

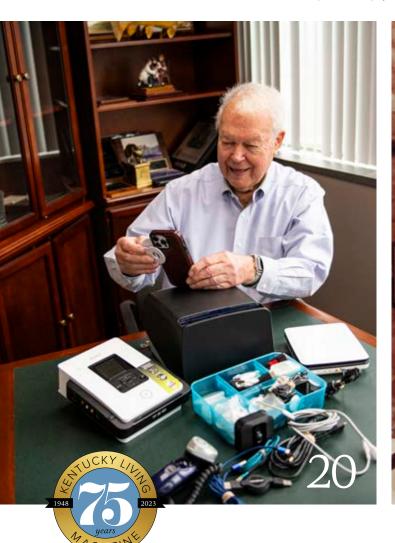




Explore All the Falls on The Kentucky Wildlands Waterfall Trail: exploreKYwildlands.com or scan



KentuckyLiving | **CONTENTS**





AUGUST

KENTUCKY LIVING'S **COVER KIDS**

Catch up with five folks who've been on our cover in years past and find out what they're doing now.

25 **ENERGY.** THEN AND NOW

From coal to nuclear to reliability, we're still your trusted source on energy information.

REMEMBERING RURAL KENTUCKIAN

Writer Anne Shelby shares childhood memories of our magazine and going to her co-op's annual meeting.

REPRINTS

Enjoy three full stories reprinted from our archives, just as they originally appeared in 1950, 1993 and 2004.

ON THE COVER A sampling of covers from the last 75 years of Kentucky Electric Co-op News, Rural Kentuckian and Kentucky Living. The name has changed, but our mission remains the same: 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.

CONTENTS







DEPARTMENTS

IN EVERY ISSUE

- 6 CO-OP COMMUNITY
- 7 FROM THE EDITOR
- 7 KENTUCKYLIVING.COM

CURRENTS

- 8 COMMONWEALTHS

 Kentucky leaders, women veterans,
 Muhlenberg's traveling sign and
 much more
- 12 LETTERS
- 14 OUR POWER

 Kentucky Electric Cooperatives through the years
- 18 OUR PEOPLE
 "Just flip a switch"
- 19 BUSINESS SPOTLIGHT
 The business of electric co-ops

- 38 75TH ANNIVERSARY KENTUCKY LIVING HISTORY
- 42A LOCAL ELECTRIC COOPERATIVE NEWS

HOME

- 60 LET'S GROW Rain-hardy hydrangea
- 61 KENTUCKY EATS Knoth's Bar-B-Que is still smoking
- 62 AROUND THE TABLE Throwing it back
- 64 CUTTING COSTS

 Use the clock to save energy
- 65 SAFETY MOMENT
 Commitment to Zero Contacts
- 66 SMART HEALTH
 Understanding osteoporosis

TRAVEL

- 59 UNIQUELY KENTUCKY Cardinal Farms, Henderson
- 67 WORTH THE TRIP
 Experience Kentucky history
- 73 EVENT CALENDAR
 Classical fun, crafts at Natural
 Bridge, Summer Salute,
 Springfield's African American
 heritage and more
- **76 SNAPSHOT**

BACK OF THE BOOK

- 77 KENTUCKY KIDS
- 78 GREAT OUTDOORS Kentucky Dam
- **80 MARKETPLACE**
- 82 BYRON CRAWFORD'S KENTUCKY Back page reflections

KentuckyLiving

EDITORIAL

EDITOR Shannon Brock

MANAGING EDITOR Joel Sams

COMMUNICATIONS OFFICE COORDINATOR Mary Lyons
MANAGER OF COOPERATIVE OUTREACH Mallory Wafzig
COPY EDITOR Madelynn Coldiron

contributors Heather Bilyeu • Shannon Clinton Byron Crawford • Debra Gibson Isaacs

Katherine Loving • Ken McBroom • Shelly Nold Brian Orms • Madhumathi Rao • Penny Woods

ADVERTISING

ADVERTISING MANAGER Renee Williams ADVERTISING SALES REP. Monica Pickerill ADVERTISING SALES REP. Cynthia Whelan ADVERTISING SALES REP. John Witt

PRODUCTION

SENIOR GRAPHIC DESIGNER Katy Hurt GRAPHIC DESIGNER Kacey Harmeling GRAPHIC DESIGNER JESSICA HAWKINS MULTIMEDIA SPECIALIST WADE HARRIS

KENTUCKY ELECTRIC COOPERATIVES

PRESIDENT Chris Perry

VICE-PRESIDENT STRATEGIC

COMMUNICATIONS Joe Arnold

CHAIRMAN Greg Grissom

VICE CHAIRMAN Jason Todd

SECRETARY/TREASURER Benny Adair

OUR MISSION STATEMENT

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

TO CONTACT US

WWW.KENTUCKYLIVING.COM

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

PHONE: (800) 595-4846

U.S. POSTAL SERVICE: PO Box 32170,

Louisville, KY 40232

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

40223

SUBSCRIPTIONS

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

ADVERTISING OFFICES

PO Box 32170 (40232)

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

(800) 595-4846

EMAIL: advertising@KentuckyLiving.com

OUR NATIONAL SALES REPRESENTATIVE

American MainStreet Publications

611 S. Congress Ave., Suite #504 Austin, TX 78704 1-800-626-1181 • (512) 441-5200, FAX (512) 441-5211

AND NOW FOR THE LEGAL STUFF

Kentucky Living, Vol. 77, No. 8, (ISSN 1043-853X) is published monthly by the Kentucky Association of Electric Cooperatives Inc., 1630 Lyndon Farm Ct Ste 200, Louisville, KY 40223-5031. Periodicals Postage Paid at Louisville, Kentucky, and at additional mailing offices. COPYRIGHT, 2023, by Kentucky Association of Electric

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

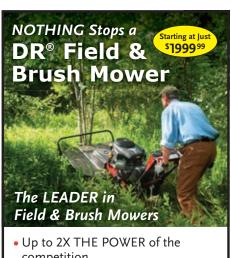
POSTMASTER: Send address changes to *Kentucky Living*, P. O. Box 32170, Louisville, KY 40232.











- competition
- CUT 3" BRUSH & tall field grass with ease
- WIDEST SELECTION of deck sizes and features
- GO-ANYWHERE power steering and hydrostatic drive options

DRfieldbrush.com







Kentucky's electric cooperatives and Governor Andy Beshear are teaming up to recognize beautification efforts in local communities.

Nominate a deserving project in your area on KentuckyLiving.com/ beautify by August 5.

Finalists will be announced online during the Best in Kentucky awards show on August 16.

KentuckyLiving





Continuing the mission

Two cooperative leaders with parallel careers

A YOUNG ENGINEER just out of college was hired by an electric cooperative to introduce new technology to the surrounding communities. This engineer would work to build out infrastructure to meet increasing electricity demand. He would implement new technologies to improve service and employee productivity while being a good steward of consumer-members' investment.

Next, he would advance to manage the engineering and operations disciplines before moving into a leadership role as general manager.

The new manager loved the relationship with the employees and the members that the co-op served. He would become engaged in statewide and national issues that impacted the reliability and cost of the electric service provided to the members. With a deep appreciation of the work of the local board of directors, employees and members, this manager would move once again and lead the Kentucky Association of Electric Cooperatives.

That is the story of my career, but it's also the story of a visionary leader in Kentucky's electric cooperative program-J.K. Smith. Smith was an engineer who went to work for the thennewly formed Fleming-Mason RECC. He became the cooperative's general manager and laid the foundation for electric service to expand throughout that region.

Smith left Fleming-Mason to form a new association with a mission to represent Kentucky's cooperatives in legislative affairs, providing much needed materials in the formative years after World War II and offering a communication tool that would become Kentucky Living.

Nearly 60 years later, the arc of my career would parallel Smith's. I was the engineer at Fleming-Mason tasked with implementing new technology. I became the general manager and loved working with the board, employees and members in that part of Kentucky. Now, I have the task of continuing the mission of this organization as set forth by Smith and the original board.

My mission is founded in the original spirit that built the cooperative program. I use three words to communicate with our staff, cooperatives and members: support, advocate and educate. Our mission is to support cooperatives in Kentucky with materials, training and expertise.

We will advocate in Washington, D.C., and in Frankfort on the policies and regulations that impact the affordability and reliability of your electric service. And, we will educate cooperative members and the public on how our program is responsible when discussing the incredible service we provide.

Reflecting on my career of more than 30 years, I think of the employees I have enjoyed working with, the storms that have hit our state and how we restored service, and, of course, I think about the pioneers that I follow, like J.K. Smith. I have an incredible responsibility to work for the cooperatives across Kentucky. I take it seriously, and I'm proud to continue the legacy.





FROM THE FDITOR

HOW DO WE CONDENSE 75

years into 84 pages?
It is an impossible feat, yet one we've taken on in hopes of sharing a sprinkle of our history with you.

Many people have been a part of our history and it's impossible to recognize them all. But through new content and reprints from issues past, we hope you get a taste of Kentucky flavor.

The fact that *Kentucky Living* has been printed, uninterrupted, for 75 years is astonishing. This year, we produced our largest issue ever (April), and forecasting into next year, the magazine is growing.

But our goals and our mission remain the same as 75 years ago: We want you to be proud Kentuckians, proud consumer-members of your electric cooperatives and educated energy users.

This magazine would not exist without your local electric co-ops, and the co-ops would not exist without you. We are proud to serve you and share your stories, and we're looking forward to the next 75 years.

SHANNON BROCK,

Contact Us

- · Questions, comments, letter to the editor
- Subscription
- · Advertising and editorial calendar
- Submit story ideas
- Freelancer inquiries

Submit & Share

www.KentuckyLiving.com
Kentucky Living, P.O. Box 32170,
Louisville, KY 40232. Submission should
include your name, address, phone numbers,
email address and name of electric co-op.

KentuckyLiving.com

Follow us online for events, recipes, videos, contests and more!



IN THEIR OWN WORDS

Hear from co-op lineworkers

Kentucky's electric cooperative lineworkers routinely brave the elements to restore power as quickly and safely as possible. Read the story on page 54 to learn more about the job of a lineworker, changes through the years and developments on the horizon, then visit KentuckyLiving.com to hear from lineworkers themselves through video interviews.



EXTRA SAUCE

Read more about Knoth's Bar-B-Que

We first covered Knoth's Bar-B-Que in 1976, and the restaurant is still known for its slow-smoked pork and beef, served with Hugh Knoth's secret barbecue sauce. Read the story on page 61, then visit us online for more.



NOTEWORTHY NAMES

Personality profiles through the years

Col. Harland Sanders, Diane Sawyer, Cawood Ledford—these are just a few of the personality profiles that have appeared in our pages through the decades. Flip through a sampling on page 30, then read the originals at KentuckyLiving.com.



FACEBOOK
@kentuckylivingmag



INSTAGRAM @kentuckylivingmag



PINTEREST KyLivingMag



TWITTER @KentuckyLiving

Kentuckians who led the way

This special edition celebrating 75 years of *Kentucky Living* perfectly aligns with a look back at some of the state's most influential folks. Paul W. Bass has combined their stories in *Kentucky Innovators:* Famous (and Infamous) Kentuckians Who Led the Way in Their Field.

The collection covers categories that include inventors, educators, musicians, soldiers and "even a few villains," highlighting the go-getters who have made significant contributions to the state's history.

Talented artists and entertainers abound in the book. Take, for example, the late Loretta Lynn, a trailblazing woman in country music. Her humble beginnings in Butcher Hollow didn't limit her success, noted by Kennedy Center Honors, a Grammy Lifetime Achievement Award and the Presidential Medal of Freedom in addition to her inclusion in the Country Music Hall of Fame.

In the Education and Literature category, readers learn about John James Audubon, for whom over 28 museums and parks, as well as the National Audubon Society and John James Audubon State Park in Henderson were named in recognition of his research on and drawings of birds. Duncan Hines, a Bowling Green

native, is also featured. Already one of the nation's top food critics early in his career, Hines' endorsements of products and businesses would eventually turn into one of the most respected names in brand advertising today.

The Business, Science, and Technology section features Stephen Bishop, the explorer credited for discovering and mapping major portions of Mammoth Cave.

And, no collection of Kentucky innovators would be complete without Muhammad Ali. The three-time boxing heavyweight champion of the world received numerous awards and honors and was the first boxer to appear on a Wheaties box, fighting his way not only through matches in the ring but against the ugliness of segregation and racism.

Bass hopes that shining a spotlight on these successes will encourage state leaders to "provide more business and economic incentives in helping the innovators to remain in Kentucky for research and production purposes."

Proceeds from the sale of the book will also help other communities and organizations preserve their history through Our American Heritage Project, a nonprofit organization.

Penny Woods

EFFICIENCY To teach children the impact of saving energy, have them

To teach children the impact of saving energy, have them help you conserve with the household's biggest energy-consuming features: heating and cooling. Teach kids to dress appropriately for the seasons, even when they are indoors, letting you set the thermostat to balance comfort and savings.





A doubly good idea

Kentucky Innovators: Famous (and Infamous) Kentuckians Who Led the Way in Their Field, Acclaim Press, \$29.95, can be found online at www.acclaimpress.com or at major booksellers.

Paul W. Bass notes that in most cases, the author must convince the publisher that a book proposal is a good one. However, in this case, after Bass completed *Missouri Innovators*, Acclaim Publisher

Doug Sikes approached him about writing a similar Kentucky version.

Bass began writing in 2007 after careers in pastoring, debate team coaching and directing university student activities. He lives with his wife, Jan, in Willard, Missouri. Contact him at bassp@obu.edu.

Exhibit spotlights Kentucky women veterans

Learn about Kentucky's women veterans and the impact of their service in a new exhibition at the Thomas D. Clark Center for Kentucky History in downtown Frankfort.

Our Stories, Our Service: Kentucky's Women Veterans, presented by the Kentucky Historical Society, is on view through fall 2024.

The exhibition honors Kentucky's women veterans and explores how their courage and leadership have made significant military contributions in this century and the last.

These individual experiences are part of the larger story of how the role of women in the United States armed forces has



evolved from the home front to the front lines—and how resilience and determination have overcome cultural and institutional barriers to their service.

"Our individual perspectives color our understanding of military life and how we recognize those who served. The history of women in the military narrowly considers their service in a precisely defined role, crafted to fill duties unique to a woman," says Scott Alvey, executive director of the Kentucky Historical Society. "We often fail to see their service as we view male counterparts fulfilling the same duties. *Our Stories, Our Service* seeks to change that perspective."

The exhibition is made possible by Gray Construction, Studio46 and the Kentucky Historical Society.

The goal of the exhibit is to encourage an appreciation for the role of Kentucky's women veterans, honor their service and legacy and enhance visitor understanding of how women contributed to the innovation and evolution of the U.S. armed forces.

The history center, located at 100 W. Broadway, Frankfort, is open Tuesday—Saturday, 10 a.m.—5 p.m. Admission is \$8 for adults, \$6 for children and \$6 for active duty and veterans. Children 5 and under are admitted free.

National award winners

Kentucky Living recently received national honors in both the NRECA Spotlight on Excellence awards and Cooperative Communicators Association Communications Contest.

"We have an amazing team, and it's rewarding to see their hard work, talent and dedication recognized," says Editor Shannon Brock.

In the 2023 Spotlight on Excellence award winners are:

- Best Photo, gold, Joe Arnold, Patriotic Lineworker
- Best Wild Card, silver, Kacey Harmeling, 2022 Legislative Guide
- Best Graphic Design, gold, Jess Hawkins, *Radio Personalities*

In the 2023 CCA Communications Contest, winners are:

· Portrait, second place, Brian

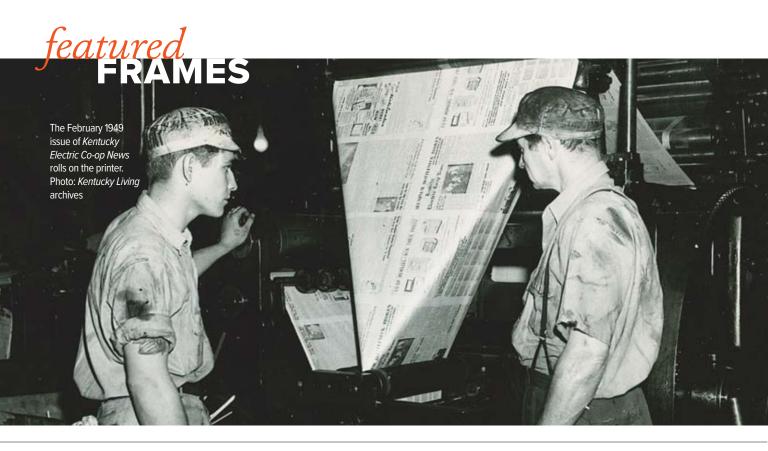
Bohannon, Entrepreneur Utterback

- Scenic/Pictorial, third place, Joe Arnold, *Patriotic Lineworker*
- Photo Illustration, first place, Jess Hawkins, Best in Kentucky opening
- Photo Essay or Story, first place, Kacey Harmeling, Country Ham
- Photo Essay or Story, second place, Jess Hawkins, A Community on Wheels
- Photo Essay or Story, third place, Kacey Harmeling, Ramblin' Man
- Cover of the Year, first place, Katy Hurt, Blowing Bubbles
- Cover of the Year, third place, Jess Hawkins, *Trailblazing Service*
- Documentary Video—Over 3 Minutes, second place, Wade Harris, Joe Arnold, Kacey Harmeling, Al Purnell: Kentucky Electric Cooperatives Distinguished Rural Kentuckian

- Story/Article Design, second place, Jess Hawkins, Radio Personalities
- Story/Article Design, third place, Katy Hurt, *Time for Breakfast*
- Informative/Investigative Featurette, first place, Joe Arnold, *Dedicated*
- Informative/Investigative Feature, second place, Joel Sams, *Young entrepreneurs drive innovation*
- Personality Profile Feature, first place, Joe Arnold, How the sausage is made
- Editorial, third place, Chris Perry, When negatives are positives

East Kentucky Power Cooperatives also took home two Spotlight on Excellence awards:

- Best Special Publication—Small, gold, *Solar Energy 101*
- · Best Video, silver, PowerPulse News





Wishing
Kentucky Living
Magazine A
Gooo-od
75th Anniversary

Al Purnell



www.ItsGooo-od.com

Muhlenberg traveling sign

Forest Deason has made just about any kind of sign you can think of.

"I started in school painting mailboxes and hand lettering," says Deason, 75, of Central City. "I've been painting for 55 years."

Deason operated a full service sign shop for 36 years, offering "neon on down to billboards." He retired 13 years ago.

He has since taken on the occasional volunteer job, including creating a large, traveling Muhlenberg sign, shown, to help encourage tourism in Muhlenberg County.

The sign, along with cutouts of the Big Twigs sculptures from Lake Malone State Park, adorned last year's Muhlenberg County booth at the Kentucky State Fair. The booth won the Pride of the Counties Best Exhibit Award from the Kentucky Farm Bureau. The exhibit, by the tourism



Forest Deason of Central City made the sign with friends as volunteers over the course of about eight weeks. Deason ran a sign company for 36 years.



commissions for Greenville, Central City and Muhlenberg County, along with the Greater Muhlenberg Chamber of Commerce, was funded in part by the Felix E. Martin Jr. Foundation.

The artist behind the Big Twigs, Steve Brauch, lives in Sevierville, Tennessee, and the idea for the Muhlenberg sign came during a trip to see his work, Deason says.

Deason's daughter, Misty Deason Stanley, serves on the Muhlenberg County Tourism Commission. She invited her dad along on the trip.

In Gatlinburg, they spotted a sign that would become the inspiration for the one shown here.

"On the way back, we started talking about it and doing research," Deason says. With the limited funding available, the organizations couldn't purchase the three Big Twigs and buy a sign.

"I said, 'Well, I'm not really that busy, not anything to do," Deason says. "I told them I'll build the sign if they'd buy the materials."

Deason constructed the sign over the course of about eight weeks. It's made of 16-gauge steel, which had to be cut out and welded. The sign is painted with the

This Muhlenberg sign helped Muhlenberg County win the Pride of the Counties Best Exhibit Award at the 2022 Kentucky State Fair. Photos: Brian Bohannon

same type of paint used on cars, and it has a fiberglass finish, he says. The finish itself took two weeks.

All together, about 10-12 people volunteered on the project.

Following its appearance at the state fair, the traveling sign has been showcased at the Muhlenberg County Fair, area car shows, festivals, concerts and more.

"It's all in memory of my wife," Deason says. Theda Deason died in 2020. "She was a big part of the community."

2023 Kentucky State Fair

Though there are no plans to display the Muhlenberg sign at this year's state fair, lots of other activities are planned for 2023. The Kentucky State Fair kicks off August 17 and runs through August 27.

For more information on this year's schedule, visit KyStateFair.org.

LETTERS TO THE ditor

A great reminder

I just opened my June issue and read the article "Positive reinforcement" by Chris Perry. This article about brought me to tears—tears of pride in this country. The sad part is, it takes an outsider to point out all the things we lifelong Americans take for granted. I loved this article! What an eye opener. Thank you, Chris Perry, for sharing this amazing experience with us. What a great reminder of how lucky we are to live in such a great country.

