dinner is the restaurant's most popular offering, but customers also love pizza, to the tune of 200 pies on a busy weekend. Daily specials like Wednesday roast beef and Friday steak round out the menu, with peanut butter chocolate pie, pecan pie and cheesecake to sweeten the deal.

Served by West Kentucky RECC, Fast Eddie's has a close relationship with the cooperative. During the 2009 ice storm, Fast Eddie's served as the co-op's fuel station, and following tornado damage in 2021, the Davenports cooked and delivered food to line crews working to restore power. Today, Fast Eddie's supplies all of the co-op's safety footwear—and innumerable lunches for hungry lineworkers.

In 2018, Andy and Kim, both former teachers, bought the restaurant from Andy's dad, Eddie Davenport, who opened its first location in 1984. "I love seeing all the different customers," Andy says. "Every day is different."

Located at 8492 U.S. Highway 68 East in Benton, the convenience store at Fast Eddie's Bait & Tackle is open daily, 5 a.m. to 8 p.m., and the restaurant is open 11 a.m.–8 p.m. Tuesday–Saturday. **KL**

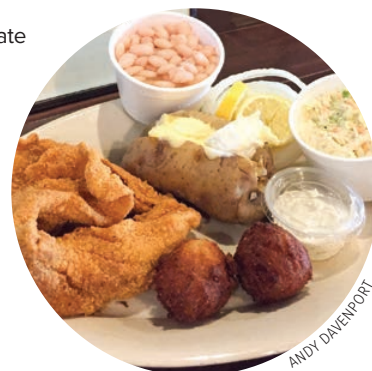
ANDY DAVENPORT

Fast Eddie's Hushpuppies

25 hushpuppies

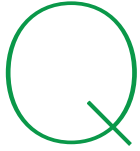
3 C cornmeal
2 C flour
3 eggs
2 Tbsp parsley, finely chopped
1 tsp garlic powder
1½ C sugar
1½ C buttermilk

Mix all ingredients to a thick consistency and refrigerate overnight. When ready to cook, fill a heavy pan or deep fryer with 2 inches of oil or beef tallow. Heat to 350°, then carefully drop in golf-ball-sized portions of batter (about two tablespoons) using a spoon or small ice cream scoop. Cook until golden brown and let sit for 10–15 minutes.



ANDY DAVENPORT

Efficiency tips for new homes



What are some energy efficiency upgrades to consider when building a new house?

MIRANDA BOUTELLE

writes on energy efficiency for the National Rural Electric Cooperative Association

A Prioritizing energy efficiency when building a new home might cost a little more upfront but will pay off in the long run.

One way to save is to add energy efficient designs and equipment to your construction project. Consider adding these principles to your new home build.

Advanced framing techniques maximize the amount of insulated area and save on material costs in wood-framed homes. This technique can save up to \$500 for a 1,200-square-foot home and \$1,000 for a 2,400-square-foot home on material costs, between 3% to 5% on labor costs and up to 5% on annual heating and cooling costs, according to the U.S. Department of Energy. Choose a contractor who is familiar with these techniques, and check with your local building officials to ensure compliance with local codes.

MAKE SURE THE SIZE IS RIGHT

Heating and cooling equipment should be properly sized for your new home using energy modeling tools that calculate the home's heating and cooling needs. Investing in a more efficient building envelope that is well insulated and air sealed can reduce the home's heating and cooling load, making it possible to have a smaller, less expensive heating and cooling system. This saves money on equipment costs and lowers energy use.



The importance of a home's orientation is often overlooked. According to the International Association of Certified Home Inspectors, homes oriented to the path of the sun use less energy for heating and cooling to reduce energy bills and improve comfort.

If you are building or buying a new home that doesn't

Properly insulating while building a home can reduce the expense of your heating and cooling equipment and lead to long-term energy savings. Photo: Mark Gilliland/Pioneer Utility Resources

allow options for orientation or framing, you might be able to request higher insulation levels in the attic. Increasing the insulation levels likely won't cost much more for materials and labor, but it can help you use less energy and save money in the long run.

Optimizing the efficiency of a new home requires a whole-house approach. Analyze all systems and how they work together to ensure maximum efficiency for a safe and comfortable home. **KL**

Look up and out

Be aware of overhead lines

WHETHER YOU'RE ON THE JOB or working on an outdoor project around your home, you should always be aware of overhead electrical lines. Many workplace fatalities are caused by overhead power lines. Imagine how easy it is for folks at home, who are not trained to avoid these obstacles, to run into danger.

In most cases, fatalities occur in occupations with little to no electrical safety training. That's why we put so much emphasis on safety training and compliance education, not only for our cooperative employees, but our consumer-members as well.

When working on an outdoor project, stay at least 20 feet away from overhead lines. If your ladder or piece of equipment touches an overhead line, both you and the equipment can become a path for the electricity. Look up and out in front of you before using a ladder, large machinery or a pool cleaning net. Even nonmetallic ladders and equipment can conduct electricity.

Using large tools or machinery can make it harder to avoid overhead power lines. Always consider where power lines are before you begin a project.

Scanning the area should be part of your plan from the start. Once you begin making safety part of your routine, it'll become second nature when you run through your day-to-day electrical safety checklist.

