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OCTOBER

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ON THE COVER Silas Moss gives a high five to the Trigg County Country Ham Festival mascot, Miss Triggy, during the 2024 festival. Marking its 49th year Oct. 10–11, the event is a celebration of agriculture, ham production and local heritage. Photo: Joe Imel

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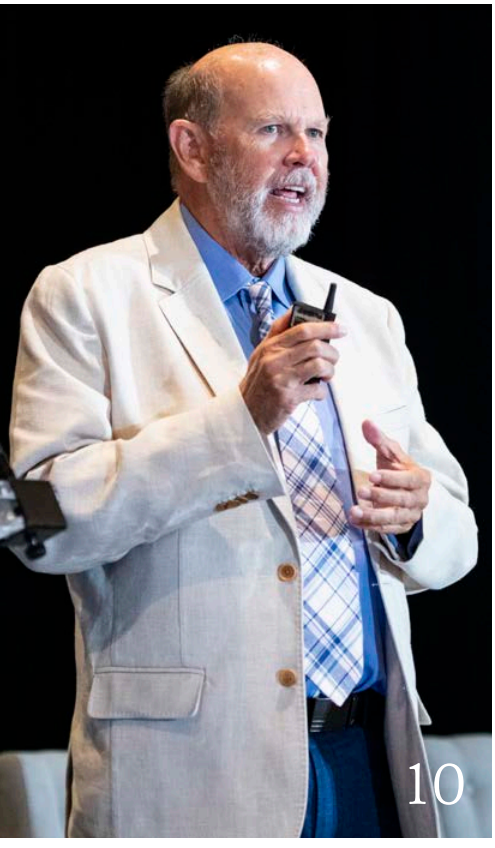
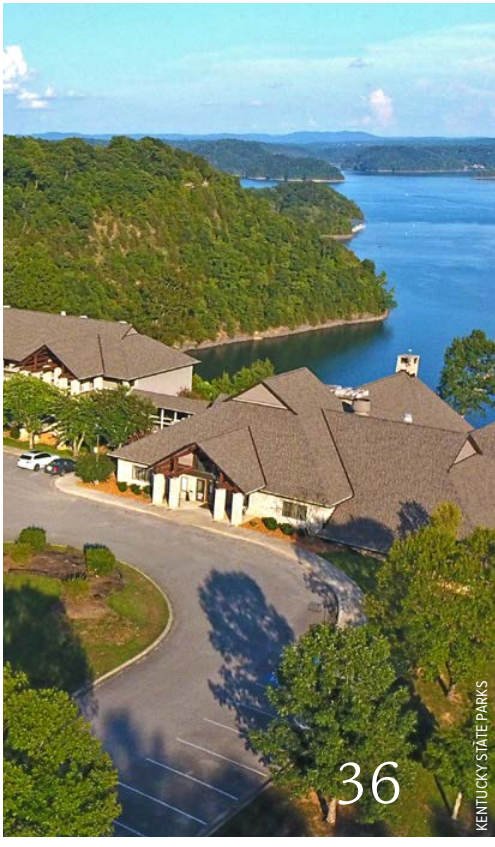


HEATHER BILYEU



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

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A dairy farmer's handshake

Local co-op leadership is resilient

I'LL NEVER FORGET J.E. Smith, the longtime chairman of the board at Fleming-Mason Energy, who passed away in 2019. J.E. was a soft-spoken dairy farmer with a handshake so strong that you had to mentally prepare yourself when you saw it coming. He was also full of wisdom about navigating change—wisdom I desperately needed, first as a young engineer, and then as the cooperative's CEO.

Former Inter-County Energy Board Chair Paul Ballard, left, talks with former Fleming-Mason Energy Director Bill Cooper, J.E. Smith and Chris Perry during Smith's retirement ceremony in 2013. Photo: Fleming-Mason Energy archives

J.E. lived through a precipitous decline in Kentucky dairy farming. In 1935, the year before he was born, 227,302 Kentucky farms reported having milked cows during all or part of the reporting year. In 2002, the year before I joined Fleming-Mason Energy as an engineer, fewer than 3,000 Kentucky farms had a milk cow herd. And in 2023, the most recent year for which we have data, there were just 359 dairies left in the state.

It's a familiar story—consolidation and economies of scale, pricing volatility, labor costs and policy changes hollowed out what used to be a thriving agricultural industry. But J.E. was never one to give up. He held on to his dairy farm, but he also diversified, growing tobacco, corn and soybeans alongside his milking operation. J.E. was resilience personified, and I always loved visiting him at the farm to talk about co-op business and to glean his wisdom.

In this issue of *Kentucky Living*, we're looking at electric cooperative boards of directors, and the important role they play (read the article on page 20). I've been in co-op boardrooms for more than 20 years, and I've learned that change is relentless in the energy world. But I've also learned just how blessed we are with local co-op leaders who provide a steady hand during challenging times.

Co-op directors are your neighbors. They're farmers, accountants, lawyers and small business owners. Whatever their profession, they've learned to be resilient in many ways, and they bring that local experience and expertise to the boardroom in service of your community.

The energy world continues to evolve, and we face new challenges daily. Navigating change can be hard, but thanks to the resilient leadership of electric cooperative directors, you can be confident that co-ops will rise to the occasion. Local leaders like J.E. are the backbone of cooperatives across the state, and I couldn't be more grateful for their contributions. We are in good hands.

CHRIS PERRY
President/CEO
KENTUCKY ELECTRIC COOPERATIVES

FROM THE EDITOR

EVERY OCTOBER we celebrate National Cooperative Month, and this year, we've taken it one step further with a feature story to highlight what goes into being a director at your electric cooperatives (page 20).

While we can't mention all of the nearly 200 directors across Kentucky, we can highlight a few as examples of the dedication and effort they show to their communities.

To all Kentucky's electric cooperatives directors, thank you. Your job is important, and we couldn't tell the co-op story without your support.

In this issue, you can also read the interesting history behind the Trigg County Country Ham Festival (page 14), come up with your own perfect pairing while out and about on the Bourbon Trail (page 36) and find your way to one of Kentucky's distilleries (page 34).

You can learn to make some warm breakfasts (page 27), and even "get the skinny" on fishing in shallow waters (page 46).

We believe October–and this October issue–has something for everyone.

SHANNON BROCK, EDITOR

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JOE IMEL

PIGS APLENTY

Trigg County goes whole hog

Read about the history of hog farming, ham production and the Trigg County Country Ham Festival on page 14, then visit KentuckyLiving.com for links to more photos, including Cadi the giant pig and colorful pig statues across town. While you're there, go behind the scenes with footage of how the giant biscuit gets made—including a 10-foot rolling pin.

BOONE COUNTY DISTILLING CO.

HEATHER BILYEU

WHILE YOU'RE THERE

More to explore near Kentucky distilleries

View our map of 114 Kentucky distilleries on page 34, then plan your bourbon adventure with a guide to bourbon/activity pairings on page 36. Visit us online to top it off with a new bourbon experience at the Frazier History Museum.

VIDEO RECIPE

Sausage breakfast casserole

You can read Heather Bilyeu's recipe for sausage breakfast casserole on page 27—and you can also view a recipe video online. Visit KentuckyLiving.com to see how the breakfast casserole gets made.

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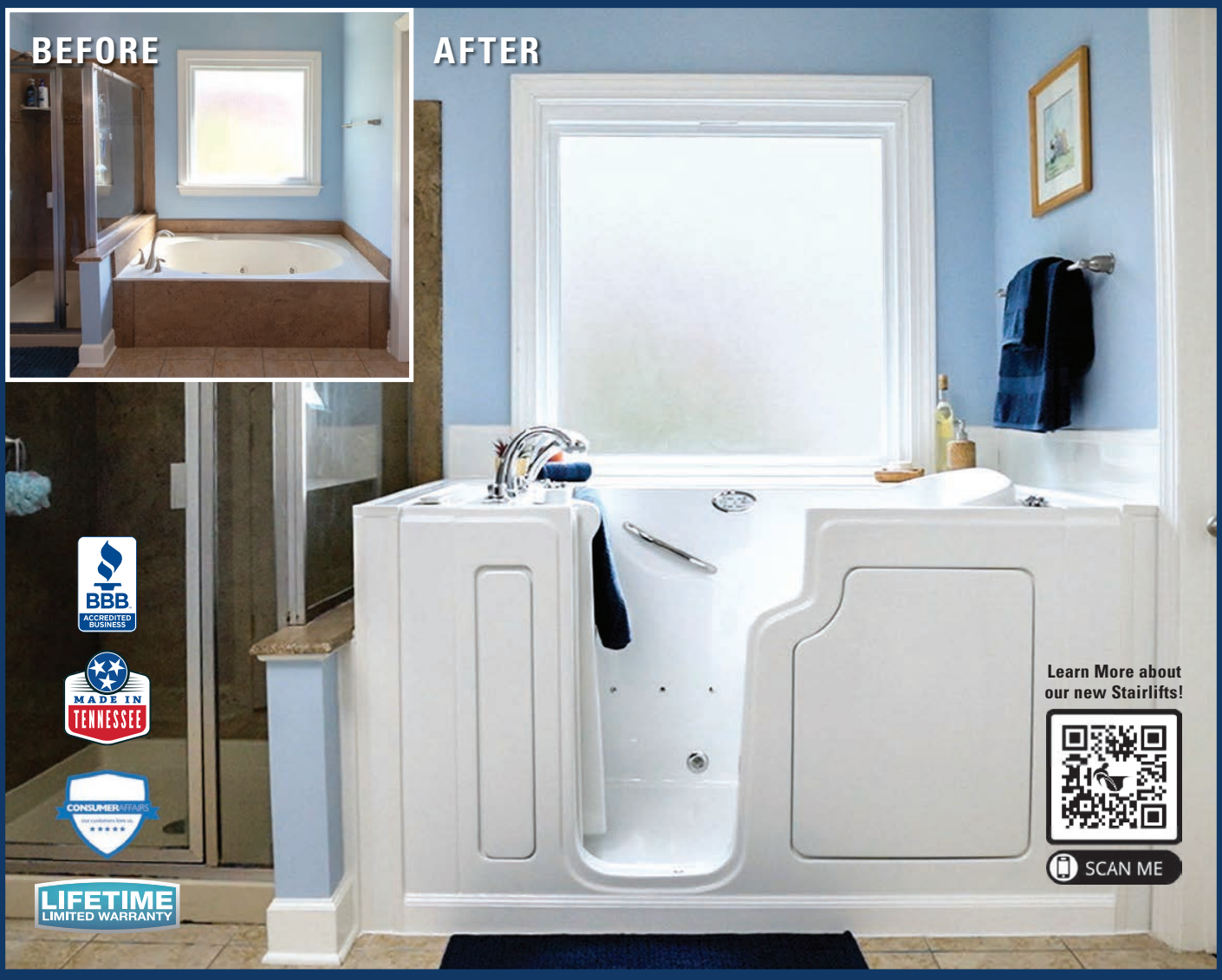

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Ahead of her time

Starting her adult life at only 15 with a marriage to a man more than twice her age, Mary Ann Murphy Dowling had no choice but to be tough. She possessed few homemaking skills, but because she worked in her father's store, she already had a keen head for business. Her husband, John, adored her and promised to give her a life in Lawrenceburg far beyond her meager Irish immigrant upbringing.

John was an up-and-comer in the late-19th century bourbon industry, and he put Mary's skills to use, treating her as an equal in his distillery business during a time when women were not welcome in a man's world. When tragedy left Mary on her own to support herself and her family, she was told she had no business trying to run a company. But a business is what she had, one that she would not let fail but would grow into a fortune.

Eric Goodman and Kaveh Zamanian believe Mary Dowling's story has remained largely untold for too many years. Finding much of the published work about her to be inaccurate, research through family records and the help of a scant few remaining heirs, corroborated with news accounts of then current events, allowed them to piece together the fabric of Dowling's character. *Mother of Bourbon: The Greatest American Whiskey Story Never Told* is the resulting historical fiction account of a woman decades ahead of her time.

Goodman and Zamanian's work not only sheds light on Dowling's formidable influence in the spirits industry but on Prohibition and its effect on the country, both economically and socially. As distilleries were forced to stop production, workers were left unemployed with no way to provide for their families. And with spirits no longer available for legal purchase, bootlegging and smuggling were risky, but effective, sources of income.

Government corruption was highly suspected as stores of high value whiskey were confiscated, mysteriously disappearing in "accidents" and "robberies" from their holding areas. Dowling's own warehouses were subject to such activity, raising the question of whether she was being targeted for her prominence and success in a gentleman's industry.

Dowling never backed down, refusing to be bested even in the most trying of times and under family persecution. If she couldn't produce whiskey in this country, she'd produce it in another one. In an unprecedented move, she packed up her equipment and relocated it just across the Mexican border where she was welcomed and celebrated as the Mother of Bourbon.

Incidentally, to be called bourbon today, production must occur within the United States, a law passed in 1964 that led to the relabeling of Dowling's then still thriving Mexico product.

» Penny Woods

MARY DOWLING WHISKEY COMPANY

See for yourself

Mary Dowling's 10,000-square-foot home, Dowling Hall, still stands today on Lawrenceburg's Main Street. Her original 1914 doubler, part of the equipment once moved to Mexico, can be found on display at Vendome Copper in downtown Louisville.

Co-author Kaveh Zamanian is a master whiskey maker in Louisville and founder of both Rabbit Hole and Mary Dowling Whiskey Companies. Find *Mother of Bourbon* (Post Hill Press, $30) on Amazon.

ENERGY EFFICIENCY tip

Now is the time to inspect your home for air leaks around windows. If you can see daylight around the edges of a window frame or if a window rattles slightly when touched, air is likely leaking. Caulking and weather stripping are simple, effective methods for sealing windows. Choose the right product and apply it properly to reduce heat loss, improve comfort and help lower energy bills.

SCOTT VAN OSDOL

"They say imitation is the sincerest form of flattery."