BUD HEATON, DAYTON SOUTH KENTUCKY RECC CONSUMER-MEMBER

"Beautiful and diverse state"

I have enjoyed reading your magazine since moving to Northern Kentucky in late 2018. However, your July issue truly showed me what a beautiful and diverse state I now reside in. We moved here for many reasons, the most important was to be nearer to family in Ohio and to be close to a large city with great health care facilities. Thanks to your photo contest and its wonderful winners, I can honestly say this is a gorgeously blessed state. Those aerial view photos were outstanding. Thank you for familiarizing me every month with different counties of Kentucky and all the commonwealth has to offer.

DIANE HUNTER, UNION
OWEN ELECTRIC CONSUMER-MEMBER

Have a question or comment for the editor?

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

Fact check

The caption for the first place Kentucky Travels photo in the July 2023 issue incorrectly identified the name of the bridge near Cumberland Falls. The correct name is Gatliff Bridge.



NORTH AMERICA'S

FREE SHOWER PACKAGE!

#1 Selling Walk-In Tub

Featuring our Free Shower Package

Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing with Safe Step Walk-In Tub's

FREE Shower Package!

- ✓ First walk-in tub available with a customizable shower
- ✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
- ✓ Top-of-the-line installation and service, all included at one low, affordable price

Now you can have the best of both worlds—there isn't a better, more affordable walk-in tub!

FREE SHOWER PACKAGE PLUS \$1500 OFF

FOR A LIMITED TIME ONLY

Call Toll-Free 1-800-989-8857



With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.



Call Today for Your Free Shower Package

1-800-989-8857

FINANCING AVAILABLE WITH APPROVED CREDIT









Scan me >



Through the years

A timeline of Kentucky Electric Cooperatives, the publisher of Kentucky Living

BY JOE ARNOLD

AS THE FLAGSHIP PUBLICATION of Kentucky's electric cooperatives, *Kentucky Living* has been published monthly without interruption since 1948. Our rich history coincides

with that of our publisher, the co-op statewide association. While far from complete, this timeline shares some of the key moments in Kentucky's electric cooperative history.

1930s

1935 – First Rural Electrification Administration loan approved in U.S.

October 1936 – Rural Electrification Administration approves \$190,000 loan for Henderson County Rural Electrification Association to build 153 miles of line. It was the first REA loan in Kentucky.

May 19, 1937 – Henderson Union becomes the first electric cooperative to distribute power in Kentucky.

November 1939 – More than 300 people, including representatives of Kentucky's 24 rural electric cooperatives, attend state conference on rural electrification at University of Kentucky livestock pavilion.

1940s

1940 – Twenty-five rural electric cooperative corporations in Kentucky supply power.

1941 – Distribution co-ops meet in Shelbyville to discuss establishing a statewide co-op association.

1941 – East Kentucky RECC (generation and transmission cooperative) organized.

1942 – National Rural Electric Cooperative Association formed, with headquarters in Washington, D.C.

August 26, 1943 – Articles of Incorporation of the Kentucky Rural Electric Cooperative Corporation officially recorded. First board of directors appointed. It is the 19th such statewide association in the U.S.

June 22-23, 1947 – First annual meeting of Kentucky Rural Electric Cooperative Corporation at Brown Hotel in Louisville. Banquet speakers: NRECA Executive Manager Clyde T. Ellis and U.S. Sen. John Sherman Cooper.

April 1948 – First issue of *Kentucky Electric Co-op News* (monthly), Seth Thompson, editor.

September 1, 1948 – Association begins group purchasing of line equipment, hardware and materials for member systems.

December 1, 1948 – Group purchasing activity leads to opening of first warehouse on Story Avenue in Louisville.

May 1949 – KRECC launches the Statewide Annual Meeting Program with appliance prizes, entertainment and notable speakers. Tents accommodate large crowds. By the end of summer, more than 100,000 people will have attended 17 meetings.

June 1949 – Office space rented at 3716 Lexington Road in Louisville. Six rooms in former Kentucky Farm Bureau offices.

July 1, 1949 – Charlie Foley becomes first marketing representative to travel and coordinate group purchasing for member co-ops in Kentucky, leading to further marketing expansion in adjacent states.

October 1949 – First KRECC print shop opens at Lewis Seed Co. on Spring Street.



1950s

1950 – Harrison RECC member Katherine Dennis is crowned the first Miss Kentucky Rural Electric, then finishes first runner-up in the national pageant. Katherine would later marry Joe B. Hall, who would become coach of the University of Kentucky men's basketball team.

1950 – East Kentucky RECC (G & T) begins active functioning.

1951 – East Kentucky RECC (G & T) commissions William C. Dale Station in Clark County.

February 1951 – John Stanford named editor of *Rural Kentuckian*.

September 1951 – Headquarters moves to 1430 Mellwood Avenue, former farm equipment warehouse.

December 1951 – Special services department opens, includes repair of transformers and meters. Engineering department provides services to member co-ops.

1952 – Member services department added to assist member cooperatives in their power-use program.

May 1952 – Association begins oil filtering service at on-site locations.

June 1952 – Statewide monthly publication changes from *Kentucky Electric Co-op News* to *Rural Kentuckian*.

March 1953 – Release of film *Democracy* in the *Cornfields*, filmed entirely in Kentucky and financed by rural electric co-ops throughout the state, tells the story



of the progress of rural electrification in Kentucky, from 3% powered in 1935 to 80% at the time of the film's release.

1954 – Consumers Credit RECC organized to help members of rural electric systems finance electrical equipment and appliance purchases.



September 1, 1954 – Association begins a work glove-testing service.

January 1, 1957 – To ensure cooperatives have access to necessary electric supplies, KRECC begins manufacture of pole-type distribution transformers.

1958 – KRECC launches the REC School Equipment Loan Program to provide appliances for home economics laboratories in high schools.

September 1958 – Addison McGhee named editor of *Rural Kentuckian*.

November 6, 1958 – Groundbreaking for construction of new headquarters on Bishop Lane. Statewide staff now numbers 96 employees. *Rural Kentuckian* magazine circulation at about 150,000.

January 1959 – Bernard "Bernie" Vonderheide named editor of *Rural Kentuckian*.

May 1959 – Frank C. Strunk named editor of *Rural Kentuckian*.

October 1959 – KRECC moves headquarters and operations to 4515 Bishop Lane.

1960s

1960 – Public Law 166 enacted by Kentucky General Assembly assures territorial integrity of Kentucky rural electric cooperatives, protects service rights of RECCs in areas annexed into cities.

January 1, 1960 – Statewide RECC formed as arm of the statewide association that markets and distributes electric materials.

June 1960 – Avery T. Jenkins named editor of *Rural Kentuckian*.

December 1960 – Joint venture begins between Statewide Rural Electric and Ohio's Rural Electric Supply Cooperative.

1962 – Allelectric Homes corporation organized to provide research and development regarding rural housing

1962 – Big Rivers RECC (G & T) formed.



March 1, 1963 – Statewide RECC expands into Illinois.

1963 – East Kentucky RECC (G & T) John Sherman Cooper Station begins supplying power to member cooperatives.

1964 – First United States Agency for International Development (USAID) shipment of materials to Ecuador by KRECC.

CURRENTS | OUR POWER

December 1964 – Rural Cooperatives Credit Union chartered for co-op employees and family members.

March 1965 – Dick Littrell named editor of *Rural Kentuckian*.

1966 – Big Rivers RECC (G & T) Robert Reid Power Station begins supplying power to member cooperatives.



December 1967 – Claude L. Brock named editor of *Rural Kentuckian*.

December 1967 – KRECC Board approves plans for expansion of Bishop Lane facility, including additional manufacturing and warehouse space.

1968 – Big Rivers RECC (G & T) Kenneth C. Coleman Power Station begins supplying power to member cooperatives.

March 1, 1968 – Statewide RECC rents and opens warehouse in Chattanooga, Tennessee.

August 23, 1968 – Internal memo states that the entry of Kentucky into the transformer manufacturing business caused competitors to reduce their prices 47%.

December 27, 1968 – KRECC manufactures its 100,000th transformer.

1970s

August 5, 1970 – J.K. Smith becomes governor and CEO of the National Rural Utilities Cooperative Finance Corporation (CFC) in Washington, D.C.

December 1, 1970 – Louis Strong becomes second president of KRECC.

December 1970 – Ladell J. Futch named editor of *Rural Kentuckian*.

1972 – Utility territorial bill approved by Kentucky General Assembly, one of the strongest in the U.S.

1972 – First year of the Kentucky Rural Electric Washington Youth Tour, with 18 students and four chaperones.

April 1973 – 25th anniversary issue of *Rural Kentuckian*.

December 19, 1973 – Statewide RECC constructs and stocks warehouse in Pennsylvania.

March 1974 – KRECC Board approves plans for another expansion of Bishop Lane facility, roughly doubling the size.

June 1974 – KRECC changes name to Kentucky Association of Electric Cooperatives (KAEC).



July 1974 – Statewide RECC changes name to United Utility Supply Cooperative reflecting the fact that the organization had grown into a regional business rather than one for Kentucky co-ops only. Board composition established by a formula based on the amount of business a state or area does with UUS.

1974 – DECO founded as a wholly-owned subsidiary of KAECa. DECO is a tax-paying organization that markets to non-cooperatives such as municipal electric utilities and HVAC contractors.



July 1975 – KAEC President Louis Strong also serves as editor-in-chief of *Rural Kentuckian*.

April 1976 – United Utility Supply Cooperative builds and stocks warehouse in Decatur, Illinois.

June 1977 – United Utility Supply Cooperative moves Chattanooga operation to warehouse constructed in Prattville, Alabama.

December 1977 – KAEC Board approves plans for another expansion, enabling the organization to manufacture its own tanks and add warehouse space.

October 1979 – Gary W. Luhr named editor of *Rural Kentuckian*.



1980s

August 1981 – Ron Sheets becomes third president of KAEC after three years serving as vice president of government relations.

1982 – Our Power is Our People adopted as theme of KAEC.

April 1989 – Statewide monthly publication changes from *Rural Kentuckian* to *Kentucky Living*.

1990s

December 1994 – Donna Bunch Miller named editor of *Kentucky Living*.

November 1995 – Paul Wesslund named editor of *Kentucky Living*.

July 12, 1996 – KAEC manufactures its 1 millionth transformer.

July 1998 – 50th anniversary issue of *Kentucky Living*.

December 1999 – Cumulative sales in KRECC/KAEC/UUS history exceed \$1 billion.

2000s

January 2001 – UUS warehousing operation moved to remodeled Cooperative Distribution Center in Louisville. Eighteen-acre property is former Enro Shirt Factory.

December 2006 – UUS gross yearly sales exceed \$100 million.

November 2008 – Let There Be Light: The Story of Rural Electrification in Kentucky by David Dick published.

2009 – Bill Corum becomes fourth president of KAEC and UUS.

July 2009 – Frozen State: The deadly beauty of the 2009 ice storm and the heroic story of how Kentuckians fought back published.



2010s

August 1, 2014 – Fleming-Mason Energy President/CEO Chris Perry becomes fifth president of KAEC and United Utility Supply Cooperative.



August 2015 – Anita Travis Richter named editor of *Kentucky Living*; Joe Arnold named vice president of strategic communications.

December 2015 – Association reorganizes, transitions electric transformer business to a distribution-only model through UUS. Agreement with Electric Research and Manufacturing Cooperative Inc. (ERMCO) for UUS to utilize its industry-leading warehouse and distribution network to distribute ERMCO transformers across the UUS footprint, primarily in the eastern United States. ERMCO purchases the assets of the KAEC production plant.

January 2018 – Association headquarters moves to 1630 Lyndon Farm Court.

November 2018 – KAEC rebranded as Kentucky Electric Cooperatives.

2020s

January 2023 – Shannon Brock named editor of *Kentucky Living*.

August 2023 – 75th anniversary issue of *Kentucky Living*.

Leroy Lamar and his wife, Patty, in front of their home.

Patty is a retired teacher

and a Master Gardener.

Photos: Lamar family

"Just flip a switch"

HAWESVILLE

Leroy, a consumer-member of Kenergy Corp., recalls getting electricity in Hawesville and especially to his home: "It was the greatest thing that

only light was from kerosene oil lamps.

"With the flip of a switch we were immediately able to have electric lights, cooling fan for hot July nights, refrigeration, irons, washing machines, radio, indoor plumbing, electric blankets, central heat and lots more," he says. "No more oil lamps, no more coal buckets, no more hand pumping for water; all of this was changed by electricity."

Among the family's first post-electricity purchases were a refrigerator, deep freezer and an electric range for cooking. "Now

Mom could cook faster, and the temperature was a lot cooler," Leroy says. "The deep freezer enabled us to have home-grown meat during the summer."

But Leroy, a retired insurance agency owner and charter pilot, says the biggest change was light.

"We had light in every room now; just flip a switch. At first, we kept reminding each other to turn out the lights, but soon we took electricity for granted.

"We rarely have an electric outage now, but when we do we find out how important electricity is in our lives. Kenergy is our electric co-op. They are really good. Many times they work night and day in extreme weather conditions to keep us in electricity."

Leroy says there are still technological needs in the area-more fiber-optic cable, for example. He adds with a laugh: "We wouldn't have imagined laptop computers or the internet, but now I read newspapers on my laptop." KL

DEBRA GIBSON ISAACS writes about how co-op members and staff contribute to their communities.



"A lot of things have happened in my lifetime," says 94-year-old Leroy Lamar. "About every one of them wouldn't have happened if we hadn't had electricity first."

had ever happened."

Leroy joined the U.S. Army right after high school. When he came home, electric poles had been set and his electric cooperative was running power wires into homes. He says it was around July 1948 when the electricity was turned on. Before this, the







The business of electric co-ops

A great idea still paying off for Kentucky

JOE ARNOLD AND GARY LUHR

THIS SPACE TYPICALLY SHOWCASES one of the thousands of businesses served by electric cooperatives in Kentucky. But the co-ops themselves and their power providers are also businesses, each with a unique mission and footprint in Kentucky.

In the spirit of this commemorative

edition, here is a brief overview:

By the 1930s, most cities had electricity. The city of Henderson saw its first electric lights in summer 1886. Electric utilities were a \$12 billion industry in the United States, but almost exclusively within the boundaries of cities and towns. Utility executives thought extending electric lines into sparsely settled areas would be cost prohibitive. As a result, by 1932, only 10% of Kentuckians received electricity from a central source. Only 3% of Kentucky farms had electricity.

In 1933, Congress authorized the Tennessee Valley Authority to construct transmission lines to serve "farms and small villages that are not otherwise supplied with electricity at reasonable rates."

As part of President Franklin D. Roosevelt's New Deal, on May 20, 1936, Congress passed the Rural Electrification Act, allowing the federal government to make low-cost loans to local interests. Ten days later, farmers in Henderson County incorporated the first electric cooperative in Kentucky.

Rural Electrification Administration officials soon realized that established investor-owned utilities were not interested in using federal loan funds to serve rural areas. But loan applications from farmer-based

cooperatives poured in, and REA soon realized not-for-profit co-ops owned by the people they serve would be the ones to make rural electrification a reality.

Between May 1936 and April 1938, 24 local distribution cooperatives organized across Kentucky. Three more incorporated in 1940 and one additional co-op in far began active functioning in 1950 and opened its first power plant to serve those member-owners in 1954, followed by another in 1963. Meanwhile, Big Rivers Electric Corporation was formed in western Kentucky in 1962 and began supplying power to its member-owner cooperatives four years later.



eastern Kentucky completed the loop in 1951.

The first few decades of rural electrification were not universally applauded, however. For-profit electric companies protested the cooperative business model and sought to control who was allowed to generate and transmit electricity.

Cooperatives banded together to form the statewide co-op association in 1943. When operations began in 1948, the co-ops communicated with members in a monthly publication that is now *Kentucky Living*.

The association advocated for co-ops, including East Kentucky Power Cooperative. Now owned by 16 member cooperatives, EKPC

Five of Kentucky's 24 local electric distribution cooperatives purchase their power from TVA, which serves all or a portion of 28 counties in south-central and western Kentucky.

Today, electric cooperatives continue to serve, not only in rural areas but in all kinds of Kentucky communities where the co-ops play a key role in economic development. Nearly 90 years after the REA paved the way for the existence of electric co-ops, the cooperative form of business continues to be a success story for Kentucky and the nation. KL

4

Owned by 16 member cooperatives, East Kentucky Power Cooperative began functioning in 1950 and opened its first power plant in 1954.

Catching up with our magazine cover stars

Gene Cravens, July 1954

BY GRAHAM SHELBY

As a teenager, Gene Cravens' passion for tinkering earned him a spot on the cover of what was then known as *Rural Kentuckian*, which touted him as "State F.F.A. rural electrification champion" and illustrated his prowess in radio repair.

Electricity was still fairly new to rural communities like Utica in Daviess County when Cravens was growing up there. "I remember seeing kerosene lights in some farmhouses," he says.

As a boy, Cravens became fascinated with how electrical devices worked. "There were so many electrical things I didn't know existed," he says. He learned fast, wiring buildings on the family farm and converting an old school bus into a brooder house for chickens.

As previewed in the magazine write-up, Cravens did go on to study at the University of Kentucky. Though he studied agriculture, he wound up spending his career in insurance and real estate and becoming a philanthropist who has supported institutions including the University of Kentucky. Cravens married the same girl (Jean) he was dating at the time of his cover shoot, and

RURAL

RENTUCKIAN

RENTUCKIAN

REPARTMENT RENTUCKIAN

REPARTMENT RENTUCKIAN

Gene Cravens was a radio repair whiz in 1954, and he still

together they've volunteered extensively through Habitat for Humanity, visiting about 100 countries for their work with the nonprofit.

Nearly 70 years after he appeared in this magazine for his work with electronics, Cravens' own motor seems as charged up as ever. He divides his time between Lexington and Vero Beach, Florida, where he volunteers about five days a week, often at the Habitat for Humanity ReStore. There you can often find him fixing up donated electronic devices. His advice for the rest of us who might love to be active at 87: "Be thankful for every day and do something new every day," he says. "Don't be afraid to tinker."

loves to tinker with electronics.

Photo: Tim Webb

As part of *Kentucky Living*'s 75th anniversary celebration, we want to highlight a group of people who once had a highly unusual experience.

In their youth, these Kentuckians were featured on the cover of a magazine widely read by their relatives, friends and community—this magazine, in fact. *Kentucky Living* has featured dozens of children and teens on its cover over the years. We caught up with a few of them to find out what they've been doing since we first met.



Janine Courts, October 1974

For 40 years, Kentucky's rural electric cooperatives sponsored a beauty pageant in which young women and teen girls from around the state competed to earn the title of Miss Kentucky Rural Electric.

Janine Courts (now Combess) appeared on the cover of this magazine in October 1974, when she won the pageant held at the Kentucky State Fair

that summer.

"I was totally shocked," she recalls. She hadn't thought about pageants as part of her future until a neighbor persuaded her to enter. Combess grew up on a farm in Bracken County, pulling her weight as needed, whether that meant hoeing weeds, stripping tobacco or sewing and mending. In fact, she says, "We made our own clothes."

Combess says that through the

various rounds of the pageant, she encountered a coach who gave her some useful advice. "She said, 'When you get out there and think you've done all you can, take a deep breath, think of me, and then go the extra mile and see what you can do better."

That guidance helped Combess advance through the pageant's formal wear and swimsuit evaluations as well as an interview in which, she recalls, "They asked my feelings about married couples having individual bank accounts, which seems very strange today."

With her victory, Combess also earned a place in the National Miss Rural Electrification Beauty Pageant in New Orleans, an invitation which led her and her parents to take their first plane ride.

Perhaps more importantly, she won a scholarship that would help Combess, already a good student, become the first person in her family to graduate from college.

She later opened an embroidery shop (Creative Stitches) in Frankfort, where she and her husband raised their children. Combess ran the shop successfully for 24 years, eventually selling it to an employee.

She credits her success as an entrepreneur to a number of factors, including the work ethic she learned on the farm, her inclination to "always set my goals high" and the advice she received to always do a little bit more.



OLYMPIC FENCER FROM KENTUCKY GETS TO THE POINT

Lee Kiefer was 17 when she had her picture taken for the July 2012 issue of *Kentucky Living*. She was preparing to compete in the London Olympics as a member of the U.S. Women's Fencing Team. She would go on to compete in the 2016 Games in Rio and the 2020 Games in Tokyo, where she won gold. Kiefer looks back on her journey with *Kentucky Living*.

KL: You were so young to be in that context. How did you feel during the London Olympics and your later Olympic experiences?

Kiefer: I loved my time in London. From a fencing perspective, I went out there with nothing to lose. I was surrounded by friends and family—I believe almost 20 people came out to support me. The experience was so new, vivid and positive. Rio 2016 brings back more complicated memories because I wanted a medal so badly. I had taken time off from school to dedicate myself fully to training, and when I didn't achieve that goal, I was devastated. With two very contrasting Olympic Games under my

belt (and the pandemic), I went into Tokyo with a healthy mentality to enjoy the journey ... Winning [the gold medal] was primal joy, confusion and cathartic!

KL: After you won the gold medal, you could have gone anywhere. Why did you come back to Kentucky?

Kiefer: Lexington is my home—why would I leave? I have my family, my fencing club and my school. And Kentucky feels breathable—I like to drive my car and see pretty landscapes. I also enjoy bourbon!

