

LEXINGTON HERALD-LEADER

BREAKING NEWS AT Kentucky.com

UK BASKETBALL • D1

2011-12 CATS: Calipari's optimistic assessment



CHATSWITH THECATS

TWANY BECKHAM
(UK GUARD)

A question-and-answer session with Beckham, a Louisville native and Mississippi State transfer



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The Berry Crusader PAIGE SHUMATE SHORT • PAGE B1

UK FOOTBALL • D1 With No. 1 LSU looming, Phillips tells Cats to 'let it rip'

OCTOBER 1, 2011 | SATURDAY | METRO FINAL EDITION 1 *

\$1.00

Details of boy's 'trip' a mystery

2 DAYS MISSING, 2 DAYS IN HOSPITAL, NOW BACK HOME

By Greg Kocher
gkocher1@herald-leader.com

MACKVILLE — Randall Chesser, a 7-year-old autistic boy who was found this week after being missing for 45 hours, now refers to the episode as the time he "went hunting."

For the 500 or more volunteers and emergency workers who scoured hills, creeks and fields, it was a hunting trip they won't soon forget. Fortunately, the story had a happy ending.

After spending a couple days at Kosair Children's Hospital in Louisville to be treated for dehydration, Randall returned home Thursday.

On Friday, his first full day back in Washington County, he went shopping in Springfield with his aunt Lewellyn Chesser. Upon returning to her home in Mackville, Randall wrapped himself in a faded quilt and snuggled in her lap on the front porch.

See BOY, A10



GREG KOCHER | gkocher1@herald-leader.com
Lewellyn Chesser snuggled with her nephew Randall Chesser, 7, Friday at his home.

2-year-old girl found in meth home

TODDLER UNHURT; PARENTS ARRESTED

By Bill Estep
bestep@herald-leader.com

Authorities had a 2-year-old girl checked for exposure to methamphetamine Thursday night after finding her at a mobile home in Wayne County where people had allegedly made the highly addictive drug.

The girl was not physically injured, police said, but the incident comes days after police found a pregnant woman amid noxious fumes at another alleged meth lab in the county. Officials said Shelley

Parrigin, 30, of Monticello, went into labor during the investigation of the lab.

Such cases are the latest examples of why police and others are mounting a new push to require a prescription for cold and allergy medicine that contains the ingredient that people need to produce meth in homemade labs.

The number of meth labs has plummeted in states that have required a prescription for pseudoephedrine, sup-

See METH, A2



EMMA'S ELMWOOD NOW EKU'S

Mansion untouched for 40 years

RICHMOND —

When Emma Watts said she wanted her Elmwood estate to be preserved just as it was when she lived there, she meant it.



Watts died in 1970, but her bed is still made and her reading glasses are in the bedside table drawer.

Postage stamps, sewing notions and pill bottles lay jumbled in her dresser drawers. Antique books fill her bookcases. Her roll-top desk holds family photographs and personal papers, including a World War II tire ration slip.

But time has taken a toll on this musty monument. Curtains hang in tatters. Stuffing bursts from sofas. Oriental carpets disintegrate on the hardwood floors, having nourished generations of moths. A portrait of

a young Miss Watts stares across a moldy parlor at paintings of her parents.

"It's like a time capsule," said Doug Whitlock, the president of Eastern Kentucky University, who took me on a tour of Elmwood last week.



TOM EBLEN
HERALD-LEADER COLUMNIST

A month ago, EKU acquired the 9,000-square-foot mansion and 20 park-like acres surrounding it across Lancaster Avenue from campus. Eventually, Whitlock hopes to raise private money to restore Elmwood to its former glory, probably for use as an alumni development and conference center.

See EBLEN, A2

State closes Letcher personal care home

FINANCIAL, SAFETY CONCERNS SPUR MOVE

By Valerie Honeycutt Spears
vhoneycutt@herald-leader.com

After years of turmoil and trouble, a Letcher County personal care home began shutting down Friday under the direction of state officials and a court-appointed receiver.

