

Kentucky LIVING

style guide

Prepared by AURAS Design

301-587-4300 • www.auras.com

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: Orientation:

Width: Height:

Bleed and Slug

| | Top | Bottom | Inside | Outside | |
|--------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|--------------------------|
| Bleed: | <input type="text" value="0.125 in"/> | <input type="checkbox"/> |
| Slug: | <input type="text" value="0 in"/> | <input type="checkbox"/> |

OK
Cancel
Fewer Options

! 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 | | | | OK |
| Top: | 7p0 | Inside: | 3p0 | Cancel |
| Bottom: | 4p4 | Outside: | 3p0 | |
| Columns | | | | <input checked="" type="checkbox"/> Preview |
| Number: | 6 | Gutter: | 1p0 | |

Master Page B Events

6 columns, used for
Events Calendar listings

Kentucky Living MARKETPLACE www.KentuckyLiving.com/advertisers.html

Master Page D Marketplace
3 columns

Margins and Columns

Margins

Top: Inside:
 Bottom: Outside:

Columns

Number: Gutter:

Preview

58 KENTUCKY LIVING • OCTOBER 2009 WWW.KENTUCKYLIVING.COM • OCTOBER 2009 59

Horizontal Guides

- 2p6 / 0.4167"
- 3p3 / 0.5417" (two top guides are only used when Special Section banner runs across top)
- 17p0 / 2.8333"
- 18p0 / 3"
- 32p3 / 5.375"
- 33p3 / 5.5417"
- 47p6 / 7.9167"
- 48p6 / 8.0833"

Master Page F Special Ad Section
6 columns, used for a full page of fractional ads

Margins and Columns

Margins

Top: Inside:
 Bottom: Outside:

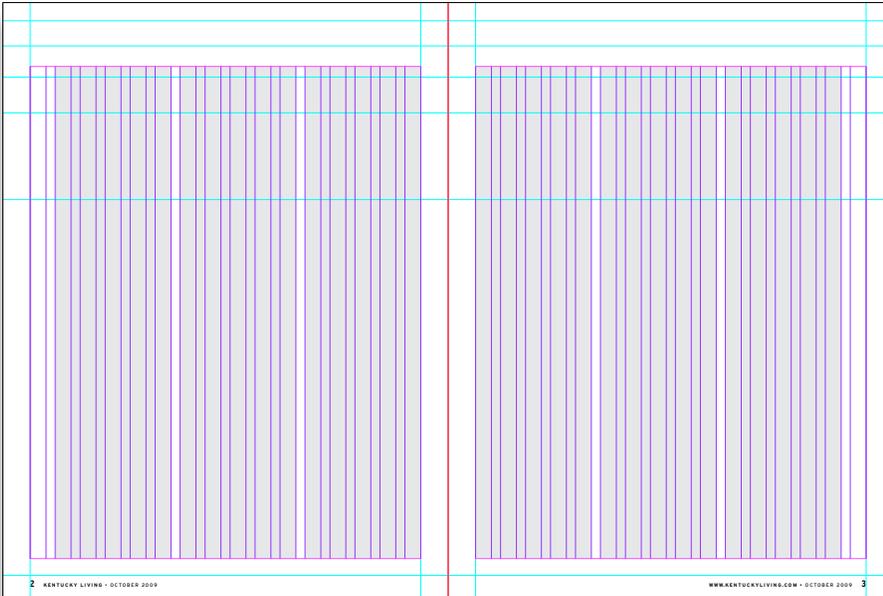
Columns

Number: Gutter:

Preview

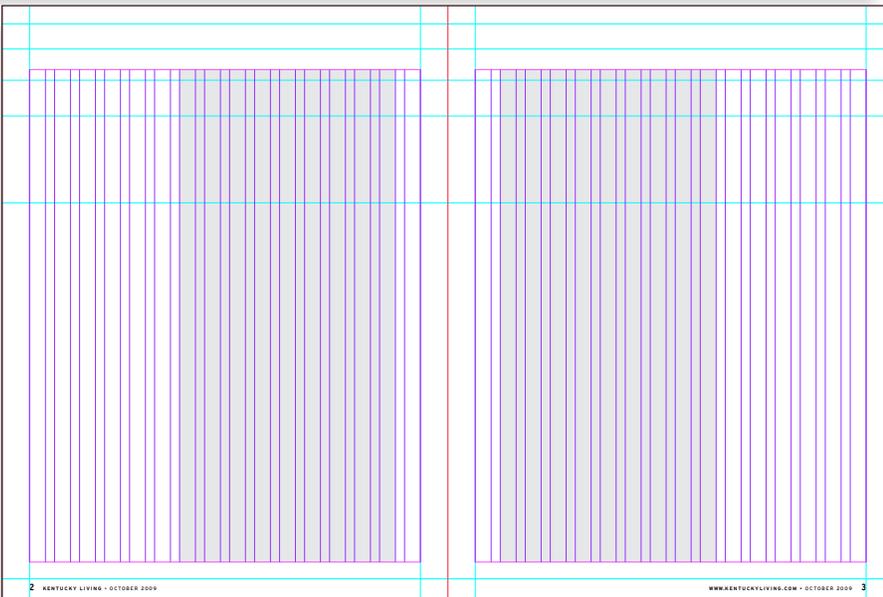
66 KENTUCKY LIVING • OCTOBER 2009 WWW.KENTUCKYLIVING.COM • OCTOBER 2009 67

8 Text columns on the grid



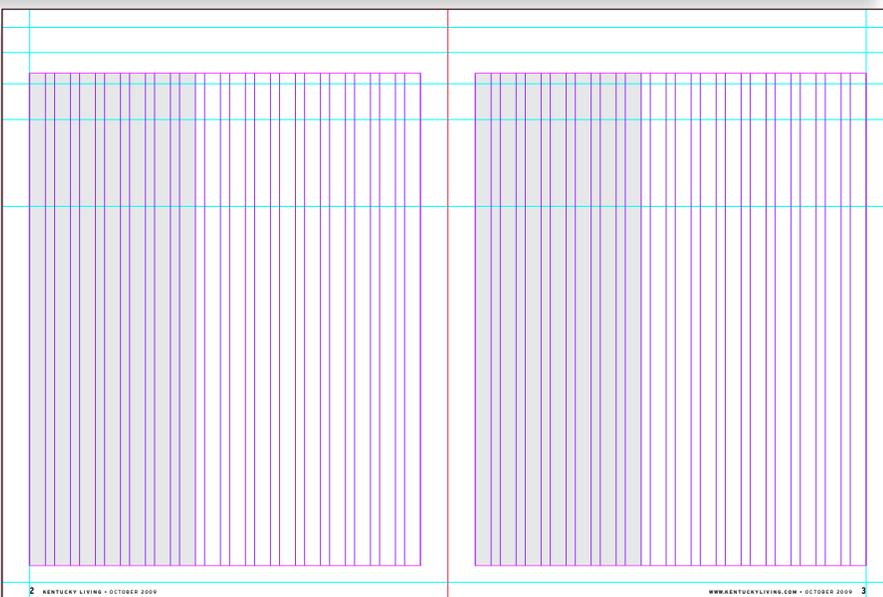
3 column format on the 16-unit grid

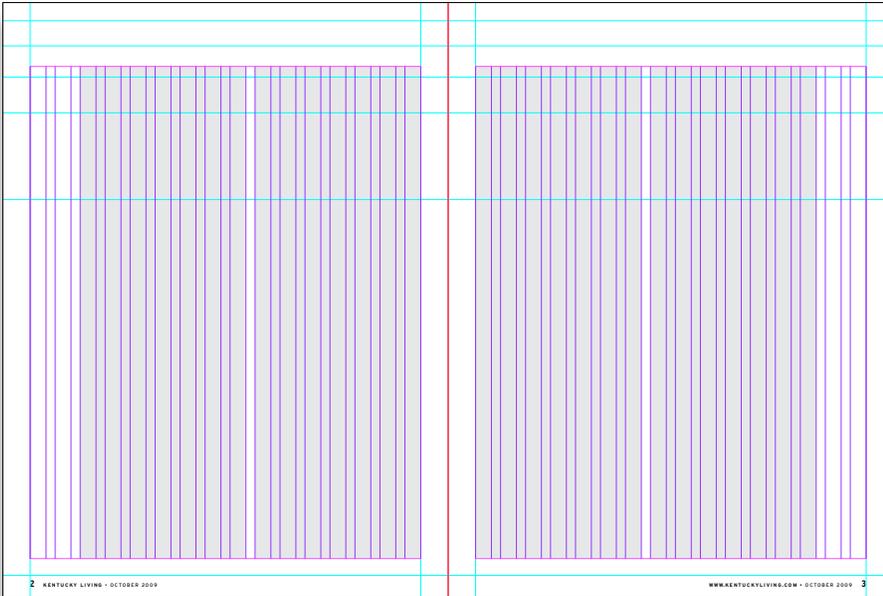
- Columns are 5 units wide.
- The outer unit should not be used for running text.
- Photos, cutlines, pull quotes can all utilize that space.



1 column format on the 16-unit grid

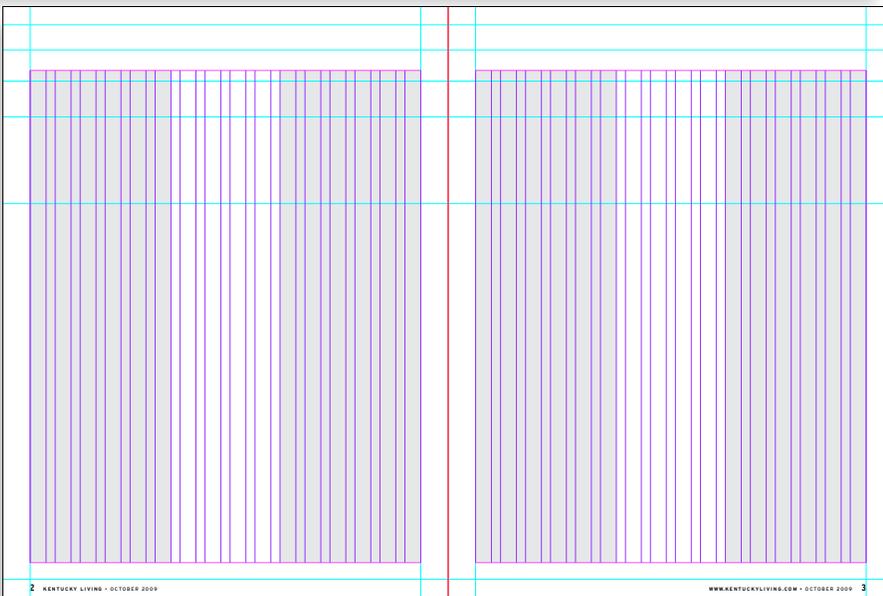
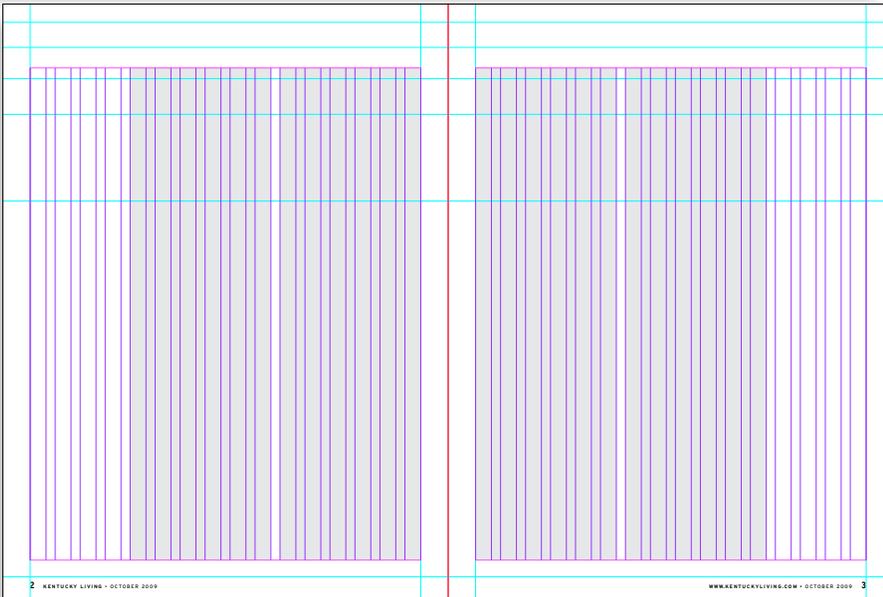
- Any width no greater than 11 units is permissible.
- 11 units should only be used for From the Editor or other very short items.
- 9 columns or fewer is a better width for body text when being used for a feature.
- The column can be placed anywhere within the grid, depending on how it works best with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

ON THE GRID

CUTTING COSTS

Dept headline hangline

Building the totally efficient house

In 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. [Redacted]

Dept body copy hangline

Leadership in Energy and Environmental Design (LEED) certification is a U.S. Green Building Council (USGBC) program that certifies buildings and construction processes for their energy and material efficiency. LEED houses use lower operating costs and increased value at resale. Finally, construction waste is recycled. The houses can serve water and reduce greenhouse gas emissions.

LEED-certified homes generally cost less to build. But the energy and water savings, and possible tax abatements, quickly make up for the higher initial cost. Contact your local tax authority to see that tax abatements apply in your state.

In 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 \$100 to \$150. You must be able to verify the type of material, equipment, and systems used throughout the house. It will help to select a contractor who has built LEED houses before.

LEARN MORE

Homebuilding help: There are online resources that "LEED for Homes" provides usually part of the LEED certification process. Visit www.usgbc.org for more information about LEED-certified homes. Visit www.leed.com.



