

The Foothills

JULY/AUGUST 2018

CONNECTION

THE ART BAR

An intro to
creativity

DINNER TO YOUR DOOR

Meal delivery kits make
evenings tastier

DELICIOUS MAPLE SYRUP

Making a difference one
pancake at a time





BY SHIRLEY BLOOMFIELD, CEO
NTCA-The Rural Broadband Association

Telemedicine is key to rural health

Broadband internet access is making a real difference in the lives of people across rural America. I see it whenever I travel to the states where telecommunications companies like this one are building advanced networks to reach those in hard-to-serve regions.

Broadband supports efforts that are vital to a community's well-being, such as economic development, education and small-business growth. But broadband's greatest impact is perhaps seen in the delivery of health care.

Robust and sustainable broadband infrastructure is necessary for expanding access to health care in rural America. NTCA has been looking into telehealth applications for a number of years. We have hosted events on our own. We have worked with health care groups to learn about their challenges and to introduce them to our member telcos' capabilities. We have assisted our members in launching pilot projects of their own.

Telemedicine in rural America is truly a win-win proposition. Access to advanced services in a local community brings greater health care options to its residents. As a bonus, telemedicine also makes it easier to attract high-skilled labor, industry and economic development. NTCA is passionate about the role that our member telcos play in telemedicine — and I think we have only scratched the surface of possibilities.

Your local telecommunications provider, like hundreds of similar companies across rural America, is building the advanced broadband network that makes telemedicine possible. [📡](#)

Money from home

Using the internet to start cottage industries

Ever been told you can sell those knit caps or great jewelry pieces you've made but don't want to invest the money it takes for a brick-and-mortar location? Look to the internet.

More and more people are finding ways to earn a living by building online businesses from their homes. According to Forbes, more than 52 percent of all small businesses in the U.S. are home-based, and most rely on the internet. These jobs can offer flexibility, independence and a way to skirt the traditional 9-to-5.

As more Americans board the microbusiness train, the economy is taking notice. While small, these microbusinesses employ 55 million people in the U.S. They also contribute more than \$1 trillion in earnings to the U.S. economy, according to Etsy, a global online marketplace for handcrafted and vintage pieces.

Many of these entrepreneurs are young, female and live in rural areas, too. Etsy recently polled its network of 1.7 million sellers around the world, and the results are eye-opening. Check out a few of these statistics from the 2017 Etsy Seller Census:



STUDY: Social media use is growing

But so are privacy concerns

BY JEN CALHOUN

About seven out of every 10 American adults use some kind of social media, but it doesn't mean they don't have worries about it.

A recent Pew Research Center study found that more Americans than ever use Facebook, Twitter, Instagram and other social media platforms as part of their daily lives. They keep in touch with friends and family. They participate in civic and political activities. They even use social media for work or to share health and science research.

But the study found that as the number of likes and shares grows, so do concerns about privacy.

PRIVACY ANXIETY

Last year, only 9 percent of social media users were "very confident" that social media companies would protect their data, Pew research found. In fact, about half of the users polled "were not at all or not too confident their data was in safe hands."

And while many users said they wanted to do more to

protect their privacy, nearly two-thirds worried that current laws weren't good enough to do the job. In addition, nearly 65 percent said they support more regulation of advertisers.

It's not just privacy that worries them either. Pew research found that only 5 percent of users trust all of the information that comes to them on social media. They also don't like the harassment, political bickering, disrespect and incivility that can come with a day in the life of Twitter or Facebook.

HARD HABIT TO BREAK

But if social media is so troublesome, why are people sticking with it?

Maybe it's because they feel like they have to, Pew experts suggest. Let's face it; social media is an easy and convenient way to stay connected to our friends, families and the organizations we love. As a

result, some users find it hard to stop. Social media is part of their everyday lives.

NEW RULES

However, some privacy advocates say change is coming. One example is the European Union's General Data Protection Regulation, which was adopted in April 2016 and went into effect in May of this year.

The regulation offers data protection and privacy for all those in the European Union, but it could also have a positive effect on U.S. social media users. Pew experts say the GDPR "will give users — even Americans — greater protection about what data tech firms can collect, the data that can be used and how consumers can be given more opportunities to see what is happening with their information."



