

LIVING



THE DAILY FEED What you're hungry for on Kentucky.com

From newsroom to table

This week's episode of LexGo Eat visits Michler's Kentucky Native Cafe, the new eatery at the downtown florist, greenhouse and garden. Janet, Cheryl and Sally also talk about other new restaurants, dining news and the celebrity chef announced for the Incredible Food Show. See it at LexGo.com.



LEXINGTON HERALD-LEADER

SECTION B

THE FRU-GAL

Staycation possibilities abound in Central Kentucky this summer



DEBORAH MORRIS
CONTRIBUTING COLUMNIST

This is the time of year when we all want to enjoy the weather and take a well-deserved break. It also is the time to realize that if you haven't been saving for a vacation getaway, it is not going to happen by some miracle; you'll have to use a credit card. For us frugal people, that isn't a possibility.

So what do you do? In 2007, when the financial crisis was starting, individuals or families enjoyed staycations — enjoying leisure activities while staying home or within easy driving distance. This saved the cost of staying at hotels or resorts and eating out every night.

Some people think a staycation is the cheap, non-fun way to vacation, but with a little imagination you will be surprised how much fun you can have locally. The one risk of a staycation is you might be tempted to go back to work part-time, or your boss knows you're in the area, making it easy for him or her to call on you.

Another problem with staycations is you might end up spending most of your time getting through your to-do list of errands. This isn't a bad situation, because you could feel satisfied that you finished your list, but I encourage you to take some time for fun.

Now is the time to plan your staycation. Think about places in your area

See **FRU-GAL, B4**



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PHOTOS BY **CHARLES BERTRAM** | cbertram@herald-leader.com

Libby Rockaway, 17, of Nicholasville has trained puppies for years and has written a book about it. She currently is working with Ike, a comfort retriever.

TEEN TRAINER HELPS TURN PUPPIES INTO GOOD DOGS

2015 HIGH SCHOOL GRAD HAS HER OWN BUSINESS AND A SELF-PUBLISHED MANUAL

By **Jessica Voorhees**
jvoorhees@herald-leader.com

Blond fluff, a stubby, wagging tail and big puppy-dog eyes do not persuade Libby Rockaway to go easy on pups in training.

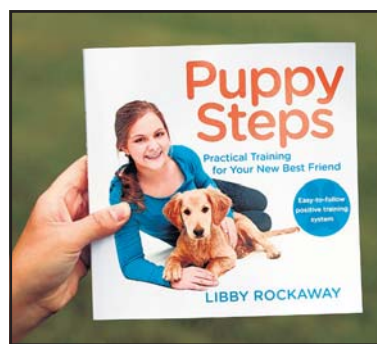
The Nicholasville teen said many people underestimate their puppies' potential and abilities.

"You really can expect a lot more from puppies," she said. "I see a lot of people who don't expect enough. They don't think a puppy can learn when you bring it home at 8 weeks."

The experience of being underestimated at a young age is not foreign to Rockaway, who, at 17, is a professional dog trainer, a business owner and a recently published author.



Watch Libby Rockaway train Suzie, above, to be a diabetic alert dog, at Kentucky.com.



Rockaway wrote her book this past year during an independent study period as a high school senior.

She didn't allow the opinions of others about age and ability to deter her from pursuing her dreams. She has developed a "puppy prep program," in which

she trains puppies for buyers before they take them into their homes so the puppy is "jump-started" and has adapted to the home environment. Rockaway trained more than 40 puppies for Kathy Burgess, a Nicholasville dog breeder.

"I don't care that she's young," Burgess said. "She's capable of doing the job."

Burgess detected clients' hesitancy to use Rockaway's training program when they learned of her age, so Burgess encouraged her to produce a video for each client at the end of training instead of initially revealing her age.

