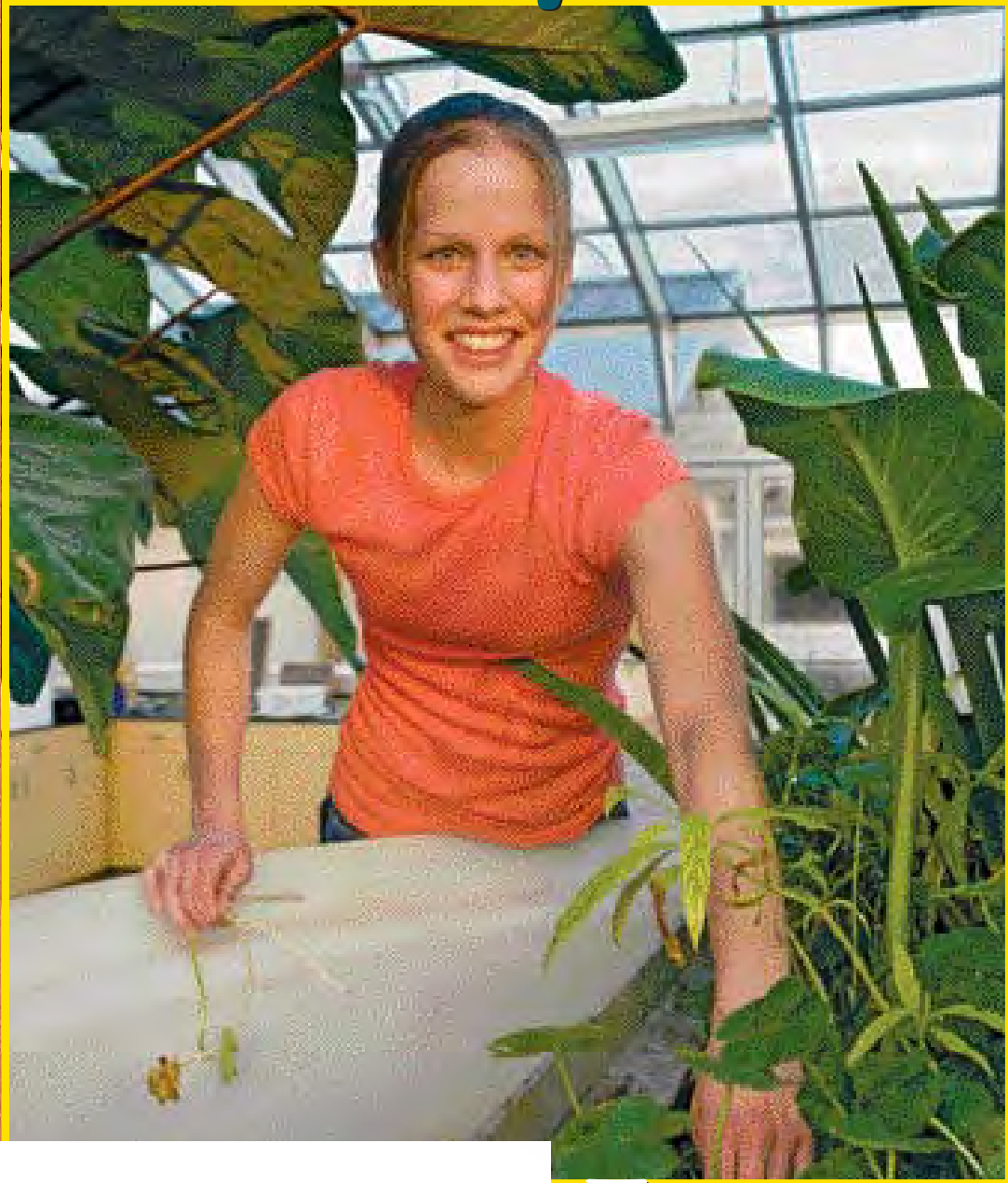


The Magazine of Big Sandy Rural Electric Cooperative

Kentucky Living

February 2009

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WHAT'S ONLINE THIS MONTH at **Kentucky Living.com**

MORE WAYS TO RAISE SUCCESSFUL KIDS

After reading the story on page 38 about children like Mira Burczyk, shown here sniffing a flower at the Child Development Lab at Berea College, check out some Web links with additional tips for raising successful kids by going to www.KentuckyLiving.com, typing "**successful kids**" in the Keyword Search box, and clicking "Go." Photo: Tim Webb



SEND AN ENERGY E-MAIL TO WASHINGTON

Concerned about energy prices? Find out about the background of electricity costs by reading "Energy Alert" on page 10, then send an e-mail to your elected officials in Washington, D.C., asking them about their plans to keep electricity reliable and affordable. Go to www.kaec.org to quickly and easily e-mail your senators and representative.

ELECTRICITY IN THE YEAR 2030

What's behind the renewed interest in nuclear power described in The Future of Electricity column on page 22? Part of the answer can be found in predictions by the U.S. Department of Energy. Read DOE's forecast of the fuels that will be producing the nation's electricity in the year 2030 by going to KentuckyLiving.com and typing "2030" in the Keyword Search box.

MISTREATED DOGS

There have been a lot of touching stories about homeless or abused dogs in Kentucky in the last year. The newest Creature Comforts column follows up on what happened to these dogs. Some found a home and a happy life. Some did not. Read about them by going to KentuckyLiving.com and clicking on **Kentucky Showcase**.

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ENERGY ALERT



Now is the time to ask your elected officials to protect your energy future for Kentuckians. Learn more about this complex issue on page 10. More importantly, use the mail-in cards on the back cover or go online to www.kaec.org to let your voice be heard

ANNUAL EDUCATION ISSUE



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RAISING SUCCESSFUL KIDS

Learn from parents and education experts proven techniques to boost your children's intelligence and help them grow into successful adults using inexpensive and everyday experiences of enrichment

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Why it's important for us to learn other languages, the ideal methods experts recommend, and the programs and resources available to adults and children for learning a new language



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A look at the rich tradition and worldly influence that make up the dialect of eastern Kentuckians in Appalachia

19 FALL FESTIVALS

Festivals in Kentucky mean fun, and much of it is free. Use our guide to choose a festival each weekend to visit a different community through September and October



30 TRAVEL GETAWAY

Make sure you check out all the great fall trips and how to enter to win a **Brown County Getaway for Two**. Go to page 35 for the Reader Reply or how to enter online

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*Local electric cooperative news
(not in all editions)*

On the cover

Colin Richey plays at the Child Development Lab in EcoVillage at Berea College, where their goal is to foster intellectual development through hands-on activities inside and out. Photo: Tim Webb



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THE POWER OF
PROTEIN
IN THE LAND OF
LEAN BEEF**





FROM THE EDITOR

A brief history of energy

Soon after I changed jobs from newspaper reporter to writer for the magazine of the National Rural Electric Cooperative Association in Washington, D.C., the editor sent me to New Hampshire for a story on an anti-nuclear power group called the Clamshell Alliance.

The assignment was no big deal for a journalist used to interviewing people on all sides of an issue. But NRECA at the time held strongly pro-nuclear policy positions. Staff members viewed me with the wary sympathy troops might have for a new recruit asked to parachute behind enemy lines.

I had a blast.

The state buzzed with Ronald Reagan's campaign for the 1980 presidential primary. In a Portsmouth restaurant, I watched the United States Olympic hockey team's miracle defeat of the Soviet Union.

Oh yes, the story.

I learned the Clamshell Alliance was a coalition of New England environmentalists that banded together to close the Seabrook Nuclear Power Plant. It had no leader, but I finally tracked down Guy Chichester, a sort of guru of the nuclear opposition.

He looked like a guru, large and sturdily built, long black hair, thick beard. I interviewed him in his kitchen where he described an energy future in which people would hop on a stationary bicycle generator for electricity to power their stereo.

Guy and his group raised awareness of nuclear power issues. But what sent nuclear plant construction into hibernation were cost overruns and accidents at Three Mile Island in Pennsylvania and Chernobyl in Russia, shaking the confidence of the public, politicians, and Wall Street bankers.

We live in a different energy world today. The Future of Electricity column on page 22 describes how new technology and new demands for power could revive nuclear power plant construction.

And the outside cover of the magazine you're holding gives you a way to be part of shaping that new energy world. Gas prices, global warming debates, and electricity supplies are center stage in Washington, D.C. Tear the cards off the cover and mail them in to make sure your elected officials know that you expect them to have a plan that will keep your electricity reliable and affordable.

Paul Wesslund
Editor



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ENERGY

Kentucky's electric co-ops want you to ask your U.S. senators and member of Congress some questions about energy.

The co-ops consider this so important they're making it easy. The magazine you're holding comes wrapped in a cover with preprinted cards for you to fill out, tear off, stamp, and mail to Washington, D.C.

If you're more of an Internet person, a few mouse clicks from www.kaec.org will make your opinion heard in our nation's capital.

The gathering storm in electricity

Electric utilities face an unprecedented combination of events that will raise your electric bill in the coming years. Experts call it a "perfect storm" of unusual conditions coming together at the same time. Here is what's causing those storm clouds:

- ❖ As people use more electricity, expensive, new power sources will be needed. Soon.
- ❖ Huge and rapidly growing economies in China and India are competing for a wide range of resources, pushing up prices all over the world for basic needs like energy.
- ❖ Modern industry, including electric utilities, has been blamed for contributing to global warming. Some solutions would make electricity unaffordable for many people.
- ❖ Global climate change proposals could hit Kentucky especially hard. Some of those plans would dramatically raise the cost of burning coal, which supplies nearly all the electricity in Kentucky.

The co-ops are making this unprecedented request because decisions are being made in Washington right now that could determine how much your electric bill goes up in the next few years.

For a taste of what could happen to electricity prices, take a look at what you just paid to fill your tank with gasoline. Then compare that with what you paid a year ago.

Experts are talking about a "perfect storm" approaching for the electric utility industry. That means an unlikely series of events are coming together to make electricity prices unaffordable. Those events range from proposed environmental rules to competition on the other side of the world from China's booming economy.

This is your chance to influence the future of these huge, international issues. Kentucky's senators and representatives have heard from a lot of different groups with energy ideas that would dramatically raise electric rates for Kentucky.

Those leaders that we've elected are now waiting to hear from you. Write them a letter. Send them an e-mail. Call them up. Ask them what their plans are to make sure we have affordable and reliable electricity in the future.

If you're not sure exactly what to say, here's a suggestion of three questions the electric co-ops believe our policy and political leaders need to answer:

- ❶ Experts say our nation's growing electricity needs will soon go well beyond what renewable energy, conservation, and efficiency can provide. What is your plan to make sure we have the electricity we'll need in the future?
- ❷ What are you doing to fully fund the research required to make emissions-free electric plants an affordable reality?
- ❸ Balancing electricity needs and environmental goals will be difficult. How much is all this going to increase my electric bill and what will you do to make it affordable?

It seems simple and straightforward to ask politicians to make plans for keeping our electricity reliable and affordable. But the background and the issues behind those questions make for a complex combination of circumstances and timing.

The first ingredient in the perfect storm that's gathering in the near future is that the nation is running out of electricity.

Y

by Paul Wesslund



The nation's electric utilities need to have more electric generating capacity than they have. If a power plant suddenly goes down for repairs, there needs to be electricity in reserve to power your TVs, air conditioners, and computers. The nation's electricity reserves are down to about 15 percent of capacity—the bare minimum needed for reliability. Unless more power plants are built soon, those reserves will drop to 5 percent in the next seven years.

But building power plants is expensive. Some estimates say the country will need to spend \$50 billion a year for the next several years to build new electricity generation.

Perfect storm ingredient number two involves the exploding economies of China, India, and Brazil. The recent crush of construction and industrialization in those countries is gobbling up resources from steel to coal. The law of supply and demand dictates that as more people buy goods or services, the price goes up for those goods and services. The world seems to be obeying that law as costs are increasing for a variety of things we need and want, including energy.

The third ingredient involves the headline-grabbing concerns about global warming.

A huge amount of attention these days features fears that industrial processes, such as electricity generation, release carbon dioxide, a so-called greenhouse gas that has been blamed for contributing to long-term, worldwide climate change.

You probably already know the huge controversy surrounding the global warming debate. Some say we need to take drastic measures to stop damaging the environment. Others passionately insist there's no connection between industry and weather changes.

Part of what makes that debate so intense is the potentially huge cost of reducing greenhouse gas emissions. Some reductions can be achieved through energy efficiency and the use of renewable energy like wind and solar. Further decreases will require extremely expensive technology. In fact, even taking significant steps toward increasing the nation's use of renewable fuels will take large, expensive improvements in technology.

The fourth and final contributor to the perfect electrical storm applies especially to Kentucky. We live in a state with some of the

lowest electricity rates in the nation. A big reason for those great rates compared with other states is that coal-fired power plants generate nearly all the electricity in Kentucky.

But burning coal has been cited as one of the chief industrial sources of the greenhouse gas called carbon dioxide. As a result, many of the efforts to slow global warming target coal.

Kentucky's electric co-ops support some of those efforts related to coal, such as more funding for clean coal technology research that is exploring ways to burn coal with less impact on the environment.

But other proposals would restrict the use of coal, or even levy large taxes on coal. Those kinds of plans would hit Kentucky directly, substantially raising electric rates for all homes and businesses in the state.

So what's a Kentuckian to do?

Continued on page 12

What Washington needs to know

Kentucky's electric co-ops want you to ask your elected officials in Washington, D.C., how they plan to keep your electricity reliable and affordable. Send them a postcard or an e-mail asking for answers. The article on these pages tells you how to do that.

Here are the questions your senators and members of Congress should be able to answer:

- ① What is your plan to make sure we have the electricity we'll need in the future?
- ② What are you doing to fully fund the research required to make environmentally friendly electric plants an affordable reality?
- ③ Balancing electricity needs and environmental goals will be difficult. How much will it increase my electric bill and what will you do to make it affordable?



LETTERS

FOREIGN ARGUMENT

Regarding information on wind energy in The Future of Electricity column in the June magazine, the president and CEO of Dynastrosi, to "save energy," will outsource jobs to China and then use fossil fuel to get the turbines back to America. Something is very wrong with this picture.

Mary Beaven
Paint Lick

FIGHT THE GLOBAL WARMING SCAM

I am distressed by your embrace of the global warming fraud. As a magazine published by electric utility co-ops, you should be leading the fight against this scam. Please keep our rates low and reject the myth of global warming. Co-op members deserve nothing less.

Steve McManus
Berea

WARMING IS A NATURAL CYCLE

There is a lot of great information about our state in *Kentucky Living*. However, I have a problem with the views it seems to always project in regard to climate change (global warming). I am not convinced that climate change is not a normal (cycle) occurrence that will take place no matter what man does or does not do. There are 31,000 scientists out there who believe the same and 9,000 of them have a Ph.D. One of these people was a former head of the National Weather Bureau. The news people, our politicians, your magazine, and most all of our sources of information seem to always recognize one side of this argument, that it is all man-



made and that it is a crisis we must deal with immediately. I strongly disagree with this one-sided view that always seems to be put forward. Please understand I am all for doing everything we can (within reason) to assure we have clean air, water, and that we conserve wherever we can, but that's not to say I believe in man-made global warming. I think there are a lot of others who feel the same way, and I hope they will contact you and express their opinions too.

Ernie McLoney
Crittenden

A ROW OVER BEETHOVEN

Regarding Pam Selbert's July letter, "The Wrong Beethoven," in which she said a Teresa Bell Kindred column that referred to a pianist taking on a Beethoven symphony should instead have referred to taking on a piano concerto: a pianist could indeed attempt Beethoven's Symphony, by trying the Liszt transposition of the 8th & 9th symphonies for piano. It is even more challenging than the concerto.

O. J. Jacobs
Eddyville

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

Energy Alert

Continued from previous page

First, stay informed. *Kentucky Living* has that covered for you. This magazine regularly provides the news and background you need to be a knowledgeable energy consumer. For more in-depth information, including access to the energy information archives of *Kentucky Living*, go to www.kaec.org, the Web site of the Kentucky Association of Electric Cooperatives.

Second, ask your elected representatives in Washington, D.C., how they plan to help the country weather the approaching perfect storm of energy supplies and energy prices.

A thoughtful, handwritten letter always impresses people in Senate and congressional offices. But sending in cards like those perforated on the outside of this month's *Kentucky Living* will also make national leaders take notice. The addresses of your senators are already printed on those cards to make mailing them easier. If you're not sure who your congressional representative is, you can look up their address on the map on the outside cover of this magazine.

Contact your elected officials using the post-cards on the back cover or send an e-mail by going to www.kaec.org.

Or you can use a computer to send an e-mail. In these days of heavy use of the Internet, congressional offices are getting increasingly used to hearing from their constituents by electronic messaging. Just go to www.kaec.org and you'll find easy steps for sending a message to your senators and members of Congress.

The cost of electricity will increase in the coming years. But you can influence the size of that increase. Your local, customer-owned electric co-op is working constantly to deliver to you the best possible combination of safe, reliable, and affordable electric power.

These are unusual times, and now your local electric co-op needs you to step up and take action as a co-op member. Let your elected officials know you're paying attention to these issues, and that you expect the same from them.





Lake lovers

When I was younger, summertime meant going to the lake—and what adventures we had. My younger brother and some of our cousins often went with us. Our dad had a boat he allowed us to use and we all learned to water-ski, some of us becoming more accomplished than others.

My brother could ski on a single ski, but I did well to get up on two. When I was actually successful and managed to stand, I couldn't control my legs very well, especially if we hit the wake from another boat. Over the years, I probably swallowed enough water to create a small pond of my own, but that wasn't my main problem. The hardest part of skiing for me was getting back in the boat.

After thrashing around in the lake for a while, I found it extremely difficult to pull myself out of the water and up into the boat. My brother and cousins thought it was extremely entertaining to watch, and usually let me fall back into the water several times before they hauled me back into the boat.

Another of their favorite pastimes was driving me around the lake until they found a dead, bloated carp and then cutting the motor when I skied close to it. They would laugh and offer to throw me some crackers and soda to accompany my fish dinner.



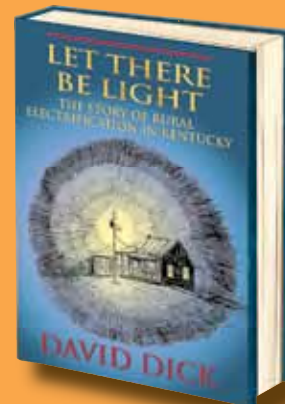
We were teenagers when our lake escapades took place, but we still remember them well. Now our family has a whole new generation of lake lovers. My nephews and sons love spending the day tubing and playing on the water. They've also canoed down the creek that runs next to my brother's house, the same creek my dad and his cousins once swam and played in when they were boys.

Labor Day weekend usually represents the end of the summer and frolicking on the lake, but September and October often have warm, lazy days perfect for skiing or fishing. Kentucky is blessed with an abundance of beautiful lakes, creeks, and rivers. Why not visit them with your family and make some lake memories of your own.



Teresa Bell Kindred is a wife, mom, and teacher. Her latest book is *Mom:PHD: Leadership Skills for Moms*. Visit her online at www.teresakindred.com.

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Let There Be Light will be published in November. Order by October 15 and you will receive your order by December 1.

