

# TAKE AN EDUCATION

BY ROBIN ROENKER

# Vacation

Sign up now for some fun and enriching summer learning adventures—touch a starfish or leopard shark, learn to hula hoop, juggle, or make your favorite craft. How about a week learning Appalachian music and culture? Or try your hand at quilting, creative writing, paddleboarding, survival skills, and much more

■ Mallory Florea, age 4, Columbus, Ohio, pats a turtle during the Backstage Animal Experience at the Newport Aquarium. Photo: Tim Webb

**D**id you know that some penguins can swim up to 16 mph? (That's more than twice as fast as Michael Phelps.) My kids learned this, and so much more, during their trip to the Penguin Encounter at the Newport Aquarium.

Since launching in 2007, the Penguin Encounter has allowed more than 120,000 visitors to spend rare, hands-on time with eight African penguins raised by the aquarium's Animal Ambassador Ric Urban.

## Encounters, behind-the-scenes, and backstage tours with marine life


At the Newport Aquarium, there's a chance to experience and learn at every corner. Home to roughly 500 species of animals, the aquarium offers many hands-on opportunities during regular admission tours—including the chance to touch creatures like starfish, turtles, or even a leopard shark. Additional tour options include the Penguin Encounter or the Backstage Animal Experience, a behind-the-scenes tour that takes guests above the tanks to see the inner workings of the facility.

Alison Florea of Columbus, Ohio, enjoyed watching her three daughters' eyes light up as they interacted with a box turtle and viewed the aquarium's sharks and tropical fish from above during the backstage tour.

"We go to the beach every summer, and they are very interested in anything to do with marine animals," says Florea, as her daughters





A young boy with short brown hair, wearing a grey polo shirt and blue jeans, stands on the left side of the frame. He is smiling and looking towards a man on the right. The man, who has a beard and is wearing a dark blue polo shirt, khaki shorts, and a black baseball cap, is kneeling on a bed of dark, smooth river stones. He is holding a small African penguin chick in his hands. The chick is black and white with a distinctive white patch around its eye. In the foreground, several other African penguins are standing on the same bed of stones, looking towards the man and the boy. The background consists of a wall made of light-colored, stacked stones. The overall scene is set in an indoor aquarium enclosure.

■ Will Roenker, age 8, Lexington, has a personal Penguin Encounter at the Newport Aquarium with Animal Ambassador Ric Urban, who holds one of eight African penguins raised there. Photo: Tim Webb



Lola, 6, and twins Claire and Mallory, 4, saw firsthand how the aquarium uses giant filters to keep their 1 million gallons of water clean.

“We call it ‘edutainment,’” says Urban, who launched the Aquarium’s Penguin Encounter program and helps oversee the aquarium’s visitor engagement activities. “We want you to come and have fun. But we want you to learn something. It’s always easier to learn when you’re having fun.”

The Newport Aquarium is just one of many places across Kentucky where you can plan an education vacation—a trip that’s not only fun, but one where you leave having learned something new.

So, this summer, why not pack a little “edutainment” and “edventure” into your vacation plans? Here are a few more ideas to get you started. (Check each group’s Web site for full course offerings and pricing.)

### Learn yoga, hula hooping, juggling, trapeze, meditation, and more

The PlayThink Movement and Flow Arts Festival ([www.playthinkfest.com](http://www.playthinkfest.com)), June 10–14 at HomeGrown HideAways farm in Berea, offers roughly 200 workshops in dance (everything from break dancing to Zumba and belly dancing), martial arts, an array of yoga you may have never tried before (acro yoga or lionflow yoga, anyone?), art (glass blowing and henna), and even aerial arts like aerial silks and trapeze.

And did we mention hooping? The particular passion of festival creator Paige Hankla, PlayThink offers literally dozens of classes on hula hooping that are sure to get you hooked. Best of all: no experience is necessary. “Ninety percent of our classes are for beginners,” Hankla says. The festival is family-friendly by design; classes for kids are available as well. Guests can purchase either a two-day or a four-day festival pass. Most visitors camp overnight. Prepurchase tickets online; the festival often sells out.