If you've struck a power line and must get off the equipment, jump as far away from the equipment as you can and land with both feet together. No part of your body should touch the equipment and the ground at the same time. Hop or shuffle away from the equipment with your feet touching to reduce the risk of electric shock.

If you come across someone who's hit an overhead power line, stay away and warn others around to not touch him or her, or you could get shocked, too. Immediately call 911 and then contact your local co-op to report the incident.

If you know you're going to be working near power lines, call your co-op so the experts there can properly inform you on safety precautions you should be taking in your area. Electrical safety is one of our core values. **KL**



JAMIE CONN
Safety Coordinator,
Blue Grass Energy

**YEARS IN THE
INDUSTRY:**
20

**WHEN I'M NOT
WORKING, I'M:**
Attending my
children's sporting
events, woodwork-
ing and exploring the
outdoors.



Always use extra caution when operating large tools or machinery near overhead power lines. Photo: NRECA

Engage your brain

Staying active protects brain health

JUNE IS ALZHEIMER'S and Brain Health Awareness Month—a perfect time to reflect on how our daily activities can support long-term cognitive health.

Our brains are constantly evolving. From early childhood through older adulthood, we develop and refine neural connections—like highways for brain messages. A lifelong process, known as neuroplasticity, means the brain continues to grow and adapt with experience.

Enriching activities, such as traveling, learning, socializing and exercising, strengthen these connections. Over time, these experiences build what scientists call cognitive reserve, a protective scaffolding of neural networks that supports brain health as we age.

Older adults may experience natural decline in social outings, physical activity and new experiences. But staying engaged is essential. Health experts, including the American Neurology and Heart associations, strongly recommend continued physical, cognitive and social activity in older age.

Four key types of engagement can help protect your brain:

Social engagement

Interacting with others



AND ONE/ADOBE STOCK

challenges your brain to process different perspectives and emotions. Conversation and connection boost endorphins, reducing stress and increasing happiness.

Physical activity

Exercise increases oxygen flow and strengthens blood vessels in the brain. Aim for 150 minutes a week of moderate activity—like walking, dancing, gardening or cleaning—to promote better brain and overall health.

Cognitive stimulation

Trying new activities, like puzzles, crafts or learning a new skill, activates different areas of the brain. Repetition can dull stimulation, so rotate tasks to keep your brain engaged.

Proper nutrition

What you eat fuels brain function. The MIND diet, which focuses on brain-healthy foods like fruits, vegetables and whole grains, has been linked to reduced dementia

risk. Limiting salt and sugar intake can also support long-term brain health.

Staying active in mind, body and social life supports your brain's resilience. This Brain Health Awareness Month, keep learning, moving and connecting—and enjoy the benefits of a healthier brain as you age. **KL**

ELIZABETH RHODUS, PH.D., is an occupational therapist and assistant professor in UK's Sanders-Brown Center on Aging.

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TEAM
KENTUCKY



Archways to adventure

Explore Kentucky's natural arches and bridges

BY KIM KOBERSMITH

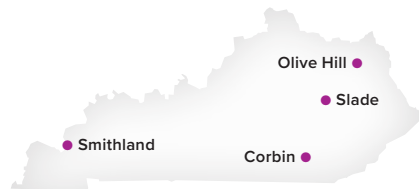


KENTUCKY HAS MORE NATURAL

ARCHES and bridges than any state in the eastern United States, and they come in all spans and hefts. Most of the estimated 2,000 gravity-defying formations are clustered in the eastern half of the state, especially concentrated in the Daniel Boone National Forest in the Red River Gorge Geological Area and near Big South Fork National River and Recreation Area.

Arches in Kentucky, unlike their Western counterparts, are often obscured by forested ridges and can be tricky to find. Use this guide to embark on your own wild arch treasure hunt.

"Arches are breathtaking places that marry recreational hiking with so much geologic and human history," says Seth Wheat, director of interpretation and engagement at Kentucky State Parks.



"Visitors experience the natural world in a hands-on way, seeing and touching something that has taken thousands, millions, of years to get to this point."

Natural Bridge State Resort Park

Bridges are a specific type of arch formed by a river, and Natural Bridge is Kentucky's best known and most popular arch. Many of the park's trails lead to its namesake rock formation, with other interesting geologic features along the way, like Balanced Rock and Needle's Eye.

Natural Bridge is one of the most accessible formations of its kind in Kentucky. Photo: Kentucky State Parks

Hikers reach the bridge, which stands 65 feet high with a 78-foot span, on a short, mostly uphill climb. The old-school sky lift, though, makes this arch one of the most accessible in the state. A quiet uphill glide brings visitors to the base of the arch, where they can take short trails that go under and over it. Wheat recommends the lookout spur near the top of the lift, which provides a wide-angle view of the bridge.

Red River Gorge

Just adjacent to Natural Bridge, Red River Gorge Geological Area is one of the best regional geologic destinations, and arch

explore from **TOP** to **BOTTOM**

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DESTINATIONS

more to explore

Kentucky is home to an estimated 2,000 natural arches and bridges. Here are a few of our favorites.

