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of your community*

*Carly  
Pearce*

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# SEPTEMBER

VOL 77 | NO 9

16

## SPEAKING HER MIND

Get to know award-winning country singer Carly Pearce. A Kenton County native, Pearce has earned more than 30 major industry award nominations for her solo and duet recordings, culminating earlier this year in a Grammy.

24

## BEST IN KENTUCKY

Local radio host, athlete, road trip, distillery tour, farm tourist attraction, barbecue, hamburger, down-home restaurant—these are just a few of the “bests” chosen by *Kentucky Living* readers for our annual Best in Kentucky awards.

**ON THE COVER** Taylor Mill native Carly Pearce got her start performing in talent shows in northern Kentucky before founding her first bluegrass band at 11 and beginning to write her own songs at 14. Her breakout hit, *Every Little Thing*, went gold in 2017. Photo: Allister Ann

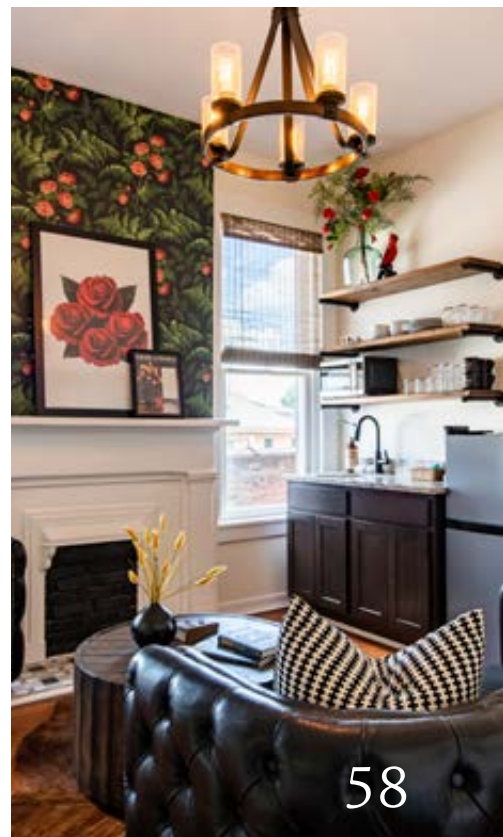
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## EDITORIAL

**EDITOR** Shannon Brock

**MANAGING EDITOR** Joel Sams

**COMMUNICATIONS OFFICE COORDINATOR** Mary Lyons

**MANAGER OF COOPERATIVE OUTREACH** Mallory Wafziz

**COPY EDITOR** Madelynn Coldiron

**CONTRIBUTORS** Heather Billyeu • Shannon Clinton  
Byron Crawford • James Dullea • Debra Gibson Isaacs  
Ken McBroom • Shelly Nold • Brian Orms  
Kevin Osborn • Vincent Sorrell • 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,  
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## 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

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

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## AND NOW FOR THE LEGAL STUFF

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# Celebrate the Best in Kentucky

*Readers choose 2023 award winners*

## HIKING TRAIL. BREAKFAST PLACE. METEOROLOGIST.

Each of these is a category in this year's Best in Kentucky awards. At first glance, it might be hard to see what these things have to do with your local electric cooperative. When you look a little deeper, we believe the connection is everything.

Cooperatives of all kinds operate under seven principles, the seventh of which is "Concern for Community." Cooperative employees, trustees and directors are members of the local community—just like you—and they want to see it thrive.

So we're doing our job correctly if this magazine, which is a communications tool for your cooperative, can bring attention, visitors and dollars to a breakfast place in your town. If someone learns about a hiking trail from seeing the Best in Kentucky awards show on YouTube or reading these pages, the chances are much higher that they will plan a visit. It's hard to visit a place you don't know about, so we want to spread the word.

The primary goal of this annual contest is to spotlight these gems across the state. There are many people, places and things that have won multiple times—some have been recognized so often they've made it to our hall of fame. And each year, several new names get nominated and make it to the finalist round.

This year, we changed things up a bit. We added some categories and



Hinton's Orchard & Farm Market offers fresh baked goods like these apple turnovers. Photo: Morgan Worley Photography

replaced some others. Altogether, we have five additional categories in 2023, so that's 15 extra winners we can introduce to you.

We don't want to get ahead of ourselves, but I'll remind you that next year's nominations open in February, so be prepared to submit your favorite hamburger, road trip and so much more.

We hope you see some names and places you love starting on page 24, and we hope you discover new ones, too. Congratulations to all of this year's winners!

*Chris*

**CHRIS PERRY**  
President/CEO



**KENTUCKY ELECTRIC COOPERATIVES**



# FROM THE EDITOR

## THE BEST IN KENTUCKY ISSUE

is a special one we look forward to each year. For 2023, we made it extra special by changing up the categories so there are more to love—30 categories with three finalists in each. We are excited to recognize 90 winners (page 24) and showcase so many parts of the state.

On our cover, Grammy-winner and Taylor Mill native Carly Pearce is not only one of Kentucky's best—she's one of country music's best entertainers. You can read more of Carly's story and learn about her latest album on page 16.

And we know bourbon brings a lot of visitors to our great state, so check out some bourbon-themed stays on page 58. You might even find a place to stay while you're attending one of the festivals on our map (page 43).

Visit us at [KentuckyLiving.com](https://KentuckyLiving.com) for even more. Thank you for reading. We're happy you're here.



SHANNON BROCK,  
EDITOR

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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!



KATIE BUMP

## FALL FUN

### Autumn steals the show at Carter Caves

Two thousand forested acres become a dramatic color show this fall—just one more reason Carter Caves State Resort Park in Olive Hill is uniquely Kentucky. Read about family fun—both subterranean and aboveground—on page 40, and visit us online for more photos and information to plan your own fall getaway.



WILDERNESS TRAIL DISTILLERY



## ON THE ROAD

### A Best in Kentucky destinations list

Kentucky's best barbecue, hiking trail, bakery and distillery tour—these are just a few of the Best in Kentucky 2023 categories. Visit us online for a listing of winners' websites and phone numbers so you can add them to your travel plans.

## WRITER'S ROOM

### Go backstage with Carly Pearce

Read about Grammy Award winner and Kenton County native Carly Pearce on page 16, then visit us online for a behind-the-scenes look at Pearce's experience writing her breakout hit, *Every Little Thing*, which went gold in 2017.



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Win a Getaway. See page 46.





# Life on a showboat

Ann Gabhart was meant to be a writer. She published short personal narratives in local publications at the age of 10, and now, she has more than 30 published novels in a variety of genres for adults both young and more seasoned.

Gabhart's latest, *In the Shadow of the River*, (Revell, \$16.99), introduces readers to the world of showboat entertainment popular near the turn of the 20th century. Originally researching steamboats and their importance to commerce, Gabhart discovered that these boats didn't just carry goods. They were also used to push the eagerly anticipated showboats, basically large, elaborately decorated rafts run by families, up and down the rivers. Additional actors would sign on for the season, living and working daily on the boat and filling roles in the variety show presented at each port on the river route.

Having found her story setting, Gabhart infused a mystery into her plot. Wouldn't a boat carrying a diverse group of adventuring vagabonds be the perfect place to hide a family secret? And to keep with her preference of featuring Kentucky locations, the Ohio River and its Kentucky ports provided the perfect waterway.

Enter Jacci Reed, a 20-year-old actress and singer on the Kingston

Floating Palace. Jacci grew up on the showboat after a brutal tragedy took her mother when Jacci was only 5. Left in the care of a grandfather who barely knew her, Jacci came to love the river life and the family she made for herself among the crew. So many questions about those early years with her mom, and the reason her mom died saving Jacci, have gone unanswered. Those in the know seem to be hedging anytime Jacci attempts to learn about her past. Though she is surrounded by those that love her, she feels something is missing.

The additional cast for this showboat season turns out to be quite the diverse and quirky bunch. From a ventriloquist who considers his prop figures a little too human to an egocentric city stage actor and a family of acrobats, there is no shortage of interesting characters. But would any of them know more about Jacci's past ... and would they know enough to have motive to hurt her?

For the romantic at heart, Gabhart does not disappoint. As Jacci pieces together the fabric of her past, a new feeling awakens toward the one person who has always protected her, and might just save her life when danger is on deck.

» Penny Woods



## Close to her roots

Ann Gabhart grew up on a farm in the Bluegrass working tobacco and enjoying the cows and woods. She and her husband live merely a mile from that very farmhouse where she loves spending time with her nine grandchildren and remaining active in the church she has attended since she was 17.

Gabhart, confident in her career choice, states, "Writing is what I've always wanted to do. The desire of my heart is to tell stories to readers like you." Subscribe to her newsletter at <https://madmimi.com/signup/43953/join> where she talks books, shares pictures and stories, and offers fun giveaways.



## ENERGY EFFICIENCY

Fall is the perfect time to schedule a tune-up for your heating system. Home heating accounts for a large portion of winter energy bills, and no matter what kind of system you have, you can save energy and money by regularly maintaining your equipment, including changing the air filter. Source: [energy.gov](https://energy.gov)



STEVE GRADDOBE/STOCK



**"He's been so full of himself ever since he was voted Best Hamburger in Kentucky."**



## Spreading the harmony

Mandolinist Chris Thile returns to his Kentucky roots to help the Louisville Orchestra kick off its next leg of the In Harmony tour, bringing outstanding music throughout the state.

Thile, founding member of Nickel Creek and Punch Brothers, grew up in Murray and will perform with the Louisville Orchestra there on September 14.

In Harmony concerts are free to attend, but seating may be limited at some venues. RSVP at <https://louisvilleorchestra.org/inharmonytour>.

The tour continues through September and picks up again in February 2024:

- Sept. 14, Lovett Auditorium, Murray State University
- Sept. 19, Glema Mahr Center for the Arts, Madisonville
- Sept. 22, Happy Top Park, Beattyville\*
- Sept. 23, Preston Arts Center, Henderson
- Feb. 27, Corbin Arena
- March 2, The Carson Center, Paducah
- March 5, Southern Kentucky Performing Arts Center, Bowling Green
- March 8, Norton Center for the Arts at Centre College, Danville
- March 9, Sadowski Center, Fort Knox



DALTON STEVENS

*\*The Beattyville performance is not a full orchestra show, but will be An Evening with Teddy Abrams, Chris Thile and Friends. Thile will perform only at the Murray and Beattyville shows.*

## featured FRAMES

Tobacco cures in a tin-clad barn in Graves County. Photo by Bob Bell, Benton, West Kentucky RECC consumer-member.





## Thank you, veterans!

For the 12th year, Kentucky's Touchstone Energy Cooperatives is sponsoring the all-expense-paid Honor Flight, and you're invited to be a part of the welcome home celebration.

A group of veterans spend the day Sept. 16 visiting memorials in Washington, D.C. Upon their return to Blue Grass Airport in Lexington, families, friends and supporters are invited to gather at 8:15 p.m. to greet the veterans and welcome them back home.

The veterans, sponsored by electric cooperatives around the state, visit memorials dedicated to those who served in World War II, the Korean War and the Vietnam War. The group also tours memorials dedicated to those who served in the Air Force and Marine Corps. The day culminates with viewing the changing of



the guard ceremony at the Tomb of the Unknown Soldier in Arlington National Cemetery.

The trip is organized in partnership with Honor Flight Kentucky. For more information, visit [HonorFlightKY.org](http://HonorFlightKY.org).

▲  
This is the 12th year Kentucky's Touchstone Energy Cooperatives have sponsored an Honor Flight. Shown above is the group of veterans who participated in last year's flight.  
Photo: Tim Webb

## Railbike tours of Kentucky

Find a friend or three and explore part of Kentucky by railbike. Rail Explorers, a premier railbike company, opened its central Kentucky location this summer. Ride along the Bluegrass Scenic Railroad in Versailles, off U.S. Route 62 at 175 Beasley Road.

The 10-mile round-trip tour offers quad railbikes (up to four riders) and tandem railbikes (up to two riders). After a 5-mile ride west from the Bluegrass Scenic Railroad and Museum, riders will spend about 30 minutes enjoying the Kentucky

River view from a height of about 100 feet, while guides use hydraulic lifts to turn around the railbikes, before riders pedal back along the gentle curving track to the starting point. In all, guests can expect about a two-hour experience.

Tickets for a two-person railbike are \$90 (\$45/person) and a four-person railbike is \$160 (\$40/person). Reservations are recommended.

Visit [RailExplorers.net](http://RailExplorers.net) or call (877) 833-8588 to learn more.

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

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



## Congratulations to our June Getaway Winner!

Renee Thomas, Cynthiana, won the trip for four adults to Danville. Thank you to our prize sponsors and Danville-Boyle County Tourism. Enjoy your trip!

# LETTERS TO THE *editor*

## Invest in renewable energy

Kentucky is primarily powered by coal, and it is clear from the recent articles in *Kentucky Living* that the CEO of Kentucky Electric Cooperatives feels threatened by President Joe Biden's plans to invest in green energy. Regardless, it is important for Kentucky residents (and readers of this publication) to hear the case for investment in renewable energy sources. No, we don't yet have the technology to store renewable energy effectively. However, we should invest in developing that technology instead of looking backward to coal. Clinging to coal is short-sighted and dangerous.

Climate change is already here, and Kentuckians have begun to experience its effects in major ways. We know that fossil fuels are a cause of global warming, and much of the world is shifting away from fossil fuels, with or without us. This should not be another area in which Kentucky and its residents are left behind.

We can move to green energy responsibly. We can both ensure that our power grid remains reliable through coal AND invest in green energy and decrease our reliance on coal. Kentucky Electric Cooperatives can be part of the shift to renewable energy, which is good for residents and good for the planet.

**SARAH STRICKLIN, RADCLIFF  
NOLIN RECC CONSUMER-MEMBER**

## Bryce presents 'half-truths'

I am hopeful to receive a response explaining the intent of Robert Bryce's article (Our Power, July 2023). I am confident that another writer can be found to provide one that is balanced regarding our needs in the production of electricity. I am hopeful that *Kentucky Living*

will invite such a person to provide an article for a future issue.

Bryce leaves out so much that is critical for the future production of electricity while expounding on half-truths. He uses the words "affordable, reliable and resilient" to describe our needs regarding electricity. He forgot safe. It is unsafe to continue to produce electricity using fossil fuel. Even a casual observation of the disasters we are facing due to a hot planet should tell everyone, including those wedded to fossil fuel, that it is time to push hard in another direction.

What are the messages in Bryce's article? The bad guys are the EPA. Fossil fuel is the backbone providing electricity, and the implication is that it needs to stay that way. He does not say otherwise. Carbon capture is very difficult (which it is) and therefore we ought to forget it because it would be costly to members (which it would). So, forget carbon capture, the implication being that continued carbon emissions will not be a problem as Bryce makes no mention of any difficulty.

The dramatically increased demand for electricity is presented as a problem without explaining why. Why? So, we can transition to electric vehicles, a requirement to stop climate change.

Surely *Kentucky Living* can find a writer on these topics who can speak truthfully about the safe future of electricity generation. Simply put, we need more. We need it to be generated without fossil fuel. It is a difficult task. It is important that we all work together to transition our electricity generation system.

To add insult to injury, *Kentucky Living* wraps this article from Bryce with the trappings of caring for bees, beautiful photos and delicious recipes. As if to say, we are community.

Community loves energy generated by fossil fuel. You allowed Bryce to use *Kentucky Living* as a political pawn in his closing paragraphs.

I am asking you to make amends. Tell the membership about the issues we face and must solve concerning the generation of electricity. Give data. Give perspective. Report plans and progress. Scrub any smell of partisan politics.

