

A young child with blonde hair, wearing a dark blue sweater, is holding a large orange pumpkin. The child is standing in a field of pumpkins and green foliage. In the background, there are trees and a building under a clear blue sky.

fall events

AND ACTIVITIES GUIDE

LISTING OF
UPCOMING
EVENTS

AREA PUMPKIN PATCHES,
HIKING TRAILS, HAUNTED
HOUSES AND FORESTS

PLUS: FAMILY INSTILLS
FAITH IN GOD, COMMUNITY
IN REBUILDING FARM

A SPECIAL SUPPLEMENT OF THE TIMES-TRIBUNE AND SENTINEL-ECHO

Easy hiking trails for families to try this fall

Pinnacle Knob

Lookout >>>
Pinnacle Knob Lookout is a 1.2 mile lightly trafficked out and back trail located near Corbin, Kentucky that features a great forest setting. The trail is good for all skill levels and is primarily used for hiking and walking. Dogs are also able to use this trail but must be kept on leash.



Check out these trails on the All Trails app or alltrails.com for more information, a map of the trail and the location of the trail head. | Photos by Erin Cox

Laurel River Lake Trail >>>

Laurel River Lake Trail is a 2.9 mile lightly trafficked loop trail located near Corbin, Kentucky that features a lake and is good for all skill levels. The trail is primarily used for hiking, walking, and running and is accessible year-round. Dogs are also able to use this trail but must be kept on leash.

Pine Creek Falls Trail

Pine Creek Falls Trail is a 1.1 mile out and back trail located near East Bernstadt, Kentucky that features a waterfall and is good for all skill levels. The trail is primarily used for hiking.

Frazier Knob

Frazier Knob is a 2.7 mile lightly trafficked out and back trail located near London, Kentucky that features a great forest setting and is good for all skill levels. The trail is primarily used for hiking and trail running. Dogs are also able to use this trail but must be kept on leash.



Area Haunted Houses and Forests

Howling Woods Haunted Forest

602 Jims Lane, Corbin KY 40701
Sept. 18 - Oct. 31
Friday-Saturday Dusk-Midnight
Admission: \$12

Steele Hollow Haunted Barn

1385 Steele Hollow Rd., Rockholds, KY 40759
Oct. 2 - Oct. 31
Friday-Saturday 8 p.m. - Midnight
Admission: \$10

Fairston's Haunted Forest

370 Shackle Rd., London, KY 40744
Sept. 25 - Oct. 31
Friday-Saturday Dusk -

Midnight
Admission: \$12
(606) 682-2371

The Terror Squad

Fire Rescue Drive, London, KY 40741
Oct. 9 - Oct. 31
Friday-Saturday 8 p.m. - Midnight
Admission: \$10
(606) 877-1108

Laurel Lake Lucifer's Haunted Forest

80 Robert Blair Memorial Hwy. 1192, Corbin, KY 40701
Oct. 9 - Oct. 31
Friday-Saturday 7 p.m. - Midnight
Admission: \$10
(606) 526-7876

Terror on Tidal Wave

Tidal Wave Rd., Corbin, KY 40701

Oct. 9 - Oct. 31
Friday-Saturday Dark - Midnight
Admission: \$10

Nightmare on 904

69 Horseshoe Ln., Williamsburg, KY
Sept. 18 - Oct. 31
Friday-Saturday 7 p.m. - 11 p.m.
Admission: \$10 adult / \$5 children 12 and under

Haunted Maze

1902 East Pittsburg Church Rd. London, KY 40741
Sept. 19 - Oct. 31
Thursday Dusk - 11 p.m. / Friday-Saturday Dusk-Midnight
Admission: \$10



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Must-haves for fun, safe hiking trips

Few outdoor activities are more widely enjoyed than hiking. According to Statista, a statistics portal that gathers studies and statistics from more than 18,000 sources, more than 37 million people in the United States went hiking in 2015. That marks an increase of nearly eight million from 2006.

Hiking is a great activity that makes for great exercise and a wonderful way for people of all ages to spend time enjoying the great outdoors. Veteran hiking enthusiasts recognize that hiking, while a fun activity, can quickly become dangerous if they don't exercise caution and prepare for their hikes. Novice hikers may want to focus on a handful of areas before going on their first hikes.

