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# SEPTEMBER

VOL 79 | NO 9

16

## BEST IN KENTUCKY

*Kentucky Living* readers have voted on their favorite destinations, attractions, businesses and more. Read about the winners, from bakeries to barbecue and hiking trails to hamburgers.

38

## OPENING DAY

Dove hunting is the traditional kickoff to the fall hunting season. Learn more about this time-honored sport, why it's beloved by hunters and what you need to know to hit the dove field yourself.

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## KENTUCKY IN HARMONY

Under the leadership of Teddy Abrams, the Louisville Orchestra makes world-class music—and the *In Harmony* tour brings free concerts to small towns and communities across the state.

**ON THE COVER** Teddy Abrams conducts the Louisville Orchestra during a concert at the J. Dan Talbott Amphitheatre, the home of *The Stephen Foster Story*, in Bardstown. The concert was part of the 2024 *In Harmony* Tour. This season's performances continue through September, and the tour has been extended through 2026. Visit [KentuckyLiving.com](https://KentuckyLiving.com) for links to more information. Photo: Wade Harris



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HEATHER BILVEU



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## OUR MISSION STATEMENT

*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.

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**PHONE:** (800) 595-4846

**U.S. POSTAL SERVICE:** PO Box 32170,  
Louisville, KY 40232

**SHIPPING:** 1630 Lyndon Farm Ct Ste 200, Louisville, KY 40223

## SUBSCRIPTIONS

Visit KentuckyLiving.com. **CO-OP MEMBERS:** To report address changes, please call your local co-op office.

## ADVERTISING OFFICES

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## OUR NATIONAL SALES REPRESENTATIVE

American MainStreet Publications

611 S. Congress Ave., Suite #504 Austin, TX 78704

1-800-626-1181 • (512) 441-5200, **FAX** (512) 441-5211

## AND NOW FOR THE LEGAL STUFF

*Kentucky Living*, Vol. 79, No. 9, (ISSN 1043-853X) is published monthly by the Kentucky Association of Electric Cooperatives Inc., 1630 Lyndon Farm Ct Ste 200, Louisville, KY 40223-5031. Periodicals Postage Paid at Louisville, Kentucky, and at additional mailing offices.

**COPYRIGHT, 2025,** by Kentucky Association of Electric Cooperatives Inc. All rights reserved. **SUBSCRIPTIONS:**

\$2.99 per year for co-ops that subscribe for their members on a monthly basis; all others, \$15 for one year, \$25 for three years. **NEWSSTAND COST:** \$2.95.

**POSTMASTER:** Send address changes to *Kentucky Living*, P. O. Box 32170, Louisville, KY 40232.

# Ready, set, grow

*Co-ops build the future*

## SEPTEMBER IS ALL ABOUT

harvests. It's a time when we see the pumpkins on the vine, the apples on the tree, and hopefully, the freezer and pantry full of your garden produce. As the season winds down, I'm reflecting on the idea of growth.

Electric cooperatives have always been closely tied to growth—both agricultural and economic. During our earliest days, Kentucky's electric cooperatives focused relentlessly on improving life for farm communities. Early issues of this magazine focused on how electricity could benefit farm life, from electric kitchen appliances to brooders for raising chicks.

Agriculture is near and dear to us in the electric cooperative world, which is why we're so excited by the recent creation of the Kentucky Agricultural Economic Development Board, aimed at creating new business opportunities for our farm communities (read more on page 15). Kentucky's electric cooperatives not only share that mission—they also make it possible by providing the competitive, reliable power required by industries of all shapes and sizes.

Just as electrification transformed the rural Kentucky economy, electric reliability sustains it. To meet growing demand, East Kentucky Power Cooperative has taken bold steps to ensure reliable generation capacity for the future (see the story on page 10). As our communities and local economies grow, we need more electricity than ever before. And thanks to the foresight and bold action of Kentucky's electric cooperatives, that power will be there when we need it.



EPCC

Growth is an expression of hope. There are voices out there today that would rather fall back on zero-sum thinking—the idea that our resources are permanently fixed, and we're doomed to fight over the scraps. That's a cynical way to look at the world. Kentucky's electric cooperatives take an optimistic view. We're working every day to build a brighter future. It's going to take more energy, not less, and we are rising to the challenge.

The ingenuity and resources of Kentucky's co-op communities are unmatched. Optimism, hard work and innovation have always gotten us where we need to go, from the creation of the first electric cooperative to the latest in energy generation technology. No matter the challenge, we can meet it. We can build it. We can grow.

*Chris*

**CHRIS PERRY**  
President/CEO



**KENTUCKY ELECTRIC  
COOPERATIVES**



# FROM THE EDITOR

## MY HUSBAND

**AND I** are huge fans of musician Chris Thile. (If you don't know of him, please look him up, or at the very least, turn to page 49 to see him on stage in Madisonville.) He's an amazing mandolin mastermind with Kentucky connections, and we've seen him in concert more than any other performer—but this isn't about him.

Good people know good people, and great musicians know great musicians. Two of the times we've seen Thile perform, he's been with Teddy Abrams and the Louisville Orchestra. Abrams is a star, and Kentucky—Louisville, specifically—is blessed to have him. Not only has Abrams brought Thile and musicians of his caliber to the state, but the orchestra is playing in smaller towns like Madisonville and Beattyville. Through the *In Harmony* tour (read more on page 46), thousands of Kentuckians are gaining exposure to classical music in innovative ways.

The tour continues this month. It's free, and if it comes near you, I'd highly recommend grabbing tickets—if they're still available.

*Shannon*

**SHANNON BROCK,**  
EDITOR

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Kentucky Living, P.O. Box 32170,  
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DEVON STIVERS/KENTUCKY DEPARTMENT OF FISH AND WILDLIFE RESOURCES



## IN THE FIELD

### Dove hunting resources online

Have you ever wanted to go hunting, but didn't know where to start? Dove hunting might be the perfect place to begin. Read the story on page 38, then visit us online for links to information on where to hunt, hunter safety, dove habitat, dove field etiquette, how to clean and cook your harvest, and more.



## ALL TOGETHER NOW

### *In Harmony* tour builds connections

Read about *In Harmony: The Commonwealth Tour of the Louisville Orchestra*, which brings the Louisville Orchestra to communities near you, then visit KentuckyLiving.com for a 2024 season recap video, upcoming concerts and more.



## USE YOUR GOURD

### Plan your pumpkin picking

Check out our roundup of pumpkin patches that are worth the trip on page 64. In the meantime, do some digital tourism at KentuckyLiving.com, where you'll find videos from Neltner's Farm, Just Piddlin and Penny Pumpkin Patch.



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# Being your own health advocate

Louisville author Shannon Stocker is passionate about advocating for oneself. In her debut young adult novel, *Stronger at the Seams*, Twyla is a young teen facing the changes that come with transitioning from middle school to high school. Losing her mother a few years prior only intensifies those changes as she navigates them with her detached, still-grieving father.

When Twyla starts to experience mysterious symptoms that affect her athleticism, self-esteem and relationships, she needs answers. Doctors continually breeze through her appointments with the same standard diagnoses and fixes. Deep down, Twyla knows they are not hearing her, not discovering the real issue and definitely not making her feel better. Her father won't discuss her mother's death to reveal any genetic factor, so she begins a journey on her own for the truth about her mother and, ultimately, about herself.

Through Twyla, Stocker emphasizes the need for advocacy when it comes to health care. She speaks from experience as the parent of one child with brain cancer and another with attention-deficit/hyperactivity disorder. Countless doctors over a two-year period had dismissed her daughter's symptoms, even hinting at the need

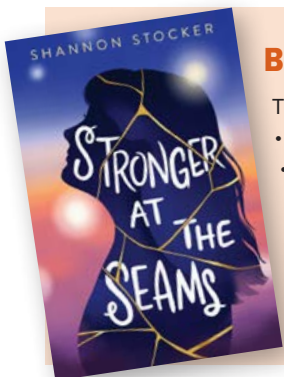
for a therapist. Stocker pushed onward, expressing that "everyone was missing something." Indeed, they had been.

Stocker explains, "I wrote *Stronger at the Seams* largely from the fold-out couch by my daughter's hospital bed during 21 rounds of chemotherapy. The process was therapeutic for me. Since the story is fictionalized, I could write what I needed—what she needed—while still honoring our truth."

Had Stocker not advocated for her daughter, the diagnosis could have been missed. Likewise, her character Twyla advocated for herself until she found answers. Stocker urges readers to do the same: "It's not easy to fight for a truth you don't fully understand, and it's even harder when people—older, supposedly wiser people—are telling you you're wrong about yourself... But no one will ever fight for you the way you can. No one knows you the way you do. We may not always be in control of our stories. But that doesn't mean we are powerless."

Ironically, Stocker completed medical school, but her own disability prevented her completion of a residency. She believes everything happens for a reason, though, and those bumps in the road make people stronger at the seams.

» Penny Woods



## Be your best advocate

Tips from UnitedStatesofHealthCare.com for self-advocacy:

- Build your knowledge—ask your provider for reliable resources.
- Give your provider honest, accurate information about symptoms, medications and habits.
- Do your part—take notes, adhere to treatment plans, notify your provider of difficulties.

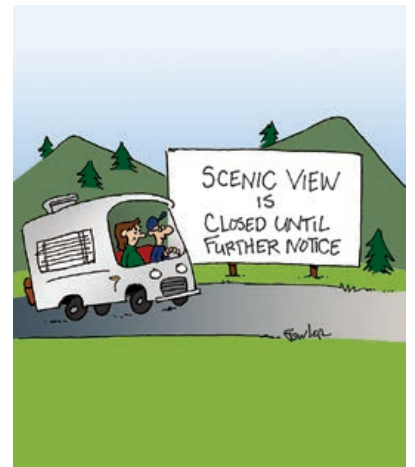
*Stronger at the Seams*, (BlinkYABooks, \$18.99), can be found at major booksellers. Connect at [shannonstocker.com](http://shannonstocker.com).

*tip*

## ENERGY EFFICIENCY

Take advantage of "shoulder months"—the transitional periods between peak heating and cooling seasons. During the fall, this is typically between September and November. Look for simple ways to boost indoor comfort without running your heating and cooling system. Use ceiling fans and open windows on breezy days to ventilate your home. On cooler days, add a layer of clothing.

CLINT PATTERSON/UNSPASH





## Share your American pride

With the 250th anniversary of the Declaration of Independence approaching next year, *Kentucky Living* wants to hear from you—what makes you proud to be an American? Share your story, memory or photo with us.

We will collect and review your responses, and next July, many of them will be shared online at [KentuckyLiving.com](http://KentuckyLiving.com), and some will be printed in the magazine.

Each of you might answer that question in a different way, and we can't wait to see what you have to say.

Find out more at [KentuckyLiving.com/250](http://KentuckyLiving.com/250).



JOE ARNOLD

### Have a question or comment for the editor?



Please address letters to the editor to: Letters, *Kentucky Living*, P. O. Box 32170, Louisville, KY 40232 or email by going to [KentuckyLiving.com](http://KentuckyLiving.com) and clicking on "Contact Us." Letters may be edited for style, length and clarity.

## featured FRAMES



Green River Lake seen through the fall trees. Photo by Denise Gilpin, Campbellsville, Taylor County RECC consumer-member.



# All of the above

*EKPC's balanced blueprint for energy reliability*

JOE ARNOLD

**TO MEET RISING ELECTRICITY DEMAND**, East Kentucky Power Cooperative is embracing a bold, forward-looking plan rooted in the “all of the above” approach to energy.

Popularized in national energy policy discussions in the early 2000s, this strategy champions diversity in energy sources—such as coal, natural gas, solar and regional grid participation—rather than reliance on any single solution. For Kentucky’s electric cooperatives, it’s more than a slogan—it’s a commitment to reliability, affordability and innovation.

EKPC’s latest infrastructure investments reaffirm that commitment, expanding generation capacity by nearly a third while empowering co-op members

with energy efficiency tools and safeguarding the future of Kentucky communities. EKPC provides electricity to 16 electric cooperatives that serve 1.1 million Kentucky residents in 89 counties.

“Diversification is really key to our portfolio,” says Don Mosier, EKPC’s executive vice president and chief operating officer. “And the projects that we’re adding today really contribute to that all of the above strategy.”

During the past three winters, EKPC has set new all-time peak demand records during extreme cold events when large amounts of electricity are used for heating. The cooperative forecasts growing day-to-day power consumption will exceed the capacity of its current fleet by 2030.

Rendering of Cooper Station in Pulaski County after the addition of a new 745-megawatt natural gas combined cycle unit.  
Credit: EKPC







### New natural gas unit at Cooper Station

EKPC plans to add a new 745-megawatt natural gas combined cycle unit at Cooper Station in Pulaski County, effectively tripling the plant's capacity to provide power and meet future energy demands.

The new unit will bolster the regional transmission grid in southern Kentucky, and it comes as national energy monitors are warning of a shortage of electric power as the most reliable energy sources such as coal plants are prematurely shut down so utilities can comply with federal environmental standards.

"When you start talking about having random and rolling blackouts, that's nothing that any of us want to experience," says Chris Girdler, president and CEO of the Somerset-Pulaski Economic Development Authority. "And Cooper Station is

historically—decade after decade—an incredible asset to making sure that those kinds of things don't happen here."

### Coal and natural gas combos

Meanwhile, EKPC is protecting its most dependable electric-generating resources—existing coal-fired units—in the face of the EPA's greenhouse gas rule that went final last year.

"And that rule basically states this: if you do nothing to your coal facilities, you must close those facilities by the end of 2031," Mosier says. "Not that far away."

EKPC plans to convert an existing coal-fueled unit at Cooper Station and all four coal units at Spurlock Station in Mason County to enable them to use both coal and natural gas as fuel.



Chris Girdler, president and CEO of the Somerset-Pulaski Economic Development Authority, calls the Cooper Station plan a "monumental project" that will support affordable and reliable energy for Kentucky homes and businesses. Photo: EKPC

### "COMBINED CYCLE" CONVERTS EXHAUST TO ENERGY

Powered by natural gas, the two combustion turbines at the new Cooper Station unit will operate as a "combined cycle" power plant. These units generate electricity twice—first by using gas turbines, then by capturing their leftover heat to make steam that powers a second turbine—so it squeezes more energy out of the same fuel.

"We've got what's called a heat recovery steam generator on the back end of those two units," explains Don Mosier, EKPC's executive vice president and chief operating officer. "That will take what's normally wasted out of the exhaust stacks, process that wasted exhaust and the heat, turn it to steam and power a separate steam turbine, creating 745 megawatts, and making it the most efficient power plant and the largest single unit power plant in East Kentucky's portfolio."



▲ Plant Operator Todd Huntsman monitors operations in the control room at Cooper Station, a 341-megawatt power plant in Somerset. Photo: Tim Webb

With those changes, EKPC will ensure continued compliance with the existing greenhouse gas rule, even as the Trump administration attempts to implement reforms.

EKPC carefully studied but ultimately rejected the idea of capturing carbon dioxide emissions of the power plant, transporting and storing it.

“We found out that it would have devastated our members’ rates,” Mosier says. “And that’s totally unacceptable.”

“We are trying to prepare for the future, but the biggest thing is uncertainty,” says Alan Ahrman, EKPC’s board chairman. “It’s like a guessing game. What’s going to happen five years down the road?”

When the next generation reviews the bold decisions EKPC is making today, “I want them to look at it and say, we made a smart decision,” Ahrman says. “We did the best we could with the information we have.”

The co-firing projects will protect nearly half of EKPC’s existing generating capacity while reducing carbon dioxide emissions.

### New natural gas plant in Casey County

EKPC plans to construct an innovative 214-megawatt natural gas power plant at a 100-acre site near Liberty, in Casey County.

Featuring 12 natural gas-fueled engine/generator sets, the plant will be capable of rapidly starting and ramping up and down. This flexibility means the facility can support energy demands during peak usage hours or when solar facilities experience a reduction in output.

“Liberty Station will help to meet growing demand for electricity, while also strengthening the reliability of southern Kentucky’s electric grid and supporting intermittent renewables,” says Anthony “Tony” Campbell, EKPC’s president and CEO.

The plant is expected to be in operation by late 2028 and will create 23 new full-time jobs.

### Expanded programs

Following a detailed cost-effective analysis, EKPC plans to more than double its investment in demand side management/energy efficiency programs, including increasing incentives for qualifying participants in the CARES low-income weatherization program.

Combined with existing programs, EKPC projects it can cumulatively reduce energy use by 69,792 megawatt-hours and cut winter peak by 38 megawatts by 2030.

### Additional sources

EKPC recently secured a power purchase agreement for 100 megawatts of nuclear energy and plans to add 136 megawatts of solar capacity at facilities in Fayette and Marion counties.

“EKPC is taking steps to lower our greenhouse gas emissions intensity,” Mosier says.

“We are taking a comprehensive approach that safeguards reliability and cost-competitiveness, while boosting sustainability. Greater fleet diversity means access to low-cost energy when it is available, along with reliable, flexible power plants to keep electricity flowing when it is needed the most.” **KL**



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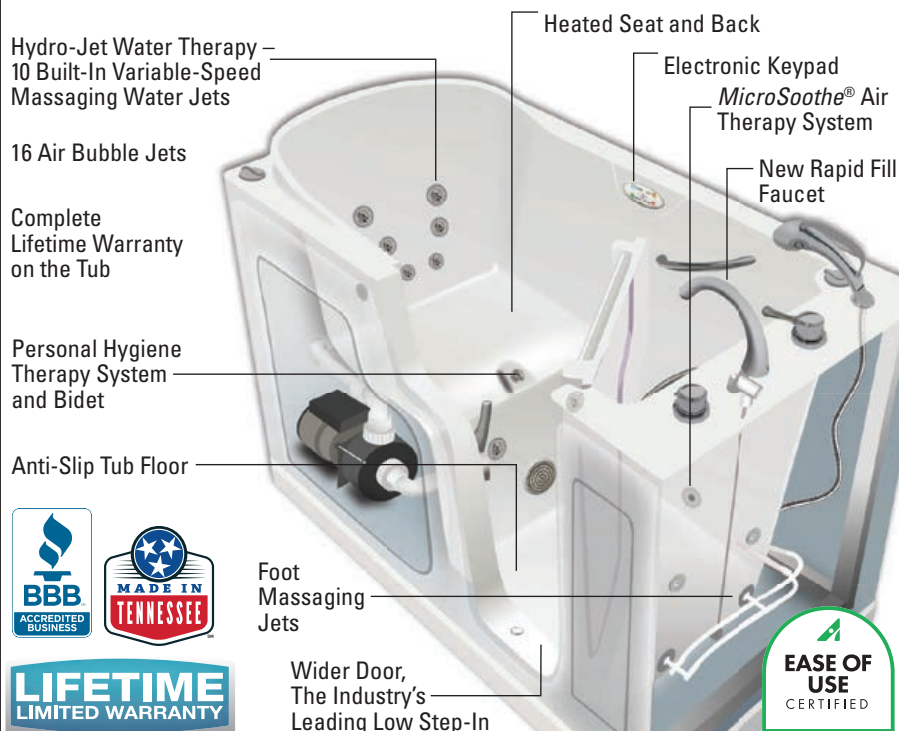
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# A heart for helping

## Logan Jewell Benefit is Sept. 20

### SHELBYVILLE

Gary Warford has a heart for serving others, especially when it comes to children. The Shelby Energy staking engineer and Harvest Church youth leader is always looking for ways to assist kids and their families in his local community.

"If there's any way that I can help somebody with something, I'm all ears," says Warford. "And if I can do it, I'm in."

Several years ago, he organized the Logan Jewell Benefit, a fall golf event held to offer financial support to Logan and her family. Eight-year-old Logan, who is battling brain cancer, is the daughter of Warford's co-worker Johnna DeWitt. "I wanted to make the burden be less for them as far as any kind of medical bills or travel expenses," he says.

This past June, Warford was a counselor at Shelby County Christian Youth Camp, his second year in that role. His friends, Andy and Annie Anderson, started the camp on their farm three years ago. Open to all kids at no cost, this year's three-day camp hosted the largest group of campers yet—around 80.

"They're fully fed three meals a day, and there's



lots of games. Lots of cool stuff," says Warford, adding that plans are already in the works for more camping fun next summer.

