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CALIPARI'S KENTUCKY

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firefighter
saves the day

ENERGY CHIEF

Len Peters
charts the
state's energy
future

THE BIG PICTURE

The most energy
efficient large
screen TVs

Stop the Spread of Flu

The flu is a virus that affects the body's respiratory system. It can be easily passed from person to person. Symptoms of the flu include fever, headache, muscle aches, dry cough, sore throat, fatigue and stuffy nose and runny nose.

This year, a strain of the so-called novel H1N1 (swine flu) began infecting people and has since spread worldwide. Before flu is not the

same as seasonal flu, that comes yearly. But it spreads the same way the seasonal flu does spreads. Flu spreads when sick people cough or sneeze. It also spreads by touching objects a sick person touched and then touching your own eyes, nose.

Depending on your age and health status, you may need both a seasonal flu shot now and a vaccine for the new flu, when it is made available.

What you can do to prevent the

fluent the spread of the with common sense and good hygiene. Follow these tips to avoid the:

- Wash your hands in warm, soapy water for 15 to 30 seconds — about the time it takes to sing “Happy Birthday” twice.
- Teach children good health habits.
- Cover your cough or sneeze.
- Stay at home if you are sick and contact your health care provider.
- Get a flu shot — you may need a seasonal flu shot and an H1N1 (swine flu) shot.
- Stay informed.

For more information about the

flu shot, visit kentucky.gov or the gov.

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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.

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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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They say when life hands you lemons, make lemonade. But what happens when life hands you a tree?

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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 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!

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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 previewed at left.

CONTRIBUTOR GUIDELINES

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MEET ROBERT & JONIE LONG

THEY'RE NONCONFORMING

(AND WE MADE THEM A LOAN)

Plants were belonging to
cave years before they PPA. _____

_____ Love to date the broker.

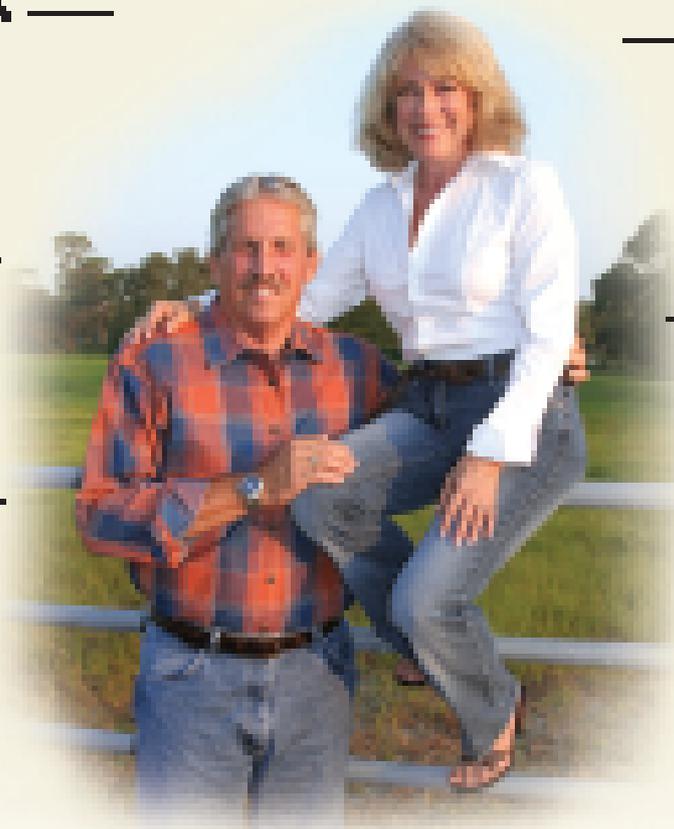
Never played golf;
was a champion to
enjoy bird hunting. _____

_____ Never said she didn't
of her own garden
vegetables that summer.

Quarterly income off
in the 20-25 range on
following mortgage. _____

_____ That her wife's wife
years ago and bought
the 4-11 call. (It's
now starting annual
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that they love it. _____



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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.

Help Kids Like Megan

Six-year-old Megan was born with Down syndrome but her parents immediately saw her great potential. After several years of therapy provided by First Steps and Down Syndrome of Louisville (DSL) Megan is a flourishing kindergarten student.

Kosair Charities has provided DSL a three-year, \$1.5 million grant to build a new facility for the Life Long Learning Center, a nationally recognized leader in educational opportunities for people with Down syndrome.

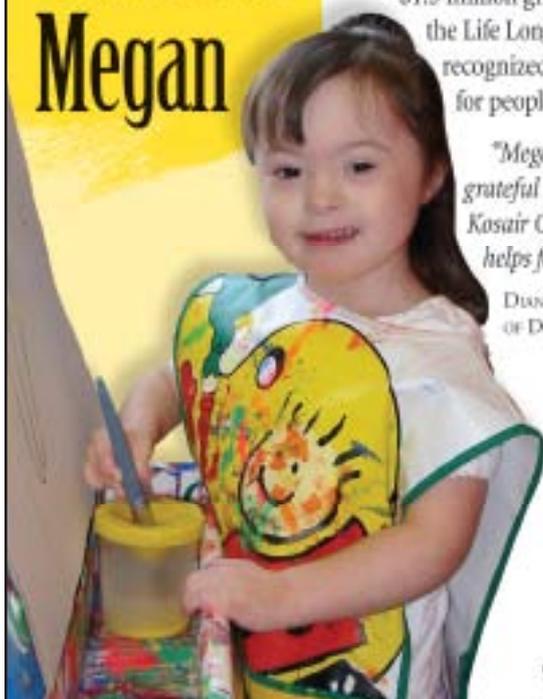
"Megan's parents and DSL are both grateful to have a community partner like Kosair Charities whose extreme generosity helps families reach for the stars."

DIANA MERZWILER, EXECUTIVE DIRECTOR OF DOWN SYNDROME OF LOUISVILLE



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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.

Join the community. Contribute to Kentucky Living!

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

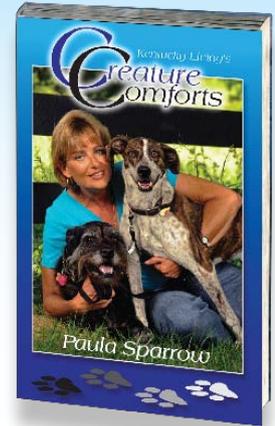
SEND US YOUR SNAPSHOTS OF "WINTER MAGIC" FOR THE JANUARY ISSUE so we receive them by Nov. 13. Tell us where the photo was taken; identify who's in the photo and where they're from; the name, address, and phone number of the photographer; your name and contact info; and the name of your electric co-op.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

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.

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Guided tour

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



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

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

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

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

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

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

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

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

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

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


PAUL WESSLUND



Highlight energy votes

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

Larry S. Gomer, Franklin

Support emission limits

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

for the “market” to solve the problem 20 years too late.

Alan Steiner, Somerset

ATVs in Kentucky

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

Debbie Welsh, Clarkson



Responsible pet breeders

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

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

Sabrina Schwandt, Finchville

Adopt shelter dogs

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

M. Clark, Danville

Saving pets

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

Susan Berdeaux, Park City

WRITE KL

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

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 stake-

PROFILE

holders 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.



"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



“ 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



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 kindergarteners 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."



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.

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).

A show of efficiency

The Bluegrass turns green October 24-25 as Lexington hosts the 6th Annual Bluegrass GreenExpo in

ENERGY

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



JIM REEMANN

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

COMMUNITY

raised from the dinner,

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

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



PATRICK REDDY

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 Croyle, tells Jenkins' story from the shooting through her physical and emotional rehabilitation to her marriage and birth of her son.

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

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

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

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

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

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

Jenkins' book and contact information are available at www.missyjenkins.com.