Social media use has grown dramatically

Percent of adults who say they use social media sites, by age

18-29 year olds

56% → 88%
2008 2018

30-49 year olds

18% → 78%
2008 2018

50-64 year olds

6% → 64%
2008 2018

65+ year olds

2% → 37%
2008 2018

SOURCE: PEW RESEARCH CENTER

Marking a milestone

When we talk about accomplishments, we use the term milestone so often that I think the term loses some of its meaning. It's become an expression we don't even think about anymore.



RUTH CONLEY
Chief Executive Officer

But when I say that by completing our 100 percent fiber optic network Foothills has reached a significant milestone, I mean it in every sense of the word. An actual milestone would mark a traveler's progress on his or her route. If you were hiking a long trail in the Red River Gorge and you came across a stone or sign telling you the distance, it would give you a chance to look back at where you'd been and to look forward to the trail ahead.

That is, figuratively, where we find ourselves here at Foothills. Making fiber optics available to all of our members has been something we've worked on for more than a decade. In fact, in 2005 Foothills was the first company in Kentucky to connect a customer to fiber optics.

In the 13 years since that connection, we've faced many challenges in reaching sparsely populated pockets in our region and in running the lines over rugged terrain. While the mountains, lakes and rivers in our area are beautiful, they represent major hurdles when you're engineering a broadband network.

It would have been much easier to take a page from the book of the profit-driven national providers who typically only build fiber to population centers where their network can be the most profitable. As a cooperative, however, Foothills was founded with the mission of connecting everyone in our region to high-quality communications services. We knew it would be difficult to bring fiber to every member, but we also knew broadband internet service is so essential to modern life that we couldn't leave anyone behind.

While I'm excited to reach this milestone, I'm most excited about what it means for you, our members. Fiber allows Foothills to offer internet speeds of up to 1 gigabit per second. This "Gig" service is becoming the new standard of excellence in our industry. Residents across the country — including many big cities — are clamoring to get that kind of speed.

A fast reliable connection through our fiber network will allow our members to set up smart homes, work remotely and, of course, access all of their favorite entertainments options like 4K movies and online games.

Businesses will also benefit by being able to offer Wi-Fi to customers, share big files to the cloud and coordinate inventories or production schedules with regional offices and suppliers. Fiber also paves the way for advances in telehealth at doctors offices, distance learning at schools and job training.

I appreciate the patience our members have shown over the years as we've steadily expanded the network as quickly as we could in a fiscally responsible manner.

When we talk about milestones, it's important to remember that for travelers, a milestone is not a destination. Completing our network doesn't mean we're "finished" striving for excellence.

We continue to improve our service and the way we interact with our customers. Recently, we began offering customer service through online chat on our website during regular business hours. We've also made it easy for you to pay your bills online. For those who want to come into our office instead of interacting online, we've renovated to make that experience more pleasant.

Everyone at Foothills, from our board of directors to our construction crews to our customer service staff, will remember the summer of 2018 as the time when we completed our fiber optic network. But believe me when I say we will also remember that our job of connecting you, supporting our community and improving the way we operate is never finished. ☎

The Foothills

CONNECTION

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Foothills is a member-owned cooperative that has been serving residents and businesses in eastern Kentucky since 1951. In the early days, we only offered telephone service over copper wires. Over the years, we have expanded our network and now provide broadband Internet and cable TV services over fiber-optic facilities to much of our service area. Our service area includes Magoffin County and portions of Johnson County and Lawrence County. We love being part of the communities we serve; our customers are our families, friends and neighbors.

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Staffordville, KY 41256
www.foothills.net
606-297-3501

Foothills Mission Statement

"To provide the latest in communications at affordable prices with exceptional service."

Produced for Foothills Communications by:

WORDSOUTH
— A CONTENT MARKETING COMPANY —

On the Cover:



Brooklyn Messer helps her three children — Max, Scarlett and Scout — with paintings at The Art Bar in downtown Salyersville.
See story Page 12.

Happy 4th of July!

Enjoy these services and offerings **FREE** July 1-8!

Enjoy **FREE ACTIVATION** on telephone calling features, as well as premium movie packages.*

Enjoy **FREE PREMIUM MOVIES**. To watch premium movies from HBO, Cinemax, Showtime, STARZ and STARZ ENCORE, tune in to channels 400-492.*

Enjoy **INTERNET UPGRADES** without the fees.

