



# SOKY

## happenings

November 2016 • [www.SOKYhappenings.com](http://www.SOKYhappenings.com)

A **FREE** guide to what's happening in South Central Kentucky



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*SOKY Happenings* is a monthly **reference guide** to what's going on in South Central KY. We actively contact venues each month to gather dates, times and details about everything from nightlife to civic to church events. *SOKY Happenings* prints and distributes over 10,000 copies each month in South Central KY. *SOKY Happenings* is designed to be a positive reflection of the local community highlighting the people, places, events and interests that make South Central KY such a wonderful place to live, work and play.

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## Contributing Writers

More than 40 writers from South Central Kentucky contributed to this issue of *SOKY Happenings*. Their names are listed in the table of contents and there is an "about the author" at the end of most articles. We would like to thank our writers for their hard work.

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## Cover Art

This award-winning piece called "Summer's End" is a watercolor done by local artist, Nadine Wilkerson. It is a study of both abstract and realism; painting the background was done by "throwing" the paint, while the barn was painted with multiple detailed transparent layers of watercolor. The piece was created during an artist retreat at the Hopscotch House located within the Wolf Pen Branch Mill Farm. Offering retreats for artists is an integral function of the Kentucky Foundation for Women. To learn about the opportunity for an artist retreat, see [www.kfw.org](http://www.kfw.org). To see more of Nadine's work, see her FB page, Nadine Wilkerson – Artist.

# The joy-riding Santa - or how not to get to the hospital

So, as is often the case, Twila and I were working late in our home office one evening a few weeks ago. It had already been a long day and we were still working at about 9:00 p.m. and I made the mistake of leaning back in my desk chair and closing my eyes for a moment. The next thing I knew Twila was shaking me awake and whispering... "Tim, wake up! I think there are police cars in our driveway!" We looked out the front window and, sure enough, the driveway was full of police cars and there were policemen in the yard all looking to the garage side of our house. My first thought was that someone had broken into one of our neighbor's homes, escaped and the police were in foot pursuit. We ran to the bedroom, which has a window on the garage side of the house, and when we looked out there was an ambulance sitting in our driveway with the lights going full tilt.

The ambulance was confusing. Why were five or six Bowling Green policepersons carefully approaching an ambulance... and what the heck were they all doing in our driveway? Next we ran upstairs to look out the windows there. As we got to the window overlooking the driveway, we could see the ambulance and lead police car... there were several in our driveway by now... and a policeman was escorting a guy with long gray hair and beard to the front of a police cruiser where he seemed to be checking him for weapons and such. We watched this for a few minutes and when we went back downstairs I had a text from a neighbor... "Why are the BGPD folks arresting Santa in your driveway?" Why, indeed?

Up until this point I had resisted going outside. But it seemed with a suspect in hand it might be safe to venture out and see if I could find out what was going on. After all, it looked like a K-Mart Bluelight convention in our driveway and being a trained and experienced journalist I really wanted to know why. I eased out the front door, walked down the sidewalk and to the side of the house. The police were all around this gentleman talking to him. Finally a policewoman noticed me, walked over and asked me if I lived here. I told her I did and politely asked what was going on.

She explained that an ambulance had gone to one of the local assisted living facilities to deliver a patient. While they were inside getting the new patient dropped off this fellow had slipped out of the facility,



gotten in the ambulance and driven away. They caught up with him just as he entered our neighborhood and followed him to our house. I thanked them and went back inside.

Twila and I opened the website for our security cameras and played back the one on the front of the house and watched as this gentleman came down the street in the ambulance, lights flashing, at about 5 mph. He got to the dead end, where our house is, made a loop and pulled into our driveway, went around the

half-circle drive and then actually made the nearly impossible 120 degree turn into the side drive without getting one tire in the grass. He proceeded up the driveway past the garage doors and managed to stop about five feet from the fence.

Shortly, another police car... making a total of six... arrived, along with another ambulance and a fire truck. I went back outside and hung around and chatted with neighbors. I wondered how they found the missing vehicle and they explained that all ambulances have tracking devices in them and it was easy to track him and vector the police cruisers to him. I'm not sure why they couldn't just load him back in the ambulance he was kind enough to bring but they put him in the other one and took him away. I was never sure about the fire truck... and so many police cars... I'm guessing it was because they were not sure what they were into and since it was in a residential neighborhood they were being overly cautious. I'm sure good with that!

In any case, after about an hour, our driveway was empty and we finally were able to crawl in bed and try to sleep. As Twila says, "We are many things but never boring!" I'm guessing the real moral of the story is... if you are going to go joy-riding... borrowing an ambulance might not be your best choice.

## About the Author:

Tim Hurst grew up in Bowling Green. After a few years' journey through Benton, Henderson and Glasgow, Ky. to run some newspapers, he and his wife Twila are back in Bowling Green to stay, run their advertising agency and take care of their newest passion... *SOKY Happenings Magazine*. Tim can be reached at [tim@sokyhappenings.com](mailto:tim@sokyhappenings.com).



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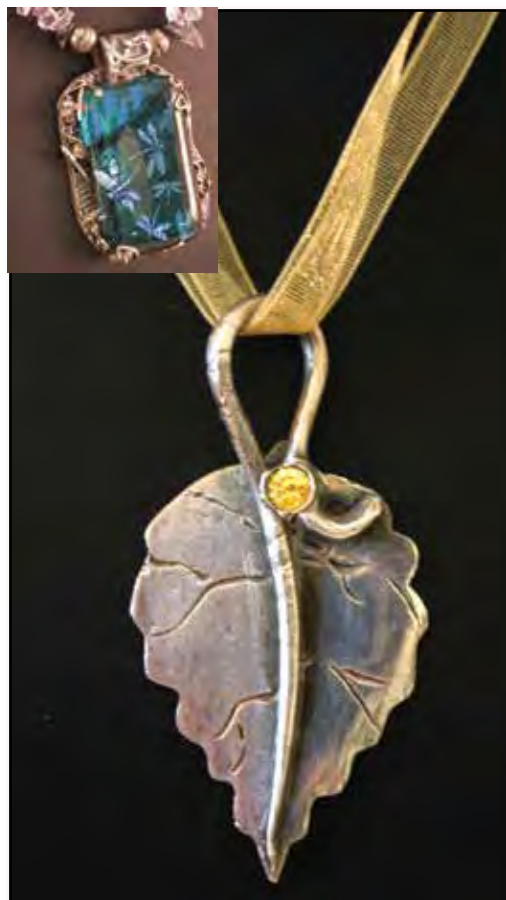


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## South by Southwest

by Maya Arb



"You're not from around here, are you?" This is a question I get asked a lot since moving to Kentucky a little over a year ago. And, no, apparently obviously, I am not. I am a transplant from the desert Southwest. I was raised surrounded by tall Rocky Mountains, narrow dusty streams that only flow during monsoon seasons, red rocks with flat tops that flaunt their rocky bones rather than hiding behind lush foliage, and Native American



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sensibilities and sensitivities. I also grew up surrounded by art.

I cannot say what it is about the Southwest specifically that brings the artist out of people, or whether it just seemed that way to me growing up, but everyone I knew seemed to be involved in the art world in one way or another. My grandmother was a talented painter and quilter, my mother was a nationally recognized fiber artist, I rubbed elbows and shared fried bread with some of the best Native American artists, and much of my formative life was spent at art shows, in galleries, or creating. I won my first award for my own artwork at 5 years old and never stopped. Art was my imaginary friend, my confidant, and my solace.

Over the years I have experimented with many different art



## South by Southwest

--continued from page 6

forms. I have studied drawing, painting, pottery, stained glass, warm glass, and metal work. I habitually dabble in new art forms whenever they catch my attention because I feel that every new addition to my repertoire serves to strengthen my overall skill set. After years of experimentation I have discovered my greatest loves, though, are glass and



metal. Specifically warm glass and metal clay jewelry.

I studied stained glass relatively early in my career. I enjoyed the piecwork because it reminded me of quilting, but the material was so different, hard, and transparent. Glass glows with a life of its own

that speaks to me, but the materials were cost prohibitive for a college student, so I set it aside and studied painting and pottery for the next few years while simultaneously working on my undergraduate degree in geology.

Years later, I rediscovered glass in the form of warm glass, otherwise known as fused glass. I started working with glass to make small jewelry pieces, and I remember specifically telling my

instructor that I had no intention of working on anything larger because I just wanted to make jewelry. The glass, however, didn't believe me, and I don't think my instructor did either. It didn't take long at all for me to start doing larger and larger pieces. The possibilities were endless, and I loved the freedom glass gave me to experiment with new materials in new ways! The science, history, and alchemy of the process inspired and intrigued me. I was hooked.



Since focusing on glass and artisan jewelry, I have discovered there are no limits. I have had the good fortune to show my work in Colorado, Nevada, New Mexico, Arizona, and now here, in beautiful, verdant Kentucky. I am fortunate to be a member of both the Arts Guild of the Barrens and ArtWorks, Inc. I work and teach from my home studio, and will also be offering classes in fusing glass, metal clay jewelry, and basic silversmithing techniques at 212 on the Main, the home of the Arts Guild of the Barrens.

I sincerely thank the community of South Central Kentucky for welcoming my family and providing a new source of creative inspiration. I look forward to many years of Southern hospitality.

I'd be thrilled to hear from you! Feel free to contact me through my website, [www.firewomanstudio.com](http://www.firewomanstudio.com). And follow me on Facebook @firewomanstudio.

## The Pots Place

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VOTE on Tuesday, November 8th, and get your Holiday shopping started early. Bring in your "I VOTED" sticker and get 10% off your entire purchase during the month of November!



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## WinterDance featuring Adventures in Toyland

*submitted by WKU Department of Theatre and Dance*

Oh, the excitement! Oh, the anticipation! Christmas will soon be here and what better way to begin the season's festivities than with WinterDance, featuring Adventures in Toyland! The WKU Dance Company will bring enchantment to the stage as they take you on an adventure through a dancing land of toys.

The show will begin in Santa's Workshop, where toys are being made for the holiday. Featuring mischievous elves, dancing dolls, marionettes, and toy soldiers, you'll marvel at the delights of the season as the toys perform.

From there, we move to the night before Christmas and Christmas morning, where we have more entertainment from the toys and see Christmas morning through a child's eyes. Sneaking, sliding, fighting, shaking, leaping, and rolling. The kids wake up early to find the presents wrapped and stacked under the tree early Christmas morning. Oh, the things that happen when the parents are still asleep!

The hour-long concert features diverse music ranging from Bela Fleck to Glen Miller and includes some of your Christmas favorites from Disney and Trans-Siberian Orchestra. The show will mesmerize audiences of all ages with a variety of ballet, jazz, modern, and tap dance choreography. The Sunday matinee will include photo opportunities with some of your child's favorite toy characters!

A Holiday Extravaganza featuring Adventures in Toyland runs November 18-20 in Van Meter Auditorium at WKU. Tickets are \$15 for adults, \$12 for students and senior citizens, and \$10

for children under age 10. Tickets can be purchased in advance at [wku.showare.com](http://wku.showare.com) or by calling the box office at 270-745-3121.

### Christmas Dance Camp

Join us for a festive day of dancing, crafting, and Christmas fun! The WKU student chapter of NDEO will have a Christmas Dance Camp on Saturday, December 3, from 9:30 a.m. to noon at Dance Arts of Bowling Green. (Christmas Pajamas are optional.) The fee is \$20 per child and pre-registration is required. Register by November 11 to receive a \$5 discount or bring a new unwrapped toy for Toys for Tots. All children ages 3 to 8 are invited to attend. No experience is necessary. There will be dancing, crafts, snacks, and a performance showcase for parents. Contact Anna Wilson at [anna.wilson828@topper.wku.edu](mailto:anna.wilson828@topper.wku.edu) or Jena Thompson at [jena.thompson561@topper.wku.edu](mailto:jena.thompson561@topper.wku.edu).

|   |   |
|---|---|
| <b>WKU</b><br><b>SUMMER DANCE</b><br><b>INTENSIVE</b><br><b>2017</b>  | Featured Guest Artist: Jon Lehrer<br>Founder and Artistic Director of Isline Dance Company<br>WKU Dance Faculty                                     |
| <b>JUNE 18 - 24</b>   |   |
| <b>Registration coming early 2017!</b><br>Visit us online for more information or to register:<br><a href="http://www.wku.edu/theatre-and-dance/dance-summer-intensive.php">http://www.wku.edu/theatre-and-dance/dance-summer-intensive.php</a> | <b>Courses and Topics</b><br>Ballet / Jazz / Modern / Tap<br>Improvisation / Choreography<br>Dance History / Special Topics<br>Performance Showcase |

Over 15,000 people were entertained by the WKU Department of Theatre and Dance last year. The department presents over 20 different productions every year including four Mainstage productions, two Mainstage dance concerts, three student-choreographed dance concerts, a Children's Theatre Series, a Studio Series of student-directed works, a Before Broadway Series featuring a staged reading of a new musical, and a Next Stage Series of showcases and works in progress.

More information about the WKU Department of Theatre and Dance can be found at [www.wku.edu/theatre-and-dance](http://www.wku.edu/theatre-and-dance) on Twitter@WKUTheatreDance or by calling the department at 270-745-5845. You can also like us on Facebook to see upcoming events and department news.

THE WKU DANCE COMPANY PRESENTS

# WinterDance

featuring Adventures in Toyland

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# (CHRISTMAS DANCE CAMP

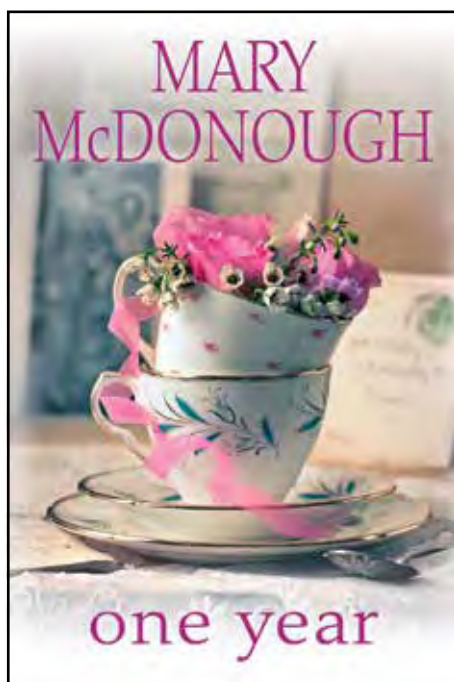
## DECEMBER 3RD



## Authors & celebrities of the book world

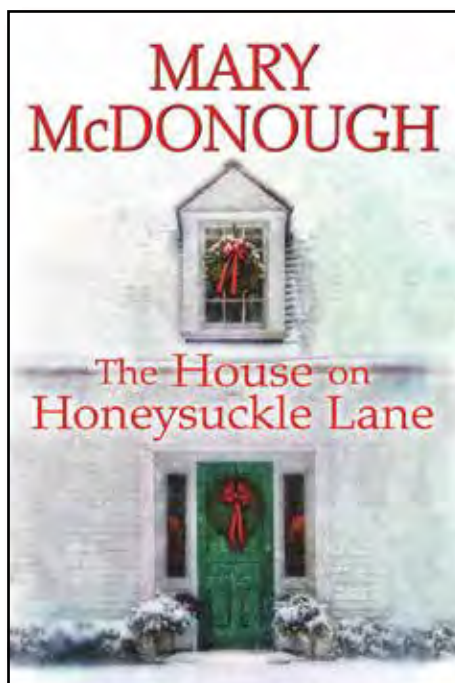
by Ashley Fowlkes

A few celebrities enjoy secondary claims to fame by entering the publishing world with memoirs, but then most quietly fade away. A few, however, are able to extend their success and make a meaningful mark on fiction readers, as well. Mary McDonough is one of the delightful few who have done just that in the past several years. Her first book, "Lessons from the Mountain," chronicled her life as Erin Walton on the popular television show, "The Waltons;" it was published the summer of 2012. Her next book, a novel entitled "One Year," was published in the spring of 2015. Its sequel, "The House on Honeysuckle Lane," just became available at the end of September and will be featured at her presentation Tuesday, November 1, at 6 p.m. at the Bob Kirby Branch Library.



McDonough is a woman of many talents. In addition to appearing onscreen both on television and in films, she has worked behind the scenes as film writer and director. She has presented a host of life-coaching workshops throughout the country and is a strong advocate for women's health issues. She had been a part of the Southern Kentucky Book Festival's lineup in previous years and enjoyed her experiences in Bowling Green so much that she wanted to include it in a stop on her current book tour. The library is thrilled that she did!

Her recent release, "The House On Honeysuckle Way," follows the story begun in "One Year." In that first work of fiction she opens up the world of three generations of women with a strong Irish-American spirit "as they navigate marriage, motherhood, and independence" in a small town in Virginia. In its sequel, readers meet another family whose holiday homecoming takes place in the same picturesque locale. Kensington Publishing gives readers a brief glimpse into the new story below:



Even in a town as picturesque and rich in history as Oliver's Well there's something special about the Reynolds house on Honeysuckle Lane. Sturdy yet graceful, well-proportioned outside and within, it's where Andie, Emma, and Daniel Reynolds grew up before they began to grow apart. For Danny, this first reunion since their mother's death is a chance for him and his sisters to relive cherished holiday traditions before finally settling their parents' estate. But readying the house for sale proves no easy task when every piece of furniture and every moment together stir up the past. Andie, the oldest sibling, didn't just leave home years ago, she left her young daughter, too. Though she's found fulfillment and fame as a self-help author, coming back shakes her equilibrium. Middle child Emma struck out on her own instead of accepting her father's offer to share his business. Yet now she finds herself drawn back to her town's quiet rhythms and routines, wondering if it's possible to start over. The house on Honeysuckle Lane contains a lifetime's worth of joys and dreams, and its share of regrets too. This Christmas, it will be the place where Andie, Emma, and Danny come together to remember, laugh, fight, plan – and find their way forward as a family once more.

With the quote, "Because life is too short to read depressing books," on her home page, Susan Elizabeth Phillips in a nutshell describes why her books have made her into a literary celebrity. A popular romance writer, this New York Times bestselling author puts a comic spin to the plot in many of her books, earning her the nickname "The Queen of Romantic Comedy." A prolific author of over 30 books, she has been published all over the world, in over 30 different languages.


To sample the romance, humor, and draw of Phillips's books, plan now to attend her presentation Tuesday, November 8, at 6 p.m. at the Bob Kirby Branch Library. For a sneak peak into her latest release, enjoy the following book review from Shelia Stovall, director of the Allen County Public Library and freelance writer ([www.sheliastovall.com](http://www.sheliastovall.com)):

"The First Star I See Tonight" by Susan Elizabeth Phillips is a spicy romance with extra doses of heat and humor. Piper Dove is a smart-talking, funny, private detective hired to follow Cooper Graham, a former Chicago football star. Cooper's history of failed relationships with models and actresses leaves him clueless as to how to handle the sassy, self-confident woman hired to follow him. The quick-witted




banter between the two makes the pages fly. Piper proves she's a woman who can be trusted, an anomaly in Cooper's world, and he hires her to oversee his club's security. The pages sizzle as both fail in their resolve to fight the attraction. Then Cooper's life is threatened, and Piper is relentless in her quest to identify the culprit. If you appreciate Janet Evanovich's Stephanie Plum series, this is the book for you.


Visit Warren County Public Library's web site to request a digital ticket for these presentations ([www.warrenpl.org/tickets](http://www.warrenpl.org/tickets)) or to put a book on hold by these authors. To learn more about Mary McDonough, check out [www.marymcdonough.com](http://www.marymcdonough.com). For more about Susan Elizabeth Phillips, explore [susanelizabethphillips.com](http://susanelizabethphillips.com).



**Mary McDonough**  
*The Waltons Actress & Author*  
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**Bob Kirby Branch**  
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**TUESDAY, NOV. 8**  
**BOB KIRBY BRANCH**  
**6:00 P.M.**



## Capitol Arts Blues Festival

by Ernie Small



The Capitol Arts Blues Festival (CABF) will be held on November 12, 2016, at 7 p.m. at the Capitol Arts Center in downtown Bowling Green. The CABF will be an opportunity for music fans to support efforts to “keep the Capitol vital” and hear some great local blues bands.

Listed in the National Register as a contributing site in the Downtown Bowling Green Commercial District, the Capitol is now owned by Warren County, but appointed to SKYPAC to manage and oversee. A local committee has been meeting with Judge Buchanan and the SKYPAC Board and staff to create a plan for renovation, programming and fundraising. New programs like Lost

River Sessions have begun to use the Capitol as a site for their concert series with hopes to broadcast live on WKYU-FM 88.9 and a “gala” fundraiser which is being planned for January that will showcase local downtown restaurants. Help us find ways to ensure the Capitol Arts Center continues to be a part of our history and central to the downtown Bowling Green culture. The image of the Capitol Arts Center marquee is used frequently on websites of local attractions to pique the interest of tourists and performers researching venues.

The importance of the venue is clear, and the Capitol Arts Center has entered a time where significant repairs are needed. The amount needed for these repairs far exceeds what SKYPAC, a still young non-profit, is able to accomplish without the support of the community. Some of the repairs are aesthetic repairs to restore the building to the jewel that it has been in the past, but most are necessary to keep the building vital. The funds generated by the Blues Festival will be used for repair of the emergency lights and generator.

CABF kicks off at 7 p.m. with the Ernie Small Blues Band, a local band that has been entertaining the Bowling Green community



harmonica to the likes of Little Walter, John Lee “Sonny Boy” Williamson, and more current players like Dennis Gruenling and Alex “Rice” Miller. Joining the Lovelace’s in Shake Rag are Bhrett Puckett, guitar and vocals, Mike Clark, guitar, and Mike Hildreth, bass. Bev Lovelace, a longtime favorite on the BG music scene, joins with her vocals, along with that of her husband and son, in the group.

with a blend of blues, rock and jazz for over 35 years. Ernie Small, rhythm guitar and lead vocals, and Eddie Mills, bass guitar, are founding members joined by long time band mates, Ernest Raymer, guitar; Jeff Mollyhorn, alto sax; Kevin Briley, trumpet; Gary Graves, tenor sax; and Jeff Jones, drums. The Blues Band’s sound has always included a strong female vocalist; Randi Womack is their current singer and she brings an incredible voice and presence to the stage.

Michael Gough founded and began to establish this cutting edge group, The Michael Gough Group, in 1989. John Martin, guitar, is currently the Director of Guitar and Music Technology studies at WKU. Martin’s works have been published in Guitar Player magazine. Like John, Michael met Roy Carter in the early 90s. They, too, have remained close friends, playing select events off and on ever since. Roy Carter was awarded the Kenny Kent Lexus Jazz & Wine Festival Musician of the Year and the River Basin Blues Society Blues Heritage Award in 2015. Gerry Smoot and Patrick Preston, both in-demand session players from Evansville, Ind., round out the Michael Gough Group. With Michael being grounded in the primal simplicity of the blues and all four other group members proficient in the musical language of jazz, this combination of players is on a cutting-edge plane that stretches beyond genre barriers. Hot, HOT Stuff!

Headlining the night is Shake Rag, a band that started in 2012 with a focus on playing “early blues, the earlier the better,” according to Kevin Lovelace, the group’s drummer. Much of the interest on early blues is sparked by Ian Lovelace, who has evolved into an accomplished young harp player and vocalist. Ian credits his early influences on the

Showcasing another new downtown favorite, CABF will host a “Meet & Greet” at Corsair Artisan Distillery prior to the start of the Festival. VIP tickets (\$20 - Limited to 150) include a concert ticket, Meet & Greet from 5:30 to 6:30 p.m., and food from Mellow Mushroom with refreshments from 440 Main. Justin Kalk, a Nashville-based blues/rock guitar virtuoso, will be appearing before the show at Corsair. Influenced by the guitar stylings of masters like Hendrix, Jeff Beck, and BB King, Kalk’s incendiary fretwork is fearless and original. Kalk is described by Premiere Guitar magazine as “a ferocious Stratocaster player, incredible singer and brilliant songwriter.” Do not miss this rare solo appearance!

Come join an effort to keep the Capitol Arts Center a vital entertainment venue in downtown Bowling Green. General tickets are \$10 and VIP tickets are \$20. Tickets are available by phone at 270-904-1880, online at TheSKYPAC.com or at the SKYPAC ticket office located at 601 College Street, Bowling Green. All ticket sales will go to support renovation and repair.

Special thanks to our sponsors, Haskins Foundation, SKYPAC, Independence Bank, Graves Gilbert Clinic, Farmers National Bank, Clark Beverage Group, Andy Wilkins-Relator/Auctioneer, Mellow Mushroom, 440 Main, English, Lucas, Priest and Owsley, WKYU/PBS-Lost River Sessions, Corsair Distillery, Southeastern Displays and, of course, Erin Biggers!



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## Dance school mirrors hung too high

by Martha Madison



As a seasoned dance educator in my 50th year of teaching, it was only a few years ago that I was reminded of a most valuable life lesson. Within the first few days of classes in the then new and present location of the Dance Arts School, I was summoned by another teacher to come into her class of 5- and 6-year-olds. The teacher's request was very simple. She asked me to kneel down and look into the mirror. It was then that I was reminded of the life lesson to "never make an important decision until after you have gotten down on your knees." At this lower eye level I could not see my feet in the mirror. The mirrors in all five classrooms had been hung too high.

Well, the next life lesson to put into practice was to "turn a negative into a positive." With mirrors hung "too high" the

teaching problem of developing "mirror watchers in the very early years of training" seemed to resolve itself. Teachers began to subconsciously develop and share even more creative methods to inspire our little ones! We became less conscious of controlled movement and began to truly embrace simply the joy of moving. The basic skill of the ability to hear the music other than as a tune; the ability to appreciate the value of rests; the use of phrasing and dynamics; comprehension of floor and aerial patterns and feeling the composition as a whole; communication with others in a sequence of movement; real understanding of what the body can achieve; and the ability to use the body as an instrument of expression; or a real appreciation of the quality of movement became more apparent in our teaching methods.

It is in these early years of training that an experienced teacher of dance can begin the development of the "language of classical ballet" until it becomes a second language to the student. This is when children can feel the jump as coming from power underneath the body and landing in the same spot rather than pulling up from the shoulders. Learning how to flex the toes then the foot, stretch the foot then the toes becomes a natural, effortless movement. Using the correct position of the fingers, moving the arms above the head without lifting the shoulders, to take a step by fully stretching the foot and pointing the toe, rising on the ball of the foot with all toes flat and moving quickly around the room with a scarf above the head, turning 'round and 'round while the music is telling you to spin 'round and 'round, becomes a natural feeling of movement.



Over my teaching career there has been a serious emphasis on children to be "all the same." There is a standard to achieve at academics, sports, art, music, and dance too early. The lessons taught in a young child's dance class in the early years can become a second nature to the child if adults will just let them be and keep the "mirrors hung too high." Then, when the children are tall enough to see themselves, they will understand the movement as real ballet!

Yes! Having hung the mirrors too high was a blessing. Dance Arts has no intention of hanging the mirrors any lower.



NOTE: Parents, if you want to know where the young children "born to dance are," they are in the academic classroom wiggling in their seats. They are skipping down the sidewalk. They are moving in rhythm in the outfield. That is because if you are "born to dance" you can hear music that others do not. Their early dance training must not "turn off" the music that others do not hear.

### About the Author:

**Dance Arts graduate Ashley Sewell, who is presently a trainee at the Nashville Ballet.**

Martha Madison began her career as a dance educator in 1966. She studied dance at Western Kentucky University and the University of South Florida. She is certified through Dance Educators of America Teacher Training School and is currently director of Dance Arts Bowling Green.

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## A bit about actress Una Merkel

by Sara Volpi



Photo copyright Sean Kinder.

Have you ever seen "The Parent Trap?" I mean the endearing 1961 movie starring Hayley Mills and Camera Trick Mills. My sisters and I watched it, as they say, "a million times" growing up. I didn't know until a few weeks ago that the

actress playing the housekeeper/voice of reason Verbena was a native Kentuckian named Una Merkel. A coworker of mine, Sean Kinder, shared the news last year that his biography of Una Merkel was on the way to publication after years of research and writing – the labor of love that is authorship. The book, "Una Merkel: The Actress with Sassy Wit and Southern Charm," has officially debuted. It's a fabulous account of the life of this wonderful woman who, although never yearning for a starring role in Hollywood, stole scene after scene in hundreds of movies.

I'll let Sean do most of the talking in the interview below, but I will tell you one thing before you read much further. Pronounce Una with a "you" and a "nuh" versus the impulse to treat the name like a derivation of the Spanish word for one. This is an abridged version of the interview. The full Q&A can be found at [www.sokybookfestreads.wordpress.com](http://www.sokybookfestreads.wordpress.com).

### How did you find out about Una?

Although I had heard about her earlier, Una Merkel first really



Photo copyright Sean Kinder.

### When did you decide you wanted to write about Una?

Around 2006, I began thinking about doing a long-term research project, and being such a big fan of the Golden Age of Hollywood (1930s-1940s), I hoped to find a topic or subject connected with that era. After some initial looking, I made up my mind to embark on an ambitious project, a biography of an actress. But which one? Una seemed a natural choice for several reasons. First, she was a native Kentuckian, so at least the initial part of my research

caught my attention around 2005 or so, after I saw her in several films on Turner Classic Movies. Born in Covington, Ky., in 1903, she was the consummate professional actress, so versatile that she did everything – theater, radio, films (silent and talkies), and television – in a career that spanned over 40 years. She was rewarded for her efforts by a Tony Award in 1956, a star on the Hollywood Walk of Fame in 1960, and an Academy Award nomination in 1962.

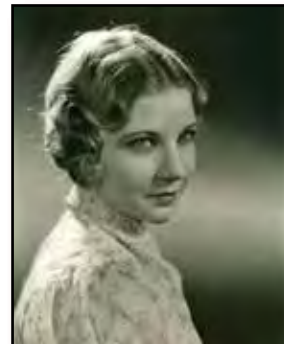


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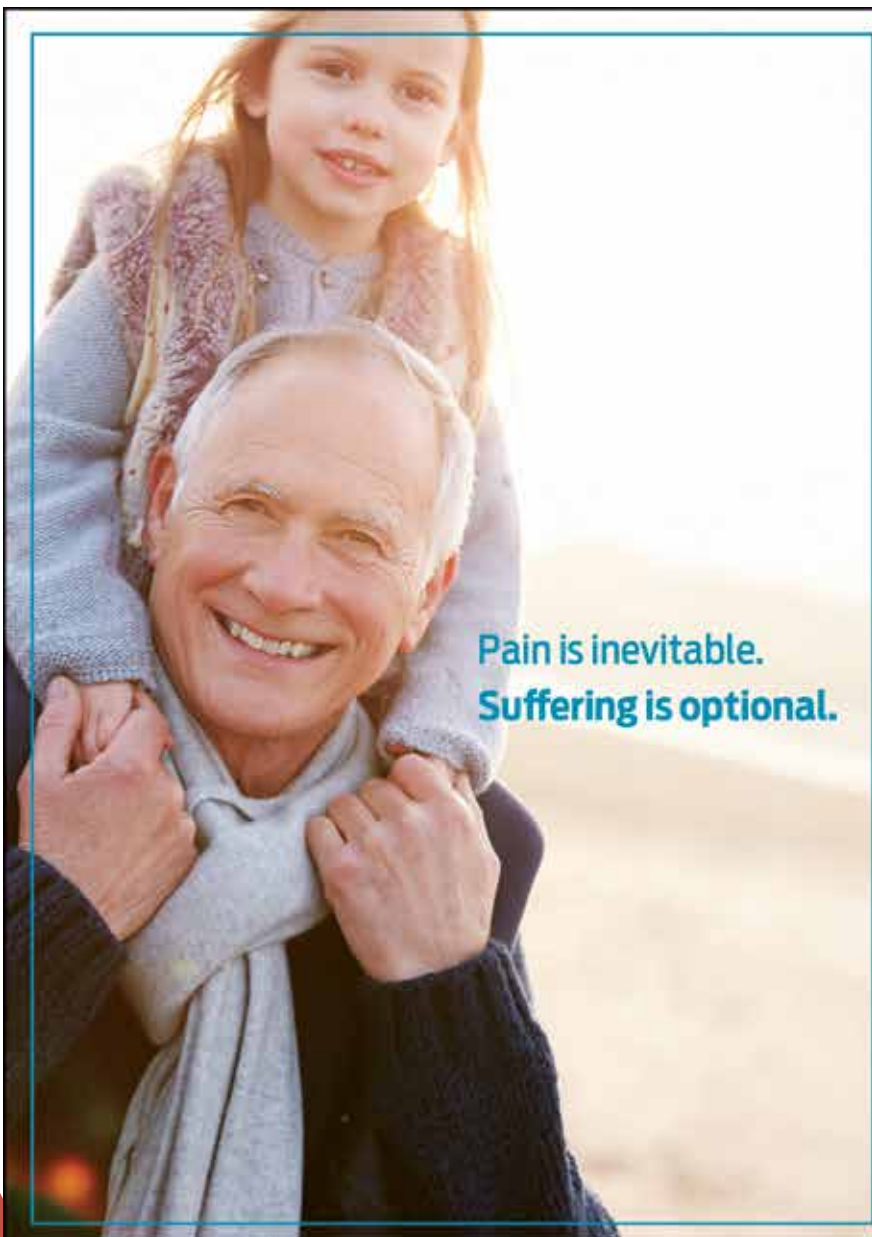
could be done here in Kentucky. Second, not much had been written about her, so I felt that I would be able to contribute something new and vital to film studies, all while sharing and spotlighting her amazing talent and career achievements.

### How long did it take to put this book together?

It took me four years or so to do the research for the book, conduct interviews, collect photos and memorabilia, and organize the massive amount of information that I collected. Then, it took me another four years to write the book. It was a tremendous amount of work, but well worth the effort.

### What were some of the challenges of writing this book?

When you're writing the biography of someone who's been deceased awhile (Una died in 1986), there's always the difficulty of finding friends or acquaintances who are willing to speak or write about that person. I contacted many of Una's colleagues, and while some of them responded, others did not. Some, for instance, claimed not to have any substantive memories of her. A few were not in good health, while others simply were too busy or unwilling to participate. Having said that, I was nevertheless able to locate a considerable number of individuals who shared their thoughts and memories with me. Each contributed, sometimes in big and



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## A bit about actress Una Merkel

--continued from page 12

small ways, to my understanding of Una, providing more clues or insights into her unique personality and remarkable life.



Photo copyright Sean Kinder.

### What is one of the most interesting details you discovered about Una?

It's difficult for me to narrow it down to just one, so how about if I give you three of them? 1. Famous director D. W. Griffith once called her the "greatest natural actress now in pictures." 2. She was one of the busiest actresses in Hollywood in 1933, appearing in no less than 13 films that year. 3. She and Gary Cooper entertained troops in Australia and New Guinea during World War II under

very harsh conditions, enduring enemy fire (at one point less than a half mile away), swarms of insects, electrical outages, Spartan living conditions, and temperatures on stage that exceeded 130 degrees under the sweltering lights. Despite all those challenges, she looked back on it with fondness, claiming it was one of the highlights of her life.

You say in the book that she "never aspired to be a star," but "took on secondary roles." Did she turn down any big roles?

Una never wanted to be a star for several reasons. First, she knew what a heavy responsibility it was. Moviegoers often expected their movie stars to be just like the personas they played on screen – ultra glamorous, chic, sophisticated and bigger than life, even offscreen. That wasn't who Una was in real life. She was the polar opposite – down-to-earth, humble and unassuming. Plus, she wasn't interested in fame or stardom but in playing good roles. She realized early on that some of the best parts were given to the supporting players. As for turning down roles, this wasn't an option early in her career during the studio system. Your contract gave you little to no control over your scripts or roles, and if you didn't play what was assigned to you, you could be suspended without pay. Later in her career, as a free agent, Una had more freedom in her choice of roles. She didn't turn down any big roles, but there were a few that passed her by. For example, she barely missed becoming Blondie in the long-running film series based on the comic strip. She was also briefly considered for the part of Glinda the Good Witch in "The Wizard of Oz."

### About the Author:

Sara Volpi is a writer and artist working as the Literary Outreach Coordinator and Southern Kentucky Book Fest Coordinator at Western Kentucky University. She loves hearing and telling stories, traveling, and, of course, reading good books. Know of a cool literary event to share? Have an idea of one you'd like to see happen in Bowling Green? Send Sara an email at [sara.volpi@wku.edu](mailto:sara.volpi@wku.edu).

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## Politics and poker

by Lee Stott

Adolphe Adam, who wrote what is probably the second piece of music ever to be broadcast on radio, "Cantique de Noel" (O Holy Night), composed a three-act opera called "If I Were King." Some 50 years earlier, George Washington swore he would faithfully execute the office of president, not a king, to carry out the will of the new nation's people.

On Nov. 23, 1959, a musical spoof called "Firoello" opened on Broadway. The show – music by Jerry Bock and lyrics by Sheldon Harnick – told of New York's colorful mayor Firoello H. La Guardia, carrying out the will of the people while taking on the vaunted



Tammany Hall political machine and eventually running for Congress, the story enlivened by such tunes as "Politics and Poker" and "The Bum Won."

During autumn 1962 Irving Berlin's last musical "Mr. President" was doing a trial run in Washington, D.C. President John F. Kennedy with First Lady Jackie attended the premiere. Robert Ryan starred as the fictitious U.S. President Stephen Decatur Henderson. Actress Nanette Fabray was First Lady Nell.

T.H. White's "The Once and Future King" inspired the

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## Politics and poker

--continued from page 14

Lerner and Loewe musical "Camelot." The original 1960 cast album became America's top-selling LP for 60 weeks. President Kennedy was enamored with the Knights of the Round Table from early childhood. He held to an idealistic view of a history replete with heroes. The Kennedy White House seemed to take on a "Camelot" air. JFK's favorite line from the musical was "Don't let it be forgot that once there was a spot. For one brief, shining moment that was known as Camelot."

Music played an important role in most U.S. presidencies. For some, playing the flute might seem out of character for the great general, but George Washington learned and practiced playing the flute. Thomas Jefferson was quite handy with the violin. Abraham Lincoln couldn't carry a tune, yet he loved music of all sorts, from "La Traviata" to "Blue Tail Fly." His favorite singers, according to Philip and Peter Kunhardt in their book "The American President," were the Hutchinson family, boosting the election effort with catchy campaign songs.

John Adams invited the fledgling eight-to-ten-member U.S. Marine Band to entertain. First Lady Dolly Madison purchased a piano for the White House, of "superior tone and sweetness." Both John Quincy Adams and wife Louisa often sang ballads and arias together. Touring artists were welcomed into the White House in the 1840s by presidents Tyler, Polk and Taylor. Mrs. Millard Fillmore made sure the White House had a music room as well as three pianos. Rosa Ponselle, Jascha Heifetz and Vladimir Horowitz performed in the Hoover White House.

It was the Kennedys who made the White House a musical showcase, embracing classical, opera, ballet, gospel, jazz and rock 'n roll. Guests included Leonard Bernstein and Aaron Copland. A concert given Nov. 13, 1961, by cellist Pablo Casals was probably the most celebrated Kennedy White House musical event. The Paul Winter Jazz Sextet was the first jazz group ever to perform in the White House. One of the leading mezzo-sopranos of her generation, Grace Bumbry, made her American debut at the Kennedy White House.

A local veritable showcase is evolving as the November holiday countdown gains momentum:

### MUSIC

The Southern Kentucky Choral Society Fall Concert is set for 7:30 p.m. Friday, Nov. 4 at Van Meter Hall. A "Trio for Two," Viola and Percussion Guest Recital, follows at 3 p.m. Sunday, Nov. 6 in the Ivan Wilson Fine Arts Center Recital Hall. A WKU Guitar Ensemble Concert begins at 7:30 p.m. Wednesday, Nov. 9 in the Recital Hall, and a WKU Band-Veteran's Day Concert is slated for 7:30 p.m. Thursday, Nov. 10 at SKYPAC.

Opera comes to the Hill Tuesday and Thursday, Nov. 15 and 17. This year's autumn Opera Theatre performances begin at 7:30 p.m. in the Recital Hall. The WKU Jazz Band will strike up in the University's Instrumental Rehearsal Hall at 7:30 p.m. Saturday, Nov. 19. A Cello Studio Recital is planned for 3 p.m. followed by a Trombone Studio Recital at 6 p.m. Sunday, Nov. 20, both in the Recital Hall. And check out the "Quaternity" Trombone Recital, 7:30 p.m. Monday, Nov. 28, also in the Recital Hall.



An Orchestra Kentucky Symphonic Tribute to the Eagles will feature Kevin Snyder and Bhrett Puckett singing the songs of that famous group, appearing with a rock band, and doing symphonic arrangements of their classic hits. The music begins at 7:30 p.m. Saturday, Nov. 5 at SKYPAC.

Travis Tritt, without cowboy hat or "musical aggressiveness," is coming to town Thursday, Nov. 3. This icon of Southern rock, blues, gospel and country holds two Grammys, three CMA Awards, and plenty of Platinum albums. Make a note to see and hear Travis, at 7:30 p.m. Thursday, Nov. 3, also at SKYPAC.

### THEATER

"Fame the Musical" is delivered as a "journey, traversing the struggles, fears and triumphs of young artists navigating the worlds of dance, music and theatre." The show is based on the Academy Award-winning film and the Emmy Award-winning TV series. The show opens for one night, 7:30 p.m. Friday, Nov. 21 at SKYPAC.

The meek floral assistant named Seymour Krelborn wants to find his way off of Skid Row and into the heart of co-worker Audrey. Seymour's new "strange and interesting plant" just might help make that dream come true. Or, it just might destroy the world. "Little Shop of Horrors" runs Thursday, Friday, Saturday, Monday and Tuesday, Nov. 3-8 with curtain at 7:30 p.m. A Sunday, Nov. 6 matinee begins at 3 p.m. Venue is the WKU Russell Miller Theatre.

With the younger set in focus, Fountain Square Players, Bowling Green's community theater since 1977, is presenting "Winnie-the-Pooh," the story about Christopher Robin's fat little "bear of very little brain." The show runs Thursday through Sunday, Nov. 17-20, at the Phoenix Theatre. Call 270-781-6233 for details.

### DANCE

WinterDance, featuring Adventures in Toyland, is an hour long "adventure through a dancing land of toys, presenting a variety of ballet, jazz, modern and tap dance choreography." A Sunday matinee will include a children's parade and a photo opp "with some of your child's favorite toys." The event is set for 7 p.m. Friday and Saturday, Nov. 18 and 19, and 2 p.m. Sunday, Nov. 20 at Van Meter Hall.

### SPECTACLE

"Cirque Dreams Holidaze" is billed as a "bright, critically-acclaimed holiday show – a circus-like stage spectacle featuring ornaments, costumes and acrobatics that come alive, celebrating holiday themes, music and tradition... over 300 costumes, 20 acts and 30 artists..." Holidaze begins at 7:30 p.m. Saturday, Nov. 26 at SKYPAC.

### About the Author:

Lee Stott is retired from WKU Public Radio, lives near Franklin with his daughter Cindy Wade's family and has 30 grandchildren and one great-grandson.

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The Kentucky Arts Council, the state arts agency, supports Orchestra Kentucky with state tax dollars and federal funding from the National Endowment for the Arts.



# The chemical geography of beer

by Andrew McMichael

**Publisher's Note:** After nearly four years of great articles relating to all things beer, Andrew has decided to take a break from writing about this interesting and diverse beverage. It is extremely unusual for SOKY to republish material but Andrew's articles were so popular that we are going to finish the year with some of his most memorable efforts... let's call it "Andrew's Best of Beer!"

In the United States, and to a lesser extent in the European Union and Great Britain, store shelves and bars are awash with beers from around the world. Bowling Green bars, restaurants, and liquor stores feature beer from Mexico, China, Japan, the Czech Republic, and France, and a Babel of other nations, which sit next to beer from California, New York, Virginia, Kentucky and many other states of the Union. In the United States, breweries make many different beer styles from around the world, but many countries and regions are associated with a specific style. The Czechs invented and continue to produce excellent pilsners, while stouts and porters grew up around London, England, and Scottish ales hail from Edinburgh, and saisons came from the Flanders region of northern Belgium. The styles associated with these countries stem from accidents of geography that produced very particular flavors.

Those accidents of geography mostly relate to water chemistry. The most important chemical ions for brewing are those associated with calcium, magnesium, bicarbonate, sulfate, sodium, chloride, and sulfate – all of which appear naturally in groundwater to one degree or another. The ionic form of these chemicals affect water hardness and alkalinity and acidity (measured by pH), and these ions ultimately have an enormous influence on the style and flavor of the beer. This is because acidity for mashing beer should be in the slightly-acidic 5.1 to 5.5 pH range, and most water does not start there. But the various malts used in brewing contribute to acidity, each in their own way, with a general rule of thumb being that the darker the malt the more it lowers the pH of the water, with wheat providing the most acidity, and dark roasted chocolate malts providing the most alkalinity in the tug-of-war between the pH of malts and the local water supply. Here, then, is where geography intersects with chemistry to produce great beer.

One of the best examples must certainly be the pale ales produced in the Burton-on-Trent region of England. The water from this area is chemically balanced toward the high end of the scales. It's high in calcium, sulfate, and bicarbonates, making it quite "hard" and alkaline as compared to other brewing areas. Increased calcium levels in the water help promote yeast activity, but more importantly contribute to greater enzyme and protein reactions, which helps increase head retention and reduce haze in the beer. Increased calcium also contributes to fuller flavors emerging from the grains.

Though they did not understand the chemistry in the 17th and 18th centuries, over time brewers discovered that darker malts layered on top of the light base malts produced better beers. The darker caramel and roast malts used for pale ales balance the bicarbonates by naturally raising the pH during the brewing process, thereby balancing out the naturally low pH of Burton water. High sulfates play their own role by sharpening the hops flavor and making the beer more bitter, and drier on the palate at the finish.

These are all characteristics of beers such as Bass Pale Ale, Boddington's Pub Draught, Fuller's London Pride and their ESB, Goose Island Honker's, Anderson Valley Boont ESB, and Great Lakes Moondog Ale, among many other locally-available pale ales.

Another good example, in the opposite direction, are the beers of Pilsen, in what is now the Czech Republic. The water there is low in bicarbonates – three parts per million as opposed to the 320 in Burton – and so is more acidic (less alkaline) than in Burton-on-Trent. Adding dark malts would increase the acidity even further making it harder for the yeast to survive and cause a harshly bitter flavor. So in Pilsen, brewers developed beer that used only light-colored base malts. Water in Pilsen is also very low in sulfates – four parts per million as opposed to 820 in Burton – which takes the edge off the hops, leaving a subdued hop bitterness in the beer.

A pilsner therefore is a very light, nearly see-through yellow color, softly malty (as opposed to the rich maltiness of a pale ale or an IPA), hoppy, and crisp and clean in flavor. Locally-available examples of the classic pilsner flavor are Warsteiner, Left Hand Polestar Pilsner, the classic Spaten Pils, Pilsner Urquell, and Staropramen.

Historically, brewers got water from their wells or rivers and adjusted their grains to produce a beer that tasted good. These days many commercial brewers, from microbreweries on up, start with their grains and recipes, and adjust their water. Subjecting water to reverse osmosis filtration strips it of all the chemical ions. Brewers then reintroduce buffering salts to imitate the water



chemistry of the region that matches the style of beer they want to brew.

A final example of chemical geography, or perhaps biochemical geography, has nothing to do with water, but instead comes from the air. Or, at least, what's flying around in the air. Beer fermentation occurs through the activity of either *Saccharomyces cerevisiae*, the oldest and most common species of yeast in the world, or *Saccharomyces pastorianus*, its more recently-evolved cousin. *S. cerevisiae* ferments best in warmer temperatures and produces ales while *S. pastorianus* ferments cold to produce lagers. *S. cerevisiae* is not an airborne yeast and so must enter the kettle on the back of some fruit, or through an introduction by the brewer. When yeast consumes sugar, the organism produces alcohol and carbon dioxide as main byproducts. Yeast also, however, produces different kinds of esters – chemical compounds that have specific flavors. In beer, these often manifest as fruity flavors ranging from pears to bananas to solvent-like tastes.