**KENNETH LYNN JOBE, NEW CONCORD  
WEST KENTUCKY RECC  
CONSUMER-MEMBER**

EDITOR'S NOTE: *Electric cooperatives are charged with providing safe, reliable and affordable electricity to their members. With current technologies, coal and natural gas cannot be abandoned in favor of renewable energy resources without frequent, recurring and prolonged outages that threaten lives and livelihoods. Co-ops adhere to all laws and regulations and Kentucky's electric cooperatives have reduced carbon emissions by nearly 40% since 2010. This flagship publication of Kentucky's electric cooperatives has a 75-year legacy of speaking up for local energy consumers. Our commitment is nonpartisan. In the 1970s and 1980s, this publication highlighted how both the Nixon and Reagan administrations' (Republican) policies on co-op financing threatened electric cooperative performance. In recent articles, we have factually reported how Biden (Democrat) administration policies threaten the reliability and affordability of electric power. There needs to be an honest discussion on how to balance the need for always available and affordable electric service with environmental regulations, and we pledge to always be honest with our readers.*



# Co-ops honor Tim Farmer

*Electric reliability concerns also take center stage at annual meeting*

KEVIN GROUT AND JOE ARNOLD

**KENTUCKY ELECTRIC COOPERATIVES** recognized outdoorsman and television host Tim Farmer as its 2023 Distinguished Rural Kentuckian during the co-op association's 77th annual meeting in Louisville. As the host of *Kentucky Afield* for 20 years, and on the nationally syndicated *Tim Farmer's Country Kitchen* since 2012, Farmer casts a positive light on Kentucky. His story exemplifies the best of Kentucky: he overcame a traumatic injury while a U.S. Marine in the 1980s and lives with a persistent painful condition to this day.

"If I ever did anything worthwhile, it's because I have been surrounded with wonderful, worthwhile family and friends," Farmer says. "And having the best parents in the world is the greatest blessing. Some of the wisest words I have

ever heard came from the deepest hollers. What an honor to be in the company of folks that have preceded me in this tradition."

Farmer is the 39th Distinguished Rural Kentuckian, the co-op association's highest honor which recognizes outstanding individuals who have devoted their lives to Kentucky in a way that matches the co-op mission of enhancing the quality of life here.

"We are so proud to celebrate another outstanding year for Kentucky's cooperatives and to recognize Tim Farmer's inspirational story and dedication to Kentucky," says Kentucky Electric Cooperatives President and CEO Chris Perry. "Behind our responsibility to deliver safe and reliable energy at the lowest cost possible is the

Kentucky Electric Cooperatives President and CEO Chris Perry, left, presents the 2023 Distinguished Rural Kentuckian award to Tim Farmer. Photos: Tim Webb



## WILDCAT PRAISE

In his keynote address to several hundred co-op members, friends and guests, Hall of Fame basketball coach John Calipari of the University of Kentucky praised Kentucky's electric cooperatives, saying: "They serve half of our state. They're about people first, not profits. And they're big basketball fans. My goal for my team is to have the same commitment and resolve as you do in this room."

"Some people climb the ladder of success, and they turn around and they pick up the ladder. Special people, like you in this room, climb that same ladder and you start leaving a legacy by picking up the next person and the next person and the next person," Calipari told the co-op crowd. "What you do for the communities you're in, what you give back to the communities where you work, wow!"

In remarks at the closing breakfast the following morning, Wildcat great Jeff Sheppard emphasized the importance of putting the greater good above individual glory, suggesting this was a key to UK's 1998 national championship.

underlying mission to improve the quality of life in the communities we serve. This meeting made clear, Kentucky's electric cooperatives will advocate for their consumer-members, no matter what it takes."

With a theme of Support, Advocate, Educate, the 77th annual meeting included remarks by Kentucky Gov. Andy Beshear and Attorney General Daniel Cameron, both candidates for governor in November. U.S. Rep. Brett Guthrie visited with his constituents and Andrew Don, the CEO of National Rural Utilities Cooperative Finance Corporation, shared a detailed economic analysis, including Federal Reserve interest rate policy, inflationary and wage pressures, supply chain challenges and increased lending to electric co-ops.

Nationally known energy journalist Robert Bryce delivered a stark message to co-op leaders, urging them to deliver the uncomfortable truth about government policies that threaten reliable and affordable power. Leaders of power provider cooperatives echoed his concerns, explaining how local consumer-members will pay the price



when the government mandates shutting down the most reliable sources of energy.

Brennan Christmas, a Logan County High School senior, electrified the meeting's luncheon with a stirring speech about his electric cooperative youth tour experience. Sponsored by his home co-op, Pennyryle Electric, Christmas was selected to represent Kentucky on the Youth Leadership Council of America's Electric Cooperatives. **KL**



Top, University of Kentucky men's basketball coach John Calipari speaks to the crowd at the annual meeting banquet. Above, Brennan Christmas, a student from Pennyryle Electric, talks about his experience on the Washington Youth Tour.



# Here come the bride's troubleshooters

▶ Roger and Lori Fields, owners of Moonlight Fields Wedding Farm, have been choreographing weddings for 11 years. Photo: Roger Fields

Taken with a drone, this photo shows the layout at Moonlight Fields Wedding Farm. Photo: Brian Blair

## Wedding planners tackle it all

### NICHOLASVILLE

A bride was getting ready before walking down the aisle. Next to her, a bridesmaid was applying a final touch—a layer of bright red nail polish. The bride turned, and—you guessed it—red polish gushed from the bottle and covered the front of her dress.

“Lori!” the bride screamed as she rushed to the Jessamine County home of Lori and Roger Fields, owners and managers of Moonlight Fields Wedding Farm, served by Blue Grass Energy. The bride had learned during the year of planning her wedding that she could come to Lori with any problem.



Lori dashed to the bridal suite. They laid the dress out flat. A few minutes later the acetone Lori applied precisely had worked. The dress—and its owner—were ready to make that all-important walk.

“A little something goes wrong in every wedding,” Roger says. “But whatever it is, we solve it, and the couple are married, usually with no guests knowing.”

The couple has been choreographing weddings

for 11 years. They purchased the farm north of Nicholasville, just a mile from Lexington, to raise Tennessee walking horses. But it wasn’t a good fit for them, so they considered other uses, which kicked off the process of creating a wedding farm.

Besides providing the venue, the planning and the troubleshooting, they also soothe nerves.

“We tell them the day will be a blur,” Roger says. “Everyone will be nervous, but we will be here to take care of anything that comes up.”

Lori adds: “You will say ‘I do,’ and have a party. Your guests will have a marvelous time, and you will have marvelous photos to remember the flowers and fancy frocks, their first dance together and the exit where the fiancés become husbands and wives.” **KL**

### DEBRA GIBSON ISAACS

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



# Workforce quality drives growth

*Senture LLC is all about people*

KEVIN OSBOURN

## BECAUSE LONDON, KY.-BASED

Senture LLC is all about people, it is appropriate that its quality workforce has been key in driving the company's rapid growth.

Since it began in 2003, Senture's contact center business has expanded as government agencies and companies have outsourced customer service interactions and other portions of their business operations.

"Senture's employees are caring and take pride in supporting each other and their fellow citizens," says Ron Dull, president of Senture and Teleperformance Government Services. "They truly make a difference to citizens and consumers



who rely on the important programs that Senture supports."

Senture employs more than 4,200 people: 2,100 in Kentucky, 1,400 in Texas, and 700 more across

approximately 20 other states and the District of Columbia. Senture has nearly doubled its employees over the past three years alone.

About 95% of the company's business provides support for government entities—federal, state and local—and government employees or beneficiaries, including those using Medicare or Medicaid. The remaining portion supports commercial clients in health care and other sectors.

At the end of 2021, Senture was acquired by Teleperformance Group, a global company with more than 380,000 employees based in 83 countries.

Senture has also been ahead of the business trend of people working remotely. Today, more than 90% of Senture employees work from home.

"Our ability to quickly recruit quality employees is one of the company's competitive advantages, and we're always searching for the best talent," says Dull. "We are really proud of our workforce and all that we have been able to achieve together." **KL**



**SENTURE LLC**

### LOCATION:

London, Ky.

### INDUSTRY:

Contact center and business operations support

### ELECTRIC

### COOPERATIVE:

Jackson Energy

## A cooperative partnership

Over the past 10 years, Jackson Energy and Senture have worked closely together to bring desperately needed jobs to southeastern Kentucky.

Three years ago, Jackson Energy secured for Senture a \$2 million, zero-interest loan through the U.S. Department of Agriculture. The loan was used for new equipment in its 130,000-square-foot London facility and helped create nearly 2,000 new jobs over the past three years.

"Our co-op mission is to improve the quality of life of those we serve by providing electric service and also through economic development," says Jackson Energy President and CEO Carol Wright. "Our partnership with Senture is one example of how we work to create economic development opportunities across our service territory."

Senture President Ron Dull says working with Jackson Energy has been vital to the company's success.

"I grew up on a family farm in rural western Ohio," says Dull. "Our farm was 5 miles from town and 1 mile from our nearest neighbor. If it wasn't for our local electric co-op, we would not have had the electricity that we needed. As such, I really appreciate how vital that Jackson Energy is to the livelihood of so many families, businesses and farms throughout southeastern Kentucky."



Senture President Ron Dull cuts a ribbon dedicating new parking spaces closest to the employee entrance for new and expecting mothers. Photo: Ian Pitts





*Special*

# king her mind

Meet Grammy Award  
winner Carly Pearce

BY JASON KYLE HOWARD

Ten years ago, before the hit singles and the Grammy and the other industry awards, Carly Pearce was nearly ready to give up. The Kenton County native had moved to Nashville in 2009 when she was 19, and three years later, a development deal with Sony raised her hopes. But like so many others whose dreams of country stardom take them to Music City, Pearce watched everything fall apart. Instead of being feted as the next big thing, Pearce lost her contract in a corporate reshuffle. She found herself scouring sinks and scrubbing toilets in the short-term rentals that cater to the city's tourist industry.







ALLISTER ANN

## Awards and recognitions

Since her debut, Carly Pearce has earned over 30 major industry award nominations for her solo and duet recordings, culminating earlier this year in a Grammy. Here are some of her career milestones.

### 2018

CMT (Country Music Television) Music Award, Breakthrough Video of the Year (*Every Little Thing*).

### 2020

CMA (Country Music Association) Award, Musical Event of the Year (*I Hope You're Happy Now* with Lee Brice).

ACM (Academy of Country Music) Awards, Single of the Year and Music Event of the Year (*I Hope You're Happy Now* with Lee Brice).

### 2021

Grand Ole Opry, inducted as member.

CMA Female Vocalist of the Year.

### 2022

ACM Female Artist of the Year and Music Event of the Year (*Never Wanted to Be That Girl* with Ashley McBryde).

CMA Musical Event of the Year (*Never Wanted to Be That Girl* with Ashley McBryde).

### 2023

Grammy Award, Best Country Duo/Group Performance (*Never Wanted to Be That Girl*) with Ashley McBryde.

Then something changed. She had written a ballad she believed in, but one that “felt way too artistic for the radio, or to be a song that anybody would care about,” she says. In a meeting with a potential manager, she was told, “You will never stand out or be special with a song like this.” Crushed and demoralized, she thought she might be done with Nashville—or at least that Nashville was done with her. Three weeks later, Pearce’s recording of the song was picked up by Sirius XM’s influential channel, The Highway, and *Every Little Thing* rocketed to No. 5 on the *Billboard* Hot Country Songs chart, cracked its Hot 100 at No. 50 and went gold.

## An early education

It wouldn’t be accurate to say that Pearce has never looked back, because she often does just that. “I’m very nostalgic,” she says. “I had such a wonderful childhood with people that really believed in what I was doing and really instilled that drive in me that I could chase any dream that I ever wanted.”

Growing up in the 1990s in the small Kenton County community of Taylor Mill, Pearce had always dreamed of making her own kind of country music history. Her maternal grandparents gave her an education in country music by introducing her to the songs of Loretta Lynn and Bill Monroe and providing her with her first musical instruments. But she also enrolled in another kind of master class: country radio. The 1990s saw the genre producing well-crafted songs about everyday life that were often written and performed by strong women. Pearce grew up revering fellow Kentuckians like The Judds and Patty Loveless, as well as Trisha Yearwood and Faith Hill.

Pearce started performing as a child and entering talent shows in northern Kentucky. “I was just known as the singer,” she laughs, describing how she founded her first bluegrass band at 11 and visited her first recording studio. She began playing guitar and writing songs at 14, and it was obvious what she wanted. When she was offered a steady performing gig at Dollywood in 2006, she convinced her parents to move to Pigeon Forge and allow her to drop out of high school at 16, completing her education via homeschooling. Three years later, Pearce was in Nashville, singing at open mics and working part-time jobs to get by.

## Climbing the charts

After the success of *Every Little Thing* in 2017, she released an album of the same name that spawned the hits *If My Name Was Whiskey* and *Hide the Wine*. Her eponymous second album, *Carly Pearce*, followed two years later, debuting at No. 6 on the country charts and featuring two hit singles. But it was Pearce’s third album that really took her to another level artistically.

In September 2021, Pearce released *29: Written in Stone*, an album that marked a career watershed and underscored the balance between past and present in Pearce’s music. While she







KentuckyLiving.com

## Backstage pass

Visit KentuckyLiving.com to go behind the scenes on Carly Pearce's experience writing her breakout hit, *Every Little Thing*.

is certainly innovative and contemporary, she also seems to hark back to a different time in country music—an era much less glossy and manufactured, one in which the singers often lived out their songs.

*29: Written in Stone* traces the contours of a broken heart with stark, vulnerable lyrics about love, blame, failure, anger and longing. Written and recorded against the backdrop of a divorce and the death of her longtime producer, Michael James Ryan, known professionally as Busbee, the album found an immediate audience with country music fans.

"I remember writing (the song 29) and being a 29-year-old going, 'Oh my God. How is this my story? How am I a young woman divorced?'" Pearce says, noting her initial surprise at how the song's message resonated with many people. "I feel like I've become a face for my generation to (say) if something isn't serving you well, it doesn't matter what's going on. You can get out of it. And you don't have to stay because society tells you to, or because it's not biblical, or it's not the way you thought it would go. And I think that's pushed me as a songwriter."

The album's emotional centerpiece is *What He Didn't Do*, a sober ballad Pearce co-wrote that subverts the typical kiss-off breakup song by instead listing what one partner needed

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but didn't receive from the other. Released as a single, the track peaked at No. 2 on the *Billboard* Country Airplay chart. Another single, *Never Wanted to Be That Girl*, is a bracing duet with fellow country luminary Ashley McBryde. The song reached No. 1 on the charts and won Pearce and McBryde a Grammy for Best Country Duo/Group Performance, marking the first time a female duo had won the award since The Judds' string of consecutive victories in the 1980s and early 1990s.

*29: Written in Stone* was particularly satisfying for Pearce because it allowed her to pay tribute to two of her girlhood heroes: Lynn and Loveless. A duet with Loveless, *Dear Miss Loretta* is a letter in song in which the singers find common ground in the heartache Lynn's music expresses.

## Followups and the future

Pearce's fellow Kentucky artists hold a special place in her heart. Recently, she kept hearing Chris Stapleton's voice in her head when she was writing a song. *We Don't Fight Anymore*—which was released as a single in June—tells the story of two lovers in crisis, and when Stapleton agreed to record it as a duet, Pearce told him to "do whatever you feel." As the track unfolds, listeners feel as if they are eavesdropping on a conversation to which they shouldn't be privy.

Along with *29: Written in Stone*, *We Don't Fight Anymore* stakes out new territory for Pearce as a songwriter.

## Kentucky sisters in song

When Pearce was awarded the CMA (Country Music Association) Female Vocalist of the Year in 2021, she received what she describes as "a random phone call." The voice on the other end said, "Hi, Carly, this is Wynonna Judd. I wanted to call you and welcome you to the family of women in country."

Pearce paused as she recounted the moment, overcome with emotion even two years later. "I will never forget that. Wynonna was my first concert. She was my first CD that I bought. I've tried to re-create so many Judds songs it's not even funny."

Their camaraderie began to build a long-distance friendship. When The Judds' induction into the Country Music Hall of Fame was announced, Wynonna and Naomi asked Pearce

to sing *Why Not Me* at the ceremony. But in the wake of Naomi's death the day before, Wynonna requested something more elegiac as a tribute to her mother: *Grandpa (Tell Me 'Bout the Good Old Days)*.

"I remember, in that moment, almost feeling like this had nothing to do with artist-to-artist. This was like friend-to-friend, and after that experience, she and I became really close," Pearce says. When Wynonna decided to fulfill the dates on The Judds' farewell tour, Pearce volunteered to help out when she could.

"They say don't meet your heroes, but I've had pretty good luck (with) doing that, and just to get to know her on a personal level has been so special ... I think it's because she sees a lot of herself in me."





"I don't want to be known for fluff," she says. "... I really want to say things that make people feel things, and I'm willing to say the thing that almost makes you gasp."

Pearce is currently working on new material, and when she speaks about her music, it's clear she does not take her success for granted. Songwriting, for her, is a vocation that must be earned again and again. As she talks, Pearce laughs at the number of "bad songs" she has written that have never seen the light of day. One measure of success, she says, is whether the song reflects real life.