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

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

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

Seven C's Ranch is off KY 80 Louie B. Nunn Parkway, Exit 78, in Pulaski County. More information is available by e-mail at sevencsranchky@yahoo.com or call (606) 875-9500.

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 Frommeyers' future?

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

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



BRIANA FROMMEYER



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 Kentuckian* (now *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.

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 farther than his job title: Secretary of the Energy and Environment Cabinet.

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

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



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

THE FUTURE OF ELECTRICITY

our energy demands, and making sure that we have a quality environment, one that we feel good about and will be comfortable with passing along to the next generation."

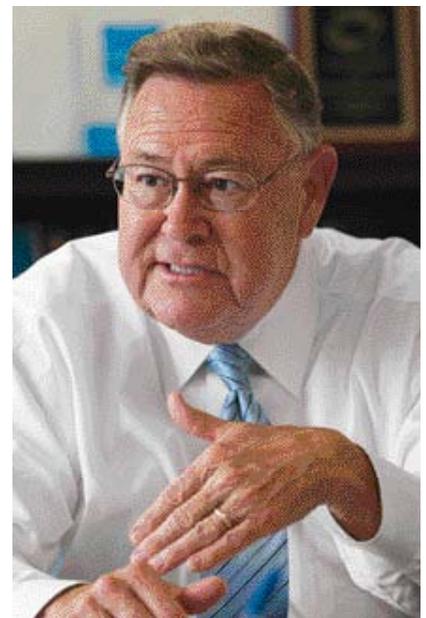
Peters began his state government job a year and a half ago. Trained as a chemical engineer, he has decades of experience in scientific research and business management. His first venture into public service hands him a tricky balancing act at a time when the debate over global warming puts him in the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

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

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

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

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



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

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

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

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

Those electric rates, among the lowest in the nation, are extremely important to energy-intensive industries. And they're closely tied to Kentucky's major natural resource, coal. More than 90 percent of the state's electricity is generated using coal.

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

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

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

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

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

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

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

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

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

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



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.

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.

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

Energy journalist **NANCY GRANT** is a member of the Cooperative Communicators Association and the American Society of Journalists and Authors.

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 from coal on an absolute, not percentage, basis as we are today. As a nation now we're 50 percent coal, but we could be 35 percent coal then. But we'll still be generating the same number of megawatts that we are today, because of the increase in energy demand."

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 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 certifica-



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.

tion 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.”

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.

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

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

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.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.

MIKE JENNINGS

Stop your TV from hogging energy

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

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

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

DOLLARS & SENSE

Tips to save money while watching TV

Cnet.com suggests:

- 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 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.

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.

HEARING NOTICE

A public hearing will be held on Tuesday, October 13, 2009, at 10 a.m., Eastern Daylight Time, at the offices of the Kentucky Public Service Commission, 211 Sower Boulevard, Frankfort, Kentucky, to examine the application of the fuel adjustment clause of the following corporations for the period November 1, 2008, through April 30, 2009. Individuals interested in attending this hearing shall notify the Public Service Commission in writing of their intent to attend no later than October 9, 2009. If no notices of intent to attend are received by this date, this hearing will be cancelled. Written notice of intent to attend this hearing should be sent to: Executive Director, Kentucky Public Service Commission, P.O. Box 615, Frankfort, Kentucky 40602.

Big Sandy RECC
Case No. 2009-00290

Blue Grass Energy Cooperative Corp.
Case No. 2009-00291

Clark Energy Cooperative
Case No. 2009-00292

Cumberland Valley Electric
Case No. 2009-00293

Farmers RECC
Case No. 2009-00294

Fleming-Mason Energy Cooperative
Case No. 2009-00295

Grayson RECC
Case No. 2009-00296

Inter-County Energy Cooperative
Case No. 2009-00297

Jackson Energy Cooperative
Case No. 2009-00298

Licking Valley RECC
Case No. 2009-00299

Nolin RECC
Case No. 2009-00300

Owen Electric Cooperative
Case No. 2009-00301

Salt River Electric Cooperative
Case No. 2009-00302

Shelby Energy Cooperative
Case No. 2009-00303

South Kentucky RECC
Case No. 2009-00304

Taylor County RECC
Case No. 2009-00305

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.

ENERGY BASICS

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.

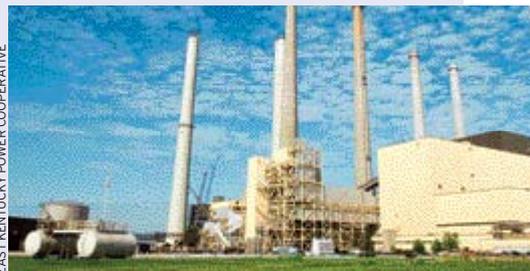
Will it reduce greenhouse gas?

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

What are the pros and cons?

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

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



EAST KENTUCKY POWER COOPERATIVE



Supporting teachers, safety, and racing kids

PAUL WESSLUND

Safety show

SALYERSVILLE

Licking Valley Rural Electric Co-op, based in West Liberty, helped keep people safe with demonstrations at 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. The gathering 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. A few days later, Grayson Rural Electric Co-op sends each entrant a photo of the driver taken at the race. **KL**



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.

“I think particularly at the time he came along in 2009, he was absolutely the guy,” says *Sporting News* columnist Mike DeCourcy, a veteran observer of the college roundball scene. “In 2007 when

■ 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

Coa



ach in Town

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 DeMarcus Cousins and Daniel Orton. A second nationally touted point guard in Eric Bledsoe. Plus top-50 freshman recruit Jon Hood, sought-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 Player of the Year Award.

Add to that star power John Calipari's famed quick-style "dribble 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 fervor has been flamed by national sports analysts like Gregg Doyel of CBSSports.com, who announced after Calipari's April 1 hiring that "Once Calipari gets Kentucky rolling—and it won't take him long—Kentucky will be...the dominant team every year...College basketball will belong to Kentucky. Turn back the clock 50 or 60 years, because it'll be like that all over again."

With Calipari's hiring, UK fans are ecstatic at the prospect of a national title run—or runs—to end the team's 11-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 NIT experience...(But) we have a lot of young guys who...think they're going to win every game. Is that all bad?"

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

"And now we have to get the returning players to dream big again. To dream like Kentucky players have always dreamed," he says. "They seem a little beat 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 none of them have ever seen."

In August, Calipari told a gathering in Louisville they should plan to come to the games with their hands up.

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

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

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

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

things were less damaged, I honestly thought Tom Crean was the right person for the job. But when we got to 2009 and things were even more broken than they had been, then I think John was the perfect choice, to lift them up more quickly than anyone else could."

"Without a question, he will have a major impact," gushes ESPN commentator Dick Vitale. "He's a masterful 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 resources at 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 lofty expectations that come with this job.





■ In April, Calipari watches his UK team practice at the Joe Craft Center. Calipari noted in the press conference earlier that at Kentucky you don't hang banners unless it's for a national championship.

“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 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.

“He was so well-prepared. He really understood the big picture of the program. He understood that it’s more than about winning and losing. He understands what it (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 rise to the occasion. You tell him something’s hard or you can’t do it, he will prove that you can do it. And he’ll try to do it in a different way or a better way. He’s open to new ways of thinking, which has been proven with the (dribble drive) offense that he runs for the team.”

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

“He’s the CEO of this basketball program. It’s a huge responsibility. It’s like running a major company

CALIPARI'S DREAM JOB

Everywhere he goes, UK's new coach is greeted by standing ovations. Hazard. Pikeville. Owensboro. Ashland. Louisville. Lexington. Fans ask him to sign their t-shirts, their hats, even their car dashboards. He has a Twitter following of 693,268.

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

"We're just regular people," he tells fans about his wife, Ellen, and their three children—Erin, a graduate student at Wake Forest University; Megan, 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 II Clarion 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 tenures at UMass (1988-1996) and the University of Memphis (2000-2009)—in which he took both teams to the Final Four—Calipari has called landing the UK head post his "dream job."