Around the holidays, Warford and his wife, Monica, supply food items for Thanksgiving and Christmas meals—plus gifts for children—to families who need a helping hand. When it comes to finding others to serve in his community, he says, "It just seems like you pray that whatever God wants in front of you shows up. And it seems like you don't have to look very far, and it just comes right in front of you."

Warford believes it's important for people to "sacrifice a little bit of time for others." And even though he's quick to do just that, he doesn't want any credit for his efforts, noting that everyone pitches in to make it all possible.

While he acknowledges that he can't help everybody, he is dedicated to reaching out to everyone he can, especially children who are unable to help themselves. "I would say if I had my goals for something, it would just be for kids," says Warford. "That's where my heart's at, is kids."

September is Childhood Cancer Awareness Month. This year's Logan Jewell Benefit will be September 20 at the Henry County Country Club. To learn more, call (502) 321-9015. For more details on showing support for Logan Jewell DeWitt and her family, visit Facebook: Love for Logan Jewell. Find more camp details on Facebook: Shelby County Christian Youth Camp 2025. **KL**

**AMY COBB** is the author of two book series for children, *Band Geeks* and *Libby Wimbley*.

Shelby Energy's Gary Warford sits with Logan Jewell and her battle buddy, Robert the giraffe. Warford has been instrumental in planning events to benefit Logan, who was diagnosed with a brain tumor at 7 months old. The photo was taken by Johnna DeWitt, Logan's mother and Warford's coworker at Shelby Energy.



# Seeding Kentucky's future

*New ag development board focuses on growth, investment and opportunity*

JOE ARNOLD

## A NEW STATE BOARD is

setting its sights on the future of Kentucky agriculture—one grant, loan and partnership at a time.

With the recent passage of Senate Bill 28, the Kentucky General Assembly established the Kentucky Agricultural Economic Development Board to strengthen the state's farm economy by targeting investment, infrastructure and market development.

The board “is a yearlong collaboration between the Department of Agriculture, farmers, business leaders, community stakeholders and the General Assembly,” says Commissioner of Agriculture Jonathan Shell, who serves as chairman. “I am excited to see the work this board will accomplish to move Kentucky agriculture forward, and I couldn't ask for a better group of individuals to get this work started.”

The board offers financial tools such as grants, forgivable loans and revolving loan funds to support agricultural infrastructure, value-added



production and rural entrepreneurship. It's part of Shell's Agriculture is Economic Development initiative, which grew out of a 2024 statewide listening tour with farmers and stakeholders.

The board launches at a meaningful and fitting moment, says Brandon Reed, the executive director of the Kentucky Office of Agricultural Policy, which this year marks its 25th anniversary.

“Commissioner Shell's vision and passion for advancing Kentucky agriculture are second to none,” Reed says, “and I'm proud the General Assembly recognized that by creating this board. I look forward to working alongside my longtime colleague Jacob Estes to bring that vision to life.”

Estes leads the new Division of Agricultural Economic Development within the Kentucky Department of Agriculture.

“We have worked alongside these outstanding agricultural leaders for many years,” says Chris Perry, president and CEO of Kentucky Electric Cooperatives. “We welcome the Kentucky Agricultural Economic Development Board to the ongoing efforts of co-ops across Kentucky to support job creation and improve the quality of life in the communities we serve.” **KL**

## Board lays groundwork

Though newly established, the Kentucky Agricultural Economic Development Board is already laying the foundation for long-term impact.

Working within the Kentucky Office of Agricultural Policy, the board is currently finalizing its application process, setting policy priorities and preparing programs to attract investment and strengthen farm communities.

Board members were chosen to reflect the diversity of Kentucky's agricultural economy and include representatives from livestock, row crop and specialty crop producers, as well as banking and local economic development leaders.



Kentucky Agricultural  
Economic Development  
Board

**LOCATION:**  
Statewide

**INDUSTRY:**  
Agriculture and rural  
economic development

**LEAD AGENCY:**  
Kentucky Department  
of Agriculture

At the first meeting of the Kentucky Agricultural Economic Development Board, from front left, board members Lori Noel and Missy Vanderpool, Kentucky Office of Agricultural Policy Executive Director Brandon Reed and Agriculture Commissioner Jonathan Shell. From back left, board members Kevin Fields and Neil Denton, and Division of Economic Development Director Jacob Estes. Photo: Kentucky Department of Agriculture

# Best in Kentucky

BY KATHY WITT

**IN RED RIVER GORGE**, stop off at Sky Bridge Recreation Area for a picnic lunch or to stretch your legs on the walk across the top of the 23-foot high, 75-foot long “Sky Bridge.” At Bardstown’s Heaven Hill Bourbon Experience, check out the Five Brothers Bar & Kitchen for incredible cocktails and lunch. And when visiting Horse Cave’s Kentucky Down Under Adventure Zoo, see the kangaroos first (they’re nocturnal). There’s a reason these Bests have earned their place. They’re all about creating a unique experience, delivering five-star service and making a lasting memory. Even better? They’ve shared insider tips.

Find your way to the best eating, drinking, dining, playing and staying—and, in some cases, straying off the well-worn path at some of the best adventures all around the state.

Clockwise from top right, the Merlot Suite at Springhill Bed & Breakfast features a king room and private bath with antique finishes. Photo: Mallory Daugherty; The Five Brothers Bar & Kitchen located in the Heaven Hill Bourbon Experience. Photo: Heaven Hill Bourbon Experience; Whether it’s a weekend getaway or a weeklong retreat, Lake Cumberland is the perfect vacation destination. Photo: Black Label Imagery; Sweet Peace Bakery’s slogan? “Creating World Peace through a peaceful diet.” Photo: Sweet Peace Bakery; Center, The crowd is electric and the energy unmatched. This is what it’s all about at The Amp at Log Still: great music, great people and unforgettable nights under the stars. Photo: Grizzly Media







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From left, the lobby of the Evan Williams Bourbon Experience features an Old Fashioned fountain. Photo: Evan Williams Bourbon Experience

Center, the Green River at Mammoth Cave National Park is made for paddling. Photo: Jessie Cooper

Right, the Marion County Country Ham Days typically hosts a balloon glow—and even the balloons are on theme. Photo: Lebanon Tourist & Convention Commission

# Destinations

## Road Trip

### FIRST PLACE Mammoth Cave National Park – Mammoth Cave

A unique blend of natural beauty and adventure, unforgettable guided tours to explore the depths of the Earth, acres of reclaimed hardwood forest and serene riverways where visitors can immerse themselves in camping, hiking, horseback riding and canoeing—Mammoth Cave is all this and more.

*Insider tip:* Check your route in advance. GPS and electronic navigation can sometimes lead you astray, so reviewing directions to the park can save time.

### SECOND PLACE Red River Gorge Geological Area – Stanton

### THIRD PLACE Heaven Hill Bourbon Experience – Bardstown

## Distillery Tour

**FIRST PLACE**  
**Maker's Mark Distillery – Loretto**  
Watch massive fermentation tanks bubble before your eyes. Catch sight of the stunning stained-glass window adorned with the Maker's Mark logo—SIV—which stands for the Samuels family, IV (fourth) generation distillers. Visit a rick-house where barrels are rotated by hand. All this on a 1,200-acre working farm where sheep and wagyu cattle graze and wheat and barley are harvested.

*Insider tip:* Maker's Mark offers off-the-beaten-path tours to give

visitors a sense of the distillery's close connection with nature.

### SECOND PLACE Buffalo Trace Distillery – Frankfort

### THIRD PLACE Evan Williams Bourbon Experience – Louisville

## Event or Festival

### FIRST PLACE Marion County Country Ham Days – Lebanon

Here are the numbers: 30,000 visitors, more than 2,000 pounds of country ham, 250-plus vehicles for Sunday's Car, Truck and Motorcycle Show, hundreds of volunteers, more than a dozen hot air balloons and a Pigasus Parade that has been happening for 56 years. Visitors will feel right at home with events for everyone.

*Insider tip:* New this year: More live music concerts and vendors, and a mother's changing tent.



## SECOND PLACE

Lincoln Days Celebration –  
Hodgenville

## THIRD PLACE

Holiday on the Hill – Bardstown

## Agritourism Attraction

### FIRST PLACE

Hinton's Orchard & Farm Market  
– Hodgenville

This family-owned farm market has a variety of seasonal fruits, vegetables, flowers and more. Not only that, treats from Hinton's bakery, soft serve ice cream and shakes, and lots of activities for kids make this an outstanding destination for family outings.

*Insider tip:* You'll find the greatest variety of fruits and vegetables in July and August, but if you're coming for fun on the farm, fall is the season to visit.

### SECOND PLACE

Gallrein Farms – Shelbyville

### THIRD PLACE

Dennison's Roadside Market –  
Horse Cave

## Place for Live Music

### FIRST PLACE

The Amp at Log Still –  
Gethsemane

This 2,300-seat outdoor event venue hosts nationally known artists such as Little Big Town, Martina McBride, Elle King, Lady A, Dwight Yoakum and others. Just in time for the 2025

concert season, The Amp added more patio tables and additional VIP passes.

*Insider tip:* From front row to lawn, every view at The Amp at Log Still hits just right—and if you're looking to elevate your night, the one-of-a-kind VIP experience is absolutely worth it.

### SECOND PLACE

Joel Ray's Lincoln Jamboree –  
Hodgenville

### THIRD PLACE

The Grove – Glasgow

## Museum

### FIRST PLACE

Frazier History Museum –  
Louisville

The Frazier presents and preserves Kentucky history through artifacts, exhibitions, educational programs, bourbon tastings and daily guided tours. The newest exhibit is Davis Jewelers' Love & Marriage, an exploration of 150 years of love, marriage and courtship in Kentucky that features 50 uniquely gorgeous wedding dresses worn by Kentucky brides from the 1870s to the 2020s.

*Insider tip:* Guided bourbon tastings are offered daily, including Single Barrel Secrets, a museum tour and tasting that features three single barrel bourbons sold only in Frazier's Museum Shop.

## SECOND PLACE

Lincoln Museum – Hodgenville

## THIRD PLACE

John James Audubon State  
Park Museum – Henderson

## Kid-friendly Attraction

### FIRST PLACE

Louisville Zoo – Louisville

See one of the world's rarest antelopes, the addax, in Africa, wallaroos in Australia, Cuban crocodiles on The Islands and a sloth trio, Sunni, Fern and Sebastian—all at the Louisville Zoo, the top nonprofit, paid attraction in the state and home to 1,000 species representing the variety of life on Earth.

*Insider tip:*  
Mornings  
are

Below, The Frazier History Museum's 120: Cool KY Counties exhibit is an interactive experience. Photo: Frazier History Museum

Bottom, just in time for fall decoration: Beautiful mums frame Dennison's Roadside Market. Photo: Hart County Tourism





Built between 1812 and 1818, the three-story manse originally named Federal Hill by its first owner, Judge John Rowan, became Kentucky's first historic shrine on July 4, 1923. Photo: Kentucky State Parks

always  
good for  
visiting with  
your animal friends.

▲ Top, beautiful sunrises and sunsets along with the privacy of the location make My Old Kentucky Dome a hit with those seeking a quiet refuge. Photo: My Old Kentucky Dome

► Far right, diverse landscapes and engaging activities, like a ranger tour of the ruins of Karnak, make Mammoth Cave National Park a perfect playground for anyone looking to embrace adventure in nature. Photo: Jessie Cooper

## SECOND PLACE

**Ark Encounter – Williamstown**

## THIRD PLACE

**Kentucky Down Under Adventure Zoo – Horse Cave**

## Winery

## FIRST PLACE

**Purple Toad Winery – Paducah**  
Nearly 30 years ago, the seed of an idea took root in California's Napa Valley and was planted in Paducah: To pair modern wine-making techniques with Old-World knowledge to produce award-winning wines.

Today, Purple Toad Winery is one of the largest and most

award-winning wineries in Kentucky, famous for sweet wines like Black and Bruised and Sweet Carolwine, and other innovative flavors that authentically capture the spirit of Paducah.

*Insider tip:* Ask about Purple Toad's new bourbons, bourbon-inspired drinks and fruit whiskeys, available only at the winery. They're going fast.

## SECOND PLACE

**McIntyre & Family Winery – Bardstown**

## THIRD PLACE

**Springhill Bed & Breakfast Winery and Vineyards – Bloomfield**

## Historic Attraction

## FIRST PLACE

**My Old Kentucky Home State Park – Bardstown**

Explore 200 years of history through priceless original artifacts, lush formal gardens, storytelling, singing tour guides and events at this impeccable Federal-style mansion. This national treasure keeps things lively and entertaining, from guided bourbon tastings and murder mystery dinners, to culinary biscuit classes, barbecues on the lawn and monthly programming. Annual event exclusives include Shadows of Federal Hill and An Old Kentucky Christmas Carol.

*Insider tip:* Over 75% of the contents at Federal Hill, including

decorative arts, paintings, personal items, tools and furniture, are original to the property.

## SECOND PLACE

**Mammoth Cave National Park – Mammoth Cave**

## THIRD PLACE

**Abraham Lincoln Birthplace National Historical Park – Hodgenville**

## Specialty Lodging or Bed & Breakfast

## FIRST PLACE

**My Old Kentucky Dome – Mt. Washington**

The owners of My Old Kentucky Dome wanted to create a space just as special as the view—and they succeeded beautifully with this one-of-a-kind geodesic dome tucked in the woods and filled with all the comforts (and more!) of home: king-size accommodations, well-stocked kitchenette, Wi-Fi, hot tub, outdoor seating around a cozy propane fireplace and a Blackstone griddle to prepare meals outside under the gazebo.

*Insider tip:* Situated at the end of a private gravel drive, the dome feels off-grid but is only five minutes from town and the local grocery store.

## SECOND PLACE

**Maple Hill Manor Bed & Breakfast – Springfield**

## THIRD PLACE

**Springhill Bed & Breakfast Winery and Vineyards – Bloomfield**



# Outdoors

## Camping or RV Spot

### FIRST PLACE

#### Green River Lake State Park – Campbellsville

Choose your picture-perfect camping spot right on Green River Lake. Every campsite, including 167 RV sites with water and electricity and 60 primitive tents, snuggles up along the shoreline. This park is an activities overachiever, with fishing, boating, skiing, swimming, hiking, biking, horseback riding, miniature golf, basketball, volleyball, four playgrounds and more.

*Insider tip:* Green River Lake goes big for Halloween, with two weekends of Halloween in the Park—October 10-12 and 17-19.

### SECOND PLACE

#### Nolin Lake State Park – Mammoth Cave

### THIRD PLACE

#### Lincoln Lodge – Hodgenville

Check out Nolin Lake State Park's new fleet of kayak and pedal boat rentals plus the animals at the Nature Center. Photo: Kentucky State Parks

## Place for Adventure

### FIRST PLACE

#### Mammoth Cave National Park – Mammoth Cave

Seeking outdoor thrills? You've come to the right place, with 85-plus miles of surface trails perfect for hiking, biking and horseback riding. Paddle along the picturesque Green and Nolin rivers, part of Kentucky's only National Water Trail and scratch that spelunker itch with a cave tour or two.

*Insider tip:* Paddlers, hikers, bikers, cavers, horseback riders and wildlife enthusiasts will find the thinnest crowds during weekdays.

### SECOND PLACE

#### Red River Gorge Geological Area – Stanton

### THIRD PLACE

#### Bernheim Forest and Arboretum – Clermont

## Sept. 27 Grant County BLUEGRASS Festival



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- 4 p.m. – Kinman Family
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- 9 p.m. – Volume Five

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## Hiking Trail

Perfect for boating, fishing, kayaking and relaxing on scenic shores surrounded by the Daniel Boone National Forest, Cave Run Lake is the kind of off-the-beaten-path escape that turns a weekend into a memory. Photo: Steve Griggs

### FIRST PLACE

#### Red River Gorge Geological Area – Stanton

Red River Gorge is a hiker's paradise, with more than 30 local trails, including portions of the Sheltowee Trace National Recreation Trail, leading to sandstone arches, cascading waterfalls and stunning ridgeline vistas. First-time hikers and seasoned trekkers alike find trails to suit their experience levels, along with amazing scenery every step of the way.

*Insider tip:* Parking areas at popular trailheads in the Gorge can fill up fast! Start your hike early in the day to beat the crowds (and the heat).

### SECOND PLACE

#### Bernheim Forest and Arboretum – Clermont

### THIRD PLACE

#### Mammoth Cave National Park – Mammoth Cave

Below, considered a moderately challenging route, Auxier Ridge is a 4.2-mile out-and-back trail. Photo: Peter McDermott

Bottom, An angler casts his line on Honker Dam at Land Between the Lakes National Recreation Area. Photo: Forest Service



## Public Hunting/ Fishing Area

### FIRST PLACE

#### Land Between the Lakes National Recreation Area – Golden Pond

What does LBL offer anglers? A 170,000-acre peninsula with five small lakes and numerous ponds, 26 boat ramps, 68 water trail locations and 300 miles of undulating shoreline. Year-round, anglers try their luck for catfish, bass, panfish such as crappie and bluegill, and numerous other species.

*Insider tip:* Even though LBL is surrounded by large and beautiful lakes, this National Recreation Area's interior lakes and ponds just may offer the better chance of a successful day of fishing.

### SECOND PLACE

#### Green River Lake – Campbellsville

### THIRD PLACE

#### Cave Run Lake – Morehead

## Water Tourism Spot

### FIRST PLACE

#### Lake Cumberland – Somerset-Pulaski County, Russell County, Burnside, Monticello-Wayne County, Clinton County, McCreary County

No wonder boaters and water lovers flock to this vacation paradise: Kentucky's Houseboating Capital boasts over 1,200 miles of shoreline, pristine waters, photogenic landscapes, boating, fishing, hiking and more. "Bring a blanket, pack a picnic and enjoy the show," says Lake Cumberland Tourist Commission Director Danielle Wilson. "It's peaceful, romantic and absolutely unforgettable."

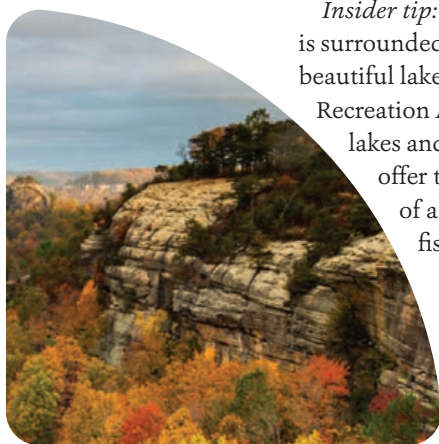
*Insider tip:* Catch a sunset at Lake Cumberland State Resort Park's Lure Lodge Overlook for an unmatched panoramic view of the lake that many tourists miss. And if you want a quieter, more relaxing lake experience, plan your visit Monday through Thursday.

### SECOND PLACE

#### Green River Lake – Campbellsville

### THIRD PLACE

#### Cave Run Lake – Morehead





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# Eats & Drinks

From left, Country Boy Brewing's most popular brands—Cougar Bait Blonde Ale, Country Light and Orange Cream Cider—chill out on ice. Photo: Country Boy Brewing

Maker's Mark is known for its smooth, never bitter, flavor. Photo: Maker's Mark

Authentic Southern hospitality is served at Mammy's Kitchen and Bar—the kind that makes you feel like you're at your grandmother's house with each dish made just for you. Photo: Mammy's Kitchen and Bar

## Breakfast Place

### FIRST PLACE

**Mammy's Kitchen & Bar – Bardstown**

Destination dining at its finest: Mammy's has great food, specialized menus, a family atmosphere, a sports bar with over 250 bourbons, patio dining, local entertainment and Mammy's General Store.

"I always say, 'I feel like my Mammy when the preacher came for Sunday dinner,'" says owner Christy Clark. "It's a wonderful time filled with old and new memories."

*Insider tip:* Mammy's always has something up its sleeve—like *Mammy's Cookbook*

coming in late December/early January. Clark calls it a "fantastic storybook with all the delicious recipes from generations."

### SECOND PLACE

**Kentucky's Finest Family Style Restaurant at Joel Ray's Lincoln Jamboree – Hodgenville**

### THIRD PLACE

**Pat's Place – Bardstown**

## Bourbon

### FIRST PLACE

**Maker's Mark – Loretto**

Learn the process behind this wheat-based whiskey, known for its smooth, never bitter, flavor. The experience is sublime—taste various expressions of Maker's Mark before being led into the gift shop through a private passage with a one-of-a-kind, Dale Chihuly-designed stained-glass ceiling.