THOMAS TOONS

Be aware of energy scams

Electric co-ops across the country are urging consumer-members to stay alert as utility-related scams continue to evolve.

Reports of scam calls, fake energy rebate offers and phony disconnection threats have increased in recent months. These schemes often begin with a phone call, text or visit from someone claiming to represent the local electric provider. The tactics vary, but the goal is always the same: to pressure members into acting quickly before they have time to verify the request.

Some scammers demand immediate payment, threatening that service will be shut off within minutes. Others offer too-good-to-be-true incentives like rebates, energy audits or free equipment installations—if the member provides banking information or pays an upfront fee. In many cases, scammers can even manipulate caller ID to appear as though the call is coming from a trusted utility number.

AGEING_BETTER/UNSPLASH

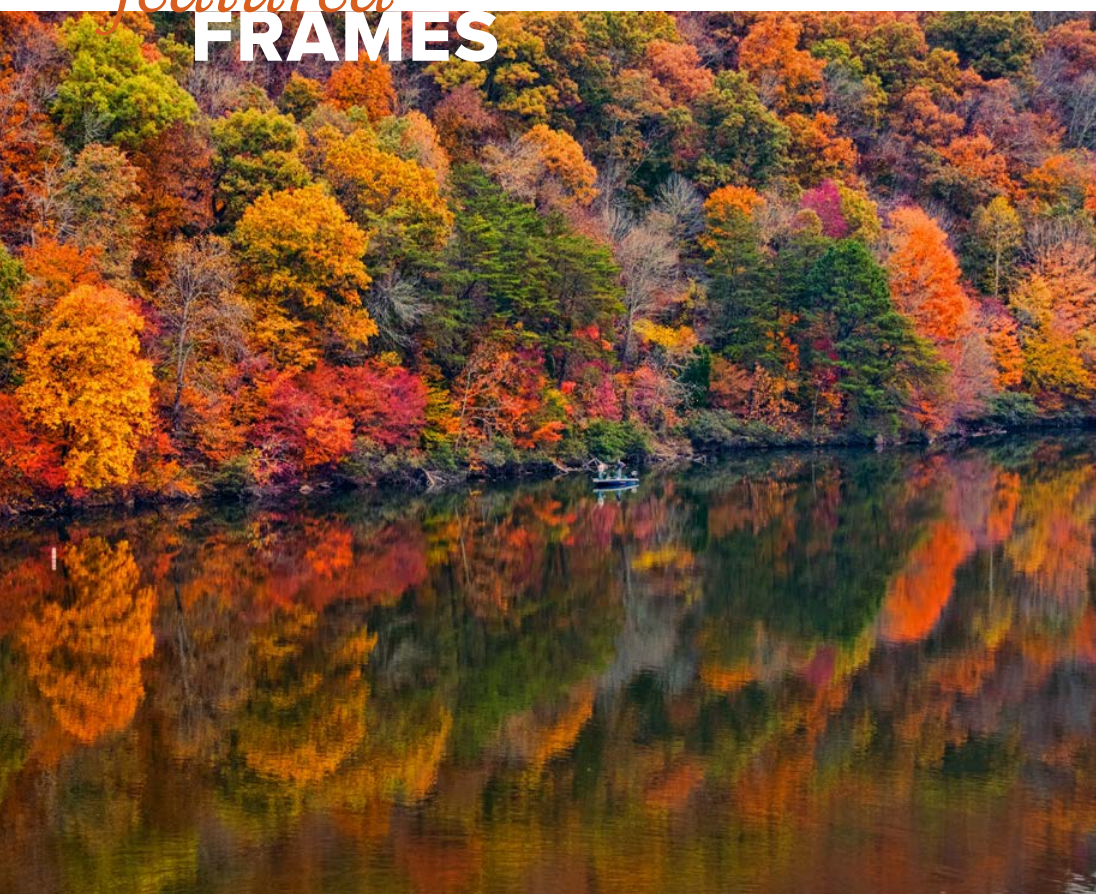
If something doesn't feel right, don't hesitate to hang up, close the message or refuse entry. Call your cooperative directly using the number listed on your monthly bill or on the official website. Member service professionals are available to assist.

» Jennah Denney

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 and clicking on "Contact Us." Letters may be edited for style, length and clarity.

featured FRAMES



Members of Bowling Green's Sunny 16 Camera Club traveled to Jenny Wiley State Resort Park to take photos of flowers, fall scenery and fishermen. This photo is by John Humkey of Bowling Green.

Five-alarm fire

National energy monitor's message to Kentucky co-ops

JOE ARNOLD | PHOTOS BY TIM WEBB

WHEN YOU FLIP A SWITCH, you expect the lights to come on. But as electric reliability expert Jim Robb told the Kentucky Electric Cooperatives 79th Annual Meeting in August, that expectation is under growing strain.

Robb, president and CEO of the North American Electric Reliability Corporation, calls the situation a "five-alarm fire." Electricity demand is surging like never before, yet new power plants and transmission lines aren't being built fast enough to keep up. "The math doesn't work," he says.

Balancing act

As he oversees NERC's mission to assure the reliability and security of the North American bulk power supply system, Robb describes energy policy as a three-legged stool: affordability, reliability and environmental impact.

"Where we get into trouble, I think, is when we overweight one of the legs of these stools because it's always to the detriment of the other two.

"For example, we could have a really cheap electric system, but it probably wouldn't be reliable and would probably have an environmental impact we don't like. We could have an incredibly reliable system, but we probably couldn't afford it. And again, it may not have the environmental impact that we like.

"We could build an incredibly clean electric system. But it almost certainly wouldn't be

North American Electric Reliability Corporation President and CEO Jim Robb speaks at the Kentucky Electric Cooperatives Annual Meeting.

affordable, and it probably wouldn't be reliable.

"So as a policymaker, we're always trying to figure out what's the right mix of these three elements and try to advance on all three of them together. And that's very, very hard."

In recent years, coal, nuclear and older gas plants have been retired at a rapid pace. While Robb says that wind, solar and batteries are important additions, they don't provide the same steady backbone of always-available electricity. On calm, cloudy days, even vast fleets of renewable energy can deliver only a fraction of their potential output.

Meanwhile, natural gas now fuels nearly half of the nation's electricity. Flexible and relatively clean, gas is essential—but pipelines often can't deliver enough fuel in extreme cold or even during summer heat waves.

New pressures

On top of supply challenges, demand is skyrocketing, Robb says. Reindustrialization, population shifts and data centers powering artificial intelligence are driving unprecedented growth. "It's like adding 100 cities the size of San Francisco to the grid in just 10 years," he explains.

"It's an enormous amount of power and there's very little chance of us being able to meet that without some substantial change to how we think about bringing resources and infrastructure to market."

Extreme weather is compounding the stress, with winter storms, heat domes and droughts threatening both electricity demand and supply. And looming in the background: cyberattacks, ransomware and physical threats to substations.

PERMITTING GRIDLOCK

The last interstate transmission line built in the U.S. took 17 years to get approved—and that was just to cross two states.

"That time frame is completely out of whack with everything else going on with the economy and the electric system," says Jim Robb, president and CEO of the North American Electric Reliability Corporation.

Without faster permitting, Robb warns, the nation won't be able to build the power plants, pipelines and transmission lines needed to keep up with surging demand.

▲ The growth in energy demand is "like adding 100 cities the size of San Francisco to the grid in just 10 years," energy reliability expert Robb says.

A call to action

Robb urges policymakers and utilities to act decisively. His prescription:

- Coordinate federal and state policies that put reliability and security first.
- Build new power plants and transmission lines faster, while keeping existing resources online where possible.
- Pair renewables with natural gas to balance variability until long-term storage becomes viable.
- Invest in fuel storage and infrastructure to withstand extreme weather.
- Shift planning from meeting peak demand on a single hot day to ensuring 24/7 reliability, year-round.

Kentucky is not an island

Kentucky's electric cooperatives are already grappling with these realities—managing natural gas supplies, preparing for data center growth and investing in reliable infrastructure.

But Kentucky is not an island. What happens in neighboring states and across the country can directly affect co-op members here.

"Electrons don't care which state or even which country you're from—they're going to flow according to the laws of physics," Robb says. "The more we can figure out how to harmonize policies across these regional footprints, the better off we're going to be." **KL**

Illustrated adventure

South Kentucky RECC consumer-member Alison Mason begins a new *The Adventures of Rudy and Trevor* comic strip. Photo: Alison Mason

Alison Mason shares talent in comic strips

ALBANY

Alison Mason, a circulation librarian at the Cumberland County Public Library and South Kentucky RECC consumer member, has always been into art and drawing. But living a life of uncertainty as so many others were during the 2020 pandemic, Mason—a college student at the time—wanted to do something that would "bring a little sunshine and fun into the world."

As a longtime fan of the classic comic strips *Peanuts* and *Calvin and Hobbes*, Mason thought, "Well, maybe I can do a comic strip. I don't think it's that hard." She had previously written one story about a farm-dwelling mouse named Rudy and another about Trevor, a mouse who lived in a snow globe. So, Mason decided to create a four-block comic strip, starring both Rudy and Trevor, her "mice pals," as she calls them.

Mason reached out to the local newspaper, *Clinton County News*, to see if the editor had interest in publishing her comic strip; it turned out he did. Since then, Mason's mice pals have appeared in her hometown newspaper every week in a comic strip series called *The Adventures of Rudy and Trevor*.

Mason says of the mouse duo: "They laugh, they create crazy situations, they crack jokes, they celebrate, they get wrapped up in the water hose and steal the fishbowl to create an astronaut helmet." Rudy is the mastermind behind it all, whether he's dressing up in his dinosaur costume to practice his roaring or attempting a balloon flight. Recently, Mason created some new mice friends—Linus, Jojo and Sophie—to add to the gang.

The Adventures of Rudy and Trevor has now reached six states, appearing in 30 newspapers and two magazines. Unlike other cartoonists, Mason doesn't have a publisher or receive payment for her comic strips. "It's all for fun," she says. "I like to use it as a reminder that life is fun and deserves to be enjoyed, despite the scary and uncertain days we're living in."

Mason says she hopes Rudy, Trevor and their mice pals can continue providing humor to newspaper readers across other states, too. "I know a lot of people are stressed out over stuff," she adds. "It would just be nice if they could open up the paper and be like, 'What's Rudy up to today?'"

Find books featuring Rudy and Trevor by author and illustrator Alison Mason on Amazon.com. **KL**

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

Investing in people and power

Southwire invests in reliable energy infrastructure for the future

JOE ARNOLD

A FEW MILES DOWNSTREAM from the bridge that connects Cannelton, Indiana, to Hawesville, Kentucky, Southwire Company fulfills another important connection—producing the material needed to carry electricity from power generation sites to homes, businesses and industrial facilities across North America.

In operation since 1969, the Hancock County facility produces aluminum rod, strip and bare overhead conductors while also manufacturing bare transmission and distribution cable.

Within the last several years, Southwire has marked significant growth in efficiency, productivity and safety. The plant recently expanded the workforce by about 30% and square footage from 439,570 to 806,770 square feet.

"The growth of our Hawesville plant over the past few years is truly exciting," says Roy Jackson, Southwire's vice president of manufacturing. "We are in the process of our third and fourth expansions, which will add another 50 positions. Once these expansions are complete, we will have nearly doubled our bare overhead production capacity and replaced almost all legacy production equipment with new machines and technology."

As growth coincides with rising energy demand and a more electrified economy, "Southwire provides the strong partnership electric co-ops are looking for," says Phil Clark, executive vice president of United Utility Supply, a Kentucky-based cooperative that distributes material to utilities across the Midwest and Atlantic Coast. "Southwire is a partner with you to the end of the line."

Southwire officials credit a partnership with Kenergy, its local electric cooperative, with a more responsive, tailored approach to its energy requirements compared with larger, investor-owned utilities.

"Decisions about electricity service are made locally and are driven by the needs of the members Kenergy serves," says Nathan Ward, site leader at Southwire's Kentucky plant.

"The amount of investment being made here in Hawesville is a great example of Southwire's commitment to being a long-term blessing to the community and the people we serve," Ward says. **KL**

Southwire and United Utility Supply have a successful partnership. Here, Southwire product is displayed in the UUS warehouse. Photo: Wade Harris

Southwire

Southwire.com

LOCATIONS: Hawesville, and more than 60 additional locations

INDUSTRY: Electrical wire and cable manufacturing

ELECTRIC COOPERATIVE: Kenergy

A good neighbor

Southwire's Hawesville facility is a cornerstone of the community, known for industrial excellence and meaningful local involvement. The Greater Owensboro Chamber of Commerce Business of the Year contributes tens of thousands of dollars to charities, disaster relief efforts and sponsorships of local initiatives and foundations.

Volunteer efforts of the plant's employees are boosted by Southwire's Project GIFT initiatives, including Back-to-School, Puzzle Pieces, Crossroads Women's Shelter, the Daniel Pitino Shelter and Jeffreys Cliffs.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RY CURED
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DRINKS


I'm Piggin' Out!

HAMMING IT UP

Trigg County Country Ham Festival celebrates local heritage

BY EMILY SISK

In the rolling hills of Trigg County, country ham is an icon—a testament to the area's agricultural and commercial heritage.

Each October, tens of thousands of people flock to the western Kentucky county for its Country Ham Festival—Oct. 10–11 this year. Celebrating 49 years, the festival is Trigg County's signature tourism event. But the history of the hog runs deeper than the festival's nearly half-century.

Trigg County, which borders Tennessee, was founded in 1820 and soon became a hub for agriculture—specifically, hog farming. Before the advent of refrigeration technology, curing hams was an essential food preservation technique. The process involves adding a salt-based cure to a fresh ham and aging it in a cool place, which can include smoking the ham at a cool temperature.