Golden Years Rest Home in Jenkins, which has been cited for numerous health and safety violations regarding its care of residents, could no longer stay open be-

cause of financial and safety concerns, Deputy Attorney General Patrick Hughes said in an interview Friday.

VOICELESS



&
VULNERABLE

Troubles at Golden Years include felony charges against two former administrators, the death of a resident who walked away from the home and froze in 2007, and several state health violations.

The home's 27 residents, See HOME, A2

COMING SUNDAY

Keeneland at 75

A 16-page special section that features some of the most memorable photographs from Keeneland's storied history.



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Weather, Page D10: Partly cloudy, cool with a cold night ahead. High 55, Low 36



Saint Joseph Heart Institute Welcomes Dr. Lon Keith

Saint Joseph Cardiology Associates is pleased to announce that **LON KEITH, M.D.**, is now available to see new patients in his office in the Saint Joseph Office Park, Building A, Suite 300, Lexington. As a board-certified invasive and general cardiologist, Dr. Keith offers services, including: diagnostic cardiac catheterization, nuclear cardiac imaging, echocardiography, cardiac stress testing and heart failure medication management.

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LIFE + HOME

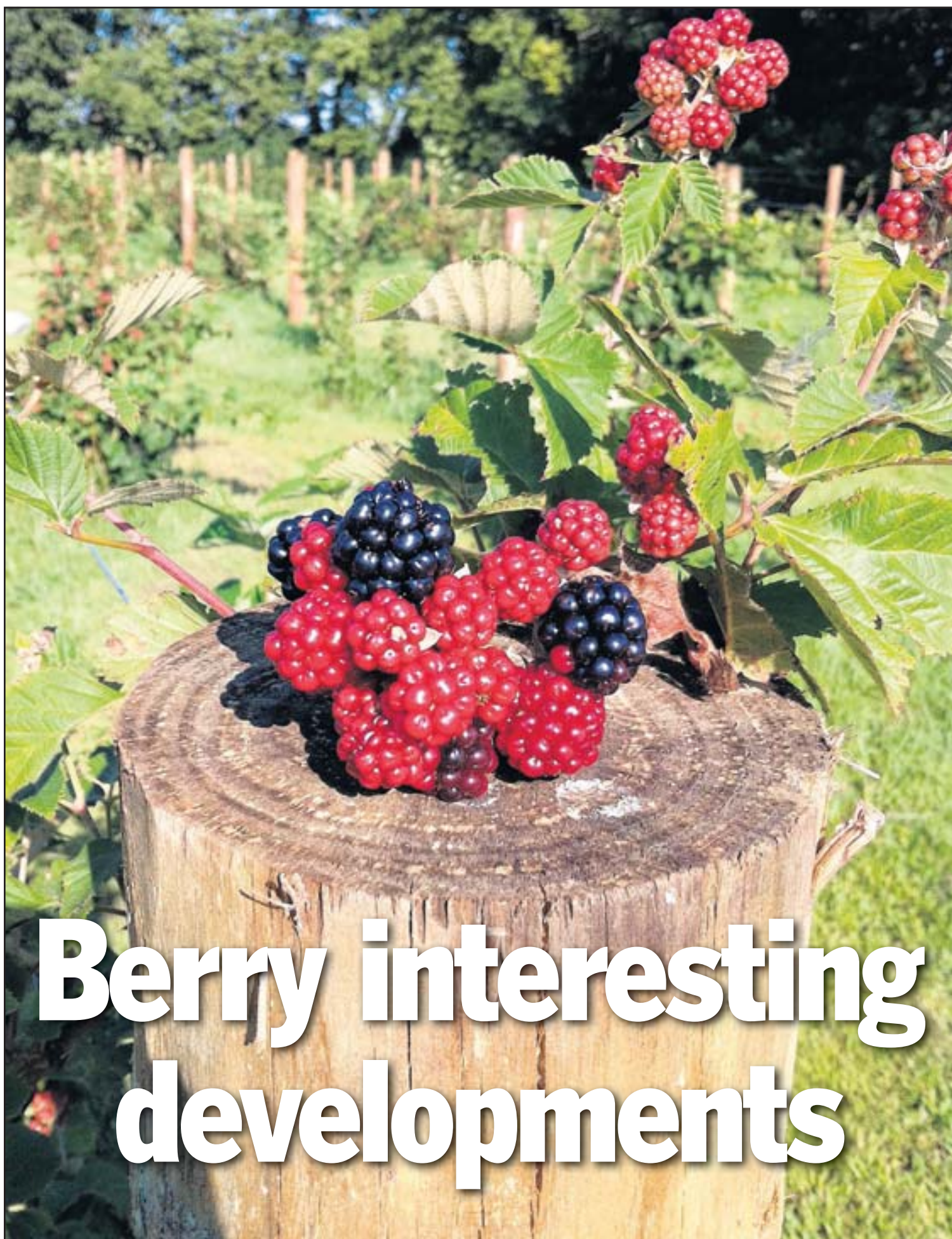
FORUM TO EXAMINE CONFLICTS BETWEEN RELIGION, HISTORY, SCIENCE

LIFE + FAITH, PAGE B6



SATURDAY, OCTOBER 1, 2011

Clippings: *A Carlisle native grows blackberries for jam, botanical products and possible medical treatment*



Berry interesting developments

COURTESY PAIGE SHUMATE SHORT

Paige Shumate Short grows about 35 acres of blackberries at WindStone Farms, which produces the berries for a popular jam sold at area stores.



SUSAN SMITH-DURISEK
CONTRIBUTING COLUMNIST

Paige Shumate Short has grown up seeing the world through blackberry-colored glasses.

Her life took on a deep purple glow in 1983, when she was an economics major at Georgetown College and her late father, Wayne Shumate, replaced tobacco on the family's farm near Carlisle with blackberries.