"We're supposed to tell the everyday stories of the people that listen to our music, and I have to believe that I've seen it," she says. "I'm no different than anybody else, except I have a microphone and I wear fancy clothes on a stage."

Pearce says that anyone who knows her will tell you that, just like her music, she's forthright, a character trait she credits to her family and her Kentucky roots.

"I say what I think, and I stand by it, and you never have to (wonder) what I'm thinking because I'll tell you, whether you like it or not. And that's the kind of music I want to make, too." **KL**


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Win a Getaway. See page 46.

*3rd Annual*

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# BEST

# INKY

# 2023

BY KATHY WITT



Proven favorites are inducted into the Best in Kentucky Hall of Fame by winning first place in their category for three consecutive years. Past Hall of Fame inductees include Ale-8-One (Made-in-Kentucky Product), General Burnside Island State Park (Golf Course), Moonlite Bar-B-Q Inn (Barbecue), Perryville Battlefield State Historic Site (Civil War Site), Maker's Mark Distillery (Distillery) and many more.

## Experience, enjoy, return, repeat.

That's what the best of anything inspires us to do. We can't get enough of our favorite burger, bourbon, campsite, getaway, fishing hole or even meteorologist. We come back again and again because... well, because it's the best. And you can never get enough of a best thing.

Here are readers' choices for the 2023 Best in Kentucky.

MOONLITE BAR-B-Q INN

MAKER'S MARK



Fifteen-time Academy  
of Country Music  
Award-winning artist  
Chris Stapleton won  
Entertainer of the Year at  
the 2023 ACM Awards.  
Photo: Becky Fluke



## PEOPLE & PERSONALITIES

### LOCAL RADIO HOST

#### FIRST PLACE

**Kellie McKay, WHHT 103.7 Nash Icon, Glasgow**

The host of the *Kellie McKay Morning Show* says she couldn't do what she does every day without "God's grace, my family and friends and this wonderful community. I'm very grateful that I get to represent southern Kentucky."

#### SECOND PLACE

**Cale Tharp, Abe 93.7 Radio, Hodgenville**

#### THIRD PLACE

**Lucas Ross, WOKH 102.7 FM, Lebanon/Springfield/Bardstown**

### LOCAL TV PERSONALITY

#### FIRST PLACE

**Dawne Gee, WAVE 3, Louisville**

"To be selected as one of the best three in the commonwealth validates for me

that my hard work is being noticed, and that those I work hard to serve realize how much what I do and who I serve means to me," says the anchor of WAVE 3 News at 4, 7 and 7:30 p.m., and host of *WAVE Country* with Dawne Gee.

#### SECOND PLACE

**Candyce Clifft, WDRB, Louisville**

#### THIRD PLACE

**Morgan Hoover, WNKY, Bowling Green**

### METEOROLOGIST

#### FIRST PLACE

**Marc Weinberg, WDRB, Louisville**

WDRB's chief meteorologist enjoys sharing his passion and excitement for weather each day with viewers in Kentucky and Indiana.

"The reality is that your support allows me to do what I love," says Weinberg. "And I am forever grateful for your support."

#### SECOND PLACE

**Kevin Harned, WAVE, Louisville**

#### THIRD PLACE

**Bill Meck, LEX 18 (WLEX), Lexington**



Radio host Kellie McKay of WHHT 103.7 Nash Icon. It was a Sanyo boombox that kickstarted Kellie McKay's love for radio 30-plus years ago. Photo: Sydney Grace Photography

## KENTUCKY MUSICIAN OR BAND

## FIRST PLACE

**Chris Stapleton, Nashville, Tennessee  
(roots in Johnson County)**

Fifteen-time Academy of Country Music Award-winning singer, songwriter and musician Chris Stapleton won Entertainer of the Year at the 2023 ACM Awards. His All-American Road Show is currently underway.

## SECOND PLACE

**Tyler Childers, Nashville, Tennessee**  
(roots in Lawrence County)

### THIRD PLACE

**JD Shelburne, Nashville, Tennessee  
(roots in Taylorsville)**

## ATHLETE

## FIRST PLACE

### Oscar Tshiebwe, Lexington

From the Democratic Republic of the Congo, former Kentucky Wildcat Men's Basketball forward Oscar Tshiebwe was a unanimous second-team All-America selection by the Associated Press, USBWA, NABC and *The Sporting News*. He was drafted by the Indiana Pacers in June.

## SECOND PLACE

**Justin Thomas, Louisville**

### THIRD PLACE

**Reed Sheppard, London**

# DESTINATION

## ROAD TRIP

## FIRST PLACE

**Mammoth Cave National Park,  
Mammoth Cave**

"Mammoth Cave has many stories to tell," says Molly Schroer, public information officer. "The cave and surrounding area are amazing geologic examples of a karst environment, and the human history of the park dates back over 4,000 years when the first prehistoric Native Americans began exploring the dark passageways."

Not only that, but Mammoth Cave is the world's longest known cave system. The park itself offers over 85 miles of surface hiking, biking and horse-back riding trails and is the home of the Green and Nolin Rivers Blueway National Water Trail.

## SECOND PLACE

## Red River Gorge Geological Area, Stanton

### THIRD PLACE

**Cumberland Falls State Resort  
Park, Corbin**

## DISTILLERY TOUR

## FIRST PLACE

**Maker's Mark Distillery, Loretto**

Learn the history of Maker's Mark and how this legendary distillery makes its bourbon on one of more than a half-dozen tours—from the popular Maker's Mark Tour to more specialized and

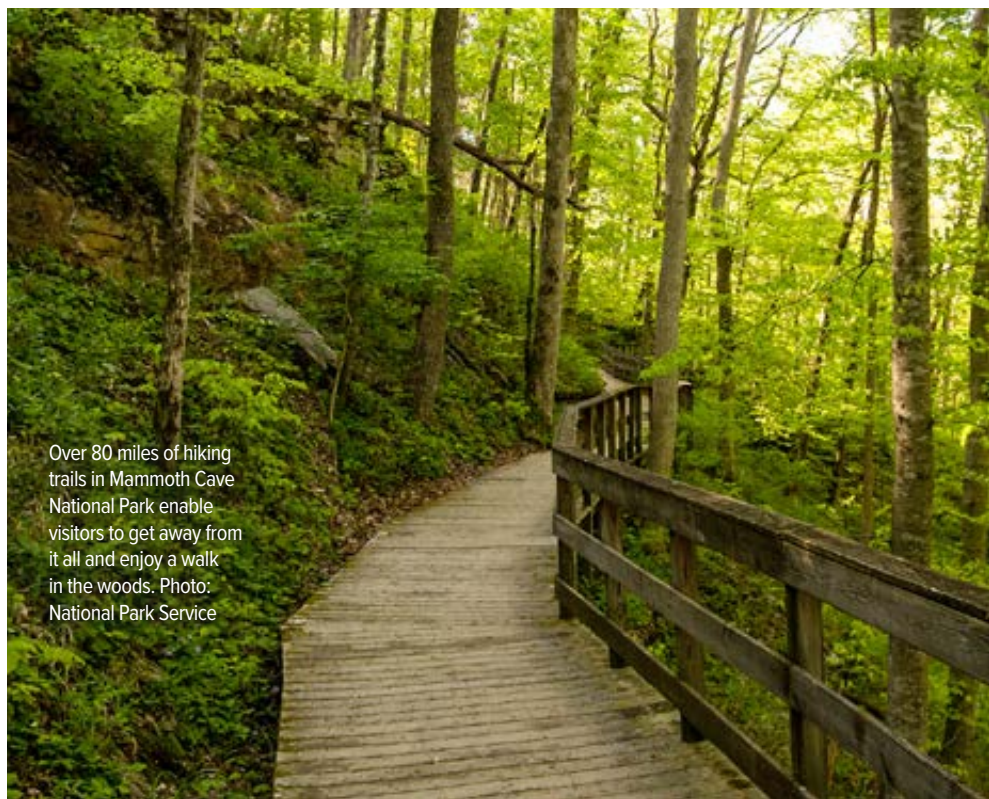
immersive tours—each taking visitors through the campus and behind the scenes, finishing with a guided tasting.

## SECOND PLACE

### Buffalo Trace Distillery, Frankfort

### THIRD PLACE

## Wilderness Trail Distillery, Danville



Over 80 miles of hiking trails in Mammoth Cave National Park enable visitors to get away from it all and enjoy a walk in the woods. Photo: National Park Service



Nearly every weekend between May and October, visitors to Log Still Distillery can experience live concerts at The Amp. Photo: Grizzly Media



## EVENT OR FESTIVAL

### FIRST PLACE

**Lincoln Days Celebration, Hodgenville**  
Rail-splitting events, pioneer games, an art show, top-notch talent, parade—it all converges in Hodgenville for this two-day festival. Lincoln lookalikes, too.

“This celebration unites people from around Kentucky and around the world and offers unique experiences that are only available in the Birthplace of Abraham Lincoln,” says Rob Thurman, assistant director at the Lincoln Museum.

### SECOND PLACE

**Glendale Crossing Festival, Glendale**

### THIRD PLACE

**Marion County Country Ham Days, Lebanon**



Dennison’s delicious caramel apples are hard to resist. Photo: Dennison’s Roadside Market

## FARM TOURIST ATTRACTION

### FIRST PLACE

**Hinton’s Orchard & Farm Market, Hodgenville**

Families flock to Hinton’s for three seasons of fun, from the FarmLand play area with jumping pillow, corn box and more, to hayrides through the orchard and the pumpkin patch to pick your own pumpkin. There’s a 3-acre corn maze to conquer and barrel train rides to hop aboard. Find fruits and vegetables, a variety of food products and gift items throughout the growing season from April to December.

### SECOND PLACE

**Gallrein Farms, Shelbyville**

### THIRD PLACE

**Dennison’s Roadside Market, Horse Cave**



## FIRST PLACE

Two theaters, shopping village and RV Park, all on 55 luscious acres of historic land: It's Kentucky's country music capital, Renfro Valley Entertainment Center, celebrating its 84th year of music in 2023.

## SECOND PLACE

### THIRD PLACE

**MUSEUM**

## FIRST PLACE

As one of the most recognized and fascinating leaders in history, the 16th president and his story continue to inspire young and old from around the world. Take a walk through Abraham Lincoln's life at this downtown Hodgenville museum featuring room-size dioramas, life-size wax figures and authentic period pieces tracing his Kentucky cabin years to Washington's Ford's Theatre. Each brings history to life within the architectural beauty of the National Register buildings that house these and many other exhibits and collections.

## SECOND PLACE

### THIRD PLACE

## KID-FRIENDLY ATTRACTION

## FIRST PLACE

Stand on the edge of the Arctic wilderness. Meet the world's tallest mammal and adorable little penguins. Feed nectar to colorful lorikeets and seek out elusive maned wolves. Explore the world of cold-blooded critters as you come face-to-face with a Gila monster and black piranhas. So many adventures await at the Louisville Zoo, Kentucky's top nonprofit paid attraction and state zoo.

## SECOND PLACE

### THIRD PLACE



One-year-old Daisy, the Louisville Zoo's Hartmann's Mountain Zebra foal, is found in the zebra yard across from the elephants in the Africa zone. Photo: Kyle Shepherd/Louisville Zoo

One-year-old Daisy, the Louisville Zoo's Hartmann's Mountain Zebra foal, is found in the zebra yard across from the elephants in the Africa zone. Photo: Kyle Shepherd/Louisville Zoo





The common area at the St. Clair Motor Lodge provides space for groups to gather and play a game or two. Photo: Andrew Kung

## WINERY

### FIRST PLACE

#### **Purple Toad Winery, Paducah**

Fun fact about one of the largest and most award-winning wineries in the state: Purple Toad's name came from the color that stained toes back when grapes were pressed, or stomped, the old-fashioned way—with the feet.

Today, Purple Toad Winery combines modern winemaking techniques with Old World knowledge to produce its many award-winning wines, including South Regional Wine Competition gold medalists Black Currant, Peachberry and Black Strawberry.

### SECOND PLACE

#### **Talon Winery, Lexington and Shelbyville**

### THIRD PLACE

#### **Farmer & Frenchman Winery, Henderson**

## HISTORIC ATTRACTION

### FIRST PLACE

#### **Abraham Lincoln Birthplace National Historical Park, Hodgenville**

At the Abraham Lincoln Birthplace National Historical Park, walk in the childhood footsteps of the kid from Kentucky who grew up to become the 16th president of the United States. See the rural landscape, visit the place where Lincoln was born and the location of his earliest recollections. Learn about the experiences that shaped the leader he would become and helped him shepherd a divided nation through the Civil War.

### SECOND PLACE

#### **My Old Kentucky Home State Park, Bardstown**

### THIRD PLACE

#### **Shaker Village of Pleasant Hill, Harrodsburg**

## SPECIALTY LODGING OR BED & BREAKFAST

### FIRST PLACE

#### **Lincoln Lodge, Hodgenville**

It's a family affair at the Lincoln Lodge, a fully refurbished log motel that was originally opened in the 1950s by Gary McDowell's aunt. McDowell now handles motel maintenance and wife, Regina, takes care of the bookkeeping and helps out elsewhere when needed, including housekeeping.

"I am very proud that I got a 100% on my health inspection," says Regina McDowell.

The couple's son, Cody, a local history expert who loves to share the story of Lincoln's childhood, runs the front office and gift shop and handles reservations; their son, Brady, helps run the front counter, among other jobs.

### SECOND PLACE

#### **Reed-Dossey Bed & Breakfast, Brownsville**

### THIRD PLACE

#### **St. Clair Motor Lodge, Falls of Rough**







With a 5,795-acre lake and 333-acre park located along the northern edge of Mammoth Cave National Park, Nolin Lake State Park is an excellent place to camp and fish. Photo: Kentucky Department of Parks

## HIKING TRAIL

### FIRST PLACE

**Red River Gorge Geological Area, Stanton**

With over 30 trails, including portions of the Sheltowee Trace National Recreation Trail, leading to sandstone arches, cascading waterfalls and stunning ridgeline vistas, is it any wonder the Red River Gorge is a hiker's paradise? The gorge has trails that suit all experience levels—from a first-timer to a seasoned trekker—and it offers amazing scenery every single step of the way.

### SECOND PLACE

**Bernheim Arboretum and Research Forest, Clermont**

### THIRD PLACE

**Mammoth Cave National Park, Mammoth Cave**

## PUBLIC HUNTING/ FISHING AREA

### FIRST PLACE

**Land Between the Lakes National Recreation Area, Golden Pond**

Fall, winter, spring or summer, the watery wonderland surrounding Land Between the Lakes on three sides, as well as fishable small lakes and interior ponds found throughout the peninsula, make this one of the country's most coveted fishing hot spots. Fish for largemouth bass, sunfish, catfish, white bass, rockfish, crappie and more. Depending on the time of year, something is always biting.

With more than 250 days a year of in-season hunting, opportunities for hunting also abound. LBL's thousands of acres teem with game: white-tailed deer, wild turkey, squirrels and other forest game species.

### SECOND PLACE

**Green River Lake at Green River Lake State Park, Campbellsville**

### THIRD PLACE

**Nolin River Lake at Nolin River Lake State Park, Bee Spring**

## WATER TOURISM SPOT

### FIRST PLACE

**Lake Cumberland, Somerset-Burnside-Pulaski County, Russell County, Monticello-Wayne County, Clinton County and McCreary County**

The destination: Lake Cumberland, with calming, lapping 1,200 miles of shoreline that curves off into the horizon, wowing visitors with photoworthy sunrises and sunsets and treating them to splashy waterfalls, hidden coves and forested views.

The accommodations: A sleek and roomy houseboat with full kitchen and cozy bedrooms inside; a hot tub, outdoor grill and twisty waterslide topside.

The fun- and sunseekers: A family on vacation, lazing summer days away and making a scrapbook full of memories.

### SECOND PLACE

**Green River Lake State Park, Campbellsville**

### THIRD PLACE

**Rough River Dam State Resort Park, Falls of Rough**

## BREAKFAST PLACE

**Mammy's Kitchen & Bar,  
Bardstown**

“It’s about my grandmothers, Mammy Clyde and Mammy Lucille, and your grandmothers, then and now—all those who went before us or continue to pave the way and create the foundation,” says Clark. “Food is more than just eating; it’s an experience with an extra serving of kindness, gratitude and, most of all, giving back.