Jamie Gapp, Cadiz, competes in the Ham & Biscuit Eating Contest. Photo: Joe Imel; At far left, country hams hang from a festival booth. Photo: Cadiz-Trigg County Tourist and Convention Commission; At top, carnival rides fill the West Cadiz Park during the 48th Annual Trigg County Country Ham Festival. Photo: Joe Imel

KATY HURT/ADOBE FIREFLY

In 1909 in Cadiz, Smith Broadbent III started the family business that produces cured ham and bacon on a commercial scale. Over the decades since, Broadbent B & B Food Products, now based in Kuttawa, has earned a prizewinning reputation at the Kentucky State Fair. This year, Broadbent's 16.5-pound grand champion ham sold for $10 million—just shy of last year's $10.5 million—at the Kentucky Farm Bureau's Country Ham Breakfast and Charity Auction at the state fair.

A festival is born

In the 1970s, Trigg County Extension Agent John Fourqurean was looking for a family-friendly way to showcase the county's culture.

At the time, his son David says, the county was known for three things: dark tobacco, moonshine and country ham. His father decided that country ham would make for the most family-friendly festival focal point.

John Fourqurean worked with county officials, and the first Country Ham Festival launched in 1977 around Cadiz's Courthouse Square. The festival featured activities like "money in a haystack," greased pig races, cake walks and rocking chair races.

David Fourqurean—who followed in his father's footsteps as an Extension agent, was a teenager during the first Country Ham Festival. During the early years, he says, organizers weren't focused on tourism. Local organizations like the Rotary Club, football team and church groups sponsored the activities. There was some doubt about the longevity of the event during the festival's beginning, Fourqurean recalls, but crowd sizes put that doubt to rest.

Beth Sumner, executive director of the Cadiz-Trigg County Tourist and Convention Commission, grew up in the community and remembers going to the Country Ham Festival as a little girl, which she says "was a big to-do."

"I can remember, as a real young kid, if you stuck around all day they'd have drawings for the people that were there," Sumner says. "I won a country ham one year."

The event started as a one-day-only gathering, but has expanded to Friday and Saturday (though its carnival opens Thursday night). Some downtown businesses and roads shut down early in preparation for the thousands of guests who will fill the streets.

A winning ham is displayed in the Cadiz Baptist Church annex. Photo: Joe Imel; Vendor booths line the street during the Ham Festival. Photo: Cadiz-Trigg County Tourist and Convention Commission; At far right, Ada James Gapp eats cotton candy on the midway of the Ham Festival. Photo: Joe Imel

Volunteers bake Kentucky's largest ham biscuit in the Bank of Cadiz parking lot. A forklift is required to lift the biscuit into a giant oven. Photo: Joe Imel

INSIDE CADIZ'S GIANT HAM BISCUIT

There's one event Country Ham Festival visitors literally can't miss: the baking of the giant ham biscuit.

Some consider it the festival's essential event, generating the longest lines and biggest buzz. But few know about the undertaking it requires.

The baking of the ham biscuit began in the 1980s under the auspices of Broadbent B & B Food Products, which produces country hams and more in Trigg County. When the tradition began, the company earned a Guinness World Record for the largest edible ham biscuit, according to Carl Heckmann, who helps with the event today. Broadbent went back and forth with Smithfield Ham for a few years over the title, until Smithfield staked its claim.

The biscuit is 10 feet in diameter and weighs 200 pounds before it's baked. A forklift is required to hoist the pan in and out of the oven, which was built solely for the enormous biscuit. The street shuts down to transport the oven to its location, and Cadiz Bank—which is the biscuit-making destination—closes early for set up.

Heckmann says the recipe includes 150 pounds of flour, 33 pounds of shortening and 11 gallons of buttermilk. The cooked biscuit is filled with country ham, sliced into portions and served. Last year, more than 500 ham biscuits were sold. Proceeds go to nonprofit organizations, but Heckmann says it's more about serving the community than the money.

"It's not about selling a biscuit. It's about sharing bread of life with the community," he says. "For us, it's not just Cadiz and tradition, it's also a ministry opportunity."

CADIZ'S PARADE OF PIGS

On a trip to Cadiz, you can see four-legged animals with snouts and curly tails all across town. But they're not the kind that snort and roll in the mud; in fact, they're not alive at all.

Trigg County boasts more than 50 unique pig statues scattered throughout town—from the police department to the bank and pharmacy. Each one is specially designed and represents the business it fronts.

When a new business opens in Cadiz, the first question the owners ask is where they can get their own pig, says Beth Sumner, executive director of the Cadiz-Trigg County Tourist and Convention Commission. A few residents sell the statues, she says, which can then be painted by local artists.

There's a new pig in town, however, that has stolen the spotlight. The 10-foot tall Cadi the Pig statue was unveiled last year, perched on Broadbent Square off Interstate 24.

The artwork on the giant swine statue is pieced together like a quilt. Painted scenes represent the county's history and landmarks: Land Between the Lakes, dark tobacco farming and more. The tail is designed as a stalk of corn.

"It's the community's pig, and it is beautiful," Sumner says, adding it's all part of paying homage to the rich history of Trigg County, while getting to show off talented artists.

Brightly painted and decorated concrete pigs line downtown Cadiz during the 48th annual Trigg County Country Ham Festival.

Volunteers serve country ham biscuits to several thousand people in the Bank of Cadiz Parking Lot.

Silas Moss high-fives the Trigg County Country Ham Festival mascot, Miss Triggy. Photos: Joe Imel

Cadi the pig is a 10-foot-tall local favorite. Photo: Joe Imel

KentuckyLiving.com

Pigs 'n' biscuits

Go to KentuckyLiving.com and watch the dough being rolled out for the Trigg County Country Ham Festival's giant country ham biscuit and see more photos of Cadiz's colorful pig statutes, including the giant Cadi.

The Country Ham Show has been one of the festival's mainstay events from the beginning. Producers from across Trigg County select their best country ham and haul it in for judging, based on qualities that include color, shape and workmanship. The most points are awarded for aroma, Fourqurean says.

"You don't think that there'd be much difference in country hams, but I promise you that every one of them will smell just a little bit different," Fourqurean says. "The aroma, to me, is just second to none."

Another signature event is the baking of a giant ham biscuit, 10 feet in diameter. Festivalgoers line the street on Saturday morning to catch a glimpse of the 200 pounds of dough being rolled out and baked to a golden brown. (See page 17.)

Many attendees center their day around the classic festival foods they enjoy each year, like ham and biscuits, blooming onions, pork chop sandwiches and funnel cakes. More than 200 vendors sell their wares, from food to artisan crafts, and there is live music both days. Broadbent's will even be on hand this year with a cooking demonstration.

Economic and community impact

Sumner says the festival has seen visitors from nearly all states, plus Germany and Japan. Cadiz Mayor Todd King says the economic impact on the city is "tremendous and overwhelming" as tourists pack lodging, restaurants and shopping centers year after year.

"And it's not just the stores that are right downtown. It impacts everything in the community," Sumner says. Repeat patrons even make their lodging reservations for next year as this year's festival closes, city officials say.

While the Country Ham Festival draws tourists, it continues to hold special significance for western Kentuckians.

Fourqurean says when he was growing up, going to the ham festival was one of the only community events in Trigg County. If he wanted to spend time with friends, that was the place to do it.

He views the Country Ham Festival today as a homecoming. He helps run the Country Ham Show on Saturday and spends time with his grandkids and family. His son even participated in the ham biscuit-eating contest last year.

"I still like helping and continuing that legacy that my dad built. I think it's very important," he says.

Fourqurean says he and his father had many conversations about the festival before John died in January. His Dad never expected it to last a half century, but he says that's just a testament to the strength of Trigg County.

"Will it last another 50 years? I don't know," he says, chuckling. "That'd be something pretty cool to tell my (great-grandkids)—that your great-great-grandaddy started the Country Ham Festival." **KL**

Board meeting

Serving on an electric co-op board is a responsibility and a privilege

BY JOEL SAMS AND SHANNON BROCK

"How will this decision impact my neighbors?"

It's a question that's always on the mind of the directors who help guide your local electric cooperative—because they live and work in the communities they serve.

"Every decision we make has a direct impact on the lives of our members, and we take that responsibility very seriously," says Brandi Williams, a director on the board of Farmers RECC. "Whether it's setting rates, approving budgets, or making long-term investments in infrastructure, we always keep the best interests of the members at the forefront of our discussions."

Each of Kentucky's electric cooperatives is led by a board of directors who are also co-op consumer-members. Directors don't just guide the cooperative's decisions and policies–they also represent the interests of members. Unlike investor-owned utilities, which are responsible to shareholders, your local electric cooperative is owned by the members it serves, guided by local directors and responsive to the needs of your community.

David Brown, who has served on the Nolin RECC Board of Directors since 1994, is a lifelong resident of LaRue County, a former dairy farmer and a salesman for a local concrete company. "The reward is the people that we're involved with," Brown says. "The membership is the strength."

"We're always trying to understand, be educated and keep up with what we need to know to keep our co-op running safely," says Billy Reid, the fourth-generation owner of Reid's Orchard in Owensboro, currently serving as chairman on the Kenergy Board of Directors.

With advances in technology, shifting regulations and evolving safety practices, there's plenty to learn–and Reid says it all serves the basic cooperative mission.

"We're nonprofit," he says. "We keep the margins down low, because we just want to serve our members at a reasonable cost and with a good quality service."

Local leadership

Cathy Epperson, a director on the South Kentucky RECC board, was inspired to serve on the board after a meeting in the office of former CEO Allen Anderson.

"I looked up and I saw these men's pictures on the wall, and I said, Allen, you need a woman," Epperson says, laughing. Several years later, when she had the opportunity to serve on the board, she embraced the challenge. At the time, she was the CEO of a mental health agency with around 500 employees, and she had little prior knowledge of cooperatives or the energy industry.

"I have really enjoyed the co-op, because it's a very complex organization," she says. "It's nothing like your normal business. I'm still learning, but I think it probably took me four or five years to really get an understanding of how the mechanism of the co-op works."

▲ Billy Reid, left, is the fourth-generation owner of Reid's Orchard and a director on the Kenergy board. Photo: Lee Ann Hurm

◀ Cathy Epperson, left, is deeply connected to her community, including work in local economic development. Photo: Somerset Pulaski County Chamber of Commerce

At far left, David Brown, left, shakes hands with Donald Mather during a Nolin RECC annual meeting. Photo: Nolin RECC archives

Farmers RECC Directors Brandi Williams and Cornelius Faulkner, shown with board Chairman Randy London, receive their Director Gold certificates. Photo: Caralyne Pennington

> “Every decision we make has a direct impact on the lives of our members, and we take that responsibility very seriously.”
>
> » BRANDI WILLIAMS

The amount of learning required of a co-op director is daunting. Directors have to understand the electric cooperative business model, learn how boards operate and equip themselves with financial decision-making skills.

“When I came on the board, I was green as a gourd,” Brown says. “And when you start learning, my God—there’s 10,000 acronyms that you’ve got to learn.” He remembers attending his first board meeting with a notebook in hand, “ripping and raring to go.” But more than 30 years later, he says the most valuable thing he did was listen to other directors and learn what made his co-op unique.

“I just needed to sit down and shut up and listen,” he says. “The people are what you cherish most about your affiliation with the co-op. It’s the whole co-op idea of service and helping people, and being a nonprofit.”

Co-op directors continually invest in education and professional development, both on their own and in formal settings. Williams, who has served on the board of Farmers RECC since 2019 has participated in trainings, statewide meetings and conferences to stay abreast of industry trends, best practices and emerging issues.

“Training and professional development is a cornerstone to the role as an electric cooperative director and requires a significant investment of time and commitment,” says Williams, who has also served as her board’s secretary-treasurer. “Altogether, these experiences reflect commitment to serving the cooperative and its members with the knowledge and skills necessary to make informed, forward-thinking decisions.”

Equipped for success

In addition to education and mentorship at the local level, the National Rural Electric Cooperative Association offers a structured Director Education program that starts on a basic level and moves up to the advanced. Directors take five courses—online or in person—centered around governance and the foundational skills a director needs to do the job. After completing those courses, directors earn the Credentialed Cooperative Director Certificate.

Next comes the Board Leadership Certificate, which requires completion of the CCD plus 10 course credits in more specialty areas. The highest level offered through NRECA is the Director Gold Credential, which includes all the prior courses, plus three credits from the BLC courses every two years.

“NRECA’s Director Education credentials equip cooperative

Cathy Epperson, shown at far right, says board service gave her a new appreciation for the complexity of the energy industry. Photo: Somerset-Pulaski County Chamber of Commerce

directors with the skills and knowledge needed to govern their cooperatives effectively," says Erin Pressley, senior vice president of Education, Training and Events at NRECA.

"Directors join boards to help their communities, and NRECA helps directors better serve those communities by strengthening their understanding of fiduciary duties, strategic planning, and industry trends, helping them make more informed decisions," Pressley says. "The program also builds credibility and prepares directors to lead through uncertainty in a rapidly evolving energy landscape."

Epperson, who has earned the Director Gold Credential, says the program has significantly enhanced her effectiveness as a director on the South Kentucky RECC board.

"How you are going to learn is by going to classes, networking with other board members, talking to other people," Epperson says. "I've been to many trainings in my career, and NRECA trainings are some of the best."

Lessons learned

Among other topics, trainings cover the role and responsibilities of board members. Epperson says it's important for board members not to micromanage, and to understand the difference between board and operational responsibilities. "I actually keep my [training] manuals on my desk, and I've referenced those manuals," she says.

David Brown is a former dairy farmer and lifelong resident of LaRue County. Photo: Nolin RECC archives

Since he began serving on the Nolin RECC board, Brown has witnessed a breathtaking rate of change in the energy sector, from communication technology to advanced metering infrastructure.

> We want you to report those near misses so we can really strategize and see what we need to do to prevent those in the future."
>
> » CATHY EPPERSON

Along the way, he's devoted thousands of hours to understanding the industry and co-op needs. Board service is more than just one meeting per month. Brown says he also fields hundreds of phone calls and conversations each month related to co-op business.

"It's not a feeling of drudgery when the meetings come around," he says. "It's a responsibility, and it's time consuming ... and it's worth it. We enjoy it, and it's an association that you just want to be part of."