Natural Bridge State Resort Park

2135 Natural Bridge Road, Slade
parks.ky.gov
(606) 663-2214

This amenity-laden state resort park is a great home base for exploring here and in the nearby Red River Gorge Geological Area. Numerous hiking trails of less than a mile lead to Natural Bridge, and a sky lift offers easy accessibility for the mobility impaired. Admission: free for day use; round-trip sky lift: \$17 adults, \$14 ages 4-12; \$11 one-way trip.

Sky Bridge

Red River Gorge Scenic Byway,
State Route 715, Slade
(606) 663-8100

The Sky Bridge Recreation Area is in the middle of the Red River Gorge Scenic Byway. A 1-mile loop hike goes under and over the arch. Two short stops on the way are Angel Windows and Whistling Arch, both quarter-mile jaunts from their respective trailheads. Free.

Rock Bridge

Rock Bridge Road, Slade
(606) 663-8100.

The scenic 1.25-mile loop connects to the Rock Bridge Picnic Area, which has tables and bathrooms. Free.

Princess Arch

Chimney Top Road, Slade
(606) 663-8100

The short hike to this delicate arch is only a quarter mile one way, with views from one of the highest spots in the Red River Gorge. Free.

Natural Arch Scenic Area

The Day Ridge Road, Parkers Lake
(606) 376-5323

The day area has picnic sites, an amphitheater, playgrounds and hiking trails. A 1-mile paved hike leads to an overlook of the arch, and a 0.4-mile paved

trail goes to the base of the arch. Fee: \$5 per day; \$7 for 3 days; \$50 annual.

Yahoo Arch

Yahoo Falls Road, Whitley City
(606) 376-5652

Yahoo Arch can be easily reached from the Yahoo Falls Scenic Area just off State Route 700. It's about a 1-mile hike from the parking lot past the falls (be sure and stop to enjoy the view). The scenic area is a good spot for a picnic, too. Free.

Waterfalls and Arches Guided Tour

Sheltoewe Trace Adventure Resort, 2001
State Route 90, Corbin
ky-rafting.com/waterfalls-and-arches-guided-tour.html
(800) 541-7238

The 3 1/2 to 4 hour trip, offered year-round, twice daily, goes to four arches and two waterfalls. Guides provide snacks and water. Cost: \$54 per person ages 13 and up, \$34 ages 6-12. Minimum age 6.

Carter Caves State Resort Park

344 Caveland Drive, Olive Hill
parks.ky.gov
(606) 286-4411

Natural Bridge is an easy half-mile walk to a large arch with a stream flowing through it. The 3.6-mile loop Three Bridges Trail passes Smoky Bridge, Raven Bridge and Fern Bridge. Access both trails near the park welcome center. Free for day use, but visitors can follow up a hike with a meal, a cave tour or an overnight stay.

Mantle Rock Nature Preserve

1800 Lola Road, Smithland
nature.org, search on Mantle Rock
(859) 259-9655

On the 2.75-mile loop trail, visitors can walk to the base of the arch through a rare sandstone glade ecosystem, and read information about the area's role in the Trail of Tears. Open sunrise to sunset daily. Free.

seekers will not be disappointed. An easy paved stroll takes visitors across the top of Sky Bridge, an impressive 75-foot span, with more moderate trails going around and under it.

A relatively easy loop trail reaches Rock Bridge from the Rock Bridge Picnic Area. The walk begins along a picturesque creek, passes a small waterfall and passes beside the bridge. It spans the creek and the water flows through it. The trail to Princess Arch passes scenic cliff overlooks before reaching this delicate and graceful span.

Big South Fork National River and Recreation Area/Daniel Boone National Forest

The Big South Fork National River and Recreation Area (which also stretches into Tennessee) is very narrow, running along the river and surrounded by the Daniel Boone National Forest. Consequently, roads and trails here often crisscross boundaries.

Fern Bridge is one stop on the Three Bridges Trail at Carter Caves State Resort Park. Photo: Carter Caves State Resort Park



WHY SO MANY?

The geology that forms Kentucky's abundance of waterfalls, rock shelters and rock towers is the same geology that creates arches. A softer sandstone layer sits beneath a harder Rockcastle conglomerate. The sandstone erodes through forces of water, temperature and wind, leaving unsupported rock. When the stone is worn from both sides, an arch is hollowed out.

Win a Getaway. See page 32.

Nestled along the Ohio River, **Maysville, Kentucky** is one of **Country Living's 2025 Best Small Towns in America**. Rich in history—from bourbon's earliest beginnings at **Old Pogue Distillery** to connections with Daniel Boone and **Simon Kenton**—Maysville boasts stunning historic architecture, vibrant arts, and the world's largest private miniature collection at the **Kentucky Gateway Museum Center**. Whether catching a show, dining riverside, or exploring outdoor adventures, Maysville offers the perfect weekend escape filled with genuine Southern hospitality.

MAYSVILLE
Explore Legendary Character

Start your legendary journey at VisitMaysville.com

TEAM KENTUCKY

Win a Getaway. See page 32.

One of the most accessible and picturesque features is Natural Arch in McCreary County. Short paved hikes from the same-named scenic area lead to both an overlook and the base of the 50-foot high, 90-foot wide arch. Further south, Yahoo Arch was formed as a result of erosion at the back of a rock shelter. Depart from the Yahoo Falls Scenic Area and combine the hiking adventure with 113-foot Yahoo Falls, the tallest in Kentucky.