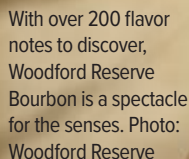
“We do our best to give you the best of what we are good at.”

### Carriss's Grocery, Shelbyville

### Cedarwood Restaurant & Catering, Lebanon

## Maker's Mark, Loretto

“From day one, our founders, Bill Sr. and Margie Samuels, had a vision to not only craft a one-of-a-kind, full-flavored bourbon, but also create a welcoming homeplace where visitors would enjoy spending time,” says Frank Krockenberger, Maker’s Mark’s senior manager for visitor experience and retail development.



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**SATURDAY, SEPT. 23RD**

- 10 am - Open Ceremony & Cannon Firing
- 10:30 am-5pm - Open 1811 Jail
- 10:30 am - One-hour Walking History Tour
- 12:30 pm - Cannon Firing
- 1-3 pm - Open Houses
- 2:30 pm - Skirmish/Cannon Firing
- 3 pm - Tea Party
- 4 pm - Music by Steve Ball
- Dusk - Sunset Cannon Firing

**SUNDAY, SEPT. 24TH**

10:30 am - Morning Service  
12-4 pm - Open 1811 Jail  
1 pm - Skirmish/Cannon Firing  
1-3 pm - Open Houses  
2 pm - Civil War Dancers  
3:30 pm - Cannon Firing  
4 pm - End of Event



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**Win a Getaway. See page 46.**



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Scout & Scholar Brewing Company is a gathering place, a meetinghouse to share great beer and exceptional food.  
Photo: Julianna Leach



If you want brisket at Arrowhead BBQ, you have to act fast—it sells out quickly.  
Photo: Ashley McLain

“Receiving recognition like this lets us know that their spirit of warmth and hospitality lives on here on Star Hill Farm.”

## SECOND PLACE

**Woodford Reserve, Versailles**

## THIRD PLACE

**Wilderness Trail, Danville**

# BARBECUE

## FIRST PLACE

**Arrowhead BBQ, Hodgenville**

The goal at Arrowhead BBQ is to offer customers a true Southern barbecue experience. All sides are made from scratch. The barbecue sauce is made and bottled in-house and meats are smoked and served fresh daily. Desserts are made from scratch and with lots of love. “At Arrowhead, we make things like your grandma used to,” says co-owner Ashley McLain. “We want you to leave full, happy, and with a smile on your face.”

## SECOND PLACE

**B&N Food Market, Bagdad**

## THIRD PLACE

**Red State BBQ, Lexington**

# CRAFT BEER

## FIRST PLACE

**Country Boy Brewing, Georgetown, Lexington**

Country Boy Brewing is committed to making the best possible beer with all-natural and real ingredients and is always experimenting with new beer recipes. Come for the 24 rotating taps,

## Maker's Mark Distillery: Distillery







5 Broke Girls is all about the homestyle cooking with a Texas twist. Photo: 5 Broke Girls

weekly food specials and laid-back, community atmosphere—and stay for the same.

“You will see all walks of life enjoying Country Boy on a regular basis, including the owners of the brewery, who are happy to share a pint and talk about anything from sports to the weather and, of course, all things beer,” says Pete Weiss, marketing director.

## SECOND PLACE

**Scout & Scholar Brewing Company, Bardstown**

## THIRD PLACE

**Henderson Brewing Co., Henderson**

# HAMBURGER

## FIRST PLACE

**5 Broke Girls, Horse Cave**

Like to try new things? So does the 5 Broke Girls staff.

Owner Jackie Kulaga says they are always adding new items, like the Flaming

Hart Burger with fried jalapeños that add zip to this bacon and Swiss cheeseburger doused with southwestern ranch.

The restaurant is known for its big and hearty portions and close proximity to Mammoth Cave National Park, as well as live music on most Saturday nights.

## SECOND PLACE

**B&N Food Market, Bagdad**

## THIRD PLACE

**Laha's Red Castle, Hodgenville**

# BAKERY

## FIRST PLACE

**A Sweet Retreat, Elizabethtown**

For Bess Outland, her Sweet Retreat bakery is like her baby. It is a business she has grown from the ground up; one that she and her family have worked tirelessly to make a success.

“We bake everything right here in the bakery fresh for our customers every day,” says Outland. “My goal is for my

customers to feel welcome the moment they walk in and for my employees to love where they work.”

Outland's recipe appears to be working: The bakery marked its ninth anniversary earlier this year.

## SECOND PLACE

**Hadorn's Bakery, Bardstown**

## THIRD PLACE

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

# DOWN-HOME RESTAURANT

## FIRST PLACE

**Lighthouse Restaurant, Sulphur Well**

Come eat like you did during Sunday dinner at Grandma's table. Lighthouse Restaurant brings both the atmosphere and the memories back with its family-style, all-you-can-eat deliciousness. The restaurant is open Thursday, Friday

and Saturday, with first seating at 11 a.m. and last at 7 p.m. And yes, reservations are recommended—lots of folks want to revisit mealtime with their granny.

## SECOND PLACE

### B&N Food Market, Bagdad

### THIRD PLACE

**Country Store Restaurant,  
Brodfordsville**

## COFFEE SHOP

## FIRST PLACE

## Vibe Coffee, Elizabethtown and Hodgenville

A small town coffee shop with a big city feel, Vibe has been an integral part of the revitalization of the downtown squares in both Elizabethtown and Hodgenville. Both shops are located in restored historic buildings dating back to the 1800s and both offer locally roasted coffee plus house-made syrups, sauces and pastries.

"And our acai bowls?" says owner Serena Erizer. "A smashing town favorite."

## SECOND PLACE

### The Storehouse Coffee & Gifts, Leitchfield

### THIRD PLACE

**Antler Specialty Goods,  
Henderson**

## SWEETS SHOP

## FIRST PLACE

### The Sweet Shoppe and Dessert Cafe, Hodgenville

Open more than 20 years, the Sweet Shoppe and Dessert Café is famous for its more than 30 flavors of fudge, like Tiger Butter. A top seller, this vanilla fudge is swirled with melted Jif

KentuckyLiving.com

## ON THE ROAD

Visit us online for a listing of Best in Kentucky winners' websites and phone numbers so you can add them to your Kentucky travel plans.

## Congratulations to Our Local Finalists!



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and Delicatessen**  
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*Danville*  
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**Historically Bold**

Visit us at **[danvillekentucky.com](http://danvillekentucky.com)**

**Win a Getaway. See page 46.**



**It's festival time in Morehead!**

 SCAN ME

**Win a Getaway. See page 46.**





Maillard Wood Fired Kitchen's Elote Pizza features lime crema, shredded mozzarella, sweet corn, chorizo, fresh jalapenos, cilantro, radishes, cotija cheese and chile lime salt. Photo: Kirt Jones

peanut butter and drizzled with chocolate. Mmm. All fudge is handmade fresh with real cream, butter and sugar in the Hodgenville dessert shop.

Tiger Butter, Kentucky Bourbon, Orange Creamsicle and other flavors may be found at three dozen retail stores in Kentucky, Ohio and Indiana, and ordered online through the shop's Etsy site.

## SECOND PLACE

**Serendipity Kandy Kitchen,**  
Shelbyville

## THIRD PLACE

**Ruth Hunt Candies, Mt. Sterling**  
and Lexington

# FOOD TRUCK

## FIRST PLACE

**Juanito's Street Tacos & More,**  
Radcliff and Bardstown

For six years, Juanito's has been bringing an authentic taste of Mexico to Kentucky through its street tacos served on a double corn tortilla with a choice of meat and topped with cilantro, onion and lime. Also available at this food truck: burritos, Acapulco chicken, Chory Pollo (grilled chicken, chorizo, rice and beans and topped with queso), Mexican and keto bowls, tortas, quesadillas and more.

## SECOND PLACE

**Maillard Wood Fired Kitchen,**  
Campbellsville

## THIRD PLACE

**Taste Budz, Glasgow** **KL**

Win a Getaway. See page 46.

Building Type	Dimensions	Features	Price
Garage/Hobby Shop	24 x 32 x 10	- 2 9x8 Garage Doors - 1 3 foot Entry Door	\$17,500
Garage/Hobby Shop	40 x 60 x 12	- 2 10 x 10 Garage Doors - 1 3 foot Entry Door - Wainscot Optional	\$37,500
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Then read on to learn how a Safe Step Walk-In Tub can help.

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

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*A Safe Step Tub can help increase mobility, boost energy and improve sleep.*



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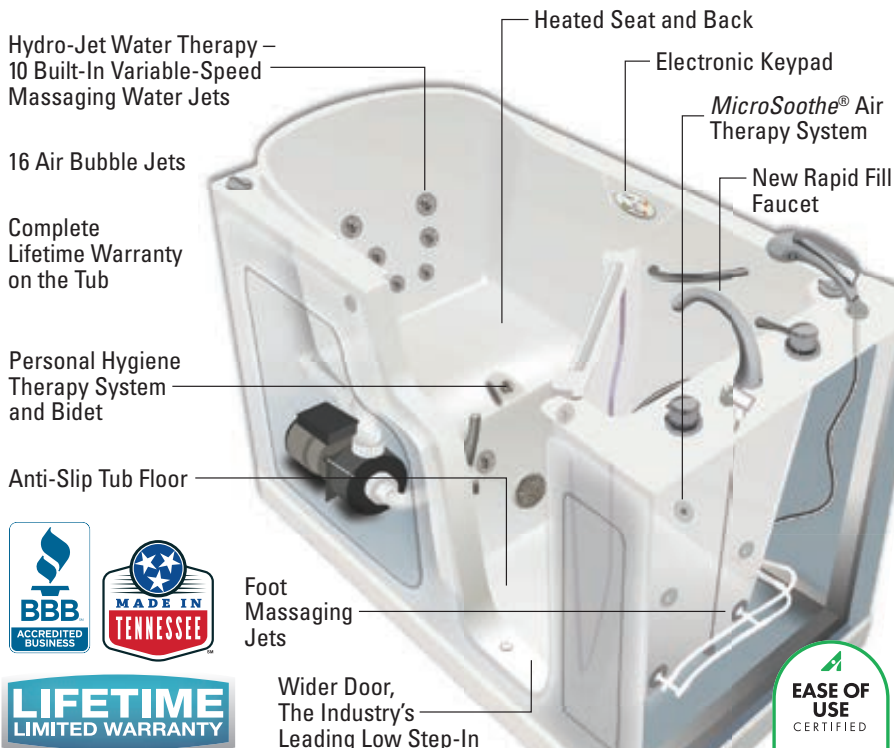
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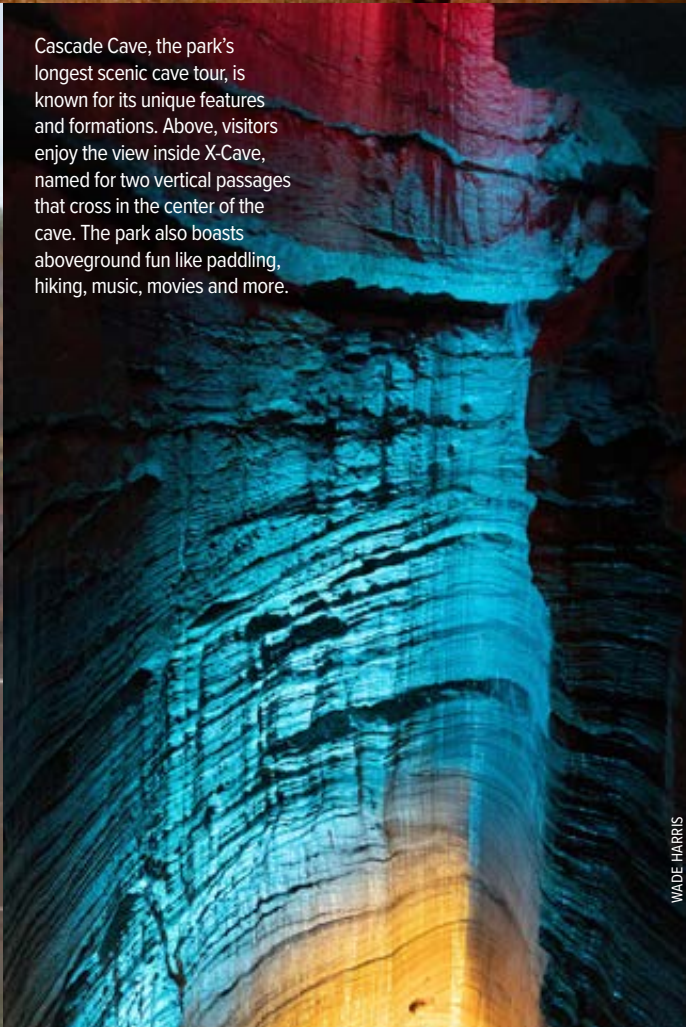


CARTER CAVES STATE RESORT PARK



CARTER CAVES STATE RESORT PARK

Cascade Cave, the park's longest scenic cave tour, is known for its unique features and formations. Above, visitors enjoy the view inside X-Cave, named for two vertical passages that cross in the center of the cave. The park also boasts aboveground fun like paddling, hiking, music, movies and more.



WADE HARRIS  
JENNETTE LAWSON



A large, dark cave opening frames a view of a forest with trees displaying vibrant autumn foliage in shades of yellow, orange, and red. The cave's interior is dark and rocky, with a large, light-colored rock formation in the foreground. Three people are standing on a rocky path leading into the cave, providing a sense of scale.

## Autumn adventures

Throughout the 2,000 forested acres of Carter Caves State Resort Park in Olive Hill, Mother Nature saturates her canvas of hardwoods in shades of coppery orange and flaming red.

“Some folks would agree that fall is arguably the best time of the year to come to Carter Caves,” says Park Naturalist Paul Tierney, citing mild temperatures, brilliant colors and fun activities for the whole family.

Inside Cascade Cave and X-Cave, where guided tours are offered year-round, the display is no less impressive. A dragon springs from his lair in the former, looking as though he could breathe fire, and an illuminated 30-foot underground waterfall elicits plenty of oohs and ahs. In the latter, cavers encounter descriptively named geologic marvels like the Giant Turkey, the Pipe Organ and duck!—Headache Rock.

Aboveground within the park is no slouch in the natural wonders department, either.

“One of the things that makes Carter Caves ‘uniquely Kentucky’ is its resources,” says Tierney. “There is as much to see and do aboveground as there is below,” including more than 30 miles of hiking trails.

Carter Caves also offers a diverse lineup of programming, including the annual Fraley Festival of Traditional Music on Sept. 6-9, 2023, and its popular Spooky Cave-In movie series, queuing up family-friendly flicks and offering drinks and snacks for purchase, on Oct. 7, 13 and 21.

Leaf peeping, cave tours and more—explore above and belowground at Carter Caves State Resort Park, located at 344 Caveland Drive in Olive Hill. See additional photos and more information at [KentuckyLiving.com](https://KentuckyLiving.com).

**Story: Kathy Witt**



# Kentucky, collected

Beloved journalist and storyteller Byron Crawford has written *Kentucky Living's* back page for more than 12 years. Now collected in a hardback, illustrated edition, Crawford's stories will continue to delight for years to come.

## MEET THE AUTHOR

Buy a copy of *The Back Page* and have it signed by the author during two upcoming events.