Energy efficiency means green. This house is extremely efficient, not just when it comes to energy efficiency but also in other ways. For example, extra heavy insulation, high-efficiency windows, and radiant floor heating systems can save 20 percent more energy than a standard house.

Green points: You'll be required to find a certified inspector to verify your house during construction to determine if you've met the LEED certification. A house gets points for various materials and construction techniques—something as simple as using recycled paper for insulation can earn you a point. Other points include using recycled materials for a LEED house. For a residential house, there are a total of 100 possible points. In 20 points, it is a "certified" house. At 30 points, it is certified "silver." At 40 points, "gold," and 50 points, "platinum."

GADGETS & GIZMOS

WILE JENNINGS

Stop your TV from hogging energy

California's proposed rules for new TVs could save you money. Turn off your TV at connected devices when you're not in use. California is tightening its standards for new televisions. It says the new standards would save enough electricity to light 100,000 homes.



Average screen size TVs by type and average watts used*

| Screen Size | Watts Used |
|-------------|------------|
| 101" | 101 |
| 141" | 141 |
| 361" | 361 |

ROLLERS SENSE

TO save money on watching TV, turn off your TV at connected devices when you're not in use.

It's just not that your power level is set too high. Search your TV's picture control for other ways to reduce light output.

Light the light in your name. This can not save power and enhance the ambient lighting.

Buy a TV with a smaller screen and a closer fit. Multiple TVs with family members can be a waste of money.

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 ethical philosophy of all the articles that led to the creation of the book 'Witching and Warning' is that we should be more aware of our surroundings and the people around us.

WITCHING AND WARNING

Witching and warning is a new subject, but it's not without its roots. In the book 'Witching and Warning', the author explores the history of witching and warning in the United States.

Added over 1,000 new titles to the library. Collectively, the two volumes total 10,000 titles. The book 'Witching and Warning' is a collection of stories and articles about witching and warning.

Adding a new, readable story. The book 'Witching and Warning' is a collection of stories and articles about witching and warning. It is a new addition to the library.

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

where we know him to be. He is a man who is not afraid to speak his mind. He is a man who is not afraid to speak his mind.

He is a man who is not afraid to speak his mind. He is a man who is not afraid to speak his mind. He is a man who is not afraid to speak his mind.



Tom Barrett, the author of 'Witching and Warning', is a man who is not afraid to speak his mind. He is a man who is not afraid to speak his mind.



A photograph of a person in a field, possibly related to the 'Witching and Warning' article.

He is a man who is not afraid to speak his mind. He is a man who is not afraid to speak his mind. He is a man who is not afraid to speak his mind.

A photograph of a person in a field, possibly related to the 'Witching and Warning' article.

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A photograph of a person in a field, possibly related to the 'Witching and Warning' article.

Gregg Hale's Kentucky Roots

Hale's family still lives in Henderson, 17 miles from Lexington. He is a man who is not afraid to speak his mind.

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

It is a man who is not afraid to speak his mind. He is a man who is not afraid to speak his mind. He is a man who is not afraid to speak his mind.

It is a man who is not afraid to speak his mind. He is a man who is not afraid to speak his mind. He is a man who is not afraid to speak his mind.

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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..."

Facing departments, both with rules

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

vote would have still resulted in the same outcome. Fortunately, we still have a chance to kill this legislation in the Senate...

Support emission limits

LETTERS

"market" to solve the problem is too late.
einer, Somerset

In Kentucky with the letter disappointed by Kentucky Living's focus on... So I decided to write a place in Grayson County...

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...

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.

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

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...

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?"

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 & 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/in²; LCD 0.27 watts/in²; plasma 0.36 watts/in²).

ART OPENER

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. —M.J.

"On the grid" & "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) 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.

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; also installing low-flow showerheads, toilets, and faucets. RL

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

COMMONWEALTHS

ON THE GRID

KENTUCKY CULTURE

Haunted hayrides & corn mazes

KATHERINE TANDY BROWN

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 unsavory 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 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



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



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

sets in the summer heat. This year, the 17 scenes trucks will loom near and ominous come from 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 fun with it all and share that their land is said to be historically haunted as well. **KL**

destinations

- Sandyland Haunted Hayride**
4172 Bellevue
(859) 322-0514
www.sandyland.com
Haunted hayride, haunted movie through October 31, 7 p.m.-midnight.
- OTHER AREAS**
Come harvest on farms, enjoy pumpkins and fun fall activities, many featuring animals.
- Benton Farm**
1796 Old Lexing
(859) 485-7000
www.bentonfarm.com
U-pick pumpkins, hayrides, corn mazes, honey, corn shocks, straw, gourds, mums, pony rides, and barnyard animals. Open October, Saturday-Sunday, noon-6 p.m.
- Christian Way Farm**
19590 Linville Road, Hopkinsville
(270) 269-2434
www.christianwayfarm.com
U-pick pumpkins, corn maze, country store, tractor/wagon rides, time, and more guided group tours. Open Saturday 9 a.m.-5 p.m.
- Farm Haven**
www.farmhaven.com
Five-acre corn maze, farm to feed cattle, pig, animals, and 100-year weekends through Nov.
- "R" Farm**
7172 Strodes Run Rd
(606) 742-2429
www.r-farm.com
Five to 7 acres of U-pick gourds, 2-acre haunted USDO-certified petting school tours, Pumpkin contest, Coca-Cola C show, and children's patch open October 1-October 30/31.
- Two Sisters Farm**
5000 Van Thompson Road, Owingsville
(859) 585-8000
U-pick pumpkins, horse-drawn hay wagon rides, corn maze, farm animals, and Sicilian donkeys. Open through October 31, Monday-Saturday 10 a.m.-7 p.m. Closed 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

Top of rubric aligns to top guide

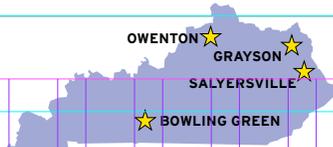
KENTUCKY CULTURE

GREAT OUTDOORS

Horizontal .5 pt rule sits on second guide

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

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 whose risk their lives to save Ashley McDonald of recently became sort hero among her fellow Clark County, when job positions and a fit recession-related but The 30-year-old S University business, r advertising major org paign to raise money

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.

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 encircling 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 KAZEK, Sellersville
Mrs. Cottie's Oatmeal Doublet Muffins

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

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.

KENTUCKY CULTURE

GARDEN GURU

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, 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. Ameling, 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

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

control production pets, subjecting millions of children to toxic chemicals daily.

The 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 ders, thousands or die low—their...
N...
tested...
less than 24 hours after contact with...
chemical compounds. Stripe-On 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.

EARTH TALK

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

Layout so Mondrian page faces running text page whenever possible.

GOT AN ENVIRONMENTAL QUESTION? Write EarthTalk, c/o E/The Environmental Magazine, P.O. Box 50959, Westport, CT 06881 or e-mail earthtalk@emmagazine.com.

ON THE GRID

CUTTING COSTS

Building the totally effi

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

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 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."

LEARN MORE

Homebuilding help There are a couple dozen third-party "LEED for Homes" providers (usually part of the Residential Energy Service Network at www.eresn.com) 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.

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. **XL**

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

GADGETS & 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 Energy Commission has proposed mandatory energy-consumption it sets 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. On the other hand, many flat-screen models are power gluttons. On average, flat-screen TVs consume 40 percent more power than CRT models. At what the California Energy Commission finds an alarmingly high energy consumption, LCD models account for about nine out of 10 new TVs sold, which consume triple the electricity of CRT models.

type and average watts used*



*Based on watts per square inch for average size TVs by type (CRT 0.23 watts/in²; LCD 0.27 watts/in²; plasma 0.36 watts/in²).

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 E

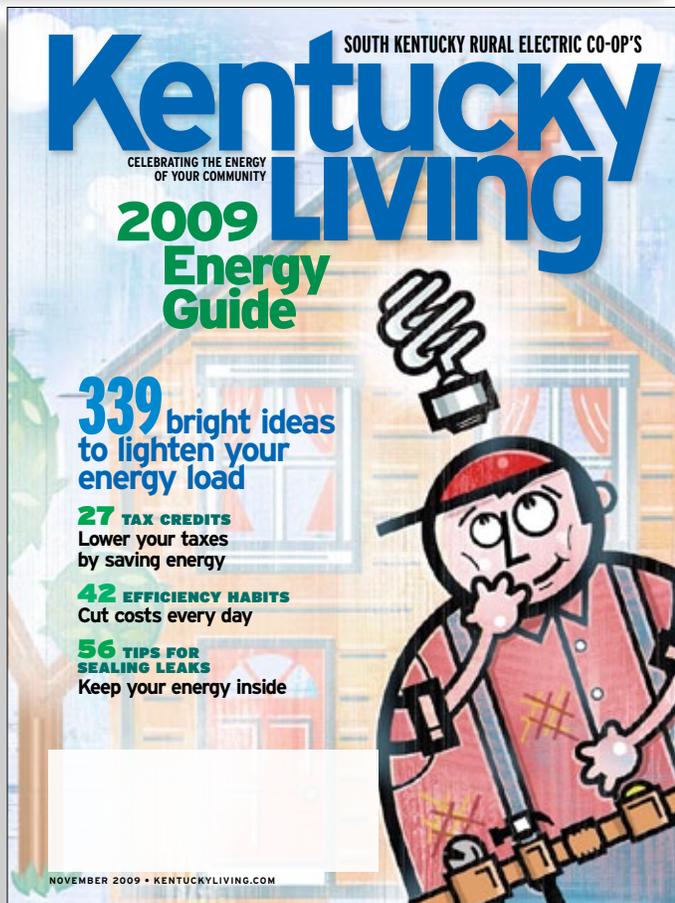
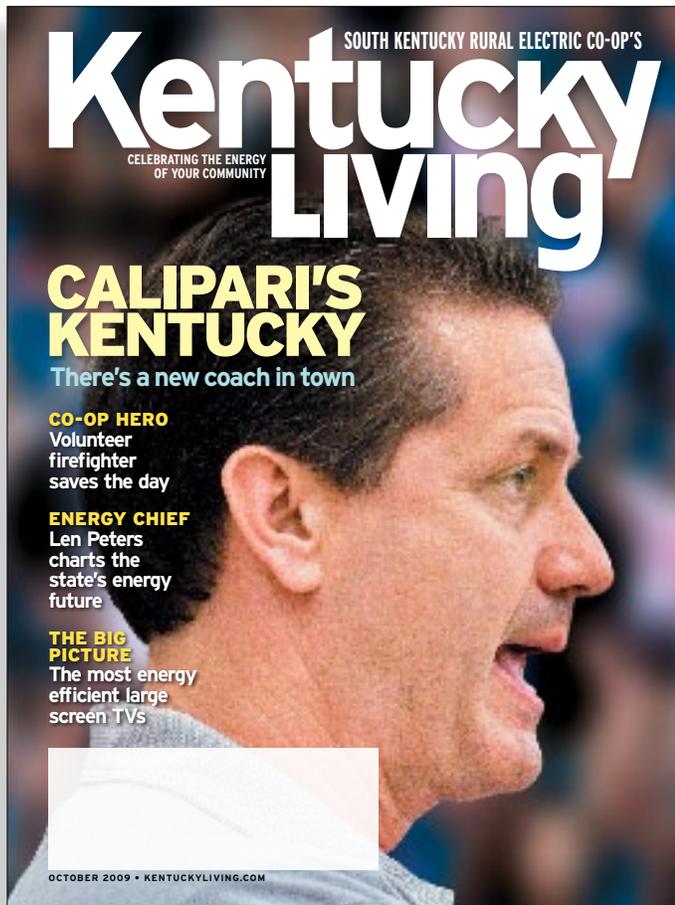
turned on must consume no more than a wattage determined by its screen size. If a television offers a choice between the power-intensive mode retailers use to catch the consumer's eye and a power-saving "home" mode, testing occurs in the "home" mode. The U.S. Environmental Protection Agency has called Energy Star misleading. Still, the agency says that if Energy Star ratings were properly handled and

Tips to save money while watching TV

- Turn off the TV and all connected devices when they're not in use.
- If your television has a "quick start" option, turn it off.
- If your set is an LCD with backlight control, turn the backlight down.
- If your set has a power saving feature, 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.

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/

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

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

CO-OP HERO
Volunteer firefighter saves the day

¶ CVR Blurb Header
+ color

ENERGY CHIEF
Len Peters charts the state's energy future

¶ 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

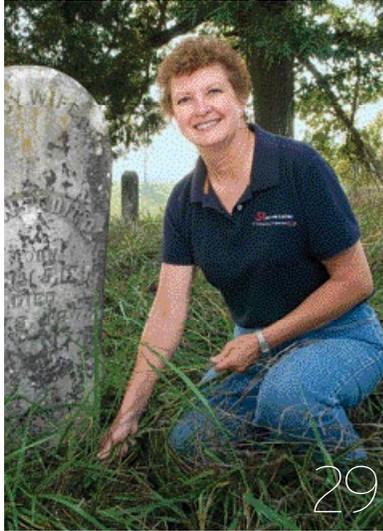
¶ CVR date,web

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SPOTLIGHT ON EDUCATION



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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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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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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 historic story about Elvira Lantz of Watkin who served in the Women's Army Corps during World War II.

ON THE COVER Do your own energy audit to figure out where energy and dollars may be escaping in your home. Put it to rest: *Energy 101*, *Cap and Trade*, *Smart*, *Energy 101*, and *Energy 101* are featured in the *2009 Energy Guide* that begins on page 20. Illustration by Josh Kennedy.

