

# Kentucky LIVING style guide

Prepared by AURAS Design

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October 2009

## Some general guidelines and quick references

### TYPE STUFF

›Style Name with a carat is a paragraph style

•Style Name with a bullet is a character style

The first paragraph of a feature, department or sidebar does not indent.

The first paragraph after a subhead does not indent.

Use a soft return to break a 2-line subhead in the middle. Avoid 2-line subheads with only one word on the second line.

Don't use double returns to add space. Add using Space Before or Space After.

Avoid widows if possible (single word on a line by itself at the end of a paragraph).

Do not track body copy more than -10. Preferably no more than -5.

If that doesn't get rid of a widow:

- apply Balance Ragged Lines to the paragraph;
- apply a right indent little by little till the paragraph looks better;
- have an editor cut a word or two;
- give up and leave it.

Never let a one- or two-word orphan get through (last line of a paragraph at the top of a column). An orphan that's at least two-thirds of the column width is okay if no other option exists.

Wide columns of small text are hard to read. A rule of thumb is to keep a line width in picas to 2½ times the point size of the text. So 10 pt text would be okay up to 25 picas wide (a bit more than 4 inches).

Use the Proper Fraction script to apply fractions. Use a Thin Space between a number and a fraction (see previous paragraph).

### GRID AND LAYOUT STUFF

6 picas to an inch.

1 pica = .166667 inches

When using a 3-column format on the 16-unit grid, the text uses 15 of the 16 units, and the open unit is on the outside edge.

- The open unit on those pages can be used by sidebars, photos, captions, graphics, pull quotes.

Running text pages use a larger headline style (30pt) than the Mondrian pages (22pt), but they both use the same hangline.

Lay out departments so Mondrian page faces running text page whenever possible.

Photo credit baseline sits 2 pts from photo.

Caption sits 6 pts below photo (in most instances).

### COLORS

Choose two colors for On the Grid and two colors for Kentucky Culture each issue or seasonally. One color used in the two sections can be the same (e.g. orange and lavender up front and lavender and green in the back).

No set color for nameplate on the cover or TOC. A "corporate" color should be chosen and used consistently for the masthead and business cards, letterhead, etc.

#### Wingdings 3

- ▶ lowercase u
- ◀ lowercase t
- ▼ lowercase q
- ▲ lowercase p



## Design philosophy

KENTUCKY LIVING may be an institutional publication, but in its new incarnation, it wants to compete with consumer regionals and shelter publications. To maintain a high standard of excellence and consistency issue to issue requires a balance between repeating designs and making them fresh each time.

The inclination to ornament and overdesign must be avoided. Every design decision must have a rationale that involves one of three things: 1) It expands the intention of the editorial, 2) it enhances navigation or branding within the book, or and 3) it has a connection with styles used throughout the book.

To that end, here are some things to avoid in this version of KENTUCKY LIVING:

- **BUSY PAGES.** Department pages might be full, but they don't have to be busy. Group elements where possible, use short heads and long decks instead of long heads, try to keep the top of the pages open and pay attention to how a reader will scan the page. A good rule of thumb for pages that look busy is to take something off the page, whether it is an image or some text or a long head replaced with a shorter one, the urge to cram in more editorial often results in editorial that isn't read at all. This extends to the feature stories to an even greater degree. Keep them open and use clear design motifs for each story to make them distinct and easy to "read." Search for ways to abstract content and create focal points on each spread.
- **USELESS ORNAMENTATION.** Don't use cheap clip art or obvious stock images, or add an image that only serves as an eye rest. Make every illustration possibility communicate more than the obvious through its composition, content or style. White space is often a better choice than a cheesy or kitschy image.
- **CLICHÉ PROGRAM TRICKS.** Sure you can add all sorts of effects to type and boxes. Bevels, corners, glows, gradations—you know where the effects menu is. Use them sparingly and always subtly. That doesn't mean never; it means that it shouldn't be too obvious. For example, a drop shadow should be so light that a reader almost doesn't "see" the effect. When in doubt err on the side of too little.
- **TOO-SIMILAR FEATURE LAYOUTS.** The modular grid and the large family of fonts at your command can make every feature have its own personality, but it helps if editorial planning creates different types of structures for each story. Having nothing but 3000 word prose-style stories in an issue is not as interesting to readers as a combination of small-content packages, lists, or interviews that vary the approach to each feature,

Ultimately, it is your publication. Sometimes it just works better to ignore the grid, tweak type styles, or use an ornamental font for a story. The real skill in implementing a design is the discretion of the designer in knowing when and how far to go. Like many subjective things, if you go too far, "you know it when you see it." At least, you should.

## 4 Document setup

**Document Setup**

Number of Pages:  ☒ Facing Pages ☐ Master Text Frame

Page Size:

Width:  Orientation:

Height:

**Bleed and Slug**

	Top	Bottom	Inside	Outside	
Bleed:	<input type="text" value="0.125 in"/>	<input type="text" value="0.125 in"/>	<input type="text" value="0.125 in"/>	<input type="text" value="0.125 in"/>	<input type="button" value="v"/>
Slug:	<input type="text" value="0 in"/>	<input type="text" value="0 in"/>	<input type="text" value="0 in"/>	<input type="text" value="0 in"/>	<input type="button" value="v"/>

### ! Folios

Page #: 12/12 Interstate Bold Cond  
Kentucky Living: 6.5/12 Interstate Bold, tracking 180  
Date: 6.5/12 Interstate Regular, tracking 180

Horizontal Guides

• 2p0 / 0.3333"

• 4p9 / 0.7917"

• 8p2 / 1.3611"

• 12p1 / 2.0139"

• 21p7 / 3.5972"

Master Page A

16 columns, used for all text pages  
except Events Calendar listings

Margins and Columns

Margins			
Top:	7p0	Inside:	3p0
Bottom:	4p4	Outside:	3p0
Columns			
Number:	16	Gutter:	1p0

OK Cancel ☒ Preview

! Folios

URL: 6.5/12 Interstate Bold, tracking 180  
Date: 6.5/12 Interstate Regular, tracking 180  
Page #: 12/12 Interstate Bold Cond

• 21p7 / 10.4583"

## 6 Document setup

### Horizontal Guides

• 2p0 / 0.3333"

• 4p9 / 0.7917"

• 8p2 / 1.3611"

• 12p1 / 2.0139"

• 32p0 / 5.3333"

• 32p9 / 5.4583"

• 21p7 / 10.4583"

**Margins and Columns**

**Margins**

Top:  Inside:   
Bottom:  Outside:

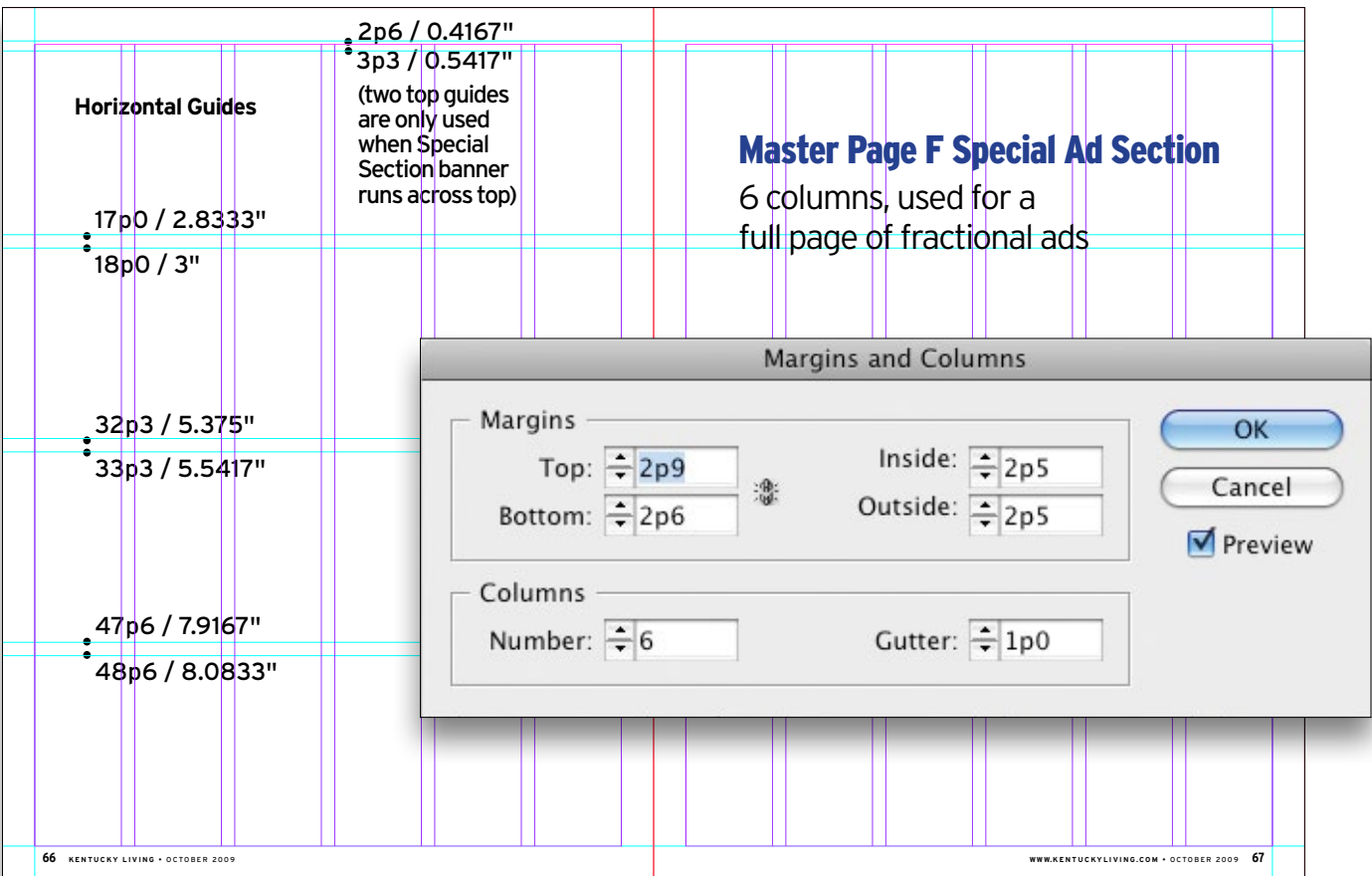
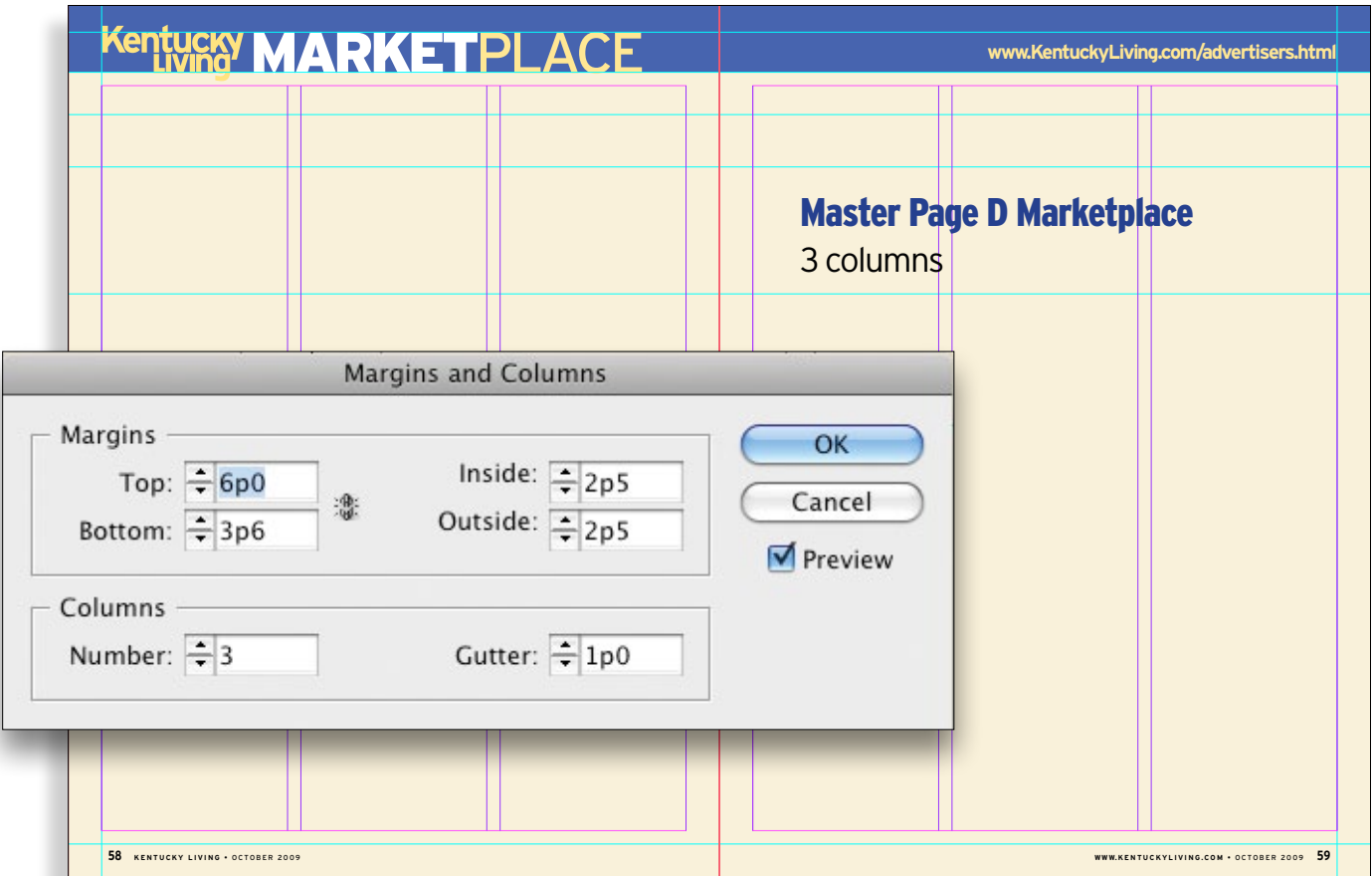
**Columns**

Number:  Gutter:

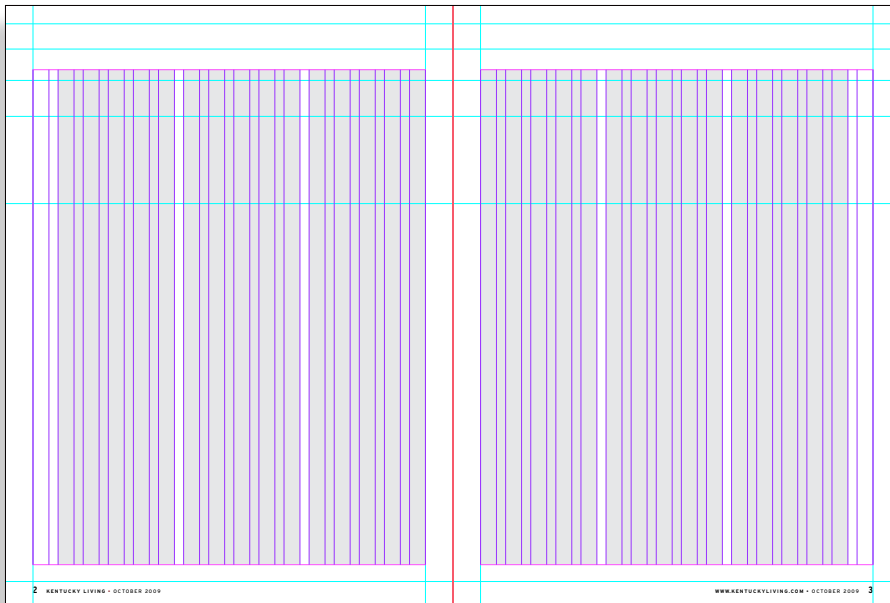
☒ Preview

### Master Page B Events

6 columns, used for  
Events Calendar listings

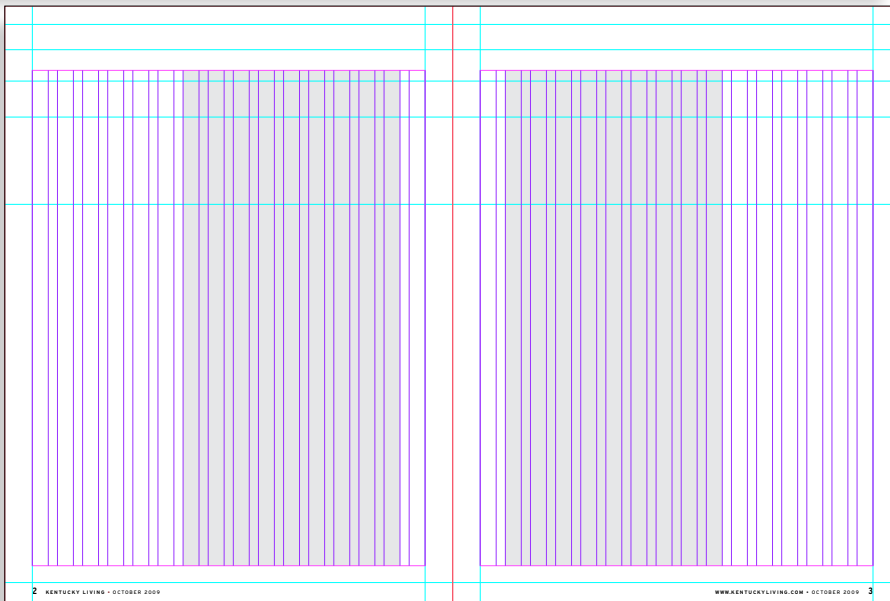


## 8 Text columns on the grid



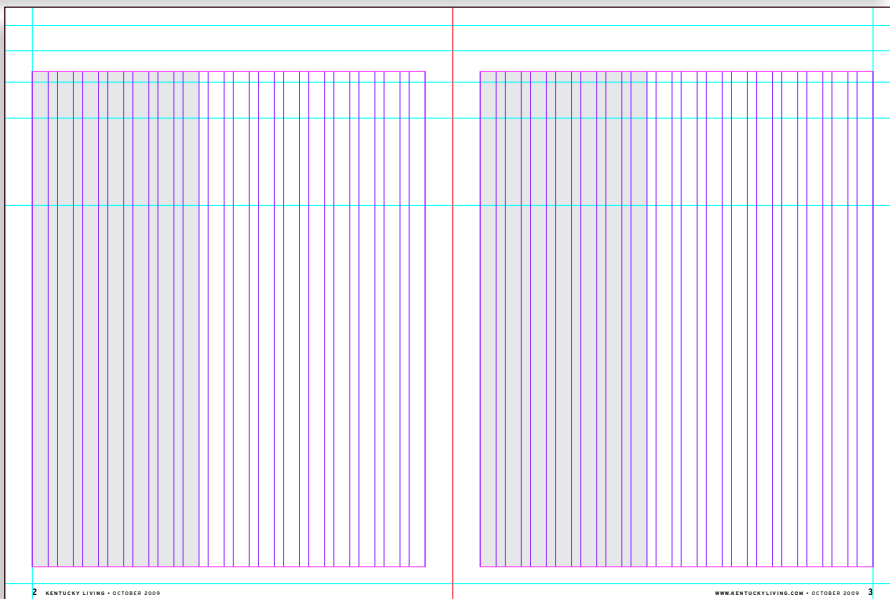
### 3 column format on the 16-unit grid

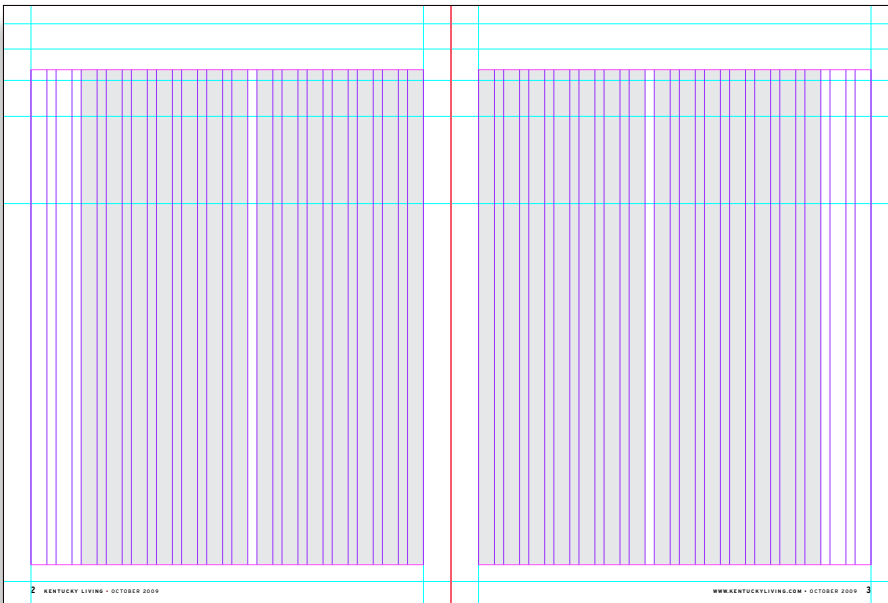
- Columns are 5 units wide.
- The outer unit should not be used for running text.
- Photos, cutlines, pull quotes can all utilize that space.



### 1 column format on the 16-unit grid

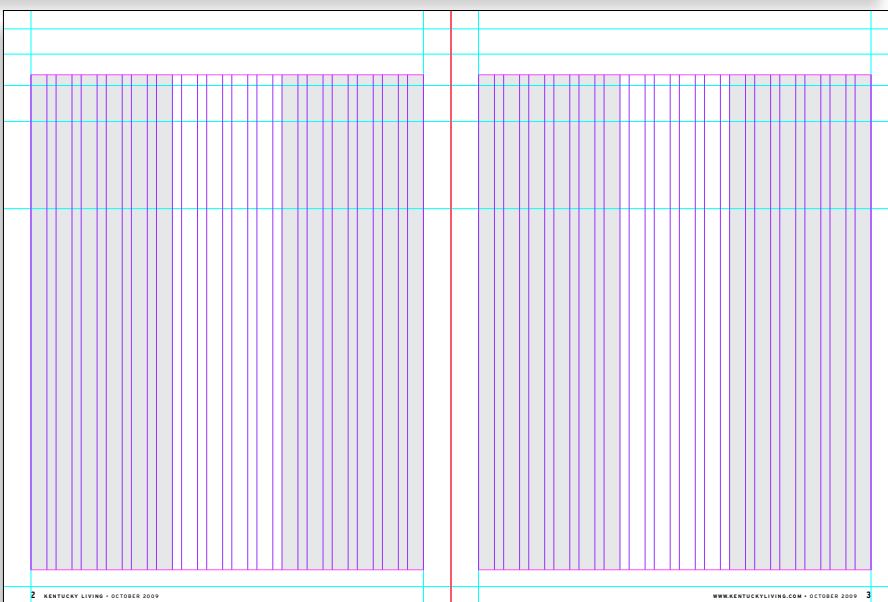
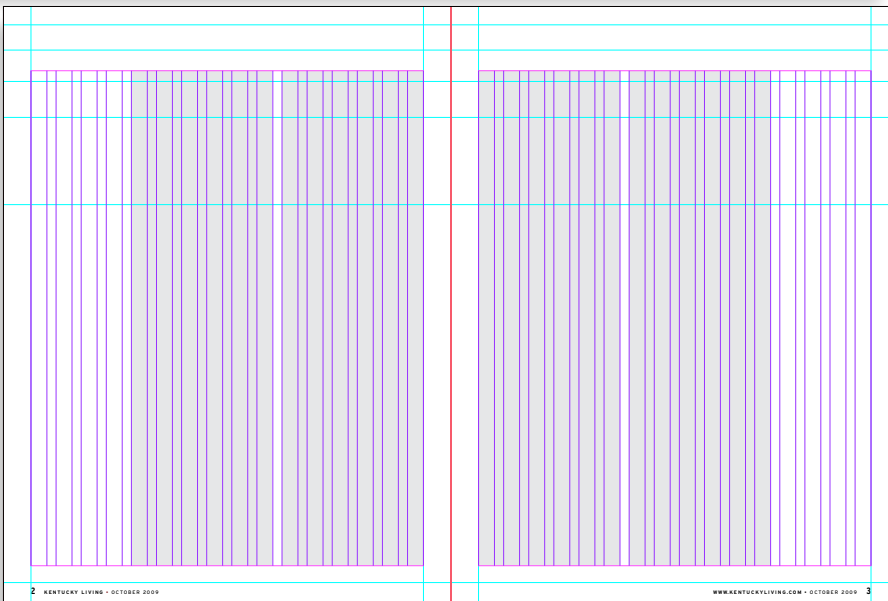
- Any width no greater than 11 units is permissible.
- 11 units should only be used for From the Editor or other very short items.
- 9 columns or fewer is a better width for body text when being used for a feature.
- The column can be placed anywhere within the grid, depending on how it works best with graphics and sidebars.
- Place column on pages in a consistent location, keeping the pages parallel or mirror layouts.





## 2 column format on the 16-unit grid

- Columns can be 6 or 7 units wide.
- The columns can be placed anywhere within the grid, depending on how they work best with graphics and sidebars.
- Place columns on pages in a consistent location, keeping the pages symmetrical or mirror layouts.



Rubric hangline

Dept headline hangline

Dept body copy hangline

ON THE GRID

CUTTING COSTS

## Building the totally efficient house

I plan to design and build a new house, and I want it to be energy efficient. I hear LEED-certified houses can qualify for reduced property taxes: what is a LEED house, and is it energy efficient?—Clara C. JAMESVILLE

Leadership in Energy and Environmental Design (LEED) is a certification program developed by the U.S. Green Building Council to promote environmentally responsible and sustainable building practices. LEED-certified houses generally cost more to build than their energy- and water-wasting, and possibly tax-sheltering, counterparts, but they can save money in the long run by reducing energy and water consumption, and by reducing the need for air conditioning and heating. LEED houses also have a higher resale value, and they are more likely to be sold faster than non-LEED houses.

LEARN MORE

**LEED building help**  
There are many ways to get LEED help. The U.S. Green Building Council (USGBC) provides a variety of resources, including a LEED certification program. You can also find LEED-certified houses for sale on the USGBC website. For more information about LEED, visit [www.usgbc.org](http://www.usgbc.org).



This LEED-certified house in the U.S. Green Building Council's LEED program is a single-story house with a flat roof, large windows, and a green roof. It is a LEED-certified house, and it is energy efficient.

**Green points**  
You'll be able to find a certified inspector to inspect your house for LEED certification. A house gets points for various features, including energy efficiency, water efficiency, and indoor air quality. The more points a house has, the more LEED-certified it is. A house with 10 points is a LEED-certified house, and a house with 20 points is a LEED Platinum house.

Energy efficiency features give the most points. These must be extremely efficient, not just the standard energy-efficient features. For example, extra insulation, high-efficiency windows, and a high-efficiency furnace are required. A house must also have a high-efficiency water heater, a high-efficiency refrigerator, and a high-efficiency dishwasher.

## GADGETS &amp; GIZMOS

## Stop your TV from hogging energy

California's proposed rules for new TVs could save you money. The California Energy Commission has proposed mandatory energy-consumption standards for new televisions. It says the new standards would save enough electricity to supply 10,000 homes.

California is joining the trend of the growing popularity of "flat screen" models, so called because their display panels are flatter and thinner than traditional cathode-ray tube (CRT) models. Despite their sleek dimensions, many flat-screen models are power hogs. On average, flat-screen TVs consume 100 to 150 watts more power than CRT models. They are also contributing to what the California Energy Commission finds an alarmingly high rate of energy waste. A 42-inch flat-screen TV can use as much as 150 watts of power, compared to about 100 watts for a CRT TV of the same size.



SMART SHOPPER

## Energy Star TV ratings

Energy Star TV ratings are a way to compare the energy efficiency of different TV models. The U.S. Environmental Protection Agency (EPA) has created the Energy Star program to encourage manufacturers to produce more energy-efficient products. The program is based on the EPA's EnergyGuide, which provides information about the energy consumption of various household appliances. The Energy Star program is a voluntary program, and manufacturers can choose whether or not to participate. However, manufacturers who do participate must meet certain energy efficiency standards.

## DOLLAR SENSE

## To save money with TV

There are several ways to save money when buying a TV. One way is to buy a TV that is energy efficient. Another way is to buy a TV that has a low screen size. A third way is to buy a TV that has a low price.

■ Turn off your TV and all connected devices when you're not in the room. This can save a lot of money.

■ Buy a TV with a smaller screen and a lower price. A 32-inch TV is a good choice for most people.

■ Look for a TV with a low price. A TV with a low price is a good choice for most people.

Dept rules and top of LARGE CAPS headers align to 2nd guide

Top margin Mondrian page tints align to this point

Guide immediately below top margin is hangline for SMALL CAPS headers

## Top margin

- Type on secondary pages of features and departments can—but doesn't have to—go up to this point.
- In most instances, no tint boxes or text above this point

The official photograph of all the members of the band is a black and white photo of the band members standing in a line. The photo is a black and white photo of the band members standing in a line.

WITCHINGS AND WARRIORS  
Reading history and learning history is a new subject, but it's not without its challenges. For example, the book "Witchings and Warriors" is a new subject, but it's not without its challenges.

When you walk over a person's grave, there's no scientific explanation, but it's a common belief. The book "Witchings and Warriors" is a new subject, but it's not without its challenges.

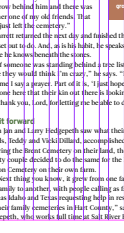


A black and white photo of a person standing in a field, possibly a grave site.

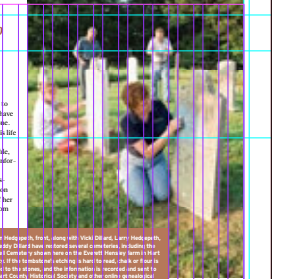
## As is his habit: Tom Barrett speaks to the people he knows beneath the stones

When you know how to handle things, you can do anything. Tom Barrett is a man who knows how to handle things.

When you know how to handle things, you can do anything. Tom Barrett is a man who knows how to handle things.