From the harvest of their first crop to her hope today to use the compounds that create the berries' rich colors to treat cancer, Short has raised the value of these native brambles to new heights.

At first, the five acres of fresh berries that Wayne Shumate planted were sold locally at Bob Slone's Foodtown supermarkets, but the crops were so plentiful that another outlet was needed.

"It was his passion," Short says.

By 1992, Wayne Shumate and business partner Billy Gatton Jones had formed WindStone Farms and



Garden writer Susan Smith-Durisek writes about Central Kentucky gardening in her blog, *Inside/Out & About*, at kentucky.com.

produced a hit jam now sold in thousands of stores, including small Kentucky Proud retailers and Wal-Mart. But the story does not end there.

Shumate initiated a successful campaign that had blackberries declared Kentucky's state fruit in 2004. It was a natural fit.

"Blackberries grew wild when settlers crossed the mountains," says Short.

They're well suited for planting in many Kentucky soils and growing conditions, and they are part of our cultural heritage. This time of year,

See CLIPPINGS, B2



SUSAN SMITH-DURISEK

Paige Shumate Short is a partner in Four Tigers LLC, which is conducting trials on blackberry extract, gum and vanishing cream.

SENSIBLE HOME

Portable battery pack handy for outages



JAMES DULLEY
SYNDICATED COLUMNIST

Question: We had two electric power outages from storms lately. It was very inconvenient, so I want to find some type of backup electrical power. What options that are not extremely expensive to buy and install?

Answer: The best and most convenient emergency backup system is a whole-house generator powered by natural gas, propane or diesel. It comes on automatically when the electricity goes off and can power everything in your home. Unfortunately, one costs thousands of dollars, and you cannot install it yourself.

A smaller gasoline-powered generator is a more reasonably priced option. You can buy these at any home-center store. Various appliances plug directly into the generator outlets. Don't try to connect one to the electrical wiring in your house. It probably cannot produce enough electricity output and it can be a hazard for electrical utility repairmen.

