

# KentuckyLiving

A full-page background photograph of a construction worker wearing a white hard hat, safety glasses, a grey t-shirt, blue jeans, and yellow gloves. He is standing in a narrow, debris-strewn hallway of a building under renovation or repair. He is using a tool to work on a wooden frame or wall. The floor is covered in wood shavings and debris. The walls are partially stripped, showing the underlying structure. The lighting is bright, coming from an opening at the end of the hallway.

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## TEAM RUBICON

**VETERAN-LED**  
DISASTER RESPONSE

### OUTDOORS GIFT GUIDE

Experts' favorite things

### WHEN HOLIDAYS ARE HARD

Finding joy in times of grief

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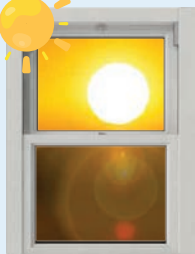
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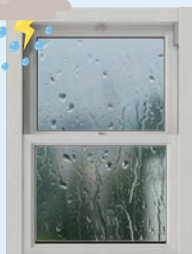


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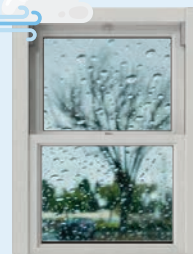
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# NOVEMBER

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14

## WHEN HOLIDAYS ARE HARD

Holiday get-togethers and observances can be difficult for those experiencing grief. Hear from families and experts with words of encouragement and advice for healthy grieving.

20

## OUTDOOR GIFT GUIDE

Do you have an outdoor enthusiast on your Christmas list? Check out our gift guide with experts' top picks for hikers, bird-watchers, hunters anglers, wild game chefs and more.

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## INSIDE THE WIRE

**ON THE COVER** Team Rubicon is a veteran-led disaster response organization that helps communities recover after natural disasters. Learn how veterans find support and meaning through service.

**ON THE COVER** Jim Laman, an operations manager with the disaster relief organization Team Rubicon, removes damaged material from a flooded home. Laman spent a week in Letcher County in 2022, leading a team of five volunteers who mucked out affected homes. Read more about how Team Rubicon engages veterans in disaster relief on page 24. Photo: Carlos Chiossone/Team Rubicon



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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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# Local connections

*Bookstores are community treasures*

## WHEN I WAS IN

**COLLEGE,** Joseph-Beth

Booksellers was one of my favorite places.

To this day, whenever

I'm in Lexington I

have to stop for a visit.

Carmichael's Bookstore

is one of my go-to spots

near Kentucky Electric

Cooperatives' head-

quarters in Louisville,

and when my work

takes me to Frankfort,

I make time to shop at

Poor Richard's Books.

You can read all about independent bookstores across the state on page 36, from Bolin Books in Murray to The Next Chapter Bookstore in Cynthiana. Bookstores offer unique experiences and community connections that just can't be replicated online. What I love about local bookstores isn't speed or convenience. It's the slow, rewarding process of discovering a book I didn't even know I wanted—often with the help of a bookstore employee—and supporting a small business along the way.

Shopping in bookstores feels meaningful to me in a way that shopping for books online doesn't. I find myself looking for that kind of connection more and more these days—opportunities to log off and make connections in the real world with real people. In the same way that a good book connects you with an idea or story, a strong community connects you with others for celebration during happy times, support during hard times and opportunities to be a good neighbor at all times.

Community, connection and service—these are values that all of Kentucky's



Independent bookstores across Kentucky are community connection points. Shown is Plaid Elephant Books in Danville. Photo: Kat's Eye Photography

electric cooperatives share. We connect homes and businesses to power, connect people to one another and work together to improve the quality of life for everyone in our communities.

As you gather friends and family for Thanksgiving this month, I hope you find time to slow down and make connections. As you plan your holiday shopping, consider supporting your local businesses. And whether you're buying or just browsing, take the time to drop in at your local bookstore and discover the book you didn't even know you wanted.

*Chris*

**CHRIS PERRY**  
President/CEO



**KENTUCKY ELECTRIC COOPERATIVES**



# FROM THE EDITOR

## DISASTER

### RESPONSE.

Outdoor gift guide. Coping with grief. These stories may not appear to have much in common, but I believe they all exemplify one important idea: There is joy in giving.

Through Team Rubicon (page 24), veterans give their time, find community and help others in their time of need. This month's outdoor gift guide (page 20) provides inspiration to shop for the outdoors lovers in your life. And our story about coping with grief (page 14)—especially during the holidays—offers examples of how to use shared experience to mentor others.

We are all more alike than we are different. As we approach this season of giving and thanks, I hope you allow yourself to find joy in reaching out to others. There are lots of ways to give—some of them involve giving money, but others involve resources like time, or simply the gift of presence. We are all capable of helping someone else's light glow a little brighter.

*Shannon*

SHANNON BROCK,  
EDITOR

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include your name, address, phone numbers,  
email address and name of electric co-op.



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## GET DEPLOYABLE

### How to volunteer with Team Rubicon

In the aftermath of floods, tornadoes, hurricanes and other natural disasters, Team Rubicon helps communities get back on their feet. Read more about the veteran-led organization on page 24, and visit KentuckyLiving.com to learn more about service opportunities that are open to veterans and civilians alike.



## WORLD WAR II HISTORY

### The chaplain who inspired a wartime hit

Howell Forgy had been a pastor in Murray before serving as a Navy chaplain during World War II. Read about how he inspired a popular wartime song on page 18, then visit KentuckyLiving.com to see more photos and hear the song for yourself.



## GIFTS FOR GEARHEADS

### Ideas for outdoors enthusiasts

Christmas is coming. Do you need ideas for the hiker on your list—or the wild game chef, the bird-watcher, the hunter or the survival enthusiast? Check out our list of expert-backed ideas on page 22, then visit us online for links to products.



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# Strengthening wartime connection to home

During World War II, due to the rapid movement of United States troops from post to post, letters and packages from home began to stockpile in warehouses and airplane hangars.

So encompassing was the war effort that most families were connected in some way to a soldier serving overseas. Those on the home front wanted to contribute in their own way and, from this desire, a unique battalion was born.

On May 15, 1942, the Women's Auxiliary Army Corps (later dropping Auxiliary from the name) was formed—eventually giving women full military benefits.

Of the more than 150,000 women who served, 855 predominantly Black women served as the 6888th Central Postal Directory Battalion, or Six Triple Eight, from 1945 to 1946.

Northern Kentucky author Sheila Williams was inspired to write her historical novel, *No Better Time* (HarperCollins, \$30), by the stories her cousin, Dorothy Turner, shared of her time serving with the Six Triple Eight. Adopting the motto, “No mail, low morale,” Dorothy and her counterparts took seriously their monumental task of processing the stockpiled mail.

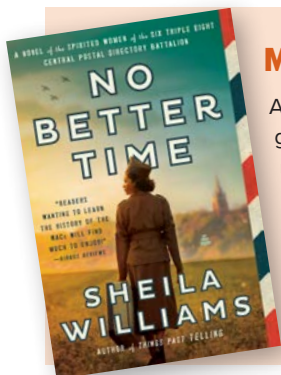
Though some women saw the opportunity as an adventure, life in the military was not easy. The country they so freely

wanted to serve was still one segregated by both race and gender. High ranking personnel didn't always welcome their involvement or even their presence, resulting in far less than equitable quarters and job assignments. For example, at Fort Riley, the women's barracks were rustic and heated by coal-burning, potbellied stoves while German POWs spent their incarceration in buildings with central heat and hot water.

Finally, in 1945, after protesting their dehumanizing assignments, the Six Triple Eight shipped out to England and eventually France to process an estimated 17 million pieces of mail, some of which had been sitting for over two years. Williams remembers Dorothy's comment about the importance of a soldier's only connection to home: “You could see the last time this man received mail. And you were determined to find him.”

Despite being from all walks of life across the country, the women who served in the 6888th became such a strong sisterhood that they formed the National Association of Black Military Women. Williams says, “It is this sisterhood that spoke loudest to me when I wrote this book... I was taken with the way that the WACs looked after each other... and the sharing of secrets and advice.”

» Penny Woods



## Mail vs. female

According to the National Museum of the United States Army, one general said it would take six months to process the backlog of undelivered mail, yet the Six Triple Eight managed to do it in three.

In 2021, President Joe Biden signed the Six Triple Eight Congressional Gold Medal Act to recognize the battalion for the completion of their mission at the end of World War II, and their pursuit of racial and gender equality in the face of significant social and political barriers.

## ENERGY EFFICIENCY

tip

With the holiday season approaching and more time spent in the kitchen, consider ways to save energy in the heart of your home. When possible, cook meals with smaller, energy efficient appliances, such as toaster ovens, slow cookers and air fryers. When using the range, match the size of the pan to the heating element.

Source: [energy.gov](https://www.energy.gov)



NRECA





## Pressing matters

*Media panel speaks to PR pros*

*Kentucky Living* Editor Shannon Brock, left, joined a panel of Kentucky media leaders at a September event of the Thoroughbred Chapter of the Public Relations Society of America. The event, “Pressing Matters: A Candid Conversation with Kentucky’s Media Voices,” also featured, from left, Renee Shaw, director of public affairs and *Kentucky Edition* host at KET; Jennifer Smith, news director at WLEX-TV; and Alex Valentine, managing editor of the *Lexington Herald-Leader*. The event was co-hosted by Dean Jennifer Greer of the University of Kentucky College of Communication and Information and took place in the JMI Café at the Central Bank Center in Lexington.



KATIE NEAL

## featured FRAMES



Rosie the hedgehog enjoys all the fall smells on a hike with owner Krystal Sharp, who took the photo. Sharp lives in Hawesville and is a Kenergy consumer-member.



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# Lineman's Rodeo explained

*Skills competition emphasizes safety first*

JOE ARNOLD | PHOTOS BY TIM WEBB

► **IN MID-SEPTEMBER**, more than 100 electric cooperative lineworkers from across the commonwealth competed in the 2025 Kentucky Lineman's Rodeo at East Kentucky Power Cooperative in Winchester.

Coordinated by Kentucky Electric Cooperatives, the two-day event featured individual and team challenges that mirror the work lineworkers perform every day, rewarding precision, safety and efficiency:

South Kentucky RECC Apprentice Line Technician Tyler Chriswell, foreground, and Owen Electric Apprentice Lineman Micah Duvall.

## 1. Wooden brace and cutout change

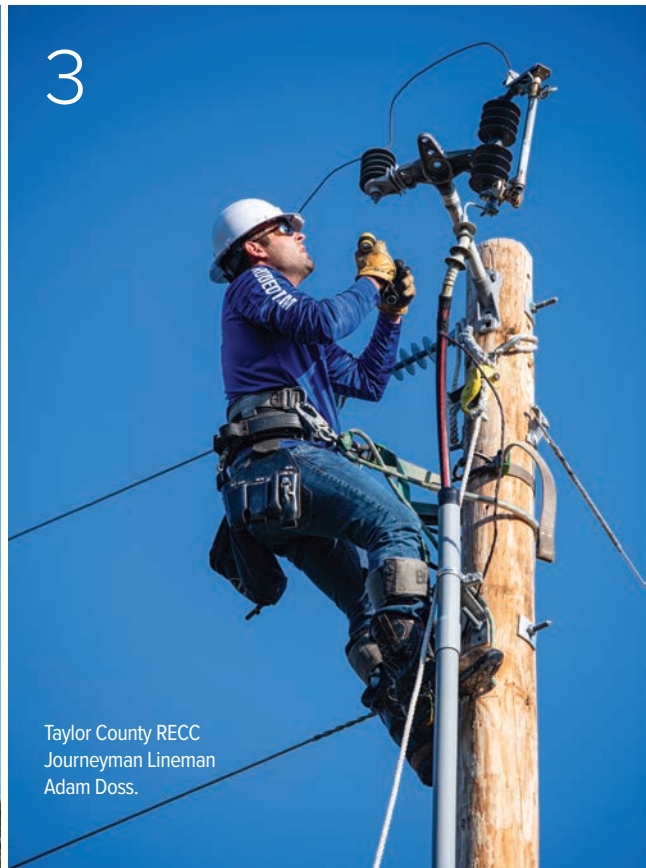
This event demonstrates the skills needed to climb, maneuver and perform various tasks while on a pole, including changing a crossarm brace and relocating a fused cutout.