Attire

Appropriate attire and footwear can make hikes safer and more enjoyable. The American Hiking Society notes that hikers going on short hikes that do not involve heavy packs or technical terrain can wear trail shoes, while hikers should wear hiking boots when carrying heavy loads or traversing more technical terrain. Boots offer more support than hiking

shoes, making them more suitable than hiking shoes on difficult terrain.

In addition to wearing footwear appropriate to the terrain they will be traversing, hikers must pack rain gear and extra clothing. The AHS recommends that hikers dress in layers so they can adjust to changes in the weather and their activity levels. Avoid cotton, which keeps moisture close to the skin, and bring a hat to protect against unforeseen rainstorms and insects.

Technology

Men and women may be accustomed to pulling out their smartphones or tablets and employing the GPS services on such devices when they need directions. But it's important that hikers recognize networks may not be accessible in wooded or remote areas. As a result, hikers should not think they can rely exclusively on technology to help them when they get lost. Hikers should carry a map and compass during the hike, making sure they bring an updated map of the trails they will be hiking.

Food and drink



Extra food and drink can help hikers whose hikes end up taking longer than they anticipated. Choosing snacks such as protein bars that can fill a person up without making him or her feel sluggish is a good idea. In addition, hikers should pack enough water to keep them hydrated during the hike and longer in cases a person gets lost or wants to stop and enjoy a nice view along the way. The AHS notes that drinking too little water during a hike can make one susceptible to hypothermia and/or altitude sickness.

Tools

Hikers should purchase a prepackaged first-aid kit for hikers, which the AHS notes can be found at any outfitter. In addition, a knife or multipurpose tool can help a person perform repairs on broken or malfunctioning gear. If need be, hikers should bring a backup pair of eyeglasses or, if contact lenses are worn, a lens kit and eyeglasses just in case.

Hiking is an enjoyable activity that continues to attract millions of people. But hikers must take steps to ensure their hiking trips are safe.



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Area Events This October and November

Oct. 10 - Redbud Ride

Downtown London, KY
A cycling event held in downtown London, KY with four route options.
Registration 9/14 - 9/30 \$65

Oct. 10 - The Dirty South Truck Show: Trucks & Treats

Barbourville Court Square Barbourville, KY
6 p.m. - 10 p.m.
The last car and truck show of the year will also feature a single elimination corn hole tournament (\$10 per team / \$5 per person to signup). The car show is free to spectators and costs \$5 to enter a vehicle. Candy will be handed out to children at the front sales table, and attendees are encouraged to dress in their Halloween costumes.

Oct. 10 - Outlaw 4.70/Outlaw NT at the London Dragway

3835 White Oak Rd, London, KY 40741
Gates open 10 a.m. / Qualifying starts at noon / Racing begins 4 p.m. (times are tentative)
Admission: \$20 per person. Kids 10 and under get in free.

Oct. 10 - Fall Youth Rally

Hopewell Baptist Church
1045 N Highway 1223, Corbin, KY 40701
6 p.m.
Evangelist Sean Tabb will be speaking and The Tabb Family Music will perform.

Oct. 10 - Lake Cumberland Classic at Lake Cumberland Speedway

360 Racetrack Rd, Burnside, KY 42519

Oct. 10 - Throw Down at the Branch 2020

Jody St, London, KY 40741
Whitley Branch Veteran's Park
A one round disc golf tournament beginning at 8 a.m.

Oct. 15-17 - 2020 Jeep Jamboree USA - Gateway to the Cumberlands

Williamsburg, KY
5:30 p.m.
This jeep event offers numerous trails of varying difficulty that will lure you into the scenic woods. You'll discover steep forested ridges, magnificent natural arches, and lush vegetation.

Oct. 16 - Mopar Muscle Dragfest

London Dragway
3385 White Oak Rd., London, KY 40741
Noon - 7 p.m.

Oct. 17 - Walk for Life and 5K Run

Faith Assembly of God
390 Faith Assembly Church Rd., London, KY 40741
Walk/Run to benefit the Laurel County Life Center, an AA Pregnancy Help Center beginning at 8 a.m.

Oct. 17 - Moonlight Festival

Downtown Somerset
11 a.m. - 9 p.m.
Live music, food trucks, art, spirits, and more.

Oct. 17 - Battle of Camp Wildcat Civil War Reenactment

Hazel Patch Rd, East Bernstadt, KY 40729, United States
10 a.m. - 4:30 p.m.
A Civil War reenactment of the Battle of Camp Wildcat sponsored by The Laurel Home Guard.