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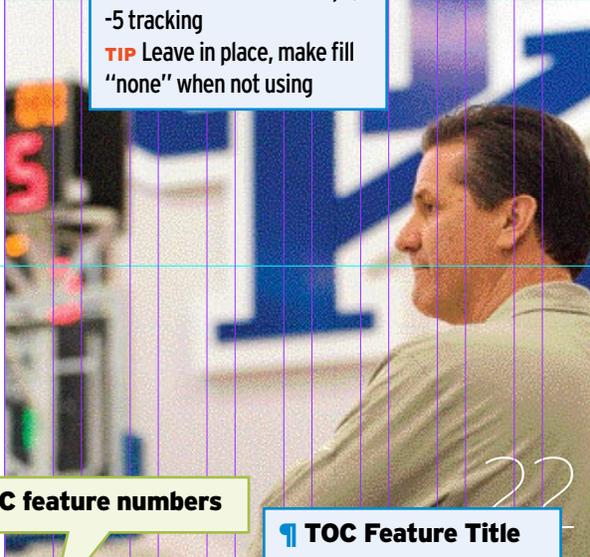
! Date and issue
 Month, Year: 8.5/12 Interstate Black
 Volume, Issue: 8.5/12 Interstate Regular

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 expect from Kentucky's new coach, and what sports fans can expect from him.

A Interstate Black 7pt caps
 + color

29 Grave Matters

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

¶ TOC Feature blurb

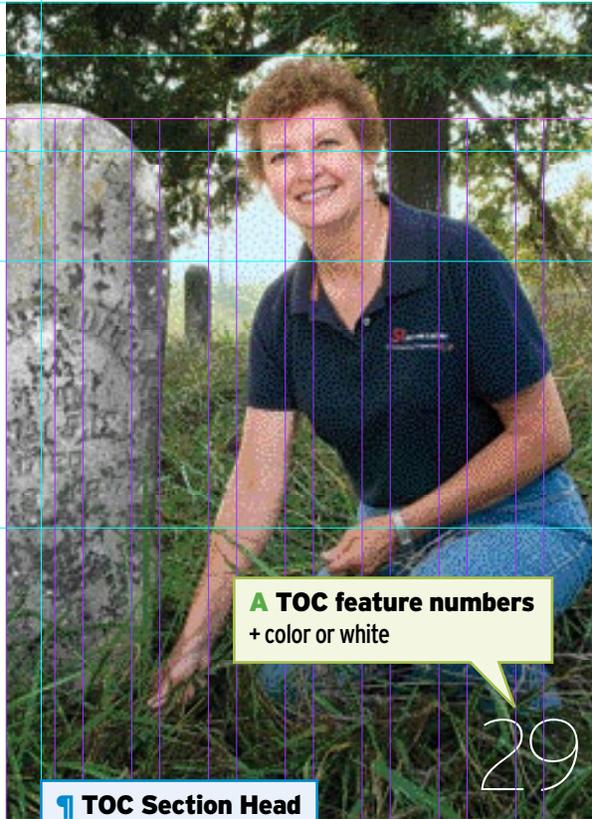
36 Fright Flicks

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A Interstate Black 7pt caps

¶ TOC Dept Blurb
 + no indent

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
 + color or white

¶ TOC Section Head

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- 10 FROM THE EDITOR
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- ¶ TOC Section Head**
 + 9 pt + 100 tracking
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- 62 THE VIEW FROM PLUM LICK
 Swapping trees on Plum Creek

! No tabs set here

THIS MONTH AT



Mum time

Orange and other traditional fall colors are the most popular for mums that pop up on porches and patios this time of year, but the flower comes in every color and shape you could want. Find mum essentials by going to www.KentuckyLiving.com and clicking on Home & Garden on the left side of the page, which will take you to the page with this month's "Pick of the Garden." Photo by Shelly Nold.

Be a cemetery mapper

A cemetery might seem an odd spot to bring the past to life, but the Kentucky Historical Society can help you do just that. To find out how you can help, and not hurt, in doing your own cemetery preservation, go to KentuckyLiving.com, type "cemetery mapping" in the Keyword Search box, and click "Go."

Unchained dogs

Speak Out And Rescue is a Lexington group that says chaining dogs in yards makes them aggressive, doesn't provide exercise, and can leave them unable to defend themselves. The group gathers reports of chained dogs, then talks with the owners about their concerns. Read about it in the latest Creature Comforts column at KentuckyLiving.com by clicking on "Kentucky Showcase."

Clutter buster

If your mess is getting the best of you, head for Organized@KentuckyLiving.com. Sign up, it's free, for an online newsletter, a place to get organizing questions answered, and an archive of ideas for straightening your closets, kitchen, photographs, and even your time. Go to KentuckyLiving.com and click on Organize Me.

AND MUCH MORE!

Reader services at www.KentuckyLiving.com

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Kentucky Living

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

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www.KentuckyLiving.com
 Kentucky Living's award-winning Web presence. Current Web features are reviewed at left.

CONTRIBUTOR GUIDELINES
 Guidelines for submission of writing and photography can be found under the "Ask About Freelancing" heading of the "Contact Us" section of www.KentuckyLiving.com

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COMING IN NOVEMBER



Kentucky Living Energy Guide

Learn how to save money on your electric bills and increase your home's indoor comfort year-round. The Kentucky Living Energy Guide collects expert advice from local electric co-op energy advisors and packages it in a way that is easy to use. Learn what your biggest energy robbers are—25 to 40 percent escapes through leaks—and how you can easily prevent it.

She's in the Army Now

Eileen Lentz of Walton joined the Army at 23 years of age. "I thought everyone had to do something. It was an all-out war and I felt duty-bound to do my part," says Lentz. She became a WAC—the Women's Army Auxiliary Corps—and one of the 150,000-plus women who served as such during World War II, the first women other than nurses to serve within the Army's ranks.

Cooperative Hero

Byron Crawford highlights Jody Keeley, founder and administrator of Lovesome Stables EquiTherapy in Grant County, who devotes countless hours providing horse therapy for children with special needs and training volunteers.

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CHEF'S CHOICE

SEND US YOUR FAVORITE NEW YEAR'S APPETIZER RECIPE by Oct. 23 for January. Submit online at www.KentuckyLiving.com/ cooking, then click on "Submit Reader Recipe." Or mail it to us at the address listed on page 6. If we publish your recipe, we'll send you a *Kentucky Living* mug.

Cooperative Hero

WHO'S THE HERO IN YOUR COMMUNITY? Nominate the person who has made a positive difference in your community. There are no age restrictions, although he or she needs to be a member of an electric co-op or work for a business that is a co-op member. For complete details go online to www.kentuckyliving.com/co-ophero.html.

SNAP SHOT

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 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. These 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 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 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.

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Paul
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LETTERS

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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

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 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



THIS MONTH AT
Kentucky Living.com

Mum time

Orange and other traditional fall colors are the most popular for mums that pop up on porches and patios this time of year, but the flower comes in every color and shape you could want. Find mum essentials by going to www.KentuckyLiving.com and clicking on Home & Garden on the left side of the page, which will take you to the "Home & Garden." Photo by Shelly Nold

¶ ONLINE TOC Header

Be a cemetery mapper

A cemetery might seem an odd spot to bring the past to life, but the Kentucky Historical Society can help you do just that. To find out how you can help preserve your own cemetery, go to KentuckyLiving.com, type "cemetery mapping" in the Keyword Search box, and click "Go."

¶ BODY SANS noin

Unchained dogs

Speak Out And Rescue is a Lexington group that says chaining dogs in yards makes them aggressive, doesn't provide exercise, and can leave them unable to defend themselves. The group gathers reports of chained dogs, then talks with the owners about their concerns. Read about it in the latest Creature Comforts column at KentuckyLiving.com by clicking on "Kentucky Showcase."

Clutter buster

If your mess is getting the best of you, head for Organized@KentuckyLiving.com. Sign up, it's free, for an online newsletter, a place to get organizing questions answered, and an archive of ideas for straightening your closets, kitchen, photographs, and even your car.

¶ ONLINE TOC Header + color

AND MUCH MORE!

Reader services at www.KentuckyLiving.com

- ▶ **CONTACT US:** Send questions, comments
- ▶ **SUBSCRIPTION SERVICES:** Renewal
- ▶ **ADVERTISERS:** Check our editorial calendar and demographics.
- ▶ **WRITERS & PHOTOGRAPHERS:** Submit your work

¶ BODY SANS noin + 10 pt + RegularCondensed
▶ 7 pt Bullets Nstuff, lowercase L

Kentucky Living

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A MAST Title

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KENTUCKY ASSOCIATION OF ELECTRIC COOPERATIVES

PRESIDENT Ron Sheets
CHAIRMAN Glenn E. Cox
VICE CHAIRMAN Eston Glover
SECRETARY/TREASURER Tommy Hill

¶ MAST bodycopy

OUR MISSION STATEMENT

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

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SUBSCRIPTIONS

1-800-KY-LIVING (800-595-4846) **CO-OP MEMBERS:** To report address changes, please call your local co-op office.

www.KentuckyLiving.com

Kentucky Living's award-winning Web presence. Current Web features are previewed at left.

CONTRIBUTOR GUIDELINES

Guidelines for submission of writing and photography can be found under the "Ask About Freelancing" heading of the "Contact Us" section of www.KentuckyLiving.com

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AND NOW FOR THE LEGAL STUFF

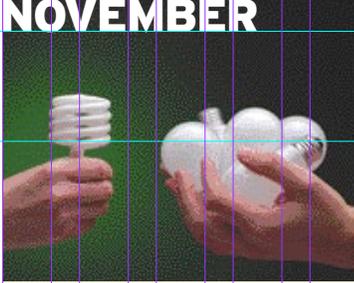
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A Interstate Black 7pt caps

DEPT LITTLE CAPS head

COMING IN NOVEMBER



Kentucky Living Energy Guide

Learn how to save money on your electric bills and increase your home's indoor comfort year-round. The *Kentucky Living Energy Guide* collects expert advice from local electric co-op energy advisors and packages it in a way that is easy to use. Learn what your biggest energy robbers are—25 to 40 percent escape you can easily prevent it.

ONLINE TOC Header

She's in the Army Now

Eileen Lentz of Walton joined the Army at 23 years of age. "I thought everyone had to do something. It was an all-time war and I felt duty-bound to be a part," says Lentz. She became a WAC—the Women's Army Auxiliary Corps—and one of the 150,000-plus women who served as such during World War II, the first women other than nurses to serve within the Army's ranks.

BODY SANS noin

Cooperative Hero

Byron Crawford highlights Jody Keeley, founder and administrator of Lovesome Stables Equitherapy in Grant County, who devotes countless hours providing horse therapy for children with special needs and training volunteers.

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

DEPT LITTLE CAPS head

CHEF'S CHOICE

SEND US YOUR FAVORITE NEW YEAR'S APPETIZER RECIPE by Oct. 23 for January. Submit online at www.KentuckyLiving.com/cooking, then click on "Submit Reader Recipe." Or mail it to us at the address to publish your recipe, we'll send you a *Kentucky Living* mug.

FEATURE Subhead

Join the community. Contribute to Kentucky Living!

FEATURE Subhead

Cooperative Hero

WHO'S THE HERO IN YOUR COMMUNITY? Nominate the person who has made a positive difference in your community. There are no age restrictions, although he or she needs to be a member of an electric co-op or work for a business that is a co-op member. For complete details go online to www.kentuckyliving.com/Co-opHero.html.

Submit large

A Interstate Black 9 caps

SNAP SHOT

SEND US YOUR SNAPSHOTS OF "FUNNIEST FACE" FOR THE JANUARY ISSUE so we receive them by Nov. 13. Tell us where the photo was

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/submitsnapshots.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 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 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

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DEPT byline

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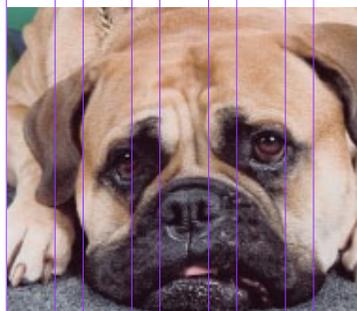
DEPT Subhead

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DEPT LITTLE CAPS head

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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.

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 TRACY 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 kindergartners 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."



MARK 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) 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), Kentucky Department of Energy Development and Independence (www.energy.ky.gov), and Solar Energy Industries Association (www.seia.org).



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

tip energy efficiency

When using your laptop computer at home, put the battery charger (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

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 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 Choose 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.

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.



products and services, workshops, including sessions on green burials and green housecleaning, a kid's expo shown here with kids teaching kids about recycling with hands-on activities, and

information and resources for improving the health, sustainability, and prosperity of our communities. The GreenExpo also features green design workshops for architects and environmental edu-

cation 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.

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



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 hoops-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 sevencsranchky@aol.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 customer 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.

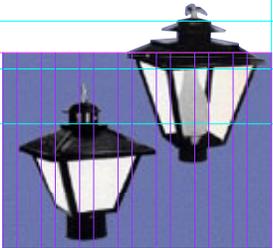
"When I trimmed our bushes, I got real aggravated trying to keep the trimmings out of the bedding material and complained to my wife," says the Scott County firefighter, carpenter, and cabinet-maker.

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 Frommeyer's 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 or reach him toll-free at (877) 889-9169.