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COMMONWEALTHS



Co-op Postcard

News about electric co-ops around Kentucky and around the world

Meeting the leaders



Kentucky high school students talk with Sen. Mitch McConnell as part of the 37th annual Kentucky Electric Co-op Youth Tour in Washington, D.C., this summer. Pictured are Olivia Dvorjak, Elizabethtown, Nolin Rural Electric Co-op; Ali Bocook, Liberty, Inter-County Energy Co-op; Veronica Helm, Mount Sherman, and Molly Proffitt, Vine Grove, both Nolin Rural Electric Co-op; and Codi Melton, Albany, South Kentucky Rural Electric Co-op.

The students were among 69 high schoolers selected by local electric co-ops in Kentucky for the weeklong trip sponsored by the state's electric co-ops. The students learned firsthand what it's like to be involved in politics, community service, and today's public policy issues. Highlights included meeting with elected representatives in the U.S. House and Senate, as well as visiting the capital's historical monuments. The tour is conducted by the Kentucky Association of Electric Cooperatives. Photo: National Rural Electric Cooperative Association

AN ENERGY PRICE SOLUTION

by Daniel Yergin

Four years ago, oil was around \$40 a barrel. This summer, it was more than \$135.

Prices do not usually go straight up forever. Markets respond with behavioral changes, innovation, and substitution. We are seeing the beginning of a powerful response in public policy, technology, consumer behavior, and company strategies:

- The first increase in automobile fuel efficiency standards in 32 years.
- The sharp shift toward fuel economy in the minds of consumers when they enter an auto showroom.
- Changes in behavior in use of public transport, carpooling, consolidation of trips, or miles driven.
- Increased focus by companies on reducing energy costs.

Because of changes in the minds of consumers, and the response of automakers in efficiency of vehicles, gasoline demand may now be in decline.

The United States today uses about half as much energy per unit of Gross Domestic Product as in the 1970s. Some of that represents restructuring of the

economy toward services. But much of it represents actual gains in efficiency.

The reality of the current oil shock behooves us, as a nation, to consider what would be required to double our energy efficiency over a certain number of years.

Gasoline demand may now be in decline

Today, there are tools in information technology to support greater energy efficiency that were not available in earlier decades. In gasoline consumption, savings of 7 to 10 percent may be available with little or no burden on drivers.

Energy efficiency is not a “thing,” unlike a power plant, an oil well, a windmill, or a solar panel. It is embodied in other things—changes in behavior, technology, and in the capital stock. It can be stimulated by regulations, information, and prioritization. But in a market system, price itself is a powerful driver, and energy efficiency will get much higher pri-

ority now than when energy was cheap.

Climate change considerations will be a further driver of energy efficiency, for it offers the largest near- and medium-term way to reduce carbon dioxide output.

It has seemed over the decades that U.S. energy policy divides into an “either-or” debate, which sets conventional supply against renewables and conservation.

The answer to the oil shock is not either-or. We need a combination of new supplies, renewables, and greater efficiency—all developed with appropriate environmental and climate change considerations.

Such an approach would be a great contribution not only to relieving the pain the American people are feeling at the pump and the difficulties that are faced today by American businesses. It would also be a fundamental contribution to the future prosperity of our nation and to the global economy.

Daniel Yergin is chairman of Cambridge Energy Research Associates and author of The Prize: The Epic Quest for Oil, Money, and Power, for which he received the Pulitzer Prize. This Guest Opinion was excerpted from remarks prepared for testimony on June 25 before the Joint Economic Committee of the U.S. Congress.



Apple days

Activities at the Trimble County Apple Festival include the Little Miss Apple Festival pageant (participants Elizabeth Goodin, Morgan Lee Bell, and Laken Taylor); the pie judging location at the Bedford Inn bed & breakfast; and the quilt display,



demonstration, and raffle by the Trimble Thimbles quilting club. The festival takes place in Courthouse Square in Bedford on September 13 from 9 a.m. to 6 p.m. and September 14 from noon to 5. Other attractions include children's activities, arts and crafts, antiques, live music, and food. For more information, phone (502) 255-7591 or on the Internet visit www.trimblecounty.com. Photos: Cynthia Kirkland





Woolgathering

You should find your fill of spinning and shearing in northern Kentucky at the annual Kentucky Wool Festival on October 3-5 at Kincaid Lake State Park near Falmouth. The 26-year-old festival expects some 50,000 visitors this year. More than 130 craft booths will offer items such as hand-stitched quilts, baskets, dolls, corn grinding, forged ironwork, and of course, spinning and weaving. A re-created historical village will highlight Pendleton County's many years as one of the state's leaders in sheep

production. Sheep herding and shearing will be demonstrated. Two permanent stages have been built for bands to perform music ranging from bluegrass to gospel to barber-

shop to pop, plus clogging and square dancing. More than 30 food booths will cater to your hunger and thirst, and children's activities include a petting zoo and pony rides. For more information phone (859) 654-3378 or on the Internet visit www.kywoolfest.org. Photo: Debbie Dennie

Farm vacation

The Eastern Kentucky Foothills Eco/Agri-Tourism Corporation and Shockey Tours will offer a rare chance to see the rich culture of farm life in Carter, Morgan, Wolfe, Elliott, and Menifee counties. The tour offers first-class lodging and mouth-watering local cuisine. It begins September 29 with dinner at the Carter Caves State Park amphitheater and entertainment by the Heritage Elementary Hoedowners. Activities over the next five days will include crafts, nature walks, campfires, early agriculture chores and visits to a mule farm, native wildlife areas, fishing, and a unique craft mall. For more information or to purchase a vacation package, phone Raymond Hurst at (606) 668-3040 or Flo Whitley at (606) 738-5543.

Got cookies?

Kentucky Living invites you to be part of a cookie recipe exchange. The winners will be published in the December issue and on KentuckyLiving.com.

Send in your favorite cookie recipe and we'll print as many as we have room for. You might even be chosen as a winner by the cookie-loving staff at *Kentucky Living*. We'll award \$75 for what is judged the best-sounding and best-tasting cookie recipe, \$50 for second place, and \$25 for third.

Here's how to be a part of the *Kentucky Living* cookie exchange:

① Choose your one (that's right, narrow it down to your absolute favorite) top cookie recipe.

② Send it to us along with: an explanation, in 50 or fewer words, why it's your favorite; your name, address, phone number, e-mail if you have one; and the name of your electric cooperative.

③ Mail to:

Kentucky Living
Cookie Exchange Recipe Contest
P.O. Box 32170
Louisville, KY 40232

or e-mail us at e-mail@KentuckyLiving.com and be sure to put in the subject line **Cookie Exchange Recipe Contest**.

④ Make sure it's dated on or before September 20.



The Kentucky Wood Expo celebrates its 26th year September 19-20 at the Hopkins County Fairgrounds in Madisonville. The exposition, which the Tourism Council has ranked as one of Kentucky's top 10 tourist events, is expected to draw as many as 8,000 visitors. Attendees will see all types of forestry equipment and enjoy a range of family entertainment.

WOOD WEEKEND

The Expo will feature more than 100 exhibits and demonstrations. Sawmill, pallet, logging, secondary, and wood processing machinery will be on display, as well as educational displays and people to talk about forest management and the future of the wood industry in Kentucky.

Other activities will include lumberjack competitions, equipment contests, country and bluegrass music, crafts, food vendors, and a Log A Load for Kids silent auction to benefit Kentucky Children's Hospital.

This year's demonstrations and competition will include ax throwing, standing and overhead chop, springboard chop, crosscut sawing, and the always popular modified chain saw races.

Get more info by contacting the Kentucky Forest Industries Association at (502) 695-3979 or www.kfia.org.

Cruising Kentucky

Classic car aficionados can participate in the Bluegrass 1000 Road Tour, October 5-9. The event is a driving tour covering 1,000 miles within Kentucky to benefit the Bill Collins Parkinson's Center at the Frazier Rehab Institute at Jewish Hospital & St. Mary's Foundation in Louisville. The cost is \$3,000 for one car and two participants. For info contact Bill Tilford at (502) 593-8661, or visit www.bluegrass1000.com. Participation is limited to the first 60 registrants. The Bluegrass 1000 will cover about 250 miles a day for four days, hitting the high points of Kentucky attractions: laps on Kentucky Speedway, horse country, Red River Gorge, Cumberland Falls, the Corvette Plant at Bowling Green or Mammoth Cave, Land Between The Lakes, and Moonlight BBQ in Owensboro.

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EVENTS

PLEASE CALL AHEAD TO CONFIRM DATES & TIMES.



The Sneed Family is one of the 60-plus groups, soloists, and duets singing at the Kentucky State Gospel Singing Convention at Cave City, October 17-18. Photo: Missy Bullock

Sweet harmony

One of the nation's oldest singing conventions in the United States, the Kentucky State Gospel Singing Convention celebrates its 63rd year on Friday and Saturday, October 17-18, in Cave City.

Singing begins on Friday at 6 p.m. Central Time and again on Saturday at 5:30 p.m. at the Cave City Convention Center with fast-moving, energetic music. The event features more than 60 groups, soloists, and duets each evening, attracting a crowd of around 1,000.

Kentucky State Gospel Singing Convention President Jeff Sneed says the convention has been held in Cave City for the past two years, and there is renewed excitement and prestige with more participants and an expected larger attendance.

Several groups have graced the stage in the past, including the legacy of the late Southern gospel singer Dottie Rambo of the Gospel Echoes. More recently, Wade Spencer, Bo Hinson, and others have presented their music at the convention along with groups not only from Kentucky but surrounding states.

The Kentucky State Gospel Singing Convention was organized on April 20, 1946, at a meeting in the Armory in Glasgow with the late Rev. John Salmon elected as their first president. The first singing convention was held September 28-29 on the campus of Western Kentucky University in Bowling Green. The "Big State Sing," as it was called, has been held annually at cities across Kentucky since then.

There is no admission charge to attend and everyone is invited. It is a wonderful family event.

For more information, go online to www.kentuckystategospelsingingconvention.org or call (270) 678-3575.

SEPTEMBER 1

Railroad Days Through the 29th. L&N Depot, Frankfort. (502) 696-0607.

SEPTEMBER 5

Country Music Show Blue Grass Entertainment, Bardstown. (859) 336-9839.

Antique Show & Sale Through the 7th. Knights of Columbus Hall, Bowling Green. (270) 842-5991.

SEPTEMBER 6

Historic Downtown Car Shows Mt. Sterling. (859) 498-9874.

Contra Dance ArtsPlace, Lexington. (859) 552-5433.

Taste of Harrison County Cynthiana. (859) 234-1035.

Stepping Stones for Singles Movie Night Victory Christian Fellowship, Somerset. (270) 566-1491.

SEPTEMBER 8

Senior Games Through the 18th. The Gathering Place, Henderson. (270) 827-2948.

SEPTEMBER 10

3 Doors Down, Hinder and Finger Eleven in Concert East Kentucky Expo Center, Pikeville. (606) 444-5500.

SEPTEMBER 11

Z06 Fest Through the 13th. National Corvette Museum, Bowling Green. (800) 53-VETTE.

Fordsville Days Through the 13th. Fordsville. (270) 256-3656.

Sunshine Boys Through the 28th. Barn Lot Theater, Edmonton. (270) 432-2276.

Alice Gatewood Waddell Exhibit Through October 2. Bowling Green. (270) 781-4882.

Quilting Workshop with Diane Gaudynski Through the 13th. Quilt Museum, Paducah. (270) 442-8856.

Main Event Concert Series Mt. Sterling. (859) 498-8725.

Highway 31-W Yard Sale Through the 14th. Louisville. (270) 670-3741.

SEPTEMBER 12

Old Kentucky Home Bike Tour Through the 13th. Bardstown. (800) 638-4877.

Auburn Autumn Days Through the 13th. Auburn. (270) 542-4149.

Kentucky Association for Environmental Education Conference Through the 13th.

Continued on page 25www

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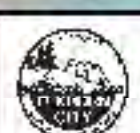
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CUT YOUR UTILITY BILLS

JAMES DULLEY

(Patio) doors to saving energy

We have an old sliding patio door. It gets chilly near it during winter and hot during summer. It is often drafty and outdoor noise comes through. What should I replace it with?—Ron A.

In a home of average efficiency, that old sliding glass door can waste more energy year-round than all the walls in that room combined. The heat is lost during winter and gained during summer as a result of air leakage and conduction losses through the glass itself.

Besides losing energy directly through the door, this inefficiency can make you set the thermostat higher during winter or lower during summer to stay comfortable, raising your utility bills.

There have been tremendous improvements in energy efficiency, security, and styling of replacement patio doors. Some of the new high-tech glass in these doors has an insulation value as high as R-10 in the center of the glass. It has special coatings on the glass surface that reduce heat transfer and block the majority of the sun's fading ultraviolet rays. This can extend a like-new appearance and the actual life of your carpeting and furniture.

Many homeowners have told me that the first thing their family notices when a new efficient patio door is installed is the reduced outdoor noise. Much of the noise comes through the glass panes, but a significant amount also comes from around the frame and seals. Resilient weatherstripping

The sliding patio door has pine interior and a no-maintenance aluminum-clad exterior. It is designed with a contemporary narrow-style frame for more viewing area. Photo: Peachtree



The swinging French patio doors have a no-maintenance vinyl frame with mini-blinds in between the sealed glass panes. Photo: Champion Windows

greatly reduces air leakage, and multi-pane glass—with heavy inert gas between the panes—blocks sound.

Although any type of efficient replacement door can be installed, most people replace an old sliding glass door with either another sliding door or French doors.

Hinged French doors are more stylish. Hinged doors close on a compression weatherstripping seal, often making French doors more airtight. Sliding doors rely on noncompression types of weatherstripping. Even though it is not as airtight, it will be better than your existing door.

French doors are easy to swing open, but require a large area for clearance. A sliding door just slides in its track, so it requires no clearance. Sliding doors also provide a more unobstructed view. There is a little more maintenance on a sliding door to keep its track clean so it opens and closes easily.

Most door manufacturers allow you to order almost any type of glass. The best type for your home depends on factors such as your climate, orientation to the sun, and natural shading. In general, the minimum

efficiency level you should select is double-pane glass with a low-emissivity coating and argon gas between the panes.

Even more efficient, but more expensive, is triple-pane glass or double-pane glass with low-emissivity plastic films stretched between them. Selecting optional krypton gas instead of argon gas in the gap between the panes improves efficiency and reduces outdoor sound.

The frame material is also important for efficiency and smooth operation. A pultruded

fiberglass frame is strong and stable. Its strength allows for narrower frame profiles and more glass area. Fiberglass frames can be ordered with a real oak wood veneer on the indoor surfaces. The exterior is painted.

Vinyl door frames reinforced with internal steel supports are good insulators, maintenance-free, and reasonably priced. Solid wood frames are attractive and strong, but require regular maintenance. Choosing one with exterior vinyl or aluminum cladding minimizes this maintenance.

The following companies offer efficient patio doors: Champion Window, (800) 875-5575, www.championwindow.com; Fibertec, (888) 232-4956, www.fibertec.com; Peachtree, (800) 732-2499, www.peachtreedoor.com; Simonton, (800) 746-6686, www.simonton.com; and Weathershield, (800) 222-2995, www.weathershield.com.



Mail requests and questions to James Dulley, *Kentucky Living*, 6906 Royalgreen Drive, Cincinnati, OH 45244, or visit www.dulley.com.

SNAPSHOTS

Me and Grandma or Grandpa



◀ **Wiggly Car:** James David loves racing his PlasmaCar down the driveway with Papa and Nana, James and Norma Johnson of Science Hill. Photo: Deanna Sayers, all members of South Kentucky RECC.

Napsters: Pop Ernie L. Johnson and grandson Carter Macklain Johnson snooze away in Pop's recliner in Beattyville. Photo: Kathy Johnson, members of Jackson Energy Cooperative. ▼



Teach Me: Great "Granny" Loise Hunt of Carrollton plays a tune for Bailyn Grace Clifford of Pendleton. Photo: Sandy Harmon, Bagdad, members of Shelby Energy Cooperative. ▼



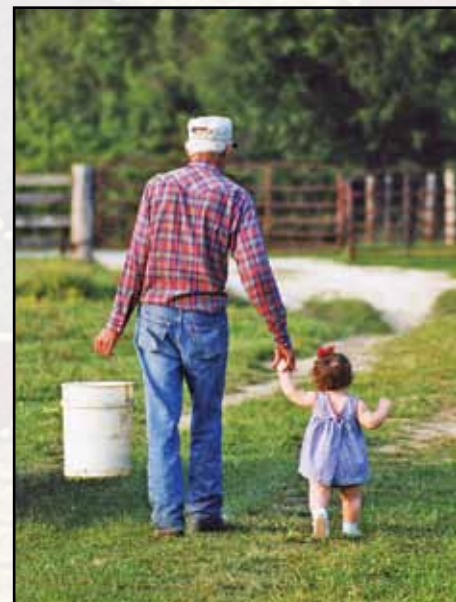
▲ **Shop Talk:** Riley and PawPaw charge the battery in Riley's Corvette. Photo: Grandmother Shirley Chester, Hopkinsville, members of Pennyrite Electric Cooperative.

Bucket Chat: Carson and Junior have a ▶ talk about the horses in the barn. Photo: Kathy Bramblett; submitted by Anita Jones, Corinth, member of Owen Electric Cooperative.



Porch Time: Ethan Bourn visits Granddaddy Jim Bourn in Statesboro, Georgia. Ethan is the son of Jay and Beth Ann Bourn, Corbin. Photo: Beth Ann Bourn, members of Cumberland Valley Electric. ▼

◀ **Checkers Mates:** In 1989, Jeremy Switzer, then age 9, played a serious game of checkers after Thanksgiving dinner with grandfather "Great Switzer," age 89. Photo: Vickie Switzer, members of Meade County RECC.



▲ **Feeding Time:** Abby Hughes and her Pop Charles McLean head to feed the cattle. Photo: Myra Hughes, Mount Sterling.

Special Men: Jetona Milby with Grandpa Howard Judd, 94, and Grandpa Herman Smith Jr., at her wedding on May 31, 2008, at Bethlehem Baptist Church, Greensburg. Photo: mom, Rhonda Smith, member of Taylor County RECC. ▼



Send in your snapshots of "Take it to the Hoop (Basketball)" for the November issue, so that we receive them by September 12. Tell us where the photo was taken, who the people are in the photo and where they're from, the name, address, and phone number of the photographer, and the name of your electric cooperative. No color laser prints, please, as they do not reproduce well. We'll print as many as we have room for. Photos will NOT be returned unless you include a stamped, addressed envelope for return. Submit online at www.kentuckyliving.com/submitphotos.html or mail entries to Kentucky Living Snapshots, P.O. Box 32170, Louisville, KY 40232. And get a head start by sending in snapshots of "Kids Creating Cookies" for the December issue. Those photos are due October 13.



New nukes

How nuclear power is getting to be a popular energy choice

One of today's toughest energy questions concerns nuclear power. Will it play a large or small role in the future of electricity in the United States?

As a nation, we're looking for ways to have reliable electricity that make sense on many different levels.

We want affordable energy.

And we want energy that suits our ideas of politically and socially acceptable behavior.