Sheltoewe Trace Adventure Resort offers a Waterfall and Arches guided

tour in this area. The tour consists of several short hikes less than a quarter mile around Cumberland Falls that visit Schoolhouse Arch and Phalanx Arch.

“We share about the natural and human history of the area as well as helping people enjoy these natural wonders,” says owner Dania Egedi, a consumer-member of Cumberland Valley RECC.

Carter Caves State Resort Park

While this state park is well-known for its underground world, aboveground is



TIPS FOR VISITING KENTUCKY’S ARCHES

Prepare for an arch hike by wearing sturdy shoes and packing water and snacks. Have protection from ticks and allow plenty of daylight hours.

Be respectful of these geologic treasures. Use leave no trace principles. Best practices entail not walking on top of fragile arches.

Consider a winter outing. Arches are easier to spot when the trees have dropped their leaves, and the crowds are often smaller.

Mountains of Family Fun



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PIGEON FORGE
T E N N E S S E E



◀ The trail to Princess Arch passes scenic cliffs in the Red River Gorge Geological Area. Photo: Kentucky Tourism

notable terrain for arch adventurers. The easy walk to Natural Bridge goes to the only natural bridge in Kentucky with a road across it. For dedicated hikers, the Three Bridges Trail connects three very different arches: Smoky Bridge (the park's largest), Raven Bridge and Fern Bridge.

Mantle Rock Nature Preserve

While eastern Kentucky wins the prize for sheer number of arches, an anomaly in western Kentucky is the longest arch in the commonwealth. Mantle Rock in Livingston County is a small preserve, protected by the Nature Conservancy, that's rich in natural and human history.

A loop trail takes visitors through a

KentuckyLiving.com

Hunting for arches

Read more about Kentucky's arches and find links to lists and maps at KentuckyLiving.com.

rare and fragile sandstone glade to the base of the 165-foot arch. The nature preserve is also a certified site on the Trail of Tears National Historic Trail. More than 1,500 Cherokee spent time here during the winter of 1838-39, waiting for the Ohio River to thaw and become passable. **KL**

KIM KOBERSMITH is a freelance writer, journalist and photojournalist based in Berea. She is a lifelong resident of small towns and believes the small things matter.



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KENTUCKY

Artisan Center

Win a Getaway. See page 32.

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"Good Morning Neighbor" watercolor by Pat Banks

Pat Banks



TEAM
KENTUCKY

EVENT CALENDAR



1 MAYBERRY, MAYBE

Is it Owenton or Mayberry? You may not be able to tell the difference at Owenton's Mayberry Day, June 14, 10 a.m.–2 p.m., when the area around the courthouse transforms to a replica of the beloved small town, complete with Bluebird Diner. The fun includes a car show, DJ and live bluegrass music, Mayberry character look-alike contest and inflatables; and cake, pie and pickle tasting. Free admission. For more info, (502) 484-5190.

2 DAZZLING DAYLILIES

Take in an incredible display of over 800 varieties of daylilies, along with fun family activities at Western Kentucky Botanical Garden's Dazzling Daylily Festival, June 21, 4–7 p.m. in Owensboro. Besides the thousands of colorful daylilies, the event also offers a petting zoo, bubble wonderland, photo booth, face painters, cash bar and food trucks. Admission: \$5 adults; 18 and under free. For info, wkbg.org, (270) 993-1234.

3 BUSINESS & PLEASURE

The Summer Family Fun Fest and Kid-Owned Business Expo at La Grange's CityPlace on June 21 features carnival games, petting zoo, duck derby, inflatables and local vendors. But it's all business when budding kid entrepreneurs sell their product at the event and present it to a panel of judges for prizes. Hours: 10 a.m.–2 p.m. Free admission but donations accepted for a pediatric cancer nonprofit. Info: (502) 225-0870.

4 HAPPY TRAILS

Kincaid Lake and Dale Hollow Lake state parks are taking a hike June 7 on National Trails Day. Enjoy the Spicebush Trail and free goodie bags at Kincaid Lake starting at 10 a.m. at the Recreation Building, and trek to Eagles Point Overlook at Dale Hollow, meeting at 9:30 a.m. at the end of overflow parking lot C. Both are 1.5 miles. Bring water. Details, (270) 433-7431 (Dale), (859) 654-3531 (Kincaid), parks.ky.gov.



BLUEGRASS

TUESDAY, JUNE 3

Waveland's Tuesday Teas, 10th, 17th, 24th, (859) 272-3611, Waveland State Historic Site, Lexington

THURSDAY, JUNE 5

James & the Giant Peach, thru 8th, (800) 598-5263, Madison Southern Auditorium, Berea

FRIDAY, JUNE 6

Lavender Outdoor Market, 13th, 20th, 27th, (502) 863-2547, Lavender in Bloom Farm, Georgetown

SATURDAY, JUNE 7

Harrison County Farmers Market, 14th, 21st, 28th, (859) 234-5510, Flat Run Veteran's Park, Cynthiana

Founding of Fort Boonesborough, thru 8th, (859) 527-3131, Fort Boonesborough State Park, Richmond