*A set-top box is required for viewing. Parental controls are available.



LIFELINE

is a federal program designed to help low-income Americans pay for vital telecommunications services.

You are eligible if you receive any of the following*:

- SNAP; formerly known as Food Stamps
- Medicaid
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (FPHA)
- Veterans Pension or Survivors Benefit
- Income at or below 135 percent of the federal poverty guidelines

*Only one benefit per household.

Learn more about Lifeline at lifelinesupport.org.

FOOTHILLS IS Speeding Up

FOOTHILLS NOW OFFERS SPEEDS UP TO 1 GBPS AT GREAT PRICES!

1 Gbps	—	\$99.95
500 Mbps	—	\$79.95
250 Mbps	—	\$69.95
100 Mbps	—	\$49.95
25 Mbps	—	\$39.95

Call Foothills at 606-297-3501 to sign up today!

Prices shown are for residential service when bundled with phone and TV services. Non-bundled and business prices available online. Does not include the price for phone or TV service.



FOOTHILLS COMMUNICATIONS OFFICE CLOSED ON JULY 4

Please be aware that Foothills Communications office will be closed on Wednesday, July 4, to allow our employees and their families to celebrate Independence Day.



A Republic P-47 Thunderbolt from the Tennessee Museum of Aviation.

Photo courtesy of Tennessee Museum of Aviation.

Flying High

Flight museums around the South take us into the sky, celebrating the history, as well as the future, of flight. Some exhibits immerse us in active simulations, and others challenge us with interactive designs. Still others tell impactful stories. All share a common mission, though, offering insights into how American history is inextricably linked to the early pioneers of our skies. Here are some of the museums that soar high in offering education and fun for children and adults.

Tennessee Museum of Aviation

135 Air Museum Way • Sevierville, Tennessee

Children will love being the pilot as they climb in the cockpit and get their hands on the controls of an authentic A-4 Skyhawk from the Vietnam War era. Aviation enthusiasts will appreciate the massive, 35,000-square-foot hangar with all of its aircraft engines, cockpits, military vehicles and restored vintage Warbirds. These aircraft make up the foundation of the Tennessee Museum of Aviation and were flown on missions during World War II.

"They are most impressive, and a number of the Warbirds are still airworthy," says Rhonda Melton, operations coordinator.

Among the aircraft within the museum are two Republic P-47 Thunderbolts — there are less than a dozen of these World War II fighters remaining in the world. Another favorite exhibit is the Douglas A-1H Skyraider, complete with battle scars received from its service during Vietnam.

A new "Faith and Courage" exhibit pays tribute to U.S. Military Chaplains from World War II through the present. And a 52-foot display traces milestones in the history of pre-Wright Brothers aviation,

including timelines of military aviation. The wall also features the Volunteer State's contributions to flight, making the Tennessee Museum of Aviation Tennessee's official repository and archive of aviation history.

- **Admission:** Adults: \$12.75. Seniors: \$9.75. Ages 6-12: \$6.75. Children under 6: free.
- **Information:** 866-286-8738 or online at www.tnairmuseum.com.

Southern Museum of Flight

4343 73rd St. N • Birmingham, Alabama

A visit to the Southern Museum of Flight is a walk through time. Learn about a pilot in 1953 who defected from North Korea to an air base in South Korea. Or see a 1925 crop duster flown by Huff-Daland, the company that would become Delta Airlines.

The level of detail in the exhibits, combined with their scale — the Korean defection exhibit spans 150 feet — provides visitors with an immersive experience, says museum curator Wayne Novy. And there are a number of activities for children, including sitting in aircraft cockpits, operating the controls of a full-size airplane, and building and flying their own balsa glider.

- **Admission:** Adults: \$7. Seniors and students: \$6. Kids under 3 and active military and their families: free.
- **Information:** 205-833-8226 or online at www.southernmuseumofflight.org.

The Aviation Museum of Kentucky

4029 Airport Road at Blue Grass Airport
Lexington, Kentucky

The Bluegrass State is well-grounded in aviation history. Matthew Sellers, of Carter County, Kentucky, invented retractable landing gear, and Solomon Van Meter, of Lexington, is responsible for the creation of lifesaving pack parachutes. These men and others are honored for their contributions and service in the Aviation Museum of Kentucky's Hall of Fame, one element of the 23-year-old museum.