Another simple and inexpensive option is in an emergency portable battery pack. These battery packs have 12-volt lead-acid batteries. These batteries are somewhat similar to the battery in your car, but these are designed to be completely discharged without harming the battery. These are available at most automotive supply stores.

Most battery packs have a 12-volt direct current outlet similar to a car cigarette lighter and jumper cables to start a car. Many electric appliances that are designed to run on 12-volt DC power are available at camping supply stores.

Battery packs also have a 120-volt outlet into which you can plug standard household appliances. They use an inverter that converts the 12-volt direct-current battery to 120-volt alternating current. The amp-hour rating of a battery pack determines how much electric power it can store.

Although the batteries can usually produce a large electric current flow, the 120-volt power is limited by the maximum output of the AC inverter. Most have a maximum output of only 400 watts, so check the wattage of the appliance before plugging it in to the battery pack.

See DULLEY, B2

DIGGING IN

Events, gatherings and products that are cropping up

The Arboretum, State Botanical Garden of Kentucky, Lexington. (859) 257-6955. <http://ca.uky.edu/arboretum>.

■ Parade of Scarecrows. 8 a.m. Oct. 1-21. Free.

■ The Arboretum's Fruit & Nut Collection. 2 p.m. Oct. 2. Free.

■ Little Sprouts — Hooray for Harvest Time. 10 a.m. Oct. 5. \$3 a child. (859) 257-6955.

■ Fall Plant Exchange. 10 a.m. Oct. 8. \$1, free for Friends.

■ Trees, Trails, and Creatures. 5 p.m. Oct. 8. \$2.

■ Building a Rain Garden. 10 a.m. Oct. 11. Free.

■ Little Sprouts — Fishing Fun. 10 a.m. Oct. 12. \$3 a child.

■ Botanical Latin for Gardeners. 10 a.m. Oct. 18. \$5, \$4 for Friends.

■ Little Sprouts — Nocturnal Animals. 10 a.m. Oct. 19. \$3 a child.

■ Composting at Home. 6 p.m. Oct. 20. Free.

■ Native Kentucky Trees Tour. 2 p.m. Oct. 23. Free.

■ Little Sprouts — Silly Spiders & Creepy Crawlers. 10 a.m. Oct. 26. \$3 a child.

Annual Bi-Water Farm and Greenhouse Autumn Fest. 9 a.m. Oct. 1, noon Oct. 2, 9 a.m. Oct. 3-8, noon Oct. 9, 9 a.m. Oct. 10-15.

See DIGGING IN, B2

Kitchen lighting has to do the work so you can, too

Lighting is often described as the jewelry of the home. But it's crucial in kitchens, where so much work is done.



RICH SUGG | MCCLATCHY-TRIBUNE

By Stacy Downs

McClatchy Newspapers

Lighting is often described as the jewelry of the home. But it's more crucial than that, especially in kitchens, where it's needed for slicing, dicing and reading recipes. So maybe the new catchphrase should be: "Lights are the eyes of the home."

"Kitchen lighting is so crucial and should be one of the first things people think about when they're designing or remodeling a kitchen, but it often gets last priority," says lighting consultant and interior designer Lisa Duncan of Kansas City, Mo. "People

spend tens of thousands of dollars on their kitchens, but then you can't see the new improvements or what you're doing if the lighting isn't right. Then I come along, and drywall has to be ripped out."

Instead of overhauling her decades-old kitchen, Sasha Paulsen of Overland Park, Kan., updated the lighting in her favorite room.

Her dark kitchen, with only a can light above the sink and another above the prep area, was a problem. She couldn't always see what she had, especially in the corners

See LIGHTING, B2

CLIPPINGS | Blackberries' promise fuels her dreams

From Page B1

caramel-frosted blackberry jam cake is a traditional favorite, and the wild berries can be found for free if you know where the good brambles grow.