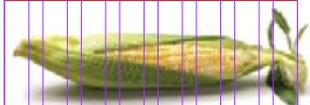


TIME CAPSULE 50 YEARS AGO IN KENTUCKY LIVING

EAGLE EYE

The latest electronic gadget in October 1959 was the photoelectric cell described in the *Rural Kentucky* (an *Old 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, or the Local Harvest CSA database at www.localharvest.org/csa. Farmers interested in marketing their products can register at these sites.

played throughout the market that incorpd terrace gardens—he is a recipient of the Landscape Design Award from the Museum of Art and Design in New York City. He is also a past recipient of the National Garden Design Award from the American Horticultural Society. He is a past recipient of the National Garden Design Award from the American Horticultural Society. He is a past recipient of the National Garden Design Award from the American Horticultural Society.

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 presentation.

Combining it with Kentucky Power's coal feedstock, locally used. East Kentucky Power's use of witchgrass' increase the efficiency of the process. The



PHOTO BY PAUL JON CARLOTTIS

A Jump

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

on job seekers and others struggling to pay their mortgages.

"Kentuckians are struggling to make ends meet, and many are easily fall victim to the salesmen's gimmicks. I

FINANCE

The photo can change if so desired.

¶ Section Header

COMMONWEALTHS

¶ CW Headline 30

Co-op deal helps western economy

¶ BODY noin

This summer, a group of co-op executives gathered in western Kentucky's Henderson to complete a six-month negotiation 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

¶ CW rubric

PROFILE

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; Kenerov electric co-op based in Henderson; and Paducah 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.

¶ BODY in

DUCT TAPE NOT FOR DUCTS

Duct tape can solve 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.

¶ CW box headers



¶ Caption

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

¶ FEATURE Subhead

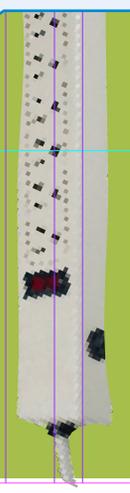
tip energy efficiency

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.

¶ Attribute

—U.S. Department of Energy

¶ BODY SANS noin + 18/14.5 Interstate Black

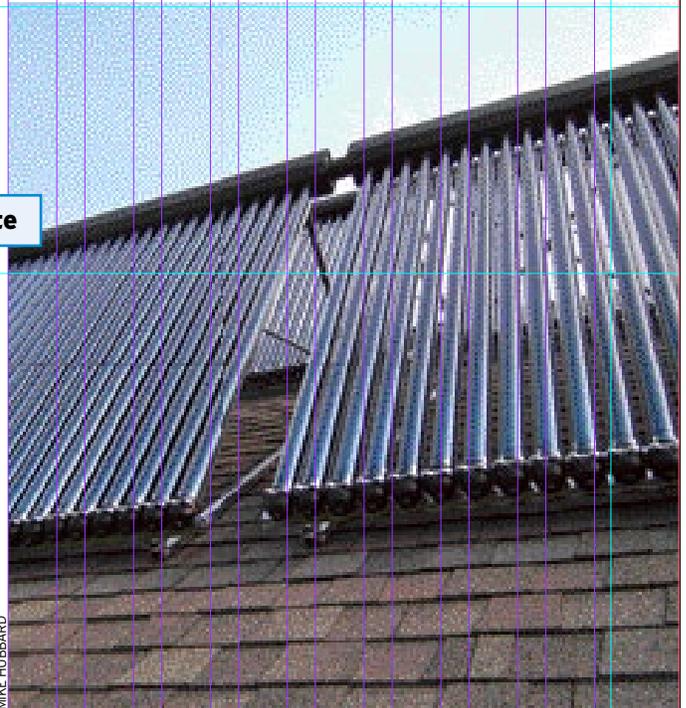


One of our key priorities should be to aggressively promote the expansion of broadband... We must restore our place as the undisputed world leader in communications technology.

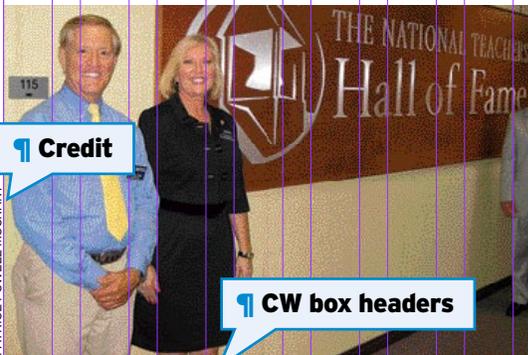
CW pullquote

Attribute

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



MIKE HUBBARD



PATRICE POWELL MCCRARY

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.

BODY SANS noin

BODY SANS in

classroom veteran, McCrary teaches kindergarten at Cumberland Trace Elementary and was the 2003 Kentucky Teacher of the Year. She has a master's degree from Western Kentucky University. Parks teaches at Georgetown Middle School on the USA Today's "All American Teacher Team." He is an Eastern Kentucky University graduate with a master's degree in education.

Interstate Bold 9 + color added to all copy in sidebar

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

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.

Electricity generally accounts for 8 to 14 percent of a typical utility bill.

CW rubric

Several solar water heating methods are available.

ENERGY

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) 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), Kentucky Department of Energy Development and Independence (www.energy.ky.gov), and Solar Energy Industries Association (www.seia.org).

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 any further than his job title: Secretary of Energy and Environment. Cabinet-level jobs put him in charge of two interests that are usually fighting with each other.

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



Before becoming Kentucky's Energy and Environmental Secretary, Dr. Len Peters was Director of the U.S. Department of Energy Pacific Northwest National Laboratory, the largest research facility in health and environmental safety at the University of Kentucky. Photos by Tim Walsh.

THE FUTURE OF ELECTRICITY

Our energy demands, and making sure that we have a quality environment, one that we feel good about living in, are the two main goals that put him in charge of two interests that are usually fighting with each other.

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



"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 distribution network, and the 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 that coal 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," he says. "If they decide they can't, they won't be going to Indiana or Mississippi—we will be losing manufacturing jobs to other countries."

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're arguing for a modest, reasonable pace 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 the 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 'dilly, dilly, dilly,' it's 'save, baby, save.' That's the one thing that we have control over—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 products, handling them, doing energy audits, advising about energy efficiency—I think that's where the growth will be," he says.

Energy Star products are a member of the Cooperative Manufacturers 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 a member of the Energy and Environment Cabinet. He is also a member of the Energy and Environment Cabinet.

These are the same families that don't have the money to pay for increasing insulation, sealing roofs 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, features a section that will show how \$70 million in federal stimulus funds will be used in a variety of weatherization programs.

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 & GIZMOS

ENERGY 101 CO-OPERATIONS Cutting Costs and Co-operations are running text pages. Gadgets & Gizmos and Energy 101 are Mondrian pages.

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 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 houses generally cost more to build, but that 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. You may be able to verify the types of materials, equipment, and appliances used throughout the house. You will be asked to contract with a builder who has built LEED houses before.

LEARN MORE

Homebuilding help "LEED to Homes" provides a variety of information on LEED certification. For more information about LEED-certified homes, visit www.usgbc.org.

GADGETS & GIZMOS

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 800,000 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 (CRT) models. Despite their sleek dimensions, many flat-screen models are power guzzlers. On average, flat-screen TVs consume 40 percent more power than CRT models.



SMART SHOPPER

Energy Star's TV ratings An Energy Star label means something, though not as much as one might think. The government-sponsored Energy Star program is intended to help consumers identify energy-efficient products. 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 make taking 1 million cars off the road.

It's California's proposed standards to reduce emissions that are the focus of the article. The standards would require manufacturers to reduce emissions of four pollutants: carbon dioxide, methane, nitrous oxide, and sulfur dioxide. The standards would also require manufacturers to reduce energy consumption. The standards would also require manufacturers to reduce energy consumption.

ON THE GRID

ENERGY 101

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.

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

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.

Will it reduce greenhouse gas? A cap-and-trade system aimed at reducing carbon dioxide emissions is 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 (an) efficiency, renewable fuels, and new technology or (do) 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, the Kentucky, say the current cap-and-trade limits would penalize people in those states with large and unfair increases in electricity and other costs.

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ENERGY CLINIC

How to use a space heater efficiently

DO THIS About two-thirds of adults with 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 and prevention. The majority of back pain is not disabling and will go away. If the back pain persists, there are several things you can do to help. AND THIS Manipulation of the spine by a chiropractor or osteopathic physician or chiropractor. An operation will usually not be considered unless other measures have failed. Surgery is typically reserved for those who have a nerve in the spine, the spine is fractured, or there's too much movement.

ON THE GRID

CO-OPERATIONS

Supporting teachers, safety, and racing kids

PAUL WESSLUND

Safety show SALVERSVILLE Licking Valley Rural Electric Co-op, based in West Liberty, helped keep people safe with demonstrations at the Maguffin County Community Day on August 10. In addition to the safety show for about 100 children, teenagers, and other interested adults, the Licking Valley co-op gave away 300 compact fluorescent light bulbs, fans, pencils, and energy saving information. The gathering of food, entertainment, and raffish raised nearly \$75,000 for organizations like the Iron Coalition, Military Support Center, 4-H, Shiloh, Boy Scouts, and the Rescue Squad. Parking problems were eased by a trolley car running throughout the day so visitors could park in one or at the Hydroville National Bank. In addition to planning and overseeing the event, Neil Salversville National Bank makes a major contribution by matching money raised by the participating organizations through sales and raffish at the event.



Teachers, ready to step into the arena at the end of the semester, were greeted by a safety demonstration at the August 10 Maguffin County Community Day in Salversville. Photos by Healdie Wick.

Feeding the teachers OWENTON Owen Electric Cooperative, based in Owenston, kicked off the school year by serving at teacher appreciation luncheon at the day before school started in Adamsville and Owenston. Mike Cobb, senior vice president of customer service and marketing,



POWER OF GOLD This photo of a power plant at the end of the semester, was taken by Bobbie Herrick, system inspector for Warren Rural Electric Cooperative based in Bowling Green.

ON THE GRID

Section Header

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

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

Photos, Graphics, Captions, Pullquotes, Sidebars can use the open outside unit.

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 job title: Secretary of the Environment Cabinet. Peters 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,

THE FUTURE OF ELECTRICITY

our energy demands, and making sure that we have a quality environment. Peters 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,

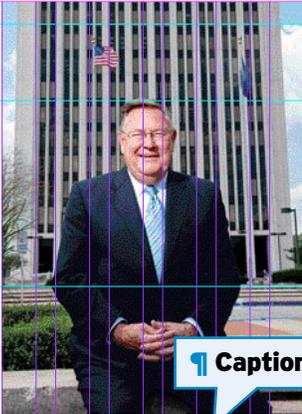


Pullquote

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



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.



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.

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."

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

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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, 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 technicians. Peters says, "We're creating jobs, saving money by installing Energy Star appliances on them, doing energy audits, advising about energy efficiency—I think that's where the growth will be." KL

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 as we are today, but we could be 35 percent coal-free. We could be generating 35 percent of our megawatts that we are today, because of the increase in energy demand."

BODY SANS NOIN

Sidebar Header 2

Sidebar Header 1

Endbug

A NAME bio

Author Bio

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

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.

BODY drop cap

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.



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.

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.

BODY in

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.

DEPT LITTLE CAPS head

DEPT Subhead

LEARN MORE

DEPT deck mondrian + adjust spacing below

green points

Homebuilding help

There are a couple dozen third-party "Green Homes" providers (usually part of the Residential Energy Service Network at 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.

You'll have to find a certified inspector to visit your house during construction to determine the points you'll receive.

BODY noin

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-family 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.

BODY SANS noin

BODY SANS in

GADGETS & GIZMOS

MIKE JENNINGS

DOLLARS & SENSE

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.

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. LCD models are proliferating at what the California Energy Commission finds an alarming rate. 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.

Tips to save money while watching TV

Cnet.com suggests:

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

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

If your set is an LCD with a light control, turn the brightness down.

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.

BODY SANS in

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

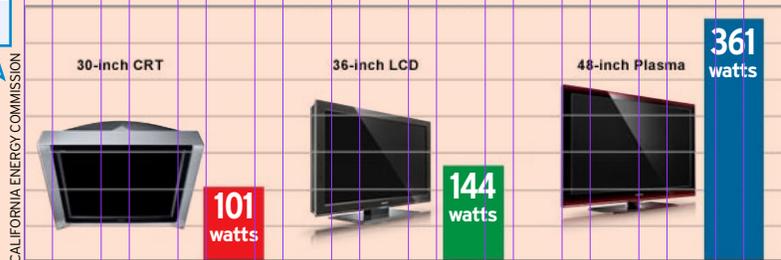
DEPT deck mondrian
+ adjust spacing below

DEPT deck mondrian

Sidebar TIPS

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/in²; LCD 0.27 watts/in²; plasma 0.36 watts/in²).

FEATURE Subhead

Footnote

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

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. —M.J.

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?

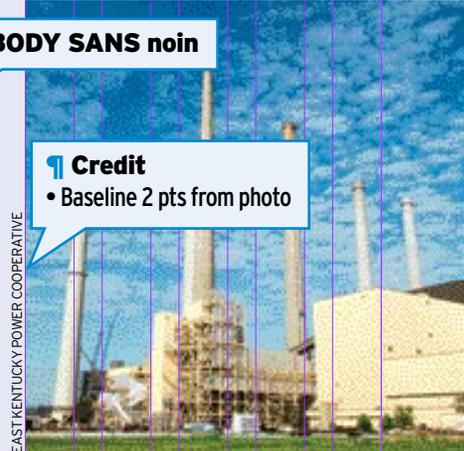
It's a plan to control greenhouse gas emissions, including carbon dioxide, from power plants, vehicles, refineries, and factories.

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



EAST KENTUCKY POWER COOPERATIVE

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.

ON THE GRID

ENERGY 101

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.