"When they see what she

See **TRAINER, B4**

For Slugger museum's latest special exhibit, the boys of summer are of the superhero variety

By **Dylan Lovan**
Associated Press

LOUISVILLE — A museum dedicated to the Louisville Slugger baseball bat is taking a swing at pop culture with an exhibit that features TV and movie memorabilia from decades past.

Batman, Superman and Luke Skywalker are sharing space with baseball heroes in the summer-long exhibit.

"We really wanted it to feel like you were walking in to an amazing comic book, or someone's dream

See **SLUGGER, B4**



DYLAN LOVAN | ASSOCIATED PRESS

A Batman costume worn by Adam West for the 1960s TV show is on display next to a Superman costume worn by Christopher Reeve in *Superman IV* at the *Homeruns to Hollywood* exhibit at the Louisville Slugger Museum & Factory.

Gas up the tank this weekend for 965 miles of yard sales



HARRIETT HENDREN
HERALD-LEADER FASHION WRITER

It's a banner week for bargain hunters with the **U.S. 25 Yard Sale** and the **400-Mile Sale** along U.S. 68.

Vendors will set up at homes and businesses along the routes offering antiques, collectibles, flea market fare,

food and more.

The **U.S. 25 Yard Sale** (Facebook.com/u.s.25yardsale) is Thursday through Saturday and stretches 565 miles from Northern Kentucky to Woodfin, N.C. and Clinton, Tenn. Local communities include Georgetown, Berea, Covington, Dry Ridge, London and Corbin.

The **U.S. 68 sale** (400mile.com) is Thursday through June 7 along U.S. 68 from Maysville to Paducah. Local sites include Servant

See **HENDREN, B4**



PHOTO PROVIDED

The **U.S. 25 Yard Sale** will feature antiques, collectibles, food and more. Beth's Bargain Barn in Williamstown offered furniture and accessories at the 2014 event.

Living Editor Sally Scherer » Phone (859) 231-3303 » Email sscherer1@herald-leader.com

Season Pass **\$59.95** each plus tax and fee

THE NEW KENTUCKY KINGDOM AND HURRICANE BAY

Only available at

Sale ends in 5 days

TRAINER

From Page B1

does, I have clients that only want Libby to train because she does such a great job," Burgess said.

Rockaway developed her puppy-training business, Libby's Loving Leashes, during her freshman year in high school. She has loved animals from a young age. She owned a slew of pets, including goats, pigs, mice and rats, but she ultimately fell in love with dogs because they were the most responsive to training and affection.

Rockaway became involved in training eight years ago at the Jessamine County 4-H Dog Club.

Sue Wingate, leader of the 4-H Dog Club, said Rockaway proved an invaluable resource to the other children. "She's a great kid," Wingate said. "She's been our main trainer for five years. Peer training can be hard, but she's patient with the kids and dogs."

Rockaway also hosted four Kids and Canines camps for 6- to 8-year-olds on her family's farm, where the family owns goats to produce cheese for personal use.

Recently, Rockaway self-published a puppy training manual for young people titled *Puppy Steps* (IngramSpark, \$17.99), which she wrote during an independent study period her senior year at Trinity Christian Academy. She based her book on her experiences training dogs for Burgess, to whom the book is dedicated.

Rockaway recognized the community need for a comprehensive and kid-friendly puppy training manual and decided to write her own. Although the book is designed to be an easy read for kids, the content is suitable for novice adult trainers, she said.

"It's not dumbed down," Burgess said. "The content is good, but it's just easy and pleasurable."

The book combines techniques from three main training methods with graphics and illustrations, visuals of Rockaway performing training commands, and adorable photos of puppies. She researched online for the best self-publishing outlets and chose IngramSpark based on the color and quality of its publications.

She found and hired her illustrator, Isaac Nacilla, and editor, Joan Greenblatt, on



CHARLES BERTRAM | cbertram@herald-leader.com

Libby Rockaway went for a run with Suzie, who she is training to become a diabetic alert dog.