A black and white photo of Tom Barrett speaking to a group of people.



When you know how to handle things, you can do anything. Tom Barrett is a man who knows how to handle things.

A black and white photo of a group of people standing in a field, possibly a grave site.

## Greene Hale's Kentucky Roots

Hale's family still lives in Henderson, Kentucky. The family has a long history in the area.

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## With Blair Witch, "We carved out a little piece of film history that will always be ours."

The film "Blair Witch" is a horror movie that is based on the true story of the Blair Witch Project.

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## FROM THE EDITOR

## Guided tour

Kentucky Living's new look is more than skin deep. Here's what you'll find inside, and why.



Welcome to the new and, we hope, improved *Kentucky Living*. It doesn't just look different. It's meant to be more useful to you around:

The cover includes the tagline, "Celebrating the energy of your community." As a magazine published by Kentucky's member-owned electric co-ops, *Kentucky Living* aims to connect the power that comes in the form of kilowatts with the strength of our local friends and neighbors.

The bottom of page 6 shows two *Kentucky Living* efforts to be a good organizational neighbor and citizen. One of the fine-print logos indicates the paper the magazine is printed on is made of 10 percent recycled, post-consumer waste paper. The paper is also certified by the Sustainable Forestry Initiative, a respected standard that assures the wood used to make *Kentucky Living's* paper results from practices like reforestation, legal compliance, and protection of water, soil, and biological diversity.

Page 9 lists ways you can be a part of the magazine, from new features like submit-

## Facing departments, both with rules

- Rule bleeds off outside.
- Rule stops at gutter margin.

"market" to solve the problem is too late.

ainer, Somerset

## In Kentucky

with the letter disappointed

ly *Kentucky Living's* focus

pessee. So I decided to write

place in Grayson County

Royal Farm ATV. It has 500

ride on. There is also enter-

ent with the River Red Show on

the weekends, and food and drinks. It

has free camping and lots of beautiful wooded areas. Prices are reasonable also.

Debbie Welsh, Clarkson

vote would have still resulted in the same outcome. Fortunately, we still

have a chance to kill this legislation in the Senate—we don't have to worry

about how our two senators will vote on this, but if we have friends in other states who can influence their legisla-

tors, we need to contact them.

Larry S. Gomer, Franklin

Support emission limits

## LETTERS

a responsible breeder would have required the buyer sign a legal contract stating that if for any reason they decided they no longer wanted the pet, they would return the pet to the breeder. This kind of breeder has the best interests of the animal in mind.

Sabrina Schwardt, Finchville

## Adopt shelter dogs

Regarding the reactions after the Guest Opinion in May on dogs from animal shelters, when I adopt my

pets from the shelter, I feel I am giving a worthy dog or cat a home

who might not see another sunrise.

M. Clark, Danville

## Saving pets

In response to concerns about the Guest Opinion in May about shelter

dogs, there is no need for anyone to breed or purchase dogs of any kind

## KENTUCKY CULTURE

## SMART MOVES

## Genetic counseling for cancer

## SMART HEALTH

Counseling helps assess cancer risk to determine if testing is right for you

KEITH HAUTALA

If you have a family history of cancer, genetic counseling can help you determine if you and your family are at increased risk for certain types of cancer. It can also help you obtain personalized recommendations for cancer detection and prevention, and help you decide whether genetic testing is right for you.

The goal of clinical genetic coun-

Patients can discuss their individual cancer risk assessment, recommendations, and referrals for cancer detection and prevention. Patients can also find out about clinical genetics research studies, as well as psychological counseling options for coping with hereditary cancer issues.

"Genetic counselors combine the science of genetics with the human

## SMART MONEY

With mortgage interest rates at historic lows, should I refinance?

SARA PEAK

The answer depends on a number of factors—more than just the rate.

Mortgage expert John Cole, senior loan executive with First Financial

Mortgage in Louisville, says, "One factor is recapture—that is, how long

will it take to regain in savings the amount you spent on closing costs?"

If closing costs are \$2,500 and you save an additional \$50 per month on your mortgage, it will take you 50

months to reach your break-even

## Single department spans spread

- Rule runs across gutter.
- If department logo is beside a partial ad, do not use short horizontal rule. Vertical rule should be a minimum of 12 pts from ad.

## ON THE GRID

## CUTTING COSTS

## Building the totally efficient house

I plan to design and build a new house, and I want it to be energy efficient. I hear LEED-certified houses can qualify for reduced property taxes: what is a LEED house, and is it energy efficient?—Clara C.

JAMES DULLEY

Leadership in Energy and Environmental Design is a certification procedure developed by the U.S. Green Building Council to promote environmentally responsible and sustainable housing.

In addition to energy and material efficiencies, LEED houses offer lower operating costs and increased value at



This super-efficient house got LEED certification for features like reduced air leakage, solar water heating panels, and

## GADGETS &amp; GIZMOS

## Stop your TV from

California's proposed rules for new

MIKE JENNINGS

Among home appliances, televisions rank third in energy consumption and cooling systems and refrigerators.

The California Energy Commission has proposed standards for new televisions. It says the new standards would save enough electricity to supply 864,000 homes.

California is turning to televisions because of the growing popularity of "flat screen" models, so called because their display panels are lighter and thinner than traditional cathode ray tubes (CRTs).

Despite their sleek dimensions, many flat-screen models are power gluttons. On average, flat-screen TVs consume 40 percent more power than CRT models.

They are also proliferating at what the California Energy Commission finds an alarming rate. Liquid crystal display (LCD) models account for about nine out of 10 new TVs sold in the state. Plasma televisions, which consume triple the electricity of CRT models, account for most of the rest.

Average screen size TVs by type and average watts used\*



\*Based on watts per square inch for average size TVs by type (CRT 0.23 watts/in<sup>2</sup>; LCD 0.27 watts/in<sup>2</sup>; plasma 0.36 watts/in<sup>2</sup>).

## ART TOPPER

Energy Star's TV ratings

Energy Star label means something, though not as much as one might hope.

The government-sponsored Energy Star program is intended to help consumers judge energy efficiency, but

compliance is voluntary, and manufacturers test and rate their own products.

To earn an Energy Star, a TV when

turned on must consume no more than a wattage determined by its screen size. If a television offers a choice between the power-intensive mode retailers use to catch the consumer's eye and a power-saving "home" mode, testing occurs in the "home" mode.

The U.S. Environmental Protection Agency has called Energy Star misleading. Still, the agency says that if Energy

Star ratings were properly applied and all TVs sold in the U.S. earned them,

the reduction in greenhouse emissions would match taking 1 million cars off the road.

If California adopts its proposed standards, consumers will have what amounts to a second set of energy ratings—the list of TV models that make the cut in the Golden State.

Find out more, and download a list of TVs that already meet the California standards, at [www.energy.ca.gov/appliances/tv\\_faqs.html](http://www.energy.ca.gov/appliances/tv_faqs.html). —M.J.

## "On the grid" &amp; "Kentucky culture" rubrics on outside of left page of spread when possible.

- When left page is full page ad, rubric runs on outside right.
- Color box of department logo and rubric align with page number, whether flush left on left page, or flush right on right page.
- Omit short segment of horizontal rule when dept logo is by a partial ad.

at [www.resnet.us](http://www.resnet.us) across the country that work with the U.S. Green Building Council. They contract with qualified local inspectors to follow and rate houses registered for LEED certification.

For more information about LEED-certified homes, visit [www.usgbc.org](http://www.usgbc.org).

tera—something as simple as using screws made partially from recycled

metals may gain a LEED point. For a residence, there are a total 108 possible points. At 30 points, it is a "certified" house. At 50 points, it is certified

"silver," at 70 points "gold," and 90 points "platinum."

recycling system; and installing low-flow showerheads, toilets, and faucets. KL

Mail requests and questions to James Dulley, *Kentucky Living*, 6906 Royalgreen Drive, Cincinnati, OH 45244, or visit [www.dulley.com](http://www.dulley.com).

# COMMONWEALTHS

## ON THE GRID

# KENTUCKY CULTURE

## Haunted hayrides & corn mazes

KATHERINE TANDY BROW

You opt to take a haunted hayride during the fall spooking season at Sandylan Acres in northern Kentucky, better watch your back getting out of your car. An extremely unsavory character was popping out of the hayrides and chasing all the way to the ticket booth. But don't worry he's just part of an amazing agtainment offering that, for two years out of the three years it's been open, garnered the honor of Best Haunted Attraction in Kentucky by Haunted House Reviewers, a group of five credentialed, creepy Web sites.

"Some visitors get so scared, they run back to their cars," laughs Gene Webb, who came up with the idea of a haunted hayride a few years back to help generate more income from his family's 200-acre cattle, corn, and tobacco farm in Petersburg. "But it's all good, clean



Beginning the third week of September from 8 p.m. until midnight, 1950s- and 1960s-era tractors rev up to pull 25-person hay wagons along narrow paths winding through a dark woods and through fields of 8- to 9-foot fender corn stalks. Tucked



At Sandyland Acres Haunted Hayride in northern Kentucky, you can ride into the dark with these ghoulish characters on a hayride, through corn stalks and trees, passing by 17 carefully designed scenes from popular horror movies.

## WORTH THE TRIP

among the trees and stalks are 17 carefully designed scenes from popular horror movies, such as the *Halloween* series and *Texas Chainsaw Massacre*.

During a 2.5-minute journey over 35 acres, the wagons stop for a minute or two at each set to watch actors re-create an actual movie scene. Between stops, more actors in terrifying makeup leap up onto the wagons to jack up the fear factor.

"In a traditional Halloween haunted house, the scary actors are often behind a cage," Webb says. "Ours are in your face and stay there. There's nowhere to run!"

Usually about 40 actors, including Webb and several other family members, participate. Dedicated horror movie fans, he, his wife Brenda, and stepson Jed Hirsch (who makes all of the ghoulish masks) stay busy in August holding a job fair for new actors and constructing

sets in the summer heat. This year, the *Howe* family has been seen, and ominous clouds loom over them when some 500 people a night will pay \$10 to ride to have their souls scared off. "All the time people say, 'Your costumes and actors look so authentic, I felt like I was in the movie,'" Webb says.

To add to the frightful melee, this year's September 18 opening night features the first screening of the original 1930s classic *Frankenstein* starring Boris Karloff. Also new is a Halloween night costume contest. Many guests tend to dress in terrifying toys anyway.

Locals get an annual taste at the Florence Labor Day Parade. Winner of the best float vote the past three years, Sandylund mounts a hayride scene on a wagon and ghoulish actors head out, not candy, but fake vampire teeth to kids in the crowd.

Costume and family fun with it all and share that their land is said to be historically haunted as well. KL

destinations

**Sandyland  
Haunted H**  
4172 Bellevue  
(859) 322-051  
[www.sandyland](http://www.sandyland)  
Haunted hayride  
haunted movie:  
through October  
p.m.-midnight.

**OTHER AREA**  
Come harvest with the  
farmers shine bright  
and fun fall activities  
many featuring  
animals.

**Benton Farm**  
1196 Old Lexington  
(859) 485-7000

U-pick pumpkin  
honey, corn sho  
pony rides, and  
October. Saturd

**Christian V.**  
19590 Linville Rd.  
(270) 269-2433  
www.christianv.com

U-pick pumpkin  
tractor/wagon r  
time, antique eq  
guided group to  
Saturday 10 a.m.

**Farm Haves**

Five-acre corn n  
farm to feed cat  
animals, and 100

**"R" Farm**  
7172 Strodes Rd  
(606) 742-242

Five to 7 acres of  
gourds, 2-acre h  
USDA-certified  
school tours. Pu

contest, Coca-Cola  
show, and children  
patch open Octo  
October 30-31.

**Two Sisters**  
5000 Van Thorpe  
(859) 585-8000  
U-pick pumpkin

31, Monday-Saturday  
Sunday.

## Dept Section openers

- Box aligns to column edge, folio.
- Photo can change. Colors can change.
- Box height is .75"
- Vertical .5 pt rules sit 6 pts away from box.
- Horizontal .5 pt rule sits on second guide.

## Colors for departments

- Choose 2 colors for On the Grid, and 2 colors for Kentucky Culture.
- One can be the same color.
- Use color scheme throughout section
- Colors can change monthly or seasonally.
- Some accent colors not fitting the color scheme are okay.

**The Future of Electricity and Worth the Trip** department logos sit in the body copy.

- Width of color box is 12p0.063 / 2.0009" (8 pts less than width of column)
- Vertical .5 pt rules sit 4 pts to either side, at exactly the column width

42 KENTUCKY LIVING • OCTOBER 2009

WWW.KENTUCKYLIVING.COM • OCTOBER 2009 43

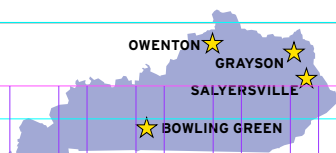
**Top of rubric aligns to top guide**

## KENTUCKY CULTURE

## GREAT OUTDOORS

Color box aligns to column edge, folio.  
Box height is .3465"  
Vertical .5 pt rules sit 4 pts to either side of box.

Horizontal .5 pt rule sits on second guide



## CO-OPERATIONS

## Supporting teachers.

## KENTUCKY CULTURE

## COOPERATIVE HERO

## Firefighter rescues jobs

Ashley McDonald brings firefighters and Winchester community together through grass-roots volunteerism efforts

BYRON CRAWFORD

In a profession where risk their lives to save, Ashley McDonald of recently became sort hero joining her fellow Clark County, when job positions and a fit recession-related bus. The 30-year-old University business, advertising major, originally to raise money

## KENTUCKY CULTURE

## GARDEN GURU

## Nuts about pecan trees

HAVE A LOVE AFFAIR with hickory trees? If you grow up or live on a farm, you surely do. But finding one in a garden center is nearly impossible. The next best thing, but easier to find, is the pecan, *Carya illinoensis*. You can now find many wonderful pecan trees growing on Kentucky farms and large urban estates. The pecan is a huge, stately tree growing 70 to 100 feet tall and 40 to 75 feet wide. For optimal production, you should plant them 60 feet apart.

THE PECAN is one of the most popular edible nuts today. The University of Georgia, which has done tremendous pecan research, recommends cultivars Elliott, Excel, Gloria Grande, and Summer for the home gardener; they have excellent insect and disease resistance. Aniling, Carter, and Gafford cultivars are also recommended, but more difficult to find.

FOR OPTIMAL NUT PRODUCTION, ideally you will need two different cultivars to ensure adequate cross pollination and fruit production. If you don't have room for two trees, consider working with a neighbor and have each plant a different cultivar near the

## Mondrian departments

## LARGE DEPT CAPS LOGO

- Top of Dept logo aligns with 2nd guide.
- Logo sits half in white, half in tint.

## BACKGROUND TINTS

- Top of tint sits at top margin guide.
  - Tint always bleeds outside.
  - Tint can bleed in gutter, but doesn't have to.
- Placement of logo is the same in either instance.

## ASK THE GARDENER

Q We have newly planted blackberry vines. We were told not to let them bear fruit this year. Should we cut them back to just above the ground for next year's harvest or leave them alone?

A Blackberries are a delicious treat to add to the garden. If they have the right growing conditions and are properly cared for, they will provide you with many years of fruit. There are three different kinds of blackberries but here in Kentucky we typically only grow two: semi-erect and semi-trailing. The trailing varieties are not typically hardy for

## CHEF'S CHOICE

## Biscuits and bourbon

The pies at Kurtz's Restaurant in Bardonia are fabulous, but their signature Biscuit Pudding with Jim Beam Sauce is sinfully rich and can be enjoyed anytime.

**Kurtz's Biscuit Pudding with Jim Beam Bourbon Sauce**  
1 cup raisins  
3 Tbsps Jim Beam bourbon  
12 (1 1/2-inch) biscuits, cooked  
1 qt whole milk  
6 eggs  
2 cups sugar  
2 Tbsps vanilla extract  
2 Tbsps butter, melted  
1 stick butter  
1 cup sugar

## READER RECIPES

**Apple Dumplings**  
2 cans crescent rolls (16 rolls)  
4 apples (Granny Smith)  
2 sticks butter  
2 cups sugar  
1 (12-oz) can Mountain Dew  
Grease 9" x 13" pan. Unroll dough. Peel, divide apples into quarters, and seed them. (Optional: lightly dust apples with cinnamon.) Wrap each apple quarter with dough of one crescent roll, completely enclosing apple.  
Arrange in pan. Melt butter, add sugar, and bring to boil, stirring constantly. Pour over dumplings. Then pour the Mountain Dew over dumplings.  
Bake at 350° for 45 minutes. Let sit 10 minutes before serving. Great with ice cream.

Submitted by LILLIAN KAZKE, Sellersville  
**Mrs. Cottle's Oatmeal**  
Dumplings

## EARTH TALK

Hartz offers Spot-On, Advanced Care, and Ultra Guard for cats and kittens. These products rely on insect growth

## Lay out so Mondrian page faces running text page whenever possible.

Wrote EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881 or e-mail earthtalk@emagazine.com.

## ON THE GRID

## CUTTING COSTS

## Building the totally efficient

I plan to design and build a new house, and I want it to be LEED-certified. Can houses qualify for reduced prices? What is a LEED house, and is it energy efficient?—Clara James Duley

Leadership in Energy and Environmental Design is a certification procedure developed by the U.S. Green Building Council to promote environmentally responsible and sustainable housing.

In addition to energy and material efficiencies, LEED houses offer lower operating costs and increased value at resale. During construction, waste is reused or recycled. The houses conserve water and reduce greenhouse gas emissions.

LEED-certified homes generally cost more to build. But the energy and water savings, and possible tax abatement benefits, quickly make up for the higher initial cost. Contact your local tax authorities to see what tax abatements apply in your area. To build a LEED house, you or your builder must apply for certification through the U.S. Green Building Council. The registration fee for a single-family house is about \$150 to \$225. You must be able to verify the types of materials, equipment, and appliances used throughout the house. It will help to select a contractor who has built LEED houses before.



Green points  
You'll have to find a certified inspector to visit your house during construction to determine the points you get toward certification. A house gets points for various material and conservation criteria—something as simple as using screws made partially from recycled metals may gain a LEED point. For a residence, there are a total 108 possible points. At 30 points, it is a "certified" house. At 50 points, it is certified "silver," at 70 points "gold," and 90 points "platinum."

## SMALL DEPT CAPS LOGOS FOR SIDEBARS

- Always align to left edge of tint.
- Placement otherwise can vary as these examples show:
- half in white, half in tint
- align to top of tint
- sit about a pica below top of tint
- sit below a photo

the most points. These must be extremely efficient, not just what the manufacturers call their "energy efficient" product line. For example, extra-heavy insulation—higher than code standards—earns one point. Reducing air leakage from 0.35 air changes per hour to 0.15 yields two points. Installing windows 20 percent more efficient than Energy Star requirements provides two points. A better furnace gets three points.

These water conservation measures yield one point each: capturing rainwater for irrigation; installing a gray-water recycling system; and installing low-flow showerheads, toilets, and faucets. **KL**

Mail requests and questions to James Duley, Kentucky Living, 6906 Royalgreen Drive, Cincinnati, OH 45244, or visit [www.duley.com](http://www.duley.com).

## GADGETS &amp; GIZMOS

MIKE JENNINGS

## from hogging energy

ules for new TVs could save you money

visions rank third in power consumption, behind heating and air conditioning. The U.S. Department of Energy has proposed mandatory energy-consumption limits. It says the new standards would save enough electricity

visions because of the growing popularity of "flat screen" display panels are lighter and thinner than traditional CRT models.

ons, many flat-screen models are power gluttons. On average, 40 percent more power than CRT models.

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type and average watts used\*



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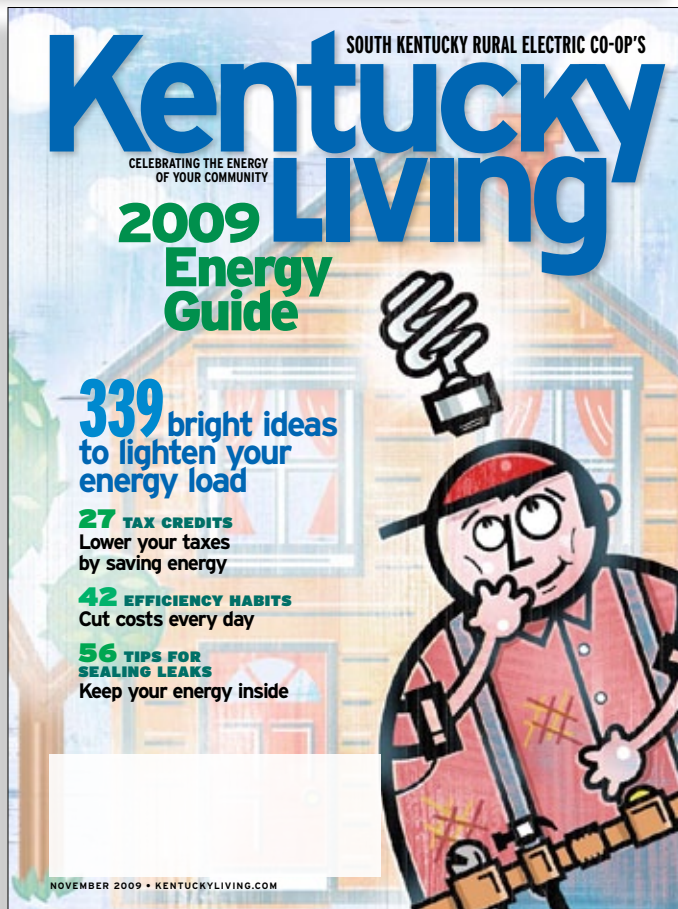
the reduction in greenhouse emissions would match taking 1 million cars off the road.

If California adopts its proposed standards, consumers will have what amounts to a second set of energy ratings: the list of TV models that make the cut in the Golden State.

Find out more, and download a list of TVs that already meet the California standards, at [www.energy.ca.gov/appliances/](http://www.energy.ca.gov/appliances/).

This 3-column box on Mondrian page breaks the grid, but still follows margins. More deviation is allowed in Mondrian depts, but have a good reason for it.





## The cover

The most important thing a cover needs to do is get a reader to pick up the magazine and look inside.

For some readers, the topic alone will be enough. More often, an engaging, intriguing piece of art is the key.

### THE IMAGE

The cover should be identifiable as being KENTUCKY LIVING without it looking the same every issue. Don't get so locked into "a look" (say, using Oprah on every cover) that deviating from it would provoke head scratching.

To that end: the cover will usually be a photo, but an illustration two or three times a year is encouraged.

A person or people will usually be the subject, but don't discount the perfect still life or scenic if it is—most importantly—engaging, tells the story, and provides space for the cut lines. Look for the shot that goes beyond ordinary.

There should be one dominant focal point without too much going on in the background.

Magazines open to the right. It helps if the image encourages the eye to move in that direction.

### THE COPY

Cover headlines and blurbs work in conjunction with the image, but are better at pinpointing the topic. They need to be punchy, informative and clever—all rolled into just a few words.

Don't underestimate the power of a *good* pun. Whether praised as the highest form of humor or derided as the lowest, a pun nonetheless grabs attention. But don't overdo it.

### THE TYPE

Always use the Interstate family of fonts for the cover.

There are set styles for the secondary stories, but no set style for the primary headline and blurb.

No set placement for copy. Main and secondary copy doesn't have to be together. However, copy on the left is visible in a fan of magazines, e.g. on the doctor's waiting room coffee table.

Secondary stories should stay together in a column. Spacing is built into styles.

A subtle drop shadow applied to the type is useful to help legibility, particularly on reversed-out type.

If more legibility is needed, remember, Photoshop is your friend. If there's too much contrast in the image where type or nameplate needs to go, darken or lighten that area of the image—in minimal increments—until type reads well.

### THE NAMEPLATE

This is your identity. Be sure it stands out.

No set color, though three or four colors will come to dominate. Work with what contrasts the most with the image while still complementing it. White will often be the winner.

! Guideline for top of nameplate and co-op name is 1p10.096 / 0.3069"

SOUTH KENTUCKY RURAL ELECTRIC CO-OP'S

# Kentucky Living

CELEBRATING THE ENERGY  
OF YOUR COMMUNITY

**CVR Tagline**  
+ minor changes in point size  
and letter spacing as needed  
to accommodate length of  
name

**CVR Tagline**  
+ 12/12 Interstate Bold Condensed  
+ Flush Right, -5 tracking

## CALIPARI'S KENTUCKY

**CVR Headline**  
use as a starting point,  
adjust to its best use

There's a new coach in town

### CO-OP HERO

Volunteer  
firefighter  
saves the day

**CVR Blurb**  
use as a starting point,  
adjust to its best use

### ENERGY CHIEF

Len Peters  
charts the  
state's energy  
future

**CVR Blurb Header**  
+ color

**CVR Blurb**

### THE BIG PICTURE

The most energy  
efficient large  
screen TVs

! Mailing label box has white fill set to 90%  
opacity. Percentage can change depending  
on photo, but post office scanner has to be  
able to read the small bars

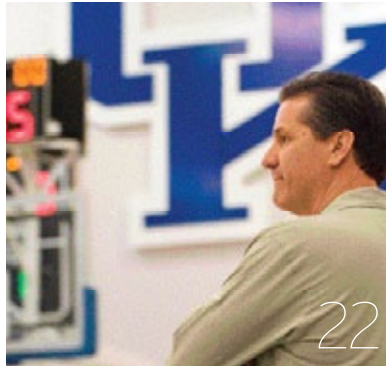
OCTOBER 2009 • KENTUCKYLIVING.COM

**CVR date,web**

# Kentucky Living

OCT 2009 VOL. 63 • NO. 10

SPOTLIGHT ON EDUCATION



## 22 The New Coach in Town

**COVER STORY** Hear what John Calipari says you can expect from the Kentucky Wildcats this season, and what sports analysts say you can expect from him.

## 29 Grave Matters

Volunteers like Tom Barrett of Booneville and Jan Hedgepeth of Hart County (shown above, photo by Joe Imel), save histories and cemeteries by restoring gravesites.

## 36 Fright Flicks

The woods around Gregg Hale's Henderson childhood home sparked his imagination for making films like *Blair Witch* and *Seventh Moon*.

**ON THE COVER** Coach Calipari says he wants UK basketball players "to dream like Kentucky players have always dreamed." Photo by Tim Webb.



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- 10 FROM THE EDITOR
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- 12 COMMONWEALTHS  
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- ON THE GRID
- 16 THE FUTURE OF ELECTRICITY  
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- 18 CUTTING COSTS  
Building the totally efficient house
- 19 GADGETS & GIZMOS  
Stop your TV energy hog
- 20 ENERGY 101  
Basics of cap and trade
- 21 CO-OPERATIONS  
Supporting teachers, safety, and racing kids
- 32A LOCAL ELECTRIC COOPERATIVE NEWS

### KENTUCKY CULTURE

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Genetic counseling for cancer
- 61 KENTUCKY KIDS
- 62 THE VIEW FROM PLUM LICK  
Swapping trees on Plum Creek

## Table of contents

One or two images can be used on the TOC. The cover story does not have to be pictured, though can be.

If only one image is used, it can bleed top and left or sit below the logotype.

Use a silhouette occasionally for variety.

Color of headlines can change.

**TIP:** Change the style's color in the Paragraph Style palette with Preview checked to easily see what you're getting.



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# Kentucky Living

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## 21 Kentucky 2009 Living energyguide

**COVER STORY** 339 bright ideas that will lighten your energy load, save you money, and still have you living in comfort.

## 38 She's in the Army now

In honor of Veterans Day on November 11, a nostalgic story about Elmer Lantz of Walton who served in the War's Army Corps during World War II.

**ON THE COVER** Do your own energy audits to figure out where energy and dollars may be slipping in your home. Put up your thinking. "Do it, check it, and see it, and see it," says the author. Photo by Joe Imel.

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**! Date and issue**

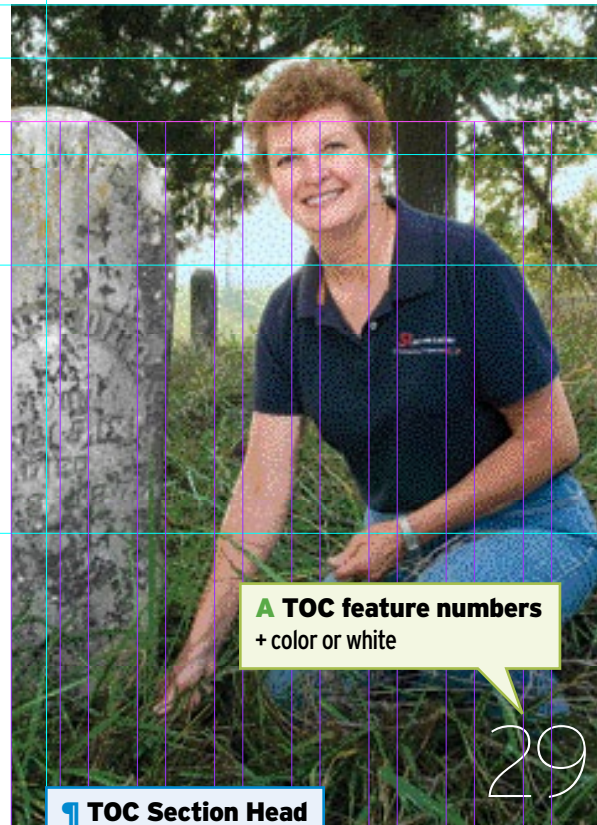
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Volume, Issue: 8.5/12 Interstate Regular

OCT 2009 VOL 63 • NO 10

**Kentucky Living****SPOTLIGHT ON  
EDUCATION****¶ Sidebar header 1**+ 10/9 Interstate Black caps,  
-5 tracking**TIP** Leave in place, make fill  
"none" when not using**A TOC feature numbers****¶ TOC Feature Title****22 The New Coach  
in Town****COVER STORY** Hear what John Calipari says you can  
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childhood home sparked his imagination for making  
films like *Blair Witch* and *Seventh Moon*.**A Interstate Black 7pt caps****¶ TOC Dept Blurb**

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**ON THE COVER** Coach Calipari says he wants UK basketball  
players "to dream like Kentucky players have always dreamed."  
Photo by Tim Webb.**A TOC feature numbers**  
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# Kentucky Living

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**SEND US YOUR SNAPSHOTS OF "FUNNIEST FACE" FOR THE JANUARY ISSUE** so we receive them by Nov. 13. Tell us where the photo was taken; identify who's in the photo and where they're from; the name, address, and phone number of the photographer; your name and contact info; and the name of your electric co-op. Remember that close-ups of people work best.