And we want energy that doesn't cause too many problems for the natural environment.

That's quite a list.

Nuclear power plants don't use fossil fuels, so they sound like a great way to get more electricity without adding carbon dioxide or other greenhouse gases to the Earth's atmosphere.

But whether Americans say yes or no to more nuclear power depends on a firm understanding of exactly what's involved in increasing the use of nuclear fuels to produce electricity.

AVAILABLE OPTIONS

Today, we're already living with two forms of dependable electricity production—nuclear and hydro—that do not emit greenhouse gases.

At a hydroelectric power plant, the force of falling water turns turbines that spin to generate electricity. This kind of conventional hydropower accounts for about 7 percent of the electricity supply in this country. Hydroelectric power plants work all day and all night. Variations in the natural cycles of rain and snowmelt cause minor changes in the amount of electricity produced from one year to another.



One of the most recent nuclear additions, resuming operations last year after a fire, is the Browns Ferry nuclear plant in Alabama, owned by the Tennessee Valley Authority. TVA provides power to 159 utilities in seven states, including five electric co-ops in Kentucky. Photo: TVA

Nuclear power in Kentucky—yes & no

The United States Enrichment Corporation, a subsidiary of a multi-national energy company, operates the only uranium enrichment facility in the United States at a gaseous diffusion plant in Paducah. The plant makes fuel for nuclear reactors.

However, Kentucky state law prohibits the construction of any nuclear power plant within the borders of the Bluegrass State until there is a licensed and available location somewhere within the United States for the permanent disposal of nuclear waste.

There are nearly 4,000 hydroelectric generators in use throughout the United States. Since the most useful sites for hydro plants have been connected to the grid for decades, there aren't many prospects for increasing the use of this nonfossil-fuel resource.

Nuclear power is different.

Today, nuclear power plants contribute much more to the nation's power grid—from 16 to 19 percent, depending on how many plants are shut down for regular maintenance. Total production of electricity from nuclear resources recently increased when a previously fire-damaged reactor at the Tennessee Valley Authority Browns Ferry site in Alabama came back online in May 2007.

TVA's three reactors at Browns Ferry, plus others at Sequoyah and Watts Bar,

generate more than 6,900 megawatts—enough to provide electricity to more than three and a half million homes.

Throughout America, 104 nuclear reactors supply power to the transmission grid for homes and businesses. But many of these reactors are reaching the end of their originally planned operating periods. There are several options to extend their useful lives.

RELIABLE MEGAWATTS

Unlike hydropower, there are potential sites where new nuclear generating plants could be built.

But will that happen?

When electric utility experts talk about reliability, what they mean is that there is a steady source of electricity flowing through the grid with no interruptions. They often

John Holt, senior principal for Generation and Fuel at the National Rural Electric Cooperative Association, says, “Many applicants for new coal generation plants have not been able to obtain permits to begin construction.”

Holt notes that although nongreenhouse gas emitting renewable energy sources, such as wind and solar, have value, they do not provide the same massive amounts of around-the-clock electricity needed to meet customer demands. Base load generation—power in megawatt quantities—must continue to come from nonintermittent resources.

What fuels will we choose?

Each year, the U.S. Energy Information Agency looks at all forms of energy production and consumption. Changing attitudes throughout America, and an array of new

the Electric Power Research Institute, a nonprofit electric utility industry group, to ask its 800 members to take a look at how technology could help reduce greenhouse gas emissions. Known as the PRISM report, EPRI’s study, released in 2007, spells out in detail how a lot of different kinds of technology in seven areas, including nuclear power, could be put into use over the next several decades.

UPGRADING TECHNOLOGY

The PRISM report is very different from the Energy Information Agency’s annual energy outlook. The EPRI report does not predict which kinds of technological advancements are more or less likely to happen. Instead, the PRISM report examines various possibilities for short- and



Of the 104 nuclear power plants in the United States, none is located in Kentucky, which relies on nearby coal mines to generate nearly all its electricity. Map: International Nuclear Safety Center at Argonne National Laboratory

use the term “base load,” which means the basic minimum amount of electricity that all customers within a geographic area need during a particular time. A base load plant generates that amount of electric power year-round.

Coal plays a major role in meeting the base load demand for reliable electricity. Historically, coal has been the backbone of America’s electricity generating systems, supplying about 50 percent of power nationally. However, concerns over the emissions of greenhouse gases are changing attitudes toward generating plants that use fossil fuels.

local and state initiatives setting goals for everything from renewable resource percentages to energy self-sufficiency, make this year’s report remarkably different from other recent years’ assessments.

David Mohre, executive director for the Energy and Power Division of the National Rural Electric Cooperative Association, says, “According to the Energy Information Agency’s own reports in 2008, nuclear is going to have to play a much larger role in electricity in the future than it has historically, because there may be fewer coal plants built due to global warming concerns.”

Two years ago, those concerns inspired

long-term implementation of new technologies.

In the nuclear power segment, the PRISM report highlights several ways in which nuclear power could be made more useful with improvements over today’s technology.

An important area concerns the age of America’s current commercial nuclear fleet. These old plants, known as light water reactors (LWR), are efficient, yet there is a lot of room for improvement in their day-to-day operations.

A great many of these plants are at or near the end of their original operating



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license periods. A few have already asked for extensions so they can continue to operate; most others are expected to do so before the end of this year.

Extending the working life of these older plants could also be an important temporary step while working on an improved design for any new nuclear power plant construction. Known as advanced light water reactors, this newer design will be more efficient and feature new safety and control techniques. Advanced light water plants

Future fuels

Find out what fuels the Department of Energy predicts will be producing our electricity in the year 2030 by going to www.KentuckyLiving.com and typing "2030" in the Keyword Search box.



are already in use or under construction in Japan, Korea, Taiwan, France, and Finland.

American engineers and designers have been working for about 20 years to create an advanced light water model for the United States.

So far, the U.S. Nuclear Regulatory Commission has approved two advanced light water reactor styles. However, industry experts predict it will be several more years before construction could begin on one of these new designs, with electricity not being generated from these newer-style nuclear plants until 2015 at the earliest.

IMPROVING FUEL EFFICIENCY

Another key nuclear technology issue involves the radioactive fuel itself.

American nuclear power plants currently in operation are of the "once through" design—that is, after each bit of enriched uranium is used to produce heat within the reactor, it becomes a waste product.

Dealing with this spent fuel is an issue that still has no long-term solution. Today, nuclear power plant waste (including the used uranium and a variety of other radioactively contaminated items such as workers' clothing and tools) is being stored

onsite at individual nuclear power plants temporarily.

Plans and laws to set up a permanent central storage site keep seesawing through various courts, with no one certain of the eventual outcome. The earliest possible date that nuclear waste could be stored at Yucca Mountain, Nevada, is now estimated to be more than a decade in the future; even if legal battles were resolved this year, containers of nuclear waste won't go there until at least the year 2021. What routes those containers would travel on their way to Yucca Mountain adds a further complication: many states that do not have nuclear power plants within their borders do not want any nuclear waste transported over their highways or railroads.

The EPRI PRISM report notes that improved technology could make nuclear waste less of a problem if new power plants made use of an improved system known as a "closed fuel cycle." This technology would allow the radioactive uranium to be reprocessed to wring every bit of energy from it—and presumably make the waste product less dangerous and less difficult to store at the end. The closed fuel cycle nuclear power plant design would be a very high-tech form of recycling.

There's another way to improve nuclear power plant efficiency with improved technology. In a very sophisticated twist on the old concept of co-generation (using steam or heat for more than one purpose), a high-temperature gas reactor would allow the immense heat released during the nuclear reactions to be used as part of industrial processes. Key industries that could benefit from this kind of dual-purpose effort are those that use huge amounts of electricity or release lots of greenhouse gases, namely, hydrogen production, petrochemical production, and desalinization plants for water. Using the steam from nuclear reactors for these additional purposes could result in substantial reductions in many kinds of emissions.

Next month: *A vision for reducing greenhouse gas emissions*



Nancy S. Grant is a freelance writer based near Louisville, and a member of the American Society of Journalists and Authors.

Events

Continued from page 18

Cumberland Falls State Resort Park, Corbin. (502) 573-3382.

Talon Summer Concert Series: Conch Republic Talon Winery, Lexington. (859) 971-0636.

Balloons, Tunes, & BBQ Through the 14th. BGWC Regional Airport, Bowling Green. (270) 745-7590.

Junior Ryder Cup Through the 16th. Olde Stone, Bowling Green. (270) 782-0800.

Poetic Justice Through October 5. Gallery 104, LaGrange. (502) 222-3822.

Country Music Show Blue Grass Entertainment & Expo Complex, Bardstown. (859) 336-9839.

Fall Elk Watch Through the 14th. Buckhorn Lake State Resort Park, Buckhorn. (800) 325-0058.

Derby City Mustang Car Show Through the 14th. General Butler State Resort Park, Carrollton. (502) 732-4384.

Fall Camper's Yard Sale Through the 13th. Fort Boonesborough State Park, Richmond. (859) 527-3131.

Fall Festival Through the 14th. Burgin. (859) 748-5220.

NSA Men's Class C World Series Through the 14th. Jack Fisher/Panther Creek Park, Owensboro. (270) 926-1100.

Hart County Civil War Days Through the 14th. Munfordville. (270) 774-7883.

Chamber Golf Scramble Breckinridge County Community Center, Hardinsburg. (270) 756-0268.

Wheels of Time Cruise-In Lawrenceburg. (502) 859-3913.

Rural Heritage/Tobacco Festival Through the 13th. Lancaster. (859) 792-3531.

Contra Dance ArtsPlace, Lexington. (859) 552-5433.

The Kingsmen Renfro Valley. (606) 256-2638.

SEPTEMBER 13

Ruby Moon Vineyard & Winery Arts Festival Henderson. (270) 830-7660.

Autumn Tea Brown-Lanier House, Mill Springs. (606) 871-9723.

Iron Horse Festival Kentucky Railway Museum, New Haven. (800) 272-0152.

Nature Painting Workshop Wolf Creek National Fish Hatchery, Jamestown. (270) 343-3797.

Hoedown at Shakertown Shaker Museum, Auburn. (800) 811-8379.

Rob Murphy Fall Classic I Through the 14th. Kentucky Horse Park, Lexington. (859) 335-6937.

Alltech Bluegrass Relay Challenge Kentucky Horse Park, Lexington. (859) 887-5149.

UClimb Through the 14th. Red River Gorge. (775) 686-7428.

Trimble County Apple Festival Through the 14th. Bedford. (502) 268-3483.

Scandalous in Concert Equus Run Vineyards, Midway. (877) 905-2675.

Henry County Arts & Craft Guild Art Show New Castle. (502) 845-4560.

Hepcats Swing Dance Lexington. (859) 420-2426.

Live Turf Racing Through the 16th. Kentucky

Downs, Franklin. (270) 586-7778.

Morgan's Great Raid Shepherdsville. (502) 543-4973.

Overnight Canoe Trip on the Licking River Through the 14th. Blue Licks Battlefield State Resort Park, Mt. Olivet. (859) 289-5507.

Kentucky Hills Craft Festival Cumberland Falls State Resort Park, Corbin. (800) 325-0063.

Harvest Day Through the 14th. Quest Farm, Georgetown. (502) 535-6064.

Apple Festival Through the 14th. Evans Orchard, Georgetown. (502) 863-2255.

Adventure Pennyrile Forest Dawson Springs. (270) 797-3421.

Girl Scout Day Wickliffe Mounds State Historic Site, Wickliffe. (270) 335-3681.

Plant Sale Bernheim Forest, Clermont. (502) 955-8512.

Monarch Migration Mysteries Audubon State Park, Henderson. (270) 826-4424.

Fall Gathering Hanson. (270) 322-0301.

Whiskey City Cruisers Car Show Bardstown. (800) 638-4877.

Top Dog Race Street Stock Western Kentucky Speedway, Nebo. (270) 249-3125.

Gaslight Festival Through the 21st. Jeffersonton. (502) 267-1674.

Monroe-Style Mandolin Camp Faculty Concert Owensboro. (270) 926-7891.

Get Down in the Valley Lost River Cave, Bowling Green. (270) 393-0077.

Disaster Preparedness Summit Phil Moore Park, Bowling Green. (270) 843-5353.

Ronnie McDowell Renfro Valley. (606) 256-2638.

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YOU CAN'T PICK A BETTER GETAWAY.

Whether it is visiting a vineyard, picking your own fruit in an orchard, touring a bourbon distillery, watching a horse race, or selecting fresh vegetables at a farmer's market, Kentucky's rural countryside offers all kinds of ways for you to entertain and educate yourself. To learn more, visit www.kentuckyfarmsarefun.com



Bill Monroe's Rosine & Jerusalem Ridge

There are lots of famous Kentuckians. But try telling the folks in Ohio County, and particularly in Rosine, Horse Branch, or Beaver Dam, that Bill Monroe is not the most famous, and you'll probably get an argument, maybe even a fight.

They may have a good point.

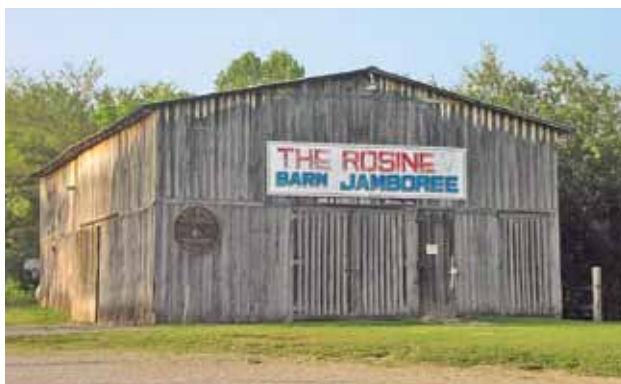
It was Monroe and his Blue Grass Boys who strolled onto the Grand Ole Opry stage back in 1939 and captivated the audience, and then the world, with a new kind of music. That memorable performance led to a cult-like following that soon had the nation clamoring to see and hear him play. If that was not possible, they tuned their box-style radios to Nashville's WSM and the Opry each Saturday night.

It didn't take long before Monroe was being called the "Father of Bluegrass Music." Well on his way to becoming a legend, his style of music and his one-of-a-kind technique with which he played his mandolin did what few musicians could do.

His crossover style and sound became popular with music lovers everywhere, and today he remains the only person ever to be inducted into three Halls of Fame—Bluegrass, Country, and Rock and Roll. And to further add credence to just how famous he is, in 1995 President Clinton presented Monroe with the National Medal of the Arts.

Even though Monroe died in 1996, his music lives on and if the folks in Rosine have their say, it will be around for years to come.

Bluegrass fans consider a visit to Jerusalem Ridge and the old Monroe Homeplace that sits nearby a pilgrimage. Born September 13, 1911, just outside of Rosine, the National Historic Site home is on five of the farm's original 1,000 acres. Restored in 2001, today the home is a shrine to the Monroe family and the music they played.



Head to the Rosine Barn Jamboree on Friday evenings for free, live jam sessions of bluegrass, country, and gospel music. Photo: James Casteel

A graveside memorial for Bill Monroe will be held at 10 a.m. on Sunday, October 5, at Rosine Cemetery, part of the four-day Jerusalem Ridge Festival. Back at the festival, two miles outside of town at Monroe's boyhood home on Jerusalem Ridge, a local preacher will speak with music to follow. Photo: Andy Berley

"It was Bill's mother on her fiddle who played the first music little Bill ever heard," says Campbell Mercer, executive director of the Monroe Foundation. "And a few years later he came under the tutorage of Pendleton Vandiver, his mother's brother. It was Uncle Pen's influence that lit the fire in young Bill to be a performer."

Family photos and musical instruments are there, but it's the tour guides who bring it all to life. They spin their stories from a firsthand account, as most knew Monroe or grew up just across the ridge from him.

Just down the road is the Rosine Barn Jamboree. It started out at the Rosine General Store some 20 years ago, and today it is one of those places that outgrew the store and moved into an adjacent barn. A stage gives locals a forum to carry on the



legacy. Fiddles, mandolins, guitars, and banjos are the norm here each Friday from 7 p.m.-11 p.m., rain or shine. In the spring and fall, lawn chairs are encouraged.

Mercer points out that the Jerusalem Ridge Festival, slated this year for October 2-5, is one of the largest bluegrass festivals in the country.

"Last year we drew 12,000 people from 46 states and 13 foreign countries," he says. "It's a big deal around here." ■



DESTINATIONS

Bill Monroe Homeplace

6210 Hwy. 62 East • Rosine, KY 42349
(270) 274-9181

www.jerusalemridgefestival.org

Free admission. Open Monday-Saturday, 9 a.m.-5 p.m.; Sunday 1-5 p.m. Winter hours: Monday-Saturday, 9 a.m.-4 p.m.; Sunday 1-4 p.m. Take Western Kentucky Parkway to Exit 75; take 231 North, turn right at Highway 62 E, go approximately 6 miles, turn right at sign: Jerusalem Ridge/Bill Monroe Birthplace.

Bluegrass Motorcycle Museum

5608 U.S. 231 North • Hartford, KY 42347
(270) 274-7764

Free admission. Display of vintage American motorcycles from 1906 to present. Open Tuesday-Friday, 10 a.m.-5 p.m.; Saturday 10 a.m.-3 p.m., appointments preferred.

Rosine Barn Jamboree

8205 Blue Moon of Kentucky Highway
Rosine, KY 42349
(270) 274-5552

Admission free. Every Friday night at 7 p.m.; all year except the last two Fridays in December.

Fordsville Depot and Museum

Downtown Fordsville
(270) 316-5454

Built in 1903, railroad history. Admission free. Open Tuesday-Friday, 10 a.m.-3 p.m.; 2-4 p.m., Sunday.

Ohio County Museum

415 Mulberry Street • Hartford, KY 42347
(270) 298-3444

Admission free. Open May-October, Wednesday-Friday, 1-4 p.m. Historic log cabin, one-room school, genealogy library.

Rosine Fall Festival

Second weekend in September
(270) 274-9062

Fordsville Days

September 11-13
(270) 276-5656

Jerusalem Ridge Festival

October 2-5
(270) 274-9181

www.jerusalemridgefestival.org

Gary P. West is a regular contributor to the Traveling Kentucky column.

Events

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SEPTEMBER 14

Bourbon City Challenge Adventure Race Bardstown. (502) 572-5419.

John Henry Cup/Horsemen's Challenge Polo Kentucky Horse Park, Lexington. (859) 254-5667.

Master Works by Kentucky Painters Through November 30. UK Art Museum, Lexington. (859) 257-5716.

Ronald McDonald Clown Train Bluegrass Railroad, Versailles. (859) 873-2476.

Scarecrow Festival Western Kentucky Botanical Garden, Owensboro. (270) 852-8925.

Dancing with Your Favorite Lady(Bug) Western Kentucky Botanical Garden, Owensboro. (270) 852-8925.

SEPTEMBER 15

Swing Dance Lessons Lexington. (859) 420-2426.

The JMJ Trio Madisonville. (270) 821-2787.

SEPTEMBER 16

Kentucky Bourbon Festival Through the 21st. Bardstown. (800) 638-4877.

International Rocky Mountain Horse Show Through the 20th. Kentucky Horse Park, Lexington. (606) 724-2354.