The original WindStone plantings were the Hull variety. But more recently, the preferred choice is Chester, a thornless, semi-trailing cultivar with large, sweet berries, smaller seeds and resistance to spring temperature fluctuations.

Blackberry canes take two years to mature, bearing fruit on second-year canes, which must be cut back in the fall. The perennial roots send out new growth about March, and the fruit ripens for picking in late June and early July.

Now with about 35 acres of brambles planted, Short, who stepped in to manage the business when her father passed away in 2005, has ventured into new and exciting directions. She's using blackberry extract as an ingredient in botanical products and working toward gaining federal approval for its use in medical treatments. She has dubbed it "berryceuticals."

Short formed a blackberry pharmaceutical company called Four Tigers LLC with former University of Kentucky pharmaceutical sciences professor and researcher Russ Mumper, who now works at the University of North Carolina's Eshelman School of Pharmacy.

Mumper says blackberry



COURTESY PAIGE SHUMATE SHORT

Russ Mumper, a pharmaceutical sciences professor, and Paige Shumate Short founded Four Tigers LLC to research and identify the beneficial properties of blackberries.

extract has been shown to possess not only antioxidant qualities but anti-inflammatory, anti-bacterial and cancer-fighting ability. Possible uses being studied for commercial development and in federal trials range from an extract in chewing gum to a healing cream that might provide protection against skin cancer. Another study is of a special capsule that can carry the concentrate to the intestines to treat colon cancer and other bowel diseases.

Studies also are looking at how to identify, concentrate and stabilize the beneficial components in blackberries, even down to the molecular level.

"The more productive and concentrated those components are, the more effective they are in treatments," Mumper says.

To that end, researchers are studying not only the extent of the blackberry's beneficial effects but how to intensify them. A freeze-dried blackberry extract is now available as an over-the-counter additive.

Taking that idea a step further, Four Tigers is collaborating with UK plant biologists through a National Institutes of Health small-business grant to develop a new cultivar whose berries contain 100 times the beneficial compounds of the average blackberry-patch plant.

With the increased public awareness of the positive effects of antioxidants, there's great promise in the creation of a blackberry cultivar with a higher concentration of the beneficial components.

Paige Short puts it simply. "Some evenings I walk

into the blackberry patch," she says. "Everything else disappears, and I dream about where we can go with it. All that we are doing is for the betterment of mankind."

That dream, shared with her husband, Dan Short, and son Bryan Shumate Short, is an evolution of the ideas that this multi-generational family business explores.

What to expect next? Beyond just the products of medical research, perhaps you'll see the creation of a Bourbon County blackberry brandy. Experimental batches have been made over the years by Short's mother, Kay Shumate, along with friends including former Gov. Martha Layne Collins and her husband, Dr. Bill Collins.

Short also hopes that more people will grow blackberries. She is interested in buying extra fruit regionally, so send her a note at Four-tigers.com for more information.

A good way to start learning about blackberry growing is by reading Cooperative Extension Publication HO-15: *Growing Blackberries & Raspberries in Kentucky*, available online at www.ca.uky.edu; click on "Publications" and search for HO-15.

The publication was co-authored by UK horticulture professor and extension fruit and vegetable specialist John Strang. Short says Strang advised her father to grow blackberries almost three decades ago. That idea certainly took root. It was cultivated and it blossomed into a business, which has invigorated the health of our community in many ways.

Reach master gardener Susan Smith-Durisek at sdurisek@aol.com.

LIGHTING | It can be attractive, but it has to make the kitchen work

From Page B1

under her cabinets.

With Shirley Allen of the Light Shop in Kansas City, Mo., Paulsen rethought the types of lighting in her kitchen.

Over the sink: She swapped the can for a glass-and-nickel pendant that provides better illumination, which is crucial for washing hands and cookware. Bonus: It's much more attractive.

Above the table: She replaced a 1960s scalloped metal fixture original to the house with a "more inspiring" metal sculptural one with white shades. The shades eliminate the glare of a bare bulb.