► **SUBMIT** digital images online at [www.KentuckyLiving.com/submitphotos.html](http://www.KentuckyLiving.com/submitphotos.html) or mail prints to Kentucky Living Snap Shot, P.O. Box 32170, Louisville, KY 40232. No color laser prints, as they do not reproduce well. Photos will NOT be returned unless you include a stamped, self-addressed envelope.

► **GET A HEAD START** by sending in snapshots of "Love & Kisses" for the February issue. Those photos are due Dec. 11.

### Calling Reader Stories

**DO YOU GO ON ANNUAL ALL-GIRLFRIEND WEEKENDS OR ALL-GUY GETAWAYS?** Tell us about it in 300 words or fewer, and include a photo or two. Send to [email@kentuckyliving.com](mailto:email@kentuckyliving.com) by Nov. 13. Use subject line "Girl/Guy Getaways." For the three we feature, we'll pay \$50 each.

**HAVE YOU DONE A DIY (DO-IT-YOURSELF) PROJECT?** Bathrooms, kitchens, basements, decks, patios—anything goes. E-mail us the details, with before and after photos, when you completed the project or if it's still ongoing, and any unexpected challenges you overcame. Send to [email@kentuckyliving.com](mailto:email@kentuckyliving.com) or mail to our address listed on page 6, with subject line "DIY Pros" by Oct. 31. For the five we feature in our May issue, we'll pay \$50 each.



## FROM THE EDITOR

## Guided tour

Kentucky Living's new look is more than skin deep—here's what you'll find inside, and why



Welcome to the new and, we hope, improved *Kentucky Living*. It doesn't just look different. It's meant to be more useful to you. Let me show you around.

The cover includes the tagline, "Celebrating the energy of your community." As a magazine published by Kentucky's member-owned electric co-ops, *Kentucky Living* aims to connect the power that comes in the form of kilowatts with the strength of our local friends and neighbors.

The bottom of page 6 shows two *Kentucky Living* efforts to be a good organizational neighbor and citizen. One of the fine-print logos indicates the paper the magazine is printed on is made of 10 percent recycled, post-consumer waste paper. The paper is also certified by the Sustainable Forestry Initiative, a respected standard that assures the wood used to make *Kentucky Living*'s paper results from practices like reforestation, legal compliance, and protection of water, soil, and biological diversity.

Page 9 lists ways you can be a part of the magazine, from new features like submitting recipes, to nominating a co-op hero, to the old favorites like letters and snapshots.

The biggest addition begins on page 16, with a new section called On the Grid. Energy costs and environmental concerns make it more important than ever to know how to make electricity work for you. Jim Dulley fans will find his column under a new name, Cutting Costs. New columns in that section will show you how to use and understand electricity, and keep you posted on co-op activities around the state.

The cover and other feature stories live in the middle of the magazine.

The wildly popular events calendar and monthly travel features have moved to the back of the magazine, this month beginning on page 42.

We're especially excited about the new Cooperative Hero column, and its writer, on page 50. Noted columnist Byron Crawford, who has profiled Kentuckians for years in Louisville's *The Courier-Journal*, will now be in the pages of *Kentucky Living*.

The cooking column will spotlight Kentucky chefs and reader-submitted recipes.

For dessert, our state treasure, David Dick, continues to provide the last word in *Kentucky Living*.

*Paul*  
PAUL WESSLUND



## Highlight energy votes

Hats off to *Kentucky Living* for the August article, "U.S. House passes bill hammering Kentucky on global warming." Besides explaining the detrimental effects for Kentucky of the cap-and-trade bill, I was especially impressed by your willingness to highlight the vote by the Kentucky representatives. The only consolation for the two "wrong" votes is that if they had been cast the other way, the vote would have still resulted in the same outcome. Fortunately, we still have a chance to kill this legislation in the Senate—we don't have to worry about how our two senators will vote on this, but if we have friends in other states who can influence their legislators, we need to contact them.

Larry S. Gomer, Franklin

## Support emission limits

Regarding August's article about the House greenhouse gas emissions bill "hammering" Kentucky, the estimated 25 percent increase in electric bills over the next 10 years represents an average increase of 2.5 percent a year, which is about the same as the rate of inflation we had been experiencing before the recession. If more consumers took actions to conserve electricity use, such as using more energy-efficient lighting and appliances and setting thermostats lower and higher in winter and summer, they may not have much increase at all. Business as usual is not a good option to address global warming. Perhaps Kentucky electric co-ops could be leaders in the fight against global warming by embracing the goals of the bill instead of being dissenters. Perhaps "cap and trade" is not the best approach, but it is better than doing nothing or simply waiting

for the "market" to solve the problem 20 years too late.

Alan Steiner, Somerset

## ATVs in Kentucky

I agree with the letter disappointed in the July *Kentucky Living*'s focus on Tennessee. So I decided to write about a place in Grayson County called Royal Farm ATV. It has 500 acres to ride on. There is also entertainment with the River Red Show on the weekends, and food and drinks. It has free camping and lots of beautiful wooded areas. Prices are reasonable also.

Debbie Welsh, Clarkson



## Responsible pet breeders

In response to the dog breeder's August letter concerned about May's Guest Opinion, Judgment Day, there is a difference between people who breed for the love of the money, versus people who breed for the love of the particular breed. There is nothing wrong with responsible breeding, but the sad reality is that most people put their desire for a profit before the well-being of the animal. I suggest everyone visit a local shelter. You might be surprised how many purebred dogs and cats end up there. If they were bred responsibly, they wouldn't have ended up there because

a responsible breeder would have required the buyer sign a legal contract stating that if for any reason they decided they no longer wanted the pet, they would return the pet to the breeder. This kind of breeder has the best interests of the animal in mind.

Sabrina Schwandt, Finchville

## Adopt shelter dogs

Regarding the reactions after the Guest Opinion in May on dogs from animal shelters, when I adopt my pets from the shelter, I feel I am giving a worthy dog or cat a home who might not see another sunrise.

M. Clark, Danville

## Saving pets

In response to concerns about the Guest Opinion in May about shelter dogs, there is no need for anyone to breed or purchase dogs of any kind when they are being killed by the millions for lack of homes. Every dog sold means another one dies in a shelter. If a person must have a particular dog type, there is a rescue group for every breed. Shelters, rescue groups, and impassioned volunteers tirelessly work the phones and Internet, trying to get animals placed in loving homes. It is a grim reality that we cannot build or adopt our way out of the pet overpopulation problem; we must reduce the numbers. Please have all your pets spayed or neutered.

Susan Berdeaux, Park City

## WRITE KL

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](http://www.KentuckyLiving.com) and clicking on "Contact Us." Letters may be edited for style, length, and clarity.

Front of the book  
"housekeeping" depts

ONLINE column and MASTHEAD share a page. These can be split if run with half vertical ads.

COMING NEXT ISSUE and COMMUNITY copy can be arranged to be a full page or split to accommodate partial ads.

FROM THE EDITOR can run in one wide column when short enough. Longer copy can be set in 2- or even 3-column format.

LETTERS follows 3-column set-up, with open grid unit on outside of page—when using all three columns. Letters should use the hangline for department headlines (as shown above), but copy can extend to the top margin line in a pinch.

DEPT LITTLE CAPS head  
+ color

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ONLINE TOC Header

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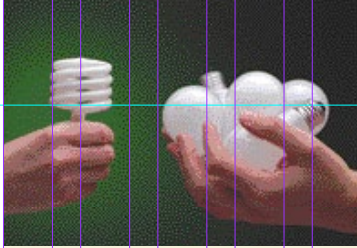
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Submit large

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A Square Bullet

is in the photo and where they're from; the name, address, and the photographer; your name and contact info; and the name of your electric co-op. Remember that close-ups of people work best.

■ **SUBMIT** digital images online at [www.KentuckyLiving.com/submitphotos.html](http://www.KentuckyLiving.com/submitphotos.html) or mail prints to Kentucky Living Snap Shot, P.O. Box 32170, Louisville, KY 40232. No color laser prints, as they do not reproduce well. Photos will NOT be returned unless you include a stamped, self-addressed envelope.

■ **GET A HEAD START** by sending in snapshots of "Love & Kisses" for the February issue. Those photos are due Dec. 11.

A Interstate Black 7pt caps

### Calling Reader Stories

DO YOU GO ON ANNUAL ALL-GIRLFRIEND WEEKENDS OR ALL-GUY GETAWAYS?

Tell us about it in 300 words or fewer, and include a photo or two. Send to [e-mail@kentuckyliving.com](mailto:e-mail@kentuckyliving.com) by Nov. 13. Use subject line "Girl/Guy Getaways." For the three we feature, we'll pay \$50 each.

**HAVE YOU DONE A DIY (DO-IT-YOURSELF) PROJECT?** Bathrooms, kitchens, basements, decks, patios—anything goes. E-mail us the details, with before and after photos, when you completed the project or if it's still ongoing, and any unexpected challenges you overcame. Send to [e-mail@kentuckyliving.com](mailto:e-mail@kentuckyliving.com) or mail to our address listed on page 6, with subject line "DIY Pros" by Oct. 31. For the five we feature in our May issue, we'll pay \$50 each.

### FROM THE EDITOR

DEPT logo

DEPT Head 30pt

DEPT deck

## Guided tour

*Kentucky Living's new look is more than skin deep—here's what you'll find inside, and why*

DEPT Head 30pt



Welcome to the new and, we hope, improved *Kentucky Living*.

It doesn't just look different. It's meant to be more useful to you. Let me show you around:

The cover includes the tagline, "Celebrating the energy of your community." As a magazine published by Kentucky's member-owned electric co-ops, *Kentucky Living* aims to connect the power that comes in the form of kilowatts with the strength of our local friends and neighbors.

The bottom of page 6 shows two *Kentucky Living* efforts to be a good organizational neighbor and citizen. One of the fine-print logos indicates the paper the magazine is printed on is made of 10 percent recycled, post-consumer waste paper. The paper is also certified by the Sustainable Forestry Initiative, a respected standard that assures the wood used to make *Kentucky Living*'s paper results from practices like reforestation, legal compliance, and protection of water, soil, and biological diversity.

Page 9 lists ways you can be a part of the magazine, from new recipes, to nominating a co-op hero, to the old favorites like letters and snapshots.

The biggest addition begins on page 16, with a new section called On the Grid. Energy costs and environmental concerns make it more important than ever to know how to make electricity work for you. Jim Dulley fans will find his column under a new name, Cutting Costs. New columns in that section will show you how to use and understand electricity, and keep you posted on co-op activities around the state.

The cover and other feature stories live in the middle of the magazine.

The wildly popular events calendar and monthly travel features have moved to the back of the magazine, this month beginning on page 42.

We're especially excited about the new Cooperative Hero column, and its writer, on page 50. Noted columnist Byron Crawford, who has profiled Kentuckians for years in Louisville's *The Courier-Journal*, will now be in the pages of *Kentucky Living*.

The cooking column will spotlight Kentucky chefs and reader-submitted recipes.

For dessert, our state treasure, David Dick, continues to provide the last word in *Kentucky Living*.

*Paul*  
PAUL WESSLUND

DEPT byline





## LETTERS

**Highlight energy votes**

Hats off to *Kentucky Living* for the August article, "U.S. House passes bill hammering Kentucky on global warming." Besides explaining the detrimental effects for Kentucky of the cap-and-trade bill, I was especially impressed by your willingness to highlight the vote by the Kentucky representatives. The only consolation for the two "wrong" votes is that if they had been cast the other way, the vote would have still resulted in the same outcome. Fortunately, we still have a chance to kill this legislation in the Senate—we don't have to worry about how our two senators will vote on this, but if we have friends in other states who can influence their legislators, we need to contact them.

Larry S. Gomer, Franklin

**Support emission limits**

Regarding August's article about the House greenhouse gas emissions bill "hammering" Kentucky, the estimated 25 percent increase in electric bills over the next 10 years represents an average increase of 2.5 percent a year, which is about the same as the rate of inflation we had been experiencing before the recession. If more consumers took actions to conserve electricity use, such as using more energy-efficient lighting and appliances and setting thermostats lower and higher in winter and summer, they may not have much increase at all. Business as usual is not a good option to address global warming. Perhaps Kentucky electric co-ops could be leaders in the fight against global warming by embracing the goals of the bill instead of being dissenters. Perhaps "cap and trade" is not the best approach, but it is better than doing nothing or simply waiting

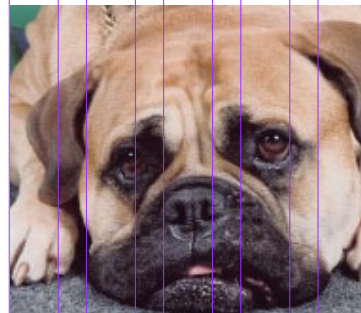
for the "market" to solve the problem 20 years too late.

Alan Steiner, Some

**ATVs in Kentucky**

I agree with the letter disappointed in the July *Kentucky Living*'s focus on Tennessee. So I decided to write about a place in Rayson County called Royal. It has 200 acres to ride ATVs, a fair-  
tainment with the River Red Show on the weekends, and food and drinks. It has free camping and lots of beautiful wooded areas. Prices are reasonable also.

Debbie Welsh, Clarkson

**Responsible pet breeders**

In response to the dog breeder's August letter concerned about May's Guest Opinion, Judgment Day, there is a difference between people who breed for the love of the money, versus people who breed for the love of the pet. The pet breeders are doing the right thing, but the sad reality is that most people put their desire for a profit before the well-being of the animal. I suggest everyone visit a local shelter. You might be surprised how many purebred dogs and cats end up there. If they were bred responsibly, they wouldn't have ended up there because

a responsible breeder would have required the buyer sign a legal contract stating that if for any reason they decided they no longer wanted the pet, they would return the pet to the breeder. This kind of breeder has the best interests of the animal in mind.

Sabrina Schwandt, Finchville

**Adopt shelter dogs**

Regarding the reactions after the Guest Opinion in May on dogs from animal shelters, when I adopt my pets from the shelter, I feel I am giving a worthy dog or cat a home who might not see another sunrise.

M. Clark, Danville

**Saving pet Attribute**

In response to concerns about the Guest Opinion in May about shelter dogs, there is no need for anyone to breed or purchase dogs of any kind when they are being killed by the millions for lack of homes. Every dog sold means another one dies in a shelter. If a person must have a particular dog type, there is a rescue group for every breed. Shelters, rescue groups, and impassioned volunteers tirelessly work the phones and Internet, trying to get animals placed in loving homes. It is a grim reality that we cannot build or adopt our way out of the pet overpopulation problem; we must reduce the numbers. Please have all dogs spayed or neutered.

Debraux, Park City

**DEPT LITTLE CAPS head**

**WRITE  
KL**

**Submit**

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](http://www.KentuckyLiving.com) and clicking on "Contact Us." Letters may be edited for style, length, and clarity.

## COMMONWEALTHS

## Co-op deal helps western economy

This summer, a group of electric co-op executives strengthened western Kentucky's economy by completing a six-years-long string of negotiations with stakeholders from California, Frankfort, Wall Street, Washington, D.C., and Montreal.

The mission was simple: the Big Rivers power generation and transmission co-op based in Henderson regained all operational control of four power plants it had leased to Louisville Gas & Electric in 1998.

But the details of making that happen were so complicated the co-op officials referred to it as the "unwind."

Big Rivers President

and CEO Mark Bailey says, "Decisions about power generation and how we manage our facilities now will be back in the hands of people who live and work in this part of the state."

That hometown ownership comes along with real economic benefits: the agreement includes new long-term power contracts with the Century and Rio Tinto Alcan aluminum smelters.

Bailey says those contracts would "help protect the significant economic impact they have on our region."

Other benefits included the avoidance of a planned rate hike, allowing Big Rivers to pay down part of a loan with the federal government, and the ability to

make electricity more available for regional economic development.

Big Rivers once again owns and operates electric generating plants and transmission lines that provide power for the three distribution co-ops that own the co-op utility: Meade County Rural Electric Co-op based in Brandenburg; Kenergy electric co-op based in Henderson; and Jackson Purchase Energy co-op based in Paducah. Those member co-ops serve more than 110,000 residential, commercial, and industrial customers in parts of 22 counties.

Big Rivers had leased the power plants to LG&E as part of completing a bankruptcy reorganization plan.

## DUCT TAPE NOT FOR DUCTS

Duct tape can solve hundreds of life's little annoyances and even some big problems, but it may actually be the least effective method of sealing ducts and saving energy dollars—so says the Lawrence Berkeley National Laboratory. The lab defines duct tape as any fabric-based tape with rubber adhesive. Tests showed that under challenging but realistic conditions, duct tape failed to prevent the leakage of hot and cold air from ducts.

What did work? Clear tapes, foil-backed tapes, mastics, and aerosol sealants formed good seals for the duration of the tests. For more information about the research, visit the lab's Web site at [www.lbl.gov](http://www.lbl.gov).

One of our key national priorities should be to aggressively promote the expansion of broadband... We must restore our place as the undisputed world leader in communications technology.

Jonathan S. Adelstein, at his July Senate confirmation hearing to be administrator of the Rural Utilities Service



BY TRICE POWELL MCCRARY

## TEACHERS IN THE HALL OF FAME

Two of five teachers inducted into the National Teachers Hall of Fame in 2009 are from Kentucky—Patrice Powell McCrary of Bowling Green and Dr. Jerry L. Parks of Georgetown, shown here at the Hall of Fame in Emporia, Kansas.

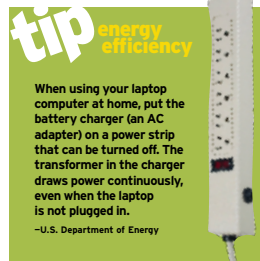
A 20-year classroom veteran, McCrary teaches kindergarten at Cumberland Trace Elementary and was the 2003 Kentucky Teacher of the Year. She has a master's degree in elementary education from Western Kentucky University.

Parks teaches seventh-grade social studies at Georgetown Middle School. In 2007, he was on the USA Today's "All American Teacher Team." He is an Eastern Kentucky University graduate with a master's degree in education.

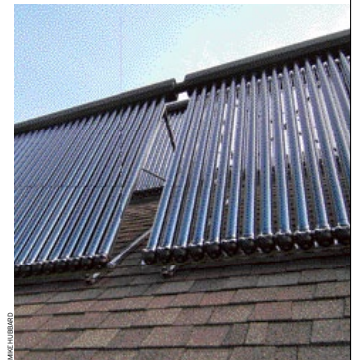
The National Teachers Hall of Fame annually honors five outstanding educators as a tribute to the "nation's most important profession—teaching."



"Me? Retired? Where did you get that idea? I just got a new boss, that's all!"



—U.S. Department of Energy



MAST HUBBARD

## GOING SOLAR

If you're interested in exploring renewable energy sources, solar water heating may be the simplest and most cost-effective way to get started. Federal and Kentucky tax credits can take 30 percent off the installed cost of solar water heating for your home or business. The photo shows solar water heating tubes installed on a rooftop.

Electric water heating generally accounts for 8 to 14 percent of a typical electric bill.

Several solar water heating methods are available.

Choosing the right one depends on climate zone, hot water needs, installation site, and budget. The Solar Rating and Certification Corporation ([www.solar-rating.org](http://www.solar-rating.org)) is a nonprofit agency that rates systems and products.

To find a qualified solar equipment dealer and installer, check with your electric cooperative. There are also several online sources of information—the Kentucky Solar Partnership ([www.kysolar.org](http://www.kysolar.org)), Kentucky Department of Energy Development and Independence ([www.energy.ky.gov](http://www.energy.ky.gov)), and Solar Energy Industries Association ([www.seia.org](http://www.seia.org)).

## Commonwealths

This department will always be the trickiest to put together. It's got to be thought of as a jigsaw puzzle. Don't get locked into placing repeating items in the same spot month after month.

This department uses a 4-column format, but items can use the 16-unit grid in other ways, such as shown above: the cartoon uses 9 units and the tip box uses 7.

Aim for six or seven items per spread.

Don't jump box copy. Running text copy can jump across gutter and even continue on following spread if necessary.

## OPENING SPREAD

Use the lower hangline on this spread.

Opening story gets a larger headline.

## SECOND SPREAD

Use the top margin as the hangline on this spread.

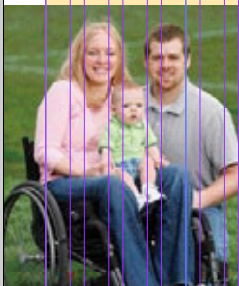
## COMMONWEALTHS

## A show of efficiency

The bluegrass turns green October 24-25 as Lexington hosts the 6th Annual Bluegrass GreenExpo in the Lexington Heritage Hall at Lexington Center. The event, which boasts the largest exhibit of green, energy-saving, and renewable energy products ever assembled in the Commonwealth, runs from 10 a.m.-6 p.m. Saturday and noon to 6 p.m. Sunday. It is free and open to the public. Attractions include 70 exhibitors with thousands of

AUTHORS  
LESSONS IN HAPPINESS

At age 15, Missy Jenkins was critically injured in West Paducah's Heath High School shooting that left three students dead and five injured. Paralyzed



from the chest down, Jenkins faced using a wheelchair for life plus dealing with associated health and personal issues.

Now at age 27, Jenkins is a college-educated counselor for troubled youth. She's a wife and mother, shown here with her son, Logan, and husband, Josh Smith. She is a motivational speaker and author.

"I have everything I ever wanted," she says. "I'm really happy in my life." She attributes her accomplishments to two decisions made within days of the tragedy.

"I chose to forgive Michael (Carneal, the shooter)," she explains, "and I chose to be happy."

Her book *I Chose to be Happy*, written with William Croyie, tells Jenkins' story from the shooting through her physical and emotional rehabilitation to her marriage and birth of her son.

"God gave me the ability and courage to forgive," she says. "I soon realized being angry wouldn't make me walk again. Anger is exhausting. If I had spent my life angry, (Carneal) would still have

control over me. I want to be in control of my life."

"When you go through something like I did, you have a choice," Jenkins says. "You can let it rule your life. But I choose to be happy. You are the only one who can make that choice."

"You also have to work hard at it. I had to put a lot of work into being happy."

Jenkins regularly shares her story with groups of young people. She describes her story as "overcoming obstacles, the power of forgiveness, what violence can do, and how to prevent it." Writing the book allowed Jenkins to reach a broader audience.

"If I share my experience, maybe people will think about it and apply it to their own lives. I'm hoping to reach people who are thinking of doing something like Carneal did. I also hope to reach people in wheelchairs and let them know I have achieved everything I wanted... I just do it in a chair."

Jenkins' book and contact information are available at [www.missyjenkins.com](http://www.missyjenkins.com).

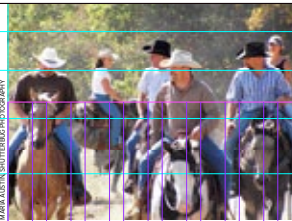
education training for teachers. And if that's not enough, stop by to enjoy local art, music, and food. More information is available at [www.bluegrassgreenworks.org](http://www.bluegrassgreenworks.org).

## On the trail for a cure

The 2nd Annual Trail Ride for a Cure takes place at Seven C's Ranch in Nancy on Saturday, October 10. Money

raised from the dinner, auction, and three-hour ride will benefit the Markey Cancer Center of Lexington and the American Cancer

MARY ALSTON/SHUTTERSTOCK PHOTOGRAPHY



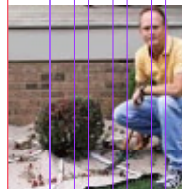
Society's Hope Lodge of Lexington. Last year's event attracted 400 people, more than 70 horses, and raised nearly \$4,000.

Registration for this year's ride starts at 8 a.m., with the three-hour ride beginning at 11 a.m. Nonriders can take part in corn hole and horse-shoes. For children, swings, slides, and carnival games will be available.

The event is free, but accepts donations for the Hope Lodge and Markey Cancer Foundation.

Seven C's Ranch is off KY 80 Louie B. Nunn Parkway, Exit 78, in Pulaski County. More information is available by e-mail at [sevensc@hickoryjays.com](mailto:sevensc@hickoryjays.com) or call (606) 875-4500.

The photo from last year's ride shows Jeff Taylor, Deb Nelson, Steve Ramsey, Daniel Coomer, Tex Nelson, and Amanda Van Horn.



## Pruning improvement

Like many people, Owen Electric Cooperative cus-

tomer Dennis Frommeyer looks for a better, faster, and easier way.

Unlike most people, he followed through on an idea, inventing an aide to make shrub trimming better, faster, and easier.

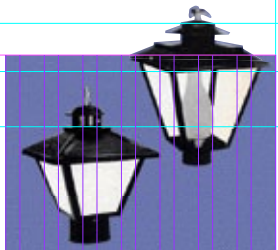
"When I trimmed our bushes, I got real aggravated trying to keep the trimmings out of the bedding material and complained to my wife," says the Scott County freighter, carpenter, and cabinet-maker.

His wife, Michelle, challenged him to create a solution. Frommeyer's response was the Pruning Partner. He's shown here with the tarp consisting of several triangle-shaped pieces of tear-resistant fabric that can be configured in several shapes.

Are there other creative solutions in the Frommeyers' future?

"Who knows what's next," the inventor answers. "I still have some ideas in my head."

Anyone interested in Frommeyer's invention can click on [www.pruningpartner.com](http://www.pruningpartner.com) or reach him toll-free at (877) 889-9169.

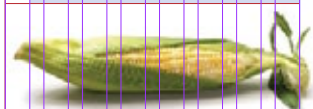


## TIME CAPSULE 50 YEARS AGO IN KENTUCKY LIVING

## EAGLE EYE

The latest electronic gadget in October 1959 was the photoelectric cell described in the *Rural* (Kentucky Living) magazine as "electricity's eagle eye" that opened the supermarket door "the last time you went to town."

New on the market 50 years ago was the farm security light featuring an electric eye to turn the light on at night and off again at daylight. Also novel were post-mounted lantern security lights to mark driveways or other entrances at night.



## JOIN A FRESH FOOD CLUB

Although leaves are changing color and frost is approaching, it's not too soon to think about fresh produce for next summer.

The University of Kentucky Cooperative Extension Service reports that Community Supported Agriculture farms are increasing in popularity, fueled by the demand for healthy, local, and farm-fresh products.

Most CSAs operate by selling subscriptions to consumers who receive a weekly basket of seasonal produce or other farm products during the growing season.

To find a local CSA, check the CSA Resources Web site, [www.csacenter.org](http://www.csacenter.org), or the Local Harvest CSA database at [www.localharvest.org/csa](http://www.localharvest.org/csa). Farmers interested in marketing their products can register at these sites.

played throughout the market that incorporated race gardens—he is a recipient of the L... Design Award from the Museum of Kentucky >>14

## A Jump

If a story HAS to jump from the opening spread to the second spread, use a jump indicator as shown.

battery energy storage system of 13,760 battery cells. Gold the system will improve reliability, including a slideshow

Combining it with Kentucky Power's

coal feedstock, ally used. East witchgrass' rease the 0 percent. The

PHOTO BY PA



Jon Carlot

## A Jump

JON CARLOFTIS >> Crafted items created by exhibitors of American garden terrace gardens—he is a past recipient

on job seekers and ers struggling to mortgages.

"Kentuckian gling to make er easily fall victim ists' gimmicks. I

## FINANCE



The photo can change if so desired.

Section Header

# COMMONWEALTHS

CW Headline 30

## Co-op deal helps western economy

BODY noun

This summer, a group of co-op executives gathered in western

Kentucky's Big Rivers power generation and transmission co-op based in Henderson regained all operational control of four power plants it had leased to Louisville Gas & Electric in 1998.

PROFILE

Frankfort, Wall Street, Washington, D.C., and Montreal.

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Big Rivers President

CW rubric

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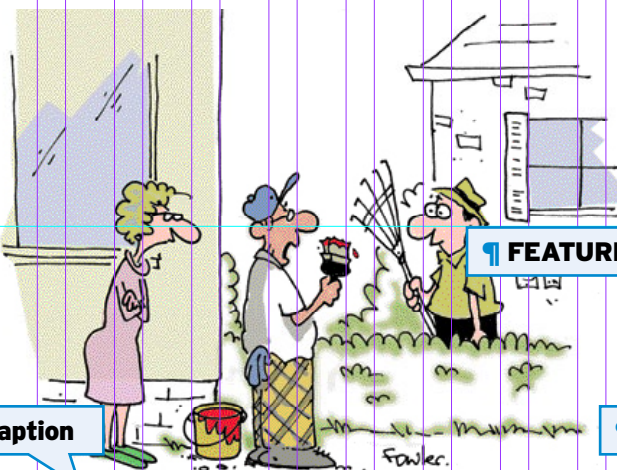
BODY in

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CW box headers



Caption

"Me? Retired? Where did you get that idea? I just got a new boss, that's all!"

FEATURE Subhead

tip energy efficiency

When using your laptop computer at home, put the power adapter (an AC adapter) on a power strip that can be turned off. The transformer in the charger draws power continuously, even when the laptop is not plugged in.

—U.S. Department of Energy

BODY SANS noun + 18/14.5 Interstate Black

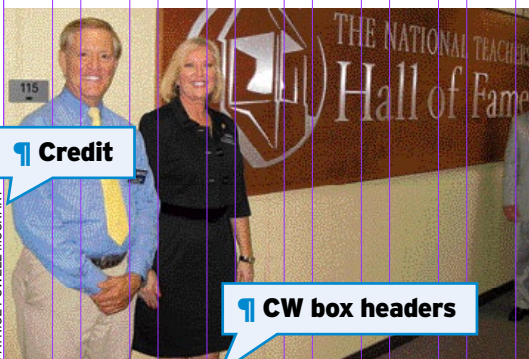




One of our key priorities should be to aggressively promote the expansion of broadband... We must restore our place as the undisputed world leader in communications technology.

