

“That Little Road” Opened the Way West

Trail created by Daniel Boone has great historical significance

by Abby Malik, Staff Writer

West of the Mississippi River, you’ll find the Oregon Trail and New Mexico’s Santa Fe Trail. East of the Mississippi, Dr. John M. Fox hopes Boone Trace will someday be as legendary and appreciated as those trails.

Boone Trace was created by Daniel Boone and 30 other men during a two-month period in 1775. It opened the wilderness for settlers to travel through the Cumberland Gap to Boonesborough, Ky. No other road, Fox said, is of greater historical significance to Kentucky’s founding in 1792 and to the opening of the West.

“It must be remembered that at that time, there were no actual roads into Kentucky or west of the Alleghenies,” he said. “No towns, no roads – nothing.”

Since 2008, Fox, a surgeon with Colorectal Surgical & Gastroenterology Associates in Lexington, has dedicated most of his free time to preserving Boone Trace. The 71-year-old travels the 194-mile trail – affectionately called “That Little Road” – primarily on his motorcycle. Fox feels a strong connection to Boone, a man he says “is in Kentucky’s DNA.”

“The trail feels like hallowed ground,” he said. “It may sound a little crazy, but I often sense the presence of Daniel Boone going down the trail.”

While Boone Trace actually begins in Kingsport, Tenn., Fox’s preservation efforts start in Martin’s Station, Va., about eight miles from the Kentucky border, and stretch north through five Kentucky counties, ending at

Fort Boonesborough in Madison County.

But, Fox said, the trail is “slipping away, right before our eyes.” He has two primary concerns about Boone Trace’s future: Original markers are disappearing and the actual path is being threatened by commercial and residential growth.

Fox has worked to research the precise location of Boone’s path, looking for long-forgotten sites and markers. In 1915, a chapter of the Kentucky Daughters of the American Revolution (DAR) placed 14 markers along Boone Trace. Fox has uncovered and documented nine of them.

In 2012, Fox and two others incorporated Friends of Boone Trace, a historic preservation, education and research organization. Friends of Boone Trace works to find allies for its preservation efforts, including the Kentucky Historical Society (KHS), the DAR and more. Besides advocacy activities, the Friends of Boone Trace travels the trail by car and motorcycle, and for the past three years, members of the Lexington Harley Owner Group (HOGS) have organized motorcycle rides.

Last October, the Friends of Boone Trace hosted a dedication ceremony for a new KHS Hazel Patch Historical Marker at Levi Jackson Wilderness Road State Park in Laurel County. The marker documents a location important to Boone Trace’s history: It is at Hazel Patch that Boone’s trail forked. Boone Trace went north to Boonesborough and Wilderness Road stretched west toward Louisville. The group’s efforts also include going high tech, and soon



Dr. John Fox often rides his Harley V-Rod on Boone Trace. He says he can feel Daniel Boone’s spirit there.

KHS’s “Explore Kentucky” smartphone app will feature Boone Trace pictures and mapped points of interest.

In addition, Fox’s work with a group of history-minded Madison County citizens recently resulted in the donation of the Twetty’s

Fort site to the Boonesborough chapter of the DAR. A deadly skirmish occurred at Twetty’s Fort just before the start of the Revolutionary War.

Anyone interested in Friends

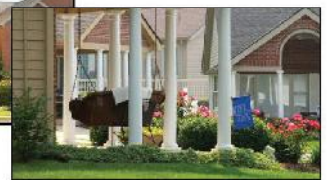
BOONE Continued on Page 31



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BOONE continued from Page 5

of Boone Trace can join online at www.boonetrace1775.com. Membership is open with no cost or obligation. The founders simply ask that those who join have the same desire to promote and preserve the history of Boone Trace, something they believe has been ignored.

"We are looking for both older, possibly retired folks who may have time to get involved, as well as young people to carry the message forward in the future," Fox said. "The first step in saving the trace is to identify it, then make the sites along the way meaningful so that visitors will want to come. When visitors come, see the sites and learn their history, they will connect with the road and its historical significance."

TEST continued from Page 21

Resources for the MBTI are available one-on-one or on the Internet. You can also contact the career counseling center at the University of Kentucky or Eastern Kentucky University to learn more. To find a certified MBTI practitioner in Central Kentucky, go to www.mbti.com. To take the MBTI online, log on to www.mbticomplete.com. The cost is \$49.95 and comes with limited feedback. Another online resource is www.capt.org, the Web site of the Center for Applications of Psychological Type. Here you can obtain a questionnaire and a feedback session. The cost is \$150.

REC continued from Page 26

their sitting tolerance and a decrease in their risk of developing skin-pressure areas (bedsores).

Therapeutic Recreation

Recreational activities are so vital to quality of life that trained therapeutic recreationists are an integral part of health-care teams for seniors in rehabilitation, mental health, day care and long-term-care settings.

Therapeutic recreation staff help individuals find ways to re-engage in former activities or find new activities that match their needs, interests and strengths. Interventions may take place on an individual basis or in small or large groups. Settings vary from a patient's room to a lounge or specialized activity room to a location in the community.

Activities are designed as a form of treatment rather than mere diversion. Some examples of the variety of recreation activities that may be offered in an outpatient or inpatient setting include sensory stimulation, relaxation exercises, bocce, horticulture, music (such as sing-alongs and drumming), movies, pet therapy and intergenerational events.

READY continued from Page 28

to sweep you off your feet.

The Red Cross advises creating an emergency supply kit for the home and car. Plan for **two weeks'**

worth of supplies at home and a three-day supply for the car. Here are items everyone should have on hand in advance for disaster preparedness.

- **Water** – Count on needing 1 gallon per person per day.
- **Food** – Have a three-day supply of non-perishable food in the car for evacuation and a two-week supply at home.
- **Radio** – Battery-powered radios with extra batteries can keep you informed about the situation. Do not rely on electronics or regular non-emergency radio or satellite broadcasts to keep working during an emergency or disaster.
- **Special Needs** – Keep specific items such as daily medications and infant or pet supplies packed and ready to go in one place at home. This will help ensure you are able to take them on the road should you need to evacuate.
- **Basic Tools and Accessories** – These include flashlights, a manual can opener, eating utensils, a utility knife, lighters and matches, extra batteries and so on.
- **First-Aid Kit** – At home, having certain basics on hand in an easy-to-find place is helpful. It's also good to have a travel first-aid kit in your vehicle. Items to include are band aids and gauze, antiseptic, aspirin or ibuprofen and thread and needle.

Almost any other item needed during a disaster will be on hand at home. The following are things you may want to keep in your vehicle in case disaster strikes when you're on the road.

- **Clothing and Warmth** – One set of seasonal clothes and shoes, outer rain gear and one blanket or sleeping bag per person.
- **Personal Hygiene Items** – A roll of toilet paper, hand sanitizer, toothbrush and toothpaste, deodorant, comb or brush, etc.
- **Miscellaneous Items** – These are the extras that will be good to have on hand if your vehicle has the room: a medium-sized plastic bucket with a lid, bleach for disinfecting water, dish soap, a mess kit, heavy-duty garbage bags, resealable plastic bags, aluminum foil, sugar, salt, paper and pencil and things to pass the time such as games, crossword puzzles and books.

For more information visit:
<http://kyem.ky.gov/currentdisasters/Pages/default.aspx>
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