At the turn of the century, brewing chemists discovered another genus of yeast, named *Brettanomyces*, and a particular airborne species labeled *bruxellensis*. Occurring naturally only within a very narrow area of the Senne Valley near Brussels, Belgium, *B. bruxellensis* causes spontaneous fermentation and the yeast byproducts (the esters) include sour and musky flavors. Some regarded it as spoilage, but other brewers recognized it as a way to make beer with more complex flavors. This yeast occurs nowhere else in the world

and so, prior to scientists' ability to store it, only beers from this area of Belgium "infected" by "Brett," as it is colloquially known, had the characteristic a sour, almost funky flavor. The flavors are now associated with Belgian Lambics, Gueze, Kriek beers, and Flanders Red Ales.

Modern brewers around the world pitch the yeast as part of fermentation or oftentimes age the beer in previously-infected wine barrels to give the beer an earthly fruity flavor. So while any modern brewer or homebrewer can use Brett, its initial development came about because of a geographical peculiarity.

Locally-available examples of beer made with Brett include Rodenbach Grand Cru, Orval (with the Brett added at bottling), Russian River Supplication, Green Flash Rayon Vert, and Lindemans Kriek Lambic.

While it does not require a degree in chemistry, geography, or biology to drink interesting beer, the characteristics of those beers originally depended on the regions from which they came. While modern brewers can manipulate their water and bring in exotic ingredients, the biochemistry of the local geography gave rise to the multitude of unique styles we know today.

## About the Author:

Andrew McMichael has been studying the history and art of beer and brewing for more than 20 years. When he's not teaching at WKU or hanging out with his family, he's working to become a qualified beer judge and holding local beer tastings.



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## Dot's Blueberry Crunch really hits the spot

by Twila K. Hurst

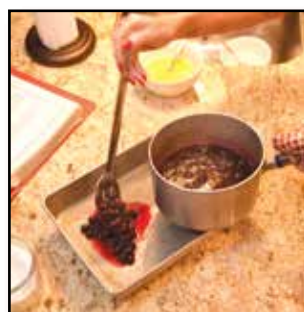
Many, many moons ago (over 26 years actually), in the small town of Laurel, Miss., my then husband-to-be Tim introduced me to his mom, Dot, and his stepdad, Bro. Ishee (a Southern Baptist minister for more years than I had been alive!). A shy, timid redneck from Marshall County, Ky., I was more than a little intimidated to be "meeting the parents" as it were. Yet they both welcomed me with open arms and we quickly grew to love each other... especially once they found out my affinity for desserts – both indulging in them and baking them!

In our area, it seems blueberries grow on bushes, but in Mississippi, Dot and Bro. Ishee had blueberry TREES – that's right, trees! We would all put ladders under the trees and climb to the top step in the hot Mississippi sun and pick gallons of blueberries, sometimes bringing them back to Kentucky to freeze (Note: They used no pesticides or chemicals on their berries, so they told me it was best to not wash them before freezing so they wouldn't stick together, just wash them before eating or cooking them). So when we would visit in the summer, Dot always made Blueberry Crunch. Bro. Ishee said he liked us being there so he could have the dessert and we gave her an excuse to make it. I have no idea where the original recipe came from, but Dot gave it to me and I thought I would share it with all our readers.



**Dot's Blueberry Crunch**  
**2 sticks Blue Bonnet margarine**  
**2 cups blueberries (fresh or frozen)**  
**1½ cups sugar**  
**½ cup sugar**  
**1 large can crushed pineapple, drained**  
**1 box Betty Crocker Butter Recipe Yellow cake mix**

Melt margarine in 9"x13" pan. After melting,



pour into cup for later use. Cook blueberries and ½ cup sugar in a small amount of water until soft and juicy. Remove cooked berries with slotted spoon and place in bottom of 9"x13" pan where margarine was melted (reserve juice). Top berries with 1½ cups sugar, then drained pineapple, then cake mix. Cover cake mix with reserved melted margarine and reserved juice from cooked blueberries. Bake at 350 degrees until golden brown.

**SERVING TIP:** This is wonderful



away (after we have had a small serving, of course!). But Dot's Blueberry Crunch is always going to be one of our favorites and I am thankful she shared the recipe with me!



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## Fall in love with 643 Sports Bar & Grill this fall

by Joseph Brazell



Hues of green fading away to red, orange and yellow, temperatures dropping, and leaves slowly releasing from their hosts to meet the ground below... Autumn is upon us here in Bowling Green. The heat waves from former months wear down the spirits of people near the end of summer, so these cooler days and chilly nights are always so well received that everyone seems to find a new blast of energy and excitement. The residents of our town tend to flock to the local orchards and pumpkin patches, take relaxing strolls on foot around town and hikes within surrounding parks and forests, and build evening bonfires to roast hot dogs and toast marshmallows. With so much to do outside, the 643 Sports Bar & Grill crew hopes that everyone still makes time to stop in and see what new things are going on in our neck of the woods as we adjust to the fall season.

Since this is the time of year for events, our calendar is stacked with them! 643 is becoming a regular name in the music scene. From hosting talented local bands and musicians to pulling in out-of-town talent from all over, there is much more on the way to be enjoyed. This is not just limited to the house showcase floor either. More large-scale productions with fully constructed stages will be held outside



on the Hot Rod Alley to accommodate large groups of people while embracing the cold air; so grab a hat, gloves, and your positive spirit. These will be managed both independently through our brand and in partnership with local radio stations, so expect some big names and big attending numbers. Other buzz about our little hot spot includes major sponsorship for the Second Annual Bowling Green Bourbon & Brewfest. We love bourbon (as most Kentuckians do), we love brews (as is apparent with our many draft beer taps), and we love a common gathering of like-minded individuals whose main goal is to socialize

and have a good time. Also to be expected are more comedic acts, drag events, costume contests and parties, and an ongoing effort to provide sports lovers with coverage of the many exciting college and pro football games still to come in the season, the start of NHL, and the conclusions of Major League Baseball this year.

The 643 bar staff is also turning over a new leaf in the direction of fall season cocktails. Out with the bright elixirs paired with summer, and in with some nice soft delicacies to compliment the changes in weather. These include the Pump & Kick, a nicely spiced cinnamon whiskey pumpkin martini with a very smooth and silky sipping finish to reel you into the season. We love mules and think you'll be right on board with the Midnight Hive, which is a lemon honey bourbon approach with added muddled blackberry. Also, mimosas are fun any day and with any weather so toast with our apple cider rendition that incorporates salted caramel vodka called the Bubbly Apple. Each of these three is unique and will compliment both the temperature outside and your taste buds.

Lunch or dinner, solo or with a large group of family or friends, 643 would love to have you



come enjoy our unique experience this season. With so many exciting things on our agenda, there are definite dates to accommodate all ages and types for a great time. So as we fall into the new season, we hope that you will come and see why so many fall in love with all that 643 Sports Bar & Grill has to offer.



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## *It's a horse's world*

*by Karen Thurman*



As always, time is flying by and another article is due for SOKY. I always enjoy this time I spend on the computer, but I must make myself sit down and write and not look out the window at all the chores that I should be doing. So here I am writing, knowing that chores wait for me when I'm done and push the send button.

We all know that this November is going to be a historic one. We will be ending the month with either our first female president or a man who has raised many eyebrows since announcing his intention to run for the highest office in the United States. Wow! That's really all that I'm going to say about that (to quote Forrest Gump). But I did decide to tell you about our most presidential horse, Liberty.

This older bay gelding is our only mustang and really the only one that I've ever owned. He arrived here from a rescue in Tennessee about ten years ago. We were told he came from a cruelty situation where he and several other animals were kept in a round pen with no food, even though they said there was hay in the barn. All of the animals were taken away from the negligent owner. Liberty was gelded and nursed back to health and brought to Rainhill.

We were told Liberty was very fearful of people and could not be handled. He was standoffish, even at feeding time, and would not allow even the gentlest touch. We agreed to give this sad boy a home knowing that once released into our fields we probably would not be able to catch him again. Really, my first thought was to keep him in a stall until he accepted being handled, but the more I thought about the foolishness of this idea the more I realized it was not only foolish but also stupid. As the trailer arrived that day, so many years ago, I told them to back up to the gate. We would be releasing Liberty into the main field with the sighted horses we refer to as the "herd." There were probably 12 other horses in that field at that time, with equal numbers of mares and geldings. Liberty thought he was in heaven. The herd

was in the biggest pasture we had with total acreage of about 100 acres. Rainhill occupies 185 acres of trees and rolling pastures and the barns and smaller paddocks take up about 50 acres, so the rest is just big fields.



Releasing Liberty with the herd was the best thing I could have done for him. Now he was surrounded by the place that looked most like home to him, and he took control immediately, separating all the mares from the geldings and keeping them all to himself. He would move them around to different areas of the fields, looking over them like his mustang ancestors probably did. He resented any intrusions into his little band of mares, and sometimes I worried about him hurting any horse that dared to cross his imaginary line. But while he was protective he was not mean and all settled into a good life together.

Liberty is still cautious of us and we respect his space. He has been healthy and very happy as he lives out his life at Rainhill, still watching over his little band of friends, which now includes both mares and geldings.

Liberty has never had a sponsor, but maybe this is his lucky year. In honor of this historic presidential election, would you make Liberty your sponsored horse? For \$25 a month or \$300 a year this beautiful horse could be your special horse. All money raised goes directly to the care and feeding of Rainhill's precious horses and remember, we are a 501c3 non-profit organization so all donations are tax-deductible.

Have a wonderful Thanksgiving, and please be thankful for all that we have. We are so lucky to live in a place where there is so much freedom and goodness. God bless you all for caring.

Karen Thurman  
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## Deerhound Specialty Show made for great vacation

by Dr. Betty Stephenson, DVM



**Falcon gaiting in the Veterans Conformation Class. Photo by Steve Surfman.**

Vacation time – what could be more fun than going somewhere that welcomes your dogs to spend a week with a couple of hundred people who share your passion? I just got home from the Scottish Deerhound National Specialty Show in Frankenmuth, Mich.

What's a National Specialty Show? It's the once-a-year opportunity to see the best individuals of your favorite breed all in one place at one time. With a rare breed like Deerhounds, most dog shows only boast two to five individuals when any appear at all. The National showcases the endeavors of Deerhound owners in all the venues they can compete in except agility. Some people just go for the conformation show, others just for lure coursing, a few only for obedience, and then there are some, like me, who enter everything their dogs can (or will) do in hopes of the elusive All-Around-Hound Award, for the dog that garners the most points in the most different venues, and must include at least one running, one training and one conformation event. I entered Ra in seven different events: straight racing, two lure coursing trials (chasing a white plastic trash bag attached to a string that runs through a series of pulleys to make a 600-1000 yard course that zigzags around a large, rolling field, to start and end at the same place. Dogs run in threes and do the course twice to be judged for prizes.), conformation sweepstakes, a three generations class, obedience, and the regular conformation classes. She placed in four events, won one, and still didn't get the coveted award. While I was disappointed, I didn't really go to win.



**Ra on the trail of the Lure! Photo by Steve Surfman.**

The National Specialty Show for any given breed is an opportunity for people who care about the breed to see what other breeders and fanciers are producing, listen to seminars on history, health and longevity, discuss ways to improve our favorites in form, function, health and temperament (as if you could improve a Deerhound!), and meet new people from all over the world. I may joke about improvement, but with purebred dogs, we have a rare opportunity to do real good in the world along the way to perfecting our beloved companions. We sponsor, donate time and effort and contribute monetarily to genetic research projects that will not only help eliminate genetic diseases like bone cancer and heart disease in Deerhounds but also advance understanding of these same diseases in humans, who share a genetic propensity to develop them. This year, we collected nearly a hundred blood and urine samples for studies ongoing in blood clotting disorders, bone cancer, heart disease and kidney/bladder stones. All of these projects have support from the "human side," as knowledge gained from them will benefit people as well as dogs.



**Ra (yellow) running off for Best In Field (she won!) Photo by Steve Surfman.**

Because there is pedigree documentation and DNA identification for individuals that go back many, many years, and because small gene pool breeds of dogs will have high concentrations of certain genes that occur in the human population but in a random manner, progress toward identifying disease genes can progress much faster than if studies were conducted in humans or other species of animals. The rate at which genetic disease research is progressing today is dizzying, and there is hope on the horizon that all genetic diseases will soon be completely manageable, if not completely eradicated.



**Ra on the Lure Coursing Field. Photo by Steve Surfman.**

So, picture us: Me, Ra, Falcon, Cam and Snake, loaded up in the Sprinter van to make the long (9.5 hours) trek across the country to Michigan

to participate in what must seem to some like a Busman's Holiday. I got up at five every morning to be at the coursing and obedience fields at seven after feeding and walking all the dogs, loaded them up in the van and drove the .75 miles to the show site, did a bit of on-the-site grooming (luckily, Deerhounds require very little of that, being a breed that's shown pretty naturally), picked up armbands for numerous classes, and ran around the ring which was set up in a lush green field set right on the bank of the Cass River over and over and over for five days. Saturday the rain started before the show did and continued hard throughout the show. Being Deerhounds, the dogs didn't mind, but being humans, we didn't much enjoy the sodden environs. When the show was finally over, late in the afternoon, we packed up our soaking pens and blankets and went back to clean up for the awards banquet.

The trip home was uneventful, the drive through Michigan beautiful through the wetlands with waterfowl of all kinds along the interstate, deer everywhere (at one rest stop, a doe and her tiny fawn only just got into the woods before my Deerhounds looked that way so I managed to get them back into the van and on our way without mishap), the rain held off till I got back into Kentucky, and all the dogs left at home were in good shape and happy to

see us when we got home. A practically perfect vacation!

### About the Author:



Dr. Betty Stephenson has practiced small animal medicine in Bowling Green since 1981, and opened Greystone Pet Hospital in 1988. She works there part-time now, and in her

spare time, she enjoys trail riding, reading, writing and hiking with her ten Scottish Deerhounds, which she also trains and shows in conformation, obedience and lure coursing. She lives off the grid in a solar home in Edmonson County and writes a column for the bimonthly news magazine of the Scottish Deerhound Club of America.

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## Let an adjustable power base help you have more fun in bed

by Tim Hurst

I don't know about you, but Twila and I love to read and watch TV in bed before we nod off to sleep. And nowadays I almost always take my iPad to bed with me, too. Until recently that meant having a stack of pillows either in the bed or nearby so we could build a support to create a comfortable position. But, thanks to Mattress Man at Miracle Mattress, who talked us into an adjustable power base for our new bed a year or two ago, we don't need a bunch of extra pillows and don't have to constantly move pillows to and from the bed and adjust the stack as it slides and shifts. OK... reading, watching TV, etc... those are the real reasons we decided to purchase a power base. However, in all honesty, Mattress Man gave us a number of other good health and comfort reasons as well.

Is snoring a problem in your bed? It was in ours. I won't say who snores but I used to be the one awake in the middle of the night. Research shows that when you sleep flat it negatively affects the breathing pathways - often leading to snoring. But between a special pillow provided by Andy Ford at Ford's Furniture and advice from Mattress Man on raising the head section of the power base just a little, snoring is almost never a problem for us now.

Another issue in our lives... OK, in my life... is aches and pains. Mine mostly are from either old age or arthritis... maybe both. The power base allows you to adjust support for parts of your body, shifting your weight and reducing stress on areas such as the lower back and helping to reduce or eliminate joint pain when you wake up.

A couple of other health issues a power base can help with... do you have issues with heartburn and/or acid reflux? Sleeping with your head raised a few inches will help keep the stomach acid in your stomach instead of letting it migrate into your esophagus leading to discomfort.

Additionally, being able to change the height of various body parts allows you to make adjustments such as raising your legs above your heart. This makes life easier for your heart which will appreciate the assistance and no doubt let you know about it. Raised legs is also beneficial for taking pressure off the veins in your legs, giving them a break after a hard day at your desk or on your feet.

I have talked mostly about the adjustable power base... or some call it an adjustable bed, without mentioning what goes on top of it. While it might be possible to use your current mattress, it is strongly recommended by most knowledgeable professionals to purchase a mattress that is a great match for your power base at the same time you purchase the power base. This assures proper operation and the greatest comfort.

There are some things you need to take into account when thinking about... to power base or not to power base... sorry, Shakespeare! The good news is you won't need box springs or another traditional mattress base. Your power base replaces those but is likely to cost a bit more. Also, your traditional bed support structure is unlikely to need repair while a power base has several moving parts and motors that can wear out or break so be sure to ask about the warranty. And keep in mind a power base is a relatively stout mechanical piece of equipment that weighs approximately 150 to 800 pounds and that means, especially when you add a heavy, super comfortable mattress to it, you won't be lifting it one-handed to vacuum under it. Last and most likely least... be sure to pay attention to the noise. Those little motors don't sound like a 747 taking off but if you like to stay awake later than your partner and he or she is a light sleeper the noise when you make an adjustment could be an issue.

All in all, my best suggestion is to drop by your favorite furniture or mattress store... did I mention that Ford's Furniture and Miracle Mattress are both offering specials that include a



free adjustable power base with select mattresses at the time of this writing?... and let one of their sales consultants help you choose and test-drive the perfect mattress-power base combination for you.

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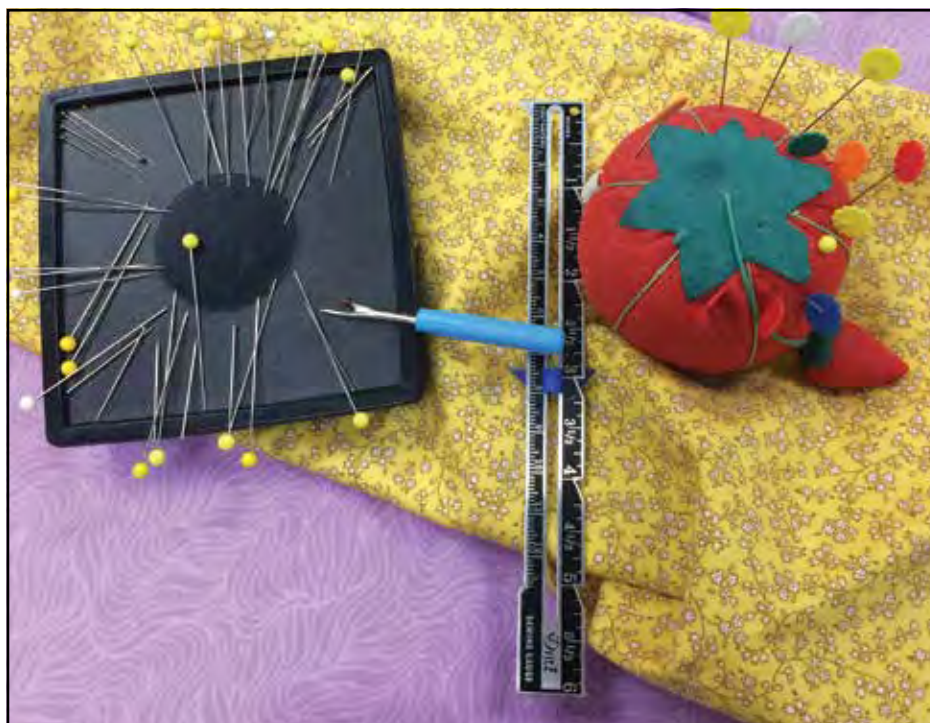
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# What's in today's sewing basket: A look at sewing notions

*submitted by The Sewing & Vacuum Center*



Back in the day, most homes had a sewing basket with supplies for stitching and mending. The basket would contain needles, thread, scissors, and a thimble. You might find some stray buttons, snaps or other fasteners for repairs. Today's sewing basket contains the above items but many new tools have been developed for the sewer to make projects easier. Here's a look at some of today's notions and their uses. You may want to add these to your notions stash.

that I keep for special use. These work well for pinning lace and in some quilt projects where the raised head might cause distortion during construction. Other pins that can also be added to the stitcher's toolbox include **sequin pins**, **beading pins**, and **ballpoint pins**.

The pins will need a "home" to stay in when not in use. A **pin cushion** is the best way to keep the pins in place. If you use several different types of pins, use different pin cushions for storage, giving each type of pin its special place. The red tomato-shaped pin cushion is the most common but many different types of designs are available. Making your own pin cushions can be fun and allow for unique designs. A great filling to use is polyester fiberfill and/or finely crushed walnut shells. The shells can help to keep your pins sharp. **Magnetic pin holders** are also available. Be careful and do not leave your magnetic pin cushion too close to computerized machines as it may harm the internal working. Also remember, DO NOT sew over straight pins. Hitting a pin with your needle can break the needle, jam it into the bobbin area, and possibly throw the machine out of time.

A **seam ripper** (or designer adjuster, as I call it!) is a must for the sewing basket. This tool generally has a sharp curved blade with a ball cap on the opposite blade (prevents slipping) that rips stitches out. If you are a machine embroiderer, there are specialty rippers available for removing the tight machine stitches produced by the embroidery machine.

The **seam gauge** is a 6" metal ruler with a movable tab in the center. I keep a couple of these in my sewing area. The tab can be set at a particular measure for easy reference. This is used to mark hems, buttonholes, pleats, etc.



Another measuring tool that is helpful is the **tape measure**. The most common size is 60" in length for general sewing. A **quilting tape measure** is 120" in length, which allows measuring baby to king-size quilts. The tape measures are usually made of flexible fiberglass or cloth.

**Marking tools** are another important item for today's sewing basket. There are many choices available but my favorites are the disappearing ink (purple) pens, water soluble pens (blue), and chalk pencils. The pen marks will disappear as long as you do not iron them. Heat makes them permanent. The chalk pencils/markers come in a variety of colors and can be brushed off fabric.

**Thimbles** may still be used by some for hand sewing projects. The thimble helps to push the needle through fabric layers, protecting your finger. Thimbles come in a variety of shapes and materials, from metal to leather. Metal thimbles are sized, so you will need to try one on for sizing. Leather thimbles are one size and "mold" to your finger shape.

My notions stash includes several types of straight pins beginning with **dressmaker pins**. These are the ones most commonly used and work well for medium weight fabrics as used in garment construction. I also like to use **quilting pins** for my piecing. These pins are longer, about 1 3/8", and have a colored ball on top. They are a bit stronger for pinning several layers of fabrics together during piecing. **Glass head pins** are also useful for items that need to be pressed while pinned. The glass heads will not melt. **Flower head or flat head pins** are other types

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Collecting the above notions will help you start your sewing notions stash. In future articles, we'll look at more of the notions that are available including scissors/shears.

Remember that a good **sewing machine** is the most important part of your sewing experience. We're here to help you choose a machine that will fit your sewing needs, and we provide free lessons on using the machine. Come and see us!



## 'Tis the season

by Clarissa Smith



### About the Author:

Clarissa Smith received her education from David Lipscomb University and Western Kentucky University in the field of design. A former visual merchandiser for Castner-Knott, she decorated on the side. She has decorated Parade homes in Fountain Trace and Covington Grove plus a wide variety of commercial buildings including Chandler Park, Chandler Assisted Living and Hospice along with several banks and doctors' offices. She has been employed as a buyer of accessories and the on-staff designer at Ford's Furniture for 12 years.

# The Design Studio at Ford's



Clarissa Smith,  
Designer



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'Tis the season to start to prepare your homes for the holidays. Can you believe it? Let the festivities begin! Time to pull out the fall arrangements and table arrangements and light the pumpkin candles. We are ready to roll, so let's take a minute to reevaluate our furniture.

The question we should ask ourselves is what we want to update and what amount we want to spend. Start with the room you use the most. Could the sofa be salvaged, perhaps with a new set of throw pillows, or do you need a new sofa all together? Look at recliners or loveseats next. What improvements need to be made? All these questions are a good start to preparing for the upcoming visitors. Rugs, throws, pillows and accessories could be all you need.

Now it's time to look at the dining room table and chairs. Are you prepared to serve four, six or however many are in your family?

If visitors are coming from out of town, keep in mind that a great investment would be a sleeper sofa. Overnight guests would love to sleep on our new sleepers that we offer in several different colors and in twin, full and queen sizes with an innerspring mattress. This is a great product to keep in your home year 'round.

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## The one thing we have forgotten

by Tim Brown

I find it interesting that the last thing Jesus told HIS disciples is the thing in 2016 that HIS disciples seem to have forgotten about:

*Jesus came and told his disciples, "I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit. Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age." Matthew 28:18-20 (NLT)*



Young adults enjoy food and fellowship at an EKK on the Hill gathering called Big Table.

He said to GO (actually means "as you go") and make disciples. It wasn't a suggestion or a "if you feel like it" directive. It was the one thing Jesus wanted us to do above everything else before He returns. We seem to think discipleship is a very complicated process and requires certain gifts. But over the past few years I have come to see that it is pretty simple – IF we will just lean into it and trust that God can do anything through each of us.

So, why aren't most of us making disciples as we go? I believe the word discipleship scares most people because we don't think we are capable... don't know how... don't know enough Bible... our past is ugly... don't have certain gifts... and on and on.

If we look at Exodus 3:11, we see a man named Moses had a similar thought: "But Moses protested to God, "Who am I to appear before Pharaoh? Who am I to lead the people of Israel out of Egypt?"

He felt totally inadequate to do so (sound familiar)? Which was the very response God had been waiting for, and why did this response please God? It confirmed that Moses no longer trusted in himself, as he had done earlier, and was ready to be a vessel that God's power and wisdom could flow through to accomplish His work.

So everything was in order. Moses was finally ready. He had spent the first 40 years of his life thinking he was a somebody then the next 40 years realizing he was a nobody without God. Then God used Moses' last 40 years to help others become God's somebodies.

So what about you? Are you any different than Moses? Are you thinking there is no way God can use me? I have no extraordinary abilities or talents. The great news is neither did Moses. The even greater news is that God knows where He can use you, but like Moses, He first requires that you establish intimacy with Him. He then opens doors of service that are beyond anything you could imagine!

So what is the #1 requirement for discipleship? To enjoy HIM! Like Moses, it's an overflow of the intimacy we have with God – it's not something we generate.

This thing known as discipleship comes from the pursuit of His heart and then those we rub our lives against will become like us. It's a huge responsibility and that should scare us to a point of taking it very seriously!

So you have an idea of what it takes to live a life of discipleship, but what is a disciple? A disciple is simply a learner, a pupil that learns by experience or practice. It's spending time

with someone (men with men/women with women) either one-on-one or one-on-two or three and spending time together as we experience and practice life.

Our prayer should be that God would give us a passion and a love for this one-on-one ministry and see that as our main ministry (no matter our age) that God has called us to "as we go" throughout our day. Don't ever think that what we do as followers of Jesus on Sunday mornings is the main ministry God has given us. Pouring my life into others one on one or a few at a time is the only thing that will truly make a difference.

I am living proof that this makes a difference to a young man. My passion and ability to disciple others is mainly a result of a man spending gobs of time with me – because a man spent gobs of time with him – who had another man spend gobs of time with him.

Jesus said... "Your love for one another will prove to the world that you are my disciples." If I do this then those I invest in will do the same. Paul at the end of his life told Timothy... "You have heard me teach things that have been confirmed by many reliable witnesses. Now teach these truths to other trustworthy people who will be able to pass them on to others (2 Timothy 2:2)."

EKK on the Hill is focused on God living His life through us as we live the lifestyle of discipleship, giving our lives away to the next generations. We would love for you to check us out! All are welcome!

EKK on the Hill is located on WKU's campus at 1574 Normal Street. A free brunch is served every Sunday beginning at 10:30 a.m. with worship and teaching following at 11 a.m. Learn more at us at [www.ekklesiabg.com](http://www.ekklesiabg.com).

### About the Author:

Tim Brown is pastor of EKK on the Hill.

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## Silver Threads: Fighting back against Parkinson's

by Barbara Johnston

| Golden Moments Calendar   |  |  |   |   |   |  | NOVEMBER 2016          |
|---|--|--|---|---|---|--|------------------------|
| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |                        |
| ALL EVENTS LISTED ARE FREE UNLESS OTHERWISE NOTED. An asterisk (*) indicates that registration is required. All events are subject to change, call to confirm time & location. For more information, feel free to call WKU Aging at 270-745-3177. |  | 1 *Mary McDonough Author Event @ Kirby Library, 6pm, register free online<br>Ph: 270-781-4882        | 2 Zumba Gold at Ephram White Park Senior Ctr. Monday & Wednesday 10:30 – 11:15 am<br>Ph: 270-783-3171     | 3 *Hearing Screening at the Medical Center, 9 a.m. Registration required by calling 270-745-0942  | 4 BINGO at the VFW Hall opens at 5 pm, BINGO begins at 7 pm<br>270-781-1872                                   | 5 World's Greatest Studio Tour, 10 am-5 pm, various locations in BG Visit <a href="http://www.worldsgreateststudiotour.com">www.worldsgreateststudiotour.com</a> |                        |
| 6 Lives of the Stars Hardin Planetarium Show, Sundays at 2 pm, Tues. & Thurs. at 7 pm Ph: 270-745-4044  | 7 WKU Cultural Enhancement Series, artists and intellectuals, Joel Sartore, 7:30pm, Van Meter Hall     | 8 Diabetes Support Group at the Medical Center, 2 pm-3 pm, Ph: 270-745-0942                          | 9 Zumba Gold at Ephram White Park Senior Ctr. Monday & Wednesday 10:30 – 11:15 am<br>Ph: 270-783-3171     | 10 Bluegrass Jams, every Thurs; Fraternal Order of Police Lodge, 5:30pm<br>Ph: 270-792-3751   | 11 Foot Screening at the Medical Center, 9 am-12 pm.<br>Ph: 270-745-0942.                                     | 12 Dancing and Live Band, Ephram White Park, 855 Mt. Olivet Rd. 6 pm-9 pm, Ph: 270-202-8910  |                        |
| 13 Lives of the Stars Hardin Planetarium Show, Sundays at 2 pm, Tues. & Thurs. at 7 pm Ph: 270-745-4044   | 14 Yoga at Kirby Library every Monday 6-7 pm Classes are first come, first serve<br>Ph: 270-782-0252   | 15 Zumba Class at the Medical Center, 5:15 pm- 6:15 pm, cost \$5<br>Ph: 270-745-0942                 | 16 *AARP Smart Driver Course at the Medical Health & Wellness Ctr. 9 am – 1 pm, \$20<br>Ph: 270-745-0943  | 17 Lost River Sessions LIVE @ Capitol Arts Center, 7 pm, Cost \$10<br>Ph: 270-904-1880  | 18 Limber for Life – low impact aerobic workout at the Medical Ctr. Health & Wellness, \$5 9 am, 270-745-0942 | 19 20 <sup>th</sup> c. Quilts Exhibit M-F, 9am-4pm, The KY Museum, 1400 Kentucky St. Ph: 270-745-2592  |                        |
| 20 Lives of the Stars Hardin Planetarium Show, Sundays at 2 pm, Tues. & Thurs. at 7 pm Ph: 270-745-4044   | 21 Zumba Gold at Ephram White Park Senior Ctr. Monday & Wednesday 10:30 – 11:15 am<br>Ph: 270-783-3171 | 22 Yoga at Main Library every Tuesday 6-7 pm Classes are first come, first serve<br>Ph: 270-782-0252 | 23 Pickleball Game, Phil Moore Park Gym, 12:30 pm-2:30 pm<br>Call to confirm location<br>Ph: 270-843-6665 | 24 Bridge Club at Community Action Center, every Thurs 12 pm-4pm<br>Ph: 270-783-4484  | 25 BINGO at the VFW Hall opens at 5 pm, BINGO begins at 7 pm<br>270-781-1872                                  | 26 Dancing and Live Band, Ephram White Park, 855 Mt. Olivet Rd. 6 pm-9 pm, Ph: 270-202-8910  |                        |
| 27 Lives of the Stars Hardin Planetarium Show, Sundays at 2 pm, Tues. & Thurs. at 7 pm Ph: 270-745-4044   | 28 Mended Hearts at the Medical Ctr Auditorium, 7 pm- 8pm<br>Ph: 270-796-6512                          | 29 Zumba Class at the Medical Center, 5:15 pm- 6:15 pm, cost \$5<br>Ph: 270-745-0942                 | 30 Zumba Gold at Ephram White Park Senior Ctr. Monday & Wednesday 10:30 – 11:15 am<br>Ph: 270-783-3171    | <a href="http://www.wku.edu/aging/seniorevents.php">www.wku.edu/aging/seniorevents.php</a> has the most up-to-date events and information on area discounts!<br>The online calendar features over 100 events! |   |  | Created by Laura Allen |



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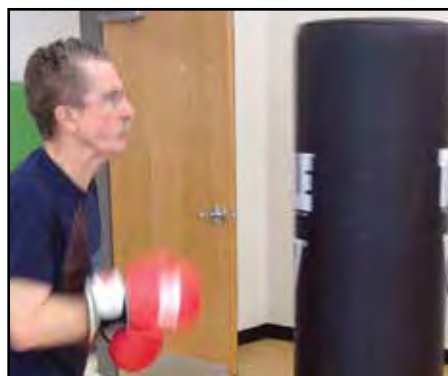
Every day, thousands of Kentuckians perform a great labor of love: caring for older parents, spouses, and other loved ones so they can live independently at home. These family caregivers are often on duty 24/7 and sometimes they can't even take a break. But, they wouldn't have it any other way. Help us recognize these unsung heroes.

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A new and exciting exercise program is now available for Parkinson's patients of all ages in the South Central Kentucky area. The program is called "Rock Steady Boxing" and yes, "boxing" is the theme, but all the boxing is "non-contact" and there isn't even a boxing ring! Instead, the focus is on using the basics of boxing training techniques to improve gross motor movement, balance, core strength, and rhythm with the goal of positively impacting the ability to perform activities of daily living and improving the quality of life for those with Parkinson's.

Jill Steffey, the Rock Steady Boxing coach who will be leading the classes in Bowling Green, first became interested in the Rock Steady Boxing (RSB) program when her father was diagnosed with Parkinson's. She wanted to find an exercise program that he would enjoy but one that would also take into consideration the physical challenges Parkinson's presents. Her search led her to the YMCA in Hopkinsville, Ky., where they were offering the RSB program, and for many months, she faithfully drove with her father to Hopkinsville to participate. Eventually, Jill decided that it was time to bring Rock Steady to Bowling Green. She successfully completed the Rock Steady training program, became a Rock Steady Boxing Coach, and contacted the Live Active gym to see if they would be willing to serve as "home base" for these very special boxing classes.

RSB classes are scheduled from 5 to 6:30 p.m. on Mondays, Tuesdays, and Thursdays at the Live Active Gym, 1249 31W Bypass, in Bowling Green. Although Live Active usually has a focus on those over 50, the Rock Steady Boxing classes are open for participants of all ages. Those interested in the program should check with their physician and will also undergo an RSB assessment at Live Active before beginning classes. If you would like additional information, please call Jill Steffey at 270-799-3667 or email her at [bowlinggreen@rsbaffiliate.com](mailto:bowlinggreen@rsbaffiliate.com). Additional information is also available at [www.rocksteadyboxing.org](http://www.rocksteadyboxing.org).

For the most up-to-date Golden Moments calendar visit <http://www.wku.edu/aging/senior-events/>. To request a printed copy or for more information, please call WKU Aging at 270-745-3177.





## *Be a Santa to a senior*

*submitted by Home Instead Senior Care*



The season of giving is approaching, and Home Instead Senior Care is launching its 12th Annual Be a Santa to a Senior program. Most people realize our professional CAREGivers give daily care to seniors in need of bathing, personal care, dementia and Alzheimer's care, chronic conditions assistance, cleaning, cooking and safety. We provide care 24/7 to seniors who are able to maintain their independence inside their homes with the help of our CAREGivers, but our Be a Santa to a Senior program is one of the many ways we reach out to assist seniors in our community who do not receive care from our agency.

Home Instead organized Be a Santa to a Senior in 2004. To date, more than 5,850 seniors living in the BRADD 10-county area have received Christmas gifts through the program. To many lonely and isolated seniors, Christmas is just another day. The gifts provided through the Be a Santa to a Senior program are a source of hope, as they are usually the only gifts a senior receives during the holiday season. Gift requests tend to be simple and humbling – a Bible, a country music CD, a blanket, toiletries, socks.



During this time of year many people focus their charitable giving on children and teenagers, so seniors easily get overlooked. You can make a difference in a senior's life by participating in the Be a Santa to a Senior program. Here's how it works: Home Instead Senior Care collects names of individuals living in skilled nursing communities, the housing authority, and at home receiving home health care. This year, 700 people are selected to receive presents. First names and gift requests are displayed on ornaments hung on Christmas trees located at the following locations: Warren County Sheriff's office, First Security Bank on Campbell Lane, Wal-Mart on Morgantown Road, Greenview Regional Hospital lobby, and Wal-Mart in Glasgow.

Trees will go up November 17 and will come down December 12. To participate in the worthy cause, simply pick an ornament from the tree and have fun shopping to fulfill the senior's gift requests. Many times people purchase items they think the senior would appreciate in addition to those listed on the ornament. Then return the ornament with unwrapped presents to the tree location or to Home Instead Senior Care's office located at 1861 Westen Street, Suite A, in Bowling Green, before December 12.

If you really want to feel the Christmas spirit, volunteer at our Wrapping Party December 15 in

the Home Instead Senior Care Training Center. As busy as Santa's workshop, it is fun for the entire family. Volunteers come and go as they please and wrap more than 1,000 presents and load them into a caravan of vehicles destined to deliver the gifts to our community partners. The party begins at 8:30 a.m. and ends when all gifts are wrapped, typically around 2 p.m. There is food, music and fun for all who attend. The day is a wonderful opportunity to teach children and adults alike the value of giving back to those in need in our community.

Lori Powers Richey, Elderly/Disabled Senior Service Coordinator for the Housing Authority of Bowling Green, said the program has positively impacted her community.

"I work with over 250 low-income elderly and disabled residents and the Be a Santa to a Senior Program has made such a tremendous impact over the years," Powers Richey said. "Many times the elderly are often forgotten during the holidays and this program specifically targets them and makes them feel so special. I try to make sure every resident has at least one gift to open for Christmas and this program has helped every year to make that possible. I would not be able to do it without the help of the Be a Santa to a Senior Program, and for that I am forever grateful."

Powers Richey said seeing the looks on her residents' faces is a gift to her during the Christmas season.

"The seniors are so thrilled to receive the gifts through this program," she said, "and it is so exciting to watch them open their presents. They get to ask for something they would like and when they actually open the present and it is something they wished for and sometimes a little bit more, just the look of pure joy on their face is absolutely heartwarming. Just like a kid on Christmas morning, they are filled with such excitement."

If you'd like to participate in the program and bring joy to seniors in the community, please take a name from a tree location or volunteer to wrap presents during the Wrapping Party. Your efforts make a difference in the lives of seniors and Home Instead Senior Care is happy to help you make the world a little brighter this Christmas. Whether we are serving our clients to maintain their independence and safety or serving our community, "To Us, It's Personal"

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# Medicare open enrollment is underway

by Jeanette Rayles

## What is the Medicare open enrollment period?

The Medicare open enrollment period is the time during which people with Medicare can make new choices and pick plans that work best for them. Each year, Medicare plans typically change what they cost and cover. In addition, your health-care needs may have changed over the past year. The open enrollment period is your opportunity to switch Medicare health and prescription drug plans to better suit your needs.

## When does the open enrollment period start?

The Medicare open enrollment period begins on October 15 and runs through December 7. Any changes made during open enrollment are effective as of January 1, 2017.

During the open enrollment period, you can:

- Join a Medicare Prescription Drug (Part D) Plan
- Switch from one Part D plan to another Part D plan
- Drop your Part D coverage altogether
- Switch from Original Medicare to a Medicare Advantage Plan
- Switch from a Medicare Advantage Plan to Original Medicare
- Change from one Medicare Advantage Plan to a

different Medicare Advantage Plan

- Change from a Medicare Advantage Plan that offers prescription drug coverage to a Medicare Advantage Plan that doesn't offer prescription drug coverage
- Switch from a Medicare Advantage Plan that doesn't offer prescription drug coverage to a Medicare Advantage Plan that does offer prescription drug coverage

## What should you do?

Now is a good time to review your current Medicare plan. As part of the evaluation, you may want to consider several factors. For instance, are you satisfied with the coverage and level of care you're receiving with your current plan? Are your premium costs or out-of-pocket expenses too high? Has your health changed or do you anticipate needing medical care or treatment?

Open enrollment period is the time to determine whether your current plan will cover your treatment and what your potential out-of-pocket costs may be. If your current plan doesn't meet your health-care needs or fit within your budget, you can switch to a plan that may work better for you.

## What's new in 2017?

The initial deductible for Part D prescription drug plans increases by \$40 to \$400 in 2017. Also, most Part D plans have a temporary limit on what a particular plan will cover for prescription drugs. In 2017, this gap in coverage (also called the "donut hole") begins after you and your drug plan have spent \$3,700 on covered drugs – a \$390 increase over the 2016 initial coverage limit of \$3,310. It ends after you have spent \$4,950 out-of-pocket, after which catastrophic coverage begins. However, part of the Affordable Care Act gradually closes this gap by reducing your out-of-pocket costs for prescriptions purchased in the coverage gap. In 2017, you'll pay 40 percent of the cost for brand-name drugs in the coverage gap (60 percent discount) and 51 percent (49 percent discount) of the cost for generic drugs in the coverage gap. Each succeeding year, out-of-pocket prescription drug costs in the coverage gap continue to decrease until 2020, when you'll pay 25 percent for covered brand-name and generic drugs in the gap.

## Where can you get more information?

Determining what coverage



## Part D late enrollment penalty

Generally, if you did not sign up for Part D coverage during your initial enrollment period, and you didn't have other creditable drug coverage (at least comparable to Medicare's standard prescription

drug coverage) for at least 63 days in a row after your initial enrollment period, you may have to pay a late enrollment penalty. The late enrollment penalty is added to your monthly Part D premium. Your initial enrollment period is the seven-month period that starts three months before you turn age 65 (including the month you turn age 65) and ends three months after the month you turn 65.

you have now and comparing it to other Medicare plans can be confusing and complicated. Pay attention to notices you receive from Medicare and from your plan, and take advantage of help available by calling 1-800-MEDICARE or by visiting the Medicare website, [www.medicare.gov](http://www.medicare.gov).

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## About the Author:

Jeanette Rayles has been a Financial Advisor in Bowling Green for 25 years. She is a member of the Bowling Green Noon Rotary Club and the National Association for Women Business Owners (NAWBO). She was named the Women of Achievement in Business by the Human Rights Commission in 2011. This was awarded through the Bowling Green Human Rights Commission, and the award is based on location, prior recognition, community service and contributions toward the advancement of women. She is a graduate of Indiana University with a B.A. in Accounting. Jeanette is the owner of Rayles Financial Group since July 2008 and is affiliated with Raymond James.

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## Forever young (and stylish)

by Nicki Smith



You want to dress in a way that is young and hip but does not look like you raided your teenage daughter's closet.

"The trick to looking younger is adding one fashionable piece to a classic outfit," says stylist Cher Coulter. Classics include cardigans, sheaths, v-necks, collared white blouses, trench coats, and blazers.

Some ideas to make classics modern...



### 1. Ankle boots

A pair of booties that hit right above the ankle with some fringe or hardware makes any outfit look new. Pair them with a dress or your favorite jeans to look chic.

### 2. Oversized tunic

Remember proportion! Pair with skinny jeans or leggings and your new ankle booties. FYI – If you choose leggings, the tunic must be long enough to cover your hips. Leggings are NOT pants.

### 3. Stretch pants (not sweat pants)

Slim black ponté pants are universally flattering and comfortable. If you want a wider leg, make sure they fit through the upper leg with the fullness at the bottom.

Remember fuller legs require a higher heel; a wedge is perfect.

### 4. Dress to the tee (shirt)

Don't underestimate a good white tee shirt with jeans and of course ankle booties. Throw a blazer, leather jacket or tweed Chanel jacket on to look effortlessly stylish.



### 5. Bring on the jewels

Accessories keep us young and fun. If you are wearing delicate jewelry, pile it on. Layers of chains and stacks of thin bracelets add a young vibe to any look. If you don't like layers, try one large statement necklace to elevate your black dress or white tee.



### 6. Get a great jacket

A black jacket looks great over jeans or a dress. Leather is timeless and hip, but a combination of fabric and leather adds interest.

So, you have ditched the mom jeans and bought some ankle booties, but there are a few other ways your

wardrobe is aging you.

The Black Hole... Okay, I get it. I LOVE black. It is always slimming and appropriate for cocktail parties and funerals. But, as we age, our skin becomes paler, and black highlights wrinkles and plays up dark shadows under the chin and around the eyes. Add a bright scarf or statement necklace; any pop of color will help. The classic combo of an LBD (little black dress) and a strand of pearls make sense.

Don't hide out... In shapeless clothes that is. Do not make the mistake of buying clothes too large that only make you look heavier. A jacket that nips in at the waist or strategically



placed ruching is more flattering.

Don't wear dresses or skirts too long. The rule of thumb is to look for the slimmest part of the area around your knee, right above, right below or in the middle, that's where your hemline should hit. Don't like your knees? Tights can be your best friend.



Don't wear your jeans too baggy. Stretch is wonderful, but invest in a dark denim pair that holds their shape. Look for back pockets that are angled slightly for an instant uplift.

In this age of casual dressing, too "matched" looks outdated and makes us look older. On the other hand, there is no excuse for sloppy. Please avoid the dreaded old lady travel uniform – oversized tee or sweatshirt, baggy jeans, tennis shoes and a fanny pack. Dark denim jeans and a cashmere sweater, or a tunic and leggings paired with ballet flats or a bootie is comfortable and chic. Come into

Pappagallo soon to find your "forever young" style.

### About the Author:

Nicki Smith has been in the fashion industry for 35 years. She is the owner of and buyer for Pappagallo, located at 2020 Scottsville Road in Bowling Green (The Pines Shopping Center, next to Chico). She is also available for in-home closet makeovers by appointment.


*Joseph Ribkoff*

**Pappagallo**

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## Guess who?

by Pam Cassady

This month's Mystery Man (MM) is a Bowling Green native who has been a local businessman for many years, and his family ran a business in town that started back in the 1950s. Although MM said he never thought he'd go into the family business, he ended up working in it for many years, but fairly recently he branched off in a whole new direction.

MM said he had a fairly typical childhood and enjoyed playing sports, mostly baseball and football. But after a while, he began to realize sports just wasn't going to be his thing. "I never grew up," he said. "I was just small. I tried, but I took a beating."

While a student at Bowling Green High School, MM spent some time working at the family business, but he also tried his hand at other jobs.

"My first job was pizza delivery for Mr. D's," he recalled. He also worked at the Iron Skillet.

After graduating from BGHS, MM headed off to Western Kentucky University. At first he wasn't sure what he wanted to study, but then decided on business administration. He was doing well in school, but around his senior year, he had to have shoulder surgery so he took some time off to recover. During that time, "I ended up working, and I just kept working," he said.

MM worked over 30 years in the business his family started, and while he enjoyed it, he eventually realized it was time to move on.

"I had kind of hit a ceiling," MM said. "I had done as much as I could do there."

MM wasn't exactly sure what his next step would be until one evening when he was eating. "I was looking by accident to find something different to do," MM said, when he had an idea. In the end, that idea came to fruition and MM is now on a new path in life. (More about that in next month's SOKY Happenings.)

One path MM is happy to have traveled is the one that led to the creation of his family, which includes his wife and four children. A misunderstanding almost kept MM from being with his wife, but in the end they straightened things out.

The story goes like this... "I was getting a haircut and was watching her (his future wife) wrestle with this four-year-old who'd just gotten a haircut," MM recalled. After she left, he asked the barber who she was. He learned her name and then ended up running into her



twice not long after that.

"I ran into her at a local event," MM said. He was there with his sister, but as he tried to talk to her, his future wife "wouldn't have much to do with me."

"Then I ran into her again, and she was kind of cold to me," MM added. Once again, he was with his sister. He finally introduced the future Mrs. MM to his sister, and things immediately began to change. She hadn't realized that lady he was with was his sister, so she didn't think too highly of MM at first. Luckily, they got it all figured out, and the rest, as they say, is history.