KL: When you appeared in Kentucky Living in 2012, you were dating Gerek Meinhardt, who is now your husband and now you're both in medical school at the University of Kentucky.

Kiefer: My favorite topic. Gerek is also an Olympic fencer and [we both] attended the University of Notre Dame. After college, I started medical school at UK, and he moved to Lexington. Eventually he joined the medical field too. Currently, both of us are on a leave of absence from school to try to qualify



In 2012, Kiefer was preparing for her first Olympics. In 2020, she became the first American to win Olympic gold for individual foil.

for his fifth and my fourth Games in Paris 2024. We are each other's main training partners and are having the best time on this journey together.

Lory Beth Holbrook, **October 1999**

"My mom was super excited," says Lory Beth Vanhook (formerly Holbrook), referring to her own appearance on the cover of Kentucky Living. "She had it framed and it's on her dresser in her bedroom to this day."

Vanhook appeared on the cover sitting on a tractor above the words "Future Farmer." She'd earned the designation by being the first woman to win the FFA State Star Agribusinessman award.

Vanhook grew up in an agriculture family in Wolfe County. Her parents, Ted and Kaye, ran Holbrook Implement Company (now Holbrook Equipment), which sells farm machinery and supplies in Campton. Lory Beth worked there throughout high school and then followed in her parents' academic footsteps by becoming an agriculture major at UK.

Plans change, of course. As a student at UK, she heard a speech pathologist speak one day and says that right then, "I knew that's what I wanted to do."

Today, Vanhook is a speech pathologist in Somerset and loves the work. "It's so rewarding," she says, "from helping a

Kentucky Living Lory Beth Vanhook and son, Will, take care of cattle on the family's 180-acre farm.

Photo: John Vanhook

child say their first word to helping a stroke patient who's just come off a feeding tube eat their first meal."

That said, this magazine's prediction turned out to be accurate. Vanhook may have another career, but she's

still upholding her family's tradition. In 2018, she and her husband, John, bought a 180-acre farm where they're raising cattle and their three kids.

Coty Minnis, July 2001

"After school, I had to go to the park," says Coty Minnis, who appeared on the cover of the July 2001 issue, brandishing a soccer ball. He was 10.

The park in question was Shelby County Clear Creek Park, where his dad, Albert "Chip" Minnis, worked in various capacities, including as assistant athletic director and occasional coach.

While many of today's child athletes might be more likely to specialize, Minnis and his siblings found joy in all kinds of

> Coty Minnis coaches the junior varsity team at Doss High School in Louisville. Photo: Sara Dalton





September 22-24, Downtown Lebanon, KY



www.hamdays.com

Celebrating 54 years!

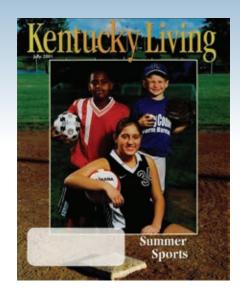




270-692-9594 For information







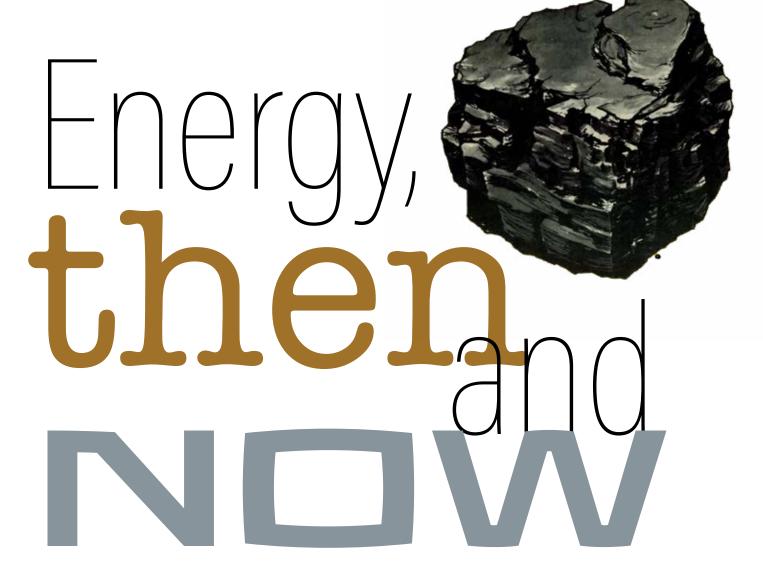
games. "I loved it," Minnis remembers. "I'd get done with soccer and go over to the baseball field."

He says, "I thank my parents for allowing me to play all those different sports," because on the fields of his hometown's public parks, he learned "a lot of life lessons—how to work with others ... taking responsibility, holding yourself accountable."

He also developed his own athletic skills. Minnis played basketball on teams that made the state tournament and he played football at Georgetown College, performing well enough as a starting wide receiver to earn an NFL draft profile at ESPN.com. A wrist injury ended his pro dreams, in part because, "I didn't have the passion to put my body through what it takes to play at that level."

Minnis still has a passion for sports and for what playing sports can do for young people. That's led him to coaching, most recently as an assistant boys' coach at Doss High School in Louisville. He's recently gone back to school to get his teaching certificate so he can teach full-time as a special education teacher and coach.

Like his dad before him, Minnis works to convey to his players the character-building lessons team sports offer, while also, he says, "Making sure they're having fun." **KL**



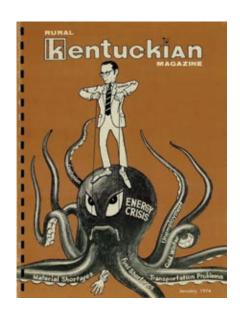
From generation to reliability, we're still covering the issues consumer-members care about

BY JOEL SAMS

Since our first issue as *Kentucky Electric Co-op News*, this magazine has had one overarching mission: informing Kentucky's electric cooperative consumer-members on important energy issues. Some of our early topics, like promoting the use of electric tools and appliances, are quaint artifacts of their time. Other topics, however, like energy generation, reliability and affordability, have been part of the discussion for decades—and they remain just as relevant as ever.

In October 1973, the Arab oil embargo and subsequent energy crisis pushed energy topics to the center of public conversation nationwide. Your magazine took a bold approach to the issues readers cared about, with many of our cover stories in 1974 tackling subjects like coal, nuclear energy, electric reliability and consumer advocacy, to name just a few.

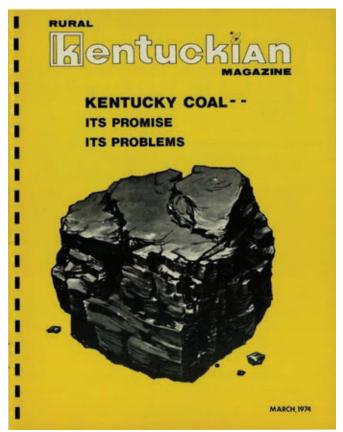
Looking back, it's surprising how much has changed in a relatively short period of time—and even more surprising how much remains the same.



then

In the fall of 1973, Americans buttoned up their sweaters and prepared for a cold winter. It would be cold, not just because of the weather, but because the cost of a barrel of oil had nearly quadrupled. The Arab members of the Organization of Petroleum Exporting Countries embargoed oil exports to the United States in retaliation for U.S. support of Israel during a conflict that October. For decades, Americans had been accustomed to cheap, plentiful energy, but the sudden confluence of increased demand and constricted supply shocked both the market and public awareness of energy issues.

The oil embargo was lifted in March 1974, but high prices and supply issues persisted throughout the decade. The same month, we explored Kentucky coal in a special section devoted to our state's abundant energy resources.



"Coal is the only fossil fuel that is presently available in abundance," Editor Ladell Futch wrote in the March 1974 issue. "America's supplies of oil and gas are running out. Recent experiences demonstrate the inadvisability—to say the least—of relying upon imports from other nations to supply our energy needs."

Futch pointed out the ample supply of Kentucky coal—the state's known reserves were the seventh largest in the U.S.—as well as the advantageous location of Kentucky's coalfields near "concentrated population and industrial centers."

He also pointed out environmental problems related to mining and burning coal, as well as the practical challenges of ramping up the infrastructure and workforce necessary to capitalize on coal reserves.

"To do all this in environmentally acceptable ways will require extensive research and development of new techniques and skills as well as heavy investments in equipment and manpower training," Futch wrote.

NOW

As energy demand continues to grow in the U.S., so does interest in alternative ways to generate electricity. Kentucky's electric cooperatives take an all-of-the-above approach to generating electricity, using all the tools they have to provide electricity that is safe, affordable and always there when consumer-members need it.

In our September 2022 issue, East Kentucky Power Cooperative CEO Tony Campbell and Big Rivers Electric Corporation CEO Bob Berry called readers' attention to the continued importance of dispatchable energy sources—those that can produce energy on demand—like coal-powered generation plants.

Berry and Campbell pointed out that solar and wind energy—while valuable additions to the grid—can't be relied on 24/7. Energy is generated at the moment it's used, which means when the wind doesn't blow and the sun doesn't shine, wind and solar sources can't contribute. Battery technology is "largely in developmental stage," they write, and less than 1% of U.S. wind and solar is currently backed up by batteries.

"EKPC and Big Rivers Electric are committed to doing everything we possibly can, by utilizing every tool available to us in protecting the reliability and cost-effectiveness of the energy we supply for 1.35 million Kentucky residents and businesses, while moving toward a more sustainable future as technology allows," Campbell and Berry wrote. "... We call on our nation's leaders to make the same commitment and also to ensure the U.S. does not expose the cost and reliability of our abundant domestic energy supplies to the whims of radical interests, foreign nations and our enemies who have unscrupulously weaponized the world's energy supply."

NUCLEAR

then

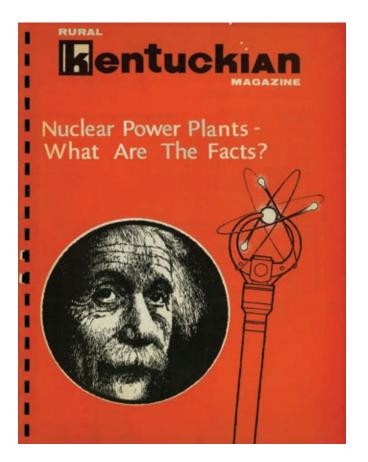
Our May 1974 issue began with an editorial note that changes were coming. "Today, more than ever, it is important that rural electric members have a reliable source of factual information concerning the energy situation," the editors wrote. "We are determined to make the Rural Kentuckian magazine such a source."

It was our goal to provide readers with information to understand complex energy issues, and to "sort out the truth from the many confusing and conflicting claims and counterclaims which too often cloud the energy situation picture."

Nuclear energy was already an important piece of that energy picture. In February 1974, Louis B. Strong, the general manager for the statewide association, called for "maximum emphasis" on the development of nuclear energy. He believed that nuclear fission, and, someday, nuclear fusion, would "offer the best hope for meeting both America's and the world's future energy requirement."

In the spirit of offering reliable information, the May 1974 cover story addressed common questions about the risks of nuclear energy, from fears about nuclear explosions to emissions to transportation and waste disposal. Quoting research from the U.S. Atomic Energy Commission, Futch wrote that risks from natural background radiation, medical X-rays and even jet airplane travel were all significantly greater than the risk of radiation exposure from nuclear power generation.

"The relatively small risks are far outweighed by the tremendous contribution that nuclear power can and will make toward a better life for us all," he concluded.



NOW

New investment in nuclear energy in Kentucky was halted in 1984, when state law required nuclear plants to have a permanent disposal solution for nuclear waste. In 2017, the passage of Kentucky Senate Bill 11, sponsored by state Sen. Danny Carroll, lifted that moratorium. The new law requires facilities to have a plan for managing waste rather than a means of permanent disposal.

Nuclear investment takes time and resources, but Carroll said, in a 2017 news release, U.S. energy demand was expected to rise 22% by 2040, and that new energy sources would be an important part of long-term reliability.

In 2023, the Kentucky legislature approved a joint resolution creating the Kentucky Nuclear Development Workgroup. The group's 23 members comprise state officials, nuclear energy experts and utility industry representatives, including Kentucky Electric Cooperatives

President/CEO Chris Perry and representatives of Big Rivers Electric Corporation and East Kentucky Power Cooperative. The group is tasked with identifying barriers to nuclear power generation in the state and developing recommendations for the creation of a permanent nuclear energy commission. It is to submit a report to the governor and the Legislative Research Commission by Dec. 1.

As nuclear once more plays a growing role in statewide energy conversations—and with exciting technological developments on the horizon—*Kentucky Living* continues to keep members informed about this important energy source. Read experts' predictions about the growing role of nuclear energy on page 50.

RELIABILITY



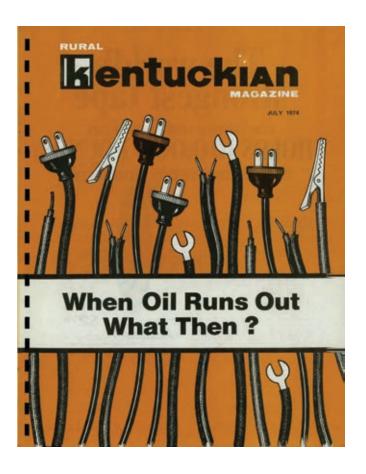
Whether the major energy source of the future is coal, nuclear, solar, wind, geothermal, hydro or whatever, the energy itself will be delivered and used in the form of electricity."

» LADELL FUTCH, EDITOR, RURAL KENTUCKIAN, JULY 1974

then

"As we are witnessing the end of the petroleum era, we are also witnessing the beginning of the electric era," our cover story predicted in July 1974. But ramping up electric use would create challenges of its own.

"Electric utilities must gear up to produce and deliver the enormous amounts of electric power required to support



CO-OPS SAW IT COMING

By September 1979, it was time to look back at the energy crisis and reflect on its lessons for the future. A column by the statewide association's then-General Manager Louis B. Strong offered one bracing conclusion: Kentucky's electric cooperatives had been sounding the alarm long before the crisis ever took place.

Strong said that, prior to the energy crisis, *Rural Kentuckian* magazine and the statewide association's annual reports made four relevant predictions:

- 1. We are facing a serious energy crisis that will stretch over a 10- to 15-year period.
- No matter what kind of energy you use, electricity, gas, oil, butane or gasoline, the price will rise sharply over the next 10 years and some fuels may even be rationed.
- 3. We will see a clash between a desire for a cleaner and more attractive environment on the one hand, and our need for energy on the other, so that some compromise will have to be reached between the two.
- 4. Congress will adopt a national energy policy that sets priorities and policies on how certain kinds of energy can be used. This will probably affect the kind of car you can drive and the kind of home you can build.

"I think the above would indicate that the electric cooperative leaders were right about the energy situation six years ago when most Americans did not believe we had a problem," Strong said.

His point was this: co-ops know what they're talking about. In the same way people trust a medical expert to give medical advice, they should trust energy experts to give energy advice. We can't all be experts on everything, but Kentucky's co-ops demonstrated their expertise with accurate forecasts and sound judgment.

"We have to decide who we are going to trust in those areas where we do not have the facts and information on which to make an intelligent choice," Strong wrote. "I believe the record will show that your Rural Electric Cooperatives have a pretty good understanding of the energy crisis—its problems and solutions all along." such an electric economy," Futch wrote, accurately forecasting the demands that an electrified economy would place on the grid.

"Electric utilities are already feeling the pinch between increasing power demands on the one hand and a combination of difficulties in increasing generating capacity on the other."

As petroleum supply diminished and electric utilities became responsible for more of the nation's energy needs, Futch predicted that electric providers would face serious challenges. "Many electric utilities are already operating

dangerously close to their capacities," he wrote. "Nuclear power, which was expected to be picking up a significant portion of electric generation by this time, has not developed as fast as was projected," and other plans to increase capacity were being delayed by government regulations and red tape. Plants powered by oil and gas were being urged to switch to coal.

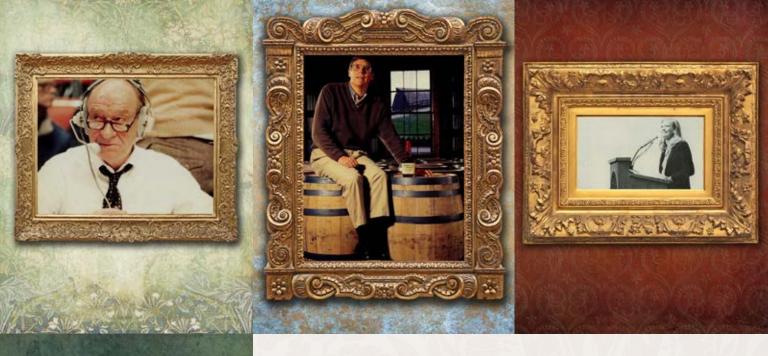
NOW

The end of the petroleum era that we predicted in 1974 has not yet come to pass, but our other prediction—the beginning of the electric era—certainly has. With increased demand for electricity in every area of life, from transportation to personal communication to entertainment, we expect more from electricity than ever before.

The resulting challenge Futch identified—producing and delivering that electricity—is complicated today by the need to reduce carbon emissions and a growing emphasis on non-carbon-producing energy sources like solar and wind. Kentucky's electric cooperatives are committed to providing safe, affordable electricity and they are advocating for commonsense policy solutions to ensure reliability for the future.

Our January 2022 cover story by Joe Arnold cautioned that, while we may be conditioned to take electricity for granted, "... the reality is far more complex. For every electron coursing into your home or business, for every microwave meal, video game console or load of laundry, the electrical grid is constantly at work. This complex network of power plants, substations, poles, wires, transformers, switches, monitors and people ensures the reliable and safe delivery of energy to your home or business."

In this rapidly shifting energy landscape, *Kentucky Living* continues to be a trustworthy source for consumer-members, keeping you informed about what's happening in Frankfort, in Washington, D.C., and in your own cooperative. **KL**





Kentuckians of note

Our favorite personality profiles, from KFC to CBS

BY JOEL SAMS









Since 1948, Kentucky Living has published dozens of profiles of noteworthy Kentuckians in business, entertainment, politics, sports and the arts. Enjoy this sampling of our favorites, then visit us at KentuckyLiving.com to read the full stories—just as they appeared back then.

Col. Harland Sanders

SEPTEMBER 1979

Our cover story in September 1979 wished a happy birthday to Col. Harland Sanders, founder of Kentucky Fried Chicken. Born in 1890, Sanders became responsible for taking care of his younger siblings after his father died when he was just 6 years old. While his mother went to work, young Sanders ran the household, with responsibilities including cooking meals. He got his first job at 10, earning \$2 per month working on a nearby farm. Over the decades, Sanders worked as a streetcar conductor and railroad fireman, served in the U.S. Army in Cuba, studied law by

correspondence, sold insurance, worked in a factory and operated service stations. Sanders' culinary career started at the age of 40, when he began cooking fried chicken to serve customers at his service station in Corbin. As customers started visiting just for the food, he expanded the restaurant and spent the next 10 years perfecting his secret recipe of "11 herbs and spices." The rest is history.

Diane Sawyer

SEPTEMBER 1981

When then-editor Gary Luhr interviewed Diane Sawyer in 1981, she was "a rising star" at CBS. At the time, Sawyer was only a few years into her national journalism career, having previously worked as a news and weather reporter for WLKY TV in Louisville for three years (1967-70), and then as chief assistant to President Richard Nixon's press secretary, Ronald Ziegler (1970-74). She was among just a handful of people, Luhr wrote, who followed Nixon back to California after the Watergate scandal. She subsequently spent four years helping the former president write his memoirs before returning to Washington, D.C., in 1978 as a reporter for CBS. In her *Rural Kentuckian* profile, Sawyer recounted an early mishap during her first assignment as a news reporter. "Packing a heavy film camera, she accompanied former U.S. Supreme Court

Justice William O.
Douglas on a hike
through Kentucky's
Red River Gorge,"
Luhr recounts.
"Staring intently
into the camera and
walking backward
to film the Justice
and his wife, she
lost her footing and
nearly fell into the
Gorge, prompting
Douglas to ask if she
were new at the job."





Rosemary Clooney

NOVEMBER 1983

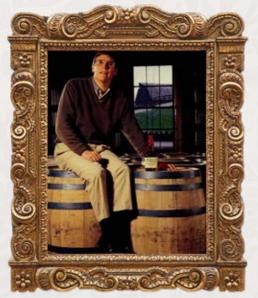
"I come back to Kentucky quite often to touch base with my family," Maysville native Rosemary Clooney told our writer, Joe Griffin, in November 1983. "I feel it's important to know your home and your family, and I've always tried to keep strong family ties." Clooney returned to Maysville about six times a year, to visit her brother Nick Clooney, then a television news anchor in Cincinnati. Clooney shared memories of Frank Sinatra, Bing Crosby, Dinah Shore and others. "White Christmas was one of the joys of my life," she said. "I saw the makeup and the clothes go out of style and back in style. I don't think any of us thought we were doing something that would be seen on television 30 years later." She also shared a piece of advice from Crosby that she said had guided her career. "I really always worked," she said. "I lived by the advice Bing gave me, and I'll live by it 'til the day I die. He said, 'Sing for anybody, anytime."