Guru.com, where she posted job listings. Guru.com is a platform where people working on independent projects can hire free-lancers in various professions around the world. Coordinating with others to create the book proved a challenge with schoolwork.

"Juggling school as well as getting back to them and giving feedback, ... all that was really difficult," Rockaway said.

The book contains an index of commands for each day during the first two weeks of training, an equipment list of fundamentals needed for a puppy, and additional activities to engage the dog.

Her goal in writing the book was to help people understand the importance of training dogs properly while they are young, she said.

"Basically what my book is about is that you have to

start out right," she said. "Puppies will get in the habit of doing the wrong thing, and it's about nipping those behaviors in the bud."

Burgess sells Rockaway's book to customers who adopt puppies from her breeding business, Comfort Retrievers. The Morris Book Shop and Most Valuable Pets also carry the book, which will be for sale Saturday at Lexington Farmers Market as part of the Homegrown Authors program. Rockaway wants to make the book more digitally accessible by developing an app and recording training videos.

Her business has expanded some, and she now is training Suzie, her second diabetic alert dog. The alert dogs accompany diabetics and detect when their blood sugar reaches unsafe levels. They can even fetch juice and meters for their owners.

Burgess encouraged Rockaway to expand her training to include service dogs. For practice, she gave her a dog that failed diabetic alert training.

Rockaway researched training methods for service dogs and attended conferences across the country to become proficient in the field. She trained her first diabetic alert dog,

Sadie, last year and sold it to the family of a 7-year-old diabetic child.

During the training, Rockaway places a container at her hip with saliva from a diabetic whose blood sugar has gone above or below desired levels. The dog picks up on the scent and alerts Rockaway through pulling on the object and swiping Rockaway with her paws.

Three of every four dogs fail service training, Burgess said, but Rockaway has successfully trained one, and she potentially could have two successes in a row.

"She's really beating the odds," Burgess said.

Rockaway said she hopes to continue to train service dogs this fall with the working dog program at the University of Pennsylvania, where she plans to study cognitive science.

Burgess said Rockaway's drive and sense of morality will propel her to the top in whatever she does.

"I think she's got the capability to succeed in anything she chooses to do," Burgess said. "Kids can do so many amazing things, and they should never be held back if they're capable."

Jessica Voorhees: (859) 231-3589. Twitter: @jessrvoor.

FRU-GAL

From Page B1

that you would like to visit. Your chamber of commerce is a great starting place for suggestions.

If you do want to get away for a night, many hotels offer package deals in hopes of luring planned staycationers into doing some traveling. One of my favorite places to visit is Newport Aquarium in Newport. If you want to turn it into an overnight trip, check out the Radisson Cincinnati Waterfront (Cincinnati.radisson.com). It offers an aquarium package that includes two adult tickets, hot breakfast for two in Kelly's Public House, and free transportation to the aquarium via the South Bank Trolley for up to four people.

If money is really tight, check out deals that offer low-cost entertainment throughout the summer. Remember, your time is free. Nights spent with family or friends playing board games, renting a movie, making pizza or going to the park can be the a great vacation.

■ Sign up for Pop A Deal at Redbox by texting PLAY to 727272. You will get up to two message a week with promotional codes for savings throughout June.

■ Select cable and satellite providers are offering HBO and Cinemax

for free from June 19 to 22. Currently participating are Mediacom, AT&T U-Verse, Verizon FIOS, DirecTV and Cox. Call your local provider to see if it is taking part.

■ Chase VISA Signature cardholders may purchase two or more tickets on a Friday for a movie that night, and one ticket will be free while supplies last. This promotion is good until Aug. 21. Fandango.com

■ There are six Avengers Build & Grow Clinics at Lowes Home Improvement Stores this summer for children 3 and older. June 13: Avenjet (Iron Man) June 27: Motorcycle (Captain America) July 11: Skycycle (Black Widow) July 25: Quinjet (Hawkeye) Aug. 8: Tank (Hulk) Aug. 22: Chariot (Thor). Register at Lowesbuildandgrow.com.