Jonathan S. Adelstein, at his July Senate confirmation hearing to be administrator of the Rural Utilities Service

Attribute



Credit

CW box headers

## TEACHERS IN THE HALL OF FAME

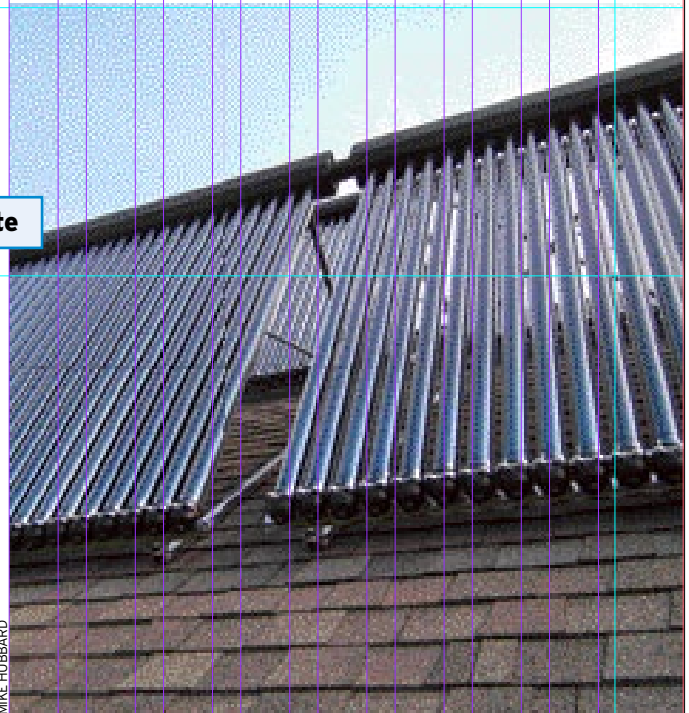
Two of five teachers inducted into the National Teachers Hall of Fame in 2009 are Patrice Powell McCrary of Bowling Green and Dr. Jerry L. Parks of Georgetown, shown here at the Hall of Fame in Emporia, Kansas.

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BODY SANS noin

**Interstate Bold 9**  
+ color added to all copy in sidebar



MIKE HUBBARD

## GOING SOLAR

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### ENERGY

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## ON THE GRID

## Balancing act

Can Kentucky keep its energy competitive and protect its environment? Len Peters says yes

NANCY S. GRANT

To find both the problem and the promise facing Dr. Len Peters you don't have to look far. Further than his job title: Secretary of the Energy and Environment Cabinet.

That puts him in charge of two interests that are usually fighting each other.

"It's not energy at all costs, it's simply the environment," says Peters. "It's really trying to find the balance between our energy needs."



Before heading Kentucky's Energy and Environment Cabinet, Dr. Len Peters was director of the U.S. Department of Energy's Pacific Northwest National Laboratory, the largest research facility in the world and a major 21st-century scientific hub. The photo is courtesy of the U.S. Department of Energy.

## THE FUTURE OF ELECTRICITY

Our energy demands, and making sure that we have a quality environment, one that we feel good about. That puts him in charge of two interests that are usually fighting each other.

"It's not energy at all costs, it's simply the environment," says Peters. "It's really trying to find the balance between our energy needs."

When Governor Beshear decided to combine departments dealing with energy and the environment in 2007, Kentucky became the first state to try this approach. Instead of pitting established interests against those seeking sweeping changes, Beshear asked everyone to work together.

The unique experience recognizes the state's unusual circumstances. National and international concerns about the use of fossil fuels, especially coal, have special significance in the Bluegrass State.

A favorite image of Kentucky features traditional agriculture and timeless scenic beauty. But Kentucky is also a major 21st-century scientific hub. The state sits



"We've become a manufacturing state because of the more affordable electric rates here."

In the center of several key transportation systems, with highways on the Ohio River for freight, plus the UPS WorldPort for package-at-Louisville International Airport. These networks sustain many kinds of businesses and industries. The state produces about one-third of the nation's steel and more than one-third of the nation's

aluminum. It's the third largest producer of vehicles in the United States.

"We've become a manufacturing state because of the more affordable electric rates here," says Peters. Those electric rates, among the lowest in the nation, are extremely important to energy-intensive industries. And they're closely tied to Kentucky's major natural resource, coal. More than 90 percent of the state's electricity is generated using coal.

But coal is under pressure, with concerns about its role in global warming, and worldwide competition that's driving up the cost of many fuels.

"The days of cheap energy for the most part are over," says Peters. "It's not just a Kentucky problem and U.S. problem. It's a global problem. We can't predict how rapidly electric rates are going to increase, but undoubtedly they are going to increase."

Peters warns those cost increases will mean more than just inconvenience.

"As rates go up, that forces business decisions for manufacturers who will ask if they can in fact continue to stay in Kentucky," says Peters. "If they decide they can't, they won't be going to Indiana or Mississippi—we will be losing manufacturing jobs to other countries."

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For households, hardships in family energy budgets are already a problem that Peters and Governor Beshear have been bringing to the attention of lawmakers in Washington.

"We are arguing for a modest, reasonable way of implementing carbon mitigation," he says. "We have to make sure that we don't have price increases at such a rate that many segments of our community cannot accommodate them."

Peters identifies energy efficiency as the first and best solution to the concerns about emissions of greenhouse gases from coal that have been blamed for global warming.

Noting that Kentuckians who reduce the amount of energy they need each month will also reduce the impact of rising energy costs, Peters says, "Everything people learn to do today is going to become compounded over the years. Instead of 'dollar, baby, dollar,' it's 'save, baby, save.' That's the one thing that we have control over, our personal energy use."

But Peters recognizes that even energy efficiency can be easier said than done.

"The least energy-efficient homes are generally the homes that are occupied by the lowest income families," Peters says.

That should help develop more jobs for Kentuckians, Peters says. "Service industry jobs, such as selling energy Star appliances, installing them, doing energy audits, advising about energy efficiency—I think that's where the growth will be," he says.

Energy journalist NANCY GRANT is a member of the Cooperative Communications Association and the American Society of Journalism and Authors.



Secretary Peters, shown in front of the building housing the Energy and Environment Cabinet in Frankfort, is shown with Gov. Beshear's report, outlining Energy Cabinet's Kentucky's Future, ensuring the potential for renewable energy, nuclear power, new technologies for coal, and "smart" grids.

Those are the same families that don't have the money to pay for increasing insulation, sealing leaks around windows, or replacing old energy-guzzling appliances with newer Energy Star models. The newly redesigned Web site for the Energy and Environment Cabinet, [www.eec.ky.gov](http://www.eec.ky.gov), features a section that will show how \$10 million in federal stimulus funds will be used in a variety of weatherization programs.

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## On the grid

The "energy" departments come right after Commonwealths.

THE FUTURE OF ELECTRICITY comes first by virtue of its longer, more article-like, style.

## CUTTING COSTS

## GADGETS &amp; GIZMOS

## ENERGY 101

## CO-OPERATIONS

Cutting Costs and Co-operations are running text pages.

Gadgets & Gizmos and Energy 101 are Mondrian pages.

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## ON THE GRID

## CUTTING COSTS

## Building the totally efficient house

I plan to design and build a new house, and I want it to be energy efficient. I hear LEED-certified houses can qualify for reduced property taxes. Is that a LEED house, and is it energy efficient?—Clara C.

JAMES DULLEY

Leadership in Energy and Environmental Design is a certification procedure developed by the U.S. Green Building Council to promote environmentally responsible and sustainable housing.

In addition to energy and material efficiency, LEED houses offer lower operating costs and increased value at resale. During construction, waste is reused or recycled. The houses conserve water and reduce greenhouse gas emissions.

LEED-certified houses generally cost more to build, but the energy and water savings, and possible tax abatement benefits, quickly make up for the higher initial cost. Contact your local tax authorities to see what tax abatements apply in your area.

To build a LEED house, you or your builder must apply for certification through the U.S. Green Building Council. The registration fee for a single-family house is about \$150 to \$225. You must be able to verify the types of materials, equipment, and appliances used throughout the house. It will help to select a contractor who has built LEED houses before.

Green points. Use this scale to find a certified inspector to visit your house during construction to determine the points you've earned and certification. A house gets points for various materials and construction choices—something as simple as using screws made partially from recycled metal may gain a LEED point. For a residence, there are a total 100 possible points. At 30 points, it's a "certified" house. At 60 points, it's a "silver," at 70 points "gold," and 90 points "platinum."

For more information about LEED-certified houses, visit [www.usgbc.org](http://www.usgbc.org).



This super-efficient house has LEED certification for features like reduced air leakage, water-saving landscaping, and smart home appliances. It's a model for the future of sustainable housing.

Energy efficiency features gain the most points. These must be extremely efficient, not just what the manufacturers call their "energy efficient" product line. For example, extra-heavy insulation—higher than code standards—earns one point. Reducing air leakage from 0.35 air changes per hour to 0.15 yields two points. Installing windows 20 percent more efficient than Energy Star requirements provides two points. A better furnace gets three points.

There are six conservation measures to earn one point each: capturing rainwater for irrigation; installing a greywater recycling system; and installing low-flow showerheads, toilets, and faucets. [www.usgbc.org](http://www.usgbc.org)

Mail requests and questions to James Dulley, Kentucky Living #106, 8000 Highway 40, Cincinnati, OH 45244, or [jed@kentuckyliving.com](mailto:jed@kentuckyliving.com).

## GADGETS &amp; GIZMOS

MIKE JENNINGS

## Stop your TV from hogging energy

California's proposed rules for new TVs could save you money

Among home appliances, televisions rank third in power consumption, behind heating and cooling systems and refrigerators.

The California Energy Commission has proposed mandatory energy-consumption standards for new televisions. It says the new standards would save enough electricity to supply 100,000 homes.

California is turning to televisions because of the growing popularity of "flat screen" models, so called because their display panels are lighter and thinner than traditional cathode ray tube CRTs.

Despite their sleek dimensions, many flat-screen models are power guzzlers. On average, flat-screen TVs consume 40 percent more power than CRT models.

They are also problematic at what the California Energy Commission finds an alarming rate. Liquid crystal display (LCD) models account for about nine out of 10 new TVs sold in the state. Plasma televisions, which consume triple the electricity of CRT models, account for most of the rest.



\*Based on watts per screen inch for average size TVs by type (CRT, LCD, LED, and plasma) (per screen inch).

## SMART SHOPPER

## Energy Star's TV ratings

An Energy Star label means something. It means the TV meets strict energy efficiency standards set by the U.S. Environmental Protection Agency. It also means the TV is a "smart shopper" choice.

## ON THE GRID

Section Header

DEPT Head 30pt

## Balancing act

DEPT byline Kentucky keep its energy competitive and protect its environment? Len Peters says yes

NANCY S. GRANT

DEPT deck

DEPT logo

The photo in section logo can change to reflect color scheme of issue.

BODY drop cap

To find both the problem and the promise facing Dr. Len Peters you don't have to look any farther than his title: Secretary of the Environment Cabinet.

He is in charge of two departments usually fighting with each other.

"It's not energy at all costs, it's not simply the environment," says Peters. "It's really trying to find the balance between our energy needs,



Before becoming Kentucky's Energy and Environmental secretary, Dr. Leonard Peters was director of the U.S. Department of Energy's Pacific Northwest National Laboratory. He spent almost two decades in faculty and management posts at the University of Kentucky. Photos by Tim Webb.

## THE FUTURE OF ELECTRICITY

BODY in

our energy demands, and making sure that we have a quality environment, one that we feel good about and value along with the economy.

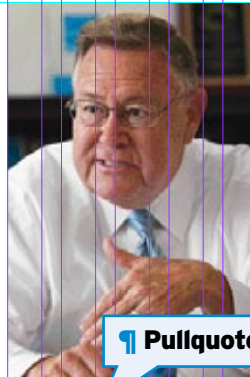
Peters began his state government job a year and a half ago. Trained as a chemical engineer, he has decades of experience in scientific research and business management. His first venture into public service hands him a tricky balancing act at a time when the debate over global warming puts him in the national spotlight.

When Governor Beshear decided to combine departments dealing with energy and the environment in 2007, Kentucky became the first state to try this approach. Instead of pitting established interests against those seeking sweeping changes, Beshear invited everyone to work together.

The unique experiment recognizes the state's unusual circumstances. National and international concerns about the use of fossil fuels, especially coal, have special significance in the Bluegrass State.

A favorite image of Kentucky features traditional agriculture and timeless scenic beauty.

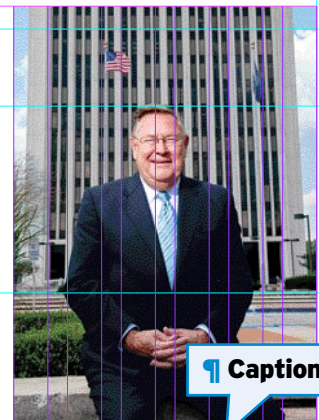
But Kentucky is also a major 21st-century business hub. The state sits



Pullquote

"We've become a manufacturing state because of the more affordable electric rates here."

in the center of several key transportation systems, with barges on the Ohio River for freight, plus the UPS WorldPort for packages at Louisville International Airport. These networks sustain many kinds of businesses and industries. The state produces about one-third of the nation's steel and more than one-third of the nation's



Caption

Secretary Peters, shown in front of the building housing the Energy and Environment Cabinet in Frankfort, helped write Gov. Beshear's report, *Intelligent Energy Choices for Kentucky's Future*, analyzing the potential for renewable energy, nuclear power, new technologies for coal, and "green" jobs.

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## Left-hand page

Head, Deck, Byline, Body copy align at this point.

increases will mean more than just inconvenience.

"As rates go up, that forces business decisions for manufacturers who will ask if they can in fact continue to stay in Kentucky," says Peters. "If they decide they can't, they won't be going to Indiana or Mississippi—we will be losing manufacturing jobs to other countries."

drill, it's 'save, baby, save.' That's the one thing that we have control over, our personal energy use."

But Peters recognizes that even energy efficiency can be easier said than done.

"The least energy-efficient homes are generally the homes that are

Sidebar Header 1

## THE ENERGY CRYSTAL BALL

## Secretary Peters looks ahead to 2030

"Nationally, I believe that we're going to see increases in the use of nuclear energy and modest increases with renewables. In 2030 we will still be generating just about as much energy on a coal basis as we are today. We could be 35 percent coal. The number of megawatts that we are today, because of the increase in energy demand."

BODY SANS noin

Sidebar Header 2

Those are the same families that don't have the money to pay for increasing insulation, sealing leaky doors and windows, or replacing old energy-guzzling appliances with newer Energy Star models. The newly redesigned Web site for the Energy and Environment Cabinet, [www.eec.ky.gov](http://www.eec.ky.gov), features a section that will show how \$70 million in federal stimulus funds will be used in a variety of weatherization programs.

help develop more clean energy jobs, saving them, doing energy audits, advising about energy efficiency—I think that's where the growth will be." KL

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A NAME bio

Author Bio

KENTUCKYLIVING.COM • OCTOBER 2009 17



ON THE GRID

## CUTTING COSTS

DEPT logo

DEPT Head 30pt

# Building the totally efficient house

*I plan to design and build a new house, and I want it to be energy efficient.*

*How many LEED-certified houses can qualify for reduced property taxes?*

*What is a LEED house, and is it energy efficient?—Clara C.*

DEPT byline

JAMES DULLEY

DEPT deck

Caption

BODY drop cap

Leadership in Energy and Environmental Design is a certification procedure developed by the U.S. Green Building Council to promote environmentally responsible sustainable housing.

In addition to energy and material efficiencies, LEED houses offer lower operating costs and increased value at resale. During construction, waste is reused or recycled. The houses conserve water and reduce greenhouse gas emissions.

LEED-certified homes generally cost more to build. But the energy and water savings, and possible tax abatement benefits, quickly make up for the higher initial cost. Contact your local tax authorities to see what tax abatements apply in your area.

For a new house, you or your builder must apply for certification through the U.S. Green Building Council. The registration fee for a single-family house is about \$150 to \$225. You must be able to verify the types of materials, equipment, and appliances used throughout the house. It will help to select a contractor who has built LEED houses before.

BODY in

DEPT LITTLE CAPS head

LEARN MORE

DEPT deck mondrian  
+ adjust spacing below

## Homebuilding help

There are a couple dozen third-party "Green Homes" providers (usually part of the Residential Energy Service Network at [www.resnet.us](http://www.resnet.us)) across the country that work with the U.S. Green Building Council. They contract with qualified local inspectors to follow and rate houses registered for LEED certification.

For more information about LEED-certified homes, visit [www.usgbc.org](http://www.usgbc.org).

BODY SANS noin

BODY SANS in

Credit

• Baseline 2 pts from photo



This super-efficient house got LEED certification for features like reduced air leakage, solar water heating panels, and wood treated for water, mold, and pest resistance.

DEPT Subhead

green points

You'll have to find a certified inspector to visit your house during construction to determine the points you earn for certification. A house gets points for various material and conservation criteria—something as simple as using screws made partially from recycled metals may gain a LEED point. For a single residence, there are a total 108 possible points. At 30 points, it is a "certified" house. At 50 points, it is certified "silver," at 70 points "gold," and 90 points "platinum."

Energy-efficiency features gain the most points. These must be extremely efficient, not just what the manufacturers call their "energy efficient" product line. For example, extra-heavy insulation—higher than code standards—earns one point. Reducing air leakage from 0.35 air changes per hour to 0.15 yields two points. Installing windows 20 percent more efficient than Energy Star requirements provides two points. A better furnace gets three points.

Water conservation measures earn one point each: capturing rainwater for irrigation; installing a graywater recycling system; and installing low-flow showerheads, toilets, and faucets. **KL**

Submit

Mail requests and questions to James Dulley, *Kentucky Living*, 6906 Royalgreen Drive, Cincinnati, OH 45244, or visit [www.dulley.com](http://www.dulley.com).

# GADGETS & GIZMOS

MIKE JENNINGS

**DEPT byline**  
Position 8 pts below  
dept head if entire  
page is by one author.

**DEPT BIG CAPS Head**

**DEPT LITTLE CAPS head**

**DEPT Head 22pt**

**DOLLARS & SENSE**

**DEPT deck mondrian**  
+ adjust spacing below

## Top your TV from hogging energy

California's proposed rules for new TVs could save you money

Among home appliances, televisions rank third in power consumption and cooling systems and refrigerators.

The California Energy Commission's mandatory energy-consumption standards for new televisions would save enough electricity to supply 864,000 homes.

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Proliferating at what the California Energy Commission finds an alarming rate, liquid crystal display (LCD) models account for about nine out of 10 new TVs sold in the state. Plasma televisions, which consume triple the electricity of CRT models, account for most of the rest.

**BODY SANS in**

**DEPT deck mondrian**

Turn off the TV and all connected devices when not in use.

**Sidebar TIPS**

Tips to save money while watching TV

Cnet.com suggests:

■ If your television has a "quick start" option, turn it off.

■ If your set is an LCD with a power control, turn the screen down.

**A Square Bullet**

■ If your set has a power saver setting, use it. Search your set's picture controls for other ways to reduce light output.

■ Limit the light in your home theater. This can both save power and enhance the "theater" experience.

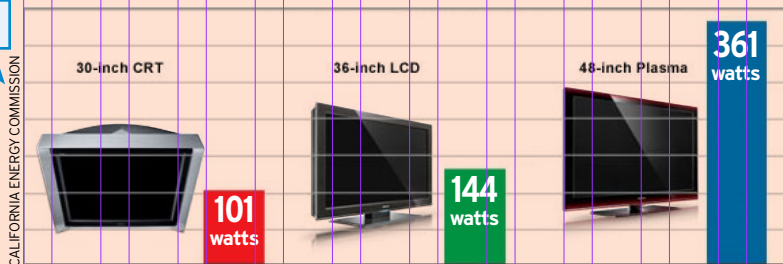
■ Buy a TV with a smaller screen and sit closer to it.

■ Watch TV with family members or housemates.

■ Watch less television.

**Credit**

Average screen size TVs by type and average watts used\*



\*Based on watts per square inch for average size TVs by type (CRT 0.23 watts/in<sup>2</sup>; LCD 0.27 watts/in<sup>2</sup>; plasma 0.36 watts/in<sup>2</sup>).

**Footnote**

turned on must consume no more than a wattage determined by its screen size. If a television offers a choice between the power-intensive mode retailers use to catch the consumer's eye and a power-saving "home" mode, testing occurs in the "home" mode.

The U.S. Environmental Protection Agency has called Energy Star misleading. Still, the agency says that if Energy Star ratings were properly applied and all TVs sold in the U.S. earned them,

the reduction in greenhouse emissions would match taking 1 million cars off the road.

If California adopts its proposed standards, consumers will have what amounts to a second set of energy ratings—the list of TV models that make the cut in the Golden State.

Find out more, and download a list of TVs that already meet the California standards, at [www.energy.ca.gov/appliances/tv\\_faqs.html](http://www.energy.ca.gov/appliances/tv_faqs.html). —M.J.

## SMART SHOPPER

### Energy Star's TV ratings

An Energy Star label means something, though not as much as one might hope.

The government-sponsored Energy Star program is intended to help consumers judge energy efficiency, but compliance is voluntary, and manufacturers test and rate their own products.

To earn an Energy Star, a TV when

**A Interstate Black 7pt caps**

ON THE GRID

DEPT BIG CAPS Head

# ENERGY 101

DEPT Head 22pt

## Making sense of cap and trade

The leading proposals in Congress to control global warming propose a "cap-and-trade" system to reduce emissions of greenhouse gas. Here are answers to the frequently asked questions.

DEPT deck mondrian

DEPT Subhead

### What is cap and trade?

It's a plan to control greenhouse gas emissions, including carbon dioxide, from power plants, vehicles, refineries, and factories.

BODY SANS noin

### How would it work?

Emissions would be required to stay below a set limit—the cap. If an industry couldn't meet those caps through efficiency or renewable energy, it could buy emissions credits from an industry that emits less than the cap—the trade. For example, a coal power plant that exceeded the carbon dioxide cap could trade (buy) emissions credits from a hydroelectric or nuclear power plant that emits no carbon dioxide.

Credit

• Baseline 2 pts from photo

### Will it reduce greenhouse gas?

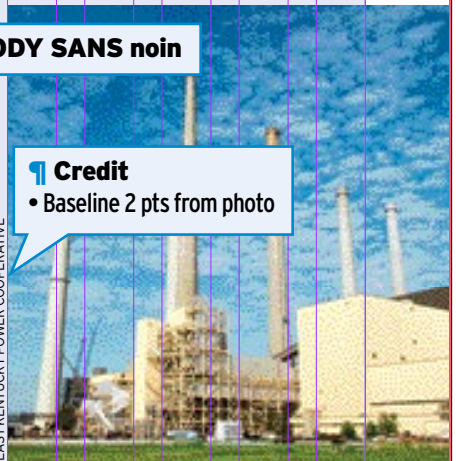
A cap-and-trade system aimed at reducing acid rain was established as part of the federal Clean Air Act of 1990. It required producers of sulfur dioxide, such as coal-fired power plants, to cut emissions by investing in readily available technologies. This system worked. However, sulfur dioxide is vastly different from carbon dioxide: no cost-effective means of cutting carbon emissions currently exist.

### What are the pros and cons?

**PROS:** It gives industry a choice in how it meets global warming guidelines—either reduce emissions through (a) efficiency, renewable fuels, and new technology, or (b) through the buying of emissions credits from industries that produce very little emissions.

**CONS:** The caps might be impossible to meet, technology to reduce emissions might not be developed in time, and the uncertainties of how Wall Street might implement the cap-and-trade marketplace could end up being very expensive. States that depend heavily on coal, like Kentucky, say the current cap-and-trade limits would penalize people in those states with large and unfair increases in electricity and other costs.

EAST KENTUCKY POWER COOPERATIVE



ON THE GRID

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## ENERGY CLINIC

### How to use a space heater efficiently

**DO THIS:** About two-thirds of adults will suffer from back pain at some point in their lives. In fact, back pain is second only to upper respiratory problems as a leading symptom-related reason for visits to a physician. However, the source of back pain can vary greatly, as can the proper treatment method. "The majority of back pain is not disabling and

will go away if the back pain persists.

**AND THIS:** Most back problems respond to nonsurgical treatments, such as anti-inflammatory medication, ice, heat, massage, and physical therapy. "Acute severe back pain with no leg pain, no numbness, or weakness can usually be treated with nonsteroidal

analgesics, such as from an osteopathic physician or chiropractor. An operation will usually not be considered unless other measures have failed. Surgery is typically reserved for times when a nerve is pinched, the spinal cord is compressed, or there's too much movement.



Right-hand page  
Head, Deck, Byline, Body copy  
align at this point.

A Interstate Black 7pt caps

DEPT logo

CO-OPERATIONS

DEPT Head 30pt

# Supporting teachers, safety, and racing kids

PAUL WESSLUND

DEPT byline

DEPT Co-op 1Name

## Safety show SALYERSVILLE

Licking Valley Rural Electric Co-op, based in We... people safe

DEPT Co-op 2city

the Magoffin County 6th Community Day on August 15. In addition to the safety show for about 150 children, firefighters, and other interested adults, the Licking Valley co-op gave away 300 compact fluorescent light bulbs, fans, pencils, and energy saving information. T... of food, entertainment, and raffles raised nearly \$75,000 for organizations like the Teen Coalition, Military Support Group, 4-H, Shriners, Boy Scouts, and the Rescue Squad. Parking problems were eased by a trolley car running throughout the day so visitors could park in town or at the Salyersville National Bank. In addition to planning and overseeing the event, host Salyersville National Bank makes a major contribution by matching money raised by the participating organizations through sales and raffles at the event.

## Feeding the teachers OWENTON

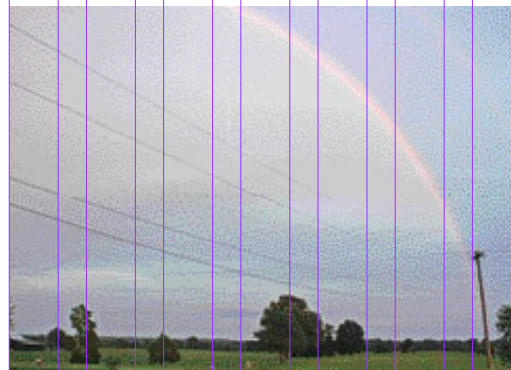
Owen Electric Cooperative, based in Owenton, kicked off the school year by serving at teacher appreciation breakfasts the day before school started in Falmouth and Owenton. Mike Cobb, senior vice president of customer service and marketing,

Whitney Duvall, manager of communications and advertising, and Neva Fogle, customer service representative, served the Owen and Pendleton county teachers. Owen Electric Co-op also provided gift bags and decorated the tables.

## NASKID GRAYSON

For the second year, Grayson Rural Electric Co-op, based in Grayson, insured Kids in the Races at the Carter and Greenup County fairs. Some 30 children (and parents) come with their electric-charged, battery-operated cars, jeeps, and tractors, and race two at a time against each other. Families get balloons, treat bags that include safety information, and every child gets a trophy. Later, Grayson Rural Electric Co-op sends each entrant a photo of the driver taken at the race. KL

A Endbug



DEPT Caption  
• Position ~6 pts below photo.

Tommy Conley and Chad Hall with Licking Valley Rural Electric Co-op give a safety demonstration at the August 15 Magoffin County Community Day in Salyersville. Photo by Maudie Nickell.



Above, ready to drag race are entrants in the Grayson Rural Electric Co-op Kids in the Races at the Carter County Fair in August. Photo by Julie Lewis.

## POLE OF GOLD

This photo of a power pole at the end of the rainbow, on Highway 240 in Warren County, was taken by Bobby Warwick, system inspector for Warren Rural Electric Cooperative based in Bowling Green.



**John Calipari embraces the Big Blue Nation challenge with his dribble drive motion offense**

BY TOM LEACH • PHOTOS BY TIM WEBB

*"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."*

Those words come from legendary UCLA basketball coach John Wooden. And that sentence might just sum up why John Calipari embraced the challenge of leaving the University of Memphis in late March to lead college basketball's winningest program at the University of Kentucky.

It's a place where the bar of expectations is set at its highest level—not to win the title every year, mind you, but to at least be a part of the discussion. It's a place where the spotlight can be withering and the demands for one's time seemingly endless. But it is also a place with boundless support and all of the resources and assets a coach would need to achieve his goals.

John Calipari appears uniquely qualified to not only handle that environment but flourish in it.

■ Soon after taking the job as University of Kentucky men's basketball coach, Calipari addresses a pressing contingent of media at the Joe Craft Center in Lexington. Calipari began his job at UK on April 1.



# The New Coach in Town

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**HENDERSON NATIVE GREGG HALE TALKS ABOUT HIS NEW ADULT HORROR FILM, SEVENTH MOON, AND THE SUCCESS BEHIND HIS FIRST FILM, A SURPRISE BOX OFFICE SENSATION, THE BLAIR WITCH PROJECT**

BY TRACEY TEO

**MAKING A HORROR FILM IS NEVER EASY**, but shooting the latest Haxan Films fright flick, *Seventh Moon*, in Hong Kong presented a set of challenges that producer Gregg Hale, 43, could never have prepared for. He just put out one fire (literally, a set caught fire, but was easily contained) and now this.

An angry village elder wants to evict the entire cast and crew from town because in preparation for a shoot they posted signs referencing ghosts. A Chinese crew member is trying to reason with the villager, but Gregg doesn't need to understand Cantonese to know that it's not going well. For some Chinese, ghosts are not just the stuff of legends and horror films. Deep-rooted superstitions about restless spirits still exist in modern-day China, which is exactly why screenplay writer and director Eduardo Sanchez chose this location for the shoot.