Today, MM and his wife enjoy spending what little free time they have eating out and seeing live music. He is also a WKU fan

and follows several Hilltopper sports as well as still keeping up with BGHS football.

Although MM could have chosen to move away from Bowling Green, he said he never really had a desire to leave. During the many years he worked in the business his father started, MM had to travel quite a bit, sometimes being gone three or four days a week. "Bowling Green was always just like home base," he said. Now he is happy to have more time in town instead of out of town.

And while MM's new business venture is quite different from the career he spent many years in, he said that he uses much of what he learned over the years in this new endeavor.

"You've still gotta take care of your customer," MM said. "Customer service is very important."

### About the Author:

Pam Cassady is a freelance writer and editor and instructional assistant who lives in Auburn. She is editor and calendar coordinator for SOKY Happenings Magazine. When she's not working with words or students, she enjoys spending time with her two teenage children, watching reality TV, wasting time on the internet and reading.



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## Guess who? Revealed

by Pam Cassady



Last month's Mystery Man was working for General Motors in Germany when he got a phone call from a previous boss of his one Friday afternoon. The person calling mentioned a new opportunity with GM that he might be interested in.

"I said, 'It depends on what the opportunity is,'" our Mystery Man recalled. "The phone almost fell out of my hand when he told me. I accepted the job."

The job Kai Spande accepted was that of plant manager at the Corvette Assembly Plant. For a man who had loved Corvettes all his life and worked for GM for many years, the opportunity was more than he had ever hoped for.

"This was the unimaginable step," Spande said.

Before long, Spande and his family were moving from Germany to Bowling Green where they have now been for just over a year.

"It's been great," Spande said. "It's a great place to live and work."

Spande, who was born in California and raised in Iowa, has moved around quite a bit over the years. But while his location has changed often, his interest in cars and knowing how things work has remained constant.

"I was the kid who had to tear everything apart to see how it worked," Spande said. He had natural ability when it came to fixing things, and enjoyed working on cars and pretty much anything mechanical from a young age.

"I started my own business during high school installing car radios," he said.

As he headed off to college, Spande knew he had to go into a field that allowed him to continue to figure out how things

work and to put that knowledge to use. He graduated from the University of North Iowa in 1991 with a degree in industrial technology and had a job offer before he even graduated.

That job was as tool designer with GM in Saginaw, Mich.; he's been with the company since then.

"Many doors just opened, and I walked through them," Spande said. This meant he moved around a lot, living in eight states and two foreign countries, Japan and Germany. When the call came about the position in Bowling Green, the decision to pack up and move once again was an easy one. After all, Spande had been a Corvette fan all his life.

"The first car I got when I started working for GM was a used Corvette," Spande recalled. That car was a 1978 silver and gray silver anniversary model. He's had three others since then – a 1965 convertible, a 1969 coupe and a 1999 model.

"I loved the Corvette before I got this job," Spande said, adding that having that history of a love and appreciation of the car has helped him relate to the many Corvette enthusiasts he is now surrounded by and meets.

"I can understand them," Spande said

The Corvette Assembly Plant is like no other assembly plant, Spande said. "There are so many customer-facing activities. We host two to three hundred people every day. I autograph cars for people. That's the difference with this facility."

"The level of inquiry and the number of people just wanting to be associated with this car is beyond belief," he added, pointing out that GM doesn't spend any money at all on marketing for the Corvette. The company doesn't need to. But the company does realize how important relationships with Corvette enthusiasts are. Spande said not many assembly plants allow people to tour their facilities, but the Corvette plant focuses on building and encouraging those relationships by being open to all.

When Spande came to the Corvette Assembly Plant in August of 2015, in many ways, it felt like coming home. First of all, having grown up in a fairly small town, Bowling Green seemed familiar and it was a place Spande and his wife felt good about bringing their family. And Spande had worked with some of the staff here in other locations, so that was familiar as well.

"I'd been a plant manager at various locations," Spande said. "Half of the team here I had worked with before."

And as he stepped into his new role, Spande was excited to be a part of something he had been a fan of for so many years.

"For me, it was a pleasure to learn how this car goes together," he said.

Now that Spande is in charge of the plant where Corvettes are made, one might imagine that he drives a brand new Corvette, especially since he had owned the car before. But at the moment, he doesn't own a Corvette, although that will likely change in the future. However, for now, Spande is pretty much living a Corvette lover's dream.

"I have a chance to drive Corvettes any time I want now," he said.

### About the Author:

Pam Cassady is a freelance writer and editor and instructional assistant who lives in Auburn. She is editor and calendar coordinator for SOKY Happenings Magazine. When she's not working with words or students, she enjoys spending time with her two teenage children, watching reality TV, wasting time on the internet and reading

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**Historic Cave City Photo Display**  
150th Anniversary of Cave City-Through December/Cave City Convention Center 502 Mammoth Cave St Cave City 270-773-3131

**5:30am-6:30am Cardio Spin**  
Intense bike ride/**Bowling Green Athletic Club** 1640 Scottsville Rd 270-282-0749 www.bgathleticclub.com (Every Friday)

**6:00am-8:00pm Open Basketball Courts & Walking Track**  
Free/The Connection Center Gym Living Hope BC 1805 Westen Ave 270-282-2784

**8:00am-5:00pm Gone But Not Forgotten**  
Exhibit featuring GM vehicles no longer manufactured-8AM-5PM daily through Jan 6, 2017/National Corvette Museum 800-53-VETTE corvette museum.org

**8:30am Balloon Release**  
Part of Domestic Violence Awareness Month-Call BRASS at 270-781-9334 for info/ Hart Co Justice Center

**8:45am-9:45am Hot Yoga Journey**  
Explore various poses-Fun-Vigorous-For all levels/**Hot Yoga Bowling Green** 270-793-0011 www.hotyogabowlinggreen.com (Every Friday)

**9:00am-10:00am Limber for Life**  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942

**9:00am-2:00pm Domestic Violence Awareness Event & Yard Sale**  
Part of Domestic Violence Awareness Month-Call BRASS at 270-781-9334 for info/ Edmonson Co Library

**9:00am-4:00pm Vascular Screening\***  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942 \*Preregistration required

**9:30am Peek a Book Babies**  
For ages 6-18 months/**WCPL** Main Branch 270-781-4882

**10:00am Trick or Treat Parade**  
Preschool/Allen County Public Library 106 W Main St Scottsville 270-237-3861

**10:00am Storytime**  
Stories-Crafts-Snacks/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**10:30am Bingo & Potluck Lunch**  
WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171

**10:30am Preschool Storytime**  
Ages 3-5/**WCPL** Main Branch 270-781-4882

**10:30am-4:30pm Blood Drive**  
Call 1-800-RED-CROSS/Sloan Convention Center

**11:00am Preschool Storytime**  
Read books-Sing-Make a craft-For ages 3-5/**WCPL**-Bob Kirby Branch 270-782-0252

**1:30pm-2:30pm Parkinson's Support Group**  
Education-Resources-Support/SKY Rehab Hospital 1300 Campbell Lane 270-782-6900 ext 203

**1:30pm-4:00pm WCPL Mobile Branch**  
Visit www.warrenpl.org or call 270-781-4882/600 Woodburn Allen Springs Rd Woodburn

**2:00pm-3:00pm After-school Story Hour**  
Stories-Crafts-Snacks/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**2:00pm-4:00pm Newborn Care & Safety Class\***  
Fairview Community Health Center Annex 825 E 4th Ave \*Registration required

**4:00pm-7:00pm Wine Tasting**  
Kroger Wine & Spirit Shoppe 2945 Scottsville Rd 270-782-8693

**5:00pm Audition for Moscow Ballet's Great Russian Nutcracker**  
**Dance Arts** 1060 Pedigo Way 270-842-6811 danceartsbg.com

**5:00pm Bingo at VFW**  
Doors open 5PM-Bingo 7PM/VFW Post #1298 1965 KY HWY 270-781-1872 (Every Friday)

**5:30pm Yin Yoga**  
Living Our Yoga/**4yoga** at **The Pots Place** 428 E Main St www.4yoga.me

**5:30pm-7:30pm Pickleball Game**  
Join the fun-All welcome-Call 270-843-6665 to confirm game/Old Alvaton Gym 6350 Old Scottsville Rd

**6:00pm BG Singles & Friends**  
Call 270-792-9780 for info

**6:00pm-9:00pm Haunted Lantern Tours**  
Explore railcars-Hear stories of hoboes that haunt RailPark/Historic RailPark & Train Museum 401 Kentucky St 270-745-7317

**6:00pm-10:00pm Monster Dash 5K**  
Plus Kids Monster Crawl Obstacle Course & Trick-or-Treat Fun Walk-Benefit Joseph Hope Foundation/NCM Motorsports Park

**7:00pm Haunted Hall**  
Starts at dark/Octagon Hall 6040 Nashville Rd Franklin 270-791-0071

**7:00pm Live Music at Mellow Mushroom**  
Call the day of to see who's playing/ **Mellow Mushroom** 1035 Chestnut St 270-393-1800

**7:30pm The Symphony at WKU**  
Presented by **WKU Dept of Music**/WKU Van Meter Hall 270-745-3751

**7:30pm Bad Seed**  
Chilling play presented by Public Theatre of Kentucky-Rates PG-13 for content/ Phoenix Theatre 545 Morris Alley 270-781-6233

**7:30pm Downtown Haunted History Walking Tour**  
Discover histories, mysteries & haunts of BG-Call 270-977-3717 for info-Also at 10PM/Downtown BG

**7:30pm-11:00pm Skeleton's Lair Scream Park**  
Hwy 234/Cemetery Rd 270-622-8171

**9:00pm Night of Drag & Mayhem**  
Drag show/**643 Sports Bar & Grill** 360 E 8th Ave 270-846-0020 643sportsbarandgrill.com

**9:30pm Cosmic Bowling**  
Southern Lanes 270-843-8741

**Nat's XXXIII Halloween Disc Golf Tournament**  
To benefit Eat Up A Toe Foundation-Call 270-202-8562 for info

**Geocaching Weekend**  
Enjoy this outdoor treasure hunt using GPS/Barren River Lake State Resort Park 270-646-2151

**7:30am Dash for Sheldon**  
Free kids run-To benefit Kids on the Block programs in Barren Co-1/2K & 2K-For all ages up to 6th grade-Call 270-842-2259-Registration 7:30AM-Race 9AM/Beaver Trail Park Glasgow

**8:00am 9th Annual Fall Classic Swap Meet**  
Beech Bend Raceway 270-781-7634

**8:00am Trax Running Group**  
Long run-Visit bgrr.com for info/Kereiakes Park

**8:00am-1:00pm SoKY Marketplace**  
Fresh local produce-Crafts & more/Corner of 7th Ave & Center St sokymarketplace.org

**8:00am-1:00pm BG-WC Household Hazardous Waste Day**  
Free disposal of paint, chemicals & more-For WC households only-For info visit warrencountygov.com or call Warren Co Public Works at 270-843-5353/999 Lauren Avery Dr

**8:00am-2:00pm Kuntry Korner General Store**  
Household & holiday items-Baked goods & more-Proceeds to Outreach Ministries/ Faith United Methodist Church 600 Veterans Memorial Ln 270-843-8430

**8:00am-6:00pm Pumpkin Festival**  
Wagon rides to pumpkin patch-Petting zoo-Pony rides-Food & more/Jackson's Orchard 1280 Slim Island Rd 270-781-5303

**10:30am-11:30am Skinny Jeans Plus Yoga**  
Progressive group class-Burn calories-Increase flexibility & more/**Hot Yoga Bowling Green** 270-793-0011 www.hotyogabowlinggreen.com (Every Saturday)

**11:00am If You Give a Mouse a Brownie Storytime**  
Barnes & Noble 270-746-9779

**12:00pm Open House & Mini-Classes**  
Free/**4yoga** at **The Pots Place** 428 E Main St www.4yoga.me

**12:00pm-5:00pm Saturday Test & Tune**  
Beech Bend Raceway 270-781-7634

**1:00pm-2:00pm Preschool Story Hour**  
Story-Activity/Allen County Public Library 106 W Main St Scottsville 270-237-3861

**1:00pm-4:00pm Wine Tasting**  
Kroger Wine & Spirit Shoppe 2945 Scottsville Rd 270-782-8693

**2:00pm-4:00pm Harvest Party**  
Free-Popcorn-Games-Activities-Bouncy house-Costumes optional/Christian Life Center 1609 Sharon Dr 270-842-6268

**3:00pm-5:00pm Trick or Treat Fun**  
Free/Love Art & Antiques Gallery 859-221-0303 loveartbg.com

**3:00pm-9:00pm BooFest**  
Inflatables-Costume contest-Games-Food-Candy-Live music/Downtown Square Franklin 270-586-3040

**3:00pm-9:00pm Scare on the Square**  
Trick or treating-DJ-Band at 6:30PM-Flavors of Fall Food & Beverage Hope 6PM-Visit downtownbg.org for info/Fountain Square Park

**4:00pm-6:00pm Trunk or Treat**  
Holy Trinity Lutheran Church 553 Ashmoor Ave 270-843-9595

**6:00pm Light Up the Night**  
Cocktails 6PM-Dinner 6:30PM-Entertainment by Tyrone Dunn & Kin-Foke-To benefit Hospice of Southern Kentucky-Call 270-782-3402-Purchase tickets by Oct 20/ Highland Stables

**6:00pm Pitch Black Mania in the Maze**  
Go through corn maze on night with no moonlight/Just Piddlin Farm Woodbury 270-542-6769

**6:00pm-9:00pm Monster Bash Dance**  
Tricks & treats-Games-Crafts-Free-All ages/FO Moxley Community Center 270-393-3734

**6:00pm-9:00pm Haunted Lantern Tours**  
Explore railcars-Hear stories of hoboes that haunt RailPark/Historic RailPark & Train Museum 401 Kentucky St 270-745-7317

**6:00pm-10:00pm Big Red Hoedown**  
Country dance-Music by The Pennyrilers & Hollers & Moors-Food-Children's activities-To benefit Lost River Cave & sustainability at WKU/Lost River Cave 270-393-0077

**7:00pm Skeleton's Lair Scream Park**  
Hwy 234/Cemetery Rd 270-622-8171

**7:00pm Haunted Hall**  
Starts at dark/Octagon Hall 6040 Nashville Rd Franklin 270-791-0071

**7:00pm Live Music at Mellow Mushroom**  
Mt Victor Revue/ **Mellow Mushroom** 1035 Chestnut St 270-393-1800

**7:30pm Bad Seed**  
Chilling play presented by Public Theatre of Kentucky-Rates PG-13 for content/ Phoenix Theatre 545 Morris Alley 270-781-6233

**7:30pm Downtown Haunted History Walking Tour**  
Discover histories, mysteries & haunts of BG-Call 270-977-3717 for info/Downtown BG

**8:00pm Halloween Lock-In**  
Costume contest-Haunted house-Games-Prizes & more-From 8PM-6AM/BG Skate Center 270-842-9555

**9:00pm Halloween Party with T-Martel Electro Soul**  
Costume contest/**643 Sports Bar & Grill** 360 E 8th Ave 270-846-0020 643sportsbarandgrill.com

Be sure and see this month's Faith article on Page 27

**Nat's XXXIII Halloween Disc Golf Tournament**  
To benefit Eat Up A Toe Foundation-Call 270-202-8562 for info

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Enjoy this outdoor treasure hunt using GPS/Barren River Lake State Resort Park 270-646-2151

**BGRRTail Run**  
Run through scenic, challenging trails with the BG Road Runners-Call 270-991-7989 for info/Mammoth Cave National Park (Every Sunday)

**10:30am-2:00pm Weekend Brunch**  
Food & cocktails-Also Saturday 11AM-2PM/ **Mariah's** 360 E 8th Ave 270-846-0020 mariahs.com (Every weekend)

**11:00am NHRA Summit ET Series**  
Beech Bend Raceway 270-781-7634

**1:00pm-4:00pm Parents Skate Free**  
With paid admission of child \$6/BG Skate Center 270-842-9555

**1:00pm-6:00pm Pumpkin Festival**  
Wagon rides to pumpkin patch-Petting zoo-Pony rides-Food & more/Jackson's Orchard 1280 Slim Island Rd 270-781-5303

**2:00pm-2:45pm Lives of the Stars**  
Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044

**3:00pm Apparitions: George Crumb**  
Presented by **WKU Dept of Music**/WKU FAC Recital Hall 270-745-3751

**3:00pm Bad Seed**  
Chilling play presented by Public Theatre of Kentucky-Rates PG-13 for content/ Phoenix Theatre 545 Morris Alley 270-781-6233

**3:00pm Cornhole**  
Spillway Bar & Grill 2195 Old Louisville Rd 270-842-9104

**3:00pm-5:00pm BG Swagg Sliders**  
Learn soulful line dance & more-Dance to many music genres-Call 314-749-0116 for info/Holiday Inn Convention Center 1021 Wilkinson Trace

**4:00pm Basics Yoga**  
**4yoga** at **The Pots Place** 428 E Main St www.4yoga.me (Every Sunday)

**4:00pm-6:00pm Trunk or Treat at Crossland**  
100+ decorated cars at 3 locations-Free food-Inflatables-Visit crossland.tv or call 270-842-4428 for info/Crossland Community Church BG Campus 600 31W ByPass Fairview Shopping Center-Glasgow Campus 217 N Roger Wells Blvd Glasgow-Morgantown Campus 516 S Industrial Dr Morgantown

**7:00pm Nashville Nights**  
Featuring singer/songwriters-On the patio/**643 Sports Bar & Grill** 360 E 8th Ave 270-846-0020 643sportsbarandgrill.com

**7:30pm Downtown Haunted History Walking Tour**  
Discover histories, mysteries & haunts of BG-Call 270-977-3717 for info/Downtown BG

Be sure to check out this month's featured events on pages 62-69!

**SOKY** happenings **FEATURED EVENTS**

Please be sure and CALL AHEAD to confirm that an event is still scheduled.

We work all month to contact all the places in our area with events, but it is possible that we could miss some. Also, sometimes things change after printing. Items are included in the calendar at the sole discretion of SOKY Happenings. Therefore, we are not responsible for errors or omissions.



Monday  
October 31

Tuesday  
November 1

Wednesday  
November 2

Thursday  
November 3

|   |   |   |  |  |
|---|---|---|--|--|
| <p><b>HAPPY HALLOWEEN</b></p> <p><b>Chaney's Fall Special</b><br/>Corn maze &amp; jumping pillow \$8 per person-Daily-Visit <a href="http://chaneyisdairybarn.com">chaneyisdairybarn.com</a> or call 270-843-5567 for info/<b>Chaney's Dairy Barn</b> 9191 Nashville Rd</p> <p><b>Scarecrow Trail</b><br/>Free-Walk through trails lined with scarecrows-Daily through Oct 31/Lost River Cave 270-393-0077</p> <p><b>9:00am-9:30am Preschool Problem Solvers</b><br/>Hands on STEM activities-Ages 3-5/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>9:00am-4:00pm Standing the Test of Time Exhibit</b><br/>Kentucky's White Oak Basket Tradition-Mon-Sat 9AM-4PM-Through Jan 31, 2017/WKU Kentucky Museum 1444 Kentucky St 270-745-2592 <a href="http://wku.edu/kentuckymuseum">wku.edu/kentuckymuseum</a></p> <p><b>10:00am Gallery Girls</b> Dulcimer group/Gallery on the Square 110 N Main St Franklin 270-586-8055</p> <p><b>10:00am Toddler Time</b><br/>Read books-Sing-Make a craft-Ages 18-36 months/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>10:00am-11:00am Sing-a-Book My Baby</b><br/>Age 6-18 months/Mary Wood Weldon Memorial Library 1530 S Green St Glasgow 270-651-2824</p> <p><b>10:00am-11:00am Storytime</b><br/>Stories-Crafts-Snacks-For ages 5&amp;under/Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>10:30am Zumba Gold</b><br/>WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171 (Every Monday)</p> <p><b>10:30am Toddler Time</b><br/>Ages 18-36 months/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>10:30am-11:30am Linda Kompanik Book Club</b><br/>Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>12:00pm Hoops at Hope</b> Basketball-Weekdays at noon/Living Hope Baptist Church Connection Center 270-282-2784</p> <p><b>2:00pm-6:00pm Happy Hour at Mellow Mushroom</b><br/>\$1 off drafts, wines &amp; well drinks-Daily/ <b>Mellow Mushroom</b> 1035 Chestnut St 270-393-1800</p> <p><b>2:30pm-4:30pm WCPL Mobile Branch</b><br/>Visit <a href="http://www.warrenpl.org">www.warrenpl.org</a> or call 270-781-4882/Jody Richards Elementary 2100 Elrod Rd</p> <p><b>3:30pm Minecraft Edu</b> Mine-Craft-Trade tips-Ages 7-16/<b>WCPL</b>-Graham Drive Community Branch 270-781-1441</p> <p><b>4:00pm-4:45pm Crafternoons</b><br/>For K-6th grade/<b>WCPL</b>-Smiths Grove Branch 270-563-6651</p> <p><b>4:00pm-5:00pm Prenatal Yoga Class</b><br/><b>The Medical Center</b> Health &amp; Wellness Center 270-745-0942</p> <p><b>4:00pm-7:00pm El Maguey Happy Hour</b><br/>Mon-Thurs 4-7PM/<b>El Maguey</b> 4700 Scottsville Rd 270-904-0047 <a href="http://bowlinggreen.restaurantelmaguey.com">bowlinggreen.restaurantelmaguey.com</a></p> <p><b>5:00pm Zombie Apocalypse!</b><br/>Age 15&amp;up-Registration required/Allen County Public Library 106 W Main St Scottsville 270-237-3861</p> <p><b>5:00pm-6:00pm Foster Parent Classes</b><br/>New foster homes needed-Walk ins welcome-Call 888-863-0432/Omni Visions 1700 Patrick Way Suite C</p> <p><b>5:00pm-6:30pm YUKI Happy Hour!</b><br/>Monday-Thursday/Special pricing on hot sake &amp; select beer-Happy Hour in bar and restaurant/ <b>YUKI Japanese Restaurant</b> 270-393-8477</p> <p><b>5:00pm-7:00pm Hall of Treats</b><br/>Indoor trick or treating-For through 6th grade/St James United Methodist Church 575 Winfield Dr 270-842-4949</p> <p><b>5:00pm-7:00pm No Tricks, Just Treats</b><br/>Halloween Event/Faith United Methodist Church 600 Veterans Memorial Ln 270-843-8430</p> <p><b>5:15pm-6:15pm Basic Yoga Class*</b><br/><b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942 *Preregistration required</p> <p><b>6:00pm Haunted Halloween Hangout</b><br/>Wear costume-Enjoy spooky story-All ages-Call to register/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>6:00pm Yoga Relax-Unwind-Breathe-For adults</b>/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>6:00pm-7:30pm Line Dance Lessons</b> WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171 (Every Monday)</p> <p><b>6:30pm Corvette City Bop &amp; Dance Club</b><br/>Dancing-Dance lessons-Visit <a href="http://corvettecitybopclub.com">corvettecitybopclub.com</a> for info/FOP Lodge 150 Corvette Dr</p> <p><b>6:30pm-7:30pm Skinny Jeans Plus Yoga</b><br/>Progressive group class-Burn calories-Increase flexibility &amp; more/<b>Hot Yoga Bowling Green</b> 270-793-0011 <a href="http://www.hotyogabowlinggreen.com">www.hotyogabowlinggreen.com</a> (Every Monday)</p> <p><b>7:00pm Skeleton's Lair Scream Park</b><br/>Hwy 234/Cemetery Rd 270-622-8171</p> <p><b>7:00pm-9:00pm It's the Haunted Center</b> Free-All ages/Parker Bennett Community Center 270-393-3691</p> <p><b>7:30pm Downtown Haunted History Walking Tour</b><br/>Discover histories, mysteries &amp; haunts of BG-Call 270-977-3717 for info-Also at 10PM/Downtown BG</p> <p><b>9:00pm Open Mic</b><br/>Tidball's 270-793-9955</p> | <p><b>Coats for Kids</b><br/>Donate new or gently used coats-All sizes needed-Visit <a href="http://www.BGJWC.com">www.BGJWC.com</a> for info &amp; drop off locations-Through Dec 1</p> <p><b>6:00am-7:00am Track Workout Sessions</b> With BG Road Runners-Call 270-991-7989/BGHS Track</p> <p><b>8:00am-5:00pm Military Appreciation Month</b><br/>Free admission for police officers, firefighters, military &amp; family members-Show proof of service/National Corvette Museum 270-467-8852</p> <p><b>9:00am-7:00pm Breakfast with Santa Reservations Start</b><br/>Reserve spot for Breakfast with Santa at <b>Chaney's Dairy Barn</b> on Dec 3, 10, 17 at 8 &amp; 10AM and Dec 8, 15 at 6PM-Call 270-843-5567 for info</p> <p><b>9:30am Toddler Time</b><br/>Ages 18-36 months/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>10:00am Book Sprouts</b><br/>Learn letters &amp; more-Preschool age/Mary Wood Weldon Memorial Library 1530 S Green St Glasgow 270-651-2824</p> <p><b>10:00am Tuesday Morning Knitters</b><br/>Gallery on the Square 110 N Main St Franklin 270-586-8055</p> <p><b>10:00am Toddler Time</b><br/>Read books-Sing-Make a craft-Ages 18-36 months/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>10:00am-11:00am Preschool Story Hour</b><br/>Story-Activity/Allen County Public Library 106 W Main St Scottsville 270-237-3861</p> <p><b>10:00am-5:00pm Ninety-Nine Candy Canes on the Wall</b><br/>Regional exhibition of art works featuring candy canes-Through Nove 25/SKY-PAC 601 College St 270-904-1880 <a href="http://theskypac.com">theskypac.com</a></p> <p><b>10:00am-6:00pm Free Counseling</b><br/>Talley Family Counseling Center WKU Gary Ransdell Hall 270-745-4204 (Every Tuesday)</p> <p><b>11:00am Family Storytime</b><br/>Books-Songs-Crafts-Play-All ages/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>12:00pm-1:00pm BG Noon Lions Club Meeting</b><br/>Visit <a href="http://facebook.com/BGNoonLionsClub">facebook.com/BGNoonLionsClub</a> for info/Cambridge Market</p> <p><b>12:00pm-2:00pm Healthy Baby Workshop</b><br/>\$20 gift card to all pregnant women-Call 270-901-5000 x1114 for info/Allen Co Health Dept</p> <p><b>1:00pm-4:00pm Polar Express Registration</b><br/>For RailPark members only-Call 270-745-7317 or go to Historic RailPark &amp; Train Museum 401 Kentucky St</p> <p><b>2:00pm-3:00pm Stroke Support Group</b><br/><b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942</p> <p><b>2:00pm-3:30pm Come Play Bingo</b><br/><b>The Medical Center</b> Health &amp; Wellness Center Chandler Park 270-745-0942</p> <p><b>2:00pm-6:00pm Community Farmers Market BG Indoor Market</b><br/>CFM Kids Club-Seasonal produce &amp; more/ <b>Community Farmers Market BG</b> 2319 Nashville Rd <a href="http://communityfarmersmarketbg.com">communityfarmersmarketbg.com</a></p> <p><b>2:30pm-4:00pm WCPL Mobile Branch</b><br/>Visit <a href="http://www.warrenpl.org">www.warrenpl.org</a> or call 270-781-4882/Richardsville Elementary 1775 Richardsville Rd</p> <p><b>3:30pm Loose Ends</b><br/>Adult crochet &amp; knit club/Allen County Public Library 106 W Main St Scottsville 270-237-3861</p> <p><b>4:00pm Young Inventors</b><br/>Hands on experiments with technology-Ages 7-16-Registration required/<b>WCPL</b>-Smiths Grove Branch 270-563-6651</p> <p><b>4:00pm Lego Club</b><br/>Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>5:00pm-6:30pm Rock Steady Boxing for Parkinson's</b><br/>Email <a href="mailto:bowlinggreen@rsbaffiliate.com">bowlinggreen@rsbaffiliate.com</a> for info/ Live Active 1249 31W ByPass (SEE PAGE 28)</p> <p><b>5:15pm Zumba Class</b><br/><b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942</p> <p><b>5:30pm Game On! MineCraft &amp; More</b><br/>Age 9&amp;up/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>5:30pm Tai Chi Class</b><br/>Drop in-\$5/<b>The Pots Place</b> 428 E Main Ave 270-509-0599 (Every Tuesday)</p> <p><b>5:30pm-7:30pm Line Dancing</b><br/>Auburn Senior Center 169 Wrenwood Dr Auburn 270-542-8223</p> <p><b>6:00pm Happy Brushes Paint Class</b><br/>Gallery on the Square 110 N Main St Franklin 270-586-8055</p> <p><b>6:00pm Author/Actress Mary McDonough</b><br/>Played Erin Walton-Discussing her new book/<b>WCPL</b>-Bob Kirby Branch 270-782-0252 (SEE PAGE 9)</p> <p><b>6:00pm Yoga</b><br/>Relax-Unwind-Breathe/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>6:00pm Conversational French</b><br/>\$30-Call Community Ed at 270-842-4281 for info/BGJHS</p> <p><b>6:00pm Healthy Living: Essential Oils</b><br/>Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>6:00pm-7:00pm Yoga @ the Library</b><br/>4 week class/Mary Wood Weldon Memorial Library 1530 S Green St Glasgow 270-651-2824</p> <p><b>6:00pm-8:00pm Breast is Best*</b><br/><b>The Medical Center</b> Auditorium *Preregistration required</p> <p><b>6:00pm-8:00pm Chinese Knotting</b> \$20-Call Community Ed at 270-842-4281 for info/ Professional Development &amp; Learning Center</p> <p><b>6:30pm The Hobbit</b><br/>Presented by BG OnStage-Recommended grades 3-12/701 Chestnut St 270-904-1382</p> <p><b>6:30pm Hearing Loss Association of America</b><br/>BG Chapter-Support group/Home Instead Training Center 1861 Westen St 270-782-7329</p> <p><b>6:30pm-7:30pm Hot Yoga Blend Fun &amp; challenging class-Focus on moving with the breath-All levels/ <b>Hot Yoga Bowling Green</b></b> 270-793-0011 <a href="http://www.hotyogabowlinggreen.com">www.hotyogabowlinggreen.com</a> (Every Tuesday)</p> <p><b>6:30pm-8:30pm Free Cookie Decorating Class</b><br/>Michaels 2313 Gary Farms Blvd 270-393-2195</p> <p><b>7:00pm Team Trivia</b><br/><b>Mellow Mushroom</b> Corner of 11th &amp; Chestnut 270-393-1800</p> <p><b>7:00pm Ballroom Dance Group Classes</b><br/>With Nancye &amp; Dr Dance-Call 270-782-5425/BAC South 121 Flex Park Dr</p> <p><b>7:00pm-7:45pm Lives of the Stars</b><br/>Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044</p> <p><b>7:30pm WKU Steel Band</b><br/>Presented by <b>WKU Dept of Music</b>/WKU FAC Recital Hall 270-745-3751</p> <p><b>8:00pm Pool Tournament</b><br/>\$5/Cue Time Billiards-BG 270-782-3740</p> <p><b>8:00pm-9:00pm BG Road Runners Night Trail Run</b><br/>Call 270-991-7989/Weldon Peele Park</p> | <p><b>6:00am Flow Yoga</b><br/><b>4yoga at The Pots Place</b> 428 E Main St <a href="http://www.4yoga.me">www.4yoga.me</a> (Every Wednesday)</p> <p><b>8:00am-4:30pm Free Blood Pressure, Body Fat &amp; Stroke Screenings</b><br/>Offered daily/<b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942</p> <p><b>8:45am-9:45am Hot Yoga Restorative</b><br/>Great stress buster-Great place to start Hot Yoga-Floor poses, muscular engagement, flexibility/gentle stretching with limited power-Also at 6:30PM/ <b>Hot Yoga Bowling Green</b> 270-793-0011 <a href="http://www.hotyogabowlinggreen.com">www.hotyogabowlinggreen.com</a> (Every Wednesday)</p> <p><b>10:00am Tator Tot Time</b><br/>Interactive program-Ages 18-36 months/Mary Wood Weldon Memorial Library 1530 S Green St Glasgow 270-651-2824</p> <p><b>10:00am Preschool Story Time</b><br/>Music-Books-Dance-Crafts-Ages 3-5/<b>WCPL</b>-Smiths Grove Branch 270-563-6651</p> <p><b>10:00am Kirby Babies</b><br/>Books-Songs-Rhymes-Playtime-For infants 6-18 months/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>10:00am Storytime at Adairville</b><br/>Logan County Public Library Adairville Branch 270-726-6129</p> <p><b>10:00am Storytime at Auburn</b><br/>Logan County Public Library 225 Auburn Branch 270-726-6129</p> <p><b>10:00am-11:30am Mom-to-Mom Breastfeeding Support Group</b><br/>Call 270-996-8702 for info/<b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942 (Every Wednesday)</p> <p><b>10:30am Zumba Gold</b><br/>WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171 (Every Wednesday)</p> <p><b>11:00am Preschool Storytime</b><br/>Read books-Sing-Make a craft-For ages 3-5/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>12:00pm Kiwanis Club of BG</b><br/>Find out more about Kiwanis-Call 270-392-0076/First Christian Church (Every Wednesday)</p> <p><b>12:30pm-2:30pm Pickleball Game</b><br/>Join the fun-All welcome-Call 270-843-6665 to confirm game/ Phil Moore Park</p> <p><b>1:00pm-4:00pm Polar Express Registration</b><br/>For RailPark members only-Call 270-745-7317 or go to Historic RailPark &amp; Train Museum 401 Kentucky St</p> <p><b>1:00pm-7:00pm Walk-In Wednesday!</b><br/>Every Wednesday-Tour campus-Explore career education programs-Find a program that fits-Learn about financial aid options-Meet faculty &amp; staff/ <b>Daymar College</b> 2421 Fitzgerald Industrial Drive-BG 270-843-6750 <a href="http://www.DaymarCollege.edu">www.DaymarCollege.edu</a></p> <p><b>2:00pm Preschool Yoga</b><br/>Ages 3-5/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>3:00pm-4:00pm My Time</b><br/>Activities for students-Snack/Mary Wood Weldon Memorial Library 1530 S Green St Glasgow 270-651-2824</p> <p><b>3:00pm-7:00pm Blood Drive</b><br/>Call 1-800-RED-CROSS/First Baptist 621 E 12th St</p> <p><b>4:00pm Crafternoons</b><br/>Turkey Leaf Lanterns-Ages 8-12/<b>WCPL</b>-Graham Drive Community Branch 270-781-1441</p> <p><b>4:00pm Lego Club</b><br/>Enjoy books &amp; Legos-Age 5&amp;up/<b>WCPL</b>-Smiths Grove Branch 270-563-6651</p> <p><b>5:30pm MineCraft-Adventure Mode</b><br/>Age 6&amp;up/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>6:30pm The Hobbit</b><br/>Presented by BG OnStage-Recommended grades 3-12/701 Chestnut St 270-904-1382</p> <p><b>7:00pm-9:00pm Live Music &amp; Karaoke</b><br/><b>El Maguey Mexican Restaurant</b> 4700 Scottsville Rd 270-904-0047 <a href="http://bowlinggreen.restaurantelmaguey.com">bowlinggreen.restaurantelmaguey.com</a></p> | <p><b>Vets 'n Vettes</b><br/>Honoring Those Who Fought for Our Freedom-Road tours-Seminars &amp; more/ National Corvette Museum 270-781-7973</p> <p><b>Kentucky Paralegal Conference</b><br/>Classes-Seminars &amp; more-Call 270-535-5043/Sloan Convention Center</p> <p><b>8:00am-2:30pm Holiday Bazaar</b><br/>Lunch available 11AM-2PM-Call 270-843-3191/ First Christian Church 1106 State St</p> <p><b>9:00am Preschool Problem Solvers</b><br/>Hands on STEM activities-Registration required-Ages 3-5/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>9:00am-12:00pm Free Hearing Screening* <b>The Medical Center</b></b><br/>Health &amp; Wellness Center-Chandler Park 270-745-0942 *Preregistration required</p> <p><b>9:30am Community Greeters Fall Festival &amp; Country Store</b><br/>Group for women new to area-Call 270-792-9780 or find on Facebook/Living Hope Baptist Church</p> <p><b>10:00am Preschool Kids Yoga</b><br/>Build balance &amp; confidence-Have fun-Ages 3-5/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>10:00am-10:45am Baby/Toddler Time</b><br/>Story-Music-Age 6 mth-3 years/Allen County Public Library 106 W Main St Scottsville 270-237-3861</p> <p><b>10:30am Preschool Storytime</b><br/>Ages 3-5/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>10:30am-1:00pm Healthy Baby Workshop</b><br/>\$20 gift card to all pregnant women-Call 270-901-5000 x1114 for info/International Center</p> <p><b>12:00pm Gathering of the Yarn</b><br/>Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>12:00pm-4:00pm Bridge Club</b><br/>Meets weekly/Community Action Sr Center 200 E 4th Ave 270-783-4484</p> <p><b>1:00pm-2:00pm Fine Print Book Club</b> Gallery on the Square 110 N Main St Franklin 270-586-8055</p> <p><b>1:00pm-4:00pm Polar Express Registration</b><br/>For RailPark members only-Call 270-745-7317 or go to Historic RailPark &amp; Train Museum 401 Kentucky St</p> <p><b>1:30pm-4:00pm WCPL Mobile Branch</b><br/>Visit <a href="http://www.warrenpl.org">www.warrenpl.org</a> or call 270-781-4882/Rockfield 7493 Russellville Rd</p> <p><b>4:00pm SnackCraft</b><br/>Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>4:00pm Basics Yoga</b><br/><b>4yoga at The Pots Place</b> 428 E Main St <a href="http://www.4yoga.me">www.4yoga.me</a> (Every Thursday)</p> <p><b>5:00pm Line Dance Lessons</b><br/>WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171 (Every Thursday)</p> <p><b>5:00pm BG Bluegrass Jam</b><br/>Open to all ages-Free-Bring your instrument-Call 270-535-1139/FOP Lodge 150 Corvette Dr</p> <p><b>5:00pm Get Artsy with Perler Beads</b><br/>Tween &amp; teen/Allen County Public Library 106 W Main St Scottsville 270-237-3861</p> | <p><b>5:00pm Thrifty Thursday: Holiday Prep</b><br/>Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>5:00pm-6:30pm Rock Steady Boxing for Parkinson's</b><br/>Email <a href="mailto:bowlinggreen@rsbaffiliate.com">bowlinggreen@rsbaffiliate.com</a> for info/ Live Active 1249 31W ByPass (SEE PAGE 28)</p> <p><b>5:30pm Teen Thursdays</b><br/>Thanksgiving Magnets-For ages 12-16/<b>WCPL</b>-Graham Drive Community Branch 270-781-1441</p> <p><b>5:45pm-6:45pm Prime Time Family Reading</b><br/>Meal-Storytelling-Registration required/Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>6:00pm Steal the Pint Night</b><br/>Specialty brews from craft brewers-Free pint glass while supply lasts/ <b>Mellow Mushroom</b> 1035 Chestnut 270-393-1800</p> <p><b>6:00pm BG Road Runners Pub Run</b><br/>3-4 mile run-Dinner-Call 270-791-7526 for info/Chili's</p> <p><b>6:00pm Family Evening Storytime</b><br/>Books-Songs-Crafts-Play-All ages/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>6:00pm-7:30pm BG Women's Intercultural Cafe</b><br/>Making Ky Home: Stories from Our Diverse Community-Panel-Call 270-925-6617/BG Neighborhood &amp; Community Services Bldg 707 E Main Ave</p> <p><b>6:00pm-7:30pm Line Dance Lessons</b><br/>WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171</p> <p><b>6:00pm-8:00pm Beginning Loom Knitting</b><br/>3 sessions-\$40-Call Community Ed at 270-842-4281 for info/<b>WCPL</b> Bob Kirby Branch</p> <p><b>6:00pm-8:00pm <b>Newborn Care &amp; Safety Class*</b> <b>The Medical Center</b></b><br/>Health &amp; Wellness Center-Chandler Park 270-745-0942 *Registration required</p> <p><b>6:00pm-9:00pm Jammin' on the Porch</b><br/>Bring your instrument and join in with other local musicians-Free/The Bookstore Horse Cave 270-218-0386</p> <p><b>6:30pm-7:30pm New Tibetan 21 (TM) Yoga</b><br/>Engaging practice for breath control, cardiovascular exercise, physical power and muscularity, and mental concentration/ <b>Hot Yoga Bowling Green</b> 270-793-0011 <a href="http://www.hotyogabowlinggreen.com">www.hotyogabowlinggreen.com</a> (Every Thursday)</p> <p><b>7:00pm-7:45pm Lives of the Stars</b><br/>Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044</p> <p><b>7:00pm-9:00pm Live Music &amp; Karaoke</b><br/><b>El Maguey Mexican Restaurant</b> 4700 Scottsville Rd 270-904-0047 <a href="http://bowlinggreen.restaurantelmaguey.com">bowlinggreen.restaurantelmaguey.com</a></p> <p><b>7:30pm An Evening With Travis Tritt</b><br/><b>SKYPAC</b> 601 College St 270-904-1880 <a href="http://theskypac.com">theskypac.com</a></p> <p><b>8:00pm Little Shop of Horrors</b><br/>Musical presented by <b>WKU Theatre &amp; Dance</b>-Visit <a href="http://wku.showare.com">wku.showare.com</a> or call 270-745-3121/WKU Russell Miller Theatre</p> <p><b>10:00pm Karaoke</b><br/>Overtime Sports Bar &amp; Grill 270-904-4430</p> |
|---|---|---|--|--|

Please be sure and CALL AHEAD to confirm that an event is still scheduled.

We work all month to contact all the places in our area with events, but it is possible that we could miss some. Also, sometimes things change after printing. Items are included in the calendar at the sole discretion of SOKY Happenings. Therefore, we are not responsible for errors or omissions.