2



1



3

Taylor County RECC  
Journeyman Lineman  
Adam Doss.



4

## 2. Line de-energize

The steps and procedures of properly de-energizing a single-phase primary line are shown in this event. This procedure is commonly referred to as lockout-tagout, or LOTO.



Warren RECC Team:  
Journeyman Lineman  
Evan Embry (on top of  
pole) and Apprentice  
Lineman Kenny Stethen.

## 3. Underground riser arrestor change

This event demonstrates the changing of a lightning arrestor on a primary underground line where it takes off from an overhead pole. All safety rules, steps and procedures must be followed to ensure the safety of the crew.

## 4. C8 cross-arm replacement

The steps involved in changing out a crossarm on a C8 double circuit pole are the focus of this event. A C8 is a structure in which the wire is dead-ended on each side and a circuit is an individual three-phase line. This event is performed as though the line is de-energized.

## 5. Hurt man rescue

This event simulates the proper procedure for rescuing an injured co-worker from a pole containing an energized transformer. Lineworkers must follow all proper safety procedures to ensure their own safety and the safety of those they are rescuing. **KL**

Clark Energy Apprentice  
Line Technician Seth  
Grigsby.



## LINEMAN'S RODEO WINNERS

Top Kentucky Lineman's Rodeo honors went to Josh Hess of Nolin RECC (Senior), Cooper Wafzig of Shelby Energy (Individual Journeyman), Logan Davis of Jackson Purchase Energy (Apprentice) and David Dennis, Timothy Patton and Richard Steele of Clark Energy (Team Division).

Other first-place finishes include:

- **Senior Events:** Mike Ramsey, South Kentucky RECC (Mystery 1, Mystery 2); Tony Bach, Owen Electric (Hurt man rescue).
- **Individual Journeymen:** Richard Steele, Clark Energy (Mystery 1); Clay Mills, West Kentucky RECC (Mystery 2); Brent Johnson, Jackson Energy (Hurt man rescue).
- **Apprentice:** Cole Burns, Jackson Energy (Hurt man rescue); Logan Davis, Jackson Purchase Energy (Mystery 1, Mystery 2).
- **Team Events:** Farmers Team 2 (Hurt man rescue); Clark Team 3 (Mystery 1); Clark Team 4 (Mystery 2).



# WIRE awards four scholarships

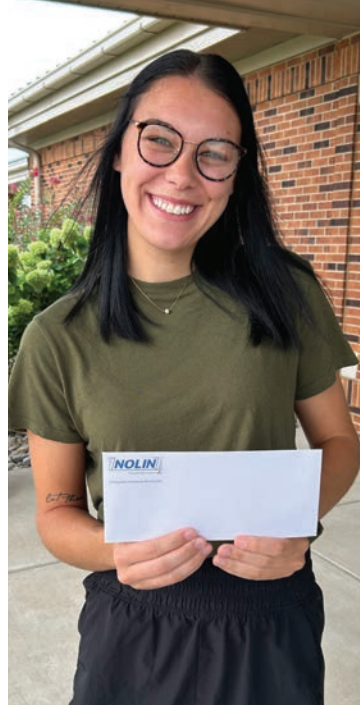
## Students receive \$1,000 each

The Kentucky Chapter of Women in Rural Electrification recently selected its 2025 scholarship winners: Bayley Bell, a Nolin RECC consumer-member; Brynn Cooper, a Salt River Electric consumer-member; Taylor Lanham, a Kenergy consumer-member; and Raigan Stec, an Inter-County Energy consumer-member.

Each receives a \$1,000 scholarship.

Bell is a student at Jefferson Community and Technical College studying to be a physical therapy assistant.

"I am deeply grateful for programs like the WIRE



Bayley Bell, left, and Brynn Cooper.

Scholarship that make it possible for students like me to move forward in the face of adversity," Bell writes in her application.

Cooper is studying bio-systems and agricultural engineering at the University of Kentucky.

"Being in a male-dominated major, it would mean so much to receive this scholarship—not just for the financial relief, but as an affirmation that I belong in this field and can thrive as a future engineer," Cooper says in her application.

Lanham attends the University of Louisville, seeking a Bachelor of Science in Nursing.

"I strive to be the nurse that patients look forward to seeing," she writes. "But I also want to be a secret hero that does not formally get credit for actions that will certainly provide such reward and satisfaction in my life."

Lanham says the scholarship will allow her to "focus my attention largely on my education instead of how to finance it."

A student at Boyce College in Louisville, Stec is studying philosophy, politics and economics.

Stec says his gratitude will "translate into hard work and diligence, the kind that furthers my academic journey."

Women in Rural Electrification was created as a nonprofit organization to foster interest in and understanding of the rural electric program and to improve the quality of life in rural areas. WIRE Scholarships are specifically for students who are already enrolled in college. Scholarships are funded in large part from proceeds of a silent auction at the Kentucky Electric Cooperatives annual meeting.

The 2026 WIRE scholarship application period opens in January. **KL**

**SHANNON BROCK** is the editor of *Kentucky Living*. She enjoys telling stories of co-op members and employees who live out the co-op mission.

Taylor Lanham, left, and Raigan Stec. Photos provided by respective co-ops.





# A bold new hue in Barren County

*Egyptian powder coating company chooses Kentucky for its first U.S. plant*

JOE ARNOLD

## IN SOUTH CENTRAL KENTUCKY,

Barren County was already known for its colorful attractions—from the kaleidoscopic formations of Diamond Caverns to the life-sized replicas at Dinosaur World and the rainbow lorikeets at Kentucky Down Under Adventure Zoo. Now, Union Coating & Chemical Industries, a global powder coating manufacturer based in Egypt, has chosen the region for its first U.S. plant, bringing industrial color to the community.

“Establishing our first U.S. manufacturing facility in Kentucky is a significant expanding for Union Coating & Chemical Industries,” says Yehia Talaat, the company’s chairman. “This investment reflects our long-term commitment to innovation, sustainability and delivering world-class coating solutions closer to our customers.”

The company plans to invest nearly \$12 million and create 60 jobs at the South Cooper Industrial Park. The project includes land acquisition, construction of a modern manufacturing plant,



installation of advanced powder production systems, and the establishment of research and development laboratories.

Talaat notes the company’s excitement to “bring advanced technologies, color expertise and new opportunities to Barren County,” and to build strong partnerships with both local communities and global markets.

Union Coating & Chemical Industries specializes in high-performance powder coatings used in automotive, construction,

consumer goods and electronics. Its products are prized for durability, aesthetics and environmental compliance, protecting and enhancing everything from metal furniture and appliances to industrial machinery and building materials.

Local leaders are enthusiastic about the opportunities this investment represents.

“We’re thrilled to welcome Union Coating & Chemical Industries to Barren County and proud to support the infrastructure powering this exciting growth,” says Toby Moss, president and CEO of Farmers RECC. “This investment brings new jobs, innovation and momentum to our region—exactly the kind of opportunity that strengthens our communities and energizes our future.”

Barren County Judge-Executive Jamie Byrd calls the announcement “a moment of celebration,” while Glasgow Mayor Henry Royse emphasizes that the project is not just about the facility, but “an investment in the people who live and work here.” **KL**



Union Coating & Chemical Industries

**LOCATION:**  
Glasgow, Barren County

**INDUSTRY:**  
High-performance powder coatings

**ELECTRIC COOPERATIVE:**  
Farmers RECC



The Barren County Economic Development Authority announced the completion of the Lot 1 Spec Building in the South Cooper Industrial Park in 2024. Photo: Screenshot of Barren County Economic Development Authority video

## Community investment pays off

The arrival of Union Coating & Chemical Industries is a validation of Barren County’s long-term investment in its South Cooper Industrial Park. By developing infrastructure and speculative buildings ahead of demand, the community positioned itself to attract a global manufacturer seeking speed to market.

“This project is especially exciting because Union Coating & Chemical Industries is investing in one of our speculative buildings—exactly the kind of opportunity those developments are designed to create,” says Maureen Carpenter, president and CEO of the Barren County Economic Authority. “Their decision to grow here underscores the strength of our workforce and business climate.”

# When *holidays* are hard

Finding joy in a painful time

BY KRISTEN WHITE



THEOHEWIZARD/ADOBESTOCK



On Christmas Eve 2020, Greg and Amy Jacobs' doorbell rang. Along with their two teenagers still living at home in Shelbyville, they were preparing food and wrapping presents for an extended family trip to Florida, where they planned to meet their son David. David, a specialist in the Army at Fort Carson, Colorado Springs, had recently completed a tour in South Korea, and they were excited to spend the holiday with him.

When Greg and Amy went to the door, nothing could have prepared them for what they saw: two officers in uniform who asked to come in. The officers informed them of their son's death in a car accident the previous evening. The distance and the holiday delayed the news.

▲  
The Jacobs family has found comfort in revisiting one of David's favorite places—a beach in Florida. Shown from left are Greg, Hannah, Nathan and Amy. Photo: Becca Kiss



Amy says she can't describe the pain. "I almost felt like I was not there, like the news wasn't real. I kept thinking, 'I just talked to him on the phone.'"

In the days that followed, the couple navigated military paperwork, arranged for David's body to be transported, planned a funeral and considered how to handle Christmas gatherings. Then came months of deep grief: They moved through shock, sadness, fear, anger, gratitude and loving memories. They tried to return to a normal routine, but nothing felt the same.

## Everything changes

Greg says many parts of life shift after loss. "Your contacts list changes. You keep friends who are willing to walk with you in grief, but you also make new friends who've had similar experiences," he explains.

Even five years later, Greg says his social capacity and threshold for stress have changed. He sometimes steps away from crowds, declines invitations or has to take a deep breath when an acquaintance says something unintentionally hurtful.

"It is work to be a survivor. You learn your triggers. You learn to advocate for yourself. You face regrets but resist spiraling into what-ifs," he says. "Amy and I have committed to strengthening our marriage—grief is hard on couples. We've stayed involved in work and community, but sometimes it feels like just going through the motions.

Still, showing up is part of healthy grief. Being a survivor is a club you don't ask to join, but if you're in it, you want to do the work for the people around you."

Greg's faith was also shaken, and he was angry with God for a couple of years. "I questioned his faithfulness. But he met me where I was," he says. "Now my faith isn't just habit—it's a daily decision to believe he loves me and has a plan."

## Helping others

A few years into their grief, Greg and Amy became grief coaches through Tragedy Assistance Program for Survivors, or TAPS, an organization supporting families who lose an active-duty member of the U.S. armed forces. TAPS was a lifeline after David's death, and they now lead support groups and mentor others.

Greg also counsels grieving fathers and launched yourdadforever.com, a site that offers resources for fathers who have lost children. "Grief resources often focus on women. Men need to share their grief, too," he says.

## Holidays or hollow days?

David's death on Christmas Eve makes the holidays especially hard. "At first, they feel hollow. You almost feel disloyal smiling," Amy says. "My advice to those in their first year of grief: don't isolate—but don't let others dictate how you should feel. You get to decide how to honor your loved one."

The Jacobses have kept some holiday traditions—stockings on the



▲ Sarah Light is a clinical social worker and the owner of Lighthouse Counseling in Bowling Green. She advises there is no one "normal" way to grieve during the holidays. Photo: Kristen White

mantle, extended family gatherings—but started new ones, too. Including a photo of David at the holiday table is meaningful. And travel has brought healing, especially to peaceful places like the beach.