THURSDAY, JUNE 12

Mustang Heritage Spectacular, thru 14th, (859) 233-4303, Kentucky Horse Park, Lexington

SATURDAY, JUNE 14

The Story of the Blunderbuss and Charlotte Mentelle, (859) 272-3611, Waveland State Historic Site, Lexington

Kentucky Wine & Vine Fest, (859) 354-5433, Jessamine County Fairgrounds, Nicholasville

Beer Cheese Festival, (859) 744-0556, Winchester

L&N Day, (800) 598-5263, Berea

Vintage Dad's Day, (859) 734-5411, Shaker Village of Pleasant Hill, Harrodsburg

SUNDAY, JUNE 15

Father's Day at WWA!, (859) 405-8065, Wendt's Wildlife Adventure, Carlisle

SATURDAY, JUNE 21

Tour of Gardens, thru 22nd, (859) 338-2192, Lexington

SUNDAY, JUNE 22

Summer Series Yoga at Ashland, (859) 619-7030, The Henry Clay Estate Ashland, Lexington

FRIDAY, JUNE 27

Run for the Robots, thru 28th, (859) 233-4303, Kentucky Horse Park, Lexington

EASTERN

THURSDAY, JUNE 5

Poke Sallet Festival, thru 7th, (606) 573-9485, Harlan

FRIDAY, JUNE 6

Meniffee Mountain Memories Festival, thru 7th, (606) 768-9000, Frenchburg

First Friday Market, (859) 274-6605, Market Pavillion, Mt. Sterling

SATURDAY, JUNE 7

Kentucky Blues Music Festival, (606) 256-1000, Kentucky Music Hall of Fame Amphitheater, Mt Vernon

The Depot Street Market, (606) 528-8860, Corbin

Red River Gorge Farmers Market, 14th, 21st, 28th, (606) 663-1161, Natural Bridge Skylift, Slade

THURSDAY, JUNE 12

Live Jazz, 19th, 26th, (606) 691-4459, Sawstone Brewing Company, Morehead

FRIDAY, JUNE 13

Cornbread and Chaos, (606) 886-1341, Prestonsburg

SATURDAY, JUNE 14

Billy Cooper Memorial Car Show, (606) 756-2183, Germantown

Cumberland Valley Cruise In, (606) 528-8860, Corbin

Moth Night, (606) 286-7009, Carter Caves State Resort Park, Olive Hill

Hollers and Heroes Con, (606) 444-5500, Appalachian Wireless Arena, Pikeville

SATURDAY, JUNE 21

Rudy Fest Bluegrass Festival, thru 28th, (606) 316-6677, Morehead

WEDNESDAY, JUNE 25

Underground Pool Party, (606) 286-7009, Carter Caves State Resort Park, Olive Hill

SATURDAY, JUNE 28

Main Street Cruise-In, (606) 464-5007, Beattyville

NORTH CENTRAL

FRIDAY, JUNE 6

Summer Concert Series: Kaleb Cecil & Hotel Whiskey, Jaxon Turner, (270) 692-0021, Johnson Field at Center Square, Lebanon

SATURDAY, JUNE 7

Smithfield Festival Day, (502) 667-0044

Paws in Nature, (502) 955-8512, Bernheim Forest and Arboretum, Clermont

Craft in the Park, (270) 422-3626, Brandenburg Riverfront Park

Cruise-In, (270) 617-0206, Happy Jack's Winery, Hardinsburg

Goin' To Market: Red, White & Boutiques, (502) 939-2713, CityPlace, La Grange

THURSDAY, JUNE 12

Bats of Bernheim, (502) 955-8512, Bernheim Forest and Arboretum, Clermont

FRIDAY, JUNE 13

Old Mill Days, thru 14th, (270) 692-0021, Bradfordsville

SATURDAY, JUNE 14

Kidsfest, (502) 955-7009, Paroquet Springs Conference Center, Shepherdsville

East Main Market Summer Concert Series, thru Aug. 23rd, 2nd & 4th Sat, (270) 259-5587, Leitchfield

Cruzin' for Cancer, (502) 957-4444, Hillview Recreation Dept.

MONDAY, JUNE 16

Bullitt County Fair, thru 21st, (502) 543-4855, Bullitt County Fairgrounds, Shepherdsville

SATURDAY, JUNE 28

Goin' To Market: E-Town Bound, (502) 939-2713, Pritchard Community Center, Elizabethtown

CALL BEFORE YOU GO as event days can change. **SUBMIT ALL EVENTS ONLINE AT KENTUCKYLIVING.COM.** For FREE print listing consideration of Kentucky events, submit two months in advance, **by July 1 for the September issue.**

TO ADVERTISE YOUR EVENT IN PRINT, CALL (800) 595-4846

NORTHERN

SUNDAY, JUNE 1

Florence Y'all's Baseball Game, thru 5th, 10-15th, 20-26th, (859) 594-4487, Thomas More Stadium

Walton-Verona Farmers and Artisan Market, (859) 414-0400, Walton City Hall

WEDNESDAY, JUNE 4

Riverview Farmers Market, 11th, 18th, 25th, (502) 732-7030, Carrollton

THURSDAY, JUNE 5

Brad Brown's Comedy Magic Show, 12th, 19th, 26th, (859) 428-8085, The Madison Venue, Williamstown