Friday  
November 4

Saturday  
November 5

Sunday  
November 6

**Vets 'n Vettes**  
Honoring Those Who Fought for Our Freedom-Road tours-Seminars & more/National Corvette Museum 270-781-7973

**Hack the Hill**  
Undergrad coding contest-Teams build programs in 24 hours-Call 270-745-8915 for info/WKU

**Kentucky Paralegal Conference**  
Classes-Seminars & more-Call 270-535-5043/Sloan Convention Center

**Can Tab Collection**  
To support Shriners Hospital for Children-Turn in tabs by Dec 2 to Hanks Construction Co 399 E Main St Auburn 270-847-2080

**6:00am-8:00pm Open Basketball Courts & Walking Track**  
Free/The Connection Center Gym Living Hope BC 1805 Westen Ave 270-282-2784

**8:00am-5:00pm Gone But Not Forgotten**  
Exhibit featuring GM vehicles no longer manufactured-8AM-5PM daily through Jan 6, 2017/National Corvette Museum 800-53-VETTE corvette museum.org

**9:00am-10:00am Limber for Life**  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942

**9:00am-12:00pm Vascular Screening\***  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942  
\*Preregistration required

**9:30am Peek a Book Babies**  
For ages 6-18 months/**WCPL** Main Branch 270-781-4882

**10:00am Storytime**  
Stories-Crafts-Snacks/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**10:30am Preschool Storytime**  
Ages 3-5/**WCPL** Main Branch 270-781-4882

**10:30am-4:30pm Blood Drive**  
Call 1-800-RED-CROSS/Sloan Convention Center

**11:00am Preschool Storytime**  
Read books-Sing-Make a craft-For ages 3-5/**WCPL**-Bob Kirby Branch 270-782-0252

**12:00pm-6:00pm Blood Drive**  
Call 1-800-RED-CROSS/New Friendship Church Auburn

**1:00pm-4:00pm Polar Express Registration**  
For RailPark members only-Call 270-745-7317 or go to Historic RailPark & Train Museum 401 Kentucky St

**1:30pm-4:00pm WCPL Mobile Branch**  
Visit www.warrenpl.org or call 270-781-4882/600 Woodburn Allen Springs Rd Woodburn

**2:00pm-3:00pm After-school Story Hour**  
Stories-Crafts-Snacks/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**2:30pm BG Rose Society Meeting**  
Call 270-745-9935 for info/WCEO 3132 Nashville Rd

**4:00pm-7:00pm Wine Tasting**  
Kroger Wine & Spirit Shoppe 2945 Scottsville Rd 270-782-8693

**4:00pm-9:00pm Gypsymoon Marketplace**  
Upscale vintage/handmade barn sale-60 vendors-Music-Food & more-Admission \$10-To benefit Life's Better Together/Highland Stables

**4:00pm-12:00am Hatfield & McCoy Hillbilly Hoedown**  
Rock & blues music-Vendors-/Raven's Cros Haunted Village 901 Mammoth Cave Rd Cave City 270-579-7343

**4:30pm-5:45pm Hot Yoga Traditional/Blend**  
Core work-Strengthening stretches/**Hot Yoga Bowling Green** 270-793-0011 www.hotyogabowlinggreen.com (Every Friday)

**5:00pm Bingo at VFW**  
Doors open 5PM-Bingo 7PM/VFW Post #1298 1965 KY HWY 270-781-1872 (Every Friday)

**5:30pm-7:30pm Pickleball Game**  
Join the fun-All welcome-Call 270-843-6665 to confirm game/Old Alvaton Gym 6350 Old Scottsville Rd

**6:00pm 7th Annual Harvest of History**  
History of The Barrens comes to life/Museum of the Barrens South Central Kentucky Cultural Center 200 W Water St Glasgow 270-651-9792

**7:00pm Live Music at Mellow Mushroom**  
Call the day of to see who's playing/ **Mellow Mushroom** 1035 Chestnut St 270-393-1800

**7:00pm Cinderella**  
Presented by Franklin Simpson Arts-Call 270-586-8055 for ticket info/Goodnight Auditorium

**7:00pm First Friday Cabaret**  
Night at the Movies-Call BG OnStage at 270-904-1382/Gaslight Theater

**7:30pm SOKY Choral Society**  
Gospel Mass-Presented by **WKU Dept of Music**/WKU Van Meter Hall 270-745-3751

**8:00pm Little Shop of Horrors**  
Musical presented by **WKU Theatre & Dance**-Visit wku.showare.com or call 270-745-3121/WKU Russell Miller Theatre

**9:00pm Live Music**  
440 Main/Micki's on Main 270-793-0450

**9:30pm Cosmic Bowling**  
Southern Lanes 270-843-8741

**Vets 'n Vettes**  
Honoring Those Who Fought for Our Freedom-Road tours-Seminars & more/National Corvette Museum 270-781-7973

**Kentucky Paralegal Conference**  
Classes-Seminars & more-Call 270-535-5043/Sloan Convention Center

**8:00am Trax Running Group**  
Long run-Visit bgrr.com for info/Kereiakes Park

**8:00am-1:00pm Community Farmers Market BG Holiday Market**  
CFM Kids Club-Seasonal produce & more/ **Community Farmers Market BG** 2319 Nashville Rd communityfarmersmarketbg.com

**8:00am-5:00pm Gypsymoon Marketplace**  
Upscale vintage/handmade barn sale-60 vendors-Music-Food & more-Admission \$5-To benefit Life's Better Together/Highland Stables

**8:30am A Shaker Breakfast**  
Civil War era breakfast with fried chicken, eggs, sausage & more-Reservations required-Also at 10:30AM/Shaker Tavern at South Union Shaker Village Auburn 270-542-4167

**8:30am-4:30pm Street Survival School**  
Teen safe driver program-Registration required-Visit streetsurvival.org for info/ National Corvette Museum 270-781-7973

**9:00am Turkey Trot 5K**  
To benefit Hope Center for Women, Inc.-Visit homecenterforwomen.org for info/Allen Co Board of Education

**9:00am Basics Yoga**  
**4yoga** at **The Pots Place** 428 E Main St www.4yoga.me (Every Saturday)

**9:00am-12:00pm Veterans Day Toy Helicopter**  
Kids DIY Workshop/Home Depot 2233 Gary Farms Blvd 270-393-0464

**9:00am-1:00pm Prepared Childbirth\***  
One day express course-Call 270-796-2495 or visit themedicalcenter.org/OBclasses  
\*Preregistration required

**9:00am-2:00pm Little Stars Theater Day Camp**  
With Arts Alive-Ages 4 to 6-Call 270-535-3212

**9:00am-2:00pm Logan County Homemaker Quilt Show**  
Door prizes-Ovarian Cancer Fundraiser-\$10-Age 17 & under free/Logan Co Extension Office 270-726-6323

**10:00am Veterans Day Parade**  
Honoring past & present military/Begins at Circus Square on College St & ends at Circus Square on State St-Flag Raising Ceremony following parade at Warren Co Courthouse Courtyard

**10:00am Board Game Day**  
Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**10:00am-12:00pm Gift Making Workshop**  
Ages 8 & up-\$20/Love Art & Antiques Gallery 859-221-0303 loveartbg.com

**10:00am-12:00pm Kids Club**  
Hot Coco Mug-\$2-Age 3&up/Michaels 2313 Gary Farms Blvd 270-393-2195

**10:00am-2:00pm Polar Express Registration**  
For RailPark members-In person only-No phone calls-Limit 6 tickets per household/ Historic RailPark & Train Museum 401 Kentucky St

**10:00am-2:30pm Paper Piecing: Trim the Tree**  
Begin holiday wallhanging/**The Sewing & Vacuum Center** 1575 Campbell Ln 270-842-2434 bowlinggreensewing.com

**10:00am-5:00pm World's Greatest Studio Tour**  
15 studios-28 artists-Meet artists-See new works-Visit worldsgreateststudiotour.com or call 270-221-0016 for info

**10:00am-12:00am Hatfield & McCoy Hillbilly Hoedown**  
Country & bluegrass music-Vendors-/Raven's Cros Haunted Village 901 Mammoth Cave Rd Cave City 270-579-7343

**11:00am Footloose Storytime** Barnes & Noble 1680 Campbell Ln 270-746-9779

**11:00am-12:00pm Mini Maker Faire: Make Workspace**  
Experience virtual reality, 3D printing-coding & more-Also at 1, 3 & 5PM/Barnes & Noble 1680 Campbell Ln 270-746-9779

**11:00am-3:00pm Holiday Fashion Show** Catherine's Plus Size 270-495-2163

**12:00pm-5:00pm Mini Maker Faire: Make & Collaborate**  
Create with various materials/Barnes & Noble 1680 Campbell Ln 270-746-9779

**1:00pm-2:00pm Preschool Story Hour**  
Story-Activity/Allen County Public Library 106 W Main St Scottsville 270-237-3861

**1:00pm-4:00pm Wine Tasting**  
Kroger Wine & Spirit Shoppe 2945 Scottsville Rd 270-782-8693

**4:30pm-5:30pm Hot Yoga Blend**  
Variety class-All levels/**Hot Yoga Bowling Green** 270-793-0011 www.hotyogabowlinggreen.com (Every Saturday)

**6:00pm 7th Annual Harvest of History**  
History of The Barrens comes to life/Museum of the Barrens South Central Kentucky Cultural Center 200 W Water St Glasgow 270-651-9792

**7:00pm Live Music at Mellow Mushroom** Call the day of to see who's playing/ **Mellow Mushroom** 1035 Chestnut St 270-393-1800

**7:00pm Broadway Magic** Local talent performs Broadway hits-To benefit Bobby Driver Scholarship Fund/Plaza Theatre Glasgow 270-361-2101

**7:00pm Cinderella** Presented by Franklin Simpson Arts-Call 270-586-8055 for ticket info/Goodnight Auditorium

**7:00pm Acapalooza** Acappella Concert presented by BGHS Choral Activities-With WKU, BGHS, SWHS, GHS & more-\$10/BG Junior High

**7:30pm One of These Nights: A Symphonic Tribute to The Eagles**  
Eagles songs sun by Kevin Snyder & Bhrett Puckett with rock band & **Orchestra Kentucky**-Call **Orchestra Kentucky** at 270-846-2426 or visit OrchestraKentucky.com for info/**SKyPAC**

**8:00pm Little Shop of Horrors**  
Musical presented by **WKU Theatre & Dance**-Visit wku.showare.com or call 270-745-3121/WKU Russell Miller Theatre

**9:00pm Music by Scott Harris Band**  
440 Main/Micki's on Main 270-793-0450

Be sure and see this month's Faith article on Page 27



**FALL BACK**  
Daylight Savings Time ends at 2:00am. Don't forget to set your clocks back!

**BGRRTrail Run** Run through scenic, challenging trails with the BG Road Runners- Call 270-991-7989 for info/Mammoth Cave National Park (Every Sunday)

**7:00am BG26.2 & Half Marathon**  
And Race to Beat Multiple Sclerosis-Visit bg262.com for info/BG Ballpark

**8:30am Spiritual Warrior**  
Yoga class-Journey from head to heart-Obtain awareness of mind, spirit & body- **4yoga** at **The Pots Place** 428 E Main St www.4yoga.me (Every Sunday)

**10:30am-2:00pm Weekend Brunch**  
Food & cocktails-Also Saturday 11AM-2PM/ **Mariah's** 360 E 8th Ave 270-846-0020 mariahs.com (Every weekend)

**11:00am-12:00pm Mini Maker Faire: Make Workspace**  
Experience virtual reality, 3D printing-coding & more-Also at 1, 3 & 5PM/Barnes & Noble 1680 Campbell Ln 270-746-9779

**12:00pm-5:00pm Mini Maker Faire: Make & Collaborate**  
Create with various materials/Barnes & Noble 1680 Campbell Ln 270-746-9779

**1:00pm-4:00pm Parents Skate Free**  
With paid admission of child \$6/BG Skate Center 270-842-9555

**1:00pm-5:00pm World's Greatest Studio Tour**  
15 studios-28 artists-Meet artists-See new works-Visit worldsgreateststudiotour.com or call 270-221-0016 for info

**2:00pm-2:45pm Lives of the Stars**  
Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044

**2:00pm-5:00pm Author Judith Hoover**  
Signing copies of book Beyond Monongah: An Appalachian Story/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**3:00pm Cornhole** Spillway Bar & Grill 2195 Old Louisville Rd 270-842-9104

**3:00pm Little Shop of Horrors** Musical presented by **WKU Theatre & Dance**-Visit wku.showare.com or call 270-745-3121/WKU Russell Miller Theatre

**3:00pm Cinderella** Presented by Franklin Simpson Arts-Call 270-586-8055 for ticket info/Goodnight Auditorium

**3:00pm-5:00pm BG Swagg Sliders**  
Learn soulful line dance & more-Dance to many music genres-Call 314-749-0116 for info/Holiday Inn Convention Center 1021 Wilkinson Trace

**6:00pm Revival** With Bro Taylor Landers evangelist/Beech Grove General Baptist Church 1300 Trammel Rd Scottsville 270-438-6266

**7:00pm Nashville Nights** Featuring singer/songwriters-On the patio/**643 Sports Bar & Grill** 360 E 8th Ave 270-846-0020 643sportsbarandgrill.com

Be sure to check out this month's featured events on pages 62-69!

**SOKY** happenings

**FEATURED EVENTS**

Please be sure and CALL AHEAD to confirm that an event is still scheduled.

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**Monday  
November 7**

**Tuesday  
November 8**

**Wednesday  
November 9**

**Thursday  
November 10**

|  |  |  |   |  |   |  |
|--|--|--|---|--|---|--|
| <p><b>Coats for Kids</b><br/>Donate new or gently used coats-All sizes needed-Visit <a href="http://www.BGJWC.com">www.BGJWC.com</a> for info &amp; drop off locations-Through Dec 1</p> <p><b>6:00am-7:00am Hot Yoga Traditional</b><br/>Great for all levels-Improve strength, flexibility &amp; more/<b>Hot Yoga Bowling Green</b> 270-793-0011 <a href="http://www.hotyogabowlinggreen.com">www.hotyogabowlinggreen.com</a> (Every Monday)</p> <p><b>9:00am-9:30am Preschool Problem Solvers</b><br/>Hands on STEM activities-Ages 3-5/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>9:00am-9:00pm Amphibians: Vibrant &amp; Vanishing</b><br/>Exhibit featuring works of National Geographic photographer Joel Sartore-Free-Call 270-745-4375 for info-Through Nov 18/WKU Mass Media &amp; Technology Hall</p> <p><b>10:00am Gallery Girls</b><br/>Dulcimer group/Gallery on the Square 110 N Main St Franklin 270-586-8055</p> <p><b>10:00am Toddler Time</b><br/>Read books-Sing-Make a craft-Ages 18-36 months/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>10:00am-11:00am Storytime</b><br/>Stories-Crafts-Snacks-For ages 5&amp;under/Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>10:00am-12:00pm Strength &amp; Flexibility Checks</b><br/>Appointments recommended/The Core Scottsville 270-622-2847</p> <p><b>10:30am Zumba Gold</b><br/>WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171 (Every Monday)</p> <p><b>10:30am Toddler Time</b><br/>Ages 18-36 months/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>12:00pm Hoops at Hope</b><br/>Basketball-Weekdays at noon/Living Hope Baptist Church Connection Center 270-282-2784</p> <p><b>12:00pm-2:00pm Healthy Baby Workshop</b><br/>\$20 gift card to all pregnant women-Call 270-901-5000 x1114 for info/Park City Lion Club</p> <p><b>2:00pm-6:00pm Happy Hour at Mellow Mushroom</b><br/>\$1 off drafts, wines &amp; well drinks-Daily/<b>Mellow Mushroom</b> 1035 Chestnut St 270-393-1800</p> <p><b>2:30pm-4:30pm WCPL Mobile Branch</b><br/>Visit <a href="http://www.warrenpl.org">www.warrenpl.org</a> or call 270-781-4882/Jody Richards Elementary 2100 Elrod Rd</p> <p><b>3:30pm Minecraft Edu</b><br/>Mine-Craft-Trade tips-Ages 7-16/<b>WCPL</b>-Graham Drive Community Branch 270-781-1441</p> <p><b>4:00pm-4:45pm Crafternoons</b><br/>For K-6th grade/<b>WCPL</b>-Smiths Grove Branch 270-563-6651</p> <p><b>4:00pm-5:00pm Prenatal Yoga Class</b><br/><b>The Medical Center</b> Health &amp; Wellness Center 270-745-0942</p> <p><b>4:00pm-7:00pm El Maguey Happy Hour</b><br/>Mon-Thurs 4-7PM/<b>El Maguey</b> 4700 Scottsville Rd 270-904-0047 <a href="http://bowlinggreen.restaurantelماغuey.com">bowlinggreen.restaurantelماغuey.com</a></p> <p><b>5:00pm-6:00pm Foster Parent Classes</b><br/>New foster homes needed-Walk ins welcome-Call 888-863-0432/Omni Visions 1700 Patrick Way Suite C</p> | <p><b>5:00pm-6:30pm YUKI Happy Hour!</b><br/>Monday-Thursday/Special pricing on hot sake &amp; select beer-Happy Hour in bar and restaurant/<b>YUKI Japanese Restaurant</b> 270-393-8477</p> <p><b>5:00pm-6:30pm Rock Steady Boxing for Parkinson's</b><br/>Email <a href="mailto:bowlinggreen@rsbaffiliate.com">bowlinggreen@rsbaffiliate.com</a> for info/ Live Active 1249 31W ByPass (SEE PAGE 28)</p> <p><b>5:15pm-6:15pm Basic Yoga Class*</b><br/><b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942 *Preregistration required</p> <p><b>5:30pm Natural Wellness Workshop</b><br/>With Young Living-Call 270-535-3118 for info/<b>Chaney's Dairy Barn</b></p> <p><b>5:30pm Flow Yoga</b><br/><b>4yoga at The Pots Place</b> 428 E Main St <a href="http://www.4yoga.me">www.4yoga.me</a> (Every Monday)</p> <p><b>5:30pm-7:00pm Christmas Centerpiece</b><br/>\$40-Call Community Ed at 270-842-4281 for info/Hobby Lobby</p> <p><b>6:00pm Yoga</b><br/>Relax-Unwind-Breathe-For adults/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>6:00pm Lego Club @ Main</b><br/>Build-Hear story-Ages 5&amp;up/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>6:00pm-7:30pm Line Dance Lessons</b><br/>WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171 (Every Monday)</p> <p><b>6:30pm Corvette City Bop &amp; Dance Club</b><br/>Dancing-Dance lessons-Visit <a href="http://corvettecitybopclub.com">corvettecitybopclub.com</a> for info/FOP Lodge 150 Corvette Dr</p> <p><b>6:30pm Open Mic Night</b><br/>Regional talent showcase-Participants recorded live-Call 270-237-4062 for info/ Washington Center 110 S Court St Scottsville</p> <p><b>6:30pm Resilient: Refugee Strength in Art &amp; Film</b><br/>Living Level 3: Iraq-A story told through art &amp; word/Call 270-783-4484 for info/200 East 4th Ave</p> <p><b>7:00pm A Voice For Animals</b><br/>Improve lives of animals-Call 270-563-4727/Grace Church 824 Lehman Ave</p> <p><b>7:00pm VETS-4-VETS Meeting</b><br/>All veterans welcome-Free-Support-Fellowship-Call 270-303-8232/Wellness Connection Center 428 Center St</p> <p><b>7:00pm Revival</b><br/>Nightly through Nov 11/ Beech Grove General Baptist Church 1300 Trammel Rd Scottsville 270-438-6266</p> <p><b>7:30pm Joel Sartore Presentation</b><br/>National Geographic photographer, conservationist &amp; author discusses his work-Part of <b>WKU Cultural Enhancement Series</b>-Free-Visit <a href="http://wku.edu/go/ces">wku.edu/go/ces</a> for info/ WKU Van Meter Hall</p> <p><b>8:00pm Little Shop of Horrors</b><br/>Musical presented by <b>WKU Theatre &amp; Dance</b>-Visit <a href="http://wku.showare.com">wku.showare.com</a> or call 270-745-3121/WKU Russell Miller Theatre</p> | <p><b>ELECTION DAY</b></p> <p><b>6:00am-7:00am Track Workout Sessions</b><br/>With BG Road Runners-Call 270-991-7989/BGHS Track</p> <p><b>8:00am-9:00am Men's Health Alliance, Senior Health Network &amp; The Women's Center Screenings*</b><br/><b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942 *Preregistration required</p> <p><b>8:00am-4:00pm Star Wars Camp STEM event-Ages 6-12</b>-Registration required/ National Corvette Museum 270-781-7973</p> <p><b>8:00am-5:00pm Military Appreciation Month</b><br/>Free admission for police officers, firefighters, military &amp; family members-Show proof of service/National Corvette Museum 270-467-8852</p> <p><b>8:45am-9:45am Body/Sculpt Yoga</b><br/>High intensity workout-Focus on butt, legs, abs, core-Tone, maintain, define/<b>Hot Yoga Bowling Green</b> 270-793-0011 <a href="http://www.hotyogabowlinggreen.com">www.hotyogabowlinggreen.com</a> (Every Tuesday)</p> <p><b>9:00am-11:00am Election Day Open House</b><br/>Holy Trinity Lutheran School 270-843-1001</p> <p><b>9:00am-4:00pm Election Day Drama</b><br/>Learn about government through theater-Performance in afternoon-Grades K-6-With Arts Alive-Call 270-535-3212</p> <p><b>9:30am South Central Ky Coalition on Homeless</b><br/>All welcome-Call 270-779-1906 for info</p> <p><b>9:30am Toddler Time</b><br/>Ages 18-36 months/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>9:30am Gentle Yoga</b><br/><b>4yoga at The Pots Place</b> 428 E Main St <a href="http://www.4yoga.me">www.4yoga.me</a> (Every Tuesday)</p> <p><b>10:00am Tuesday Morning Knitters</b><br/>Gallery on the Square 110 N Main St Franklin 270-586-8055</p> <p><b>10:00am Toddler Time</b><br/>Read books-Sing-Make a craft-Ages 18-36 months/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>10:00am-11:00am Preschool Story Hour</b><br/>Story-Activity/Allen County Public Library 106 W Main St Scottsville 270-237-3861</p> <p><b>10:00am-5:00pm Ninety-Nine Candy Canes on the Wall</b><br/>Regional exhibition of art works featuring candy canes-Through Nove 25/SKY PAC 601 College St 270-904-1880 <a href="http://theskypac.com">theskypac.com</a></p> <p><b>11:00am Family Storytime</b><br/>Books-Songs-Crafts-Play-All ages/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>11:00am-2:00pm Lions Club Election Day Beans 'n Cornbread Luncheon</b><br/>All you can eat \$5-Proceeds to eyesight projects/Presbyterian Church 10th &amp; State St</p> <p><b>12:00pm Alzheimer's/ Dementia Support Group</b><br/>Call 270-792-5703 for info/ Eastwood Baptist Church</p> <p><b>12:00pm-1:00pm BG Noon Lions Club Meeting</b><br/>Visit <a href="http://facebook.com/BGNoonLionsClub">facebook.com/BGNoonLionsClub</a> for info/ Cambridge Market</p> <p><b>12:00pm-7:00pm Atalla Fall Event</b><br/>Get Your Glow on for the Holidays-Door prizes-Swag bags-Discounts &amp; more/<b>Atalla</b> Plastic Surgery &amp; Skin &amp; Laser 816 Chestnut 270-843-6697 <a href="http://atallamd.com">atallamd.com</a></p> <p><b>2:00pm Princess, Fairy, Ballerina, Pirate, Superhero, Knight</b><br/>Wear costume-Hear stories-Activities-Crafts-Registration required-Family event/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> | <p><b>2:00pm-3:00pm Diabetes Support Group</b><br/><b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942</p> <p><b>2:00pm-6:00pm Community Farmers Market BG Indoor Market</b><br/>CFM Kids Club-Seasonal produce &amp; more/<b>Community Farmers Market BG</b> 2319 Nashville Rd <a href="http://communityfarmersmarketbg.com">communityfarmersmarketbg.com</a></p> <p><b>2:30pm-4:00pm WCPL Mobile Branch</b><br/>Visit <a href="http://www.warrenpl.org">www.warrenpl.org</a> or call 270-781-4882/Richardsville Elementary 1775 Richardsville Rd</p> <p><b>3:30pm Loose Ends</b><br/>Adult crochet &amp; knit club/Allen County Public Library 106 W Main St Scottsville 270-237-3861</p> <p><b>4:00pm Young Inventors</b><br/>Hands on experiments with technology-Ages 7-16-Registration required/<b>WCPL</b>-Graham Drive Community Branch 270-781-1441</p> <p><b>4:00pm Lego Club</b><br/>Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>4:30pm GT Express Quick Workout</b><br/>4 sessions-\$40 At 4:30, 5, 5:30 or 6PM-Call Community Ed at 270-842-4281 for info/Get Toned Fitness 2726 Scottsville Rd</p> <p><b>4:30pm Free Art Class</b><br/>Grades K-5/Gallery on the Square 110 N Main St Franklin 270-586-8055</p> <p><b>5:15pm Zumba Class</b><br/><b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942</p> <p><b>5:30pm Game On! MineCraft &amp; More</b><br/>Age 9&amp;up/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>5:30pm-7:30pm Line Dancing</b><br/>Auburn Senior Center 169 Wrenwood Dr Auburn 270-542-8223</p> <p><b>6:00pm Author Susan Elizabeth Phillips</b><br/>Book discussion &amp; signing/<b>WCPL</b>-Bob Kirby Branch 270-782-0252 (SEE PAGE 9)</p> <p><b>6:00pm Yoga</b><br/>Relax-Unwind-Breathe/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>6:00pm Multiple Sclerosis Support Group</b><br/>Education-Support-Resources/ SKY Rehab Hospital 1300 Campbell Lane 270-782-6900 ext 203</p> <p><b>6:00pm-8:00pm Magic the Gathering Card Tournament</b><br/>Half Price Books Outlet 1785 Campbell Lane 270-781-0089</p> <p><b>7:00pm Team Trivia Mellow Mushroom</b><br/>Corner of 11th &amp; Chestnut 270-393-1800</p> <p><b>7:00pm Revival</b><br/>Nightly through Nov 11/Beech Grove General Baptist Church 1300 Trammel Rd Scottsville 270-438-6266</p> <p><b>7:00pm-7:45pm Lives of the Stars</b><br/>Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044</p> <p><b>8:00pm Pool Tournament</b><br/>\$5/Cue Time Billiards-BG 270-782-3740</p> <p><b>8:00pm Little Shop of Horrors</b><br/>Musical presented by <b>WKU Theatre &amp; Dance</b>-Visit <a href="http://wku.showare.com">wku.showare.com</a> or call 270-745-3121/WKU Russell Miller Theatre</p> <p><b>8:00pm-9:00pm BG Road Runners Night Trail Run</b><br/>Call 270-991-7989/Weldon Peete Park</p> | <p><b>6:00am-7:00am Hot Power Hour!</b><br/>Pure power group class-Challenging/<b>Hot Yoga Bowling Green</b> 270-793-0011 <a href="http://www.hotyogabowlinggreen.com">www.hotyogabowlinggreen.com</a> (Every Wednesday)</p> <p><b>8:00am-4:30pm Free Blood Pressure, Body Fat &amp; Stroke Screenings</b><br/>Offered daily/<b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942</p> <p><b>9:30am Gentle Yoga</b><br/><b>4yoga at The Pots Place</b> 428 E Main St <a href="http://www.4yoga.me">www.4yoga.me</a> (Every Wednesday)</p> <p><b>10:00am Preschool Story Time</b><br/>Music-Books-Dance-Crafts-Ages 3-5/<b>WCPL</b>-Smiths Grove Branch 270-563-6651</p> <p><b>10:00am Kirby Babies</b><br/>Books-Songs-Rhymes-Playtime-For infants 6-18 months/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>10:00am Storytime at Adairville</b><br/>Logan County Public Library Adairville Branch 270-726-6129</p> <p><b>10:00am Storytime at Auburn</b><br/>Logan County Public Library 225 Auburn Branch 270-726-6129</p> <p><b>10:00am-11:30am Mom-to-Mom Breastfeeding Support Group</b><br/>Call 270-996-8702 for info/<b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942 (Every Wednesday)</p> <p><b>10:00am-12:00pm Senior Adult Crafts</b><br/>Free-Call 270-393-3734/Hospitality House Housing Authority</p> <p><b>10:00am-3:00pm Stack 'n Whack</b><br/>Pinwheels on Parade-Make kaleidoscope blocks-Call to register/<b>The Sewing &amp; Vacuum Center</b> 1575 Campbell Ln 270-842-2434 <a href="http://bowlinggreensewing.com">bowlinggreensewing.com</a></p> <p><b>10:30am Zumba Gold</b><br/>WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171 (Every Wednesday)</p> <p><b>11:00am Preschool Storytime</b><br/>Read books-Sing-Make a craft-For ages 3-5/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>12:00pm Kiwanis Club of BG</b><br/>Find out more about Kiwanis-Call 270-392-0076/First Christian Church (Every Wednesday)</p> <p><b>12:00pm-8:00pm Free Counseling</b><br/>Talley Family Counseling Center WKU Gary Ransdell Hall 270-745-4204 (Every Wednesday)</p> <p><b>12:30pm-2:30pm Pickleball Game</b><br/>Join the fun-All welcome-Call 270-843-6665 to confirm game/ Phil Moore Park</p> <p><b>1:00pm-7:00pm Walk-In Wednesday!</b><br/>Every Wednesday-Tour campus-Explore career education programs-Find a program that fits-Learn about financial aid options-Meet faculty &amp; staff/ <b>Daymar College</b> 2421 Fitzgerald Industrial Drive-BG 270-843-6750 <a href="http://www.DaymarCollege.edu">www.DaymarCollege.edu</a></p> <p><b>1:30pm Mystery &amp; Suspense Book Club</b><br/>Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>2:00pm Preschool Yoga</b><br/>Ages 3-5/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>3:00pm-7:00pm Blood Drive</b><br/>Every Wednesday-CROSS/Scottsville Church of Christ 1379 Smiths Grove Rd Scottsville</p> <p><b>4:00pm Crafternoons</b><br/>Popsicle Stick Scarecrow Magnets-Ages 8-12/<b>WCPL</b>-Graham Drive Community Branch 270-781-1441</p> <p><b>4:00pm Lego Club</b><br/>Enjoy books &amp; Legos-Age 5&amp;up/<b>WCPL</b>-Smiths Grove Branch 270-563-6651</p> <p><b>5:00pm-7:00pm Wine Down Wednesday</b><br/>\$5 to sample wine/440 Main/Micki's on Main 270-793-0450</p> <p><b>5:30pm MineCraft-Adventure Mode</b><br/>Age 6&amp;up/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>6:30pm-7:45pm Urban Soul Line Dancing</b><br/>5 sessions-\$10-Call Community Ed at 270-842-4281 for info/ McNeill Elementary</p> <p><b>7:00pm Dance Fit</b><br/>Fun dance moves-High energy workout/<b>Bowling Green Athletic Club</b> 1640 Scottsville Rd 270-282-0749 <a href="http://www.bgathleticclub.com">www.bgathleticclub.com</a> (Every Wednesday)</p> <p><b>7:00pm Revival</b><br/>Nightly through Nov 11/Beech Grove General Baptist Church 1300 Trammel Rd Scottsville 270-438-6266</p> <p><b>7:00pm-9:00pm Live Music &amp; Karaoke El Maguey Mexican Restaurant</b><br/>4700 Scottsville Rd 270-904-0047 <a href="http://bowlinggreen.restaurantelماغuey.com">bowlinggreen.restaurantelماغuey.com</a></p> | <p><b>9:00am Preschool Problem Solvers</b><br/>Hands on STEM activities-Registration required-Ages 3-5/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>9:30am-11:30am Free Balance Screening* The Medical Center</b><br/>Health &amp; Wellness Center-Chandler Park 270-745-0942 *Preregistration required</p> <p><b>10:00am Preschool Kids Yoga</b><br/>Build balance &amp; confidence-Have fun-Ages 3-5/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>10:00am-10:45am Baby/Toddler Time</b><br/>Story-Music-Age 6 mth-3 years/Allen County Public Library 106 W Main St Scottsville 270-237-3861</p> <p><b>10:00am-12:00pm Senior Adult Crafts</b><br/>Free-Call 270-393-3734/ Community Action Senior Center</p> <p><b>10:30am Preschool Storytime</b><br/>Ages 3-5/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>12:00pm Gathering of the Yarn</b><br/>Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>12:00pm-2:00pm Healthy Baby Workshop</b><br/>\$20 gift card to all pregnant women-Call 270-901-5000 x1114 for info/Edmonson Co Health Dept</p> <p><b>12:00pm-4:00pm Bridge Club</b><br/>Meets weekly/Community Action Sr Center 200 E 4th Ave 270-783-4484</p> <p><b>1:30pm-4:00pm WCPL Mobile Branch</b><br/>Visit <a href="http://www.warrenpl.org">www.warrenpl.org</a> or call 270-781-4882/Rockfield 7493 Russellville Rd</p> <p><b>4:00pm Posers Yoga Club</b><br/>Yoga-Yoga games &amp; more-Ages 8-16/<b>WCPL</b>-Graham Drive Community Branch 270-781-1441</p> <p><b>4:00pm Groovy Button Book &amp; Craft</b><br/>Registration required-Age 3&amp;up/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>4:00pm SnackCraft</b><br/>Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>5:00pm BG Bluegrass Jam</b><br/>Open to all ages-Free-Bring your instrument-Call 270-535-1139/FOP Lodge 150 Corvette Dr</p> <p><b>5:00pm Kirby Kids</b><br/>Scavenger Hunt-Grades K-6/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>5:00pm-6:30pm Rock Steady Boxing for Parkinson's</b><br/>Email <a href="mailto:bowlinggreen@rsbaffiliate.com">bowlinggreen@rsbaffiliate.com</a> for info/ Live Active 1249 31W ByPass (SEE PAGE 28)</p> <p><b>5:30pm Teen Thursdays</b><br/>Art with Cecilee-For ages 12-16/<b>WCPL</b>-Graham Drive Community Branch 270-781-1441</p> <p><b>5:30pm Caregivers Support Group</b><br/>Support-Resources-Education/SKY Rehab Hospital 1300 Campbell Lane 270-782-6900 ext 203</p> <p><b>5:30pm Tai Chi Class</b><br/>Drop in-\$5/<b>The Pots Place</b> 428 E Main Ave 270-509-0599 (Every Thursday)</p> <p><b>5:45pm-6:45pm Prime Time Family Reading</b><br/>Meal-Storytelling-Registration required/Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> | <p><b>6:00pm Steal the Pint Night</b><br/>Specialty brews from craft brewers-Free pint glass while supply lasts/<b>Mellow Mushroom</b> 1035 Chestnut 270-393-1800</p> <p><b>6:00pm BG Road Runners Pub Run</b><br/>3-4 mile run-Dinner-Call 270-791-7526 for info/Chili's</p> <p><b>6:00pm Lego Club</b><br/>Build-Hear story-Ages 5&amp;up/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>6:00pm Car Seat Safety</b><br/>\$40-Call Community Ed at 270-842-4281 for info/ BGJHS</p> <p><b>6:00pm Free Life Planning Seminar</b><br/>Topics: Powers of Attorney, Living Wills, &amp; Wills-Call 270-796-8500 x3007 to reserve free spot/Service One Credit Union</p> <p><b>6:00pm-7:30pm Line Dance Lessons</b><br/>WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171</p> <p><b>6:00pm-9:00pm Jammin' on the Porch</b><br/>Bring your instrument and join in with other local musicians-Free/The Bookstore Horse Cave 270-218-0386</p> <p><b>7:00pm Kentucky Live! Speaker Series</b><br/>Tasting Kentucky: Favorite Recipes from the Bluegrass State* with author Maggie Green-Free/Barnes &amp; Noble</p> <p><b>7:00pm Blood Wedding</b><br/>Public Theatre of Kentucky 545 Morris Alley 270-781-6233</p> <p><b>7:00pm Revival</b><br/>Nightly through Nov 11/ Beech Grove General Baptist Church 1300 Trammel Rd Scottsville 270-438-6266</p> <p><b>7:00pm-7:45pm Lives of the Stars</b><br/>Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044</p> <p><b>7:00pm-9:00pm Live Music &amp; Karaoke El Maguey Mexican Restaurant</b><br/>4700 Scottsville Rd 270-904-0047 <a href="http://bowlinggreen.restaurantelماغuey.com">bowlinggreen.restaurantelماغuey.com</a></p> <p><b>7:30pm WKU Bands Veteran's Day Concert</b><br/>Presented by <b>WKU Dept of Music</b>-Call 270-745-3751 for info/<b>SKYPAC</b></p> <p><b>7:30pm Veterans Day Concert</b><br/>Free patriotic concert-With WKU Symphonic Band, Jazz Band &amp; Choral-Presented by <b>WKU Dept of Music</b>-Call 270-745-4253 for info/ <b>SKYPAC</b> 601 College St 270-904-1880 <a href="http://theskypac.com">theskypac.com</a></p> <p><b>10:00pm Karaoke</b><br/>Overtime Sports Bar &amp; Grill 270-904-4430</p> |
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Please be sure and CALL AHEAD to confirm that an event is still scheduled.

We work all month to contact all the places in our area with events, but it is possible that we could miss some. Also, sometimes things change after printing. Items are included in the calendar at the sole discretion of SOKY Happenings. Therefore, we are not responsible for errors or omissions.



Friday  
November 11



VETERANS DAY

**Historic Cave City Photo Display**  
150th Anniversary of Cave City-Through December/Cave City Convention Center 502 Mammoth Cave St Cave City 270-773-3131

**5:30am-6:30am Cardio Spin**  
Intense bike ride/**Bowling Green Athletic Club** 1640 Scottsville Rd 270-282-0749 www.bgathleticclub.com (Every Friday)

**6:00am-8:00pm Open Basketball Courts & Walking Track**  
Free/The Connection Center Gym Living Hope BC 1805 Westen Ave 270-282-2784

**8:00am-5:00pm Gone But Not Forgotten**  
Exhibit featuring GM vehicles no longer manufactured-8AM-5PM daily through Jan 6, 2017/National Corvette Museum 800-53-VETTE corvette museum.org

**8:45am-9:45am Hot Yoga Journey**  
Explore various poses-Fun-Vigorous-For all levels/**Hot Yoga Bowling Green** 270-793-0011 www.hotyogabowlinggreen.com (Every Friday)

**9:00am-10:00am Limber for Life**  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942

**9:00am-12:00pm Free Foot Screening\***  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942  
\*Preregistration required

**9:00am-4:00pm Christmas Open House on the Farm**  
Kenny's Farmhouse Cheese 2033 Thomerson Park Rd Austin

**9:30am Peek a Book Babies**  
For ages 6-18 months/**WCPL** Main Branch 270-781-4882

**10:00am Preschool Yoga**  
Ages 3-5/**WCPL**-Bob Kirby Branch 270-782-0252

**10:00am Storytime** Stories-Crafts-Snacks/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**10:30am Preschool Storytime**  
Ages 3-5/**WCPL** Main Branch 270-781-4882

**11:00am Preschool Storytime**  
Read books-Sing-Make a craft-For ages 3-5/**WCPL**-Bob Kirby Branch 270-782-0252

**12:00pm Veterans Day Parade & Celebration** Downtown Glasgow

**12:00pm-2:00pm Healthy Baby Workshop**  
\$20 gift card to all pregnant women-Call 270-901-5000 x1114 for info/Fairview Medical Center Annex

**1:30pm-4:00pm WCPL Mobile Branch**  
Visit www.warrenpl.org or call 270-781-4882/600 Woodburn Allen Springs Rd Woodburn

**2:00pm-3:00pm After-school Story Hour**  
Stories-Crafts-Snacks/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**2:00pm-4:00pm Free HIV Testing**  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942

**2:00pm-4:00pm Newborn Care & Safety Class\***  
Fairview Community Health Center Annex 825 E 4th Ave \*Registration required

**4:00pm-7:00pm Wine Tasting**  
Kroger Wine & Spirit Shoppe 2945 Scottsville Rd 270-782-8693

**5:00pm Bingo at VFW** Doors open 5PM-Bingo 7PM/VFW Post #1298 1965 KY HWY 270-781-1872 (Every Friday)

**5:00pm-8:00pm Ky Homespun Christmas Folk Art & Antique Show**  
\$5/Cave City Convention Center 502 Mammoth Cave St Cave City 270-773-3131

**5:30pm Yin Yoga**  
Living Our Yoga/**4yoga** at **The Pots Place** 428 E Main St www.4yoga.me

**5:30pm-7:30pm Pickleball Game** Join the fun-All welcome-Call 270-843-6665 to confirm game/Old Alvaton Gym 6350 Old Scottsville Rd

**5:30pm-7:30pm Open Studio Night**  
\$5-Bring project or start new one/Michaels 2313 Gary Farms Blvd 270-393-2195

**7:00pm Live Music at Mellow Mushroom**  
Call the day of to see who's playing/ **Mellow Mushroom** 1035 Chestnut St 270-393-1800

**7:00pm Blood Wedding**  
Public Theatre of Kentucky 545 Morris Alley 270-781-6233

**7:00pm Revival** Nightly through Nov 11/Beech Grove General Baptist Church 1300 Trammel Rd Scottsville 270-438-6266

**7:30pm Violin Fest Faculty Recital**  
Presented by **WKU Dept of Music**/WKU FAC Recital Hall 270-745-3751

**7:30pm FAME-The Musical**  
**SKyPAC** 601 College St 270-904-1880 theskypac.com

**9:00pm Music by Three** 440 Main/Micki's on Main 270-793-0450

**9:30pm Cosmic Bowling** Southern Lanes 270-843-8741

**10:30pm Black & White Ball: Drag Show**  
Presented by O'Haras-Call 901-485-3839 for reservations-Also at midnight/**643 Sports Bar & Grill** 360 8th Ave 270-846-0020 643sportsbarandgrill.com

Saturday  
November 12

**7:00am-1:00pm Christmas Bazaar & Silent Auction**  
Many vendors-Breakfast 6:30-9AM-Lunch 11AM-1PM/Rockfield United Methodist Church 270-842-7788

**8:00am Trax Running Group**  
Long run-Visit bgrr.com for info/Kereiakes Park

**8:00am Checkered Flag Chase 5K Run & Walk**  
Benefiting Alzheimer's Association-Visit checkeredflagchase.com for info/NCM Motorsports Park

**8:00am-1:00pm Community Farmers Market BG Indoor Market**  
CFM Kids Club-Seasonal produce & more/ **Community Farmers Market BG** 2319 Nashville Rd communityfarmersmarketbg.com

**8:00am-2:00pm Christmas Bazaar**  
Crafts-Bake sale-Breakfast & lunch-To benefit missions/Christ United Methodist Church 716 Cave Mill Rd 270-842-4343

**9:00am-12:00pm Photoshop Elements 101**  
\$55-Call Community Ed at 270-842-4281 for info/Jim's Studio Room

**9:00am-3:00pm Ky Homespun Christmas Folk Art & Antique Show**  
\$5/Cave City Convention Center 502 Mammoth Cave St Cave City 270-773-3131

**10:00am Gourd Ornament Class**  
Gallery on the Square 110 N Main St Franklin 270-586-8055

**10:00am All Aboard Series**  
Lectures on trains/Historic RailPark & Train Museum 401 Kentucky St 270-745-7317 historicrailpark.com

**10:00am-12:00pm Gift Making Workshop**  
Ages 8 & up-\$20/Love Art & Antiques Gallery 859-221-0303 loveartbg.com

**10:00am-12:00pm Kids Club**  
Clay Pot Reindeer-\$2-Age 3&up/Michaels 2313 Gary Farms Blvd 270-393-2195

**10:00am-12:00pm Free Motion Quilting**  
Practice technique/**The Sewing & Vacuum Center** 1575 Campbell Ln 270-842-2434 bowlinggreensewing.com

**10:00am-12:00pm MEchanics**  
Basic car care info class-\$10/National Corvette Museum 270-781-7973

**10:00am-12:00pm 2nd Saturday Hike**  
History of the Barrens/Barren River Lake State Resort Park 270-646-2151

**10:00am-3:00pm Fantastic Beasts and Where to Find Them Movie Premiere Party**  
Celebrate world of Harry Potter-Games-Trivia-Potions & more-All ages/**WCPL**-Bob Kirby Branch 270-782-0252

**10:00am-4:00pm Christmas Open House on the Farm**  
Kenny's Farmhouse Cheese 2033 Thomerson Park Rd Austin

**10:30am Ornament Making**  
Call to register/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**10:30am-11:30am Skinny Jeans Plus Yoga**  
Progressive group class-Burn calories-Increase flexibility & more/**Hot Yoga Bowling Green** 270-793-0011 www.hotyogabowlinggreen.com (Every Saturday)

**11:00am Penguin Problems Storytime**  
Barnes & Noble 1680 Campbell Ln 270-746-9779

**11:30am Southern KY Team Penning Association Show**  
Call 270-792-3868 for info/WKU Ag Expo Center

**1:00pm Ken Waldorf Poetry Workshop**  
Allen County Public Library 106 W Main St Scottsville 270-237-3861

**1:00pm-2:00pm Preschool Story Hour**  
Story-Activity/Allen County Public Library 106 W Main St Scottsville 270-237-3861

**1:00pm-3:00pm My Doll & Me Dance Workshop**  
With SOKY Dance Ensemble-Dance class-Craft-Parents learn to do stage makeup & ballet bun-Bring doll-Ages 3-6-Call 270-792-7893/**Dance Arts** 1060 Pedigo Way 270-842-6811 danceartsbg.com

**1:00pm-3:00pm Make It Merry Ornament Event**  
Buy ornaments-Other supplies provided free-Family crafting/Michaels 2313 Gary Farms Blvd 270-393-2195

**1:00pm-4:00pm Wine Tasting**  
Kroger Wine & Spirit Shoppe 2945 Scottsville Rd 270-782-8693

**4:30pm-5:30pm Hot Yoga Blend**  
Variety class-All levels/**Hot Yoga Bowling Green** 270-793-0011 www.hotyogabowlinggreen.com (Every Saturday)

**5:00pm Violin Fest Participants Recital**  
Presented by **WKU Dept of Music**/WKU FAC Recital Hall 270-745-3751

**6:00pm Winter Splendor Charity Ball**  
Cocktail reception & silent auction 6PM-Formal dinner & live auction 7:30PM-Music by City Lights 9PM-Hosted by **Commonwealth Health Foundation** to benefit Community Clinic & The Dental Clinic-Visit www.chfbg.org for info/Sloan Convention Center

**6:00pm-9:00pm Dance**  
Bobby Luck's Dance Band-Potluck meal-\$6-Call 270-799-3361 for info/WCPRD Senior Center 855 Mt Olivet Rd

**6:00pm-9:00pm Senior Dance**  
Bring potluck dish-\$5-Music by New Old Habits/Auburn Senior Center 169 Wrenwood Dr Auburn 270-542-8223

**7:00pm Live Music at Mellow Mushroom**  
Call the day of to see who's playing/ **Mellow Mushroom** 1035 Chestnut St 270-393-1800

**7:00pm Capitol Arts Blues Festival**  
With Ernie Small Blues Band, Michael Gough Group, Shake Rag & more-VIP event prior to concert-To benefit **Capitol Arts Center/Capitol Arts Center** 270-904-1880 theskypac.com (SEE PAGE 10)

**7:00pm Blood Wedding**  
Public Theatre of Kentucky 545 Morris Alley 270-781-6233

**7:30pm Collin Raye: The Big 25 Tour**  
Plaza Theatre 115 E Main St Glasgow 270-361-2101 plaza.org

**9:00pm Music by Brennan Graves**  
440 Main/Micki's on Main 270-793-0450

Sunday  
November 13

Be sure and see this month's  
Faith article on Page 27

**BGRRTail Run**  
Run through scenic, challenging trails with the BG Road Runners-Call 270-991-7989 for info/Mammoth Cave National Park (Every Sunday)

**10:30am-2:00pm Weekend Brunch**  
Food & cocktails-Also Saturday 11AM-2PM/ **Mariah's** 360 E 8th Ave 270-846-0020 mariahs.com (Every weekend)

**1:00pm-4:00pm Parents Skate Free**  
With paid admission of child \$6/BG Skate Center 270-842-9555

**2:00pm Violin Virtuoso Randall Olson Concert**  
Presented by Glasgow Musicale-Free-Refreshments following/First United Methodist Church 500 Green St Glasgow

**2:00pm-2:45pm Lives of the Stars**  
Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044

**3:00pm Cornhole**  
Spillway Bar & Grill 2195 Old Louisville Rd 270-842-9104

**3:00pm Blood Wedding**  
Public Theatre of Kentucky 545 Morris Alley 270-781-6233

**3:00pm-5:00pm BG Swagg Sliders**  
Learn soulful line dance & more-Dance to many music genres-Call 314-749-0116 for info/Holiday Inn Convention Center 1021 Wilkinson Trace

**4:00pm Basics Yoga**  
**4yoga** at **The Pots Place** 428 E Main St www.4yoga.me (Every Sunday)

**5:00pm-6:30pm Opening of 24th Annual Jack Lunt Memorial Juried Art Exhibition**  
Reception/**Downing Museum** at Baker Arboretum 4801 Morgantown Rd 270-842-7415 wku.edu/downingmuseum (SEE PAGE 66)

**7:00pm Nashville Nights**  
Featuring singer/songwriters-On the patio/**643 Sports Bar & Grill** 360 E 8th Ave 270-846-0020 643sportsbarandgrill.com

Be sure to check out this month's featured events on pages 62-69!

**SOKY** happenings

**FEATURED EVENTS**

Please be sure and CALL AHEAD to confirm that an event is still scheduled.

We work all month to contact all the places in our area with events, but it is possible that we could miss some. Also, sometimes things change after printing. Items are included in the calendar at the sole discretion of SOKY Happenings. Therefore, we are not responsible for errors or omissions.



