

Living

COMMENTARY

Kindness, humility, joy and faith: My struggles with these virtues



BY PAUL PRATHER
Contributing columnist

As you've likely realized by now, I'm aware of my mortality.

I don't know how long I've got left — who does? — but I do know my future won't be as long as my past has been.

I already keep a whole platoon of doctors in business. I'm forever being trundled off for some new test or other.

I've got an endocrinologist who checks whether my pancreas and kidneys are failing. A urologist who wants to know whether my prostate is petrifying. A dermatologist who biopsies my moles for fear they're glowing in the dark. A retinologist who determines whether my eyes are bleeding me blind. A gastroenterologist who's scoped me yin to yang and over again trying to discover why my innards don't work as hardily as a 20-year-old's.

To date, my ailments have proved minor.

But those recurring appointments remind me that sooner or later a test's results will not be good. A test will turn out bad. Very bad. After all, none of us gets out of here alive.

Before I shuffle away in my open-backed gown to that great endoscopy in the sky, I'd like to get it right, religion-wise, down here on Earth. I really would.

I'd like my parishioners, wife, son and grandkids to be able to say after I'm gone,

SEE PRATHER, 4D

New books to read this fall

BY RON CHARLES
Washington Post

It may reveal too much about my teenage years to confess that I craved the annual arrival of the Burpee seed catalog. For weeks, I would live in those glossy pages of rainbow coleus and bursting zinnias. Something about those visions of future glory made me drunk with hope. I was not, perhaps, the coolest high school kid.

I've long since abandoned gardening, as my neighbors will attest, but the thrill of the seed catalog has been replaced by the blurb-filled optimism of book publishers' catalogs. And the analogy is more apt than you might think. Some of these authors are familiar standbys, like hardy geraniums, whose work will be just as beautiful as expected. Others are exciting debuts, like some exotic new snapdragon, that could dazzle - or droop.

With that warning, here's a list of books I'm looking forward to this fall season. Not all of them will rise to the level of the hype, but it's a bumper crop.

"Home After Dark" by David Small (Liveright, Sept.

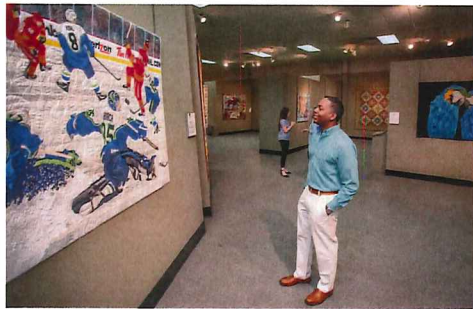
SEE NEW BOOKS, 2D



Paducah Visitors Bureau

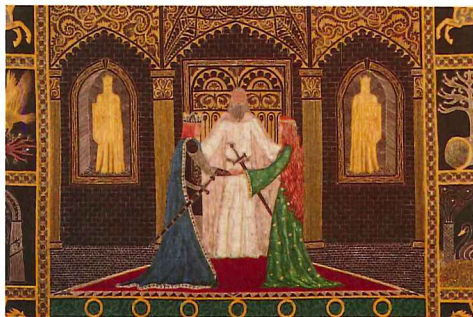
The 1905 Market House is one of Paducah's most recognizable architectural landmarks housing Yeiser Art Center, the William Clark Market House Museum and Market House Theatre. The surrounding Market House Square features tree-lined brick streets.

Why visit Paducah? Its food, folk art and creativity have put it on the map



Paducah Visitors Bureau / Kentucky Tourism

The National Quilt Museum is a gateway to the discovery of quilts, quiltmaking and today's quilt artist.



Paducah Visitors Bureau

"Tribute to Tolkien" by Sue McCarty of Roy is one of more than 600 works of fiber art in the National Quilt Museum Collection.

BY PATTI NICKELL
Contributing writer

PADUCAH

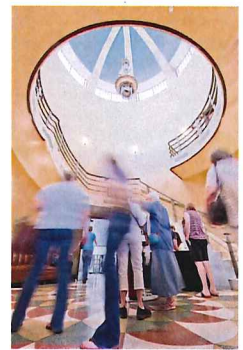
Here's an intriguing travel question — when you think of a charming, culturally significant, southern river city, what springs to mind? All the usual suspects, of course: New Orleans. Memphis. Charleston. Savannah.