Licensed clinical social worker Sarah Light, clinical supervisor and owner of Lighthouse Counseling LLC in Bowling Green, agrees that each person grieves differently during the holidays. "There's no one 'normal' way to feel. Grief is shaped by the relationship, the stage and type of grief and many other factors," says Light, a Warren RECC consumer-member. She encourages grieving people to talk with a counselor one-on-one or participate in a support group. Light shares

## Kentucky children at risk

One in nine Kentucky children experience the death of a parent, caregiver or sibling by age 18, ranking sixth in the nation for childhood bereavement. One-quarter of the state's grieving children have lost a parent or caregiver to overdose/addiction death.

Further, one in 10 Kentucky children have experienced the incarceration of a parent. Parental absence due to incarceration, abandonment or illness impacts the behavior and

emotional life of a child.

The Kentucky Center for Grieving Children and Families notes that fewer than half of Kentucky children eligible for the Social Security Child Survivors Benefit receive it. The benefit—about \$1,000/month—must be applied for within two years of the parent's death. For help applying, call the Social Security Administration and ask for a benefits officer or contact your congressional office for guidance.

these ideas for coping with loss at the holidays:

- Keep memories alive with photos, jewelry or keepsakes.
- Share your loved one's favorite dish or meal.
- Create a quilt or pillow from their clothing.
- Attend events, even if you need to step away. "You may not feel ready. Still, take in the joy and noise of others," she says.
- Know your triggers.
- Prepare simple responses like, "I'm doing OK, but today's hard."
- Expect the "firsts" to be the hardest. "It's normal to feel disconnected, but try to go. You don't want to miss the moments when others share stories," she says.
- When supporting a grieving friend, ask, "Tell me a story about your loved one."

“

My advice to those in their first year of grief: don't isolate—but don't let others dictate how you should feel. You get to decide how to honor your loved one.”

» AMY JACOBS



Clinical counselor Lindsey Lanham advises people experiencing grief to surround themselves with a supportive community.  
Photo: Michael Philp

## Helping kids accept loss

"Adults struggle to express the complex emotions of grief—children do, too," says educator, child advocate and Fleming-Mason Energy Cooperative consumer-member Jessica Bowman. After losing five loved ones during the COVID-19 pandemic, including her father, Jessica wrote and illustrated *Wilty*, a picture book to help children find words for their feelings. She offers a free book referral application and grief Cue Cards on the Resources tab of her website: [littlewildflowerbo.wixsite.com/little-wildflower-bo](http://littlewildflowerbo.wixsite.com/little-wildflower-bo).

Leila Salisbury of Kentucky Center for Grieving Children and Families agrees that kids need to express their feelings without adults rushing them or offering quick fixes. "Kids are resilient. Those who have experienced grief can become deeply compassionate and have a positive trajectory in life with the right support. Adults in all parts of their lives need to know how to help," she says.

Bowman and Salisbury offer these insights for supporting kids through grief in age-appropriate ways:

### Normalize grief

Explain grief as natural, with many emotions and stages, and share your own feelings. "After my father died, I kept thinking about how a plant wilts without water. That became my description for my grief—'wilty,'" Bowman says. Sharing this helped her children find their own language for loss.

Consider support groups or memory-making activities. "After my husband's death, our group was life-giving," says Salisbury. Her organization offers groups for ages 3–18 and partners with schools in six districts to provide in-school support.

Jessica Bowman wrote and illustrated *Wilty*, a picture book to help children find words for their feelings. Photo: Kristen White



### Ask thoughtful questions, give honest answers

Examples: What's your favorite memory of that person? What did they do that makes you smile?

Use simple, clear language, like "His heart stopped beating." Avoid euphemisms like "passed away" or "gone to sleep." Reassure children they are not to blame.

### Encourage creative expression

Provide an environment for children to draw, journal, tell stories and create. Salisbury's agency offers therapeutic arts, equine therapy and family events to remember loved ones and discover new interests.

Read age-appropriate books about grief. "Seeing characters going through similar feelings helps kids feel understood," Jessica says.

### Be patient with behavior changes

Grief can show up as nightmares, outbursts, fatigue or withdrawal. Validate children's feelings while maintaining healthy, supportive boundaries. Seek professional help if a child engages in unsafe behavior.



## How to show you care

If you're not sure how best to support a friend who has lost a loved one, visit KentuckyLiving.com for some practical ideas.

### Healthy vs. unhealthy grief

Unaddressed grief can have lasting effects, especially for children. Leila Salisbury, executive director of the Kentucky Center for Grieving Children and Families, warns that unsupported grieving kids are two to three times more likely to develop addictions. "Getting support and having family conversations are essential for healing," she says.

Lindsey Lanham, a licensed professional clinical counselor at Compass Counseling of Owensboro, agrees:

"People often turn to things that feel comforting—like substances—but ultimately make life harder. A better path is surrounding yourself with support."

Greg refers to this as addiction through avoidance. It's normal to want to numb pain, he says, whether through online distractions, alcohol or overwork. "I challenge survivors to replace those with healthy outlets: go to the gym, spend time outdoors or start a new hobby," he says.

Lanham identifies three essential components of healthy healing:

**Find support.** Don't walk through grief alone. Ask for help. Have meaningful conversations—with friends, family, a therapist or a support group.

**Practice self-compassion.** Avoid judging your emotions or timeline. Shame only delays healing. Be patient—with yourself and the slow-moving logistics that come with loss. Grief is not something to "get over" in a few weeks.

**Remember that you matter.** In the aftermath of loss, attention often shifts to the person who has died—but your emotional and physical health are important, too. Check in with your physician or therapist if you experience noticeable changes in your body or mood.

"Being a survivor takes your life in a new direction," Greg adds. "I'm grateful to have been David's father in life, and I'm proud to be his father still. His life—and his death—have changed me for the better." **KL**



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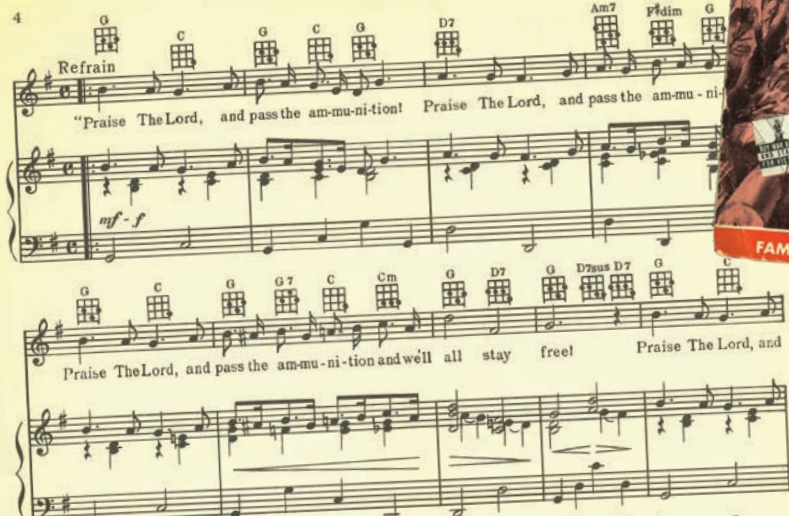
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Martial  
Words and Music  
by FRANK LOESSER



**PRAISE THE LORD  
AND PASS THE AMMUNITION!!**

Words and Music  
by FRANK LOESSER



## "Praise the Lord and pass the ammunition!"

Even before it served as the inspiration for the first popular song of World War II, the phrase uttered by Howell Forgy at Pearl Harbor had become something of legend.

On Sunday, December 7, 1941, the 33-year-old Navy chaplain mulled over his sermon in his bunk on the U.S.S. New Orleans. Just before Japanese planes attacked Pearl Harbor, Forgy thought about his congregation—First Presbyterian Church in Murray, Kentucky, where he had served as a pastor before graduating from Murray State Teacher's College and enlisting in 1940.

Under repair, Forgy's ship lacked the power to hoist ammunition after the surprise attack began. The ship's crew

instead passed the heavy shells by hand. "The boys were getting dog-tired," Forgy recalled. "All I did was slap them on the backs and smilingly said, 'praise the Lord and pass the ammunition, boys.'"

The quote quickly generated a myth. Newspaper accounts and lyrics by Frank Loesser relayed a storyline of a Navy chaplain manning an anti-aircraft gun. The song became an overnight sensation in August 1942 after airing on bandleader Kay Kyser's radio show.

"It's a remarkable story," says historian Berry Craig, author of *Kentuckians and Pearl Harbor: Stories from the Day of Infamy*. Forgy exemplifies the "ordinary

people who suddenly found themselves in the midst of a cataclysmic historical event."

Months after the song's debut, the Navy allowed the ship's crew to talk to reporters and reveal Forgy's identity. Forgy retired in 1946 with the rank of commander. After the war, he returned to ministry in California, where he died in 1972—but his legacy in Murray lives on.

"He was pivotal in helping the church establish a physical presence," says Brittany Sutherland, current pastor of Murray's First Presbyterian Church. Among photos of former pastors in the church's hallway, Forgy is seen in his Navy uniform. See more photos and information at [KentuckyLiving.com](http://KentuckyLiving.com).

Story: Joe Arnold

Photos: U.S. Navy and original scans





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# OUTDOOR GIFT GUIDE

BY DAN HASSERT



## A LONG TIME AGO,

hunters entered the woods carrying a spear and a sharp piece of flint. These days, most need page-long lists and multiple packs to keep track of gear and equipment.

And not just hunters. Whether a person fishes, paddles, backpacks, hikes, watches birds, forages, shoots or pursues any kind of outdoors-related activity, the time they spend packing for an outing often rivals the time they plan to be on the trail or water.

If you're buying a gift for such a person this Christmas, the good news is there are endless options. But that's also the bad news.

To help, we asked outdoors experts what one gift they'd buy someone who participates in their sport.

## STAYING WARM

Courtney Goodman of Hickman gets cold easily and doesn't like it. She has one word for anybody who pursues an outdoors activity: Wool.

"I teach people how to hunt, and it's the one thing I tell everybody who complains about being cold," says Goodman, a hunting training officer overseeing 30 western counties for the Kentucky Department of Fish and Wildlife Resources. "It's the top, No. 1 thing I have to have, whether I'm fishing, hunting, hiking or camping."

Wool dries quickly, provides warmth even if wet, and doesn't hold smell like cotton. Wool clothing comes in many price ranges, but Goodman wears merino wool from First Lite as a base layer, available in different weights depending on the temperature.

For example, in warm weather, she wears First Lite's Women's Wick Quarter Zip (made of Ultralight 150 Aerowool) as her top, \$115, from the manufacturer. In cooler weather, she likes the brand's Women's Kiln Long Jane (Midweight 250 Merino-X) for her legs, available for \$110.

Other options are less expensive.



COURTNEY GOODMAN





ALEX CLINE

## FOR THE NEXT AUDUBON

Bird-watchers like to document what they see. So they sketch, paint and journal. If you know someone who wants to improve their skills at not only identifying birds but also documenting them, Laura Burford of Stamping Ground in Scott County suggests a gift certificate for an online course at the Bird Academy at the Cornell Lab of Ornithology.

Cornell Lab has an entire course catalog with classes that last from one hour to 100-plus hours, with costs ranging from free to \$239.99, with many from \$29.99 to \$59.99.

Burford, who is the non-game program coordinator for KDFWR, took an online course on sketching birds.

"It's one of the best things I've ever done," she says. "It's a really good value for the money, and I felt like I got really good instruction."

In fact, she liked the class so much that she bought a gift certificate for her 12-year-old niece.



LAURA BURFORD

## A BOOST FOR YOUR EYES

Alex Cline was on the road to go deer hunting well before dawn one morning when he suddenly drove back to his home in Shepherdsville. Why? He'd forgotten his binoculars.

"I won't go deer hunting without binoculars," Cline says. "I carry them 100% of the time."

Cline, a conservation educator for KDFWR, spends a lot of time in the woods for both work and play.