Monday  
November 14

Tuesday  
November 15

Wednesday  
November 16

Thursday  
November 17

|   |  |   |   |  |  |
|---|--|---|---|--|--|
| <p><b>Coats for Kids</b><br/>Donate new or gently used coats-All sizes needed-Visit www.BGJWC.com for info &amp; drop off locations-Through Dec 1</p> <p><b>9:00am-9:30am Preschool Problem Solvers</b><br/>Hands on STEM activities-Ages 3-5/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>9:00am-4:00pm Standing the Test of Time Exhibit</b><br/>Kentucky's White Oak Basket Tradition-Mon-Sat 9AM-4PM-Through Jan 31, 2017/WKU Kentucky Museum 1444 Kentucky St 270-745-2592 wku.edu/kentuckymuseum</p> <p><b>10:00am Gallery Girls</b><br/>Dulcimer group/Gallery on the Square 110 N Main St Franklin 270-586-8055</p> <p><b>10:00am Toddler Time</b><br/>Read books-Sing-Make a craft-Ages 18-36 months/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>10:00am-11:00am Storytime</b><br/>Stories-Crafts-Snacks-For ages 5&amp;under/Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>10:30am Zumba Gold</b><br/>WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171 (Every Monday)</p> <p><b>10:30am Toddler Time</b><br/>Ages 18-36 months/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>12:00pm Hoops at Hope</b><br/>Basketball-Weekdays at noon/Living Hope Baptist Church Connection Center 270-282-2784</p> <p><b>2:00pm-6:00pm Happy Hour at Mellow Mushroom</b><br/>\$1 off drafts, wines &amp; well drinks-Daily/ <b>Mellow Mushroom</b> 1035 Chestnut St 270-393-1800</p> <p><b>2:30pm-4:30pm WCPL Mobile Branch</b><br/>Visit www.warrenpl.org or call 270-781-4882/Jody Richards Elementary 2100 Elrod Rd</p> <p><b>3:30pm Minecraft Edu</b><br/>Mine-Craft-Trade tips-Ages 7-16/<b>WCPL</b>-Graham Drive Community Branch 270-781-1441</p> <p><b>4:00pm-4:45pm Crafternoons</b><br/>For K-6th grade/<b>WCPL</b>-Smiths Grove Branch 270-563-6651</p> <p><b>4:00pm-5:00pm Prenatal Yoga Class</b><br/><b>The Medical Center</b> Health &amp; Wellness Center 270-745-0942</p> <p><b>4:00pm-7:00pm El Maguey Happy Hour</b><br/>Mon-Thurs 4-7PM/<b>El Maguey</b> 4700 Scottsville Rd 270-904-0047 bowlinggreen.restaurantelماغهى.com</p> <p><b>5:00pm Harry Potter Alliance Meeting</b><br/>Call 859-437-0082 for info/Starbucks at Stadium Plaza</p> <p><b>5:00pm Thanksgiving Science</b> Allen County Public Library 106 W Main St Scottsville 270-237-3861</p> <p><b>5:00pm Pinterest Fun: Fall Banner</b><br/>Call to register/Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>5:00pm-6:00pm Foster Parent Classes</b><br/>New foster homes needed-Walk ins welcome-Call 888-863-0432/Omni Visions 1700 Patrick Way Suite C</p> <p><b>5:00pm-6:30pm YUKI Happy Hour!</b><br/>Monday-Thursday/Special pricing on hot sake &amp; select beer-Happy Hour in bar and restaurant/ <b>YUKI Japanese Restaurant</b> 270-393-8477</p> <p><b>5:15pm-6:15pm Basic Yoga Class*</b><br/><b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942 *Preregistration required</p> <p><b>5:30pm Girls of Steel: Think Lab</b><br/>Ages 8-13/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>5:30pm-6:30pm Auto &amp; Homeowner Insurance Basics</b><br/>\$5-Call Community Ed at 270-842-4281 for info/Smith's Grove Library</p> <p><b>5:30pm-7:00pm Adoption: Expanding Families &amp; Changing Lives</b> \$5-Call Community Ed at 270-842-4281 for info/<b>WCPL</b> Main Branch</p> <p><b>6:00pm Thoroughbred Toastmasters Club</b><br/>Visitors welcome-Call 270-781-6511 ext 2 for info/Indian Hills Country Club 200 Indian Hills Dr</p> <p><b>6:00pm BG Fairness</b><br/>All welcome-Call 270-256-8258/WKU Cherry Hall Room 203A</p> <p><b>6:00pm Side Dish Swap</b> Bring favorite Thanksgiving side dish &amp; 15 copies of recipe-Registration required/<b>WCPL</b>-Smiths Grove Branch 270-563-6651</p> <p><b>6:00pm Yoga</b><br/>Relax-Unwind-Breathe-For adults/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>6:00pm Lego Club @ Main</b><br/>Build-Hear story-Ages 5&amp;up/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>6:00pm-7:00pm Ready, Set, Go!</b><br/><b>The Medical Center</b> Auditorium *Preregistration required</p> <p><b>6:00pm-7:30pm Line Dance Lessons</b><br/>WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171 (Every Monday)</p> <p><b>6:30pm Corvette City Bop &amp; Dance Club</b><br/>Dancing-Dance lessons-Visit corvettecitybopclub.com for info/ FOP Lodge 150 Corvette Dr</p> <p><b>6:30pm-7:30pm Skinny Jeans Plus Yoga</b><br/>Progressive group class-Burn calories-Increase flexibility &amp; more/<b>Hot Yoga Bowling Green</b> 270-793-0011 www.hotyogabowlinggreen.com (Every Monday)</p> | <p><b>6:00am-7:00am Track Workout Sessions</b><br/>With BG Road Runners-Call 270-991-7989/BGHS Track</p> <p><b>8:00am-10:00am Dizziness &amp; Vertigo Screenings</b><br/>Appointments recommended/The Core Scottsville 270-622-2847</p> <p><b>8:00am-5:00pm Military Appreciation Month</b><br/>Free admission for police officers, firefighters, military &amp; family members-Show proof of service/National Corvette Museum 270-467-8852</p> <p><b>9:30am Toddler Time</b><br/>Ages 18-36 months/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>9:30am-12:00pm Medicare Open Enrollment Assistance</b><br/>Free/Auburn Senior Center 169 Wrenwood Dr Auburn 270-542-8223</p> <p><b>10:00am Tuesday Morning Knitters</b><br/>Gallery on the Square 110 N Main St Franklin 270-586-8055</p> <p><b>10:00am Toddler Time</b><br/>Read books-Sing-Make a craft-Ages 18-36 months/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>10:00am-11:00am Preschool Story Hour</b><br/>Story-Activity/Allen County Public Library 106 W Main St Scottsville 270-237-3861</p> <p><b>10:00am-5:00pm Ninety-Nine Candy Canes on the Wall</b><br/>Regional exhibition of art works featuring candy canes-Through Nov 25/<b>SKYPAC</b> 601 College St 270-904-1880 theskypac.com</p> <p><b>10:00am-6:00pm Free Counseling</b><br/>Talley Family Counseling Center WKU Gary Ransdell Hall 270-745-4204 (Every Tuesday)</p> <p><b>11:00am Family Storytime</b><br/>Books-Songs-Crafts-Play-All ages/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>11:00am-4:00pm 24th Annual Jack Lunt Memorial Juried Art Exhibition</b><br/>Through Dec 17-Tues-Fri 11-4, Sat 12-4/<b>Downing Museum</b> at Baker Arboretum 4801 Morgantown Rd 270-842-7415 wku.edu/downingmuseum (SEE PAGE 66)</p> <p><b>12:00pm-1:00pm BG Noon Lions Club Meeting</b><br/>Visit facebook.com/BGNoonLionsClub for info/ Cambridge Market</p> <p><b>12:00pm-2:00pm Healthy Baby Workshop</b><br/>\$20 gift card to all pregnant women-Call 270-901-5000 x1114 for info/Warren Co Health Dept 1109 State St</p> <p><b>12:00pm-6:00pm Blood Drive</b><br/>Call 1-800-RED-CROSS/ Holy Spirit Catholic Church 4754 Smallhouse Rd</p> <p><b>1:00pm Adult Book Club</b><br/>Allen County Public Library 106 W Main St Scottsville 270-237-3861</p> <p><b>2:00pm-6:00pm Community Farmers Market BG</b><br/>Indoor Market CFM Kids Club-Seasonal produce &amp; more/ <b>Community Farmers Market BG</b> 2319 Nashville Rd communityfarmersmarketbg.com</p> <p><b>2:30pm-4:00pm WCPL Mobile Branch</b><br/>Visit www.warrenpl.org or call 270-781-4882/ Richardsville Elementary 1775 Richardsville Rd</p> | <p><b>5:00pm-6:30pm Rock Steady Boxing for Parkinson's</b><br/>Email bowlinggreen@rsbaffiliate.com for info/ Live Active 1249 31W ByPass (SEE PAGE 28)</p> <p><b>5:15pm Zumba Class</b><br/><b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942</p> <p><b>5:30pm Game On! MineCraft &amp; More</b><br/>Age 9&amp;up/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>5:30pm Cookbook Club: Thanksgiving</b><br/>Call to register/Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>5:30pm Tai Chi Class</b><br/>Drop in-\$5/<b>The Pots Place</b> 428 E Main Ave 270-509-0599 (Every Tuesday)</p> <p><b>5:30pm-7:30pm Line Dancing</b><br/>Auburn Senior Center 169 Wrenwood Dr Auburn 270-542-8223</p> <p><b>6:00pm Cover to Cover Book Discussion Group</b><br/>Blindness by Jose Saramago/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>6:00pm Yoga</b><br/>Relax-Unwind-Breathe/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>6:00pm-8:00pm Prepared Childbirth Classes*</b><br/>Five week series-Call 270-796-2495 or visit themedicalcenter.org/ OBclasses *Preregistration required</p> <p><b>6:30pm Sierra Club</b><br/>All welcome-Call 270-793-9011/Lost River Cave Birch Room</p> <p><b>6:30pm-7:30pm Hot Yoga Blend</b><br/>Fun &amp; challenging class-Focus on moving with the breath-All levels/ <b>Hot Yoga Bowling Green</b> 270-793-0011 www.hotyogabowlinggreen.com (Every Tuesday)</p> <p><b>7:00pm Team Trivia Mellow Mushroom</b> Corner of 11th &amp; Chestnut 270-393-1800</p> <p><b>7:00pm BG Civil War Roundtable</b><br/>Forum-Guest speakers &amp; authors share knowledge &amp; experience-All welcome-Call 270-779-5022/WKU Cherry Hall Rm 125</p> <p><b>7:00pm Ballroom Dance Group Classes</b><br/>With Nancye &amp; Dr Dance-Call 270-782-5425/BAC South 121 Flex Park Dr</p> <p><b>7:00pm-7:45pm Lives of the Stars</b><br/>Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044</p> <p><b>7:30pm WKU Opera Theater</b><br/>Presented by <b>WKU Dept of Music</b>/WKU FAC Recital Hall 270-745-3751</p> <p><b>8:00pm Pool Tournament</b><br/>\$5/Cue Time Billiards-BG 270-782-3740</p> <p><b>8:00pm-9:00pm BG Road Runners Night Trail Run</b><br/>Call 270-991-7989/Weldon Peete Park</p> | <p><b>6:00am Flow Yoga</b><br/><b>4yoga at The Pots Place</b> 428 E Main St www.4yoga.me (Every Wednesday)</p> <p><b>8:00am-4:30pm Free Blood Pressure, Body Fat &amp; Stroke Screenings</b><br/>Offered daily/<b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942</p> <p><b>8:45am-9:45am Hot Yoga Restorative</b><br/>Great stress buster-Great place to start Hot Yoga-Floor poses, muscular engagement, flexibility/gentle stretching with limited power-Also at 6:30PM/ <b>Hot Yoga Bowling Green</b> 270-793-0011 www.hotyogabowlinggreen.com (Every Wednesday)</p> <p><b>9:00am-11:00am Diabetes Basics Class</b><br/>Free-Call 270-781-8039 x136 to register/Butler Co Health Dept</p> <p><b>9:00am-1:00pm AARP Smart Driver Course*</b><br/><b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942 *Preregistration required</p> <p><b>10:00am Preschool Story Time</b><br/>Music-Books-Dance-Crafts-Ages 3-5/<b>WCPL</b>-Smiths Grove Branch 270-563-6651</p> <p><b>10:00am Kirby Babies</b><br/>Books-Songs-Rhymes-Playtime-For infants 6-18 months/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>10:00am Storytime at Adairville</b><br/>Logan County Public Library Adairville Branch 270-726-6129</p> <p><b>10:00am Storytime at Auburn</b><br/>Logan County Public Library 225 Auburn Branch 270-726-6129</p> <p><b>10:00am-11:30am Mom-to-Mom Breastfeeding Support Group</b><br/>Call 270-996-8702 for info/<b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942 (Every Wednesday)</p> <p><b>10:00am-3:00pm Double Wedding Ring</b><br/>Learn this pattern/<b>The Sewing &amp; Vacuum Center</b> 1575 Campbell Ln 270-842-2434 bowlinggreensewing.com</p> <p><b>10:30am Zumba Gold</b><br/>WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171 (Every Wednesday)</p> <p><b>11:00am Preschool Storytime</b><br/>Read books-Sing-Make a craft-For ages 3-5/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>12:00pm Kiwanis Club of BG</b><br/>Find out more about Kiwanis-Call 270-392-0076/First Christian Church (Every Wednesday)</p> <p><b>12:30pm-2:30pm Pickleball Game</b><br/>Join the fun-All welcome-Call 270-843-6665 to confirm game/ Phil Moore Park</p> <p><b>1:00pm-7:00pm Walk-In Wednesday!</b><br/>Every Wednesday-Tour campus-Explore career education programs-Find a program that fits-Learn about financial aid options-Meet faculty &amp; staff/ <b>Daymar College</b> 2421 Fitzgerald Industrial Drive-BG 270-843-6750 www.DaymarCollege.edu</p> <p><b>2:00pm Preschool Yoga</b><br/>Ages 3-5/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>4:00pm Crafternoons</b><br/>Cooking Class-Ages 8-12/<b>WCPL</b>-Graham Drive Community Branch 270-781-1441</p> <p><b>4:00pm Lego Club</b><br/>Enjoy books &amp; Legos-Age 5&amp;up/<b>WCPL</b>-Smiths Grove Branch 270-563-6651</p> <p><b>5:30pm MineCraft-Adventure Mode</b><br/>Age 6&amp;up/<b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>5:30pm-6:30pm Interstitial Cystitis Support Group</b><br/><b>The Medical Center</b> Conference Room</p> <p><b>6:00pm-8:00pm BG Sip N Paint</b><br/>Call 270-392-0595 for info/<b>Mellow Mushroom</b> Corner of Chestnut &amp; 11th</p> <p><b>7:00pm-9:00pm Live Music &amp; Karaoke</b><br/><b>El Maguey Mexican Restaurant</b> 4700 Scottsville Rd 270-904-0047 bowlinggreen.restaurantelماغهى.com</p> | <p><b>Be a Santa to a Senior</b><br/>Give gifts to local senior-Sponsored by <b>Home Instead Senior Care</b>-Call 270-842-7540 for info on how to help-Trees with names at various locations-Through Dec 12 (SEE PAGE 29)</p> <p><b>9:00am Preschool Problem Solvers</b> Hands on STEM activities-Registration required-Ages 3-5/ <b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>10:00am Alzheimer's/Dementia Support Group</b> Call 270-792-5703 for info/Broadway UMC</p> <p><b>10:00am Preschool Kids Yoga</b><br/>Build balance &amp; confidence-Have fun-Ages 3-5/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>10:00am-10:45am Baby/Toddler Time</b><br/>Story-Music-Age 6 mth-3 years/ Allen County Public Library 106 W Main St Scottsville 270-237-3861</p> <p><b>10:00am-12:00pm Heart Failure Class*</b> <b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942 *Preregistration required</p> <p><b>10:30am Preschool Storytime</b><br/>Ages 3-5/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>10:30am-3:30pm Holiday Celebration at Riverview at Hobson Grove</b><br/>Vendors-Historic home-Museum shop/<b>Riverview at Hobson Grove</b> 1100 W Main Ave 270-843-5565 (SEE PAGE 63)</p> <p><b>11:00am-1:30pm Chili &amp; Cornbread Luncheon</b><br/>To benefit <b>HOTEL INC</b>-\$10 donation-Dine in or take out-Call 270-782-1263 or visit hotelincbg.com for info/First Christian Church 1106 State St (SEE PAGE 67)</p> <p><b>12:00pm Gathering of the Yarn</b><br/>Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>12:00pm-4:00pm Bridge Club</b><br/>Meets weekly/Community Action Sr Center 200 E 4th Ave 270-783-4484</p> <p><b>1:30pm-4:00pm WCPL Mobile Branch</b> Visit www.warrenpl.org or call 270-781-4882/Rockfield 7493 Russellville Rd</p> <p><b>4:00pm Picture Book Celebration</b><br/>Registration required-Age 3&amp;up/ <b>WCPL</b> Main Branch 270-781-4882</p> <p><b>4:00pm SnackCraft</b> Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>4:00pm Basics Yoga 4yoga at The Pots Place</b> 428 E Main St www.4yoga.me (Every Thursday)</p> <p><b>4:00pm-5:00pm Alzheimer's Support Group</b> Scottsville <b>The Medical Center</b> at Scottsville Adult Learning Center</p> <p><b>4:30pm-5:30pm Alzheimer's Support Group</b> <b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942</p> <p><b>5:00pm-6:00pm Surgical Weight Loss Support Group</b><br/><b>The Medical Center</b>-WKU Health Sciences Center Conf Center A 700 First Ave</p> <p><b>5:00pm-6:30pm Rock Steady Boxing for Parkinson's</b> Email bowlinggreen@rsbaffiliate.com for info/ Live Active 1249 31W ByPass (SEE PAGE 28)</p> <p><b>5:00pm-7:00pm Potential Picassos Exhibit</b><br/>Works of amateur artists-Opening reception/Gallery on the Square 110 N Main St Franklin 270-586-8055</p> <p><b>5:30pm Teen Thursdays</b><br/>Birdhouse Gourd-For ages 12-16/ <b>WCPL</b>-Graham Drive Community Branch 270-781-1441</p> | <p><b>5:30pm-9:30pm The Basics of Selling on eBay</b><br/>\$60-Call Community Ed at 270-842-4281 for info/BGHS</p> <p><b>5:45pm-6:45pm Prime Time Family Reading</b> Meal-Storytelling-Registration required/Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>6:00pm Steal the Pint Night</b><br/>Specially brews from craft brewers-Free pint glass while supply lasts/ <b>Mellow Mushroom</b> 1035 Chestnut 270-393-1800</p> <p><b>6:00pm BG Road Runners Pub Run</b> 3-4 mile run-Dinner-Call 270-791-7526 for info/Chili's</p> <p><b>6:00pm Survivors of Suicide Group</b> Support for those affected by suicide-Call 502-599-4408 for info-All welcome/Wellness Center 428 A Center St</p> <p><b>6:00pm Family Evening Storytime</b><br/>Books-Songs-Crafts-Play-All ages/ <b>WCPL</b>-Bob Kirby Branch 270-782-0252</p> <p><b>6:00pm Historian Ray Buckberry</b><br/>How the Civil War Came to Bowling Green...Twice/<b>WCPL</b> Main Branch 270-781-4882</p> <p><b>6:00pm The Sounds of Christmas Dinner Theatre</b><br/>Featuring Elisabeth von Trapp, granddaughter of Maria &amp; Baron von Trapp of the Trapp Family Singers-Presented by Allen Co-Scottsville Arts Council-Call 270-237-4062 x 111 for ticket info/ Scottsville Baptist Church 301 E Main St Scottsville</p> <p><b>6:00pm-7:00pm Bring Your Own Book Book Club</b> Logan County Public Library 225 Armory Dr Russellville 270-726-6129</p> <p><b>6:00pm-7:00pm Understanding Alzheimer's &amp; Dementia: Caring for the Caretaker and Your Loved One</b> \$10-Call Community Ed at 270-842-4281 for info/BGHS</p> <p><b>6:00pm-7:30pm Chinese Calligraphy</b> \$20-Call Community Ed at 270-842-4281 for info/ Professional Development &amp; Learning Center</p> <p><b>6:00pm-7:30pm Line Dance Lessons</b> WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171</p> <p><b>6:00pm-8:00pm Newborn Care &amp; Safety Class*</b><br/><b>The Medical Center</b> Health &amp; Wellness Center-Chandler Park 270-745-0942 *Registration required</p> <p><b>6:30pm-7:30pm New Tibetan 21 (TM) Yoga</b><br/>Engaging practice for breath control, cardiovascular exercise, physical power and muscularity, and mental concentration/ <b>Hot Yoga Bowling Green</b> 270-793-0011 www.hotyogabowlinggreen.com (Every Thursday)</p> <p><b>6:30pm-8:00pm Holiday Ornament Display</b> DIY Workshop for Women/Home Depot 2233 Gary Farms Blvd 270-393-0464</p> <p><b>6:30pm-8:30pm Hunger &amp; Homelessness Awareness Week Forum</b> Call 270-779-1906 for info/ BG Jr High School Auditorium</p> <p><b>7:00pm-7:45pm Lives of the Stars</b><br/>Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044</p> <p><b>7:30pm WKU Opera Theater</b><br/>Presented by <b>WKU Dept of Music</b>/WKU FAC Recital Hall 270-745-3751</p> <p><b>7:30pm Winnie-the-Pooh</b><br/>Presented by Fountain Square Players-Call 270-782-3119 for info/ Phoenix Theatre 545 Morris Alley</p> |
|---|--|---|---|--|--|

Please be sure and CALL AHEAD to confirm that an event is still scheduled.

We work all month to contact all the places in our area with events, but it is possible that we could miss some. Also, sometimes things change after printing.

Items are included in the calendar at the sole discretion of SOKY Happenings. Therefore, we are not responsible for errors or omissions.

November 2016



Friday  
November 18

Saturday  
November 19

Sunday  
November 20

**Can Tab Collection**  
To support Shriners Hospital for Children-Turn in tabs by Dec 2 to Hanks Construction Co 399 E Main St Auburn 270-847-2080

**6:00am-8:00pm Open Basketball Courts & Walking Track**  
Free/The Connection Center Gym Living Hope BC 1805 Westen Ave 270-282-2784

**8:00am-5:00pm Gone But Not Forgotten**  
Exhibit featuring GM vehicles no longer manufactured-8AM-5PM daily through Jan 6, 2017/National Corvette Museum 800-53-VETTE corvette museum.org

**9:00am-10:00am Limber for Life**  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942

**9:00am-12:00pm Vascular Screening\***  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942  
\*Preregistration required

**9:30am Peek a Book Babies**  
For ages 6-18 months/**WCPL** Main Branch 270-781-4882

**10:00am Storytime**  
Stories-Crafts-Snacks/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**10:30am Preschool Storytime**  
Ages 3-5/**WCPL** Main Branch 270-781-4882

**10:30am BINGO & Potluck Lunch**  
Bring small prize & food/WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171

**10:30am-4:30pm Blood Drive**  
Call 1-800-RED-CROSS/Sloan Convention Center

**11:00am Preschool Storytime**  
Read books-Sing-Make a craft-For ages 3-5/**WCPL**-Bob Kirby Branch 270-782-0252

**11:30am BG-Warren AARP Chapter 1967**  
Call 270-782-3904 for info/First Christian Church 1106 State St

**1:30pm-4:00pm WCPL Mobile Branch**  
Visit www.warrenpl.org or call 270-781-4882/600 Woodburn Allen Springs Rd Woodburn

**2:00pm-3:00pm After-school Story Hour**  
Stories-Crafts-Snacks/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**3:30pm Creative Sparks**  
Art activities-Age 6&up/**WCPL**-Bob Kirby Branch 270-782-0252

**4:00pm-7:00pm Wine Tasting**  
Kroger Wine & Spirit Shoppe 2945 Scottsville Rd 270-782-8693

**4:30pm-5:45pm Hot Yoga Traditional/Blend**  
Core work-Strengthening stretches/**Hot Yoga Bowling Green** 270-793-0011 www.hotyogabowlinggreen.com (Every Friday)

**5:00pm Bingo at VFW**  
Doors open 5PM-Bingo 7PM/VFW Post #1298 1965 KY HWY 270-781-1872 (Every Friday)

**5:30pm-7:30pm Pickleball Game**  
Join the fun-All welcome-Call 270-843-6665 to confirm game/Old Alvaton Gym 6350 Old Scottsville Rd

**6:30pm Music by Halfway to Hazard**  
The Warehouse at Mt Victor 2539 Mt Victor Lane 270-904-6677

**6:30pm Spice Up The Night**  
Cocktails-Dinner provided by Steamer Seafood-Live & silent auctions of Gingerbread Contest entries-Live chef competition/**SKyPAC** 601 College St 270-904-1880 theskypac.com

**6:45pm Talk/Meditation**  
**4yoga** at **The Pots Place** 428 E Main St www.4yoga.me

**7:00pm Live Music at Mellow Mushroom**  
Call the day of to see who's playing/ **Mellow Mushroom** 1035 Chestnut St 270-393-1800

**7:00pm WinterDance: Adventures in Toyland**  
Presented by **WKU Theatre & Dance**-Visit wku.showare.com or call 270-745-3121/ WKU Van Meter Auditorium (SEE PAGE 8)

**7:00pm Hymn Singing**  
All welcome/Eastside Church of Christ 1706 Smallhouse Rd 270-843-9925

**7:30pm Winnie-the-Pooh**  
Presented by Fountain Square Players-Call 270-782-3119 for info/Phoenix Theatre 545 Morris Alley

**9:00pm Music by Nivation**  
440 Main/Micki's on Main 270-793-0450

**9:30pm Cosmic Bowling**  
Southern Lanes 270-843-8741

**Holiday Open House**  
Gallery on the Square 110 N Main St Franklin 270-586-8055

**Downtown Merchants Christmas Open House**  
Call 270-776-5532 for info/Downtown Franklin

**8:00am Trax Running Group**  
Long run-Visit bgrr.com for info/Kereiakes Park

**8:00am-1:00pm Community Farmers Market BG Indoor Market**  
CFM Kids Club-Seasonal produce & more/ **Community Farmers Market BG** 2319 Nashville Rd communityfarmersmarketbg.com

**8:00am-2:00pm Holiday Bazaar**  
Presented by Barren Co Extension Homemakers/Barren Co Extension Office Glasgow

**8:00am-3:30pm Crafts Sale**  
Leather-Wood-Quilts-Soaps & more-With Allen Co League of Artists & Craftsmen/ Allen Co Cooperative Extension 200 Main St Scottsville

**9:00am Regional Paper Airplane Competition**  
Call 270-202-7248 for info/Aviation Heritage Park

**9:00am Basics Yoga**  
**4yoga** at **The Pots Place** 428 E Main St www.4yoga.me (Every Saturday)

**9:00am-3:00pm 29th Annual Arts & Crafts Show**  
Handcrafted items-Concessions-Call 513-594-8259/Allen Co Extension Office 200 E Main St Scottsville

**9:00am-5:00pm Gun & Knife Show**  
\$5/Cave City Convention Center 502 Mammoth Cave St Cave City 270-773-3131

**10:00am New Beginnings Therapeutic Riding Fall Fest**  
Student Ride-A-Thon-Volunteers needed-Fundraiser/NBTR 600 Bill Ferguson Rd 270-777-3600

**10:00am-12:00pm Kids Club**  
Felt Gingerbread Man-\$2-Age 3&up/Michaels 2313 Gary Farms Blvd 270-393-2195

**10:00am-12:00pm Kayak the Cave**  
Part of Junior Naturalist Program-Registration required/Lost River Cave 270-393-0077

**10:00am-12:00pm Chinese Cooking Class**  
\$10-Call 270-586-3809 to register/Franklin-Simpson Culinary Kitchen

**10:00am-12:30pm Finishing Your Quilt**  
The Binding/**The Sewing & Vacuum Center** 1575 Campbell Ln 270-842-2434 bowlinggreensewing.com

**10:00am-3:00pm Gingerbread Homes for the Arts**  
Build & decorate gingerbread house-Live entertainment-Photos with Santa-Merry Market art marketplace-To benefit **SKyPAC**'s arts education outreach programs/ **SKyPAC** 601 College St 270-904-1880 theskypac.com

**10:00am-4:00pm Girl's Day Out!**  
Shopping-Local vendors-Handcrafted items-Giveaways-Door prizes & more-Free admission-Visit Facebook.com/GirlsDayOutBG for info/Sloan Convention Center (SEE PAGE 65)

**11:00am Thanksgiving Storytime**  
Barnes & Noble 1680 Campbell Ln 270-746-9779

**11:00am-12:30pm Lego My Library**  
Allen County Public Library 106 W Main St Scottsville 270-237-3861

**1:00pm-2:00pm Preschool Story Hour**  
Story-Activity/Allen County Public Library 106 W Main St Scottsville 270-237-3861

**1:00pm-3:00pm Make it Merry Wreath Event**  
Buy wreath-Other supplies free-Adult/Michaels 2313 Gary Farms Blvd 270-393-2195

**1:00pm-4:00pm Wine Tasting**  
Kroger Wine & Spirit Shoppe 2945 Scottsville Rd 270-782-8693

**2:30pm Red River Fiddlers Performance**  
At Gingerbread Homes for the Arts event/SKyPAC

**4:30pm-5:30pm Hot Yoga Blend**  
Variety class-All levels/**Hot Yoga Bowling Green** 270-793-0011 www.hotyogabowlinggreen.com (Every Saturday)

**6:00pm-9:00pm Double Nothin Band & Dancing**  
\$6/WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171

**7:00pm Live Music at Mellow Mushroom**  
Call the day of to see who's playing/ **Mellow Mushroom** 1035 Chestnut St 270-393-1800

**7:00pm WinterDance: Adventures in Toyland**  
Presented by **WKU Theatre & Dance**-Visit wku.showare.com or call 270-745-3121/ WKU Van Meter Auditorium (SEE PAGE 8)

**7:30pm WKU Jazz Band**  
Presented by **WKU Dept of Music**/WKU Instrumental Rehearsal Hall 270-745-3751

**7:30pm Winnie-the-Pooh**  
Presented by Fountain Square Players-Call 270-782-3119 for info/Phoenix Theatre 545 Morris Alley

**9:00pm Music by Taylor Henry**  
440 Main/Micki's on Main 270-793-0450

Be sure and see this month's  
Faith article on Page 27

**BGRRTrail Run**  
Run through scenic, challenging trails with the BG Road Runners-Call 270-991-7989 for info/Mammoth Cave National Park (Every Sunday)

**Holiday Open House**  
Gallery on the Square 110 N Main St Franklin 270-586-8055

**Downtown Merchants Christmas Open House**  
Call 270-776-5532 for info/Downtown Franklin

**8:30am Spiritual Warrior**  
Yoga class-Journey from head to heart-Obtain awareness of mind, spirit & body-**4yoga** at **The Pots Place** 428 E Main St www.4yoga.me (Every Sunday)

**9:00am-4:00pm Gun & Knife Show**  
\$5/Cave City Convention Center 502 Mammoth Cave St Cave City 270-773-3131

**10:30am-2:00pm Weekend Brunch**  
Food & cocktails-Also Saturday 11AM-2PM/ **Mariah's** 360 E 8th Ave 270-846-0020 mariahs.com (Every weekend)

**1:00pm-4:00pm Parents Skate Free**  
With paid admission of child \$6/BG Skate Center 270-842-9555

**1:00pm-5:00pm Christmas Open House**  
Call 270-726-2206/Various Locations Russellville

**2:00pm WinterDance: Adventures in Toyland**  
Presented by **WKU Theatre & Dance**-Visit wku.showare.com or call 270-745-3121/ WKU Van Meter Auditorium (SEE PAGE 8)

**2:00pm Foot Golf Doubles Cup**  
Adult & youth divisions-Call 270-393-3877 for info/Golf Course at Riverview

**2:00pm-2:45pm Lives of the Stars**  
Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044

**2:00pm-5:30pm Children's Day Celebration**  
Plaza Theatre 115 E Main St Glasgow 270-361-2101 plaza.org

**3:00pm Cornhole**  
Spillway Bar & Grill 2195 Old Louisville Rd 270-842-9104

**3:00pm Winnie-the-Pooh**  
Presented by Fountain Square Players-Call 270-782-3119 for info/Phoenix Theatre 545 Morris Alley

**3:00pm-5:00pm BG Swagg Sliders**  
Learn soulful line dance & more-Dance to many music genres-Call 314-749-0116 for info/Holiday Inn Convention Center 1021 Wilkinson Trace

**7:00pm Nashville Nights**  
Featuring singer/songwriters-On the patio/**643 Sports Bar & Grill** 360 E 8th Ave 270-846-0020 643sportsbarandgrill.com

Be sure to check  
out this month's  
featured events  
on pages 62-69!

**SOKY**  
happenings  
FEATURED EVENTS

Please be sure and CALL AHEAD to confirm that an event is still scheduled.

We work all month to contact all the places in our area with events, but it is possible that we could miss some. Also, sometimes things change after printing. Items are included in the calendar at the sole discretion of SOKY Happenings. Therefore, we are not responsible for errors or omissions.



Monday  
November 21

Tuesday  
November 22

Wednesday  
November 23

Thursday  
November 24

**Coats for Kids**  
Donate new or gently used coats-All sizes needed-Visit [www.BGJWC.com](http://www.BGJWC.com) for info & drop off locations-Through Dec 1

**6:00am-7:00am Hot Yoga Traditional**  
Great for all levels-Improve strength, flexibility & more/**Hot Yoga Bowling Green** 270-793-0011 [www.hotyogabowlinggreen.com](http://www.hotyogabowlinggreen.com) (Every Monday)

**9:00am-9:30am Preschool Problem Solvers**  
Hands on STEM activities-Ages 3-5/**WCPL** Main Branch 270-781-4882

**10:00am Gallery Girls**  
Dulcimer group/Gallery on the Square 110 N Main St Franklin 270-586-8055

**10:00am Toddler Time**  
Read books-Sing-Make a craft-Ages 18-36 months/**WCPL**-Bob Kirby Branch 270-782-0252

**10:00am-11:00am Storytime**  
Stories-Crafts-Snacks-For ages 5&under/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**10:30am Toddler Time**  
Ages 18-36 months/**WCPL** Main Branch 270-781-4882

**12:00pm Hoops at Hope**  
Basketball-Weekdays at noon/Living Hope Baptist Church Connection Center 270-282-2784

**2:00pm-6:00pm Happy Hour at Mellow Mushroom**  
\$1 off drafts, wines & well drinks-Daily/ **Mellow Mushroom** 1035 Chestnut St 270-393-1800

**2:30pm-4:30pm WCPL Mobile Branch**  
Visit [www.warrenpl.org](http://www.warrenpl.org) or call 270-781-4882/Jody Richards Elementary 2100 Elrod Rd

**3:30pm Minecraft Edu**  
Mine-Craft-Trade tips-Ages 7-16/**WCPL**-Graham Drive Community Branch 270-781-1441

**4:00pm-4:45pm Crafternoons**  
For K-6th grade/**WCPL**-Smiths Grove Branch 270-563-6651

**4:00pm-5:00pm Prenatal Yoga Class**  
**The Medical Center** Health & Wellness Center 270-745-0942

**4:00pm-7:00pm El Maguey Happy Hour**  
Mon-Thurs 4-7PM/**El Maguey** 4700 Scottsville Rd 270-904-0047 [bowlinggreen.restaurantelmaguey.com](http://bowlinggreen.restaurantelmaguey.com)

**5:00pm Harry Potter Alliance Meeting**  
Call 859-437-0082 for info/Starbucks at Stadium Plaza

**5:00pm-6:00pm Foster Parent Classes**  
New foster homes needed-Walk ins welcome-Call 888-863-0432/Omni Visions 1700 Patrick Way Suite C

**5:00pm-6:30pm YUKI Happy Hour!**  
Monday-Thursday/Special pricing on hot sake & select beer-Happy Hour in bar and restaurant/ **YUKI Japanese Restaurant** 270-393-8477

**5:00pm-6:30pm Rock Steady Boxing for Parkinson's**  
Email [bowlinggreen@rsbaffiliate.com](mailto:bowlinggreen@rsbaffiliate.com) for info/ Live Active 1249 31W ByPass (SEE PAGE 28)

**5:15pm-6:15pm Basic Yoga Class\***  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942 \*Preregistration required

**5:30pm Flow Yoga**  
**4yoga** at **The Pots Place** 428 E Main St [www.4yoga.me](http://www.4yoga.me) (Every Monday)

**5:30pm-7:30pm Creating a Designer Christmas Tree, Topper & Bows**  
\$60-Call Community Ed at 270-842-4281 for info/Hobby Lobby

**6:00pm Yoga**  
Relax-Unwind-Breathe-For adults/**WCPL**-Bob Kirby Branch 270-782-0252

**6:00pm-7:00pm Mac Basics**  
\$40-Call Community Ed at 270-842-4281 for info/**WCPL** Bob Kirby Branch

**6:00pm-7:30pm Line Dance Lessons**  
WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171 (Every Monday)

**6:30pm Corvette City Bop & Dance Club**  
Dancing-Dance lessons-Visit [corvettecitybopclub.com](http://corvettecitybopclub.com) for info/ FOP Lodge 150 Corvette Dr

**7:00pm VETS-4-VETS Meeting**  
All veterans welcome-Free-Support-Fellowship-Call 270-303-8232/Wellness Connection Center 428 Center St

**7:00pm Southern KY Model Aero Club Meeting**  
All welcome-Visit [skymacrc.com](http://skymacrc.com) for info/Jerry's Restaurant by Corvette Plant

**6:00am-7:00am Track Workout Sessions**  
With BG Road Runners-Call 270-991-7989/BGHS Track

**8:00am-9:00am Men's Health Alliance, Senior Health Network & The Women's Center Screenings\***  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942 \*Preregistration required

**8:00am-5:00pm Military Appreciation Month**  
Free admission for police officers, firefighters, military & family members-Show proof of service/National Corvette Museum 270-467-8852

**8:45am-9:45am Body/Sculpt Yoga**  
High intensity workout-Focus on butt, legs, abs, core-Tone, maintain, define/**Hot Yoga Bowling Green** 270-793-0011 [www.hotyogabowlinggreen.com](http://www.hotyogabowlinggreen.com) (Every Tuesday)

**9:30am Toddler Time**  
Ages 18-36 months/**WCPL** Main Branch 270-781-4882

**9:30am Gentle Yoga**  
**4yoga** at **The Pots Place** 428 E Main St [www.4yoga.me](http://www.4yoga.me) (Every Tuesday)

**10:00am Tuesday Morning Knitters**  
Gallery on the Square 110 N Main St Franklin 270-586-8055

**10:00am Toddler Time**  
Read books-Sing-Make a craft-Ages 18-36 months/**WCPL**-Bob Kirby Branch 270-782-0252

**10:00am-11:00am Preschool Story Hour**  
Story-Activity/Allen County Public Library 106 W Main St Scottsville 270-237-3861

**10:00am-5:00pm Ninety-Nine Candy Canes on the Wall**  
Regional exhibition of art works featuring candy canes-Through Nove 25/SKyPAC 601 College St 270-904-1880 [theskypac.com](http://theskypac.com)

**11:00am Family Storytime**  
Books-Songs-Crafts-Play-All ages/**WCPL**-Bob Kirby Branch 270-782-0252

**11:00am-4:00pm 24th Annual Jack Lunt Memorial Juried Art Exhibition**  
Through Dec 17-Tues-Fri 11-4, Sat 12-4/**Downing Museum** at Baker Arboretum 4801 Morgantown Rd 270-842-7415 [wku.edu/downingmuseum](http://wku.edu/downingmuseum) (SEE PAGE 66)

**12:00pm-1:00pm BG Noon Lions Club Meeting**  
Visit [facebook.com/BGNoonLionsClub](http://facebook.com/BGNoonLionsClub) for info/Cambridge Market 1:00pm-3:00pm Diabetes Basics Class Free-Call 270-781-8039 x136 to register/Simpson Co Health Dept

**1:30pm-2:30pm Surgical Weight Loss Support Group**  
**The Medical Center** Surgical Weight Loss Program Office Riverside Prof Center 825 2nd Ave Suite A4

**2:00pm-6:00pm Community Farmers Market BG Indoor Market**  
CFM Kids Club-Seasonal produce & more/ **Community Farmers Market BG** 2319 Nashville Rd [communityfarmersmarketbg.com](http://communityfarmersmarketbg.com)

**2:30pm-4:00pm WCPL Mobile Branch**  
Visit [www.warrenpl.org](http://www.warrenpl.org) or call 270-781-4882/Richardsville Elementary 1775 Richardsville Rd

**3:30pm Loose Ends**  
Adult crochet & knit club/Allen County Public Library 106 W Main St Scottsville 270-237-3861

**5:00pm-6:00pm Cancer Support Group**  
**The Medical Center** Cancer Treatment Center 270-781-7178

**5:00pm-7:00pm Fantastic Beasts and How to Save Them Event**  
Free-All welcome-Discuss movie-Get sorted into your American house & more-Donations accepted for Humane Society-Call 859-437-0082 for info/SKYCTC 1845 Loop Dr Bldg F Conference Room

**5:15pm Zumba Class**  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942

**5:30pm Pinterest Group**  
Gallery on the Square 110 N Main St Franklin 270-586-8055

**5:30pm Game On! MineCraft & More**  
Age 9&up/**WCPL**-Bob Kirby Branch 270-782-0252

**5:30pm-7:30pm Line Dancing**  
Auburn Senior Center 169 Wrenwood Dr Auburn 270-542-8223

**6:00pm Yoga**  
Relax-Unwind-Breathe/**WCPL** Main Branch 270-781-4882

**6:00pm-8:00pm Prepared Childbirth\***  
One night refresher-Call 270-796-2495 or visit [themedicalcenter.org/OBclasses](http://themedicalcenter.org/OBclasses) \*Preregistration required

**6:00pm-8:00pm Magic the Gathering Card Tournament**  
Half Price Books Outlet 1785 Campbell Lane 270-781-0089

**7:00pm Team Trivia**  
**Mellow Mushroom** Corner of 11th & Chestnut 270-393-1800

**7:00pm Ballroom Dance Group Classes**  
With Nancye & Dr Dance-Call 270-782-5425/BAC South 121 Flex Park Dr

**7:00pm-7:45pm Lives of the Stars**  
Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044

**8:00pm Pool Tournament**  
\$5/Cue Time Billiards-BG 270-782-3740

**8:00pm-9:00pm BG Road Runners Night Trail Run**  
Call 270-991-7989/Weldon Peete Park

**6:00am-7:00am Hot Power Hour!**  
Pure power group class-Challenging/**Hot Yoga Bowling Green** 270-793-0011 [www.hotyogabowlinggreen.com](http://www.hotyogabowlinggreen.com) (Every Wednesday)

**8:00am-4:30pm Free Blood Pressure, Body Fat & Stroke Screenings**  
Offered daily/**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942

**9:30am Gentle Yoga**  
**4yoga** at **The Pots Place** 428 E Main St [www.4yoga.me](http://www.4yoga.me) (Every Wednesday)

**10:00am Preschool Story Time**  
Music-Books-Dance-Crafts-Ages 3-5/**WCPL**-Smiths Grove Branch 270-563-6651

**10:00am Kirby Babies**  
Books-Songs-Rhymes-Playtime-For infants 6-18 months/**WCPL**-Bob Kirby Branch 270-782-0252

**10:00am Storytime at Adairville**  
Logan County Public Library Adairville Branch 270-726-6129

**10:00am Storytime at Auburn**  
Logan County Public Library 225 Auburn Branch 270-726-6129

**10:00am-11:30am Mom-to-Mom Breastfeeding Support Group**  
Call 270-996-8702 for info/**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942 (Every Wednesday)

**11:00am Preschool Storytime**  
Read books-Sing-Make a craft-For ages 3-5/**WCPL**-Bob Kirby Branch 270-782-0252

**12:00pm Kiwanis Club of BG**  
Find out more about Kiwanis-Call 270-392-0076/First Christian Church (Every Wednesday)

**12:30pm-2:30pm Pickleball Game**  
Join the fun-All welcome-Call 270-843-6665 to confirm game/ Phil Moore Park

**1:00pm-7:00pm Walk-In Wednesday!**  
Every Wednesday-Tour campus-Explore career education programs-Find a program that fits-Learn about financial aid options-Meet faculty & staff/ **Daymar College** 2421 Fitzgerald Industrial Drive-BG 270-843-6750 [www.DaymarCollege.edu](http://www.DaymarCollege.edu)

**2:00pm Preschool Yoga**  
Ages 3-5/**WCPL**-Bob Kirby Branch 270-782-0252

**4:00pm Crafternoons**  
Candy Corn Thanksgiving Turkey Snack-Ages 8-12/**WCPL**-Graham Drive Community Branch 270-781-1441

**4:00pm Lego Club**  
Enjoy books & Legos-Age 5&up/**WCPL**-Smiths Grove Branch 270-563-6651

**5:30pm MineCraft-Adventure Mode**  
Age 6&up/**WCPL**-Bob Kirby Branch 270-782-0252

**7:00pm Dance Fit**  
Fun dance moves-High energy workout/**Bowling Green Athletic Club** 1640 Scottsville Rd 270-282-0749 [www.bgathleticclub.com](http://www.bgathleticclub.com) (Every Wednesday)

**7:00pm-9:00pm Live Music & Karaoke**  
**El Maguey Mexican Restaurant** 4700 Scottsville Rd 270-904-0047 [bowlinggreen.restaurantelmaguey.com](http://bowlinggreen.restaurantelmaguey.com)



**8:00am-2:00pm Thanksgiving at Paradise Point**  
Food-Shopping/**Paradise Point** 10300 31-E Scottsville 270-622-7422 [paradisepointky.com](http://paradisepointky.com) (SEE PAGE 59)

**9:00am Mixed Holiday Class**  
**4yoga** at **The Pots Place** 428 E Main St [www.4yoga.me](http://www.4yoga.me)



Friday  
November 25

Saturday  
November 26

Sunday  
November 27



BLACK FRIDAY

**Historic Cave City Photo Display**  
150th Anniversary of Cave City-Through December/Cave City Convention Center 502 Mammoth Cave St Cave City 270-773-3131

**Antique Dealer's Christmas Open House**  
Call 270-586-3040 for info/Various Locations Franklin

**5:30am-6:30am Cardio Spin**  
Intense bike ride/**Bowling Green Athletic Club** 1640 Scottsville Rd 270-282-0749 www.bgathleticclub.com (Every Friday)

**6:00am-8:00pm Open Basketball Courts & Walking Track**  
Free/The Connection Center Gym Living Hope BC 1805 Westen Ave 270-282-2784

**8:00am-5:00pm Gone But Not Forgotten**  
Exhibit featuring GM vehicles no longer manufactured-8AM-5PM daily through Jan 6, 2017/National Corvette Museum 800-53-VETTE corvette museum.org

**8:45am-9:45am Hot Yoga Journey**  
Explore various poses-Fun-Vigorous-For all levels/**Hot Yoga Bowling Green** 270-793-0011 www.hotyogabowlinggreen.com (Every Friday)

**9:00am-10:00am Limber for Life**  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942

**9:00am-2:00pm Blood Drive**  
Call 1-800-RED-CROSS/Harley Davidson 251 Cumberland Trace Rd

**9:30am Peek a Book Babies**  
For ages 6-18 months/**WCPL** Main Branch 270-781-4882

**10:00am Storytime**  
Stories-Crafts-Snacks/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**10:30am Preschool Storytime**  
Ages 3-5/**WCPL** Main Branch 270-781-4882

**10:30am-4:30pm Blood Drive**  
Call 1-800-RED-CROSS/Sloan Convention Center

**11:00am Preschool Storytime**  
Read books-Sing-Make a craft-For ages 3-5/**WCPL**-Bob Kirby Branch 270-782-0252

**1:30pm-2:30pm Parkinson's Support Group**  
Education-Resources-Support/SKY Rehab Hospital 1300 Campbell Lane 270-782-6900 ext 203

**1:30pm-4:00pm WCPL Mobile Branch**  
Visit www.warrenpl.org or call 270-781-4882/600 Woodburn Allen Springs Rd Woodburn

**2:00pm-3:00pm After-school Story Hour**  
Stories-Crafts-Snacks/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**4:00pm-7:00pm Wine Tasting**  
Kroger Wine & Spirit Shoppe 2945 Scottsville Rd 270-782-8693

**5:00pm Bingo at VFW**  
Doors open 5PM-Bingo 7PM/VFW Post #1298 1965 KY HWY 270-781-1872 (Every Friday)

**5:00pm Light Up Glasgow**  
Christmas lights-Carolers-Santa-Call 270-651-3161 for info/Downtown Glasgow

**5:30pm Yin Yoga**  
Living Our Yoga/**4yoga** at **The Pots Place** 428 E Main St www.4yoga.me

**5:30pm-7:30pm Pickleball Game**  
Join the fun-All welcome-Call 270-843-6665 to confirm game/Old Alvaton Gym 6350 Old Scottsville Rd

**7:00pm Live Music at Mellow Mushroom**  
Call the day of to see who's playing/ **Mellow Mushroom** 1035 Chestnut St 270-393-1800

**9:00pm Music by Russell Garner Trio**  
440 Main/Micki's on Main 270-793-0450

**9:30pm Cosmic Bowling**  
Southern Lanes 270-843-8741



**SMALL BUSINESS SATURDAY**  
Shop local-Enjoy sales & specials

**Antique Dealer's Christmas Open House**  
Call 270-586-3040 for info/Various Locations Franklin

**8:00am Trax Running Group**  
Long run-Visit bgrr.com for info/Kereiakes Park

**8:00am-1:00pm Community Farmers Market BG Indoor Market**  
CFM Kids Club-Seasonal produce & more/ **Community Farmers Market BG** 2319 Nashville Rd communityfarmersmarketbg.com

**8:30am-10:30am BG Cars & Coffee**  
Informal car meet-All makes & models-Call 270-999-0642 for info/Heath Co Parking Lot off 31W

**9:00am-6:00pm Small Business Saturday**  
Sales & specials/Franklin

**10:30am-11:30am Skinny Jeans Plus Yoga**  
Progressive group class-Burn calories-Increase flexibility & more/**Hot Yoga Bowling Green** 270-793-0011 www.hotyogabowlinggreen.com (Every Saturday)

**11:00am Moana & the Ocean Storytime**  
Barnes & Noble 1680 Campbell Ln 270-746-9779

**1:00pm-2:00pm Preschool Story Hour**  
Story-Activity/Allen County Public Library 106 W Main St Scottsville 270-237-3861

**1:00pm-4:00pm Wine Tasting**  
Kroger Wine & Spirit Shoppe 2945 Scottsville Rd 270-782-8693

**3:00pm Christmas Season Grand Opening**  
Horse-drawn rides-Bonfire-Santa & elves/ **Rock'n B Farm** 765 Richpond Rockfield Road Rockfield rocknbhorsecarriage.com (SEE PAGE 62)

**6:00pm-9:00pm Dancing & Live Band**  
WCPRD Senior Center 855 Mt Olivet Rd 270-783-3171

**6:00pm-9:00pm Dance**  
Bobby Luck's Dance Band-Potluck meal-\$6-Call 270-799-3361 for info/WCPRD Senior Center 855 Mt Olivet Rd

**6:30pm Music by Mo Pitney**  
The Warehouse at Mt Victor 2539 Mt Victor Lane 270-904-6677

**7:00pm Live Music at Mellow Mushroom**  
Call the day of to see who's playing/ **Mellow Mushroom** 1035 Chestnut St 270-393-1800

**7:30pm Cirque Dreams Holiday**  
Holiday extravaganza-Acrobatics-Holiday music, themes & traditions/**SKYPAC** 601 College St 270-904-1880 theskypac.com

**9:00pm Live Music**  
440 Main/Micki's on Main 270-793-0450

Be sure and see this month's  
Faith article on Page 27

**BGRRTrail Run**  
Run through scenic, challenging trails with the BG Road Runners-Call 270-991-7989 for info/Mammoth Cave National Park (Every Sunday)

**10:00am What God Wants for Christmas**  
Start of 4-part Advent series/Faith United Methodist Church 600 Veterans Memorial Ln 270-843-8430

**10:30am-2:00pm Weekend Brunch**  
Food & cocktails-Also Saturday 11AM-2PM/ **Mariah's** 360 E 8th Ave 270-846-0020 mariahs.com (Every weekend)

**1:00pm-4:00pm Parents Skate Free**  
With paid admission of child \$6/BG Skate Center 270-842-9555

**2:00pm-2:45pm Lives of the Stars**  
Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044

**3:00pm Cornhole**  
Spillway Bar & Grill 2195 Old Louisville Rd 270-842-9104

**4:00pm Basics Yoga**  
**4yoga** at **The Pots Place** 428 E Main St www.4yoga.me (Every Sunday)

**7:00pm Nashville Nights**  
Featuring singer/songwriters-On the patio/**643 Sports Bar & Grill** 360 E 8th Ave 270-846-0020 643sportsbarandgrill.com

Be sure to check out this month's featured events on pages 62-69!