Cawood Ledford

MARCH 1988

"He's just been named Kentucky 'Sportscaster of the Year' for the 19th time," Maria Braden wrote in 1988. "He's broadcast more than 1,000 University of Kentucky football and basketball games. He's as much an institution in Kentucky as basketball itself. At an age—61—when many people plan for retirement, Cawood Ledford doesn't have time to think about it." Beloved by generations of UK fans, Ledford never planned for a career in broadcasting. He earned a business administration degree from Centre College in 1949, but an early radio job at WHLN in Harlan changed his course. Known as the Voice of the Wildcats, Ledford recalled standout games, leading lights and the evolution of college sports. He noted that UK sports was something everyone, not just alumni, could be proud of. "The amazing thing to me is that people move out of Kentucky, yet they remain University of Kentucky fans," he said.





Bill Samuels

FEBRUARY 1994

As president of Maker's Mark Distillery, Bill Samuels Jr. offered a window into an industry on the cusp of resurgence. Between 1978 and 1983, national bourbon sales had declined by 14%. Maker's Mark, on the other hand, saw 7% growth per year during the same period, and by 1985, industry-wide growth was 40% per year. A fifth-generation distiller, Samuels said his family business's success could be attributed to focusing on what mattered: customer service, differentiation, individuality and product quality. "In our case, the whole focus is on what's going on at the distillery," he said. "Marketing has always taken a back seat to that." Writer Marty Godbey noted that, as the distillery expanded, Samuels made sure new construction was hidden or integrated into existing structures. The distillery was designated a National Historic Landmark in 1980. "Restoration of the plant has been a labor of love for 30 years so the state could have a museum of its first industry," Samuels said. "The buildings give a flavor of time and a sense of place, authenticity and ancestors."



Sue Grafton

AUGUST 2007

When Kathy Witt interviewed Sue Grafton for Kentucky Living in 2007, Grafton's acclaimed alphabet series had reached its 19th title with S is for Silence. Grafton shared insights, observations and her memories of childhood in Louisville, the city where she still lived and wrote for the better part of each year. "I value the simplicity of the world I grew up in," Grafton, who died in 2017, told Witt. "In those days, the world was much more innocent. I feel fortunate I was able to have as much freedom as I did." With her first book. Grafton noted, it "never occurred" to her that there were rules for mystery writing. "There's a sassiness in 'A' that I'm not sure I've ever recaptured," she said. She also shared the challenges of tackling non-linear chronology in her latest novel. "Writing is an odd process, but if I can't experiment at this point, then shame on me," she said. "Life has to be about taking risks, but it's harder as you get older."



VIP pass

Want to know more about these Kentucky luminaries? Visit KentuckyLiving.com to enjoy additional photos, quotes and stories in the original personality profiles.





Robert Kirkman

OCTOBER 2017

As creator of *The Walking Dead* comic book series and a writer and executive producer for the subsequent award-winning television series by AMC Studios, Cynthiana native Robert Kirkman built his success on years of hard work—or, possibly, obsession. "After graduating from high school in 1997, he moved to Lexington and worked a series of day jobs in warehouses and lighting companies, writing all the while, putting together his own comics, making connections and sneaking calls to publishers on his breaks," Graham Shelby wrote in October 2017.

For a year, Kirkman said, "I worked seven days a week, 16 hours a day. Creative work takes as much time as you give it." In the early 2000s, the right idea struck at the right time,



when Kirkman asked himself about the aftermath of a hypothetical zombie apocalypse: "What would happen next?" In 2017, *The Walking Dead* had an estimated global viewership of more than 200 million. "I've far exceeded my wildest dreams," Kirkman said, "so much that I'm embarrassed." **KL**



PERMANENTLY SEAL YOUR WOOD AND CONCRETE

PERMANENT ONE-TIME SOLUTION

Free Estimates

844.481.6862 PermaSealUSA.com





entucky Living turns 75 this year, and so do I. As far back as I can remember, a well-thumbed copy of Rural Kentuckian (the name of the magazine from 1952-89) occupied a prominent place on the family coffee table. To me, looking at back issues, especially from the 1950s, is a ticket to a trip back in time.

I don't remember when we didn't have electricity. It got here before I did, but maybe not long before. When I was a kid in the 1950s, evidence of the time before "the electric" was all around, especially at my grandparents' farm in Clay County.

There, a bare lightbulb hung from the ceiling in the living room, where two kerosene lamps, their bowls amber with coal oil, stood on the mantle.

My grandparents' Victrola still worked, but you had to crank the handle just right, and if you were the one doing it, your arm got tired, and you didn't get to dance to Mainer's Mountaineers or sing along with the Carter Family. Uncle Millard brought home a record player small enough to carry around, with a handle like a suitcase. He plugged it into the room's only socket, and Rosemary Clooney sang *This Ole House*.

In the kitchen, a surprisingly white rectangle of a refrigerator hummed against the pine walls. An electric freezer—the "deep freeze"—took over the important job of food preservation, putting the smokehouse out of business.

Ads in *Rural Kentuckian* introduced readers to the new "automatic" electrical appliances. Electric ranges touted "push button cooking," "wonder

Four-year-old Anne Shelby smiles for the camera on her birthday with the family's new "deep freeze" in the background.

Shelby's family farm in Clay County, shown in the 1940s. Photos: Shelby family





ovens" and "thinking tops." My parents insisted on getting my grandmother a new electric range. She agreed, but kept the wood-burning cast-iron stove she'd cooked on for decades. They stood uneasily side by side, the old-fashioned stove black and ornate beside the gleaming white metal box of the new electric range.

My grandparents drew their water from the well behind the house, pulling the metal cylinder up by the chain. Later, an electric well pump did the work, pumping water up out of the ground and into the house. Almost overnight, the chain, pulley and cylinder, along with the familiar dipper, water buckets and chamber pots, changed from useful and necessary objects into symbols of the past.

A wringer washer appeared, white with red trim, fat and friendly like a nice lady at church. On wash days, instead of bringing out the washboard and building a fire under the wash kettle, my grandmother rolled the automatic wringer washer out onto the front porch,

where it chugged and churned, swished and swashed, then flattened the family's clothes flat as flitters.

For a long time, even as our houses filled up with things to plug in, we didn't call the electric bill "the electric bill." We called it what it had been when the poles and wires first went up: "the light bill."

The pages of *Rural Kentuckian* document the dramatic changes taking place on farms and in rural communities around Kentucky. They document, too, another enormously important event at the time—the annual meeting, a two-day carnival/business meeting sponsored by the RECC. "The time of your life," *Rural Kentuckian* promised, and for a while, it was.

Annual meetings of the Jackson County RECC transformed the McKee ballpark into a wonderland of light and movement and sound. A big tent—circus-big, tent revival-big—grew at center field. Concession stands formed a line behind first base. A merry-go-round and tilt-a-whirl circled behind second. A performance stage sprang up in left field.

Bradley Bishop draws water from the well before the family got an electric pump. Photos: Shelby family





There was music! Square dancing! A magician! A clown! There were contests! Cake baking! Tractor driving! And prizes—bicycles, tricycles, pressure

cookers! And more people than you could shake a stick at. More than you ever saw in one place in your whole life before.



Miss Jackson County REA accepts her trophy during a Jackson County RECC annual meeting. Photo: Kentucky Electric Cooperatives archives

The grownups sauntered between exhibits. The children ran, clutching corn dogs or snow cones, not minding the sweat or the dirt or the summer heat, wanting to see and do everything at once.

At the end of the day, we climbed in the back seat of the car or up into the back of the pickup for the ride home. We had sawdust in our shoes and cotton candy on our faces. We had some good memories stored up for the winter. We had the time of our lives. And a whole big bucketful of free lightbulbs. **KL**

Writer and storyteller **ANNE SHELBY** lives in the house where her grandparents lived in Clay County. The wood-burning cook stove is still in the kitchen. She and her husband, Edmund Shelby, are consumer-members of Jackson Energy.



1950

=

1960

1970

Rural Kentuckian on press.

1980

1990

2000

2010

2020

75 years in print

Reflections and highlights across 904 editions

JOE ARNOLD

AS KENTUCKY LIVING COMMEMORATES the

75th anniversary of its first issue, it certainly deserves a comprehensive chronicling of its history.

This article is not it.
Instead, I offer you my
observations and selected
highlights after spending
many hours reviewing every
issue ever published—all
904 uninterrupted months'
worth—from its beginnings as
Kentucky Electric Co-op News
in 1948, its 38 years as Rural
Kentuckian from 1951 to
1989 and the last 34 years as
Kentucky Living.

I have some expert help. Interviews with five past editors and the commentary left behind within past issues provide me with the perspective of each generation, each reflecting the priorities and realities of their own day.

To be clear, I am not the current editor. That honor and responsibility belong to Shannon Brock who succeeded Anita Travis Richter in January after serving seven and a half years as managing editor. In my role as vice-president of strategic communications, I head the overall communications efforts of Kentucky Electric Cooperatives, the

association that serves all 26 electric co-ops in the commonwealth.

Co-ops belong to the people they serve and have a responsibility to clearly communicate with them. That's why a monthly publication

was among the main priorities when the association's first leader, J.K. Smith, opened our offices in 1948.



Smith recruited Seth
Thompson from the U.S.
Department of Agriculture
in Washington, D.C., to
serve as editor of *Kentucky Electric Co-op News*. When
the first issue, an eight-page

tabloid-size newspaper, was mailed to some 80,000 rural co-op members in April 1948, Kentucky's rural electrification progress was about 10 years old. The percentage of farm households



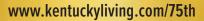
2023

Kentucky Electric

Co-op News focused

on electrification in

rural Kentucky.



BROWSE THE ARCHIVES. Scan the QR code to view articles from years past as we celebrate 75 years of *Kentucky Living*.



with electric service had increased from about 3% in 1937 to 44% in 1948.

The newspaper was heavy on co-op business, annual meeting reports and legislative developments while extolling the benefits of electricity to agriculture and life at home. Appliance advertisements and grateful testimonials from farm wives cheered the transformation. The recipe column, the oldest standing feature in the magazine, began in December 1949.

Yet the co-ops faced many and substantial challenges, especially from powerful investor-owned electric utilities that tried to limit where, who and how co-ops could serve. In every decade to follow, similar threats surfaced—and this publication was ready.

"This paper will be a fighting paper when necessary; an instructive paper always," read the bold print on the first front page. "But if it is to be a strong paper, you must believe in it and its ideals, like you believe in the ideals of your electric co-op."

Striking a balance

Since our first issue, every editor has faced the challenge of how to balance electricity-related content with general interest information.

"We want to broaden its scope so as to include subjects on general farming. But not only that—we want to make it fill a gap in your reading," Thompson wrote when explaining the shift from a newspaper to magazine format in 1950. "We want to be ready with a magazine which you, the Kentucky farmer, will WANT to read, instead of one which you think you SHOULD read

because of a sense of duty to your electric co-op."

The new magazine's green-dominated cover quickly became recognizable in Kentucky mail stacks. For the next 256 issues, until June 1971, green was the only color used, besides black and white, on the magazine cover.

During John Stanford's seven years as editor from 1951 to 1958, the magazine grew from 20 pages to 32, and from a circulation of 114,000 to 157,000.

In a 1952 survey, readers preferred stories in five main categories: "Information for women, information on the use of electricity, general farm stories, Kentucky history, and 'how to do it' stories on farming."

The magazine was retitled Rural Kentuckian, "a name which would more nearly fit its purpose." A Tobacco Talk column debuted in 1957, and one year later WHAS Radio and TV farm reporter Barney Arnold added his Howdy Neighbors to the magazine. Both would run every month until 1981.

As he began his four months as editor in September 1958, Addison McGhee remarked on "the phenomenal increase from 3% of Kentucky farms to 95%, using electricity to lighten the chores and to indeed make the life of the farmer a more pleasant and happy one."

John Stanford was editor of the magazine from 1951–1958.



Barney Arnold of WHAS Radio and TV wrote a monthly column from 1958–1981.



Avery Jenkins, left, and Bernie Vonderheide in 1962.

Bernie and Barbara Vonderheide were married in 1959-the same year Bernie became editor of Rural Kentuckian. "I said, 'Bernie, you're a city slicker!" Barbara remembers. "How are you going to write about agriculture?' And he said, 'I'll just talk to the farmers. They'll tell me what I need to know."

"The thing that concerns me most," Vonderheide wrote, "is how the co-op members of today will continue to react to their program. Will it be true that the younger generation of co-op members-kids who don't remember the days when there wasn't electric service on their farm-will be the kind of people who don't care a bit about how their co-op is run, but only that they still have electric lights?"

In handing over the editor's reins to Avery Jenkins in June 1960, Frank Strunk hoped his successors would "be driven by the same restlessness that I have feltthat nothing is as good as it is capable of being, and that our readers deserve nothing less than the best."

As the co-op association expanded its public relations and advertising program, Rural Kentuckian swelled to 40 pages in some months. Between farm life cover photos and full-page refrigerator and freezer advertisements, the magazine chronicled the ongoing co-op struggle to overcome the opposition and political maneuvering of private power interests.

"If you know anything about a hound dog you know that he'll run just about every time to get out of a fight with another dog, but he can whip three or four dogs when he's cornered," Jenkins noted in a 1961 editorial. "Let's not be like the hound dog, let's face up to our problems before we are forced into a corner."

Space age update

In 1966, circulation was up to 185,000. Editor Dick Littrell unveiled several changes, including a new nameplate with a space-age electron swirl, which later became the dot of the "i" in "Kentuckian," and he cheered the new typeface and glossy paper stock.

Claude Brock began his three-year editor stint in December 1967. The magazine published its first two-part feature, a preview of the new Kentucky Educational Television. Brock also partnered with Hayden Timmons, director of public affairs, on

an in-depth series of radio programs and a magazine feature on Rural Area Development.

At his home in

La Grange, Brock is gracious in his recollection of his co-workers, including his mentor, Communications Director Clyde Denton, co-op attorney Gene Buchheit, General Manager J.K. Smith and Tom Shirley, an agricultural engineer who contributed to or led the magazine from 1955 to 1979.



"Tom Shirley was one of the most the meticulous guys I've ever met," Brock says. "He was also a really nice guy and devoted to rural electrification."

REA Administrator David Hamil.

J. K. Smith, left, and

1948

Strong moment

In 1970, founding executive J.K. Smith left Kentucky to lead the new Cooperative Finance Corporation in Washington, D.C., and the president of the National Rural Electric Cooperative Association, Louis Strong, came here to take his place.

With Strong's encouragement, new Editor Ladell Futch implemented a "shift of emphasis in content to include a wider and more balanced variety of subject matter." Midway through 1971, other colors replaced the traditional green nameplate on the cover.

In a recent interview, Futch told *Kentucky Living* he also aimed to change the name of *Rural Kentuckian* to reflect that the magazine's readership was no longer entirely rural. "We were trying to get people to do what got done an editor or two later," he says.

As an electric co-op publication, *Rural Kentuckian* provided factual updates on the energy crisis of the 1970s. (See page 25, Energy, then and now.) In a series of blunt editorials, Strong and Futch leveled with readership.

"This magazine has been charged with the responsibility of 'telling it like it is," Futch wrote in 1974. "Unfortunately, the way it is doesn't always match the way we wish it to be."

From July 1975 to September 1979, Strong took on the title of editor-in-chief as other staff, including Dahlia Haas and Janice
Matthews, fulfilled
traditional editor
duties. Women's Editor
Fran Maierhauser won
awards for articles on
electric appliance efficiency,
lighting and Kentucky as a
vacation destination.



Louis Strong, KAEC president, served as editor-in-chief from 1975-1979.



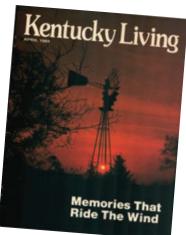
New colors appeared on the magazine cover beginning in 1971.

Gary Luhr

When Gary Luhr took the mantle of *Rural Kentuckian* editor in October 1979, the circulation was just over 270,000. He immediately began updating the look, feel and content, and recognized that quality advertising was appealing to readers. The first full-color photographs appeared on the cover that same year.

"I wanted it to reflect well on the co-ops and on the state of Kentucky," Luhr recalls. "There are a lot of good things in Kentucky that people ought to know about and be proud of." Luhr recruited The Weekend Gardener Fred Wiche of WHAS fame, whose beloved column would run for 17 years until his death in 1998.

By 1989, circulation topped 330,000. The April issue was Luhr's capstone. He convinced the association board—on his second attempt—to change the name to *Kentucky Living*, and in that same issue debuted the back page column by former CBS correspondent David Dick. The View from Plum Lick would become a magazine staple



The magazine was renamed *Kentucky Living* in April 1989.

and run for 21 years, until Dick's death in 2010.

After 15 years editing the magazine, Luhr was succeeded by Donna Bunch



Miller in October 1994. During her 11 months as editor, Miller added food writer Linda Allison-Lewis, whose Chef's Choice column would run until her death in 2011, and energy efficiency content by James Dulley, whose byline still appears in *Kentucky Living*.

During Paul Wesslund's tenure, 1995–2015, the magazine kept a focus on people while re-emphasizing energy issues.

Paul Wesslund

"Gary Luhr had built an incredible system of free-lance writers that set a solid organizational structure that kept high-quality stories filling the magazine," says Paul Wesslund, who moved from NRECA in 1995 to begin 20 years as *Kentucky Living* editor.

"My first inclination was to do no harm—I didn't want to screw up what Gary Luhr had created, which was a solid and approachable showcase of Kentucky culture and identity," Wesslund continues. "It also had a powerful reputation for quality, which I wanted to keep."

Though Wesslund kept the magazine's focus on people, his experience writing about energy issues provided credible information to co-op readers at a critical time.

Storyteller PRO ADS LESS TAKEN

TO ADS LESS TAKEN

Kentucky Living surveyed its readers to assess what they knew about energy.

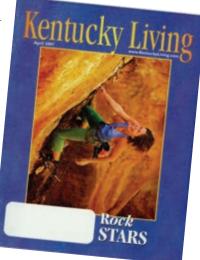
"The top thing we learned from that was that a majority of readers did not know that coal supplied most of their electricity," Wesslund explains. "Without that knowledge, there could never be much of a discussion of energy and environmental policy in the pages of the magazine."

Ten months into
Wesslund's tenure, Anita
Travis Richter became
managing editor, forging a
partnership that endured
until Wesslund's retirement
in 2015 and Richter began
her seven years as editor.

In August 1997, with circulation now over 400,000, *Kentucky Living* debuted a statement of purpose, crafted by Wesslund and published with the encouragement of the board.

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 members, in order to improve their quality of life.

The beefed-up staff helped *Kentucky Living* launch special annual issues on travel and



education, the Best in Kentucky readers' poll, photo contest, custom co-op covers and a book on the 2009 ice storm. KentuckyLiving. com went live in 2001 and a Facebook page started in 2013. The average page count was about 52 pages, with advertising demand pushing some issues to 76 pages.

The Kindred Spirits column by Teresa Bell Kindred, begun in 1997, concluded in 2009 ahead of a magazine redesign and a bolder *Kentucky Living* logo. The tagline "Celebrating the energy of your community" was added to the magazine cover, and Hall of Fame journalist Byron Crawford's byline first appeared.

Crawford's first column was printed in 2011 after he humbly agreed to fill the void left by David Dick's death. (*The Back Page: Byron Crawford's* Kentucky Living *columns* is available in hardcover this

CONTINUED ON PAGE 43

Byron Crawford's has written the magazine's back page column since 2011.

CONTINUED FROM PAGE 42

August. Learn more at www. KentuckyLiving.com/The BackPage.)

Ron Sheets retired in 2010 after heading the Kentucky

Association of Electric Cooperatives for 28 years. "When I told people I work for the state association, they don't know what that is," Sheets says. "But when I mentioned we publish *Kentucky Living* magazine, they light up and say, 'I love *Kentucky Living*.' The strength of that magazine is absolutely amazing."

Reaffirming our purpose

Succeeding Sheets, Bill Corum served five years as the CEO of the association and United Utility Supply Cooperative. When Chris Perry transitioned from Fleming-Mason Energy CEO to the statewide post in 2014, he identified strategic communications as a priority, with Kentucky Living as the hub of a multimedia effort. Upon Wesslund's retirement in 2015, Perry hired me to head communications efforts while entrusting Kentucky Living to Anita Travis Richter.

"In the 1960s, I grew up on a farm in Spencer County," Richter says. "As a child, Rural Kentuckian magazine was always on our table. I knew it came from our co-op, Salt River Electric. What I didn't

Kentucky Living

The Property of the Property

understand was the unique business model of a cooperative—that members own and govern the business."

As editor, Richter insisted upon newsstand quality of the magazine and paid special attention to co-op connections across Kentucky that would resonate with our more than 1 million readers. Readership is calculated based on a pass-along rate and an average monthly circulation of 477,000, the largest of any publication in Kentucky.

"During my tenure, energy became much more important for co-op members to understand," Richter says. As cooperative leaders become increasingly concerned about energy reliability and meeting federal regulations, Kentucky Living keeps co-op

members updated.

The magazine partners with the governor's office to recognize beautification efforts, and with the secretary of state to promote voter participation. Now in its 14th year, Best in Kentucky added an annual awards show in 2017 hosted by Miss America 2000 Heather French Henry. In 2021, a redesign streamlined columns and content.



In January, Richter retired after 28 years with the magazine and Shannon Brock shifted from managing editor to editor. This April, the magazine had its largest page count ever at 92 pages.

garden writer.

Nearly 60 years after he became editor, Claude Brock (no relation) says *Kentucky Living* is as relevant as ever, and its quality has never been better.