History buffs will enjoy seeing restored barnstormers and vintage airliners, such as a Lockheed L-12 that was used as a



The Lone Star Flight Museum in Texas includes a flight simulator.

Photo courtesy of Lone Star Flight Museum.

spy plane before World War II broke out. But the museum also looks toward the future of aviation with exhibits such as "Women in Aviation," which, while telling of women in the past, encourages young women of today to pursue their aviation dreams as pilots and aerospace engineers. Kids will enjoy getting in the cockpit of a Cessna 150 and turning the control wheel to learn about the relationships between control surfaces on the aircraft, such as rudders and stabilizers.

- **Admission:** Adults: \$8. Veterans and seniors: \$6. Ages 6-16: \$5. Members and children under 6: free.
- **Information:** 859-231-1219 or online at www.aviationky.org.

Carolinas Aviation Museum

4672 First Flight Drive at Charlotte
Douglas International Airport
Charlotte, North Carolina

Flight had its beginnings in the Carolinas, and for the past 25 years, the Carolinas Aviation Museum has told its story. Exhibits include the Wright Brothers on the coast of North Carolina at Kitty Hawk and the Airbus A320 that became Flight 1549, the "Miracle on the Hudson." This is the museum's signature exhibit, and it leaves people in awe.

"Many visitors don't realize that we have the actual Flight 1549. It's not a replica," says museum spokeswoman Jessica Mallicote. "Visitors can see the actual aircraft, hear passenger stories and experience the event in a powerful way."

Visitors will come face to face with an F-14 Super Tomcat, a DC-3 commercial airliner and a CH-46 helicopter transport.

They can also create a new adventure when they get behind the controls of a Cessna 150 to get a feel for what it's like to pilot an actual aircraft.

The museum is located in North Carolina, but it's an easy road trip from South Carolina.

- **Admission:** Adults: \$12. Seniors 60-plus: \$10. Veterans: \$9. Ages 4-18, college students with ID and active military: \$8. Kids 3 and under: free.
- **Information:** 704-997-3770 or online at www.carolinasaviation.org.

Lone Star Flight Museum

11551 Aerospace Ave. at Ellington
Airport • Houston, Texas

History and the future of aviation meet at the new Lone Star Flight Museum, opened less than a year ago at Houston's Ellington Airport. This is one museum that takes you into the skies — literally. With a battery of more than 20 restored planes, you can buy a ticket and take a ride. Or, stay grounded and tour the two 30,000-square-foot hangars housing historic aircraft, such as a Boeing B-17 Flying Fortress or a North American B-25 Mitchell.

The Aviation Learning Center, the second of its kind in the U.S., immerses visitors in the energy and excitement of flight through a hands-on learning adventure. Designed for students in grades 5-12, the center uses the universal wonder of flight to engage kids in the exploration of science, technology, engineering and math. Students have come from around the world to get a taste of aviation training. There are three replica cockpits, two hang glider simulators and a theater featuring a film about the principles and history of flight development.

- **Admission:** Adults 18-64: \$20. Ages 12-17: \$18. Seniors 65-plus and kids 4-11: \$16. Members and children 3 and under: free. Additional discounts given for advance online purchases.
- **Information:** 346-708-2517 or online at www.lonestarflight.org.

Move over, Vermont

Local family's maple syrup business is growing fast

BY JEN CALHOUN

When Keith Moore tapped a grove of maple trees on his land a few years back, he didn't know he'd help his family, his neighbors and even Kentucky's agricultural system. But it all began with support from the community, which embraced Savage Farms.

Last fall, Savage Farms hosted the Louisa Rotary Club's Farm to Fork Brunch, a fundraiser to help a local food pantry that serves the children of Lawrence County. "We donated all the syrup and our time, but the Rotary Club has been a big part of our success," Moore says. "They've helped us through encouragement and supported our growth. They've just wrapped their arms around me."

Moore, a retired state police officer and former hospital administrator, had been making syrup for about 25 years. When he set out to tap trees on his own land, he realized he had about 1,400 maples, and he started thinking commercially.



Keith Moore harvests maple from trees on his farm to be made into syrup and other products.