■ Check out what is playing at Regal theaters during its 2015 Summer Movie Express Event. Admission is \$1. Tickets are available for purchase at the box office, and all movies start at 10 a.m. A portion of the proceeds goes to the Will Rogers Institute. Regmovies.com/Movies/Summer-Movie-Express

■ Purchase a \$5 punch card or pay \$1 per movie at your local Cinemark Theatre. The Summer Movie Clubhouse is a 10-week program of recently released G and PG films for

kids. Dates and times are determined by each theater. A list of participating theaters is at Cinemark.com/summer-movie-clubhouse.

■ Join the Little Legends 2015 JIF Kids Club for free. Your child will receive special privileges as a member, including free tickets to every Sunday Lexington Legends game, after which they may run the bases. They also will have the opportunity to attend members-only events such an ice cream social at the end of the season with Legends players. Milb.com/index.jsp?sid=t495.

■ Register your children for two free games of bowling every day this summer. Each Sunday morning during the program, you'll receive an email from Kids Bowl Free with links to your coupons for the week. You'll need to print and bring the coupons with you to the bowling alley where you registered. You also have the option of getting your coupons sent to your smartphone or tablet if you'd like to go paperless. Kidsbowlfree.com.

■ In Lexington, Collins Bowling Center has its own Kids Club that allows children 11 and younger to register for two free games a day — from 9 a.m. to 5 p.m. — through Aug.15. Sign up at Collinsbowling.com/kids.html.

■ Take your kids to Joseph-Beth Booksellers for Adventure to Summer Reading. They will receive a passport plus a sleeve of cool stickers. Buy and read any book from Joseph-Beth, and each time your child finishes it, bring in the passport to receive a free kid's dessert, 20 percent off your next purchase from the Summer Reading table and a stamp in the passport. Children receive a free book after reading six. Josephbeth.com.

■ Half Price Books is offering the Feed Your Brain program this summer. Read 15 minutes a day in June and July (grown-ups may read aloud to kids who are still learning) and keep track on the provided reading log. When a child reaches 300 minutes or more, bring the log to Half Price Books to claim \$5 in Bookworm Bucks for use in the store. Hpb.com

■ A new free event is being offered at the Kentucky Horse Park from 5 to 8 p.m. Mondays through Sept. 28. Participants in the Kentucky Horse Park Run/Walk Club will walk routes around the park going at their own pace. Road bike enthusiasts are welcome to join the Bluegrass Cycling Club as riders make their way around Lexington and Georgetown. Activities start at the Visitor Center, and there will be local craft beers, food trucks,

information tables and horse meet-and-greets. For more information, Candace Rose at (859) 259-4267.

■ Don't forget to mark your calendar for Hats Off to Kentucky's Horse Industry Day on July 25. The horse park will offer family activities including arts and crafts for children, pony rides, interactive education booths, an equine book fair and equestrian competition. It's all free. Hatsoffday.org.

■ Stop by the new Lexington Visitors Center at 401 West Main Street to get a picture of the legendary horse Lexington. The visitor center has created a scavenger hunt of 10 sites related to the horse. Snap a picture of yourself holding "Big Lex" at each of these sites, and you will

be rewarded with a prize. Visitlex.com/things-to-do/scavenger-hunt.

■ Tour the Ale-8-One factory at 25 Carol Road, Winchester. Tours are free, but reservations are necessary. For more information or to register for a tour, call (859) 744-3484.

■ Friday is National Doughnut Day. You may get a free doughnut of your choice at Krispy Kreme (no purchase necessary) and a free doughnut of your choice at Dunkin' Donuts (with any beverage purchase) at participating locations.

Deborah Morris' every other week column, The Fru-Gal, can help you get through these difficult economic times a little more easily. Visit her Web site, Fru-gal-friends.com.