Oct. 17 - An Evening at the Gardens to benefit Reppin2Recovery, INC

Oak Hill Gardens
107 Oak Hill Dr., London, KY 40741
Guests will enjoy dinner, live music, and cocktails. All proceeds from the event and silent auction will go to Reppin2Recovery, INC. Tickets are \$65-\$125.

Oct. 17-18 - Campout at the Fire Tower

Cumberland Falls State Resort Park
7351 Highway 90, Corbin, KY 40701
4:30 p.m.
An opportunity to spend part of the night in a fire tower while enjoying the night sky and breathtaking views of the Cumberland Plateau. \$35/person includes camping equipment, evening snack, and breakfast Sunday morning. Pre-registration required. Please call 606-528-4121 to register

Oct. 23-24 - Come Together Fall Market

809 E 4th St, London, KY 40741
Noon - 7 p.m.
Over 20 vendors will be present for the first ever Come Together fall market. Entry is \$5 per day and includes multiple entries per day.

Oct. 24 - Tri-Five Chevy & Corvette Showcase at Somernites Cruise

Downtown Somerset
1 p.m. - 7 p.m.

Oct. 24 - Boo Bash Pageant

Corbin Civic Center
128 Civic Center Dr., Corbin, KY 40701
Registration begins at noon.

Oct. 30-31 - Halloween Murder Mystery

Cumberland Falls State Resort Park
7351 Highway 90, Corbin, KY 40701
5 p.m. - 10 p.m.
Bring your special someone for an evening of Murder Mystery fun! Saturday night is already sold-out so call soon if you would like to make reservations for Friday night. Cost of package is \$ 199.95 per couple, which includes one night's lodging, dinner, mystery show, and breakfast.

Oct. 31 - Toys For Tots Costume Ride

Wildcat Harley-Davidson

575 E. Hal Rogers Pkwy, London, KY 40741
A costume ride benefiting Toys For Tots. There will be prizes for best and worst costumes, along with door prizes and 50/50 drawing
Registration begins at 10 a.m. Kickstands at 11 a.m.

Oct. 31 - Cumberland Vally Cruise-In Trunk or Treat

Corbin Center parking lot
Treats will be given out to all kids and a costume contest will award cash prizes.
Event is 6 to 8 p.m.

Oct. 31 - City of Corbin trick or treat

Residential trick or treat
6-8 p.m.

Oct. 31 - Halloween Costume Party

Icehouse Restaurant and Bar
899 Hwy 26, Corbin, KY 40701

Oct. 31 - Hocus Pocus Halloween Party

Continued >>

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The Sweet Spot
305 Park Ave., Somerset, KY 42503
7 p.m. - 10 p.m.

Nov. 2 - 205th Fall "Live It Out" Gathering

Main Street Baptist Church
908 Main St., Williamsburg, KY 40769
6:30 p.m. - 8:30 p.m.

Nov. 5 - 38 Special Live at the Corbin Arena

500 Arena Dr., Corbin, KY 40701
7 p.m.
Tickets available via Ticketmaster

Nov. 7 - Annual Christmas Bazaar

Corbin Civic Center
128 Civic Center Drive, Corbin, KY 40701
10 a.m. - 4 p.m.

Nov. 7-8 - Somernites Cruise Jeep Nationals

Somerset, KY
A jeep event open to all Jeep owners that will include show-n-shine, Ratlesnake Run and other events.

Nov. 14 - Sharing Thanksgiving Basket Brigade

God's Pantry Food Bank
1215 E. 4th St., London, KY 40741
8 a.m. - 6 p.m.

Nov. 14 - Colonel Sanders Half Marathon

Downtown Corbin
222 Corbin Center Dr. Corbin, KY 40701
8:30 a.m. - Noon

Nov. 21 - Christmas On Main Pageant

Laurel County Annex Building
305 S Main St, London, KY 40741
Noon - 8 p.m.

Nov. 21 - Girls Day Out Somerset Fall 2020

The Center for Rural Development
2292 S. Highway 27 Ste 300, Somerset, KY 42501
10 a.m. - 4 p.m.
An event hosting multiple vendors. Admission is free, and door prizes will be given away.