"I think the addition of qualified people, the art and the layout and the design and the general interest of today's publication really reflects kindly," Brock says. "Kentucky Living has thrived." KL

In 2017, Best in Kentucky added an annual awards show hosted by Miss America 2000 Heather French Henry.

A 2021 redesign streamlined columns and content.

The stories on the following six pages: A Bond Of Blood And Stone (December 1993), The View from Plum Lick (November 2004) and A Report on Duncan Hines, America's Food Expert (March 1950) are reprints from previous issues of Kentucky Living.

A Bond Of Blood And Stone

Their families once linked by slavery, two women managed to overcome the barriers of the past

By Elizabeth Terry-Testerman

"To describe the significance of freedom ... is to severely test our historical imagination. Perhaps only those who have endured enslavement and racial oppression are capable of fully appreciating the various emotions, tensions, and conflicts that such a dramatic change could provoke."

Leon F. Litwack – Been In The Storm So Long

stood in the shade of the trees and closed my eyes. I wanted to imagine myself back in time, between 1793 and 1795, when the first family to inhabit this land arrived. Since the beginning of my journey, tears had unexpectedly rolled down my cheeks several times. Now, when I waited for them to come, they did not.

Although the heat of the day was suffocating, I needed to be there, at the graveside of slave and master. Had a slave at one time stood in the exact spot where I was standing? Were there tears on that face? Who was buried there? I knew for sure that whoever it was, however he or she had died or been mourned over, it was someone of my blood.

The house and the cemetery behind it

had been built by James Ryle Sr. — slave owner. Those he bought and sold were members of my mother's paternal family, and now, all that remained of their bodies was buried under stones marked with orange flags.

I wanted to scream. I wanted desperately to communicate with those buried. Finally, the roller coaster in my heart slowed down enough for me to realize that pride had taken over my feelings. The decision to come to this place in Boone County was mine. I alone had made the decision to come and find my family history. No man had brought me here. I was free.

Not only was this the land of my ancestors, the same held true for my hostess and guide, Wanetta Clause. James Ryle Sr., her great-great-grandfather, was also interred here. I opened my eyes and looked at her. Wanetta's gentle and warm smile was comforting as we bent together to trim away the thicket that covered the small gravestones. Perhaps she understood some of what I was feeling, for she softly told of how the small cemetery had been neatly attended when she first found it.

The Ryle clan was a curious group and I was not sure how to describe them as

slave owners. In my possession were documents proving they had bought and sold slaves, used them for bargaining and given them to their children in wills as though they were cattle or land. On the other hand, I had deeds dating from 1806 that documented slave sales to be only between family members. One slave in particular was bargained: the deed stipulated he was to be allowed to buy his freedom within the next five years. The will that James Sr. wrote September 1, 1838, mentioned my family by name: Greatgreat-great-grandmother Magdalena and her children, my great-great-grandfather Jackson, his brother Jacob and his sister Hannah, were all bequeathed to one son, Hogan Ryle, It was stipulated that "Laney (Magdalena) was to be set free at age fifty." Additionally, it was his will "that old Rachel and Jenny shall be free."

Pension files from the National Archives provided further information on this family. Wade Ryle, son of Hogan Ryle, wrote an affidavit on behalf of Jacob in 1892, affirming that he had performed a marriage ceremony for Jacob and his wife, Maria, in October of 1861. Was this

The author found some of her family roots buried in Kentucky.



the normal action of a slave owner during the Civil War? And what about the military records that state one brother joined the Union Army in September of 1864, while the other was drafted? Congress had passed a law giving immediate freedom to any enlisting slave and his family. Would this not entice a slave to enlist? Or were they already free?

From the Boone County Clerk's office I had gotten the name of a local historian, William Conrad, who told me of a book on the Ryle family and explained some of their history. Then he gave me something else — the name and telephone number of a direct descendant of James Ryle Sr., Wanetta Clause.

After our telephone conversation, I realized my hands were shaking. The span of more than 125 years since slavery existed suddenly shrank. Everything seemed so recent and personal: the slave ships, the chains of bondage, the rivers used for transportation and the slave auctions. Even America looked different; it was different. I was a child of slaves. Had I made myself think that I was not? How had I rationalized that? By believing that slavery was so long ago it did not affect me? At that moment, it did.

For weeks I looked at Wanetta Clause's name and telephone number, as if I ex-

pected them to change somehow. What I really hoped for was an escape from the anger I felt each time I saw them. Finally, the turmoil within me subsided. I knew I must call if I wanted to open more doors to the past. But what was I going to say: "Guess who I am?"

The call was placed. "Hello," she said. It seemed like eternity before I could speak. She listened as I quickly introduced myself, explained my call and how I had received her name. Silence. Before all nerve was lost, I went on to render my lineage: my mother is Betty Piatt Terry; her father, Stanley Jacob Piatt; his mother, Roxanne Piatt; whose father, Jackson Piatt, also known as Jackson and his Ryle. mother. Magdalena Piatt (Laney Ryle), had been owned as slaves by James Ryle Sr. She stated that her Ryle line was descended from Thaddeus Ryle and that she was not familiar with the Ryle family line I pursued. She did not think she could help me, so we ended our conversation politely.

But a journey to Kentucky was inevitable. My next research completed

I knew I must call if I wanted to open more doors to the past. But what was I going to say: "Guess who I am?"

Wanetta's line: Thaddeus had been the son of David Ryle, the sixth son of James. I called Wanetta again, for permission to camp on the Ryle family property. A few days later I received a card: Wanetta and her mother, Ada Ryle, had set up an "apartment" for me. They hoped it would be more comfortable than my tent.

The apartment turned out to be the north end of their home; two bedrooms,

kitchen, living room and the most beautiful view of their hills with a pond at the base. Again, this Ryle clan had astonished me. These two women, who lived alone, had invited a stranger into their home. All they knew about me was the information I had chosen to share with them. Their welcome was rare in this time of crime and apathy.

Wanetta and Ada introduced me as the "cousin from Texas." They cooked my meals, guided me through the county, assisted me in my research and worried about me when I returned late from the library. During the week I was there, I came to call Ada Ryle, "Mother," and thought of them as extended family.

On June 14, 1991, more than 125 years after the Emancipation Proclamation, I stood beside the family cemetery with a descendant of the slave owner, still connected by a bond. As we continued to clean the grave site I felt relaxed and at home. It was right for me to be there.

In the two and a half years since then, I have gathered many more pieces of information about my roots and the strange Ryle clan. I may never know for sure what type of slave owner is buried in that cemetery, but, I know his descendants. I may never know all of the intimate details between slave and slave owner, but

as a human being and a child of slaves, I can declare the institution of slavery evil, regardless of the treatment bestowed upon those enslaved.

When it was time to leave and continue my quest, "Mother" gave me a gift, a pillow she had made to keep me from forgetting her. How could I ever forget? The bond we shared was deep, our pasts entwined with our present and future. I drove away thinking of my ancestors. told them I loved them and thanked them for passing their blood and strength on to me. I would forever be them and my sons would continue the line. I decided then to believe that Wanetta had inherited her goodness from her ancestors. I prayed that my family had known the love and generosity I had been given.



Wanetta Clause kneeling beside the grave of James Ryle Sr.

The author lives in Grand Prairie, Texas.



THE VIEW FROM PLUM LICK DAVID DICK

Doggone good baloney

ast month when we left the reporter, the flea-bitten dog, the baloney sandwich, and Frolic Fain's meat-cutting machine, the conclusion to the story was promised in this month of thanksgiving.

While many will be serving up turkey and dressing, light rolls, cranberry sauce, and mincemeat pie a la mode, some of us will settle for something simpler and a lot less trouble. We purists prefer our baloney sandwiches to be plain without insulting mustard or distracting pickle relish. The purist of the pure even leave off the superfluous bread.

If you somehow missed Part 1 last month, try to find a copy and read it before proceeding. But if that's not possible, the second half of the continued story will have four legs to stand on.

This true story is dedicated to Joe Creason, one of Kentucky's beloved talltale tellers. Joe was born in 1918 in Marshall County, and died in 1974 in Louisville, where for many years he wrote a column for The Courier-Journal called "Joe Creason's Kentucky."

Joe was buried in Bath County, just a few miles from Plum Lick. It was Joe who'd told me about the man who made fantastic baloney sandwiches and who might be able to help me put some flesh on the bones of a television documentary I was doing for WHAS. At the time, the radio and television newsroom was located two floors up from Joe Creason in The Courier-Journal building.

Joe said, "Be sure to ask Frolic for a baloney sandwich."

"Why?"



"Because they're the best baloney sandwiches you'll ever find anywhere. Tell Frolic how good his baloney sandwich is, and he'll take good care of you."

The first trip was a success. Baloney sandwich-great!

Second trip? Well, let's tell it like it actually happened.

This sleeping, flea-bitten dog was quivering and snoring by the side of Frolic Fain's grocery store at the crossroads of Caninesville in Barkley County (names made up to protect the guilty).

He was one of the ugliest dogs I'd ever seen in a lifetime of admiring all kinds of dogs. This was a scroungy dog. His ribs showed. When he breathed, little puffs of dust rose up and settled back down on his crusted nose. He was a Camelot for fleasreminded me of an old crumpled throw rug that had spent more time outside the house than in it.

About this time, Frolic Fain returned in his pickup truck. At the sound of the engine, this good-for-hardly-anything hound jumped up like he'd been shot from a cannon or maybe just launched on a space mission to Mars. His target was the front door, and by the time Frolic had his hand on the knob, that dog had his crusted old nose snug up to the crack in the doorjamb. His nose vibrated like a dust devil, throwing off tiny, fine flecks of dog powder shimmering in the sunlight, slanting across the tree tops, finding their home of homes on Frolic Fain's doorstep.

When Frolic opened the door, that dog took off running down the front of the counter like he was at the head of the stretch at the West Memphis dog track. He was going and blowing. He rounded the counter corner, all four legs tangling and untangling. He headed up the backside of the counter like a dog who knew where he was headed on the day that was meant to be and had finally come to pass.

He was going full-tilt until he reached the meat-cutting machine.

That's when he threw on the brakes. He jumped up, put both scrawny front paws on the edge of the meat-cutting machine, and licked the whole thing, clean

Frolic Fain smiled and said, "Bet you want another baloney sandwich."

I smiled back and said, "Yep, reckon I do."



as a whistle.

David Dick, a retired news correspondent and University of Kentucky professor emeritus, is a farmer and shepherd. Read more about him at w.kyauthors.com

A Report on Duncan Hines, America's Food Expert

By Camilla Stewart

"I'd rather have a meal worth remembering than go to Grand Opera," says Duncan Hines, well-known author and publisher, and our American expert on where to get good food and how to prepare it. After years of being away, Mr. Hines, native Kentuckian, now lives again in his home state, and though he and Mrs. Hines spend three-fourths of their time traveling and "tasting", the remainder is spent at his elec-trically-equipped Kentucky home outside Bowling Green. He is a member of the Warren electric co-op. Besides his New York office, Mr.

Hines also has office headquarters at his home, where five employees help answer the several hundred letters received weekly, and aid in the constant, up-to-the minute revision of his four books, Adventures In Good Eating, Lodging For A Night, Vacation Guide, and Adventures In Good Cooking. These sell at the rate of about a quarter million yearly. Letters, which are all answered, come from everywhere in the world except Russia, "I don't want any from there, either," says Mr. Hines.

Public Demand

This unusual profession of being the nation's food expert grew from public demand. Loving both travel and good food himself, Mr. Hines soon found the two seldom went hand in hand, and so he became interested in finding and listing good wayside eating places for his own use. Soon, he became quite an authority to friends. "My first book really grew out of a Christmas card," he admits, for after putting his list of approved places on a greeting to special friends one year, demand for more cards became so great, and also so expensive, he was forced in selfdefense to publish and sell Adventures In Good Eating.

Such a book is never really finished, for at regular intervals all places listed must be re-checked by himself or trusted volunteer helpers, and new places added in revised editions. All recipes appearing in his cook book must be carefully checked, and most of this is done by Mrs. Hines herself in her electrically-

equipped kitchen.

Mr. Hines, who travels "incognito", never desires a meal "on the house" but always orders at least four main dishes, sometimes as many as 16, in small portions, and pays full price. But no matter how good the food, he has the strength to limit himself to "tastes" only. No eating place should ever be judged by an impressive outside appearance, he says, but the garbage disposal, rear entrance, and kitchen are of prime import-



"Yes, that's about right," Duncan Hines is telling his wife Clara as she whips up one of his favorite recipes in their all-electric kitchen. (Ladies, just imagine what it's like to cook for America's leading food expert!)

ance, and are fully inspected before recommendation. As far back as 1940, it was said that Duncan Hines had done more to lift the level of American cooking than all the cooks in America had done in 40 years.

Best Kentucky Food "The best food in Kentucky is found in the private homes," Mr. Hines said, adding that he will always remember the wonderful corn pudding and beaten biscuit his Kentucky grandmother made. A firm believer in "regional" cooking, which is serving as a specialty those dishes best known and suited to a particular part of the country, Mr. Hines lists country ham, fried chicken, biscuit, and corn bread as real Kentucky food. Fried catfish, if properly prepared, can be a Kentucky "special" too. Beaumont Inn, Harrodsburg, and Boone Tavern, Berea, he rates as top Kentucky eating places.

"Loving Care"

America's greatest food expert offers us this first-hand advice on cooking. The most important thing in good cooking, he says, is to know "when to put on and take off", and to give all food you cook the proper "loving care." Above all, know the correct heat to use. Mr. Hines prefers cooking by electricity because the heat can be regulated and kept at an even temperature. No guesswork must exist, and he recommends using an oven thermometer to check the inside oven temperature with the indicator, as well as a meat thermometer when roasting meat.

"The trouble with women cooks is that they improvise when following a recipe," he accuses. "Maybe substitute oatmeal for mush, or something else for rice, ending up with an entirely different dish." He claims that even when a recipe is followed exactly, nothing is ever cooked quite the same way twice, so a recipe should be tried several times before you can be sure you don't like it. Stirring can make a difference, and he cautions would-be "chefs" to always continue stirring in the same direction, never reversing.

Everything's Electric

Kitchen equipment plays an important part, with small items, such as measuring spoons, as necessary as the rest. He believes a surprising number of cooks don't even have measuring spoons. The Hines' kitchen, which is small but perfect in detail, has all electrical appliances, and stainless steel cooking utensils.

Mr. Hines, with true knowledge of women as well as food, is most em-phatic about one thing. Though your kitchen should be clean and ready for inspection at all times, refrain from inviting guests in while the food is underway. Too much talk ruins the cooking! And this might be hard on Fido or Kitty, but absolutely no pets should be allowed inside your kitchen doors!

Housewives, as well as restaurants, should buy top quality food and give it careful preparation before the actual cooking. He believes money saved on cheap-grade items, and time saved on careless preparation, are eventually spent "on visits to the drug store for stomach pills, and finally at the undertaker's."

Champion Carver

Duncan Hines, who laughingly claims he's probably runner-up to America's champion carver, might owe his skill to a Kentucky grandfather, who was an expert too. Carving is an art, and he says proper carving emphasizes the best flavor of meat and fowls. He tells just how to carve in The Art Of Carving In The Home, included in his cook book, but tips us off briefly by saying, "Just use your head, know the places to cut, and be seated to do it." He has approximately 50 knives hanging in his kitchen. No one else is allowed to touch any of them. ("What he doesn't know, doesn't hurt him," says his wife!). He be-lieves the first requisite for good carving is a sharp knife, and always keeps an electric knife sharpener nearby, as well as other sharpening implements.

Duncan Hines grows angry at the current mis-use of the word "chef", claiming that every cook at a hamburger stand dons a cap and becomes "the chef", even though he might be a bad enough cook to poison you. He firmly believes that all cooks in public places should be licensed as are doctors and lawyers.

He has become a true crusader for better eating and food sanitation, and for a fairer deal for the American dining-out public. His sincerity was proved in 1942, when he turned over all stock in his company to the Duncan Hines Foundation, which receives all the dividends, amounting to about 2c per copy, on his books. These profits from the quarter million copies sold yearly, established scholarships at Cornell University, Michigan State College, and the National Sanitation Foundation, for those interested in the hotel and food business, as well as sanitation, Candidates are selected by the schools named.

Author or Farmer?

Though Duncan Hines is undoubtedly author and publisher, he was once told by a visiting census-taker that "the law" said he had to be classed as a farmer, since he owned over four acres of land. To this Mr. Hines agreeably replied, "Well, I do grow two things. I grow weeds, and I grow tired of looking at them."

Mr. Hines, who upholds American standards of eating, has this advice for those who do the "raising." "Whatever you raise, raise the best, whether it's radishes or lettuce for a crisp salad, or beef for a thick 21/2inch steak. Good food eliminates worries and anger, and can solve world problems too, and it can begin on your own place."

Recipes From America's Expert

Try these recipes from Duncan Hines, famous American food specialist, and one of our own Kentucky electric co-op members. Expert, firsthand advice on cooking is also given in the Duncan Hines feature article, this issue.

Burgoo

- 3 lbs. beef--lean
- 2 lbs. veal
- 4 lbs. chicken
- 4 gallons water
- 6 onions
- 1 large head cabbage
- 6 carrots
- 6 turnips
- 2 stalks celery
- 1 gal. can tomatoes
- 6 ears fresh corn
- Salt and red pepper to taste

Boil first 3 ingredients in water until well done. Remove from stock and let cool. Braise onions in some of the fat removed from the stock, until a light brown. Strain stock and add to onions. Chop the meat fine and add to onions. Chop all vegetables and add to the above. Let simmer for 1½ hours, adding water if necessary to make 3 gallons when done. Scrape corn off cob and add to mixture and cook another 30 minutes. The corn will thicken the mixture. Add seasonings.

HINES RECIPES .

Apple Pie

1 cup of sugar 2 tablespoons flour

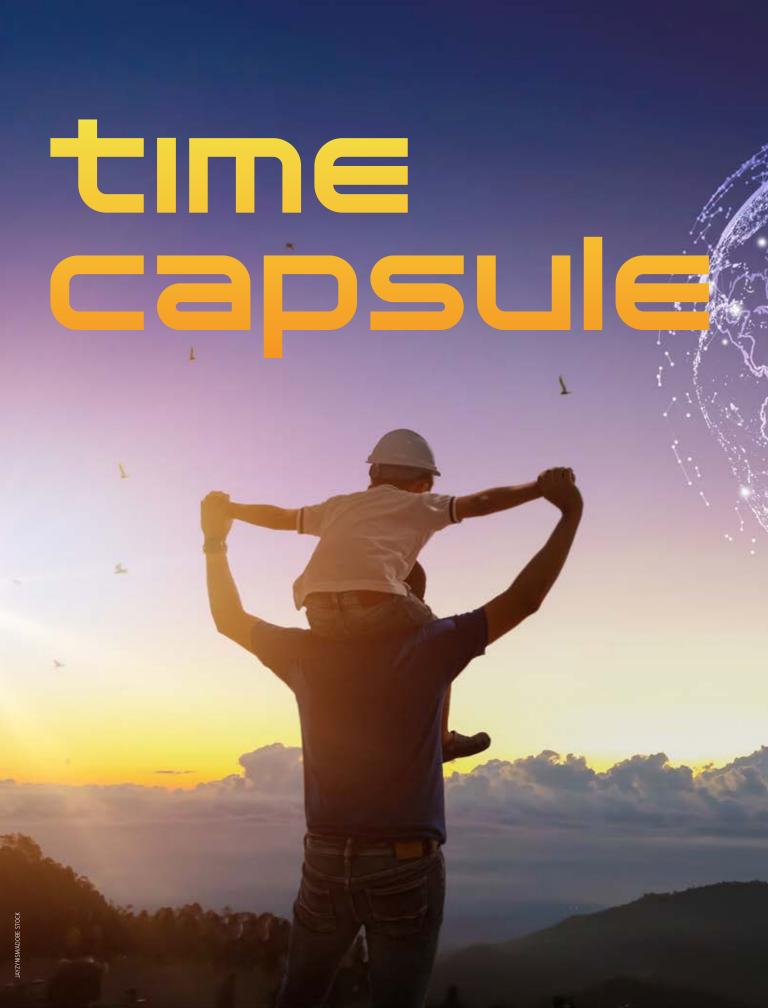
½ grated nutmeg 1/2 cup orange juice

One-third cup melted butter

Winesap applies cut into thin slices (enough to fill

pie pan)

Mix first five ingredients. Add apples to mixture and thoroughly mix together. Butter a pie pan heavily before putting in the pastry, then fill with apple mixture and make strips for the top. Preheat oven. Bake at 400° F. for 15 minutes, then reduce oven to 250° F. and bake for 35 to 40 minutes.





Complexities of electricity in the next 25 years

BY SHANNON BROCK

An anniversary is a time to look back

and celebrate where you've been, but with *Kentucky Living*'s 75th anniversary, it's also time to look forward. When our magazine celebrates its centennial in 2048, what will the energy industry look like and what will it take to get there?

We talked with energy leaders, and they say the future is complicated.

As cooperatives and utilities across the country transition their portfolios to incorporate larger amounts of renewable energy—like solar and wind—leaders of these utilities are concentrating on how they will ensure the reliability that their consumers expect.