One that probably isn't on your list, but just might be the quintessential southern river town is Paducah. Here, in this city at Kentucky's extreme western edge, the Ohio and Tennessee Rivers meet, with the Mississippi and Cumberland Rivers located just a few miles away.

Walking through Paducah's historic downtown, you'll see elements of the other southern gems — courtyards with tinkling fountains a la Savannah. Musical melodies trilling through the night just like in Memphis. And if you stand in front of Market Square, you might think you were at New Orleans' French Market.

And yet Paducah has something that none of these cities do — designation as a UNESCO Creative City, one of only six in the United States.

Along with Santa Fe, Tucson, Austin, Detroit and Iowa City, Paducah has been tapped



Paducah Life Magazine

The Coke Plant, an Art Deco architectural gem built in 1939 as a Coca-Cola bottling plant, in Paducah's Midtown is in the midst of mixed-use renaissance.

for offering something unique to the culture of its region in one of seven categories: literature, music, design, film, media arts, gastronomy and crafts & folk art.

In Paducah's case, the designation is for Crafts & Folk Art, due in large part to its incomparable National Quilt Museum.

If you visit the museum thinking that this is a journey back to the days of quilting bees and your great-grandmother's patchwork offerings, well you're partly right.

Opened in 1991, the National Quilt Museum does provide insight into the history of quilt-making as a form of American self-expression, but it goes far beyond that. Its three galleries covering 27,000-square feet showcase the finest quilt and fiber art in the world.

With 500 quilts in its permanent collection, the museum has something to suit every taste — from a small quilt the size of a bath mat depicting

SEE PADUCAH, 4D

Tales from Old Rocky Top, down in the Hocking Hills

BY ANNE Z. COOKE
Tribune News Service

LOGAN, OHIO

If you paused long enough to read the trail-head signs in Ohio's Hocking Hills State Park, you'd find that the Black Hand sandstone underfoot was laid down 350,000 years ago, on an ancient seabed.

Or you could blow off the

science lesson — like I did — and push ahead to the Old Man's Cave, past a meandering creek and down a level path. Level, it seemed, until both trail and creek abruptly vanished, swallowed up by a hole in the earth.

A moment earlier I'd been slathering sunscreen on my nose. Now shadows dimmed the sky, pinched between nar-



STEVE HAGGERTY ColorWorld

Hidden in plain sight, the Old Man's Cave surprises visitors exploring the trails in Hocking Hills State Park in southeast Ohio.

SEE HOCKING HILLS, 2D

FROM PAGE 1D

PADUCAH

pop icon Prince to an epic quilt illustrating scenes from Gandalf and Bilbo Baggins' journey in J.R.R. Tolkien's *The Hobbit*. Spotting all the intricate details in this one would take a day of standing and staring.

If the quilts have put you in an artistic frame of mind, stroll a couple of streets over to the riverfront to see "Paducah Wall-to-Wall," a three-block long collection of murals by renowned American muralist Robert Dafford. The backdrop for these colorful displays of art is the protective wall built along the bank of the Ohio following a disastrous 1937 flood.

The 50 murals painted on it depict the city's history from pre-colonial days to the mid-20th century.

If by now you are inspired to test your own arts smarts, head over to MAKE Paducah, where Kijisa Houseman, a classically trained fine artist and muralist, offers a wide range of hands-on projects from calligraphy to watercolor and print making. As she guided me through a fun session of making photo transfers (similar to brass rubbing), she confided her own philosophy of art.

"I want MAKE to be a place where anybody of any level can come in and get creative," she says.

Creative is a word that is frequently used to describe Paducah. But it wasn't the first thing artist Mark Barone had in mind when he began petitioning police in the 1980s to remove a phone booth directly below his window in the city's Lower Town neighborhood.