U.S. 25 Yard Sale, thru 7th, (800) 382-7117, Richwood to Berea

SATURDAY, JUNE 7

Art in the Garden, (606) 756-2183, Augusta

Schoolyard Winery's Farmer's Market, 14th, 21st, 28th, (859) 814-4126, Verona

THURSDAY, JUNE 12

Italianfest, thru 15th, (859) 292-3666, Riverboat Row, Newport

SATURDAY, JUNE 14

Maysville Uncorked! Wine and Art Festival, (606) 584-4888

William Arnold Founders Day, (800) 382-7117, Williamstown

Discovery Day, (859) 384-3522, Big Bone Lick State Historic Site, Union

SUNDAY, JUNE 15

Burlington Antique Show, (513) 922-6847, Boone County Fairgrounds

FRIDAY, JUNE 20

Taco & Margarita Festival, thru 22nd, (859) 261-4677, Mainstrasse Village, Covington

SATURDAY, JUNE 21

Life of Christ Drama, thru 22nd, (859) 428-2200, Sherman Full Gospel, Dry Ridge

Downtown Yard Sale, (502) 732-7036, Carrollton

MONDAY, JUNE 23

Boone County 4-H Fair, thru 28th, (859) 393-4549, Boone County Fairgrounds, Burlington

SOUTH CENTRAL

MONDAY, JUNE 2

Duncan Hines Days, thru 8th, (270) 782-0800, Circus Square Park, Bowling Green

THURSDAY, JUNE 5

Kentucky Quarter Horse Club Championship, (606) 706-7777, Central Kentucky Ag Expo, Liberty

FRIDAY, JUNE 6

First Friday, (270) 864-5890, Burkesville

Liberty Friday Night Cruisers Car Show, (606) 303-8999, Courthouse Square, Liberty

FRIDAY, JUNE 13

Who's Bad: The Ultimate Michael Jackson Experience, (606) 679-6366, The Virginia Theater, Somerset

Summer Music Series, (606) 706-7777, City Green Stage, Liberty

International Barrel Racing Super Show, thru 14th, (606) 706-7777, Central Kentucky Ag Expo Center, Liberty

THURSDAY, JUNE 19

Andy Griggs in Concert, (606) 677-6000, The Center for Rural Development, Somerset

The Nerd, thru 22nd, 26-29th, (270) 432-2276, Barn Lot Theater, Edmonton

FRIDAY, JUNE 20

Concerts in the Park Series, (270) 782-0800, Circus Square Park, Bowling Green

SATURDAY, JUNE 21

Summer Art Market, (606) 219-0759, The Center for Rural Development, Somerset

In the Hart Car Show, (270) 524-4752, Munfordville

THURSDAY, JUNE 26

Stand for Children Day, (270) 842-4281, Bowling Green Ballpark

FRIDAY, JUNE 27

Kentucky Rose Regional Championship, thru 28th, (606) 706-7777, Central Kentucky Ag Expo Center, Liberty

SATURDAY, JUNE 28

Somernites Cruise Car Show and Cruise, (606) 872-2277, Fountain Square, Somerset

WESTERN

SUNDAY, JUNE 1

Murray Art Guild Exhibit at JMAM, thru 30th, (270) 753-4059, Janice Mason Art Museum, Cadiz

TUESDAY, JUNE 3

Firefly Festival: Know & Glow, (270) 993-1234, Western Kentucky Botanical Garden, Owensboro

SATURDAY, JUNE 7

Charity Car Show, (618) 841-1920, Paducah

Porchfest, (270) 826-3128, Henderson

Strawberry Festival, (270) 794-7040, The Cottage Farm Stand, Owensboro

WEDNESDAY, JUNE 11

W.C. Handy Blues & BBQ Festival, thru 14th, (270) 826-3128, Audubon Mill Park, Henderson

FRIDAY, JUNE 13

Movies at Mahr: The Lego Movie, (270) 821-4171, Mahr Park Arboretum, Madisonville

Mortons Gap Coalfield Festival, thru 14th, (270) 821-4171, Mortons Gap Park

SATURDAY, JUNE 14

Porchfest, (270) 926-1100, Owensboro

Run For the Paws 5K/Walk, (270) 821-8965, Madisonville City Park

FRIDAY, JUNE 20

Guided Hike: Summer Solstice, (270) 584-9017, Mahr Park Arboretum, Madisonville

TUESDAY, JUNE 24

The Great Race, (270) 926-1100, Owensboro

FRIDAY, JUNE 27

West Kentucky Antique & Vintage Market, thru 28th, (270) 821-4171, West Kentucky Archery Complex, Madisonville

SATURDAY, JUNE 28

Show & Go Car Club Cruise-In, (270) 821-3163, Madisonville City Park



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1 EAT LOCAL

Dan the goat is an enthusiastic supporter of his local feed store, Hinton Mills. Photo by Kimberly Wolfenbarger, Carlisle, a consumer-member of Blue Grass Energy.

2 NUTS FOR BRUNCH

Dawn Garvan, Frankfort, snapped this photo of her bushy-tailed "neighbor," Hazel, who stopped by the miniature picnic table for her regular brunch appointment.