*Insider tip:* Star Hill Provisions at Maker's Mark Distillery is open from 11:30 a.m. to 3:30 p.m. daily. A seasonal menu honors a range of ingredients sourced directly from the farm and producers throughout central Kentucky.

### SECOND PLACE

**Buffalo Trace – Frankfort**

### THIRD PLACE

**Heaven Hill Bottled-in-Bond – Bardstown**

## Barbecue

### FIRST PLACE

**Moonlite Bar-B-Q Inn – Owensboro**

With deep roots in Owensboro, this 300-seat heritage barbecue restaurant has earned national praise from *Gourmet* magazine, Food Network, *USA Today*, Fox News, CNN Travel and others.

"Moonlite has helped put western Kentucky barbecue, representing the authentic Kentucky flavor of mutton and burgoo, in the national spotlight," says owner Patrick Bosley.

*Insider tip:* Moonlite doesn't advertise or officially offer a tour of the pits, but ask and, time permitting, you might get a rare treat to see behind the scenes.

### SECOND PLACE

**B&N Food Market – Bagdad**

### THIRD PLACE

**Thatcher Barbecue Company – Slade**

## Craft Beer

### FIRST PLACE

**Country Boy Brewing – Georgetown, Lexington**

One of Lexington's original craft breweries with more than 24 brews on tap, Country Boy Brewing has something for everyone—from its classic Cougar Bait Blonde Ale to unique creations like Orange Cream Cider.

New for 2025 is Country Light, an easy drinking beer brewed with only 95 calories and 1.8 carbs.

*Insider tip:* Ask for a flight! With







so many options, skip the full pint and try four small samples of any of Country Boy's 24 taps.

## SECOND PLACE

Good Buddies Brewing Co. – Lebanon

## THIRD PLACE

Scout & Scholar Brewing Company – Bardstown

## Hamburger

### FIRST PLACE

Bardstown Burger – Bardstown

Diners won't find a multipage menu with dozens of choices here—and that's the point.

"What sets us apart is our commitment to doing one thing exceptionally well: crafting high-quality burgers with consistency and care," says Bardstown Burger owner Elliot Hurst. "Our menu is intentionally simple and focused, which our customers appreciate."

*Insider tip:* The eatery's two Bardstown locations offer two



Embracing the spirit of Kentucky pride, Thatcher's features a Texas-style barbecue twist, house-made sauces and collaborations with local distillers like Barrel House Distilling. Photo: Thatcher Barbecue Company

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Left, Katrina Zimmer decorates one of the giant gingerbread cookies for which Burke's Bakery is famous. Photo: Danville-Boyle County Convention and Visitors Bureau

Right, homemade pie piled high with meringue? You got it! Photo: Country Store Restaurant

different experiences: one is a drive-thru featuring combo meals and kids meals; the other is dine-in, offering an a la carte menu.

## SECOND PLACE

**Laha's Red Castle –  
Hodgenville**

## THIRD PLACE

**B&N Food Market – Bagdad**

## Bakery

### FIRST PLACE

**Burke's Bakery & Delicatessen  
– Danville**

A checklist destination for visitors to Danville, Burke's Bakery is a beloved local institution dating back to 1922. The family-operated bakery is known for its homemade baked goods, historic charm, affordable treats and warm and welcoming atmosphere.

*Insider tip:* Treat yourself to one of Burke's famous super-sized gingerbread men.

### SECOND PLACE

**Hadorn's Bakery – Bardstown**

### THIRD PLACE

**Sweet Peace Bakery – Ashland**

## Down-Home Restaurant

### FIRST PLACE

**Lighthouse Restaurant –  
Sulphur Well**

This restaurant is known far and wide for its all-you-can-eat family-style catfish, fried chicken and Penn's Country Ham dinners served with country sides, plus

red-eye gravy and fresh, homemade biscuits. Dessert? Chocolate, butterscotch and coconut cream, fudge, pecan and fried apple homemade pies. This is good eatin'—so good, in fact, that reservations are strongly recommended and, on Saturdays, required.

*Insider tip:* To celebrate 40 years in business in 2025, Lighthouse is offering daily lunch specials for \$11.95, free-drink Fridays, weekly giveaways on Facebook and special dinners.

### SECOND PLACE

**Country Store Restaurant –  
Bradfordsville**

### THIRD PLACE

**B&N Food Market – Bagdad**

## Coffee Shop

### FIRST PLACE

**Vibe Coffee – Elizabethtown  
and Hodgenville**

Your one-stop rejuvenation shop: Vibe Coffee serves espresso-based

lattes made with coffee beans from award-winning local roasters, plus fruit smoothies, steeped organic teas, hot cocoa and steamers. Pair your drink with treats like house-baked pastries, waffles, bagels and paninis; or choose from a menu of toasts including hummus, avocado, peanut butter and jelly, peanut butter and banana, cream cheese and jelly or a Kentucky favorite, Benedictine.

*Insider tip:* Vibe makes its own syrups and sauces and uses as many organic and local ingredients as possible.

### SECOND PLACE

**Ace Coffee – Cave City**

### THIRD PLACE

**Apostoli Coffee – Radcliff**





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▶ The station manager of 99.9 the Big Dawg WVLC-FM as well as host of several programs, Larry Smith says he also gets calls through his *Flea Market* radio show from people with daily struggles, such as families in need, hunger and other issues, and he is able to get them help through the power of radio. "It's pretty amazing," Smith says. Photo: Larry Smith

Below, left, food truck Matilda's Dogs and More specializes in deep-fried all-beef gourmet hot dogs with homemade one-of-a-kind buns. CS Media

Right, Serendipity strives to make each customer's time in the shop an experience to remember. Photo: Serendipity Kandy Kitchen



## Sweets Shop

### FIRST PLACE

#### The Sweet Shoppe and Dessert Café – Hodgenville

On visits to the Abraham Lincoln Birthplace National Historical Park or strolls through Hodgenville's charming historic district, pencil in a sweet stop at the Sweet Shoppe where you'll find more than 30 flavors of fudge. And not just any fudge—but fudge made fresh daily with real cream, butter and sugar in irresistible taste combos like maple walnut, mint chocolate, orange creamsicle and more.

*Insider tip:* In addition to fudge, the Sweet Shoppe serves Velvet and Blue Bell ice creams, frosty sundaes, milkshakes, Mega Banana Splits and fresh baked goods.

### SECOND PLACE

#### Sweets by Cindy – Junction City

### THIRD PLACE

#### Serendipity Kandy Kitchen – Shelbyville

## Food Truck

### FIRST PLACE

#### Backroads Cookin' – Bardstown

Foodies give Backroads Cookin' five stars for its full-flavor, hand-pattied 6-ounce Boone's Butcher Shop chuck burgers, including the Backroads Burger featuring a signature barbecue sauce, bacon bits and onion tangles; freshly cooked and shredded chicken; sharable portions; and dollar drinks. Funnel Cake Stix tempt the kid in each of us, with flavors including

Fruity Pebbles and Cinnamon Toast Crunch.

*Insider tip:* The Bourbon Dog Bowl is a Backroads original, with hot dogs, bacon and nacho and shredded cheese, doused with bourbon sauce and served with onion tangle-topped French fries.

### SECOND PLACE

#### Juanito's Street Tacos & More – Radcliff and Bardstown

### THIRD PLACE

#### Matilda's Dogs and More – Sonora

# People & Personalities

## Local Radio Host

### FIRST PLACE

#### Larry Smith, WVLC 99.9 The Big Dawg – Campbellsville

"This is such an honor to not only win once but be nominated a second time for this great

award," says Larry Smith, station manager of 99.9 the Big Dawg WVLC-FM in Campbellsville.

Smith is also the host of *Mornings on Main Street*, *Flea Market* and *Southern Fried Friday Night*—an all-request show of classic rock—and serves as the director of the Campbellsville Christmas Parade.

### SECOND PLACE

#### Kellie McKay, 103.7 WHHT – Glasgow

### THIRD PLACE

#### Cale Tharp, Abe 93.7 Radio – Hodgenville









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Campbellsville  
Carrollton  
Guthrie  
Grayson

LaGrange  
Maysville  
Middlesboro  
Morehead  
Murray  
Paducah

Perryville  
Pikeville  
Pineville  
Salyersville  
Scottsville  
Shelbyville

Springfield  
Taylorsville  
Tri-Cities (Cumberland,  
Benham, & Lynch)  
Williamsburg






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## Local TV Personality

### FIRST PLACE

**Candyce Clift, WDRB – Louisville**

“Words can’t express my gratitude to the readers who believe I belong in this category,” says *WDRB Mornings* anchor Candyce Clift, whose daily goal is to make sure people know what’s happening in the world and their community, and give them a reason to smile. “It’s truly an honor that people invite me into their homes via their television and allow me to help them start their day.”

### SECOND PLACE

**Dawne Gee, WAVE3 – Louisville**

### THIRD PLACE

**India Jones, WKYT – Lexington**



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**Abraham Lincoln Birthplace National Historic Park**, [nps.gov/abli](http://nps.gov/abli), (270) 358-3137

**Ace Coffee**, [acecoffeecafe.com](http://acecoffeecafe.com), (270) 773-0369

**Ale-8-One**, [ale8one.com](http://ale8one.com), (859) 744-3484

**Apostoli Coffee**, [apostolicoffee.com](http://apostolicoffee.com), (270) 390-5736

**Ark Encounter**, [arkencounter.com](http://arkencounter.com), (855) 284-3275

**B&N Food Market**, Facebook: B&N Food Market, (502) 747-8860

**Backroads Cookin'**, Facebook: Backroads Cookin' Foodtruck (502) 827-6006

**Bardstown Burger**, [bardstownburger.com](http://bardstownburger.com), (502) 350-7643

**Berea Craft Festival**, [visitberea.com](http://visitberea.com), (800) 598-5263

**Bernheim Forest and Arboretum**, [bernheim.org](http://bernheim.org), (502) 955-8512

**Buffalo Trace Distillery**, [buffalotracedistillery.com](http://buffalotracedistillery.com), (800) 654-8471

**Burke's Bakery & Delicatessen**, Facebook: Burke's Bakery & Delicatessen, (859) 236-5661

**Cave Run Lake**, [fs.usda.gov/dbnf](http://fs.usda.gov/dbnf), (859) 745-3100

**Churchill Downs**, [churchilldowns.com](http://churchilldowns.com), (502) 636-4400

**Chris Stapleton**, [chrisstapleton.com](http://chrisstapleton.com)

**Country Boy Brewing**, [countryboybrewing.com](http://countryboybrewing.com), (502) 709-9943 (Georgetown), (859) 554-6200 (Lexington)

**Country Store Restaurant**, Facebook: Country Store Restaurant, (270) 337-9206

**Cumberland Falls State Resort Park**, [parks.ky.gov](http://parks.ky.gov), (606) 528-4121

**Dennison's Roadside Market**, Facebook: Dennison's Roadside Market, (270) 786-1663

**Evan Williams Bourbon Experience**, [evanwilliams.com](http://evanwilliams.com), (502) 272-2623

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**Gallrein Farms**, [gallreinfarms.com](http://gallreinfarms.com), (502) 633-4849

**Good Buddies Brewing Co.**, Facebook: Good Buddies Brewing Co., (270) 402-7828

**Green River Lake**, Facebook: Green River Lake – US Army Corps of Engineers, (270) 465-4463

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**Heaven Hill Bottled-in-Bond**, [heavenhilldistillery.com](http://heavenhilldistillery.com), (502) 337-1000

**Heaven Hill Bourbon Experience**, [heavenhilldistillery.com/heaven-hill-bourbon-experience.php](http://heavenhilldistillery.com/heaven-hill-bourbon-experience.php), (502) 337-1000

**Hinton's Orchard & Farm Market**, [hintonsorchard.com](http://hintonsorchard.com), (270) 325-3854

**Holiday on the Hill**, [heavenhilldistillery.com/heaven-hill-bourbon-experience.php](http://heavenhilldistillery.com/heaven-hill-bourbon-experience.php), (502) 337-1000

**Hometown Pizza**, [hometownpizza.com](http://hometownpizza.com)

**JD Shelburne**, [jdshelburne.com](http://jdshelburne.com)

**Jericho Woods**, Facebook: Jericho Woods

**Joel Ray's Lincoln Jamboree**, [thelincolinjamboree.com](http://thelincolinjamboree.com), (270) 358-3545

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**Land Between the Lakes National Recreation Area**, [landbetweenthe lakes.us](http://landbetweenthe lakes.us), (800) 525-7077

**Lighthouse Restaurant**, [eatatlighthouseky.com](http://eatatlighthouseky.com), (270) 565-3095

**Lincoln Days Celebration**, [lincolndays.org](http://lincolndays.org), (270) 358-8710

**Lincoln Lodge**, [lincolnlodge.mydirectstay.com](http://lincolnlodge.mydirectstay.com), (270) 358-0005

**Lincoln Museum**, [lincolnmuseum-ky.org](http://lincolnmuseum-ky.org), (270) 358-3163

**Louisville Zoo**, [louisvillezoo.org](http://louisvillezoo.org), (502) 459-2181

**Maker's Mark Distillery**, [makersmark.com](http://makersmark.com), (270) 865-2099

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**Pat's Place**, Facebook: Pats Place, (502) 348-0010

**Perryville Battlefield State Historic Site**, [parks.ky.gov](http://parks.ky.gov), (859) 332-8631

**Purple Toad Winery**, [purpletoadwinery.com](http://purpletoadwinery.com), (270) 554-0010

**Red River Gorge Geological Area**, [fs.usda.gov/dbnf](http://fs.usda.gov/dbnf) (search on Red River Gorge), (606) 776-5456

**Scout & Scholar Brewing Company**, [scoutandscholar.com](http://scoutandscholar.com), (502) 268-1234

**Serendipity Kandy Kitchen**, Facebook: Serendipity Kandy Kitchen, (502) 310-9532

**Springhill Bed & Breakfast Winery and Vineyards**, [springhillwinery.com](http://springhillwinery.com), (502) 252-9463

**Sweet Peace Bakery**, Facebook: Sweet Peace Bakery, (606) 393-1156

**Sweets by Cindy**, [sweetsbycindyky.com](http://sweetsbycindyky.com), (859) 374-5005

**Thatcher's Barbecue Company**, [thatbbqco.com](http://thatbbqco.com), (606) 947-8040

**The AMP at Log Still**, [logstilldistillery.com/theamp](http://logstilldistillery.com/theamp), (502) 917-0200

**The Grove**, [thegroveglasgow.com](http://thegroveglasgow.com), (270) 629-4263

**The Sweet Shoppe and Dessert Café**, [www.etsy.com/shop/sweetshophodgenville](http://www.etsy.com/shop/sweetshophodgenville), (270) 734-2998

**The Whistle Stop**, [whistlestopky.com](http://whistlestopky.com), (270) 369-8586

**Tyler Childers**, Facebook: Tyler Childers

**University of Kentucky**, [ukathletics.com](http://ukathletics.com)

**University of Louisville**, [gocards.com](http://gocards.com)

**Vibe Coffee**, [vibecoffeeshop.com](http://vibecoffeeshop.com), (270) 506-3072 (downtown Etown); (270) 358-6077 (Hodgenville)

**WAVE3**, [wave3.com](http://wave3.com)

**WDRB**, [wdrb.com](http://wdrb.com)

**WHHT 103.7**, [1037whht.com](http://1037whht.com)

**WKYT**, [wkyt.com](http://wkyt.com)

**WVLC 99.9 The Big Dawg**, [wvlc.com](http://wvlc.com)



# KENTUCKY

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Win a Getaway. See page 70.

WDRB Chief meteorologist Marc Weinberg reports from the 2024 Kentucky Derby. Photo: Marc Weinberg

Right, Chris Stapleton was named Male Artist of the Year at the 60th annual ACM Awards in 2025. Photo: Becky Fluke

## Meteorologist

### FIRST PLACE

**Marc Weinberg, WDRB – Louisville**

“Being considered as the best meteorologist in Kentucky,

considering the year we have endured, is huge,” says Marc Weinberg. “We have fought through heavy snow, very cold temps in January, massive flooding in February and again in April, and an incredibly active severe weather season including two tornadoes directly striking

Louisville. We have worked

very hard with extremely long hours to help protect life and

property in 2025 and for people to view me as one of the best in 2025 means so much to me.”

### SECOND PLACE

**Jude Redfield, WDRB – Louisville**

### THIRD PLACE

**Jim Caldwell, WKYT – Lexington**

## Kentucky Musician or Band

### FIRST PLACE

**Chris Stapleton – Nashville, Tennessee**

Twenty-one-time Academy of Country Music Award-winner Chris Stapleton was named Male Artist of the Year at the 60th



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# HALL OF FAME

*Here are the inductees in Kentucky Living's Best in Kentucky Hall of Fame, including the five newest inductees for 2025:*

Maker's Mark Distillery \* ..... Distillery Tour  
 Vibe Coffee \* ..... Coffee Shop  
 Mammoth Cave National Park \* ..... Place for Adventure  
 The Sweet Shoppe and Dessert Café \* ..... Sweets Shop  
 Marc Weinberg \* ..... Meteorologist  
 Land Between the Lakes National Recreation Area ..... Public Hunting  
 Green River Lake State Park ..... Camping Spot  
 Abraham Lincoln Birthplace National Historical Park ..... Historic Site  
 Hinton's Orchard & Farm Market ..... Farm Tourist Attraction  
 Lincoln Museum ..... Museum  
 Lincoln Days Celebration ..... Event or Festival  
 Hometown Pizza ..... Pizza  
 Lighthouse Restaurant ..... Down-Home Restaurant  
 Mammoth Cave National Park ..... Day Trip  
 Louisville Zoo ..... Kid-Friendly Attraction  
 Purple Toad Winery ..... Winery  
 Lake Cumberland ..... Boating Lake or River, Fishing Spot, Houseboating Lake

Abraham Lincoln Birthplace National Historical Park ..... Historic Landmark  
 The Whistle Stop ..... Nonfranchise Restaurant  
 Moonlite Bar-B-Q Inn ..... Barbecue  
 Red River Gorge Geological Area ..... Extreme Adventure/Sport Location  
 Cumberland Falls at Cumberland Falls State Resort Park ..... Scenic View  
 Churchill Downs ..... Iconic Kentucky Landmark  
 Perryville Battlefield State Historic Site ..... Civil War Site  
 General Burnside Island State Park ..... Golf Course  
 Somernites Cruise ..... Car Show Cruise-In  
 Jericho Woods ..... Kentucky Musician/Band  
 Ale-8-One ..... Made-In-Kentucky Product  
 My Old Kentucky Home ..... Historic Site  
 Country Boy Brewing ..... Craft Brew  
 Berea Craft Festival ..... Arts & Crafts Fair  
 The Sweet Shoppe and Dessert Café ..... Sweet Spot  
 Maker's Mark Distillery ..... Distillery

*\* 2025 inductees to the Hall of Fame*

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View our calendar of events and make your plans to experience Haunted Graves County!  
[www.visitmayfieldgraves.org/haunted-graves](http://www.visitmayfieldgraves.org/haunted-graves)





▶ Trent Noah speaks to ESPN's Molly McGrath following Kentucky's win vs. Tennessee at Rupp Arena at Central Bank Center. Photo: UK Athletics/Chet White

Annual ACM Awards—his fifth time winning the category. Born in Lexington, Stapleton was raised in Johnson County.

## SECOND PLACE

**Tyler Childers – Nashville, Tennessee**

## THIRD PLACE

**JD Shelburne – Nashville, Tennessee**

of Kentucky men's basketball team. "I just can't wait to get back to work and try to give the state of Kentucky what we want, and that's hanging a banner."

## SECOND PLACE

**Otega Oweh, UK Wildcats basketball player, Lexington**

## THIRD PLACE

**Chucky Hepburn, former UofL basketball player KL**



## Athlete

## FIRST PLACE

**Trent Noah, Lexington**

"To have the privilege to even put the jersey on—it's incredible," says Trent Noah of the University



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*Kentucky*

## Jeffreys Cliffs

Jeffreys Cliffs Conservation & Recreation Area in Hawesville boasts 230 acres of forests, with topography and geological features not typically found in that region—rock shelters, cliff overlooks and a sandstone plateau covering more than 90 acres. “There’s nothing like it in western Kentucky,” says Steve Canepari, Hancock County Heritage Commission president.