Night after night, Barone watched as a steady stream of people stood in line to use the phone. Knowing what that meant, he engaged in a one man crusade to clean up the streets. Successful in his efforts, he then suggested city fathers bring in artists to replace drug dealers in an attempt to revitalize Paducah's oldest historic neighborhood.

"Thus, began a partnership between the city, its citizens and Paducah

If you go

Where to stay: The 1857 Hotel, 210 Kentucky Avenue; 270-933-1857; the1857hotel.com. This beautifully renovated property just a block from Market Square and within walking distance of the riverfront, has 10 rooms with décor dating back to the original 19th century building — vaulted ceilings and exposed brick walls. The 1857 Hotel has a large first floor bar and, in the spirit of Paducah's artsy vibe, rotating exhibits in the public areas.

Where to eat: The Freight House, 330 South 3rd St.; 270-908-0006; freighthousefood.com; Max's Brick Oven, 112 Market House Square; 270-575-3473; maxsbrickoven.com; Kirchoff's Bakery, 118 Market House Square; 270-442-7117; kirchoffsbakery.net

Bank & Trust which ultimately resulted in the nationally acclaimed Artists Relocation Program," explains Nathan Brown, a ceramics artist who also moonlights as a musician.

Began in 2000 when funding for the arts nationwide had been drastically slashed, the program offered qualifying artists the opportunity to purchase a home in the neighborhood at an extremely low rate (sometimes for as little as \$1). Response was immediate.

Soon, 50 artists were living in Lower Town's mixed Victorian dwellings, and the relocation program had become a national model for using the arts as an economic development tool. With the neighborhood safely secured, many of the original artists moved on.

Currently, 20 live and work here, including Shand Stamper and Mitch Kimball, who relocated from North Carolina 11 years ago. Stamper, whose specialties are 3-D Design and Metal-smithing, and Kimball, a ceramicist, painter and art educator, are enamored of Paducah's river town character in gener-

ation, and their neighborhood's character in specific.

"Along with painters, watercolorists, batik and fiber artists, our neighbors include other creative types who wanted to call Lower Town home," says Kimball, "teachers, small business owners, art collectors and chefs."

Perhaps Stamper sums it up best. "The Artist Relocation Program cultured the whole population to expect something different," she says.

The city's creativity doesn't stop with traditional artists. There is a robust theater scene, a symphony orchestra, 13 museums, and a rising star chef who is making her mark not just in Paducah, but around the country.

Sara Bradley, chef/owner of the Freight House, recently took her commonwealth cuisine to the James Beard House in New York City, and by all accounts, wowed Manhattanites who can be somewhat blasé when it comes to food.

I know her menu wowed me the night I ate there. As Paducah's first farm-to-table restaurant, the mission is to bring the freshest of local ingredients (all sourced



Sara Bradley, chef/owner of the Freight House restaurant



Credit: the freight house

Chef Sara Bradley is serving up fresh, local flavors at the freight house, including the signature Kentucky silver carp.

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For a lot of us that doesn't come naturally. It's not our default mode; it's the override of that default.

We do a virtuous thing, whatever it is, not because we feel like it, but because we know it's good. We consciously choose it over the alternative.

Slowly — excruciatingly slowly — I'm trying to yield to the spirit on such matters. I'm trying to make better choices 10 or 100 times a day, in myriad little ways.

I remind myself to be nice to that surly store clerk, even when I feel like stomping out in a huff. When some self-appointed critic berates my writing or preaching or theology, I try to smile and hold my tongue; I remember he could be correct.

When I've just spent 30 minutes reading the national news and am convinced the country is on a bullet train careening down greased tracks to hell, I decide to lift my eyes from the computer screen and rejoice that God's still on his throne.

within a day's drive) to dishes that define the flavor of the New South. Bradley's signature dish is Kentucky Silver Carp with bean and mushroom succotash and Nashville hot sauce, but I opted to make a meal of several starters, such as the ruby beets with herb yogurt and coriander; deviled eggs with Creole remoulade and parsley; cold golden carrot soup with ginger, Meyer lemon and peanuts, and shrimp cocktail with spicy horseradish, burnt lemon and dill.