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ENERGY CLINIC

How to use a space heater efficiently

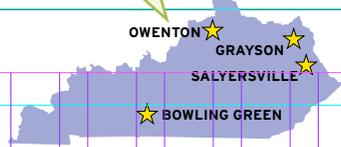
DO THIS: About two-thirds of adults will suffer from back pain at some point in their lives. In fact, back pain is second only to upper respiratory problems as a leading symptom-related reason for visits to a physician. However, the source of back pain can vary greatly, as can the proper treatment method. "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 anti-inflammatory drugs."
AND THIS: is misleading, 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."

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A Interstate Black 7pt caps

DEPT logo

CO-OPERATIONS



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

DEPT Head 30pt

Supporting teachers, safety, and racing kids

PAUL WESSLUND

DEPT Co-op 1Name

DEPT byline

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, sponsored 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... ends each entrant a photo of the driver taken at the race. **KL**

A Endbug



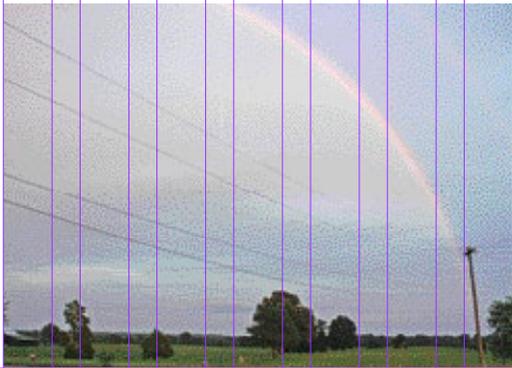
DEPT Caption
• Position ~6 pts below photo.

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



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 referenc-

■ 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 gore, head-slash film," but a "thoughtful, grown-up horror film that delivers a lot of creepy moments." Photo courtesy Gregg Hale.

ing 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.

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

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.

COLLEGE ACTIVITY

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 DEBRA GIBSON • PHOTOS BY TIM WEBB

Edging the Appalachian mountains of southeastern Kentucky, the famed Wilderness Road spanning the east, and Cumberland Gap National Historical Park just 30 miles away, Union College might have been content to serve nearby students and accept its spectacular but remote location as a liability.

Instead, leaders at the private liberal arts college in the mountains chose to use their location as an asset and let nature see for many others to both attract students and impart her wisdom to them.

"We do this by weaving wilderness adventures and opportunities into the fabric of Union's life," says Brenna Williamson, director of college communications. "This allows us to showcase the mountain area as a source of our spirit, our respect and our connection to the natural world, and we attract students as a result from the states of liberal arts education."

The college, which is affiliated with the United Methodist Church, has a tradition of faculty and non-faculty showcasing their own lives and interests through a variety of programs, including a program to help students with disabilities to become park rangers or conservationists.

"When I was young, I always enjoyed being outdoors," Williamson says. "I had an idea of how I'd like to see a people person. I like to talk to people."

These are reasons and perfectly in tune with



www.union.edu • OCTOBER 2014



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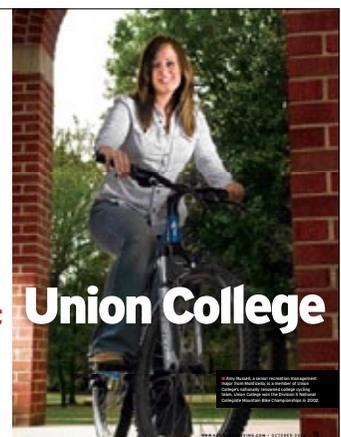
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UK'S 2009-2010 DREAM TEAM

ROBIN ROENKER

The No. 1 recruiting class in the country. The nation's top-ranked point guard in freshman John Wall. Fellow top-25 recruits in freshmen Oshane Crowder and Daniel O'Connell. A second nationally ranked point guard in Eric Blalock. Plus top-50 freshmen recruit Jon Hood, coach after junior college transfer Darnell 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 Award of the Year Award.

Add to that star power: John Calipari's famed clutch-style "ribbun 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 O'Connell of CBS SportsLine, who announced that 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'll be 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 all about!"

Calipari says he hopes some of that optimism and bravado will run off on the open court.

"And now we have to get the returning players to dream big again. To dream like Kentucky players have always dreamed," he says. "They think it's 100% 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 arena for the season opener.

"But, early this year are going to be trying 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 so many turnovers, there's not as many bad shots, and they're remembering...'"

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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 Springfield News columnist Mike Conroy, a veteran observer of the college football scene. "In 2007 when things were less damaged, I honestly thought Tom Cavan was the right person for the job. But then we went to 2008 and things were even more broken than they had been. When I think John was the perfect choice, to fill them up more quickly than anyone else could."

"Without a question, he will have a major impact," gushes ESPN commentator Rick Tyler. "He's a natural communicator, especially with the modern-day athlete. If he can build programs at Massachusetts and Memphis, all I say is 'Wow, what he'll do with the modern-day Kentucky.'"

Former Wildcat star Mike Pratt assisted UK officials with this latest coaching search and he was part of Calipari's initial interview. Pratt, who also serves as the analyst on the Big Blue Radio Network, saw a coach who welcomed the high expectations that come 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. "There's recruiting, dealing with the Big Blue fan base, being a part of the community. If you



In April, Calipari watches UK's championship win at the Joe Craft Center. Calipari missed the press conference earlier that fall because you don't have banners unless it's a national championship.

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 homework Calipari did before his meeting with UK President Dr. Lee Todd and Athletics Director Mitch Barnhart.

Add a subplot here

"It 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 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 a challenge," says Calipari's wife, Ellen. "and he knows this is a challenge and I think he'll be-

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 in a different way or a better way. He's open to new ways of thinking, which has been proven with the (fabled) silver offense that he runs for the team."

Make no mistake about it: The winning and losing part of the Kentucky coach comes up short in that department. Little else will matter. That is a given with the program 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 so many constituencies and so many things that you have to manage," notes longtime sports marketing guru Jim Host, who company started the UK Radio Network and grew it into the largest of its kind in the nation.

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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 sit in their cars, their front porches, their back porches. He has a better following of 699,206.

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 on April 1.

And he said the crowd he knew the reason for all the pre-season praise: "We're still undefeated!"

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 Stricks, 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 and the died of black lung disease at age 58. His mother grew up in West Virginia, where she sometimes did domestic work for dinner. His parents did not go to college.

"We just regular people," he tells fans about his wife, Ellen, and their three children—Eryn, 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 Wilmington, before transferring to Division I Central 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 UMKC (1988-1990) and the University of Memphis (2000-2008)—in which he took both teams to the Final Four—Calipari has called leading the UK head post the "dream job."

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

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

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

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

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

"He sounds things off a lot of people, consults 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.

ESPN announcer Clark Kellogg thinks Kentucky has a "home run" with the hiring of Calipari. Kellogg's first major TV job was serving as an 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's 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. Fantastic teacher and motivator and he knows the game," he explains. "He's had a varied experience as a coach. He's been on the job level and he's been around some great coaches. That tends to fortify your resolve and illuminate that being who you are is how you have to do it, no matter that no anyone else is in the state. As my brother Oscar (founder of the Car-Pass magazine) used to say, 'We feel respected and neglected' but when basketball seasons roll around, we feel like we're equal to anybody in the nation." Combs adds.

When Calipari steps out that spotlight and goes home, Ellen



Calipari watches the team practice in Lexington shortly after the 2009-2010 season. Calipari says, "I'm excited to be here because coaching is never 'another football, basketball, soccer, or whatever' it's coaching at Kentucky."

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—Eryn, Megan, and Brad.

Another subplot here

"Mostly, 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 just let them be like a mom would."

There's nothing for Calipari to prove at Kentucky as a coach. He's a known commodity, having led UK 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 those coaches did," Pratt says. "It's going to be a winner wherever he is, but I sense that he wants that challenge to put

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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 lie there—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 2008 National Championship after being up by nine points with 2:12 left in the game—wasn't hard to overcome as his first widely publicized failure, his firing in 1999 as head coach of the NBA's New York Knicks 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 you against the world, and you can't be an overwhelming situation. But with every bounce back you have, you grow and you begin to realize you're from France."

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

Drawing on a detailed outline of his own bounce back experience—including Kentucky's 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, finally 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 make at least 100 plays 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."

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"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 won in Kentucky.

Having a coach that embraces that kind of goal and has the background to do it—because he's registered a tie in the Big Blue Nation.

"It was kind of re-emergent the fan base up here," says Jim Combs, who hosts the popular inside-the-earker Show radio show based in Hindman, part of the Appalachian Mountain region of Kentucky.

"People go through hard times up here. They're not excited about their way of life. That 'billy' thing his brother used to have anywhere else in the state. As my brother Oscar (founder of the Car-Pass magazine) used to say, 'We feel respected and neglected' but when basketball seasons roll around, we feel like we're equal to anybody in the nation." Combs adds.

Add a subplot 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. One thing everybody wants to talk about is Kentucky basketball. That kind of drifted into the background last two or three years. No one really desired to be attached to Kentucky basketball."

David Hamilton 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 says. "She's... She's... And he really expresses with sincerity what the program means to us here in the Commonwealth, not just the university." RL

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

The Plotter day is a special day for cemetery workers. They are busy with an original crew that has been around at the Hart County Cemetery since 1900. From left to right: Larry Hodghegh, Tom Barrett, and Larry Hodghegh. Photo by Tom Barrett.

years ago by Amy Wilson of the Lexington Herald-Leader. "They were very helpful," Barrett is one of an army of volunteer cemetery workers who are unearthing Kentucky's past and recovering its funeral heritage, one stone at a time, in order to save it in perpetuity. This goal requires researching, and in some cases, excavating 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 to help people

who cannot do the repair work themselves," adds Ray Fletcher, an osteologist who works with Barrett on restoration projects. His reward? The smiles, hugs, and handshakes from people whose relatives' tombstones and gravestones give a welcomed split-shine.

The KHS 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 final resting places. Coordinating the project is Van Johnson, who has a keen interest in "small cemeteries out in the back." 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 sleuth teamwork
This cadre of volunteers specializes in everything from dusting graves to cemetery stones and defining them, as does Kenyon Spangler, president of the Robertson Monument Company in Southburg, Indiana, to recording genealogical information such as what Dec Tapp provides for the Web site www.ky.com, to "whittling" the land (with the use of downsizing rods) to find stones in these forgotten final resting

places, like Jan and Larry Hodghegh of Hart County. "Volunteers are valuable in every county," says Cleveland. "They work closely with the KHS 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 Hodgheghs 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 for the Owsley County Cemetery Project when we started the My Family.com site," Barrett says. "Naturally, it's part of the Owsley County History and Genealogy Society because, with our 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 husband."

"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. "Tom is

ONLINE HELP FOR CEMETERY AND HISTORY HUNTERS
Kentucky Historical Society Cemetery Preservation Program
www.history.ky.gov
Owsley County History and Genealogy Society
www.owsleyhistory.net
Southern Kentucky Genealogical and Historical Research
www.skyrc.com

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 leading 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

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

where we know who he buried there. We try to try to contact relatives to make sure that they wish to have the stone placed when it is a Society donated stone.

Many of the persons have been donated from the life for 100 years or more.

Volunteers also include those who research, file, provide donations, and contribute genealogical information to the Web site.

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

"It gets out at times," he admits. "I was doing one cemetery and ran upon the grave of an old friend that 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 had left the cemetery."

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

"I'd 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 has lived out their lives looking for' and 'thank you, Lord, for letting me be able to do this.'"

over tombstones, and been tangled up in tree roots. They've been warned of making contact with caskets' lead bodies and have heard stories of evil-doers buried six feet 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 did not," says Larry. "A lot of people are real superstitious about cemeteries."

"Of course, we've all heard, 'If you dig a hole in a cemetery, you might poke into a body,'" adds Jan.

In fact, the Hodgheghs' teenage grandsons, Adam and Matthew "Bugs" and the oldest grandson, Ryan—old Ethan Jones, frequently accompany them to the cemeteries but have been warned off the probe process.

"They think skeletons are great, but they won't probe," says Larry. "They're sorry they have people telling them they're probing and hit a casket or stick somebody and tear them apart."



Jan Hodghegh, front, along with Vicki Dilard, Larry Hodghegh, and Betty Cole have restored several cemeteries, including the Bennett Cemetery shown here on the Everett Hensley farm in Hart County. If the cemetery stones are to be restored, they must be applied to the stones, and the information is received and sent to the Cemetery Preservation Society and other online cemetery groups. Photo by Joe Trent.

Cooperative in Barlowtown. "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 throughout the year, Hodghegh says his group works from November through March to clean underground from a site, cut down trees, and remove brush and find the stones with a whitening process by using downsizing rods that

Mapping a cemetery
Anyone can get involved in a cemetery restoration and preservation project. Learn the steps to accurately mapping a cemetery from Ann Johnson of the Kentucky Historical Society. Go to www.kentuckyliving.com and type "cemetery mapping" in the Keyword Search box.

WITCHINGS AND WARNINGS

Resetting 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 Hodghegh, whose group of cemetery activists has been involved in cleaning up some 30 family cemeteries. "We have one person who won't which use the downsizing 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 downsizing 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."

Jan's husband, Larry, recalls a "discovery" that once cleared out a cemetery. "We were cleaning up a cemetery and had some people watching and one of them picked up a shiny metal stake off the ground. One of the guys working with me said it was a casket handle a ground-hug had dug up."

"As soon as he said it, everyone cleared out," the Hodgheghs and their cemetery crew, including Vicki and Teddy Dilard, have encountered snakes, bats

Reddy Dilard shows how whitening rods, or downsizing rods, are used to find stones and graves, especially those in wooded areas. The wires will cross when you walk over a person's grave. Photo by Joe Trent.