The Ryder Cup Through the 21st. Valhalla Golf Club, Louisville. (800) PGA-GOLF.

Poppy Mountain Bluegrass Festival Through the 20th. Morehead. (606) 784-2277.

SEPTEMBER 17

Kentucky Senior Games Through the 21st. Ashland. (606) 329-1007.

Quilting Workshop with Sue Nickels & Pat Holly Through the 20th. Quilt Museum, Paducah. (270) 442-8856.

Heritage Days Festival Through the 21st. Marion. (270) 965-5015.

SEPTEMBER 18

Frank X Walker @ Your Library Bowling Green. (270) 781-4882.

SEPTEMBER 19

Poage Landing Days Through the 21st. Ashland. (606) 329-1007.

Blazin' Bluegrass Festival Through the 20th. Sandhill Camp, Whitley City. (888) 284-3718.

Chautauqua Days Festival Through the 21st. Millersburg. (859) 234-8061.

Salvisa Ruritan Country Days Through the 20th. Salvisa. (859) 865-4476.

Spoonbread Festival Through the 21st. Memorial Park, Berea. (859) 986-9760.

BiG Cruise Through the 20th. Bowling Green. (270) 392-0288.

Jesse Stuart Weekend Through the 20th. Ashland. (606) 326-1667.

Photography Workshop Through the 21st. Snug Hollow Farm Bed & Breakfast, Irvine. (606) 723-4786.

Top Gun Car Show Cruise-In Kentucky Oaks Mall, Paducah. (270) 382-2139.

Heritage Festival Through the 20th. Horse Cave. (270) 786-3795.

Heart of Kentucky Quilt Show Through the 20th. Pritchard Community Center, Elizabethtown. (270) 765-4121.

Eastern Kentucky Genealogy Conference

Through the 21st. Ramada Inn, Paintsville. (606) 789-4486.

Country Music Show Blue Grass Entertainment & Expo Complex, Bardstown. (859) 336-9839.

Cruise-In Franklin. (270) 586-7609.

Cumberland River Bluegrass Festival Through the 20th. Veterans Memorial Park, Burkesville. (270) 864-2515.

Kentucky Wood Expo Through the 20th. Hopkins County Fairgrounds, Madisonville. (502) 695-8343.

Cow Days Through the 20th. Greensburg. (270) 932-7491.

Civil War Re-enactment Through the 21st. Breaks Interstate Park, Elkhorn City. (800) 982-5122.

Autumn Fest Through the 21st. Fort Boonesborough State Park, Richmond. (859) 527-3131.

James Harrod Trust Cemetery Tour Through the 20th. Harrodsburg. (859) 734-3718.

Holy Name Fall Festival Through the 20th. Henderson. (270) 827-3425.

Radio Club Open Fly-In Through the 21st. R/C Club Field, Henderson. (270) 826-0116.

Guided Elk Viewing Tours Through the 20th. Pine Mountain State Resort Park, Pineville. (800) 325-1712.

Constitution Square Festival Through the 21st. Danville. (859) 239-7089.

Kentucky Heritage Festival Through the 20th. Taylorsville. (502) 477-3246.

Jeff Bates Renfro Valley. (606) 256-2638.

SEPTEMBER 20

Autumn Fabric Painting Wolf Creek National Fish Hatchery, Jamestown. (270) 343-3797.

Fall Festival Mt. Washington. (502) 693-0996.

Bootlegger's Hijacking Kentucky Railway Museum, New Haven. (800) 272-0152.

Oktoberfest German Doll Luncheon Erlanger. (513) 941-3914.

Gourd Patch Festival Art Guild, Mayfield. (270) 247-6971.

Pennyrile Classic Car Club Summer Cruise-In Hopkinsville. (270) 269-2272.

Simon Kenton Harvest Festival Through the 21st. Washington. (606) 564-9419.

Fall Festival Irvington Elementary, Irvington. (270) 756-3050.

Mustang Round-Up Champion Ford Dealership, Owensboro. (270) 315-9026.

Sweet Owen Days Through the 21st. Owenton. (502) 484-3405.

Fall Festival City Hall, Hillview. (502) 957-5280.

Fun on the Farm The Garden Patch, Smiths Grove. (270) 563-3411.

Rob Murphy Fall Classic II Through the 21st. Kentucky Horse Park, Lexington. (859) 335-6937.

Cumberland County Quilt Show Veterans Memorial Community Center, Burkesville. (270) 864-7147.

Hillbilly Daze Millville. (859) 873-2222.

Swing on Main Flemingsburg. (606) 845-1223.

Trail Ride for a Cure Seven C's Ranch, Nancy. (606) 875-9500.

Antique Auto Show and Arts & Crafts Show Franklin. (270) 586-7609.

Live Turf Racing Through the 23rd. Kentucky Downs, Franklin. (270) 586-7778.

Dino-Mite Weekend Dinosaur World, Cave City. (270) 773-4345.

Harvest Festival Through the 21st. Evans Orchard, Georgetown. (502) 863-2255.

Continued on page 36

A Warm Welcome to Calloway & Graves Counties



The western part of Kentucky is often referred to as the Western Waterlands, and for good reason. It's home to four rivers—the Ohio, Cumberland, Tennessee, and Mississippi—plus two large man-made lakes.

Together, Kentucky Lake and Lake Barkley make up one of the largest man-made waterways in the United States. The two lakes are connected by a free-flowing canal, which provides more than 600 miles of round-trip cruising.

Kenlake State Resort Park sits on the western shore of Kentucky Lake near Aurora. Quiet relaxation just might be their number-one offering. However, for those who have more than rest in mind, there's a tennis center with indoor and outdoor courts, hiking trails, and a nine-hole golf course. The cabins here, with their screened porches, are the perfect place to sit back and read a book.

But there's much more to western Kentucky than rivers and lakes. A trek to this area of the state offers an assortment of things to see and do that are in towns not necessarily on a river or lake.

Towns like Murray and Mayfield don't sit at the edge of any waterways. They're in the proximity, mind you, but so is every other town in this area of the state.

Murray, in Calloway County, is one of those little/big towns that are as pretty as a picture. In fact, the folks who live there are quick to share a quote from a national magazine: "Murray is as picturesque as a scene in a Norman Rockwell painting."

It's a college town, dotted with several little eateries, wonderful boutique shops, and a year-round community theater group, said to be among the oldest in the



Freedom Fest, a three-day event held the first weekend in July in Murray, features a downtown street fair, parade, shown above, numerous vendors, live music, BBQ and other concessions, a family day in the park, and fireworks. Photo: Murray Electric Service

state. Many of the plays are performed in a 1907 train depot reconstructed in one of the city's parks.

One of the big draws to the area is the small town of Hazel. Known for its antique shops, it is western Kentucky's oldest and largest antique shopping district.

If you've been to Mayfield lately, raise your hand. Just in case you haven't, it is one of those unexpected delightful surprises. It's a place that almost makes you say to whoever is listening, "Why haven't I been here before?"

Visitors can stop off at the Edana Locus Mansion, which serves as the local tourism and chamber office. And then there is a most unusual sight, one you will prob-

ably not see anywhere else. Wooldridge Monuments in Maplewood Cemetery is referred to as "The Strange Processions that Never Move." It consists of 18 life-sized statues grouped around the tomb of Henry G. Wooldridge, a local horse trader who moved to Mayfield in 1840.

Perhaps the most notable Graves County event is the annual Fancy Farm Picnic, held the first Saturday of each August. The locals like to say, "If a Kentucky politician doesn't speak at the Fancy Farm Picnic, he doesn't have a prayer come election time." The annual gathering began in 1834, was suspended during the Civil War, and resumed in 1880. ■

DESTINATIONS

Ice Cream Festival

Murray, September 12-13
Calloway County Parks & Recreation
(270) 762-0344

Western Kentucky Highland Games

Murray, September 12-14
Competitive games, food, and pipe bands.
(270) 444-9453

Gourd Festival

Mayfield, September 20
Nationally recognized artists, barbecue cook-off, and blues concert. Ghost walk at Maplewood Cemetery.

Photography Exhibit

Murray, September 17-28
Murray Tourism Office

City Wide Yard Sale

Murray, September 20
More than 70 participants; out-of-towners can sell too.

Arts on the Square

Murray, September 27
Murray Art Guild
(270) 753-4059

Hazel Days Celebration

Hazel, October 4
More than 500 antique dealers.
(800) 651-1603
www.hazel-kentucky.com

Little Spooky Spooks

Kenlake State Resort Park, October 25
Celebrate Halloween with storytelling, costumes, crafts, candy, refreshments, spooky animals; 7-9 p.m., \$3 per person.

Western Kentucky Fiddle Festival

Murray, November 7-8
Lovett Auditorium, area bluegrass musicians competing for prizes.
(800) 651-1603

For more tourism information, contact: Mayfield Tourism Commission, 201 East College Street, (270) 247-6101 or online at www.mayfieldtourism.com; Murray Tourism Commission, 805 North 12th Street, (800) 651-1603 or online at www.tourmurray.com; or Kenlake State Resort Park, 542 Kenlake Road, Hardin, KY, (270) 474-2211, (800) 325-0143, or online at www.parks.ky.gov.

Gary P. West is a regular contributor to the Traveling Kentucky column.



The Murray State University percussion section will play all-gourd instruments again at this year's festival. Photo: Maysfield/Graves County Art Guild

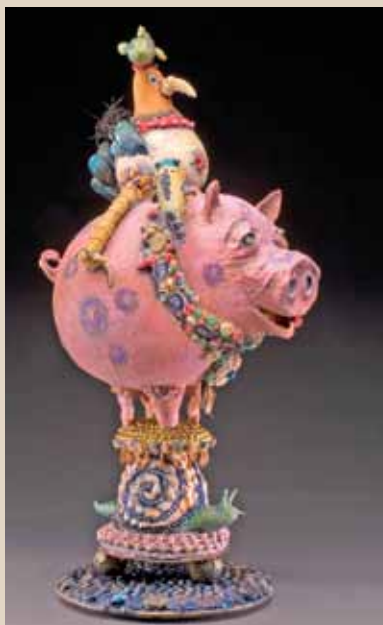
Right, Jennifer Zingg of Frankfort won the 2007 Best of Show Award for this gourd sculpture titled "Hard Letting Go of Mama." Photo: Maysfield/Graves County Art Guild



Mayfield's Gourd Patch Festival

On Saturday, September 20, Mayfield hosts the fourth annual Gourd Patch Festival and art exhibition, an intriguing show featuring the "Exploration of the Functional and Artistic Possibilities of the Humble Gourd."

The focal point of the festival is the "All About Gourds" national juried exhibition, now in its seventh year, which runs September 9-October 11, at Ice House Gallery, where artisans compete for a \$500 Best of Show award and honors for their unique creations. Last year 24 artists from 10 different states were represented, and the one-day festival attracted more than 1,000 visitors.



Kathleen Sherman's whimsical "Escargo" gourd art features a snail, topped by a pig, then a bird. Photo: Kathleen Sherman

Festival activities include vendors selling raw and crafted artisan gourds and other juried arts and crafts in the area behind Ice House Gallery, along with live music including Murray State University's percussion section playing gourd instruments. Children can enter the gourd-mobile race and make crafts at the free art activities tent. A blues band, food concessions, and a BBQ cook-off are also planned.

The festival takes place near the historic Ice House building at 120 North Eighth Street in downtown Mayfield. Admission to the festival and exhibition is free. There is a \$15 fee for the gourd-mobile kit and race entry fee. Classes and demonstrations are

free, but donations are accepted for the nonprofit Ice House Community Arts Center.

For more information, call (270) 247-6971 or go online to www.icehousearts.org.

Events

Continued from page 27

Fall Yard Sale General Burnside Island State Park, Burnside. (606) 561-4104.

Elk Viewing Tour & Elk Night Jenny Wiley State Resort Park, Prestonsburg. (800) 325-0142.

Play It Again Concert Series General Butler State Resort Park, Carrollton. (502) 732-4384.

Beginner's Backpacking Workshops Through the 21st. Natural Bridge State Resort Park, Slade. (606) 663-2214.

Downtown Harvest Trail Sidewalk Sale Georgetown. (502) 863-2538.

Oxford Antique Sale Extravaganza Georgetown. (502) 863-2356.

Boy Scout Day Wickliffe Mounds State Historic Site, Wickliffe. (270) 335-3681.

Short's Goldenrod Festival Blue Licks Battlefield State Resort Park, Mt. Olivet. (859) 289-5507.

Pleasant Hill Singers: Music of the Black Shakers Shaker Village, Harrodsburg. (800) 734-5611.

Civil War Encampment Shaker Village of Pleasant Hill, Harrodsburg. (800) 734-5611.

Festival Latino Cardome Centre, Georgetown. (859) 370-5240.

Southern Knights Car Cruise Georgetown. (502) 863-3960.

Kentucky Kruizers at the Point Point Park, Carrollton. (502) 732-8291.

Monarch Migration Mysteries Audubon State Park, Henderson. (270) 826-4424.

Motorcycle Poker Run Renfro Valley. (606) 308-3911.

Civil War Living History Through the 21st. Civil

War Museum, Bardstown. (800) 638-4877.

Fall Festival Through the 21st. Midway. (859) 846-4966.

Ghostwalk Maplewood Cemetery, Mayfield. (270) 247-6101.

WKS Racing Western Kentucky Speedway, Nebo. (270) 249-3125.

Heritage Saturday Masterson House, Carrollton. (502) 732-5786.

Craft & Music Festival City Park, Rochester. (270) 934-3851.

Stepping Stones for Singles Gospel Music Victory Christian Fellowship, Somerset. (270) 566-1491.

Living Archaeology Weekend Gladie Historic Site, Frenchburg. (606) 663-8100.

Bourbon County Secretariat Festival Bourbon County Park, Paris. (859) 987-3205.

Steve Wariner Renfro Valley. (606) 256-2638.

SEPTEMBER 21

Triple Crown Doll Show & Sale Erlanger. (859) 384-3557.

Halfway to Hazard Celebrity Charity Ride Buckhorn. (606) 487-8515.

John Henry Cup/Horsemen's Challenge Polo Kentucky Horse Park, Lexington. (859) 254-5667.

Robertson County Car Show Blue Licks Battlefield State Resort Park, Mt. Olivet. (859) 289-5507.

SEPTEMBER 22

Official Kentucky State Honey Festival Through the 27th. Clarkson. (270) 242-7162.

Horse Drawn Wagon Rides Two Sisters

Pumpkin Patch, Mt. Sterling. (859) 585-8000.

SEPTEMBER 23

Vince Gill Paramount Arts Center, Ashland. (606) 324-3175.

SEPTEMBER 24

Kentucky National Hunter/Jumper Show Through the 28th. Kentucky Horse Park, Lexington. (615) 790-2953.

SEPTEMBER 25

R8C/Xperience Reunion Through the 27th. National Corvette Museum, Bowling Green. (800) 53-VETTE.

World Chicken Festival Through the 28th. London. (606) 878-6900.

History of Aviation Museum in Lexington Versailles. (859) 873-6786.

Casey County Apple Festival Through the 27th. Liberty. (606) 787-5355.

Two Rivers Tobacco/Fall Festival Through the 27th. Carrollton. (812) 273-3013.

AMRA All Harley Drags Finals Through the 28th. Beech Bend Raceway, Bowling Green. (270) 781-7634.

SEPTEMBER 26

Grillin' & Chillin' BBQ Cookoff Through the 27th. Diamond Lake Resort, Owensboro. (270) 229-4900.

Pumpkinfest Through the 28th. Sportscenter, Owensboro. (270) 686-8401.

Pumpkin Festival Through the 28th. Legion Park, Paris. (859) 987-5704.

At the Hop Pine Knob Theatre, Caneyville. (270) 879-8190.

Bluegrass Festival Through the 27th. Optimist Park, Vine Grove. (270) 877-5636.

Harvest in the Bluegrass Festival & Knife Show Through the 27th. Red Hill Cutlery, Radcliff. (270) 351-4193.

Country Music Show Blue Grass Entertainment & Expo Complex, Bardstown. (859) 336-9839.

Quilt Festival Through the 28th. South Shore. (606) 932-6704.

Great American Dulcimer Convention Through the 27th. Pine Mountain State Resort Park, Pineville. (800) 325-1712.

Central Kentucky Old Iron Tractor, Engine, & Machinery Show Through the 28th. (859) 748-9333.

BPA Baseball Tournament Through the 28th. Jack Fisher/Panther Creek Park, Owensboro. (270) 683-9307.

Hawaiian Luau Through the 28th. Diamond Lake Resort, Owensboro. (270) 229-4900.

Summer Concert Series Old State Capitol, Frankfort. (502) 223-2261.

Rosemary Clooney Concert Through the 27th. Maysville. (800) 785-8639.

International Thumbpicking Hall of Fame Induction Through the 28th. Paradise Park, Greenville. (270) 754-9603.

Cave Run Storytelling Festival Through the 27th. Morehead. (606) 783-1420.

Anderson County Burgoo Festival Through the 27th. Lawrenceburg. (502) 680-0453.

Moreland Park Junior Tennis Classic Through the 28th. Owensboro. (270) 687-8700.

Frost Nixon RiverPark Center, Owensboro. (270) 687-2770.

Continued on page 46

U.S. News America's Best Colleges 2008

MSU graduates are accepted into professional schools at rates well above state and national averages.

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www.moreheadstate.edu

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Dino Egg Count

Add the numbers in each colored group of dinosaur eggs. What is the sum for the numbers in the:

- 1) Red eggs?
- 2) Purple eggs?
- 3) Yellow eggs?



Answers: 1) $8 + 3 = 11$
2) $9 + 7 = 16$ 3) $11 + 2 + 5 = 18$

Dinosaur Finder



A paleontologist is a scientist who studies fossils to learn about prehistoric plants and animals. While the remains of hundreds of different kinds of dinosaurs have been found, there are still fossils out there. That means there are plenty of new dinosaurs to be discovered!



Dinosaurs are considered to be members of the reptile family. Dinosaurs roamed the earth for more than 180 million years, and then they became extinct. The last of these prehistoric reptiles died out 65 million years ago. Dinosaur remains have been found on every continent, including Antarctica. We learn about dinosaurs by studying their fossils. Fossils are the remains (bones, teeth, skull) or traces (footprints, burrows) of something that lived in prehistoric times. This means that fossils could be 10,000 years old or as much as 3-1/2 billion years old.

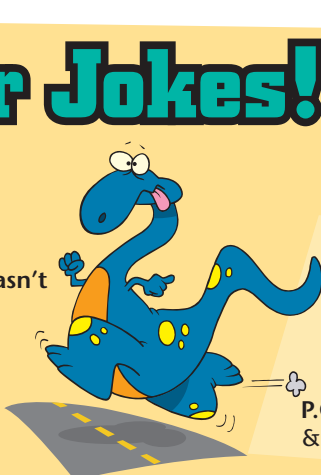
There is still a great deal of debate as to whether dinosaurs were warm-blooded or cold-blooded, like today's reptiles. Some scientists think it was something in between – maybe they were born warm-blooded and as they got bigger became cold-blooded. Evidence for the warm-blooded theory is growing for some dinosaurs. One interesting idea that is getting serious scientific consideration is that some dinosaurs had feathers. Fossils of some raptors, even Velociraptor, have been found with markings that would indicate the presence of feathers. The birds we enjoy every day may be related to dinosaurs. In fact, many paleontologists now consider birds to be simply advanced feathered dinosaurs. Scientists really do not know what color dinosaurs were. Dinosaurs could have been as colorful as a peacock or as drab as an elephant or rhino.