"I think all of us are trying to rub our crystal ball and have it tell us what's going to happen, because the current industry is starving for predictability," says Tony Campbell, CEO of East Kentucky Power Cooperative, a generation and transmission co-op that provides power to 16 member electric cooperatives in Kentucky.

And without predictability, the grid may get grim before it gets better.

"In the short term, which I call 10 years, I have some significant concerns about the reliability of the grid," says Bob Berry, CEO of generation and transmission cooperative Big Rivers Electric, which powers three member co-ops in Kentucky. "We're retiring fossil fuel plants, both coal and gas, mostly coal, much faster than we're putting on new resources."

Campbell agrees: "I predict the next 10 years, maybe even 12 or more, are going to be very, very challenging."

The latest proposed rule from the U.S. Environmental Protection Agency would









require fossil fuel plants to reduce carbon emissions by 90% by 2040. Campbell says that path toward decarbonization will require a phenomenal transition.

"It took us 100 years to develop the most complex, efficient and reliable electric system in the world, and now they're trying to create and transition to a whole new set of generating resources, and in a short period of time—10 years or 15 years or so," he says.

"It can't physically be done," Berry says. "The EPA is trying to reduce carbon with technologies that are not developed. We're all for reducing carbon, but you have to have a plan. You can't just wish it and it's done."

Make way for nuclear?

Unlike solar and wind energy, nuclear energy is dispatchable, meaning it can be generated on demand. It's also a carbon-free energy source.

"If we're going to be at zero carbon emissions, nuclear is the answer, and I think we'll get there," says Chris Perry, president and CEO of Kentucky Electric Cooperatives, the statewide association that publishes *Kentucky Living* and supports the 26 electric cooperatives across the state.

The Tennessee Valley Authority, or TVA, which provides electricity in seven states, including to five of Kentucky's distribution cooperatives, is already generating nuclear energy.

"TVA today has one of the nation's most diverse and one of the cleanest generation portfolios," says Don Moul, TVA's chief operating officer. "So, as we start to transition toward carbon neutral

by 2050, innovation is going to be one of the key drivers that tells us what that diverse mix is going to be made up of."

Right now, Moul says, nuclear is a significant portion of that mix, accounting for about 40% of TVA's total generation portfolio, and TVA plans to add more nuclear capacity in the form of small, modular reactors over the next 10 years.

Currently, TVA operates one nuclear plant in Alabama and two in Tennessee. TVA also has the first early site permit in the country for an advanced reactor at its Clinch River Site near Oak Ridge, Tennessee, and is identifying other sites to locate smaller units.

But building and bringing a nuclear plant online takes time and a lot of money.

"Significant nuclear, like a small nuclear reactor, they're 10 years away from being really developed where a co-op can do it," Berry says. "When you build nuclear, you're betting the company on

it, because the overruns and cost and the schedule can put a small co-op like Big Rivers under. ... But it's the only dispatchable resource that is available that is non-carbon producing."

Renewable energy and backups

Renewable sources of energy like solar and wind do not produce carbon emissions, but they are not dispatchable—they are available only while the sun and wind cooperate. Berry describes these renewable resources as intermittent generation. They

play an important role, but managing their contributions to the grid can be complex.

Big Rivers has 160 megawatts in renewables that will be put into service during the third quarter of 2024 and is developing an additional 100 MW, Berry says. EKPC plans to add approximately 1,000 MW of solar to its portfolio over the next decade.

The 2022 federal Inflation Reduction Act provides co-ops with new tools to assist in this transition. In particular, the U.S. Department of Agriculture Clean Energy Financing Program includes \$9.7 billion in financial assistance—grants, loans, loan guarantees or loan modifications—for cooperatives to buy or build clean energy systems.

Big Rivers and EKPC are both members of regional transmission organizations that administer the transmission grid. These regional organizations allow

ELECTRIC CO-OPS BY POWER PROVIDER

East Kentucky Power
Cooperative

Big Rivers Electric Corporation

Tennessee Valley
Authority

Jackson
Purchase Energy

Gibson

West
Kentucky

Big Rivers and EKPC to sell generated

power and to purchase power generated elsewhere—including power generated through hydro, solar and wind. Today, when renewable energy is added to the mix, it doesn't replace thermal generation, like coal and natural gas. Those plants must be maintained for when they are needed, Campbell explains.

"When you really need it, or if the renewable generation doesn't show up—the wind's not blowing or the sun's not shining—you have to have thermal generation ready to come online and pick the system up," he says.

TVA uses 101 generators at 17 sites, including two in Kentucky, that are powered by natural gas or fuel oil. Moul says the natural gas assets will be a "good insurance policy."

"Our natural gas assets will still be there," he says. "They'll still be available if needed. We really expect them to run less, but be there, more like a capacity resource when conditions demand it." than fossil fuel plants. But it does require a water source.

"We're blessed with the Tennessee River system," says Moul. "When you think about conventional hydro, we operate 29 dams, including the Kentucky Dam near Paducah. Hydro makes up about 10% of our generation, and we're looking at adding more pumped storage."

Battery innovation

Without scalable battery technology to store it, renewable energy—especially wind and solar—can go only so far.

"Will renewables be the way it is (in 25 years)? We'll see," Perry says. "That depends on battery technology, and I do think we'll have some breakthroughs in that."

"We're already investigating battery storage projects, but we want to make sure it makes sense for our customers," says Moul. "So, it's got to

be cost effective. It

balances out that

the affordable, reliable and resilient.

We can't go all to zero carbon resources and then abandon those other three. We have to balance all four of those aspects out."

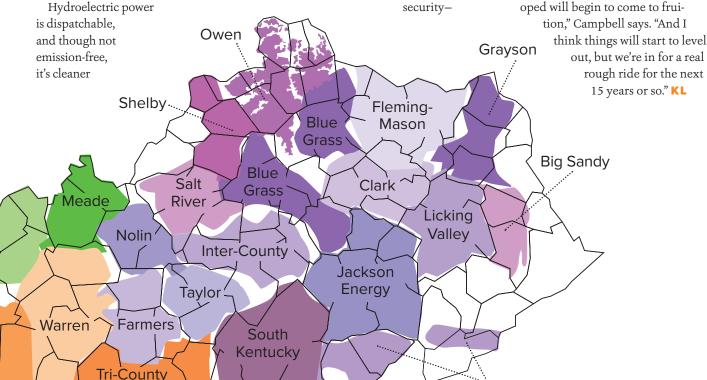
Campbell, who sits on the board of the Electric Power Research Institute, says battery technology is in its infancy. The institute is putting a lot of resources toward developing batteries that don't require so many rare minerals, he says.

"In 25 years, that could really change," Campbell says. "I don't know if you're going to get to where you could replace a baseload unit with batteries, but it will develop and help renewables to escalate even more in our portfolios."

Berry cautions that, while batteries will be helpful, they are not the answer.

"Batteries do not generate electricity," Berry says. "They only store electricity. ... We're still going to need some kind of dispatchable resource."

"Maybe in 20 years, 25 years, technologies will start to mature and new technologies that are just being developed will begin to come to frui-



Cumberland Valley





Co-op lineworkers stay safe and keep the lights on

BY SHANNON BROCK

ational studies repeatedly rank the job of an electric lineworker among the most dangerous in the country. And while the danger of working directly with high voltage cannot be denied, Kentucky's electric cooperatives are full of outstanding individuals who go out in all elements to get the power back on as quickly and safely as possible.

But the job has its perks—among them working outside, providing a vital service to the community, quality benefits (like insurance and retirement plans) and quality people.

Kenny Brown, now the operations and training coordinator at Nolin RECC, says one of those quality people got him interested in the job. As a young boy, Brown watched a neighbor lead by example.

"If I was ever out in the yard or out in the field, I would watch him go by in the bucket truck and it just fascinated me," Brown recalls. "I lived in a small town, so becoming a lineman was very difficult. They were looking more toward guys that were already settled and had a family ... I didn't actually get started till I was 28."

That same lineman called Brown to let him know he was retiring. "He said, 'If you want a job, you need to go put in for it."

That was in 1986, and Brown has been working in the field ever since, though



not just at Nolin RECC. Life led him out of state for a while, but upon his return to Kentucky, he worked for a contractor that worked with Nolin, and then joined Nolin again as a crew leader.

"Nolin has really reached out," Brown says. "They took good care of me. And they're good people to work for. I've really enjoyed this occupation, and this place."

The job has changed quite a bit over the last 37 years, he says.

"Pretty much every hole was dug was with a spade and spoon or post hole diggers," Brown says.

Joe Brown, a lineworker at Meade County RECC for the past 20 years, says the gear and ergonomics have changed, too.

"When I first started, everybody would wear the same rubber sleeves or protectors or whatnot," Brown says. "You'd pass them over to each other. It didn't matter if they fit or not. Now, everything is lighter weight. Everything is custom to you. It's just a whole lot better."

Both Kenny and Joe agree that training and safety protocols have been impacted for the better.

"There's definitely a lot more schooling on safety," says Joe Brown.

Shelby Energy's Chandler Ping, right, loves working outside. He's shown with co-worker Richard Spoonamore. Photo: Wade Harris "The standards on safety are just unreal. We've done a really good job with that."

"As technologies advance, you need to train," Kenny Brown says. "And I'm a firm believer that you need to be taught how to by books, as well as out on the job."

CURRENT GENERATION

In his role as crew leader, and now as a training coordinator, Kenny Brown has a hand in shaping and teaching younger, less experienced lineworkers as they join the team at Nolin RECC.

One of those lineworkers was Ryan Ray, who is now a crew leader himself.

Nolin RECC's Kenny Brown, left, and Ryan Ray work together to set a pole. Photo: Sarah Fellows

Ray has worked for Nolin RECC for about eight years.

"I wouldn't choose anybody else to learn underneath because he explains things thoroughly," Ray says. "He takes his time, but he also teaches. He had so much knowledge that he could just pour down on all of us. And (we'd) retain as much as you can, because he's probably forgotten more than we know."

Ray earned a teaching degree, but quickly realized he didn't want to spend his career in a classroom. After talking with other lineworkers and doing research, Ray thought he would give the job a try.

"I've always worked outside and thought, 'This is something I could do,'" he says. "And I pretty much picked it up and ran with it."

He attended the Lineman Training Center at Somerset Community College, but the teaching degree still comes in handy.

"He's an excellent teacher with the



younger guys," Kenny Brown says of Ray. "He takes time to help them, to train them. I mean, you couldn't ask for any better."

Like Ray, Shelby Energy's Chandler Ping also trained in Somerset.

"I didn't want to sit in the classroom, and I knew I wanted to be outside," says Ping, who has worked at Shelby Energy for about five years. Ping went through the program with his best friend. They held each other accountable and are both working in the field today.

Ping says he likes being part of a local company and community.

"I like the fact that it's a local job," he says. "The fact that you're able to come in and work with the same people and kind of be a part of a community. ... It's nice being able to build a life."

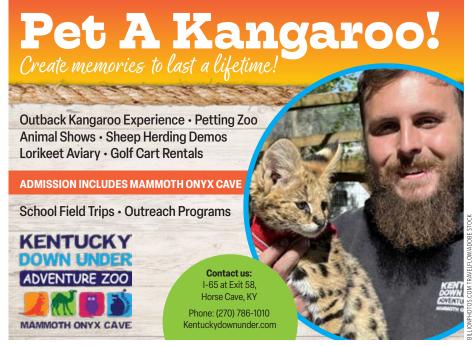
LINEWORKERS OF THE FUTURE?

Several of Kentucky's electric cooperatives employ a new kind of lineworker. One that Kenny Brown or Joe Brown most likely didn't see coming at the beginning of their careers: fiber technicians.

Just as co-ops brought electricity to the rural parts of the state in the 1930s and '40s, some cooperatives are working with local partners to take high-speed, fiber internet into rural areas today.

Austin Frank is a fiber optic installation and repair technician at Warren RECC. He attended Northwest Lineman College in California before moving to his wife's home state of Kentucky. Frank initially worked in fiber optics, but then spent four years as an aerial lineworker, working on transmission lines. He began working at Warren in February of this year.

"I always wanted to work for an REC





KentuckyLiving.com

On the mic

Hear from these five lineworkers in their own words. See the video interviews at KentuckyLiving.com. (rural electric cooperative)," Frank says. "I love Bowling Green, and I wanted to serve the community

Through a partnership with the



Austin Frank is a fiber optic installation and repair technician for Warren RECC. Photo: Wade Harris

members in Warren, Butler, Edmonson 270-443-1728 and Grayson counties. (Another partnership with EPB Fiber helps bring internet to Simpson County.)

> "Everybody that I've talked to that has NCTC/WRECC fiber absolutely loves it," Frank says. "They don't have a single issue or concern all the way from the installation to it running."

From electricity to internet and beyond, what awaits the lineworkers of the future?

"They'll probably see remote control bucket trucks," Nolin's Kenny Brown says, adding that he's already heard of futuristic experiments in other countries. "You sit in a bubble in the air conditioning, and you ride up in the air and it's got robotic arms that do the work."

"In 20 years," says Meade's Joe Brown. "It's going to be different, but I don't think for the worse. I really think for the better. That's what we're looking for: to better ourselves and better our jobs." KL





Just peachy: Cardinal Farms Peaches

At Cardinal Farms in Henderson, you can buy farm-fresh peaches and experience electric cooperative history at the same time. The farm is the site where, in October 1937, then-owner Frank T. Street became the first rural electric consumer in Kentucky. The farm's significance is commemorated with a historical marker, located 6 miles south of Henderson on U.S. Highway 41 Alt. Perhaps the greatest testament to history, though, are the peaches themselves—the product of a visionary grower who used electricity to change his farm forever.

In 2023, the importance of electricity to Cardinal Farms Peaches goes without saying. Power provided by Kenergy Corp. runs the farm's walk-in coolers, drive-in coolers, freezers, sales floor lighting and even the electronic devices that farm manager Tim Alexander, shown, uses to communicate with customers on Facebook. And yet, despite its importance, it's nearly invisible: "We don't think about it," Alexander says. "It's part of life."

It was a different story when lines were first energized. "It was a memorable day in 1937 when three-phase power was delivered to the Cardinal Farms packing shed ... " Street wrote in these pages in 1949, noting that the energizing of the lines greatly simplified the packing process, which had previously relied on finicky gasoline engines.

Alexander grew up on a farm next door to Street's property, which was managed by his son, George Street, until the 1980s. Alexander's father took over management of Cardinal Farms when George Street retired, and Alexander moved back to the farm full time in 2000. The farm has seen many changes through the years, with varying investments in cattle, wheat, tobacco, popcorn, and, around 2015, more than 4,000 acres of corn and soybeans.

When Alexander became manager, he decided to focus exclusively on the peach orchard. "This is what I love to do," he says. "If I didn't love growing peaches, I definitely wouldn't be doing it." Learn more about Cardinal Farms Peaches at KentuckyLiving.com.

Story: Joel Sams Photo: Joe Imel





Rain-hardy hydrangea

Choose a bloom that bounces back

THE HYDRANGEA IS ONE of

our most beloved flowering shrubs, but it can have a problem following a heavy rain. The beautiful flowers, which are large and heavy, flop under the weight of the water. This takes the beautiful flower show and turns it toward the ground. Since heavy rain showers are common throughout Kentucky during the summer hydrangea blooming season, consider planting a variety that can withstand our summer rain and storms.

One fabulous option is hydrangea arborescens Haas' Halo-smooth or wild hydrangea. Probably the most recognizable smooth hydrangea is Annabelle, and while this is a beauty, Haas' Halo is far superior in my garden. Its large, white lacecap flowers seem unfazed by rain. It blooms all summer, and all the pollinators, including butterflies, simply love it.

You can plant it in part shade, but it will bloom its best in a sunny location. When planting in full sun, choose a site where the soil is moist, has automatic irrigation or you can water when dry. This particular variety tolerates the heat and humidity of summer with ease. It can reach 3–5 feet tall and wide, so give it space to grow and



flower all summer and you won't be disappointed. It blooms on the new growth, so prune it in late winter or early spring each year to encourage a large flower display.

For a more traditional hydrangea flower on a plant that also can withstand our heavy rains, try Quickfire Fab. It also has strong, sturdy stems, keeping the flowers upright during a rain. **KL**

SHELLY NOLD is a horticulturist and owner of The Plant Kingdom. Send stories and ideas to her at The Plant Kingdom, 4101 Westport Road, Louisville, KY 40207

ASK gardener



I have potted clematis starts. What's my next step? —Thomas Guelda

Plant the rooted cuttings directly in the ground to give them plenty of time to get established before cold weather returns. Choose a space where they will have a structure to climb and where they will receive six hours of full sun. The roots will appreciate some shade. Annuals, groundcover and lower-growing plants will help keep the roots cool, as will planting the crown about 4 inches deep. Soil should be consistently moist, but well-drained. Add a 2-3 inch layer of mulch to help retain moisture and winter protection. Just like any other new addition to the garden, they will need additional moisture during the first year.

» Angie Oakley



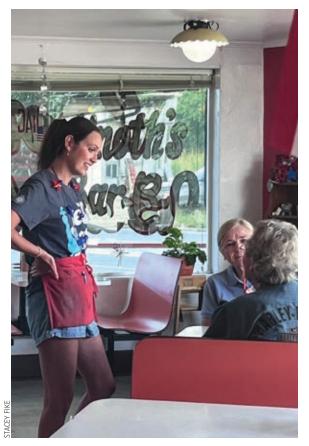
Have a gardening question?
Go to KentuckyLiving.com, click on
Home & Garden, then "Ask the Gardener."



Still smoking

Knoth's Bar-B-Que is just as good as we remembered

JOEL SAMS



HUGH KNOTH WAS A NEW BUSINESS OWNER when we first wrote about Knoth's Bar-B-Que in October 1976, but he'd already honed the concept that would make his restaurant a western Kentucky classic: pork and beef smoked low and slow over hickory coals and served with his secret barbecue sauce.

Knoth retired in 2017, and the business, served by Jackson Purchase Energy Cooperative, was purchased by co-owners Ed and Meagan Musselman. General Manager Stacey Fike says consistency remains the heart of the restaurant's success. She often hears stories from people who visited Knoth's Bar-B-Que with their grandparents when they were kids. Now they bring their own grandchildren to enjoy slow-smoked meat that's just as good as ever. Knoth himself is part of that all-important consistency, still coming in to visit and share his decades of smoking savvy.

Popular items include brisket, which Fike says sells out during lunch on 99 days out of 100: "It's a favorite, if you can get it." The pulled pork plate with slaw and crinkle-cut fries is another bestseller. Knoth's also offers pork by the pound, an option some customers order "like clockwork" each week, Fike says, along with a bag of buns for their Wednesday night dinner or Saturday afternoon lunch.

Now open all winter, the restaurant offers occasional seasonal sides like barbecue chili, brisket baked beans and pulled pork wraps. Year-round, customers can also find hot dogs and grilled cheese sandwiches, as well as the Shelby—a grilled cheese sandwich loaded with pulled pork.

Visit KentuckyLiving.com to read more about Knoth's Bar-B-Que, 728 U.S. Highway 62 in Grand Rivers, open 11 a.m.-7 p.m. Monday-Saturday. Knoth's famous sauce is available to ship at knoths.com.

Knoth's Bar-B-Que Pulled Pork Wrap

1 pound pulled pork4 burrito-sized flour tortillas1 C coleslaw1 C sweet onion, dicedKnoth's mild barbecue sauce

Warm tortillas individually in a lightly greased skillet. Divide pork equally and place in a line in center of tortilla. Top each with 1/4 cup coleslaw and 1/4 cup diced onions. Fold sides of tortilla over outer edge of pork and roll up, burrito-style. Cut in half and serve with Knoth's mild barbecue sauce for dipping.







ONE OF THE MOST IMPORTANT

goals here at Around the Table is sharing delicious recipes and stories that have been submitted by you, our readers. Each month, we choose from dozens of submissions to share recipes that have often been enjoyed for generations, and that we know readers statewide will love.

This month, we are celebrating something extra special—75 years of reader recipes in *Kentucky Living*.

For this anniversary issue, we combed through decades of archived magazines to find three recipes to share with you: a main dish, a side and a dessert. It was so special to read the recipes, stories and rich

state history in our archives. We found that one thing remains the same, no matter the time period—people love food, and sharing it with others. Thank you for sharing a little slice of your family traditions with us each month for so many years.

Recipes have been edited and updated.

Southern Spoon Bread

September 1972 Patty Wagoner, Isonville, **Grayson RECC consumer-member**

2 C milk 4 Tbsp butter 11/4 C white cornmeal 1tsp baking powder 1tsp salt 2 eggs, well beaten 2-4 Tbsp butter, sliced thinly

Preheat oven to 450°. Heat milk and butter on stove until butter melts. Mix cornmeal, baking powder and salt in a bowl. Pour in half the milk mixture, mix, then add eggs and mix well. Add remaining mixture and stir to combine. Pour into greased 11/2-quart baking dish. Place thin slices of butter over top. Bake 18-20 minutes or until a knife inserted comes out clean. Serves 8.