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, 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 continuation 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 across 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 weathered permits and, as according to Larry Hodghegh, Jan has hit upon a restoration formula of ready-mix cement skimmed over the top 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 icon 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/Ship - Hope or Seafaring Profession
 - Angel - Heavly Destruction
 - Rip - Old Age
 - Bible - Eternal Life
 - Broken Canteen - Loss of Head of Family
 - Full-Bloom Rose - Pride of Life
 - Buds/Blossom - Morning of Life or Renewal of Life
 - Column and Doves - Heavenly Entrance
 - Corn - Rip - Old Age
 - Cross - Emblem of Faith
 - Dove - Purity; Devotion
 - Flower - Fragility of life
 - Garden or Weath - Victory in death
 - Hands Clasped - Goodbyes Said at Death
 - Key - Friendship and Immortality
 - Lamb - Innocence
 - Lionel - Fame or Victory
 - Oak Leaves and Acorn - Maturity; Rip - Old Age
 - Open Book - Bible - Deceased Teacher; Minister, etc.
 - Palm Branch - Signifies Victory and Rejoicing
 - Sheaf of Wheat - Rip 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 - Brevisly of Life
 - Urn - Immortality
 - Wagging Willow Tree - Mourning; God's Nature's Lament.



In this gravestone in the Bennett Cemetery in Hart County, an example of the heraldic carved symbols, which means centuries were laid out. The blue chalk on the white stone helps to easily read the existing or restored photos. Photo by Joe Trent.

The ancient Egyptian belief was that the soul lived on in the Ka (the body) through the life after death, being placed in an urn or casket.

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

"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. We 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 one Revolutionary and Civil War soldiers, but more than likely, it is the everyday citizens 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 advice.

"Dec Tapp has spent countless hours on this project, missing down genealogical information," says Larry Hodghegh.

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, mourned, 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 fixing the site back to the way it was the very day they had their 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

Story rhythm

Continue the design established on the opener throughout the story. Follow through with color scheme, type treatment for pull quotes, drop cap treatment, graphic element, etc.

The opening spread may deviate from the grid used in the rest of the article. However, once past the opener, use the same grid throughout the story. In instances where partial ads have to be accommodated, this is a rule that may have to be broken.

- As with the opener:
- move the eye from top left to bottom right
 - think big-little;
 - treat a spread as a single unit.



¶ 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 **¶ BODY in** on. It’s a place where the spotlight can be waning 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.

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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 + color box
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¶ Pullquote
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BOUNCE BACK

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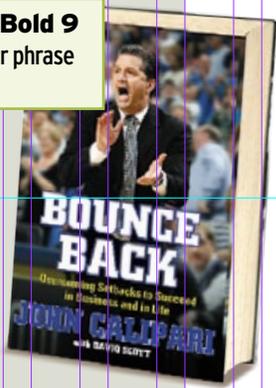
ROBIN ROENKER

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

¶ BODY SANS noin
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A Interstate Bold 9
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... can make it through whatever
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 ... was in his case, two very public



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

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, it feels 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."

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.

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¶ FEATURE Subhead

Add a subhead here

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¶ BODY noin
 • 1st paragraph after a subhead

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A NAME bio

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

¶ Author Bio

¶ Pullquote

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

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

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“It gets sad at times,” he admits. “I was doing one cemetery and ran upon the grave of an old friend that 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.”

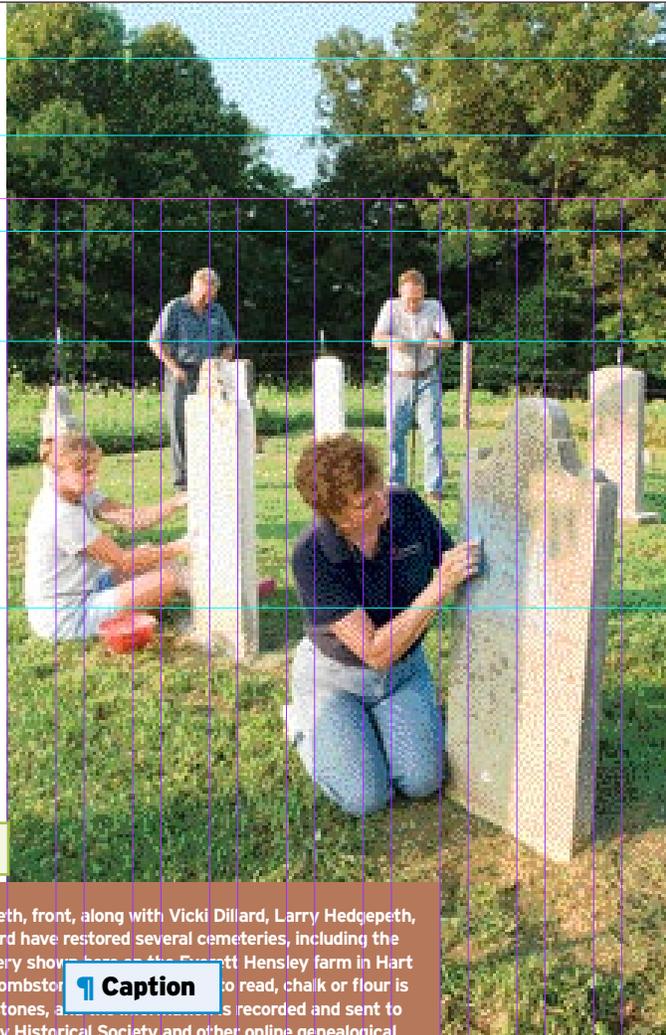
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Pay it forward

When Jan and Larry Hedgepeth and their friends, Teddy and Vicki Dillard, accomplished in restoring the Brent Cemetery on their land, the Hart County couple decided to do the same for the Light-Ralston Cemetery on their own farm.

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



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 tombstones are difficult to read, chalk or flour is applied to the stones, and photos are 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.”

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**ONLINE
Mapping a cemetery**

he can get involved in a cemetery restoration and preservation project. Learn the steps to accurately mapping a cemetery from Ann Johnson of the Kentucky Historical Society. Go to www.KentuckyLiving.com and type “cemetery mapping” in the Keyword Search box.



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GRAVESTONE SYMBOLS

GAYLORD COOPER

¶ BODY SANS noin

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.



¶ 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.

¶ BODY SANS noin #after
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Anchor/Ship – Hope or Seafaring

Laurel – Fame or Victory

Bird – Eternal Life

Oak Leaves and Acorn – Maturity; Ripe Old Age

Broken Column – Loss of Head of Family

Open Book/ Torch – Teacher, Minister

Full-Blown Rose – Prime of Life

Palm Branch – Signifies Victory and Rejoicing

Buds/Rosebud – Morning of Life or Renewal of Life

Sheaf of Wheat – Ripe for Harvest; Divine Harvest

A Interstate Bold 9

Skull/Crossed Bones – Death

Entrance

Thistle – Scottish Descent

Corn – Ripe Old Age

Thistles – Remembrance

Cross – Emblem of Faith

Tombs – Mortality

Dove – Purity; Devotion

Torch – Knowledge, Faith

Flower – Fragility of life

Tree – Life, Growth

Garland or Wreath – Victory in death

Severed Branch – Mortality

Hands Clasped – Goodbyes Said at Death

Tree Trunk – Brevity of Life

Ivy – Friendship and Immortality

Urn – Immortality*

Lamb – Innocence

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

A Square Bullet

A Interstate Black 7pt caps

¶ Author Bio

¶ Footnote

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

GAYLORD COOPER is director of Eastern Kentucky Genealogy Associates, presents seminars in genealogy and cemetery iconology, and wrote *Stories Told In Stone: Cemetery Iconology*.

A ITALIC Interstate Regular

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running down genealogical information,” says Larry Hedgepeth.

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

A Endbug

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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."

¶ **BODY SANS noin**

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

"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 Kelen 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 importance 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

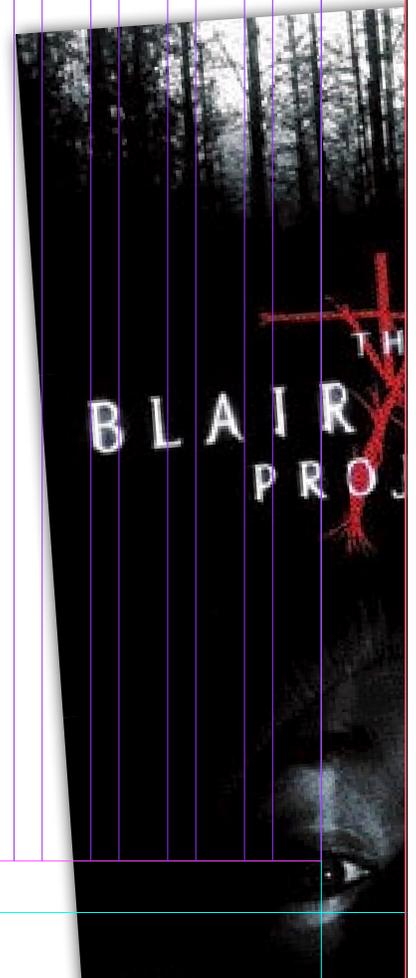
is presented to the audience as *The Blair Witch Project*.

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

¶ **BODY SANS in**

¶ **FEATURE Subhead**

¶ **BODY in**



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.

KENTUCKY CULTURE

Haunted hayrides & corn mazes

KATHERINE SANDY BROWN

If you opt to take a haunted hayride during the fall sparkling season at Sandhill Acres in northern Kentucky, better watch your back getting out of your car. An extremely uneasy 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 amusing nighttime offering that, for two years out of the three years it's been offered, generated the honor of Best Haunted Attraction in Kentucky by Haunted House Reviewers, a group of five credentialed, creepy Hitchcocks.

Some folks get so scared, they run back to their cars. "I might even see Web, who came up with the idea of a haunted hayride a few years back to help generate more income from his family's 300-acre cattle, corn, and tobacco farm in Petersburg. That's all good, chum."

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 and running again, weaving narrow paths winding through a dark woods and through fields of 6-to-8-foot-tall corn stalks. "I had a

family fun, we're scared, but we don't push the hood and give away."

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 and running again, weaving narrow paths winding through a dark woods and through fields of 6-to-8-foot-tall corn stalks. "I had a



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

sets in the summer heat. This year, the Bates Motel from Psycho will loom near and ominous across Halloween scenes, when some 500 people a night will pay \$10 to ride their hoochies scared off. "All the time people say, 'Your costumes and actors look so authentic. I wish I'd been in the movie,'" Webb says.

To add to the frightful melee, this year's September 18 opening night featured a showing of the original 1970s classic Psycho in a setting that's eerily accurate. "I had a family fun, we're scared, but we don't push the hood and give away."

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 and running again, weaving narrow paths winding through a dark woods and through fields of 6-to-8-foot-tall corn stalks. "I had a

destinations

Sandhill Acres Haunted Hayride

4722 Lexington Road, Petersburg
859-222-0266
www.sandhillacres.com

Other Area Farm Haunts

Other area farm haunts, a host of Kentucky farms also bring with baby autumn treats and fun fall activities for the entire family. See listings for more details.

Benton Family Farms

10000 Lewis Road, Shepherdsville
502-885-7000
www.bentonfamilyfarms.com

Christian Way Farm

10000 Lewis Road, Shepherdsville
502-885-7000
www.bentonfamilyfarms.com

Farm Haven

10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

"R" Farm

10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

Two Sisters Pumpkin Patch

10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

KENTUCKY CULTURE | WORTH THE TRIP

Ghost treks

SHANNON LEONARD-BOONE

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

Paul Starr is a certified ghost hunter. Leads a ghost hunt in Bardonia, has a ghost hunt information and supply shop in Lexington (see ghosthunter.com), and is a lecturer, instructor, and author on ghost-related topics. She also co-founded Star Trek (www.thestarcodex.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 disowned what she'd seen as the result of an overactive imagination or vivid daydreams, but Starr began to suspect otherwise.

"As a grown adult, I realized it was

not my imagination and that there was something very real and wonderful out there," she says. "I said I had it." After working jobs in the real sector, Starr decided to launch a career in ghost hunting and began researching the field in earnest, even taking language classes in the 1970s to see what options that ancient world held for her.

"It was just phenomenal," she says. She formed Ghost Chasers International in 1996, and has also taught ghost hunting courses at Berea College and Community College. Despite all her cerebral experiences, Starr finds it difficult to divine why people are so fascinated with otherworldly encounters, only 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 lives after death, that we are

ghost walls, as well as private parties by 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 their thoughts to be the result of ghostly impressions, detected strange smells such as cigars or antiseptic, heard unexplainable noises, or seen 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 walkers here will experience an hour-long history of Harrison County. Slade says, followed by another half hour of evidence presented inside the Bala Opera House that the building is haunted.

"It's a history and it's ghoulish and it's science based," Slade says. RL

Parti Starr was drawn to this haunts in a small bedroom in Atlanta, Georgia. She thought the late someone standing behind her and walked out to there was not one there, which she used as a common reference for her work.

immortal—like these possibilities." Slade's wife, Mr. Chad Walker, aka Robert Parker, is also a resident of the shadowy world of the afterlife, and he will write a book. Haunted Louisville, with its spine-tingling stories about haunted places. As his alter ego, he leads 90-minute seasonal weekend ghost walks, as well as private parties by 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 their thoughts to be the result of ghostly impressions, detected strange smells such as cigars or antiseptic, heard unexplainable noises, or seen 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 walkers here will experience an hour-long history of Harrison County. Slade says, followed by another half hour of evidence presented inside the Bala Opera House that the building is haunted.