3 PET BLESSING

Mary Diane Hanna, Jamestown, a South Kentucky RECC consumer-member, took her pet hen to a Blessing of the Pets service at Walnut Hill Church in Lexington.

4 MOTHER GOOSE

After a heavy rain, Steve Mazzella found a mother goose sheltering her six goslings. Mazzella is a consumer-member of Owen Electric from Independence.

SEND US YOUR SNAP SHOTS! We're looking for summer photos.

Submit up to five photos monthly for a chance to **BE FEATURED IN KENTUCKY LIVING**. Photos with people work best, as well as those with seasonal interest. Remember to identify people or pets in the photo left to right and tell us their relation to you.



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KENTUCKY kids

Storytime favorites

What is your favorite story?
Is it a bedtime story you heard when you were younger, or a new book you found at the library?



LEARNING ABOUT HAIR

You have about 100,000 hairs on your head! If one falls out or gets pulled, a new one grows back. Hair is made of dead cells, so haircuts do not hurt.

Hair can be straight, curly, or wavy. It might be black, brown, blond or red. Washing and brushing your hair keeps it clean and neat.



Your hair keeps your head warm and is part of what makes you unique!

Green Team Tip

Turn off the car when it is not moving. Leaving the engine on wastes gas and makes the air dirty. Every little bit helps!

— Kimberly Golden,
age 11



Send us
your green
team tips!



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Magazine/Submissions for
a chance to win a prize!

Nature's wrapper

To avoid using wasteful plastic containers, reach for an apple, orange or banana instead of packaged fruit snacks at lunchtime.



Fruit cores
or peels can
go into a
compost
bin.

Tell us a joke!

What kind of mouse can
jump higher than a house?

Any kind!
A house can't jump!

— Amera Futch,
age 7



Did You Know?

A hot air balloon floats
because hot air rises
above colder air, lifting it
off the ground!

GREAT OUTDOORS

Holmes Bend Marina

A family business



Holmes Bend Marina is a great summer destination for the whole family.

Photo: Ken McBroom

▲ HOLMES BEND MARINA IN CAMPBELLSVILLE

is an outdoor business that has stood the test of time—and it has a great story to tell. Over the years, I have become good friends with owners Kelly and Joey Caldwell. Kelly became the second-generation owner of the marina after taking over from her dad, David Butler, who purchased it in 1986.

Holmes Bend Marina has everything you need for a great vacation, or just a day on Green River Lake. You can even rent a fishing boat or houseboat.

Kelly, who grew up around the marina, shares her own memories of people she has met through the years.

“Many of them that I met as a teenager while working at the marina are now bringing their kids, and some of them, their grandkids,” she says. “I feel like the best part of having a business, especially a business that brings people together to have fun, is the people. They are what makes all the hard work here at Holmes Bend Marina worth it.”

The setting is perfect for a day—or a couple of days—on the water. The property is peaceful and accommodating with boat slips for your boat, a nice cabin for your lodging and a marina store for all your snacks, as well as live bait. There’s also a restaurant serving breakfast and lunch. I especially like the biscuits and gravy.

I was introduced to the business many years ago by my friend David Jones, who is the premier crappie guide on Green River Lake and owner of the guide service Green River Lake Crappie Trips. We visited the marina—and enjoyed the best breakfast in town—after filming a TV show together on Green River Lake. Over the years, I met the family behind the

business, and we became friends. I look forward to more than one visit to the marina each year to hang out, catch daily limits of crappie and enjoy some great fishing camaraderie with David.

As a boy, I spent a lot of time on my grandfather’s houseboat, where he lived for a time. I can say those were some of my happiest times, so I have a special place in my heart for marinas. I remember the sounds of minnow tanks running and crickets chirping, along with the sound of little footsteps and chatter from kids excited about the day. Holmes Bend Marina has that atmosphere that I remember, and those memories are rekindled each time I visit. **KL**

KEN MCBROOM, an outdoors writer/photographer, created RamblingAngler.com. McBroom grew up in Lynchburg, Tennessee, and now lives in western Kentucky.

Eye Doctor Helps Tennessee Legally Blind To See



High Technology For Low Vision Patients Allows Many To Drive Again



For many patients with macular degeneration and other vision related conditions, the loss of central vision detail also signals the end to one of the last bastions of independence: driving. A Lebanon optometrist, Dr. James Gillispie, is using miniaturized telescopes that are mounted in glasses to help people who have lost vision from macular degeneration and other eye diseases.

Imagine a pair of glasses that can improve your vision enough to change your life. If you're a low vision patient, you've probably not only imagined them, but you have been searching for them. Bioptic telescopes may be the breakthrough in optical technology that will give you the independence you've been looking for. Patients with vision in the 20/200 range can many times be improved to 20/50 or better.

Macular degeneration is the leading cause of blindness and vision loss in people over 50. Despite this, most adults are not familiar with the condition. As many as 25% of those over the age of 50 have some degree of macular degeneration. The macula is only one small part of the retina; however, it is the most sensitive and gives us sharp central vision. When it

degenerates, macular degeneration leaves a blind spot right in the center of vision, making it difficult or impossible to recognize faces, read a book, or pass the driver's vision test.