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

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

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

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



and you've got so many constituencies and so many things that you have to manage," notes longtime sports marketing guru Jim Host, whose company started the UK Radio Network and grew it into the largest of its kind in the nation.

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

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

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

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

"He'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. Terrific teacher and motivator and he knows the game," he explains. "He's had a varied experience as a coach. He's been at the pro level and he's been around some great coaches. That tends to fortify your resolve and illuminate that being who you are is how you have to roll, no matter what naysayers may say. He's a personable



■ Calipari watches the team practice in Lexington shortly after the 2008-2009 season ended. At a gathering of alumni in August Calipari says, "I'm coaching at maybe the pinnacle of coaching in general—whether football, baseball, basketball, soccer, whatever—it's coaching at Kentucky."

and charismatic guy anyway. He has a comfort level for being in the kind of fishbowl that is unique to UK basketball."

When Calipari steps out of that spotlight and goes home, Ellen says they don't talk that much about work. She is her husband's big-gest fan but doesn't follow sports much otherwise, save for the activities of their three children—Erin, Megan, and Brad.

"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. "We 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 don't have family around, so they're our family. They're welcome in our house. We care about them and want to help them in whatever way we can. I pull for them like a mom would."

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

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

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BOUNCE BACK

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

Calipari writes that his second “bounce back event”—his University of Memphis team's loss to Kansas in the 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 event occurs, you can feel like it's you against the world, and that can be an overwhelming situation. But with every bounce back you have, you grow and you begin to realize you're far from alone.”

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

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

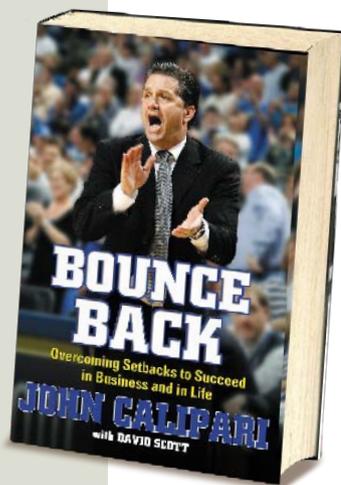
Launching his book tour in late August, Calipari tells a crowd of UK alumni he started the book two and a half years ago, literally writing more than 200 pages by hand over the course of two weeks.

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

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

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

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



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

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

“People go through hard times up here. They're criticized about their way of life. That ‘hillbilly’ thing hits harder up here than anywhere else in the state. As my brother Oscar (founder of the *Cats' Pause* magazine) used to say, ‘We feel rejected and neglected but when basketball season rolls around, we feel like we're equal to anybody in the nation,’” Combs adds. “Kentucky basketball is the one thing that bonds everyone when they go to their lunches every day or their churches on Sunday or their high school events on Friday night. The one thing everybody wants to talk about is Kentucky basketball. That kind of drifted into the background the last two years. No one really desired to be attached to Kentucky basketball.”

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

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

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



FRIGHT



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 gory, hack-and-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

flicks

Gregg Hale's Kentucky Roots

Hale's family still lives in Henderson.

"I come home very frequently and I love it there."

Hale attended East Heights Elementary, North Middle School, 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 with a friend from Henderson, Bently Tittle, who lives in Los Angeles. I co-wrote the only feature I have directed (so far), *Say Yes Quickly*, with a friend from high school, Rachel Davis Thornton."

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

Hungry Ghost Festival in China turns into something sinister.

Hale describes the film as "intelligent and subtle."

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

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

The making of *Blair Witch*

Neither Hale nor Sanchez tries to predict the success of *Seventh Moon*. They gave 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.

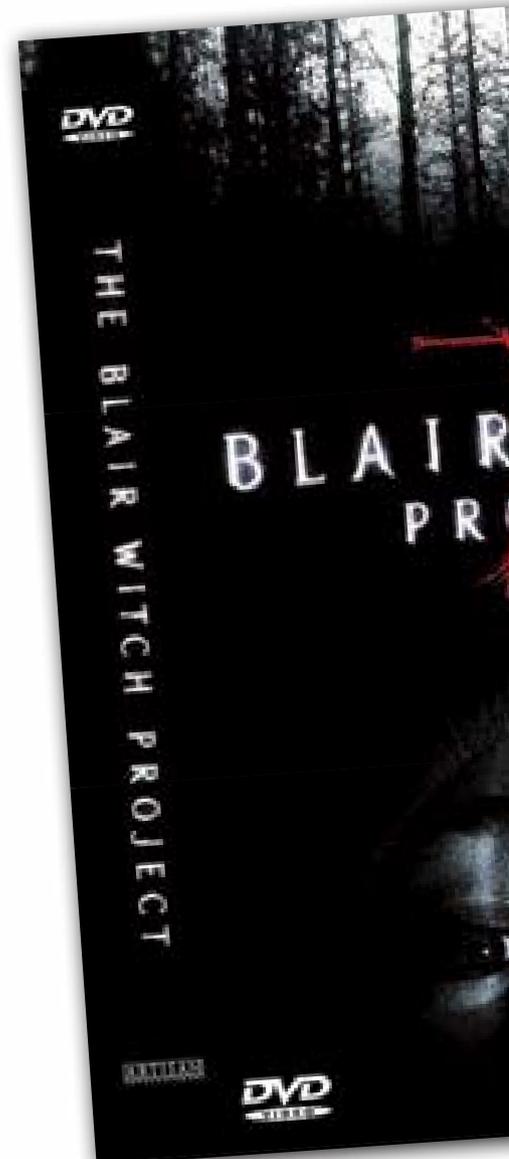
"So much of that experience from 10 years ago is fresh in my memory," Hale says. "*Blair Witch* was, in my mind, the last attempt to make the filmmaking thing work. Up until that point, I had spent every dime I had on making films (shorts and music videos) and didn't have anything that resembled a career."

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 hapless 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 and Daniel Myrick were co-directing.

The mix of personalities proved



■ In *Seventh Moon*, Melissa (played by Amy Smart) prepares to enter the lair of the Moon Demons. Photo courtesy Gregg Hale.

to be a good one. For instance, Hale acknowledges he can have a short fuse, while Sanchez is cool-headed.

“Each of us has strengths and weaknesses that mesh up in a certain way,” Hale explains. “All three of us complement each other’s temperaments and skill sets really well, and we have fun working together.”

Blair Witch didn’t follow the lead of typical, modern horror movies that

are often nothing more than a gore-fest interspersed with blood-curdling screams. Hale believed in the film, but would it sell? Maybe their weird little hair-raiser would get on cable television.

Then a miracle occurred that seemed as supernatural as the events in the film. *The Blair Witch Project* cast such a spell on moviegoers that it became a runaway blockbuster, grossing a whopping \$248 million at the box office worldwide. It surpassed Hale’s wildest expectations and landed him a Nova award for outstanding new producer from the Producers Guild of America.

Every indie filmmaker’s fantasy is to have his or her movie selected for screening at the Sundance Film Festival, subsequently have Hollywood movie moguls fall in love with it, and distribute it around the country. Everyone rides off into the sunset with pockets full o’ cash. Ten years ago, Hale and friends were living that dream.

When *Blair Witch* premiered at the 1999 Sundance Film Festival, it was acquired by Artisan Entertainment for \$1 million. The company was so bewitched by this cinematic underdog that it sank big bucks into pol-

ishing it up technically. Soon it was playing in multiplexes around the country. A savvy Web marketing campaign led some to believe that the mock-documentary footage was real and that the actors were actually missing. All the prerelease hype made the film even more of a “must see.”

Hale says he knew they had made it when he went to an Orlando theater and saw that *Blair Witch* was playing to sold-out crowds on 10 screens.