Safety, too, is a priority for electric cooperative directors. By continually reviewing processes, evaluating issues and making improvements, they play a key role in helping co-op employees stay safe. "We want to make sure everybody comes to work and goes home to their families," Reid says.

Epperson adds that co-op boards can help nurture a safety culture that encourages employee collaboration: "We want you to report those near misses so we can really strategize and see what we need to do to prevent those in the future."

Neighbors serving neighbors

Service runs in Reid's family. His father was chairman of the board for the local water district. His uncles served on the board of education and in school administration. His grandfather served for 32 years on the board of Green River Electric, which merged with Henderson-Union Electric Cooperative to form Kenergy in 1999. This year, Reid marks 32 years of his own service on the Kenergy board.

"I just get involved with everything I can to help our community," Reid says. "That's the reason I really wanted to serve on the electric co-op board—to make sure we can bring reliable electricity to our members at a reasonable price."

For Epperson, service on the South Kentucky RECC board has provided a window into an industry often taken for granted.

"When you turn on your light, you give it second thought, and you think about all the staff that are out there in all weather conditions," she says. "We're at home, safe in our houses when it storms. But they're not. Every time they go out, they risk their lives for us to have power. People don't understand that."

Electric cooperatives were born out of a sense mission—built to meet local needs, owned by the members they serve and led by fellow community members.

"Whether it's through scholarships, educational programs, or volunteer initiatives, we see community service as an essential part of our mission," Williams says. "It's about going beyond the business of electricity and making a positive, lasting impact on the lives of our members.

As a board member, Brown says he is also a constant co-op ambassador in his community.

"We love to tell the co-op story," Brown says. "... It's not like I go to the grocery store and preach Nolin every week, but everywhere I go, I get questions about Nolin. And I think it's a wonderful thing." **KL**

Cathy Epperson received the Somerset-Pulaski County Chamber of Commerce Woman in Business Award for her work in the community. Photo: Ross Corder

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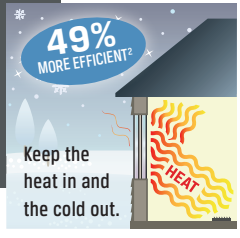

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Great garlic

You can grow your own

GARLIC IS ONE of the easiest crops to grow, harvest and store. It takes about nine months from planting to harvest, so you have to have a dedicated space for it.

One head of garlic has from six to 12 cloves and each clove planted will grow into a new head. For your first planting, purchase new garlic heads that haven't been treated or put into cold storage, which inhibits growth. Save some of your own garlic for replanting each fall.

Choose a site that gets full sun, with well-draining soil. Ideally, rows should be 2 feet apart and cloves 6 inches apart in the row. Furrow out a shallow row and place the cloves root-side down, then gently cover the row.

PHOTOS: SHELLY NOLD

Around Thanksgiving, mulch your garlic planting for the winter with a light layer of clean straw or pine bark fines. In early spring, apply a well-balanced fertilizer. Flower scapes (heads) emerge in early June; removing them helps increase the size of the new garlic head. But don't toss them: They are edible and can be used in a variety of ways.

By mid- to late June and at least two weeks or so after the flower scapes have been removed, harvest your garlic. Store the entire harvested garlic plant in a cool, dry shaded space to dry, which takes three to four weeks. Then, cut off the tops and prepare the head for storage.

If you like to cook with garlic, growing your own, drying and storing it is an easy and economical way to have fresh, tasty garlic on hand all year. It also makes great gifts. **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.

ASK THE *gardener*

Q

Can you trim hydrangea stems after frost?— Mary Tindle

A First, identify what type of hydrangea you are growing. Smooth hydrangeas bloom on new wood, or current season's growth, and should be pruned while the plants are dormant, before new growth begins in the spring. Bigleaf and oakleaf hydrangea bloom on old wood, or last season's growth, and do not require annual pruning except to shape, or to remove dead wood and dried flower heads. The best time to prune these is after they have finished blooming in the fall. In general, avoid pruning in the dead of winter. Wait until late winter or early spring.

» Angie Oakley

PO/ADOBE STOCK

Have a gardening question?
Go to KentuckyLiving.com, click on Home & Garden, then "Ask the Gardener."

HEATHER BILYEU

Comfort in every bite

Two breakfast favorites for the start of fall

AS MORNINGS TURN CRISP and leaves start to fall, there's something comforting about a hearty homemade breakfast to begin the day. From my own kitchen comes a breakfast casserole that's a family favorite—and the leftovers are just as good the next day! And from one of our readers, a simple yet satisfying breakfast sandwich with an elevated twist. Take a lazy Saturday morning and enjoy one of these recipes this month. Fall comfort starts here.

Sausage and Cheese Breakfast Casserole

1 lb sausage
1 C cheddar cheese, freshly grated
1 red bell pepper, diced
3–4 C sourdough bread, cubed
12 eggs
1 ½ C whole milk
½ tsp salt and pepper

Preheat oven to 350° and grease a 9x13-inch baking dish with nonstick spray. Cook sausage in a large skillet over medium heat, breaking it into small pieces, until it's browned and crispy. While sausage cooks, cube bread, dice red pepper and grate cheese. When sausage is nearly done, add diced pepper to the skillet and cook 2–3 minutes, until softened. Use a slotted spoon to transfer mixture to a plate lined with paper towels. Whisk eggs, milk, salt and pepper in a large bowl. Spread cubed bread evenly in the bottom of prepared baking dish. Layer shredded cheese on top, followed by sausage and red pepper mixture. Pour egg mixture evenly over the top. Bake 45–50 minutes, or until center is set and top is golden. Let cool 5–10 minutes before serving. 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

READER *recipe*

On-the-go breakfast

Breakfast Sandwiches

Submitted by Wendy Thorson

Wendy came across this recipe in a magazine several years ago and put her own twist on it. It's been a favorite ever since—a nice change from the usual biscuit breakfast sandwich.

4 ciabatta rolls
8 slices bacon
1 chipotle pepper in adobo sauce, chopped
1 Tbsp adobo sauce (from the chipotle can)
2 Tbsp brown sugar
1 tsp black pepper
4 eggs
4 slices pepper jack cheese
1 avocado, diced
1 small tomato, diced
2 Tbsp mayonnaise
2 tsp chopped fresh cilantro
Salt and black pepper, to taste

Toast and butter ciabatta rolls. Set aside. Cook bacon in a skillet until crisp. Remove bacon, reserving about 1 tablespoon of bacon fat in the pan. To make chipotle glaze, add chopped chipotle pepper, adobo sauce, brown sugar and black pepper to skillet with the bacon fat. Stir until sugar melts and mixture is combined. Return cooked bacon to the skillet and toss to coat evenly. Remove from heat. Cook eggs to your preferred doneness. Place a slice of pepper jack cheese over each egg and let it melt. To make avocado topping, combine avocado, tomato, mayonnaise and cilantro in a small bowl. Season with salt and pepper to taste. To assemble the sandwiches, layer each toasted roll with chipotle-glazed bacon, a cheesy egg and a generous spoonful of avocado mixture on top. Serve warm, with fresh fruit on the side if desired. Serves 4.

HEATHER BILYEU

Go to KentuckyLiving.com/submit-a-recipe

KENTUCKY eats

A pool hall promise

Billy Ray's Restaurant in Prestonsburg celebrates legacy

JOEL SAMS

SHEILA COLLINS

IN 1927, it was a pool hall. It 2002, it was an ash heap. And in 2004, it was a promise kept. Today, the reopened Billy Ray's Restaurant in Prestonsburg is a favorite gathering spot and a memorial to the man who built it—Billy Ray Collins.

"He turned it into what it is today," says Brian Collins, who, while not related by blood, claims Billy Ray as his godfather. Billy Ray purchased the old pool hall in the 1970s, later transforming it into a full-service, family-friendly restaurant. Brian's mother, Sheila, began waiting tables at the restaurant at 16, eventually taking on management responsibilities.

After a leaky gas pipe caused a catastrophic fire in 2002, Billy Ray, a longtime Prestonsburg City Council member, promised to rebuild. He did so—but he died about six months before the new restaurant opened on Jan. 12, 2004.

Today, Brian's parents, Sheila and Lee Collins, own the restaurant, while Brian manages daily operations. "[Billy Ray] was like a grandfather to me," Brian says. "I just want to continue his legacy here at the restaurant."

Customers love the country-style breakfast platters, sandwiches like the pool room hamburger and dinners like chicken and dumplings and prime rib, as well as desserts like apple dumpling and hot fudge cake. The restaurant is open 7:30 a.m.– 8 p.m. Monday–Thursday, 7:30 a.m.–9 p.m. Friday–Saturday and 8 a.m.–4 p.m. Sunday.

Brian, who says he was raised in the restaurant, is inspired by his mom, Sheila: "I've seen how hard my mother worked and what she put into it, and I just want to continue that."

Billy Ray's Restaurant Meatloaf

Serves 8

1 C old-fashioned oats
2 eggs
¾ C ketchup
2 lb ground beef
1 onion, diced
1 green bell pepper, diced
2 tsp salt
¾ tsp black pepper
2 Tbsp garlic powder

Preheat oven to 350° and line a baking dish with foil or parchment paper. Combine oats, eggs and ketchup in large bowl and let sit 10 minutes to moisten. Add remaining ingredients to bowl and mix well. Shape into loaf and transfer to baking dish. Bake 45 minutes, then glaze with additional ketchup. Bake an additional 15–30 minutes, until meatloaf reaches internal temperature of 160° and topping is blistered.

JOEL SAMS

Making your chimney safe

LOUIS-PAUL PHOTO/ADOBE STOCK

My chimney hasn't been cleaned recently and there are some exterior deteriorated spots. What type of maintenance items can I do myself?

JAMES DULLEY is a nationally syndicated columnist who writes on energy efficiency and do-it-yourself energy topics

A If your chimney has not been cleaned recently, have a professional chimney sweep clean and inspect it before using the fireplace. Problems inside of the chimney are the greatest risk. Creosote buildup is the primary problem, becoming flammable when it gets hot.

When creosote catches on fire inside the chimney, it is not always obvious from indoors. One telltale sign is a sudden increase in the draft up the chimney from the intense heat, but this still is easy to miss.

The intense heat may cause the tiles that protect the chimney to crack and come loose, allowing heat to penetrate the brick and start your house on fire. If you are lucky, the loose tiles will block the chimney and the smoke backdrafting indoors will alert you.

DIY

If you are handy and not afraid of heights, do-it-yourself products can make many repairs.

Start with the chimney brick: Brick feels hard but it is permeable to water. Over time, moisture can deteriorate the mortar, especially in climates with freeze/thaw cycles over winter.

Inspect all the bad spots on the mortar using a chisel and hammer. Remove all the loose mortar. Use cement-colored elastomers to fill the spots. Coat the entire chimney exterior with a liquid water repellent afterward.

If the mortar is bad, the chimney crown likely needs some repairs. Chip away any loose cement and fill in the pits with an elastomers crown repair. Some types are formulated specifically to cure in freezing temperatures.

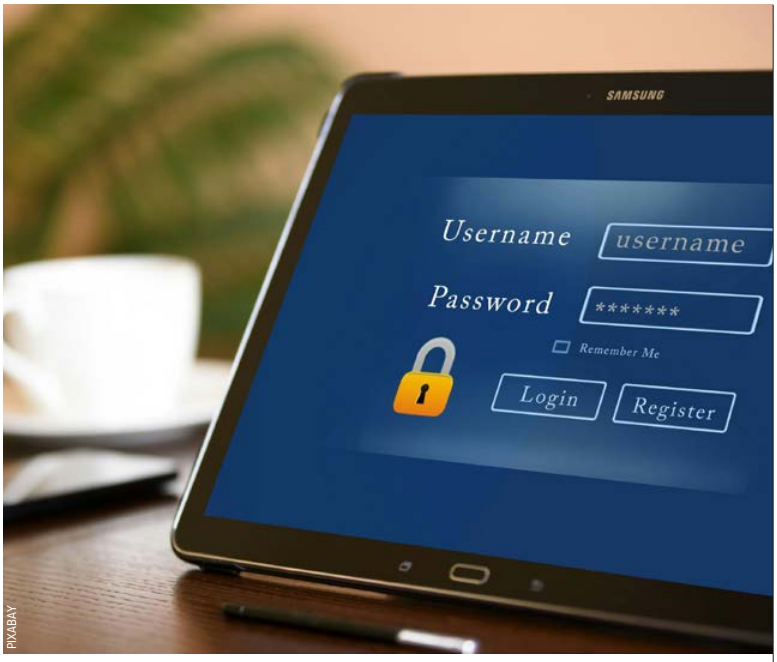
Finally, seal the metal flashing between the roof and chimney. If it is badly rusted, replace it with new flashing. Most often, brushing on a thick coating of flexible flashing compound is an adequate fix. **KL**

CHIMNEY CAUTIONS

Once a chimney is cleaned, the sweep should do a visual inspection along its entire length with a camera to check the tiles and mortar. Be leery of a chimney sweep who does not do a camera inspection and claims you need a new liner or sealing procedure costing thousands of dollars.

Online safety

Tips to stay cyber secure



PIXABAY

DID YOU KNOW the average household with internet access owns about 17 connected devices? That figure covers a wide range of electronics, including smartphones, computers, streaming devices, smart speakers, home assistants and more. Given our increasing reliance on internet-connected technologies, the likelihood of new cyber threats is ever-present.

Your electric cooperative is deeply committed to ensuring its local system is safe and secure. Co-ops routinely monitor and manage cyber risks, and we work together with others to share the latest advancements in cybersecurity measures that make us stronger. But you can help, too.

When we all work together to stay safe online, we lower the risk of cyber threats to our systems, online accounts and sensitive data.

October is National Cybersecurity Awareness Month, and while good cyber hygiene should be practiced year-round, here are a few cybersecurity tips to help you bolster your online safety.