Binoculars help you identify movement from long distance. With a little moonlight, Cline says, you also can see animals moving around before the sun comes up. Conversely, he says, they break your heart by letting you see deer in the fading light after legal shooting time has ended.

An oft-mentioned rule of optics is that you get what you pay for. Cline likes the Vortex Crossfire HD Binoculars in a 10x52 size, which Bass Pro Shops sells for \$169.99. "These are a phenomenal tool," he says. There are better models, he adds, "but these won't break the bank."

Cline strongly recommends a hands-free chest harness for anyone who carries binoculars. After using a less expensive model for years, he upgraded to an FHF Gear Bino Harness Pro-M, which retails for \$125. "It's a game changer," he says.



LUKE BEHLER

## HOT DRINKS HOT, COLD DRINKS COLD

Luke Behler grew up in rural Boone County, served in the United States Army in Afghanistan during a hostile time and fought forest fires in Idaho. In the last few years he has hunted red stag in New Zealand, elk in the Rocky Mountains, moose in Alaska (where he now lives and works for the U.S. Forest Service), blacktail deer in Prince William Sound and—just recently—caribou in Alaska's Brooks Range.

One item that Behler almost always has with him is his 32-ounce Hydro Flask Widemouth insulated bottle (on sale at press time for for \$33.71 from the manufacturer). Like Behler, the thermos has enjoyed many adventures, and the dents reflect hard use. But it still works like new.

"I used that in military cold-weather survival school to keep tea hot and in the Arizona desert to keep water cold," Behler says. "I've had it about 10 years. It's fallen out of trucks and fallen off cliffs. Basically, I've used it all over the Rocky Mountains, while skiing in Alaska, and I bring it on every single hunting trip."



## KEEPING GEAR HANDY

Whether you're taking a day hike or sleeping many nights on the trail during a full-fledged backpacking trip, you need bags, packs and sacks to carry and protect your gear, not to mention organize it and keep it handy.

Nichole Nimmo of Canmer in Hart County recommends packs made out of Dyneema, a composite fabric that is extremely durable, waterproof and ultralight. She buys her stuff from Hilltop Packs.

Nimmo, nicknamed "Hilly Billy," is a nature/backpacking videographer who has hiked thousands of miles throughout the eastern U.S. and is a guide and sweeper—the hiker at the tail end of a group—for rookies doing the Sheltowee Trace Hiker Challenge.

"My favorite item from Hilltop Packs is my custom Kentucky state flag Dyneema fanny pack," Nimmo says. Hilltop sells the pack, which has a roll top, for \$95, sans the custom design.

"Between long days sweeping hiker challengers on the Sheltowee Trace or taking a saunter on my local trails at Mammoth Cave National Park, this fanny pack keeps snacks, my phone, water, and my most frequently used hiking items within easy reach without reaching into my pack," Nimmo says. "This bag has become a part of my daily carry ... and never leaves my side."

The state flag, she says, reminds her of home.



RACHEL EVITT

## NIGHT LIGHT

Tim Stein of Independence has fished with the Northern Kentucky Bass Busters for almost 50 years, so he's used to being on a boat in the dark. After all, two of the 10 tournaments the club holds around the commonwealth every year happen at night.

"Every fisherman who fishes at night needs a good flashlight," Stein says. "Changing baits, tying lines—you can't do any of that in the dark."

Nor, he says, can you retrieve a lure from a stump or a tree limb (not that he's ever had to do that).

Stein, who wrote the outdoors column for *The Kentucky Post* newspaper for many years before it closed, says he hates feeling a strap on his forehead, so he eschews a headlamp for a handheld flashlight. His is a NEBO Davinci 2000 model, which uses rechargeable batteries and puts out a stunning 2,000 lumens. He admits it "wasn't cheap" at \$54.99.

But the NEBO brand from Alliance Consumer Group (google "Nebo" and "lights") offers dozens of models starting at \$22.99, with many in the \$34.99 to \$59.99 range. One even more expensive model puts out an incomprehensible 18,000 lumens.

"These are really, really, really bright," Stein says.



TIM STEIN



PHILIP MAILHOT

## FIELD TO FORK

When outdoors expert and educator Jean Ellen Spieles of Garrison in Carter County takes a kid (or even an adult first-timer) hunting or fishing, she takes steps to make them feel emotionally connected to the activity.

One way she does that is by writing their name on harvested game that's packaged for the freezer.

From venison to fish, "you know who is providing the meal that night at the table," says Spieles, who among other things is a hunting instructor for KDFWR's Becoming an Outdoors Woman program.

If that meal comes from water, a cookbook she recommends is *Hook, Line, and Supper*, by Hank Shaw.

"It's not just recipes," says Spieles, who notes the book's subtitle is *New Techniques and Master Recipes for Everything Caught in Lakes, Rivers and Streams, and at Sea*.

The book is sold by many online booksellers, and at Shaw's huntgathercook.shop for \$27.

Recipes include everything from fish cakes to Thai and Vietnamese dishes, she says, and her two sons love it.





KentuckyLiving.com

## Easy access

No need to Google to find the recommended items in this story. Go to KentuckyLiving.com for the direct links.

## STAYING ALIVE

Last year alone, Kentucky Hunter Education Association President Stacy Faulkner of London taught outdoor skills to 1,300 youth.

“Part of hunter education is survival and first aid, and that’s kind of my specialty,” Faulkner says.

“My go-to thing would be a good survival kit,” he says. “Every student who comes through my class learns how to use a flint striker, a snare and some other stuff, like a map and compass.”

When Faulkner starts rattling off the “stuff” in a comprehensive survival kit, the list is seemingly endless: emergency blanket, rope saw, knife, whistle, fishing tackle, flashlight, water purifying equipment, waterproof map container, a spoon-fork-knife set, compass, tools to start a fire, cord, first aid kit, carabiners, sewing kit, signaling mirror, instruction cards, duct tape, candle, and—in big kits—a tube tent, hatchet and trenching tool.

He says you can assemble your own kit by buying individual items at outdoors stores, grocery stores or discount department stores, or you can buy (and add to) a pre-assembled kit. Examples: a 12-piece Gordon Emergency Survival Kit from Harbor Freight for \$27.99, a 47-piece Survival Kit by Ready Hour available online for \$19.95 at Camping Survival, or a 256-piece Tactical Survival First Aid Kit (IFAK Molle System) on sale at press time for \$69.99 online at MilitaryKart. **KL**



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# INS THE W





## Team Rubicon's mission to engage veterans in service

BY JOEL SAMS

“That’s not a lake, bro,” Mike Binnig says, nodding at the mirror-like expanse outside the truck window. “It’s a cornfield.”

Surrounded by water on each side, Jewell City Road in Hopkins County could pass for a bridge. Weeks after the flood that began on April 2, the air still reeks of river mud and rotting plants.

At the work site near Slaughters, a muddy line nearly 3 feet high scrawls the path of the Green River where it poured through a home like a sieve. The living room floor flexes underfoot, spongy and damp. River water sloshes in a brown sofa’s storage compartment, and a thick growth of mold slicks the wall.

Binnig is one of a couple dozen volunteers deployed with Team Rubicon—a veteran-led disaster response organization. Volunteers arrive on site with plastic gloves, masks, crowbars and hammers. An empty dumpster is ready and waiting. They’ve come from 13 states—retirees, young parents, veterans, firefighters, first responders and civilians—to serve communities in Christian and Hopkins counties.

When a local news station shows up to interview volunteers, the reporter asks Rick Kievert, a 20-year Air Force veteran, why he got involved with Team Rubicon. The answer makes him

emotional—he missed being part of the military family.

During breakfast that morning, he’d said something similar. Military service changed him, and he expected people to have his back. That didn’t always happen in the civilian sector.

“I missed being inside the wire,” he said. “And I figured this”—he gestured around the makeshift mess hall—“is the closest I can get.”

### BUILT TO SERVE

Team Rubicon was born in 2010, when Marine veterans Jake Wood and William McNulty led a small team of volunteers to respond to the magnitude 7 earthquake that devastated Haiti. During its first year, volunteers primarily deployed overseas. But after one of the original team members, Clay Hunt, died by suicide in 2011, Team Rubicon shifted its focus to domestic disaster response and veteran engagement.

Since its founding, Team Rubicon has grown to more than 200,000 volunteers, serving nearly 3 million people in more than 700 communities in 2024. The organization welcomes volunteers from all walks of life, including civilians, but remains focused on providing community and service opportunities for veterans.

Toni Wells, a Blue Grass Energy consumer-member from Nicholasville, is Team Rubicon’s volunteer statewide administrator. Since she got involved in 2020, Wells has seen the difference



Clockwise from top left, Rick Kievert removes damaged material from a flooded home. Ed Basch, left, and JT Smith unload supplies to begin the workday. David Weller, left, and Todd Klein carry a damaged sofa. Heather Carpenter, right, and JT Smith open a Team Rubicon trailer. Photos: Jason Whitman/Team Rubicon

service can make—not only for people impacted by natural disasters, but also for the volunteers who respond.

“Veterans need to feel needed,” Wells says. “We have to have a purpose. For 12 straight years, I had nothing but mission, mission, mission. ... When you get out, it’s not like that. But with Team Rubicon, it’s like, ‘Hey, I got you. We can do this together.’”

Wells lays the groundwork for response when disasters appear on the horizon. Before tornadoes touch down or floodwaters rise, she’s on the phone with emergency planners from areas that will be affected. When it’s safe to travel, she coordinates teams to visit communities and assess needs. She finds billeting—a place to sleep, in civilian-speak—and issues a call for volunteers, who are known as Greyshirts. When the operation is prepared and fully staffed, she hands it off. By then, she’s already looking for the next clouds on the horizon.

Wells’ path to Team Rubicon was shaped by her military experience. During 9/11, she served in the Military District of Washington Engineer Company—the U.S. military’s only technical rescue unit. Her fellow soldiers were among the first responders to arrive at the wreckage of the Pentagon, but Wells, recovering from back surgery, had to coordinate from afar. She still feels guilty she

Team Rubicon volunteers take a photo following a barn clean-out in Jessamine County. Toni Wells is shown in the front row, second from left. Photo: Team Rubicon

wasn’t there to support her unit. Team Rubicon is her way to be there now.

“I think I use it as sort of a redemption for what I wish I would have done,” she says. “What I wish I could have done.”

## ROLL CALL

The lights flick on at 06:00 in the billeting area, a church gymnasium lined with folding cots and neat piles of personal belongings. Blinking in the fluorescent glare, the volunteers who aren’t already awake roll out of bed to prepare for the workday.

At the breakfast table, Operations Section Chief Randy Catlette nurses a black coffee and shares his Team Rubicon story. A Blue Grass Energy consumer-member from Richmond, Catlette served 20 years in the Army, then nearly two decades more as a firefighter. But he realized he was slowing down. One day he was the last firefighter to climb onto the truck—something he always swore would never happen.

After he dislocated his shoulder for the fourth time, he couldn’t fool himself any longer. He retired from the fire department and signed up to deploy with Team Rubicon, completing the online training with one arm while his bum shoulder healed.



For many veterans, Team Rubicon provides coherence. Its top-down, organized, no-excuses method of tackling problems makes sense. And some find that service can help them make sense of themselves.

Catlette has heard all kinds of stories around the campfire—a Team Rubicon evening ritual observed with near-religious devotion. He says he’s met veterans who were “ready to pull the trigger” before they deployed, but somewhere in the muck and the sawdust and the camaraderie of service, they found what they needed.

“Team Rubicon saves lives,” Catlette says. He coughs and wipes an eye, shoves his chair back from the table and walks away.

## UNSEEN BATTLES

Team Rubicon’s core mission is engaging veterans and other volunteers in disaster relief. But when volunteers like Wells talk about the organization, it’s the sense of community that matters most.