Under the cabinets: Lights were installed under the cabinets to illuminate the corners, making them more usable. And Paulsen sees a big difference when she's performing prep work, such as slicing vegetables with a sharp mandoline.

"It's changed my whole cooking and dining experience," Paulsen says. "And the process of kneading dough and baking bread, too."

Not only do under-cabinet fixtures provide proper task lighting; they add pleasant ambience for home entertaining.

"Adding under-cabinet lighting is the No. 1 thing you could do if you want to update your kitchen and make it more functional," says architectural and kitchen designer Billie Deather-

age of Deatherage Home Designs in Kansas City.

Deatherage always includes dimmer switches in her remodeling and new construction plans.

"They are inexpensive and can give you the control to make your kitchen go from production mode to entertainment mode quickly. And they save energy."

Paulsen loves the difference a dimmer switch makes in her kitchen. But one of the challenges with kitchen lighting is that it adds heat.

Lighting consultant George McMillen of Wilson Lighting in Overland Park sees the problem all the time.

"People will remodel their kitchen and love it in the fall and winter, but then spring and summer comes and suddenly, it's too hot," McMillen says.

So McMillen is using more LEDs (light-emitting diodes), particularly in under-cabinet lights, versus xenon and especially halogen, because LEDs produce less heat and are more energy-efficient.

"The challenge with LED is the color: It can look too warm or too cool," he says.

Designers and lighting consultants are steering away from the matching pendants above an island.

"They're almost like a gate," says Allen of the Light Shop. "You want to move them out of the way so you can see what's happening in the kitchen."

DIGGING IN

Events, gatherings and products that are cropping up

From Page B1

noon Oct. 16, 9 a.m. Oct. 17-21. Bi-Water Farm and Greenhouse, 877 Cincinnati Rd., Georgetown. \$9. (502) 863-3676. www.biwaterfarm.com.

Raven Run Nature Sanctuary, 5888 Jack's Creek Pike, Lexington.

■ Fall Wildflowers. 1 p.m. Oct. 2. Free.

■ Halloween Walk. 7:30 p.m. Oct. 14, 21. Free.

Fall Open House. 2 p.m. Oct. 2. The Grange, 1366 Millersburg Rd., Paris. \$10 members, \$15 non-members. (859) 987-7274. www.hopewellmuseum.org.

Eastern Kentucky University Community Education, 521 Lancaster Ave., Richmond. (859) 622-1228. www.ceo.eku.edu/communityeducation.

■ Natural Herbal Bath and Body Care. 6 p.m. Oct. 5. \$18.

■ Soy Wax Candles. 6 p.m. Oct. 18. \$18.

Fayette County Cooperative Extension Service, 1140 Red Mile Pl., Lexington. (859) 257-5582.

■ Blue Grass Hemerocallis (Daylily) Society Meeting. 7 p.m. Oct. 10. \$10 annually. www.daylilyfans.com/bghs.

■ Gardner's Toolbox Classes 2011: Compost: Black Gold! 6:30 p.m. Oct. 11. \$10.

■ Gardner's Toolbox Classes 2011: Create Your Own Terrarium. 6:30 p.m. Oct. 25. \$25.

■ Gardeners' Lecture Series. 7 p.m. Oct. 27. \$12, \$10 Master Gardeners and Friends of The Arboretum, \$5 students with ID. Arboretum, (859) 257-6955; Fayette County Extension, (859) 257-5582. www.ca.uky.edu/arboretum.

Audubon Society of Kentucky Fall Seed Sales. 8 a.m. Oct. 15, 22. Southern States Cooperative, 2570 Palumbo Dr., Lexington. (859) 335-5875. <http://audubonsocietyofky.home.insightbb.com>.

Tree Scavenger Hunt & Leaf Printing. 2 p.m. Oct. 17. Cove Spring Park, 127 Holmes St., Frankfort. Free.