Nine out of ten people who have macular degeneration have the dry form. New research suggests vitamins can help. The British medical journal BMC Ophthalmology recently reported that 56% of patients treated with a high-dose combination of vitamins experienced improved vision after 6 months.

While age is the most significant risk factor for developing the disease,



A scene as it might be viewed by a person with age-related macular degeneration.

heredity, smoking, cardiovascular disease, and high blood pressure have also been identified as risk factors. Macular degeneration accounts for 90% of new legal blindness in the U.S. While there is currently no cure, promising research is being done on many fronts.

"Our job is to figure out everything and anything possible to keep a person functioning, especially driving," says Dr. Gillispie of Low Vision of Tennessee.

When Beth, 62, of Greenville, TN came to Low Vision of Tennessee she wanted to keep her Tennessee driver's

license and was prescribed bioptic telescopic glasses to read signs and see traffic farther away. Dr. Gillispie also prescribed microscope glasses for reading newspapers and menus at restaurants.

As Beth puts it, "My regular glasses didn't help too much – it was like looking through a fog. These new telescopic glasses not only allow me to read signs from a further distance, but make driving much easier. I've also used them to watch television so I don't have to sit so close. I don't know why I waited to do this; I should have come sooner."

"Bioptic telescopes can cost over \$3,000," said Dr. Gillispie. "especially if we build them with automatic sunglasses."

"The major benefit of the bioptic telescope is that the lens automatically focuses on whatever you're looking at," said Dr. Gillispie, "It's like a self-focusing camera, but much more precise."

To learn more about bioptic telescopes or to schedule a consultation with Dr. Gillispie, give us a call at (615) 948-9185. You can also visit our website at:

www.lowvisiontn.com



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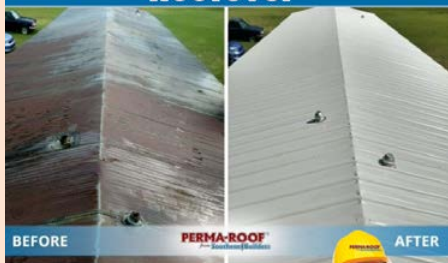
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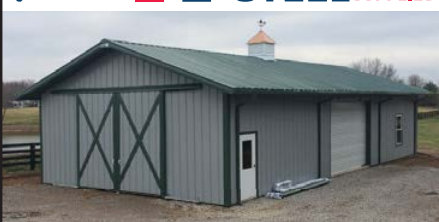


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A story from Normandy

Remembering the fallen



BYRON CRAWFORD is Kentucky's storyteller—a veteran television and newspaper journalist known for his colorful essays about life in Kentucky. Contact Byron at KentuckyLiving.com: About/People.

THE P-47 THUNDERBOLT, piloted by 27-year-old 2nd Lt. Jesse Mountjoy of Woodford County had been hit by German ground fire and was going down over the rolling farmland of Normandy.

That summer afternoon in 1944, only a few weeks after D-Day, Mountjoy's 509th fighter squadron was strafing German positions in advance of the Allied ground assault. He was flying too low to bail out when his plane was hit.

Frenchman Leon Bouillon was working in the woodshop at his farm, La Cleriotiere, that afternoon. His son, Claude, 8, was helping his mother feed the chickens, while another son, Louis, 11, was in the woodshop helping his father when Mountjoy's plane appeared barely above the treetops—its engine popping and trailing black smoke.

the wreckage. After carrying him back to the woodshop, they recovered and hid his identification tags and personal papers, then made a coffin and buried him in the nearby apple orchard.

Back in Kentucky, Mountjoy's son, Jesse Mountjoy Jr., was only 15 months old and with his mother, Runelle, at her parents' farm in Hart County when his father was killed. Many years later, with help from a World War II veteran, Mountjoy, an attorney in Owensboro and resident of rural Daviess County, was connected with a French researcher who knew exactly where his father's plane had crashed.

In 2001, Jesse Mountjoy Jr. and his wife, Helen, made their first visit to the site near the village of La Haye-Pesnel in northwest Normandy.

To their surprise, the farm on which his father's plane crashed is still owned by the Bouillon family. And although Leon has passed away, his son, Claude, who witnessed the crash at age 8, still lives at the farm and can recount many details of that day.

The surrounding countryside reminded him of "the old Mountjoy farm" in his father's native Woodford County, Mountjoy recalls.

The French Resistance photo of the crash scene, which the Bouillon family had saved all these years, was given to Jesse, along with a handle from the bullet and flak-riddled ordnance bay door of his father's plane. Jesse was brought to tears when he touched the door.

The Mountjoys were honored by the French Veterans and the village of La Haye-Pesnel, where a bronze marker memorializes the pilot's sacrifice. His remains have been reinterred in Lexington.

Jesse and Helen Mountjoy, longtime consumer-members of both Kenergy and Meade RECC, have been to Normandy twice, and one of their sons and a grandson have made another visit to the Bouillons' farm.

"They are our family," Jesse says. "They are the extended Mountjoys. Or I guess we're the extended Bouillons." **KL**



Mountjoy tried to land in a nearby field, but ran out of space. He nosed the plane upward at the last second to avoid hitting the woodshop, then struck a tree and utility pole before crashing into an embankment.

Bouillon and two farm workers rushed to the scene to find the pilot's lifeless body near



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