Randy Catlette serves as operations section chief during an April response in Hopkins and Christian counties. Photo: Jason Whitman/Team Rubicon







At left, Jim Laman removes moulding from a window in a flood-damaged home in Letcher County in September 2022. Photo: Carlos Chiossone/Team Rubicon

#### CONTINUED FROM PAGE 26

“We’re there for each other,” Wells says. “We are our social support system and mental support system.”

U.S. veterans experience mental health disorders and die by suicide at significantly higher rates than the general population. According to the Department of Veterans Affairs, 6,407 veterans took their own lives in 2022—an average of 17.6 per day. Prevention requires not only clinical intervention, the VA says, but also the reduction of risk factors and the strengthening of protective factors “like access to mental health care, feeling connected to other people, and positive coping skills.”

Volunteering can make a difference, too. A 2016 study of 346 post-9/11 veterans found that volunteering “was associated with significant improvements in health, mental health and social outcomes in returning veterans.” VA Press Secretary Pete Kasperowicz cautions, however, that volunteering is an additional tool, not a replacement for medical care for mental health conditions such as post-traumatic stress disorder. “We encourage veterans to contact their local VA Medical Center to seek support and treatment,” he says.

“Team Rubicon has definitely helped me connect with many like-minded people, like those I served with in the military,” says Jim Laman, a Team Rubicon operations manager from South Carolina who served seven years in the Marines. Following the catastrophic flooding in eastern Kentucky in 2022, Laman deployed to Letcher County, where he spent a week mucking out flooded homes.

“Regaining a sense of purpose by serving communities in need, and the camaraderie that comes from connecting with those of similar backgrounds and life experiences, are huge in helping preserve your mental health,” he says.

The outward-focused nature of Team Rubicon’s work—bringing relief on the worst day of someone else’s life—is what resonates with Wells.

“I hate to see anybody hurt, and I’m a fixer,” she says. “If I can help somebody and make them feel better, that’s what we’re here to do.”

## RECOVERY AND RELIEF

In Slaughters, the strike team is assembled and ready to muck out the flooded home. Hopkins County Judge-Executive Jack Whitfield, who has been checking on residents, pulls the team together for a prayer before work begins. He asks for safety and offers thanks for the group of volunteers who’ve come to help “people who they don’t know, but who they love.”

Strike Team Leader Heather Carpenter, an Army veteran from Ohio, walks through the home, taking instructions from the homeowners. When she gives the green light, it’s time to work. Donning masks and gloves, Greyshirts methodically store salvageable goods in the home’s garage for cleaning, hauling the remainder to the dumpster out front. They pull up carpet and linoleum, piling logs of sodden material into plastic sleds and skidding them outdoors. They open any windows that aren’t swollen shut, circulating air to help the structure dry.

Jesse Breedlove, the deputy director of emergency management in Hopkins County, stops by several times throughout the day. He first connected with Team Rubicon following the tornado

Veterans in crisis, or those concerned about one, can contact the Veterans Crisis Line to receive 24/7 confidential support. You don’t have to be enrolled in VA benefits or health care to connect. To reach responders, dial 988 then press 1; chat online at [VeteransCrisisLine.net/Chat](https://VeteransCrisisLine.net/Chat); or text 838255.



Alpha Team Leader Heather Carpenter selects tools and supplies with Logistics Section Chief R.K. Jordan. Photo: Joel Sams

that tore through western Kentucky in 2021. The organization's chainsaw crews were "a massive help" in cleanup efforts, Breedlove says. "If there's a need, they try to facilitate it the best way they can."

Hours creep by, and the heap in the dumpster grows taller. By late afternoon, it's piled to the top. The house is empty. The walls and floors are bare. Dried river mud cakes volunteers' clothes. They put away their tools, load the trucks and head back to the church—the forward operating base, or FOB, in Team Rubicon's military lexicon.

After the last dishes are washed, a handful of Greyshirts mill around the firepit out back. They trickle in as the light fades, catching up on the day's

## Get deployable

Team Rubicon has a special focus on engaging veterans, but civilians can volunteer as well.

To be eligible, you must be at least 18 years old, pass the required background check and complete an introductory training. Visit [KentuckyLiving.com](https://KentuckyLiving.com) for more information and links to volunteer.

work, telling jokes and talking about their families. But there's more to hear, if you listen—stories of battles lost and battles won.

"Team Rubicon, especially around the campfire, it's a safe space," Wells says. "You can talk, you can tell people how you feel, and there's no judgment. It's just acceptance. And that's what keeps me here." **KL**

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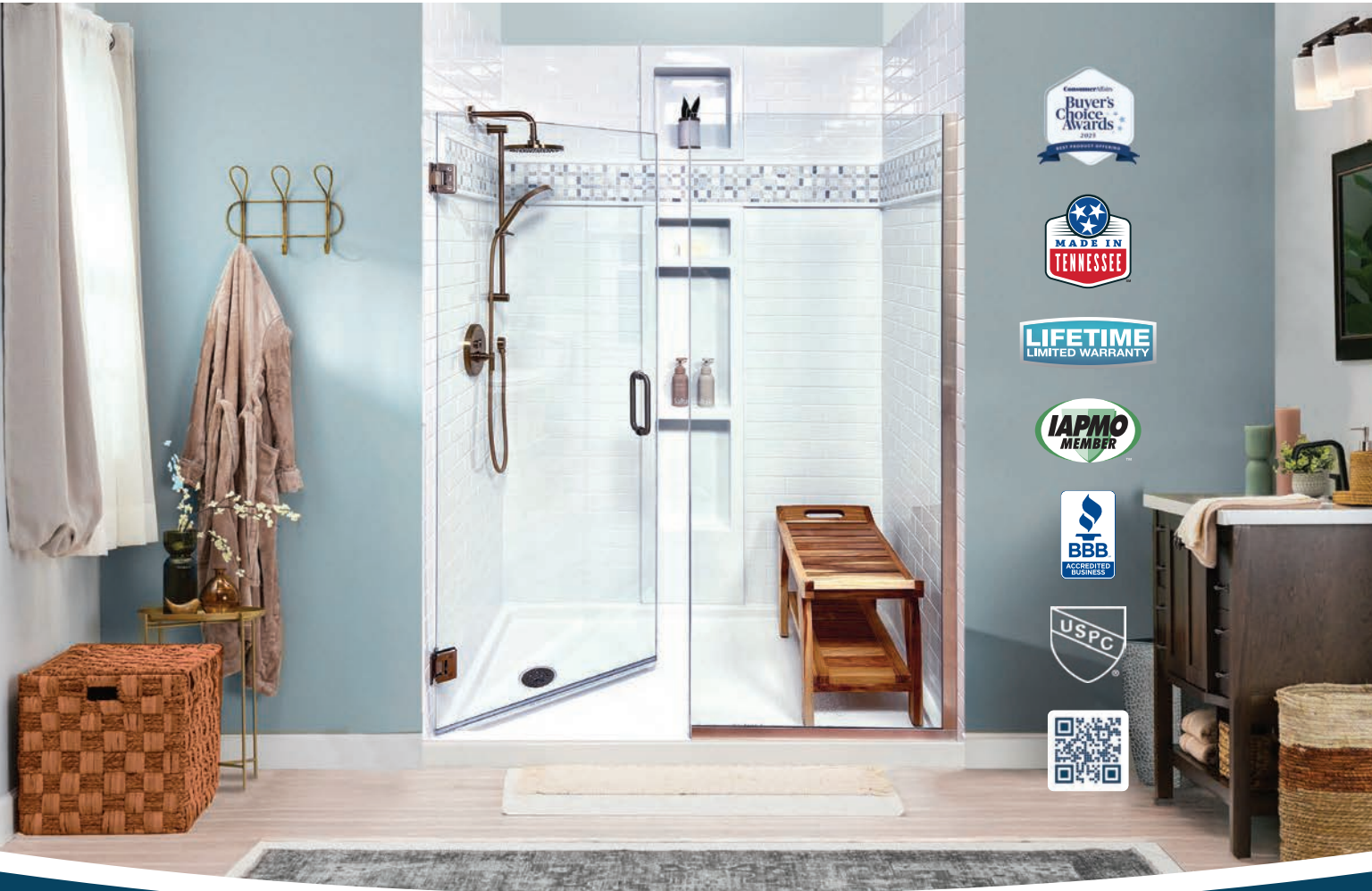
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# Black chokeberry

*A native fruit shrub*

**IF YOU ARE LOOKING** to add more native shrubs into your landscape, consider planting *Aronia menalocarpa*, also known as black chokeberry. This modestly sized deciduous shrub grows only 4 to 6 feet tall and wide, and is suitable for planting even in a small space.

Native to wet, sunny areas, chokeberry can tolerate even boggy soils but will perform best in a moist but well-drained site. Showy white flowers emerge in late spring, covering the plant. It produces edible fruit, about the size of blueberries. They are tart and bitter, but can be made into jams or jellies—if you can get them before the birds do.

Chokeberry's beautiful glossy green leaves turn a spectacular purple to red in the fall. This shrub is upright to rounded and typically does not require pruning. It is a very low-maintenance addition to the landscape.

If you want an even smaller version, try Iroquois Beauty, which grows only 2 to 3 feet tall and



SHELLY NOLD

4 to 5 feet wide. Otherwise, its characteristics are the same as the parent plant. If you prefer red fruit and fall color, consider red chokeberry, *Aronia arbutifolia*. It is a larger option that grows 6 to 10 feet tall. It blooms white to light pink and its fruit turns a beautiful red. **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

*What can I plant for wintertime screening in a shaded area?—*

*Ken Mead*

**A** Mahonia, aucuba, evergreen azaleas, pieris japonica and schip laurels are shade-loving evergreen options that could work for your needs. Keep in mind that anything you plant will be competing for moisture and nutrients from surrounding trees. You could also use a large container or grouping of containers to create a focal point to hide what you don't want to see. Evergreens can be grown in containers, but they don't want to live there forever. They will eventually need to be replaced. Since you need screening only during cold months, you could also use an assortment of cut greens to fill containers until the surrounding landscape greens up.

» Angie Oakley



KATY HURT

### Have a gardening question?

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



READER  
*recipe*

Worth the effort

**Buttermilk Fudge**

Submitted by Jeannie Hay

Jeannie's old-fashioned fudge requires a little time and effort, but the results are so worth it! Tip: Be sure to read the instructions thoroughly before starting.

**2 ½ C sugar**  
**1 C buttermilk**  
**½ C corn syrup**  
**¼ C butter**  
**Dash of salt**  
**1 tsp baking soda**

In a large, heavy-bottomed saucepan, stir to combine first five ingredients. Cook over medium heat, stirring occasionally, and bring to a low boil, then stop stirring. Clip candy thermometer to pan and continue cooking without stirring until the mixture reaches 240° (soft ball stage), then remove it from heat and let cool undisturbed until temperature drops to 200°F. Once cooled, add the baking soda. Beat the mixture with a hand mixer on high speed for 20-30 minutes. As it cools, it will lighten in color and begin to thicken to a fudge-like consistency. Don't stop mixing too early; this step takes time. Once the mixture thickens and loses its gloss, pour it into a greased 8x8-inch pan and spread it evenly with an offset spatula. Let cool completely until firm, then slice into small squares. Makes about 30 1-inch squares.

HEATHER BILYEU

*A side and a sweet**From my Southern Thanksgiving table to yours*

**THANKSGIVING HAS ALWAYS** been about more than just all the yummy food. But let's be honest, the food is pretty special, too. The carb-loaded casseroles, juicy turkey, sweet desserts and the stories shared around the table make the day so memorable.

As I get ready for this holiday season, I'm bringing you a side and a sweet to enjoy. I hope they bring joy to you this holiday season. May your hearts (and bellies) be extra full this month, as we are grateful for all of our blessings.