Lexington Woman's Club Garden Department meeting. 10 a.m. Oct. 25. Hostess: Becky Whitman, 4151 Bridle Ridge Lane, Lexington. (859) 806-8875 or (859) 223-5031.

Submit listings 10 days in advance at calendar.kentucky.com by clicking on "add to our listings." Events can also be submitted to Digging In, in care of Camille Weber, Lexington Herald-Leader, 100 Midland Avenue, Lexington, Ky. 40508. Questions? Call (859) 231-3557 or 1-800-950-6397, Ext. 3557, or email cweber@herald-leader.com (put "Digging In" in the subject field).

DULLEY | New fittings will fix hot-water recirculating system

From Page B1

If the appliance electricity use is too great, it will trip a circuit breaker in the pack, but it won't damage it.

To keep food fresh in a refrigerator that usually needs more than 400 watts, buy an uninterruptible power supply. Until you need it for your fridge, you can power your computer with it. Select one with a maximum output greater than the wattage requirement of your refrigerator. This will probably be much greater than your computer needs, but this is not a problem.

When my power goes out, I carry the UPS to the kitchen and plug the refrigerator into it. When the UPS battery power runs down, I unplug the refrigerator and plug the UPS in a battery pack to slowly recharge it. The battery packs can be recharged from your car, or if you have a friend who has power, you can take

them there for recharging.

The following companies offer portable battery packs:

■ Black & Decker, 1-800-544-6986, Blackanddecker.com

■ Clore Automotive, 1-800-328-2921, Jumpstarter.com

■ Duracell, 1-800-300-1857, Duracellpower.com

■ National Solar Tech, 1-800-310-7413, Nationalsolaronline.com

■ Xantrex, 1-800-446-6180, Xantrex.com.

Q: We have a recirculating system on our hot water tank. We recently had to replace our water heater with a new, more efficient one. Now the recirculating system does not work. What caused the problem?

A: A recirculating system must allow for the free flow of water through your plumbing. Assuming the water heater was installed in the

same way as the old one, the water heater itself should not be the problem.

There probably are heat-trap fittings on top of the new water heater to reduce heat loss. They allow water flow in only one direction. Have your plumber remove the heat-trap fittings and replace them with standard fittings.

Send inquiries to James Dulley, Lexington Herald-Leader, 6906 Royalgreen Drive, Cincinnati, Ohio 45244 or go to Dulley.com.

LEXGO.COM

Rich Copley writes about pop culture, area entertainment and performing arts in his blog, "Copious Notes," on LexGo.com.

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DR. THOMAS H. PEOPLES, JR. 33rd ANNIVERSARY

Dr. Thomas H. Peoples, Jr. will be observing 33 years of leadership at Historic Pleasant Green Missionary Baptist Church on Sunday October 2nd. His accomplishments & awards are too numerous to name. Since his pastorate, the membership has increased & the church is doing well financially. Dr. Peoples is a God sent preacher who knows the Word, & members of Historic Pleasant Green do appreciate him. The guest preacher at 10:30 a.m. will be the Rev. Warren Eley, former Dean of Simmons Bible College, Louisville, KY. Music by the Mass Choir of Historic Pleasant Green under the direction of Mrs. Bettina Wright & members of the music committee. A reception will follow the morning service.

On Saturday October 1st, a tea "Cups of Blessings" will be held for First Lady, Mrs. Delma Peoples beginning at 11:00 a.m. in the fellowship hall.



Dr. Thomas Peoples, Jr. & Mrs. Delma Peoples

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BLACK & WHITE & PINK ALL OVER

8,000+ runners and walkers will paint Lexington's streets pink on Saturday, October 15, 2011 for the Susan G. Komen Race for the Cure®.

The Lexington Herald-Leader and Kentucky.com are also going pink on this special day to help raise money and awareness.

Help support the cause and purchase a copy of this special pink issue!

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*10% from all Herald-Leader newspapers sold on Saturday, October 15