**SOKY** happenings **FEATURED EVENTS**

Please be sure and CALL AHEAD to confirm that an event is still scheduled.

We work all month to contact all the places in our area with events, but it is possible that we could miss some. Also, sometimes things change after printing. Items are included in the calendar at the sole discretion of SOKY Happenings. Therefore, we are not responsible for errors or omissions.



Monday  
November 28

**14th Annual Polar Express**  
Enjoy cocoa, cookies & story on dining car-See Santa & more- Free tickets-Reservations taken in early November/Historic RailPark & Train Museum 401 Kentucky St 270-745-7317

**Coats for Kids**  
Donate new or gently used coats-All sizes needed-Visit [www.BGJWC.com](http://www.BGJWC.com) for info & drop off locations-Through Dec 1

**9:00am-9:30am Preschool Problem Solvers**  
Hands on STEM activities-Ages 3-5/**WCPL** Main Branch 270-586-8052

**9:00am-4:00pm Standing the Test of Time Exhibit**  
Kentucky's White Oak Basket Tradition-Mon-Sat 9AM-4PM- Through Jan 31, 2017/WKU Kentucky Museum 1444 Kentucky St 270-745-2592 [wku.edu/kentuckymuseum](http://wku.edu/kentuckymuseum)

**10:00am Gallery Girls**  
Dulcimer group/Gallery on the Square 110 N Main St Franklin 270-586-8055

**10:00am Toddler Time**  
Read books-Sing-Make a craft-Ages 18-36 months/**WCPL**-Bob Kirby Branch 270-782-0252

**10:00am-11:00am Storytime**  
Stories-Crafts-Snacks-For ages 5&under/Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**10:30am Toddler Time**  
Ages 18-36 months/**WCPL** Main Branch 270-781-4882

**10:30am-11:30am Linda Kompanik Book Club**  
Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**12:00pm Hoops at Hope**  
Basketball-Weekdays at noon/Living Hope Baptist Church Connection Center 270-282-2784

**2:00pm-6:00pm Happy Hour at Mellow Mushroom**  
\$1 off drafts, wines & well drinks-Daily/ **Mellow Mushroom** 1035 Chestnut St 270-393-1800

**2:30pm-4:30pm WCPL Mobile Branch**  
Visit [www.warrenpl.org](http://www.warrenpl.org) or call 270-781-4882/Jody Richards Elementary 2100 Elrod Rd

**3:30pm Minecraft Edu**  
Mine-Craft-Trade tips-Ages 7-16/**WCPL**-Graham Drive Community Branch 270-781-1441

**4:00pm-4:45pm Crafternoons**  
For K-6th grade/**WCPL**-Smiths Grove Branch 270-563-6651

**4:00pm-5:00pm Prenatal Yoga Class**  
**The Medical Center** Health & Wellness Center 270-745-0942

**4:00pm-7:00pm El Maguey Happy Hour**  
Mon-Thurs 4-7PM/**El Maguey** 4700 Scottsville Rd 270-904-0047 [bowlinggreen.restaurantelmaguey.com](http://bowlinggreen.restaurantelmaguey.com)

**5:00pm Harry Potter Alliance Meeting**  
Call 859-437-0082 for info/Starbucks at Stadium Plaza

**5:00pm-6:00pm Foster Parent Classes**  
New foster homes needed-Walk ins welcome-Call 888-863-0432/Omni Visions 1700 Patrick Way Suite C

**5:00pm-6:30pm YUKI Happy Hour!**  
Monday-Thursday/Special pricing on hot sake & select beer-Happy Hour in bar and restaurant/ **YUKI Japanese Restaurant** 270-393-8477

**5:15pm-6:15pm Basic Yoga Class\***  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942 \*Preregistration required

**5:30pm-6:30pm Science Cafe**  
Join the conversation-Topic: Industrial Hemp-Visit SKYSciFest.com for info/**643 Sports Bar & Grill** 270-904-1573

**6:00pm Thoroughbred Toastmasters Club**  
Visitors welcome-Call 270-781-6511 ext 2 for info/Indian Hills Country Club 200 Indian Hills Dr

**6:00pm Posers**  
Yoga through games & poses-Kids, tweens, teens/**WCPL**-Bob Kirby Branch 270-782-0252

**6:00pm Yoga**  
Relax-Unwind-Breathe-For adults/**WCPL**-Bob Kirby Branch 270-782-0252

**6:00pm Herstory Book Club**  
Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**6:30pm Corvette City Bop & Dance Club**  
Dancing-Dance lessons-Visit [corvettecitybopclub.com](http://corvettecitybopclub.com) for info/ FOP Lodge 150 Corvette Dr

**6:30pm-7:30pm Skinny Jeans Plus Yoga**  
Progressive group class-Burn calories-Increase flexibility & more/**Hot Yoga Bowling Green** 270-793-0011 [www.hotyogabowlinggreen.com](http://www.hotyogabowlinggreen.com) (Every Monday)

**7:00pm-8:00pm Mended Hearts**  
**The Medical Center** Auditorium 270-796-6512

Tuesday  
November 29

**14th Annual Polar Express**  
Enjoy cocoa, cookies & story on dining car-See Santa & more- Free tickets-Reservations taken in early November/Historic RailPark & Train Museum 401 Kentucky St 270-745-7317

**6:00am-7:00am Track Workout Sessions**  
With BG Road Runners-Call 270-991-7989/BGHS Track

**8:00am-5:00pm Military Appreciation Month**  
Free admission for police officers, firefighters, military & family members-Show proof of service/National Corvette Museum 270-467-8852

**9:30am Toddler Time**  
Ages 18-36 months/**WCPL** Main Branch 270-781-4882

**10:00am Tuesday Morning Knitters**  
Gallery on the Square 110 N Main St Franklin 270-586-8055

**10:00am Toddler Time**  
Read books-Sing-Make a craft-Ages 18-36 months/**WCPL**-Bob Kirby Branch 270-782-0252

**10:00am-11:00am Preschool Story Hour**  
Story-Activity/Allen County Public Library 106 W Main St Scottsville 270-237-3861

**10:00am-6:00pm Free Counseling**  
Talley Family Counseling Center WKU Gary Ransdell Hall 270-745-4204 (Every Tuesday)

**11:00am Family Storytime**  
Books-Songs-Crafts-Play-All ages/**WCPL**-Bob Kirby Branch 270-782-0252

**11:00am-4:00pm 24th Annual Jack Lunt Memorial Juried Art Exhibition**  
Through Dec 17-Tues-Fri 11-4, Sat 12-4/**Downing Museum at Baker Arboretum** 4801 Morgantown Rd 270-842-7415 [wku.edu/downingmuseum](http://wku.edu/downingmuseum) (SEE PAGE 66)

**12:00pm-1:00pm BG Noon Lions Club Meeting**  
Visit [facebook.com/BGNoonLionsClub](http://facebook.com/BGNoonLionsClub) for info/Cambridge Market

**12:30pm-1:30pm Comic Book Art Show**  
Call 859-437-0082 for info/SKYCTC 1845 Loop Dr Bldg F Conference Room

**1:00pm Adult Book Club**  
Allen County Public Library 106 W Main St Scottsville 270-237-3861

**2:00pm-6:00pm Community Farmers Market BG Indoor Market**  
CFM Kids Club-Seasonal produce & more/ **Community Farmers Market BG** 2319 Nashville Rd [communityfarmersmarketbg.com](http://communityfarmersmarketbg.com)

**2:30pm-4:00pm WCPL Mobile Branch**  
Visit [www.warrenpl.org](http://www.warrenpl.org) or call 270-781-4882/Richardsville Elementary 1775 Richardsville Rd

**5:00pm-6:30pm Rock Steady Boxing for Parkinson's**  
Email [bowlinggreen@rsbaffiliate.com](mailto:bowlinggreen@rsbaffiliate.com) for info/ Live Active 1249 31W ByPass (SEE PAGE 28)

**5:15pm Zumba Class**  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942

**5:30pm Game On! MineCraft & More**  
Age 9&up/**WCPL**-Bob Kirby Branch 270-782-0252

**5:30pm Tai Chi Class**  
Drop in-\$5/**The Potts Place** 428 E Main Ave 270-509-0599 (Every Tuesday)

**5:30pm-7:30pm Line Dancing**  
Auburn Senior Center 169 Wrenwood Dr Auburn 270-542-8223

**6:00pm Butler County Arts Guild Meeting**  
Call 270-993-8542 for info/115 W Ohio St Morgantown

**6:00pm Holiday Keepsake Ornament**  
Bring flier or paper product from special event to turn into ornament/**WCPL**-Bob Kirby Branch 270-782-0252

**6:00pm Yoga**  
Relax-Unwind-Breathe/**WCPL** Main Branch 270-781-4882

**6:00pm-7:00pm C-Section Class/Medical Interventions\***  
**The Medical Center**-WKU Health Sciences Complex Conference Center 270-796-2495 \*Preregistration required

**6:00pm-7:00pm Sci-fi Discussion Group**  
Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**6:30pm-7:30pm Hot Yoga Blend**  
Fun & challenging class-Focus on moving with the breath-All levels/ **Hot Yoga Bowling Green** 270-793-0011 [www.hotyogabowlinggreen.com](http://www.hotyogabowlinggreen.com) (Every Tuesday)

**7:00pm Team Trivia**  
**Mellow Mushroom** Corner of 11th & Chestnut 270-393-1800

**7:00pm Ballroom Dance Group Classes**  
With Nancye & Dr Dance-Call 270-782-5425/BAC South 121 Flex Park Dr

**7:00pm-7:45pm Lives of the Stars**  
Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044

**7:00pm-8:00pm Fatherhood 101\***  
For men only/**The Medical Center**-WKU Health Sciences Complex Conference Center 270-796-2495 \*Preregistration required

**8:00pm Pool Tournament**  
\$5/Cue Time Billiards-BG 270-782-3740

**8:00pm-9:00pm BG Road Runners Night Trail Run**  
Call 270-991-7989/Weldon Peete Park

Wednesday  
November 30

**14th Annual Polar Express**  
Enjoy cocoa, cookies & story on dining car-See Santa & more- Free tickets-Reservations taken in early November/Historic RailPark & Train Museum 401 Kentucky St 270-745-7317

**6:00am Flow Yoga**  
**4yoga** at **The Potts Place** 428 E Main St [www.4yoga.me](http://www.4yoga.me) (Every Wednesday)

**8:00am-4:30pm Customer Appreciation Days**  
Refreshments-Free BGMU Cookbook & calendar/ **Bowling Green Municipal Utilities** 801 Center St 270-782-1200 [bgmu.com](http://bgmu.com)

**8:00am-4:30pm Free Blood Pressure, Body Fat & Stroke Screenings**  
Offered daily/**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942

**8:45am-9:45am Hot Yoga Restorative**  
Great stress buster-Great place to start Hot Yoga-Floor poses, muscular engagement, flexibility/gentle stretching with limited power-Also at 6:30PM/ **Hot Yoga Bowling Green** 270-793-0011 [www.hotyogabowlinggreen.com](http://www.hotyogabowlinggreen.com) (Every Wednesday)

**10:00am Preschool Story Time**  
Music-Books-Dance-Crafts-Ages 3-5/**WCPL**-Smiths Grove Branch 270-563-6651

**10:00am Kirby Babies**  
Books-Songs-Rhymes-Playtime-For infants 6-18 months/ **WCPL**-Bob Kirby Branch 270-782-0252

**10:00am Storytime at Adairville**  
Logan County Public Library Adairville Branch 270-726-6129

**10:00am Storytime at Auburn**  
Logan County Public Library 225 Auburn Branch 270-726-6129

**10:00am-11:30am Mom-to-Mom Breastfeeding Support Group**  
Call 270-996-8702 for info/**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942 (Every Wednesday)

**11:00am Preschool Storytime**  
Read books-Sing-Make a craft-For ages 3-5/**WCPL**-Bob Kirby Branch 270-782-0252

**12:00pm Kiwanis Club of BG**  
Find out more about Kiwanis-Call 270-392-0076/First Christian Church (Every Wednesday)

**12:30pm-2:30pm Pickleball Game**  
Join the fun-All welcome-Call 270-843-6665 to confirm game/ Phil Moore Park

**1:00pm-7:00pm Walk-In Wednesday!**  
Every Wednesday-Tour campus-Explore career education programs-Find a program that fits-Learn about financial aid options-Meet faculty & staff/ **Daymar College** 2421 Fitzgerald Industrial Drive-BG 270-843-6750 [www.DaymarCollege.edu](http://www.DaymarCollege.edu)

**2:00pm Preschool Yoga**  
Ages 3-5/**WCPL**-Bob Kirby Branch 270-782-0252

**4:00pm Crafternoons**  
Wii Game Day-Ages 8-12/**WCPL**-Graham Drive Community Branch 270-781-1441

**4:00pm Lego Club**  
Enjoy books & Legos-Age 5&up/**WCPL**-Smiths Grove Branch 270-563-6651

**5:30pm MineCraft-Adventure Mode**  
Age 6&up/**WCPL**-Bob Kirby Branch 270-782-0252

Thursday  
December 1

**14th Annual Polar Express**  
Enjoy cocoa, cookies & story on dining car-See Santa & more- Free tickets-Reservations taken in early November/Historic RailPark & Train Museum 401 Kentucky St 270-745-7317

**Be a Santa to a Senior**  
Give gifts to local senior-Sponsored by **Home Instead Senior Care**-Call 270-842-7540 for info on how to help-Trees with names at various locations-Through Dec 12 (SEE PAGE 29)

**8:00am-4:30pm Customer Appreciation Days**  
Refreshments-Free BGMU Cookbook & calendar/ **Bowling Green Municipal Utilities** 801 Center St 270-782-1200 [bgmu.com](http://bgmu.com)

**12:00pm Gathering of the Yarn**  
Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**12:00pm-4:00pm Bridge Club**  
Meets weekly/Community Action Sr Center 200 E 4th Ave 270-783-4484

**1:30pm-4:00pm WCPL Mobile Branch**  
Visit [www.warrenpl.org](http://www.warrenpl.org) or call 270-781-4882/Rockfield 7493 Russellville Rd

**4:00pm SnackCraft**  
Logan County Public Library 225 Armory Dr Russellville 270-726-6129

**5:00pm BG Bluegrass Jam**  
Open to all ages-Free-Bring your instrument-Call 270-535-1139/FOP Lodge 150 Corvette Dr

**5:00pm-6:30pm Rock Steady Boxing for Parkinson's**  
Email [bowlinggreen@rsbaffiliate.com](mailto:bowlinggreen@rsbaffiliate.com) for info/ Live Active 1249 31W ByPass (SEE PAGE 28)

**6:00pm Steal the Pint Night**  
Specialty brews from craft brewers-Free pint glass while supply lasts/ **Mellow Mushroom** 1035 Chestnut 270-393-1800

**6:00pm-8:00pm Newborn Care & Safety Class\***  
**The Medical Center** Health & Wellness Center-Chandler Park 270-745-0942 \*Registration required

**6:30pm-7:30pm New Tibetan 21 (TM) Yoga**  
Engaging practice for breath control, cardiovascular exercise, physical power and muscularity, and mental concentration/ **Hot Yoga Bowling Green** 270-793-0011 [www.hotyogabowlinggreen.com](http://www.hotyogabowlinggreen.com) (Every Thursday)

**7:00pm-8:00pm Celebrations for a Long Winter's Night**  
Planetarium Show-Free-For all ages/WKU Hardin Planetarium 270-745-4044

**7:30pm Wynonna & The Big Noise Christmas**  
Holiday favorites & Wynonna Judd's biggest hits & new music/ **SKyPAC** 601 College St 270-904-1880 [theskypac.com](http://theskypac.com)

**10:00pm Karaoke**  
Overtime Sports Bar & Grill 270-904-4430

Please be sure and CALL AHEAD to confirm that an event is still scheduled.

We work all month to contact all the places in our area with events, but it is possible that we could miss some. Also, sometimes things change after printing. Items are included in the calendar at the sole discretion of SOKY Happenings. Therefore, we are not responsible for errors or omissions.

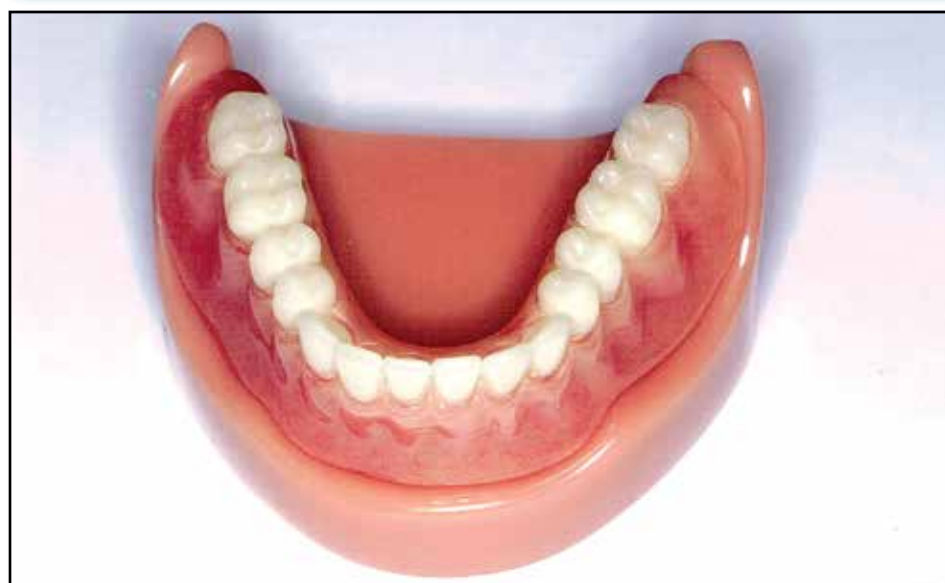


## Dental implants can change your life

*submitted by Dr. Kelley Cherry, DMD*

If you have loose dentures that are hard to eat with and move around, dental implants might be the solution for you. Do you have trouble talking, laughing, or eating your favorite foods? If you answered yes to any of these questions, dental implants might be a solution to your problem. Dental implants are one of the best advances in dentistry in my career. We have placed so many different types of implants to improve the quality of patients' lives, and they are so grateful. Patients can once again smile, laugh, and eat with confidence while not having to worry about their denture moving around or falling out.

One of the best and easiest denture implants is the mini dental implant. This is a minimally invasive treatment for denture stabilization. In this procedure, I place very small implants in the bone. This acts very much like the root of your tooth. It has an attachment that attaches to the fixture in the denture and snaps and locks it into place. Usually this is about a two-to-three-hour procedure under local anesthesia. It is minimally invasive, so there is very little healing time. Usually within a few days of the mini implant being placed, patients report being able to eat corn on the cob or even their favorite steak. The healing process is much shorter than that of traditional implants.



Mini implants were developed to provide better stability than traditional dentures. They are also great for patients who cannot do conventional implant surgery or may not have enough bone to have the full-sized implants. Mini implants are also usually much lower in cost than traditional implants.

If you have problems with your denture, give us a call. We offer a free consultation; let us see if mini implants may be the solution for you.

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## Imagine life-changing weight loss

by Dr. Brandon Crouch



My family and I just returned from "The Happiest Place On Earth." A cartoonist named Walt Elias Disney once drew a mouse and gave it personality. From one cartoon mouse an entire global empire was built into a \$91 billion dollar brand. How could this have happened? It was just a mouse. Even more, it wasn't even a real mouse. It was just a black and white drawing of a mouse. The answer lies in knowing that it wasn't just a mouse. It was the imagination of the man behind the mouse. What the brain can conceive can take you so much further than what the eyes can see. What do you imagine for your health in 2017? Can you imagine yourself weighing 20, 50, or 80 pounds less? Can you imagine not having to depend on as many pharmaceutical drugs? Can you imagine your body not hurting as much when you do simple tasks? Close your eyes for 30 seconds and just imagine starting the 2017 year off with life-changing weight loss! What would that mean to you? What would that mean to those who love you most?

I hope you took 30 short seconds to visualize what your life

could look like. Truth is all reality starts with imagination and vision. It's your road map for success. Even though it is just November 2016 you don't want to wait until 2017 arrives. If Fruit of the Loom waited to start planning, designing, and making the clothes for 2017 until January they would already miss the deadline. You have to plan ahead and take action as soon as possible.

I understand the holidays are coming up which means get-togethers, parties, and family reunions. I also know that if you let those deter you then you will never reach your goals. There are events 365 days a year. I've heard them all. Each event is just another excuse to put off today what you think you will do tomorrow. I'm going to play tough coach here and call your bluff. Stop making excuses. What do you truly want for yourself? If you're happy where you are then use that Thanksgiving dinner as your reason to not start today. If you use that line of thinking you will also find something every week of every year as a reason to just keep going in the same direction you're already going.

If you're still reading then maybe that's not you. Maybe you are ready for a change. So what if you think you've failed before. Do you think Walt Disney got it right with every decision he made? If you know his story, he died from lung cancer just 45 days after he was diagnosed. He was a chain smoker. He didn't even live long enough to see the gates of Disney World open. His decisions were not always great, but in the end he created a masterpiece.

Today is the first day of the rest of your life and only you can make the decision to change your life's path. So if you're ready then let's get started. I want you to make a list of your "whys." Why, specifically, do you want to lose weight? Make it as specific as possible and write it on a piece of paper. Examples could be because I want to be able to get in the floor with my children/grandchildren and play with them, because I want to be able to walk without my knees and joints hurting so badly, or because I want to get off the medications I'm taking. You have to have a real reason or the will to do what it takes to lose the weight will never show up or quickly fade. Tape that piece of

paper somewhere you will see it. Tape it on the refrigerator or the bathroom mirror.

The next thing to do is to get a plan of action. Without knowing your specific health history, the easiest way to start is to just cut out the junk from your diet. If you are eating food that is not raised in the pasture or grown in the field then you need to get rid of it. The only way to truly get healthy is to eat as clean as possible. Real food is grown (vegetables and fruits) or raised (protein). Eating fake food that is full of sugar, processed, or is man-made is not the way to healthy living. They don't have the nutrients that your body needs. I'm not saying you can never splurge, but it should be intentional and only once a week.

Beyond just the food you are eating think about the liquids you drink. Ninety-five percent of your liquid intake each day should be water. If you "watered" your flowers with coffee, lemonade, energy drinks, or your soft drink of choice (Coke, Mountain Dew, Sprite, etc.) then how well do you think it would grow? You're right, not very well. God doesn't water the plants with hot chocolate or Orange Fanta. Water is the key to flushing out toxins and helping you stay healthy.

Lastly, you have to get your body moving. I've said it in many articles over the past 12 years and I'll say it again. Motion is the key to life. Every part of your body needs it to stay healthy. This could start by just making sure you are walking more each day. It doesn't have to be inside a gym or on a treadmill. It might be around your house or around your block. As the weather cools down, there are some free indoor places to walk including the Greenwood Mall, the ROC (Recreational Outreach Center) at First Baptist Church, or the Living Hope Connection Center.

If you have already tackled these simple steps and you're still struggling to see the scale move, it doesn't mean you're a failure. It just means that you need a more tailored plan for you. It's time to work with a health professional that can identify what's holding you back. Behind every good athlete is a great coach.

Can you imagine it? Can you write your "why" down on paper and then go after it? Walt Disney had something greater planned for his cartoon mouse than a newspaper comic strip. He had a "why." His "why" created the "The Happiest Place On Earth." Fifty-two million people visit Disney World each year. You, too, can make your imagination a reality. Don't let past circumstances, past failures, or the negativity from people around you stop you. Only you are in control of your actions. Don't wait for January 2017. Start right now and roll into the New Year with a bang! Not only will you be healthier, but you will also be an inspiration for those who have yet to start.

"If you can dream it, you can do it. Always remember that this whole thing was started by a mouse." ~ Walt Disney

### About the Author:



For the past 12 years, Drs. Brandon and Chantelle Crouch have dedicated their lives to helping others restore and maintain their health in their thriving family chiropractic office – Crouch Family Chiropractic. With a passion for serving others, Dr. Brandon and Dr. Chantelle utilize their revolutionary weight loss program to make weight loss easier and customized for each person. Over the past two years they have helped their clients

lose more than 4,000 pounds of unwanted weight transforming their lives and their health.





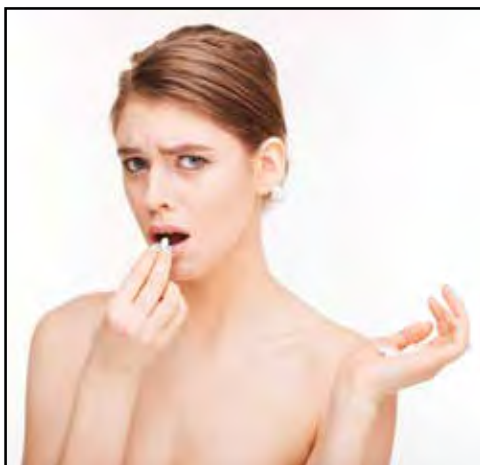
## A look at contraceptive options for women

by Lisa Grimes, APRN

Hello again SOKY readers. I don't know about you, but I am certainly enjoying the fall season. Cooler days and beautiful fall colors invite us all outside for fresh air and exercise. Whether you rake the leaves, take a walk, or go for a bike ride, I hope you take advantage of the great weather and sneak in some exercise at the same time. This month we will be taking a break from our usual nutrition conversations. I'm going to switch gears and discuss contraceptive options, specifically for women because the options for men are limited. We'll discuss some hormone-based options for women with a few pros and cons of each.

First, some definitions. Contraception, or birth control, has been used since ancient times to prevent pregnancy. Only in the last 50 years have contraceptive methods become safe, effective, and easily available. We will limit our discussion to reversible and not permanent forms of birth control. Reversible means easily stopped or removed. I am going to focus on hormone-based contraception, including pills, injectables and implants.

Hormone-based contraception relies on synthetic hormones (estrogen or progestin or a combination of the two) introduced to the body to prevent pregnancy. How do they work? Synthetic estrogens suppress ovulation, so no eggs are released from the woman's ovaries. Progesterone also prevents ovulation and changes the uterine lining making it more difficult for a fertilized egg to implant. Beyond preventing pregnancy, hormonal contraception may decrease premenstrual symptoms and menstruation-related anemia. Additionally, hormonal contraception may decrease the incidence of ovarian cancers and



The Pill entered the market in the late 1950s and was only approved for "severe menstrual disorders" until the 1960s. Today, there are numerous brands and doses available, and your health care provider will determine the best dosage for you based on your age, medical history and genetic history.

All combined hormonal contraceptives (CHCs) contain varied amounts of both estrogen and progesterone. Early Pills had high doses of estrogen and in 1988, the amount of estrogen allowed in the Pill was decreased from 50 mcg to 35 mcg in the United States. Another form of oral contraceptive is a progesterone only pill, sometimes called a Mini Pill or POP. The Mini Pill must be taken daily within a three-hour window of the previous day's dose. Combined hormonal contraceptives are more effective at pregnancy prevention and breakthrough bleeding than the Mini Pill.

There are some specifics about CHCs that are often not explained when they are prescribed. One is that all women on combined hormonal contraceptives should take supplemental vitamin B complex with folic acid. CHCs diminish folic acid levels in women's bodies resulting in a negative impact on breast health. The other consideration is that there is a myriad of medications that can interfere with CHCs efficacy, most notably some antibiotics, some seizure medications and even vitamin C! Finally, CHCs are not recommended for women over 35 years of age or for women who smoke tobacco.

The contraceptive ring, or NuvaRing, is another hormone-based option. The ring is a thin, flexible ring that is inserted monthly and remains in place for three weeks while releasing a combination of progestin and estrogen. Once removed on the fourth week, the menstrual cycle begins. A new ring is inserted at the start of the fifth week. For women who prefer a shot, Depo-Provera is available as an injectable at your provider's office and is effective at pre-

reduce the incidence of colorectal cancer.

Let's start with the most common only prescribed hormonal contraceptive, which is "the Pill," as it is known conversationally.



venting pregnancy for three months. It has pros and cons such as unscheduled bleeding and more often than that, unwanted weight gain. It is not recommended for continuous use over two years due to its negative impact on bone density health. Women receiving Depo-Provera injections should eat a diet rich in calcium, or take Vitamin D supplements.

Intrauterine devices or IUDs are popular to ease painful menstruation and copper IUDs are often an option for women who cannot take hormone-based oral contraceptives due to other medical or genetic conditions. Copper IUDs are placed by gynecologists, physicians' assistants and women's health nurse practitioners during an office visit. A copper IUD may remain in place up to 12 years, and its physical presence prevents implantation of a fertilized egg. Hormonal IUDs are also available and may remain in place up to five years.

And now for a relative newcomer to the contraception menu – a thin implantable rod known as Nexplanon. First marketed as Implanon, the name was changed to reflect the fact that this implant is now visible on X-ray. Nexplanon releases a low dose of progesterone hormones slowly over a three-year period. It is matchstick thin and is inserted into the upper arm, just beneath the skin, by a certified provider. Nexplanon is recommended for women who are not good candidates for the pill, such as women who are smokers or over 35 years of age. Certified providers are able to remove the rod after three years and replace it with a new rod at the same office visit.

I hope you have enjoyed gaining some knowledge about these contraceptive options. Please discuss what is best for you with your health care provider at your next office visit. One final warning – no contraceptive method described in this article will provide prevention of or protection from sexually transmitted diseases. Again, I urge you to discuss your reproductive health with your primary care provider. And as always, I recommend healthy eating, vitamin supplements and regular exercise for good health regardless of your contraceptive choices.

### About the Author:



Lisa Grimes, APRN grew up in Bardstown, Ky., in a funeral home owned and operated by her parents. She completed her undergraduate degree at Tennessee Technical University and went on to earn her ARNP from WKU in 2007. Lisa has over 20 years of experience in the medical field and joined The Glasser Clinic in December 2014. She specializes in family health care, and enjoys helping her patients find long-term, healthy solutions to chronic issues like diabetes and high blood pressure. In her spare time, Lisa enjoys gardening, reading and playing the piano. In the summer, you will find her at Barren River Lake. Lisa is accepting new patients at The Glasser Clinic. Call 270-901-3454 for an appointment.

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## Yoga and giving thanks

by Tony Bishop, E-RYT

Thanksgiving should be a daily event. Now, that doesn't mean eating and drinking WAY too much and watching endless games on TV until we collapse into a food stupor as has become the stereotypical Americanized Thanksgiving Day holiday.

"Thanks" is that meaningful moment when we realize how much someone, a relationship, or something really means in our life. It's a very fulfilling moment and a purely positive emotion at the same time.

In the practice of yoga, the phrase "Be grateful" is commonly heard among teachers and practitioners. This is a very open-ended thought which generally means being intentionally positive by consistently reminding oneself of all the wonderful people and things in our life, and how those far outweigh the negatives we experience along the way.

This is great and fosters "gratefulness."

But before we simply "be thankful," we must wrap ourselves around one fact: Where are we concentrating our thankfulness on? To whom are we thankful? Where does all of this awesomeness of life originate? These are very personal questions and must be answered ultimately by your own individual faith.

At Hot Yoga Bowling Green, we approach our yoga practice from a Biblical point of view and are always looking to God as our sustainer, redeemer, and Heavenly Father.

You may have a different perspective... looking to the universe as presumably self-sustaining, being thankful and dependent upon humanity as a whole, or having faith in your family and friends. Or simply by embracing "fate"... what happens will happen, and it is meant to be through the balances of life.

What it comes down to is that faith in someone or something (your thanks – your gratefulness) is always fleeting, artificial, and temporary. Remember that in yoga practice we all recognize the balances of the dark and the light, hard and soft, the water and the rock, good and evil. This is universal.

At the end of each day, if we really look at our life – we ARE alive and have the ability to do physical things and enjoy our emotions and relationships – being thankful and grateful springs forth from that realization that we are abundantly blessed beyond our understanding. It's an amazing thing in itself that we have the intelligence to come to that conclusion in the first place!

This Thanksgiving season, be thankful. Practice happiness. Be intentional in your actions, thoughts, and attitudes. Practice kindness. Practice inclusiveness. Pay it forward. Be patient. Smile!

### From our yogic mindset, practice a day of thankfulness:

- Start your day with a seated posture after rising from bed. Close your eyes, breathe and pray – or meditate upon all things good. Give thanks that you awoke today. Look up and smile.
- Eat a nutritious breakfast and wait awhile before turning on any electronic devices, including the television or radio. Spend a little time outside and look at a small part of nature before going about your daily tasks. Detach from outside clatter for a time... at least 20 to 30 minutes if possible.
- Plan to be intentionally kind today. Begin every conversation with a smile and a good word.
- Check in with your attitude. Is it positive? Is it good for everyone around you? Remember that you will inevitably influence people in your presence today. It's your choice as to how that influence will be received. Approach your intentional attitude with thankfulness, and that will be your result! You are planting small seeds of your influence today.
- Practice yoga. Seated postures with slow, deep breathing to begin and move on to smooth moving flows of downward dog, upward dog, chaturanga, child's pose, plank/side plank, triangle and revolved triangle, then seated forward fold and easy pose or lotus.
- Breathe. Smile. Then breathe some more!
- Plan to be the reason others are thankful today.

We hope to see you this week in yoga class. Walk tall, and be thankful for it all.

**And now, here it is... Your November 2013 "Pause for a Pose" – The "In Firm" pose with Keeley Rogers.**

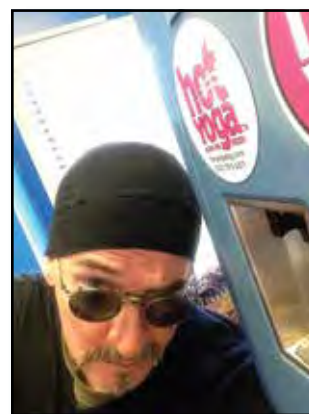
Begin in seated position on your shins, knees out front, feet behind you and tops of the feet flat

on the floor. If you are having issues with your knees or if this is uncomfortable, sit on the sitting bones with soles of your feet together in the center of your body and knees out laterally (butterfly pose). Keep your back straight up, shoulders down and back, hands on the top of the legs and pressing gently into the leg (not the knee joints). A yoga mat with towel, or a nice carpet with soft towel will make this pose nicely supported. Use your abdominals to pull the navel up and in as you practice slow, deep inhales and slow, complete exhales. Relax into the pose keeping the chest open and the back straight for two to five minutes, or 20 complete breaths. Relax. You may use this time for meditation, prayer, giving thanks, or you may practice various types of pranayama (deep yoga breathing) such as "Breath of Fire" or "Breath of Victory." Enjoy practicing this pose all month, and we will see you tomorrow at Hot Yoga! God bless and namaste'...



### About the Author:

Tony Bishop, E-RYT/RYT/CYT is director and chief instructor with Hot Yoga Bowling Green. He has more than 5,000 hours teaching experience in yoga alone, is registered with Yoga Alliance, and has experience and certifications in many varied physical trainings including Hatha Yoga, Yoga Teacher Training (having trained more than 60 new teachers in the past 10 years), Yoga Coaching, Yoga Personal Training, Sil lum Kung Fu, Tai Chi exercise, PowerHouse Pilates instruction, various boot camp programs, spinning/indoor cycling instruction, core conditioning, and more. Contact Tony: email, hotyogabg@yahoo.com website, www.hotyogabg.com telephone, 270-793-0011 or at Hot Yoga, 730 Fairview Avenue, Suite C2, Bowling Green KY 42101.



Keeley Rogers, Hot Yoga Bowling Green yogini, in the famous "hot room" in Bowling Green.

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## Sealants prevent cavities!

*by Dr. Mandy Ashley, DMD, MsEd, MS*

It can be very frustrating to see your child get cavities even though they brush their teeth regularly. Many kids and adults have very deep grooves and pits on their back molars. These pits and fissures harbor bac-

teria that can cause tooth decay. Brushing alone does not always remove all of the plaque from these deeply grooved areas. Dental sealants are easily placed protective coatings that can smooth the surface of the



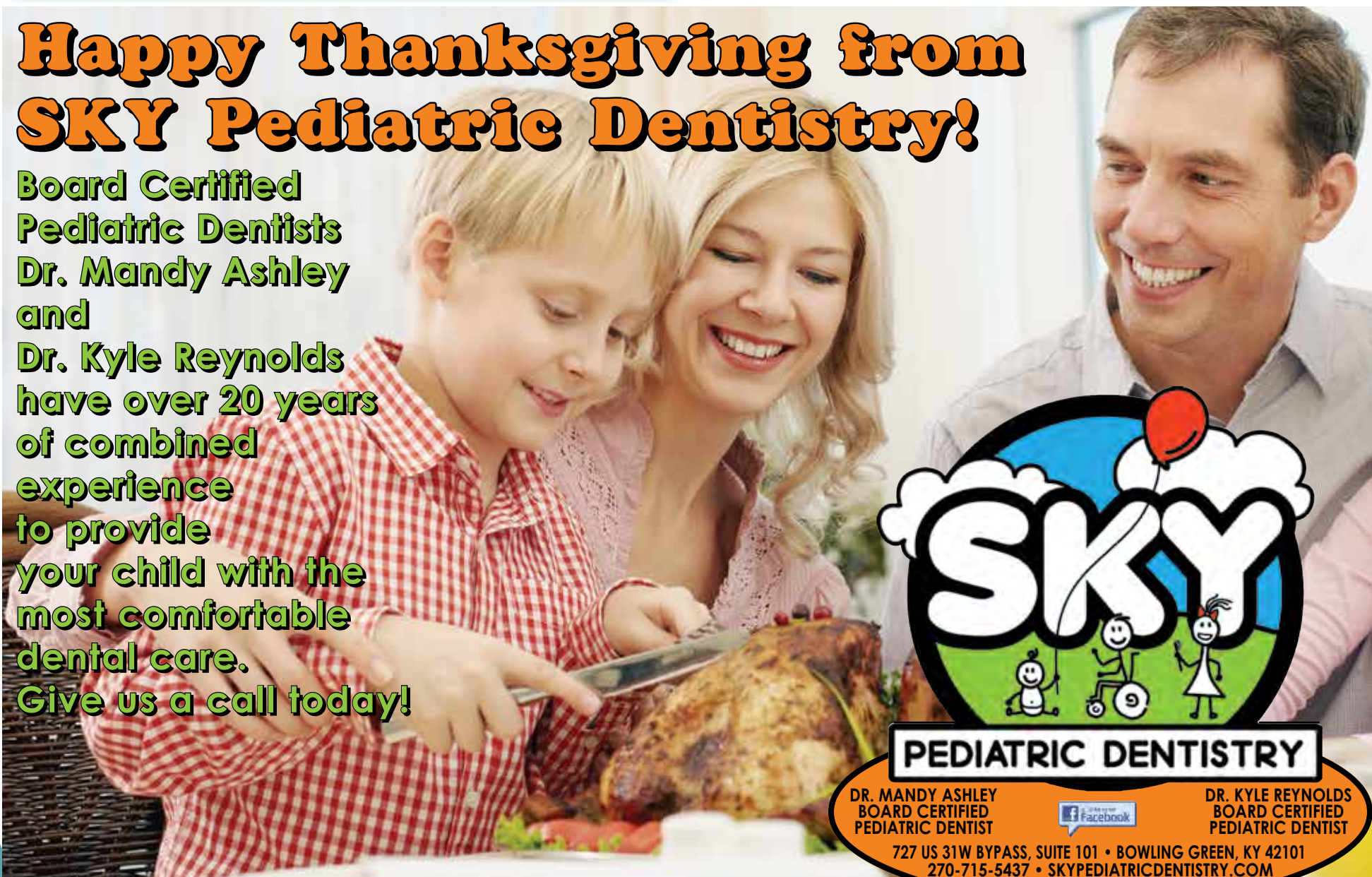
back molars. This reduces the area for bacteria to inhabit. Fewer bacteria mean less acid and less acid greatly reduces your child's risk of decay. A new systematic review and an updated clinical practice guideline from the American Dental Association and the American Academy of Pediatric Dentistry released in August 2016 showed that "dental sealants

are a powerful and effective therapy in the fight against childhood dental decay and disease".

Not everyone knows that tooth decay is the most common chronic disease of children aged 6 to 11 years (21 percent) and adolescents aged 12 to 19 years (58 percent). Just

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## Sealants prevent cavities!

--continued from page 50

for the sake of comparison, only 8.6 percent of the US adolescent population has asthma. After 17 years of practicing dentistry, I have seen thousands of children with cavities their parents did not know about. Kids are squirmy and it can be difficult to see in their small mouths. Dental disease is often a hidden process that parents may not be aware of until pain develops. That's why it is so important to establish dental care by your child's first birthday and consider every option available to help prevent tooth decay.

When you consider how easily a sealant can be placed on your child's tooth, it is a natural choice for prevention. Sealants are done without any anesthesia or shot. There is no drilling of the tooth. The tooth is cleaned thoroughly and a clear or white coating is placed on the tooth. Then the coating is hardened or cured with an ultraviolet light. Many dental offices routinely offer this protective service for children starting around age 6 years old.

Permanent molars typically start erupting or growing into the back of the mouth around age 6. These are referred to as "first molars" or "6-year molars." Sealants can be done on these permanent teeth right after they fully erupt. The next round of dental sealants are typically placed on the "second molars" or "12-year molars" when a child is around 12 years old.

When you understand the process of sealants, you are more likely to take an active role in preventing dental decay for your children. First graders don't realize how important their new permanent molars are. But you do. Talk with your child's dentist and create a prevention plan that will help your child achieve a lifetime of healthy smiles!



### About the Author:



Dr. Mandy Ashley DMD, MsEd, MS is a Board Certified Pediatric Dentist and owner of SKY Pediatric Dentistry. SKY Pediatric Dentistry is located at 727 US-31W Bypass, Suite 101 in Bowling Green, KY 42101. With over 20 years' combined experience, Dr. Mandy Ashley and Board Certified Pediatric Dentist Dr. Kyle Reynolds provide

modern, fun dental care for all children as well as adults with special needs. SKY Pediatric Dentistry will be expanding to Hopkinsville in 2017.

Please visit our website [www.skypediatricdentistry.com](http://www.skypediatricdentistry.com), email [info@skypediatricdentistry.com](mailto:info@skypediatricdentistry.com) or call 270-715-5437 for more information on both the Bowling Green and Hopkinsville practices and to schedule an appointment for your child.

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# SOKY happenings

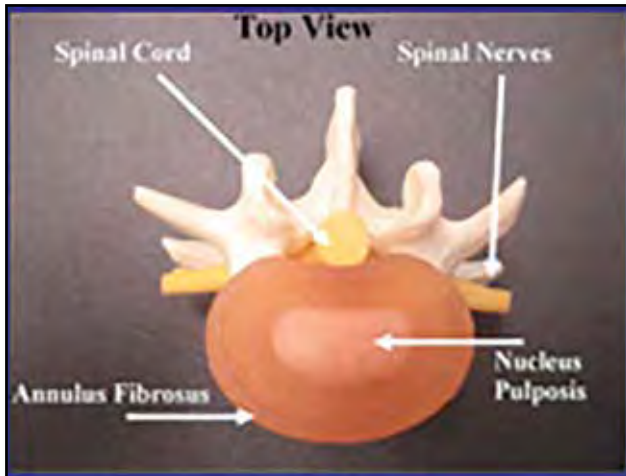




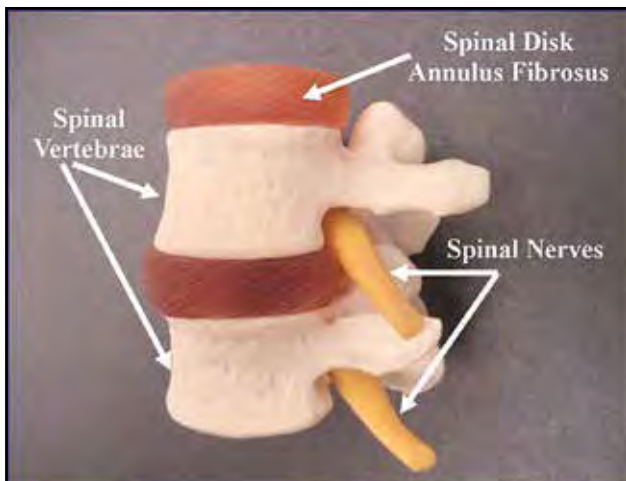
## How to help degenerative disc disease

by Dr. Brandon Crouch

*"I have neck pain and degenerative disc disease. I've been told it's normal for my age and something I will just have to live with."*



Degenerative disc disease is like a childhood bully. Every school has one and they tend to draw a lot of attention. If you play into their games they can cause you a lot of suffering, but if you deal with them appropriately they quiet down. Do you have neck or back pain that has been diagnosed as degenerative disc disease (DDD)? Let me share with you what it is and how you can defeat that bully.



First of all, DDD is not a disease. It is a term used by health professionals to denote progressive degenerative changes within the spine, most notably the spinal discs that cushion your spine. Spinal discs are fibrocartilaginous cushions that serve as the spine's shock absorbers. They help to protect the vertebrae, brain, and nerves.

I like to think of spinal discs like jelly-filled donuts. They have tough fibrous outer rings (annulus fibrosus) with a soft filled inner compartment (nucleus pulposus). These two different compartments help to distribute the pressures sustained on the spinal discs.



Once DDD has started spinal discs will begin to dehydrate and lose their ability to withstand the pressure of everyday life. The medical term for this lack of disc fluid is disc desiccation. Over time, this can lead to disc bulging, disc herniations, or disc protrusions. DDD does not necessarily always cause pain, but it can cause nerve or spinal cord impingement, which can lead to severe pain, weakness, numbness, and tingling.

### What causes degenerative disc disease?

Your spinal vertebrae and the spinal discs are living parts of your body. They need nutrients and the ability to remove toxins. By adulthood, spinal discs have virtually no direct blood supply. Due to the lack of blood supply, spinal discs largely depend upon spinal movement to bring in nutrients and eliminate toxic waste. Most often the cause of DDD is not by a singular event. The most common cause of DDD is repetitive stress, traumas to the spine (accidents, falls, bumps, jarring), and lack of mobility within a particular area of the spine.

DDD doesn't care how old you are, how much you weigh, or what kind of work you do. I've seen patients in their 70s with beautiful healthy spines and teenagers who have advanced DDD.

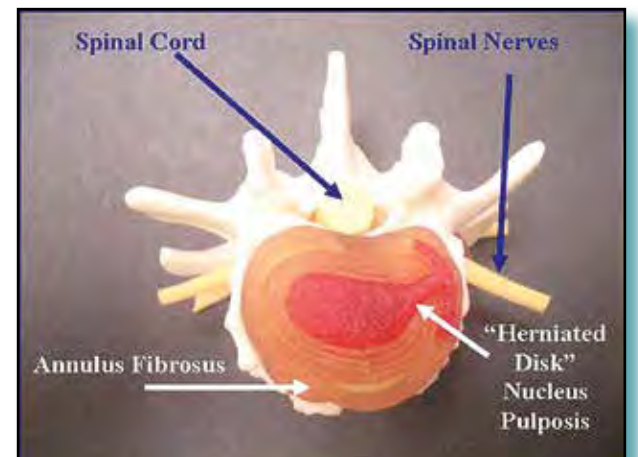
### I have DDD so what do I do now?

If you have DDD you need to know that it is not a life sentence that you "just have to live with." In fact, it is even more important you be proactive to improve the health of your spine or it will continue to deteriorate.

Remember "normal" healthy spinal vertebrae and discs need to have motion and

mobility at every segment. Your "to do" list should include everything possible to improve motion and mobility throughout the spine while introducing necessary nutrients.