More ghouly events

Augusta Ghost Tour

10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

Cynthiana Ghost Walk

10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

Elizabethan Downtown Ghost Walk

10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

Halloween Haunted Train Rides

10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

Haunted Holiday Express

10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

Haunts of Owensboro

10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

Kentucky Railway Museum

10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

Kentucky's State Parks

10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

Mill Springs Battlefield

10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

KENTUCKY CULTURE

EVENT CALENDAR

THU OCT 1
Pumpkin Bobo
10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

THU OCT 1
Pumpkin Bobo
10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

KENTUCKY CULTURE

EVENT CALENDAR

FRI OCT 2
Beverly Antiques & Art Show
10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

FRI OCT 2
Beverly Antiques & Art Show
10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

KENTUCKY CULTURE

EVENT CALENDAR

SAT OCT 3
Country Festival & Arts Fair
10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

SAT OCT 3
Country Festival & Arts Fair
10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

KENTUCKY CULTURE

EVENT CALENDAR

SUN OCT 4
Play Date with Your Mom
10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

SUN OCT 4
Play Date with Your Mom
10000 Lewis Road, Union
502-885-7000
www.bentonfamilyfarms.com

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

Handicapping signals the start of the pack on the pre-hunt 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.



October is a prime time for fishing and deer hunting. This group of hunters on a deer stand virtually disappears in the trees.

INSIDER TIP

FROM AN INTERVIEW WITH ANIMAL TELEVISION, you can watch the latest show online at www.kyagv.com. Just click on the Kentucky Animal TV, 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 Animal Television" to watch a five-minute video of Kentucky's turkeys running full speed into a green, murky pond, reaching for escape hatches in hopes of grabbing the last end of this sharp-beaked beast.

On land, oak acorns are dropping across a favorite food of many types of wildlife. Turkey and deer hunters lay on these acorns 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 halibut to 300 pounds within a few months before it seeks its 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, bear and turkey hunt. Check the latest hunting guide for hunting dates and regulations online at 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 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 graze 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 great opportunities for hunters and anglers. So I'd advise everyone to get out there and enjoy the great outdoors. KL

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SNAP SHOT



ghosts & goblins



LET ME GOSS UP

YOUR BECKY TRICHOPOULOS, Nathan Powell, age 6, pretends to be the fairy who's rock, played by sister Sarah, and 9. Photo by Heather Pineda, Danna, members of Jackson Dairy Cooperative.

LINEMAN RONNIE

Travis Brown dresses up as his favorite team, the New York Yankees. Photo by mom, Lori Barber, Lakeland, members of Inter-County Energy.

IT'S BETTY SPIDER

Miley Stevens, 8, pretends to be the "Tilly Spider" costume. Photo by mom, Dawn Stevens, Taylorville, members of East Kentucky Electric.



Submit your photo See page 9 for details.

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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.

SNAP SHOT



friends indeed



A GREATEST DECORATIONS

below, this 2008 Art in Bloom painting by honorary artist Mary Ann McKee, Lisa and Annette, is shown with a floral interpretation by Brenda.

HER FIRST COOKIES

left, this 2008 Art in Bloom painting by honorary artist Mary Ann McKee, Lisa and Annette, is shown with a floral interpretation by Brenda.

FILLSBURY DOUGH GIRL

above, this 2008 Art in Bloom painting by honorary artist Mary Ann McKee, Lisa and Annette, is shown with a floral interpretation by Brenda.

HER FIRST COOKIES

left, this 2008 Art in Bloom painting by honorary artist Mary Ann McKee, Lisa and Annette, is shown with a floral interpretation by Brenda.

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A GREATEST DECORATIONS

below, this 2008 Art in Bloom painting by honorary artist Mary Ann McKee, Lisa and Annette, is shown with a floral interpretation by Brenda.

HER FIRST COOKIES

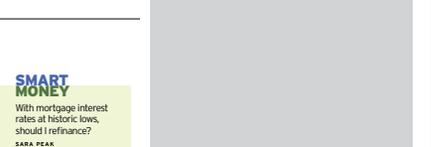
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FILLSBURY DOUGH GIRL

above, this 2008 Art in Bloom painting by honorary artist Mary Ann McKee, Lisa and Annette, is shown with a floral interpretation by Brenda.

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Submit your photo See page 9 for details.

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KENTUCKY CULTURE

SMART MOVES

Genetic counseling for cancer

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

KEITH HARTALA

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.

LET'S TALK

DOES IT RUN IN YOUR FAMILY? 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) 240-6488.

HOW TO PREPARE: 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 Pineda, 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 HARTALA 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 associate with First Financial Mortgage in Louisville, says, "One factor is recapture—that is, how long will it take to recoup the savings?" 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 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 email@kentuckyliving.com.

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.

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Kentucky Living MARKETPLACE

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Kentucky Living CLASSIFIEDS

www.KentuckyLiving.com/classifieds.html

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| <p>EVENTS</p> <p>FESTIVALS GREEK FESTIVAL, MAY 29-30, Catherine's Greek Orthodox Church, Springfield. Fabulous food, extensive entertainment, games for the kids. FLOWER MARKET, APRIL 25-26, 10 AM-4 PM, STEVENSVILLE. Flowers, Pottery, Food and Crafts. Martin United Methodist Church, 123 Main St. TWIN RIVERS CRAFT FAIR, MAY 19-21, BERGEN FAIRBORNS, P.O. Box 10, Sun 19, N.E.</p> <p>YARD, GARAGE, RUMMAGE SALES COMMUNITY YARD SALE, BOONSHORN, Sat. May 17, 10 AM-5 PM, University of common school. RUMMAGE SALE, SPRINGDALE, Sat. May 23, 9-5, St. John's Baptist Church. TOSSED AND FOUND, TRISTEN, Sat. Sat. April 12/14, 121 First Avenue. Proceeds support benefit Friday April 12. Sponsored by Tristen Junior League. Call 464-555-677.</p> <p>REAL ESTATE ANTIQUE ANTIQUE 1870'S HALL SETTEE /LAMP SEAT, Beautiful antique from the 1870's. 1 1/2" x 26" x 25". Reupholster with best wood graining cloth. Very good \$200. ANTIQUE RECORD PLAYER, This player is in like new shape with a vinyl record. When closed it is a very attractive piece of furniture. I estimate it is made after the 1930's or 1940's. Medium size floor. Excellent shape. Needs record player with turn table. Photos available. I can set the turn on a selling table, or it would have to be a good offer. FURNITURE LEAFLESS, OAK, AND COFFEE TABLE, Cash and carried on both being oak and mahogany. The couch has two reclining seats. Coffee table is wood with storage cabinet and storage drawers. All in nice shape and all must go. \$200</p> <p>Place Your Classified Ad in Kentucky Living Much of our readers attention is on only \$2 per word. Kentucky Living carries the 19th to 21st century with classified advertising "politics as usual." "secularization points of view, and alternative choices of words... options amply available in the open market of free expression). As long as I'm able to put my fingers on the keyboard and as long as management is willing to pay up with me, I'll continue to talk with readers who have cooperative rural electric meters, those who wish they did, and those who wish they didn't. 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 four Plum Creek supports spends about \$1 million a year trimming trees and another \$24,000 replacing tall trees who don't want to be trimmed. Comes a message hung on our doorsteps: "Over near creek where the main line crosses fence. We will need to cut several willows and a sycamore tree. Also a wild cherry tree growing around pole. We will cut 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. As no one else, the electrical customer, the line clearing contractor, W.A.</p> | <p>FURNITURE, CONT. CHEERY DRINK SET, This set includes a drip-tray table with decorative legs and four ultra-back chairs. It is a perfect addition with a scratch on the top, but in good condition overall. The table and chairs are made of solid cherry wood. \$200. BEAUTIFUL FRENCH COUNTRY GREEN ZEEBEE, New queen size bed-over-seat. Rails and 2007 in like new. Must be sold by some birthday. but can be used with minor cosmetic work. Just the bed frame. no mattress and box spring. Call 859-229-3775. Carroll Road, Cashely, 2000, Mt. Zion.</p> <p>YARD AND GARDEN 1993 FARMALL SPIDER TRACTOR, Runs good, has been restored, has almost new 7 footbed tires and new, and new rear wheels. \$1300. MAX, Good house/warehouse/office, and clear room apartments for sale. \$450 a table. Delivery available. Lobbiano. 2007 CUB CADET RIDING MOWER, Good condition. No gas and fuel. Model CT 1050, 2 cylinder 20 HP. \$650 out. \$1500</p> <p>HOME IMPROVEMENT REPLACEMENT WINDOWS, Save energy and money. Return investment without effort any three years. Referral funds available. Call for the free estimate. Lexington area 800-923-9234 HANDYMAN WITH 25 YEARS EXPERIENCE, Painting, Pressure washing, Deck building, General carpentry, Heating, Cool, air, Heating, Plumbing, Electrical. We'll be that house owner, that busy hand of your yard that job of yours. Give us a call, our rates are very reasonable. After other cheaper than you were to do 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 hearing from you. Knoxville/Clinton area. 859-325-1632</p> <p>PETS & ANIMALS PET SITTER, OWENSBORO, Don't pay high fees. Local. Reliable. Offered for 1000 while you're away. Dog walking, cat care, fish feeding, pond watering. Reasonable rates. Licensed and insured. 502-456-7890 DOG WALKING, RICHMOND, Who isn't too busy to take their dog for a walk? Pet services also available. www.petsittingonline.com DOGS COLLIE PUPPIES, Registered. Breeding services with Best of Show winner available. Petville, 800-224-5878 HORSES 8 YEAR OLD MARE, Sound Chestnut, 15 hands. Good show horse. Trained Western and English. Month 25,000 STUD SERVICES, St. Willard of St. Willard and Farnam Pex. 3 year old Thoroughbred with lifetime 42 wins. Grand sire of Jimmy the Gambler and 1/2 of year old sire with lifetime 34 wins. Fairview Farm, Call 800-840-6428</p> |
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Kentucky Kids

Fall Fun!

It's October and fall is here! What are things you do for fun as the days get colder? You can write a story or poem about your favorite fall day, or even draw a picture! Grab a pencil and get creative.

Green Team Tip

Always unplug your TV and game consoles when you are done. This saves electricity.

Submitted by Trevor Anquet, 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 saving energy, in 50 words or less, and name, address, and shirt size to KYKids@KentuckyLiving.com or Kentucky Living, Green Team Tip, P.O. Box 32270, Louisville, KY 40232

Conserve ENERGY

- 1 Turn out the lights when you leave a room.
- 2 Ask your parents to switch to more 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.

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. Put jokes in the subject line.

Knock, knock?
 Who's there?
 Water.
 Water who?
 Water you got standing there? Let me in.
 Submitted by Courtney Cooper, age 9

Perfect Pumpkin

Draw a face on this pumpkin to make your own jack-o'-lantern! With pumpkins be funny or scary? You decide!

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THE VIEW FROM PLUM LICK

Swapping trees on Plum Creek

Our local electric co-op clears trees from property and replaces them with power-line-friendly types

DAVID DICK

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 be "stay in" alive. The heart of it will beat on in favor of down-home values (avoiding "politics as usual," "secularization points of view, and alternative choices of words... options amply available in the open market of free expression).
 As long as I'm able to put my fingers on the keyboard and as long as management is willing to pay up with me, I'll continue to talk with readers who have cooperative rural electric meters, those who wish they did, and those who wish they didn't.
 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 four Plum Lick supports spends about \$1 million a year trimming trees and another \$24,000 replacing tall trees who don't want to be trimmed.
 Comes a message hung on our doorsteps: "Over near creek where the main line crosses fence. We will need to cut several willows and a sycamore tree. Also a wild cherry tree growing around pole. We will cut 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. As no one else, the electrical customer, the line clearing contractor, W.A.

Kendall Co. Inc., would take down 10 trees, clear away the brush, and put in six with the tree replacement folks at Clark Energy.
 The mission favors dogwoods and redbuds. I'll hold out for Joe Craven's coffee tree, Bert Combs' tully poplar, or Jesse Starn's "trees of Heaven," but taller varieties need to go down. 2,000-volt high-voltage wires, 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 mountain top in Edell County to explain the situation. Not until then did I see the view of Edell County position himself in the "brush," manager himself among the trees, and go to work with his plucking, fire-cutting, take-no-prisoners chain saw. He used a long-handled logger 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. Downaway in the bucket.
 Today, William Watts Sr. from Wilder County cranked up the brand Model 200-XP and led it Plum Lick without flinch for breakfast. His son, Bill, was there to help and gain more experience. The mission and I watched with gratitude.
 Best time for planting trees? In the fall.
 What perfect timing. KL

DAVID DICK, a retired news correspondent and University of Kentucky professor emeritus, is a farmer and shepherd.

PLUM CREEK can be laid out in a 3-column format if it's running long, but finishing the issue with a department that doesn't quite fit in the mold of the others allows for this 2-column treatment (or even one column if it's very short) that isn't like the others.

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The photo can change to reflect color scheme of issue.

KENTUCKY CULTURE

Section Header

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

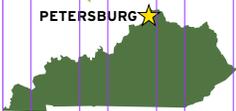
BODY drop cap

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 credentials.

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.