- **Learn how to spot and report phishing attempts.** Phishing occurs when criminals use phony emails, direct messages or other types of digital communications that lure you to click a bad link or download a malicious attachment. If you receive a suspicious email or message that includes urgent language, offers that seem too good to be true, generic greetings, poor grammar or an unusual sender address, it could be a phishing attempt. If you spot one, report it as soon as possible—and don't forget to block the sender.
- **Create strong, unique passwords.** When it comes to passwords, remember that length trumps complexity. Strong passwords contain at least 12 characters and include a mix of letters, numbers and symbols. Create unique passwords for each online account you manage and use phrases you can easily remember.
- **Enable multi-factor authentication when available.** Multi-factor authentication (also known as two-factor authentication) adds an extra layer of security to your online accounts. These extra security steps can include facial recognition, fingerprint access, or one-time codes sent to your email or phone.

Let's all do our part to stay cyber smart and create a safer digital world for all. Visit staysafeonline.org to learn about additional cybersecurity tips. **KL**

Stay current

Update your software regularly. Software and internet-connected devices, including personal computers, smartphones and tablets, should always be current on updates to reduce the risk of infection from ransomware and malware. When possible, set up devices to automatically update or notify you when an update is available.

ROBERT BROWN
is Office Manager at Grayson RECC

YEARS IN THE INDUSTRY: 16

WHEN I'M NOT WORKING I'M: beekeeping; camping with my wife, Jaime, and daughters, Riley and Ryann; and farming.

Say again?

Know when it's time to see an audiologist

THODONAL/ADOBE STOCK

IF YOU'VE NOTICED changes in how you hear, or experience ringing in your ears or dizziness, it may be time to visit an audiologist.

An audiologist is a licensed health care professional who specializes in evaluating, diagnosing and managing hearing and balance disorders. Audiologists work with patients of all ages, helping them stay connected to their world through better hearing and communication.

Even children can benefit from audiologic care. If your child isn't meeting speech and language milestones, doesn't respond to their name or has frequent ear infections, an audiologist can help determine if hearing is part of the issue.

When to see an audiologist

Hearing loss is often gradual and many people may not notice the signs right away. Here are some common symptoms:

- You frequently ask people to repeat themselves.
- Conversations are hard to follow, especially in noisy environments.
- You think others are mumbling or speaking too softly.
- You need to turn up the volume on the TV or radio.
- You hear a ringing or buzzing sound (tinnitus) that nobody else hears.
- You feel off balance or dizzy, especially when standing or walking.
- You avoid social situations because it's hard to hear or keep up.

Why hearing health matters

Hearing is critical to communication, relationships, learning and safety. Untreated hearing loss has been linked to social isolation, depression and even cognitive decline in older adults. The good news is that early intervention can improve quality of life and overall well-being.

If you suspect you're experiencing hearing or balance issues or simply want to take a proactive approach to your health, an audiologist can provide the answers and support you need. Just like eye exams and dental visits, hearing check-ups should be part of your routine health care, especially as you age or if you have been regularly exposed to loud environments. **KL**

TREY CLINE, AU.D., PH.D, is a clinical audiologist with UK HealthCare Ear, Nose & Throat and the UK College of Medicine Department of Otolaryngology – Head and Neck Surgery.

UNIQUELY *Kentucky*

Crater City?

Among Middlesboro's many claims to fame is one measuring about the size of two football fields in diameter: a meteorite that hit the land during the Carboniferous Period.

According to Kentucky Historical Society Marker Number 2225, "Middlesboro is one of only a few cities on the North American continent located in the basin of a meteorite impact structure."

The sign, located at 324 12th St., notes that Middlesboro is designated by the Kentucky Society of Professional Geologists as a Distinguished Geological Site and further explains: "Sometime over the past 300 million years the impact of a meteorite in the heights of the Appalachian Mountains formed a circular basin approximately three miles in diameter in which the city of Middlesboro was built in 1889."

"That impact would have wiped life as we know it off the face of the Earth in an area between a 50- to 100-mile radius," says Jes'Anne Givens, director at the Bell County Historical Society Museum.

The museum has an exhibit about the meteor and its impact that includes maps, aerial photos and newspaper articles, as well as examples of shatter cone, compressed rock that is the geological byproduct of a meteoric impact.

"You can see the bowl shape from the Pinnacle Overlook at Cumberland Gap National Historical Park," says Givens. "Or go to the highest point of the Old Middlesboro Cemetery (also known as the Colson Cemetery) and you'll feel like you are standing in the center of the bowl."

Middlesboro offers several ways to experience its crater origins, including the exhibit at the Bell County Historical Society Museum, located at 207 N. 20th St., and Historical Society Marker Number 2225 in downtown Middlesboro. See additional photos and more information at KentuckyLiving.com.

Story: Kathy Witt

Photo: Chris Hayes

Distilleries across the Bluegrass

Turn the page for a map of 114 Kentucky distilleries.

HOMYDESIGN

Distilleries across the Bluegrass

BLUEGRASS

1 **Barrel House Distilling Company**
1200 Manchester St., Bldg. 9, Lexington

2 **Benson Valley Bourbon** 1
517 Benson Valley Road, Frankfort

3 **Bespoken Spirits**
101 W. Loudon Ave., Lexington

4 **Blue Rook Distillery**
522 Techwood Drive N., Danville

5 **Bluegrass Distillers** 1
58 W. Leestown Road, Midway

6 **J. Mattingly 1845**
20 Reilly Road, Frankfort

7 **Buffalo Trace Distillery**
113 Great Buffalo Trace, Frankfort

8 **Castle & Key**
4445 McCracken Pike, Frankfort

9 **Dark Arts Whiskey House**
1170 Manchester St., Ste. 190, Lexington

10 **Four Roses Distillery**
1224 Bonds Mill Road #327, Lawrenceburg

11 **Fresh Bourbon**
377 E. Main St., Ste. 100, Lexington

12 **Glenns Creek Distilling**
3501 McCracken Pike, Frankfort

13 **Hartfield & Co. Distillery**
320 Pleasant St., Paris

14 **James B. Beam Institute for Kentucky Spirits**
1320 Nicholasville Road, Lexington

15 **James B. Beam Old Grand-Dad Plant**
3200 Georgetown Road, Frankfort

16 **James E. Pepper Distillery**
1228 Manchester St., Ste. 100, Lexington

17 **Larrikin Bourbon Co.**
1319 Versailles Rd., Lawrenceburg

18 **Lexington Brewing & Distilling Co.**
401 Cross St., Lexington

19 **RD1 Spirits**
113 Turner Commons Way, Ste. 110, Lexington

20 **Regeneration Distilling Co.**
31 E. Broadway St., Winchester

21 **Saddlestone Distillery**
1280 Moores Mill Road Distillery Building, Midway

22 **Silver Springs Farm Eqwine & Vineyard/Distillery**
3710 Leestown Road, Lexington

23 **Whiskey Thief Distilling Co.**
283 Crab Orchard Road, Frankfort

24 **White Dog Trading and Storage, LLC**
167 McKinney Ave., Midway

25 **Wild Turkey Distillery**
1417 Versailles Road, Lawrenceburg

26 **Wilderness Trail Distillery**
4095 Lebanon Road, Danville

27 **Woodford Reserve Distillers Company**
7785 McCracken Pike, Versailles

EASTERN

28 **1620 Distilling Company**
1184 S. Lake Drive, Prestonsburg

29 **Bargo 459**
133 Wes David Road, Corbin

30 **Dueling Barrels Brewing Company**
745 Hambley Blvd., Pikeville

31 **Kentucky Mist Distillery**
128 E. Main St., Whitesburg

32 **Pauley Hollow Distillery, LLC**
91 Kate Camp Branch, Forest Hills

33 **Route 52 Moonshine, LLC**
465 Cow Creek Road, Ravenna

NORTH CENTRAL

34 **Angel's Envy**
500 E. Main St., Louisville

35 **Bardstown Bourbon Company**
1500 Parkway Drive, Bardstown

36 **Barrell Craft Spirits Distillery**
2100 Watterson Trail, Louisville

37 **Barrels & Billets**
800 W. Main St., Louisville

38 **Barton 1792 Distillery**
300 Barton Road, Bardstown

39 **Boundary Oak Distillery**
2000 Boundary Oak Drive, Radcliff

40 **Brough Brothers Distillery**
1460 Dixie Highway, Louisville

41 **Brown-Forman Bottling**
850 Dixie Highway, Louisville

42 **Brown-Forman Distillery, Inc.**
2921 Dixie Highway, Louisville

43 **Bulleit Distilling Co.**
3464 Benson Pike, Shelbyville

44 **Buzzard's Roost Sipping Whiskeys**
624 W. Main St., Louisville

45 **Chicken Cock Whiskey Circa 1856**
103 E. Stephen Foster Ave., Bardstown

46 **Copper & Kings American Brandy Company**
1121 E. Washington St., Louisville

47 **Coxs Creek Distilling Company**
6628 Clermont Road, Coxs Creek

48 **Diageo Lebanon Distillery**
100 Bourbon Drive, Lebanon

49 **Evan Williams Bourbon Experience**
528 W. Main St., Louisville

50 **Four Roses Bottling Facility**
624 Lotus Road, Coxs Creek

51 **General George Stillhouse**
1867 Junction Road, Falls Of Rough

52 **Ginkins Distillery**
934 W. Oak St., Louisville

53 **Heaven Hill Bernheim Distillery**
1701 W. Breckinridge St., Louisville

54 **Heaven Hill Bourbon Experience**
1311 Gilkey Run Road, Bardstown

55 **Heaven Hill Springs Distillery**
1355 E. John Rowan Blvd., Bardstown

56 **Hop Atomica**
1318 McHenry St., Louisville

57 **James B. Beam Booker Noe Plant**
1600 Lebanon Junction Road, Boston

58 **James B. Beam Distilling Co.**
568 Happy Hollow Road, Clermont

59 **Jeptha Creed Distillery**
500 Gordon Lane, Shelbyville

60 **Kentucky Artisan Distillery**
6230 Old Lagrange Road, Crestwood

61 **Kentucky Peerless Distilling Company**
120 N. 10th St., Louisville

62 **Left Bank Distilled Spirits**
1001 Logan St., Louisville

63 **Limestone Branch Distillery**
1280 Veterans Memorial Highway, Lebanon

64 **Log Still Distillery**
225 Dee Head Road, New Haven

65 **Lux Row Distillers**
3050 E. John Rowan Blvd., Bardstown

66 **Maker's Mark Distillery**
3350 Burks Spring Road, Loretto

67 **Michter's Fort Nelson Distillery**
801 W. Main St., Louisville

68 **Michter's Shively Distillery**
2351 New Millennium Drive, Louisville

69 **Moonshine University**
801 S. 8th St., Louisville

70 **Old Blue Ribbon Farm**
2283 Ballardsville Road, Eminence

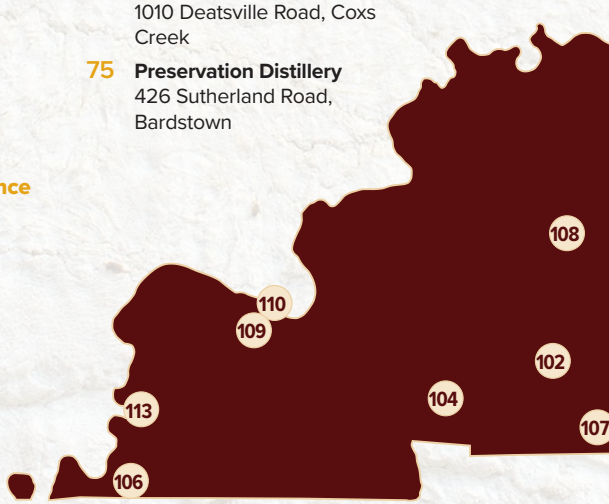
71 **Old Carter Whiskey Co.**
105 W. Market St., Louisville

72 **Old Forester Distilling Co.**
119 W. Main St., Louisville

73 **Old Louisville Whiskey Co.**
4427 Poplar Level Road, Louisville

74 **Old Steelhouse Distillery**
1010 Deatsville Road, Coxs Creek

75 **Preservation Distillery**
426 Sutherland Road, Bardstown



NOTE: This map includes active distiller's licenses for class A and class B in Kentucky as of August 22, according to a report pulled from the Department of Alcoholic Beverage Control. Not all distilleries are open to the public; please call ahead or check online for more information before planning a visit. This listing includes distillers of many spirits, not just bourbon.