So, how do you improve range of motion within your spine? The first step is to get your body moving! Your body needs motion to survive and so do the joints of your spine. Good cardio exercise such as walking or elliptical will encourage good motion in the spine. In addition, you want to be sure to stretch your back and neck on a daily basis. Pilates, yoga, and other forms of movement exercise are crucial. This helps maintain the elasticity of the ligaments and muscles around your joints.



The second key factor to helping prevent or reduce the effects of DDD is ensuring proper spinal alignment and spinal motion. For this you should always consult with a doctor of chiropractic. Chiropractors help ensure the health of all your spinal vertebrae and discs by keeping them in proper alignment and helping to restore proper motion. Practicing chiropractors are licensed through their state board and are trained to provide care for individuals with DDD. Most insurances cover chiropractic coverage and you do not need a referral.

Lastly, you need to feed your joints well. This starts with adequate amounts of water every day. At birth your discs are composed of approximately 80 percent water and need water to stay hydrated. By drinking water you hydrate your body and all its parts. Vitamins are also helpful. There are some specialty vitamins designed to target the health of your disc and joints. Be sure to consult with your healthcare provider before starting any new vitamin regimen.

Degenerative disc disease is a common diagnosis, but that does not mean you just have to live with it or let it beat you up like a school bully. Be proactive and take action to keep your spine as healthy as possible. You only get one spine and it is irreplaceable.

### About the Author:



Dr. Brandon Crouch is a chiropractor with Crouch Family Chiropractic. He is an advocate for being proactive when it comes to your health and encourages people to make healthy informed decisions. For more information you can go online at [www.crouchfamilychiro.com](http://www.crouchfamilychiro.com) or find him on facebook at [www.facebook.com/CrouchFamilyChiropractic](http://www.facebook.com/CrouchFamilyChiropractic).

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Dr. Brandon Crouch  
Dr. Chantelle Crouch  
Doctors of Chiropractic  
Bowling Green, KY



## BG Area Convention & Visitors Bureau... Geared for holiday fun!

*submitted by BG Area Convention & Visitors Bureau*



Holiday season will soon be in full swing with Bowling Green's bustling event and retail scene. If you're running short on holiday shopping and activity planning time, we have you covered. Visit us in person at the Bowling Green Area Convention & Visitors Bureau for all your homemade Kentucky Proud products, or online at VisitBGKY.com for a one-stop glance at events happening in the area.

Sneak a peek into our gift shop that features handcrafted items like pottery, woven baskets, jewelry, artwork, apparel and more made by local artists! Get a taste of Kentucky with regional BBQ sauces, mint julep mixers, candies, and all the best peach and bourbon jams and jellies. The gift shop is one of the few Kentucky Crafted retailers in Bowling Green and features hundreds of uniquely Kentucky items that go far beyond the stereotypical kitschy souvenir.



The Visitors Bureau Gift Shop is the *only place in Bowling Green* where you can find the one-of-a-kind Hestia ornaments featuring Bowling Green and Warren County landmarks and attractions. Created once a year, this collector series now features 19 area icons including WKU Cherry Hall, Lost River Cave, Fountain Square Park and the National Corvette Museum. Each ornament contains details about the featured location on the back, and ornament stands can be purchased to make them year-round décor.

This is a unique year for the Bowling Green Hestia collection because there are two ornaments being released. One features The Downing Museum at Baker Arboretum, the picturesque hidden gem showcasing original artwork and telling the story of Horse Cave native and WKU alum Joe Downing. The second ornament being introduced in 2016 is a special anniversary edition Mammoth Cave National Park Hestia ornament. This was chosen not only to commemorate the NPS Centennial but also to celebrate 200 years of cave tours (Mammoth Cave is the second oldest tourist attraction in the U.S.), 75 years of being a National Park, and 35 years as a UNESCO World Heritage Site. While not a Warren County landmark, its impact on our region as the longest known cave system in the world is overwhelmingly significant!

**Shoppers will receive 25 percent off the Mammoth Cave special edition ornament or a previous year's**

**ornament when purchasing the 2016 Downing Museum at Baker Arboretum ornament.**

Shoppers can find unique gifts for children as well. All of Bowling Green's tiny visitors love the model trains reminiscent of the Historic RailPark & Train Museum, mini Corvettes of all generations, toy planes telling the stories of Aviation Heritage Park, plus stuffed animals and toys. Travelers can still find Bowling Green and Kentucky postcards, or maybe a Kentucky magnet or shot glass. Shoppers can also find items from Kentucky for Kentucky and Shop Local Kentucky, like Y'ALL t-shirts and bracelets.

If you are hosting family or friends this holiday season and are looking for something uniquely Bowling Green or Kentucky made, come visit. You'll find Catstudio throw pillows, glassware and shirts, Kentucky blankets, and even history books retelling the stories of old Bowling Green or recommending the best places to eat or shop your way through the Bluegrass state. The Visitors Bureau is full of materials to help you welcome guests including the Bowling Green Area Visitors Guide with coupons, mini Bowling Green lapel pins, regional and state travel guides, maps, and more.

**The Visitors Bureau gift shop will feature**

**unique discounts throughout November and December. Mention this article and receive 15 percent off your entire purchase, excluding Hestia discounted merchandise.**

Take advantage of all the time you saved shopping with us by heading out to enjoy some of Bowling Green's largest annual events happening this month. Runners will enjoy the BG 26.2 and BG 6000 happening November 6, running through beautiful downtown Bowling Green and the WKU campus. Bring the kids to the Checkered Flag Chase 5K on November 12 at the NCM Motorsports Park brought to you by the BG Area Lodging Association.

Don't forget to sign the kids up for Polar Express Storytime at the Historic RailPark & Train Museum when registration opens on November 1 for members and November 5 for nonmembers. Then kick off the holidays and visit our Kentucky Proud booth at the Gingerbread Home for the Arts Market at SKyPAC on November 19.

We hope you will take advantage of all the Convention & Visitors Bureau services this season because, as you can see, we're not just for visitors! For more information, please call 270-782-0800 or go to VisitBGKY.com.

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## Catering with the mission in mind

*submitted by Mission Catering*



Planning a wedding, a corporate event or a private party? Let the experienced team at Mission Catering take the hassle out of feeding your guests. Here at Mission Catering, a portion of our proceeds goes to supporting humanitarian mission work, both at home and abroad. That's how we're "Catering with the Mission in Mind"!

Our executive chef Tim O'Nan began his career at the age of 15 as a line cook at Harvey's Steakhouse in his hometown of Starkville, Miss. Upon graduating with honors from the Pennsylvania Institute of Culinary Arts in 1998, O'Nan officially launched his career as a chef at The Ritz Carlton in Naples, Fla., where he obtained valuable experience in both fine dining and catering. He further honed his skills serving as a sous chef at both Mitchell's Fish Market in Pittsburgh, Pa., and Malone's in Lexington, Ky. While living in Lexington, the

O'Nans owned and operated a successful catering company, which provided personal and event catering services. It is this business that they decided to reopen upon relocating to southern Kentucky.



With over 30 years of combined experience in the food industry, the team at Mission Catering Company helps you customize a menu specific to your event and guests all while staying within your defined budget. Customization

not only can we create and prepare a memorable meal for you and your guests, but we can also prepare a wide variety of delicately decorated cakes and dessert specialties, a quality that distinguishes us from many of our competitors. We really do have the capability to do it all!

Are you celebrating with employees or co-workers? We specialize in creating custom menus for corporate events of any size and caliber. Whether you're feeding 15 or 500, we provide satisfying menu options that promote you to the office hero! Customizable menus can be created for you and your employees, all while staying on budget. We take care of feeding your group, giving you the ability to focus on your business.



Are you hosting a shower or a private party at your home? We do that too! We not only cater at event venues, but we also cater in-home functions to provide your guests with a unique and delicious dining experience. As with any other event, we will customize your menu to fit your tastes and preferences, all while remaining mindful of your specified budget. From full-course meals to heavy hors d'oeuvres, we provide menus that offer that creative touch and your guests a taste they will never forget.



If you decide to add sweet treats to your custom menu, we can ensure you receive the freshest product available. All of our bakery items are prepared in-house using fresh, natural ingredients like real butter, cream, eggs and fragrant vanilla beans. We never add preservatives or artificial flavors to our desserts. We can satisfy your sweet tooth with our wide variety of custom creations.

Located a mere 20 miles from downtown Bowling Green, we have served the Bowling Green community and surrounding area for over two years. Our service area reaches as far north as Glasgow and as far south as Nashville. We are a preferred vendor at the Southern Kentucky Performing Arts Center, the National Corvette Museum and Cason's Cove Wedding and Event Venue. If you would like to learn more about Mission Catering, please visit our website at [missioncateringcompany.com](http://missioncateringcompany.com), like us on Facebook or contact us for a consultation at 859-317-3596.



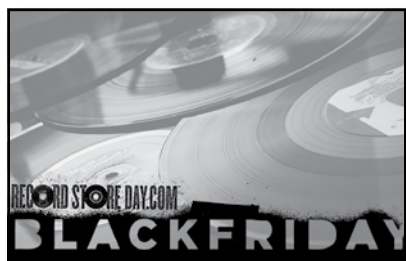
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## Black Friday then & now: A history

by Jonathan Richardson



**RECORD STORE DAY BLACK FRIDAY** - In addition to the "regular" celebration in the spring, Record Store Day also offers exclusive releases on Black Friday.

and gives bliss to a multitude of shoppers who think they are getting the deal of the century. It is easily the busiest shopping day of the year with some retailers building up their stock in order to hopefully achieve record profits.

Does anybody know where the term Black Friday comes from? Many people believe that it means when most businesses go from "being in the red" (not making money) to "being in the black" (making money) because of that one single day. However, another common consensus states that it started in Philadelphia in the every early 1960s. Police during that time became extremely frustrated with the high surge of pedestrian and vehicular traffic that heavily congested the streets, so they started calling the day after Thanksgiving Black Friday.



**LAYAWAYS** - Along with bargain hunting on Black Friday this is also a good time of year to start layaways at stores like The Great Escape for the holidays.

following suit. The U.K. will be hosting their sixth Black Friday with sales expected to be over 4 billion dollars. However, there are some Europeans who like the deals on our shores just a little bit better, so there are some from across the pond who will take advantage of shopping packages that travel agencies and hospitality places have cooked up, to come over here and wait for hours and hours to snag the best deals.

Unfortunately, there is also a dark side to Black Friday. So far, there have been seven deaths and 98 injuries since 2006. I remember

On November 25 (and in some cases November 24), people will be standing in line in the early hours of the morning outside of some major retail stores to kick off the holiday shopping season. Better known as Black Friday, it is a day that strikes dread in the retail workers at those big stores

Almost 60 years since the coining of that term, Black Friday has become another American export, with other countries

one year when I was working at a large retail store during Black Friday, and I saw a woman try to wrestle a stereo system away from a man in a wheelchair! (It only ended when the stereo was dropped on the man's daughter who was roughly 6 years old at the time!)

Smaller retail stores, like The Great Escape, don't get quite the influx of shoppers that larger stores do, but it is still quite a busy and, hopefully, profitable day for them. One reason why The Great Escape will be so busy is because it is the second Record Store Day of 2016, which gives vinyl collectors a chance to get their hands on some really great stuff, like limited edition pressings, new material recorded especially for that day, and re-releases of rare and hard to find albums.

But Record Store Day is more than that. According to the official Record Store Day website, [www.recordstoreday.com](http://www.recordstoreday.com), "This is a day for the people who make up the world of the record store – the staff, the customers, and the artists – to come together and celebrate the unique culture of a record store and the special role these independently owned stores play in their communities."

The main Record Store Day is usually the third weekend in April, but it has been expanded to include Black Friday, "which gives record stores exclusive releases as part of the attempt to redirect the focus of the biggest shopping day of the year to the desirable, special things to be found at local stores ([www.recordstoreday.com](http://www.recordstoreday.com))." So, basically they want you, the reader and the shopper, to not forget about your locally owned businesses on the busiest shopping day of the year and give them some of your business as well.

What if you aren't shopping for a record collector? Maybe you are shopping for someone who is more into super heroes? Don't worry! Some stores like The



**DIAMOND PREVIEWS** - This catalog from the country's largest comic book distributor allows some stores to special-order items that you may be trying to get for the holidays.

Great Escape carry a magazine called "Previews," which can give you access to a wide variety of comics, toys, statues and apparel. (If it is in the catalogue, it can be ordered for you.) Know someone who is a massive Deadpool fan? Odds are you can find a shirt, a beanie or a statue that will make even the most ardent Deadpool fan ecstatic!

So, maybe you are shopping for a film fanatic? How about a vintage movie poster? DVD or Blu-ray box sets can make an excellent gift that will provide hours of entertainment. Maybe you might even get lucky and find a rare out-of-print movie that would cost you an arm and a leg to order off the internet. What avid film collector wouldn't be thrilled to get a nice, neat copy of some hard-to-get movie?

With all of the shopping you'll be doing this season, what if you come across an item that might be a little too pricey to purchase in one trip? Well, I've got one word for you – layaway! That's right, layaway is making a comeback! At specialty stores like The Great Escape, if you see an item that you really desire, it is usually best to purchase it right away, because odds are that it may not be there the next time you come in. Layaway comes in real handy when you see an item that you must have and you don't want to risk missing out on it, but at the same time you're a little short of cash. Don't fret, 20 percent down and 90 days to pay it off gives you ample time to make sure that you don't miss out.

If you just are not sure what you are looking for, then a gift certificate is always a sure-fire winner. Why roll the dice on a gift that may or may not be a hit when you can give a gift certificate of any amount to the store you know the person you're shopping for loves?



**THE GREAT ESCAPE** - Music stores like The Great Escape not only offer substantial discounts on Black Friday but also carry limited edition Black Friday Record store day releases.

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## Winter squash: Reconnecting to the seasons and one another

by Michelle Howell

It's easy to mistake winter squash for the simplicity of a decorative gourd. It's true that gourds are grown simply for decor, but there's absolutely no reason to throw out the cushaws and pumpkins and other winter squashes once the fall holidays are over. In fact, storing those squashes in a location that's cool (above freezing) gives you something special to pull out for a Thanksgiving meal or after the holidays when you are looking for something a bit healthier to eat.



As winter approaches, I'm gathering up all the winter squashes and my favorite (new + old) Kentucky cookbooks for inspiration.

Rona Roberts' "Classic Kentucky Meals," Maggie Green's "Tasting Kentucky," and Ronni Lundy's "Victuals" are three of my favorites. They beautifully capture both the historic relevance as well as modern cooking tendencies for seasonal fruits and vegetables. There's nothing that says fall to me like curling up with a really good cookbook and particularly one that captures our rich

Kentucky history of feeding ourselves well. It's even more significant to me with this "new to us" home having been built back in 1829.



At the sake of sounding dramatic, I'd like to share what runs through my mind on the annual winter squash

harvest day. We've not lost a baby or a child on this farm, but know the people who lived here before us did, for the graves in the front yard remind us. We've not worried if we would survive another winter, but we're certain there were many winters that brought loss and worry and sorrow to those who worked this land. Working alongside our children to harvest and store the winter squash has become a yearly ritual for our family. A reminder to be thankful that our children have grown into another year. Gratitude for a hard earned barn full of food to feed ourselves and our farm members. These squash become our winter bread and butter

(money in the bank) if other crops fail. The reality is that times are more modern, easier even, and we aren't completely dependent on the fall harvest for survival. What the winter squash harvest does provide, in its flash of urgency as the rain quickly approached this year, is a lesson and reminder to remain truly thankful in times of plenty even when the work is hard.



### Butternut

If I could pick only one winter squash it would likely be butternut. It's one of the most versatile. I use it as I would a carrot or potato in soups, stews, or simply roasted.

### Acorn

This is a great smaller squash that can be used as a decorative personal sized serving dish. Our family loves stuffing acorn squash with a combination of sausage, apples and rice.

### Spaghetti

About half of our family eats gluten free (either full or part time) and spaghetti squashes become a lifesaver when everyone has a craving for meatballs and sauce.

### Thelma Sanders Sweet Potato

These squash have a thin skin that you can eat once cooked. One of my favorite ways to prepare is to slice, drizzle with butter or olive oil, salt and roast in the oven. They are also delicious with a little honey or maple syrup.

### Hubbard

There's nothing like the meat of a hubbard squash whipped up with a little cream and/or chicken broth. Similar to mashed potatoes, I serve it as a side item or on top of my favorite shepherd's pie recipe.

One of my favorite ways to prepare winter squash for recipes is to put them all on a big cooking pan together in the oven. I slice them

in half, remove the seeds, drizzle with olive oil or a big pat of butter and slide them into an oven at 350 degrees. Depending on the size



of your squash it can take anywhere from 40-60 minutes to roast them. You will know they are ready once you can pierce them easily with a fork and they begin to brown around the edges. When preparing the Thelma Sanders Sweet Potato (you can eat the peel) I often slice them in sections and remove them from the oven about 20 minutes early. Once this pan of squash is ready we'll have sliced Thelma Sanders drizzled with maple syrup, spaghetti squash with cream sauce, butternut squash soup, sausage stuffed acorn, and Hubbard squash shepherd's pie the rest of the week.

One of the best things about winter squash is its nutritional value. It's a nutrient dense, low-glycemic source of carbohydrates, Vitamin A, C, B6, and Magnesium. In fact, nearly every popular diet program (such as GAPS, Whole30, Paleo) recommends winter squashes as a staple. This past winter my dear friend Susan Warrell was placed on a low-iodine diet in preparation for thyroid cancer treatment. When given the list of acceptable foods it was packed with seasonally available options including winter squash. Several of our CFM market friends gathered around Susan and cooked up meals that would get her through the next few months. These are the moments that nourishing food becomes something that connects us to one another like nothing else.



There seems to be things worth repeating from the ways our grandparents and great-grandparents ate. What was once out of necessity

people are now choosing to repeat for better health, connection to the land and stronger relationship with one another. This reconnecting to old varieties of food connects us to the seasons in ways that modern conveniences seem to have separated us. Connection to the seasons reminds us that things change. There are things beyond our control. It reminds us to be thankful and, when necessary, grieve the past, to prepare for the future, and most importantly, enjoy the present. Our friends at Community Farmers Market are doing just that. Alongside fellow farmers, makers and artists we are providing our customers an opportunity to source unique and high quality items all in one location on Tuesdays and Saturdays.

### About the Author:

Howell is a wife, mother to five, and farmer at Need More Acres Farm in Scottsville. Together with her husband, Nathan, they grow over 100 different fruits and vegetables that are distributed through farm memberships (CSA), HOME Cafe & Marketplace, BOYCE General Store, Zest Juice for Life, HOTEL INC, Bowling Green City and Scottsville-Allen County schools, and their beloved Community Farmers Market. For more local food tips and recipes visit [www.needmoreacres.com](http://www.needmoreacres.com).



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## Remembering what was

by Mary Alice Oliver

Progress is a marvelous concept. It allows us to move forward with gradual steps to new experiences and knowledge while enabling us to cast off life's mundane or random facets no longer useful. We don't always welcome change yet we embrace it and usually find ourselves comfortable in the new status quo. Images of past memories often occupy our thinking, and we smile with the warmth and excitement of those experiences. The Thanksgiving season is a perfect example of this modification.

Modern technology allows us to visit with friends and family daily even though far apart. We can hear of a death or a birth the very moment it occurs. We have the opportunity of facing individuals and visiting with them when they are in the service and in a foreign country. We are able to receive the latest headlines instantly on our iPhones and can obtain details the moment they come available. The electronic revolution has provided us with a host of marvelous innovations that make life more fulfilling when, at the same time, often smothering us with too much stimulation and too many situations requiring decision-making.

We rejoice in this change in our lifestyle but often reflect back to times when we once looked forward to going "over the river and through the woods to grandmother's house we go." The anticipation of the trip, the thrill of hugs and smiles, the greetings expressing amazement in how we have grown, and the gifts we bring to share – all of this adding a surprising richness to our lives. We take time to walk around the home place and reconnect with memories: the tree we always climbed, the ginney's nest of eggs we once found, the swing still attached to the old oak tree, or the honeysuckle vines whose flowers we loved. We view grandmother's quilts and study the pictures in the family album laughing at treasured memories while grandfather naps nearby. Such moments are priceless and iPads and iPhones cannot generate that warmth or depth to such experiences.

Focus on the setting of this time together. In the center of the table is the cornucopia filled with apples and grapes you remember from the back yard. The tablecloth features leaves of many colors with turkeys hidden among the foliage. On the counter is a basket of Indian corn with its golden leaves cuddling the cobs. Over on the mantle are the Pilgrim male and female companions, the first figurines you ever remember seeing. Scattered about the house are tree stems and buds from sassafras, persimmon, and spicebush adding their hues to the special occasion. Several holiday pillows are scattered around the living room and your grandparent's Bible and devotional books rest next to their chairs. The atmosphere surrounds you and gives you a special welcome everywhere you look.

Employ your olfactory sense in a way Facebook or other technology does not usually permit. Enjoy the cinnamon flavor in the air, the apples steaming on the stove, the turkey baking in the oven – smells that pierce the room. A whiff of pecan, mincemeat, and pumpkin pies lure you to the side table, but you are arrested by the scent of a tomato, cucumber and onion bowl sitting beside grandmother's special pickled beets. You spy the cranberry relish and then the aroma of



stuffing and gravy makes your mouth water and you are tempted to seek a bite of the nearest item. Grandmother's gentle warning, "go, go, go," scoots you from the kitchen. You leave, but those heavenly smells go with you.

You retain memories of Thanksgiving stories and poems you once shared with the family. You recall James Whitcomb Riley's was a favorite: "When the frost is on the punkin and the fodder's in the shock, And you hear the kyouck and gobble of the struttin' turkey-cock, And the clacklin' of the ginneys, and the clucklin' of the hens, And the rooster's hallylooyer as he tiptoes on the fence, O, it's then the time a feller is a-feeling at his best..." As the family tries to remember more parts and gets confused, grandfather gets a copy of the poem and his voice takes us back in time to your childhood memories. As other youthful poems are remembered, you find yourself bonding with other family members in a kinship and love that is difficult to impart across the internet. For many

people this is the Thanksgiving that was and may never be again.



"We Gather Together to Sing the Lord's Praises" is a song that often permeates these good times. Mother retires to the piano and you all gather around to sing your favorite songs. Seriously at first, but the group soon adventures into foolish remembrances that get everyone laughing together. Finally, the Doxology concludes the time at the piano and your visit "over the river and through the woods" comes to an end. Goodbyes are sad, but joy abounds with future plans being made.

Thanksgiving season is celebrated by families this way in many areas of our state, but to many the continual daily and weekly contact electronically replaces the bonding and warmth that only personal contact once provided. We live in an age where the Thanksgiving season gets smothered out between Halloween and Christmas. The bewitching day of October 31 has become more and more several weeks in observation with plays, parties, costume shows, and home decorations dominating our time and thoughts. This fall celebration has captured the imaginations of residents and commercial businesses and has become more observed each year. Once the Halloween preparations and festivities are over our calendar becomes saturated with plans for Christmas parades, dinner meetings, choir groups, party planning, and the many other scheduled events that fill our season. Included in this is the demand for gift exchange requirements and acknowledges we wish to make for loved ones. The November national commemoration often gets lost in the shuffle.

For a period of giving thanks to play a significant role in the midst of such a demanding schedule, individuals must be diligent and determined. "Thanks" "Giving" is a mental, physical, social, and psychological experience vital to human well-being. So may it be with you, the reader, this November.

### About the Author:

Mary Alice Oliver is a Bowling Green native who is a 1950 graduate of Bowling Green High School. She retired from Warren County Schools after 40 years in education. Visiting familiar sites, researching historical records and sharing memories with friends are her passions.





## The future of the health care industry: The aging baby boom generation

by Shannon Gottke



Recently, Healthline News published an article titled "Baby Boomers Changing the Healthcare Landscape." Baby Boomers are the recipients and creators of major healthcare industry breakthroughs. And as they age, this group of nearly 75 million men and women will be seeking out treatments and medication.

The enormous opportunity this creates is why you should

consider a degree that could lead to a pharmacy technician job or other employment in the healthcare industry.

### What Baby Boomers Want for Their Health

The Trust for America's Health noted recently that 62 percent of Americans between the ages of 50 and 64 have at least one chronic condition because of obesity. And "as patients live with multiple chronic diseases, demand for services will increase," stated a press release from the American Hospital Association. "By 2020, Boomers will account for four in ten office visits to physicians. Over the next 20 years, Boomers will make up a greater proportion

of hospitalizations as they live longer but with multiple complex conditions."

Not only are Baby Boomers turning to more prescription drugs, according to the Healthline article, state-of-the-art senior emergency care units, like the new one at UC San Diego Health, are becoming more popular as the baby boom generation ages. "Largely answering to the fact more than 10,000 baby boomers in the United States turn 65 years of age each day, the new emergency department will focus on geriatric medicine, acute

care screening, urgent care, case management, and social and psychiatric care," the article stated.

### What this Means for the Future of the Healthcare Industry

"Today, the generation that preached 'don't trust anyone over 30' is heeding Dylan Thomas' call to 'not go gentle into that good night.' They're stubbornly raging against the dying of the light as they set out to prove they aren't done just yet. As a result, this generation is having a profound influence on healthcare in the United States with a unique set of demands and challenges," the Healthline article stated.

The hard workers employed by the health care industry will be there to help the aging baby boomer population in their fight to stay healthy as they get older.

According to the Bureau of Labor Statistics, the employment of healthcare occupations is projected to grow by 19 percent between 2014 and 2024, which is faster than average. Over 2.3 million new healthcare jobs will be created in that time period.

### Start your Training at Daymar

There are many important roles in the healthcare industry that will be able to provide the healthcare needs of the baby boomers, so you have a variety of positions to choose from when it comes to your future career in this booming industry.

•Pharmacy Technology: Students earning this degree will typically assist licensed pharmacists with the preparation of prescription medications, provide customer service, and perform administrative duties within a pharmacy setting.

•Billing and Coding Specialist: Students earning this degree will typically find jobs managing health records in the healthcare industry.

•Cardiographic Technology: Students earning this degree will typically find jobs working with cardiologists to prepare and assist with diagnostic testing.

•Medical Assisting: Students earning this degree will perform routine administrative and clinical tasks to keep medical offices running smoothly.

•Nursing: Students earning this degree will typically find work in hospitals, physicians' offices, nursing and residential facilities, and home health care centers.

Contact us at 270-843-6750 for more information on these in-demand career paths.



### NEW RN to BSN COMPLETION PROGRAM

Flexible Classes for Working RNs

Geared to Adult Learners

Financial Aid Available for Those Who Qualify

**IT'S NOT ABOUT HOW FAR YOU'VE COME,  
BUT HOW FAR YOU'LL GO.**

The future of nursing will be more complex. Are you ready for the challenge? Introducing the Bachelor of Science in Nursing degree completion program at our Bowling Green, KY campus. Apply today. Classes start soon.

**270-843-6750**

daymarcollege.edu/bsn  
2421 Fitzgerald Industrial Dr  
Bowling Green, KY



**DAYMAR**  
COLLEGE

For placement, financial and other important information, visit daymarcollege.edu/disclosures. It is unlikely that any credit earned at Daymar (even if a degree is awarded) will be transferable to, or accepted by, any institution other than a Daymar School. Accredited Member, ACICS



## Holiday shopping like you remember

*submitted by Paradise Point*



Come join our fun!



Once upon a time, the holiday season was our favorite time of year. Once upon a time, Christmas shopping was enjoyable and choosing the perfect gift for loved ones, friends, and family was exciting and fun! Once upon a time, when we visited a store, people were happy, helpful and appreciated our business.

The holidays are supposed to be about making memories and spending time with the people we love and care for. Unfortunately, the pace of our lives and the trends of our culture rarely lend themselves to any of the nostalgia that we all long to recapture.

But what if there still was a place that was filled with friendly helpful people who sincerely just wanted to add fun to your holiday season? What if there was a place that made you laugh and smile, had an awesome variety of unique Christmas gifts and you could sip a hot cup of gourmet coffee or grab a home-cooked meal while you shopped? Wouldn't you rather spend your precious holiday free time in that kind of environment?

Look no more! Just down the road on 31-E at scenic Barren

River Lake is the perfect destination for all your holiday gifts! Paradise Point Marketplace is your "ultra hip oasis for lakeside shopping and good eats!" With a new seasonal schedule, Paradise Point is now open Saturdays 8-4 and Sundays 8-2. Every weekend they serve a delicious hot breakfast as well as "the best hot dogs on the planet," "Tastee Cheese Sliders," a comfort food of the week and, of course, a variety of mouth-watering treats from their Swanky Sweets bakery. Looking out for everyone's taste, Paradise Point always has some vegetarian, gluten-free and dairy-free items on the menu.

Rarely do you find the perfect mix of old and new, funky and fun, art and antiques and love and laughter! The owners and staff at Paradise Point work hard to offer guests just what they really want and exactly what everyone needs! This holiday season have some fun and make some memories at the perfect one stop shop!

Open Thanksgiving Day 8-2; Black Friday 8-2; Small Business Saturday 8-4. Follow Paradise Point Marketplace on FaceBook for weekly updates, sales and special event announcements.



**THE BEST HOT DOGS  
ON THE PLANET**

*Breakfast, too!*

**PLUS SALVAGE, ANTIQUES,  
ART & GARDEN PIECES**

10300 New Glasgow Rd. (31-E) • Scottsville, KY at Barren River Lake • 270.622.7422  
Saturdays 8-4 and Sundays 8-2 • [f](#) Follow Us On Facebook





# SOKY | Community

## City Information you need to know

by The City of Bowling Green

### Parks and Recreation Happenings

**PARKER BENNETT COMMUNITY CENTER**  
Call 270-393-3691 for more information.

The center is available to rent Saturdays or Sundays for special occasions. \$75 for 3 hours and \$25 for each additional hour.

#### Regular Center Hours:

##### After School:

Monday-Friday: 2 p.m. - 6 p.m.  
Closed Saturday & Sunday  
All hours are subject to change without notice.

#### Volunteers:

We need you! We welcome you! For more information about how to get started, please contact Sabrina Johnson at 270-393-3310 or send an email to [sabrina.johnson@bgky.org](mailto:sabrina.johnson@bgky.org).

#### Before School Program:

Enjoy a safe and fun environment while waiting to catch the bus to school!

**Date:** November 7 - March 6

**Time:** 6 a.m. - 8 a.m.

**Ages:** ALL

**Fee:** Free

#### KUMMER-LITTLE RECREATION CENTER

Call 270-393-3484 for more information.

The Kummer Little Centers' Gymnasium is available to rent for tournaments or league play.

Rent one court - \$100 for 3 hours and \$30 for each additional hour.

Rent two courts - \$200 for 3 hours and \$60 for each additional hour.

Rent our Multi-Purpose Room for special occasions. \$75 for 3 hours and \$25 for each additional hour.

#### SPECIAL POPULATIONS PROGRAMS

We offer a variety of programs for youth and adults who face mental and/or physical challenges, including Special Olympics, as well as activities for Senior Citizens. Please call 270-393-3480 for more information.

#### F.O. MOXLEY COMMUNITY CENTER

Call 270-393-3734 for more information.

All hours are subject to change without notice.

The Center's Sid Carr Gymnasium is available to rent for tournaments or league play.

Rent one court - \$100 for 3 hours and \$30 for each additional hour.

Rent two courts - \$200 for 3 hours and \$60 for each additional hour.

Rent our multi-purpose room for special occasions. \$75 for 3 hours and \$25 for each additional hour.

#### Senior Adult Crafts:

Monthly crafts from September - May on the second Wednesday of each month at Hospitality House Housing Authority and second Thursday of each month at Community Action Senior Center.

**Time:** 10 a.m. - 12 noon

**Ages:** Senior Adults

**Fee:** Free

#### Pickleball:

A lively racquet game for all ages and abilities. Pickleball was created with one thing in mind: fun. It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between.

**Dates:** Tuesdays and Thursdays, November - April

**Time:** 12:30 p.m. - 2:30 p.m.

**Fee:** \$2 annual registration fee

#### Winter Break Camp for Kids:

Enjoy fun games, arts & crafts, music, dance, and holiday fun. Pre-registration is required. Space is limited to 40 participants.

**Registration Dates:** November 21 - December 16

**Dates:** December 19 - 22 and December 27 - 30

**Time:** Monday - Friday, 8 a.m. - 5:30 p.m.

**Ages:** 5 - 13 years (5 year olds must be attending full-day Kindergarten)

**Fee:** \$25 per week

\*\*\*Lunches will not be provided. You will need to provide lunch for your child.\*\*\*

#### Christmas P"art"y Sleepover:

The light strings are twinkling, the popcorn is all strung. Hurry on over to our Gingerbread House 'cause they are waiting to be hung. While at our "house", showcase your artistic talents at the many Christmas craft stations set up for you to take part in. We will end the night with a viewing of the movie Home Alone as we get nestled all snug in our beds, while visions of sugar-plums dance in our heads. The following morning breakfast will be served. Space is limited to 50 participants.

**Registration Dates:** November 28 - December 16 (or until full)

**Dates:** Friday, December 16 - Saturday, December 17

**Times:** 7 p.m. - 10th, 8 a.m. - 10th

**Ages:** 5 - 13 years old

**Fee:** Free

#### ATHLETICS

##### Adult Basketball:

Entries are accepted on a first paid, first served basis. The first 60 paid teams will be accepted. Fees include 10 league games, officials, scorekeepers, awards, and a post season single elimination tournament. The team entry fee must be paid in full at the time of registration. The registration deadline is November 21. There will be a mandatory coaches' meeting on November 21 at 6:00 pm at BGPR. League play will begin the week of November 28.

#### League

| Plays                   | Fee           |
|-------------------------|---------------|
| Mens Open I             | M, W, F \$425 |
| Mens Open II            | M, W, F \$425 |
| Mens Open III           | M, W, F \$425 |
| Mens Industrial I       | T, Th \$425   |
| Mens Industrial II      | T, Th \$425   |
| Mens Church I           | T, Th \$425   |
| Mens Church II          | T, Th \$425   |
| 2nd Shift League (a.m.) | T, Th \$425   |
| Womens Open             | M, W, F \$425 |
| Coed Open               | M, W, F \$425 |

#### NYSCA Coaches Certification:

This is mandatory for individuals head coaching in any city co-sponsored youth program. Head coaches in any SKYBL program will have their fee paid, any other program, or assistant coaches must pay a \$20 fee to be certified. The process includes viewing instructional videos, signing a Code of Ethics Pledge, and taking an exam in cooperation with the NYSCA Program.

•Thursday, November 3, 6 p.m.

•Saturday, November 5, 9 a.m.

#### Basketball Referee/Scorekeeper Training:

Process includes league and brief high school rules seminar, lecture, tapes, scrimmage, and exam. It is mandatory for all to attend the first meeting and scrimmage. Rookies must attend all meetings.

November 8, 6 p.m. - 7:30 p.m.

November 15, 6 p.m. - 7:30 p.m.

November 22, 6 p.m. - 7:30 p.m.

All meetings will be at the BG Parks and Recreation Office, 225 E. Third Avenue, Bowling Green, KY

#### GOLF

##### Volunteers Needed:

Want to earn FREE and discounted golf merchandise? Volunteer with the City of Bowling Green's Golf Program, and you can enjoy those rewards. You must be available to volunteer approximately eight hours per week, and seasons do vary need. Contact BGPR for more information, 270-393-3249.

#### Foot Golf Course:

The Foot Golf Course at The Golf Course at RiverView is open most Fridays, September - November beginning at 5:00 pm.

**Fees:** With Cart - 18 holes = \$17, 9 holes = \$12;  
Without Cart - 18 holes = \$6, 9 holes = \$5

\*Playing doubles = 1/2 price green fees

Call 270-393-3877 for more information.



#### 2016 Foot Golf Doubles Cup:

**Date:** Sunday, November 20

**Time:** Begins at 2 p.m.

**Ages:** Two divisions - Adult (16+) and Youth (15 and under)

**Fees:** \$30 per team (\$15 per person)

**Location:** The Golf Course at RiverView

Call 270-393-3877 for more information.

### Academy for New Americans Class of 2017

The City of Bowling Green is accepting applications to its 2017 Academy for New Americans, a free leadership-training program sponsored by the City of Bowling Green that empowers New Americans to understand and participate in City Government. Applications can be found at:

<http://www.bgky.org/new-americans>

Deadline for submitting an application is Friday, December 16, 2016, with the Academy start date February, 2017. Applications will be selected on a first-come, first-serve basis pending that all application requirements are met. Consideration to equal representation of our diverse ethnic communities will be given when selecting applicants. There is no cost to participants to attend; however, all applicants must be committed to at least four of the five month sessions.

For more information contact: Leyda Becker at (270) 393-3766 or [Leyda.becker@bgky.org](mailto:Leyda.becker@bgky.org)







## SOKY | Community

### Thanksgiving Fire Safety Tips

To help reduce the fire and burn dangers associated with Thanksgiving cooking, follow this advice:

Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.

When baking, boiling or roasting food, use a timer to remind you that you're cooking.

Stay in the home when cooking your turkey and check on it frequently.

If deep frying a turkey, be sure to follow all manufacturer recommendations.

Keep children at least 3 feet away from any cooking appliance while it's in use.

Move things that can burn away from the stove, like potholders, dishtowels, bags, paper, etc.

Wear short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire if it comes into contact with a gas flame or electric burner.

Be sure electric cords are not dangling off the counter within easy reach of a child.

Keep matches and utility lighters up high in a locked cabinet out of the reach of children.

Never leave children alone in a room with a lit candle.

Make sure your smoke alarms are working. Test them monthly by pushing the test button.

### 2016 Property Tax Bills

The 2016 Property Tax Bills were mailed out in October and are due by December 31, 2016. A 10% penalty will be added to the base amount of property taxes on January 1, 2017. The post office annually returns hundreds of tax bills to the City due to incorrect addresses. While we work very hard to resend each individual bill that is returned to us, sometimes we still are unable to locate current addresses.

Persons who sold real estate property during the year may receive the 2016 property tax bill for that property. If they do receive the tax bill for that property, they are asked to forward it to the new property owner. However, persons who purchased real estate during the year may not receive the 2016 bill directly from the City. Those persons are asked to either contact the prior owner of the property or to contact the Treasury Division at 270-393-3000 in order to request a copy of the 2016 tax bill.

**Taxpayers who wish to pay their City tax bills in person can do so in the Finance Department, located in the City Hall Annex at 1017 College Street. We are open from 7:30 a.m. to 4:30 p.m. Monday through Friday, except holidays. Payments by mail should be sent to CITY OF BOWLING GREEN, P.O. BOX 1410, BOWLING GREEN, KY 42102-1410 and postmarked no later than December 31, 2016, to avoid penalty and interest charges.**

#### Payments can now be dropped in our drop box:

Our drop box is located in front of the City Hall Annex building at 1017 College Street. You may enter from the College Street entrance. Our drop box will be checked everyday to insure your payment will be processed as soon as possible.

When making payments in the drop box do not enclose any cash payment, only checks, money orders and cashiers checks will be accepted. When making payments be sure to enclose the proper invoice that you are wishing to pay from (tax bill, parking ticket, etc.) and include your return address on any information so that your payment may be properly credited without delay.



Online payment is also available through the City's website.

### 2016 Leaf Season

#### November & December Leaf Pickup Schedule

(Tentative) Combined Schedule of Residential Loose Leaf Pick-Up By Zones and Dates

**Zone 9: Monday, October 31 & Tuesday, November 1; Wednesday, November 30 & Thursday, December 1;** Brownslock Rd. to Double Springs Rd., from Clay Street to Power St./Barren River. **Neighborhoods included:** Double Springs, Par View, St. Joseph, Boatlanding

**Zone 10: Wednesday, November 2 & Thursday, November 3; Friday, December 2 & Monday, December 5;** From Old Morgantown Rd. to Brownslock Rd., between Adams St. and Hammond Circle. **Includes these areas:** Glen Lily, Forest Park, Woodford St., neighborhoods behind Lampkin Park

**Zone 1: Friday, November 4 and Monday November 7; Tuesday, December 6 & Wednesday, December 7;** From Natcher Parkway to Old Morgantown Rd., between Morgantown Rd. and Russellville Rd. (University Blvd.). **Neighborhoods included:** Springhill, Whispering Hills, Creekwood, Deer Park, Thames Valley

**Zone 2: Tuesday, November 8 & Wednesday, November 9; Thursday, December 8 & Friday, December 9;** Russellville Rd. to Nashville Rd. and Chestnut St. from 13th Avenue to McLellan Rd. **Neighborhoods included:** Greystone, Crestmoor, Cedar Ridge, Normal Drive and near WKU campus

**Zone 3: Thursday, November 10 & Friday, November 11; Monday, December 12 & Tuesday, December 13;** Broadway to Highland Way, from Nashville Rd. and Chestnut St. to Smallhouse Rd. **Neighborhoods included:** Neighborhoods near T.C. Cherry Elementary, Glendale, Indianola, Ogden Park and Cabell Drive, Ridgecrest and Quail Run

**Zone 4: Monday, November 14 & Tuesday, November 15; Wednesday, December 14 & Thursday, December 15;** Highland Way to Elrod Rd., from Nashville Rd. to Smallhouse Rd. **Neighborhoods included:** Shawnee, Hunting Creek, Pine Grove, South Meade, Cave Mill

**Zone 5: Wednesday, November 16 & Thursday, November 17; Friday, December 16 & Monday, December 19;** Scottsville Rd., Smallhouse Rd. to Cypresswood Ln., from Lehman Avenue to Campbell Ln. **Neighborhoods included:** Hartland, Eastland Park, Crossridge, Chenoweth, Bent Tree, Nutterville

**Zone 6: Friday, November 18 & Monday, November 21; Tuesday, December 20 & Wednesday, December 21;** Covington Avenue to Adams St., from 12th/13th Avenues to 31-W Bypass. **Neighborhoods included:** The District (Downtown Area), Reservoir Hill, Neighborhoods near the Medical Center

**Zone 7: Tuesday, November 22 & Wednesday, November 23; Thursday, December 22 & Tuesday, December 27;** Lehman/Bent Tree Avenues to Fairview Avenue/Cemetery Rd., from 31-W Bypass to Lovers Lane. **Neighborhoods included:** Briarwood, Neighborhoods near Potter Gray School, Eastwood, Steeplechase

**Zone 8: Monday, November 28 & Tuesday, November 29; Wednesday, December 28 & Thursday, December 29;** Fairview Ave/Cemetery Rd. to Barren River, from 31-W Bypass to McFadden Station Rd. **Neighborhoods included:** McFadden Station, Neighborhoods near Riverside Shopping Center, Winfield Acres, Indian Hills, Mt. Ayr

This schedule is approximate and should be used as a guide. Citizens are asked to rake their leaves to the curb the day before their zone is scheduled for pickup.

We request that citizens: 1.) Rake their leaves to the curb the day before their zone is scheduled for pickup, 2.) Not place leaves in the gutter line, on sidewalks, or in the streets, 3.) Not place limbs, rocks, tires, wheels, debris, etc. within leaf piles as these items can injure personnel, damage property, or damage the leaf machines which delays the pickup schedule.

Bagged leaf pick-up is available from Scott Waste Mgt. at 270-783-4016, as part of the regular solid waste service.

**Thursday, November 24, Friday, November 25, Friday, December 23, and Monday, December 26 are scheduled holidays and there is no pickup scheduled.**


City Leaf Pick-Up information will be available in November and December on **City Government Access Channel 4**, by accessing the City of Bowling Green website at [www.bgky.org](http://www.bgky.org), or by calling the City Information Hotline at 270-393-3333.

### Fire Prevention Tip

When we change our clocks from daylight savings time to standard time on November 6, that's also a perfect time to change the batteries in your smoke detectors. Although most American homes have smoke detectors, a large number of them do not work because of dead or missing batteries. Remember to check all of your smoke detector batteries at least once per month and change them every six months to make sure they are working properly. Working smoke detectors cut the risk of dying in a home fire nearly in half.



**Saturday  
November 5, 2016**



**BOWLING GREEN/WARREN COUNTY  
VETERANS DAY PARADE**

**10:00 AM  
Parade Begins**

Begins at Circus Square on College Street, turns left onto 10th Avenue, turns left onto State Street, and ends at Circus Square on State Street

**Immediately Following the Parade  
Flag Raising Ceremony**

Warren County Courthouse  
Courtyard  
429 E. 10th Avenue

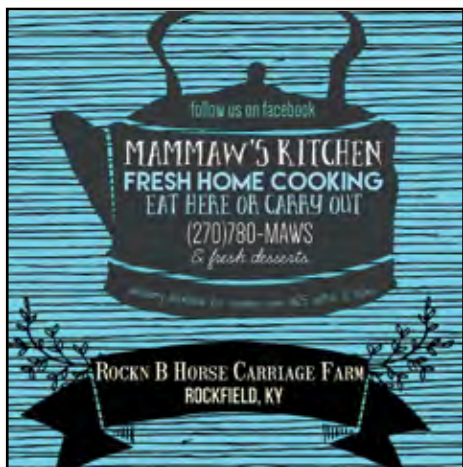
Bring the family and join us in honoring our past, present, and future military leaders.



## Rock'n B Horse Carriage Farm is growing up and adding in more farm fun activities!

by Robin Beckner

The family now includes Ms. Whitney Allen, Franklin, KY. Whitney joined us to open Mammaw's Kitchen (FB page) so that the farm would offer daily food. Best of all, she cooks like we all love to eat. All handmade, hand-crafted, good ol' homestyle, from scratch, gee golly whiz, can we say another one please – YES Ma'am down-home cooked food! Whitney has designed a home-cooked meal for each weekday. Eat here or grab and go - even better, order for take-home dinner that night. Local area delivery to schools begins Nov. 7, 2016. Businesses can call ahead for a large order, pick-up or delivery. Hey, got bunko that evening and don't have time to bake a pie? We've got lots to choose: buttermilk, caramel, peanut butter, cheesecake, stack cake, double chocolate brownie, nanner pudd'n, caramel glaze pound cake, oh my goodness... Whitney brings her food-slinging skills to our "lost without her kitchen" for home sandwiches, soups from scratch, famous chicken salad, pimento cheese, BLTs please, and hand-patted best burgers in 30-mile radius. For big hungry cowboys, enter at your own risk, huge made-to-order breakfast plate deal on Saturdays 9 a.m.-2 p.m. Beck's Best BQ begins its own meals in November.

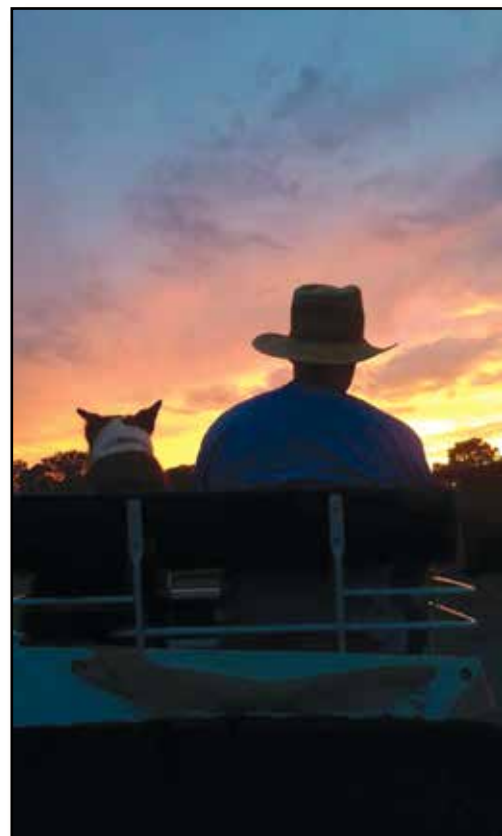


In addition to being open for daily food, we will

continue our Cowboy Dinners (watch for more dates coming up on our website and Facebook page), Dutch oven/iron skillet cooked low and slow food and served outdoors at our campfire. So wear your flannel shirts, cowboy boots and cowboy up for one delicious and delightful experience. Beware of the button-popping scenes afterward!