SLUGGER

From Page B1

bedroom from when they were a child," said Anne Jewell, executive director of the Louisville Slugger Museum & Factory.

The Louisville Slugger bat and equipment business was sold to Wilson Sporting Goods this year, but the museum remains in the hands of the family that founded the company more than 130 years ago.

The museum, with its iconic 120-foot Louisville Slugger bat welcoming guests, hit 4 million visitors last year. Jewell said the new exhibit offers something beyond baseball history. Two years ago, an exhibit of Lego sculptures at the museum had a successful run.

"We have really learned over the years that when we can do special exhibits that can sort of broaden the

IF YOU GO

Louisville Slugger Museum & Factory

Where: 800 W. Main St., Louisville

Hours: 9 a.m.-5 p.m. Mon.-Sat. and 11 a.m.-5 p.m. Sun. through June 30 and after Aug. 9; 9a.m.-6 p.m. Mon.-Wed., 9 a.m.-8 p.m. Thu.-Sat. and 11 a.m.-6 p.m. Sun., July 1-Aug. 9

Admission: \$12 adults, \$11 ages 60 and older, \$7 ages 6-12, free ages 5 and younger

interpretation of baseball or that have appeal beyond just the ball field, it does draw in people who might not typically come to visit us," she said.

The *Homeruns to Hollywood* exhibit is designed around Topps baseball and pop culture cards of decades past, including card sets that were released with the *Star Wars* and *Indiana Jones* films of the 1970s and 80s. Many of the items come

from collector John Azarian, including an original Batman suit from the goofy 1960s show. Azarian has had the suit for 25 years but has never put it on display.

"These shows were a part of my childhood so they're very emotional and nostalgic for me," he said from his home in New Jersey.

He bought the Batman costume at an auction and remembers the day it arrived in the mail.

"I was just like a kid at Christmas opening my most favorite gift, you know, digging through the tissue paper, unwrapping and just pulling all the pieces together," he said. He declined to say how much he paid for the suit, cape and mask worn by Adam West on the Hollywood set of the show that often featured absurd predicaments for the dark knight and his sidekick Robin to wiggle their way out of. Azarian's Superman

costume from a Christopher Reeve film and a prop light saber from *Star Wars* are also part of the exhibit.

Visitors on a recent day were filing into the exhibit after doing a tour of the factory, where the wooden bats are carved, sanded and stamped with the iconic Louisville Slugger seal.

Paul Vandycck was surprised how some of the items looked up close, compared to his memories of them on TV or the big screen.

"You're talking about some really old stuff, and it all kind of shows its age and a sign of wear," said Vandycck, who was visiting the museum from Green Bay, Wis., with his family. "But in the case of the Batman stuff, that was campy when it was there, it's campier now, because it's just pajamas."

The exhibit runs through October and is included with admission.

HENDREN

From Page B1

Heart Farm, 9520 Harrodsburg Road in Wilmore, at the former Ichthus Farm; Harrodsburg; and Lebanon.

Coming up, look for the **127 Corridor Yard Sale** (127sale.com) Aug. 6 through 9, for locations and more info.

More shopping news

■ **Thoroughbred Antique Gallery** will hold an **Estate**

Tag Sale 10 a.m. to 5 p.m. Friday through Sunday at 655 West Bell Court.

The sale will include antiques, collectibles and mid-century modern pieces.

On Friday all prices will be as marked and everything will be tagged. Saturday at noon prices will be reduced 25 percent, Sunday at noon all remaining pieces will be reduced 50 percent.

The Gallery requests no early arrivals. Credit cards will be accepted.

■ The North Limestone

Community Development Corp. hosts the **Night Market** Friday from 6 to 10 p.m. at 700 Bryan Avenue.

Vendors will include a Kentucky for Kentucky Pop-Up Shop, food trucks and music. Go to Nolicdc.org for more info.

■ More than 70 vendors will show and sell merchandise at the **Butchertown Art Fair** Saturday and Sunday in Louisville.