February 1967 From the Put & Take reader recipe column

4 pork chops, 1/2-inch thick 2 tsp salt 1tsp pepper 2 eggs, well beaten 11/2 C crushed cornflakes cereal 3-4 Tbsp butter 4 tsp orange rind, grated ½ C orange juice

Preheat oven to 350°. Sprinkle pork chops with salt and pepper on each side. Add eggs to a pie plate and beat well. In another pie plate, add crushed cornflakes. Dip pork chop in beaten egg, then dredge in cornflakes to coat each side thoroughly. In oven-proof skillet over medium to medium-low heat, melt butter,



then brown pork chops slowly, 3-5 minutes per side. Sprinkle orange zest over top and pour orange juice into skillet. Cover skillet with foil and place in oven for 20 minutes. Remove foil and continue to bake uncovered for 10 more minutes. Serves 4.

Marshmallow Popcorn Balls

August 1957

Mrs. Robert Frost, Powersburg, South Kentucky RECC consumer-member

1/2 C unpopped popcorn kernels 1 Tbsp oil 1tsp salt 110-oz bag mini marshmallows 1/4 C butter

Place large stock pot over stove on high heat. Add popcorn, oil and salt. Cover with lid and shake to coat kernels with oil. Shake continuously for several minutes until popcorn starts to pop. Continue shaking to prevent burning, until popping slows to several seconds between each pop. Remove pot from burner and pour popcorn into large bowl.

In separate large pot, add marshmallows and butter and place over medium heat. Stir constantly. Once mixture is completely smooth, with no marshmallow lumps remaining, remove from heat and immediately pour over popped popcorn. Stir mixture until popcorn kernels are evenly coated. Spray hands with cooking spray to prevent sticking, then scoop about 1 cup or 1 large handful of popcorn and shape into ball. Repeat to make 12 medium-sized balls. Allow to cool before serving. Serves 12.

SEE THE VIDEOS at KentuckyLiving. com/Cook

Go to KentuckyLiving.com/submit-a-recipe



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

Use the clock to save energy



Does it matter what time of day I use my appliances?

KATHERINE LOVING

writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association. The time of day you use energy can impact electricity rates. Think of times of high energy demand like rush hour traffic. There are times when a lot of people in a community are using electricity—whether getting ready for work, which involves showering and making breakfast, or coming home in the evening to cook dinner, wash clothes, bathe the kids or wash dishes.

During times of high energy use, your electric cooperative strives to ensure there is enough electricity to meet the needs of all consumer-members. This often results in buying energy at higher costs (because of higher overall demand) as well as ensuring that grid infrastructure can deliver enough electricity when use is highest. This is especially true when extreme winter or summer weather pushes energy use even higher.

Beat the peak

There are ways you can

avoid the energy rush hour by thoughtfully timing energy-intensive activities at home. For appliance use, move laundry loads to later in the evening or weekends. Delay running the dishwasher until well after dinner or use the delay cycle function if your dishwasher has one.

Reduce your water heater's energy burden by showering and bathing during an off-peak time or lowering the temperature on the tank. Some models include timer capabilities.

During summer, consider grilling outdoors to keep the oven off during peak heat days.

You also can unplug charging cables and small appliances when they're not in use. For bigger items like TVs, try plugging them into a power strip that can be flipped on and off.

Finally, if you have an electric vehicle, charge it at night when electricity rates are typically lowest. **KL**



OFF-PEAK PROGRAMMING

Set your programmable thermostat to move the temperature up to 78 degrees in summer and down to 68 degrees in winter. Bump it further up or down during peak hours or when you're away from home for extended periods of time. (Note: Not all programmable thermostats work well with heat pumps. Choose a programmable thermostat that has adaptive recovery technology for less energy use.)

Commitment to Zero Contacts

Nationwide program expands to Phase 2

SAFETY IS A PRIORITY for

Kentucky's electric cooperatives. Many cooperatives begin each meeting with a safety moment—a reminder or tip to keep their employees safe.

This effort was reenergized in 2018 after a study by the National Rural Electric Cooperative Association and Federated Rural Electric Insurance Exchange, with support of statewide safety professionals, revealed that while co-op safety programs had greatly reduced days lost to workplace injuries, the record of serious on-the job-injuries has not improved. The majority of these serious accidents involve human contact with an energized power line or equipment.

The two organizations worked together to start the Commitment to Zero Contacts campaign.

Phase 1 of the campaign invited cooperatives to sign a pledge committing themselves to safety and emphasizing practices like wearing necessary personal protective equipment and slowing down to perform effective job planning.

Kentucky's electric cooperatives had a 100% participation rate in Phase 1.

Safety tips for all

Whether you're a lineworker, a member service representative or a consumer-member, some safety tips apply to everyone.

- Remember, water and electricity do not mix. Keep appliances away from water when they are plugged in.
- Always assume a downed line is energized and stay away. Call your co-op and report the location.
- If the charging cord for your smartphone, for instance, becomes frayed, get a new one. Using a damaged cord is not worth the risk.



Phase 2 is a newer effort. During this part of the campaign, co-op employees complete an anonymous survey regarding their cooperative's safety program.

Jackson Energy Cooperative recently completed the survey.

"The Commitment to Zero Contacts Phase 2.0 allowed our working foremen and service technicians an opportunity to speak openly, candidly and honestly with a third-party facilitator regarding the safety practices and work culture here at Jackson Energy," says Jackson Energy CEO Carol Wright, former chairperson of the safety committee of the Kentucky Electric Cooperatives Board. "The end results provided management the reassurance and solidification that our field personnel are committed to safe work practices and proper use of their personal protective equipment that is not only necessary, but vital to them."

The Phase 2 program is administered by the statewide association's safety team, led by Director of Safety and Training Randy Meredith. It's an honor, Meredith says, to be trusted to manage the program at the state level.

So far, eight co-ops have completed Phase 2 and more are being scheduled throughout the year. **KL**

Understanding osteoporosis

Learn to recognize the signs

DID YOU KNOW that osteoporosis poses a significant health threat to an estimated 44 million Americans?

Osteoporosis is a disease that causes bones to become weak and fragile. The disease is such a danger to bones that even minor stresses on the bones such as coughing or bending over can result in a bone fracture. Although every bone in the human body is susceptible to osteoporosis, the most common bones to break are the spine, wrist or hip. Often labeled a silent disease, osteoporosis can develop without being noticed. People who are over 50 are at particular risk.

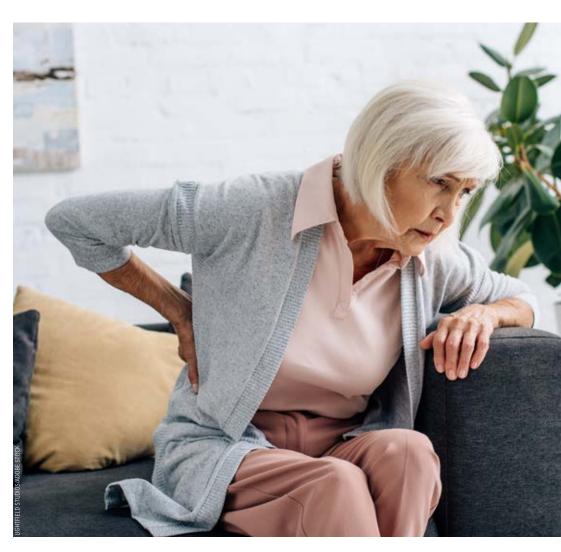
Signs and symptoms of osteoporosis include back pain, lessened height over time, stooped posture and bones that break much more easily than normal.

Osteoporosis can occur in both men and women. However, women are four times more likely to suffer from the disease than men. For

many women, osteoporosis begins to develop about one or two years before menopause.

Other factors can put someone at risk for osteoporosis. The disease occurs most commonly in people who are white or of Asian descent. Having a family member with osteoporosis will also put someone at a higher risk.

Although age is a risk factor, osteoporosis is not a normal part of aging and there are ways people can reduce their risk for contracting the disease.



What can I do to prevent osteoporosis and broken bones?

- Eat a variety of nutrient-dense foods every day. Be sure to eat multiple servings of fruits and vegetables.
- Consume 1,000 to 1,200 milligrams of calcium each day. It is recommended that you reach this number from the foods you eat, rather than a supplement.
- Reach your recommended amount of vitamin D. Your health care provider can help you find your

recommended value.

- Be physically active when you can.
 Movement will make your bones stronger.
- · Don't smoke cigarettes.
- · Limit alcohol intake.
- Get rid of clutter in your home to help avoid falls. **KL**

MADHUMATHI RAO, M.D. is professor and chief of nephrology at the University of Kentucky College of Medicine and physician with UK HealthCare.



IF IT'S TRUE THAT "those who cannot remember the past are condemned to repeat it," Kentucky's history museums are determined there will be no reruns in this state.

These museums work to archive and display local and Kentucky history, providing glimpses into the past and ensuring that future generations will have better insight into what Kentuckians then and now felt and experienced.

Highlighting local flavor

The Kentucky Coal Museum in Benham has been located since 1994 in a former coal company store to show what life was like in Kentucky coal mining communities years ago.

Exhibits show a hospital, commissary, bathhouse, mine, school, home, barbershop and diner, reminiscent of the ones miners and their families frequented. There are hard hats, lanterns and mining memorabilia, tributes to mining disaster

Louisville ● Georgetown
Frankfort ● Georgetown

Bowling Green ● Benham ●

victims, a Loretta Lynn exhibit and more.

Amanda Hughes, curator of the Harlan County museum, says it's important to keep coal mining communities' heritage intact, especially for younger generations.

"Even though a kid may not be raised right now with coal mining in his family, his family may not be actively mining, his grandparents and great-grandparents maybe did," she says.

At the other end of the state at Western Kentucky University, the Kentucky Museum's latest exhibit focuses on Bowling Green native son Duncan Hines, the cake mix magnate and avid traveler. The exhibit, through August 2025,



reveals that this entrepreneur's life involved much more than cake mixes.

Hines developed a successful road-tripping guide listing safe lodging and dining options for travelers.





lack

This clock, just over 10 feet tall, stood on the sidewalk in front of Barlow's Jewelers. Photo: Georgetown and Scott County Museum

"He was kind of like Yelp before we had those kinds of things," museum director Brent Bjorkman says.

Another exhibit has hometown ties: Gazing Deeply: The Art and Science of Mammoth Cave runs through the end of this year, exploring connections between art and science and highlighting natural landscapes.

Other stars are the 750 folk art pieces on display through June 2025, and what Bjorkman describes as the largest quilt collection in the state. In September, *Stitches in Time: 200 Years of Kentucky Quilts* opens, with 30 quilts on display. Next year, the museum will shine a light on Kentucky's contributions to music history.

With stately columns towering at its entrance, the Georgetown and Scott County Museum was founded in 1992 by members of the Scott County Historical

ATTENTION-GETTERS AND ODDITIES

Kentucky Historical Society: Kentucky Gov. William Goebel was assassinated in 1900, and the Kentucky Historical Society later acquired the garments he was wearing that fateful day, including his jacket ... and his underwear.

"Dating back to previous curators before the Thomas D. Clark Center was built, there were stories about people coming to visit and seeing that piece," society Executive Director Scott Alvey says.

Kentucky Museum: Items like the wooden, child-sized sarcophagus at the Kentucky Museum at WKU in the *Ancient Near East in Kentucky* display help world civilization classes come alive for students and other visitors.

"That's something that's talked about a lot," Director Brent Bjorkman says.

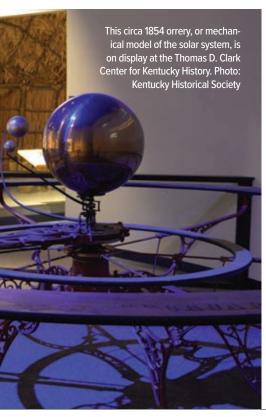
Kentucky Coal Museum: At this museum, an entire diner—the Blue Diamond Diner in Leatherwood—has been recreated, bringing back memories for residents, says Curator Amanda Hughes.

"It shares a part of their history when they were growing up," she says.

Georgetown and Scott County Museum: "We have a collection of silver that was done by local silversmiths," says Mary Ruth Stevens, director of the Scott County Historical Society.

Filson Historical Society: One of the most unusual items in the Filson collection is the "Boone Tree," a section of tree stump that supposedly has Daniel Boone's signature carved into it. It's been displayed or put in storage over the years, says Emma Bryan, community engagement specialist, and most recently it has been on loan to the Frazier History Museum for its *Cool Kentucky* exhibit.

"It's sort of myth, it's sort of folklore," Bryan says.



Society, Director Mary Ruth Stevens says.

The museum's exhibits detail county history from 1773 to the present. Current exhibits include *Scott County Businesses Then & Now*, and one about the former Georgetown Post Office—a building the museum now occupies. An exhibit on the local railroads is forthcoming.

Also spotlighted are native son Archie Burchfield of Stamping Ground, a former national croquet champion; and "native bird" Pete the Crow, a famous talking crow who lived in Georgetown in the 1800s and is memorialized here in animatronic form.

It's vital to share Scott County's slice of history with locals and visitors alike, Stevens says: "It's just so important for everyone to know history ... where we came from, where our city, where our towns and where our local county came from."

The Frankfort troika

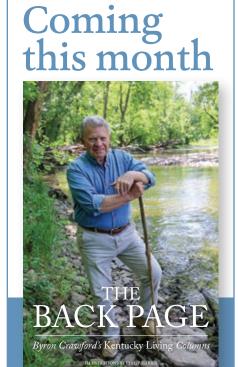
Under the Kentucky Historical Society's umbrella is a trio of museums—the Old State Capitol, the Kentucky Military History Museum and the Thomas D. Clark Center for Kentucky History, all in Frankfort.

At the Thomas D. Clark Center, the newest of the three, KHS Executive Director Scott Alvey says, "You can experience a variety of things from genealogical and academic research in our research library, and we have somewhere in the neighborhood of 30,000 square feet of exhibition space." Topics of those exhibits include the settlement of Kentucky, the history of its governors, and a recent addition, *Our Stories, Our Service:* Kentucky's Women Veterans. (Read more about this newest exhibit on page 9.)

Alvey says each of Kentucky's regions and areas has unique culture and diversity, and visitors of all ages can gain









Featured destinations

Kentucky Coal Museum

more to

explore

231 Main St., Benham https://kycoalmuseum.southeast.kctcs.edu (606) 848-1530

Georgetown and Scott County Museum

229 E. Main St., Georgetown www.georgetownscottcountymuseum.com (502) 863-6201

Thomas D. Clark Center for Kentucky History

100 W. Broadway St., Frankfort https://history.ky.gov/visit/thomas-d-clarkcenter-for-kentucky-history (502) 564-1792

Kentucky Museum (at WKU)

1444 Kentucky St., Bowling Green www.wku.edu/kentuckymuseum (270) 745-2592

Filson Historical Society

1310 S. 3rd St., Louisville www.filsonhistorical.org (502) 635-5083

Others

McDowell House Museum, Apothecary & Gardens

125 S. 2nd St., Danville www.mcdowellhouse.com (859) 236-2804

South Central Kentucky Cultural Museum

At these museums, hits from Kentucky

history combine fun with expanding

your knowledge of the state.

200 W. Water St., Glasgow www.kyculturalcenter.org (270) 651-9792

Hardin County History Museum

201 W. Dixie Ave., Elizabethtown www.hardinkyhistory.org (270) 763-8339

Kentucky Gateway Museum Center

215 Sutton St., Maysville www.kygmc.org (606) 564-5865

Museum Row, Bardstown

Comprises the Civil War Museum, Women's Museum of the Civil War, Gen. Hal Moore Military Museum 310 E. Broadway, Bardstown www.bardstownmuseumrow.org (502) 349-0291

Owen County Historical Society

206 N. Main St., Owenton Facebook: Owen County Historical Society (502) 484-2529

Frazier History Museum

829 W. Main St., Louisville www.fraziermuseum.org (502) 753-5663

River Discovery Center

117 S. Water St., Paducah www.riverdiscoverycenter.org (270) 575-9958

KentuckyLiving.com/TheBackPage

Purchasing details at

A re-creation of a mining camp-era establishment, Joe's Barber Shop, was carefully constructed in the Kentucky Coal Museum. Photo: Kentucky Coal Museum

perspective and understanding at the center of what it's like to be a Kentuckian.

History in a historic setting

Historic in its own right, the Filson Historical Society in Louisville was founded in 1884 by a group committed to collecting and preserving snippets of the region's history, Community Engagement Specialist Emma Bryan says.

The Ferguson Mansion, used as a home in the early 1900s, is now part of Filson's campus, which includes a carriage house and the Owsley Brown II History Center with event and storage space.

The mansion's first floor is preserved as a house museum in the grand style in which it was constructed. The second





This spinning wheel belonged to the Slaughter Family, circa 1800, and is part of the Filson Museum's First American West Project. Photo: Filson Society







KentuckyLiving.com

A trio of historic treasures

A quilt garden, rural electrification's people and a once-vibrant African American community: Read about and watch videos of these Kentucky museum highlights at KentuckyLiving.com.

floor contains research space and special collections, and other floors store paper-based items like manuscripts, Bryan says.

A biennial photo exhibition debuts next February through September, focusing on photographs of pets in the Filson archives throughout history. The public will have opportunities to submit photos of their own pets, Bryan adds.

"We think that learning about our past, our shared past and our collective past will help us learn who we are today," she says, adding that efforts to preserve what's happening today will illuminate the present for the future. KL

SHANNON CLINTON, an Elizabethtown native, has been a freelance writer in Kentucky and beyond for 24 years.

EVENT CALENDAR









1 BLACK HERITAGE IN SPRINGFIELD

It's the 20th anniversary this year for Springfield's African American Heritage Festival. The August 4 event from 6-10:30 p.m. downtown recognizes the contributions of the African American community in Springfield. Food trucks and music are highlights: food ranges from soul food to meat from the Washington County Cattleman's Association, while Nashville's Higher Ground performs. Double the fun with Holy Rosary Catholic Church's annual homecoming picnic the next day. For details, (859) 336-5440.

2 HOPPIN' IN HOPTOWN

Downtown Hopkinsville's multiple award-winning Hoptown Summer Salute, August 25–26, is bigger and better this year, with a 50% expansion of the festival footprint. Carnival rides, free live concerts and kids zone; plus product, food and beverage vendors. Friday's musical headliner is Starship; Saturday's lineup has the Jimmy Church Band and The Commodores. Both days, 11 a.m.-10 p.m.; free admission. More info, Facebook: Hoptown Summer Salute, (270) 887-4290.

3CLASSICAL FUN

Squirt guns, a singalong and classical music? Kentucky Symphony Orchestra brings Too Hot to Handel to Covington's Devou Park Band Shell August 5; and to Fort Thomas' Tower Park amphitheater August 6. Bring squirt guns for Water Music, sing along to the Hallelujah Chorus and look up during Music for the Royal Fireworks. Both 7:30-9:30 p.m.; bring blankets, lawn chairs or picnics; food trucks also available. Free, donations welcome. Info, www.kyso.org/ event, (859) 431-6216.

4CRAFTS IN NATURE

Surround yourself with nature, handmade crafts and music at the Natural Bridge Artisan Festival, August 19–20, 10 a.m.-7 p.m. at the Natural Bridge Campground. Crafts range from handmade brooms and painted gourds to baskets and jewelry—plus unique demonstrations. Quilt show at the Slade Visitor Center, live music, fresh produce and food vendors add to the family-friendly fun. For details, Facebook: Natural Bridge Artisan Festival or (606) 464-9511.