GROWING, GROWING

Now, Moore is a full-time farmer and the owner of Savage Farms in Louisa. The family-owned business sells strawberries, blueberries, sorghum, maple syrup, maple butter and numerous other maple products made by Moore's wife, Jennifer, a part-time cook and full-time nurse at King's Daughters Medical Center in Ashland.

"We're going to have to hire some employees for next year," Keith Moore says. "I retired to do this full time and still can't keep up."

Currently, he sells his products in the Savage Farms store, at the Boyd County Farmers Market in Ashland and at various festivals and fairs. Online sales are probably coming in the future, but for now, Moore can take shipping orders for Savage Farms Louisa through the Facebook Messenger app.

MAPLE FUTURES

Not only has Moore's own business grown, but he's also found a way to help others break into the maple syrup business. He serves as the president of the Kentucky Maple Syrup Association, a recently formed group of 30-40 producers. He also works as a dealer and supplier for Leader Evaporator, a Vermont-based company that sells supplies and equipment for making maple syrup.

"There's no question this is going to make an economic impact on the agriculture industry of Kentucky," Moore says. "Producers are popping up everywhere, and they're loving this thing."

Some of the new producers are land-owners with many maple trees. Others are existing farmers looking for extra income during winter.

On his own land, Moore taps about 1,000 trees, collects the sap in a network of 6 miles of tubing and uses a reverse-osmosis system to draw out much of the water. Afterward, he boils the sap into syrup. The syrup is dumped into empty barrels that start out holding Woodford Reserve, a high-end bourbon made about 150 miles away in Versailles.

"We boil the alcohol out of it, but the syrup is still infused with that charred, smoky flavor of the bourbon," Moore says. "Then we hand-dip every bottle and batch and number the bottles. It's a pretty nice thing."

But Savage Farms syrup isn't just for pancakes and waffles.

"It's a gourmet type food," he says. "You want to baste salmon with it or put it in your baked beans. My wife makes apple dumplings with cinnamon ice cream, and we drizzle the syrup over it. It's the pinnacle of life." 🍷

Show your

CREATIVITY!

Enter the Foothills Summer Kids Essay Contest

A wonderful imagination is a fantastic gift for any child. This summer, Foothills again honors the natural abilities of our area's greatest treasures— our children — with a picture and essay contest.

It's simple, fun and a great way to inspire. So, sharpen up the pencils or dust off the keyboards. There are three divisions: kindergarten and first grade, second and third grade, and fourth and fifth grade. Winners will be awarded in Johnson, Lawrence and Magoffin counties.

So, kids, here's your topic: A picture is worth a thousand words.

Be creative. Draw a picture of an important person, place, thing or idea. Then, tell us about that picture. Why is the subject important to you? The only limit is your imagination.

Ready, set, go!

Nine winners will each receive a \$100 back-to-school Hibbett Sports gift card.

CONTEST RULES

- Students in Foothills' service area may enter one of three divisions: entering kindergarten or first grade, second or third grade, or fourth or fifth grades.
- The essay must be about one page in length, and it may be typed or handwritten.
- The essay must have this theme: A picture is worth a thousand words.
- The essay and picture must be original creations of the child.
- The entry form, signed by a parent or guardian, must be enclosed with the submission.
- Entries must be postmarked by Aug. 1.
- Only one entry per child is allowed.
- After all entries are submitted, they will be judged by a committee.
- Winners will be notified by Aug. 15.
- The winners' names will appear in an upcoming edition of The Foothills Connection.

ENTRY FORM

To enter, please fill out the form below and submit with your entry to: Foothills Essay and Picture Contest, Marketing Department, P.O. Box 240, Staffordsville, KY 41256.

Parent: By signing this form, I give permission for identification of my child and his/her picture and essay in The Foothills Connection. I also attest that the essay and picture are the child's original creations.

STUDENT'S NAME _____

NAME OF PARENT OR GUARDIAN _____

ADDRESS _____

TELEPHONE NUMBER _____

EMAIL ADDRESS _____

GRADE IN SCHOOL (2018-19) _____

NAME OF SCHOOL _____

PARENT/GUARDIAN SIGNATURE _____

TO WIN, THE PARENT/GUARDIAN OF THE CHILD MUST BE A SUBSCRIBER TO AT LEAST ONE OF FOOTHILLS' SERVICES.