“The theater manager took us to the projection booth to see the craziness,” Hale recalls. “There was something about the concrete nature of seeing that print roll from one projector to the next that made me think, ‘We may have something big here.’”

Hale wouldn’t trade his *Blair Witch* experience for anything, but there is a downside to having such spectacular, record-breaking success so early in one’s career. Every film he produces now is compared to *Blair Witch*. Hale says he can live with that.

“We carved out a little piece of film history that will always be ours,” Hale says. “Even if people call it a one-hit wonder, I’m satisfied with that.”

Wilderness training

Oddly enough, one of Hale’s major con-





■ Gregg Hale stands next to the forced perspective model house used on the set of *Seventh Moon*. Forced perspective is a technique that uses optical illusion to make an object appear farther, closer, larger, or smaller than it actually is. Photo by Ed Sanchez.

contributions to *Blair Witch* didn't come from anything he learned in film school, but from what he learned while serving in the Army's Special Forces. Like the characters in the movie, Hale knew what it was like to try and survive in the wilderness, and he was keenly aware of the psychological toll of the experience. Hale and the film's directors decided to try and extract some of that raw emotion from unknown actors Heather Donahue, Michael Williams, and

"Being out in the woods always sparked my imagination, whether it was the idea of danger or the idea of adventure."

Joshua Leonard by having them camp in the woods like the characters they were portraying.

"We wanted to break them down a little bit, so it would be easier to sink into the same emotional state their characters were in," Hale explains.

Constantin Stanislavski himself probably could not have devised such an intense method acting exercise. The actors were soon missing their

warm beds, baths, and hot meals, making their days long and their tempers short—the exact effect the crew was after.

Each day, the actors were given provisions, batteries for the camera, and a film canister with a note inside telling them where their next destination was and what time to be there. They relied on a GPS (Global Positioning System) for guidance.

The canister also contained directing notes explaining what the characters were feeling about each other so they could improvise accordingly.

For eight days, the trio hiked through the woods shooting their reactions to various challenging situations created by Hale that he calls "obstacle courses." The characters were supposed to be stalked by an evil force, but the actors were really stalked by the film crew that was forever trying to think of new ways to frighten them.

One morning, the actors awakened to discover their camp surrounded by creepy "stick figures" hanging from the trees. One of the film's clever devices is turning ordinary objects like

tree branches and rocks into something evil and, therefore, terrifying.

Roaming through the woods during the *Blair Witch* shoot took Hale back to what he describes as an "idyllic" childhood in Henderson. As a child, he used the home movie camera his parents bought him for Christmas to shoot horror movies, with titles like *Demon Slayer*, in the woods close to his home.

He was usually the director in charge on his makeshift movie set, shouting "action" and "cut" to various monsters and zombies, friends he had cast to chase his sister through his fantasy world.

"Being out in the woods always sparked my imagination, whether it was the idea of danger or the idea of adventure," Hale says.

Hale relishes his *Blair Witch* glory days, but he doesn't live in the past. Promoting *Seventh Moon*, which comes out on DVD this month, is what's on his mind these days. Hale says the release comes from Lionsgate and it should be widely available.

Who knows if Hale will ever have another box office smash, but as a filmmaker passionate about the horror genre, he looks forward to a future rife with heart-stopping terror and nail-biting suspense. **KL**

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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 mid-night, 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 among the trees and stalks are 17 carefully designed scenes from popular



SANDYLAND ACRES HAUNTED HAYRIDE

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

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

**Sandyland Acres
Haunted Hayride**

4172 Belleview Road, Petersburg
(859) 322-0516

www.sandylandacres.com

Haunted hayride featuring actors in 17 haunted movie scenes; pumpkins. Open through October 31, Friday and Saturday, 8 p.m.-midnight.

OTHER AREA FARM HAUNTS

Come harvest season, a slew of Kentucky farms shine bright with tasty autumn treats and fun fall activities for the entire family, many featuring hayrides, corn mazes, and animals.

Benton Family Farms

1196 Old Lexington Pike, Walton
(859) 485-7000

www.bentonfamilyfarm.webs.com

U-pick pumpkins, hayrides, corn maze, 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, animal feeding, story time, antique equipment displays, and guided group tours. Open through October, Saturday 10 a.m.-5 p.m.

Farm Haven

10007 Old Union Road, Union
(859) 380-3882

www.unionmaze.org

Five-acre corn maze, hayride through farm to feed cattle, petting zoo with baby animals, and 100-year-old log cabin. Open weekends through November 2, 11 a.m.-7 p.m.

"R" Farm

7172 Strodes Run Road, Maysville
(606) 742-2429

www.r-farm.com

Five to 7 acres of U-pick pumpkins and gourds, 2-acre haunted corn maze, hayride, USDA-certified petting zoo, call-ahead school tours, Pumpkinfest with greased pig contest, Coca-Cola Classic qualifying talent show, and children's pageant. Pumpkin patch open October 3-4; corn maze open October 30-31.

Two Sisters Pumpkin Patch

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.

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Kentucky Railway Museum's Train Robbery
Oct. 3

29th Annual Arts, Crafts & Antiques Fair
Oct. 10-11

Wicklund Corn Maze
Oct. 10, 16-17, 24, 30-31

3rd on 3rd, Spooks, Spirits and Surprises
Oct. 16-17

Civil War Living History
Oct. 17-18

Kentucky Railway Museum's Murder Mystery
Oct. 24

My Old Kentucky Dinner Train's Murder Mystery
Oct. 24

My Old Kentucky Dinner Train's Trick or Treat Train
Oct. 30

Kentucky Railway Museum's Halloween Train
Oct. 31

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Kentucky
LUNARIEDGED SPIRIT

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,

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

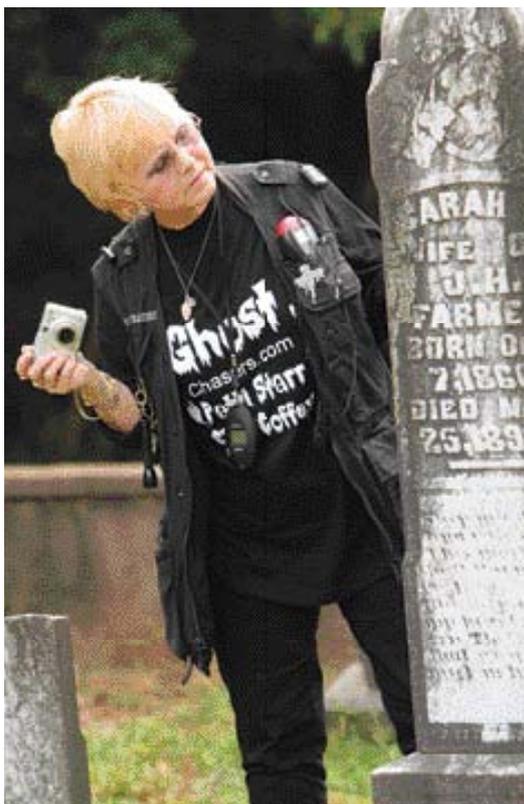
and author on ghost-related topics. She also co-founded Scare Fest (www.thescarefest.com), a horror and paranormal convention held each September in Lexington.

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

“As I grew older, I realized it was not my imagination and that there was something very weird and wonderful out there,” she says. “...and I liked it.”

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

“It was just phenomenal,” she says.



Patti Starr was drawn to this headstone in a small haunted cemetery in Atlanta, Georgia. She thought she saw someone standing behind it, but once she walked over to it there was no one there, which she said is a common experience for her in cemeteries.

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 divine why people are so fascinated with otherworldly encounters, only the fascination they hold for her.

“I can’t really answer that ques-

tion for others, but for me I wanted to know as much as I could about the possibility of ghosts being real,” she says. “The possibility that there could be more life after death, that we are immortal—I like these possibilities.”