■ Gregg Hale works one of the cameras on the set in Hong Kong while filming at night his latest horror flick, *Seventh Moon*, which comes out on DVD this month. Hale says the film is "not a gory, head-and-slash film," but a "thoughtful, grown-up horror film that delivers a lot of creepy moments." Photo courtesy Gregg Hale.

*Seventh Moon* follows the plight of an American honeymoon couple, played by Amy Smart and Tim Chiou, after the thrill of celebrating the

# FRIGHT flicks

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## Feature opening spreads

Here's the opportunity to make a splash. But don't overwork the spread.

**DON'T PACK THE SPREAD FULL WITH TOO MUCH STUFF.** Less can be more. **TIP:** Put everything on the page that you think you want, then take something away. Empty space is as important a design element as the art and text.

**LEAD THE READER'S EYE FROM UPPER LEFT TO BOTTOM RIGHT.** Give the reader a reason to turn the page. Body copy in the bottom right corner of the page is a natural way to lead the reader to the next page, but not the only way. Break the text in the middle of a sentence. Have a photo or art that points toward the right.

**THINK BIG-LITTLE.** A large photo paired with a small photo has more impact and provides a design tension that two same-size photos do not.

**TIE THE TWO PAGES OF A SPREAD TOGETHER.** Treat the spread as one large horizontal page to design rather than two smaller vertical ones. Of course, the gutter has to be minded, for instance, position words running across the gutter so the break is between letters.

- Headlines can be any combination of any style Interstate and/or Leitura. On the rare occasion when the truly perfect headline font is something different, then run with your instincts and use it.
- Have fun with the headline. Keep the deck treatment low key.
- First few words, sentence, paragraph of body copy can receive an alternate treatment, but don't fight with the deck. Make sure the reader reads the copy in the correct order—head, deck, story—no matter where the different elements are placed.

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COLLEGE PREVIEW

# Connecting at UNION COLLEGE

Students who attend this small liberal arts college nestled in the mountains connect to nature while connecting with others "Where Higher Education Is One to One"

BY HEATHER HARRISON PHOTOS BY THE WASH.

Students enjoy a walk in the woods at Union College. The school is nestled in the mountains of North Carolina. Union College is a small liberal arts college with a focus on community service and environmental sustainability. The school is known for its strong academic programs and its commitment to social justice.

Edging the Appalachians mountain states of southeastern Kentucky, the famed Wilderness Road spans the east, and Cumberland Gap National Historical Park just 20 miles away. Union College might have been content to serve nearby students and accept its quaintness but remote location as a liability.

Instead, leaders at the private liberal arts college in Booneville chose to "own" the wilderness around them and let nature set the scene, chances to both attract students and impact her wisdom to them.

"So this by weaving wilderness adventures and experiential lessons into the fabric of Union life," says Dennis Wolfmeyer, director of college communications. "This allows us to showcase the mounting natural history of our region, foster respect and see

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COLLEGE JOURNAL

**Enjoying the Appalachian mountains of southeastern Kentucky,** the National Redoubt is located in western Jefferson County, and Cumberland Gap National Historical Park just 100 miles away. Union College might have been content to serve mostly students and alumni in the surrounding local area.

Instead, leaders at the private liberal arts college in Barboursville decided to "own" the wilderness around the town. It was a bet on the future, many thought, to bring athletic students and impact the students in town. So the idea took its marching orders: wilderness education and conservation. The school was the only one in the region with a dedicated program. Students are encouraged to hike, canoe, and hike. They are also encouraged to become the mountain around them. They are encouraged to see the future of the region, and see outdoor education as a metaphor for the nature of a liberal arts education.

The college, which is affiliated with the United Methodist Church, has traditions of liberality and ecumenicalism. Following the path of liberal arts, the college has been a leader in the region.

The school was founded in 1870 when Barboursville, the closest community, was still more than three miles from the nearest city. The school, now in higher education, was the center of the day. The idea of Barboursville, however, was one of the best of the best.

# CONNECTING at

Students who attend this small liberal arts college, nestled in the mountains, come to nature while connecting with others.

"Where Higher Education Is One to One"

BY DENNIS GORDON • PHOTO BY TIM MCKEN

# Union College

• **John R. Rasmussen**, a senior, is shown on a mountain trail. Rasmussen is a member of the Union College Outdoors Club, which is a part of the Union College Outdoors Club. The club is a part of the Union College Outdoors Club, which is a part of the Union College Outdoors Club.

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## UK'S 2009-2010 DREAM TEAM

ROBIN ROENKER

The No. 1 recruiting class in the country. The nation's top-ranked point guard in freshman John Wall. Fellow top-20 recruits in freshmen Oshane Crowder and David Oriel. A second nationally ranked point guard in Eric Blalock. Plus top-50 freshmen recruit Jon Hood, enough after junior college transfer Darrell Dodson, and returning junior Patrick Patterson, who's again been tapped as a pre-season candidate for one of basketball's highest honors—the John R. Wooden Player of the Year Award.

Add to that star power John Calipari's famed quick-style "ribble drive motion offense," and you have fans across the state literally salivating at the thought of what the Wildcats might do on the hardwood this year.

Their fever has been fanned by national sports analysts like Gregg Dwyer of CBS SportsLine, who announced after Calipari's April 1 hiring that "Once Calipari gets Kentucky rolling—and it won't take him long—Kentucky will be...the dominant team every year. College basketball will belong to Kentucky. Turn back the clock 50 or 60 years, because it's like that all over again."

With Calipari's hiring, UK fans are ecstatic at the prospect of a national title run—or run-to end the team's 17-year championship drought.

Calipari cautions, though, that he can't turn UK's team around overnight. It's a process that will take some time. Learning the new offense. Learning to play together. And teaching them to dream again.

"My team, we have no experience," he tells a gathering of Fayette County UK alumni in August. "The only real experience they have is NT experience...[But] we have a lot of young guys who...think they're going to win every game. It's that bad!"

Calipari says he hopes some of that optimism and bravado will rub off on the underachievers.

"And now we have to get the returning players to dream big again. To dream like Kentucky players have always dreamed," he says. "They seem a little head down."

"But," Calipari says, "you have to come back to the reality of six returning players and six new players with a new coach and a new way of playing that some of them have never seen."

In August, Calipari held a gathering in Louisville they should plan to come to the games with their hands on the wall.

"Balls, early this year are going to be flying" while the team learns the new offense, he says. "I'm telling you, the first month, you're going to see...these are the worst basketball shots I've ever seen."

With time, the team will start to gel, he promises.

"Each week, you'll go back and say, 'Wow, I really see what they're trying to do. There's not as many turnovers, there's not as many fast breaks, and they're unbalanced'."

## Calipari understands the big picture of the UK program—that it's more than about winning and losing

"I think, particularly at the time he came along in 2009, he was absolutely the guy," says Sporting News columnist Mike McCooney, a veteran observer of the college basketball scene. "In 2007 when things were less damaged, I honestly thought Tom Cacer was the right person for the job. But when we got to 2009 and things were even more broken than they had been, then I think John was the perfect choice to fix them up more quickly than anyone else could."

"Without a question, he will have a major impact," goes with this opinion. Pratt, who also serves as the college's assistant director of communications, especially with the modern-day athlete, came with this job.

"I think that's the most important thing. There's a lot of guys who can coach, but this job is special, because of all that goes into it besides coaching," Pratt observes. "It's recruiting, dealing with the Big Blue fan base, being a part of the community. If you

don't care to do them, it's not going to be a perfect fit."

"I think Cal has very good people skills. He enjoys the interaction and I think that really helps," Pratt continues, noting that he was particularly impressed with the handshake Calipari did before his meeting with UK President Dr. Lee Todd and Athletics Director Mitch Barnhart.

## Add a subhead here

"He was so well prepared. He really understood the big picture of the program. He understood that it's more than about winning and losing. He understands what a [this program] means to this state," says Pratt. "That means he had looked at this job and maybe even had it in his mind that this was the top of the ladder for him, to test his skills as a leader."

"He likes challenges," says Calipari's wife, Ellen, "and he knows this is a challenge and I think he'll rise

to the occasion. You tell him something's hard or you can't do it, he will prove that you can do it. And he'll try to do it a different way or a better way. He's open to new ways of thinking, which has been proven with the [familiar] [familiar] officer that he runs for the team."

Make no mistake about the winning and losing part—of the Kentucky coach comes up about in that department. Little else will matter. That is a given with programs of this stature. But coaching the game itself is a smaller percentage of the overall role of being the Kentucky coach than with perhaps any other team.

"He's the CEO of this basketball program. It's a huge responsibility. It's like running a major company and you've got to manage many constituencies and so many things that you have to manage," notes long-time sports marketing guru Jim Frost, whose company started the UK Radio Network and grew it into the largest of its kind in the nation.



In April, Calipari watches his team practice at the Joe Cain Center. Calipari entered the press conference earlier that day, but he didn't have banners unless it's for a national championship.

## CALIPARI'S DREAM JOB

ROBIN ROENKER

Everywhere he goes, UK's new coach is greeted by standing ovations. Hazard, Pikeville, Owensboro, Ashland, Louisville, Lexington. Fans ask him to sign their T-shirts, their hats, even their car dashboards. He has a Twitter following of 89,206.

At a breakfast with Fayette County UK alumni in August, John Calipari joked that he feels like he's running for governor; the way he's been shaking hands and crisscrossing the state since taking the job as UK's head coach in April 1.

And he told the crowd he knew the reason for all the (pre-season) praise: "We're still called babies."

But Calipari, age 50, a two-time Naismith National Coach of the Year (1996 and 2008) and last year's Sports Illustrated National Coach of the Year, isn't letting it go to his head.

The coach, who grew up in Strickley, Pennsylvania, often speaks of his family's humble beginnings. His grandfather emigrated from Italy knowing no English and worked as a coal miner in West Virginia until he died of black lung disease at age 58. His mother grew up in West Virginia, where she sometimes had dinner soup for dinner. His parents did not go to college.

"We're just regular people," he tells fans about his wife, Ellen, and their three children—Eric, a graduate student at Wake Forest University in Meigs, a sophomore at UK, and son Bradley, 12.

As a student, Calipari played Division I basketball for two years at North Carolina-Weimer, before transferring to Division I Carolina State, where he graduated in 1982. After college, he gained experience as an assistant coach at Kansas (1982-1985) and Pittsburgh (1985-1988).

He got his first head coaching gig at the University of Massachusetts at age 29—because, he likes to say, nobody else wanted the job.

After successful, program-building stints at UMass (1988-1990) and the University of Minnesota (2000-2009)—in which he took both teams to the Final Four—Calipari has called leading the UK head post his "dream job."

"I'm humbled to be your coach. The coach of the Commonwealth's team," he says. "It's exciting. I mean, I'm coaching at the winningest program in the history of our sport."

Taking to him, it's clear John Calipari is as excited to be here as Kentucky is to have him.

"They hired me to win ball games and graduate these kids. To do it right. And to make this state and this university proud," he says.

## He wants that challenge to put his mark alongside the great coaches and the great teams of UK

"He understands that. A good CEO gathers input and then makes the final decision. A good CEO surrounds himself with people who are strong. If not stronger than he is, takes their advice, and then makes a decision," adds Pratt, who says he's never seen a college coach with better interpersonal communication skills.

Ellen Calipari says that's the management style her husband has always employed.

"He sounds things off a lot of people, compiles his information, and does his homework. But in the end, he will do what he thinks is right. He's not afraid to ask what other people think," she says.

CBS announcer Clark Kellogg thinks Kentucky has a "home run" with the hiring of Calipari. Kellogg's first major TV job was serving as analyst on the Atlantic 10 network when Calipari was coaching at the University of Massachusetts in the early 1990s, and he remembers the strong first impression he had.

"He got tremendous energy and passion. That's what jumps out at you."

"And when you watched him work, you could see he really knew how to get the most out of kids. Traffic teacher and motivator and he knows the game," he explains. "He's had a varied experience as a coach. He's been at the pro level and he's been around some great coaches. That tends to fortify your resolve and dissuade that being who you are is how you have to do it, no matter what newspaper man he is. He's a personable and charismatic guy anyway. He has a comfort level for being in the kind of situation that is unique to UK basketball."

When Calipari steps out that spotlight and goes home, Ellen

says they don't talk that much about work. She is her husband's biggest fan but doesn't follow sports much otherwise, save for the activities of their three children—Elin, Megan, and Brad.

## Another subhead here

"Usually, it's the home front and what the kids are doing. He's much calmer at home. He's nothing like he is during the games. He doesn't have that intensity level at home—or the language. That's a work persona," she says with a chuckle. "He do talk about the players. Sometimes I can see things from the mother side of it. Sometimes he listens and sometimes he doesn't. That's okay; he can pick and choose. I think the team is a big part of our life. We do have family around, so they're our family. They're welcome in our house. We care about them and want to help them in whatever way we can. I pull for them like a mom would."

There's nothing for Calipari to prove at Kentucky as a coach. He's a known commodity, having led UMass to its only Final Four appearance and taking Memphis to the championship game for the second time in its history in 2008. But Pratt thinks the opportunity to measure himself against the Kentucky tradition was especially appealing to Calipari.

"I think what he wants to do is test his skills as a coach and motivator against the previous guys that were there, the terrific coaches that Kentucky has had, and the championships they have won. That's where the real test is—to see if you can hang a banner and keep this program at the level these coaches did." Pratt says. "We're going to be a winner wherever he is, but I sense that he wants that challenge to put

his mark alongside the great coaches and the great teams of Kentucky."

Having a coach that embraces that kind of goal and has the skill set to achieve it has reignited a fire in the Big Blue Nation.

"It's just kind of re-emerged the fan base up here," says Joe Gamble, who hosts the popular radio (a former radio show based in Hindman, part of the Appalachian Mountains region of Kentucky). "People go through hard times up here. They're criticized about their way of life. That 'hillbilly' thing his brother Oscar (broader of the Car-Pass magazine) used to say. 'We feel rejected and neglected' but when basketball seasons rolls around, we feel like we're equal to anybody in the nation." Combs adds.

## "You could see he really knew how to get the most out of kids."



## BOUNCE BACK

ROBIN ROENKER

Coach John Calipari hopes his newest book, *Bounce Back: Overcoming Setbacks in Success in Business and in Life*, helps people realize they can make it through whatever obstacles life throws at them—whether it's loss of a job, divorce, death of a loved one, or, as it was in his case, two very public career failures.

Calipari writes that his second "bounce back event"—his University of Memphis team's loss to Kansas in the 2009 National Championship after being up by nine points with 2:22 left in the game—wasn't as hard to overcome as his first widely publicized failure, his firing in 1999 as head coach of the NBA's New Jersey Nets after just three seasons.

"Your first bounce back is the hardest," he writes. "In those first hours and weeks after the trigger event occurs, you can feel like it's against the world, and what can be an overwhelming situation. But with every bounce back you have, you grow and you begin to realize you're from home."

Calipari's book encourages establishing a network of friends and supporters, which he calls the "Kitchen Cabinet" (borrowing the term for President Andrew Jackson's advisors) to help you through tough times.

Drawing on and detailing others' firsthand bounce back experiences—including Kentucky's Henry Perry's after his devastating loss at the 2009 Masters—the book describes life as a "never-ending bounce back."

Launching his book tour in late August, Calipari tells a crowd of UK alumni he started the book two and a half years ago, literally writing more than 200 pages by hand over the course of two weeks.

"Everybody was calling me. Coaches, other people. They said, 'You were fired in New Jersey. You got yourself going again. How'd you do it?'" Calipari says. "So I started getting some ideas down."

Proceeds from the book—along with proceeds from memberships to Calipari's new online radio site, CoachCal.com—will support charitable efforts of the Calipari Family Foundation for Children. The Foundation is dedicated to the betterment of the lives of underprivileged children, with donations slated to go to charities in Kentucky and Memphis. Ultimately, Calipari says he hopes the book enables him to motivate and inspire an even greater audience than he can reach as a coach.

"I will maybe get to coach 100 players in my lifetime. But what if I can reach 100,000 with this book?" he says. "Hopefully, a lot of good will come from this. It really is a book to give back."

his mark alongside the great coaches and the great teams of Kentucky."

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## Add a subhead here

Kentucky basketball is the one thing that bonds everyone when they go to their lunches every day or their churches on Sunday or their high school events on Friday night. The one thing everybody wants to talk about is Kentucky basketball. That kind of drifted into the background the last two years. No one really desired to be attached to Kentucky basketball."

David Litchfield is treasurer of the UK alumni chapter in Atlanta, the largest outside the state of Kentucky, and he has witnessed a similar reaction from fans there.

"We're really thrilled we have somebody that understands and appreciates the tradition of Kentucky basketball. He gets it," Litchfield says. "And he really expresses with sincerity what the program means to the whole Commonwealth, not just the university." ■

TOM LEACH is the "Voice of the Wildcats." You can follow Leach's coverage of the Wildcats online at TomLeach.com.



**“When you go out there and think about the day when people were there and buried someone, it’s almost like you can see the family standing exactly where you’re working.”**

*This picture day is a chance for a cemetery to be seen by a new generation. It’s a chance for a cemetery to be seen by a new generation. It’s a chance for a cemetery to be seen by a new generation.*

places, like Jan and Larry Hedgepeth of Hart County. “Volunteers are valuable in every county,” says Cleveland. “They work closely with the KHP genealogical societies and with county cemetery boards that are, in many cases, instrumental in helping save their local cemeteries and histories.”

Some, like the group the Hedgepeths work with, have even built fencing around cemeteries with donated funds. Others, like Barrett, have sponsored a movement. All agree that cemetery cleaning is a team effort that takes on a life of its own, including creating Web sites, raising funds, and fostering new missions.

“I started this current project the Owsley County Cemetery Project when we started the MyFamily.com site,” Barrett says. “Naturally, it’s part of the Owsley County History and Genealogy Society because, with out their help and support, it would have never made it. Nancy Moulton has kept the site up and going and has paid for it the last two or three years out of her own pocket. She is my right-hand person and backbone.”

“Without the team effort, this could not be accomplished as we are an online society,” agrees Moulton, president of the Society and a Kentucky Colonel who was raised in Owsley County. “I am is

**ONLINE HELP FOR CEMETERY AND HISTORY HUNTERS**

Kentucky Historical Society Cemetery Preservation Program  
www.kentuckyhistory.org  
Owsley County History and Genealogy Society  
www.owsleyhistory.net  
Southern Kentucky Genealogical and Historical Research  
www.skyrc.com

www.kentuckyliving.com • OCTOBER 2009 31

years ago by Amy Wilson of the Lexington Herald-Leader. “They were very kind.”

Barrett is one of an army of volunteer cemetery hunters who are searching Kentucky’s past and recovering its buried heritage, one stone at a time, in order to save it in perpetuity. Their goal: preserving, restoring, and in some cases, removing the dirtiest family cemeteries of the Bluegrass.

“There are a lot of challenges in cemetery preservation,” says Lisa Cleveland, director of Communications for the Kentucky Historical Society (KHS). “But there are also a lot of Kentuckians who are passionate about cemetery preservation in general, preserving the stones and the history of cemeteries.”

“After people go and look at the restored graves and come back and ask who has done this, it makes me grateful that I’m still out there trying to help people

who cannot do the repair work themselves,” adds Ray Fletcher, an outdoor enthusiast who works with Barrett on restoration projects. His reward? The smiles, hugs, and handshakes from people whose relatives’ tombstones and gravesites get a welcomed spit-shine.

The KHP operates a Cemetery Preservation Program that offers guidelines in conserving and cleaning stones and repairing and mapping cemeteries, along with other information related to preserving the state’s last resting places. Coordinating the project is Ann Johnson, who has a keen interest in “small cemeteries out in the fields.” Johnson presents workshops on preservation techniques and provides copies of Kentucky Cemetery Laws to help people understand their rights as descendants of loved ones buried in a given cemetery.

“These volunteers are saving their history,” says Johnson. “Not to mention that the area is sacred ground and those buried there deserve respect—and are protected by law.”

The information Johnson provides also helps people at the local level understand that they need to be aware of where the cemeteries are in case an area designated for development contains a cemetery.

**Cemetery sleuths team up**

This cadre of volunteers and specialists do everything from finding pieces of cemetery stones and deciphering them, to doing Karyn Spence of the Robertson Monument Company in Scottsburg, Indiana, to recording genealogical information such as what Dec Tapp provides for the Web site www.sky.com, to “whitching” the land (with the use of downing rods) to find stones in these forgotten land settings

the official photographer of all the stones that are on the cemetery site. Joel Meyers from Manhattan, Kansas, has also taken many photos of tombstones over the years. It is and has been a tremendous amount of team effort with funding information to go with the stones, even death and birth certificates—as we are able to find them.”

Others involved include Michelle Williams Cole, who coordinates the stone orders and, several years ago, began saving and transcribing obituaries. Betty Caldwell researches information and also transcribes obituaries. Patty McWilliams from Oklahoma had added close to a 1,000 death certificates to the cemetery site. Collectively, the volunteers also founded The Tombstone Placement Project, a mission that started with the placement of military stones.

**Adding a new, readable stone**

“The first stone in this project was that of an infant on Indian Creek and also marked the 30th anniversary that Tommy Barrett had photographed and recorded on the Owsley County Web site,” says Moulton. “In fact, this project was honored by placing a new stone over many irretrievable stones and in areas

where we know who he buried them. We also try to contact relatives to make sure that they wish to have the stone placed when it is a family donated stone. Many of the persons have been donated from this life for 100 years or more.”

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For Barrett, getting involved in cemetery preservation began with a request from Nancy Moulton in Nevada asking if he could photograph some of her Owsley County ancestors’ graves. Then a man from Kansas asked him if he would take him to some area cemeteries. His hobby soon became a labor of love.

“It goes on at times,” he admits. “I was doing one cemetery and ran upon the grave of an old blind man I had known all my life. I looked in the next row behind him and there was another one of my old friends. That day I just left the cemetery.”

Barrett returned the next day and finished the job he’d set out to do. And, as in his habit, he speaks to the people he knows beneath the stones.

“If someone was standing behind a tree listening to me they would think I’m crazy,” he says. “Most of the time I say a prayer. Part of it is, ‘I just hope I find someone here that their kin out there is looking for’ and ‘thank you, Lord, for letting me be able to do this.’”

**Play it forward**

When Jan and Larry Hedgepeth saw what their friends, Todd and Vicki Willard, accomplished in restoring the Brent Cemetery on their land, the Hart County couple decided to do the same for the Light-Rabon Cemetery on their own farm.

“Next thing you know, it grew from one farm and family to another, with people calling in far away in Idaho and Texas requesting help in restoring their family cemeteries in Hart County,” says Jan Hedgepeth, who works full time at Salt River Electric

**As is his habit, Tom Barrett speaks to the people he knows beneath the stones**

*Jan Hedgepeth, front, along with Vicki Willard, Larry Hedgepeth, and Betty Cole have restored several cemeteries, including the Brent Cemetery where he lives on the Everett Hensley farm in Hart County. If the tombstones in front of him are to be moved to the stone, and the information is recorded and sent to the Kent County Historical Society and other online cemetery groups. Photo by Jan Hensley.*

**WITCHINGS AND WARNINGS**

**Resurfacing stones and reclaiming history is a grave subject, but it’s not without its light moments.**

“We’ve had some laughs and we have some stories,” says Jan Hedgepeth, whose group of cemetery sleuths has been involved in cleaning up some 30 family cemeteries. “We have one person who won’t which use the downing rods because he says when he takes up those rods and the cross, the hair on the back of his neck stands up.”

She explains the process: “We which or use downing rods to find the stones and graves. You have two pieces of wire and the wires will actually cross

when you walk over a person’s grave. There’s no scientific explanation, but it really works.”

John’s husband, Larry, recalls a “discovery” that once cleared out a cemetery: “We were cleaning up a cemetery and found some people watching and one of them picked up a shiny metal plate off the ground. One of the guys working with me said it was a casket handle a ground-hugger had dug up.”

“As soon as he said it, everyone cleared out.”

The Hedgepeths and their cemetery group, including Vicki and Todd Willard, have encountered snakes, taken

over tombstones, and been tangled up in tree roots. They’ve been warned of making contact with caskets and bodies and have heard stories of evil-doers buried so hot under who still exert a malevolent influence.

“People have told us about stones over evil people and we’ve found their stones—but the stones didn’t sit,” says Larry. “A lot of people are real superstitious about cemeteries.”

“Of course, we’ll hear, ‘We wouldn’t go probing around in a cemetery, you might poke into a body,’” adds Jan. “In fact, the Hedgepeths’ teen-aged grandsons, Adam and Matthew Hensley, and the older of the grandsons, Ryan, did Ethan Jones, frequently accompany them to the cemeteries but have been warned of the probing process. “They think witching graves is great, but they won’t probe,” says Larry. “They’re pretty shy. They have people telling them they’ll be probing and hit a casket or stick somebody and hear their groans.”

*Reddy Dillard shows how witching rods, or downing rods, are used to find stones and graves, especially useful in cemeteries containing no stones. The wires will cross when you walk over a person’s grave. Photo by Jan Hensley.*

**Mapping a cemetery**

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www.kentuckyliving.com • OCTOBER 2009 33

**ACCESSING OLDER CEMETERIES**

According to the Kentucky Historical Society’s Ann Johnson, with the Cemetery Preservation Program, in terms of access to these family cemeteries, if a preservation project is being undertaken by volunteers who are not descendants of those buried in the cemetery, permission from the landowner is required.

If, on the other hand, a person is a descendant of someone buried in a cemetery located on land they no longer own, the landowner is to give them access to the cemetery at reasonable times.

“This is the opinion of the attorney general,” says Johnson. “It is case law and has been recognized by the courts for a long time.”

Johnson maintains a database of cemeteries that people choose to register with her. It is a contribution of the database that was started by the Attorney General’s Office in 2000-2001.

**“We try and leave the entire site as original as possible; you give up a lot of historical value if you change it.”**

cross and then uncross as they step off graves. During the summer, the group sprays sites with weed and brush killer to stop the growth. Stones are repaired by cleaning and gluing when weather permits and, according to Larry Hedgepeth, Jan has hit upon a restoration formula of ready-made cement skinned over glass that, within a few weeks, returns the stones to their original appearance.

**GRAVESTONE SYMBOLS**

**GAYLORD COOPER**

The many carvings seen on old gravestones are collectively called icons or symbols. Carvers still use them as a shorthand message. An icon can convey many words and ideas with a simple carving such as a cross. This also saved time for the carver, expense for those that commissioned the stone, and provided comfort for those who could not read, as they could understand what the stone had to say about their ancestor.

**Anchor/Ships – Hope or Seafaring Profession**  
**Angel – Rebirth, Resurrection**  
**Bird – Eternal Life**  
**Broken Column – Loss of Head of family**  
**Full-Brown Rose – Prime of Life**  
**Buds/Seedling – Mourning of Life or Renewal of Life**  
**Columns and Doves – Heavenly Entrance**  
**Corn – Hope Old Age**  
**Cross – Emblem of Faith**  
**Dove – Purity, Devotion**  
**Flower – Fragility of life**  
**Garden or Wreath – Victory in death**  
**Hands Clasped – Goodbys Said at Death**  
**Key – Friendship and Immortality**  
**Lamb – Innocence**

**Laurel – Fame or Victory**  
**Oak Leaves and Acorn – Maturity; Ripen Old Age**  
**Open Book/Bible – Deceased Testament, Minister, etc.**  
**Palm Branch – Signifies Victory and Rejoicing**  
**Sheaf of Wheat – Hope for Harvest; Divine Harvest**  
**Skull/Crossed Bones – Death**  
**Thistle – Scottish Descent**  
**Thistles – Remembrance**  
**Tomb – Mortality**  
**Torch Inverted – Life Extinct**  
**Tree – Life**  
**Several Branch – Mortality**  
**Tree Trunk – brevity of Life**  
**Urn – Immortality**  
**Weeping Willow Tree – Mourning; God’s Nature’s Lament**

*This gravestone in the Brent Cemetery in Hart County is an example of the best-kept symbol, which means goodbye and rest of death. The blue cloth on the white stone helps to easily read the writing for readability. Photo by Jan Hensley.*

“The ancient Egyptian belief was that the soul was immortal and that the body was the vessel for the soul. The soul was being placed in an urn or tomb.”

**GAYLORD COOPER** is director of Eastern Kentucky Cemetery Association, presents seminars in genealogy and cemetery technology, and writes *Stones Told in Stone: Cemetery Symbolism*.

**“When we find the grave, we probe the ground,”** adds Larry. “A lot of stones have turned over and we dig out the original stone and reset it. No try and leave the entire site as original as possible; you give up a lot of historical value if you change it.”

Like Barrett’s group, the Hart County group has found some high-profile gravestones, including one of George Washington’s bodyguards and many Revolutionary and Civil War soldiers, but more than likely, it is the everyday citizen whose grave—and history—they are restoring. And like the group in Owsley County, the work is very much a team endeavor with volunteers like Dec Tapp contributing time and talents.

“Dec Tapp has spent countless hours on this project, running down genealogical information,” says Larry Hedgepeth.

Still, the part that most amazes cemetery restorers is the knowledge that they are working on a site where someone was buried as family and friends gathered, religious, reunited, remembered, and wept.

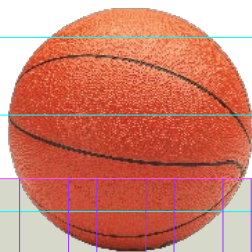
“When you go out there and think about the day when people were there and buried someone, it’s almost like you can see the family standing exactly where you’re working,” says Larry. “You’re finding the site back to the way it was the very day they had the funeral.”

“And the stones will stand the test of time,” notes Fletcher, “and be there for future generations to come and visit their families’ graves.” RL

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**FEATURE deck**

- use as a starting point. Size, color can vary.
- Can be any font and weight from Leitura or Interstate families.

## John Calipari embraces the Big Blue Nation challenge with his dribble drive motion offense

BY TOM LEACH • PHOTOS BY TIM WEBB

*"Don't measure yourself by what you have accomplished, but by what you should have accomplished with your ability."*

Those words come from **BODY noin** coach John Wooden. And that's why John Calipari embraced the challenge of leaving the University of Memphis in late March to lead college basketball's winningest program at the University of Kentucky.