Preserve carved pumpkins in various ways

Jack-o'-lanterns and other carved pumpkin designs are frequently the centerpieces of Halloween festivities. The twinkling lights and orange glow of jack-o'-lanterns can add ambiance to any autumn event. The trouble with carving pumpkins is that most people want to do it right away, only to discover their pumpkins wilt and decay long before Halloween.

Nothing ruins Halloween more than visiting a home to trick-or-treat and not getting candy. Equally disappointing is a sad pumpkin display withering away on a front porch. Even though all pumpkins will eventually rot, certain tips can keep carvings from collapsing too soon.

- Choose a sturdy pumpkin. Inspect the pumpkin of your choosing carefully, looking for gouges, spots and holes. Even a small blemish can quickly expand into a mushy mess. Select pumpkins with even color and firm flesh, and make sure that the pumpkin doesn't feel tender when you push on the skin.

- Visit local pumpkin stands. Pumpkins that have been shipped miles and miles in hot cargo trucks may be overly ripened or battered. Pumpkins that were grown nearby may be fresher. Plus, buying pumpkins locally supports local farmers.

- Scrape the insides of the pumpkin thoroughly. Any moist bits inside the pumpkin will mold quickly. The pumpkin carving experts at Pumpkin Masters recommend scraping as much of the "guts" out as possible, leaving about a one-inch thickness of the wall of the pumpkin.

- Coat the pumpkin. Preservation methods may aim to keep the pumpkin hydrated and inhibit mold and other microbial growth. Commercially sold pumpkin preservation products, such as Pumpkin Fresh®, hold up well. Soaking and spraying carved pumpkins with a bleach-and-water solution also seems to preserve designs.

- Keep it out of the elements. Store carved pumpkins in a cool, dry place. This will help slow down the rotting process for pumpkins exposed to outdoor fungi, other microbes and warm sunlight.

- Use an artificial light source. Reduce the heat inside of the pumpkin and encourage hydration by selecting a battery-powered

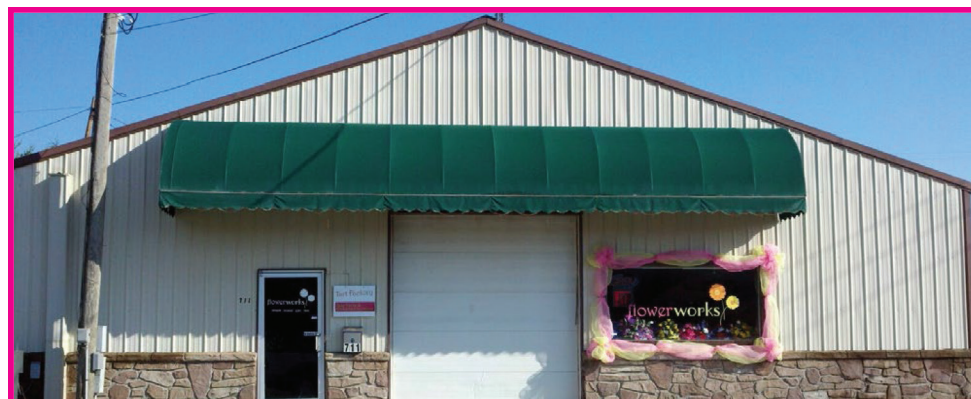


light instead of a lit candle to illuminate the carving.

- Skip the carving. Once pumpkin skin is compromised, microbes can enter. In lieu of carving, paint or decorate pumpkins in other ways if you want them to stay fresh for

a long time. Glow in the dark paint can help pumpkins stand out at night.

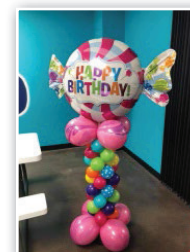
- Carved pumpkins may last a week or two, while uncut pumpkins can last for a month or more. Keeping pumpkins hydrated and mold-free will prolong your designs.



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Rich Meador takes guests on a hay ride at Sally Gap Farms last year. | File photo

Family instills faith in God, community in rebuilding farm

By Angela Turner
Staff Writer

WHITLEY COUNTY — “Just because I’m standing in a mud hole that don’t mean God’s forsaken me — that just means he’s got something better in store,” said Rich Meadors with Sally Gap Farms back in February after heavy flooding throughout the area destroyed his family farm.

Meadors expressed heartbreak at the damage his farm received as he had watched 50 picnic tables float away and playground equipment including sandboxes and pony stables leave his popular pumpkin patch in the flooding.