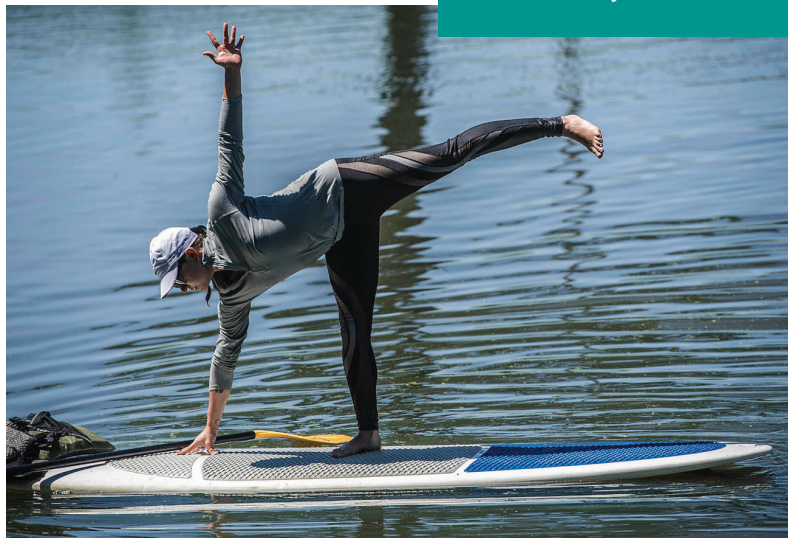
### Try your hand at natural survival skills and sustainable living techniques

Creator Dave Cooper likes to think of his Whippoorwill Festival ([www.whippoorwillfest.com](http://www.whippoorwillfest.com)), July 9–12, also at Berea’s HomeGrown HideAways farm, as part survival-skills workshop, part earth-friendly living retreat—with a healthy dose of local music thrown in for fun. Entering its fifth year, the four-day festival is family-friendly, a place where participants enjoy letting their kids run free to play in the nearby field and creek. Workshops run the gamut, on everything from canning, making your own “green” cleaners, throwing a spear, flint knapping, and much more. “We’ve managed to put together something that is both fun and educational,” Cooper says. “The spirit of the gathering is helped by the really cool people that show up for this festival from all over the country.” Most visitors tent camp; RV sites are available. Prepurchase passes online for one, two, three, or four days.

■ At right, a Whippoorwill Festival instructor works with a student in a spear and spear-thrower workshop. The family-friendly festival near Berea offers diverse workshops on old-time skills and a simpler way of life. Photo: Meg Wilson Photography

■ The Shaker Village pond in Harrodsburg provides a calm setting for first-timers to try SUP (stand-up paddleboard) yoga, offered four weekends in 2015. Photo: Clay Jackson

■ Bottom, Shaker Village’s Hike + Yoga program takes participants on a countryside hike before finding the perfect spot for yoga. The two-mile trip is suitable for all levels. Photo: Courtesy of Shaker Village of Pleasant Hill







**Learn to play the banjo, dulcimer, mandolin, or fiddle—as well as traditional Appalachian dance, song, and storytelling**

Appalachian Family Folk Week at Hindman Settlement School ([www.hindmansettlement.org/events/folk-week](http://www.hindmansettlement.org/events/folk-week)), June 7–13, Hindman, lets families reconnect while being immersed in a week of Appalachian music and culture.

“We have been going for 14 straight years, since my son and daughter were 8 and 5 years old,” says Lisa Willner of the Willner/Scruton family from Louisville. “My husband, John,



■ Explore your inner artist at Berea’s Festival of Learnshops in July or other artisan-led workshops offered year-round. Photo: Berea KY Tourism



■ Deborah Thompson teaches a banjo class during Hindman Settlement School's Appalachian Family Folk Week, a celebration of traditional Appalachian music, dance, crafts, storytelling, instruments, and other skills. Photo: Jeanne Marie Hibberd



and I and our son, Ben, have all learned to play the banjo there. And my daughter learned the fiddle. It's such a special place. From the start, I remember, my son—while only 8—was taken seriously, as someone interested in learning music and the folk tradition. And that was very powerful.”

Families room together on-site; all ages are welcome. “We have activities for adults, teens, and children, and for beginners as well as more advanced students,” says Jeanne Marie Hibberd, Hindman Settlement School's development and communications director. “This place forges lifelong friendships. Kids from different families grow up together coming to Folk Week each year; many times they've gone on to form bands together as adults,” Hibberd says.