Louisville native Mr. Ghost Walker, aka Robert Parker, is also intrigued by the shadowy residents of the afterlife, and has written a book, *Haunted Louisville*, with 16 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 tours, some guests have photographed orbs thought to be the marks of ghostly impressions, detected strange smells such as cigars or antiseptic, heard unexplainable sounds, 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 haunted history of Harrison County, Slade says, followed by another half hour of evidence presented inside the Rohns Opera House that the building is haunted.

“It’s history and it’s ghosts and it’s science

behind it,” Slade says. **KL**

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.

Louisville Ghost Walks

www.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.

More ghostly events

Augusta Ghost Tour

www.augustaky.com/tourism/festivals.asp, (606) 756-2183, 7-11 p.m. October 24, downtown Augusta ghost stories, food, and music. Adults \$6, \$3 children 12 and under, call for reservations.

Cynthiana Ghost Walk

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

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.bsfsry.com, Big South Fork Scenic Railway, Stearns. (800) 462-5664, 7:30 p.m. last three 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.

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.kyrail.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.

GOT STEAM?

OCTOBER 3
L&N 152 and Train Robbery

OCTOBER 10
L&N 152 and Boy Scout Day

OCTOBER 24
Halloween Mystery Train

OCTOBER 25
Dinner Train

OCTOBER 31
Halloween Train Ride for Kids

800.272.0152
www.kyrail.org

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EVENT CALENDAR



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.



Arts and crafts

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

Whitewater rafting

Join in exciting, thrill-packed days of whitewater rafting during the weekends of October. Let the professionals at Russell Fork Whitewater Adventures make your trip a safe and enjoyable one.

For more information, visit www.tourpikecounty.com or call (800) 844-7453.



Choose your fest!

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

Check out **Aussie Fest**, a celebration of Australian culture, with special events and fun contests for both children and adults alike. Plus, residents of Hardin, Grayson, and LaRue counties receive admission for only \$5 per person! Oct. 3-4.

Or at **Halloween Fest**, Oct. 24-31, choose between regular tours and spooky Halloween tours as well as compete for prizes in special contests.

Visit www.kdu.com or call (270) 786-2634 for more information.



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.



EVENT CALENDAR

THU OCT 1

Pumpkin Rodeo
(859) 635-0803
Through the 31st.
Noah's Ark Farm &
Petting Zoo, California.

FRI OCT 2

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 Festival
(270) 781-5303
Through the 4th.
Jackson's Orchard,
Bowling Green.

Harvest Days in Hickman County
(270) 653-4001
Clinton.

St. Mary Fall Festival Truck & Tractor Pull
(859) 588-0981
Legion Park, Paris.

Cruisin on Main
(606) 330-3136
London.

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

Hepcats Swing Dance
(859) 420-2426
Lexington.

Connie Smith
(606) 256-2638
Renfro Valley.

SUN OCT 4

Outlaw Turkey Shoot
(502) 624-7754
Fort Knox French
Shooting Club, Fort
Knox.

FRI OCT 9

Carson Series Presents: Celtic Woman
(270) 450-4444
Clemens Fine Arts
Center, Paducah.

Trigg County Country Ham Festival
(270) 522-3892
Through the 11th. Cadiz.

Civil War Days
(270) 653-4001
Through the 11th.
Belmont State Park,
Columbus.

Camp Meeting & Rendezvous
(270) 586-7632
Through the 11th. Red
River Meeting Houe,
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 Guild of Arts & Craftsmen
(859) 986-3192
Through the 11th. Indian
Fort Theatre, Berea.

Fall Festival
(859) 873-3097
Through the 11th. Boyd
Orchards, Versailles.

Pumpkin Festival
(270) 781-5303
Through the 11th.
Jackson's Orchard,
Bowling Green.

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

Calvin Ray's Country Music Show
(502) 538-2893
Calvin Ray's Music Hall,
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
(800) 765-7464
Through the 17th.
Renfro Valley.

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

Philip Gulley: The Voice of Small Town American Life
(270) 781-4882
Warren County Public
Library, Bowling Green.

The Primitive
(606) 256-2638
Renfro Valley.

FRI OCT 16

Arsenic and Old Lace
(270) 361-2101
Through the 18th.
Plaza Theatre,
Glasgow.

3rd on 3rd Spooks, 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
Livingston.

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.

A Quilt Gathering with the Mountain Laurel Quilters
(606) 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.

Pennyrile Classic Car Club Summer Cruise-In
(270) 498-1795
Hopkinsville.

Christy Miller & Michael Goodman '50s & '60s Show
(859) 336-9839
Blue Grass
Entertainment & Expo
Complex, Bardstown.

Fall ORVTPA Truck & Tractor Pulls
(502) 477-9992
Spencer County
Fairgrounds,
Taylorsville.

Family History Seminar & Book Fair
(502) 895-2761
Beargrass Christian
Church, Louisville.

Warbird Alley
(270) 991-9911
Through the 18th. Stahl
Field, Bowling Green.

Summer Cruise-In
(270) 492-6333
Hazel.

MAC Opening Reception: Ma & Pa Wilkes
(270) 441-7007
Paducah.

Schmidt Farms Hay Rides & Pumpkin Patch
(270) 443-0136
Paducah.

Scenic Fall Tractor Cruise
(859) 472-2817
Southern Elementary
School, Falmouth.

The Mane Event Horse Fair
(270) 782-6496
Brown Ag Expo Center,
Bowling Green.

Pumpkin Festival
(859) 873-3097
Through the 18th. Boyd
Orchards, Versailles.

Antique Show
(270) 827-7161
Through the 18th.
Wolf's Banquet &
Convention Center,
Henderson.

Cancer Assistance 5K Run/Walk
(270) 526-0592
City Park, Morgantown.

Pumpkin Festival
(270) 781-5303
Through the 18th.
Jackson's Orchard,
Bowling Green.

Doyle Lawson & Quicksilver
(606) 256-2638
Renfro Valley.

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*, Events Editor, P.O. Box 32170, Louisville, KY 40232, or fax to (502) 459-1611.

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(270) 737-1000
John Hardin High School PAC, Elizabethtown.

SUN OCT 18

If Walls Could Talk

(859) 873-7902
Jack Jouett House, Versailles.

TUE OCT 20

Gospel Singing

(606) 878-1724
Red Barn, Renfro Valley.

Taste of Barren County

(270) 773-5159
Convention City, Cave City.

Third Tuesday Writers Coffeehouse

(270) 688-4203
Owensboro.

FRI OCT 23

Butler County Antique Tractor & Engine Show

(270) 841-8119
Through the 24th. City Park, Morgantown.

Haunted Hollow Express

(800) 462-5664
Through the 24th. Big South Fork Scenic Railway, Stearns.

Haunted Trail

(606) 286-4411
Through the 24th. Carter Caves State Resort Park, Olive Hill.

Biologist-in-Training Workshop

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

Haunted Hay Ride

(606) 889-1790
Jenny Wiley State Resort Park, Prestonsburg.

Skeleton's Lair Haunted Woods & Hayride

(270) 622-8171
Through the 24th. Bowling Green.

Class Acts Presents: Nightfall with Edgar Allan Poe

(270) 450-4444
Carson Center, Paducah.

Halloween Haunted Train

(859) 873-2476
Through the 24th. Bluegrass Railroad Museum, Versailles.

Contra Dance

(859) 552-5433
ArtsPlace, Lexington.

Glenn Miller Orchestra

(606) 256-2638
Renfro Valley.

MCAHC Art Auction

(270) 692-4265
Oak Barrel Restaurant, Lebanon.

SAT OCT 24

Halloween Mystery Theatre

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

Somernites Cruise Car Show

(800) 642-6287
Somerset.

Harvest on the Square

(270) 526-6827
City Park, Morgantown.

Working Class Hero: Tribute to John Lennon

(270) 534-3212
Clemens Fine Arts Center, Paducah.