76 **Prohibition Craft Spirits**
436 Baxter Ave., Louisville

77 **Prova Spirits**
917 E. Liberty St., Louisville

78 **Pursuit Spirits Distillery**
1700 Mellwood Ave., Louisville

79 **Rabbit Hole Distillery**
711 E. Jefferson St., Louisville

80 **Scout and Scholar Brewing Company**
112 W. Flaget St., Bardstown

81 **Smith Holler Distillery**
305 Lynn St., Cloverport

82 **Stitzel-Weller Distillery**
3860 Fitzgerald Road, Louisville

83 **Strong Spirits**
999 Withrow Court, Bardstown

84 **Uncle Boojie's Distilling Co.**
700 Vine St., Louisville

85 **Whiskey House of Kentucky**
106 Pritchard Parkway, Elizabethtown

86 **Willett Distillery**
1869 Loretto Road, Bardstown

NORTHERN

87 **Augusta Distillery**
207 Seminary Ave., Augusta

88 **Becker & Bird Distillery**
4465 W. Augusta Chatham Road, Augusta

89 **Boone County Distilling Company**
10601 Toebben Drive, Independence

90 **Neeley Family Distillery**
4360 State Route 1130, Sparta

91 **New Riff Distilling**
24 Distillery Way, Newport

92 **Old Pogue Distillery**
705 Germantown Road, Maysville

93 **Pensive Distilling Company**
720 Monmouth St., Newport

94 **Second Sight Spirits**
301 Elm St., Ludlow

95 **Wenzel Whiskey**
412 Madison Ave., Covington

SOUTH CENTRAL

96 **B.H. James Distillers**
220 W. Gallatin St., Adairville

97 **Balance Distilling Company**
3558 Will Bohannon Road, Smiths Grove

98 **Dueling Grounds Distillery LLC**
208 Harding Road, Franklin

99 **Somerset Kentucky Distillery**
500 Thurman Road, Somerset

100 **Southern Kentucky Distillery**
4890 Albany Road, Burkesville

101 **Tyler Wood Distilling Company**
103 White Whiskey Lane, Lewisburg

WESTERN

102 **Casey Jones Distillery**
2815 Witty Lane, Hopkinsville

103 **Coal Pick Distillery**
1825 Log Creek Lane, Drakesboro

104 **Golden Pond Distillery**
97 Canton Lane, Cadiz

105 **Green River Distilling Company**
10 Distillery Road, Owensboro

106 **Jackson Purchase Distillery**
3855 State Route 125, Hickman

107 **MB Roland Distillery**
6534 Pembroke Oak Grove Road, Pembroke

108 **Metcalfe Landscaping & Garden Center/ Metcalfe's Moonshine**
410 Princeton Road, Madisonville

109 **Purple Toad Winery & Distillery**
4275 Old U.S. Highway 45 S., Paducah

110 **Silent Brigade Distillery**
426 Broadway St., Paducah

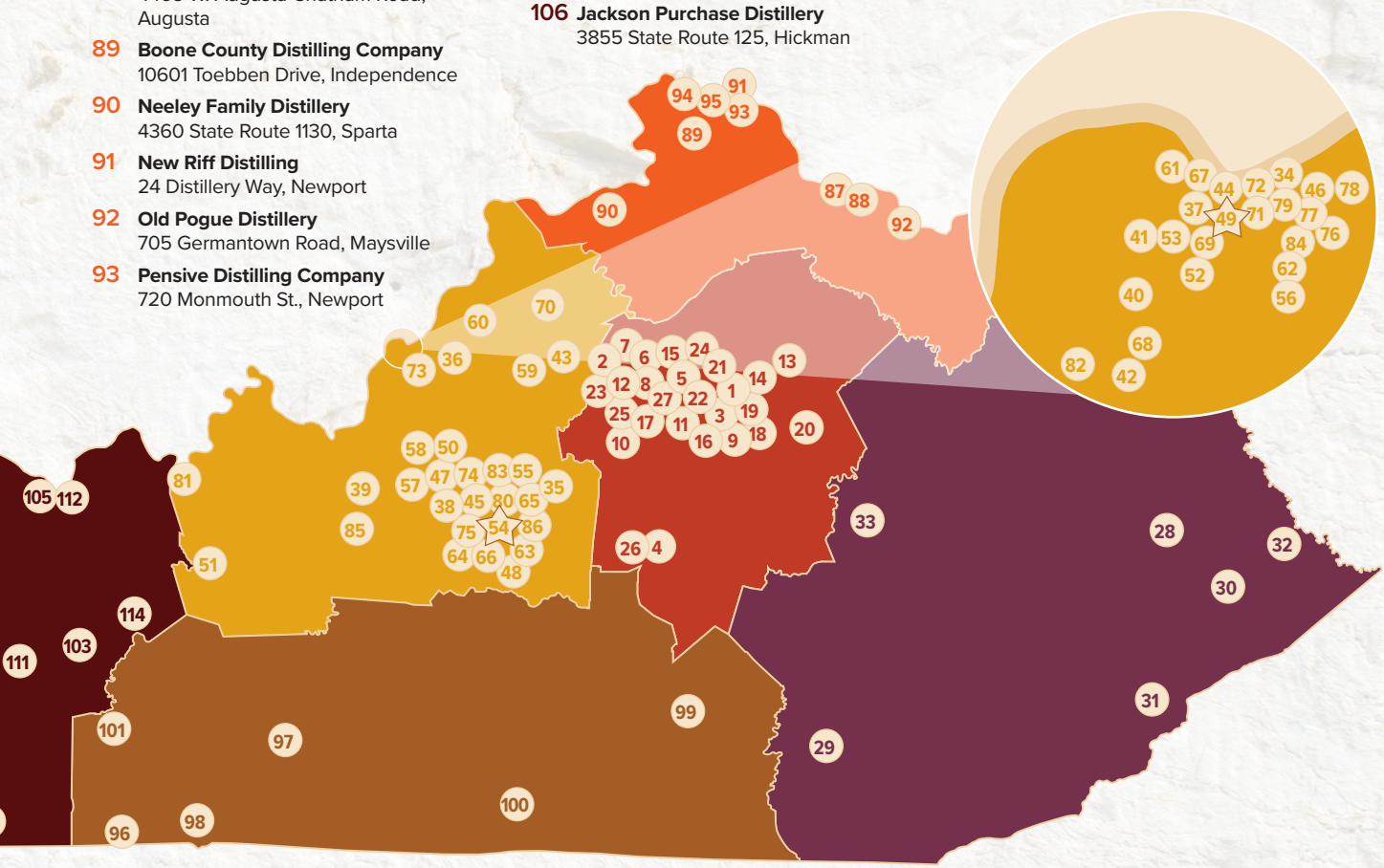
111 **The Bard Distillery**
5080 State Route 175 S., Graham

112 **The Glenmore Distillery**
2001 E. 4th St., Owensboro

113 **The Ingram Distillery**
78 Riverside Drive, Columbus

114 **Western Kentucky Distilling Co.**
1880 Old Liberty Church Road, Beaver Dam

Stars denote distillery advertisers. Locations marked on map are approximate and may be shifted to show multiple distilleries in same city.



The perfect pairing

More to explore along the Bourbon Trail

BY KATHY WITT

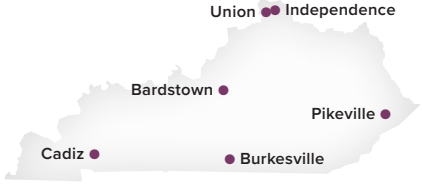
KENTUCKY BOURBON PAIRS beautifully with beef, bacon, chocolate, country ham—and adventure. This is especially true in the fall, when a burnished palette of red, yellow and gold sweeps through the state, beckoning bourbon trailblazers off path and onward to an experience as captivating as a distillery.

Add these bourbon/adventure pairings to your fall getaway calendar.

Boone County Distilling Co. and Big Bone Lick State Historic Site

Boone County

Meet the ghosts at this Independence distillery—those pioneers of a century ago who crafted spirits here—on a 60-minute Grain to Glass Experience followed by a tasting, or opt for a 15-minute guided tasting. Served by Owen Electric, Boone County Distilling Co. is a member of both Northern Kentucky's B-Line self-guided bourbon tour and the Kentucky Bourbon Trail Craft Tour.



"You get to meet people from all over on a tour," says General Manager Bruce Eckstein. "The bourbon community is like a giant family—and who doesn't want to be a part of that?"

Follow the foliage about 20 minutes south to Union and Big Bone Lick State Historic Site, also served by Owen Electric and now a National Historic Landmark.

Watch the park's roaming herd of bison from the new covered viewing platform. Check out the freshly repainted sloth, bison and other Ice Age beasts at the Megafauna Diorama Pit. Explore the museum—stopping for a selfie with the 8-foot-tall Harlan's Ground Sloth replica skeleton.

▲ Aboard My Old Kentucky Dinner Train, Marketing & Events Manager Veronica Gettinger promises that you'll "forget your problems, your deadlines and that it's 2025." Photo: My Old Kentucky Dinner Train

In addition to the lodge and campground, Dale Hollow Lake State Resort Park has accommodations in six camping cabins equipped with heat and air conditioning but no running water or bathroom. Photo: Kentucky State Parks

DESTINATIONS
more to explore

Bourbon-centric fun indoors and the great outdoors—think beyond bacon and burgers and pair your visits to bourbon distilleries with a nearby adventure:

Featured adventures

Bardstown

Heaven Hill Bourbon Experience
1311 Gilkey Run Road, Bardstown; heavenhill.com, (502) 337-1000. Beginning in September, tours of the new Heaven Hill Springs Distillery (heavenhillsprings.com) are offered. October is the annual Haunt on the Hill event in celebration of distillery's namesake, William Heavenhill, and December is the annual Holiday on the Hill event.

My Old Kentucky Home Dinner Train
602 North 3rd St., Bardstown; kydinnertrain.com, (502) 276-3018 (reservations). Murder Mystery excursions are offered in October, November and December and Bourbon excursions are set for October and November.

Boone County

Boone County Distilling Co.
10601 Toebben Drive, Independence; boonedistilling.com, (859) 282-6545. The distillery celebrates its 10th anniversary this October and is planning a few specials.

Big Bone Lick State Historic Site
3380 Beaver Road, Union; parks.ky.gov, (859) 384-3522. The park celebrates National Bison Day on Nov. 1. Stop by the bison viewing area between 11 a.m. and 2 p.m. to learn about the herd, hear stories and view artifacts with the bison program coordinator. At noon, the Black Wolf Singers and Okandada will honor the bison with hand drumming, singing and dancing.

Burkesville

Southern Kentucky Distillery
4890 Albany Road, Burkesville; skdistillery.com, (270) 456-5151. The distillery offers live music, a classic car show and delicious offerings from local food trucks on select weekends in October, November and December.

Dale Hollow Lake State Resort Park
5970 State Park Road, Burkesville; parks.ky.gov, (270) 433-7431. The park is hosting Haunted Hollow Halloween in the campground on Oct. 9–11 and 23–25. NOTE: Winter hours begin Nov. 1, with the campground closing for season and the lodge open Friday through Sunday.

Cadiz/Trigg County

Golden Pond Distillery
97 Canton Lane, Cadiz; goldenponddistillery.com, (270) 205-7685. During Land Between the Lakes' Oct. 11 Moonshine Festival, the distillery will have live moonshine demonstrations, plus bluegrass music, food trucks and vendors.

Trigg County Hiking and Biking Trails, c/o Cadiz/Trigg Tourist Commission
5748 Hopkinsville Road, Cadiz; gocadiz.com/things-to-do/hiking-biking-cadiz, (270) 522-3892. The Trigg County Country Ham Festival, Oct. 10–11, features country ham cooking demonstrations, concerts, Kentucky's largest ham biscuit, free concerts and more.

Pikeville

Pauley Hollow Distillery, LLC
91 Kate Camp Branch, Forest Hills; pauleyhollowdistillery.com, (606) 422-4947. Friendsgiving at the Farmhouse takes place noon–6 p.m. on Small Business Saturday, Nov. 29 and features fall-inspired craft cocktails, tasting flight specials and a "festive, rustic photo area for guests to capture their Friendsgiving memories."

Appalachian Center for the Arts
218 Second St., Pikeville; theapparts.org, (606) 262-4004. The theater presents *The Lightning Thief: The Percy Jackson Musical* (Oct. 10–19); *The Rocky Horror Picture Show* (Oct. 24); and *Annie The Musical* (Dec. 5–21). In the gallery, a new photography exhibit by Estill Robinson opens Oct. 1.

Appalachian Wireless Arena
126 Main St., Pikeville; appalachianwirelessarena.com/shows, (606) 444-5500. The Turnpike Troubadours' Wild America Tour with Dawes and Rattlesnake Milk is scheduled for Oct 9. See the website for a full list of fall events.

More fun bourbon distillery/adventure pairings:

Balance Distilling Company
3558 Will Bohannon Road, Smiths Grove; balancedistilling.com, (270) 719-0374. Pair with leaf peeping at Baker Arboretum, 4801 Morgantown Road, Bowling Green; jerryebakerfoundation.org/baker-arboretum, (270) 842-7415.

B.H. James Distillers
220 W. Gallatin St., Adairville; bhjamesdistillers.com, (270) 893-8575. Pair with a tour of Franklin's outdoor sculpture art, including the Fork in the Road and, in Blackjack Sculpture Park, the Cutting Edge of Simpson County (world's largest butter knife), 4423 Blackjack Road, Franklin; visitfranklinky.com, (270) 586-3040.

General George Stillhouse
1867 Junction Road, Falls of Rough; generalgeorge.store, (509) 461-8077. Pair with kayaking at Rough River Lake at Rough River Dam State Resort Park (served by Meade County RECC), 450 Lodge Road, Falls Of Rough; parks.ky.gov, (270) 257-2311.

Old Pogue Distillery
705 Germantown Road or the Old Pogue Experience; 102 W. 2nd St., Maysville; oldpogue.com. Pair with photo op stops at the covered bridges of Mason, Bracken, Fleming, Lewis and Robertson counties. Pick up a brochure at area visitor centers or call Visit Maysville at (606) 563-2596.

Preservation Distillery
426 Sutherland Road, Bardstown; preservationdistillery.com, (502) 348-7779. Pair with a Canopy Tree Walk at Bernheim Forest and Arboretum (Salt River Electric), 2075 Clermont Road, Clermont; bernheim.org, (502) 955-8512.

At Heaven Hill Bourbon Experience, guests fill their own bottle during the You Do Bourbon tour and tasting. Photo: Heaven Hill Distillery

Heaven Hill Bourbon Experience and My Old Kentucky Dinner Train

Bardstown

At America's largest independent family-owned and -operated distillery, served by Salt River Electric, combine a bourbon tasting with a meander through the Heaven Hill Gallery, featuring company history and bourbon-related interactive exhibits.

More time? Go further in-depth with the You Do Bourbon or Bottled-In-Bond Tour & Tasting experiences, followed by lunch and handcrafted cocktails at Five Brothers Bar & Kitchen and a browse through the gift shop.

A vintage 1940s restored dining train, white linen-topped tables, picturesque scenery framed by large windows. Add a four-course gourmet dinner, points-of-interest narration or a possible murder mystery—and the mood is set for an enchanting evening aboard My Old Kentucky Dinner Train.

"For 2 1/2 hours, you're in this magical bubble," says Marketing & Events Manager Veronica Gettinger. "The thing that makes people's hearts skip a beat is the beautiful combination of stepping back in time on this train car and being catered to with an incredible meal."