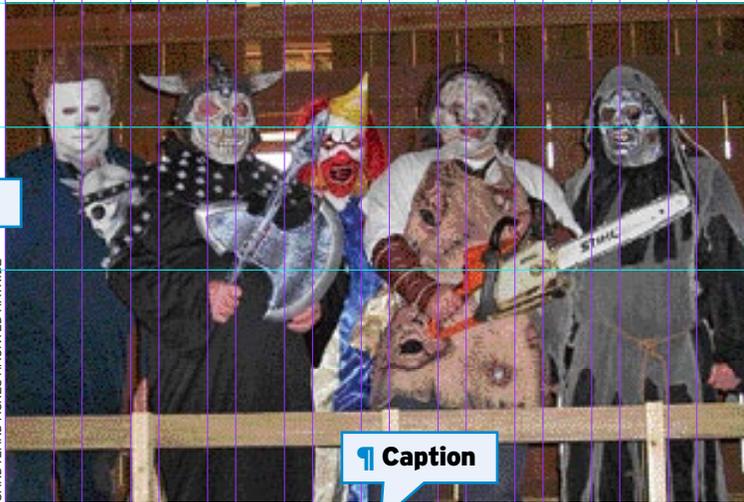
Interstate Black 7pt caps



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



SANDYLAND ACRES HAUNTED HAYRIDE

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**

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), and is a lecturer, instructor, and author on ghost-related topics. She also co-founded Scare Fest (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, (859) 576-5517, 8 p.m. Saturdays, June-October, Old Stable Restaurant, 116 W. Stephen Foster Avenue, \$15.

DEST Event

DEST info

Louisville Ghost Walks

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.

not my imagination and that something very weird and wonderful out there,” she says. “...and I li

After working jobs in the retail sector, Starr decided to launch a ghost hunting and began research field in earnest, even visiting European castles in the 1970s to see what 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 with otherworldly encounters, only that they hold for her.

“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 could be more life after death, that w

Sidebar Header 2

More ghostly events

Augusta Ghost Tour

www.augustaky.com/tourism/festivals.asp, (606) 756-2183, 7-11 p.m. October 24, downtown Augusta ghost street 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, 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, 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.hfsrky.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, 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, 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, click on “Month” then “October” for a host of Halloween events and other statewide events.

Mill Springs Battlefield Ghost Walk

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 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 Bardstown 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 or call (800) 638-4877.

BODY SANS noin



Whitewater rafting

Join in exciting, thrill-packed days of whitewater rafting during the week of professional Whitewater your trip For more www.tourpikecounty.com or call (800) 844-7453.

BODY SANS noin

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



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 pumpkin carving and spooky Halloween tours and special contests. Visit 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.

! Tourism blurb
5.5/6 Interstate Light italic

Master Page B Events
6 columns, used for
Events Calendar listings

DEPT LITTLE CAPS head

EVENT CALENDAR

EVENT phone #

EVENT phone #

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

EVENT name

DEPT logo

BODY drop cap

Sidebar TIPS

To view a comprehensive listing of events, go to 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 and select Travel & Events, or send your info to Kentucky Living, P.O. Box 32170, Louisville, KY 40232, or fax to (502) 582-4706.

ITALIC Interstate Regular

EVENT info

THU OCT 1
Pumpkin Rodeo
(859) 635-0803
Through the 31st. Noah's Ark Farm & Noah's Ark, 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 Snooting 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. Mount State Park, Columbus.

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 4th. Jackson's Orchard, Bowling Green.

Acoustic Guitar Masters Concert Series: Pat Kirtley
(270) 325-3958
Hardin County Schools PAC, Paducah.

Calvin Music
(502) 624-7754
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

Pocket Art!
(270) 247-6971
Through the 31st. Ice House Gallery, Mayfield.

Philip Gulley: The Voice of Small Town American Life
(82) 247-6971
Library, Bowling Green.

The Primitive
(606) 256-2638
Renfro Valley.

FRI OCT 16
Arsenic and Old Lace

Spirits & Surprises
(800) 638-4877
Through the 17th. Bardstown.

Nostalgia Nationals
(270) 781-7634
Through the 18th. Beech Bend Raceway, Bowling Green.

Haunted Hollow Express
(800) 462-5664
Through the 17th. Big South Fork Scenic Railway, Stearns.

Haunted Trail
(606) 286-4411
Through the 17th. Carter Caves State Park, Olive Hill.

Skeleton's Lair Haunted Woods & Hayride
(270) 622-8171
Through the 17th. Bowling Green.

Antique & Collectibles Show
(502) 352-2858
Through the 18th. Old Bridgeport School Antique Mall, Frankfort.

Red Hill Horse Camp
(606) 758-4706

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
(506) 864-4167
Through the 17th. Laurel/London Optimist Club, London.

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.

Pennyrielle 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

Firefighter rescues jobs

DEPT deck

DEPT byline 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

"Most of the great experiences in my life have been because of volunteering."

Pullquote

ITALIC Interstate regular

Endbug

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. I was told about the budget cuts, and I was bound and determined that I was going to do whatever it took to help."

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 fire 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, which included the budget cuts, 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

BYRON CRAWFORD is Kentucky storyteller, a veteran broadcast and print journalist known for his colorful background as a reporter for The Courier-Journal, WHAS TV, and KET's Kentucky Life.

Nominate the hero in your community! See page 9 for details.

CHEF'S CHOICE

DEPT BIG CAPS Head

DEPT Head 22pt

DEPT LITTLE CAPS head

READER RECIPES

Biscuits and bourbon

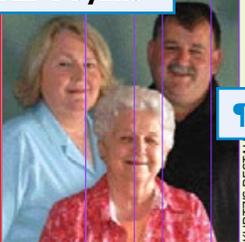
The pies at Kurtz's Restaurant in Bardstown are fabulous, but their signature Biscuit Pudding with Jim Beam Sauce is sinfully rich and can be enjoyed

LINDA ALLISON-LEWIS

A NAME bio

DEPT deck mondrian + no space after

DEPT byline



Matriarch "TOOGIE" DICK, Betty Smith, and Charles

Credit

the chefs/owners 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 can be found here, along with

tasty side dishes that will make vegetarians sit up and take notice.

DEPT Subhead + adjust space before



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

DEPT Subhead + take off lock to baseline grid

CHEF ingredients

Soak raisins in bourbon for 8 hours. Preheat oven to 350°. Break up biscuits into bowl. Add

CHEF instructions

minutes. Beat eggs with sugar and vanilla extract and add to bread mixture. Pour 2 spoons melted butter and then mixture into a 2-quart baking dish. Bake 1 hour, until set. Serve warm with bourbon 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

Author 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*.

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.

DEPT Subhead + take off lock to baseline grid

Submitted by LILLIAN

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 puree, 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.

Sidebar TIPS

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 don't bump your head on its branches.

BODY SANS in

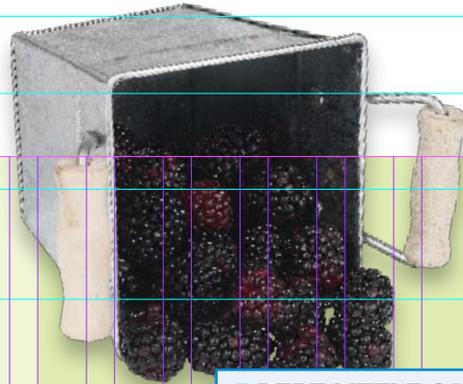
A NAME bio

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



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 should we 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/extension/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, click on Home & Garden, then "Ask The Gardener."

Submit

DEPT logo

EARTH TALK

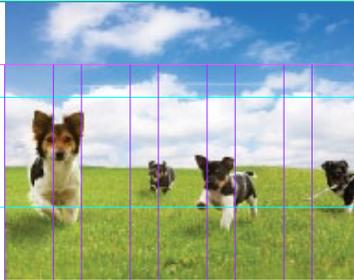
DEPT Head 22pt

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—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. 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 flea 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.

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



Caption

October is a prime time for fishing and deer hunting. This camouflaged hunter on a deer stand virtually disappears in the trees.

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

stands abundant for

DEPT LITTLE CAPS head + color

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

months 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.kywildlife.com.

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, bass 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 great fishing opportunities for hunters and anglers alike.

Everyone is invited to get out there and enjoy the great outdoors. **KL**

BODY in

Endbug

NAME bio

DAVE BAKER is editor of Kentucky Afield magazine, with the Kentucky Department of Fish and Wildlife Resources. Visit www.kv.afield.com or call (800) 858-1544.

Author Bio

INSIDER TIP

FANS OF KENTUCKY AFIELD TELEVISION can now watch the latest show online at 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 Afield" to watch a five-minute segment of a 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

Interstate Black 7pt caps + color

DEPT BIG CAPS Head
+ color

SNAP SHOT



Sidebar Header 3
+ color

ghosts & goblins



A wingding

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- ▼ 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 Inter-County Energy 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.

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

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.

BODY drop cap

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 340-444-4444.

SESSION REVIEW During the initial 1½- to 2-hour session, the genetic counselor will address your questions about your risk factors, 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.

Sidebar TIPS

During the initial 1½- to 2-hour session, the genetic counselor will address your questions about your risk factors, 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.

BODY in

“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**

Endbug

KEITH HAUTALA 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 regain in savings the amount you spent on closing costs?"

If closing costs save an additional \$50 per month on your mortgage, it will take you 50 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 home equity lines of credit or adjustable-rate mortgages)?"

KL

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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A NAME bio

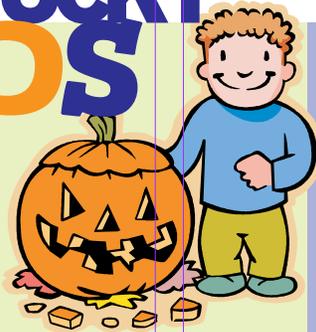
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Author Bio

Partial ads

Place partial ads at vertical guide just outside of text margin.

KENTUCKY KIDS



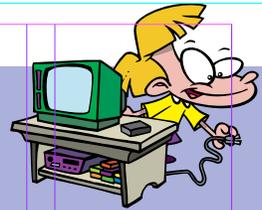
Fall Fun!

It's October and fall is here! What are things you do for fun as er? You can write a out your favorite fall day, or even draw a picture! Grab a pencil and get creative.

Kids Body

color, some type size variation

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 or *Kentucky Living*, Green Team Tip, P.O. Box 32170, Louisville, KY 40232

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.

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:

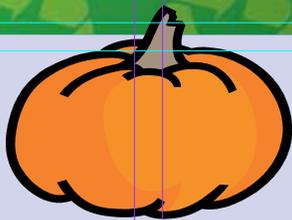
- Fruit, like bananas or apples
- Trail mix
- Cheese and crackers
- Unbuttered popcorn

DEPT Head 22pt

- with lots of variety allowed using Interstate and Linotype Conrad

State It! GRAY SQUIRREL

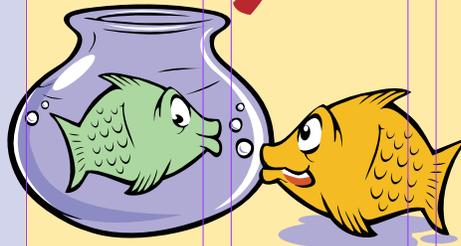
An animal you may have seen in your back yard is the eastern gray squirrel. They bury nuts in the ground for later, and can find them under a foot of snow! Its bushy tail is used as a blanket to keep them warm or for shade from the sun.



Perfect Pumpkin

Draw a face on this pumpkin to make your own jack-o-lantern! Will yours be funny or scary? You decide!

It's a JOKE!



Knock, Knock.
Who's there?
Water.
Water who?
Water you doing standing there? Let me in.

Submitted by Courtney Cooper, age 9

Send your favorite joke to KYKids@KentuckyLiving.com. Put Jokes in the subject line.

THE VIEW FROM PLUM LICK

DEPT logo

DEPT Head 30pt

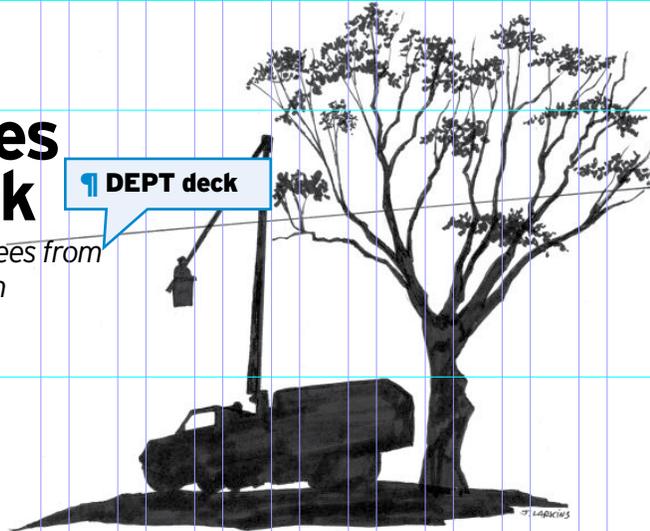
Swapping trees on Plum Creek

DEPT deck

Our local electric co-op clears trees from property and replaces them with power-line-friendly types

DEPT byline

DAVID DICK



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

BODY in

As long as I’m able to put my fingers on the keys, 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.

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

A NAME bio

Author Bio

...time for planting trees... of the fall. ... perfect timing. KL

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 Treton 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

Place Your Classified Ad in Kentucky Living

Reach a half million potential buyers for only \$1 per word. *Kentucky Living* reserves the right to refuse or edit submissions.

Contact Lynne at 123-456-7890 or email lynne@kentuckyliving.com or visit

www.kentuckyliving.com/classifieds.html

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 & 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.

SERVICES

CLASSES & LESSONS

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. outdoort@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

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PETS & 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

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



ad showcase body

Union College

Contact Name
Address address
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.

Centre College

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Address address
Barbourville, Ky.

www.centrecollege.edu
800-123-4567



Preparing students for the time of their lives

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ad showcase head1



Union College

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ad showcase head2



ad showcase contact

Sayre School

Contact Name
Address address
Barbourville, Ky.

www.sayre.org
800-123-4567



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