It's a place where the bar of expectations is set at its highest level—not to win the title every year, mind you, but to at least be a contender. **BODY in** It's a place where the spotlight can be warring and the demands for one's time seemingly endless. But it is also a place with boundless support and all of the resources and assets a coach would need to achieve his goals.

John Calipari appears uniquely qualified to not only handle that environment but flourish in it.

■ Soon after taking the job as University of Kentucky men's basketball coach, Calipari addresses a pressing contingent of media at the Joe Craft Center in Lexington. Calipari began his job at UK on April 1.

# The New Coach



■ The Owsley County History and Genealogy Society raises money to replenish tombstones in local cemeteries. Tom Barrett, Gary Combs, and Ray Fletcher, front row, and Kenny Spence, back, work as a team to revive old cemeteries, shown here working in the Cortland Cemetery in rural Owsley County. Photo by Tim Webb.



#### ¶ BODY noin

Opening words / phrase / paragraph of story can be treated differently—within the Leitura or Interstate families

#### *Call him the History Hunter or Cemetery Sleuth.*

He's the guy who treks out to weedy, overgrown, varmint-ridden patches of land to find Kentucky's ancestors, buried in hundreds of family plots all over the state and lost to time or land development, or reclaimed by Mother Nature.

Booneville resident Tom Barrett has amassed 12,783 photos from 317 such cemeteries in his efforts to find, document, and preserve the cemetery legacies in dozens of Kentucky counties, including Breathitt, Clay, Jackson, Lee, Perry, and Owsley. Barrett has conducted tours to historic cemeteries, set Civil War stones for unmarked veterans' graves, and raised money through his Web site to buy stones, including one for a U.S. marshal.

"Someone told me, 'Tom, you will know more people in the cemeteries than you know living before it's over,'" says Barrett, who was christened "History Hunter" several

# GRAVE MATTERS

## Feature Headlines

### ¶ FEATURE head

- use as a starting point. Size, color can vary.
- Can be any font and weight, alone or in combina-

*Cemetery hunters repair ages of neglect*

BY KATHY WITT

### ¶ FEATURE deck

- use as a starting point. Size, color can vary.
- Can be any font and weight from Leitura or Interstate families.

### ¶ FEATURE byline

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## BOUNCE BACK

ROBIN ROENKER

## 1 DEPT byline

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Coach John Calipari hopes his newest book, *Bounce Back: Overcoming Setbacks to Succeed in Business and in Life*, helps

## 1 BODY SANS noin

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...can make it through whatever  
...at them  
...death of a loved one  
...was in his case, two very put

## A Interstate Bold 9

- opening words or phrase of long sidebars

Calipari writes that his setback event—"his University of Memphis team's loss to Kansas in the 2008 National Championship after being up by nine points with 2:12 left in the game—wasn't as hard to overcome as his first widely publicized failure, his firing in 1999 as head coach of the NBA's New Jersey Nets after just three seasons.

"Your first bounce back is the hardest," he writes. "In those first hours and weeks after the trigger, you feel like it's you against the world, and that can be an overwhelming situation. But with every bounce back you have, you grow and you begin to realize you're far from alone."

Calipari's book encourages establishing a network of friends and supporters, which he calls the Kitchen Cabinet (borrowing the term for President Andrew Jackson's advisors) to help see you through tough times.

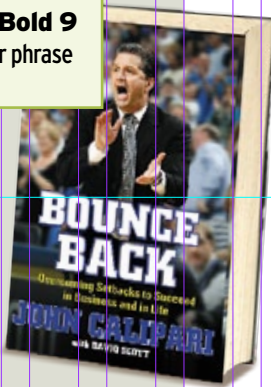
Drawing on and detailing others' firsthand bounce back experiences—including Kentuckian Kenny Perry's after his devastating loss at the 2009 Masters—the book describes life as a "never-ending bounce back."

Launching his book tour in late August, Calipari tells a crowd of UK alumni he started the book two and a half years ago, literally writing more than 200 pages by hand over the course of two weeks.

"Everybody was calling me. Coaches, other people. They said, 'You were fired in New Jersey. You got yourself going again. How'd you do it?'" Calipari says. "So I started jotting some ideas down."

Proceeds from the book—along with proceeds from memberships to Calipari's new online Web site, CoachCal.com—will support charitable efforts of the Calipari Family Foundation for Children. The Foundation is dedicated to the betterment of the lives of underprivileged children, with donations slated to go to charities in Kentucky and Memphis. Ultimately, Calipari says he hopes the book enables him to motivate and inspire a greater audience than he can reach as a coach.

"I will maybe get to coach 100 players in my lifetime. But what if I can reach 100,000 with this book?" he says. "Hopefully, a lot of good will come from this. It really is a book to give back."



## 1 Pullquote

- In features, use as a starting point. Size can vary.
- Can be any font and weight, alone or in combination, from Leitura and/or Interstate families.

- This is 18/24 Interstate Bold + color

"You could see he really knew how to get the most out of kids."

his mark alongside the great coaches and the great teams that have been at Kentucky."

Having a coach that embraces that kind of goal and has the skill set to achieve it has reignited a fire in the Big Blue Nation.

"It just kind of re-energized the fan base up here," says Ira Combs, who hosts the popular *Inside the Locker Room* radio show based in Hindman, part of the Appalachian Mountains region of Kentucky.

"People go through hard times up here. They're criticized about their way of life. That 'hillbilly' thing hits harder up here than anywhere else in the state. As my brother Oscar (founder of the *Cats' Pause* magazine) used to say, 'We feel rejected and neglected all season rolls around, we feel like nobody in the nation,'" Combs adds.

## 1 FEATURE Subhead

### Add a subhead here

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## 1 BODY noin

- 1st paragraph after a subhead

## A Endbug

## A NAME bio

**TOM LEACH** is the "Voice of the Wildcats." You can follow Leach's coverage of the Wildcats online at TomLeachKy.com.

## 1 Author Bio

**¶ Pullquote**

- This is 20/26 Interstate Bold with 21/26 Leitura Italic 3, -25 tracking + centered + color

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### A Square Bullet

■ Jan Hedgepeth, front, along with Vicki Dillard, Larry Hedgepeth, and Teddy Dillard have restored several cemeteries, including the Bunnell Cemetery shown here on the Barrett Hensley farm in Hart County. If the tombstone is illegible, they read, chalk or flour is applied to the stones, and the information is recorded and sent to the Hart County Historical Society and other online genealogical groups. Photo by Joe Imel.

### ¶ Caption

Cooperative in Bardstown. "What started with four friends has grown into a county-wide project, including organizations like the Boy Scouts. There are currently 30 cemeteries completed and more on the list."

Although the work is ongoing through the year, Hedgepeth says her group works from November through March to clean undergrowth from a site, cut down trees, and remove brush and find the stones with a witching process by using dowsing rods that

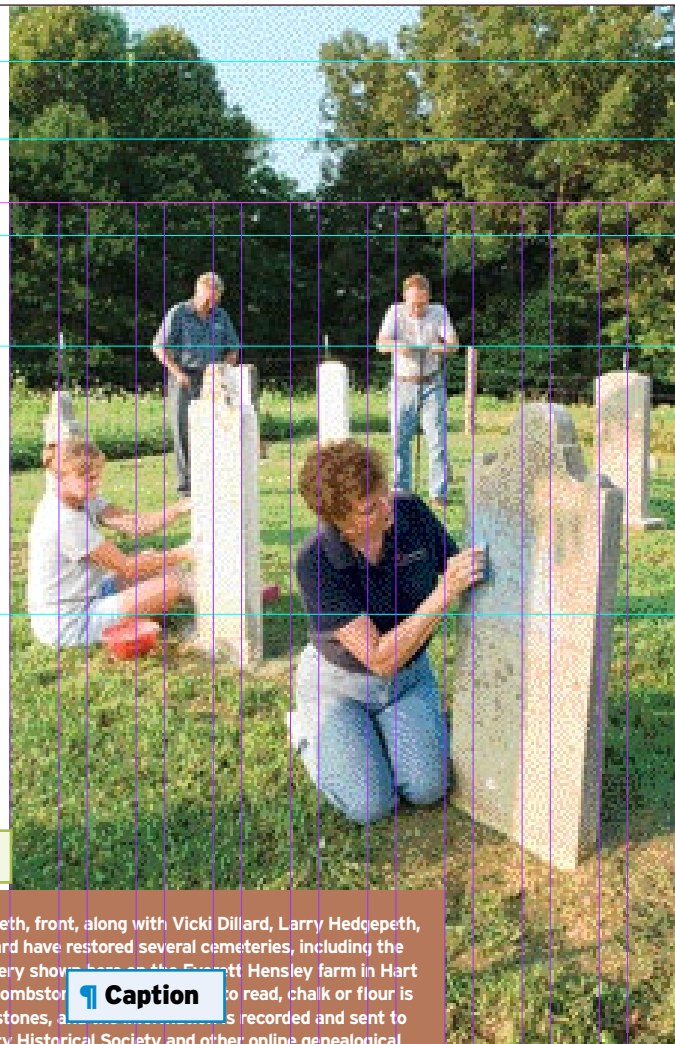
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#### ONLINE Mapping a cemetery

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### A Interstate Bold 9





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### ☛ BODY SANS noin #after

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**Anchor/Ship** – Hope or Seafaring

**Bird** – Eternal Life

**Broken Column** – Loss of Head of Family

**Full-Blown Rose** – Prime of Life

**Buds/Rosebud** – Morning of Life or Renewal of Life

**A Interstate Bold 9**

**Entrance**

**Corn** – Ripe Old Age

**Cross** – Emblem of Faith

**Dove** – Purity; Devotion

**Flower** – Fragility of life

**Garland or Wreath** – Victory in death

**Hands Clapsed** – Goodbyes Said at Death

**Ivy** – Friendship and Immortality

**Lamb** – Innocence

**Laurel** – Fame or Victory

**Oak Leaves and Acorn** – Maturity; Ripe Old Age

**Open Book** –

Teacher, Minister

**Palm Branch** – Signifies Victory and Rejoicing

**Sheaf of Wheat** – Ripe for Harvest; Divine Harvest

**Skull/Crossed Bones** – Death

**Thistle** – Scottish Descent

**Thistles** – Remembrance

**Tombs** – Mortality

**Torch** –

Tree

**Severed Branch** – Mortality

**Tree Trunk** – Brevity of Life

**Urn** – Immortality\*

**Weeping Willow Tree** – Mourning; Grief; Nature's Lament

### A Square Bullet

### A Interstate Black 7pt caps

### ☛ Author Bio



### ☛ Caption

■ This gravestone in the Bunell Cemetery in Hart County is an example of the hands clasped symbol, which means goodbyes were said at death. The blue chalk on the white stone helps to easily read the etching for recording. Photo by Joe Imel.

**Willows** – Earthly Sorrow

**Wreath** – Victory

### ☛ Footnote

ancient Egyptian belief was that life would be stored in the future through the vital organs placed in an urn or urns.

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### A ITALIC Interstate Regular

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### A Endbug



**¶ Sidebar Header 1**  
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Compressed

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tion, from Leitura and/or Interstate families.  
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+ centered, + color

## Gregg Hale's Kentucky Roots

**A Interstate Bold 9**

Hale's family still lives in Henderson. "I come home very frequently and I love it there."

He attended East Heights Elementary, then Henderson County High School.

**¶ BODY SANS noin**

"I had a fantastic educational experience growing up that really contributed a lot to the formation of my career. I still work on film projects on a regular basis from Henderson, Bently Tittle Los Angeles. I co-wrote the only feature I have directed (so far), *Say Yes Quickly*, with a friend from high school, Rachel Davis Thornton."

Hale says, "I'm also still good friends with two of the guys I made films with back in middle and high school, Neil Kellen and Bart Nunnely, who live in Henderson and are still making their own films."

Hungry Ghost Festival in China turns into something sinister.

Hale describes the film as "intelligent and subtle."

"It's not a gory, hack-and-slash film," Hale says. "It's a thoughtful, grown-up horror film that delivers a lot of creepy moments, but doesn't make the audience feel they are being pandered to as though they are 13 years old."

The film took five weeks to shoot, and Hale's thankful that wife, Adrian, and daughter, Amelia, were on location with him during four months spent in Hong Kong. Son Deckard was born after they returned to the States. Hale believes in the balance between work and family.

### The making of *Blair Witch*

Neither Hale nor Sanchez tries to predict the success of *Seventh Moon*. They say that up 10 years ago when their

## With *Blair Witch*, "We carved out a little piece of film history that will always be ours."

first feature film, a little, low-budget horror movie called *The Blair Witch Project*, became the most profitable independent film of all time.

This year, the 10th anniversary of the film's release, Hale is introspective.

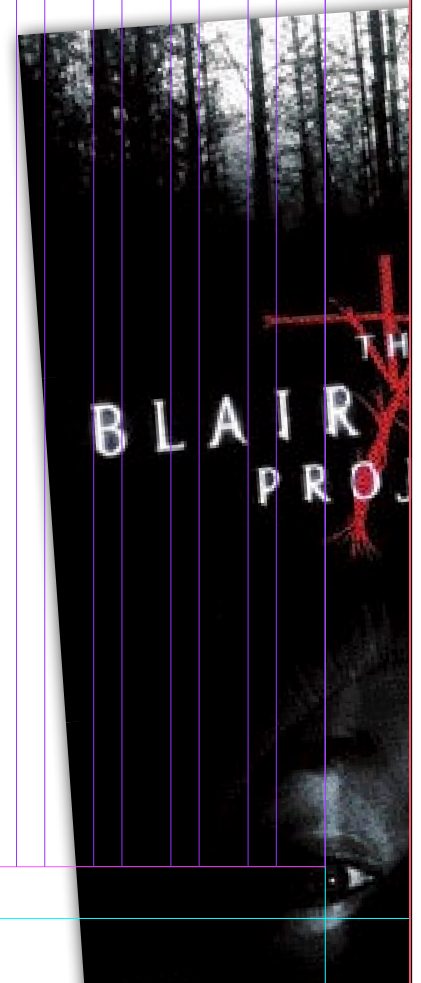
"So much of that experience from 10 years ago is fresh in my memory," Hale says. "*Blair Witch* was, in my mind, the last attempt to make the filmmaking thing work. Up until that point, I had spent every dime I had on making films (shorts and music videos) and didn't have anything that resembled a career."

Just before making *Blair Witch*, Hale was working in Los Angeles as a set dresser on the comedy TV series *MADtv*. He finally felt like a responsible adult who held down a steady job with good pay and benefits, but he found it unfulfilling. Hale had wanted to be a filmmaker since he saw *Star Wars* at age 11, and he wasn't ready to give up the dream.

That's how he went from sunny L.A. to freezing in the middle of a field out East. But he was thankful to have a gig producing Sanchez's brainchild about three college students who set out to make a documentary about the legend of a 200-year-old witch rumored to haunt the Black Forest of Maryland. The trio become hopelessly lost in the woods and are stalked by a mysterious, supernatural force. They are never heard from again, but their camera is recovered a year later. The faux documentary with its shaky, handheld camera footage

is presented to the audience as *The Blair Witch Project*.

Hale didn't have high hopes for the commercial success of this cinematic experiment where the actors did the shooting. The movie flew in the face of everything he knew about filmmaking, but he was having a blast working with Sanchez and his other old film school pals. He was producing with Robin Cowie, and Sanchez



**¶ FEATURE Subhead**

**¶ BODY in**

# KENTUCKY CULTURE

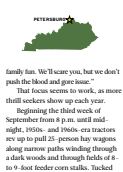
## Haunted hayrides & corn mazes

KATHERINE TANDY BROWN

The headline for **WORTH THE TRIP** can be 30pt with a deck when there's only one story, but 22 pt if there are two stories.

I've got to take a haunted hayride during the fall opening season at Sandhill Acres in northern Kentucky, better watch your back getting out of your car. An extremely scary character may pop out of the darkness and chase you all the way to the ticket booth. But don't worry, he's just part of an amazing entertainment offering that, for two years out of the three years it's been open, generated the honor of Best Haunted Attraction in Kentucky by Haunted House Reviewers, a group of five credentialed, creepy Web sites.

"Some visitors get so scared, they can't back to the car," laughs Kevin Webb, who came up with the idea of a haunted hayride a few years back to help generate more income from his family's 200-acre cattle, corn, and tobacco farm in Petersburg. "But it's all good, when



family fun. We'll scare you, but we don't pack the blood and gore home."

That focus seems to work, as more thrill seekers show up each year. Beginning the third week of September from 8 p.m. until midnight, 1970s- and 1980s-era tractors are up to full tilt, zipping by wagons along narrow paths winding through dark woods and through fields of 4- to 6-foot-tall corn stalks. Tucked



At Sandhill Acres Haunted Hayride in northern Kentucky, you can ride into the dark with these ghoulish characters on a hayride. Through corn stalks and trees, passing by 17 carefully designed scenes from popular horror movies.

## WORTH THE TRIP

among the trees and stalks are 17 carefully designed scenes from popular horror movies, such as the Halloween series and *Friday the 13th*. During a 25-minute journey over 35 acres, the wagon stop for a minute or two at each set to watch actors re-create an actual movie scene. Between stops, more actors in terrifying makeup hop up onto the wagons to jack up the fear factor.

In a traditional Halloween haunted house, the scary actors are often behind a cage," Webb says. "Ours are in your face and stay there. There's nowhere to run!"

Usually about 40 acts, including Webb and second-story family members, participate. Dedicated horror movie fans, he, his wife Heidi, and their 10-year-old son Gene (who makes all of the ghoulish mask) stay busy in August holding a job site for new actors and constructing

sets in the summer heat. This year, the Bates Motel from *Pсихо* will be new and similar to some Halloween scenes, when some 500 people a night will pay \$10 a ride to have their socks scared off. "All the time people say, 'Your costumes and actors look so authentic. I wish I was in the movie,'" Webb says.

To add to the frightful mood, this year's September 18 opening night featured a showing of the original 1970s *Friday the 13th* starring Black Sabbath. Also new is a Halloween night costume contest. Many guests tend to show in terrifying top-dress.

Locals get an annual taste at the Halloween Labor Day Parade. Winner of the best float vote the past three years, Sandhill Acres' hayride scene on a wagon and ghoulish actors hand out, not candy, but take vampire teeth to kids in the crowd.

Gene and his family have fun with it all and share that their land is said to be historically haunted in a well. BL

## destinations

**Sandhill Acres Haunted Hayride**  
1770 Sandhill Road, Petersburg  
859-322-0286  
www.sandhillacres.com  
Haunted hayride featuring actors in 17 haunted movie scenes, pumpkins. Open through October 21, Friday and Saturday, 8 p.m. through midnight.

**OTHER AREA FARM HAUNTS**  
Come haunted season, a lot of Kentucky farms offer bright with scary actors and fun fall activities for the entire family. Many featuring hayrides, corn mazes, and more.

**Benton Family Farms**  
1000 Benton Road, Paducah  
270-443-7000  
www.bentonfamilyfarms.com  
Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 5 p.m. through 9 p.m.

**Christian Farm**  
10000 Louisville Road, Louisville  
502-452-2424  
www.christianfarm.com  
Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 5 p.m. through 9 p.m.

**Farm Haven**  
10000 Farm Haven Road, Union  
502-360-3882  
Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 5 p.m. through 9 p.m.

**"R" Farm**  
1770 Sandhill Road, Petersburg  
859-322-0286  
Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 8 p.m. through midnight.

**Two Sisters Pumpkin Patch**  
2000 West Thomas Road, Owensboro  
502-666-6000  
Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 5 p.m. through 9 p.m.

**Haunted Hayride Express**  
www.hayrideexpress.com, 815 South Park South  
Paducah, 270-442-5554, 1:30 p.m. until three Friday-Saturday in October. Haunted hayride with actors, pumpkins, and more. Open through October 21, Friday and Saturday, 1:30 p.m. through 9 p.m.

**Cynthiana Ghost Walk**  
1000 Cynthiana Road, Cynthiana  
502-341-8171  
Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 8 p.m. through midnight.

**Elizabethan Downtown**  
1000 Elizabethan Road, Lexington  
502-254-1111  
Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 8 p.m. through midnight.

**Halloween Haunted Train Rides**  
www.halloweenhauntedtrainrides.com, 10000 Farm Haven Road, Union  
502-360-3882  
Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 5 p.m. through 9 p.m.

**Haunts of Owensboro**  
www.hauntsowensboro.com, 10000 Farm Haven Road, Union  
502-360-3882  
Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 5 p.m. through 9 p.m.

**Kentucky Railroad Museum**  
www.kentuckyrailroadmuseum.com, 10000 Farm Haven Road, Union  
502-360-3882  
Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 5 p.m. through 9 p.m.

**Kentucky's State Parks**  
www.kentuckystateparks.com, 10000 Farm Haven Road, Union  
502-360-3882  
Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 5 p.m. through 9 p.m.

**Mill Springs Battlefield**  
www.millspingsbattlefield.com, 10000 Farm Haven Road, Union  
502-360-3882  
Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 5 p.m. through 9 p.m.

**Shelby County**  
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**Warren County**  
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Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 5 p.m. through 9 p.m.

**Washington County**  
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502-360-3882  
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## KENTUCKY CULTURE | WORTH THE TRIP

## Ghost treks

SHARON LEONARD-BOONE

Year-round, but especially in the fall, people of all ages depart for destinations across Kentucky to learn about—or perhaps even meet—the dearly departed.

Patti Starr is a certified ghost hunter, leads a ghost tour in Lexington, and a ghost hunting information and supply shop in Lexington ([www.ghosthuntinginfo.com](http://www.ghosthuntinginfo.com)), and is a lecturer, instructor, and author on ghost-related topics. She also is founder Starr Fear ([www.starrfear.com](http://www.starrfear.com)), a horror

and paranormal convention held each September in Lexington.

As a young child, Starr began detecting the presence of ghosts, news that horrified her parents. They hurriedly dismissed what she'd seen as the result of an overactive imagination or vivid dreams, but Starr began to suspect otherwise.

"As a grown child, I realized I was

not my imagination and that there was something very real and wonderful out there," she says. "I had it."

After working jobs in the retail sector, Starr decided to launch a career in ghost hunting and began researching the field to connect, even taking language classes in the 1970s to see what topics their ancient words held within.

"It was just phenomenal," she says.

She formed Starr Fear International in 1996, and has also taught ghost hunting courses at the University of Kentucky and Community College.

Despite all her ethical experiences, Starr finds it difficult to divide why people are so fascinated with otherworldly encounters, only that the fascination they hold for her.

"I can't really answer that question for others, but for me I wanted to know as much as I could about the possibility of ghosts being real," she says. "The possibility that there could be more life after death, that we are



Patti Starr was drawn to this haunting in a small haunted cemetery in Atlanta, Georgia. She thought she saw someone standing behind her, but when she turned around, she was alone.

immortal—I like these possibilities."

Unlike the writer Mr. Cheet Walker, aka Robert Parker, who also inspired by the shadow of the alibi, and his wife, with its spine-tingling stories about haunted places.

As his after-ghost, he leads his annual seasonal weekend ghost walks, as well as private parties for reservation.

"I'm a believer in the paranormal, and they're with us," Parker says. "I can speak from firsthand experiences, what has happened to me."

While on his tour, some guests have photographed orbs thought to be the souls of ghostly impressions, detected strange smells such as cigars or antiques, or even dark shadows.

"It does excite people," Parker says. "Along with co-creator James Smith, Roger Slade developed the Cynthiana Ghost Walk, now in its third year."

Ghost walks here will experience an hour-long history of Harrison County, Slade says, followed by another half hour of evidence presented inside the Ball's Opera House that the building is haunted.

"It's a history and it's a ghost walk and it's science behind it," Slade says. BL

## More ghostly events

**Augusta Ghost Tour**  
1000 Augusta Road, Augusta  
859-322-0286  
Up to 100 pumpkins, hayrides, corn maze, haunted house, scarecrow, pumpkins, hayrides, and more. Open through October 21, Friday and Saturday, 8 p.m. through midnight.

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## KENTUCKY CULTURE | WORTH THE TRIP

## KENTUCKY CULTURE

## EVENT CALENDAR

## Apple Festival

Begin your holiday shopping as 185 artists and craftsmen display their talents in the annual Bardonia Arts, Crafts and Antique Fair. Choose from ceramics, jewelry, pottery, floral, wood items, and antiques. Enjoy delicious Southern foods and musical entertainment. Sat., Oct. 10, 10 a.m.-6 p.m., and Sun., Oct. 11, 10 a.m.-6 p.m. For more information, visit [www.bardonia.com](http://www.bardonia.com) or call (800) 638-4877.

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Begin your holiday shopping as 185 artists and craftsmen display their talents in the annual Bardonia Arts, Crafts and Antique Fair. Choose from ceramics, jewelry, pottery, floral, wood items, and antiques. Enjoy delicious Southern foods and musical entertainment. Sat., Oct. 10, 10 a.m.-6 p.m., and Sun., Oct. 11, 10 a.m.-6 p.m. For more information, visit [www.bardonia.com](http://www.bardonia.com) or call (800) 638-4877.

**Apple Festival**  
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## KENTUCKY CULTURE

### GREAT OUTDOORS

#### The woods are alive

Wildlife and fish munch on October's feast, which in turn provides hunters with a bounty of opportunities

DAVE BAKER

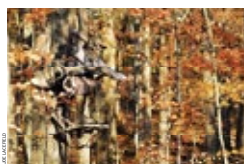
Handicrafting signals the start of the peak—the prelude season for many folks. But fish and animals don't wait that late in the year to begin their feasting. As the nighttime temperatures begin to drop in October, both fish and wildlife start feeding heavily to build the fat reserves they need to survive the coldest months of the year.

That's why October, with its stable weather patterns and predictability, is one of the favorite months for hunters and anglers.

### INSIDER TIP

FOR AN ADVANTAGE, ANGLERS TELEVISION can now watch the latest show online at [www.kyngov.com](http://www.kyngov.com). Just click on the Kentucky Afield tab, then the photo of last The Farmer to watch shows on the Internet. Favorite segments are also posted online at YouTube.com.

For a real treat, search for "Kentucky Afield" to watch a five-minute video of Kentucky's turbot—running full speed into a green, murky pond, reaching for snapping turtles in hopes of grabbing the tail end of this sharp-beaked beast.



On land, oaks are dropping acorns, a favorite food of many types of wildlife. Turkey and deer hunters rely on these areas because of the animals they attract. Many plants are losing their seeds, too, which provide a bounty for birds and other animals.

The black bear is a classic example of pre-winter gluttony in the great outdoors. A 300-pound bear, for example, can halloo to 300 pounds within a few months before it needs to shelter for the season.

October features several hunting seasons for deer, the longest being the month-long bow season. At various times of the month, you can use a crossbow for deer or a muzzleloader. Youth hunters have their own special weekend to hunt deer, October 10-11. And October features the fall elk hunt and the turkey hunt. Check the latest hunting guide for hunting dates and regulations online at [www.ky.gov](http://www.ky.gov). October is also a prime month to target large fish on their fall feeding frenzies, especially in lakes. Temperatures are more moderate around the shoreline, which attracts all kinds of fishing. This also

makes fish easier to locate than when they're in the main lake.

At this time of year, shad—a favorite food of game fish—move to feeder creeks and backwater areas to feed. Shad burn earlier in the year are now 4-7 inches long, a size too large for snappers to eat. However, bigger smallmouth or largemouth bass, catfish, striped bass, and muskellunge gorge on these baitfish.

Smallmouth and largemouth bass without enough size to swallow these shad will instead lay on crayfish along rocky banks. October features beautiful scenery, moderate temperatures, and great opportunities for hunters and anglers. So I'd advise everyone to get out there and enjoy the great outdoors. KL

DAVE BAKER is editor of Kentucky Afield magazine, with the Kentucky Department of Fish and Wildlife Resources. Visit [www.kywildlife.com](http://www.kywildlife.com) or call (800) 858-5546 for more information.

## SNAP SHOT



### ghosts & goblins

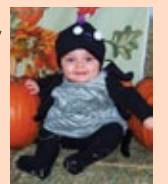
#### LET ME KISS YOUR NECK

Nathaniel Powell, age 16, pretenses to be the hairy witch's neck, played for sister Sarah, age 11. Photo by sister Sarah Powell, Derna, members of Jackson Energy Cooperative.

#### LINEMAN RONNIE

By Ronni Brown, 10 months old, in his "Toby Spider" costume. Photo by mom, Lori Barker, Lebanon, members of Inter-Country Energy.

Submit your photo See page 9 for details.



## SNAP SHOT

### friends indeed



#### A GREATEST DECORATIONS

Below, this 2008 Art in Bloom painting by honorary artist Mary Ann McKee, Liles and Anemone, is shown with a floral interpretation by Brenda.

#### HER FIRST COOKIES

Below, this 2008 Art in Bloom painting by honorary artist Mary Ann McKee, Liles and Anemone, is shown with a floral interpretation by Brenda.

#### A PILLSBURY DOUGH GIRL

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SNAPSHOT might be one or two pages. As a rule, don't run more than four images on a page. A few large images have more impact than many small ones.

SMART MOVES is well-suited to splitting over the gutter to allow for partial ads, but any department could do this, though probably easier with a running-text department than the Mondrian layout.

## KENTUCKY CULTURE

### SMART MOVES

#### Genetic counseling for cancer

Counseling helps assess cancer risk to determine if testing is right for you

KEITH HASTALA

If you have a family history of cancer, genetic counseling can help you determine if you and your family are at increased risk for certain types of cancer. It can also help you obtain personalized recommendations for cancer detection and prevention, and help you decide whether genetic testing is right for you.

The goal of clinical genetic counseling is to provide understandable and medically important information about the risk factor in an atmosphere of support and education.

#### LET'S TALK

ABOUT FOR YOU? If you think genetic counseling might be helpful, discuss it with your primary care physician. For more information or to schedule an appointment, call the UK Markey Cancer Center's Clinical Genetic Counseling Program at (866) 340-4466.