Golden Pond Distillery and Trigg County Hiking and Biking Trails

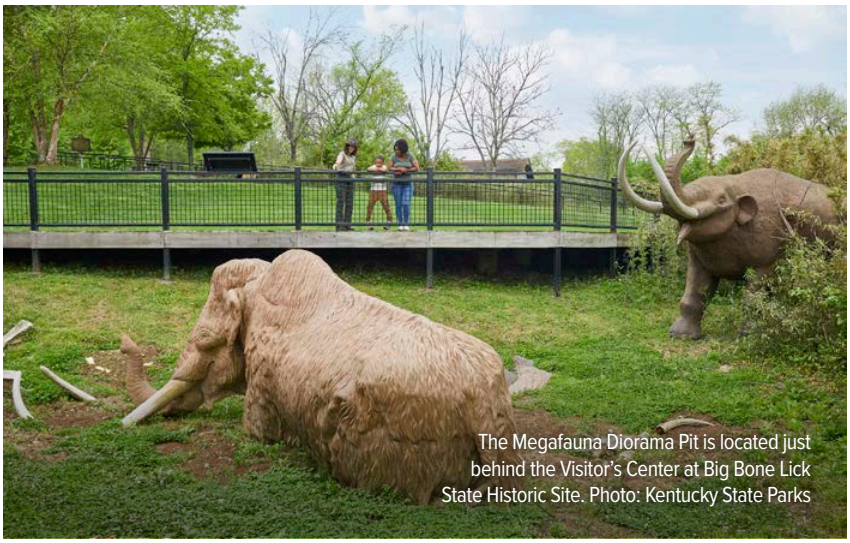
Cadiz

JimBob Smith loves that his family-operated distillery, served by Pennyrile Electric, is located amid so many popular western Kentucky attractions.

When bourbon adventurers come for a free tour and tasting of the small batch, handcrafted fourth-generation moonshine at Golden Pond Distillery, they also have access to a wealth of area experiences—from outdoor fun at Lake Barkley State Resort Park and Land Between the Lakes National Recreation Area to shopping and lakefront dining.

TRAILBLAZING INFO

Bourbon trail adventurers can find information about distilleries, including craft distilleries, tours and tastings and special events, at the Kentucky Bourbon Trail website at kybourbontrail.com. Other Kentucky bourbon trails: The B-Line, Northern Kentucky's self-guided bourbon tour, thebline.com; Moonshine Trail, moonshinetrail.com; and Urban Bourbon Trail, featuring Louisville's bourbon-centric bars and restaurants, bourboncountry.com/urban-bourbon-trail.



The Megafauna Diorama Pit is located just behind the Visitor's Center at Big Bone Lick State Historic Site. Photo: Kentucky State Parks

"Lots of the visitors here enjoy antique and gift shopping in downtown Cadiz or going to the lake to catch the sunrise or sunset," says Smith. "And there are several great trails, including the paved Cadiz Railroad Trail, for hiking and jogging."

Additionally, the paved Cadiz to Barkley Trail travels along U.S. Highway 68/state Route 80 all the way to Lake Barkley and offers a seamless link from Cadiz straight into LBL by way of a paved path that transitions into the Central Hardwoods Scenic Trail.

Southern Kentucky Distillery and Dale Hollow Lake State Resort Park

Burkesville

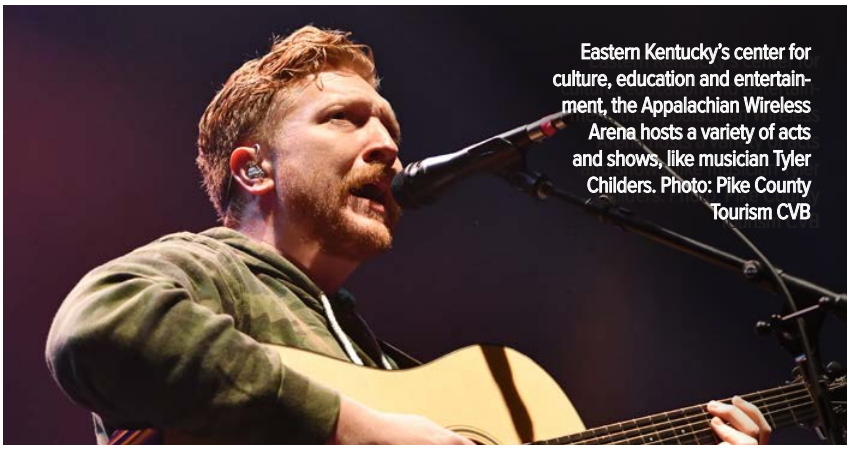
The first establishment to legally distill alcohol in Cumberland County since Prohibition, Southern Kentucky Distillery, served by Tri-County Electric, invites guests on 60-minute grain-to-glass tours to enjoy a tasting of its signature spirits.

These include Slate Fork Moonshine, a sweet, homemade Southern Appalachia moonshine recipe in flavors including Strawberry Lemonade and Dingleberry; and Broadhead Bourbon, a four-year aged bourbon whiskey.

"Take a full distillery tour, linger in our tasting room and soak up the mountain views," says the distillery's Carrol Spears. "Pair your tasting with a stroll around the grounds, capturing the beauty of fall in every direction."

That beauty extends 20 minutes south to Dale Hollow Lake State Resort Park, also served by Tri-County Electric, and fresh-air pursuits at one

Head to the Appalachian foothills for an unforgettable experience with Southern Kentucky Distillery's exclusive tours and tastings. Photo: Southern Kentucky Distillery



Eastern Kentucky's center for culture, education and entertainment, the Appalachian Wireless Arena hosts a variety of acts and shows, like musician Tyler Childers. Photo: Pike County Tourism CVB

of the nicest campgrounds in the state park system.

"We have 145 campsites, including our horse camping area that has 24 sites—all with water and electric—that will accommodate RVs, campers or tent camping," says Park Manager Jenny Boils. "We also have six camping cabins (one accessible) with heat and air conditioning."

Pauley Hollow Distillery and Performing Arts

Pikeville

At Pike County's Pauley Hollow Distillery, LLC, autumn's cooler temperatures pair perfectly with the distillery's small-batch bourbon and seasonal cocktails, especially against the backdrop of the Appalachian mountains.

"Enjoy a tasting flight of our handcrafted spirits, including our Robert's Reserve small-batch bourbon," says Jessica Martin, who co-owns Pauley Hollow with husband, Josh Martin. "Take a behind-the-scenes tour of our production process and barrel houses, enjoy a cocktail and take in the views from our 105-year-old farmhouse tasting room. Fall is a great time to sip, stroll and soak in the scenery."

It's also the perfect time to catch a live music concert at the Appalachian Wireless Arena or a show at the Appalachian Center for the Arts. The latter, a cozy, 200-seat professional theater in downtown Pikeville, is known for a surprising variety of shows—everything from locally inspired plays to nationally touring stand-up comedians.

"A lot of the productions also weave in Appalachian themes, so you get that authentic sense of place," says Jay Shepherd, marketing director at Pikeville-Pike County Tourism. **KL**

BOURBON PAST AND PRESENT

Any exploration of Kentucky's bourbon landscape should begin with a visit to the Frazier History Museum (fraziermuseum.org) and its Kentucky Bourbon Trail Welcome Center—dubbed The Official Starting Point of the Kentucky Bourbon Trail. The museum also is home to The Spirit of Kentucky exhibition, which offers an in-depth look at bourbon; and Bourbon Bottle Hall, a gallery of bottles of Kentucky bourbon. Additionally, a variety of bourbon tastings are offered daily.

KATHY WITT is an award-winning travel and lifestyle writer based in northern Kentucky and the author of seven books, including *Perfect Day Kentucky* and *Secret Cincinnati*.

EVENT CALENDAR

1 BALE-OUT

Have a bale of fun as Menifee County rolls out a new event for fall: the Menifee County Bale Trail, throughout October. Celebrate the rural lifestyle and drive around the countryside, looking for hay bale sculptures and scarecrows that are strategically placed along Menifee's colorful fall byways. Download the Google map at Menifeetourism.com, start your search and take a selfie with a clever work of straw art. More info, (606) 359-5158.

2 ART UP CLOSE

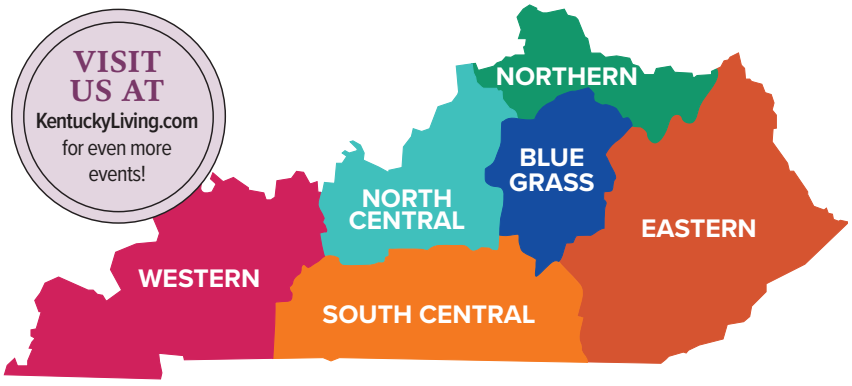
View artwork and talk to the artists themselves during the Boyle County Artist Tour, October 25–26, 10 a.m.–5 p.m., in conjunction with the Danville/Boyle County Arts Commission. Nineteen artists participate, with seven stops on the tour, three downtown. The works include many types of sculpture, oil and acrylic painting, needlefelting, woodturning, pottery, glasswork and more. Get info and download or link to a map at Facebook: Boyle County Artist Tour.

3 SPOOKY TIMES

Get the jump on Halloween—but not the jump scare—at Liberty's Harvest & Haunts, October 25, 5–8:15 p.m. on the city green. Games, food and craft vendors, spooky storytelling and festival competitions like the chili cook-off, pumpkin carving, and dog and people costume contests. Make it a full day with games, treats and more at Trail & Treat, 3–5 p.m. Free admission for both. Details, explorelibertyky.com, (606) 706-7777.

4 HONEST, ABE

Bearded men in top hats abound at Hodgenville's Lincoln Days, October 4–5. The festival opens 8 a.m. Saturday and wraps up at 4:30 p.m. Sunday. Vendors, live music, and art and quilt shows both days. Saturday highlights: teams compete in Pioneer Games, plus antique tractor show, Abe and Mary Lincoln look-alike contest, 2 p.m. parade and more. Sunday: car show, community worship and railsplitting. Free admission. Full schedule, lincolndays.org, (270) 358-8710.



BLUEGRASS

WEDNESDAY, OCTOBER 1

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

FRIDAY, OCTOBER 3

Valentin Kovalev, (877) 448-7469, Norton Center for the Arts, Danville

SATURDAY, OCTOBER 4

Wilmore Arts and Crafts Festival, (304) 615-3464

Millstone Festival, (859) 626-8474, Richmond

FRIDAY, OCTOBER 10

Kentucky Heritage Jazz Festival, thru 12th, (859) 734-2365, Harrodsburg

SATURDAY, OCTOBER 11

Pumpkin Festival, thru 12th, (859) 879-3982, Wildside Winery, Versailles

TUESDAY, OCTOBER 14

Waveland tea Tuesday, 21st, 28th, (859) 272-3611, Waveland State Historic Site, Lexington

FRIDAY, OCTOBER 17

Peculiar Morbid Victorian Customs Tour, (859) 272-3611, Waveland State Historic Site, Lexington

Waveland After Dark, (859) 272-3611, Waveland State Historic Site, Lexington

SATURDAY, OCTOBER 18

Porch Pickin': Logan Leet, (859) 846-9463, Equus Run Vineyards, Midway

Fall Art Market, thru 19th, (859) 986-3192, Kentucky Artisan Center, Berea

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

Frankfort Founders: A Revolutionary War Walking Tour, (502) 564-1792, Kentucky Historical Society

SATURDAY, OCTOBER 25

Caity Gyorgy, (877) 448-7469, Norton Center for the Arts, Danville

Waveland's Ghost Tour, 30th, (859) 272-3611, Waveland State Historic Site, Lexington

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

EASTERN

THURSDAY, OCTOBER 2

Kentucky Apple Festival, thru 4th, (606) 297-1469, Paintsville

FRIDAY, OCTOBER 3

Shaping Clay Jubilee, thru 4th, (606) 391-6161, Rawlings-Stinson Park, Manchester

Bittersweet Festival, thru 4th, (606) 256-1000, Mount Vernon

SATURDAY, OCTOBER 4

Firkin Fest, (606) 329-1007, Ashland Riverfront Park

WEDNESDAY, OCTOBER 8

Jenny Wiley Festival, thru 11th, (606) 886-9193, Prestonsburg

SATURDAY, OCTOBER 11

Trek-a-Thon to Blue Bend Loop Trail #10, (606) 528-4121, Cumberland Falls State Resort Park, Corbin

MONDAY, OCTOBER 13

Court Days, thru 20th, (859) 585-5346, Preston

FRIDAY, OCTOBER 17

Battle of Camp Wildcat Civil War Reenactment, thru 18th, (606) 878-6900, London

October Court Day Festival, thru 20th, (859) 498-8732, Mount Sterling

SATURDAY, OCTOBER 18

Honey Bun Day, (606) 878-6900, Town Center Park, London

FRIDAY, OCTOBER 24

Morehead Harvest Festival, thru 26th, (606) 784-2858, Morehead City Park

Wooly Worm Festival, thru 26th, (606) 464-5038, Beattyville

SATURDAY, OCTOBER 25

Octoberfest, (606) 474-8740, Grayson

Boo on Main, (606) 878-6900, Town Center Park, London

FRIDAY, OCTOBER 31

Yard Sale Weekend, thru Nov. 2nd, (606) 588-3276, The Farm RV Resort, London

NORTH CENTRAL

WEDNESDAY, OCTOBER 1

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

FRIDAY, OCTOBER 3

Bourbon & Wine Experience, (502) 222-0056, Yew Dell Botanical Gardens, Crestwood

Sorghum Festival, thru 5th, (859) 336-5412 x6, Springfield

SATURDAY, OCTOBER 4

Spooky Moon Market, thru 5th, (859) 806-0521, Pritchard Community Center, Elizabethtown