Prior to the late 1870s, the property was listed on land deeds simply as The Big Cliffs. Then in 1873, English immigrant Dr. John Augustus Jeffreys built a home there with his wife, Elizabeth Boone, great-niece of Daniel Boone. The couple lived there until 1898—hence the name Jeffreys Cliffs.

Most recently, Hancock County native Jerry Harris owned Jeffreys Cliffs. Upon his passing, he donated the property with the caveat that it must be used for the public’s enjoyment. With help from the Office of Kentucky Nature Preserves and the Kentucky Heritage Land Conservation Fund, Hancock County’s Heritage Commission fulfilled Harris’s wish. In 2020, Jeffreys Cliffs opened to the public. “The rest, as they say, is history,” adds Canepari.

Six miles of upper and lower hiking trails lead to unique caves and overlooks. Morgans Cave Shelter, a Civil War Confederate guerilla hideout, is massive—several hundred feet wide and 180 feet tall. A second rock shelter, the Tobacco Cave, is so named because in the 1940s locals tried using it to house tobacco.

Five overlooks—Devils Point, Troop 36 Point, Mossy Gap, Lookout Point and East View—afford hikers breathtaking views of the surrounding countryside and the winding Ohio River.

October brings the most visitors to Jeffreys Cliffs as the foliage turns to red and gold, ushering in the autumn season. “It’s just a unique and beautiful place,” says Canepari. “I know why Dr. Jeffreys wanted to live up there.”

Learn more and see more photos at [KentuckyLiving.com](http://KentuckyLiving.com).

**Story:** Amy Cobb

**Photo:** Steve Canepari



Win a Getaway. See page 70.



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# OPENING





# G DAVE

Dove season is an  
outdoors tradition

BY DAN HASSERT

Dove season, which opens the first day of September each year in Kentucky, is the traditional kickoff to fall hunting. Photo: Devon Stivers/Kentucky Department of Fish and Wildlife Resources



# Zach Neikirk began sitting in a dove blind with his Dad and his Dad's friends even before he was in kindergarten.



"I'd basically be the 'bird dog' and run out and get the birds, and I'd carry around a toy gun and pretend I would be shooting them," Neikirk says.

Now 38, the Lexington man hunts doves every year in Clark and Madison counties. Except for the five years he lived in Atlanta, he hasn't missed an opening weekend.

"It's a lot of action, and a lot of fun," Neikirk says. "It's by far my favorite game animal, (and) it's not even close."

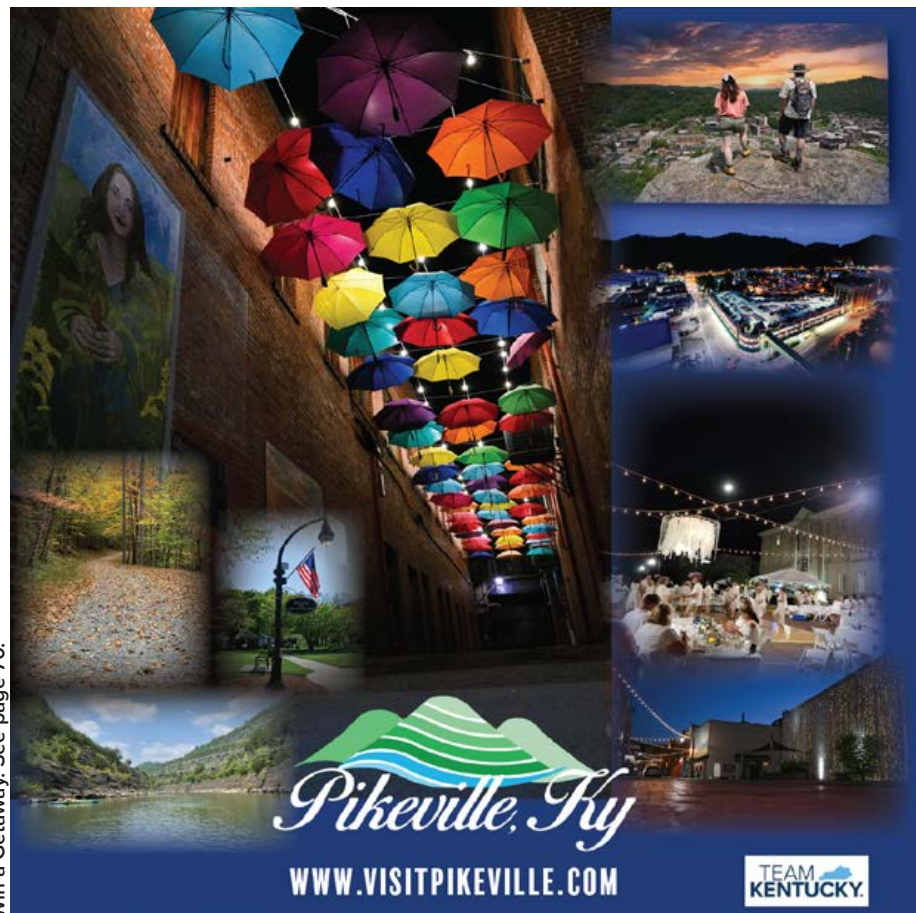
Such passion is typical in Kentucky, where even in a state rich with outdoors tradition, dove hunters are known for their zeal. Whether they hunt on private land or on public land offered through state programs, many descend on dove fields with family and friends year after year for gatherings that are as much social events as hunting expeditions.

Tim Dayley of Versailles, who has hunted doves for at least 42 of his 60 years, hunts regularly with friends and his dog across Woodford County. He remembers a memorable September when the then-limit of 12 birds seemed there for the getting every day.

"We had about 10 different farms that we'd shoot, and it just worked out that almost every day, somebody had birds



▲  
Rachel Crume, left, and Rachel Cummings enjoy a day on the dove field. Photo: Lisa Jackson/Kentucky Department of Fish and Wildlife Resources



Win a Getaway. See page 70.

(flying)," Dayley says. "No kidding, it was something like 27 of 30 days ... It's all fun. It's all social."

## An enduring tradition

Dove hunting is popular for many reasons: The birds are small and quick, so the shooting can be fast, furious and fun. It's also accessible to newcomers because the required equipment and techniques aren't particularly complex, plus the birds are easy to clean and simple to cook, and the meat itself is a delicacy.

Then there is the strong social aspect, even during the hunt itself. Unlike deer and turkey hunting, which require stillness and silence, you can hunt alongside friends and mentees, and even your hunting dogs, on the dove field.

And finally, while technically not the first hunting opportunity to open each autumn, dove season's traditional opening day—this year





## WHAT HUNTERS NEED TO KNOW



**SEASON:** Three distinct seasons with breaks between them, beginning September 1.

**SHOOTING HOURS:** Differ depending on where you hunt and which season you're hunting in. Generally, some hunters prefer mornings; others late afternoon.

**LICENSES:** Check for rules related to youth, seniors, people with disabilities and military veterans, but generally you need both a hunting license and a Kentucky Migratory Bird Permit. Most hunters also need a hunter education certificate. All dove hunters must complete the five-minute Hunter Information Program online survey. Licenses can be purchased online at [fw.ky.gov](http://fw.ky.gov).

**CLOTHING:** Wear light colors or camo. Blaze orange is not required.

**EQUIPMENT:** Eye and ear protection are recommended. Bring water, snacks and something to sit on, as well as something in which to carry birds. Some hunters set out decoys and/or bring dogs to retrieve birds.

**GUNS:** Only shotguns can be used. Most people use a 12-gauge or a 20-gauge,

although a .410, 28-gauge, and 16-gauge can be used. All guns must be plugged to hold only three shotshells. Improved cylinder choke is best, or a modified choke if that's all you have.

**AMMO:** 7½, 8 or 9 shot. (Some people use 6 shot when using steel.) Nontoxic shot is required at some public fields. Bring more shells than you need. Doves are fast, and the average hunter might shoot six or seven times for each bird harvested.

**LIMITS:** Daily limit of 15 doves per person, and 45 in your possession. (These limits apply to mourning doves and white-winged doves. Check the guide for limits for the less common Eurasian collared doves.)

**SAFETY:** Try to set up at least 50 yards from others. Shoot only high-flying birds (make sure you see sky underneath your barrel). Be aware of other hunters, especially those retrieving birds. Try not to shoot at the same birds.

**BAITED FIELDS:** It's illegal to hunt over a baited field, but a harvested food plot is OK.

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Win a Getaway. See page 70.





## WHERE TO HUNT

Finding a productive place to hunt can be a challenge, and scouting is key both before and during the season.

Doves are widely distributed in Kentucky, from western agricultural areas to grasslands in the east. Doves feed on seeds and grains, including sunflowers, hemp, millet and wheat.

State Department of Fish and Wildlife Resources officials say it's increasingly difficult to find private landowners willing to give hunters permission to hunt, but they're committed to creating as many public opportunities as feasible. As of autumn 2024, the fish and game agency managed 113 dove fields totaling more than 1,100 acres open to the public. Details can be found on the department's website; visit [KentuckyLiving.com](https://KentuckyLiving.com) for a link to an interactive map of public fields.

### Public dove hunting opportunities include:

#### WILDLIFE MANAGEMENT AREAS.

These public lands offer the vast majority of public opportunities. Access is first-come, first-served. Expect crowds near population centers and very early in the season, but crowds drop off considerably after the first few days. Practice safety and good hunter etiquette. Note that preseason scouting is regulated.

#### COOPERATIVE DOVE FIELD PROGRAM.

Through this program, the state Department of Fish and Wildlife Resources pays farmers to free up 40-acre tracts for public hunting during part of the season.

**QUOTA HUNTS.** Hunters are required to apply for these special hunting opportunities in a drawing for limited slots on reserved dove fields. The online application process typically begins in August. Quota hunts are also available for youth/mentors and hunters with impaired mobility.

was September 1—is considered by many in Kentucky to be the symbolic kick-off of fall hunting.

“It’s the day everybody is waiting for,” says Wes Little of Berea, who is both a hunter and a wildlife biologist with the Kentucky Department of Fish and Wildlife Resources. “It’s one of my favorite things. I try not to miss it.”

Little, who hunts doves five or six times a year, admits sheepishly that he once ate an entire limit of dove breasts (“I was miserable”). Last year, he began taking his daughters.

“It’s very much about the gathering, getting to be with people, more than about killing doves,” Little says.

John Brunjes, who coordinates the state wildlife agency’s migratory bird program, says dove hunting on its face is actually “pretty easy.” The weather is typically comfortable, he says, hunters don’t have to hide quietly in a camouflaged location but can interact and talk, and mentors can actively coach while standing or sitting next to a new hunter.

“I can’t imagine a better get-in-to-hunting (endeavor) than dove hunting,” he says. “Compared to other kinds of hunting, it’s not a particularly daunting thing, other than you have to find a place to go.”

Brunjes says about 20,000 people spent 58,900 days hunting doves in



Above, Clinton Hill looks to add to an already successful hunt. Photo: Rick Hill

At top, a dove hunter displays the day’s harvest. Photo: Chase Winingier

Kentucky in the 2023-24 season, the last for which numbers are available. That’s down from a peak of 50,000 hunters 25 years ago, he says.

Those hunters reported killing 386,000 birds during the year, an average of more





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For lodging & local info

*Continued from page 42*



than 19 birds, or 6½ per session. More than 90% of doves are killed in September, Brunjes says, with 60% killed in the first two weeks.

Kentucky's hunter success metrics rank among the best in the nation, Brunjes says, where the estimated mourning dove population was 346 million in 2023. That includes 89 million birds in the region that includes Kentucky, down from 102 million in 2007, probably because of loss of habitat and bad weather during nesting seasons.

"But there are still a lot of doves out there," Brunjes says. "It's the most abundant game species we have."

## Meals and memories

Doves are also among the tastiest game species.

Some hunters eat the whole bird (breasts, wings, legs), but most use only the dove's breast meat.

Recipes abound, although many hunters keep it simple: marinate

These doves were shot over a hemp field. Hemp grown for fiber or seed makes an attractive food plot.  
Photo: Chase Wininger

At left, dove hunters enjoy mild weather on the edge of a sunflower field. Photo: John Brunjes

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TEAM KENTUCKY

Win a Getaway. See page 70.

Win a Getaway. See page 70.



Mentor/youth quota hunts provide special opportunities for less experienced hunters to enjoy a high-quality dove field. Photos: Brian Clark



KentuckyLiving.com

## Take a shot

Want to learn more about dove hunting? Visit [KentuckyLiving.com](http://KentuckyLiving.com) for links to basic information, tips, regulations and guidance on hunting locations.

the breasts, cut them in chunks, wrap them in bacon, pin them with toothpick and grill or bake. Some people add water chestnuts and jalapeño slices and cream cheese.

“Few things are better than a grilled dove breast wrapped in bacon,” says Brunjes, who began hunting doves as a kid with his Dad in the late ’70s and early ’80s.

Little, who likes to make dove egg rolls, remembers hunting with his grandfather. Now he’s building memories with his two young daughters: On a youth quota hunt last year in Grant County, his older daughter shot while her younger sister retrieved birds.

Dayley says dove meals are 50% of the attraction. The other half is his yellow lab, Grace.

“I love working my dog and probably wouldn’t hunt as much if I didn’t have it,” he says. “As far as the shooting goes, you could get as much thrill at a

A traditional dove hunter’s breakfast: bacon-wrapped dove breasts and eggs. Photo: Zach Neikirk

sporting clays range, but then you add the dog work and (that) you get to enjoy the meat.”

Many hunters’ experiences have evolved as access to private land has gotten more challenging and as mentors have gotten older.

Neikirk has strong memories of big feasts and intense hunts with the friend group involving his Dad, David, on land available through David’s connections. Sometimes they hunted over harvested fields with their waste grain. Other times they hunted along fence rows and tree lines on unused horse pastures.

Last year, however, Neikirk found himself hunting with a co-worker near a sunflower field and alone on a



state-managed field. As often as not, he’s eating the dove breasts by himself, for dinner or with eggs for breakfast.

“I might go out and get seven—seven’s a good number,” he says.

But he still sees larger, tight-knit groups. “On opening day especially, people have full-on tailgate lunches at the dove field, using last year’s doves,” Neikirk says. “It’s part of the culture and camaraderie.” **KL**





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# Kentucky IN harmony

Teddy Abrams brings the Louisville  
Orchestra to the state

BY KIM KOBERSMITH

When Teddy Abrams conducted the Louisville Orchestra deep inside Mammoth Cave in 2023, the experience was masterful, immersive, resonant and wholly unique.

Working as the national park's artist-in-residence, Abrams had composed the music specifically for featured cellist Yo-Yo Ma and the acoustics of the underground chamber called Rafinesque Hall. *Mammoth* reflected and celebrated the rich human and natural history of one of Kentucky's most cherished places.



Whether playing his keyboard in neighborhoods across Louisville or leading the orchestra across the state for a series of on the road concerts, Abrams explores the idea of music as a civic service, a community builder and a place-based expression. Abrams is entering his 12th year as music director

piano concerto composition he wrote for Yuja Wang. This year he was named a Louisville Hometown Hero 2.0 and honored with a larger-than-life banner on a city building.

Abrams sees his role as all-encompassing—it's about community relationships as much as music itself.



▲  
The *In Harmony* tour introduces a young community member to the orchestra in Hopkinsville. Photo: O'Neil Arnold

Above right, the Louisville Orchestra visits Glasgow. Photo: O'Neil Arnold

Previous page, Teddy Abrams is music director of the Louisville Orchestra. Photo: Lauren Desberg

of the Louisville Orchestra. He was just 27 when he was hired, and though he's now more seasoned, a sense of playfulness and enthusiasm continue to infuse his work. He is recognized as an innovative conductor, composer, pianist and music director. Musical America named him the 2022 Conductor of the Year. He won a Grammy Award in 2024 for a

Born and raised in the San Francisco Bay Area, Abrams now lives in Louisville and identifies as a Kentuckian. Many of the compositions he has written during his tenure honor the stories, people and music of this place. Besides the *Mammoth* show, there's *Ali*, the Broadway musical he is writing about the life of Muhammad Ali, and an upcoming orchestral work for the orchestra's 2025-26 season that weaves in stories of Kentucky he gathered from community listening sessions around the state.

"When musicians say they aspire to be world class, it suggests they need to be performing art from someplace else," Abrams says. "I believe creativity exists in the fabric of a town and community

KentuckyLiving.com

## Encore!

Visit KentuckyLiving.com to view additional photos from past performances, find links to more information and watch a recap of the 2024 In Harmony tour.



and emerges where it is developed and encouraged and allowed to grow. World-class creativity is cultivated in our own place.”

The Louisville Orchestra’s most ambitious effort to foster world-class music across Kentucky is *In Harmony: The Commonwealth Tour*, a multi-year tour of free concerts in smaller communities across the state. The tour initially kicked off in 2022 when the orchestra was awarded \$4.3 million by the Kentucky legislature. In 2024, the state appropriated another \$4.3 million to extend the tour through 2026.

Abrams conceived the tour as a win-win: an equitable opportunity for all Kentuckians and an adventurous experience for the orchestra’s musicians. Philosophically, he hopes to build bridges across the rural-urban divide.

“Music opens up a sense of commonality and connection with people who might not otherwise congregate together,” Abrams says. “It is one of the last things to cut right through. Every experience on tour has felt genuinely positive and healing.”

Kentuckians have a deeply ingrained love and legacy of music, and the orchestra enters new communities as guests. They perform a wide range of musical styles, music that many people already know and love. That includes collaborating with Kentucky masters of bluegrass and folk, like mandolin player Chris Thile and cellist Ben Sollee.

The program for each tour features a new piece of music, created by one of the orchestra’s own composers-in-residence. These Creators Corps members spend time in tour locations to collaborate with local composers, research local history and immerse themselves in place. In September, new works include a piece at Shaker Village of Pleasant Hill reflecting its long musical history and an installation arrangement around Cumberland Falls.

In addition to performing concerts, visiting members of the orchestra play at schools, libraries, local cafes and assisted living centers. In the first three years of the tour, *In Harmony*

Guest musician Chris Thile performs during an *In Harmony* tour stop in Madisonville.  
Photo: O’Neil Arnold



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LOUISVILLE ORCHESTRA CONDUCTOR

“



*In Harmony* visits the historic  
Paramount Arts Center in Ashland.  
Photo: O'Neil Arnold

## CATCH THE SHOW

The Louisville Orchestra's *In Harmony* tour continues in September 2025 and February 2026. Visit [louisvilleorchestra.org/inharmonytour](http://louisvilleorchestra.org/inharmonytour) to sign up for updates on the February schedule and to reserve tickets for September. Upcoming concert locations include Shaker Village of Pleasant Hill, Beattyville, Hazard, Campbellsville, Cumberland Falls and Harlan.





▲  
Teddy Abrams speaks with audience members during an *In Harmony* concert in Bowling Green. Photo: O'Neil Arnold

reached 40,000 Kentuckians through 185 events in 45 counties. Beyond the numbers, Abrams has powerful memories of music reaching and connecting with people. Children who are learning to play instruments approached him after shows, grateful to hear their first live classical music concert. Residents of a juvenile detention facility moved from suspicion to participation, he says, improvising, clapping and talking with him during an interactive workshop.

The Louisville Orchestra see itself as redefining the role of an orchestra in the 21st century. Programs in Louisville reach new audiences, break down stereotypes and make classical music more approachable. *Music without Borders* takes the orchestra outside of concert halls to neighborhoods, where it shares global music traditions. *Once Upon an Orchestra* is a free family concert series, often held at libraries, with interactive storytelling through music. Rap School, now in its eighth year,

welcomes students from different schools to compose and perform original hip-hop pieces.

The state appropriation supports *In Harmony* through the February 2026 tour, but Abrams hopes funding will be renewed for another two years. Looking ahead, plans include both visiting new venues and returning to previously visited communities. Lasting long-term benefits are only possible beyond the initial visit, he says, when relationships are deepened and people have a sense of shared humanity: "Showing up and building relationships are the basis of empathy."

In June, Kentucky's Congressional delegation invited Abrams and some of the tour soloists to play a concert in the Senate office building in Washington, D.C. More than 400 people from across the country—and across the aisle—listened to the musical demonstration and details about the tour's powerful impact in the commonwealth.