**GENETIC COUNSELING** During the initial 1½- to 2-hour session, the genetic counselor will address your questions and concerns about your risk for cancer and the possible risk for family members, ask about your medical history and your family history of cancer, and discuss important scientific and medical information in terms you can understand.

Patients can discuss their individual cancer risk assessment, recommendations, and referrals for cancer detection and prevention. Patients can also find out about clinical genetics research studies, as well as psychological counseling options for coping with hereditary cancer issues.

"Genetic counseling combines the science of genetics with the human side of counseling," says Heather Pincus, director of the Clinical Genetic Counseling Program at the University of Kentucky Markey Cancer Center. "Certified genetic counselors are trained to address the medical and psychological aspects of the genetic counseling process."

A genetic counseling consultation can help patients decide whether genetic testing is appropriate based on the risks, benefits, and limitations of the procedure.

Genetic testing involves the use of laboratory methods on a blood sample to obtain an estimate of your cancer risk. Genetic testing may help you and your physician make important decisions about your medical care.

Deciding whether or not to have genetic testing is a personal choice that can be made at the time of the counseling session or at a future date. KL

KEITH HASTALA provides health information for UK HealthCare.

## SMART MONEY

With mortgage interest rates at historic lows, should I refinance?

SARA PEAK

The answer depends on a number of factors—more than just the rate.

Mortgage expert John Cole, senior loan executive with First Financial Mortgage in Louisville, says, "One factor is recapture—that is, how long will it take to recoup in savings the amount you spent on closing costs?" If closing costs are \$2,000 and you save an additional \$50 per month on your mortgage, it will take you 40 months to reach your break-even point. If you plan to stay in your home for many years, a reduction of just a few points in your interest rate could end up saving you thousands of dollars over the life of the loan.

A loan officer can provide a comparison of your current versus proposed loan schedules. Ask, "How much will I save per month by refinancing? How much will I save over the life of the loan?"

Questions to ask yourself: "Can I afford to make extra payments toward my mortgage?" If so, it may be beneficial to make extra principal payments to reduce the loan balance. Also, "Will refinancing reduce risk by paying off risky products (such as adjustable mortgages or equity lines, which are adjustable), or eliminate PMI (private mortgage insurance)?" KL

**SARA PEAK** is a freelance writer with expertise in finance and wealth management. Have a money question? Email us at [sm@kentuckyliving.com](mailto:sm@kentuckyliving.com).



The photo can change to reflect color scheme of issue.

## Section Header

# KENTUCKY CULTURE

### DEPT Head 22pt

no space below if there is no deck

Worth the Trip can also be set up using DEPT Head 30pt and a deck

### DEPT byline

## Haunted hayrides & corn mazes

KATHERINE TANDY BROWN

### Credit

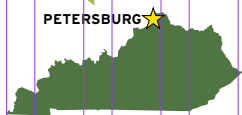
### BODY drop cap

If you opt to take a haunted hayride during the fall spooking season at Sandyland Acres in northern Kentucky, better watch your back getting out of your car. An extremely scary character may pop out of the darkness and chase you all the way to the ticket booth. But don't worry: he's just part of an amazing agritainment offering that, for two years out of the three years it's been open, garnered the honor of Best Haunted Attraction in Kentucky by Haunted House of five credentialed

### BODY in

"Some visitors get scared, they run back to their cars," laughs Gene Webb, who came up with the idea of a haunted hayride a few years back to generate more income from his family's 200-acre cattle, corn, and tobacco farm.

### A Interstate Black 7pt caps



family fun. We'll scare you, but we don't push the blood and gore issue."

That focus seems to work, as more thrill seekers show up each year.

Beginning the third week of September from 8 p.m. until midnight, 1950s- and 1960s-era tractors rev up to pull 25-person hay wagons along narrow paths winding through a dark woods and through fields of 8- to 9-foot feeder corn stalks. Tucked



### Caption

At Sandyland Acres Haunted Hayride in northern Kentucky, you can ride into the dark with these ghoulish characters on a hayride, through corn stalks and trees, passing by 17 carefully designed scenes from popular horror movies.

## WORTH THE TRIP

### DEPT logo

es and stalks are 17 carefully designed scenes from popular horror movies, such as the *Halloween* series and *Texas Chainsaw Massacre*.

During a 25-minute journey over 35 acres, the wagons stop for a minute or two at each set to watch actors re-create an actual movie scene. Between stops, more actors in terrifying makeup leap up onto the wagons to jack up the fear factor.

"In a traditional Halloween haunted house, the scary actors are often behind a cage," Webb says. "Ours are in your face and stay there. There's nowhere to run!"

Usually about 40 actors, including Webb and several other family members, participate. Dedicated horror movie fans, he, his wife Brenda, and stepson Jed Hirsch (who makes all of the ghoulish masks) stay busy in August holding a job fair for new actors and constructing

sets in the summer heat. This year, the Bates Motel from *Psycho* will loom new and ominous come Halloween season, when some 500 people a night will pay \$10 a ride to have their socks scared off.

"All the time people say, 'Your costumes and actors look so authentic, I felt like I was in the movie,'" Webb says.

To add to the frightful melee, this year's September 18 opening night featured a showing of the original 1930s classic *Frankenstein* starring Boris Karloff. Also new is a Halloween night costume contest. Many guests tend to dress in terrifying togs anyway.

Locals get an annual taste at the Florence Labor Day Parade. Winner of the best float vote the past three years, Sandyland mounts a hayride scene on a wagon and ghoulish actors hand out, not candy, but fake vampire teeth to kids in the crowd.

Gene and his family have f it all and share that their land is said to be historically haunted as well. **KL**

### A Endbug



## A Interstate Black 9 caps

## KENTUCKY CULTURE | WORTH THE TRIP

.5 pt rule

## Ghost treks

SHANNON LEONARD-BOONE

Year-round, but especially in the fall, people of all ages depart for destinations across Kentucky to learn about—or perhaps even meet—the dearly departed.

Patti Starr is a certified ghost hunter, leads a ghost tour in Bardstown, has a ghost hunting information and supply shop in Lexington ([www.ghosthuntershop.com](http://www.ghosthuntershop.com)), and is a lecturer, instructor, and author on ghost-related topics. She also co-founded Scare Fest ([www.thescarefest.com](http://www.thescarefest.com)), a horror

"It was not my imagination...there was something very weird and wonderful out there."

## Pullquote

and paranormal convention held each September in Lexington.

As a young child, Starr began detecting the presence of ghosts, news that horrified her parents. They hurriedly dismissed what she'd seen as the result of an overactive imagination or vivid daydreams, but Starr began to suspect otherwise.

## DEPT LITTLE CAPS head

## TOUR INFO

## Bardstown Ghost Trek

[www.ghosthunter.com](http://www.ghosthunter.com), (859) 576-5517, 8 p.m. Saturdays, June-October, Old Stable Restaurant, 116 W. Stephen Foster Avenue, \$15.

## Louisville Ghost Walks

[louisvilleghostwalks.com](http://louisvilleghostwalks.com), departs 7:30 p.m. Fridays and Saturdays from first-floor lobby of Brown Hotel, reservations (502) 689-5117, \$15 adults, \$5 children.

## DEST info

## DEST Event



not my imagination and that there was something very weird and wonderful out there," she says. "...and I lived there."

After working jobs in the retail sector, Starr decided to launch a ghost hunting and began research in earnest, even visiting European castles in the 1970s to see what secrets their ancient walls held within.

"It was just phenomenal," she says. She formed Ghost Chasers International in 1996, and has also taught ghost hunting courses at Bluegrass Technical and Community College. Despite all her ethereal experiences, Starr finds it difficult to explain why people are so fascinated by otherworldly encounters, only that the possibility of ghosts being real, fascinates them.

"I can't really answer that question for others, but for me I want to know as much as I could about the possibility of ghosts being real," she says. "The possibility that there might be more life after death, that was

## Sidebar Header 2

## More ghostly events

## Augusta Ghost Tour

[www.augustakay.com/tourism/festivals.asp](http://www.augustakay.com/tourism/festivals.asp), (606) 756-2183, 7-11 p.m. October 24, downtown Augusta ghost story music. Adults \$6, \$3 children. Call for reservations.

## DEST Event

## Cynthiana Ghost Walk

(859) 234-9803, tours depart 7, 8, and 9 p.m. Friday and Saturdays in October and by appointment, Rohns Opera House, 133 E. Pike Street, 90 minutes; \$8 adults, \$5 under age 12.

## DEST place,contact

## Elizabethtown Downtown Ghost Walk

[www.historicstatetheater.org](http://www.historicstatetheater.org), 5 p.m. October 24, downtown. Pumpkin drop, hayride, ghost walk; each \$5 per person. Spooky films shown at Historic State Theater Complex.

## Halloween Haunted Train Rides

[www.bgrm.org](http://www.bgrm.org), Bluegrass Railroad Museum, Versailles, (859) 873-2476, 8 p.m. Oct. 17, 23, 24, 30; \$10 adults, \$11 seniors, \$10 children ages 2-12.

## Haunted Hollow Express

[www.hsfstry.com](http://www.hsfstry.com), Big South Fork Scenic Area, (800) 462-5664, 7:30 p.m. Free Fridays-Saturdays in October. Reservations required. \$10 adults, \$5 children ages 3-12. Trick or Treat Train for Tots departs 6 p.m. last Friday and Saturday in October; same cost.

## DEST info

## Haunts of Owensboro

[www.hauntsofowensboro.com](http://www.hauntsofowensboro.com), Creme Coffee House, 109 E. Second Street, (270) 313-5596, ghost tours Friday and Saturday nights, 8 p.m., \$15 adults, \$7 under 12.

## Kentucky Railway Museum

[www.kyrrail.org](http://www.kyrrail.org), 136 S. Main Street, New Haven, (800) 272-0152. October 24, Halloween Masquerade Mystery Theatre & Train Ride, \$35 adults (not for children), 3 hours. October 31, Halloween Train Ride for Kids, trick-or-treating, friendly Halloween characters on board, 90 minutes, \$17.50 adults, \$12.50 ages 2-12; reservations required.

## Kentucky's State Parks

[www.parks.ky.gov/calendar](http://www.parks.ky.gov/calendar), click on "Month" then "October" for a host of Halloween events and other statewide events.

## Mill Springs Battlefield Ghost Walk

[www.millsprings.net](http://www.millsprings.net), (606) 636-4045, in Nancy on W. Highway 80 from Somerset, 6-9 p.m. November 7, \$3.

## KENTUCKY CULTURE

EVENT  
CALENDAR

DEPT BIG CAPS Head

DEPT Head 22pt  
+ color

## Apple Festival

Reid's Orchard Apple Festival is a unique festival to celebrate the fall season. The festival includes food vendors, carnival rides, arts and crafts, petting zoo, and hay-rides. Stop by Owensboro and check out the festival Saturday, Oct. 17, from 10 a.m.-6 p.m. and Sunday, Oct. 18, from 12 p.m.-6 p.m. Visit [www.reidorchard.com](http://www.reidorchard.com) or call (270) 685-2444 to find out more.

! 2 pt space  
between photos

## Arts and crafts

Begin your holiday shopping as 185 artists and craftsmen display their talents in the annual Bardst Antique Fair. Choose from jewelry, pottery, floral, food items, and antiques. Enjoy delicious Southern foods and musical entertainment. Sat., Oct. 10, 10 a.m.-6 p.m., and Sun., Oct. 11, 10 a.m.-5 p.m. For more information, visit [www.bardstowntourism.com](http://www.bardstowntourism.com) or call (800) 638-4877.

BODY SANS noin

Choose from jewelry, pottery, floral, food items, and antiques. Enjoy delicious Southern foods and musical entertainment. Sat., Oct. 10, 10 a.m.-6 p.m., and Sun., Oct. 11, 10 a.m.-5 p.m. For more information, visit [www.bardstowntourism.com](http://www.bardstowntourism.com) or call (800) 638-4877.



## Whitewater rafting

Join in exciting, thrill-packed days of whitewater rafting during the week of professional guides.

BODY SANS noin

• When reversing out of a photo or dark color always use character style Interstate Bold 9

For more information, visit [www.tourpikecounty.com](http://www.tourpikecounty.com) or call (800) 844-7453.



## Choose your fest!

Kentucky Down Under is a little piece of Australia, right here in Kentucky. See a red kangaroo, learn to play the didgeridoo, or feed a rainbow lorikeet!

Check out **Aussie Fest**, a celebration of Australian culture, with special events and fun contests for both children and adults alike. Plus, residents of Hardin, Grayson, and LaRue counties receive admission for only \$5 per person. Or at **Halloween Fest**, enjoy spooky Halloween tours and special contests.

Visit [www.kdu.com](http://www.kdu.com) or call (270) 786-2634 for more information.

Interstate Bold 9  
+ color

Kentucky Living Events Calendar brought to you by the Kentucky Department of Travel. For a complete listing of destinations, attractions, and events happening in your own back yard or throughout the entire state, visit [KentuckyTourism.com](http://KentuckyTourism.com).



DEPT LITTLE CAPS head

Master Page B Events

6 columns, used for  
Events Calendar listingsEVENT  
CALENDAR

EVENT name

EVENT phone #

EVENT phone #

EVENT date

• To change color of day, change color  
of Character Style Event Day

DEPT logo

BODY drop cap

Sidebar TIPS

To view a comprehensive listing of events, go to [www.KentuckyLiving.com](http://www.KentuckyLiving.com) and select Travel & Events. You can search by month, city, or event. Published events are subject to change. Please call ahead to confirm dates and times.

Events are published as space allows, must be submitted at least 90 days in advance, and include a telephone number for publication. To submit an event online, go to [www.KentuckyLiving.com](http://www.KentuckyLiving.com) and select Travel & Events, or send your info to Kentucky Living, P.O. Box 32170, Louisville, KY 40232, or fax to (502) 582-1700.

ITALIC Interstate Regular

EVENT info

THU OCT 1

## Pumpkin Rodeo

(859) 635-0803  
Through the 31st.  
Noah's Ark Farm &  
California.

Riverview Antiques  
& Art Show

(270) 843-5565  
Through the 3rd.  
Ironwood Farm,  
Bowling Green.

Play Date with Your  
Mate

(859) 873-3271  
Life Adventure Center,  
Versailles.

## Of Mice and Men

(606) 677-6000  
The Center for  
Rural Development,  
Somerset.

## Legacy Five

(606) 256-2638  
Renfro Valley.

SAT OCT 3

Country Festival &  
Back Forty Nature  
Walk

(859) 987-6480  
Reed Valley Orchard,  
Paris.

## Pumpkin Patch

(270) 81-5303  
Through the 4th.  
Jackson's Orchard,  
Bowling Green.

Harvest Days in  
Hickman County

(270) 657-4001  
Clinton.

Festival Truck &  
Tractor Pull

(859) 588-0981  
Legion Park, Paris.

## Cruisin on Main

(606) 330-3136

## Contra Dance

(859) 552-5433  
ArtsPlace, Lexington.

Hepcats Swing  
Dance

(859) 420-2426  
Lexington.

## Connie Smith

(606) 256-2638  
Renfro Valley.

SUN OCT 4

Outlaw Turkey  
Shoot

(502) 624-7754  
Fort Knox French  
Shooting Club, Fort  
Knox.

FRI OCT 9

Carson Series  
Presents: Celtic  
Woman

(270) 450-4444  
Clemens Fine Arts  
Center, Paducah.

Trigg County  
Country Ham  
Festival

(270) 522-3892  
Through the 11th. Cadiz.

## Civil War Days

(270) 653-4001  
Through the 11th.  
Kent State Park,  
Mammoth.

Camp Meeting &  
Rendezvous

(270) 586-7632  
Through the 11th. Red  
River Meeting House,  
Schochoh.

## Contra Dance

(859) 552-5433  
ArtsPlace, Lexington.

## Loretta Lynn

(606) 256-2638  
Through the 10th.  
Renfro Valley.

SAT OCT 10

## Fall Festival

(859) 361-7520  
Lancaster.

Kentucky Arts &  
Craftsmen

(859) 986-3192  
Through the 11th. Indian  
Fort Theatre, Berea.

## Fall Festival

(859) 873-3097  
Through the 11th. Boyd  
Orchards, Versailles.

## Pumpkin Patch

(270) 81-5303  
Through the 11th.  
Jackson's Orchard,  
Bowling Green.

Acoustic Guitar  
Masters Concert  
Series: Pat Kirtley

(270) 325-3958  
Hardin County Schools  
PAC, Hickman.

## Calvin Muscarella

(502) 624-7754  
Calvin Muscarella  
Leitchfield.

SUN OCT 11

Exotic Reptiles with  
Scott Braunstein

(859) 873-5711  
Buckley Sanctuary  
& Audubon Center,  
Versailles.

MON OCT 12

## Gospel Singing

(606) 878-1724  
Red Barn, Renfro  
Valley.

WED OCT 14

## That Darn Plot!

(502) 585-5306  
Through November  
1. Bunbury Theatre,  
Louisville.

THU OCT 15

Gospel Music  
Celebration

(270) 247-6971  
Through the 31st.  
Ice House Gallery,  
Mayfield.

## Pocket Art!

(270) 247-6971  
Through the 31st.  
Ice House Gallery,  
Mayfield.

Philip Gulley: The  
Voice of Small Town  
American Life

(270) 247-6971  
Through the 31st.  
Ice House Gallery,  
Mayfield.

## The Primitive

(606) 256-2638  
Renfro Valley.

FRI OCT 16

## Arsenic and Old Lace

(270) 247-6971  
Through the 31st.  
Ice House Gallery,  
Mayfield.

## Civil War Days

(270) 393-0077  
Through the 18th. Lost  
River Cave and Valley,  
Bowling Green.

Prelude Antique  
Show Gala

(270) 827-7161  
Wolf's Banquet &  
Convention Center,  
Henderson.

## Halloween Spookout

(270) 646-2151  
Through the 18th.  
Barren River Lake  
State Resort Park,  
Glasgow.

## October Court Day

(859) 498-8732  
Through the 19th. Mt.  
Sterling.

The Chuckwagon  
Gang

(606) 256-2638  
Renfro Valley.

Quilt Gathering  
with the Mountain  
Laurel Quilters

(270) 443-0136  
Paducah.

SAT OCT 17

Daniel Boone  
Birthday Weekend

(859) 527-3131  
Through the 18th. Fort  
Boonesborough State  
Park, Richmond.

Bernheim's  
Colorfest

(502) 955-8512  
Through the 18th.  
Bernheim Forest,  
Clermont.

Southern Knights  
Car Cruise

(502) 863-3960  
Kohl's, Georgetown.

Pennyrile Classic  
Car Club Summer  
Cruise-In

(270) 498-1795  
Hopkinsville.

Christy Miller &  
Michael Goodman  
'50s & '60s Show

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

Fall ORVTPA Truck &  
Tractor Pulls

(502) 477-9992  
Spencer County  
Fairgrounds,  
Taylorsville.

Family History  
Seminar & Book Fair

(502) 895-2761  
Beargrass Christian  
Church, Louisville.

## Warbird Alley

(270) 991-9911  
Through the 18th. Stahl  
Field, Bowling Green.

## Summer Cruise-In

(270) 492-6333  
Hazel.

MAC Opening  
Reception: Ma & Pa  
Wilkes

(270) 441-7007  
Paducah.

Schmidt Farms Hay  
Rides & Pumpkin  
Patch

(270) 443-0136  
Paducah.

Scenic Fall Tractor  
Cruise

(859) 472-2817  
Southern Elementary  
School, Falmouth.

The Mane Event  
Horse Fair

(270) 782-6496  
Brown Ag Expo Center,  
Bowling Green.

## Pumpkin Festival

(859) 873-3097  
Through the 18th. Boyd  
Orchards, Versailles.

## Antique Show

(270) 827-7161  
Through the 18th.  
Wolf's Banquet &  
Convention Center,  
Henderson.

Cancer Assistance  
5K Run/Walk

(270) 526-0592  
City Park, Morgantown.

## Pumpkin Festival

(270) 781-5303  
Through the 18th.  
Jackson's Orchard,  
Bowling Green.

Doyle Lawson &  
Quicksilver

(606) 256-2638  
Renfro Valley.

KENTUCKY CULTURE

DEPT logo

## COOPERATIVE HERO

DEPT Head 30pt

DEPT deck

DEPT byline

# Firefighter rescues jobs

Ashley McDonald brings firefighters and Winchester community together through grass-roots volunteerism efforts

BYRON CRAWFORD



Caption

Ashley McDonald helped save the Clark County fire department from the effects of budget cuts.

BODY drop cap

Credit

BODY in

A ITALIC Interstate regular

A Endbug

A NAME bio

Submit  
+ centered

Author Bio

Week was chosen first among the many displayed at the Clark County courthouse.

Her volunteer efforts continued during her teen years, with local charities, and mission trips to Mexico, Jamaica, and Haiti. While helping in an orphanage in Haiti at the age of 13, she lived with children who had little more than a roof over their heads. She watched in amazement as they found joy in playing games with cotton balls as their only toys.

"When I came back from Haiti, I could have been happy with a cot on the floor, because that's more than they had," she remembers. "I was actually adopted and never wanted for anything, so of all of those mission trips, Haiti was the one that made me realize the most."

"When I was hired by the fire department, it was like instantly becoming part of another family."

the budget cuts, I was bound and determined that I was going to do whatever I could to help."

BYRON CRAWFORD is Kentucky storyteller, a veteran broadcast and print journalist known for his colorful backdrops. He has written for *The Courier-Journal*, WHAS TV, and KET's *Kentucky Life*.

Nominate the hero in your community! See page 9 for details.

In a profession whose heroes often risk their lives to save others, Ashley McDonald of Winchester recently became something of a hero among her fellow firefighters in Clark County, when she helped save jobs at three fire stations and a fire station from related budget cuts.

The 20-year-old Sullivan University business, marketing, and advertising major organized a campaign to raise money to save the jobs of three firefighters and avoid the closure of one of the county's three stations, one of which is served by Clark Energy Cooperative.

Although her part-time firefighter's position was not threatened by the cuts, Clark County battalion chief Ernest Barnes says that Ashley "devoted herself to this undertaking and...motivated a lot of people in the community and a lot of firefighters behind our cause."

A compromise by the fire department, helped avert the job cuts and the station closing.

Ashley grew up in Clark County where her parents, Jerry McDonald, an employee of East Kentucky Power Cooperative, and her mother, Christine, a real estate agent, set early examples of volunteerism.

Ashley experienced the power of human connections firsthand as a fifth-grader when her artwork commemorating Breast Cancer Awareness

"Most of the great experiences in my life have been because of volunteering."

Pullquote



# CHEF'S CHOICE

DEPT BIG CAPS Head

DEPT Head 22pt

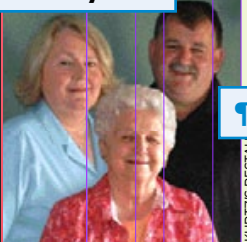
## Biscuits and bourbon

The pies at Kurtz's Restaurant in Bardstown are fabulous, but their signature Biscuit Pudding with Jim Beam Sauce is sinfully rich and can be enjoyed by all.

LINDA ALLISON-LEWIS

A NAME bio

DEPT byline



Matriarch

"TOOGIE" DICK, BETTY SMITH, and CHARLES

Credit

the chefs/ners of this popular Nelson County hot spot located across the street from My Old

Kentucky Home. If you haven't dined at Kurtz's Restaurant, you should. Hands down, this family owned business, which opened in 1937, serves up the greatest

BODY SANS noun

grass has to any private parties, and dinner is quite an experience if you love Kentucky fare at its best. Steaks, Virginia baked ham, fried chicken, and locally cured country ham with red-eye gravy adorn the menu. Some of the best corn pudding and can be found here, along with tasty side dishes that will make vegetarians sit up and take notice.



EDIS CELIK

### Kurtz's Biscuit Pudding with Jim Beam Bourbon Sauce

1 cup raisins  
3 Tbsps Jim Beam bourbon  
12 (1 1/2-inch) biscuits  
1 qt whole milk  
6 eggs  
2 cups sugar  
2 Tbsps vanilla extract  
2 Tbsps butter  
1 stick butter  
1 cup sugar  
1/4 cup water  
1 egg  
1/3 cup Jim Beam bourbon or more, if desired

Soak raisins in bourbon for 8 hours. Preheat oven to 350°. Break up biscuits into bowl. Add minutes. Beat eggs with sugar and vanilla extract and add to bread mixture. Pour mixture into a 2-quart baking dish. Bake 1 hour, until set. Serve warm with sauce.

#### Bourbon Sauce

Melt stick of butter in a heavy saucepan. Add sugar and water and cook over medium heat for 5 minutes, stirring occasionally. In separate bowl, beat egg. Remove butter mixture from heat.

A NAME bio

LINDA ALLISON-LEWIS writes from her home in Bullitt County. A former restaurant critic, her latest cookbook is *Kentucky Cooks: Favorite Recipes of Kentucky Living*.

Author Bio

DEPT LITTLE CAPS head

## READER RECIPES

### Apple Dumplings

2 cans crescent rolls (16 rolls)  
4 apples (Granny Smith)  
2 sticks butter  
2 cups sugar  
1 (12-oz) can Mountain Dew

CHEF ingredients

Grease 9" x 13" pan. Unroll dough. Peel, divide apples into quarters, and seed them. (Optional: lig with cinnamon.) Wrap quarter with dough completely enclosing

CHEF instructions

• Break long instructions into chunks if there's room

Arrange in pan. Melt butter, add sugar, bring to boil, stirring constantly. Pour over dumplings. Then pour the Mountain Dew over dumplings.

Bake at 350° for 45 minutes. Let sit 10 minutes before serving. Great with ice cream.

Submitted by LILLIA

DEPT Subhead

+ take off lock to baseline grid

### Mrs. Cottle's Oatmeal Pumpkin Muffins

1 cup oats (1-minute oats)  
1/2 cup buttermilk  
1 cup brown sugar  
1 egg  
1/2 cup vegetable oil  
1 cup pumpkin\* or applesauce  
1 3/4 cups self-rising flour  
1/2 tsp ground cinnamon

Mix all ingredients together until creamy. Oil the baking pan if using one with nonstick finish.

Bake at 400° for about 15 minutes or until golden brown.

A Interstate Black 7pt caps

\*I used fresh pumpkin. Canned is fine.

Submitted by MAUDIE NICKELL, Licking Valley RECC. Maudie writes: "Several years ago my son, Jeffrey, and I planted a garden. The pumpkins were a success. I was so excited about his pumpkin."

Submit

GAY COTTLE of West Liberty, a neighbor and Jeffrey's substitute teacher, gave him this recipe."

Submit

Submit your recipe. See page 9 for details.

KENTUCKY CULTURE

DEPT BIG CAPS Head

## GARDEN GURU

DEPT Head 22pt

## Nuts about pecan trees

**HAVE A LOVE AFFAIR** with hickory trees? If you grew up or live on a farm, you surely do. But finding one in a garden center is nearly impossible. The next best thing, but easier to find, is the pecan, *Carya illinoensis*. You can now find many wonderful pecan trees growing on Kentucky farms and large urban estates. The pecan is a huge, stately tree growing 70 to 100 feet tall and 40 to 75 feet wide. For optimal production, plant trees 70 to 100 feet apart.

A Interstate Black 9 caps

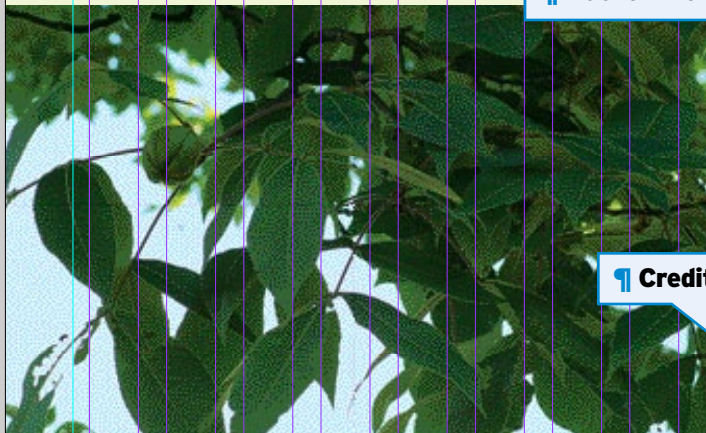
**THE PECAN** is one of the most popular edible nuts today. The University of Georgia, which has done tremendous pecan research, recommends cultivars Elliott, Excel, Gloria Grande, and Sumner for the home garden; they have excellent insect and disease resistance. Amling, Carter, and Gafford cultivars are also good, but more difficult to find.

**FOR OPTIMAL NUT PRODUCTION**, ideally you will need two different cultivars to ensure adequate cross pollination and fruit production. If you don't have room for two trees, consider working with a neighbor and have each plant a different cultivar near the common property line. But if you can only plant one, you will still be rewarded with lots of pecans to harvest and enjoy. Container-grown plants are best for transplanting, as the pecan is intolerant of developing a taproot. It is also known for its low branching habit. Some pruning may be necessary to raise the canopy as it matures so you won't bump your head on its branches.

A NAME bio

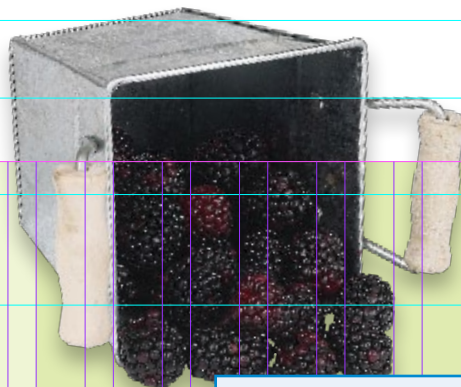
**SHELLY NOLD** is a horticulturist and owner of The Plant Kingdom. Send stories and ideas to her at The Plant Kingdom, 4101 Westport Road, Louisville, KY 40207.

Author Bio



Credit

SHELLY NOLD



DEPT LITTLE CAPS head

## ASK THE GARDENER

**Q** We have newly planted blackberry vines. We were told not to prune them this year. Should we prune them above the ground or leave them alone?

