



KIRK LYTTLE | MCCLATCHY-TRIBUNE

**TIMEOUT**

Upcoming weekend events and other tidbits

**Something to cluck about**

In honor of National Chicken Month, the city of London—in Laurel County, where KFC got its start—is holding its 19th annual World Chicken Festival today through Sunday.

The festival, which honors Col. Harland Sanders and his nephew Lee Cummings, who founded the Lee's Famous Recipe restaurant chain, includes a slew of events. In the mix: On Friday, Red Neck Games, to include a watermelon/pumpkin seed-spitting contest, toilet bowl horseshoe and a burping contest; and a Chick-o-lympics, to include an egg toss and egg drop contest and a chicken scratch in 600 pounds of flour. On Saturday, there's a hot wing eating contest and a Col. Sanders lookalike contest.

Entertainment will include a gospel music egg-stravaganza.

If nothing else, you might be interested in seeing what's billed as the world's largest skillet. It's 10 feet, 6 inches in diameter; 8 inches deep; has an 8-foot handle; and weighs 700 pounds. It also requires 300 gallons of cooking oil to fill and can cook 600 quarters of chicken at a time.

For more information about the festival, including a complete schedule of events, visit [www.chickenfestival.com](http://www.chickenfestival.com).

In honor of this event, TimeOut shares a few fun facts about chicken.

- There are four places in the United States with the word "chicken" in their names: Chicken, Alaska; Chicken Bristle in Illinois and Kentucky; and Chicken Town, Pa.
  - A chicken can travel up to 9 mph.
  - If you have a fear of chickens, you suffer from alektorophobia.
  - The greatest number of yolks found in one chicken egg is nine.
  - The American Poultry Association is the oldest livestock organization in the United States. Established in 1873, it recognizes 115 breeds of chickens. Each breed is broken up into varieties usually based on plumage color or placement, or comb style. There are more than 400 varieties of chickens.
  - When pressure is applied at the ends and not the middle of a chicken egg, a well-formed egg shell can support up to nine pounds of pressure before breaking.
  - The average American eats more than 80 pounds of chicken a year.
  - It is against the law to eat chicken with a fork in Gainesville, Ga., the "Chicken Capital of the World."
  - Poultry is an \$814 million industry in Kentucky. The state has about 850 poultry farms, with 2,800 poultry houses in 42 counties.
- SOURCES: WWW.FAIROAKSCHICKENFESTIVAL.COM; WWW.FOODREFERENCE.COM



Buy photo reprints at [Kentucky.com](http://Kentucky.com) PHOTOS BY MARK ASHLEY  
 During a recent dance practice, Chase, an 11-year-old border collie, jumped up to give owner Deb Abigt a kiss. Abigt will teach a workshop on the sport of canine freestyle, which she says is great way to keep pets and their people in shape.

**MAY I HAVE THIS DANCE?**

In canine freestyle, dogs, owners bust some moves

By Cheryl Truman  
 ctruman@herald-leader.com

In the same way it has never occurred to you that your cat can run the vacuum, it probably has never occurred to you that your dog can dance — dance with you, in fact.

And yet here, in the gleaming expanse of Uptown Hounds near South Broadway, is a goldish 3-year-old border collie named Hayley running through moves to music, weaving through her owner's legs on cue, spinning, strutting on her hind legs and finishing on her back, belly bared and with one leg poking dramatically through the air, a border collie ready for a Liza Minnelli-style *Cabaret* turn.

Deb Abigt owns Hayley as well as fellow border collie Chase, the two dogs dancing today. She also owns a poodle and long-haired Chihuahua that haven't made this Saturday's trip to demonstrate canine dance. Abigt says dog-dance is a great

IF YOU GO

**Canine Musical Freestyle Workshop**

**When:** 10 a.m.-4 p.m. on Sept. 27.  
**Where:** Uptown Hounds, 466 Angliana Ave.  
**Instructor:** Deb Abigt.  
**Cost:** \$50 for a working spot, \$30 for auditing. Preregistration required.  
**Contact:** Sara Tracy, Sara.Tracy@uptownhounds.com.



**Dancing dogs:** See an audio slide show of Abigt and her dog.

sport for dogs that engage in other sports such as agility and is particularly suited to "smart, athletic dogs" of all sizes. What little dogs lack in visual appeal for spectators, she reasons, they make up for in panache: "Small dogs already have a 'wow factor' going on."

Age and infirmity are not limiting factors, she says: She once saw a routine with a dog with a rear wheel cart. Anna Schloff, the Michigan resident who is president of the World Canine Freestyle Organization, says the group has more than 1,000 members and offers categories in competition for both dogs and owners who are

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Training time seems a lot like playtime for 3-year-old Hayley, Abigt's other border collie. Hayley looks to Abigt for directions as they work on their routine. "Smart, athletic dogs" take to dancing, Abigt says, even if they're older or infirm.

COMMENTARY

**Housing help available for women**



MERLENE DAVIS  
 HERALD-LEADER COLUMNIST

The news is filled with serious financial problems that have swallowed several banking and mortgage entities recently.

Not only do Wall Street investors have nervous ticks, but potential homeowners aren't hearing many encouraging words in their search for lenders.

And one group of potential homeowners hit hard are women trying to regain their footing after recovering from substance abuse or reclaim their self-esteem after years of abuse.

Joan Terry, housing director of Supportive Housing Opportunities for Women, or SHOW, thinks things are only going to get worse.

Because buying a home will become more difficult as lending agencies rightfully become more strict in their requirements, rental units also will become more scarce and more expensive.



**SHOW's connections:** See a chart of how the program helps women.

Plus, people with fragile or bad credit, which most of these women have, are prime targets for predatory lenders.

So, does that mean the American dream of owning your own home is unattainable?

Not quite. On Oct. 15, beginning at 5 p.m. at Chrysalis Community Center, 1589 Hill Rise Avenue, past and present clients of Chrysalis House, the Bluegrass Domestic Violence Program, the Hope Center Recovery Program for Women, Virginia Place and residents of the Heartsbrook neighborhood are invited to the SHOWcase Housing Fair.

In its second year, the fair brings together those women and agencies offering information on budget and financial counseling, independent development accounts, and rental and homeownership options.

All is not lost, but the road is uphill.

Most have to clear up credit problems and medical debt, and they have to learn how to stick to a budget and maintain a savings account.

"Many of them have older vehicles," Terry said. "What do you do when you get up in the morning and the car doesn't start? How can you prevent driving around on bad brakes?"

Financial literacy is what's needed, she said.

"It relieves the stress in their lives," Terry said. "It all kind of goes together."

That is why the fair is so important, she said.

Representatives from a variety of agencies including the Community Action Council, Community Ventures Corp., Consumer Credit Counseling Service, Faith Community Housing Foundation, the housing division of the Urban League of Lexington-Fayette County, Kentucky Housing Corp., Lexington Fair Housing Council, Lexington-Fayette Urban County Housing Authority, Lexington Habitat for Humanity, REACH Inc.,

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