### *The Back Page:* An evening with Byron Crawford

Oct. 19, Frazier History Museum,  
Louisville (ticketed)

### Kentucky Book Festival

Oct. 21, Joseph-Beth Booksellers,  
Lexington (free general admission)

**\$26.95**

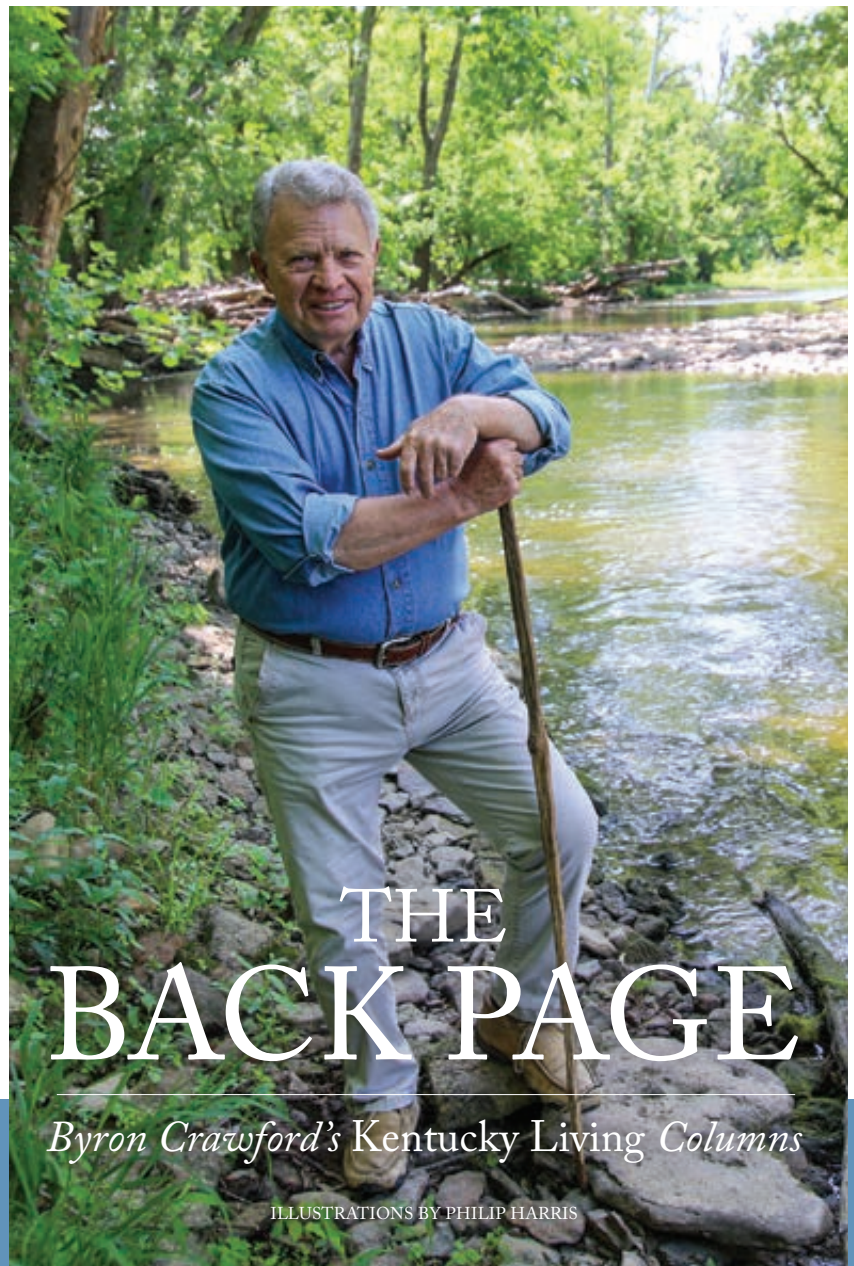
Hardback  
6×9 inches  
304 pages



SCAN ME

"When Byron writes or speaks, he can bring back the smell of burley tobacco hanging in the barn, the call of the bobwhite quail, or the sound of a BB hitting a tin can. And when I read his writing, I hear his voice telling the story."

—Tim Farmer, former host and executive producer of KET's *Kentucky Afield*, now host and producer of *Tim Farmer's Country Kitchen* and *2023 Distinguished Rural Kentuckian*



Book purchase and event information: [KentuckyLiving.com/TheBackPage](https://KentuckyLiving.com/TheBackPage)



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Moonlight Festival  
October 21

Somernites Cruise  
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2023

**Chocolate Crawl**

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**Woolly Worm Festival**  
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[hamdays.com](http://hamdays.com)

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**2023 Festivals**  
SCOTTSVILLE, KENTUCKY

For more information, visit [scottsvilleky.info](http://scottsvilleky.info)

Grandest Ole Opry Sept. 15-16  
Jacksonian Days Sept. 16  
NorroFest Oct. 14  
First Fridays 1st Friday April -Dec.

TEAM KENTUCKY

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TEAM KENTUCKY

Renfro Valley, Kentucky

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# KENTUCKY FESTIVALS

## BLUEGRASS

- 1 **Daniel Boone Pioneer Festival:** Winchester, Sept. 2–3
- 2 **Stave Festival:** Lawrenceburg, Sept. 8–9
- 3 **Festival of the Horse:** Georgetown, Sept. 8–10
- 4 **More Tales, Wilmore Storytelling Festival:** Sept. 15–16
- 5 **Constitution Square Festival:** Danville, Sept. 16
- 6 **Kentucky Heritage Jazz Festival at Shaker Village:** Harrodsburg, Sept. 16–17; continues at Old Fort Harrod State Park, Sept. 23–24
- 7 **Anderson County Burgoo Festival:** Lawrenceburg, Sept. 22–24
- 8 **Cynthiana Honey Festival:** Sept. 23
- 9 **Kentucky Harvest Fest:** Shaker Village, Sept. 23–24
- 10 **Oktoberfest: Harrodsburg, Sept. 29–Oct. 1**
- 11 **Witches Night Out:** Cynthiana, Sept. 30
- 12 **Bourbon on the Banks:** Frankfort, Oct. 7
- 13 **Millstone Festival: Richmond, Oct. 7**
- 14 **Jessamine Fall Festival:** Nicholasville, Oct. 20–21
- 15 **Anderson County Arts Trail:** Lawrenceburg, Nov. 4
- 16 **Harvesting the Holidays:** Cynthiana, Nov. 4
- 17 **Wilmore Old Fashioned Musical Christmas:** Dec. 2
- 18 **St. “Nich” Christmas Fest and Parade:** Nicholasville, Dec. 9

## EASTERN

- 19 **Manchester Music Fest:** Aug. 31–Sept. 2
- 20 **Elliott County Tobacco Festival:** Sandy Hook, Sept. 1–2
- 21 **Swift Silver Mine Festival:** Campton, Sept. 1–3
- 22 **Breathitt County Honey Festival:** Jackson, Sept. 1–4

- 23 **Honoring Our Veterans Pow Wow:** Corbin, Sept. 2–3
- 24 **Rock-tember Blast:** Mt. Vernon, Sept. 3
- 25 **Fraleigh Festival of Traditional Music:** Carter Caves State Resort Park, Sept. 6–9
- 26 **Old Fashioned Trading Days:** Williamsburg, Sept. 7–9
- 27 **Lawrence County Septemberfest:** Louisa, Sept. 8–9
- 28 **Poppy Mountain Music Festival: Morehead, Sept. 8–16**
- 29 **Kentucky Food Truck State Championship: Renfro Valley, Sept. 9**
- 30 **Ravenna Railroad Festival:** Sept. 9–10
- 31 **Black Gold Festival:** Hazard, Sept. 14–16
- 32 **Appalachian Moonshine, Music and Makers Festival:** Pikeville, Sept. 15–16
- 33 **Poage Landing Days:** Ashland, Sept. 15–17
- 34 **Morehead Arts and Crafts Festival:** Sept. 16
- 35 **World Chicken Festival: London, Sept. 21–24**
- 36 **Morgan County Sorghum Festival: West Liberty, Sept. 22–24**
- 37 **Walnut Festival:** Salyersville, Sept. 30
- 38 **Foxfire Music & Arts Festival:** Ashland, Sept. 30–Oct. 1
- 39 **Bittersweet Festival:** Mt. Vernon, Oct. 5–7
- 40 **Kentucky Apple Festival:** Paintsville, Oct. 6–7
- 41 **Old Fashion Days:** Greenup, Oct. 6–8
- 42 **Great Bowls of Fire Chili Cookoff:** Ashland, Oct. 7
- 43 **Honey Bun Day:** London, Oct. 7
- 44 **Jenny Wiley Festival:** Prestonsburg, Oct. 11–14

45

**Mt. Sterling October Court Day Festival: Oct. 13–16**

46

**Oktoberfest:** Corbin, Oct. 14

47

**Firkinfest:** Ashland, Oct. 14

48

**28th Gateway to the Cumberlands Jeep Jamboree:** Williamsburg, Oct. 19–21

49

**Woolly Worm Festival: Beattyville, Oct. 20–22**

50

**Winterfest:** Pikeville, Nov. 25–Jan. 1

51

**Hometown Holidays:** Grayson, Dec. 1–3

52

**Appalachian Holiday Arts & Crafts Fair:** Morehead, Dec. 2

## NORTH CENTRAL

- 53 **Fleur de Flea Vintage Urban Outdoor Market:** Louisville, Sept. 2
- 54 **Trimble County Apple Festival:** Bedford, Sept. 9–10
- 55 **Big Four Arts Festival:** Louisville, Sept. 9–10
- 56 **Gaslight Festival:** Jeffersonton, Sept. 10–17
- 57 **Kentucky Bourbon Festival:** Bardstown, Sept. 15–17
- 58 **BugFest:** Bernheim Forest, Clermont, Sept. 16
- 59 **Cookoff on the Creek:** Brandenburg, Sept. 16
- 60 **Finchville Fall Festival:** Finchville, Sept. 21
- 61 **Marion County Country Ham Days: Lebanon, Sept. 22–24**

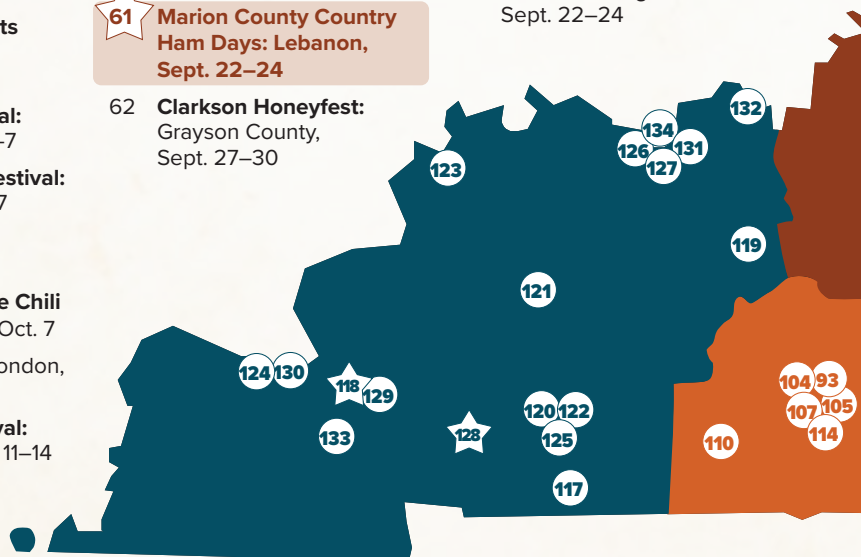
62

**Clarkson Honeyfest:** Grayson County, Sept. 27–30

- 63 **Springfield-Washington County Sorghum Festival:** Springfield, Sept. 29–30
- 64 **Heartland Harvest Festival:** Elizabethtown, Sept. 30
- 65 **Main Street Old-Fashioned Festival:** Lebanon Junction, Oct. 6–7
- 66 **St. James Court Art Show:** Louisville, Oct. 6–8
- 67 **Lincoln Days:** Hodgenville, Oct. 7–8
- 68 **Forkland Heritage Festival:** Gravel Switch, Oct. 13–14
- 69 **Arts and Crafts Festival:** Bardstown, Oct. 14–15
- 70 **Glendale Crossing Festival:** Oct. 21
- 71 **Battletown Witch Festival:** Brandenburg, Oct. 28
- 72 **Colorfest:** Bernheim Forest, Clermont, Nov. 4–5

## NORTHERN

- 73 **Rotary Heritage Days:** Augusta, Sept. 1–3
- 74 **Bands & BBQ at the Point:** Carrollton, Sept. 8–9
- 75 **Sweet Owen Day Fall Festival:** Owenton, Sept. 16
- 76 **Simon Kenton Festival:** Maysville, Sept. 16–17
- 77 **Pig Out:** Maysville, Sept. 22–23
- 78 **Newport Oktoberfest:** Sept. 22–24
- 79 **Civil War Historical Weekend:** Augusta, Sept. 22–24



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

- 80 **W'town Hoe Down BBQ & Bluegrass Festival:** Williamstown, Sept. 30
- 81 **Pickers and Grinners Fall Market:** Maysville, Sept. 20
- 82 **Taste of Fleming County:** Flemingsburg, Sept. 30
- 83 **Fall U.S. 25 Yard Sale:** Williamstown, Oct. 6–7
- 84 **Kentucky Wool Festival:** Falmouth, Oct. 6–8
- 85 **Chocolate Crawl:** Warsaw, Oct. 14
- 86 **Turning of the Leaves Festival:** Augusta, Oct. 14
- 87 **Salt Festival:** Big Bone Lick State Historic Site, Union, Oct. 20–22
- 88 **Oktoberfest:** Glencoe, Oct. 21
- 89 **A Country Christmas:** Williamstown, Dec. 2
- 90 **Frontier Christmas:** Maysville, Dec. 2

### SOUTH CENTRAL

- 91 **First Fridays:** Scottsville, monthly thru Dec. 1
- 92 **Monroe County Watermelon Festival:** Tompkinsville, Sept. 2

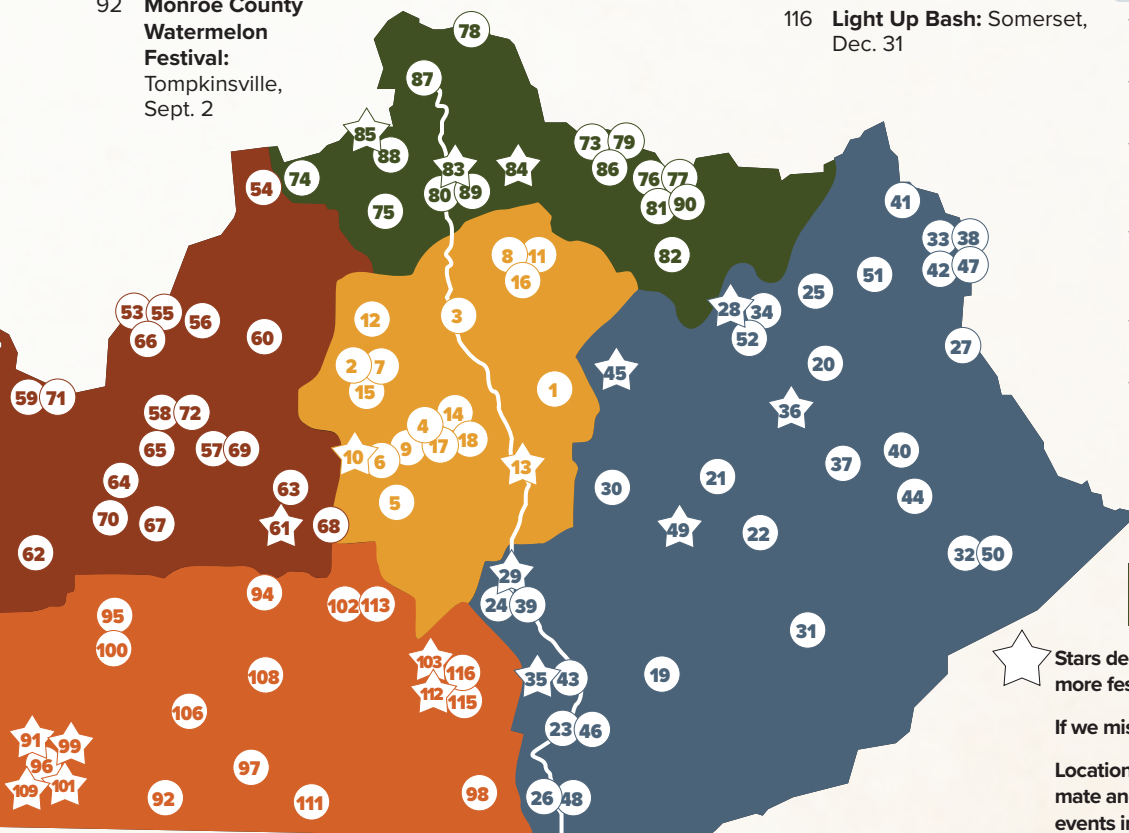
- 93 **Apple Festival:** Jackson's Orchard, Bowling Green, Sept. 2–4
- 94 **Homeplace Fall Heritage Festival:** Campbellsville, Sept. 8–9
- 95 **Battle for the Bridge:** Munfordville, Sept. 8–10
- 96 **Fall Kickoff Craft Festival:** Scottsville, Sept. 9
- 97 **Cumberland River Bluegrass Festival:** Burkesville, Sept. 14–16
- 98 **Blazin' Bluegrass Festival:** Whitley City, Sept. 14–16
- 99 **Grandest Ole Opry:** Scottsville, Sept. 15–16
- 100 **Horse Cave Heritage Festival:** Horse Cave, Sept. 15–16
- 101 **Jacksonian Days:** Scottsville, Sept. 16
- 102 **Casey County Apple Festival:** Liberty, Sept. 21–23