I can't remember when I've had such a creative dining experience, and that goes double for the French toast bread pudding with drunk peaches, candied bacon and vanilla bean ice cream created by Bradley's mother Bebe, who serves as her pastry chef.

The Freight House's bar is as impressive as its menu, with truly remarkable classic cocktails and more than 300 bourbons to choose from.

Finally, don't leave town without stopping for coffee at Piper's, or if you're hungry, for a pizza at the Mellow Mushroom. They are just two of the eight businesses that now occupy the city's former Coca-Cola Bottling Plant. As important as getting your caffeine or pizza fix, is marveling at a landmark building that is one of the best examples of Art Deco architecture and design that I have ever seen.

Standing in the rotunda on the 9,000-square-foot terrazzo tile floor, looking up at the neon dome and admiring the sweeping double staircase, I couldn't help but think that this is just what I would expect from a UNESCO Creative City.

TV BEST BETS

Don't miss: 'Murphy Brown'

BY CHUCK BARNEY
East Bay Times

After 20 years off the air, the iconic sitcom returns as Candice Bergen and most of the original cast reprise their roles. The reboot has a bored Murphy coming out of retirement to launch a roundtable cable TV news program. (9:30 p.m. Thursday, CBS).

SUNDAY: On the Season 2 premiere of "9-1-1," the first responders face a road rage accident involving a van full of tourists. (8 p.m., Fox).

SUNDAY: The final episodes of "Anthony Bourdain Parts Unknown" begin with the host traveling to Kenya with comedian W. Kamau Bell. Filming for season 12 of the series had been in progress when Bourdain died in June. (9 p.m., CNN).

MONDAY: "Jane Fonda in Five Acts" delves into the life of the actress and activist.

Director Susan Lacy draws upon 21 hours of interviews with Fonda. (8 p.m., HBO).

MONDAY: Will "Manifest" be the next "Lost"? The new drama is about a commercial jet that encounters turbulence during a flight in the year 2013 and lands in... 2018 New York. (10 p.m., NBC).

TUESDAY: As "NCIS" embarks on a new season, the search is on for Director Vance, who was abducted by a terrorist in last season's finale. (8 p.m., CBS).

WEDNESDAY: The new drama "A Million Little Things" follows a group of adult friends who reexamine their lives after one of them dies. (10 p.m., ABC).

THURSDAY: The producers of "Grey's Anatomy" say Meredith will finally get more adventurous this season in her love life. (8 p.m., ABC).

FRIDAY: Tim Allen's "Last Man Standing" was killed off by ABC last year and now begins life anew on another network. (8 p.m., Fox).

SATURDAY: Adam Driver ("Star Wars") is set to do his second hosting stint on "Saturday Night Live" as the sketch-comedy series kicks off its 44th season. Kanye West is the musical guest. (11:30 p.m., NBC).

NEW YORK TIMES BEST-SELLERS

Rankings reflect sales of both print and electronic editions for the week ending Saturday, Sept. 8.

FICTION

- 1. LEVERAGE IN DEATH**, by J.D. Robb.
- 2. CRAZY RICH ASIANS**, by Kevin Kwan.
- 3. IN HIS FATHER'S FOOTSTEPS**, by Danielle Steel.
- 4. DARK SENTINEL**, by Christine Feehan.
- 5. DEPTH OF WINTER**, by Craig Johnson.
- 6. CHINA RICH GIRLFRIEND**, by Kevin Kwan.
- 7. FIELD OF BONES**, by J.A. Jance.
- 8. RICH PEOPLE PROBLEMS**, by Kevin Kwan.
- 9. THE TATTOOIST OF AUSCHWITZ**, by Heather Morris.
- 10. SHARP OBJECTS**, by Gillian Flynn.