### Enhance your creative writing skills

Tap into your inner author and enjoy learning from some of the nation's best writers at the renowned Appalachian Writers' Workshop ([www.hindmansettlement.org/events/writers-workshop](http://www.hindmansettlement.org/events/writers-workshop)), July 26-31, Hindman. With classes on memoir, creative non-fiction, fiction, poetry, and more, you can immerse yourself among fellow writers and learn from world-class instructors with literary ties to Appalachia. (Past teachers include Silas House—who got his start at Hindman—and Barbara Kingsolver.) Note application deadlines: by mail must be postmarked by April 28; online by May 1.

### Take your quilting talents to the next level

Have you mastered basic quilting and feel ready to try something a little more unusual? The National Quilt Museum in Paducah ([www.quiltmuseum.org](http://www.quiltmuseum.org)) offers three-day (Thursday-Saturday) workshops on various weekends throughout the year to help keep

■ Sara Pennington learns to make a basket at Appalachian Family Folk Week, one of many traditional crafts Hindman Settlement School is trying to preserve. Photo: Jeanne Marie Hibberd



### Make Berea a learning vacation destination

Whether you're interested in learning woodworking, pottery, textiles, jewelry making, ironwork, painting, creative writing, basket making, or how to play an instrument, there's likely to be a class (or two, or three!) for you at Berea's annual Festival of Learnshops, July 10-26. Go to [Berea.com](http://Berea.com) for full festival details and workshop listings. During the winter months, Berea artisans offer classes in the city's holiday “Make It, Take It, Give It” workshops, and in the spring and summer, lessons are available through a series of H.O.W. (Hands-on Workshop) classes. See [www.berea.com](http://www.berea.com) for details. The Kentucky Guild of Artists and Craftsmen's Academy in Berea also offers extensive craft workshops. See their complete 2015 schedule at [www.kyguildacademy.com](http://www.kyguildacademy.com).



your quilting creativity firing. The 2015 workshop topics include “Translating Ideas into Fabric” (August 27-29) to help you convert a sketch, photo, or motif into a fabric composition. Or, take the traditional Log Cabin pattern to a new, abstract place in the “Artful Log Cabins” workshop (October 8-10). Attendees work on-site at the museum and receive free museum admission.

**Give paddleboarding a try at (surprise!) Shaker Village**

Experience the popular sport of paddleboarding at Shaker Village of Pleasant Hill’s (www.shakervillageky.org) Paddle + Yoga Weekends (Harrodsburg, May 15-16, June 12-13, July 10-11, August 21-22). Visitors start out by paddleboarding on the village’s pond and then, at dark, take part in a “glow canoe paddle” on the Kentucky River, says Jill Malusky, Shaker Village’s director of visitor engagement. A paddleboard yoga course and other outdoor yoga and hiking sessions in the picturesque nature preserve are also offered. A Winter Explorer Weekend series offers workshops such as beekeeping and homesteading to landscape and wildlife management.

**Attend the Kentucky Derby; learn about bourbon; go on a birdwatching trip—or see the world**

Since its founding in 1975, Road Scholar (formerly known as Elderhostel) has been the world leader in educational travel opportunities for adults. Check out Road Scholar’s Web site (www.road scholar.org) for a complete listing



■ A sample from Paducah’s National Quilt Museum instructor Malka Dubrawsky’s workshop on fabric dyeing techniques. Photo: Malka Dubrawsky

■ Shaker Village, with partner Canoe Kentucky, offers basic stand-up paddle boarding (SUP) taught by certified instructors. Photo: Clay Jackson



CHECK NO. 15 ON THE READER REPLY FORM ON PAGE 42

Enhance your chance with Kentucky’s **PICK FOUR**  
**PICK UP TO 4 DIFFERENT TAGS**  
 Bull Firearms Bull Archery Cow Archery Cow Firearms

apply online at **FW.KY.GOV** by **APRIL 30, 2015**



of more than 5,500 programs offered in all 50 U.S. states and 150 countries around the world.