BODY SANS noin + A Interstate Bold 9

**A** Blackberries are a delicious treat to add to the garden. If they have the right growing conditions and are properly cared for, they will provide you with many years of fruit. There are three different kinds of blackberries but here in Kentucky we grow two: semi-erect and semi-trailing. The trailing varieties are not typically hardy for us. As for pruning, they should be left alone for now. Future pruning depends on what kind of blackberry you are growing.

BODY SANS noin #before

Semi-erect cultivars should be pruned for the first time during the winter dormant period. They should be cut back where the canes start bending over. They can also be pinched back during the summer months if at any time the canes have put on more than one foot of new growth.

For semi-trailing blackberries, the first time to prune them would be early next spring. At this time, you will want to study each plant and pick out two or three of the most vigorous canes and remove the rest at ground level.

For more detailed information, go online to [www.ca.uky.edu/hort/Blackberries](http://www.ca.uky.edu/hort/Blackberries) and use the search box to find a downloadable PDF.

DEPT byline

ANGIE McMANUS

A Interstate Black 7pt caps

**HAVE A GARDENING QUESTION?** Go to [www.KentuckyLiving.com](http://www.KentuckyLiving.com), click on Home & Garden, then "Ask The Gardener."

Submit

DEPT Head 22pt

DEPT logo

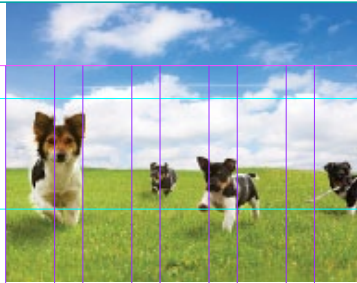
## EARTH TALK

## Safer flea and tick control

Surveys show upward of 50 percent of American families use some kind of flea and tick control product on pets, subjecting millions of children to toxic substances daily.

BODY drop cap

Active substance in most of these products is likely one of seven common organophosphate insecticides (OPs), which work by interfering with the transmission of nerve signals in the brains and nervous systems of not just insects—most that die on the spot—but to a lesser degree in pets and humans as well. While it would certainly take an awful lot of exposure to OPs to affect adult humans, no one is sure how the chemicals might affect children or



those with pre-existing nerve disorders. Initial research also shows that thousands of pets may be sickened or die each year as a result of chronic low-dose exposure to OPs through their flea and tick collars.

Natural Resources Defense Council tested nearly 125 products and found less than 24 that don't contain harmful chemicals. A Interstate Black 7pt caps formulations from Adams, Breakthru, Demize, and Scratchex got high marks for low toxicity, while tabs (pills) from Comfortis, Program, and Sentinel also made the safety grade.

Hartz offers Spot-On, Advanced Care, and Ultra Guard for cats and kittens. These products rely on insect growth regulators, which arrest the growth and development of young fleas, rather than pesticides to kill fleas. Even these safer formulations contain chemicals, so use with

BODY in

Essential oils from lemongrass, peppermint, rosemary, or thyme, when used sparingly, have been shown to keep fleas and ticks away from pets and their favorite haunts.

Frequent washing and combing of pets and vacuuming of furniture can bring infestations under control and help avoid

A Endbug

A Interstate Black 7pt caps

### GOT AN ENVIRONMENTAL QUESTION?

Write EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881 or e-mail [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com).

Submit



KENTUCKY CULTURE

DEPT logo

## GREAT OUTDOORS

DEPT Head 30pt

# The woods are alive

DEPT deck

Wildlife and fish munch on October's feast, which in turn provides hunters with a bounty of opportunities

DEPT byline

DAVE BAKER

Credit

BODY drop cap

Thanksgiving signals the start of the pack-on-the-pounds season for many folks. But fish and animals don't wait that late in the year to begin their binge eating. As the nighttime temperatures begin to drop in October, both fish and wildlife start feeding heavily to build the fat reserves they need to survive the coldest months of the year.

That's why October, with its

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+ color

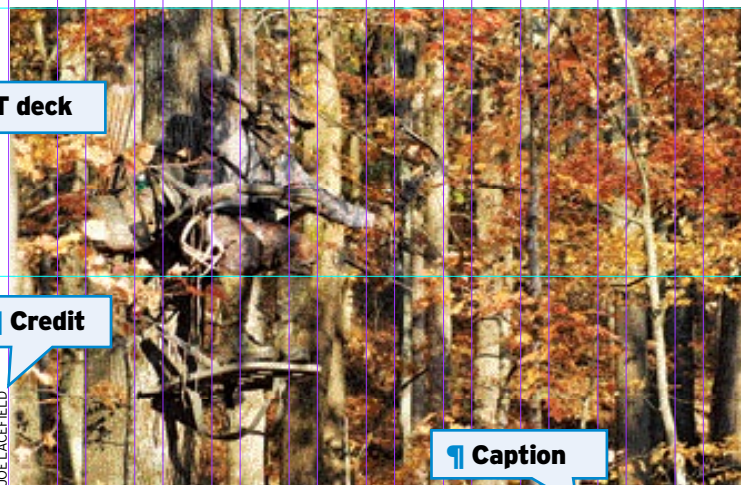
## INSIDER TIP

FANS OF KENTUCKY AFIELD TELEVISION can now watch the latest show online at [www.fw.ky.gov](http://www.fw.ky.gov). Just click on the *Kentucky Afield* tab, then the photo of host Tim Farmer to watch shows on the Internet. Favorite segments are also posted online at YouTube.com.

For a real treat, search for "Kentucky" to watch a five-minute video of Kentucky's turtleman running full speed into a green, murky pond, reaching for snapping turtles in hopes of grabbing the tail end of this sharp-beaked beast.

Sidebar TIPS

A Interstate Black 7pt caps  
+ color



Caption

October is a prime time for fishing and deer hunting. This camouflaged hunter on a deer stand virtually disappears in the trees.

On land, oaks are dropping acorns, a favorite food of many types of wildlife. Turkey and deer hunters key on these areas because of the animals they attract. Many plants are losing their seeds, too, which provide a bounty for birds and other animals.

The black bear is a classic example of pre-winter gluttony in the great outdoors. A 200-pound bear, for example, can balloon to 300 pounds before it seeks its den.

Several hunting seasons for deer, the longest being the month-long bow season. At various times of the month, you can use a crossbow for deer or a muzzleloader. Youth hunters have their own special weekend to deer hunt, October 10-11. And October features the bull elk hunt and the turkey hunt. Check the latest hunting guide for hunting dates and regulations online at [www.fw.ky.gov](http://www.fw.ky.gov).

October is also a prime time to target large fish on their fall feeding frenzies, especially in lakes. Temperatures are more moderate around the shoreline, which attracts all kinds of fishing. This also

makes fish easier to locate than when they're in the main lake.

At this time of year, shad move to feeder creeks and backwater areas to feed. Shad born earlier in the year are now 4-7 inches long, a size too large for smaller bass to eat. However, bigger smallmouth or largemouth bass, catfish, striped bass, and muskellunge gorge on these baitfish.

Smallmouth and largemouth bass without enough size to swallow these shad will instead key on crayfish along rocky banks. October features beautiful scenery, moderate temperatures, and good fishing opportunities for hunters and anglers alike. Everyone to get out there and enjoy the great outdoors. **KL**

A Endbug

A NAME bio

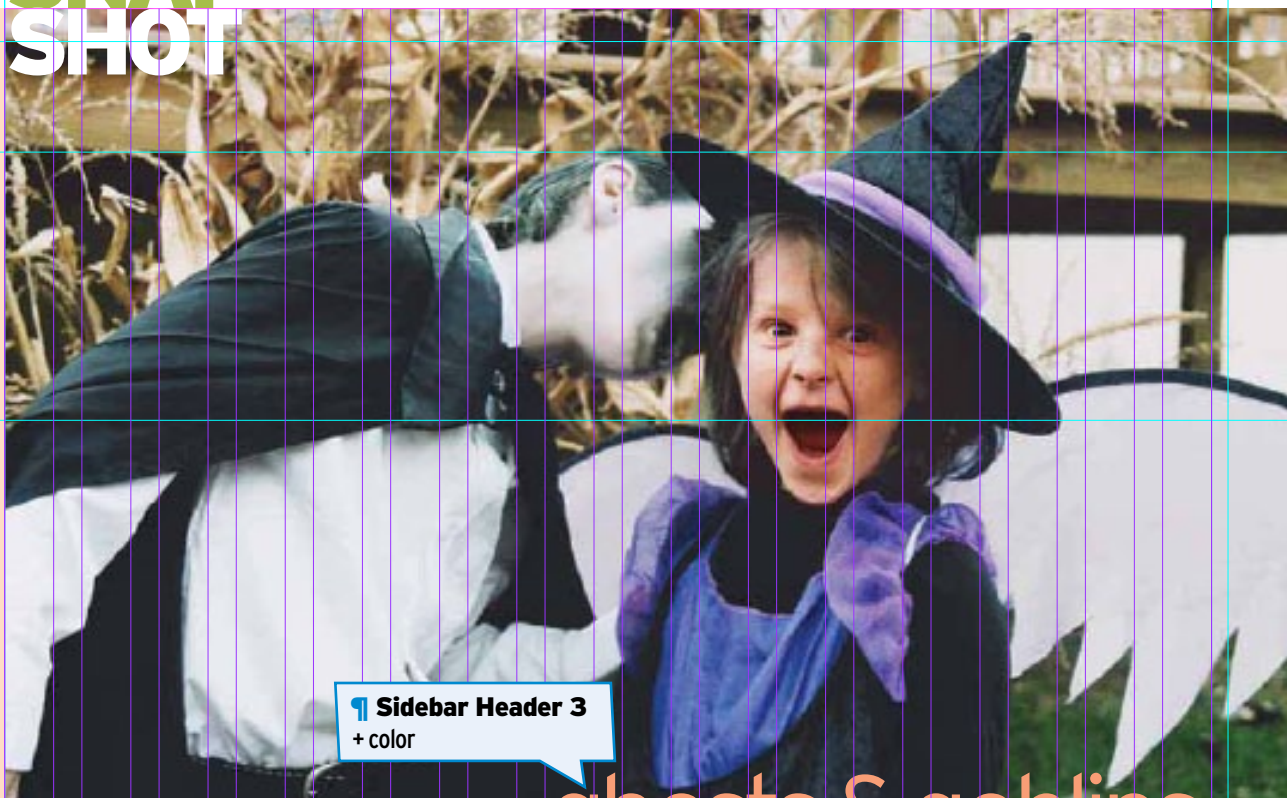
DAVE BAKER is editor of *Kentucky Afield* magazine, with the Kentucky Department of Fish and Wildlife Resources. Visit [www.kv.afield.com](http://www.kv.afield.com) or call (800) 858-1544.

Author Bio



**DEPT BIG CAPS Head**  
+ color

# SNAP SHOT



**Sidebar Header 3**  
+ color

## ghosts & goblins



### A wingding

- ▶ lowercase u
- ◀ lowercase t
- ▼ lowercase q
- ▲ lowercase p

### ▲ LET ME KISS

**YOUR NECK** Vampire Daniel Powell, age 9, wants to bite the fairy's neck, played by sister Sarah, age 9. Photo by mother Hazel Powell, Berea, members of Jackson Electric Cooperative.

### A Interstate Black 8pt

### ◀ LINEMAN RONNIE

Ty Barker dresses up as a lineman, Ronnie Gordon. Photo by mom, Lori Barker, Lebanon, members of Inter-County Energy.

### 1 Caption

### ▶ ITSY BITSY SPIDER

Mikey Stevens, 8 months old, in his "Silly Spider" costume. Photo by mom, Joann Stevens, Taylorsville, members of Salt River Electric.



Submit your photo! See page 9 for details.

KENTUCKY CULTURE

DEPT logo

SMART MOVES

DEPT Head 30pt

DEPT LITTLE CAPS head  
+ center justified, color

# Genetic counseling for cancer

DEPT deck

**SMART  
HEALTH**

*Counseling helps assess cancer risk  
to determine if testing is right for you*

KEITH HAUTALA

BODY drop cap

If you have a family history of cancer, genetic counseling can help you determine if you and your family are at increased risk for certain types of cancer. It can also help you obtain personalized recommendations for cancer detection and prevention, and help you decide whether genetic testing is right for you.

The goal of clinical genetic counseling is to provide understandable and medically important information about the risk factors in an atmosphere of support and education.

DEPT LITTLE CAPS head  
+ color

## LET'S TALK

**RIGHT FOR YOU?** If you think genetic counseling might be helpful, discuss it with your primary care physician. For more information or to schedule an appointment, call the UK Markey Cancer Center's Clinical Genetic Counseling at 340-448-3448.

**SESSION REVIEW** During the initial 1½- to 2-hour session, the genetic counselor will address your questions and concerns about your risk.

Sidebar TIPS

the possible risk for family members; ask about your medical history and your family history of cancer; and discuss important scientific and medical information in terms you can understand.

DEPT byline

discuss their individual assessment, recommendations, and referrals for cancer detection and prevention. Patients can also find out about clinical genetics research studies, as well as psychological counseling options for coping with hereditary cancer.

"Genetic counselors combine the science of genetics with the human side of counseling," says Heather Pierce, director of the Clinical Genetic Counseling Program at the University of Kentucky Markey Cancer Center. "Certified genetic counselors are trained to address the medical and psychological aspects of the genetic counseling process."

A genetic counseling consultation can help patients decide whether genetic testing is appropriate based on the risks, benefits, and limitations of the procedure.

Genetic testing involves the use of laboratory methods on a blood sample to obtain an estimate of your cancer risk. Genetic testing may help you and your physician make important decisions about your medical care.

Deciding whether or not to have genetic testing is a personal choice that should be made at the time of the counseling session or at a future date. **KL**

**KEITH HAUTALA** provides health information for UK HealthCare.

BODY in

A Interstate Black 7pt caps

A Endbug

## SMART MONEY

With mortgage interest rates at historic lows, should I refinance?

SARA PEAK

The answer depends on a number of factors—more than just the rate.

Mortgage expert John Cole, senior loan executive with First Financial Mortgage in Louisville, says, "One factor is recapture—that is, how long will it take to regain in savings the amount you spent on closing costs?"

If closing costs are \$3,000 and you save an additional \$50 per month on your mortgage, it will take you 60 months to reach your break-even point. If you plan to stay in your home for many years, a reduction of just a few points in your interest rate could end up saving you thousands of dollars over the life of the loan.

A loan officer can provide a comparison of your current versus proposed loan schedules. Ask, "How much will I save per month by refinancing? How much will I save over the life of the loan?"

Questions to ask yourself: "Can I afford to make extra payments toward my mortgage?" If so, it may be beneficial to make extra principal payments to reduce the loan balance. Also, "Will refinancing reduce risk by paying off risky products (such as adjustable-rate mortgages or equity lines of credit)?"

"Can I afford to make extra payments toward my mortgage?" If so, it may be beneficial to make extra principal payments to reduce the loan balance. Also, "Will refinancing reduce risk by paying off risky products (such as adjustable-rate mortgages or equity lines of credit)?"

SARA PEAK is a freelance writer with expertise in finance and wealth management. Have a money question? E-mail us at e-mail@kentuckyliving.com

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BODY SANS noin

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Endbug

A NAME bio

Author Bio

### Partial ads

Place partial ads at vertical guide just outside of text margin.

# KENTUCKY KIDS

## Fall Fun!

It's October and fall is here! What are things you do for fun as



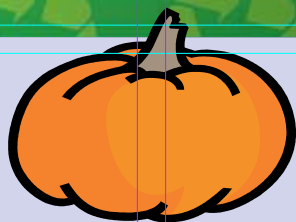
### Kids Body

✦ color, some type size variation

er? You can write about your favorite fall day, or even draw a picture! Grab a pencil and get creative.

## Conserve ENERGY

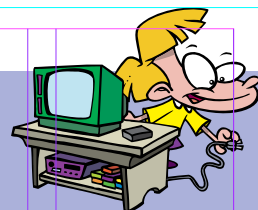
- 1 Turn out the lights when you leave a room.
- 2 Ask your parents to switch to new CFL light bulbs. They use less electricity and last longer!
- 3 On sunny days, open the drapes or blinds of your windows to brighten a room instead of switching on a light.
- 4 You'll save electricity if you turn off your computer's printer when it is not in use.



## Perfect Pumpkin

Draw a face on this pumpkin to make your own jack-o-lantern! Will yours be funny or scary? You decide!

## Green Team Tip



**Always unplug your TV and game consoles when you are done. This saves electricity.**

Submitted by Trevor Angel, age 10

## Win a T-shirt!

Send us your Green Team tips, and if it gets printed, we'll send you a free CFL Charlie T-shirt! Send your best tip for conserving energy, in 50 words or less, and name, address, and shirt size to [KYKids@KentuckyLiving.com](mailto:KYKids@KentuckyLiving.com) or *Kentucky Living*, Green Team Tip, P.O. Box 32170, Louisville, KY 40232

## TIME FOR A HEALTHY SNACK



Healthy food is important to give your body the energy it needs without extra sugar. Great ideas for snacks you can carry with you are:

- Fruit, like bananas or apples
- Trail mix
- Cheese and crackers
- Unbuttered popcorn

### DEPT Head 22pt

- with lots of variety allowed using Interstate and Linotype Conrad

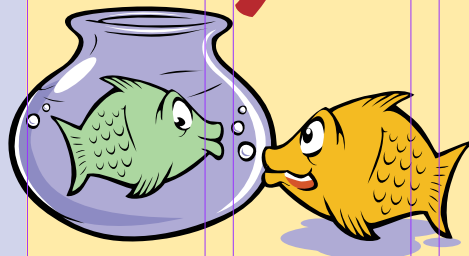
## State It! GRAY SQUIRREL

An animal you may have seen in your back yard is the eastern gray squirrel. They bury nuts in the ground for later, and can find them under a foot of snow! Its bushy tail is used as a blanket to keep them warm or for shade from the sun.



## It's a JOKE!

Send your favorite joke to [KYKids@KentuckyLiving.com](mailto:KYKids@KentuckyLiving.com). Put Jokes in the subject line.



**Knock, Knock.**

**Who's there?**

**Water.**

**Water who?**

**Water you doing standing there? Let me in.**

Submitted by Courtney Cooper, age 9



DEPT logo

## THE VIEW FROM PLUM LICK

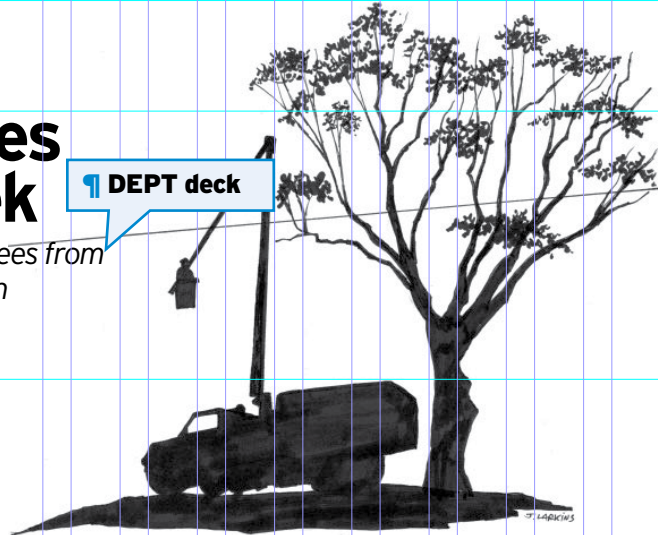
DEPT Head 30pt

Swapping trees  
on Plum Creek*Our local electric co-op clears trees from  
property and replaces them with  
power-line-friendly types*

DAVID DICK

DEPT byline

DEPT deck



With the redesign of *Kentucky Living* magazine this October, I want to assure readers of this monthly back page column—The View from Plum Lick—will heart of it will beat on in favor (avoiding “politics as usual,” sectarian points of view, and offensive choice of words—options amply available in the open market of free expression).

BODY drop cap

As long as I’m able to put my fingers on the key—as long as management is willing to put up with me, I’ll continue to visit with readers who have cooperative rural electric meters, those who wish they did, and those who wish they didn’t.

BODY in

Never mind, we’re all in this electrical thing together.

Which brings me to tree trimming and tree replacement, which is designed to clear rights-of-way for high-voltage wires. Most people may not realize this, but Clark Energy Cooperative (our Plum Lick supplier) spends about \$1 million a year trimming trees and another \$24,000 replacing tall fellers who don’t want to be trimmed.

Comes a message hung on our doorknob: “Over near creek where the main line crosses fence. We will need to cut several walnuts and a sycamore tree. Also a wild cherry tree growing around pole. We will clean up all the brush.”

Hold on there. Cut my trees?

Yep.

Actually, I didn’t have to be hit over the head to know what was a real deal. At no cost to me, the electrical customer, the line clearing contractor, W.A.

Kendall Co. Inc., would take down 10 trees, clear away the brush, and put me in touch with the tree replacement folks at Clark Energy.

The missus favors dogwoods and redbuds.

I’ll hold out for Joe Creason’s coffee tree, Bert Combs’ tulip poplar, or Jesse Stuart’s “trees of Heaven,” but taller varieties won’t go under the 7,200-volt high wire, where eventually they’d have to be removed again. Big waste of money.

What to do?

Kendall representative Nathan Stewart came all the way from his home on a mountaintop in Estill County to explain the situation. Not until then did Otis Dunnaway of Estill County position himself in the “bucket,” maneuver himself among the trees, and go to work with his gleaming, fire-eating, take-no-prisoners chain saw. He used a long-handled lopper when he got too close to the hot wire, the kind of thing not to be undertaken by the inexperienced. In fact, it can be deadly. No unplanned moves made by Mr. Dunnaway in the bucket.

Today, William Watts Sr. from Wolfe County cranked up the bandit Model 200+XP and fed it Plum Lick walnut limbs for breakfast. His son, Bill, was there to help and gain m The missus and I watched with grat

A Endbug

Best time for planting trees in the fall.

perfect timing. KL

A NAME bio

Author Bio

DAVID DICK, a retired news correspondent and University of Kentucky professor emeritus, is a farmer and shepherd.

## EVENTS

## FESTIVALS

**GREEK FESTIVAL, MAY 6-7.** St. Catherine's Greek Orthodox Church, Springfield. Fabulous food, extensive rummage sale, games for the kids.

**FLOWER MART, APRIL 25-26, 10 AM-6 PM STEVENSVILLE.** Flowers, Food and Crafts. Marvin United Methodist Church, 123 Main St.

**TWIN RIVERS CRAFT FAIR, MAY 19-21, BERGEN FAIRGROUNDS.** Fri, Sat 10-8, Sun 10-6.

YARD, GARAGE,  
RUMMAGE SALES

**COMMUNITY YARD SALE, BOONSBORO.** Sat May 13, 8 am-2 pm. Parking lot of elementary school.

**RUMMAGE SALE, SPRINGDALE.** Sat. May 20, 9-5. St. John's Baptist Church.

**TOSSED AND FOUND, TRETON.** Sat-Sun, April 13-14. 123 First Avenue. Preview night benefit Friday April 12. Sponsored by Tretton Junior League. Call

Classified Category

## FOR SALE

## ANTIQUES

**ANTIQUE 1870'S HALL SETTEE /LOVE SEAT.** Beautiful antique from the 1870's 42"l x 36"h x 25"t. Red velvet with nice wood carving on back. Very nice! \$500.

**ANTIQUE RECORD PLAYER.** This piece is looks like a large table with a with a hinged lid. When closed it is a very attractive piece of furniture. I estimate it is made either in the 1930's or 1940's. Medium oak finish. Excellent shape. Radio and record player both work. Photos available. I am not too keen on selling it really, so it would have to be a good offer. Negotiable.

## FURNITURE

**LOVESEAT, COUCH, AND COFFEE TABLE.** Couch and Loveseat are both beige color and suede fabric. The couch has two reclining ends. Coffee table is wood with two storage cabinets and 6 storage drawers. All in nice shape and all must go. \$500

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## FURNITURE, CONT.

**CHERRY DINING SET.** This set includes a drop-leaf table with decorative legs and four latter-back chairs. It is not in perfect condition with a scratch on the top, but in good condition overall. The table and chairs are made of solid cherry wood. \$350

**BEAUTIFUL FRENCH COUNTRY QUEEN SIZE BED.** New queen size bed—never used. Rails and slats still in boxes. Headboard has some blemishes but can be fixed with minor cosmetic work. Just the bed frame...no mattress and box spring. Call 859-274-3775. Cannot hold...  
Sterling.

Classified Item

## YARD AND GARDEN

**1953 FARMALL SUPER H TRACTOR.** Runs good, has been restored, has almost new Firestone tires all around, and 2 new rear wheels. \$3,500

**HAY.** Good fescue/orchardgrass, and clover mixed squarebales for sale. \$4.00 a bale. Delivery available. Lebanon.

**2007 CUB CADET RIDING MOWER.** Used once. Too large for yard. Model LT 1050, 2 cylinder 23 HP, 50 inch cut. \$1,600

## CARS &amp; TRUCKS

## AUTOMOBILES

Classified Body

**1992 JEEP GRAND CHEROKEE IN STANFORD.** \$800 or Barter/Trade. This Jeep 4x4 works great, runs great. Auto trans has been painted camo. Power windows work, needs button. This will make a great hunting & fishing 4x4.

**1984 VOLKSWAGEN RABBIT IN SOMERSET.** \$3,000.00 or Best Offer. 1984 Volkswagen Rabbit Diesel-Gray-5 Speed, 150,000 original miles Needs a little work not much, runs drives great. 50 MPG 606-423-9822 or 606-219-1756.

**2007 TOYOTA CAMRY.** \$23,546. 2007 Toyota Camry, PW, PL, Tint, Automatic, SunRoof, Bluetooth, 6 Disc In Dash CD Changer & MP3 Player, Clear Title, Factory Warranty Still Remaining, Excellent Condition A Must See! Under 18500 Miles

## TRUCKS

**1978 CHEVROLET 1500 PICKUP.** \$1,200, 4x4 cab and chasis. Have all parts to switch over to 87. New tires, chrome wheels, fenders, doors, hood with scoop, tailgate, front push bar, roll bar, tube bumper, shocks with boots, drop hitch, sun visor, 3 inch body lift, much more. Must sell, moving.

**1999 FORD F350, \$15,000.** Super duty super cab dually. 7.3 powerstroke diesel automatic, a/c, power windows and doors, cruise, tilt, gooseneck hitch, and running boards. 100,000 miles original owner. runs excellent. never wrecked.

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**GUITAR, BANJO, MANDOLIN AND UPRIGHT BASS LESSONS.** Elizabethtown. Classes now forming. All lessons are private and for all ages and skill levels. The Music Studio of Terry Strange. Specializing in multiple genres with 40 plus year in music experience. [outdoor@yahoo.com](mailto:outdoor@yahoo.com)

**LEARN TO THROW POTS.** Pottery classes forming for spring sessions. All levels, from beginner to advanced. Pot-pourri, Hopkinsville. [www.pot-pourri.com](http://www.pot-pourri.com)

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**REPLACEMENT WINDOWS.** Save energy and money. Return on investment realized after only three years. National brands available. Call for a free in-home estimate. Lexington area. 800-123-1234

**HANDYMAN WITH 25 YEARS EXPERIENCE.** Painting, Pressure washing, Deck sealing, General carpentry, Masonry, Lawn care, Hauling, Plumbing, Electrical. We'll fix that loose screen door, that leaky faucet or haul away that pile of trash. Give us a call, our rates are very reasonable, often often cheaper than if you were to do it yourself. No job is too big or too small. Insured and licensed in Kentucky. Your satisfaction is most important to us and we look forward to you. Owner/estimator Lou

## PETS &amp; ANIMALS

## PET SERVICES

**PET SITTER, OWENSBORO.** Don't pay high kennel costs. Reliable sitter for your pets while you're away. Dog-walking, cat care, fish feeding, plant watering. Reasonable rates. Licensed and insured. 123-456-7890

**DOG WALKING, RICHMOND.** While you're working, at least your dog will be happy. Pet sitting services also available. [www.joesdogwalking.com](http://www.joesdogwalking.com)

## DOGS

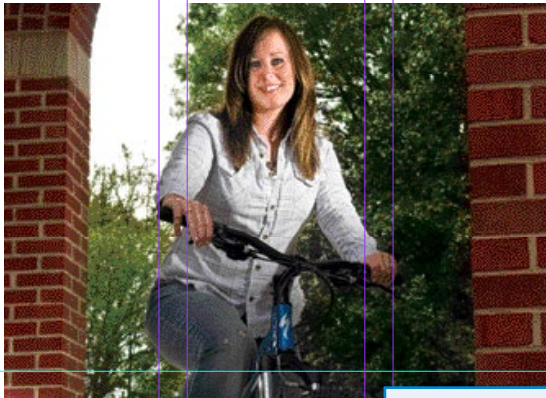
**COLLIE PUPPIES.** AKC registered. Breeding services with Best of Show winner available. Pottsville. 800-234-5678

## HORSES

**8 YEAR OLD MARE.** Sound Chestnut. 15 hands. Good show horse. Trained Western and English. Moving. \$10,000

**STUD SERVICES.** Sir Winsalot of Sir Winston and Fannie Pae, 12 year old thoroughbred with lifetime 42 wins; Jimmy Gamble of Jimmy Fine and Gamblin' Sal, 10 year old gray with lifetime 34 wins. Fairview Farms. Call 800-345-5678

# Kentucky Living EDUCATION SHOWCASE



## Union College

Contact Name  
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Barbourville, Ky.

www.unionky.edu  
800-123-4567



Today, some 130 years later, the school has 800 undergraduates and 700 graduate students. They come from 27 states and 14 countries, and this year's freshman class is the largest in 21 years. Most come to Union College for the liberal arts education and the 12:1 student/teacher ratio. Increasingly, however, the rugged landscape enveloping the school is also a factor. Today, some 130 years later, the school has 800 undergraduates and 700 graduate students.

### ad showcase body



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CENTRE

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### ad showcase contact

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