"We got to show this great bipartisan thing happening right now, and that artists can be part of the solution to issues these leaders are trying to address," Abrams says. "Kentucky is a national model for how to do this kind of collaboration." **KL**



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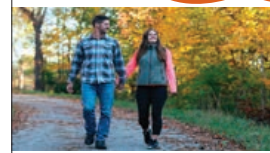
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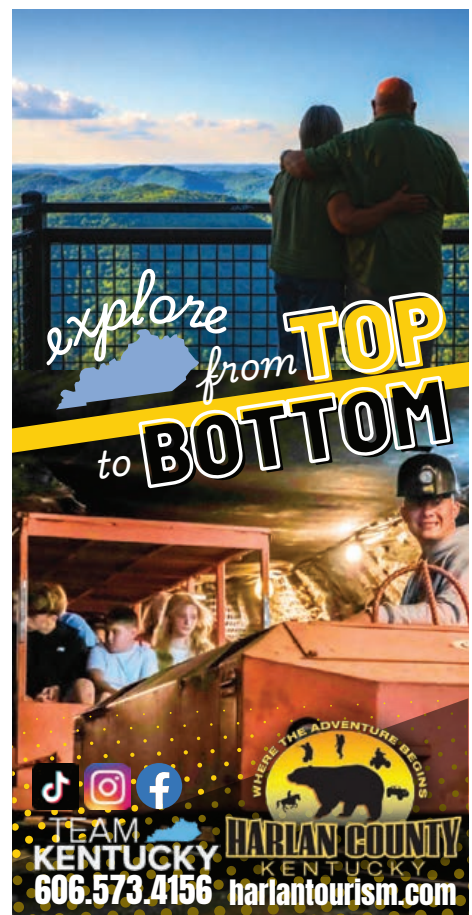
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**TEAM KENTUCKY**



Win a Getaway. See page 70.

Win a Getaway. See page 70.



# 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:

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# 154 KENTUCKY FESTIVALS →



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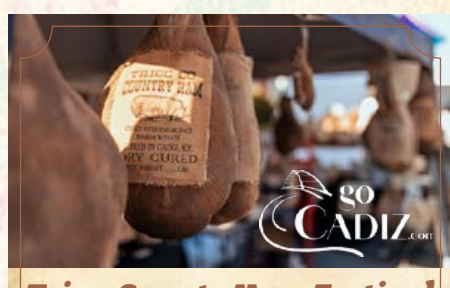


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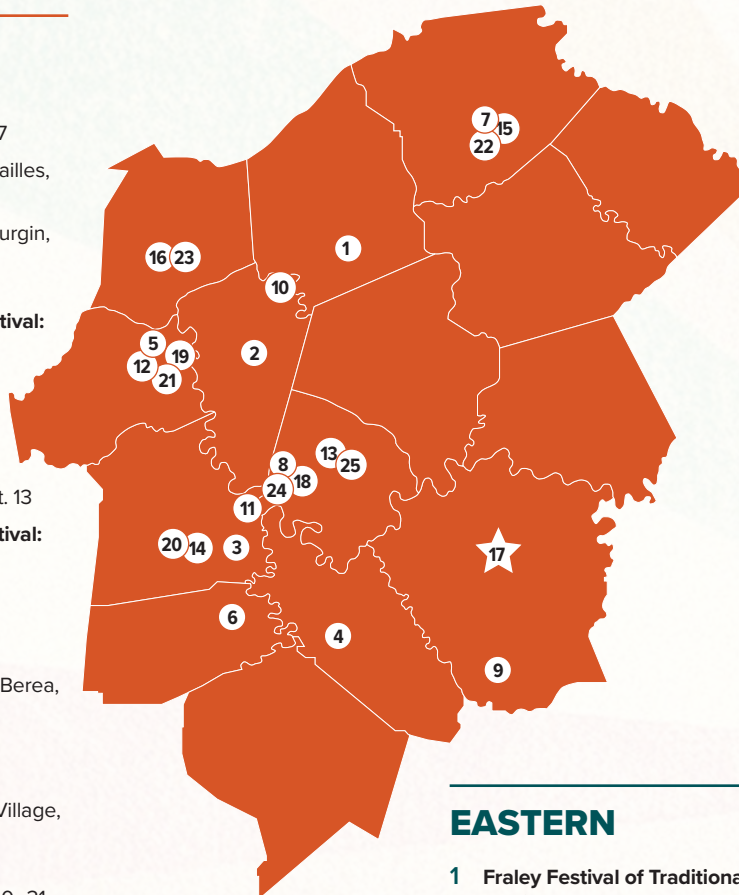


# KENTUCKY FESTIVALS



## BLUEGRASS

- 1 **Festival of the Horse:** Georgetown, Sept. 5–7
- 2 **Twilight Festival:** Versailles, Sept. 6
- 3 **Burgin Fall Festival:** Burgin, Sept. 12–14
- 4 **Garrard County Rural Heritage Tobacco Festival:** Lancaster, Sept. 12–13
- 5 **Stave Festival:** Lawrenceburg, Sept. 12–13
- 6 **Constitution Square Festival:** Danville, Sept. 13
- 7 **Cynthiana Honey Festival:** Cynthiana, Sept. 13
- 8 **More Tales, Wilmore Storytelling Festival:** Wilmore, Sept. 19–20
- 9 **Spoonbread Festival:** Berea, Sept. 19–21
- 10 **Fall Festival:** Midway, Sept. 20–21
- 11 **Harvest Fest:** Shaker Village, Sept. 20–21
- 12 **Wildfolk Music Fest:** Lawrenceburg, Sept. 20–21
- 13 **Jessamine Fall Festival:** Nicholasville, Sept. 26–27
- 14 **Oktoberfest:** Harrodsburg, Sept. 26–27
- 15 **Witches Day Out:** Cynthiana, Sept. 27
- 16 **Bourbon on the Banks:** Frankfort, Oct. 4
- 17 **Millstone Festival:** **Richmond, Oct. 4, [visitrichmondky.com](http://visitrichmondky.com)**
- 18 **Wilmore Arts and Crafts Festival:** Wilmore, Oct. 4
- 19 **Anderson County Burgoo Festival:** Lawrenceburg, Oct. 10–12

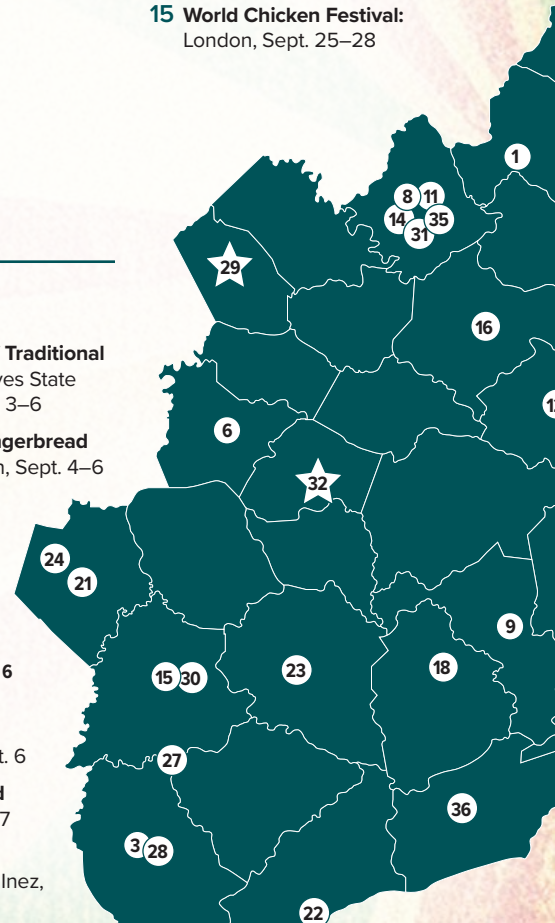


- 20 **Kentucky Heritage Jazz Festival:** Harrodsburg, Oct. 10–12
- 21 **Anderson County Art Trail:** Lawrenceburg, Nov. 1
- 22 **Harvesting the Holidays:** Cynthiana, Nov. 1
- 23 **Candlelight Weekend:** Frankfort, Nov. 14–15
- 24 **Wilmore Old Fashioned Musical Christmas:** Wilmore, Dec. 6
- 25 **St. "Nich" Christmas Fest and Parade:** Nicholasville, Dec. 13

- 8 **Poppy Mountain Bluegrass Festival:** Morehead, Sept. 12–20
- 9 **Black Gold Festival:** Hazard, Sept. 18–20
- 10 **Appalachian Moonshine, Music and Makers Festival:** Pikeville, Sept. 19–20
- 11 **Morehead Arts and Eats Festival:** Morehead, Sept. 20
- 12 **Walnut Festival:** Salyersville, Sept. 20
- 13 **Mountain Heritage Festival:** Whitesburg, Sept. 24–27
- 14 **Cave Run Storytelling Festival:** Morehead, Sept. 25–28
- 15 **World Chicken Festival:** London, Sept. 25–28

## EASTERN

- 1 **Fraley Festival of Traditional Music:** Carter Caves State Resort Park, Sept. 3–6
- 2 **Knott County Gingerbread Festival:** Hindman, Sept. 4–6
- 3 **Old Fashioned Trading Days:** Williamsburg, Sept. 4–6
- 4 **Lawrence County Septemberfest:** 6 Louisa, Sept. 5–6
- 5 **Possum Fest:** Cumberland, Sept. 6
- 6 **Ravenna Railroad Festival:** Sept. 6–7
- 7 **Martin County Harvest Festival:** Inez, Sept. 12–13

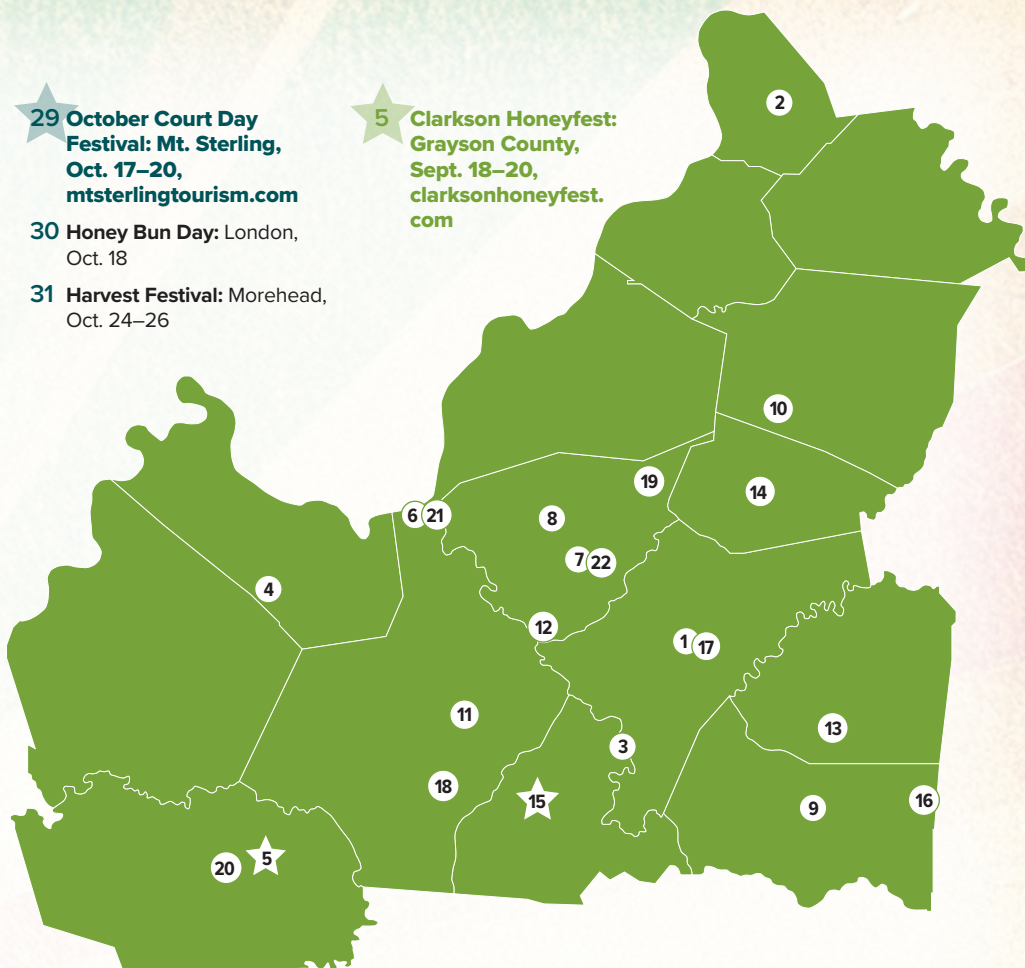




- 16 Morgan County Sorghum Festival:** West Liberty, Sept. 26–28
- 17 Poage Landing Days:** Ashland, Sept. 26–28
- 18 Mary Breckinridge Festival:** Hyden, Oct. 1–4
- 19 Kentucky Apple Festival:** Paintsville, Oct. 2–4
- 20 Old Fashion Days:** Greenup, Oct. 2–4
- 21 Bittersweet Festival:** Mt. Vernon, Oct. 3–4
- 22 Cumberland Mountain Fall Festival:** Middlesboro, Oct. 3–4
- 23 Shaping Clay Jubilee:** Manchester, Oct. 3–4
- 24 Autumn Fest:** Brodhead, Oct. 4
- 25 Firkin Fest:** Ashland, Oct. 4
- 26 The Jenny Wiley Festival:** Prestonsburg, October 8–11, [floydcountytourism.com](http://floydcountytourism.com)

- 29 October Court Day Festival:** Mt. Sterling, Oct. 17–20, [mtsterlingtourism.com](http://mtsterlingtourism.com)
- 30 Honey Bun Day:** London, Oct. 18
- 31 Harvest Festival:** Morehead, Oct. 24–26

- 5 Clarkson Honeyfest:** Grayson County, Sept. 18–20, [clarksonhoneyfest.com](http://clarksonhoneyfest.com)



- 32 Woolly Worm Festival:** Beattyville, Oct. 24–26, [woollywormfest.com](http://woollywormfest.com)
- 33 Octoberfest:** Grayson, Oct. 25
- 34 Festival of Trees and Trains:** Ashland, Nov. 21–30
- 35 Appalachian Holiday Arts & Crafts Fair:** Morehead, Nov. 22
- 36 Festival of the Mountain Masters:** Harlan, Nov. 28–29
- 37 Hometown Holidays:** Grayson, Dec. 6

- 6 River Days Festival:** West Point, Sept. 18–20
- 7 BugFest:** Bernheim Forest, Clermont, Sept. 20
- 8 Journey Church/Shepherdsville Fall Fest:** Shepherdsville, Sept. 20
- 9 Marion County Country Ham Days:** Lebanon, Sept. 26–28
- 10 Finchville Fall Festival:** Finchville, Sept. 27
- 11 Heartland Harvest Festival:** Elizabethtown, Sept. 27
- 12 Main Street Old-Fashioned Festival:** Lebanon Junction, Oct. 3–4
- 13 Springfield-Washington County Sorghum Festival:** Springfield, Oct. 3–5
- 14 Spencer County Octoberfest:** Taylorsville, Oct. 4
- 15 Lincoln Days:** Hodgenville, October 4–5, [lincolndays.org](http://lincolndays.org)
- 16 Forkland Heritage Festival:** Gravel Switch, Oct. 10–11
- 17 Arts and Crafts Festival:** Bardstown, Oct. 11–12
- 18 Glendale Crossing Festival:** Glendale Crossing Oct. 18
- 19 Harvest Homecoming:** Mt. Washington, Oct. 18
- 20 Muddfest Music Festival:** Leitchfield, Oct. 18
- 21 Kentucky Folklore Festival:** West Point, Oct. 25
- 22 Colorfest:** Bernheim Forest, Clermont, Nov. 1–2

## NORTH CENTRAL

- 1 Kentucky Bourbon Festival:** Bardstown, Sept. 5–7
- 2 Trimble County Apple Festival:** Bedford, Sept. 6–7
- 3 Rolling Fork Iron Horse Festival:** New Haven, Sept. 13
- 4 The Great Pumpkin Pursuit & Watermelon Weigh Off:** Guston, Sept. 13

- 27 Octoberfest:** Corbin, Oct. 11
- 28 28th Gateway to the Cumberlands Jeep Jamboree:** Williamsburg, Oct. 16–18

Stars denote festival advertisers.

Locations marked on map are approximate and may be shifted to show multiple events in the same city. Find more festivals and events online. If we missed your festival, let us know! This listing includes festivals taking place September through December.

Please verify all festival dates and times before going, due to the possibility of cancellations or changes.



# KENTUCKY FESTIVALS



## NORTHERN

- 1 **Old Fashion Day:** Walton, Sept. 6
- 2 **Bands & BBQ at the Point:** Carrollton, Sept. 12–13
- 3 **Newport Oktoberfest:** Sept. 12–14
- 4 **Autumn Fest:** Crittenden, September 13, [visitgrantky.com](http://visitgrantky.com)
- 5 **Civil War Days:** Augusta, Sept. 19–21
- 6 **Marigold Day Festival:** Crittenden, Sept. 20
- 7 **Sweet Owen Day Fall Festival:** Owenton, Sept. 20
- 8 **Germantown Court Days:** Sept. 20–21
- 9 **Simon Kenton Festival:** Maysville, Sept. 20–21
- 10 **Pig Out:** Maysville, Sept. 26–27
- 11 **Williamstown Bluegrass Festival:** Williamstown, Sept. 27
- 12 **Carroll County Tobacco Festival:** Carrollton, Oct. 3–4
- 13 **Kentucky Wool Festival:** Falmouth, Oct. 3–5
- 14 **US 25 Yard Sale:** Crittenden, October 3-4, [visitgrantky.com](http://visitgrantky.com)
- 15 **Oktoberfest:** Glencoe, Oct. 11
- 16 **Turning of the Leaves Festival:** Augusta, Oct. 11

- 17 **Salt Festival:** Big Bone Lick State Historic Site, Union, Oct. 17–19
- 18 **Chocolate Crawl:** Warsaw, Oct. 18
- 19 **A Country Christmas:** Williamstown, Dec. 6
- 20 **Frontier Christmas:** Maysville, Dec. 6

- 6 **Cumberland River Bluegrass Festival:** Burkesville, Sept. 18–20

- 7 **Horse Cave Heritage Festival:** Horse Cave, Sept. 19–20

- 11 **Casey County Apple Festival:** Liberty, September 25–27, [caseycountyapplefestival.org](http://caseycountyapplefestival.org)

- 12 **International Festival:** Bowling Green, Sept. 27

- 13 **Pumpkin Fest:** Jackson's Orchard, Bowling Green, weekends Sept. 27–28 thru Oct. 25–26

- 8 **Rotary Club Cow Days:** Greensburg, Sept. 19–20

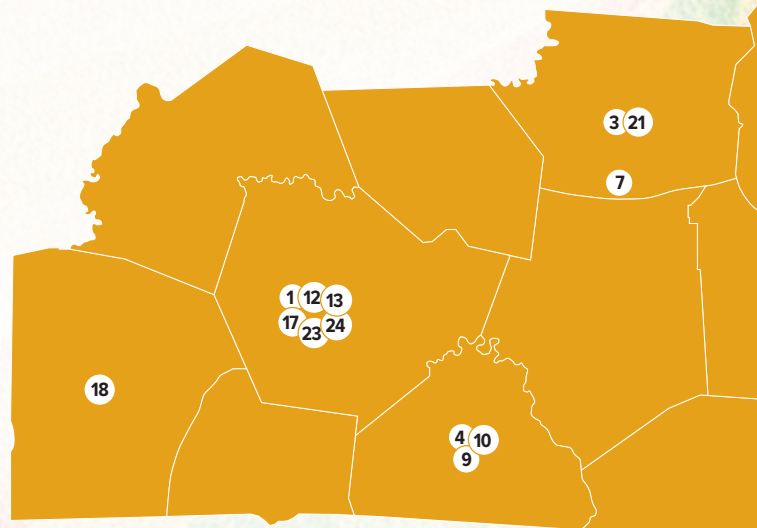
- 9 **Scottsville Opry:** Scottsville, Sept. 19–20

- 10 **Jacksonian Festival:** Scottsville, Sept. 20

- 14 **Somernites Cruise:** Somerset, September 27 & October 25, [seesomerset.com](http://seesomerset.com)