NONFICTION

- 1. SAPIENS**, by Yuval Noah Harari.
- 2. 21 LESSONS FOR THE 21ST CENTURY**, by Yuval Noah Harari.
- 3. EDUCATED**, by Tara Westover.
- 4. SMALL FRY**, by Lisa Brennan-Jobs.
- 5. THE RESTLESS WAVE**, by John McCain and Mark Salter.
- 6. THE RUSSIA HOAX**, by Gregg Jarrett.
- 7. EVERY DAY IS EXTRA**, by John Kerry.
- 8. THE CODDLING OF THE AMERICAN MIND**, by Greg Lukianoff and Jonathan Haidt.
- 9. UNHINGED**, by Omarosa Manigault Newman.
- 10. ASTROPHYSICS FOR PEOPLE IN A HURRY**, by Neil deGrasse Tyson.

CELEBRATIONS

Weddings, engagements, anniversaries, births, etc.

How to submit an item: Celebrations are user-submitted at kentucky.com/celebrations.

Accuracy: The accuracy of all content is the sole responsibility of those submitting the celebration.

Heink-Overmann Wedding



Anna Heink, daughter of Philip and Jill Heink of Lexington, KY, and Willie Overmann, son of Scott and Pam Overmann of Ft. Wright, KY, were married June 30, 2018 at Mary Queen of the Holy Rosary Catholic Church in Lexington. Rev. Dan Noll was the celebrant for the Nuptial Mass. Many family and friends participated in the wedding ceremony. The bride's attendants were Eleanora Heink Denning and Jeanna Heink Panella, triplet sisters of the bride. The flower girl was Lydia Panella, niece of the bride. The groomsmen were Best Man David Pangallo, friend of the groom, and Nick Barcelo, friend of the groom. Ushers were Joe Heink, brother of the bride, and Elliott Lang, Jacob Lang and Marshall Lang, cousins of the

groom. A reception followed at the Hilton Hotel downtown.

The bride is a graduate of Lexington Catholic High School. She earned Bachelor Degrees at the University of Dayton in Biology and Psychology and earned a Masters of Zoology from Washington State University. She is a medical student at University of Kentucky Medical School.

The groom is a graduate of Covington Catholic High School. He earned a Bachelor of Mechanical Engineering degree at the University of Dayton and a Masters of Mechanical Engineering from Arizona State University. He is employed by Toyota.

After a honeymoon in and around Bar Harbor, ME, the couple makes their home in Lexington.

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PRATHER

without blushing. "That guy was a genuine Christian if I ever met one."

Not that I'll know the difference, obviously, but still, that's what I'd like.

I'd like to master a few of the basic spiritual virtues, such as kindness, humility, joy and faith. Thus far, I haven't mastered any of them.

I'm not a bad guy. I'm just not a particularly good guy.

I'm too impatient. Too cranky toward those who interfere with my beloved routines. Too absorbed in my own momentary wants. Too trapped by the voices inside my head. Too gloomy. Too focused on things large and small that haven't gone my way.

Yet, if I haven't mastered my faith's basic virtues, I believe I've made progress. Over the years, I've inched close enough to at least understand what they require.

To be a virtuous per-

son is to be turned outward rather than inward. It's only by fixing our eyes on God and other people that we ever escape our petty, giggling, whiny, sin-stained selves.

(Maybe that doesn't describe your inner self. But it describes mine.)

In Matthew's gospel, for instance, Jesus says a godly person is one who sees a thirsty person and gives her something to drink, or sees an immigrant and offers him a warm place to stay, or sees a sick person and visits her.

That's by no means an exhaustive list, but gracious actions, including those, often involve two stages — first, we've got to get outside our myopia enough to actually perceive someone else's need, and second, we've then got to leave our own comfortable house and go to do something tangible for that person.

We've got to be both mindful and intentional.

As I'm driving toward Lexington for another doctor's appointment, to be gouged and plucked and scoped, I try to thank the Lord that, whatever this day holds, he's already given me 62 years and he'll no-doubt see me the rest of the way, however long that is.

None of this comes easily to me. It's all against my default nature.

But I hope if I practice it enough, someday it will come naturally.

Right now, I practice all of it imperfectly. Occasionally I mouth back at the critic despite myself. Sometimes I still get the blues and keep them for a week.

Still, I think I've at least recognized the path toward those spiritual qualities I'd like to master. And that gives me hope.

Paul Prather is pastor of Bethesda Church near Mount Sterling. You may email him at prtpd@yahoo.com.