**Sweet Potato Casserole with Crunchy Cornflake Streusel**

**3-4 lb sweet potatoes**  
**¼ C butter**  
**¼ C brown sugar**  
**2 eggs**  
**1 tsp salt**  
**1 tsp cinnamon**  
**¼ tsp nutmeg**  
**½ C milk**

**Topping**  
**2 C cornflake cereal, crushed**  
**¾ C chopped pecans**  
**¾ C brown sugar**  
**½ C melted butter**  
**Pinch of salt**

Preheat oven to 350°. Peel and dice sweet potatoes; boil until fork-tender (10-15 minutes) and drain. In a large bowl, mash potatoes with butter, brown sugar, eggs, salt, cinnamon and nutmeg until smooth. Mix in milk. Spread into a greased 9x12-inch or 1 ½ quart baking dish and bake for 20 minutes. Meanwhile, combine all topping ingredients in a bowl. Sprinkle topping over casserole and bake another 15-20 minutes. Serve warm. Serves 8-10.

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

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

HEATHER BILYEU



## *“Friends made here”*

*Carol's Homestyle Cooking in Bardwell*

JOEL SAMS

**WHEN CAROL'S HOMESTYLE COOKING** in Bardwell opens at 5 a.m., there's a slow trickle of customers, mostly ordering to go. Around 7 a.m., the senior citizens start to arrive, and there's usually a tableful until about 9:30 a.m. When it's rainy, restaurant owner Carol Wright says, the farmers come in for lunch—but she sees less of them during harvest season. On Sundays, the 68-seat dining room fills up three times between 10:30 a.m. and 1:30 p.m. “It's a madhouse for a while,” Carol says.

The restaurant, which opened in 2012, has become a beloved gathering spot in Bardwell. “People come in, and they sit with people they don't even know,” Carol says. “I think there's lots of friends made here.”

Carol has worked in restaurants her whole life. She got her first job at 18, cooking at Trail's End Truck Stop in Arlington, and later managed an Arby's in Georgia before moving back to Kentucky. These days, Carol has stepped back from early mornings—her daughter Chasity Wright, a Gibson Electric consumer-member, handles opening now—but she still makes all the desserts and cooks lunch twice a week.

“Why not do something you enjoy?” Carol says. “And people get great satisfaction out of it.”

The menu at Carol's features “just plain old country food” like baked apples, chicken and dressing, fried chicken, roast beef and baked ham; breakfast options like sausage, bacon, “eggs any way you want,” biscuits and gravy and hash browns; and homemade desserts like peach, blackberry and cherry cobblers, strawberry cake and banana pudding. But the main attraction, Carol says, is the community that gathers every time her doors open.

“They stand behind me,” Carol says. “I'm telling you, it's great.”

Located at 710 U.S. Highway 51 in Bardwell, Carol's is open 5 a.m.-1:30 p.m. Sunday-Thursday, closed Friday and Saturday.



CAROL WRIGHT

## Carol's Homestyle Cooking Sweet Potato Pie

Serves 8-10

**2 C sweet potato, roasted until soft, skin removed, mashed**  
**1½ C sugar**  
**1 tsp ground ginger**  
**½ tsp cinnamon**  
**1 tsp ground nutmeg**  
**1 egg, beaten**  
**2 Tbsp flour**  
**1 C milk**  
**1 pie crust (homemade or store-bought)**

Preheat oven to 350°. Combine all pie filling ingredients, then pour into unbaked crust. Bake 45–60 minutes, until center is set. Let cool completely before serving.



CAROL WRIGHT



# Prep now for winter savings



*What can I do now to manage my winter energy bills?*

**MIRANDA BOUTELLE**  
writes on energy efficiency  
for the National Rural Electric  
Cooperative Association

Just as you pull out your winter gear before you need it, prepping your home for the coming season is a great idea. This saves on energy costs and helps reduce the strain on the electric grid during extreme winter weather when energy use is at its peak in your community.

First, consider your home's layers. Just like layering up in winter clothing, your home needs layers, too. Air sealing and insulation protect your home from the elements while locking in the warm air.

There are a few upgrades you can take care of yourself. Make sure sash locks and window cranks are in good working order and cleaned of any dirt and leaves so they close snugly. The crevice tool attachment on a vacuum cleaner and a small, dry scrub brush or old toothbrush work great. The locks should pull the top and bottom window sashes together tightly. For casement windows, the locks



MIRANDA BOUTELLE

should pull the window tightly to the frame.

## Air flow and filters

Although it might not seem like a significant difference, reducing airflow through and around windows can make your home more comfortable in the winter.

Replacing broken or non-functional sash locks can be a reasonable DIY project, but it's best to do it before cold weather hits. Use caulk to seal all gaps around the window trim. If you have operable storm windows, make sure they close.

If you have a forced-air heating or air conditioning system, replace the filter. First, turn the system off to check it. If your filter is dirty, leave it in place until you have a replacement. Running your system without a filter can send any dust or dirt in the ductwork directly into the components and damage your equipment. **KL**

## FILTER FILL-UP

Stocking up on filters for your heating system can save you money. Look for packages with multiple filters, which are generally cheaper than buying them individually. Don't see a bulk pack at your local hardware store? Ask at the customer service desk. They may be able to order them for you.

# Holiday food prep

*Ingredients for safety*

## WHEN FAMILY AND

**FRIENDS** gather to celebrate during the holidays, food usually is involved. But not all feasts turn out festive. The United States Fire Administration estimates more than 2,000 residential fires are reported each Thanksgiving, with cooking the leading cause.

Take precautions and be safe—protect your home and family from fire hazards by installing smoke alarms in every bedroom, outside each sleeping area and on every level of the home. Test the batteries in each smoke alarm every month and replace them once a year. Creating an escape plan for the whole family will ensure that no matter the circumstances, everyone knows how to exit safely.

Unattended cooking equipment is the leading cause of home cooking fires; always be sure



DEBORAH KOLBARD FOR STOCK

someone takes over the preparation when needed. Before cooking, clean the stovetop and oven to wipe away any grease or dust to prevent a fire.

It's easy to forget about something in the oven while you're cooking, especially when entertaining guests. Use a kitchen timer to make sure your dish doesn't burn to a crisp, creating a fire hazard. When cooking on the stove, use the back burners to protect yourself as well as any reaching hands, from spills or burns. If children are in the room, keep a close eye on them, or better yet, guide them out of the kitchen. If cooking over a hot stove, wear short or close-fitting sleeves to avoid a fire.

Always locate appliances away from the sink to avoid any electrical dangers. Plug countertop appliances into ground fault circuit interrupter protected outlets and keep cords away from hot surfaces like toasters. When they aren't being used, unplug them to save energy and avoid electrical hazards.

Before your family sits down to enjoy the meal you just prepared, be sure all appliances have been turned off. Then you can enjoy one another's company during the holiday season with peace of mind, knowing that everyone is safe. **KL**



**DUSTIN SKAGGS**  
Safety Coordinator,  
Fleming-Mason  
Energy

**YEARS AT THE  
CO-OP: 15**

## WHEN I'M NOT WORKING I'M:

Enjoying the outdoors  
with my 6-year-old  
son, Memphis.

## Kitchen safety checklist

- Are any appliances plugged into extension cords on a permanent basis? If you answered "yes," have a licensed electrician install new outlets where needed or move equipment closer to an outlet. Extension cords are for temporary use and can become a fire hazard.
- Are all appliance cords placed so they will not come in contact with hot surfaces? If you answered "no," move cords away from all heat sources to help keep them from melting or burning from the excess heat.
- Is any cord cracked, frayed or otherwise damaged? If you answered "yes," do not use damaged cords, especially if there are exposed wires. Have a licensed electrician replace the cord or replace the equipment.



# Smoking and cancer treatment

*The habit matters more than you think*

**IF YOU OR SOMEONE** you know has been diagnosed with lung cancer, you've probably heard about cancer "staging"—how doctors determine how advanced the cancer is and what treatments work best. But what if your smoking status is just as important as your cancer's stage when it comes to survival?

The University of Kentucky Markey Cancer Center's recent international study of nearly 49,000 lung cancer patients found something that could change how we approach cancer treatment: Smoking status has such a profound impact on outcomes that it should be considered alongside traditional staging when making treatment decisions.

## What the research shows

This research is the first to show that smoking status can be as powerful a predictor of survival as the cancer's stage itself. Patients who currently smoked had a 39% lower survival rate compared with those who never smoked, while patients who formerly smoked had a 32% lower rate. Among patients with early-stage disease, smoking history had a greater impact on survival than whether cancer had spread to nearby lymph nodes.

These findings hit close to home for Kentucky, which



has among the highest smoking and lung cancer rates in the nation—and shows why addressing tobacco use is so critical for improving cancer outcomes in our communities.

Tobacco smoke after a cancer diagnosis decreases the effectiveness of cancer treatment and causes poor health outcomes. Last year, we led another study that showed that quitting smoking within six months after a diagnosis can improve median survival by about four years.

It's never too late to quit, and this is the best thing

patients can do to help improve their cancer treatment outcomes. Quitting also reduces risk and severity of other health conditions such as heart disease, stroke, lung disease and numerous other health problems.

Taken together, these studies represent the cutting edge of how Kentucky is helping lead changes internationally, and how we are bringing the best treatment back to our patients and families across the commonwealth.

If you're facing a cancer diagnosis and you smoke, talk to your health care

team about quitting. The Kentucky Tobacco Quitline (1-800-QUIT-NOW) also provides free counseling and support.

Cancer is frightening, and a lung cancer diagnosis can feel overwhelming. But treatments continue improving, and survival rates are getting better. Quitting smoking is one of the most powerful steps you can take to improve your treatment outcomes. **KL**

**GRAHAM WARREN, M.D., PH.D., F.A.S.C.O.**, is a radiation oncologist at the University of Kentucky Markey Cancer Center.



# Another chapter

Kentucky's independent bookstores

BY AMY COBB

The Next Chapter Bookstore in Cynthiana hosts a monthly book club. Photo: Betsy Owens

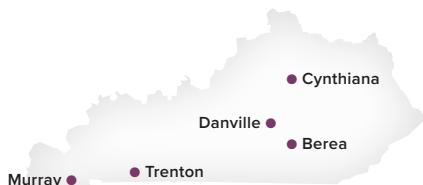


**INDEPENDENT BOOKSTORES** seem to be thriving across Kentucky, reflecting a national trend that saw several hundred bookstore businesses opening in the United States in 2024, according to the American Booksellers Association. Check out our state's independent bookstores—pick up a book and flip through its pages, and enjoy the personal touch they provide with community-centric offerings like special local events, book clubs and movie nights.

## Bolin Books

Murray was missing the kind of bookstore Wesley and Whitney Bolin liked to visit when they traveled to other cities. And since Murray is a college town, the Bolins thought a bookstore would be a good fit there. In 2022, the couple opened Bolin Books, a bookstore with gently used books offering a variety of genres for children and adults.

The couple personally hand-pick every book on their shelves, and Whitney



enjoys talking about the selection with customers. “It really has helped me learn more about our community and exactly what they want and what they like to read about,” she says.

Whitney admits she's bought her fair share of books online. “So there's no judgement for anyone who does that,” she jokes. But as an avid sci-fi fantasy reader, Whitney says shopping at a local bookstore offers a personal touch that “makes the reading experience richer.”

## Florence Gail Bookshop

“It's been a lifelong dream—always—to open up a bookstore,” says Florence Gail Bookshop owner Heather Campbell. About a year ago, as Campbell walked

her dogs on Trenton's Main Street, she noticed a for rent sign and inquired about the building. “And it all just aligned, and I took the leap,” she says.

Campbell's Todd County shop offers a variety of new and used books. She also hosts community-focused events there, including a monthly book club and fitness class, plus quarterly activities like movie nights and a cookbook club.





## CENTRAL KENTUCKY BOOKSTORE CRAWL—HOLIDAY EDITION

Pick up a special “passport” from 9 a.m.–6 p.m. November 8 and travel to multiple central Kentucky independent bookstores for the Central Kentucky Bookstore Crawl—Holiday Edition. For each store visited, you’ll get your passport punched to enter a drawing for a chance to win some cool prizes—gift cards, store swag and books.