Schmidt Farms Hay Rides & Pumpkin Patch

(270) 443-0136
Paducah.

Kidapalooza

(270) 821-4171
Madisonville.

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October Fest

(859) 873-3097
Through the 25th. Boyd
Orchards, Versailles.

Pumpkin Festival

(270) 781-5303
Through the 25th.
Jackson's Orchard,
Bowling Green.

Calvin Ray's Country Music Show

(502) 538-2893
Calvin Ray's Music Hall,
Leitchfield.

Contra Dance

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

Hepcats Swing Dance

(859) 420-2426
Lexington.

SUN OCT 25

Making Strides Against Breast Cancer 5K Walk

(502) 584-WALK
Waterfront Park,
Louisville.

Making Strides Against Breast Cancer 5K Walk

(859) 260-8300
Kentucky Horse Park,
Lexington.

Star Gazing

(859) 873-5711
Buckley Sanctuary
& Audubon Center,
Versailles.

MON OCT 26

Gospel Singing

(606) 878-1724
Red Barn, Renfro
Valley.

WED OCT 28

Carson Class Acts Presents: Frindle

(270) 450-4444
Carson Center,
Paducah.

THU OCT 29

Skeleton's Lair Haunted Woods & Hayride

(270) 622-8171
Through the 31st.
Bowling Green.

Ghost Walk at White Hall

(859) 623-9178
Through the 31st.
Richmond.

Market House Theatre Presents: Tom, Dick, and Harry

(270) 444-6828
Through November 8.
Paducah.

Carson Series Presents: The O'Jays

(270) 450-4444
Carson Center,
Paducah.

FRI OCT 30

Trick-or-Treat Train for Tots

(800) 462-5664
Through the 31st. Big
South Fork Scenic
Railway, Stearns.

Haunted Hollow Express

(800) 462-5664
Through the 31st. Big
South Fork Scenic
Railway, Stearns.

"R" Farm Haunted Corn Maze

(606) 742-2429
Through the 31st.
Maysville.

The Medical Center 10K Classic

(270) 796-2141
Through the 31st.
Bowling Green.

Girlfriend Getaway Halloween Ghost Tour

(270) 444-6115
Through the 31st.
Wildhair Studios,
Paducah.

Halloween Haunted Train

(859) 873-2476
Through the 31st.
Bluegrass Railroad
Museum, Versailles.

Haunted Maze

(859) 987-4498
Paris.

SAT OCT 31

Halloween Express

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

Free Halloween Day

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

Night of the Great Pumpkin

(859) 734-6811
Harrodsburg.

Harvest Festival

(859) 873-3097
Through November
1. Boyd Orchards,
Versailles.

Calvin Ray's Halloween Music Show

(502) 538-2893
Calvin Ray's Music Hall,
Leitchfield.

SUN NOV 1

Grandparents Days

(270) 773-4345
Through the 8th.
Dinosaur World, Cave
City.

Dog Month

(270) 773-4345
Through the 30th.
Dinosaur World, Cave
City.

TUE NOV 3

Selecting/Planting Trees for Urban Landscapes

(270) 554-9520
County Extension
Office, Paducah.

THU NOV 5

Margaret Miller Quilting Workshop: Stunning AnglePlay

(270) 442-8856
Through the 7th.
National Quilt Museum,
Paducah.

Big South Fork Scenic Railway Run to the Gorge

(800) 462-5664
Through the 28th.
Stearns.

Carson Series & Class Acts Presents: To Kill a Mockingbird

(270) 450-4444
Carson Center,
Paducah.

The Garden Club of Elizabethtown

(270) 737-6038
Brown-Pusey House,
Elizabethtown.

Rivers' Edge International Film Festival

(270) 442-7723
Through the 8th.
Paducah.

FRI NOV 6

Cricketeer Antiques & Collectibles Show

(859) 608-3232
Through the 8th.
Harrodsburg.

Holiday Bazaar

(205) 305-5080
Through the 7th.
Sadowski Field House,
Fort Knox.

SAT NOV 7

Ward Hall Open House

(859) 396-4257
Through the 8th.
Georgetown.

Mill Springs Battlefield Candlelight Tour/ Ghostwalk

(606) 636-4045
Zollicoffer Park, Nancy.

Hurley Ridge

(859) 734-6811
Olde Towne Park,
Harrodsburg.

Paducah Symphony Orchestra: Exhibitions Concert 3

(270) 444-0065
Carson Center,
Paducah.

Pouring for the Pantry Food Drive

(859) 846-9463
Equus Run Vineyard,
Midway.

A Shaker Breakfast

(800) 811-8379
Shaker Museum,
Auburn.

Owensboro Symphony Orchestra: Madame Butterfly

(270) 684-0661
RiverPark Center,
Owensboro.

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Firefighter rescues jobs

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

BYRON CRAWFORD



ASHLEY McDONALD

Ashley McDonald helped save the Clark County fire department from the effects of budget cuts.

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

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

In a profession whose heroes often risk their lives to save others, Ashley McDonald of Winchester recently became something of a hero among her fellow firefighters in Clark County, when she helped save job positions and a fire station from recession-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 closing 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 firefighters on back pay, and Ashley's awareness campaign, 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 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 adopted into another family. So when I heard about the budget crunch, I was bound and determined that I was going to do whatever I possibly could to help.” **KL**

BYRON CRAWFORD is Kentucky's storyteller, a veteran broadcast and print journalist, known for his colorful backroads tales from *The Courier-Journal*, WHAS TV and Radio, and KET's *Kentucky Life*.

CHEF'S CHOICE

LINDA ALLISON-LEWIS



READER RECIPES

Apple Dumplings

- 2 cans crescent rolls (16 rolls)
- 4 apples (Granny Smith)
- 2 sticks butter
- 2 cups sugar
- 1 (12-oz) can Mountain Dew

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

Submitted by **LILLIAN KAZE**
Salyersville

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. Makes 18 muffins.

*I used fresh pumpkin but 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, and he was so excited about his pumpkins that **MRS. GAY COTTLE** of West Liberty, a neighbor and Jeffrey's substitute teacher, gave him this recipe."

Submit your recipe. See page 9 for details.

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 anytime.



MATRIARCH "TOOGIE" DICK, BETTY SMITH, and CHARLES DICK are 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 culinary traditions the Bluegrass has to offer. Dining rooms host many 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 around can be found here, along with other tasty side dishes that will make vegetarians sit up and take notice.

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
- 1/4 cup water
- 1 egg
- 1/3 cup Jim Beam bourbon or more, if desired

Soak raisins in bourbon for 8 hours. Preheat oven to 350°. Break up biscuits into small pieces and put in large bowl. Add milk and allow to soak for 5 minutes. Beat eggs with sugar and vanilla extract and add to bread mixture. Pour 2 Tablespoons melted butter and then biscuit mixture into a 2-quart baking dish. Bake for 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. Gradually add to egg, whisking constantly. Add bourbon and serve. Serves 10-12.

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*.



EARTH TALK

Safer flea and tick control

Surveys show upward of 50 percent of American families use some kind of flea and tick control product on pets, subjecting millions of children to toxic 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 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.