Dinner Detective True Crime Murder Mystery Show, 18th, 25th, (866) 496-0535, Tempo by Hilton Louisville Downtown NULU, Louisville

Spencer County Octoberfest, (502) 507-5144, Taylorsville

SATURDAY, OCTOBER 11

Bardstown Arts & Crafts Festival, thru 12th, (502) 348-4877

MONDAY, OCTOBER 13

NouLou Chamber Parlor Series: Mozart, (615) 417-2110, Oxmoor Farm, Louisville

WEDNESDAY, OCTOBER 15

Wayback Wednesday: *Ghost*, (270) 234-8258, Historic State Theater, Elizabethtown

FRIDAY, OCTOBER 17

Books & Bourbon Spooky Soiree, thru 18th, (502) 233-2032, Guthrie Opportunity Center, Bardstown

Scare on the Square, (270) 259-5587, Leitchfield

THURSDAY, OCTOBER 23

United Spirits Fall Festival, (502) 292-6150, Progress Park, 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 November 1 for the January issue.**

FRIDAY, OCTOBER 24
Murder by Poe, thru Nov. 2nd, (502) 633-6388, Shelby County Community Theatre, Shelbyville

SATURDAY, OCTOBER 25
Jack-O-Lantern Spectacular, (270) 257-2311, Rough River Dam State Resort Park, Falls of Rough

NORTHERN

WEDNESDAY, OCTOBER 1
Country Pumpkins Fall Festival, thru 31st, (859) 905-9656, Dry Ridge

FRIDAY, OCTOBER 3
U.S. 25 Yard Sale, thru 4th, (800) 382-7117, Williamstown

Kentucky Wool Fest, thru 5th, (859) 654-4567, Falmouth

SATURDAY, OCTOBER 11
Oktoberfest, (606) 796-3044, Vanceburg

Fall Festival and Cruise In, (859) 652-5846, Petersburg Fire Department

Larry Coghill Memorial Demo Derby, (502) 732-7036, Carroll County Fairgrounds, Carrollton

Oktoberfest, (859) 643-1234, Glencoe General Store

FRIDAY, OCTOBER 17
Salt Festival, thru 19th, (859) 384-3522, Big Bone Lick State Historic Site, Union

SATURDAY, OCTOBER 18
Chocolate Crawl, (859) 567-5691, Warsaw

SUNDAY, OCTOBER 19
Burlington Antique Show, (513) 922-6847, Boone County Fairgrounds

FRIDAY, OCTOBER 24
The Rocky Horror Show, thru Nov. 2nd, (859) 957-1940, The Carnegie, Covington

SATURDAY, OCTOBER 25
Halloween Spooktacular, (859) 292-3838, AJ Jolly Park, Alexandria

SOUTH CENTRAL

FRIDAY, OCTOBER 3
Shop Hill Play Day & Sycamore Flats Flywheelers Show, thru 4th, (270) 585-3227, Liberty

Black Mountain Jamboree, thru 4th, (859) 428-8667, Hidden Ridge Camping, Monticello

First Friday, (270) 493-0888, Burkesville

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

SUNDAY, OCTOBER 5
Bluegrass Pleasure Walking Horse Association, (606) 706-7777, Central Kentucky Ag/Expo Center, Liberty

THURSDAY, OCTOBER 16
Misery, thru 19th, 23rd-26th, (270) 432-2276, Barn Lot Theater, Edmonton

SATURDAY, OCTOBER 18
Liberty Trail Fest, thru 25th, (606) 706-7777, City Hall, Liberty

Downtown BGKY Harvest Festival, (270) 782-0800, Bowling Green

Blockbusters at the Ballpark, (270) 842-4281, Bowling Green Ballpark

Moonlight Festival, (606) 679-6366, Somerset

FRIDAY, OCTOBER 24
Where the Rooster Crows Barn Affair, thru 25th, (270) 465-3786, Red Fern Stables, Campbellsville

SATURDAY, OCTOBER 25
Fall South Fork Consignment Sale, (606) 787-5158, South Fork Creek, Liberty

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

St. James United Methodist Annual Bazaar, (270) 842-4949, Bowling Green

WESTERN

FRIDAY, OCTOBER 3
Southern Legacy, (270) 926-7891, Bluegrass Music Hall of Fame & Museum, Owensboro

SATURDAY, OCTOBER 4
Cadiz Cruz In, (270) 522-3892, Cadiz

Harvest Festival, thru 5th, (270) 302-0831, Daviess County Lions Club Fairgrounds, Philpot

FRIDAY, OCTOBER 10
ROMPtober Weekend, thru 11th, (270) 926-7891, Bluegrass Music Hall of Fame & Museum, Owensboro

Trigg County Country Ham Festival, thru 11th, (270) 522-3892, Cadiz

Hazel Days Celebration, thru 11th, (270) 759-2199

SATURDAY, OCTOBER 11
Hunter's Moon Festival, (270) 362-0152, Grand Rivers

Bluegrass on Beshear, (270) 797-0072, Lake Beshear, Dawson Springs

Fall Market on Main, (270) 826-7505, Henderson

SATURDAY, OCTOBER 18
Gospel Music Extravaganza, (270) 836-8882, Grapevine Baptist Church, Madisonville

Vienna Boys Choir, (270) 821-2787, Glema Mahr Center for the Arts, Madisonville

Donna The Buffalo, (270) 926-7891, Bluegrass Music Hall of Fame & Museum, Owensboro

Hanson Lions Club Fall Street Festival, (828) 230-6501, Hanson

FRIDAY, OCTOBER 24
The Grascals, (270) 926-7891, Bluegrass Music Hall of Fame & Museum, Owensboro

SATURDAY, OCTOBER 25
Bluegrass Food Truck Festival, (270) 452-1269, Hopkins County Fairgrounds, Madisonville

Guided Fall Shoreline Water Trek, (270) 584-9017, Mahr Park Arboretum, Madisonville

TUESDAY, OCTOBER 28
Magic Rocks! Illusionist Leon Etienne, (270) 821-2787, Glema Mahr Center for the Arts, Madisonville

1 AUTUMN MORNING
A spiderweb frames the sunrise over a pond on a foggy morning in Glencoe. Photo by Kayla Corbin, a consumer-member of Owen Electric from Owenton.

2 FOUND YA!
Lola Hobby plays hide-and-seek with Arizona, after stopping for a break during a trail ride. Photo by Tammy Strong, Clinton, a Gibson Electric consumer-member.

3 LITTLE LINEMAN
Rylan Brandenburg dressed as a Blue Grass Energy lineman for Halloween. Photo by mom, Andrea Pope, Cynthiana, a consumer-member of Blue Grass Energy.

4 FALL FUN
Autumn Tucker selects her pumpkins during a visit to Hubers Lake Valley Farm. Photo by mom, Liza Tucker, a Tri-County Electric consumer-member from Burkesville.

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.

SUBMIT YOUR SNAP SHOTS

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

KENTUCKY kids

Pumpkin time

When pumpkin carving ask an adult to do the cutting, or try painting or using markers to decorate your pumpkin instead.

ALPHABETICAL ORDER

Can you arrange these Halloween words in alphabetical order?

A) SKULL

B) GHOST

C) ZOMBIE

D) PUMPKIN

E) BAT

F) SPIDER

Answer: 1) Bat, 2) Ghost, 3) Pumpkin, 4) Skull, 5) Spider, 6) Zombie

Did You Know?

Pumpkins can have between 100 and 700 seeds.

Green Team Tip

When doing laundry, wash full loads to save water and energy.

— Leah Wilson, age 10

Enter KIDS Contest

Submit a Green Team Tip or Joke online at *KentuckyLiving.com: Magazine/Submissions* for a chance to *win a prize*!

Share and show care

Sharing is a great way to help others and show you care. You might share a toy, book or snack with a friend, or take turns on the swing or slide at the playground.

Tell us a joke!

What do you get when you cross a snowman with a vampire?

Frostbite.

— Valerie Wilson, age 10

Get the skinny here

Fishing adventures await in shallow waters

Kentucky offers some great skinny water fishing for everyone. Photo: Ken McBroom

IN THE FISHING WORLD, skinny water is defined as shallow water accessible by wading or in a small boat. Kentucky is home to many skinny water fishing adventures. I'm betting there's a creek or backwater near you loaded with fish to cast to. Here are a few skinny water destinations in Kentucky.

East Fork Indian Creek

East Fork Indian Creek is in the Daniel Boone National Forest and is renowned for its excellent skinny water action. It is stocked with rainbow trout and brown trout, offering excellent fly-fishing opportunities. Light spinning gear is also a great way to target trout in the East Fork Indian Creek. Public access is readily available, with parking area and even a small creekside camping area.

Crocus Creek

Crocus Creek is a tributary of the Cumberland River and offers plenty of fishing opportunities. It is listed as a good smallmouth creek, but trout do migrate up Crocus Creek, providing great rainbow and brown trout fishing. This skinny water can be wade fished, depending on the water level, but it can also be floated in a small boat or canoe. The confluence to the Cumberland River is a good fishing spot and provides great access. Trout congregate there to escape the current when the Cumberland is flowing from the spillways at the Wolf Creek Dam.

Paint Creek

Paint Creek is the tailwaters of Paintsville Lake, a U.S. Army Corps of Engineers flood-control lake. The water coming from the lake is cold enough to support the rainbow and brown trout that are stocked in Paint Creek. Paint Creek offers great opportunities for families with children. The concrete parking area lines the creek near the spillway where trout, of catchable size and ready to bite, are stocked. You can fish from this area, where there is an accessible pier and restroom that is open all year, 24 hours a day.

For those who prefer to escape the crowds, head downstream for some great trout action in a more natural setting. There are miles of fishable water, with the lower section turning into private land. This section can be floated for several miles with a take-out in Paintsville. The lower section begins to offer great smallmouth fishing, but some trout do venture here and are usually the larger holdover trout that can grow to trophy size.

More information

You can find details about these great skinny water opportunities by searching on their names at the Kentucky Department of Fish and Wildlife Resources website, fw.ky.gov. **KL**

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

Eye Doctor Helps Tennessee Legally Blind To See

High Technology For Low Vision Patients Allows Many To Drive Again

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

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

Macular degeneration is the leading cause of blindness and vision loss in people over 50. Despite this, most adults are not familiar with the condition. As many as 25% of those over the age of 50 have some degree of macular degeneration. The macula is only one small part of the retina; however, it is the most sensitive and gives us sharp central vision. When it degenerates, macular degeneration leaves a blind spot right in the center of vision, making it difficult or impossible to recognize faces, read a book, or pass the driver's vision test.

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

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

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

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

When Beth, 62, of Greenville, TN came to Low Vision of Tennessee she wanted to keep her Tennessee driver's license and was prescribed bioptic telescopic glasses to read signs and see traffic farther away. Dr. Gillispie also prescribed microscope glasses for reading newspapers and menus at restaurants.

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

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

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

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

www.lowvisiontn.com

For more information and a FREE telephone consultation, call us today:

(615) 948-9185
James Gillispie, O.D.

404 N. Castle Heights Ave.
Lebanon, TN 37087

James Gang robbery

Columbia bank preserves holdup's history

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

THE SCENE IN SOUTH-CENTRAL KENTUCKY that late April morning in 1872 could have been the cinematic opening of a Hollywood western: five well-dressed men—said by historians to have been members of the Jesse James and Cole Younger gang—riding fine horses, side by side, into the Adair County seat of Columbia.

Hands on the courthouse clock were near noon as three of the riders dismounted and entered the Deposit Bank of Columbia. Two others remained out front.

Four local men, including Judge James Garnett, were gathered around the bank's fireplace. The cashier, Robert Alexander Campbell Martin, was seated at his desk.

Martin was ordered at gunpoint to open the safe, but refused, and a deadly scuffle followed. Judge Garnett was shot in the hand when he tried to knock the pistol away from one of the outlaws, and Martin was fatally wounded. The robbers escaped with only the money in the cash drawer—about $600.

Michael C. Watson, staff historian and genealogist at the Adair County Public Library research center, says bystanders took cover as the two bandits outside the bank circled the town square at a gallop, firing pistols or rifles while their comrades made their getaway.

Many public roads in that day crossed family farms and there often were gates to open. Watson says the story goes that as the outlaws approached a gate on the farm of William Conover, they saw Conover and a hired hand working in a field nearby and told him to open the gate.

Unaware of who they were, Conover told them to open it themselves—but changed his mind when pistols were leveled in his direction. From that day forward, Conover was known by folks in Adair County as, "Open-the-gate Bill."

Watson says Jesse James later sent a letter to a western newspaper claiming he was not part of the robbery, though not denying that his gang was responsible. And a local man who worked in the prison system and once crossed paths with Frank James, told of mentioning to James that he was from Columbia, to which he said James replied only, "a terrible thing happened there one day."

Cashier Martin's widow, Hester, accompanied his body back to their hometown of Shelbyville, where he was buried in Grove Hill Cemetery.

The desk at which Martin had been seated before he was shot remains on display in the lobby of the Bank of Columbia today. Abby Keltner, the bank's manager of deposit operations and a consumer-member of Taylor County RECC, says most customers are familiar with the tragic history of the desk, and that a framed account of the robbery hangs nearby.

After the gang had left the area, a Remington .44 caliber pistol—not in working order—was found about 4 miles from Columbia. Some believe it may have been discarded by the outlaws.

Not long ago, a relative of "Open-the-gate" Bill Conover donated Conover's pocket watch to the library's research center. **KL**


HEATHER BILYEU


KIMBERLY DOSS


TIM WEBB


TIM WEBB


TIM WEBB


WAYNE GARMON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