Participating bookstores include: A Likely Story in Midway, Fabled Forest Books & Gifts in Georgetown, Plaid Elephant Books in Danville, Poor Richard’s Books in Frankfort, The Kentucky Bookstore in Lawrenceburg, The Next Chapter Bookstore in Cynthiana and The Taleless Dog Booksellers in Berea.

For details, call The Taleless Dog Booksellers, (859) 302-8757; or visit [centralkybookstorecrawl.my.canva.site](http://centralkybookstorecrawl.my.canva.site).

“It’s just cozy,” Campbell says of her inviting, movie scene-worthy space—complete with complimentary spiced cider this time of year. “I want everybody to walk in and feel like they’re at home.”

Florence Gail Bookshop has become a community gathering hub, connecting



Eden Dean, along with little brother Judah Dean in the background, help celebrate the fourth anniversary of Plaid Elephant Books in Danville. Photo: Kat’s Eye Photography

fellow readers. “It’s just been a dream come true,” Campbell says. “I love it. It’s my happy place.”

### Plaid Elephant Books

Since 2021, Plaid Elephant Books in Danville—central Kentucky’s only independent children’s bookstore—has offered a family-friendly space for kids (and their adults) to explore books, from touchy-feely board books for babies to young adult fiction geared toward teens. There are also cozy reading corners and a Tiny Zoo play area.

Owner Kate Snyder recognizes the significance of independent book shops, noting, “Bookstores play an important role in encouraging literacy in the community.” To promote reading at an early age, Plaid Elephant Books hosts a monthly Musical Storytime for preschoolers. A recent event encouraged kids to read to shelter pets.

Snyder strives to make each customer’s visit to Plaid Elephant Books a fun experience, not just another shopping trip. “Kids are really the main focus of the store,” she says, “with the idea that kids need and deserve spaces that are designed and dedicated for them.”



Wesley Bolin sits in the nonfiction and classics room at Bolin Books in Murray. Photo: Whitney Bolin



KentuckyLiving.com

### Books on video

Video and the written word meet in the YouTube channel operated by The Shire Bookstore. “Anna the Hobbit” welcomes you to the store’s videos, where you can watch book discussions and more. Find the link at [KentuckyLiving.com](http://KentuckyLiving.com).

### The Next Chapter Bookstore

“We really are uniquely positioned to make personal connections with our customers,” says Betsy Owen, The Next Chapter Bookstore owner. “It’s something that I really enjoy.”

Owen has made a lot of new friends since taking over the shop in 2023, and a monthly book club hosted at the bookstore is connecting others. Even though Cynthiana is a small town where “pretty much everybody does know everybody else,” Owen says the monthly gathering “gives people an opportunity to connect with people they may otherwise not ever connect with.”

Owen believes a diverse representation of people in the pages of a book matters. “I really do try to make sure when I’m ordering that we do have a pretty good representative sample so that if you’re

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## Lincoln Family Christmas Experience Tour Nov 22

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## Christmas Crafters' Market Dec 5 & 6

Springfield Baptist Gym  
Presented by  
Springfield Main Street

## The Beautiful Music of Christmas Dec 6 & 14

St. Catharine Hall  
Presented by Mid Ky Arts



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### Featured bookstores

#### Bolin Books

304 Main St., Murray  
[bolinbooks.com](http://bolinbooks.com); Facebook: Bolin Books;  
(270) 216-0863

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and Thursday; 11 a.m.–5 p.m. Friday;  
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#### Florence Gail Bookshop

107B S. Main St., Trenton  
[florence-gail-bookshop.b12sites.com](http://florence-gail-bookshop.b12sites.com);  
Facebook: Florence Gail Bookshop;  
(931) 216-5413

Hours: noon–3 p.m. Wednesday;  
11 a.m.–4 p.m. Friday and Saturday.  
Wednesday 12 p.m.–3 p.m., Friday and  
Saturday 11 a.m.–4 p.m. Offers a wide  
variety of new and used books of all genres.  
Monthly book club meets 6 p.m. on fourth  
Tuesday. Served by Pennyrite Electric.

#### Plaid Elephant Books

116 N. 3rd St., Danville  
[plaid-elephant-books.com](http://plaid-elephant-books.com); Facebook: Plaid  
Elephant Books; (859) 449-2010

Hours: 10 a.m.–5 p.m. Tuesday;  
Wednesday–Friday 10 a.m.–6 p.m.  
Wednesday–Friday; 10 a.m.–4 p.m.  
Saturday. Besides books, it offers stuffed  
animals, puzzles, games and more.  
Musical Storytime (music, movement, and  
a story) for preschoolers is 11 a.m. the third  
Thursday of every month.

#### The Next Chapter Bookstore

201 East Pike St., Cynthiana  
[thenextchapter41031.com](http://thenextchapter41031.com); Facebook: The  
Next Chapter Bookstore Cynthiana;  
(859) 569-3078

Hours: 11 a.m.–5 p.m. Tuesday–Thursday;  
11 a.m.–6 p.m. Friday; 10 a.m.–4 p.m.  
Saturday. New books for all ages, primarily  
fiction, plus special orders and gift items like  
reading rests, stuffed animals, bookmarks  
and book lights. Monthly book club meets  
6 p.m. the last Tuesday.

#### The Taleless Dog Booksellers

204A Estill St., Berea  
[thetalelessdog.com](http://thetalelessdog.com); Facebook: The  
Taleless Dog Booksellers; (859) 302-8757

Hours: 10 a.m.–6 p.m. Monday–Saturday;  
1–5 p.m. Sunday. New books for children  
and adults in all genres. Features a section  
with Kentucky and regional authors, plus  
topics about the region.

### More independent bookstores

#### Main Street Books

21 N. Main St., Monticello  
[msbmonticello.com](http://msbmonticello.com); Facebook: Main Street  
Books Monticello; (606) 753-6125

Hours: 10 a.m.–6 p.m. Tuesday–Friday;  
9 a.m.–3 p.m. Saturday. Opened in 2023  
in a 1901 historic building. Offers fiction,  
nonfiction, graphic novels, cookbooks and  
more, plus a dedicated children's area,  
gifts and apparel. Story Time for kids on  
Saturdays, bimonthly book club for adults.  
Upcoming: Book signing with Kentucky  
author Angela Correll and Christmas Open  
House in conjunction with Small Business  
Saturday, both November 29. Served by  
South Kentucky RECC.

#### Schimmel's Bookery

870 Fairview Ave. Ste. 3, Bowling Green  
[schimmelsbookery.com](http://schimmelsbookery.com); Facebook:  
Schimmel's Bookery; (270) 202-3857

Hours: 11 a.m.–8 p.m. Tuesday–Saturday.  
Features new books including fiction,  
nonfiction, poetry, horror and more. Also  
offers notebooks, journals, and locally  
handmade book sleeves.

#### The Bookstore at the Berry Center

129 S. Main St., New Castle  
[berrycenterbookstore.com](http://berrycenterbookstore.com); Facebook:  
The Bookstore at The Berry Center;  
(502) 743-1820

Hours: 10 a.m.–5 p.m. Tuesday–Saturday.  
Located in a 200-year-old historic cabin.  
Carries works of Wendell Berry and other  
Kentucky authors, handmade books and a  
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regional economies. Upcoming: Kentucky  
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The Taleless Dog Booksellers is located in a circa-1921 log cabin in Berea. Photo: Susan Buckmaster

Florence Gail Bookshop in Trenton hosts community events like a cookbook club and movie nights. Photo: Heather Campbell

looking for yourself in a book, hopefully you're able to find it here," she says. "I think that every story matters and every story is different."

## The Taleless Dog Booksellers

A circa-1921 log cabin is home to The Taleless Dog Booksellers in Berea. Owner Susan Buckmaster describes the shop with a courtyard as cozy and warm. "This space just lends itself to being a bookstore," she says.

Buckmaster and her husband bounced ideas around in choosing the shop's name. One word—tales—kept coming up. Buckmaster then looked down at their dogs Bailey and Truman, neither with tails, and she thought of "taleless dog." That stuck, and the new store had its name. Then, six months after opening, Nora the tailless cat showed up on their doorstep and became the bookstore cat.



Buckmaster says reading is "the foundation of everything that we do" and vital for the future success of every child. "Every town—big town or little town—needs a bookstore," she says, "that encourages reading and makes reading fun." **KL**

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

  
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- Williamstown Christian Church
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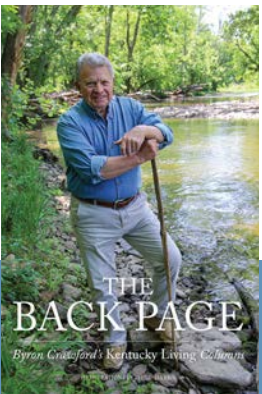
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# EVENT CALENDAR



1



2



3



4

## 1 HERBS & HANDCRAFTS

Celebrate Kentucky's mountain culture at the Appalachian Herb and Handcrafters Festival, November 8 in Grayson City Park. Highlights include traditional crafts, herbalism, holistic living and family activities, along with hands-on workshops and demos from salve-making to flower drying. Enjoy local vendors, live folk music and food trucks, plus kids activities. Hours: 9 a.m.–7 p.m. Free admission. Info at Facebook: Appalachian Herb and Handcrafter's Festival.

## 2 VETERANS HONORED

Fort Thomas honors the men and women in uniform at its Veterans Day Ceremony, November 8 at the Charters of Freedom in Tower Park, featuring the honor roll of veterans, placing of a wreath, and patriotic readings and music. Event begins 10 a.m. with coffee at the Armory, and ceremony at 11. Lunch provided for vets afterward until 1 p.m. Info: [fortthomasky.org/calendar](http://fortthomasky.org/calendar), (859) 441-1055. The city also highlights its veterans at [fortthomasky.org/resources/vets-stories/#](http://fortthomasky.org/resources/vets-stories/#)

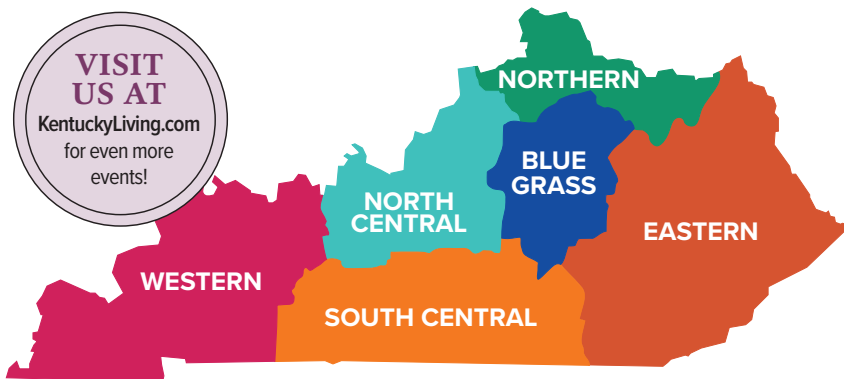
## 3 SANTAS & SNOWMEN

You'll find hundreds of hand-painted Christmas ornaments, plus Santas and snowmen in all shapes and sizes at the Barren County Homemaker Christmas Bazaar. The November 22 event is 8 a.m.–1 p.m. at the Barren County Extension Office in Glasgow. Browse through hand-crafted stocking stuffers, knitted and cloth household items and specialty gifts in every price range, plus yummy baked goods. Proceeds support Barren County charities. For more info, [barren.ca.uky.edu](http://barren.ca.uky.edu), (270) 651-3818.

## 4 SNOW INCLUDED

Bundle up, because Morgantown guarantees snow for its Holiday Hoopla November 22, courtesy of a snow-making machine. The free event is 4–8 p.m. on Main Street and includes reindeer-pulled carriage rides, carnival, holiday lights, food trucks, craft vendors and live holiday music, along with free hot chocolate, cotton candy and other treats. Plus Santa, of course, and a big drone show at 7 p.m. More info, [morgantownky.gov](http://morgantownky.gov), (270) 526-3557.