## SOUTH CENTRAL

- 1 **AppleFest:** Jackson's Orchard, Bowling Green, Aug. 30–Sept. 1
- 2 **Homeplace Fall Heritage Festival:** Campbellsville, Sept. 6
- 3 **Hart County Civil War Days:** Battle for the Bridge: Munfordville, Sept. 12–14
- 4 **Arts and Crafts Fall Festival:** Scottsville, Sept. 13
- 5 **Blazin' Bluegrass Fall Festival:** Whitley City, Sept. 18–20

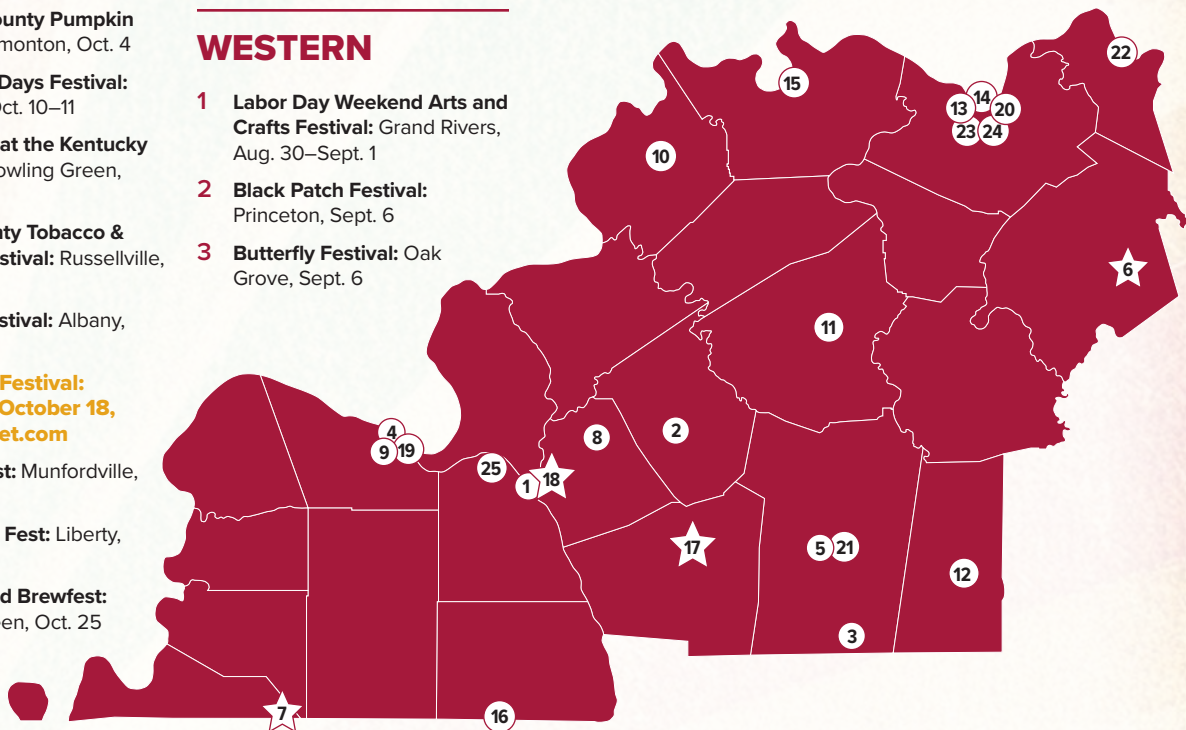




- 15 Metcalfe County Pumpkin Festival:** Edmonton, Oct. 4
- 16 Downtown Days Festival:** Columbia, Oct. 10–11
- 17 Hammer-In at the Kentucky Museum:** Bowling Green, Oct. 11
- 18 Logan County Tobacco & Heritage Festival:** Russellville, Oct. 11
- 19 Foothills Festival:** Albany, Oct. 17–18
- 20 Moonlight Festival: Somerset, October 18, [seesomerset.com](http://seesomerset.com)**
- 21 October Fest:** Munfordville, Oct. 18
- 22 Liberty Trail Fest:** Liberty, Oct. 18–25
- 23 Bourbon and Brewfest:** Bowling Green, Oct. 25

## WESTERN

- 1 Labor Day Weekend Arts and Crafts Festival:** Grand Rivers, Aug. 30–Sept. 1
- 2 Black Patch Festival:** Princeton, Sept. 6
- 3 Butterfly Festival:** Oak Grove, Sept. 6



- 24 GypsyMoon Christmas Marketplace:** Bowling Green, Nov. 6–8
- 25 Sheltoewe Artisans Art Fair:** Somerset, Nov. 15–16

- 4 Dragon Boat Festival:** Paducah, Sept. 6
- 5 Trail of Tears Pow Wow:** Hopkinsville, Sept. 6–7
- 6 Jerusalem Ridge Bluegrass Music Festival: Rosine, September 11–14, [jerusalemridgefestival.com](http://jerusalemridgefestival.com)**


- 7 Banana Festival: Fulton, September 13–20, [visitfultonky.com](http://visitfultonky.com)**

- 8 Founders Day:** Eddyville, Sept. 20
- 9 BBQ on the River:** Paducah, Sept. 25–27
- 10 Lions Club Corn Festival:** Morganfield, Sept. 25–27
- 11 Harvest Fest at Mahr Park:** Madisonville, Sept. 26–27
- 12 HarvestFest:** Elkton, Sept. 27
- 13 Orchard Music Festival:** Reid's Orchard, Owensboro, Sept. 27

- 14 Bronze Buffalo Festival & Gala:** Owensboro, Oct. 2–4
- 15 Lions Club Arts and Crafts Festival:** Henderson, Oct. 4–5
- 16 Hazel Day:** Hazel, Oct. 10–11
- 17 Trigg County Country Ham Festival: Cadiz, October 10–11, [gocadiz.com](http://gocadiz.com)**

- 18 Hunter's Moon Festival: Grand Rivers, October 11, [grandrivers.org](http://grandrivers.org)**
- 19 Maiden Alley Oktoberfest:** Paducah, Oct. 18

- 20 Boo Fest:** Diamond Lake Resort, Owensboro, Oct. 25
- 21 Chili Cook-Off and Cornbread Competition:** Hopkinsville, Oct. 25
- 22 Independence Bank Sorghum Festival:** Hawesville, Oct. 25
- 23 Pumpkin and Pickle Festival:** Owensboro, Oct. 25–26
- 24 Holiday Forest Festival of Trees:** Owensboro, Nov. 8–Dec. 31
- 25 Arts & Crafts Christmas Bazaar:** Calvert City, Dec. 6

 Stars denote festival advertisers.

Locations marked on map are approximate and may be shifted to show multiple events in the same city. Find more festivals and events online. If we missed your festival, let us know! This listing includes festivals taking place September through December.

Please verify all festival dates and times before going, due to the possibility of cancellations or changes.





## Autumn fern

*A hardy option for deep shade*

**FINDING PLANTS** that will grow in the shade can be challenging. Thankfully, hardy ferns provide good options. In particular, the autumn fern, also known as Japanese shield, is known for tolerating even deep shade.

Autumn fern is a semi-evergreen fern that spreads slowly. It can grow 2 feet tall and 3 feet wide and has an arching, vase-like shape. It is called autumn fern because the newly emerging fronds are bronze or coppery in color, turning green as they mature. The variety called Brilliance is known to have a more vibrant color that lasts longer into the season. Protect your fern from drying winds to keep the glossy fronds looking their best, especially in winter. If the winter is mild, autumn fern can remain evergreen.

One caution: experts are voicing increased concern about autumn fern's invasive nature in the southeast. They recommend avoiding planting it along waterways, which is believed to be the way spores are moving.

Like most ferns, autumn fern prefers an acidic soil that is moist

and rich in organic matter. Autumn fern is drought tolerant once fully established, and it's considered low maintenance. It looks beautiful planted singly or in large groups, and can even be grown in a container. **KL**

**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

## ASK THE gardener

Q

*My tomato plants are turning brown, and there's something white on the underside of the leaves. How do I tell what's wrong?—Keith McCubbins*

**A** Tomatoes are susceptible to various insect and disease issues. Some varieties are more disease-resistant than others, and plant health can be significantly influenced by growing conditions. From your description, it sounds like your plants might be dealing with a fungal issue. Factors such as inconsistent moisture, overhead watering and too much shade can contribute to the development of fungal diseases. The white on the underside of the leaves could be powdery mildew, another fungus, but it could also be aphids. Take a sample to your cooperative extension service for a more definitive answer. The horticulture/agriculture agent will be able to give you specifics.

» Angie Oakley



PO/ADOBESTOCK

### Have a gardening question?

Go to [KentuckyLiving.com](http://KentuckyLiving.com), click on Home & Garden, then "Ask the Gardener."



READER  
*recipe*

Fall fruit favorite

**Kentucky Apple Pear Pie**

Submitted by Johnna Prater

Licking Valley RECC consumer-member

When Johnna makes this pie, there's nothing but crumbs left behind. This recipe makes two pies, because one is never enough.

**4–5 ripe pears, about 5–6 cups,  
peeled and sliced**

**4–5 sweet apples, about 5–6 cups,  
peeled and sliced**

**1 ½ C sugar**

**⅓ C flour**

**⅓ C cornstarch**

**½ tsp salt**

**Juice of one lemon**

**½ stick cold butter**

**1 egg, whisked, for egg wash**

**4 prepared pie crusts**

Preheat oven to 350°. In a large bowl, toss pears and apples with sugar, flour, cornstarch, salt and lemon juice until evenly coated. Set aside. Lightly butter two pie pans and line with bottom crusts. Brush crusts lightly with egg wash to prevent sogginess. Fill each crust halfway with fruit. Dot each with 6–8 pats of cold butter, then top with remaining fruit. Add top crusts, seal and crimp edges, and cut vents in top. Brush lightly with remaining egg wash. Bake 50–60 minutes, until crust is golden and juices bubble through the vents. Cool at least 45 minutes before slicing. Yields 6 slices per pie.

# September slowdown

*Cozy dishes for a new routine*

**SEPTEMBER FEELS LIKE** a time to settle in. Summer has wrapped up, school is back in session and life starts to fall into a familiar rhythm. It's not quite the rush of the holidays yet—just the calm, steady routines that many of us welcome this time of year. The simple rhythms of life.

To ease into the season, I'm sharing two recipes that take a little time but are well worth the effort—twice-baked potatoes, full of flavor and comfort, and a cozy Kentucky apple pear pie, bringing the best of your local fall fruit into one beautiful dessert. Whether you're cooking for a quiet Sunday or just need a break from the busy week, these dishes bring something special to the table.

**Twice-Baked Potatoes**

**4 russet potatoes, about 1 lb each**

**¼ C sour cream**

**¼ C milk**

**2 Tbsp butter**

**1 tsp salt**

**½ tsp freshly cracked black pepper**

**¼ tsp white pepper**

**4–6 pieces of bacon, cooked  
and crumbled into bits**

**3–4 oz cheddar cheese, grated**

**2–3 tsp chives, finely minced  
for garnish**

Preheat oven to 400°. Scrub potatoes and pierce with a fork. Place on a baking sheet and bake 45–60 minutes, until fork-tender. Remove from oven and reduce heat to 350°. Slice potatoes in half lengthwise and scoop out insides, leaving skins about ¼ inch thick. Place skins back on baking sheet and transfer scooped flesh to a large bowl. Add sour cream, milk, butter and seasonings. Mash until smooth, then fold in bacon bits. Spoon filling evenly into potato shells. Top each with shredded cheese and bake 15–20 minutes. Remove from oven, sprinkle with chives and any remaining bacon and serve immediately. Serves 8.

**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](https://KentuckyLiving.com/Cook)

Go to [KentuckyLiving.com/submit-a-recipe](https://KentuckyLiving.com/submit-a-recipe)



HEATHER BILYEU





# Raising the bar (becue)

Thatcher Barbecue Company in Slade is building a movement

JOEL SAMS



**THE COAL MINER'S LIFE** is “feast or famine,” Shawn Thatcher says, and when he got laid off from the mine in 2016, he was ready for a change. He and his wife, Crystal, emptied their savings to start a restaurant. Today, Thatcher Barbecue Company in Slade is pioneering what they hope will become an eastern Kentucky barbecue movement, marrying their favorite elements from regional barbecue styles across the U.S. It’s working—*Kentucky Living* readers named the restaurant one of the best barbecue spots in the state (read the story on page 16).

At Thatcher Barbecue Company, Texas brisket meets western Kentucky mop sauce and Carolina dry rubs, smoked over Kentucky white oak and hickory. Customers enjoy specialty items, like the BBQ Sundae (baked beans, pulled pork and slaw over a layer of hashbrown casserole), as well as brisket, pulled pork, pulled chicken, burnt ends and baby back ribs, plus homemade sides like sweet corn, green beans and sweet potato casserole.

In addition to the restaurant, the Thatchers own a barbecue sauce company that sells to restaurants in Louisville, Lexington, Corbin and Henderson. They also run The Pit House, which serves as next-door overflow seating during the day and a live music venue at night.

Growing up, Shawn says, there were times his family didn’t have enough to eat. From a young age, he learned to cook for himself, and to rustle up a meal for friends out of whatever he could find. “It’s a form of love,” says Crystal. “It really is.”

“We’re just super proud of being from eastern Kentucky,” Shawn says. “We want to promote eastern Kentucky and try to help our community.” **KL**

CRYSTAL THATCHER



## Thatcher Barbecue Company Burgoo

Makes 1.5 gallons

- |   |  |
|---|--|
| <b>4 Tbsp vegetable oil</b>                 | <b>½ lb smoked pork, shredded</b>                    |
| <b>3 russet potatoes, cubed</b>             | <b>½ lb smoked chicken, shredded</b>                 |
| <b>1 large yellow or white onion, diced</b> | <b>1 ½ Tbsp barbecue rub seasoning</b>               |
| <b>3 stalks celery, diced</b>               | <b>1 tsp red pepper flakes</b>                       |
| <b>6 carrots, diced</b>                     | <b>½ tsp celery powder</b>                           |
| <b>1 ½ cups corn</b>                        | <b>4 C water, divided</b>                            |
| <b>1 ½ Tbsp minced garlic</b>               | <b>½ bottle Ale-8-One</b>                            |
| <b>¼ C butter (½ stick)</b>                 | <b>1 (15 oz) can black beans, drained and rinsed</b> |
| <b>½ Tbsp beef broth base</b>               |  |
| <b>½ Tbsp chicken broth base</b>            |  |
| <b>1 (6 oz) can tomato paste</b>            |  |
| <b>½ lb smoked brisket, shredded</b>        |  |

Heat oil in large stock pot. Add potatoes, onion, celery and carrots, and stir over medium heat until onions turn translucent, 5–7 minutes. Add remaining ingredients except liquids and stir to combine. Cook two minutes, then add Ale-8-One and 2 cups water. Stir, then add more water as needed until meat is just covered. Simmer until potatoes are tender and soup is thickened. Add beans during the last 15 minutes of cooking. When the spoon stands up by itself, it’s burgoo.



CRYSTAL THATCHER



# The hunt for hidden energy users at home



*I've checked the obvious ways to save energy at home, but what might I be missing?*

## MIRANDA BOUTELLE

writes on energy efficiency for the National Rural Electric Cooperative Association

Out of sight, out of mind. It is easy to overlook the hidden energy users in our homes. Yet, every plugged-in device and ready-to-use appliance can lead to higher electric bills.

When it comes to major appliances, your water heater could be using more energy than necessary. Most water heaters are set to 140 degrees at the factory. The U.S. Department of Energy recommends setting the temperature to 120 degrees. Do not set it lower than 120 degrees to prevent bacteria development in the tank.

Exterior security lights, porch lights and barn lights can use more energy than needed. If they are on every night, all year long, that adds up to 4,380 hours—half the hours in a year. Switch to energy efficient LED bulbs, and if lights need to stay on, consider upgrading to motion sensor lights.

Pools and hot tubs can also be big energy users. Since you don't see the

pumps or heaters by design, it's difficult to know when they are operating and consuming energy. Energy Star-certified pumps run at lower speeds and can be programmed to match your pool's filtering needs, according to the U.S. Environmental Protection Agency. Schedule your hot tub to a lower temperature when you're not using it to reduce energy use.

## UNPLUG TO SAVE

Plug load is anything in your home that is plugged into an outlet. As we use more and more appliances and technology in our homes, plug load energy use increases. Find what is plugged in around your home. If you aren't using it, unplug it.



Upgrade outdoor lights to motion sensor lights so you aren't drawing energy all night. Photo: Mark Gilliland/Pioneer Utility Resources

## Electronics

For computer stations and entertainment centers, try smart power strips, which sense when energy is being used and turn peripheral devices on or off as needed.

Gaming consoles are another hidden energy user. Gamers often put them in rest mode when not in use, enabling them to complete updates and reducing start-up time. But it also means they are using energy even when not actively used. Powering off between gaming sessions can save energy. **KL**



# Harvest crops, not electricity

*Be aware of power lines when in the field*

**KENTUCKY'S FARMERS** will shift into high gear soon as they move into their fields to bring in crops. The increased activity puts farmers and farm workers at greater risk, reminding them to consider electrical safety while they're in the fields.

People assume that large pieces of equipment like combines and grain augers will fit under the power lines, but that isn't always the case. The biggest cause of electrocutions on farms is equipment accidentally touching power lines—most commonly, portable grain augers, oversized wagons, large combines and other tall equipment that come into contact with overhead power lines. Every year 62 farm workers are electrocuted in the United States, according to the U.S. Occupational Safety and Health Administration.

Here are some tips for farmers to protect themselves and their workers:

- Always look up and around before moving or raising equipment. Keep in mind power lines sag between poles, especially on hot days. Stay at least 20 feet from all power lines and power poles.
- Never try to raise power lines to allow passage of tall equipment.
- When considering the height of equipment, don't forget about the radio antennas and GPS receivers that may reach another couple of feet above the roof.

## ***Worst-case scenario***

If you're in equipment that touches power lines, stay in the cab and call for help. Tell others to stay away. If you're in immediate danger and must get out, jump from the equipment to the ground with your feet together. Do not touch the equipment and the ground at the same time. When you land, hop away with your feet touching together.



- Similarly, consider equipment and cargo to be extensions of your vehicle. Lumber, hay, tree limbs, irrigation pipes and even bulk materials can conduct electricity, so keep them out of contact with electrical equipment.
- Remember new equipment could be bigger and taller than what it replaced. Don't assume the new equipment will fit in the same space.
- Fully lower grain augers and other portable equipment before moving them.
- When moving equipment near power lines, have a spotter to ensure your safety. If you're not completely sure equipment will fit under a power line, find an alternate route around it.
- Watch out for power poles. Striking one may cause live lines to drop on your equipment.

Working the land has enough hazards in the work itself. With care and planning, moving to and from the fields shouldn't be one of them. **KL**



**BILLY SMITH**  
is Safety Manager at  
Taylor County RECC

**YEARS IN THE  
INDUSTRY: 14**

**WHEN I'M NOT  
WORKING I'M:**  
spending time with  
my wife, Melody, and  
my daughters, Shelby  
and Sophey, while  
traveling, boating and  
working on projects in  
my garage.



When moving equipment near power lines, have a spotter to help ensure your safety.  
Photo: Joe Imel



# Reducing fall risk

*A vital step toward healthy aging*

**ANYONE CAN FALL**, at any age, at any place and at any time. But for seniors, falling can be frightening and a serious health matter—not only for the physical repercussions of falling but also the emotional trauma that often follows.

Falling can be financially expensive, conceivably altering relationships and possibly life-changing daily routines. Other common health issues, such as osteoporosis, can compound the consequences of falling.

In 2023, there were 53,666 unintentional fall-related visits to the state's emergency departments and 9,054 fall-related inpatient hospitalizations in acute care facilities, according to the Kentucky Safety and Prevention Alignment Network. Unfortunately, 359 fall-related deaths occurred among Kentucky residents over the age of 65.

A proactive fall prevention program can improve quality of life for adults 65 and older, helping them remain active, healthy and independent.

- Consult your physician to look for modifiable behaviors and medications to reduce your fall risk. It's also a good time to check vitamin D levels, get an osteoporosis screening and schedule future regular health checkups. In

addition, there will be documentation about how you are addressing your own fall prevention strategy.