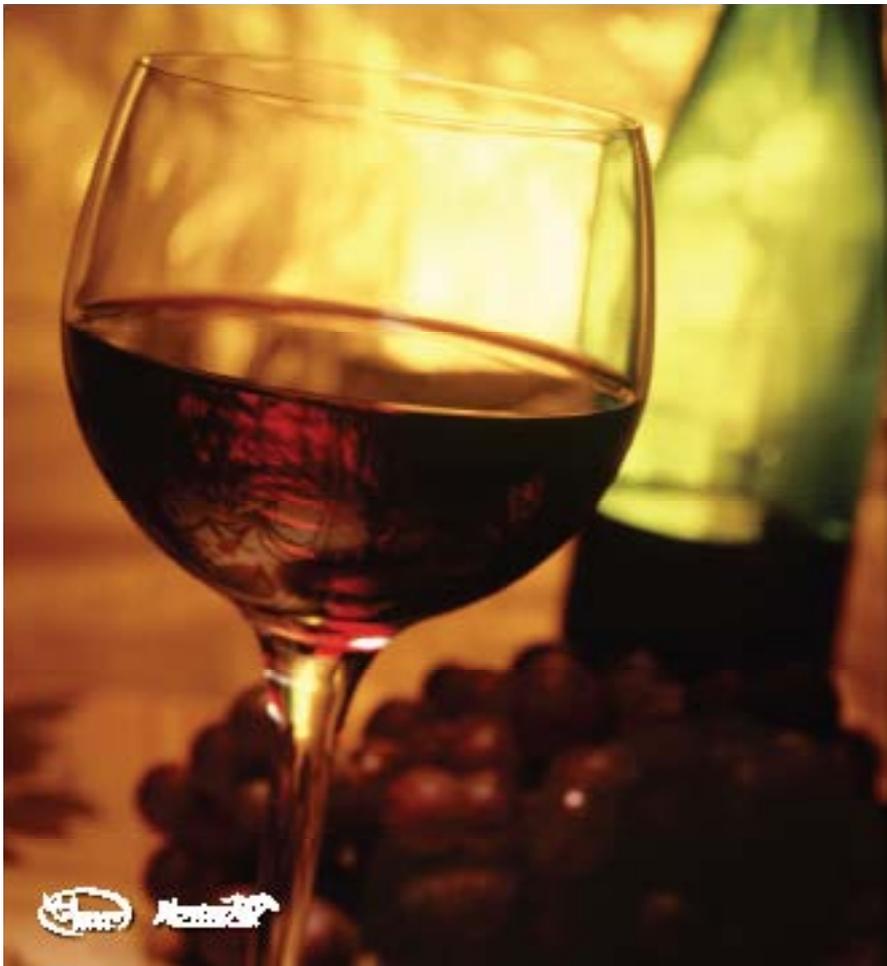
Natural Resources Defense Council tested nearly 125 products and found less than 24 that don't contain harmful chemical compounds. Stripe-On formulations from Adams, Breakthru, Demize, and Scratchex got high marks for low toxicity, while tabs (pills) from Comfortis, Program, and Sentinel also made the safety grade.

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 caution.

Essential oils from cedarwood, 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 carpets and furniture can bring mild flea infestations under control and help avoid outbreaks altogether. **KL**

GOT AN ENVIRONMENTAL QUESTION?
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KENTUCKY
WINE

The woods are alive

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

DAVE BAKER



JOE LACEFIELD

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

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 stable weather patterns and predictability, is one of the favorite months for hunters and anglers.

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 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 deer hunt, October 10-11. And October features the bull elk hunt and the turkey hunt. Check the latest hunting guide for hunting dates and regulations online at www.fw.ky.gov.

October is also a prime month to target large fish on their fall feed-

ing 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 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 opportunities for hunters and anglers. So I'd advise everyone to get out there and enjoy the great outdoors. **KL**

DAVE BAKER is editor of *Kentucky Afield* magazine, with the Kentucky Department of Fish and Wildlife Resources. Visit www.kyafield.com or call (800) 858-1549 for more information.

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* turtleman" to watch a five-minute video of Kentucky's turtleman running full speed into a green, murky pond, reaching for snapping turtles in hopes of grabbing the tail end of this sharp-beaked beast.

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 Sumner for the home garden; they have excellent insect and disease resistance. Amling, 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 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 known for developing a taproot. It is also known for its low branching, so some pruning may be necessary to raise the canopy as it matures so you don't bump your head on its branches.

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.



SHELLY NOLD



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 us. As for pruning, they should be left alone for now. Future pruning depends on what kind of blackberry you are growing.

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.

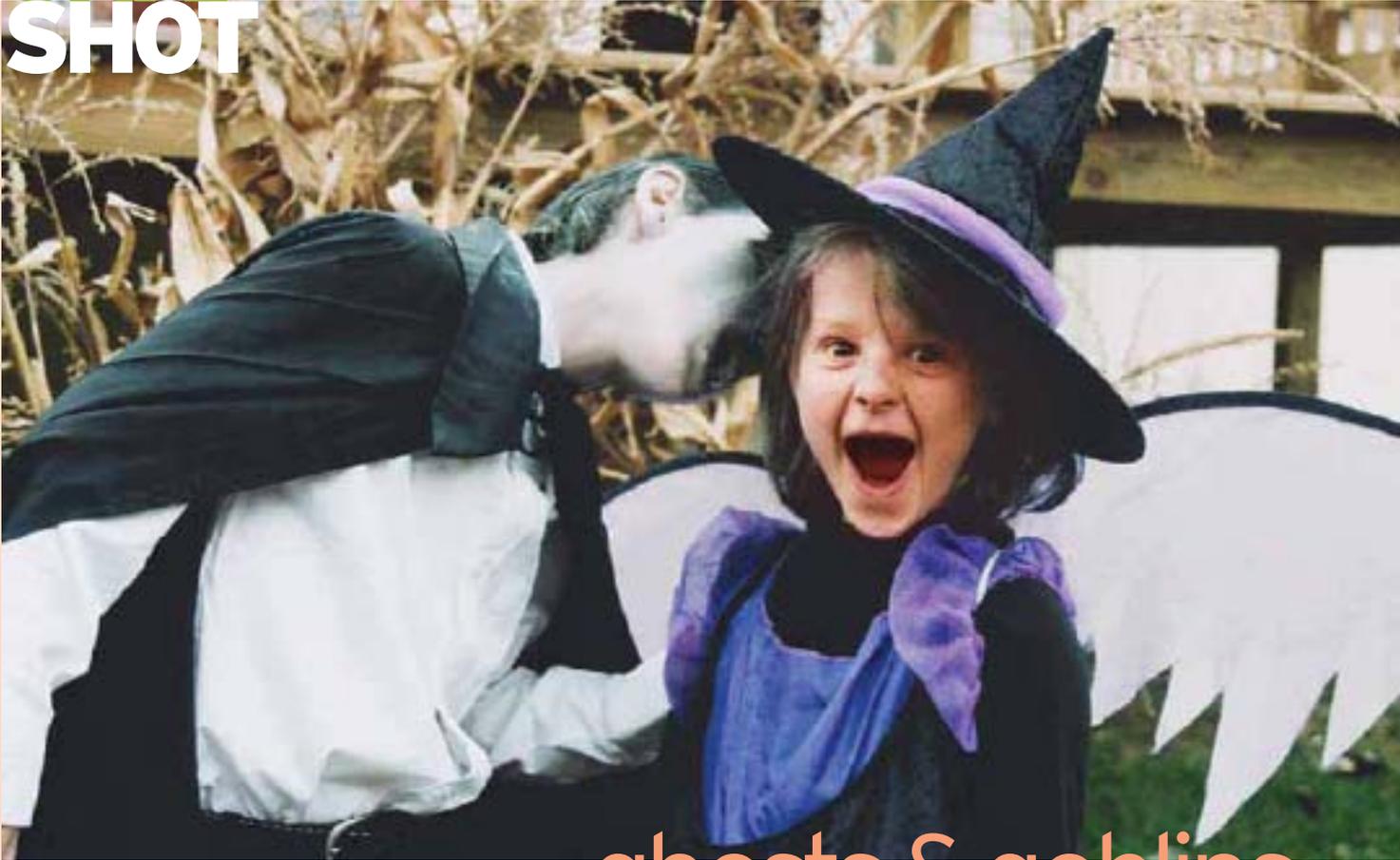
For semi-trailing blackberries, the first time to prune them would be early next spring. At this time, you will want to study each plant and pick out two or three of the most vigorous canes and remove the rest at ground level.