Your Jokes!

Why did the dinosaur cross the road?

The chicken wasn't invented yet.

Cara Coleman,
age 11

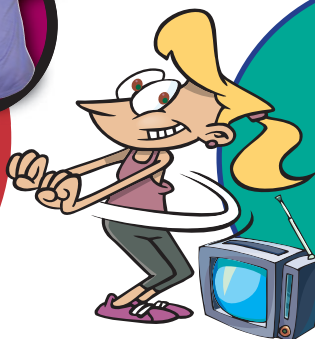


Make Us Laugh!

Send us your joke along with your name, address, and age to:
Kentucky Kids Page,
Kentucky Living
P.O. Box 32170, Louisville, KY 40232
& we could print yours in a later issue!

Fit Tip of the Month

We'll send you a t-shirt if we print your tip. Send your best tip for staying healthy, in 50 words or fewer, and shirt size, to:
Kentucky Living, Fit Kids,
P.O. Box 32170,
Louisville, KY 40232.



A Kentucky Living "Living Fit" t-shirt goes to **Tessla Hamilton** for this tip:

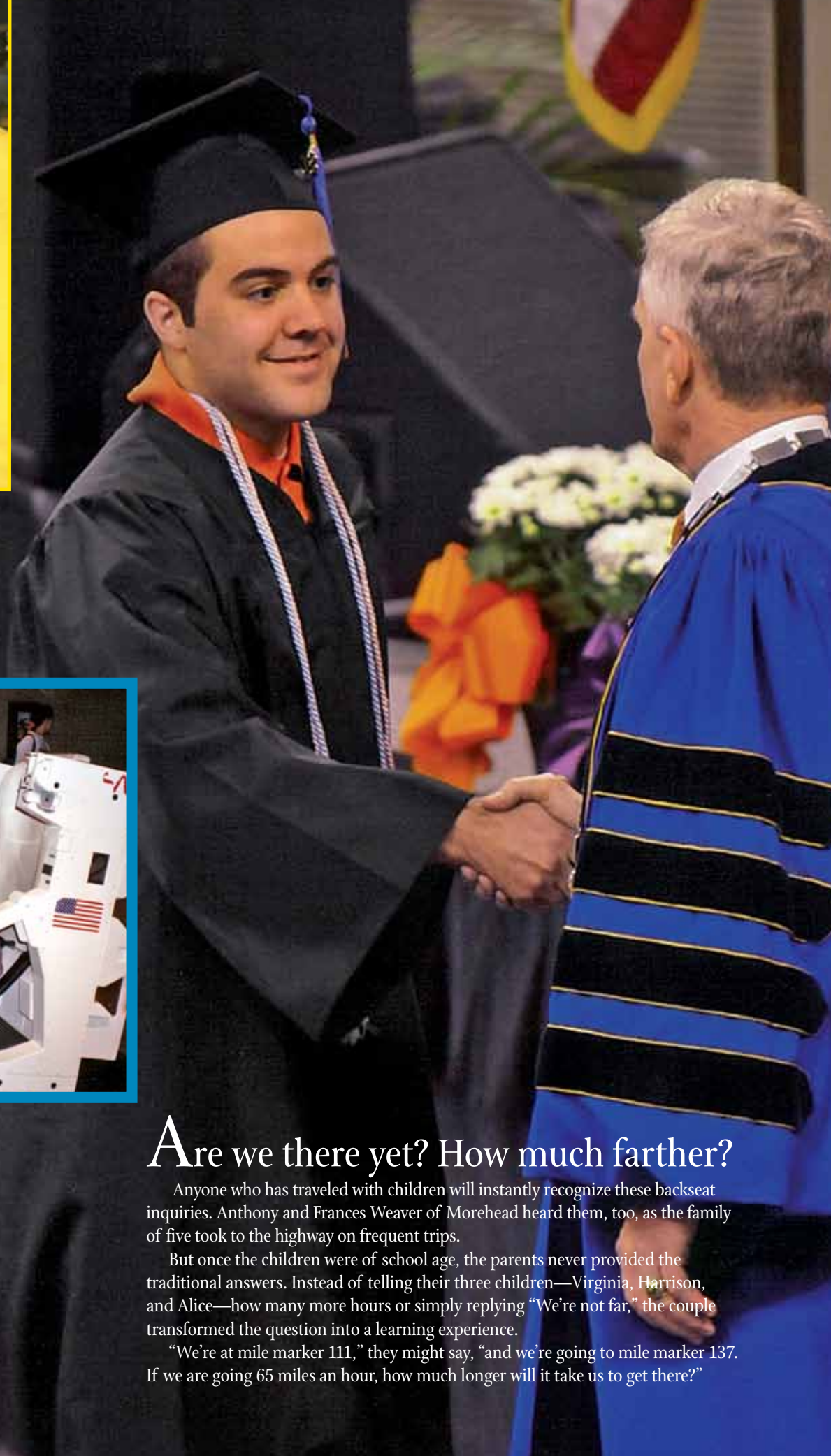
While you're watching TV, do sit-ups, stretches, or push-ups.



The Weaver children of Morehead as youngsters and now all grown up, left to right: Alice carving a pumpkin with dad and Alice playing piano at the 2007 America's Junior Miss National; Virginia playing soccer and Virginia doing marine biology research in Panama while at University of North Carolina Chapel Hill; Harrison at the U.S. Space & Rocket Center in Alabama and Harrison graduating from Clemson University. Photos: Weaver Family

by Debra Gibson

Raising Successful Kids



Are we there yet? How much farther?

Anyone who has traveled with children will instantly recognize these backseat inquiries. Anthony and Frances Weaver of Morehead heard them, too, as the family of five took to the highway on frequent trips.

But once the children were of school age, the parents never provided the traditional answers. Instead of telling their three children—Virginia, Harrison, and Alice—how many more hours or simply replying “We’re not far,” the couple transformed the question into a learning experience.

“We’re at mile marker 111,” they might say, “and we’re going to mile marker 137. If we are going 65 miles an hour, how much longer will it take us to get there?”

Parents— every child's first teacher

All children have the same first and most important teacher: their parents. Here are some tips from UK professor Kim Townley (and executive director of the Governor's Office of Early Childhood Development under Gov. Paul Patton) on ways to get off to a good start raising successful kids.

"You don't have to do flash cards or buy expensive toys," says Townley. "Learning can happen within the natural routine of the day. Just listen to your children. When they express an interest in something, that's your cue. This is time very well spent. You are developing a bond with your child and building foundational knowledge."

- When you take laundry out of the dryer, help children learn the difference between like and different by letting them match socks.
- While putting the groceries away, build language skills by asking children to show you all the round things, or small things, or red things, etc.
- While riding in the car, point out familiar landmarks. Children can recognize icons long before they can read. When they recognize the golden arches of McDonald's, for instance, tell them that McDonald's starts with the same letter as mommy.
- Make routine fun by counting. When brushing their teeth, ask children to brush 10 times on the top and 10 times on the bottom. Ask them to brush slow, then fast. Good oral health is a bonus.
- Let children help pick out their own clothes. Ask them to choose something with stripes, or long sleeves, or short sleeves, then tell them why they need long sleeves or short sleeves.
- Help children cook. It takes more time, but children learn to measure and understand relationships. For example, what happens if you put pancake batter on the griddle when it's not hot? Now what happens when it is hot? "It's important for children to think, imagine, and experience that kind of trial and error," Townley says.
- If they're not ready to cook, let them help prepare food. They can butter bread, for example. This teaches them small muscle coordination.
- Let them help wash dishes or set the table. Ask questions as you go: How are forks different from spoons? While they are still learning, make a map of a table setting, so they can see the outlines and place items appropriately.

The important goal with all these activities is building a rich verbal environment and strong communication with children.

"Talk to them, reason with them," Townley says. "Give them good examples. Help them figure out how the world works and show them it is a wonderful place to explore."



Teachers at the Child Development Lab in EcoVillage at Berea College try to foster intellectual development with outdoor activity. Here Mira Burczyk, front left, Colin Richey, back left, Natalie Davis, back right, and Brooklyn Leslie all explore a wildflower garden outside the lab. Photo: Tim Webb

It was one of a multitude of small, simple, typically inexpensive steps that the Weavers consciously took to augment their children's formal schooling and boost their intelligence.

"We always believed in the value of public education and the important socialization it provides," says Anthony Weaver, "but we also believe that kids need more."

The Weavers, therefore, peppered their kids with math problems, projects, and questions of their own. The family casually visited college campuses everywhere they went. They frequented art museums and historical sites. They used road signs as reminders to do anagrams and learn spelling. They gave each child summer projects to complete; the children loved to research the places they were going to visit so that they could be the ones in the know, telling the rest of the family about their destination. They enrolled them in piano lessons and community sports. They encouraged the children to participate in community theater.

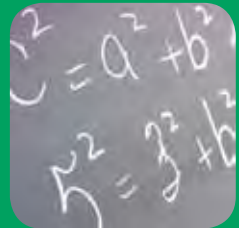
Frances, a stay-at-home mom when the children were younger, was available for them every afternoon after school, providing a kind of dual public school/home school enrichment, reading with them, taking them to lessons, and supplementing their public school education.

And it worked. All three were valedictorian of their high school class. All three were National Merit scholars. Two of the three have graduated from college, Harrison with a 4.0 grade point average at Clemson University. The youngest, Alice, is majoring in genetics at the University of Georgia. Virginia



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Success at school

Parents can be important allies with their child's professional educators. The Prichard Committee for Academic Excellence offers a six-day training session called the Commonwealth Institute for Parent Leadership that gives parents a good sense of what should be happening in their schools in terms of learning and instruction. It also helps parents understand different learning styles and how to work as a full partner with their child's school to improve student learning.

"Parents have the opportunity to learn how to work with principals and teachers and other parents," says Cindy Heine, associate executive director of the Prichard Committee. "They learn strategies for dealing with other personality types and how to look at a school's achievement data. They learn what they can do as parents to advance the learning in their child's school."

Overall, Heine has several suggestions for all parents on how to help their children succeed at school:

1. Help your child build language skills even if he or she is very young. "You might assume your 1-year-old isn't paying attention," she says, "but he is actually absorbing all the conversation. Infants start learning the minute they are born."

2. Read to them at an early age. Volumes of research back the importance of reading. When they are really young, use your finger to help them follow the words. This helps them get the idea that we read from left to right.

3. Provide them with lots of interesting experiences, not necessarily with expensive toys.

4. Select quality childcare and after-school programs. Learn what to look for in a quality program.

5. Get to know your child's teachers. Form a partnership with the teacher so you are working together to help your child learn.

6. Ask questions at the beginning of the year of the teacher and principal: What do you expect to accomplish this year? How can I be helpful? Are there things I can do to volunteer? Things I can do at home?

The Prichard Committee has adapted the Institute for use with preschool children and teachers. Called Starting Strong, this workshop helps parents learn about Kentucky's early childhood standards, what it takes to be a quality childcare center, and the kinds of things parents can do for their children to help them move along. Currently, it is being offered in Boone County, but Lutricia Woods, manager of Curriculum and Training for the Center for Parent Leadership, can provide information on how you can get the program in your county. Contact her at (606) 524-4560 or (606) 337-1453, or by e-mail at llwoods@bellsouth.net. For information on the Commonwealth Institute for Parent Leadership and the Center for Parent Leadership, contact Bev Raimondo at (859) 233-9849 or (800) 928-2111. The Web site is www.cipl.org.



Natalie Davis picks a small tomato, and later plops it in her mouth, with Child Development Lab teacher April Hess watching at Berea College's EcoVillage. Photo: Tim Webb

is working on her Ph.D. in marine ecology, and Harrison just accepted a job as an actuary with Western Southern Insurance in Cincinnati.

Perhaps just as importantly, they are normal, well-adjusted young adults. Alice was named Kentucky Junior Miss in 2007. Virginia recently married and did coral reef research in Puerto Rico this summer. Harrison still loves and participates in sports. They all have a myriad of activities and friends.

The variety in their lives came by design as well.

"We felt like our children should have formal instruction and experience in academics, the arts, and athletics in addition to what they got at school," Weaver says. "Those are the big three in our opinion. Of the arts, we emphasized music more because we are musicians and that was what we were able to get in Morehead, but all three are equally important. We were determined, for instance, that our girls be able to throw a ball and run like boys. But the main thing is to have everybody's attention. If everyone is playing an iPod or video game, you never communicate. Children need conversation."

Conversation is one form of connection that is the basis of building intelligence, according to Mary Jones, department



Phoenix Watkins-Harris, Evan Anderson, Quenten Morgan, and Cannon Peercy work with a pretend fire as part of a hands-on learning exercise at the Child Development Lab in EcoVillage where they set up tents and made the fire as part of an art project. Photo: Tim Webb

“Children should have formal instruction and experience in the big three—academics, the arts, and athletics”

The biggest mistake parents make

The biggest mistake parents make might surprise you.

According to Marsha Maupin, the biggest mistake is not letting children experience failure or disappointment—trying to “risk proof” their world.

Don’t eliminate a young child’s opportunities to climb trees because she might fall and hurt herself. Instead, provide support, but encourage climbing for motor and sensory integration. It will build confidence and capabilities.

“Let them experience some disappointments and the consequences of their choices. ‘You left your crayons outside in the sun. What happened? They melted. Why? Let’s see what happens when we use your old pieces of crayons to make our own crayons.’

“If you rescue them on little things, soon you will be rescuing them for bigger and bigger reasons. That is not a service to them.”

For adult advice on this subject, read John C. Maxwell’s best-selling book, *Failing Forward: Turning Mistakes into Stepping Stones for Success*.



Dr. Anthony and Frances Weaver of Morehead augmented their children's learning by peppering them with everyday questions, math problems, projects, and road trips to visit art museums and historical sites so they would grow up to be successful adults. Photographed are: Virginia, Alice, Anthony, Frances, and Harrison. Photo: Weaver Family

“Children need exercise to develop their gross motor skills and integrate brain functioning. They need to run and jump and play outside without rules”

chair of the Interdisciplinary Early Childhood Education Program at St. Catharine College near Springfield.

“You start raising a smart kid when you are pregnant,” Jones says. “You take care of yourself. You talk to your baby. Our brains are hard-wired for connection—a lot of love and caring. That really is the basis of building intelligence.”

To a person, the other child development experts we spoke with said the same thing: communication and connection are the underpinnings of development—intellectual, physical, and social.

Don’t get the wrong idea, though. This doesn’t all have to be serious business. Jones says she is a firm believer in honoring childhood.

“Children should play,” she says. “That’s how they learn.”

Parents should be playful, too, she says, because playful parents stimulate their children’s brains.

“Allow children to splash in the bathtub. Let them smell things and touch and listen. Talk to your baby. Sing to your baby. Music is so important in so many aspects. Take your shoes off and walk in the grass so you and your child feel the textures and touch. Love life and share it with your child.”

Most importantly, answer their questions, Jones says.

“Children have lots of curiosity,” the child development expert notes. “We do them a disservice if we don’t pay attention to their questions. Curiosity opens so many doors for them. If you don’t know the answer,

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Rain Sumner
Class of 2011
Major: Biology

“The KWC campus is friendly, and my professors want me to succeed.”

say, 'Let's look that up together.'"

Kim Townley, associate professor of education at the University of Kentucky, says the trick is to listen to children, take your cues from them about what they are interested in, and then help them follow up on those interests.

In 1999, Townley was executive director of the Governor's Office of Early Childhood Development under Gov. Paul Patton, who made early childhood education one of his administration's priorities. She led an effort to develop a 20-year plan for Kentucky known as Kids Now to help children thrive. Many of the programs from that plan have resulted in significant advances such as reductions in the number of children with spina bifida and the incidence of low-birth weight babies.

"We found that it really does take a village," Townley says, refer-



Brooklyn Leslie holds a squash in the garden planted outside the Child Development Lab in EcoVillage at Berea College. Photo: Tim Webb

Successful kids online resources

For seven Web site links with lots more information on how to raise successful kids, go to www.KentuckyLiving.com and type "successful kids" in the Keyword Search box.



WHAT if

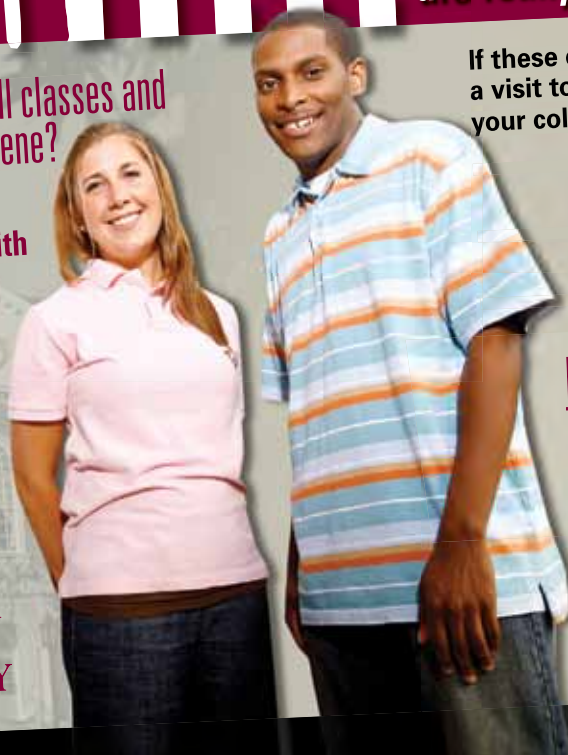
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ring to the concept that it takes a village to raise a child. "It starts with the prenatal environment and good health care. Second is the home environment. Parents really are the child's first teacher. Third is childcare and the school environment. You have to look at the whole gamut of life. The underlying theme is improving each environment, and this continues throughout the child's life."

Although it may not seem an obvious link at first, providing outdoor experiences is also important to fostering intellectual development, says Marsha Maupin, director of the Child Development Lab in EcoVillage at Berea College.

"The more outdoor activities, the better," says Maupin. "Children need exercise to develop their gross motor skills and integrate brain functioning. They need to pedal tricycles and scooters rather than ride in motorized vehicles. Let them experience water play and explore the yard for bugs. Encourage them to jump and hop."

Maupin worries that parents are substituting organized sports for outdoor play.

"Children need to run and jump and play outside without rules," she says. "They need the freedom to move and exercise on their own. Play is one of the most important avenues to develop themselves as a whole person. We don't need to over-program children. Give children time for quietness and learning the value of quiet time and relaxation."

In the end, a sense of humor may be one of the most important tools for raising smart and successful kids. Back in Morehead, Anthony Weaver laughs as he recalls a quotation he read about raising children.

The saying is attributed to John Wilmot, Earl of Rochester. Says Wilmot, "Before I was married I had six theories about raising children. Now I have six children and no theories."

Weaver says as his children got older, he and Frances began to realize that all parents can do is set children on a certain path. "Lots of times, they have other ideas," he notes, "and many of them turn out to be good."