- Get an eye exam. Proper vision can help prevent falls while enabling you to enjoy other daily activities.
- Conduct a home assessment to identify potential fall dangers.
- Get active. Physical activity helps improve balance and

strength, and prevents osteoporosis. Whether you're just starting to exercise, trying a new routine or ramping up the intensity, consult your physician before you begin. Invite family members, friends or others to join you.

September 22–26 is Kentucky Fall Prevention Awareness Week. To mark

the occasion, the Lexington Senior Center is hosting a public event on September 23, and the Kentucky Safe Aging Coalition is holding its Annual Virtual Fall & Osteoporosis Summit on September 25. **KL**

**ROY TAPP, PH.D.**, is coordinator for the Kentucky Safe Aging Coalition, based at the Kentucky Injury Prevention and Research Center.



LUMOS SPALDOFF STOCK





# Pumpkin season

*Summer seeds grow fall traditions*

BY MEGHAN CAIN-DAVIS

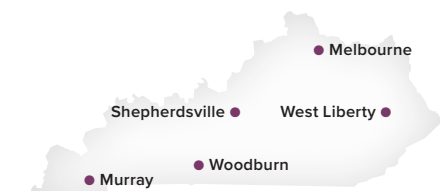


## EVERY JUNE, FARMERS ACROSS

**KENTUCKY** tuck pumpkin seeds into the warm earth, knowing in about 90 to 100 days, those seeds will become the round, orange icons of fall. It takes months of care, planning and patience before families can wander the patches, searching for the perfect pumpkin. Here are five must-visit patches where traditions and pumpkins alike ripen on the vine.

### White Oak Pumpkin Patch, West Liberty

Ashley Oldfield planted her first pumpkins in 2011 on her husband's 150-year-old family farm. A nurse by training and an artist at heart, she was looking for a way to be home with her son and still be creative. That first 2-acre patch,



sold from a wagon on the roadside, was so popular that by her second year, she'd turned the old tobacco barn into a fall destination known as White Oak Pumpkin Patch.

Three hayrides run to the pumpkin patch while kids meet goats, an alpaca, miniature horses and Bessie, the long-horn mascot. Visitors can enjoy pumpkin painting, food from Daisy's Cafe and Candy Corn Coffee Company, and an art-themed scavenger hunt in the corn

Fall Fests at Neltner's Farm feature bluegrass music, a petting zoo, food, ice cream, corn mazes and more. Photo: Neltner's Farm

maze painted by Ashley herself. This year's theme is Alice in Pumpkin Land.

"There's a certain feeling around autumn in general," Oldfield says. "The smell, the way the air feels, apples, cinnamon—it affects people. It makes people happy."

### Neltner's Farm, Camp Springs

At Neltner's Farm, families climb aboard horse-drawn wagons to reach the pumpkin patch, then use barrel wagons to bring their treasures back to the barn. Manager Kevin Neltner has been farming since





1980 but added a pumpkin patch 14 years ago. Today, the farm in Campbell County has around 2,500 visitors every weekend during pumpkin season.

“It’s the neatest thing—how small it can start and how big it can grow,” says Neltner, an Owen Electric consumer-member. He’s talking about pumpkins, but it’s true of his farm as well.

The more than a dozen varieties of pumpkins range from knobby heirlooms to Cinderellas to classic carving styles.

“I’m like a kid in a candy store when I’m looking at my seed book,” he says.

On the weekends, guests enjoy live bluegrass music, craft tents, two corn mazes, three corn pits, barrel train rides and food from Four Mile Pig.

## Shady Lane Farm, Shepherdsville

Travel by wagon down a shady, tree-covered lane and be transported to a simpler time. At Shady Lane Farm, co-owner Kelly Smith invites visitors to “get a feel for the earth, farming and where our food comes from.”

She and her husband, Todd, Salt River Electric consumer-members, bought the

Every pumpkin purchased at Shady Lane is grown on-site. Photo: Shady Lane Farms

White Oak Pumpkin Patch’s Ashley Oldfield uses art and color to make her pumpkin patch unique. Photo: White Oak Pumpkin Patch



## WHAT KIND OF PUMPKIN WILL YOU PICK?

Farmers have more than 100 pumpkin varieties to choose from when planning their garden. Some of the more common varieties are the jack-o’-lantern (traditional), Long Island Cheese (heirloom), Cinderella (stackable), Atlantic Giant (colossal) and Baby Boo (miniature/white). Other popular varieties offered locally are Casper (white), Sugar Pie (pie pumpkin), Calabaza (green/tan color combo), Goosebumps (warty), and Porcelain Doll (flattened, mix of orange/pink).





Neltner's Farm offers horse-drawn wagon rides to the pumpkin patch.  
Photo: Neltner's Farm

## DESTINATIONS

more to  
explore

*Pumpkin patches abound across the state. Plan a visit to a farm near you for fall fun, seasonal produce and unforgettable memories.*

### Featured pumpkin patches

#### White Oak Pumpkin Patch

8907 U.S. Highway 460 E., West Liberty  
whiteoakpumpkinpatch.com, (606) 791-8620

Pumpkin patch opens September 1 through the second week of November. Forty varieties of pumpkins, plus seasonal treats and activities. Hours: noon to 7 p.m. Sunday–Friday, 10 a.m.–7 p.m. Saturday.

Admission: \$6 general; free for ages 3 and under. Additional charge for some activities.

#### Neltner's Farm

6922 Four Mile Road, Melbourne (Camp Springs community)  
neltnersfarm.com, (859) 496-7535

Celebrate fall at Neltner's Farm from September 27 through October 31, and take a horse-drawn wagon out to the pumpkin patch. Open 9 a.m.–6 p.m. Monday–Friday; 10 a.m.–6 p.m. Saturday–Sunday. Limited activities available during the week.

Admission: \$7, general; free for ages 2 and under. Additional charge for some activities.

#### Shady Lane Farm

340 C E Smith Road, Shepherdsville  
Facebook: Shady Lane Farms – Pumpkin Patch & Produce,  
(502) 599-3024.

Thirty-three varieties of pumpkins, hayrides. Starting in mid-September through October 31, open every Saturday and Sunday from 11 a.m. to 6 p.m. Admission free; activity costs vary.

#### Just Piddlin Farm

10830 S. Morgantown Road, Woodburn  
justpiddlinfarm.com (270) 542-6769

Opening September 13, Just Piddlin Farm offers hayrides, a corn maze, swing set, outdoor games and animals for petting. Open Monday–Friday 10 a.m.–5 p.m., Saturday 10 a.m.–6 p.m. and Sunday 1–5 p.m.

Admission: \$8, general; free for children 4 and under.

#### Penny Pumpkin Patch

3138 Poor Farm Road, Murray (Penny community)  
Facebook: Penny Pumpkin Patch (270) 293-9716

Opens September 13 through October 31, 8 a.m.–dark, daily. Super Saturday is October 11, featuring food trucks, music, face painting, hayrides, petting zoo and more.

Admission for Super Saturday (includes everything but pumpkin and food) is \$15; free for children 3 and under. Other days: free admission but \$5 charge for corn maze.

### More pumpkin patches

#### Devine's Corn Maze & Pumpkin Patch

623 Talmage-Mayo Road, Harrodsburg  
devinescornmaze.com, (859) 613-5066

Open September 12 through November 2. Each general admission ticket includes a pumpkin, corn maze, duck races, corn hopper, petting zoo, hay maze, giant slide, pumpkin picking wagon rides and more. Hours: Friday 6–10 p.m., Saturday 10 a.m.–9 p.m. and Sunday 1–5 p.m. Check website for fall break days, hours.

Admission: \$12, general; \$10 ages 3-12; free for children 2 and under. Season passes also available.

#### Jackson's Orchard & Nursery

1280 Slim Island Road, Bowling Green  
jacksonsorcharchard.com, (270) 781-5303

Open weekends from September 27–October 26; 9 a.m.–5 p.m. Pumpkin Festival Weekends offer wagon rides to the pick-your-own pumpkin patch, petting zoo, pick-your-own-apples, pony rides, children's slide and more.

Admission: Free to enter; experience prices vary.

#### Happy Jack's Pumpkin Farm

966 Hickman Hill, Frankfort  
happyjackspumpkins.com, (502) 320-1064

From September 1 through October 31, pick from 75 different varieties of pumpkins at Happy Jack's Pumpkin Farm. Hayride to the 20-acre patch, 2-acre corn maze and farm animals. Open 9 a.m.–6 p.m. Monday–Saturday, 11 a.m.–6 p.m. Sunday. Free admission.





▲  
Just Piddlin Farm in Woodburn uses no-till farming practices. Photo: Just Piddlin Farm

farm in 1993, transitioning it from a tobacco and dairy farm into a vegetable and pumpkin operation. The farm has been owned by Todd's family since 1898.

The Smiths grow more than 10,000 pumpkins annually on 11 acres, offering 33 varieties. Guests can pick their own or browse the barn for pre-picked options. "Some folks are pumpkin connoisseurs," Todd Smith says. "They'll spend hours searching for the perfect stem."

Weekend fun includes corn and hay mazes, a playground, baby goats, and home-style food like chili and cornbread. Todd's 92-year-old mother hands out jam and jelly samples—a beloved tradition all its own.

Win a Getaway. See page 70.



*Danville*  
KENTUCKY

## Bourbon. Bites. Danville Sites.

**Celebrate Bourbon Heritage Month in Danville!**

Tour **Wilderness Trail**, part of the Kentucky Bourbon Trail®, or the recently opened **Luca Mariano Distillery**, then dine at **The Still at Blue Rook Distillery** or **Copper and Oak** — a visit full of heritage, flavor, and charm.



[danvillekentucky.com](http://danvillekentucky.com)

Win a Getaway. See page 70.



Rob Gingles grows more than 60 pumpkin varieties, from Pranksters to Cinderellas to Denalis. Photo: Penny Pumpkin Patch

## Just Piddlin Farm, Woodburn

Chip and Jill Willingham, consumer-members of Warren RECC, began Just Piddlin Farm in 1996 as a hobby. They raised pumpkins, kept bees and did other small projects—"just piddling," as they put it. But things took off in 2006, when they bought a neighboring farm with a large barn and highway visibility. Today, they welcome about 10,000 visitors each fall.

With 60 varieties of gourds and squash, Just Piddlin Farm prides itself on quality and quantity, says Chip Willingham. The scenic hayride provides a farm overview, then returns guests to the main barn. They can grab a wagon and walk to the patch to pick their pumpkin, typically weighing around 20 pounds.

Families enjoy corn and straw mazes, a bounce pad, playgrounds, a corn box and a petting zoo. Food is available at The Hive.

"Seeing repeat customers and people come year after year is my favorite," Willingham says. "I just love seeing people bring their kids and grandkids."

## Penny Pumpkin Patch, Penny

Rob Gingles remembers growing up, planting pumpkins with his dad. He slipped on green boots, two sizes too big, grabbed an old wagon and raced to the pumpkin patch like it was Christmas morning. His parents started Penny Pumpkin Patch in 1990 to build a college fund for their kids. Gingles, a West Kentucky RECC consumer-member, now runs the Calloway County farm and has expanded it from 5 to 16 acres, offering 60 pumpkin varieties.

The centerpiece of Penny Pumpkin Patch is the restored Penny Grocery, built in 1901 and moved to the farm.



## THE PUMPKIN PROCESS

Long before pumpkin patches are bursting with color, Kentucky farmers are hard at work preparing the soil. Each seed is placed by hand or tractor into mounded rows, spaced to give the vines plenty of room to grow. Over the next 90 to 100 days, those little seeds soak up summer sun and rain, slowly transforming into the bright orange, white, green or even blue pumpkins we know and love. Harvest begins in early September, just in time for hayrides, bonfires and fall family fun.





Neltner's Farm grows pumpkins in rye fields, a process that helps keep down weeds and prevent mold and rot. Photo: Neltner's Farm

Families pick pumpkins, snap photos and admire the 1950s-style memorabilia inside.

This year's patch opens September 13 and runs seven days a week on the honor system, with payment by cash, check or Venmo. Super Saturday is October 11, featuring food trucks, music, hayrides, face painting and more.

"It's a tradition," Gingles says. "Some of my favorite memories are out there with my Dad. He still hangs out on the porch during pumpkin season." **KL**

KentuckyLiving.com

## Pumpkins plus

If you think pumpkins are only orange, think again. Get a video look at some of the varieties, along with some of the pumpkin patch festivities in this story, at KentuckyLiving.com.



## The Spirit of Frankfort

No trip to Kentucky is complete without indulging in our legendary bourbon! The Capital City is home to Kentucky River Tours and five unique distilleries just a stone's throw away from one another, each promising an unforgettable bourbon adventure!

Please drink responsibly.



visitfrankfort.com

Win a Getaway. See page 70.

Choose your own

- Cycling/Hiking
- Fishing/Paddling
- Off-Road
- Wakeboarding
- Camping
- Civil War History
- Motorcycling
- Hunting
- Drag Racing
- Kayaking

## Battle of Camp Wildcat

October 17-18, 2025

# LONDON

KENTUCKY

History buffs won't want to miss the **Battle of Camp Wildcat Civil War Reenactment** in London, Kentucky! Step back in time and witness the dramatic events as reenactors bring the first land battle of the Civil War in Kentucky to life. Feel the rumble of cannons, hear the crack of muskets, and experience the tension as Union and Confederate forces clash. Just up the road, immerse yourself in history at the original **Camp Wildcat Civil War Battlefield Site** of the battle that took place on October 21, 1861.

**visitlondonky.com**

**TEAM KENTUCKY**

Win a Getaway. See page 70.



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*Provided by* **Cadiz-Trigg County Tourist & Convention Commission**

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#### **Local experiences:**

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## CYNTHIANA

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Witches Day Out • Ghost Walks  
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859-954-5060



TEAM  
KENTUCKY



## RUN MOREHEAD

5th Annual Run Morehead 5K  
Friday, October 24, 2025  
6 p.m.

Battson-Oates Entertainment Area  
[www.morehead-ky.gov/runmorehead](http://www.morehead-ky.gov/runmorehead)



## FLOYD COUNTY TOURISM

Something for Everyone.  
Hiking, Biking, Fishing, Canoeing, Kayaking.  
Enjoy our many trails!  
[floydcountytourism.com](http://floydcountytourism.com)



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## AUGUSTA

Sept 13th – Swingtime by the River  
2–9:30 pm

Sept 19th & 20th – Battle of Augusta  
Civil War Days

[augustaky.gov](http://augustaky.gov)



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## HOPKINSVILLE-CHRISTIAN COUNTY

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[www.visithopkinsville.com](http://www.visithopkinsville.com)  
270-887-2300



TEAM  
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in Grand Rivers, "The Lake Areas Wow  
Variety of Live Entertainment"

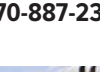
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[TheBadgettPlayhouse.com](http://TheBadgettPlayhouse.com)



## HOPKINSVILLE-CHRISTIAN COUNTY

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Birthplace National Park.

[www.lincolnmuseum-ky.org](http://www.lincolnmuseum-ky.org)  
270-358-3163



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## KENTUCKY WOOD EXPO

SEPTEMBER 19 & 20

Kentucky Lumberjack Competition,  
Skidder & Knuckleboom Contests  
Chain Saw Carving • Forestry Education  
Equipment Exhibits • Wood Crafts

Masterson Station Park, Lexington  
[www.kywoodexpo.com](http://www.kywoodexpo.com) | 502-695-3979





## CASEY COUNTY APPLE FESTIVAL

SEPTEMBER 25-27, 2025

World's Largest Apple Pie served Saturday  
at Noon EST, FREE!

ExploreLibertyKy.com  
CaseyCountyAppleFestival.org  
606-706-7777



## HARRODSBURG

KENTUCKY HERITAGE JAZZ FESTIVAL

October 10—Main Street  
“A Taste of New Orleans”

October 11-12  
Jazz Fest at Old Fort Harrod State Park

FREE Event

www.kyheritagejazzfest.org  
info@mercercchamber.com



## SHAPING CLAY JUBILEE

OCTOBER 3 & 4

Spectacular event for all  
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606-391-6161



## VISIT HISTORIC BARDSTOWN

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and Civil War Museum.

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310 E Broadway St  
Bardstown, KY 40004  
502-349-0291

## RED RIVER GORGE

Farmers Market  
every Saturday May-October  
10 a.m.-2 p.m at Natural Bridge Skyline  
gopoco.org



RED RIVER GORGE  
Powell County, Kentucky



OWEN COUNTY  
SEPTEMBER 20, 2025

Sweet Owen Day Festival

Owenton  
visitowencountyky.org



## MILLSTONE FESTIVAL

OCTOBER 4

Enjoy food trucks, local vendors and a car  
show, plus a beer and wine garden.

1-800-866-3705  
visitrichmondky.com



## YEW DELL BOTANICAL GARDENS

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yewdellgardens.org



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# EVENT CALENDAR



## 1 FALL FUN

Autumn Fest at Grant County Park in Crittenden September 13 has everything that goes into making a fall festival fun—craft vendors, lots of fair food, live music throughout the day, petting zoo, antique tractor display and more. There's a kids zone with inflatables, sand art and Dump a Bucket, and for older kiddos, a Gellyball shooting course. Hours: 10 a.m.–6 p.m. Details, (859) 428-4500, Facebook: Grant County Parks and Recreation.

## 2 AVIATION DAY

Frankfort is flying high September 20 when its Capital City Airport hosts Aviation Day, 9 a.m.–3 p.m. Air shows at 10:45 a.m. and 1 p.m. feature daring aerobatics from classic biplanes to military and homebuilt aircraft. Displays on the ground include military and general aviation aircraft and emergency response vehicles. Plus a car show, children's entrepreneur market, plane pull and food trucks. Free admission. Rain date: September 21. Info, (502) 564-0339, aviationdayky.com.

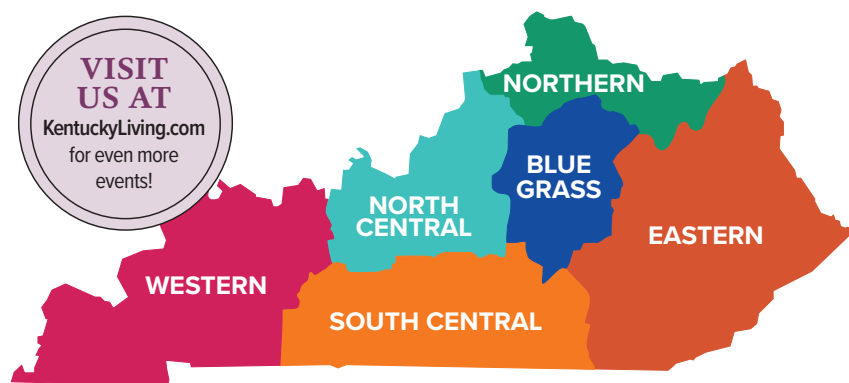
## 3 BEE-UTIFUL FEST

BEE there September 18–20 when the Clarkson Honeyfest celebrates its 30th year. The festival starts 5 p.m. Thursday and Friday, with a pet show and gospel singing Thursday, and JD Shelburne performing 7 p.m. Friday. The festival opens at 8 a.m. Saturday with craft booths and a 9 a.m. parade, plus karaoke contest and another evening of live music. Carnival and food booths throughout, and admission is free. Details, clarksonhoneyfest.com.

## 4 MAKE TRACKS

Ravenna's railroad heritage is celebrated September 6–7 at the Ravenna Railroad Festival, held just across the tracks in Irvine. Live music, craft and food vendors, railroad exhibits and short train rides on both days, while past and present railroad employees reunite. Kids mini parade, with decorated bikes, trikes and wagons at 10 a.m. Saturday. Hours: 9 a.m.–6:30 p.m. both days, with free admission. More info: Facebook: Ravenna Railroad Festival.