- 103 **Somernites Cruise:** Somerset, Sept. 23 and Oct. 28

- 104 **Pumpkin Festival:** Jackson's Orchard, Bowling Green, weekends Sept. 23–24 thru Oct. 28–29
- 105 **International Festival:** Bowling Green, Sept. 30
- 106 **Metcalfe County Pumpkin Festival:** Edmonton, Oct. 7
- 107 **Hammer-In at the Kentucky Museum:** Bowling Green, Oct. 7
- 108 **Downtown Days Festival:** Columbia, Oct. 13–14
- 109 **NorroFest:** Scottsville, Oct. 14
- 110 **Tobacco & Heritage Festival:** Russellville, Oct. 14
- 111 **Foothills Festival:** Albany, Oct. 20–21
- 112 **Moonlight Festival:** Somerset, Oct. 21
- 113 **Liberty Trail Fest:** Liberty, Oct. 28
- 114 **GypsyMoon Christmas Marketplace:** Bowling Green, Nov. 9–11
- 115 **Sheltowee Artisans Art Fair:** Somerset, Nov. 18–19
- 116 **Light Up Bash:** Somerset, Dec. 31

### WESTERN

- 117 **Butterfly Festival:** Oak Grove, Sept. 2
- 118 **Grand Rivers Arts and Crafts Festival:** Sept. 2–4
- 119 **Jerusalem Ridge Bluegrass Celebration:** Rosine, Sept. 7–10
- 120 **Trial of Tears Pow Wow:** Hopkinsville, Sept. 9–10
- 121 **Harvest Fest at Mahr Park:** Madisonville, Sept. 15–16
- 122 **NatureFest:** Hopkinsville, Sept. 16
- 123 **Lions Club Corn Festival:** Morganfield, Sept. 21–23
- 124 **Barbecue on the River:** Paducah, Sept. 21–23
- 125 **Chili Cook-Off and Cornbread Competition:** Hopkinsville, Sept. 22
- 126 **Boo Fest:** Owensboro, Sept. 29–Oct. 1, Oct. 6–7, 13–14, 20–21, 27–28
- 127 **Bronze Buffalo Festival & Gala:** Owensboro, Oct. 5–7
- 128 **Trigg County Country Ham Festival:** Cadiz, Oct. 13–14
- 129 **Hunter's Moon Festival:** Grand Rivers, Oct. 14
- 130 **Maiden Alley Oktoberfest:** Paducah, Oct. 21
- 131 **Pumpkin and Pickle Festival:** Owensboro, Oct. 21–22
- 132 **Independence Bank Sorghum Festival:** Hawesville, Oct. 28
- 133 **Holly-day on 68:** Benton, Nov. 11
- 134 **Holiday Forest Festival of Trees:** Owensboro, Nov. 11–Dec. 31



Route of the Highway 25 Yard Sale

Stars denote festival advertisers. Find more festivals and events online.

If we missed your festival, let us know!

Locations marked on map are approximate and may be shifted to show multiple events in the same city.



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- The Feeder Restaurant - dinner
- 5 Broke Girls - lunch/dinner
- Sugarland Bakery and Café

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BY  
OCTOBER 15, 2023



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[CaveCity.com](http://CaveCity.com)  
270-773-8833



### HANDCRAFTED & HOMESPUN MARKET

SEPTEMBER 9<sup>TH</sup>, 10AM-6PM

Juried craft market with handcrafted & repurposed items. Plus, Bands & BBQ including live music, air shows, fireworks and BBQ competitions. Free admission.

**Point Park**  
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# September stunner

*These blooms beat late summer heat*

## THE HEAT OF LATE

**SUMMER** is no problem for one of my favorite perennial flowers, Rudbeckia Autumn Sun. It begins blooming in late July and continues nonstop well into early fall.

Its flowers are nearly 3 inches across with bright yellow petals, and they nearly cover the plant. Removing dead flowers from the plants early in the season helps ensure a long bloom sequence. Even with its naturally drooping yellow flowers, it makes a great cut flower for summer bouquets.

This Rudbeckia grows 6 to 7 feet tall, so it's a great plant for the back of the perennial border, or even planted behind some evergreen shrubs. When growing in rich, moist soils, it may need staking to keep it upright when in full bloom—especially during rain.

Unlike other Rudbeckias, this one thrives in moist—but well drained—soils. It is heat tolerant, but not drought tolerant, so water if it gets dry. This songbird- and pollinator-friendly perennial is a favorite of butterflies

in the summer and goldfinches in the fall, so let this one stand after it's finished blooming.

Incorporating a tall perennial flower into the perennial border is lots of fun. It brings a nice, unexpected element and a bright and cheerful color show to the late summer garden. **KL**



SHELLY NOLD

**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 THE gardener



*What's the best way to prepare a new flower bed? —Yvonna Khuri*

**A** Preparing the soil is an important step in growing a healthy and long-lived garden. This would be a great time to have a soil test done. The results will give current nutrient and pH levels, as well as recommendations for improvement. Contact the horticulture/agriculture agent at your county cooperative extension service for instructions on having your soil tested. This is also a great opportunity to design and create a new garden. Choose plants that will thrive in the growing requirements that your space can provide. Consider sunlight, mature size and year-round interest when choosing plants for your new and improved garden.

» Angie Oakley



GAIUS/DADOBE STOCK

### Have a gardening question?

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

READER  
*recipe*

Lasagna with a down-home twist

**Kentucky Lasagna Casserole**Submitted by Johnna Prater, Licking Valley  
RECC consumer-member**Sauce:**

- 1 lb ground beef
- 1 lb sweet Italian sausage
- 1 medium onion, diced
- 3 cloves garlic, minced
- 1 tsp each oregano, parsley and basil
- ½ tsp each of rosemary, ground fennel, salt and sugar
- 2 jars spaghetti sauce
- 2 (15 oz) cans petite diced tomatoes

**Cheese filling:**

- 16 oz cottage cheese
- 2 C shredded mozzarella
- ½ C grated Parmesan
- 2 eggs
- ½ C milk

**Pasta:**

- 1 (12 oz) bag egg noodles

**Topping:**

- 2 C shredded mozzarella cheese
- 1 C seasoned Italian breadcrumbs

Set large pot of salted water to boil and preheat oven to 350°. Cook onion and meat in large skillet until meat is browned and onions are translucent; then add garlic and herbs and cook another minute until fragrant. Add spaghetti sauce and tomatoes and bring to simmer. Season with more salt and sugar to taste, then set aside. In separate bowl, mix cheese filling ingredients until smooth. Once water boils, cook noodles for 1–1½ minutes, then rinse with cold water and drain. To assemble, spread 3 cups sauce mixture in deep 9-by-13-inch baking dish. Layer with half of noodles, then half of remaining sauce. Next, spread with cheese mixture, followed by remaining noodles, and top with remaining sauce. Cover with foil and bake 35 minutes. Uncover, add topping, then bake 20 minutes until browned. Allow to set 10–15 minutes. Serves 12–15.

*Family favorites**Weeknight recipes everyone will love*

**WE CAN NEVER HAVE TOO MANY** back-pocket options for weeknight dinners—recipes that are simple to make, that everyone loves and that don't skimp on delicious flavors.

This month, we're adding a fun, simple side that I think is highly underrated. We are also simplifying an oftentimes complicated dish by making a casserole version of lasagna that's sure to be a family favorite.

**Spinach and Artichoke Dip in a Bread Bowl**

- |  |  |
|--|--|
| 8 oz cream cheese, softened to room temperature                  | ¼ C mayonnaise                           |
| 8 oz Parmesan, finely grated                                     | 1 tsp white pepper                       |
| 10 oz frozen spinach, thawed, drained and all water squeezed out | ½ tsp salt                               |
| 1 (14.5 oz) can artichoke hearts, drained & chopped              | ½ tsp onion powder                       |
| ½ C sour cream   | ½ tsp garlic powder                      |
|  | ¼ tsp red pepper flakes                  |
|  | 1 loaf King's Hawaiian Sweet Round Bread |

In large bowl, combine all ingredients except bread and stir until smooth. To make bread bowl, remove the bread from pan and, with serrated knife, cut a circle about an inch from the edge of the loaf and about an inch deep. Next, run knife towards middle of bowl at shallow angle to separate top of bread bowl. Continue to hollow out loaf without cutting into bottom or sides, then slice removed bread into bite-sized cubes. Spoon the dip into bread bowl, then place on a serving platter with bread cubes around it. To serve, spoon dip onto bread cubes and enjoy! Serves 8–10.

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

**SEE THE  
VIDEOS**at [KentuckyLiving.com/Cook](https://KentuckyLiving.com/Cook)Go to [KentuckyLiving.com/submit-a-recipe](https://KentuckyLiving.com/submit-a-recipe)





# The Frosty Freeze

*A Menifee County favorite reborn*

JOEL SAMS



CHRIS MAZE

**THE FROSTY FREEZE** in Menifee County wasn't just any old ice cream shop, says Natasha Trimble, shown in window at left. Since 1964, it had been the community hangout spot—the place where “everyone circled on a weekend night.” More importantly, it's where Natasha—who goes by Tash—met her husband, Jimmy, then a lineworker for Clark Energy.

After the old Frosty Freeze closed in 2009, Tash dreamed of reopening it someday. The dream came true when she and Jimmy, who now serves as Clark Energy's superintendent of operations, built a new shop on the old site. When the new Menifee Frosty Freeze opened on June 1, 2020, cars lined all the way around the building and into the street.

The restaurant is drive-thru or walk-up only, and the food is just as good as folks remembered: pizza, burgers, sandwiches, hotdogs with homemade chili, fries, onion rings, jalapeno poppers, coleslaw and more. There are also specialty sides, like the French Vegas Fries, loaded with onions, bacon, jalapeno, cheddar and mozzarella cheese, barbecue sauce and ranch. French Vegas, Tash explains, is an all-in-good-fun nickname for small-town Frenchburg. For dessert, customers can enjoy soft serve ice cream, sundaes, flurries and milkshakes in more than a dozen flavors.

Located at 1085 Main Street in Frenchburg, the Menifee Frosty Freeze is open Tuesday-Friday, 11 a.m.-8 p.m.; Saturday and Sunday, noon-8 p.m.; and closed on Monday. For more information, search Menifee Frosty Freeze on Facebook or call (606) 768-3121. Read more about the Menifee Frosty Freeze at [KentuckyLiving.com](http://KentuckyLiving.com).



## Menifee Frosty Freeze Easy and Delicious Coleslaw

*Serves 12*

**1 large head cabbage**  
**8 baby carrots**  
**¼ C sugar**  
**1½ C coleslaw dressing**

Cut cabbage into quarters, remove core and slice into small chunks. Add to food processor along with baby carrots and pulse until finely chopped. Add to large bowl, then combine with sugar and coleslaw dressing.



TASH TRIMBLE

# Metal roofs can last a lifetime



*My old shingle roof needs replacing. Are metal roofs more efficient?*

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

A Metal roofs can keep your house cooler during summer, improving your comfort and reducing your electric bills for air conditioning. During the winter, they have a negligible impact on the energy efficiency of the house.

Most metal roofs reflect more of the sun's heat than asphalt shingle roofs do, particularly darker shingles. This keeps the roofing materials cooler so less heat is radiated into the home. The underside of the metal surface has lower emissivity than shingles, so even less heat radiates down to the ceiling below.

Metal also has a contour stamped into it to simulate other styles of shingles, which creates a gap between the metal roof and sheath below that circulates air under a sloped roof.

## Types of metal roofs

Aluminum is the most lightweight metal for roofing



and much of it is made from recycled beverage cans. This, along with the energy savings and reduced landfill waste from replacing shingles, makes it Earth-friendly for decades.

Simulated cedar shake and barrel tile aluminum

roofing styles are attractive and efficient. Delivered and installed as large panels, they make installation faster and eliminate the possibility of single shakes or tiles being blown off during storms. Copper and stainless steel also look good, but are an expensive option.

Painted standing seam or tile steel roofing is durable, using bright colors instead of trying to simulate some type of standard roofing material.

Finally, no matter what type of new roof you select, make sure roofers install an attic ridge vent and ensure there is adequate soffit vent inlet area. **KL**

## COUNTING THE COST

Installing a metal roof can cost significantly more than standard or even decorative fiberglass shingles, but a metal roof can last at least 50 years, and some have lifetime warranties. Your homeowner's insurance premiums may be reduced because hot embers from a nearby house fire will not ignite a metal roof.

On the other hand, because of their rigidity, metal roofs often can be installed over existing shingles, saving the cost for tearing off the old shingles.



# Home appliance safety habits

*Make a big impact with items you use the most*

**KEEP YOUR HOME ELECTRICALLY SAFE** starting with items you use daily, like your home appliances. It's easy to underestimate the dangers they pose, and bad habits only increase the potential risks.

Whether it's a fire or foodborne illness, there are risks with a refrigerator that can easily be avoided. Remove dust and lint from the outside of the refrigerator, and be mindful of the cord if you move the fridge to clean. Keep the coils clean to avoid possible compressor failure and minimize fire risk. Clean and disinfect the inside every time you stock up on groceries.

Always clean your microwave after use. Don't let food waste or splattered grease and oils build up. Microwave ovens can deliver a shock even if they are unplugged, so your best bet if you suspect a problem is to bring in a professional.

Whether you have an electric or gas dryer, there are potential safety hazards. Collected dust and lint become a fire hazard if they remain inside vents and hoses—always clean out the lint screen before using the dryer. If you have an electric dryer, use a grounded outlet to minimize the risk of fire.

Nearly every water heater risk results from poor venting or excessive pressure buildup. Electric co-ops recommend electric water heaters for their energy efficiency and safety. Gas water heaters may have poorly connected vents that can lead to carbon monoxide and natural gas leaks. To avoid excessive temperature and pressure, test the relief valve at least once per year. Typically, all you have to do is pull up the handle on the valve. **KL**

Annual appliance upkeep checklist	
Washer, average life expectancy: 13 years	
	Check all hose connections for leaks, bubbles, kinks and brittle sections.
	Replace hoses a minimum of every two years.
	Plug into a ground fault circuit interrupter outlet.
Dryer, average life expectancy: 13 years	
	Check dryer vent for clogs and proper connection.
	Clean dryer vent every three months and lint screen after every use.
	Check vent tubes for bends.
Dishwasher, average life expectancy: 12 years	
	Check water connection for leaks and check drain for clogs.
Refrigerator, average life expectancy: 14 years	
	Check water connection for leaks and hoses for leaks and kinks.
	Plug into a ground fault circuit interrupter outlet.
Stove, average life expectancy: 20 years	
	Check oven door for broken glass.
	Check for gas leaks.
HVAC, average life expectancy: 18 years (furnace) and 11 years (central air)	
	Change furnace filters every month.
	Follow annual maintenance schedule.
Water heater, average life expectancy: 11 years	
	Drain sediment annually.
	Release pressure valve every six months.
	Insulate for efficiency and check pipes for leaks.

Source: ESFI



**WILLIAM E. "BARNEY" TOY JR.**  
Safety and Material Management Coordinator at Clark Energy

**YEARS IN THE INDUSTRY:**  
33, 23 with Clark Energy

**WHEN I'M NOT WORKING, I'M:**  
Spending time with my wife, children, grandchildren, family and church family. I enjoy being/working outside and I enjoy repurposing old items.

# Protect your heart

*Statin therapy can lower heart attack risk*



**IF YOU HAVE EVER HAD A CT SCAN** of your chest, your doctor may have incidentally detected hardening of the arteries, which is an indication of coronary artery disease. The condition is the one of the most common types of heart disease, caused by the buildup of fat and cholesterol, also known as plaque, in the arteries that supply the heart with blood.

Over time, that plaque can calcify and harden and eventually obstruct the flow of blood along the vessel. Called stenosis, this narrowing of the arteries may cause symptoms of chest pain, or it may be entirely silent. The degree of calcification can be measured with a coronary artery calcium test. This test can help your doctor assess your risk for a heart attack and determine whether statin medications are appropriate and effective for you.