Hey there, want a unique farm experience like none other, especially if we can't find one like it? Then prepare yourself and your sweetie (unless it's a secret and surprise) for Barn Dining. I told Beck that the horses are out of our 1962 family-built barn so that I could "Robinize" each stall for a unique dining experience. Unless you visit and choose your own stall named after infamous local farm characters, we can offer one that fits your surprise, right along with fresh-cut flowers and your favorite color in our vintage table linens. Even though you might sit at our old oak and cherry wood tables and think to yourself, "Hey, I smell hay above..." you will be served with antique china, cut glassware from days gone by and old sterling silverware. Carriage rides prior to or after dinner and bonfires for swiping the cold off your shoulder are available. Our veranda (barn lean-to) offers unique photo ops and petting with all of our horses, cats and kittens (we think due by Turkey Day). Enjoy Lacey's consistent ball throwing and catching, checkers, chess, corn hole, croquet and country relaxing sunset ahhs. So, stalk our Facebook page for Rock'n B for a chance to win a FREE Barn Dining Experience on November 11, 2016.



## CHRISTMAS AT FARM



**Grand Opening  
Christmas Season  
Nov. 26, 2016 • 3 PM-?  
Saturday of Thanksgiving  
Weekend**  
Horse-drawn rides, bonfires,  
Santa, elves, s'mores

**HORSE CARRIAGE  
ROCK'N B FARM**



**765 Richpond Rockfield Road • Rockfield, KY 42274**  
**www.rocknbhorsecarriage.com**  
**Facebook Page: @rocknbhorsecarriage**

**CHRISTMAS SEASON GRAND OPENING:** Bring your family, grandmothers, dads, kids, neighbors, co-workers and friends and get to our farm on Saturday, November 26, 2016. The farm is open 3 p.m. till ?. Elves, campfire food, s'mores kits, bonfires, SANTA in the barn, and horse-drawn ride tours for over 100,000 lights. \$5 per ride, no reservations required, open to the public, off-road parking and overflow park.

Find us at: [www.rocknbhorsecarriage.com](http://www.rocknbhorsecarriage.com) or on our Facebook pages: @rocknbhorsecarriage, @mammawskitchen, @farmfieldwedding, @kentuckyhorsecarriage, @fallfarmfestivalky

Giddy Up!  
Robin, Beck, Whitney, Lacey, all the horses hugs/kisses, barn cats and soon-appearing kittens, and the cowboy twins





## Start your holiday celebration at Riverview

*submitted by Riverview at Hobson Grove*



**Historic Riverview at Hobson Grove.**

The Hobson family has been in Bowling Green since the mid 1800s, and has, therefore, seen many holidays! Julia and Atwood Hobson started construction on Riverview at Hobson Grove in 1857. By 1861, only the basement level was partially completed, and the first floor walls had been started. At this same time, the Civil War had broken out. Bowling Green became the Confederate capital of Kentucky and, as a result, a large number of Southern troops were stationed in the town. There were 102 units of Confederate troops encamped on the grounds of the Hobson Grove property as well as many other encampments throughout Bowling Green. Because Atwood Hobson was a staunch Union supporter and his eldest son, William, was a Colonel in the Union Army at the age of 17, the family was concerned about their property. The commanding officer of the Confederate troops, Simon Bolivar Buckner, who had fought with Atwood's brother, Edward, in the Mexican War, agreed to spare the partially-built house. His troops built a temporary roof over the basement and filled it with munitions. Following the war, the house was completed in 1872.

Three of the Hobson children – Jonathan, Joseph and Mollie – never married and lived at Riverview most of their lives. George, the youngest son, married Anna Perkins and lived in the house from 1912 to 1950. Anna died in July 1950, and George stayed in the house until December of 1950 when he moved into a nursing home. Their daughter George Anna and her husband, Dick Duncan, refurbished it, and rented it to several families before the city bought it in 1965 for a dollar. The Hobson House Association was formed in 1966 as a private, non-profit organization to restore the house and operate it as a museum. George Anna McKenzie,



**Mary Jane's Chocolates will be serving up sweet treats during Riverview's Open House.**

daughter of George Anna and Dick Duncan, is on the Riverview Board. She remembers staying in the house with her grandparents and has many delightful memories of this house at Christmas.

Anna Hobson's kitchen at Riverview would be a modern day nightmare! A huge black iron wood-burning stove sat in the basement, along with an icebox that was filled twice weekly when the ice man came rolling up the hill. "The ice man cometh" had great meaning for the family! The narrow steps from the kitchen up to the dining room were also a challenge. Imagine carrying a tray full of food up the stairs while wearing a long skirt and hoping not to trip and fall! In spite of these drawbacks, the most delicious little caramel pies, chocolate brownies, and oatmeal cookies found their way out of this kitchen, as Anna was a wonderful cook!

We hope that you will come out to Riverview and enjoy the start of the holiday season with us on Thursday, November 17 from 10:30 a.m. to 3:30 p.m. Admission is free, and the following vendors will be there – Zingerella's with boutique clothing, bags, and fun jewelry; Mary Jane's Chocolates; Christmas Village; Georgeanna Capito with her artwork; and Eslie from The Garden Patch in Smiths Grove with plants and flowers to dress up your home and table for the season! The grounds of Riverview are gorgeous this fall, and the Museum Shop is there to browse in! We have so many exciting new things in for Christmas. Come see us!



**This page is sponsored by our friends at Cone Funeral Home!**

# CHRISTMAS OPEN HOUSE

*Riverview at Hobson Grove*

**Vendors:**  
Zingerella's,  
Mary Jane's  
Chocolates,  
Georgeanna Capito,  
Christmas Village,  
Eslie from the  
Garden Patch at  
Smiths Grove

**Thursday, November 17, 2016**  
**10:30 AM - 3:30 PM**  
**FREE ADMISSION!**  
**1100 W. Main Ave. • Bowling Green, KY • 270-843-5565**



## Shop, eat & celebrate the holidays in Auburn!

*submitted by Auburn Merchants Association*

Come to Auburn this holiday season to make wonderful Christmas memories with your family. With the crazy "Black Friday" sales behind you, take some time to spend a relaxing day shopping to find those special unique Christmas gifts in our shops, or plan a family lunch or dinner in one of our fine restaurants offering down-home Southern cooking. Order Christmas cakes and pies from our bakery. Auburn has much to offer for a small town.



Auburn Merchants Christmas Open House is **Saturday, December 3, 2016, from 9 a.m. to 5 p.m.** Many of the merchants will have refreshments, door prizes, and sales!

The old Cox's Variety Store will be open from 10 a.m. to 2 p.m. for TOURS only. No merchandise will be sold. Bring your children and let them see what old-fashioned Christmas shopping was like. Most everything in this old store is

### COUNTRY SIDE BAKE SHOP

115 Quarry Rd., Auburn, Ky. 42206  
(270) 542-8679  
Mon-Thurs 7 a.m.-5 p.m., Fri 7 a.m.-7:30 p.m.,  
Saturday 7 a.m.-3 p.m.  
Bakery. Fresh baked items. Deli counter. Gift  
Items. Daily Lunch Specials

### CREATIONS BY CHRISTINA

(270) 792-7756  
108 W. Main Street, Auburn, Ky. 42206  
Specialty Chocolates. Gluten Free. Gift Baskets,  
Coffee

### MAIN STREET STYLE

124 West Main St., Auburn, Ky. 42206  
(270) 542-2070  
Tues-Fri 9 a.m.-6 p.m., Sat 9 a.m.-1 p.m.  
Hair Salon

### SISTERHOOD MONOGRAMMING

219 West Main St., Auburn, Ky. 42206  
(270) 725-6698 or (270) 725-1943  
Mon-Wed & Fri 1-5 p.m., Thurs 1-9 p.m.,  
Sat 10 a.m.-2 p.m.  
Gift Items. Monogramming. Craft classes

### WHOLESALE 2 U

102 East Main St., Auburn, Ky. 42206  
(270) 542-8230  
Mon-Fri 10 a.m.-6 p.m., Sat 10 a.m.-3 p.m.  
Retail Boutique

### YARD SALE SHOP

116 West Main St., Auburn, Ky. 42206  
(270) 542-2700 or (270) 542-4320  
Tues-Fri 8 a.m.-4 p.m., Sat 8 a.m.-noon  
Closeout items from Lowes. Appliances. Old Fashion  
Candy Counter. Avon, Gift Items.

### FEDERAL GROVE BED & BREAKFAST RESTAURANT

475 E. Main, Auburn, Ky. 42206  
(270) 542-6106  
Thurs 11 a.m.-2 p.m. Fri-Sat 11 a.m.-2 p.m. & 5 p.m.-  
8:30 p.m.  
Southern Cooking. Restaurant. B & B

### WILLIAMS FLOORING CENTER

315 W. Main St., Auburn, Ky. 42206  
(270) 542-2012  
Mon-Fri 8 a.m.-6 p.m., Sat 9 a.m.-4 p.m.

### EAST MAIN DINER

339 E. Main, Auburn, Ky. 42206  
(270) 542-5163  
Mon-Fri 6 a.m.-8 p.m.  
Meat & 3 daily specials. Other menu items

### TRASK'S TREASURE AUCTION HOUSE

110 Public Sq., Auburn, Ky. 42206  
(270) 542-5412  
Sat 5 p.m.-9 p.m.  
Consignment Auctions weekly.

### PFK's EMPORIUM RESTAURANT

107 Public Sq., Auburn, Ky. 42206  
(270) 542-2235  
Mon-Sat 10 a.m.-8 p.m. Sun 10 a.m.-6 p.m. Sun. Buffet  
Salad Bar. Hot Buffet.

### COLONIAL HOUSE FURNITURE

108 Quarry Rd., Auburn, Ky. 42206  
(270) 542-4583  
Mon-Sat 9 a.m.-5 p.m.  
Handmade Cherry and Walnut Furniture

### SOUTH UNION SHAKER VILLAGE

850 Shaker Museum Rd., Auburn, Ky. 42206  
(270) 542-4167  
Historic buildings. Gift shop.  
The village was established by the Shakers in 1807  
and closed in 1922.

# SAVE THE DATE!

## Auburn Merchants'

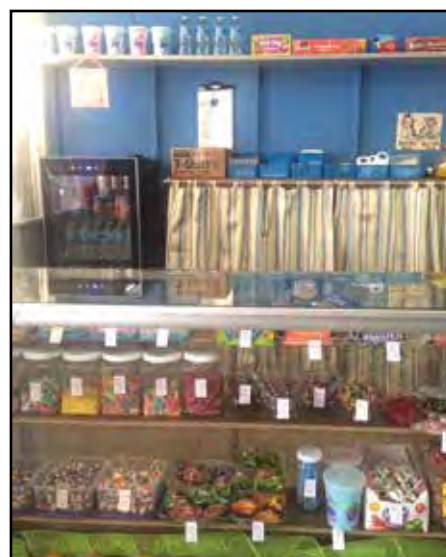


## Saturday, Dec. 3, 2016 9 a.m.-5 p.m.

**Refreshments,  
Door Prizes  
and  
Sales!**

just the way Dickie Cox left it, including the store window display with Radio Flyer tricycle!

"My wish for every child in Auburn and elsewhere is that there will always be a Cox Variety Store, and that at Christmas there would be a sleigh, red wagon and china doll in the window; ladies buying boxed handkerchiefs and towels; and best of all, a little girl dawdling over a bracelet or a gold heart on a chain, believing in dreams. (Written by F. Marie Foley in 1995.)



Take a tour of the Auburn Museum Village, which includes a church, log cabin, schoolhouse, barn, and jail, all decorated for the season!

South Union's Shaker Village will also be having their "preview" party for their Christmas Market on Friday night December 2. Reservations are required for the preview party - visit [www.shakermuseum.com](http://www.shakermuseum.com) for details.

The Shaker Museum Christmas Market is Saturday, December 3, from 9 a.m. to 4 p.m. A canned food item is required for admission to the Christmas Market, one of Kentucky's finest antique and craft markets, held just in time for Christmas!



The **Annual Auburn Christmas Parade** is **Sunday, December 11 at 2 p.m.** Come take a stroll through our festive town and feel the magic of Christmas!

Please check the Auburn Merchants Facebook, [www.facebook.com/auburnky.merchants](http://www.facebook.com/auburnky.merchants), for updates and details.





## Girl's Day Out!

by Tina Comer



Girl's Day Out, Fall 2016, will be on Nov. 19 from 10 a.m. to 4 p.m. at the newly renovated Sloan Convention Center located at 1021 Wilkinson Trace in Bowling Green. Free admission to the public. For more information, please contact Tina at [GirlsDayOutBG@yahoo.com](mailto:GirlsDayOutBG@yahoo.com) or visit our Facebook page at [www.facebook.com/GirlsDayOutBG](http://www.facebook.com/GirlsDayOutBG). Also, be sure to visit our event page at [www.facebook.com/GirlsDayOutBG/events](http://www.facebook.com/GirlsDayOutBG/events) so you can invite your friends as well.

### How It All Started

The first Girl's Day Out event was held on August 21, 2010, at a local church here in Bowling Green. Nine consultants from eight businesses shared what they were passionate about with some local women.

The event has grown tremendously since our humble beginnings and is very well attended and talked about in the community. GDO takes place twice a year. Our fall 2015 event had almost 100 booths set up with items ranging from jewelry, boutique clothing, beauty products, wooden items, soaps, wreaths, many handcrafted items, personalized gifts and so much more. We had over 2,500 shoppers come through the doors.

We are also adding an event in Owensboro in spring 2017, so check out our Facebook page for more details.

### Why You Should Attend

Girl's Day Out is more than just an event for shoppers. A lot of our vendors are local artisans/crafters and your purchase from them helps the local economy. One such vendor is Designing Diva ([www.facebook.com/designingdiva](http://www.facebook.com/designingdiva)). Be sure to check out her beautiful handcrafted jewelry made right here in Bowling Green. Don't forget to stop by Linda's Just Desserts for a sample of chicken salad along with other goodies. Stephanie Palmer with The Blue Knot will have some personalized items to purchase including a T-shirt designed just for Girl's Day Out. Those



are just a few of the booths that will be at Girl's Day Out!

Some vendors will have give-a-ways at their booths, and there will be door prizes given away throughout the day with an item from almost every vendor set up. Be sure to sign in at one of the digital kiosks provided by Eyeconic.tv to be eligible to win one of these fabulous prizes!

Don't think it's just for women either. We have lots of products that men would be interested in too, and several of our vendors are men, like Kevin with Kevin Comer Images. He is a very talented photographer who will have some of his prints as well as a couple local interest books. Another such vendor is Kyle Bunch with Tastefully Simple, and he will have products on hand to make simple, easy-to-prepare foods. This is a great time for the guys to do some shopping for those ladies in their lives. The whole family can enjoy this event!

### GDO Event Sponsors

**Shop Southern Boutique** – Southern Boutique offers affordable and trend-worthy women's clothing and accessories. With our start-up in 2014, we set out with one goal in mind, affordable Southern fashion, and we feel that is what we offer our broad range of customers. Shop with us online and receive free shipping over \$25, free gift wrapping, and free pearls with every purchase. We now have a storefront located in Scottsville! Check out our Facebook page for our location and hours. What sets us apart from the rest you might ask? Our affordable prices and the ability to always give our customers first priority. Whether you shop with us online, at a home party, or at our storefront, we hope your shopping experience with us is one you will never forget! [www.shopsouthernboutique.com](http://www.shopsouthernboutique.com)



**Younique** – Love it. Share it. Live it. Every day, hundreds of women experience the excitement of joining a family of like-minded women who inspire them to reach their true potential and achieve the things they've always dreamed of in a supportive, safe family environment. From day one of registration, a brand-new Younique presenter joins the family and is able to immediately start selling the products through her very own, simple, yet feature-rich, e-commerce store. She gets instant access to the Younique Virtual Party System, her Younique Back Office, and to a wealth of easy-to-reference training material. [www.lashlife.org](http://www.lashlife.org)

**Eyeconic.TV** – Eyeconic.TV provides customized digital channels that engage the customer with entertainment and education,

inspire interaction, influence buying decisions, guide perception, generate additional revenue and encourage loyalty and referrals while building trust and elevating the experience. They know the language customers speak, understand what drives them to make a purchase, tell their friends and return to a business over and over. Expanding social media leverage and maintaining valuable constant contact with customers has never been easier than it is now thanks to a massive digital engagement network.

Eyeconic.TV serves a wide range of industries including all types of restaurants, schools, convenience stores, salons, financial institutions, car dealerships, event venues, office buildings and shopping centers, tourist attractions, government offices, sporting events, pet shelters, direct sales representatives, retail stores, real estate offices, doctor's offices, medical clinics, pharmacies, hospital and healthcare communities. [www.eyeconic.tv](http://www.eyeconic.tv)

**Power Blast Events** – Named Best of the Best - DJ 2015 and 2016! by Thumbtack for customer satisfaction and reviews!

Power Blast Events is not a cookie cutter event management and wedding service professional. They will meet with you to understand both your story and your vision, and then put the puzzle pieces together to form the perfect image of what you imagined.

Power Blast Events offer the following services: DJ, KJ (karaoke), wedding officiant, day of coordinator, full-service wedding planning, event planning and much more! #yeahwedothat #whateverittakes [www.facebook.com/powerblastevents](http://www.facebook.com/powerblastevents)

### Don't Miss This Exciting Event!

Girl's Day Out is an event that is highly anticipated well attended so don't miss it!

# FREE EVENT

## JOIN US FOR A FUN-FILLED DAY OF FASHION, FREE GIFTS, & FABULOUS PRODUCTS.

**November 19, 2016, 10am-4pm**  
**Sloan Convention Center**  
**1021 Wilkinson Trace**  
**Bowling Green, KY 42103**

For more info: [GirlsDayOutBG@yahoo.com](mailto:GirlsDayOutBG@yahoo.com) [Facebook.com/GirlsDayOutBG](http://Facebook.com/GirlsDayOutBG)

### EVENT SPONSORS:

[www.shopsouthernboutique.com](http://www.shopsouthernboutique.com)

[www.lashlife.org](http://www.lashlife.org)

[facebook.com/powerblastevents](http://facebook.com/powerblastevents)

[www.facebook.com/designingdiva](http://www.facebook.com/designingdiva)

### FLYER SPONSORS:

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INDEPENDENT CONSULTANT

simply comfortable

HAPPY PLACE TRAVEL

Independent Consultant

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OF MIDDLE TENNESSEE  
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# Exciting things are happening at the Downing Museum & the Baker Arboretum!

by Jack LeSieur



**Students from the Boys and Girls Club create Joe Downing-inspired staple collages (stapleages) in October.**

maples woven among conifers and other plants from around the world. The arboretum allows visitors to explore the sizes, shapes, and colors of trees, plants, and leaves from around the world as well as native flora and art woven into the serene landscape. The museum and arboretum are open year-round and are both free to the public. If you missed the fall foliage this year, remember to mark your calendars for April 2017 as spring will be in full bloom!

Located at the Baker Arboretum, the Downing Museum features artwork by internationally renowned artist and Horse Cave native Joe Downing (1925-2007). Construction on the museum began in 1995 and was completed in 2008. The brainchild of Jerry E. Baker and Joe Downing, the museum houses the largest and most holistic collection of artwork by Downing around.

A year-round exhibit relays the story of Downing's life, from his humble beginnings in Horse Cave to his illustrious career as an internationally recognized artist. The museum allows visitors to explore Downing's diverse media and appreciate the beauty of his work as well as tour exhibits that pay homage to local and regional artists.

Founded in 1992, the Baker Arboretum covers nearly 115 acres of rolling hills on the outskirts of Bowling Green. Working with tree and art collections, landscape architect Mitchell Leichhardt (1924-2015) designed a tapestry of trees and art at the arboretum, including many varieties of dogwoods, redbuds, and Asian

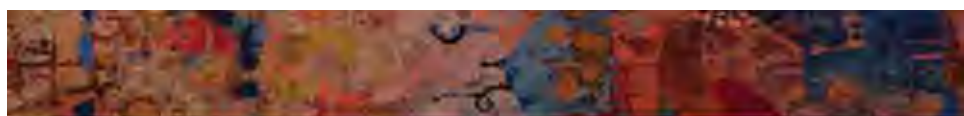


**Slur, 2014, Michael Nichols, from Michael Nichols: Refresh at the Downing Museum.**

The year 2016 was an exciting time for both the arboretum and the museum. The museum kicked off the year with a Joe Downing stapleage (staple collage) exhibit. In celebration of spring, we filled the rotating gallery with a variety of Downing's three-dimensional works to create our very own indoor "sculpture garden." On the topic of spring, the arboretum was absolutely beautiful this year. In addition to our famous Asian maples and evergreens, we also had an extensive collection of flowering trees whose blooms filled the gardens with an array of spring colors. Later in the spring, the museum welcomed our first visiting artist, Gabriel Mo, with his exhibit *Relics of Cairn B*, putting into motion a series of three excellent exhibits from regional artists. Kathryn Water's work was exhibited through mid-summer in *Kathryn Waters: At Home and Abroad* and we welcomed fall with *Refresh* by Michael Nichols.

Fall foliage continues its brilliance in our maple collection this month. The gardens are tranquil and beautiful even into the early winter. We are approaching the time of year when our evergreen plants begin to shine and take the mantle from summer's reign of beauty. Both the arboretum and museum are open throughout most of the winter. Check our websites for specific dates and times.

In October and into November, the Downing Museum staff, Jack LeSieur and Emily Hendricksen, worked with students at the Boys and Girls Club of Bowling Green. With three weeks of afterschool activities geared toward educating students about Joe Downing and his work, these young artists created a variety of Joe Downing-inspired works, which will be displayed alongside the work of Downing himself, as well as those by regional artists in the 24th Annual Jack Lunt Memorial Juried Art Exhibition. The museum and arboretum also established a partnership with the Gatton Academy to provide extracurricular programs relating to both art and horticulture to its students.



**Late fall at the Baker Arboretum.**

November is an exciting time for the Downing Museum as we welcome back the annual Jack Lunt Memorial Juried Art Exhibition. The exhibition began in 1987 as a collaboration between Mr. Baker and the Capitol Arts Alliance. For 22 years, the show was exhibited in the Capitol Arts Center Houchens Gallery and included a wide variety of pieces from artists throughout the region. This is the Downing Museum's second year hosting the exhibition. The juror for this year's show is Ronny Criss, an artist and musician from Nashville. Mr. Criss received his BFA from the University of Illinois at Champaign-Urbana in

art education in 2002. As a painter, his work ranges in style from realism and photo-realism to abstract expressionism with a focus on landscapes and portraits. An opening reception for the show will be held on November 13 from 5 to 6:30 p.m. The exhibition will also be featured during the Bowling Green Gallery Hop on December 2 from 5 to 8 p.m.

We are also thrilled to announce that we are developing daily art and horticulture programs for families that can be picked up at the museum. Visitors may check out a drawing board and family guide that includes drawing prompts, scavenger hunts for both inside the museum and outside in the gardens, and other family fun activities. As we move into 2017, we hope to offer even more art and horticulture programs to visitors of all ages and demographics. Not only are we in the midst of developing these programs, we are planning an assortment of exciting exhibits for next year as well. As always, both the arboretum and museum are free of charge, and we welcome visitors of all ages and from all walks of life. We hope to see you soon!

For more information, please call 270-842-7415 or visit [www.wku.edu/downingmuseum](http://www.wku.edu/downingmuseum) or [www.wku.edu/bakerarboretum](http://www.wku.edu/bakerarboretum). Don't forget, you can follow us on both Instagram (@bakerarboretum/@downing\_museum) and Facebook (Baker Arboretum/The Downing Museum).

## About the Author:

Jack LeSieur is director of The Downing Museum.



**The 24th Annual  
Jack Lunt  
Memorial Juried  
Art Exhibition**

November 13 - December 17

Please join us on November 13  
for a public reception from 5:00-6:30  
and for the Bowling Green Gallery Hop  
on December 2 from 5:00-8:00

The Jack Lunt Memorial Juried Art Exhibition began in 1987 as a collaboration between southcentral Kentucky philanthropist, Jerry E. Baker and the Capital Arts Alliance. For twenty-two years, the show was exhibited in the Capital Arts Center Houchens Gallery and included a wide variety of pieces from artists throughout the region. The Downing Museum is proud to host the 24th annual exhibition and invites visitors to view works of art by local and regional artists.

Juried by: Ronny Criss  
Nashville-based fine artist and singer/songwriter



The Downing Museum  
Baker Arboretum

4801 Morgantown Road  
Bowling Green, KY 42101  
270-842-7415  
[www.wku.edu/downingmuseum](http://www.wku.edu/downingmuseum)  
[www.wku.edu/bakerarboretum](http://www.wku.edu/bakerarboretum)



@downing\_museum  
@bakerarboretum





## When a brown bag meal means much

Submitted by HOTEL INC

**"FOR I WAS HUNGRY**  
and you gave me something to eat,  
**I WAS THIRSTY**  
and you gave me something to drink,  
**I WAS A STRANGER**  
and you invited me in..."

Matthew 25:35

**HOTEL INC**  
Helping Others Through Extending Love in the Name of Christ

How can a brown paper bag save someone's life? A little brown bag, with nothing but a few pieces of food and a water bottle inside – it could mean so much to those who are experiencing homelessness. For years, Warren County's own HOTEL INC has offered these "sojourner bags" to people who use our drop-in center, homeless outreach, or street medicine programs. Decorated with sweet messages and drawings by local school children, these bags may be the only meal of the day for some.

Recently a former client, who had experienced over a year of being homeless and living in his car, stopped by to greet HOTEL INC director Rhondell Miller. He shared how he had just celebrated one year at his job and still loves his apartment. He opened his wallet and took out a \$100 bill. "This," he said as tears began to stream down his face, "is just a token of thanks for saving my life, with all those little brown bags."

As HOTEL INC celebrate 35 years of serving our neighbors here in Warren County, we invite you to join us for a brown bag lunch provided by Wendy's, Teresa's, Country Oven and FCS Inc. Delicious lunches with chili and cornbread, dessert and fruit can be enjoyed among friends or taken to go for just \$10 of support for the work of HOTEL INC. You can get a hot meal and support your community, all during your lunch break!



Lunch will be served at First Christian Church on Thursday, November 17 from 11 a.m. to 1:30 p.m.

### About HOTEL INC...

Did you know? HOTEL INC has provided support and services to our neighbors this year. Here are some numbers from January to September 2016...

- 15,091 services provided (7,008 services provided to people experiencing homelessness)
- 1,395 households with 3,093 people in the households (431 homeless households with 811 people)
- 878 children (208 homeless)
- 313 senior citizens (59 homeless)
- 858 women who are head of households (235 homeless)



# CHILI & CORNBREAD LUNCHEON

Benefitting HOTEL INC

You can support your community on your lunch break! Serving delicious, hot, dine-in or take-out lunches for just a \$10 donation.

**NOV. 17th**  
**11:00 am - 1:30 pm**  
**First Christian Church**  
1106 State St, Bowling Green

**SPONSORED BY**

- Passport Health Plan  
- Georgia Pacific  
- Country Oven  
- Teresa's Restaurant

**The Pelaski Family**



Platinum \$25,000

**BB&T**

Ruby \$15,000



Gold \$10,000



Diamond \$5,000

Dr. and Mrs. David A. Ciochetti



Linda and John Kelly

Mr. David and Dr. Juli McCay

**STENGEL - HILL**  
ARCHITECTURE

Mary L. Tincher



Band Sponsor \$5,000

Jim and Darlene Johnson



Jim Johnson Nissan /  
Jim Johnson Hyundai

Majestic In-Kind Sponsors

\$8,000+



Commonwealth Health Foundation  
would be honored with your presence at the

# Winter Splendor Charity Ball

**SATURDAY, NOVEMBER 12, 2016**

**SLOAN CONVENTION CENTER  
1021 WILKINSON TRACE**

**6:00 pm**

*Cocktail Reception  
& Silent Auction*

**7:30 pm**

*Formal Seated Dinner  
& Live Auction*

**9:00 pm**

*City Lights*

Sponsored by Darlene  
and Jim Johnson

Jim Johnson Nissan  
Jim Johnson Hyundai

**TO BENEFIT**  
**Community Clinic and The Dental Clinic**



**Commonwealth Health  
Foundation**

*Reservations*

Reserve Online:  
[www.bgcharityball.org](http://www.bgcharityball.org)

Reserved Seats:  
**\$150 each**

(\$75 tax deductible  
at fair market value)

Tables can be purchased  
for 4, 6, 8, 10 and 12.

*Raffle!*



Donated by **Drs. John and Donna Blackburn**

**LA BONNE VIE  
Gulf Shore Getaway**  
your CHANCE TO WIN!

- RAFFLE ticket cost: \$50 each / Only 250 tickets printed!
- 1-week stay
- Drawing will be held at 10pm at the Charity Ball on 11-12-16  
Do not need to be present to win.

Tickets can be purchased by contacting  
[kasmith@chc.net](mailto:kasmith@chc.net) or visit [bgcharityball.org](http://bgcharityball.org)





# You changed her life

Donate Now

[CommonwealthHealthFoundation.org](http://CommonwealthHealthFoundation.org)

Please consider a donation to help more children like Amy. By supporting Commonwealth Health Foundation and the Community Clinic and The Dental Clinic, more people can receive the services they desperately need. Good dental hygiene is essential for good health.

Amy was four years old when she started pre-school. Amy's limited English skill required tutoring on a daily basis. Over time her teachers noticed that Amy winced a lot when she tried to pronounce certain sounds. Not surprisingly it was found that Amy's teeth were in very poor and painful condition. A dentist suggested that crowning almost all of Amy's teeth might buy her the years of time needed until her adult teeth could grow in. Unfortunately Amy was uninsured and the costs of the services needed were far outside of her family's financial means.


Guardian Angel Children's Services, an initiative of the Community Clinic and The Dental Clinic, was able to work with a charitable network of providers to connect the dots bringing together the dentist, translator, the supplies, and the financial resources to get everything in the same place, at the same time. Today, Amy is an energetic first grader whose language skills are almost equal to those of her classmates. Because of the generosity of people who cared to give of their time, talents and financial resources, Amy received the help she needed.



Commonwealth Health  
Foundation







# *We Give Thanks*

# **SOKY** happenings

The entire SOKY Happenings family would like to take this opportunity to say "Thank You" to everyone who helps make SOKY Happenings possible... our wonderful writers and artists who create the entertaining and beautiful content, the distribution locations, our sponsors who truly make it possible for us to publish a beautiful magazine of which we are proud every month, and especially you, our readers, who take the time to use and enjoy SOKY. Thank you for a wonderful year and for your support. May God bless each and every one of you during this holiday season!



**YOUR HOMETOWN  
NEWS LEADER**



**wbko.com**

 **@wbkotv**

 **wbkotv**



## SOKY Restaurant Guide

### Restaurants That Sponsor SOKY Happenings

#### 6•4•3 Sports Bar & Grill

360 E. 8th Avenue, Bowling Green • (270) 846-0020  
 Website: [www.643sportsbarandgrill.com](http://www.643sportsbarandgrill.com)  
 Days/Hours of Operation: Mon-Wed 11AM-11PM; Thur 11AM-1AM; Fri 11AM-2AM; Sat 11AM-2AM; Sun 11AM-12AM  
 Alcohol: Full Bar & wide selection of beers including the unique "beer wall"  
 Dine-In, Delivery and Carry-Out  
 At 6.4.3 Sports Bar & Grill, we use the freshest of ingredients to prepare bite after bite of delicious pub fare. Whether you're fiending for gourmet pizza, classic sandwiches, or a hearty plate of BBQ or wings, our menu will satisfy all your cravings and our 32 flat-screen TVs will keep you entertained!

#### Chaney's Dairy Barn

9191 Nashville Road, Bowling Green  
 (270) 843-5567  
 Website: [www.ChaneysDairyBarn.com](http://www.ChaneysDairyBarn.com)  
 Days/Hours of Operation: Mon-Thurs 10am-8pm; Fri-Sat 7am-9pm; Sun 12pm-8pm  
 Dine-In/Carry-Out/Catering Available  
 We Offer: Farm Tours, Birthday Parties, Meeting Space, "MOO Mobile" for Events & More!  
 Homemade Soup, Homemade Sandwiches, and of course Premium Homemade Ice Cream Made Fresh on the Farm.  
 We Are Kentucky Proud!

#### El Maguey Mexican Restaurant

4700 Scottsville Road, Bowling Green  
 (270) 904-0047  
 Website: [bowlinggreen.restaurantelmaguey.com](http://bowlinggreen.restaurantelmaguey.com)  
 Days/Hours of Operation: Mon-Thurs- 11am-10pm; Fri-Sat 11am-10:30pm; Sun 11am-9pm  
 Alcohol: Full Bar and the Best Happy Hour in Town! Mon-Thurs 4:00-7:00pm; 16 Oz. Domestic Beer, House Margaritas and daily drink specials. Daily food specials. Coming soon: flights of Tequila. Great way for you to choose your favorite! From top shelf to organic. We are the freshest new mexican restaurant - Made-from-scratch sauces using only the freshest ingredients. Delicious Mexican dishes that will make you return time and time again. We even have a Guacamole Cart and we make fresh guacamole at your table. Come in today and see what fresh quality Mexican food taste like!

#### Mariah's

360 E. 8th Avenue, Bowling Green • (270) 846-0020  
 Website: [www.mariahs.com](http://www.mariahs.com)  
 Days/Hours of Operation: Mon-Sat 11AM-10PM; Sun 10:30AM-9PM  
 Alcohol: Full Bar  
 Dine-In, Delivery and Carry-Out  
 With innovative lunch, dinner and brunch menus and large banquet space, Mariah's is a wonderful destination to catch up with loved ones over hearty, lip-smacking dishes and and a round of drinks.

#### Mellow Mushroom

1035 Chestnut St., Bowling Green • (270) 393-1800  
 Website: [www.mellowmushroom.com/bowlinggreen](http://www.mellowmushroom.com/bowlinggreen)  
 Days/Hours of Operation: Sun-Thurs 11AM-10PM, Fri-Sat 11AM-11PM  
 Alcohol: Incredible selection of bottled and draft beer  
 Dine-In and Carry-Out  
 More than just pizza and beer, the Mellow Mushroom provides you with an experience filled with colorful art, eclectic music and food that comforts your soul.

#### Paradise Cafe & Harry's Weiner Shack

10300 31-E, Between Scottsville & Glasgow • (270) 622-7422  
 Website: [www.paradisepointky.com](http://www.paradisepointky.com)  
 Days/Hours of Operation: Sat 8AM-4PM & Sun 8AM- 2PM  
 Alcohol: No  
 Dine-In and Carry-Out  
 Harry's Weiner Shack sells, of course, "The Best Hot Dogs on the Planet!" One bite and you'll agree our Hebrew National, 100% Kosher beef dogs are truly heavenly! They are even blessed by a rabbi at the factory.

#### Yuki Japanese Restaurant

151 Iron Skillet Ct., Bowling Green • (270) 393-8477  
 Days/Hours of Operation: Mon-Sat 11:00-2PM & 5-10PM  
 Alcohol: Fully Stocked Bar  
 Happy Hour in bar and restaurant is 5PM-6:30PM Mon-Thurs with special pricing on Hot Sake and select beer! Yuki offers a beautiful, warm atmosphere with wonderful staff and great Japanese cuisine! There is a large Sushi Bar where you can sit and watch your favorites being made right before your eyes. Yuki also has three unique dining areas, separate bar room and an outside dining patio. If you haven't tried Yuki yet, you don't know what you've been missing!



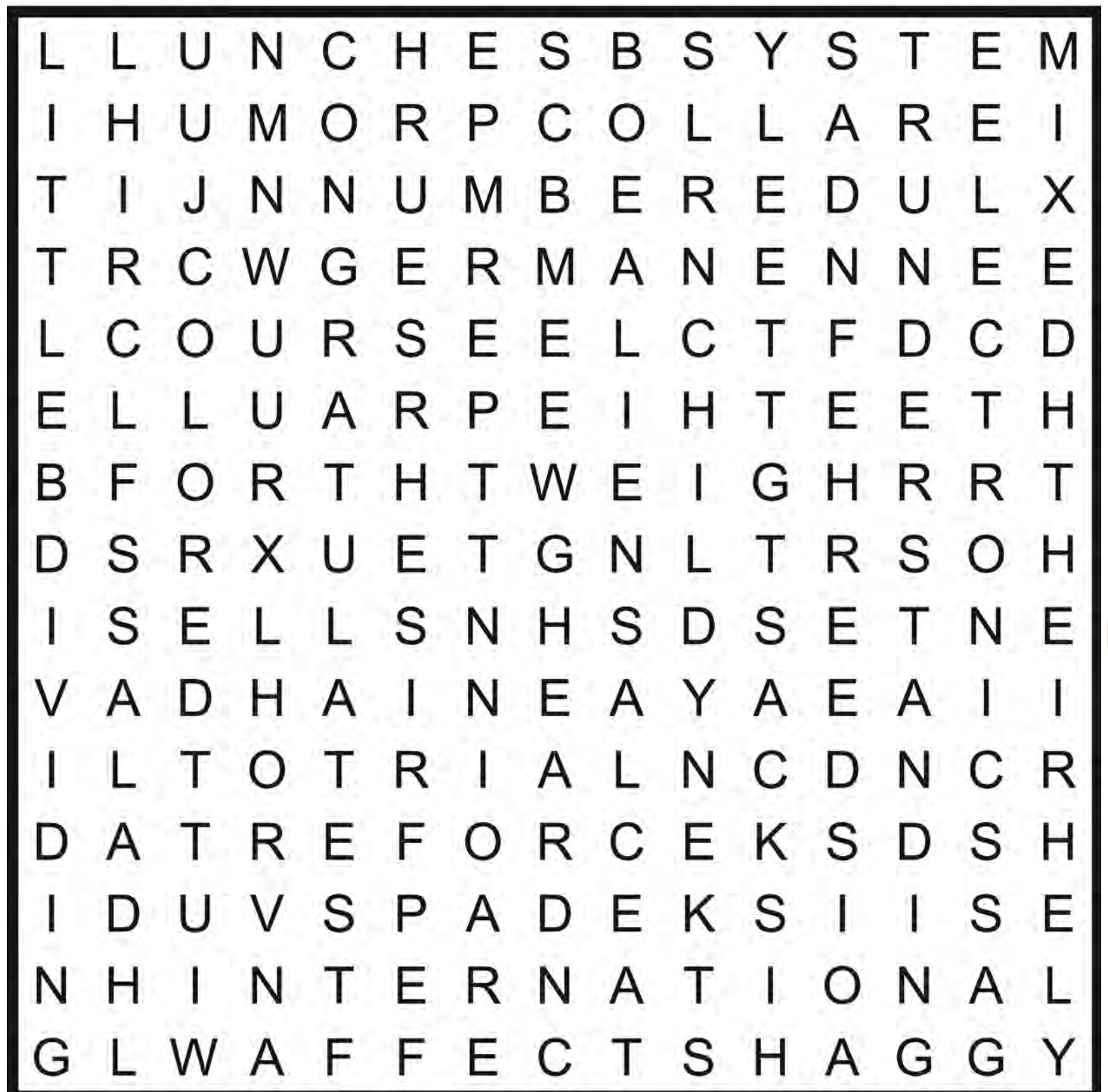
**Mon.-Sat.  
9:30 a.m.-7:00 p.m.  
Sun.  
12:00-5:00 p.m.**

**H&H Nails**  
 2425 Scottsville Road • Bowling Green, KY  
 Acrylic Nails • Airbrushing  
 Shellac Coating Manicure • Pedicure • Nail Designs  
**270-793-0075**



**FIND THESE WORDS:**

- |                    |                    |
|--------------------|--------------------|
| Affect             | Lunches            |
| Aliens             | Lungs              |
| Athlete            | Mixed              |
| Blend              | Numbered           |
| Blown              | Pearls             |
| Child              | Reeds              |
| Collar             | Refer              |
| Colored            | Sacks              |
| Congratu-<br>lates | Salad              |
| Course             | Sells              |
| Dividing           | Sense              |
| Early              | Shaggy             |
| Electronics        | Snack              |
| Enter              | Spade              |
| Extremely          | System             |
| Force              | Teach              |
| Forth              | Teeth              |
| German             | Thanking           |
| Heard              | Their              |
| Humor              | Toast              |
| Hurting            | Trial              |
| Interna-<br>tional | Trout              |
| Little             | Twice              |
| Liver              | Under-<br>standing |
|                    | Weigh              |



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## North of Nashville by Greg Almond

I love November, particularly this year. Pro and college football are in full swing. College basketball starts. It's an exciting time to be a WKU sports fan. Thanksgiving and the holiday season are only a couple of weeks away. And finally, and most importantly, this election will finally... be... over.

I actually secretly enjoy politics. Not the inaccurate memes and agenda-based blogs disguised as news that clutter my Facebook feed on a daily basis. I mean actual politics – the intersection of ideas that create a result that benefits people. I enjoy that. I also enjoy campaign strategy and creating a message and the communication of that message. With that said, this is a music article, so let's talk a bit about the history of campaign theme songs.

Now it may seem that this is a fairly modern practice but in my research I found that campaign theme songs date back to John Adams, our second president. An original song was composed for his campaign, as were most campaign songs up until Franklin Roosevelt and "Happy Days Are Here Again." The game changed a bit in 1960 when John F. Kennedy not only used a remake of "High Hopes" as his campaign song but had Frank Sinatra sing it. On a side note, this might well be

the first big celebrity endorsement in presidential history.

From then on you had George McGovern using Paul Simon, Walter Mondale and "Gonna Fly Now" from "Rocky." The year 1988 seems to be when campaign theme songs really started pulling from pop music. Michael Dukakis took Neil Diamond's "America" head-to-head with George H.W. Bush and "This Land Is Your Land." Based on song choice, I would have given the nod

to Dukakis, but that's not how this works.

If you feel like putting together a presidential playlist for your Spotify, you might add Fleetwood Mac "Don't Stop," Bachman-Turner Overdrive "You Ain't Seen Nothin' Yet," Tom Petty "I Won't Back Down," Brooks and Dunn "Only In America," U2 "Beautiful Day," Creedence Clearwater Revival "Fortunate Son" and Stevie Wonder "Signed, Sealed, Delivered I'm Yours." I can't say that I agree with all the candidates that picked these songs, but I for sure approve these choices.

That brings us to 2016 and Donald Trump vs. Hillary Clinton. Trump has chosen The Rolling Stones "You Can't Always Get What You Want" and Hillary Clinton has been using Rachel Platten "Fight Song" and Katy Perry "Roar." I find the Trump choice particularly interesting because he wants to be president. I'm sure Trump supporters hope that the message is aimed at Hillary, and that it's not a self-fulfilling prophecy. The Clinton choices are obviously meant to infuse youth and make her seem in touch (somewhat) with pop culture. I'm not sure it hits the mark, but if it keeps her from attempting to do the nae nae again I'm all for it.

Feel free to tweet me @GregAAlmond and find me on Facebook as well. Would love to know what you think of this month's article or if you just want to chat music.

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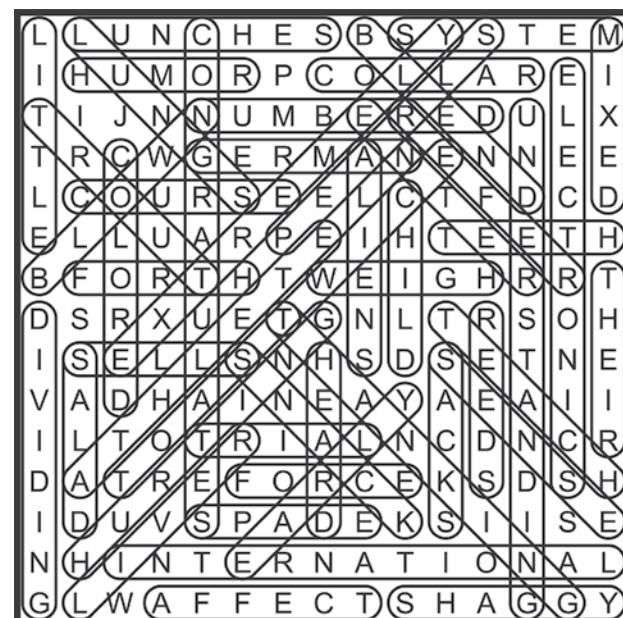
Hudson Moore "Might As Well"  
Tucker Beathard "Mamma and Jesus"  
Keith Walker "Me Too"  
Mo Pitney "Clean Up On Aisle Five"  
Ryan Follese "Put A Label On It"

### About the Author:

Greg Almond is an on-air personality for Goober 95.1.



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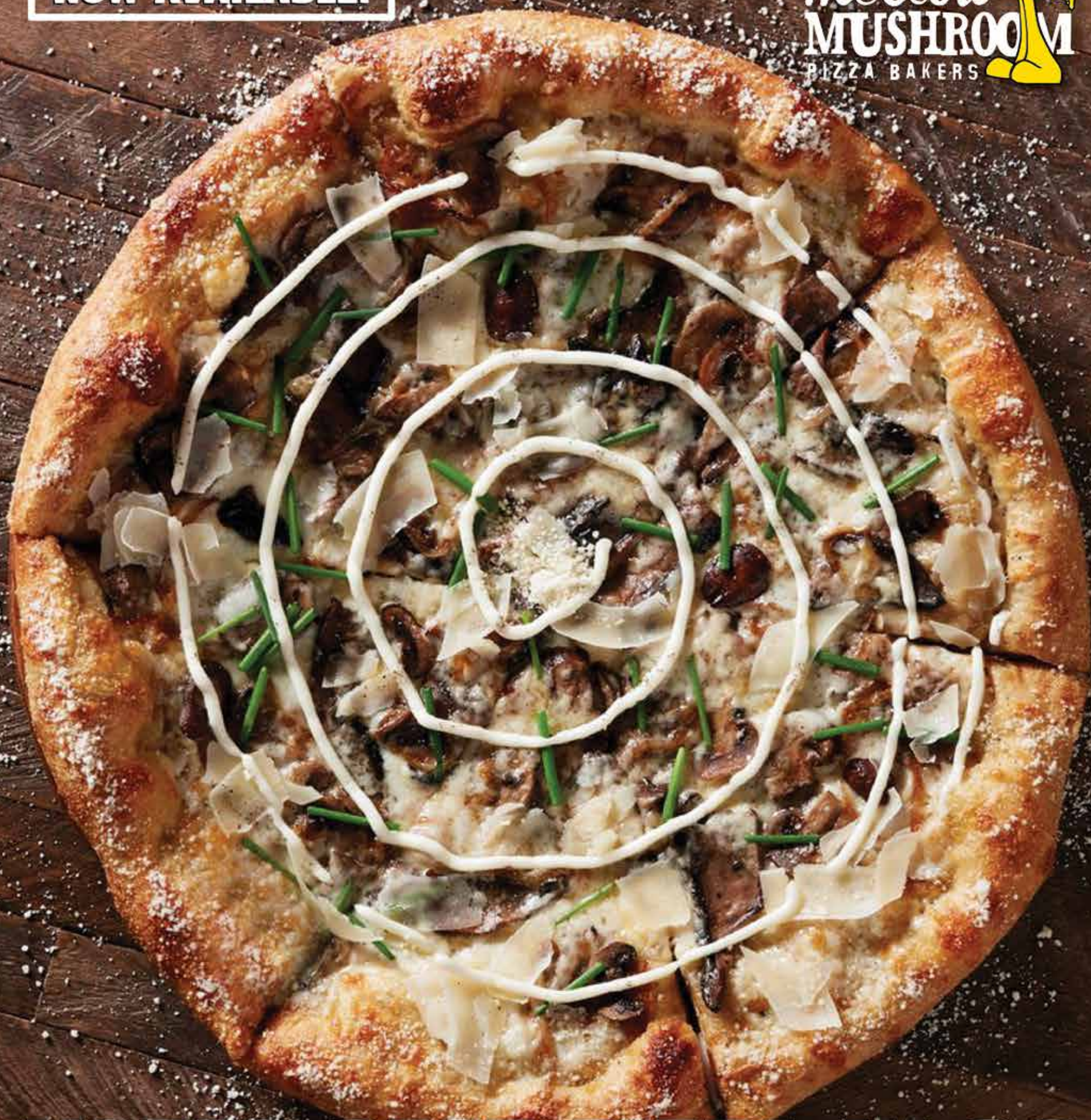
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