For more detailed information, go online to www.ca.uky.edu and type "Growing Blackberries and Raspberries" in the Search box to find a downloadable PDF.

ANGIE McMANUS

HAVE A GARDENING QUESTION? Go to www.KentuckyLiving.com, click on Home & Garden, then "Ask The Gardener!"

SNAP SHOT



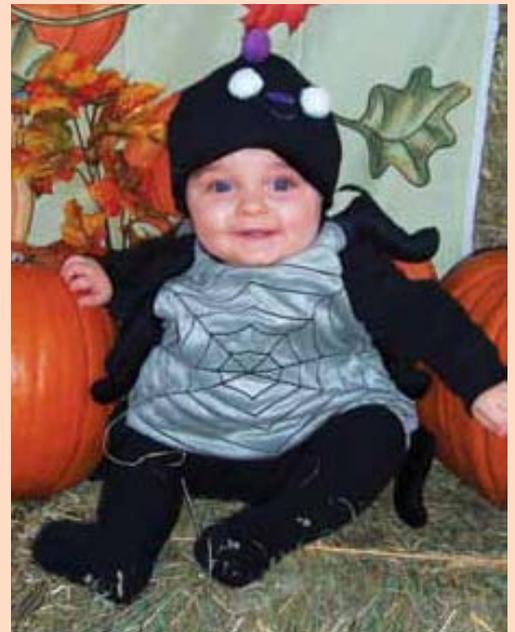
ghosts & goblins



▲ **LET ME KISS YOUR NECK** Vampire Nathaniel Powell, age 9, pretends to bite the fairy witch's neck, played by sister Sarah, age 9. Photo by mother Hazel Powell, Berea, members of Jackson Energy Cooperative.

◀ **LINEMAN RONNIE** Ty Barker dresses up as his favorite lineman, his Pappy Ronnie Gordon. Photo by mom, Lori Barker, Lebanon, members of Inter-County Energy.

▶ **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.

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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

SMART HEALTH

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

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

support and education.

Patients can discuss their individual cancer risk assessment, recommenda-

tions, and referrals for cancer detection and prevention. Patients can also find out about clinical genetics research studies, as well as psychological counseling options for coping with hereditary cancer issues.

“Genetic counselors combine the science of genetics with the human 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 can be made at the time of the counseling session or at a future date. **KL**

KEITH HAUTALA provides health information for UK HealthCare.

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 Program at (866) 340-4488.

SESSION REVIEW During the initial 1-1/2- 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.



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SMART MONEY

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

SARA PEAK

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

Mortgage expert John Cole, senior loan executive with First Financial Mortgage in Louisville, says, “One factor is recapture—that is, how long will it take to regain in savings the amount you spent on closing costs?” If closing costs are \$2,500 and you save an additional \$50 per month on your mortgage, it will take you 50 months to reach your break-even 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 adjusting), or eliminate PMI (private mortgage insurance)?” **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.

SNAP SHOT ENTRIES 2010

GET A HEAD START collecting your photos for 2010. Submit crisp, colorful photos with good detail.

Remember that close-ups of people work best for the categories listed below. No color laser photos, please, as they do not reproduce well. Submit photos online at www.kentuckyliving.com/submitsnapsnshots.html. For more submission information, see page 9.

January Funniest Faces

Deadline November 13, 2009

February Love & Kisses

Deadline December 11, 2009

March Spring Flowers

Deadline January 13, 2010

April My Favorite Kentucky Trip

Deadline February 15, 2010

May My Favorite Family Memory

Deadline March 15, 2010

June Splish Splash

Deadline April 15, 2010

July Gone Fishin'

Deadline May 14, 2010

August Pet Adventures

Deadline June 15, 2010

September School Sports

Deadline July 15, 2010

October Falling Leaves

Deadline August 13, 2010

November Readers' Choice

(your all-time favorite photo)

Deadline September 15, 2010

December Baby It's Cold Outside

Deadline October 15, 2010

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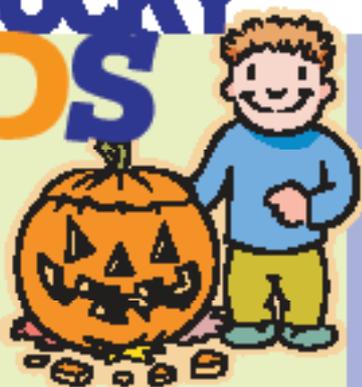
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KENTUCKY KIDS



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.

Conserve ENERGY

- 1 Turn out the lights when you leave a room.
- 2 Ask your parents to switch to new CFL light bulbs. They use less electricity and last longer!
- 3 On sunny days, open the drapes or blinds of your windows to brighten a room instead of switching on a light.
- 4 You'll save electricity if you turn off your computer's printer when it is not in use.



Perfect Pumpkin

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

Green Team Tip



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

Submitted by Trevor Angel, age 10

Win a T-shirt!

Send us your Green Team tips, and if it gets printed, we'll send you a free CFL Charlie T-shirt! Send your best tip for conserving energy, in 50 words or less, and name, address, and shirt size to KYKids@KentuckyLiving.com or *Kentucky Living*, Green Team Tip, P.O. Box 32170, Louisville, KY 40232

TIME FOR A HEALTHY SNACK



Healthy food is important to give your body the energy it needs without extra sugar. Great ideas for snacks you can carry with you are:

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

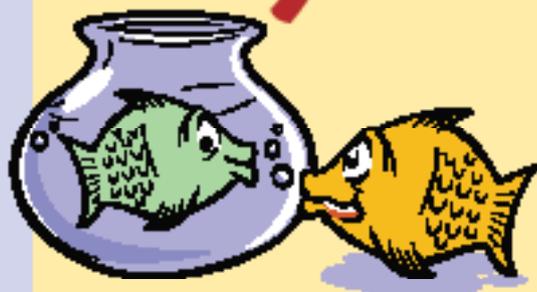
State It! GRAY SQUIRREL

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.



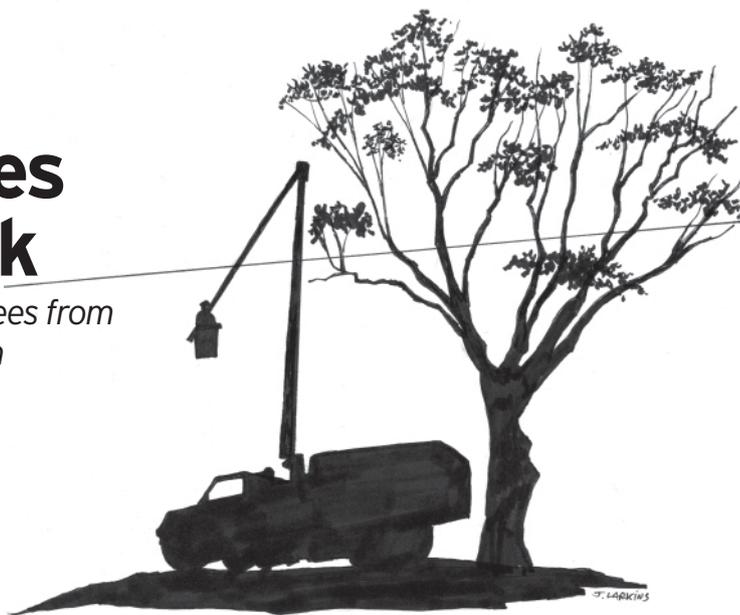
Knock, Knock.
Who's there?
Water.
Water who?
Water you doing standing there? Let me in.

Submitted by Courtney Cooper, age 9

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 “stayin’ alive.” The heart of it will beat on in favor of down-home values (avoiding “politics as usual,” sectarian points of view, and offensive choice 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 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 more experience. The missus 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.



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