## BLUEGRASS

### SATURDAY, NOVEMBER 1

**Holly Jolly Market**, (859) 304-3057, Garrard Education Center, Lancaster

### FRIDAY, NOVEMBER 7

**Heritage Food Festival**, thru 9th, (859) 612-9670, Terrapin Hill Farm, Harrodsburg

### TUESDAY, NOVEMBER 18

**Taimane**, (877) 448-7469, Norton Center for the Arts, Danville

**Waveland's Holiday Tea**, 25th, (859) 272-3611, Waveland State Historic Site, Lexington

### FRIDAY, NOVEMBER 21

**Marty Stuart**, (859) 236-4692, Norton Center for the Arts, Danville

## EASTERN

### SATURDAY, NOVEMBER 15

**Owl Prowl**, (606) 286-7009, Carter Caves State Resort Park, Olive Hill

### SATURDAY, NOVEMBER 22

**Appalachian Holiday Arts & Crafts Fair**, (606) 783-2204, Morehead Conference Center

## NORTH CENTRAL

### SATURDAY, NOVEMBER 1

**Trims and Whims**, thru 2nd, (502) 321-6194, Wright Elementary School, Shelbyville

### SATURDAY, NOVEMBER 8

**The Dinner Detective True Crime Murder Mystery Dinner Show**, (866) 612-0535, Tempo by Hilton Louisville Downtown NuLu, Louisville

### THURSDAY, NOVEMBER 13

**North American Championship Rodeo**, thru 15th, (502) 367-5000, Kentucky Exposition Center, Louisville

### SATURDAY, NOVEMBER 22

**Christmas at Kentucky Kingdom**, thru Jan. 3rd, (502) 813-8200, Kentucky Kingdom Theme & Water Park, Louisville

### FRIDAY, NOVEMBER 28

**Yuletide at Yew Dell**, thru Dec. 20th, Fridays and Saturdays, (502) 241-4788, Crestwood

## NORTHERN

### FRIDAY, NOVEMBER 7

**Kentucky Storytellers Association Conference & Evening Storytelling**, thru 8th, (859) 866-4147, General Butler State Resort Park, Carrollton

### SATURDAY, NOVEMBER 8

**Karley Davidson & Charlie John**, (484) 686-8087, DownTowne Listening Room, Newport

### SUNDAY, NOVEMBER 16

**Royal Princess Brunch**, (859) 746-2700, Receptions Event Centers, Erlanger

## SOUTH CENTRAL

### FRIDAY, NOVEMBER 7

**Black Mountain Film Festival**, thru 9th, (606) 679-6366, The Virginia Theatre, Somerset

**Garden Tractor Pull**, thru 8th, (606) 706-7777, Central Kentucky Ag Expo, Liberty

### SATURDAY, NOVEMBER 8

**Veterans Day Chili Cook-off**, (270) 255-4768, Tompkinsville

### TUESDAY, NOVEMBER 18

**Christmas Island**, thru Dec 31st, (800) 240-2531, Burnside

### TUESDAY, NOVEMBER 29

**Christmas in the Foothills**, (606) 340-7475, Albany

## WESTERN

### THURSDAY, NOVEMBER 6

**Christmas Open House**, thru 8th, (270) 443-0858, Troutt Old Time General Store and Market, Paducah

### FRIDAY, NOVEMBER 7

**The Steel Wheels**, (270) 926-7891, Bluegrass Music Hall of Fame & Museum, Owensboro

### FRIDAY, NOVEMBER 14

**Larry Sparks & The Lonesome Ramblers**, (270) 926-7891, Bluegrass Music Hall of Fame & Museum, Owensboro

### SATURDAY, NOVEMBER 15

**Madisonville Arts and Crafts Faire**, (818) 470-4407, Ballard Convention Center, Madisonville

**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 December 1 for the February issue.**

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#### 1 COAT OF MANY COLORS

Addie Lou Watkins poses as Dolly Parton in her coat of many colors. Photo taken by aunt Hannah Copher and submitted by great-aunt Leila Brooks, a Fleming-Mason Energy consumer-member.

#### 2 ROOTING AROUND

Joina Swanner captured this photo of her Kunekune sow and piglets grazing in the sunset light. Swanner is a consumer-member of Jackson Energy from London.

#### 3 TAKE THE LEAP

Mary Carey jumps across round bales on her farm in Nazareth, near Bardstown, during a photoshoot. Photo by Leslie Tucker, a Salt River Electric consumer-member.

#### 4 FALL PAWS

Paisley enjoys playing Frisbee and making the most of the last fall leaves at Suiter Farms. Photo by owner Katlyn Suiter, Trenton, a consumer-member of Pennyriple Electric.

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# KENTUCKY kids

## Doing chores

Helping at home is a great way to practice being independent. Take pride in the jobs you do and the responsibilities you have!



## WAYS TO RECYCLE



Recycling instead of throwing things in the garbage keeps materials that are still useful from being wasted.

**Tip:** Remove the caps from plastic bottles you are recycling and place them separately in the bin.

**Why It Matters:** Plastic caps are made from different kinds of plastic. If they stay on, they can interfere with the sorting of the bottles. Taking them off makes it easier to recycle everything the right way.



## Did You Know?

Apples float in water because they are about 25% air, making them less dense than water.

## Green Team Tip

Make a plan to plant a tree. Trees are good for the planet and they give us the shade we need on hot days.

— Mary Beth Jones, age 14



Enter  
KIDS  
Contest

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

## Spectacled Bears

Andean bears are also known as spectacled bears for the rings of light fur around their eyes, which can look like eyeglasses against the rest of their black or dark brown fur. These

bears are native to the Andes Mountains. Not much is known about them in their habitat because they're shy and usually avoid people.



## Tell us a joke!

Why did the lightbulb go to school?

Because it wanted to get a little brighter!

— Isla Blake Martin, age 4



# GREAT OUTDOORS

## Kentucky Hunters for the Hungry

*Celebrating 25 years of giving back*

**DURING THE TIME** I've lived in Kentucky and written about the great outdoors, I have learned of so many great organizations that contribute to providing opportunities for those who love to be outside. Kentucky Hunters for the Hungry gives hunters a way to give back to communities and harvest more deer for conservation. This year marks its 25th anniversary as an organization, but the history began years before.

In 1988, the deer herds in Kentucky had exceeded their carrying capacity in some areas. This prompted biologists to encourage an increase in doe harvests. It also led to discussions among a group of avid hunters who wanted to support wildlife management but were concerned about how to manage the extra venison they couldn't store or that would be more than their small families could consume. These hunters decided that sharing their extra venison by donating it to those in need would address those concerns, helping others at the same time.

That fall, Hunters for the Hungry was established as hunters collaborated with processors and food banks to provide donated meat to those who needed nutritious meals for their families. The organization's full name would come later.

In the 1990s, the project caught the attention of the Kentuckiana chapter of Safari Club International, a group of dedicated hunters and conservationists. The Kentuckiana chapter contributed funding and volunteers to process the venison that hunters donated. Chapter members gathered at a local processor and spent hours processing deer. The meat was ground into venison burger, then frozen for later distribution to local charities.

The idea spread and became highly successful in states where sufficient funding was available. In 2000, Roy Grimes, then deputy commissioner of the Kentucky Department of Fish and Wildlife Resources, asked the local Safari Club Board if they would be willing to organize sportsmen's



### Millions served

In 2024, Kentucky Hunters for the Hungry processed more than 3,000 donated deer, producing 140,028 pounds of venison, which equated to 560,411 meal servings. Over the past 25 years, the organization has processed more than 35,000 donated deer—amounting to a total of 6.45 million meal servings.

groups to form an organization that could develop the Kentucky Hunters for the Hungry program and expand it throughout Kentucky.

The result was Kentucky Hunters for the Hungry, Inc., a charitable 501(c)(3) organization, incorporated in July 2000 with the support of the Kentucky Department of Fish and Wildlife Resources. Its first executive director was Brent Harrel, who worked with an elected board of directors that included representatives from conservation organizations.

KHFH grew quickly during its first season, with 40 meat processors processing around 20,000 pounds of venison—amounting to more than 150,000 meals for those in need. In recent years, the average harvest has increased to 60,000–70,000 pounds of meat, providing up to 560,000 meals per year. Still, funding remains a major limiting factor.

Visit [kyhuntersforthehungry.info](https://kyhuntersforthehungry.info) for more information. **KL**

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

► Receive this decal to show you are a donor and to promote Kentucky Hunters for the Hungry. Photo: KHFH



# Eye Doctor Helps Tennessee Legally Blind To See



— High Technology For Low Vision Patients Allows Many To Drive Again



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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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I certify that the statements made by me are correct and complete. (Signed) Shannon Brock, Editor		



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# The Veterans Village

*As doors open, miracles happen*



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

**NOT LONG AFTER** Dr. Carlen Pippin volunteered to serve meals and hand out food boxes at the Serenity Center community kitchen in Shelbyville, he was shocked to discover that about 40 to 50 veterans came through the food line each week, and that some were homeless.

Pippin, a retired veterinarian in Shelby County who served with the 101st Airborne Division in Vietnam, brought the matter before fellow members of the local VFW post—prompting veterans Robert Baker and Barry Campbell to join Pippin as volunteers, along with Marine veteran Gerald Sebree, director of the Serenity Center.

In the weeks that followed, as the four shared tables with veterans who came for meals, they learned that some were sleeping in their cars, while others had no transportation and were in desperate struggles with medical and financial problems, post-traumatic stress, substance abuse and other critical issues.

conditions because they were afraid social services would take away the grandkids.”

Touched by such needs, Pippin and other veterans dug into their pockets to create a small fund to assist with the most desperate hardships. Local businessman Jerry Karem and CPA Robert Diamond and his wife, Cindy, lent major support as news of the effort spread through the community. Veterans Stanley Fister, a builder, and Bobby Pridemore, a construction contractor, also offered assistance.

When the story aired on a Louisville television station, other hearts, doors and purse strings began to open. Now, five years later, on the eve of Veterans Day and Thanksgiving, those early efforts of a caring band of veteran brothers and a small army of unnamed volunteers are bringing hope to many neglected vets through what has become Veterans Rural Outreach.

A section of Bradshaw Street in Shelbyville has been transformed into “Veterans Village” and is lined with six new, fully furnished mini-homes built by Crossroads Missions volunteers. A spacious veterans community center feeds vets from Shelby and surrounding counties on Thursday nights, and offers counseling and recovery help under the supervision of Veterans Rural Outreach Executive Director Brady Wright. So far, 35 veterans have been residents of the mini-homes, usually over a period of six months to one year, while transitioning to better lives.

“This place saved my life,” one veteran told me.

Much of the money for the mini-homes was given by individuals and nonprofits who chose to remain anonymous. Some homes were donated in memory of a relative who was killed in Vietnam, or veterans of other wars, and in whose honor the homes were named. More mini-homes and transitional services are planned.

Pippin welcomes other communities to inquire about the project at [vroky.org](http://vroky.org).

“It’s totally a gift from God,” he says. “Miracles happen every day.” **KL**



“Some didn’t even know that they’re entitled to benefits for their service,” says Pippin, a consumer-member of Shelby Energy. “One couple was living in a tent with two of their grandkids. They’d gotten custody of the grandkids, but wouldn’t tell anybody about their living





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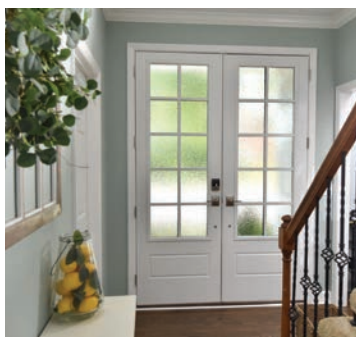
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