The event will include jewelry, woodwork, metalwork, ceramics, music, food

and children's activities on the 800 and 900 blocks of East Washington Street. Hours are 10 a.m. to 7 p.m. Saturday and 11 a.m. to 5 p.m. Sunday.

Admission to the fair is free and attendees are encouraged to bring pet supplies, including food and toys, to be donated to the Saving Sunny organization, which rescues pitbulls.

Harriett Hendren: (859) 231-3324. Email: hhendren@herald-leader.com.

LEXGO.COM

Movies

<p>Amstar Cinemas Brannon Crossing 888-943-4567 ALOHA (PG13) SAN ANDREAS (PG13) SAN ANDREAS 3D (PG13) POLTERGEIST (PG13) POLTERGEIST 3D (PG13) TOMORROWLAND (PG) MAD MAX: FURY ROAD (R) MAD MAX: FURY ROAD 3D (R) PITCH PERFECT 2 (PG13) AVENGERS: AGE OF ULTRON (PG13)</p> <p>Cinemark Fayette Mall 800-326-3264 (Express Code 2129#) Or 859-971-0718 SAN ANDREAS 3D (PG13) SAN ANDRES (PG13) ALOHA (PG13) FAR FROM THE MADDING CROWD (PG13) TOMORROWLAND (PG) POLTERGEIST 3D (PG13) POLTERGEIST (PG13) MAD MAX: FURY ROAD 3D (R) MAD MAX: FURY ROAD (R) AVENGERS: AGE OF ULTRON 3D (PG13) AVENGERS: AGE OF ULTRON (PG13) PITCH PERFECT 2 (PG13) AGE OF ADALINE (PG13) FURIOUS 7 (PG13) HOME (PG)</p> <p>Cinemark Movies 10 425 Coddell Drive (at Palumbo Dr.) 800-326-3264 (Express Code 1213#) Or 859-269-2207 ALOHA (PG13) SAN ANDREAS 3D (PG13) SAN ANDREAS (PG13) TOMORROWLAND (PG) POLTERGEIST 3D (PG13) POLTERGEIST (PG13)</p>	<p>MAD MAX: FURY ROAD 3D (R) MAD MAX: FURY ROAD (R) PITCH PERFECT 2 (PG13) AVENGERS: AGE OF ULTRON (PG13)</p> <p>Kentucky Theatre • 214 E. Main St. • 859-231-6997 FAR FROM THE MADDING CROWD (PG13) SLOW WEST (R) EX MACHINA (R) SUMMER CLASSIC: AN AMERICAN IN PARIS (WED)</p> <p>Movie Tavern 133 N. Locust Hill Dr 859-266-4645 ALOHA (PG13) AVENGERS: AGE OF ULTRON (PG13) MAD MAX: FURY ROAD (R) PITCH PERFECT 2 (PG13) POLTERGEIST 3D (PG13) POLTERGEIST (PG13) SAN ANDREAS 3D (PG13) SAN ANDREAS (PG13) TOMORROWLAND (PG)</p> <p>Regal Hamburg 1949 Star Shoot Parkway 859-264-8341 ALOHA (PG13) RPX: SAN ANDREAS 3D (PG13) RPX: SAN ANDREAS (PG13) SAN ANDREAS 3D (PG13) SAN ANDREAS (PG13) POLTERGEIST 3D (PG13) POLTERGEIST (PG13) TOMORROWLAND (PG) MAD MAX: FURY ROAD 3D (R) MAD MAX: FURY ROAD (R) PITCH PERFECT 2 (PG13) FAR FROM THE MADDING CROWD (PG13) HOT PURSUIT (PG13) AVENGERS: AGE OF ULTRON 3D (PG13) AVENGERS: AGE OF ULTRON (PG13) HOME (PG)</p>
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**TIMES AND SHOWS VARY.
PLEASE CALL THEATRES FOR COMPLETE LISTINGS AND TIMES.**