BLUEGRASS

THURSDAY, AUGUST 3

Downtown Downbeat: Moonlight Mile, (859) 618-6433, Weisiger Park, Danville

FRIDAY, AUGUST 4

Food Truck Friday Summer Concert Series: Jump-America's Van Halen Experience, (502) 598-3127, Century Bank Park, Lawrenceburg

Little Women, thru 6th, 11-12th, (859) 756-0011, The Spotlight Playhouse, Berea

Soul of 2nd Street Festival, thru 5th, (859) 209-4456, Danville

SATURDAY, AUGUST 5

Shaker Village Craft Fair, thru 6th, (859) 734-2365, Shaker Village of Pleasant Hill, Harrodsburg

THURSDAY, AUGUST 10

Shakespeare in the Park: *Hamlet*, thru 12th, (859) 289-5507, Blue Licks Battlefield State Resort Park, Carlisle

FRIDAY, AUGUST 11

Crumpled Classics, thru 13th, (859) 756-0011, The Spotlight Playhouse, Berea

Matilda the Musical, thru 13th, 18-20th, 25-27th, (859) 744-6437, Leeds Center for the Arts, Winchester

Summer Concert Series, (859) 234-5236, Cynthiana

THURSDAY, AUGUST 17

Pioneer Days Festival, thru 20th, (859) 734-2365, Old Fort Harrod State Park, Harrodsburg

Celtic Festival, thru 20th, (859) 248-0690, Berea

FRIDAY, AUGUST 18

Battle of Blue Licks Commemoration Weekend, thru 19th, (859)289-5507, Blue Licks Battlefield State Resort Park, Carlisle **Movies in the Park**, (502) 863-7865, Ed Davis Park, Georgetown

SATURDAY, AUGUST 19

Eat to the Beat Series: Thomas Albert, (859) 289-5507, Blue Licks Battlefield State Resort Park, Carlisle

Triple Crown Trot 5K, (859) 873-5491, Coolmore's Ashford Stud, Versailles

SATURDAY, AUGUST 26

Crave Food & Music Festival, thru 27th, (859) 266-6537, Bluegrass Fairgrounds, Lexington

Bourbon Jam Music Festival, (859) 625-8490, Richmond

EASTERN

THURSDAY, AUGUST 3

Farewell Tour: Seattle Rockers Candlebox, (606) 324-0007, Paramount Arts Center, Ashland

FRIDAY, AUGUST 4

Classic Car Cruise-In, (606) 464-5036, Beattyville

Town Center Summer Concert, (606) 224-1126, Town Center Park, London

SATURDAY, AUGUST 5

Pops Concert, (606) 864-9767, FBC London

Market in the Park, (606) 743-3330, Old Mill Park, West Liberty

Corn Festival, thru 6th, (606) 663-3625, Stanton

WEDNESDAY, AUGUST 9

NIBROC Festival, thru 12th, (606) 528-6390, Corbin

FRIDAY, AUGUST 11

Laurel County Homecoming, thru 13th, (606) 682-4736, Levi Jackson Park, London

WoodSongs Coffeehouse Series: Tray Wellington Band, (859) 498-6264, Gateway Regional Arts Center, Mt. Sterling

SATURDAY, AUGUST 12

Cornhole Tournament & Silent Auction, (859) 498-9892, Mt. Sterling

Jazz Alley Series: New Orleans All Stars, (606) 324-0007, Paramount Arts Center, Ashland

THURSDAY, AUGUST 31

Manchester Music Festival, thru Sept. 2nd, (606) 391-6161

NORTH CENTRAL

WEDNESDAY, AUGUST 2

Cinderella, thru 4th, (502) 348-5971, J. Dan Talbott Amphitheatre, Bardstown

Shelbyville Horse Show, thru 5th, (502) 633-6388, Shelby County Fairgrounds

THURSDAY, AUGUST 3

The Stephen Foster Story, thru 5th, 10-12th, (502) 348-5971, J. Dan Talbott Amphitheatre, Bardstown

FRIDAY, AUGUST 4

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

FRIDAY, AUGUST 11

Greater Vision Live: Southern Gospel Concert, (270) 259-5587, East Main Market, Leitchfield

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

SATURDAY, AUGUST 12

Hometown Event: Sticktight, (859) 375-4470, Willisburg Community Park

Jammin' at Jeptha: JD Shelburne, (502) 487-5007, Jeptha Creed Distillery, Shelbyville

Let's Get Growing: Vegetable Garden Planning Guide, (502) 241-4788, Yew Dell
Botanical Gardens, Crestwood

East Main Concert Series, 26th, (270) 259-5587, Leitchfield

THURSDAY, AUGUST 17

Kentucky State Fair, thru 27th, (502) 367-5000, Kentucky Exposition Center, Louisville

THURSDAY, AUGUST 20

Funniest Person in Louisville, (502) 724-8311, TEN20 Craft Brewery

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 September 1 for the October issue.**

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

THURSDAY, AUGUST 24

Buttermilk Days Festival, thru 26th, (502) 348-4877, Bardstown

FRIDAY, AUGUST 25

Bad Sci-Fi Movies & Real Plant Science: *Konga*, (502) 241-4788, Yew Dell Botanical Gardens, Crestwood

Concert in the Park: MIXTAPE 80s Tribute Band, (270) 257-2311, Rough River Dam State Resort Park, Falls of Rough

Old Louisville Brew Craft Beer Fest, (502) 635-5244, Central Park, Louisville

TUESDAY, AUGUST 29

Grayson County Fair, thru Sept. 2nd, (270) 259-5587, Grayson County Fairgrounds, Leitchfield

NORTHERN

TUESDAY, AUGUST 1

Guys and Dolls, thru Aug. 18th, (859) 957-1940, The Carnegie, Covington

THURSDAY, AUGUST 3

Glier's Goettafest, thru 6th, (859) 291-1800, Newport Festival Park

SATURDAY, AUGUST 5

Fine Arts Weekend, thru 6th, (859) 586-6117, Dinsmore Homestead, Burlington

WEDNESDAY, AUGUST 9

Yoga in the Arboretum, 16th, 23rd, 30th, (859) 384-4999, Boone County Arboretum, Union

THURSDAY, AUGUST 10

Great Inland Seafood Festival, thru 13th, (513) 477-3320, Newport Festival Park

FRIDAY, AUGUST 11

Oktoberfest, thru 12th, (606) 584-1107, Maysville

Florence Y'alls Baseball, thru 13th, 15-17th, 22-24th, 29th-31st, (859) 594-4487, Thomas More Stadium

SATURDAY, AUGUST 12

Paranormal Investigations, (859) 384-3522, Big Bone Lick State Historic Site, Union

SATURDAY, AUGUST 19

Remembering Woodstock Festival, (859) 803-6597, Schoolyard Winery, Verona

American Countess Steamboat, (606) 756-2183, O'Neil Boat Landing, Augusta

SUNDAY, AUGUST 20

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

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

SOUTH CENTRAL

THURSDAY, AUGUST 3

127 Yard Sale, thru 6th, (606) 787-4740, Central Kentucky Ag/Expo Center, Liberty

FRIDAY, AUGUST 4

Liberty Friday Night Cruisers, (606) 706-7777

The Nashville Imposters & Kentucky Just Us, (270) 361-2101, The Plaza Theatre, Glasgow

SATURDAY, AUGUST 5

Native Plant Workshop, (270) 343-3797, Wolf Creek National Fish Hatchery, Jamestown

Monticello Market Downtown, (606) 348-3064

FRIDAY, AUGUST 11

Battle for the Bluegrass & IBRA State Finals, thru 13th, (502) 239-4000, Central Kentucky Ag/Expo Center, Liberty

Summer Music Series: Nicholas Jamerson, (606) 706-7777, City Stage, Liberty

THURSDAY, AUGUST 17

Cultural Awareness Corvette Weekend, thru 19th, (270) 781-7973, National Corvette Museum, Bowling Green

FRIDAY, AUGUST 18

Cruisin' on Main Street, thru 19th, (270) 465-3786, Main Street, Campbellsville

Lake Cumberland Bluegrass Festival, thru 19th, (270) 566-1488, KOA Campground, Russell Springs

River Festivus, thru 19th, (270) 864-5890, Burkesville

SATURDAY, AUGUST 19

John Waite: The Golden Voice of Rock, (270) 361-2101, The Plaza Theatre, Glasgow

FRIDAY, AUGUST 25

Somernites Cruise Meet & Greet, (606) 271-6939, Cole Park, Burnside

SATURDAY, AUGUST 26

Orchestra Kentucky's For the Love of the Games, (270) 904-1880, SKyPac, Bowling Green

Somernites Cruise Super Cruise Weekend & Mustang Alley, (606) 872-2277, Fountain Square, Somerset

Summer Vibes Music Fest, (270) 586-3040, Downtown Square, Franklin

WESTERN

SATURDAY, AUGUST 5

Fancy Farm Picnic, (270) 247-6106

FRIDAY, AUGUST 11

Bluegrass in the Park Folklife Festival, thru 12th, (270) 826-3128, Audubon Mill Park, Henderson

SATURDAY, AUGUST 12

America's Band The Beach Boys, (270) 274-7106, Beaver Dam Amphitheater

Sustainability Saturdays, (270) 362-9205, Kentucky Dam Sustainability Garden Pavilion, Calvert City

Furry Friends Pet Hike, (270) 826-2247, John James Audubon State Park, Henderson

Hops on the Ohio Beer Festival, (270) 926-1100, Owensboro Convention Center

SUNDAY, AUGUST 13

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

FRIDAY, AUGUST 18

Summer Concert Series, (270) 362-9210, Kentucky Dam Village Restaurant, Calvert City

SATURDAY, AUGUST 19

The Battle of Belmont Presentation, (270) 677-2327, Columbus-Belmont State Park, Columbus

SATURDAY, AUGUST 26

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

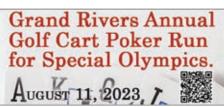
Madisonville Summer Concert Series, (270) 824-2100, First United Bank & Trust Plaza Stage

Cars & Coffee, (270) 821-4171, Dawson Springs

Dancing in the Streets, (270) 797-2781, Dawson Springs







Small Town America Festival Saturday, August 12th

Arts & Crafts, 5K, Car Show, Paint the Small Town, Talent Show, Food Trucks, Cornhole, Health Fair and Kids Zone!

Downtown Mt. Sterling • I-64 Exit 110

mtsterlingtourism.com









1 HAMMING IT UP

Willie the pig pauses his snack for a quick photo op in Carlisle. Photo captured by Kimberly Wolfenbarger of Cynthiana, a consumer-member of Blue Grass Energy.

2 SPLISH SPLASH

Leland Smith, left, Tommy Burchett, Harrison Smith and Nathan Smith beat the summer heat. Photo by mom and aunt Mindy Smith, Pennyrile Electric consumer-member.

3 SMELL THAT?

Christy Witt of Stanton captured this shot of Coco, the family pet, enjoying summer like only a dog can. Witt is a consumer-member of Clark Energy Cooperative.

4 SELDOM IS HEARD

Danny Woosley, Caneyville, enjoys a sunset fire at Noble Pines Campground, Mammoth Cave. Photo by wife Debbie Woosley, Grayson RECC consumer-member.

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

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



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

KENTUC kids

Summer foods

Produce is fresh and affordable when bought in

season. Look for tasty foods like corn, tomatoes and blackberries at your local market.



It's easy to sort your recyclable materials from your trash.

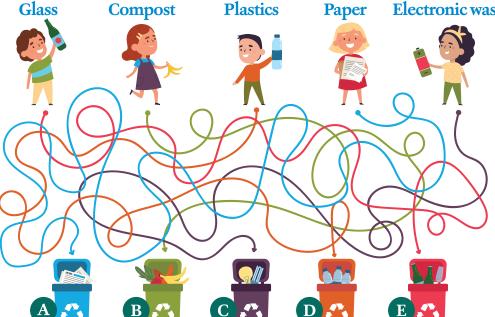
- Andrew Caple, age 7



Enter **KIDS** Contest

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

Electronic waste **Paper**



Separate recyclables to make sure materials will be sent to the correct recycling plant. Can you follow the trails and find the way to take each recyclable to the proper container?

Waste: C

● Electronic

A:negeq •

Plastics: D

Compost: B

● Class: E





GREAT OUTDOORS

Kentucky Dam

Energy, conservation and recreation

KENTUCKY'S LAKES MAKE for great fishing, boating, cookouts and all kinds of summer fun—but did you know they have conservation and energy functions as well?

One great example is Kentucky Dam, which supplies hydroelectric power to five Kentucky electric cooperatives through the Tennessee Valley Authority.

In 1936, TVA started building a series of dams on the Tennessee River to control floods and provide affordable hydroelectric power. The filling of Kentucky Lake in 1945 also provided year-round navigation, linking the Tennessee Valley to the inland waterway system. Construction began on Kentucky Dam in 1938 and was completed in 1944, creating the largest and final dam built on the Tennessee River.

Kentucky Dam can generate a summer net dependable capacity of 184 megawatts of hydroelectric power. It does this by using the natural flow of water through blades of a turbine that turns a shaft connected to a generator. These generators produce electricity for local power companies, including Gibson EMC, Pennyrile Electric, Tri-County Electric, Warren RECC and West Kentucky RECC.

Kentucky Dam provides much more than navigation and electricity, it provides outdoor recreation. Photo: Ken McBroom



Kentucky Dam has many functions. It helps to reduce flooding on 6 million acres along the lower Mississippi and Ohio river system by controlling the amount of water released downstream. A strict water level schedule maintains the ability to control the water level below the dam. The dam maintains a minimum level for navigation, with a winter pool of 354 feet and a summer pool of 359 feet.

Along with electrical generation, the lock system at Kentucky Dam was a major reason for the construction project nearly 80 years ago. In 1945, President Harry S. Truman made an observation about the success of TVA: "It is common sense hitched up to modern science and good management. And that's about all there is to it." This statement has stood the test of time. While the existing Kentucky lock system has served well, there is a new project close to completion, called the Kentucky Lock Addition Project, that will reduce wait times and provide smoother navigation.

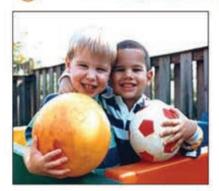
Economic development was another consideration when TVA built Kentucky Dam. Planners envisioned that Kentucky Lake would draw businesses to the area that provide services to outdoors enthusiasts. While fishing and boating are the primary activities enjoyed on the lake, many other opportunities, including hiking, camping, biking, water skiing and hunting, provide a sportsman's paradise. These outdoor opportunities expanded again when Barkley Dam was impounded. In 1963, President John F. Kennedy designated the more than 170,000 acres between Kentucky Lake and Lake Barkley as a national recreation area known as Land Between the Lakes.

Check out Kentucky Lake this summer and see what the fuss is about. While you're there, learn more about the history of the dam and the lake at the Kentucky Dam Visitors Center. I know you'll have a blast. **KL**

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

Eye Doctor Helps Temmessee Legally Blind To See

High Technology For Low Vision Patients Allows Many To Drive Again



or many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastion of independence: driving.

A Lebanon optometrist, Dr. John Pino, is using miniaturized telescopes that are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

"Some of my patients consider me the last stop for people who have vision loss," said Dr. Pino, one of only a few doctors in the world who specialize in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating 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 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 10 people who have macular degeneration have the dry form. New research suggests vitamins can help. The British medical journal BMC Ophthalmology recently reported that



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

56% of patients treated with a high-dose combination of vitamins experienced improved vision after six months. TOZAL Comprehensive Eye Health Formula is now available by prescription from eye doctors.

While age is the most significant risk factor for developing the disease, heredity, smoking, cardiovascular disease, and high blood pressure have also been identified as risk factors. Macular degeneration accounts for 90% of new legal blindness in the U.S. While there is currently no cure, promising research is being done on many fronts. "My job is to figure out everything and anything possible to keep a person

functioning, especially driving," says Dr.

When Elaine, 57, of Kingsport, TN, came to see Dr. Pino she wanted to keep her Tennessee driver's license and was prescribed bioptic telescopic glasses to read signs and see traffic lights farther away. Dr. Pino also prescribed microsope glasses for reading newspapers and menus in restaurants.

As Elaine 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 farther 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 \$2,000," said Dr. Pino, "especially if we build them with an automatic sunglass."

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

To learn more about bioptic telescopes or to schedule a consultation with Dr. Pino, give us a call at 1-855-405-8800. You can also visit our website at:

www.lowvisiontn.com

For more information and a FREE telephone consultation, call us today: 1-855-405-8800

Office located in Lebanon, TN

John M. Pino, O.D., Ph.D.



KentuckyLiving | MARKETPLACE





Is the thought of property loss due to roof leaks looming over you? Put your mind at ease with a Southern Builders roofover for your mobile home.

Since 1983
PERMARROOF

from Southern Builders

Contact us at 800.633.8969 or roofover.com





PLACE YOUR AD HERE

www.mysurplusSales.com

2, 3 or 4 inch ad sizes starting at \$485/month

1-800-595-4846 KentuckyLiving.com/advertise

KentuckyLiving



Have Kentucky Living delivered to your doorstep or surprise a friend!



To order online by credit card, go to KentuckyLiving.com

YES! Send me *Kentucky Living*! □ 1 Year. \$15 □ 3 Years. \$25

NAME				
ADDRESS				
CITY				
STATE	_ ZIP			
EMAIL				
☐ I WANT TO RE	CEIVE KENTU	JCKY LIVING	S EMAIL NEWSLE	TTER

MAIL THIS ORDER FORM WITH A CHECK OR MONEY ORDER TO:
KENTUCKY LIVING, P.O. BOX 32170,
LOUISVILLE, KY 40232

KentuckyLiving

Enjoy *Kentucky Living* in your mailbox *and* your inbox!

Kentucky Living magazine visits you once each month, but we'd love to get together more often. Get Kentucky recipes, events and news emailed to your inbox twice a month.

Sign up at KentuckyLiving.com/newsletter.

Reserve ad space <u>now</u>.

OCT: DISTILLERY MAP
NOV: HEALTH ISSUE &
HOLIDAY GIFT GUIDE



Cynthia Whelan Western Kentucky 270-202-3344 kylivingcynthia@gmail.com



Monica Pickerill Lexington and South Central Kentucky 270-692-6053 monicapick@yahoo.com



John Witt Louisville, Northern and Eastern Kentucky 859-638-4895 jwitt3120@gmail.com

OVER 1 MILLION READERS PRINT and ONLINE

Nobody covers Kentucky better!

KentuckyLiving











KYSTEEL.COM 800-955-2765

- Pre-engineered building systems
- Red Iron trusses & wall columns
- Steel girts & purlins on 2' centers (Model 97)
- 24' to 105' Clear span trusses
- 50 year structural warranty
- 40 year roof and wall paint warranty
- 20 # to 100 # snow loads
- 115 MPH Vult to 185 MPH Vult wind loads
- All steel is made in the USA
- NEW Try our 3D designer on kysteel.com
- Free Catalog/Pricing Guide on kysteel.com





Back page reflections

Looking back on 12 years



BYRON CRAWFORD is

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

About/People.



Myrtle's memories, May 2012.

Editor's note: A hardcover, illustrated collection of Byron Crawford's collected back page columns will be available for purchase this month: The Back Page: Byron Crawford's Kentucky Living Columns (Kentucky Electric Cooperatives, \$26.95). Learn more at www. KentuckyLiving.com/ TheBackPage.

AS KENTUCKY LIVING REFLECTS on 75 years of bringing us stories and information, I am thinking back on the more than 12 years I have been writing the back page.

Following legendary journalist David Dick onto this page after his passing was a daunting assignment. David had treated us to great reading for 21 years, and he was a friend for whom I had great respect, both as a writer and a network news correspondent. My hope was to continue with subjects worthy of his legacy.

He would likely have approved of one of my earliest columns about the disappearance of country stores—which Don Carter of Jessamine County poetically described as once being "the cultural hitching posts of many communities."

Of the stories since then, those passed along by readers have been the heart and soul of the back page.

Remember the Spencer County couple, Raymond and Virginia Thomas, who met in 1925 after Virginia—who worked at a pants factory in Missouri—slipped her name and address into the pocket of a pair of riding pants that wound up with Raymond in Kentucky? The two married in 1928 and spent the rest of their lives on a farm in Spencer County.

Then there was "Love in a bottle," passed along by Sharon Rowlett of Henry County. Her grandfather, Creed Rowlett, and grandmother, Cynthia Barnes Rowlett, met and married after Cynthia, of Harrison County, put her name and address in a bottle that she tossed into the Ohio River more than 100 miles upstream, near Maysville. Creed's brother found the bottle while fishing near the Trimble County shoreline and passed Cynthia's address on to Creed, who had lost his wife in an accident.

We told the story of the lone cedar tree on the Bluegrass Parkway right-of-way in Nelson County, which a passerby secretly decorated with Christmas ornaments every year, and



we remembered a clothesline in western Kentucky's Calloway County, a mountain cemetery in Pike, a rattlesnake crossing in Pulaski, a retirement home for race horses in Scott, the annual fall migration of monarch butterflies and the return of purple martins each spring. We waxed sentimental about roadside daffodils, dinner bells, the gift of imagination, my old '57 Chevy and covered bridges. And we pondered that strange notch in the western Kentucky/Tennessee state line, the result of a faulty survey that may have given Tennessee a big chunk of what should be in Kentucky.

We celebrated the Medal of Honor that was presented many years too late to the family of the late Lt. Garland M. Conner of Clinton County, and we recounted some last words that Fleming County Marine Pfc. Franklin Sousley wrote to his mother after helping raise the flag on Iwo Jima a few days before he was killed: "Watch the papers mom. They took a picture of us."

Thanks to all our readers, and especially those of you who share your stories with us each month on the back page. **KL**















Kentucky Living is the name you've known and trusted for 75 years!

We bring our 1 MILLION readers all things Kentucky... all day, every day.

- · Home, Garden, Recipes
- Travel and Events
- Education
- · Agriculture
- Economic Development
- Co-op News and Information
- Fun Contests
- · And so much more!



KentuckyLiving

In print and on KentuckyLiving.com *Nobody* covers Kentucky better

OUR **BEST WINDOW SALE** IS BACK!

— FOR A LIMITED TIME —





SUNROOMS

SIDING









FREE ESTIMATES!

Book yours online 24/7 or call today.

(888) 483-6570 • SaveWithChampion.com

*40% national windows discount applies to white double-hung and hopper windows with standard installation. Minimum purchase of 4 Comfort 365 Windows® required. Earn an additional 10% off with participation in the YES! Program (up to \$2,000), making your window discount a total of up to 50% off. YES! Program valid only on the date of your initial free in-home estimate appointment and once per residence per term. National sunroom discount requires a minimum purchase of a complete sunroom between 180 - 220 sq. ft. for a \$5,000 discount and a purchase of greater than 220 sq. ft. for a \$10,000 discount. No adjustments can be made on prior sales. "Subject to credit approval. Rates range from 17.99% APR (interest rates range from 17.99% - 24.99%). Loan amount and rate will vary based on your income and credit approval. Rates range from 17.99% and further strates range from 17.99% and program ("Promo Period") during which interest is billed but will be waived if the amount financed is paid in full before Promo Period expires. Monthly payments are not required during the Promo Period. Any unpaid balance and amounts owed after Promo Period will be paid over 84 monthly payments. For example, assuming the full credit limit is of on loan approval date and no payments are made during Promo Period. However, \$1,000 financed at a fixed interest rate (every \$1,000 finan