Each year, Road Scholar offers several Kentucky-based programs, including a popular trip to the Kentucky Derby and Oaks and a new five-day/night Kentucky Bourbon Trail tour that has been an immediate hit, says Megan Bates, one of Road Scholar's North American program managers. Other local options include "Walking in Wildflowers: Spring at Shaker Village" (April 5 and April 12); "Spring Birding in the Bluegrass" (May 3); "Living on the Frontier" (Nancy, May 3); and "The Beauty of Cumberland Falls and the Traditions, Legends and Music of Appalachia" (April 26, September 20, and November 8).

Road Scholar offers educational trips for nearly every interest, from eco-adventure tours in Costa Rica to journeys to explore the history and culture of the American Southwest. Grandparents and grandchildren can enjoy learning vacations together via Road Scholar's many "Intergenerational Adventures," while those looking for more extended travel can sign on for Road Scholar's new six-week immersive "living/learning" experiences in cities including Paris, Florence, Barcelona, and Havana (three weeks). "Our educational adventures are for people who are looking for more than just a beach vacation," says Jim Moses, Road Scholar's president and CEO. "They're for people who are excited about learning and who see learning as the journey of a lifetime." **KL**



Inspired by Richard Louv's book, *Last Child in the Woods*, the Whippoorwill Festival teaches kids to have fun in unstructured outdoor play as well as teaching families old-time skills like canning sauerkraut and raising chickens. Photo: Meg Wilson Photography

ONLINE

KentuckyLiving.com

### Education vacation videos

Check out five videos that let you "try out" a venue before you book—such as Road Scholar, Whippoorwill Festival, Newport Aquarium Penquin Encounter, and more—when you search "Education Vacation" online at KentuckyLiving.com.

# option

[op-shuh n] *noun*

1. A thing that is or may be chosen; choice.
2. The power or right to choose.



THE DAYS OF ONE-TYPE-FITS-ALL HORSE FEEDS ARE OVER.  
Legends. Re-defining what horse feed should be.

For more information, or to find a dealer near you,  
visit: [www.southernstates.com/legends](http://www.southernstates.com/legends)

LEGENDS



If you have questions or comments, please contact Feed Division Customer Service at [ssfeedquestions@sscoop.com](mailto:ssfeedquestions@sscoop.com). Southern States®, Legends®, CarbCare™, Legends Omega Plus® and Fresh From the Heart Fresh From the Farm® are trademarks of Southern States Cooperative, Incorporated. Kentucky Equine Research®, EquineWise® and MicroSteed™ are trademarks of Kentucky Equine Research. Cooperative Research Farms® and GastroTech™ are the trademarks of Cooperative Research Farms, Incorporated.

**\$2** Off Any Bag of Legends® Horse Feed



**SOUTHERN STATES®**

COUPON VALID THROUGH 6/30/15  
AT PARTICIPATING SOUTHERN STATES®  
AND AGWAY LOCATIONS ONLY

Limit 1 coupon per customer during promotion period. Limit of 5 bags discounted with coupon. Discount applies to sale merchandise, but may not be combined with any manufacturer coupons, clearance pricing or other discounts. Coupon must be presented at time of purchase. Coupon has no cash value. Cannot be applied to a previous purchase. Original coupon only - coupon may not be mechanically reproduced or altered. Coupon is subject to state and local taxes. Void where prohibited by law. Independent Dealers: send redeemed coupon and copy of sales receipt to: Corporate Marketing - SM, P.O. Box 26234, Richmond, VA 23260. 17502551.EV.





# EDUCATION VACATION



■ Whippoorwill Festival students learn to throw light spears faster and farther with the help of a short stick called an atlatl, an ancient technology. Photo: Meg Wilson Photography



■ Shaker Village hosts a Pollinator Houses workshop July 18 to bring pollinators to your yard and a beekeeping workshop in January 2016. Photo: Shaker Village of Pleasant Hill



■ Kentucky author and Senior Writer-in-Residence Gurney Norman, center, at the annual Appalachian Writers' Workshop at Hindman Settlement School. Photo: Jeanne Marie Hibberd



■ Shaker Village is home to 1,200 acres of restored native prairies and wildflowers, the perfect natural setting for yoga in the sunshine. Photo: Shaker Village of Pleasant Hill