Their own ideas, many of them good. Perhaps that's the ultimate goal and the ultimate definition of a successful, well-rounded kid.



Events

Continued from page 36

The Platters Taylor County Middle School, Campbellsburg. (270) 789-3638.

Contra Dance ArtsPlace, Lexington. (859) 552-5433.

George Jones Renfro Valley. (606) 256-2638.

SEPTEMBER 27

Kentucky National Wildlife Art Exhibit

Through November 8. Fine Arts Center, Henderson. (270) 826-3003.

Gem, Mineral, Jewelry Show & Sale Through the 28th. Kentucky National Guard Armory, Lexington. (859) 537-1776.

Hancock County Sorghum Festival Through the 28th. Hancock County Fairgrounds, Hawesville. (270) 927-8137.

McCrearyFest Through October 4. Whitley City. (888) 284-3718.

Mystery Theater Kentucky Railway Museum, New Haven. (800) 272-0152.

Theatre Festival Pine Knob Theatre, Caneyville. (270) 879-8190.

International Festival Bowling Green. (270) 796-2777.

Chili Fest Paramount Arts Center, Ashland. (606) 324-3175.

Hepcats Swing Dance Richmond. (859) 420-2426.

Somernites Cruise Car Show Somerset. (606) 677-1707.

Overnight Canoe/Camping Trip Through the 28th. Barren River Lake State Resort Park, Lucas. (270) 646-2151.

Fall Harvest Days Vanceburg. (606) 796-6267.

Demo Derby Bullitt County Fairgrounds, Clermont. (502) 396-4604.

Molasses Stir-Off Through the 28th. Breaks Interstate Park, Elkhorn City. (606) 432-2534.

Beginner's Backpacking Through the 28th. Greenbo Lake State Resort Park, Greenup. (800) 325-0083.

Elk Viewing Tours Jenny Wiley State Resort Park, Prestonsburg. (800) 325-0142.

Beginner's Backpacking Workshops Through the 28th. Natural Bridge State Resort Park, Slade. (606) 663-2214.

Adventure Pennyryle Forest Pennyryle Forest State Resort Park, Dawson Springs. (270) 797-3421.

Get Outdoors & Volunteer Burkesville. (270) 433-7431.

National Public Lands Day Blue Licks Battlefield State Resort Park, Mt. Olivet. (859) 289-5507.

Apple Harvest Weekend Through the 28th. Shaker Village of Pleasant Hill, Harrodsburg. (800) 734-5611.

Re-enactment of the Siege of Boonesborough Through the 28th. Fort Boonesborough State Park, Richmond. (859) 527-3131.

Bobby Mackey Bluegrass Festival Jane's Saddlebag, Union. (859) 384-4416.

WKS Racing Western Kentucky Speedway, Nebo. (270) 249-3125.

Standup Comedian Jeff Dunham East Kentucky Expo Center, Pikeville. (606) 444-5500.

Marion County Country Ham Days Through the 28th. Lebanon. (270) 692-9594.

Contra Dance Russell Acton Folk Center, Berea. (859) 985-5501.

Pumpkinfest & Fall Tours Through the 28th.

"R" Farm, Maysville. (606) 742-2429.

Bloomfield Homecoming City Hall, Bloomfield. (502) 252-8222.

Pumpkin Festival Through the 28th. Legion Park, Paris. (859) 987-3205.

SEPTEMBER 28

Warfield Farm Cup Polo Kentucky Horse Park, Lexington. (859) 254-5667.

Mud, Sweat, & Gears Mountain Bike Race General Butler State Resort Park, Carrollton. (502) 732-4384.

La Cucaracha & More Western Kentucky Botanical Garden, Owensboro. (270) 852-8925.

Fall Antiques Market Locust Grove, Louisville. (502) 897-9845.

National Alpaca Farm Day Maple Hill Manor, Springfield. (859) 336-3075.

SEPTEMBER 29

Jam Session Cumberland Falls State Resort Park, Corbin. (606) 528-4121.

OCTOBER 1

The Great Scarecrow Round-Up Flemingsburg. (606) 845-1233.

OCTOBER 2

Jessamine County Beef Cattle Cookout

Through the 4th. Tractor & Supply, Nicholasville. (859) 885-3919.

Lexington Combined Driving Classic Through the 5th. Kentucky Horse Park, Lexington. (813) 220-8226.

Roller Coaster Fair & Yard Sale Through the 4th. Burkesville. (270) 864-3444.

Festival of the Horse Through the 5th. Georgetown. (502) 863-5424.

Fireman's Chili Cookoff Scott County Museum, Georgetown. (502) 316-4225.

Jerusalem Ridge Festival Through the 5th. Rosine. (270) 274-9181.

OCTOBER 3

Wickland Corn Maze Through the 4th. Bardstown. (800) 638-4877.

Pieces & Places of History Antique & Art Show Through the 5th. Ironwood Farm, Bowling Green. (270) 843-5565.

Appalachian Harvest Festival Through the 5th. Renfro Valley. (606) 256-2638.

Heart of the Bluegrass Antiques & Collectibles Show Through the 5th. Harrodsburg. (859) 239-0088.

Breathitt County Heritage Fair Through the 5th. Jackson. (606) 824-4167.

Trade Days Through the 5th. Mandolin Farm, Flemingsburg. (606) 845-3693.

Talon Summer Concert Series: Austin Cunningham Talon Winery, Lexington. (859) 971-0636.

NMRA World Finals Through the 5th. Beech Bend Raceway, Bowling Green. (270) 781-7634.

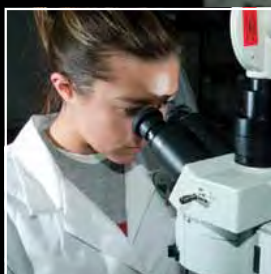
Antiques Show & Sale Through the 5th. Riverview at Hobson Grove, Bowling Green. (270) 843-5565.

First Friday Art Walk Pendleton Arts Center, Ashland. (606) 329-1007.

Red Hat Round-Up Through the 4th. Kentucky Horse Park, Lexington. (859) 259-4280.

Jump Start Horse Trials Through the 5th. Kentucky Horse Park, Lexington. (859) 224-3411.

Continued on page 53



'I find the answers.'

DR. WEI-PING PAN, WKU professor of chemistry and director of the Institute for Combustion Science and Environmental Technology (ICSET), is an internationally-recognized leader in clean coal technologies.



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Learning Language

Mrs. Hu Na moved to Marion County, along with her husband, from Beijing to teach Chinese. Here she teaches a class of students at West Marion Elementary, one of four Marion County elementary schools where she teaches. Mrs. Hu Na instructs the students on the directions right and left in Chinese using a song and dance to reinforce the lesson. Photo: Stephen Lega/*The Lebanon Enterprise*



Why we should learn other languages, and resources for studying foreign lan-

by Debra Gibson

“L language reflects who we are,” says Matt Krebs. “To learn the language of another society is to see the world as they do. For that reason, even a cursory study of a language improves a person’s ability to see the world in a new and better way.”

Krebs not only believes in learning more than one language, he has experienced the benefits firsthand.

In the middle of his college studies, Krebs decided to become a missionary and was assigned to Japan for two years. After an intensive missionary language program that entailed six to seven hours of language instruction each day, the novice missionary left for Japan. It took three or four more months of living in Japan—hearing and speaking the language daily—to be able to converse with the Japanese people, he says. But once he could, Krebs discovered a powerful benefit of learning a new language.

“Studying a language does a number of important things for you,” Krebs says, “but I think one of the most important is that it allows you to understand not just what people say but how they think. When you learn to speak the way they speak, you

understand their culture and the concepts common to their language.”

A good example: politeness in the Japanese culture. Krebs says, “I tend to think that the language accommodates such politeness because it has been used by an intrinsically contrite people for hundreds of years.”

Krebs is now executive director of the Japan/America Society of Kentucky located in Lexington (www.jask.org), a statewide organization that promotes cultural exchange, serves as a bridge between the Japanese and American communities, and builds friendships between people from both countries.

Experiencing new cultures and developing intercultural relationships are two benefits of learning a new language. There are many more. Learning a new language increases flexibility in your thinking, improves understanding of your native language, gives you a better ear for listening, boosts problem-solving skills, and increases job opportunities.

For children, learning a new language has a well-documented positive effect on intellectual growth. In addition, young learners still have the capacity to develop near native-like pronunciation and intonation in a new language. Children also get a head

es



As participants in the Kentucky Institute for International Studies, officers from Lexington-Fayette Urban County Police attend an English academy in Morelia, Mexico, in conversations called “intercambios,” or exchanges, where 30 minutes are spent speaking in English and another 30 minutes in Spanish. As part of the Advanced Language Program, the officers take the equivalent of six college Spanish courses before going to Mexico for this five-week immersion program in which they live with families, interact with Mexico law enforcement, and continue their language classes. Photo: Kentucky Institute for International Studies

start on college entrance requirements.

Communities benefit as well when citizens are bilingual. For example, Korea’s INFAC Corporation decided to locate in Campbellsville recently, and Ron McMahan, director of Team Taylor County, credits help from Campbellsville University, specifically student Yoo Jin (Eugene) Lee and the university’s Center for International Education for helping to make that happen.

Immerse yourself

For young and old alike, learning more than one language is rapidly becoming more than intellectual development, adventure, or cultural awareness. It is now an essential 21st-century skill.

So why aren’t we all bilingual or multilingual?

Fred de Rosset, director of professional programs for the Kentucky Institute for International Studies (KIIS), has a straightforward answer.

“If you try to learn a new language alone, it is likely you will become discouraged

quickly,” he says. “To learn a new language there has to be constant reinforcement, preferably in conjunction with instruction from someone who is a professional teacher or understands the challenges of language acquisition. Just because someone can speak the language doesn’t mean he can teach it. That would be like saying everyone who speaks English can teach it.”

KIIS—a consortium consisting of 17 Kentucky colleges and universities and four out-of-state universities—provides just that combo for adults. De Rosset created a model that works across different languages and professions. The model includes an intensive domestic program with a minimum of 12 hours of instruction coupled with a five-week immersion program in a country where the language is spoken. De Rosset groups people in the same profession and teaches them conversational language, culture, and terminology specific to their profession.

Participants are also introduced to people in their profession. Police officers, for example, meet with their counterparts

in Mexico and go to the police academy there. Medical students shadow physicians. Everyone stays in the home of a native family. They also may earn college credit from Murray State University, the credit-granting institution for the consortium.

Like most language programs, however, funding can be diverted to other needs when budgets are tight.

Such is the way with language instruction in public schools as well, according to Dr. Jacques Bott Van Houten, world language and international education consultant with the Kentucky Department of Education (KDE). She says in elementary and middle school, language instruction needs to be done on a daily basis or at least three or four times a week. Schools are reluctant to do this, she says, because they feel tied to curriculum that will be covered on statewide testing, and language is not part of that test.

Languages in Kentucky schools

A handful of schools have nonetheless taken bold steps. Maxwell Spanish Immersion Elementary School, or Escuela de Inmersión en Español, in Lexington is the example most point to. At Maxwell, one-half of the school day is spent in Spanish and one-half in English. The Geography and Culture strand of the social studies curriculum is integrated into the Spanish block as well.

The program continues for some students at Bryan Station Traditional Magnet

Want to know more about immersion programs?

Lori Kagan-Moore documented her three-week experience at the Forester Instituto Internacional in a detailed letter for those interested in an immersion program. She explains the details of her research to find the school, how she and her daughter spent their days, and what she liked best about the experience. Go to www.fores



Lindsey Martin, a Berea College student from Elizabethtown, works in Berea's Center for Excellence in Learning Through Service and is the coordinator for the Berea Buddies mentoring program (similar to Big Brother/Big Sister programs). Martin visits the Ciudad de los Niños orphanage in Salamanca, Mexico, interacting with the children along with a group of 35 other Berea students who spent a month on a travel/study program taking a culture/language class and visiting Mexico during January of this year. Photo: Fred de Rosset

School, also in Lexington, in grades six through eight and high school at Bryan Station High in ninth grade. Students who graduate from the high school Spanish Academy program receive a Kentucky diploma and a diploma from Spain. Language arts, science, and math are offered in Spanish. All other courses are offered in English, including a language arts/English class.

Other public schools have also found creative ways to address language instruction.

Public schools in Somerset, Hazard, and Harlan began teaching Chinese to their students this year, thanks to an agreement between KDE and China, according to Van Houten. China is one of several countries that have a formal agreement with the KDE.

China sends teachers to the United States and pays their salaries. The hosting school district agrees to provide free housing and transportation for the teachers, pay a processing fee (\$2,000 the first year and \$1,500 for subsequent years) for visas, health insurance, a weeklong university orientation, a \$5,000 stipend for living expenses, and support the teacher's attendance at the annual fall conference of the Kentucky World Languages Association.

"For around \$7,000 a year, the school district gets a certified, native-speaking language teacher," says Van Houten. "Last school year, 33 teachers came from Spain, France, and China to provide native language instruction in Kentucky public elementary and secondary schools. This year 41 will come."

Cloyd J. Bumgardner, director of public relations for the Somerset School System, says the district has three Chinese teachers this year who work with some 1,400 students throughout the district. The agreement is for three years but renewable each year, he says.

Roger L. Marcum, superintendent of Marion County Public Schools, says they are in their third year of Chinese instruction for students at the elementary level and in the second year of instruction at middle school and high school levels.

"We are educating kids, not adults," says Marcum as he explains why the district chose Chinese. "We are trying to think about the world they will live in as adults. For this generation, China is extremely important in the world economy. When I was in school, the primary languages taught were French and German, perhaps some Spanish. Even then, Japan was becoming a growing force. The two languages we have needed most as adults are Spanish and Japanese, yet they weren't taught or were taught little when we were growing up."

Marcum is also trying to change the age when children begin learning a language in school.

"We are offering language instruction in elementary school," he says, citing the voluminous research that language instruction grows the capacity of the brain to learn other subjects, especially if the instruction is provided while children are developing their first language.

"This is the reverse of what we did in the past," Marcum says. "During my generation, language wasn't offered until high school. In other countries, language is taught to young children. They are able to think and communicate in two languages."

A second language is also critical to living in a global economy, Marcum says.

"Our culture is becoming more diverse," he notes. "We are now truly in a global economy and interdependent on other countries. Just look at oil prices. It's important for children to understand that and have an appreciation of other cultures and differences."

Susann Davis, president-elect of the 500-member Kentucky World Language Association (KWLA) and a Spanish instructor at Western Kentucky University, says that the American mentality has often been the assumption that we didn't need to learn another language because people in other countries would learn English. Today Davis has yet another concern about language instruction. She is concerned that we teach one language at the expense of another.

"In Kentucky, the Spanish language is predominantly taught because of the influx of Hispanics," she says. "Often this is at the expense of French and German programs. It is a big mistake to discontinue French and German and to give up the progress we have made in those languages. We need to be teaching multiple languages."

Numerous languages are represented at the Kentucky World Language Festival, sponsored by KWLA. Dating back to the late '60s, the festival showcases student achievement in language and cultural understanding with events such as native dance competitions, readings, literature recitation, conversations with judges, art, and even construction model building.



Lori Kagan-Moore and daughter Emma of Danville are shown in San José, Costa Rica, where they spent three weeks during 2005 in a Spanish language immersion school through Forester Instituto Internacional. Photo: Forester Instituto Internacional

For schools that do not have enough students to offer German or Latin, Kentucky Educational Television offers a distance learning program in which students can earn credit in Latin and German, says Ann Denny, KET's Latin distance learning teacher. The arrangement is a partnership between the school, which grants the credit, and KET, which provides the instruction via video. The program is free to all Kentucky students. They only need to purchase a manual. Go to www.dl.ket.org or call (800) 333-9764 to find out more.

The immersion experience

The one thing essentially everyone involved with learning languages agrees on is that the ideal way to learn is through an immersion program.

Lori Kagan-Moore knew this from a childhood experience, and now lives in Danville and is the director and curator of The Great American Dollhouse Museum.

"When I was 13, my family spent a year in Turkey, and I learned French in an immer-

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sion program at Ankara French Embassy School. I grew up with a respect for having a second language and having learned it through an immersion method.”

Therefore, when Kagan-Moore wanted to learn Spanish along with her daughter, she chose an immersion method. Before leaving the country, she used videotapes and books to get started and took a class at Centre College, where her husband teaches. Kagan-Moore says she spent weeks researching immersion programs, finding it difficult to sort through the claims of hundreds of schools she found online. Ultimately, she started corresponding with teachers and administrators at the schools, asking detailed questions to try to make an informed choice for herself and daughter Emma.

“We have so many terrific memories of our time in San José (Costa Rica),” she says.

“We liked to ride the bus from our host family’s home to school every morning.

Web resources for learning languages

For a list of Web sites that provide tips and useful info on learning languages and useful suggestions from Lori Kagan-Moore for researching and choosing the right immersion school for you, go to www.kentuckyliving.com.



The people were so friendly and so outgoing. Our school gave us stickers that said, in Spanish: ‘I’m learning Spanish. Please speak to me in Spanish.’ We wore them everywhere and that caused people to speak to us all the time. We had conversations on the bus with people who sat around us. They knew to speak a little slowly and give us a little slack.” (See sidebars on pages 50 and 53 for more on Kagan-Moore’s immersion trip and suggestions for finding an immersion school.)

Back in Somerset, Cloyd Bumgardner summarizes the importance of learning languages succinctly. “The world is a smaller place all the time,” he says, “and

Events

Continued from page 46

Kentucky Crossroads Harvest Festival Through the 5th. Springfield. (859) 336-3810.

Bittersweet Festival Through the 4th. Mt. Vernon. (606) 256-3437.

Horse Campers Weekend Through the 5th. Dale Hollow Lake State Resort Park, Burkesville. (270) 433-7431.

Old Fashion Days Through the 4th. Lebanon Junction. (502) 833-2296.

Kingdom Come Swappin’ Meetin’ Through the 4th. Southeast Community College, Cumberland. (606) 589-3137.

Geocaching Weekend Through the 5th. Pennyrite Forest State Resort Park, Dawson Springs. (800) 325-1711.

Camper Yard Sale Through the 4th. Blue Licks Battlefield State Resort Park, Mt. Olivet. (859) 289-5507.

McCreary Fest Through the 4th. Whitley City. (606) 376-3008.

1st Friday Dawson Springs. (270) 797-4248.

National Barrel Horse & State Championship Through the 5th. Ag & Convention Center Powderly. (270) 604-3346.

Art Show Gallery for the Arts, Mt. Sterling. (859) 498-6264.

Fall Crawl for St. Jude’s Kids ATV Event Through the 5th. Verda Field, Evarts. (877) 737-0778.

St. James Court Art Show Through the 5th. Louisville. (502) 635-1842.

Highway 60 Yard Sale Through the 5th. Hardinsburg. (270) 756-0268.

Kentuckians Barbershop Chorus Through the 5th. Louisville. (859) 881-1221.

Carpenters Craft Show Through the 4th. Carpenters Christian Church, Harrodsburg. (859) 865-4259.

OCTOBER 4

GRADD Arts & Crafts Festival Through the 5th. Audubon State Park, Henderson. (270) 926-4433.

Buffalo Daze Festival Stamping Ground. (502) 535-4530.