## BLUEGRASS

### THURSDAY, SEPTEMBER 4

**Downtown Downbeat: Candi Jenkins**, (859) 618-6433, Danville

### SATURDAY, SEPTEMBER 6

**Waveland Art Fair**, thru 7th, (859) 272-3611, Waveland State Historic Site, Lexington

**Obscure Market**, (859) 319-8987, The Showroom, Danville

### SUNDAY, SEPTEMBER 7

**Live Music: Chris Carpenter**, (859) 644-5140, Harkness Edwards Vineyards, Winchester

### TUESDAY, SEPTEMBER 9

**Waveland Tea Tuesday**, 16th, 23rd, 30th, (859) 272-3611, Waveland State Historic Site, Lexington

### SUNDAY, SEPTEMBER 14

**Live Music: Matt Castle**, (859) 644-5140, Harkness Edwards Vineyards, Winchester

### THURSDAY, SEPTEMBER 18

**Country Royalty**, (502) 352-7469, The Grand, Frankfort

### FRIDAY, SEPTEMBER 19

**Rodney Atkins**, (877) 448-7496, Norton Center for the Arts, Danville

**Kentucky Wood Expo**, (502) 695-3979, Masterson Station Park, Lexington

**Fall Festival and Tractor Show**, thru 20th, (859) 338-9875, Jessamine County Fairgrounds, Nicholasville

### SATURDAY, SEPTEMBER 20

**Symphonic Stroll**, (502) 352-7082, Josephine Sculpture Park, Frankfort

**Charity Chili Cook-Off**, (859) 402-8707, Wilderness Trail Distillery, Danville

**Wildman Triathlon Experience**, (502) 598-3127, Lawrenceburg

**Siege of Fort Boonesborough**, thru 21st, (859) 527-3131, Fort Boonesborough State Park, Richmond

### THURSDAY, SEPTEMBER 25

**Waveland's Tea and Talk**, (859) 272-3611, Waveland State Historic Site, Lexington

### SUNDAY, SEPTEMBER 28

**Live Music: Kristen Riley**, (859) 644-5140, Harkness Edwards Vineyards, Winchester

## EASTERN

### FRIDAY, SEPTEMBER 5

**Food Truck Friday**, 12th, 19th, 26th, (606) 573-4156, Harlan Center

### SATURDAY, SEPTEMBER 6

**Red River Gorge Farmers Market**, 13th, 20th, 27th, (606) 663-1161, Natural Bridge Skylift, Slade

### FRIDAY, SEPTEMBER 12

**In Harmony Tour**, (606) 464-5038, Beattyville

### SATURDAY, SEPTEMBER 13

**Kentucky Food Truck Championship**, (606) 256-1000, Renfro Valley Entertainment Center, Mount Vernon

### FRIDAY, SEPTEMBER 19

**Living Archaeology Weekend**, thru 20th, (270) 745-6549, Natural Bridge State Resort Park, Slade

**In Harmony Tour**, (606) 528-4121, Cumberland Falls State Resort Park, Corbin

### SATURDAY, SEPTEMBER 20

**Trek-a-Thon: Eagle Falls Trail 9**, (606) 528-4121, Cumberland Falls State Resort Park, Corbin

**Tattersall Art Show and Food Truck Event**, (606) 528-8725, Tattersall Estates, Corbin

**Outdoor Movie Night**, (606) 573-4156, Harlan Center Plaza

### FRIDAY, SEPTEMBER 26

**Fall Camper's Yard Sale**, thru 27th, (606) 330-2130, Levi Jackson Wilderness Road Park, London

### SATURDAY, SEPTEMBER 27

**Dream Maker Cruise In**, (859) 585-9993, Dream Maker Realty & Log Homes, Mount Sterling

## NORTH CENTRAL

### FRIDAY, SEPTEMBER 5

**Concert in the Park**, (270) 257-2311, Rough River Dam State Resort Park, Falls of Rough

**Honkytonk Rewind**, (502) 251-4214, Wesbanco Amphitheater, Mount Washington

### SATURDAY, SEPTEMBER 6

**Farmers Market**, 13th, 20th, 27th, (859) 336-5440, The Depot, Springfield

**The Outlaw Express**, (800) 272-0152, Kentucky Railway Museum, New Haven

### WEDNESDAY, SEPTEMBER 10

**Lawn Party**, (270) 765-6121, Freeman Lake Park, Elizabethtown

**Hump Day Happy Hour**, (502) 459-2181, Louisville Zoo

### FRIDAY, SEPTEMBER 12

**Bluegrass Friday Nights**, (270) 257-2311, Rough River Dam State Resort Park, Falls of Rough

**Screech Owl Prowl**, 19th, (502) 955-8512, Bernheim Forest and Arboretum, Clermont

### WEDNESDAY, SEPTEMBER 17

**Tagging Monarchs**, (502) 955-8512, Bernheim Forest and Arboretum, Clermont

### FRIDAY, SEPTEMBER 19

**Family Tradition: Hank Williams Jr. Tribute**, (502) 251-4214, Wesbanco Amphitheater, Mount Washington

**GC Bluegrass Opry**, (270) 259-5587, Old Courthouse, Leitchfield

### WEDNESDAY, SEPTEMBER 24

**Savory Memories**, (502) 213-5110, Jefferson Community and Technical College, Louisville

**Food Trucks**, (270) 234-8258, Freeman Lake Park, Elizabethtown

### FRIDAY, SEPTEMBER 26

**Pumpkins at Kentucky Kingdom**, thru Oct. 26th, (502) 813-8200, Louisville

**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 October 1 for the December issue.**

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



**SATURDAY, SEPTEMBER 27**

**Nunnlea Craft Fair**, thru 28th,  
(502) 641-1920, Nunnlea House, Louisville

**Black Rock Mafia Cruise In**, (270) 259-5587,  
Bailey's Zip Mart, Millwood

**TUESDAY, SEPTEMBER 30**

**Spencer County Oktoberfest 5K**,  
(502) 507-5144, Taylorsville

## NORTHERN

**WEDNESDAY, SEPTEMBER 3**

**Fort Thomas Farmers Market**, 10th, 17th,  
24th, (859) 441-1055, Mess Hall, Fort  
Thomas

**SATURDAY, SEPTEMBER 6**

**County-Wide Yard Sale**, (859) 414-4393,  
Pendleton County

**Schoolyard Winery's Farmers Market**, 13th,  
20th, 27th, (859) 814-4126, Verona

**Pendleton County Farmers' Market**, 13th,  
20th, 27th, (859) 813-2944, Falmouth

**Car Show**, (859) 567-5691, Gallatin County  
Fairgrounds, Glencoe

**SUNDAY, SEPTEMBER 7**

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

**WEDNESDAY, SEPTEMBER 10**

**Southern Power Wagon Rally**, thru 14th,  
(502) 732-7036, General Butler State Resort  
Park, Carrollton

**SATURDAY, SEPTEMBER 13**

**Melodic Harmonic Folk Rock**, (484)  
686-8087, DownTowne Listening Room,  
Burlington

**Awaken!**, (606) 563-2596, Lewis & Clark  
Pavilion, Maysville

**Handcrafted and Homespun Market**,  
(502) 732-7036, Point Park, Carrollton

**Swingtime by the River**, (606) 756-2183,  
Parkview Street, Augusta

**SATURDAY, SEPTEMBER 20**

**Battle of Augusta Civil War Days**, thru 21st,  
(606) 756-2183, Augusta

**Boston Steele Day**, (859) 472-5277, Kincaid  
Lake State Park's Conference Center,  
Falmouth

**Merchants & Music**, (859) 441-1055, Tower  
Park Amphitheater, Fort Thomas

**SUNDAY, SEPTEMBER 21**

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

**SATURDAY, SEPTEMBER 27**

**Ohio Valley Wood Carvers Expo**, thru 28th,  
(859) 801-6472, Elks Lodge, Cold Spring

## SOUTH CENTRAL

**THURSDAY, SEPTEMBER 4**

**Summer Concert Series**, (606) 348-6351,  
Conley Bottom, Monticello

**FRIDAY, SEPTEMBER 5**

**First Friday**, (270) 864-5890, Burkesville

**Liberty Friday Night Cruisers Car Show**,  
(606) 706-7777, Courthouse Square

**The Dark Side of the Moon: 50 Years in a  
Heartbeat**, thru 26th, (270) 745-4044, Hardin  
Planetarium, Bowling Green

**Concerts in the Park**, 13th, (270) 782-0800,  
Circus Square Park, Bowling Green

**FRIDAY, SEPTEMBER 5**

**Ice Cream & a MOOvie**, 6th, 12th, 13th, 26th,  
27th, (270) 854-5567, Chaney's Dairy Barn,  
Bowling Green

**SATURDAY, SEPTEMBER 6**

**Summer Concert Series: The Kentucky  
Headhunters**, (270) 524-4752, Hart County  
Courthouse, Munfordville

**FRIDAY, SEPTEMBER 12**

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

**SATURDAY, SEPTEMBER 13**

**Fool Moon Sisters Bazaar**, (859) 806-0521,  
National Corvette Museum, Bowling Green

**SUNDAY, SEPTEMBER 14**

**Friends of the Library Book Sale**,  
(270) 781-4882, Bob Kirby Library,  
Bowling Green

**THURSDAY, SEPTEMBER 18**

**Tusk: The Classic Tribute to Fleetwood  
Mac**, (270) 904-1880, SKYPAC,  
Bowling Green

**SATURDAY, SEPTEMBER 20**

**Charms from the Farm**, (270) 799-0174,  
Circle W Farms, Woodburn

**Car & Craft Show**, (270) 586-3040, Franklin

**SATURDAY, SEPTEMBER 27**

**Orchestra Kentucky: Beatle Madness**,  
(270) 904-1880, SKYPAC, Bowling Green

**Toy Show**, (270) 598-9901, Brighton Park,  
Franklin

## WESTERN

**MONDAY, SEPTEMBER 1**

**Caryl Bryer Fallert-Gentry: A Life in Color**,  
thru Oct. 7th, (270) 442-8856, The National  
Quilt Museum, Paducah

**Americans: A Smithsonian Exhibit**, thru  
27th, (859) 257-5932, River Discovery Center,  
Paducah

**SATURDAY, SEPTEMBER 6**

**Free Admission First Saturdays**,  
(270) 993-1234, Western Kentucky Botanical  
Garden, Owensboro

**Cadiz Cruz In**, (270) 522-3892, Lake Barkley  
State Resort Park

**Star Party**, (270) 584-9017, Mahr Park  
Arboretum, Madisonville

**THURSDAY, SEPTEMBER 11**

**Jason Carter Band**, (270) 926-7891,  
Bluegrass Music Hall of Fame & Museum,  
Owensboro

**FRIDAY, SEPTEMBER 12**

**Summer Salute**, thru 13th, (270) 887-4290,  
Hopkinsville

**Pickin' On a Soldier's Heart**, thru 14th,  
(618) 638-2146, Kenlake State Resort Park  
Amphitheater, Hardin

**SATURDAY, SEPTEMBER 13**

**Car Show**, (270) 231-7716, Whitesville City  
Park, Whitesville

**SUNDAY, SEPTEMBER 14**

**Sunday Bluegrass Jam**, (270) 933-1265,  
Paducah Beer Werks,

**THURSDAY, SEPTEMBER 18**

**Highway 54 Fall Yard Sale**, thru 20th,  
(270) 256-3934, Fordsville

**SUNDAY, SEPTEMBER 21**

**Kathy Mattea**, (270) 926-7891,  
Bluegrass Music Hall of Fame & Museum,  
Owensboro

**FRIDAY, SEPTEMBER 26**

**Ralph Stanley II & The Clinch Mountain  
Boys**, (270) 926-7891, Bluegrass Music Hall  
of Fame & Museum, Owensboro

**SATURDAY, SEPTEMBER 27**

**Tree ID Walk**, (270) 826-2247, John James  
Audubon State Park, Henderson

**East End Car Show**, (270) 8273674,  
T&T Drug Store, Henderson

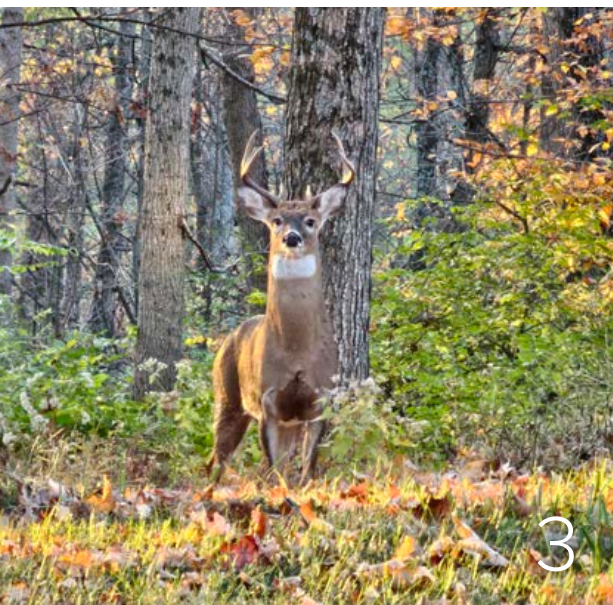
**Show & Go Car Club Cruise-In**,  
(270) 871-3163, Madisonville City Park

**SUNDAY, SEPTEMBER 28**

**Pedal in Paducah**, (800) 723-8224,  
McCracken County Public Library,  
Paducah

**FEATURE YOUR EVENT  
IN AN AD THIS SIZE  
CALL 800.595.4846**





#### 1 I'M NOT TIRED

Did you know yawning is contagious? Holly Schwartz, a consumer-member of Owen Electric from Crittenden, took this photo of her cat in Daviess County, frozen in mid-yawn. And now it's your turn.

#### 2 A LITTLE BLUEBIRD

This Eastern bluebird took up residence in a home that bears his resemblance. "He raised two families in it this summer," says Lynn Ann Burnette, a consumer-member of Grayson RECC from Falls Branch.

#### 3 PASSING THE BUCK

Leslie Garera, from Walton, captured this photo of a young whitetail buck standing at attention in the fall woods. He looks like he knows he's being watched—and he won't stick around much longer.

#### 4 COW DOG

This pup looks like a natural-born leader—one that's well on its way to becoming a bona fide cattle dog, says owner Shari Wagoner, a consumer-member of Pennyryle Electric from Cadiz.

#### SEND US YOUR SNAP SHOTS! We're looking for fall 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.



Visit **KENTUCKYLIVING.COM** and click on **CONTESTS** to submit photos.



# KENTUCKY kids

## Review Your Work:

Before turning in school assignments, take a few minutes to review your work. Check for any mistakes and make sure you've followed all the instructions.



## STATE IT! GOLDENROD

Goldenrod is native to all of Kentucky. It can grow from 1 to 8 feet tall and blooms fully in late summer. The bright yellow flowers of goldenrod attract a variety of pollinators, including bees, butterflies and hummingbirds. Bees gather nectar from goldenrod and other plants to make honey.



Goldenrod is often mistaken for ragweed.



## Did You Know?

Koalas sleep for up to 22 hours a day—they are the ultimate nappers!

## Green Team Tip

Make a fun art project using recycled materials like cardboard, bottle caps or old magazines.

— Jazzlynn Jones, age 7



Send us your green team tips!

Enter KIDS Contest

Submit a Green Team Tip or Joke online at [KentuckyLiving.com](http://KentuckyLiving.com): Magazine/Submissions for a chance to win a prize!



## Daily reading

Emma is reading a book that has 210 pages. If she reads 15 pages each day, how many days will it take her to finish the book?



Answer:  $210 \text{ pages} \div 15 \text{ pages per day} = 14 \text{ days}$   
It will take Emma 14 days to finish the book.

## Tell us a joke!

Why wouldn't the little bear play with the other little bears?

Because he bear-ly knew them.

— Damon Jackson, age 12





# GREAT OUTDOORS

## A controversial technology

*Exploring forward facing sonar*

**FORWARD FACING SONAR** isn't just the latest fad in fishing. Good or bad, it's creating a buzz like no fishing technology before it. Early sonar tools for anglers, like flasher units, were probably controversial when they became popular in the '50s and '60s, but praise and criticism about them rarely made it further than the boat ramps or bait store gatherings over a cup of coffee or a cold drink.

Today, social media enables a continuous debate about this transformative technology—for and against. The arguments may be complex, but they boil down to a basic question: Is it cheating?

Let's back up and clarify what we're talking about. Forward facing sonar, which has entered the market over the last decade, is a dramatic improvement over older kinds of fish-finding technologies. It provides a real-time, forward-facing view of underwater structure and fish activity. It's effective—so much so that it's generating relentless debate.

Some critics say forward facing sonar will devastate fish populations within a few years. Or they might say, "You're a loser and a cheater for buying that thing," as a man once told me at the boat ramp. I just laughed and said, "Well, sir, you caught nine fish, and I didn't get a bite."

Personally, I never planned to purchase forward facing sonar. Not until I used it, that is. I fished with it for the first time with Ron Bilbrey, who competed professionally in crappie tournaments for many years. Ron had two separate setups for forward-facing sonar on his boat. I had my own to use as we worked on an article about catching crappie using the technology. I fished with



forward facing sonar for maybe 10 minutes that day—and knew I had to have one for myself.

I didn't buy forward facing sonar to make it easier to catch crappie, however. What I love is how the sonar can help answer the question "Why?"—something that always fascinates me as a writer. Why do fish do this when you do that? Did the color of your lure make a difference, or was it the size or profile? I see forward facing sonar as a learning tool. Does it make it easier to catch fish? The answer is "maybe." Like any good technology, if you learn how to use it, it can help. But making precision casts in the wind, when the fish are 25 feet deep, will never be easy.

I enjoy using forward facing sonar just like I loved the old flasher unit my grandfather kept in a Styrofoam minnow bucket, with the transducer attached to the end of a broom handle. Using fishing technology is a personal choice that doesn't need to result in a social media debate. I'd like to see anglers get along, come together and enjoy a fish fry—no matter how the fish was caught. **KL**

**KEN MCBROOM**, an outdoors writer/photographer, created [RamblingAngler.com](http://RamblingAngler.com). McBroom grew up in Lynchburg, Tennessee, and now lives in western Kentucky.

▶ Ron Bilbrey introduced Ken McBroom to forward facing sonar on Green River Lake. Photo: Ken McBroom



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# Sole man

*Charlie's Old Time Shoe Repair*



**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](http://KentuckyLiving.com): About/People.

**THE MOMENT I NOTICED** his website I knew I had to visit Charlie's Old Time Shoe Repair at Gratz in southwestern Owen County.

Hours were listed only as: "Saturday 9 a.m. to 6 p.m."

But I learned that Charlie Redmon not only works Saturdays and most evenings repairing shoes. He also works weekdays at Harrod Concrete and Stone Company in Franklin County where, for most of 19 years, he's been the "powder man" on the quarry's dynamite crew. Although now, at age 69, he handles administrative duties, his life's work for more than four decades has been setting dynamite charges, primarily in underground stone quarries, around Kentucky.

"I got my blasting license when I was 20, and it's always kept me a job," he says.

After studying mining at Pikeville College, Charlie worked at quarries in the counties of Grayson, Jefferson, Owen and now, Franklin.

Nine years ago, he opened his rustic shoe repair shop in an abandoned Sunoco service station in the heart of Gratz. The once-bustling Kentucky River village has now lost all its businesses except Smitty's convenience market and Charlie's Old Time Shoe Repair.

"They don't make 'em like they used to," Charlie told me. "They make a lot of fake shoes, glued together and molded, and they don't exactly fit the machines—so I do a lot of hand work."

Along with several pairs of footwear, a pontoon boat seat was waiting to be re-upholstered, and a leather purse needed repairs. He also repairs and replaces zippers and makes belts and other leather goods when there is time.

The front and back rooms of his cluttered shop have the makings of a museum: an early 20th century cash register, and more than 30 vintage sewing machines, some weighing several hundred pounds, and each with its own purpose, depending on which stitchery is needed.

As he explains the machines and recounts memories of his father's shop, it's clear that Charlie's fondness for the trade goes much deeper than shoe soles.

"It's not about the money with me," he says, smiling as he shows me his ledger from last year. "But some of the tips are good."

Most of his customers live in surrounding rural communities served by Owen Electric Cooperative, but occasionally someone shows up like the young woman who drove all the way from an equestrian event at the Kentucky Horse Park in Lexington with a seriously jammed zipper on her tall riding boot. Not only was she scheduled to compete the next day, but she'd been unable to remove the boot.

Charlie repaired it while she waited. **KL**



As a boy in his native Bullitt County, Charlie decided he wanted to work at a rock quarry like his father, who spent 44 years with a local quarry, but had a shoe repair business on the side. So Charlie and his brother, who now has a shoe shop in Mississippi, learned shoe repair firsthand. Their mother had an upholstery and alterations business.





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