Statins are a type of medication that are used to lower cholesterol. Not only

do they interfere with the production of cholesterol in the body, but they can also stabilize the artery plaque, making it less dangerous and reducing your chance for a heart attack. If you are over 55 and a CT scan shows calcium in your arteries, guidelines from the American College of Cardiology recommend the use of statins. If the coronary artery calcium test shows no calcium, then statins should not be prescribed.

If you're concerned about your risk for coronary artery disease, ask your doctor about taking statins. When combined with exercise, improved diet and tobacco cessation, statin therapy can help reduce your risk of heart attack. **KL**

**VINCENT SORRELL** is chair of cardiology at UK HealthCare.

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# A sports utopia

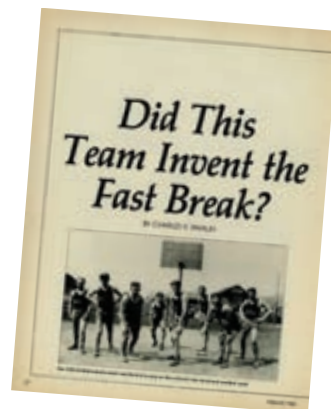
*Kentucky is full of athletic magic*

SHANNON BROCK

## February 1988: Did this team invent the fast break?

In its second season in 1925-26, Martha Norris Memorial High School in Marrowbone played basketball on a sawdust and sand court where it was impossible to dribble. “To compensate, the players were coached to move the ball upcourt until they got

it in position under the goal—then shoot,” Charles R. Whalin wrote. While the team never claimed to be the only originator of the fast break, player Sam Alexander said, “I don’t think there’s any doubt but that this is how the fast break began.”



## February 1992: Kentuckians in the halls of fame

The National Baseball Hall of Fame in Cooperstown, New York. The Pro Football Hall of Fame in Canton, Ohio. The Naismith Memorial Basketball Hall of Fame in Springfield, Massachusetts. Each of these institutions includes only the best of the best, and several of

those bests have come from Kentucky. In 1992, that list included Harold “Pee Wee” Reese, A.B. “Happy” Chandler, Paul Hornung, Ed Diddle, Cliff Hagan, Frank Ramsey, shown at right, and several others. Read the full story about these hall of famers online.



## July 1996: PGA Championship returns to Kentucky

In 1996, the PGA Championship came back to Kentucky for the first time since 1952, and Kentucky golfers Kenny Perry and Russ Cochran graced our cover as both received bids to play that August. Valhalla Golf Club, which opened in 1986, was the site of the

championship, where 10,000 people were expected as spectators. Valhalla is set to host the PGA Championship again in May 2024, and the crowd could be 20 times as large. Read about the 1996 expectations, and see more from the archive at [KentuckyLiving.com/75th](http://KentuckyLiving.com/75th).



[www.kentuckyliving.com/75th](http://www.kentuckyliving.com/75th)

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# Hospitality, distilled

*Sip 'n' stay at these bourbon-themed lodgings*

BY SHANNON CLINTON



Bourbon Barrel Cottages have an on-site tour company that transports guests on themed distillery tours via Mercedes Sprinter limousines. Photo: Shae x Jess

## VISITORS FROM AROUND

**THE GLOBE** and staycationing Kentuckians looking for the ultimate bourbon lovers' experience don't have to limit themselves to bourbon-centric tours, tastings and souvenirs.

They can book a stay at a bourbon-themed bed and breakfast, hotel or cottage offered by their fellow bourbon enthusiasts as short-term rentals with all the perks and insider knowledge a bourbon aficionado could want.

This example may be the ultimate in bourbon lodging: cottages with exteriors that resemble miniature rickhouses. Inside, each of Jay and Angie Ballard's Bourbon Barrel Cottages at Finnell Farm just outside of Lawrenceburg is themed for an area



bourbon producer. Ballard opened his lodging, consisting of five two-bedroom, one-bath cottages in October 2022. The development is served by Blue Grass Energy.

The Ballards have a tour company on site offering Mercedes Sprinter limos with staff to transport guests in style on two themed distillery tours—Bourbon & Vines or Bourbon & Brews—and shuttle them back to their cottages afterward.

Guests have access to their own hot tubs, fire pit and a nearby volleyball court; and some evenings feature bourbon seminars, tastings or classes. Eventually, the property will have a venue with a bar for corporate meetings and other events, as well as a walking trail, ponds and water features, Ballard says.

"We have four of the main distilleries within 30 minutes of us," he says. "We really wanted to have something that was





Guests at Bourbon Manor Bed & Breakfast Inn enjoy an award-winning gourmet country breakfast with a menu that changes daily. Photo: Bourbon Manor

out in the country where people from the city can witness wildlife and relax and have a quiet and peaceful vacation.”

### **Blooming barrels and art**

Bourbon Manor Bed & Breakfast Inn is ideally situated in Bardstown, billed as the Bourbon Capital of the World. For the past decade, owner/innkeepers Tyler Horton and Todd Allen have welcomed guests to their 10 guest rooms—named for bourbon cocktails—in two pre-Civil War plantation homes. The two also own a 40-acre farm, served by Salt River Electric, within 5 miles of their inn.

A bar offers signature cocktails and nightly happy hour, and there’s also an on-site day spa. The award-winning full country gourmet breakfast menu changes daily, but always includes a bourbon-infused dessert, Allen says.

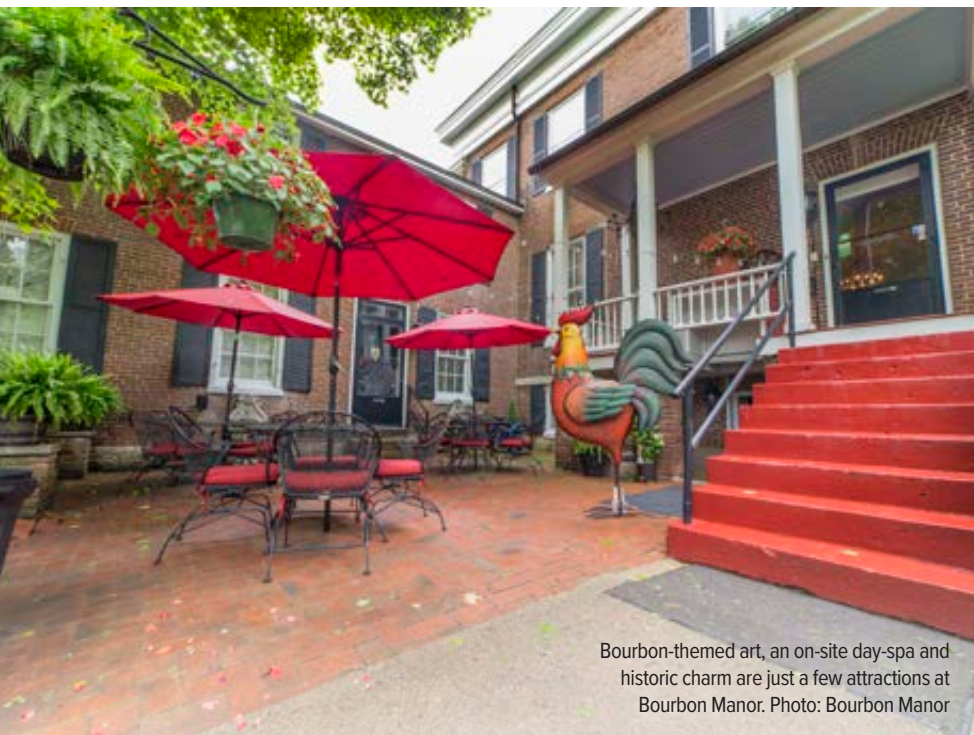
“Throughout the entire inn we’ve really played up the bourbon theme,” he says.

Bourbon barrel planters situated on the property are bursting with colorful blooms, and local artisans have provided bourbon-themed art. The inn also offers three bourbon distillery tours; a shuttle van service and a limo or SUV service, which innkeepers can arrange with providers in advance for guests; and a self-guided option.

### **Bourbon boutique**

The circa 1881 Woodford Hotel on North Main Street in Versailles underwent 2 1/2 years of renovations, emerging as a boutique destination hotel in the heart of bourbon country, where 10 distilleries produce bottles of the good stuff, each within a 15-minute drive, according to owners Eric and Kristen Carrico.

Each room is named and decorated for an area distillery, with historical,



Bourbon-themed art, an on-site day-spa and historic charm are just a few attractions at Bourbon Manor. Photo: Bourbon Manor





Accommodating 24 comfortably, The Woodford Hotel in Versailles is popular with wedding parties and other large groups. Photos: Diane Deaton Street



After two-and-a-half years of loving restoration, the 1881-era Woodford Hotel boasts rooms named and decorated for area distilleries, with art chosen to complement each theme. Photo: Diane Deaton Street

vintage and artistic pieces complementing the themes.

Eventually, the hotel will offer tastings.

“We love to have large groups,” Kristen Carrico says. “A lot of people think it’s great to take the whole hotel” for weddings and other events, since it can accommodate 24 comfortably.

### “Backward in time”

Castle & Key Distillery in Woodford County has begun offering lodging in three locations for visitors—including its three-bedroom The Stone House by

## BOURBON STAYS STEEPED IN HISTORY AND LORE

Kentucky's bourbon distilleries often have interesting and unexpected origin stories that make the bold amber libation seem a bit more exotic or mysterious.

It's not surprising that bourbon-themed lodging also has some offbeat stories and historic roots.

For example, The Woodford Hotel in Versailles, built in 1881, was the scene of a dispute making national news, owner Eric Carrico says.

"The original owners were actually involved in a gunfight with a guest that had spent the evening across the street at the neighborhood bar," he says. "It ended up making *The New York Times*."

Tours operated by Bourbon Barrel Cottages at Fennell Farm have been led by a famous face: Toby Curtsinger, who was convicted in the "Pappygate" bourbon theft and later featured in the Netflix documentary *Heist*.

For pure history, The Stone House by Castle & Key is a standout. "The Stone House is the oldest stone dwelling in Franklin County," says Julie Williams, who designed the interior after extensive research on the property.

She says historic documents show the building, constructed around 1800 along the Kentucky River, was a boarding house at one time. It was once called The John Hampton House after its first owner.

Bourbon Manor Bed & Breakfast in downtown Bardstown was built on a 950-plus acre plantation by Ruth and Joseph Brown, cousins to George Garvin Brown, the founder of Old Forester.

"We're celebrating our 200th anniversary of our main house being built," says co-owner/innkeeper Todd Allen. This summer also marks the reopening of the inn's bar, which was burned down after a lightning strike in 2020.



The Stone House by Castle & Key is the oldest stone dwelling in Franklin County.  
• Photo: Kyle Terry

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Win a Getaway. See page 46.





The Four Roses Suite advances a distillery theme in style at The Woodford Hotel. Photo: Diane Deaton Street

## DESTINATIONS

more to  
explore

*The Kentucky bourbon adventure doesn't end with the distillery tasting room. From decor to cuisine, these unique lodging options celebrate the history, culture and craft of bourbon.*

### Featured lodging

#### **Bourbon Manor Bed & Breakfast Inn**

714 N. 3rd St., Bardstown  
www.bourbonmanor.com  
(502) 268-7266

#### **The Stone House by Castle & Key**

101 W. Main St., Frankfort

#### **The Shanklin House by Castle & Key**

1620 Keene Road, Nicholasville

#### **The Field House by Castle & Key**

3025 Versailles Road, Frankfort  
www.castleandkey.com/visit-the-distillery/lodging  
(502) 395-9070

#### **Bourbon Barrel Cottages at Finnell Farm**

1776 Clifton Road, Lawrenceburg  
www.bourbonbarrelcottages.com  
(502) 622-7735

#### **The Woodford Hotel**

112 N Main St., Versailles  
www.kentuckybourbontrail.club  
(502) 415-8529

### Other bourbon-themed lodging

#### **The Samuels House**

160 S. Saint Gregory Church Road, Samuels  
www.thesamuelshouse.com  
(502) 999-0203

#### **The Manchester**

941 Manchester St., Lexington  
www.themanchesterky.com  
(859) 785-3900



Castle & Key Distillery offers three lodging options in restored historic properties: The Stone House, The Shanklin House and The Field House. Photo: Kyle Terry

Castle & Key in downtown Frankfort, which opened in May 2022.

Julie Williams, owner of JPW Creative, designed its interior, transforming one room into a curated library of Kentucky-oriented books and books by Kentucky authors, with photos displayed from the collection of the E.H. Taylor Hay family, well-known as bourbon history royalty.

“When you walk into that room it feels like you’re walking backward in time,” Williams says.

The Stone House, like its sister properties under the Castle & Key label, The Shanklin House near Nicholasville and The Field House in Woodford County, display the distillery’s artistic labels in frames.

The bar in The Stone House features Castle & Key branded glassware and decanters, and a screened-in porch overlooks the Kentucky River, a perfect spot to enjoy those beverages.

“(The property) just reeks of history,” Williams says. “Back when that house was built, and through the next 100 years, so many people who made Kentucky a state would’ve gone through those doors.” **KL**

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

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Win a Getaway. See page 46.



# Eye Doctor Helps Tennessee Legally Blind To See



High Technology For Low Vision Patients Allows Many To Drive Again



**F**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 bastions 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. Pino.

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 microscope 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](http://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.





# EVENT CALENDAR



## 1 COW DAYS

The Greensburg Rotary Club's Cow Days festival celebrates 50 years on Sept. 15–16 downtown. Kids can milk Annie the life-size Holstein, enjoy rides and play on inflatables. For the whole family, there are 100-plus vendor booths, disc golf tournament, car show, tractor show, 5K run, food court and a ham breakfast on Saturday. Still having fun? There's more to enjoy with the Dairyman's Derby, pageants, parade and concerts. Free admission. For details, [www.cowdays.org](http://www.cowdays.org).

## 2 SPOONBREAD FESTIVAL

The Spoonbread Festival returns to Berea Sept. 15–17 at Memorial Park with art and craft vendors, carnival rides, inflatables for kids, live music, dance performances, parade, balloon glow, DC Comics cosplay event and more. And don't forget to sample the festival's namesake, a delicious cornmeal-based dish, sold daily at the Berea Chamber of Commerce booth. Free admission. For event schedule and info, [www.bereachamberofcommerce.org/spoonbread-festival](http://www.bereachamberofcommerce.org/spoonbread-festival), (859) 986-9760.

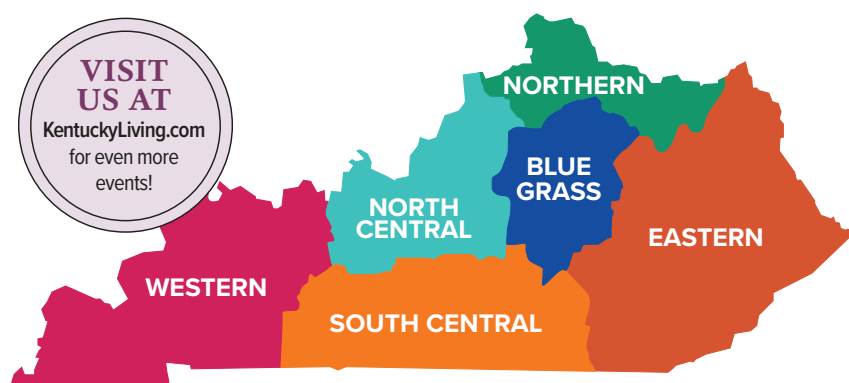
## 3 GREAT PUMPKINS

Greet fall with the Great Pumpkin Pursuit and Watermelon Weigh-Off at Roberts Family Farm in Guston on Sept. 16. Growers compete for the heaviest watermelon and pumpkin, with multiple pumpkins over 1,500 pounds. Visit the petting zoo and playground, explore the corn maze, eat at Momma Rob's Bakery and take a hayride to the pumpkin patch for a manageably sized souvenir. Admission free; corn maze \$6/person. More info, [www.robertsfamilyfarmky.com/events](http://www.robertsfamilyfarmky.com/events) or (270) 422-4958.

## 4 SOMETHING SWEET

The Morgan County Sorghum Festival celebrates a traditional food and the producers who make it. This year's festival is Sept. 22–24 in downtown West Liberty, 9 a.m.–8 p.m. Friday–Saturday, 10 a.m.–5 p.m. Sunday. Highlights include local and regional artisans and crafters, musicians, youth and teen activities, train rides, inflatables, food trucks, sorghum sales, a mule-drawn sorghum mill and parade. Free admission. More info at [www.morgancountysorghumfestival.com](http://www.morgancountysorghumfestival.com) and on Facebook.