The World’s Largest Halloween Party Through the 5th. Louisville Zoo, Louisville. (502) 459-2181.

Flint Knapping Through the 5th. Old Bardstown Village, Bardstown. (502) 349-0291.

Fall Fling New Castle. (502) 845-4181.

Train Robberies Kentucky Railway Museum, New Haven. (800) 272-0152.

Cruise-In on Main Car Show London. (606) 878-2064.

Aussie Fest Through the 5th. Kentucky Down Under, Horse Cave. (270) 786-2634.

Wynton Marsalis & Jazz at Lincoln Center Singletary Center, Lexington. (859) 257-4929.

Second Look Saturday Pendleton Arts Center, Ashland. (606) 329-1007.

Kentucky Proud Harvest Festival Through the 5th. Kentucky Horse Park, Lexington. (859) 259-4280.

Pumpkin Festival Edmonton. (270) 432-3222.

Country Festival & Back Forty Nature Walk Reed Valley Orchard, Paris. (859) 987-6480.

Cruise-In & Sock Hop Hanson. (270) 322-0301.

Overnight Canoe/Camping Trip Through the 5th. Barren River Lake State Resort Park, Lucas. (270) 646-2151.

Craft Show Through the 5th. Greenbo Lake State Resort Park, Greenup. (800) 325-0083.

5K Run Breaks Interstate Park, Elkhorn City. (606) 432-2534.

18-Hole Night Owl Golf Scramble General Butler State Resort Park, Carrollton. (502) 732-4384.

Invasive Species Volunteer Workshops Natural Bridge State Resort Park, Slade. (606) 663-2214.

Barkley Dash Lake Barkley State Resort Park, Cadiz. (800) 325-1708.

Fall Cruiser Crash Western Kentucky Speedway, Nebo. (270) 249-3125.

Giles Arts & Crafts Festival Giles House, Knifley. (270) 465-6104.

Lincoln Days Celebration Through the 5th. Hodgenville. (270) 358-8710.

Pumpkinfest & Fall Tours Through the 5th. “R” Farm, Maysville. (606) 742-2429.

Stepping Stones for Singles Gospel Music Victory Christian Fellowship, Somerset. (270) 566-1491.

OCTOBER 5

Gospel Talent Contest Renfro Valley. (606) 256-2638.

Equestrian Special Olympics Kentucky Horse Park, Lexington. (502) 695-8222.

Mark Twain Among the Insects Western Kentucky Botanical Garden, Owensboro. (270) 852-8925.

Big Rock Jazz Fest & Vintage Jaguar Concourse Cherokee Park, Louisville. (502) 744-9433.

OCTOBER 6

Bluegrass 1000 Road Tour Through the 9th. Louisville. (502) 593-8661.

OCTOBER 7

Fall National Recreational Carriage Drive Through the 12th. Kentucky Horse Park, Lexington. (931) 686-8727.

OCTOBER 8

Kentucky Fall Classic Saddlebred Show Through the 11th. Kentucky Horse Park, Lexington. (859) 268-4509.

Derby City Film Festival Through the 12th. Memorial Auditorium, Louisville. (502) 724-6332.

OCTOBER 9

The World’s Largest Halloween Party Through the 12th. Louisville Zoo, Louisville. (502) 459-2181.

OCTOBER 10

Decorators Showcase Through the 24th. Lexington. (859) 277-0870.

Wickland Corn Maze Through the 11th. Bardstown. (800) 638-4877.

Oktoberfest/Octoberfest Through the 11th. Louisville. (502) 583-0333.

Tenn Tuck Bracket Bash Through the 12th. Beech Bend Raceway, Bowling Green. (270) 781-7634.

A Surreal Experience: The Art of Bill Lawson Through November 9. Gallery 104, LaGrange. (502) 222-3822.

Events are published as space allows, must be submitted at least 90 days in advance, and include a telephone number for publication. Submit events to *Kentucky Living* Events Editor, P.O. Box 32170, Louisville, KY 40232, or fax (502) 459-1611. To view a comprehensive listing of events, or to submit an event online, go to www.KentuckyLiving.com. Published events are subject to change; please call ahead to confirm dates and times.

Dialect Differences

Why eastern Kentuckians talk the way they do
and why they shouldn't worry about it

by Dr. Marshall Myers
illustrations: Jackie Larkins

Like most Appalachians, eastern Kentuckians often get kidded about the way they talk.

People call them “briarhoppers,” “hillbillies,” and “country bumpkins,” just to name a few.

Television and Hollywood don't help with shows like *The Beverly Hillbillies* or *Ma and Pa Kettle*. It seems every time the media portrays people as behind the times and uneducated, they talk the way people in Appalachia talk.

But is that fair?

Of course not.

Language experts call the different way people talk “dialects.”

Scots-Irish influence

Mostly, the dialect of eastern Kentucky results from one main influence: Scots-Irish English.

The Scots-Irish, sometimes called Scotch-Irish, originally lived in the Lowlands and Border Country of Scotland until the 1600s, when they were granted lands in Northern Ireland, mainly in the Ulster province—mostly Scottish Presbyterians in a predominantly Roman Catholic country, ruled by Anglican England.

Because of religious intolerance, famine, and clashes over land rents, the Scots-Irish began migrating to what is now the United States during the early 1700s, and continued throughout that century.

Most landed in Philadelphia and met with the continued religious intolerance from Anglicans, who controlled much of life in early America.

With most of the good land taken, the Scots-Irish moved westward toward the mountains and hill country of Pennsylvania, Maryland, Virginia, North Carolina, South Carolina, and on to Tennessee, northern Alabama, Georgia, most of Kentucky, then Arkansas, the Ozarks, and parts of Texas.

The Scots-Irish in eastern Kentucky were a hardy and hard-working people who somehow scratched a meager living from





the hills and hollers of eastern Kentucky. Typically, these settlers built sturdy cabins and made, grew, or hunted whatever they needed.

The Scots-Irish placed great emphasis on family, with many words of affection and reverence for relatives—for grandmother words like “granny,” “mammaw,” “grandma,” “memaw,” and “momaw,” and for grandfather words like “pappaw,” “pappy,” “popaw,” “granddaddy,” and “grandpa.”

Other regions use some of these same

words, but there aren’t nearly as many of them.

Scots-Irish are also patriotic and brave people, with soldiers like General Andrew Jackson, General U.S. Grant, and General George Patton among them.

But what distinguished the Scots-Irish from the rest of early Americans was the way they talked.

Mind your r’s and a’s

Even today, some of the speakers in the 13 original colonies speak what scholars call an “r-less” dialect. In certain places in their speech, particularly after a vowel, they drop the “r” sound. In Boston, for instance, “car” is pronounced some-

thing like “caw,” while in parts of South Carolina the same word sounds like “cah.”

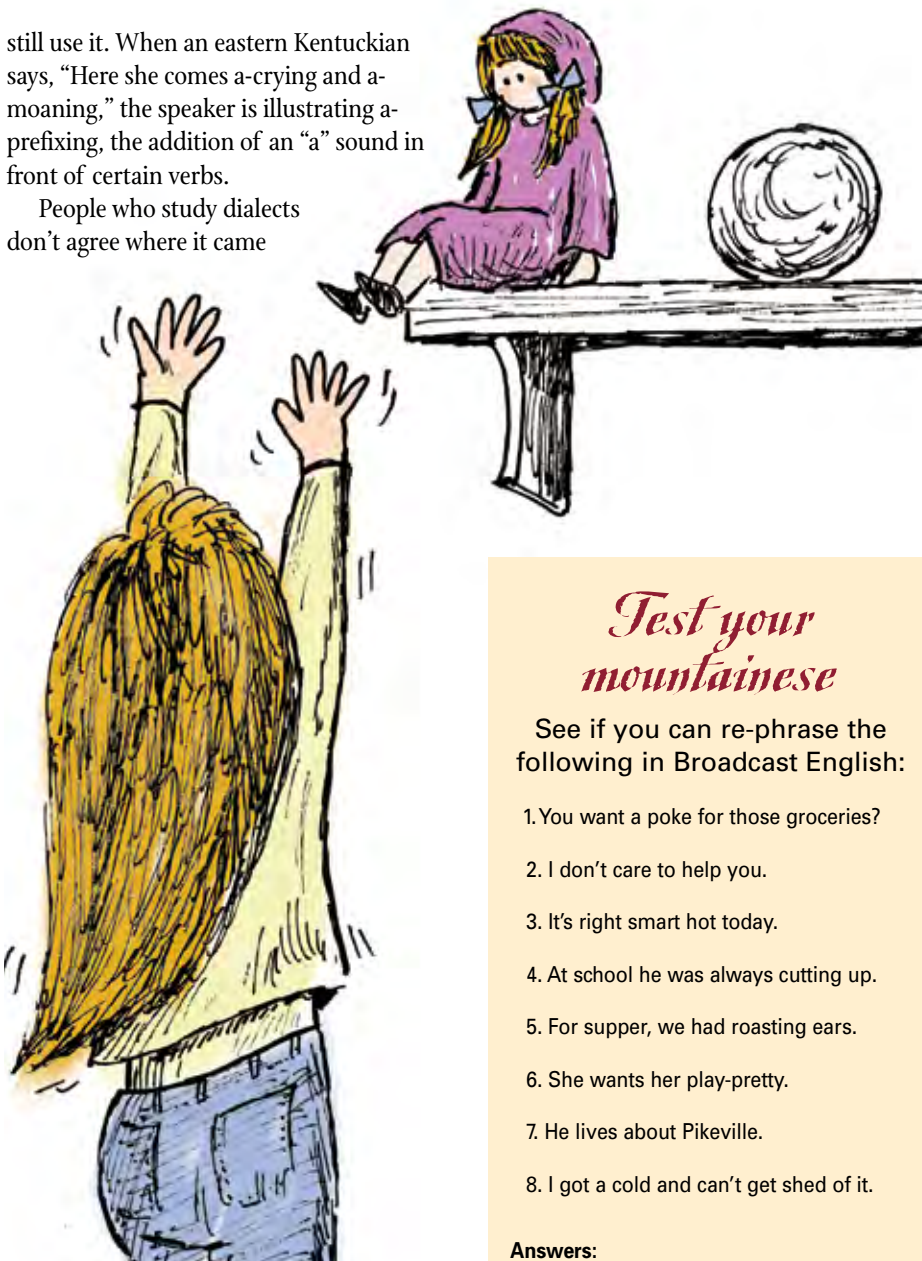
But today, the vast majority of people in the United States aren’t r-less speakers, in part because of the influence of the Scots-Irish. Brian Williams, Katie Couric, and Charles Gibson deliver the news in Broadcast English, where the “r” sound is distinctly pronounced if preceded by a vowel.

But there are some interesting differences in Appalachian speech.

One of the most obvious signs of an Appalachian speaker is “a-prefixing,” a practice that died out in other parts of America and is on the decline in Appalachia, too, though many speakers

still use it. When an eastern Kentuckian says, "Here she comes a-crying and a-moaning," the speaker is illustrating a-prefixing, the addition of an "a" sound in front of certain verbs.

People who study dialects don't agree where it came



Test your mountaineese

See if you can re-phrase the following in Broadcast English:

1. You want a poke for those groceries?
2. I don't care to help you.
3. It's right smart hot today.
4. At school he was always cutting up.
5. For supper, we had roasting ears.
6. She wants her play-pretty.
7. He lives about Pikeville.
8. I got a cold and can't get shed of it.

Answers:

1. You want a sack for those groceries?
2. I don't mind helping you.
3. It's very hot today.
4. At school, he was always misbehaving.
5. For supper, we had corn on the cob.
6. She wants her toy.
7. He lives near Pikeville.
8. I've got a cold and can't get rid of it.

How did you do?

1-3 correct:

You need to make a trip to the mountains!

4-6 correct:

Listen to more country music.

7-8 correct:

You've climbed some hills in your time.

That's because for many years most of Appalachia was largely inaccessible to the rest of the country, with few good roads in and out. As a result, the speakers in Appalachia had less contact with other parts of the country, and consequently were not aware of the change elsewhere.

Does that make those who use these older forms speak "bad English" or "incorrect English"?

Not really.

Dialect prejudices

Just because somebody speaks a different dialect doesn't mean that person is using "bad grammar."

Senator Edward Kennedy and former President Jimmy Carter sound different from people who deliver the nightly news, but we don't see them as speaking "bad English."

But eastern Kentuckians have an additional burden, something called "dialect prejudice": the feeling on the part of one speaker that another speaker's English marks that person as lacking in education or behind the times.

Like all prejudices, it isn't fair.

Language is like dress. You adjust your language to the audience and situation. Just as you wouldn't wear a formal gown or a tuxedo to a backyard barbecue, you would choose an appropriate brand of English for the audience and situation.

So if you're talking to an educated audience, you would use a different brand of English. But if you're grilling hamburgers, nobody expects you to sound like Queen Elizabeth.

Civil rights leader Dr. Martin Luther King Jr. illustrated this.

When he appeared on *Meet the Press*, he spoke a brand of English marking him as an educated man.

But when he spoke to an audience of black people, he used African-American Vernacular English, a more informal English. He adjusted his English to the audience and situation.

Appalachian English is slightly different from Broadcast English in ways most people elsewhere don't even notice.

Typically, people in eastern Kentucky use different forms of contractions, combining two words into just one word. Speakers outside Appalachia say, "I haven't

from: some say it's a leftover from earlier English, others say from the Gaelic language, originally spoken in Ireland and Scotland. But nobody knows for sure.

A-prefixing demonstrates one important aspect of eastern Kentucky language: some forms that have died out in other parts of the English-speaking world are still alive in Appalachia.

For example, in parts of eastern Kentucky, some speakers say, "He clomb a tree," while the rest of the country says, "He climbed a tree." Speakers in eastern Kentucky may say, "I'm agin that idea," while many others say, "I'm against that idea." In both instances, the eastern Kentucky speakers are using an older form.



got my taxes done," while many eastern Kentuckians say, "I've not got my taxes done," combining "have" with "I," rather than joining "have" with "not."

Others say, "I want to pay my bill," while many from eastern Kentucky say, "I'm wanting to pay my bill," differences most don't even notice.

But most from outside the region do notice that eastern Kentuckians, as well as many others in the South, say "right" that sounds to outsiders like "rat." It's a different pronunciation, certainly, but not necessarily wrong.

And eastern Kentuckians at times put

the stress on the first part of a word with several syllables. They say THANKS-giving, while others say Thanks-GIVING. So that little town in Casey County is pronounced "YO-se-mite" in eastern Kentucky, while outside the region they say "yo-SEM-i-te."

There are other differences between the speech of eastern Kentuckians and people elsewhere, but when you get right down to it, eastern Kentuckians speak a dialect rich in tradition and influence, uniquely reflecting their world.

And besides, isn't there enough prejudice in the world without prejudging people by the way they talk?

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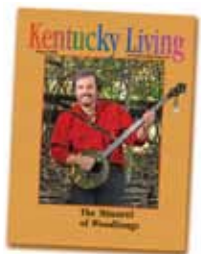


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Hot off the press paninis

You can walk into practically any restaurant today and find paninis all over the menu. These are pressed, grilled, crusty sandwiches. The possibilities are as endless as your imagination. Kids love them and they make great busy-night meals either in your kitchen or on the grill.

My favorite panini is my annual day after Thanksgiving sandwich. I pile together turkey, dressing, mashed potatoes, and cranberry sauce, then grill it and serve it with gravy poured over it. Yummm! Don't worry about buying an expensive panini grill. You can use your waffle iron with great results. If you just have a skillet, a cast-iron one is a good choice. Then all you need is a clean weight and the sandwich is practically on your plate.

LIGHT TUNA MELT PANINI

Nonstick cooking spray
8 slices whole-wheat bread
1 large stalk celery, chopped fine
3 Tablespoons light mayonnaise
2 (4-oz.) cans white tuna packed in water, drained
4 large lettuce leaves
4 large slices tomato
1 cup low-fat, shredded cheddar cheese
Salt and pepper to taste

Spray griddle or grill with nonstick cooking spray. Combine celery, light mayo, tuna, and salt and pepper. Layer sandwiches with lettuce, tomato, 1/4 cup cheese on each sandwich, and grill over high heat with panini grill or weight to compress sandwich. Grill on both sides. Makes 4.



The Deli Panini stacks pastrami, ham, salami, and Muenster cheese on rye bread, then is grilled until the cheese melts. Photo: Jim Battles

HEALTHY VEGGIE PANINI

8 thin slices ciabatta bread (or any dense variety)
Soft butter
1 cup low-fat mozzarella cheese, shredded
1/2 cucumber, sliced into thin rounds
1/2 cup alfalfa sprouts
2 Tablespoons flat Italian parsley
1 carrot, peeled and shredded
2 small zucchini, shredded
2 large Swiss chard leaves, julienned
1 Tablespoon Dijon-style mustard
Salt and pepper to taste

Prepare bread by spreading a light layer of butter on both sides of each slice. Sprinkle cheese on four slices and build upward with a little of each of the veg-

etables, sprouts, and parsley, topping it off with a slice of bread. Grill so vegetables will adhere to the melted cheese. Turn and grill on other side. Makes 4.

ITALIAN PANINI

8 slices Italian bread
Olive oil
4 boneless, skinless chicken breasts
1 cup marinara sauce
Salt and pepper to taste
1 Tablespoon fresh basil, julienned
1 cup fresh mozzarella, torn into pieces

Grill slices of Italian bread on one side and set aside. Brush olive oil lightly on sides to be grilled. Sear chicken breasts

in olive oil over medium-high heat until browned. Lower heat and continue cooking until juices run clear, turning once. Place chicken breast on grilled side of bread and top with marinara sauce, salt and pepper, fresh basil, and pieces of fresh mozzarella. Place grilled side on top of cheese, facing sandwich ingredients. Grill according to panini-maker instructions or on preheated grill or pan with heavy weight. Makes 4.

TURKEY, BACON, AND GUACAMOLE PANINI

8 slices sourdough bread
Soft butter
4 slices turkey breast
8 slices bacon, cooked, drained, and crumbled
2 Tablespoons fresh cilantro
1/4 cup prepared guacamole

Brush one side of each bread slice with butter. Starting on the dry side, layer sandwiches, dividing ingredients to make four sandwiches. Top with bread, with butter side out. Use preheated panini grill, or grill on other pan with weight, and cut diagonally to serve. Makes 4.

DELI PANINI

8 slices Jewish rye bread
Olive oil or melted butter to spread on bread
4 thin slices pastrami
4 thin slices ham
4 thin slices salami
4 thick slices Muenster cheese
1 Tablespoon plus 1 teaspoon Dijon mustard
1 cup roasted red pepper strips
Fresh parsley for garnish

Spread one side of each slice of bread with melted butter or olive oil. Layer sandwiches on dry side by dividing ingredients evenly to make four sandwiches. Grill on panini grill or preheated grill with weight until cheese melts. Makes 4.

Coming Next Month

Good Gravy



Linda Allison-Lewis writes from her home in Bullitt County. She is the author of *Kentucky's Best—Fifty Years of Great Recipes*. Send letters, recipes, or requests to Kentucky Cooks, Linda Allison-Lewis, P.O. Box 40, Hillview, KY 40129, or go online at www.KentuckyLiving.com and click on Kentucky Cooks.