He said he prayed and asked the Lord for help. “My family is still alive,” said Meadors in February. “God is going to see us through this and the sun is going to shine one of these days.”

Raising his voice in a preacher’s tone, Meadors declared an intention that his farm would be built back and built bigger and better than before.

“If you have faith in God and you ask him, the Bible says anything that’s in your heart, he will give you your

heart’s desire,” said Meadors. “We want people to know that through God and the community, this September there will be a pumpkin patch.”

And Meadors was right.

“We’ve rebuilt the entire pumpkin patch,” said Meadors after Sally Gap Pumpkin Patch re-opened on Sept. 18. “We didn’t build it back like it was — we built it back 100 times better than what it was.”

The farm re-opened with a record number of guests.

In February after heavy flooding sank and destroyed much of Sally Gap Farms the Meadors family found strength both in their faith in God and their community to focus their efforts not on the devastation but on the future of Sally Gap. And today they’re beyond grateful they did.

The Meadors have spent close to 10 years working the land, creating a pumpkin patch, a farm and a life they love. It’s become a safe, successful and fun-filled environment for families to come and bring their children, for schools to bring students on field trips and for endless memories to be made. Meadors and many farmers across Whitley County

struggled with loss and damage due to the flood waters, they spent countless hours assessing the damage, hoped and prayed for a brighter future.

Since then, Meadors has witnessed volunteers from the community reach out and help clean up the farm and he and his family have spent their days and nights determined to turn things around. They’ve bought the farm beside them giving them a total of approximately 320 acres. With a new lunchroom barn that can hold close to 200 people, a youth zip line adventure, tricycle track, new petting zoo and calf barn, there are more things than ever to do on the farm.

This year Sally Gap raised as many mums as they normally do but they’ve already sold out. Meadors said they were sold out by opening day. For over two weeks, Meadors has hauled mums all over Kentucky and Tennessee. He said he plans for 15,000 mums next year.

Continued >>

Area Pumpkin Patches

Bear Wallow Farm

1225 Piney Grove Rd., Nancy, KY 42544
(606) 875-5160
Open Saturday 10 a.m. - 9 p.m., Sunday 1 p.m. - 6 p.m.
Admission: \$9.95 online / \$12.95 at the gate.
Children 2 years and younger get in free.

Hillview Stables

(606) 878-0563
804 Westerfield Rd., London, KY 40744
Open Saturday-Sunday 11 a.m. - 7 p.m.
Admission: \$8 per person. Children 2 years and younger get in free.

Sally Gap Pumpkin Patch

445 Loudon Rd, Williamsburg, KY 40769
(606) 524-4722
Open Monday-Thursday 10 a.m. - 7 p.m.,
Friday-Saturday Noon - 7 p.m.
Admission: \$6 per person includes all rides, and children 12 and under get a free pumpkin

Truett Pumpkin Patch

(606) 438-9128
4172 Highway 2003 McKee, KY 40447
Open Wednesday-Friday 4 p.m. - 8 p.m.,
Saturday Noon - 8 p.m.
Admission \$6 per person. Children 2 years and younger get in free.



FROM THE COVER: Caison Butler picks out a pumpkin at Bear Wallow Farm. | Photo by Erin Cox



Rich Meadors and Fred Kingsley share a moment after a morning of hard work in February when a group of volunteers came out to help the family clean up after the flooding. | File photo

As for the pumpkins, it's the best pumpkin crop he's ever had. He attributes that to growing them on new soil over on the new farm along with the perfect weather.

"They got into some new ground and man do they love it," Meadors said.

Since February the Meadors family has really put forth a lot of work into their family business.

"All in all what happened back in the spring with the floods, everything turned out and it's probably turned out to be one of the better years," Meadors added.

He said he knew that God had something better in store for them, God just had to give them a shove, a little nudge.

"I was devastated, I prayed about it and God said it'll be alright," said Meadors. "I dropped my head and went to work"

Since the family bought the other farm, Meadors said everyone loves it as well as the large horse drawn hay ride.

The Sally Gap Pumpkin Patch is open on Friday and Saturdays from noon to 7 p.m. Every child 12 and under still gets a free pumpkin. Meadors said on opening weekend there were a wide variety of ages represented from babies to senior citizens.

During a spring volunteer cleanup session, one pastor prayed blessings over everyone and specifically asked for the farm and the pumpkin patch to go places that couldn't even be dreamed — proof God is faithful.

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