## BLUEGRASS

### FRIDAY, SEPTEMBER 1

**The Secret Case of Sherlock Holmes**, thru 3rd, (859) 756-0011, The Spotlight Playhouse, Berea

**Bluegrass Classic Dog Show**, thru 4th, (859) 233-4303, Kentucky Horse Park, Lexington

### SATURDAY, SEPTEMBER 2

**Eat to the Beat: The String Unit**, (859) 289-5507, Blue Licks Battlefield State Resort Park, Carlisle

### THURSDAY, SEPTEMBER 7

**Cimarrón**, (877) 488-7469, Norton Center for the Arts, Danville

### FRIDAY, SEPTEMBER 8

**Junie B. Jones The Musical Jr.**, thru 17th, (859) 756-0011, The Spotlight Playhouse, Berea

### SATURDAY, SEPTEMBER 9

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

### TUESDAY, SEPTEMBER 12

**Tea Tuesday**, 19th, 26th, (859) 272-3611, Waveland State Historic Site, Lexington

### SATURDAY, SEPTEMBER 16

**The 1778 Siege of Boonesborough**, thru 17th, (859) 527-3131, Fort Boonesborough State Park, Richmond

### FRIDAY, SEPTEMBER 22

**Vintage Market Days**, thru 24th, (859) 233-4303, Kentucky Horse Park, Lexington

### SATURDAY, SEPTEMBER 23

**Black Jacket Symphony: Saturday Night Fever**, (859) 233-4567, Lexington Opera House

### WEDNESDAY, SEPTEMBER 27

**Killer Queen: Tribute to Queen**, (877) 488-7469, Norton Center for the Arts, Danville

## EASTERN

### FRIDAY, SEPTEMBER 1

**Creative Expressions Exhibit**, thru 30th, (859) 498-6264, Gateway Regional Arts Center, Mount Sterling

### SATURDAY, SEPTEMBER 2

**Honoring Our Veterans Pow Wow**, thru 3rd, (606) 310-8234, K & S Farm, Corbin

**Labor Day Concert**, (606) 843-0411, Wildcat Offroad Park, East Bernstadt

### SATURDAY, SEPTEMBER 9

**Kentucky Food Truck State Championship**, (606) 256-1000, Renfro Valley

**Old Engine and Tractor Show**, (606) 464-2888, Three Forks Historical Museum, Beattyville

**Pictures in the Park**, (606) 329-1007, Central Park Bandstand, Ashland

### TUESDAY, SEPTEMBER 12

**Crochet and Chat**, (606) 864-4167, Laurel County Cooperative Extension Family & Consumer Sciences, London

### FRIDAY, SEPTEMBER 22

**Footbrake Friday**, (606) 878-8883, London Dragway

### SATURDAY, SEPTEMBER 23

**Low Talent Off Road Meet & Greet**, (606) 843-0411, Wildcat Offroad Park, East Bernstadt

### SATURDAY, SEPTEMBER 30

**AKY Makers Market on the Square**, (606) 547-2999, Ashland

## NORTH CENTRAL

### FRIDAY, SEPTEMBER 1

**Kentucky Flea Market**, thru 4th, (502) 367-5000, Kentucky Exposition Center, Louisville

### SATURDAY, SEPTEMBER 2

**Shepherdsville Farmer's Market**, 9th, 16th, 23rd, (502) 543-2923, Shepherdsville Farmer's Market Pavilion

### FRIDAY, SEPTEMBER 8

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

### SATURDAY, SEPTEMBER 9

**Bourbon & Blades**, (270) 351-2273, Red Hill Cutlery, Radcliff

### WEDNESDAY, SEPTEMBER 13

**Music in the Gardens: Justin Paul Lewis**, (502) 276-5404, Waterfront Botanical Gardens, Louisville

### FRIDAY, SEPTEMBER 15

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

### SATURDAY, SEPTEMBER 16

**Kentucky State Championship Horse Show**, (502) 633-6388, Shelby County Fairgrounds, Shelbyville

### SUNDAY, SEPTEMBER 17

**Perennial Propagation**, (502) 241-4788, Yew Dell Botanical Gardens, Crestwood

### FRIDAY, SEPTEMBER 22

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

### WEDNESDAY, SEPTEMBER 27

**Seed Saving Workshop**, (502) 241-4788, Yew Dell Botanical Gardens, Crestwood

### FRIDAY, SEPTEMBER 29

**Full "Harvest" Moon Hike**, (502) 955-8512, Bernheim Arboretum and Research Forest, Clermont

**Bullitt Bike Fest**, thru Oct. 1, (502) 240-7023, Bullitt County Fairgrounds, Shepherdsville

## NORTHERN

### SATURDAY, SEPTEMBER 2

**The Kentucky Symphony Orchestra's TV Guide**, (859) 431-6216, Devou Park Bandshell, Covington

**Party in the Park**, (859) 824-3335, Piddle Park, Dry Ridge

### SUNDAY, SEPTEMBER 3

**The Kentucky Symphony Orchestra's TV Guide**, (859) 431-6216, Tower Park Amphitheater, Fort Thomas

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

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

**FRIDAY, SEPTEMBER 8**

**Bands and BBQ**, thru 9th, (502) 732-7036, Point Park, Carrollton

**SATURDAY, SEPTEMBER 9**

**Yoga in the Park**, 16th, 23rd, (859) 654-3531, Kincaid Lake, Falmouth

**Country Pumpkins**, thru Oct. 30th, (800) 382-7117, Dry Ridge

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

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

**TUESDAY, SEPTEMBER 12**

**Brad Brown Comedy Magic Show**, 19th, 26th, (859) 428-8085, Barnwood Bravo Theater, Dry Ridge

**SUNDAY, SEPTEMBER 17**

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

**FRIDAY, SEPTEMBER 22**

**Civil War Days**, thru 24th, (606) 756-2183, Augusta

**SATURDAY, SEPTEMBER 23**

**Drive-By Truckers**, (859) 491-2444, Madison Theater, Covington

**SUNDAY, SEPTEMBER 24**

**MV Flea**, (859) 669-1425, Creative House of Art and Design, Covington

**SATURDAY, SEPTEMBER 30**

**Haunted Mini Golf**, (859) 384-3522, Big Bone Lick State Historic Site, Union

**SOUTH CENTRAL****FRIDAY, SEPTEMBER 1**

**Thunder Over Burnside**, thru 2nd, (606) 271-6939, Cole Park

**SATURDAY, SEPTEMBER 2**

**Monticello Market Downtown**, (606) 348-3064

**THURSDAY, SEPTEMBER 7**

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

**FRIDAY, SEPTEMBER 8**

**Black Mountain Jamboree**, thru 9th, (859) 428-8667, Hidden Ridge Camping, Monticello

**Summer Concert Series: Wayne Graham**, (606) 706-7777, City Stage, Liberty

**FRIDAY, SEPTEMBER 15**

**Cruisin' on Main Street**, (270) 465-3786, Campbellsville

**SATURDAY, SEPTEMBER 16**

**Orchestra Kentucky: Southern Rock Tribute**, (270) 904-1880, Southern Kentucky Performing Arts Center, Bowling Green

**An Evening of Gospel Music**, (270) 432-2276, Barn Lot Theater, Edmonton

**THURSDAY, SEPTEMBER 21**

**James and the Giant Peach**, thru 24th, (270) 361-2101, The Plaza Theatre, Glasgow

**FRIDAY, SEPTEMBER 22**

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

**SATURDAY, SEPTEMBER 23**

**Somernites Cruise: Corvette Showcase**, (606) 872-2277, Fountain Square, Somerset

**Fall Festival**, (270) 784-0717, 3H Farm's Market, Bowling Green

**FRIDAY, SEPTEMBER 29**

**Heartland Homesteading Conference**, thru Oct. 1, (270) 789-0006, Homeplace on Green River, Campbellsville

**WESTERN****SUNDAY, SEPTEMBER 3**

**Sunday Piano Stylings**, (270) 362-9210, Kentucky Dam Village State Resort Park, Gilbertsville

**MONDAY, SEPTEMBER 4**

**Pennyrile Forest: Labor Day Beach Blast**, (270) 797-3421, Pennyrile Beach, Dawson Springs

**SATURDAY, SEPTEMBER 9**

**Madisonville Summer Concert Series**, 23rd, (270) 824-2100, First United Bank & Trust Plaza Stage

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

**SUNDAY, SEPTEMBER 10**

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

**SATURDAY, SEPTEMBER 16**

**Autumn Leaves & Fall Crafts Please**, (270) 906-0166, PT Events, Benton

**MONDAY, SEPTEMBER 18**

**Community Resource Fair**, (270) 442-2510, McCracken County Public Library, Paducah

**SATURDAY, SEPTEMBER 23**

**A Garden Camp**, (270) 906-0166, Lakeland Event Center, Calvert City

**Monarch Migration Mysteries**, 30th, (270) 826-2247, John James Audubon State Park, Henderson

**SATURDAY, SEPTEMBER 30**

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

**Fall Farm Market**, (270) 233-5010, Hayden Farm, Whitesville



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#### 1 AUTUMN LEAVES

Richard Embry captured this shot of Butler County's back roads in stunning fall foliage, with some classic cars to boot. Embry is a consumer-member of Warren RECC.

#### 2 INSIDE JOKE

Farmers RECC consumer-member Vicki Greer, Edmonton, told her granddaughter, Makayla Lee, to think of something funny for the picture. Looks like it worked!

#### 3 PERFECT TIMING

When a double rainbow appeared, Taylor County RECC consumer-member Patrick Powell, Campbellsville, captured the moment— along with a perfectly timed lightning flash.

#### 4 TAG, YOU'RE IT

Kimberly Wolfenbarger of Cynthiana took this picture of her cows showing off their "new earrings." Wolfenbarger is a consumer-member of Blue Grass Energy.

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

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



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

# KENTUCKY kids

## Give your brain a workout

Exercise your mind by doing challenging activities such as puzzles, reading, playing music or making art.



## ACTION VERBS

Words that tell something that a person, animal, or thing can do are called action verbs.

Find the word that is the action verb in each sentence.



- 1) Billy walked all the way to school.
- 2) Phil played with the toy.
- 3) Amy reads a book every day.
- 4) Tracy kicked the soccer ball.
- 5) Julie and Tom ride the bus to school.

Answers: 1) walked 2) played 3) reads 4) kicked 5) ride



## Did You Know?

Milk was made the official drink of Kentucky in 2005.

## Green Team Tip

Keep a plastic bag and gloves with you when you go on hikes so you can pick up trash along the way.

— MacKenzie Allen,  
age 8

Send us  
your green  
team tips!



Enter  
KIDS  
Contest

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

## Donkey

The donkey is a member of the horse family. Its mane is short and upright, and the tail has long hair only at the end. A donkey can carry heavy loads over rough land and can handle the uneven ground of the mountains better than a horse can.



## Tell us a joke!

Where does a ghost  
go on vacation?

Mali-boo.

— Bryez Isaacs,  
age 9





# GREAT OUTDOORS

## Tying your own

*Handmade flies make a complete angler*

**THE SWIFT CURRENT** of Alaska's Kenai River revealed its power as I stepped in just far enough to make a back cast to a rising rainbow trout without snagging my fly in the bushes behind me. I was 25 and new to fly fishing. I had only done a little in Colorado before taking a job in Alaska. Along with my first fly rod, I also purchased a vise and some materials to tie a few common flies for Colorado streams. The first flies I tied were probably not fly shop worthy, but they passed for a bug.

That day, I used a rod I had built, along with flies I had tied myself. I tried every fly I had that resembled a big, tasty bug to throw at that rainbow trout. I could see it rising and gulping bugs as the current swept them downstream, but it would not even look at my flies. I was thankful for the sights and the surroundings, but I wanted to catch it. Finally, I tied on the simplest of flies, a Griffith's

gnat. All you need for a Griffith's gnat is some thread, a peacock herl, some hackle and a tiny hook. It was probably the first fly I ever tied, and it was the last one I thought would catch a nice rainbow trout on the mighty Kenai River.

My cast placed the fly into the feeding lie the trout was using—an area that gives the fish a break from the current, but provides food and cold, oxygenated water—and I watched the fly disappear into the turquoise water. I knew from the lay of the line that it was drifting into range. I saw the trout rise and knew he had gulped another bug, but was it my Griffith's gnat? Unsure, I lifted the tip of my fly rod, and the trout began to fight. Soon, I landed my first rainbow trout, not only on a fly rod that I built myself, but also on a fly that I had tied days before.

That day, 30 years ago now, is etched in my mind and memory. I hope it never fades. Catching

a trout on a fly rod is a good feeling. But to do it on one of the greatest rivers in the world, on a fly you crafted yourself, is a far greater feeling—a feeling never imagined by this old farm boy while chasing creek fish in Lynchburg, Tennessee. At least part of that feeling came from learning about tying flies and spending time at the vise.

I still enjoy tying—more jigs than flies, these days. I invented a jig called the hairy cricket to catch bluegills and shellcrackers here in Kentucky. It's a yarn-bodied jig with rubber strands for wings. You might say it's as simple as the Griffith's gnat, but it takes a little longer to tie. I never stopped spending time at the vice. For me, it's a time to reminisce about faraway places and special moments outdoors and to truly relax. If you are an angler, I encourage you to learn to tie flies or jigs. It's a great addition to the journey. **KL**

Time at the vise is both rewarding and relaxing. Photo: Ken McBroom



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





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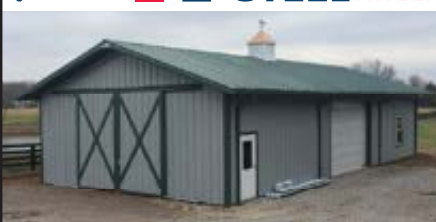
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# Touched by history



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

**THERE ARE MOMENTS**, it seems, when the worn hand of history reaches through a window of time and gently touches the present.

It happens often at the former John Curd estate in Jessamine County where, in 1780, Curd, a Revolutionary War captain and emissary for Patrick Henry, settled on a land grant that once encompassed 36,000 acres. Part of his land was surveyed by legendary frontiersman Daniel Boone, a copy of whose signature on the survey receipt rests atop a mantel in the original brick home, which is listed on the National Register of Historic Places.

The place now belongs to Anthony and Rita Nicholson and, perhaps in a broader sense, to a small herd of horses and ponies, a few sheep, donkeys, barn cats, a dog named Lily and an adoring number of youngsters with special needs who

“They know how to work with children who have challenges,” says Marcia Faulkner Jones of Jessamine County, whose son Matthew has Lowe syndrome. “This isn’t just a business with them; this is a lifestyle. As soon as we turn onto that road, Matthew is a bundle of joy.”

Each week in good weather about 35 riders receive individual attention either from Rita—a certified therapeutic riding instructor—or from two certified assistants and a corps of caring volunteers. In summer, even the Nicholson’s son, Jason, a university professor in Georgia, returns to help on the farm. But the heartbeat of the storied estate these days is the interaction of special needs youngsters with the eight therapy horses at Steps and Strides.

“My goal is one-on-one lessons that are really impacting that student and not doing lots of group lessons, because you can’t really give the attention to five or six students like you can one,” Rita explains. “We have a waiting list.”

Before riding, she says, most youngsters are able to brush the horses and handle some tack, which helps improve their fine motor skills. Those with more complex challenges receive different levels of therapy. Animals are trained extensively before they are paired with riders.

Anthony, a technologist with The Jockey Club, and Rita, both consumer-members of Blue Grass Energy Cooperative, often share their time *and* their ponies with Pony Tales reading programs at area elementary schools. And they are always welcomed with smiles when they visit the nearby Thomson-Hood Veterans Center with a miniature horse.

Many other horses are boarded at the Nicholson’s farm, but it’s the therapy horses—with such names as Moose, Peanut and Batman—that add another important bit of history to the place each time a youngster with special needs finishes his or her first horseback ride and whispers, “I did it.” **KL**



are part of a therapeutic riding group from the surrounding region. The Nicholson’s daughter, Ami, who has Down syndrome, responded well to therapy riding when she was younger, and her parents later developed their own therapeutic riding program, Steps and Strides, on what now is 80-plus acres at the heart of the property.



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