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AT HOME IN THE GARDEN

SHELLY NOLD

Stunning small spaces

This summer I began renovating a very small formal space in my garden. This space is almost a perfect square, surrounded by a garage wall on one side, a 6-foot-tall privacy fence on two sides, and a *Prague viburnum* 'Pragense' hedge on the fourth. The area is at the very back of my garden, with many nicknames over the years—the secret garden, the private garden, Shelly's garden, one year it was France, the next Spain, and another year Italy.

Small spaces can sometimes be the most difficult to design. The smaller the space the more important it is that every aspect of the garden be perfect and working in sync with each other.

MAJOR MOVE

Since the start of this garden, there has been a beautiful concrete urn on a pedestal directly in the middle, with a very small planting area around it bordered with cobblestone. Many years it sat empty into early June because I could not decide what to plant in it.

I finally took the suggestion of a friend and moved the urn to the side of my house in a very narrow garden space where you enter the garden from the front yard. It looks perfect and is right at home in this new space. I can now see that the urn is beautiful all on its own and that I never really needed to plant anything in it. By moving the urn, the renovation was officially under way.



Struggling with a new garden design? Remove all the decorative elements, then start fresh placing them in new locations. Photos: Shelly Nold

BYE BENCH, HELLO TABLE

There was also an old, iron side table with a marble top in the formal garden that was placed up against the fence. Above it was an iron rectangular wall hanging, and on the table I placed a few pots with agaves or succulents. This table always seemed very Spanish to me and right at home in the formal garden. I never thought I would move it, but I did. I put it on the opposite side of the garden at the end of a small walkway where an old iron and wooden bench used to sit. I don't think anyone had sat on that bench in the 12 years it was there, and in the last year I was afraid that if they did it would break into pieces and they would find themselves sitting on the ground. It is now gone.

The side table and wall hanging are perfect in the old bench's location and the new arrangement actually draws your attention to this tiny space. Located in full sun before, but now in shade, it was necessary to switch my plant selections for this new area. I had wanted to try growing a few

more tropical ferns, especially the Australian tree fern, and now I have a beautiful place to do just that.

Two Italian terra cotta containers also had to be moved out of the formal garden for the renovation. One has a gardenia in it, which is a must for me every year just for the fragrance. The second container has a bird of paradise. I am still trying to figure out where these two beautiful containers will be at home.

OASIS OF STYLE

So what is the plan for my old formal garden now stripped of all its decorative elements? It is becoming an Asian- or Japanese-style garden. I chose this because of the complexity and eccentricity of the main portion of my garden, and felt that just one space within that garden should be an oasis for all who enter.

As I began to study this type of design, I quickly learned that this garden was not going to happen overnight. I have kept the main plant elements in the space—a Japanese maple, Carolina jasmine, and Boston ivy—and the design process continues.

Ask the Gardener

BY ANGIE McMANUS

Q When we moved into our house, we inherited a well-established grape arbor. I think they are Concord grapes, the ones with dark purple skins that you pop open to enjoy the juicy sweet interior. The past two or three years we have not enjoyed the grapes. The vine leafs out, flowers, forms lots of green grape bunches, but before they can ripen they turn brown and shrivel up into raisins on the vine. How can we save our grapes?

A The best advice is to take a sample to your County Cooperative Extension Service. The horticulture/agriculture agent will be able to give you a more specific answer. Take a sample of the actual fruit as well as the foliage. It sounds like possible black rot, which is very common here in Kentucky. The Concord variety is highly susceptible to this disease, which is caused by a fungus (*Guignardia bidwelli*). It over-winters and when the spring rains arrive, the spores are blown to different parts of the vine and infection is spread. Have you noticed any damaged foliage? It is typically first apparent on the leaves of the vine and then as the fruit is forming it turns brown and eventually turns hard. This is a problem that will occur year after year if not controlled. Keeping the soil around your plants free of dead/damaged plant debris is always a good idea. This disease can be controlled with fungicide, good sanitation, and annual pruning. To read more about growing grapes in Kentucky, go online to www.uky.edu/Ag/NewCrops/othercrops.html, scroll down to "G," and you will find *Growing Grapes in Kentucky*, *Black Rot of Grapes*, and several other articles for the care of grapes.

HAVE A GARDENING QUESTION?

Go to www.KentuckyLiving.com, click on Home & Garden, then "Ask The Gardener" link to ask a question.



Shelly Nold is a horticulturist and owner of The Plant Kingdom. Send your gardening stories or ideas to Shelly Nold, The Plant Kingdom, 4101 Westport Road, Louisville, KY 40207.

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MARY MARGARET COLLIVER

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"We don't vaccinate just to protect our children," says Dr. Grace F. Maguire, a pediatrician at UK HealthCare's Kentucky Children's Hospital and professor of pediatrics, University of Kentucky College of Medicine. "We also vaccinate to protect our grandchildren and their grandchildren. In the case of smallpox, we successfully eradicated the disease worldwide through immunization efforts. Our children don't have to get smallpox shots any more because the disease no longer exists."

KENTUCKY IMMUNIZATIONS

In Kentucky, the mission to immunize every child has become a statewide initiative. The Kentucky Cabinet for Health and Family Services Immunization Program provides vaccines at no cost to the health-care providers for the Vaccines for Children program and enforces school and childcare immunization regulations. They provide a list of required and recommended vaccinations, as well as an immunization schedule for children attending public and private primary and secondary schools. Visit their Web site at www.chfs.ky.gov and type in "Kentucky Immunization Program" for a downloadable PDF or the Web page.

WORLD VACCINATION VIEW

Prior to vaccine use, diseases such as diphtheria, polio, and tetanus were threats to entire populations, causing pandemic disease across the country; however, these diseases are no longer a threat due to extensive immunization therapy throughout the U.S. population.

Vaccine protection has resulted in some

diseases, such as polio and diphtheria, disappearing in the United States, while others, such as mumps and certain types of meningitis, have become very rare.

If some of these diseases have been wiped out in the U.S., why do we still vaccinate for them? "While several diseases have been eradicated or greatly reduced in our country, they are still plaguing many areas of the world," says Maguire. "If we cease immunizations, these diseases will re-establish themselves here."

BOOST SOME VACCINES

Immunizing children has been a primary focus, but the Centers for Disease Control and Prevention (CDC) stress the importance of immunizing adolescents and adults as well. For the most part, vaccines administered to children will provide a lifetime of protection; however, some vaccines may fade over time. Also, newer vaccines weren't available when adults were children and improvements have been made in them over time.

"Whooping cough (pertussis) is on the rise in the U.S. across all age groups, including adults," says American Academy of Pediatrics President Dr. Renee R. Jenkins. "More than 20,000 cases were identified in the U.S. in 2005, but the vast majority goes unreported. Experts estimate there may actually be up to 1 million cases every year. That's why we have to be diligent about vaccinating our children and adolescents against illnesses." Adults (especially those with contact with infants) should get a booster shot against whooping cough, and this is accomplished by getting a special tetanus booster, including the pertussis vaccine.

Mary Margaret Colliver provides health information for UK HealthCare.



Pet tales

I find it amazing how much a part of our families our pets can become. They seem to know just when we need a calming purr or a furry head in our laps, when we're afraid, and when we're sad. Recently, I had to make the very hard decision to euthanize Tinker, my cat pal of 14 years. She had been with me through significant changes over the years, so I felt I had betrayed her even though I knew it was inevitable. We have three other cats that I love dearly, but I still miss my Tinker. If you have a pet, find your favorite chair and invite your furry friend to join you for some cuddle time while you read.

Danville author Russell Vassallo understands this attachment to pets perfectly. In *Tears and Tales: Stories of Animal and Human Rescue* (Crazy Duck Productions, \$16.95), he fondly remembers animals that have touched his life over the years. Some were house pets, some were farm animals, some were even wild animals who seemed to be sent to offer a message of hope during Vassallo's time of greatest sorrow. With each story, he seems to dig deeper to uncover emotions tied to that animal and, several times, brought this reader to tears. The book was awarded the Reader Views Reviewers Choice Award in 2007 and was also a USA Book News Best Books Award finalist. Perhaps the bigger reward to Vassallo, though, is the companionship and growth he has found through his animal friends.

Now that school is back in session, Woody and Chloe, the Kentucky

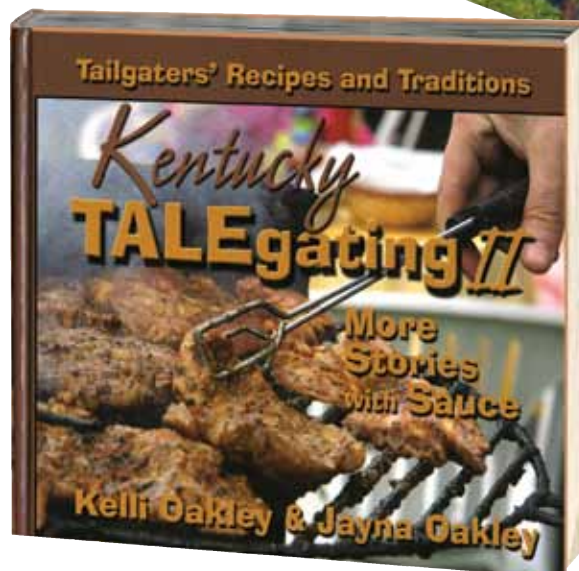


wiener dogs, and Shepherdsville author Leigh Anne Florence will teach your kids a history lesson in *Mr. Dogwood Goes to Washington* (McClanahan Publishing House, \$12.95). While the pups are on a tour of our nation's capital, Woody shares all he is learning about our government, our freedoms, and our

historical documents. Kids will chuckle at Woody's ponderings about his right to chase kitties or bark at the mailman as he views the Bill of Rights. Included is a special section from Woody's journal.

Now let's talk about pigskins. Not the oinking variety, but the football variety. Tailgating season is here. Seasoned tailgaters and sisters-in-law Kelli and Jayna Oakley have collected more recipes and stories from their comrades to compile *Kentucky TALEgating II: More Stories with Sauce* (Acclaim

Press, \$21.95). Recipes are divided into categories with football-themed titles, and several photos of tailgaters are included. Many of the recipes, like the stories shared in the cookbook, have been passed down from generation to generation of fans. Also included is a list of quantities to serve 100 people, measurement conversions, and room to write in your own fan favorites.



Penny Woods reviews books in association with Joseph-Beth Booksellers of Lexington. Books can be ordered from Joseph-Beth by calling (800) 248-6849 or online at www.josephbeth.com.



Can you pass the hunter education test?

Hunter education courses are a waste of time for people who have hunted for years. At least that's what I thought when I walked into my first hunter education class.

The instructor asked why the size of a shotgun is described as a "gauge" rather than a "caliber." Puzzled, I sat up and leaned forward. I didn't know the answer. It turns out shotguns are measured by an old system. First, you took a lead ball that just fit into the barrel. Then, you determined how many of those balls it took to make a pound. Twelve balls meant the gun was a 12-gauge.

I started paying closer attention after that. Through the course, I learned about firearms safety, ethics, wildlife identification, first aid, and outdoor survival skills.

"We have fathers and grandfathers—people who have been hunting a long time—take the course with their kids or grandkids," says Bill Balda, who runs the hunter education program for the Kentucky Department of Fish and Wildlife.

Above all, hunter education emphasizes firearms safety. Even people who don't hunt—but have guns at their house—find the



Hunter education instructor Al Decker gives Ann Bruce pointers on the safe use of a shotgun. More than 17,000 people take hunter education courses in Kentucky each year. Photo: Dave Baker

course useful. "Hunter education came about to reduce hunting accidents," Balda explains. "And since it became mandatory in 1991, we've had 33 percent less gun-related fatalities among hunters."

Courses are free, and usually involve two night classes followed by a third

day at the range. Participants fire some type of gun at the range to make sure they know and can follow safety rules. At the end, there's an 80-question test to pass.

Hunter education is mandatory for all licensed-required hunters born on or after January 1, 1975, for anyone hunting in Kentucky.

Insider's tip

Kentucky Fish and Wildlife offers a variety of quota hunts on public land for deer, pheasant, rabbit, quail, and waterfowl. Because the number of hunters is limited, you must apply for a drawing. Applications are accepted only during the month of September by calling (877) 598-2401. Consult the current hunting guide for locations, hunts, and further information.

Last year, Kentucky Fish and Wildlife started a one-time temporary hunter education exemption permit. You take an online test, for a \$5 fee, and if you pass you are exempt for one year, but you must be supervised when hunting by an adult who has met the hunter education requirement.

Visit the Kentucky Fish and Wildlife Web site at www.fw.ky.gov to find out more about the test or for the course nearest you. If you don't have the time to take the night classes, you can call (800) 858-1549 and request a disk to play on your computer, check out a VHS tape available at many libraries, or take the course on the Internet. If you use these alternative methods, however, you still must attend the range day and take the test in person.



Dave Baker is editor of *Kentucky Afield* magazine. Visit www.kyafeld.com or call (800) 858-1549 for information about the Kentucky Department of Fish and Wildlife Resources and *Kentucky Afield* magazine.

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MONEY MATTERS

Mr. Money Matters

The guy who's been offering you retirement and other financial advice in this space for nearly 20 years is moving on from the *Kentucky Living* part of his career.

"I've been blessed by the Lord, I have adequate money in my pocket, and I have avenues to go down without getting too lost in the wilderness," Jim told me in a phone conversation this summer.

Jim's been *Kentucky Living's* only Money Matters writer, the first column appearing in the January 1989 issue.

His writing career began on Ohio and Indiana newspapers before becoming a civilian staff member for the U.S. Army's highly respected *Stars and Stripes* newspaper. On that publication he served as Vietnam news editor in the late 1950s, which he describes as a very active time for a journalist in southeast Asia.

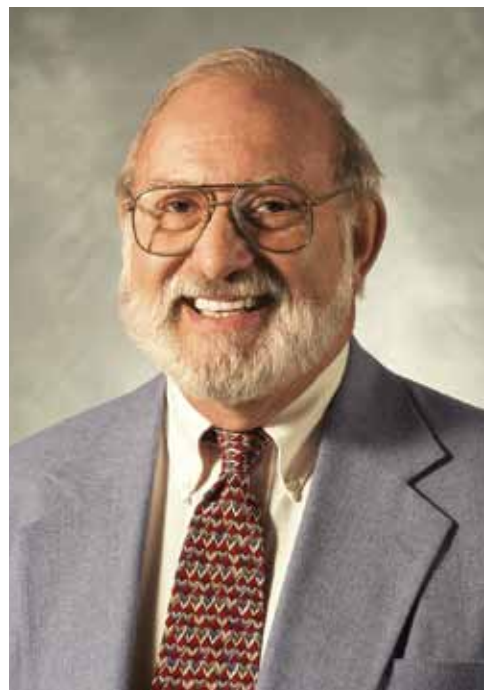
That international experience helped earn him a job with the Louisville *Courier-Journal*, where he worked for 22 years as a copy editor and business news editor.

In addition to the Money Matters column, Jim has been serving on the board of the Louisville Bedding Co., an involvement he plans to continue.

I asked Jim for his top advice for *Kentucky Living* readers:

1. Don't panic. Despite the scary economic news these days, don't rush out and react to the current situation. Keep your powder dry—there's going to be a good time to buy. And stay away from those second mortgages—pay off the first one.

2. For younger people in particular,



Jim Thompson retires after writing Money Matters for almost 20 years. Photo: Jim Battles

take advantage of any of your employer's programs offering to match your contributions. Take the free money.

3. Buy stocks that you know. Jim just sold some Exxon stock he bought in the 1960s, and it did very well for him. He reasoned at the time that a company would likely do well if it owned the crude oil production, marketing network, and sold the gasoline to the end user. And he hung on to it for a long time. Don't jump from business to business, Jim says. If a stock doesn't go up for several months, that's OK.

Jim sums up, "Everybody needs to have a grip on where they are and where they want to go."

I didn't ask him whether that was financial advice or a guide for life in general.

Thank you, Jim, and on behalf of all *Kentucky Living* readers, best of luck.

— Paul Wesslund



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Tree of knowledge

Even though I've done it before, I'm going to do it at least one more time—sing high praises to my teachers, the gentle authority figures dedicated to the proposition that every mind deserves an equal chance.

There were a few not-so-great instructor apples in the barrel, but the majority by far were as golden and unselfish as I ever deserved. Not a single one led me down any snaky, apple orchard paths. None I knew was involved with reptilian deceptions, real or imagined.

Oh, I've heard of a few rowdy educators along the way to the present time, some as under-prepared and misdirected as under-paid and manipulated. No, I speak mainly of the bygone classroom, the one wherein the well-meaning worked, the encouragers and comforters, the leaders to the written word and the meanings buried deep toward the core, where lie the seeds of a better understanding of tomorrow.

As for students, we behaved, shenanigans mild if at all.

The best of the teachers taught us to think for ourselves, you know, the secret of carefully taking apple truth from the tree one at a time—then, peeling away the layers of improving knowledge, going to a single seed, prying it open, meeting the community of individuals inside, shaking hands with them, saying, "Thank you for sharing with me your lessons of learning."

This exercise, dear children, requires the sharpest of Grandfather's Hen & Rooster knives. Dull blades won't do. Rust is the rip and running cousin of disrespect. Things just work better when they're finely honed. Takes well-salivated whetstone movements—out and back, out and back, around and around, easy does it.



So, please listen carefully.

Two of the greatest of teachers are Mr. and Ms. Experience. They went to UTE—the University of Trial and Error. Students listened to these professors and did not jump to the conclusion that nobody over 30 could be trusted. Perhaps you remember that hippy-happy battle cry. To tell you the truth, I never learned much until I was twice 30—three score for prying open the apple core, 10 for beginning to feel at home with the secret seeds of something even resembling success.

I know—the idea of success has not always met with approval. Why? Maybe it's because one individual's achievement seems inevitably at the expense of those less fortunate, bringing to the fore the notion of "the level playing field." To some this suggests that there shouldn't be winners or losers, just players.

Wait a minute.

Should not the rewards of success go to the fittest of the fit, the most creative of the

creative, the hardest working of the workers? Then, the Bill Gateses of the world can decide how to spend retirement, especially how to give billions to charitable causes. Imagine how it might have been if Bill, born not so very long ago (1955), had been brought into question, "Who told you it was all right to develop computer software? Don't do anything, Little Bill, until Big Daddy has assigned a committee to study the consequences."

Or imagine telling Thomas Edison it would be too dangerous to invent the incandescent lamp.

Let's not forget womankind: Rachel Carson, environmental author of *Silent Spring*; Emma Lazarus, whose words are inscribed on the base of the Statue of Liberty; Gertrude Ederle, the first woman to swim the English Channel. Did we forget Ella Fitzgerald? We shouldn't.

It has been said, "It's not what you know, but what you practice what you know." And it's also been said: "If you want to make an apple pie from scratch, you must first create the universe," (Dr. Carl Sagan) or "I'm not smart, but I like to observe. Millions saw the apple fall, but Newton was the one who asked why," (Bernard M. Baruch).

There is so much to learn at the core of the apple, and it's there for the peeling. Make cider if that's your taste, but how much better it is to save seeds for the planting of more trees. Future generations will reap a new harvest, and it doesn't have to be high-tech. It can be as basic as a smile.



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



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