Good & EASY EATS!

Subscription services provide first-class meals and convenience

BLUE APRON

Blue Apron delivers everything you need for a gourmet-quality meal you can cook at home. The step-by-step recipes are paired with unique ingredients to help you feed your family for a fraction of restaurant prices without sacrificing taste. Menu items include spicy smoked trout sandwiches, Caribbean chickpea curry and Mexican-spiced pork.

As low as
\$9.99
per serving!



HELLO FRESH

Much like Blue Apron, Hello Fresh is a competitor with a twist. While you'll still find high-end meals, Hello Fresh specializes in simple home cooking. But the meals don't skimp on flavor. The plates include tasty recipes for winner winner chicken orzo dinner, pineapple poblano beef tacos and slow cooker smoky beef chili.

As low as
\$8.74
per serving!



FRESHLY

If you're tired of cooking on the stove but still want to put a satisfying meal on the table every night, Freshly is the perfect option. Packed with protein, Freshly meals can be cooked in the microwave. The natural ingredients are also gluten free. The options don't disappoint; each chef-prepared meal is ready in under three minutes. You'll find Sicilian-style chicken parmesan, homestyle meatloaf, and spaghetti squash and meatballs on the menu.

As low as
\$8.99
per serving!



MUNCHPAK

If you're not in the mood for a full meal but you're curious about what our neighbors across the pond reach for in their pantries, MunchPak is the answer without the cost of the flight. With snacks from around the world, you choose the size of your delivery and customize its contents. Try out Japanese hard candy, wacky new potato chip flavors, drink options and more.

As low as
\$9.95
per serving!



Your personal 'techtionary'

Learn the internet lingo basics

Sometimes the language of technology can seem complex, but it's an increasingly common, and important, part of day-to-day life. Hopefully, this column will make your use of technology a little smoother.

I often describe myself as a translator, and I want to help you create your own "techtionary." I'll define some common words associated with the internet and related services, and, hopefully, this will give you a simple reference you can keep handy.

► **BROADBAND:** This term is meant to define fast internet. The fastest broadband services come from providers that rely on fiber optic networks, although some companies do offer broadband plans through networks reliant on copper cables. I like to think of broadband as a garden hose delivering water. The higher the water pressure — how many megabits per second your plan provides — the faster the speed!

► **OVER-THE-TOP (OTT) VIDEO:** This term refers to media delivered through an internet connection — often with the help of a smart TV, Roku, Apple TV or other streaming device — as opposed to your standard cable TV or satellite TV.

► **WI-FI:** This is the way you can connect a computer, television or other device to the

internet without using a wire. From your home to the coffee shop, Wi-Fi is increasingly essential as more and more people rely on mobile devices or connected devices, such as a Roku, Amazon Echo or gaming box. Keep in mind, Wi-Fi can be either open for all to access or protected with a password. If you have a home Wi-Fi network, consider using a secure password.

► **WIRELESS ROUTER:** This device converts a broadband connection into a Wi-Fi signal. Routers need to be maintained and updated regularly to have the best connection. Many broadband providers sell routers or offer plans where they manage the router. Using a router recommended by your broadband provider is a good idea because they typically help

maintain the device and keep it updated. I think of a router as a sprinkler head attached to the end of the garden hose. It distributes the broadband signal to a wider area, much like a sprinkler distributes water.

► **STREAMING:** This term refers to accessing content, such as television shows or music, over the internet. If you like to watch a video using applications such as Netflix or YouTube, you are streaming video. If you listen to music online through Pandora or Spotify, you are streaming audio. The content is stored online as opposed to you downloading it to your device.

► **VOICE OVER INTERNET PROTOCOL (VOIP):** While the phone seems to work as it always has, VoIP technology is very different from that used

when copper wires transmit phone calls. With VoIP, calls go through your internet connection. VoIP is becoming more and more common, and in most cases you don't even know you are using an internet-based phone.

These are just a few of the words you may hear in regards to your internet service. Don't hesitate to ask questions when speaking to your internet service provider, which is a great resource. The internet network can seem like magic at times, but it's not as mysterious as it may appear. ☎



CARISSA SWENSON
IS A TRAINING
AND EDUCATION
CONSULTANT
FOR CONSORTIA
CONSULTING.

Art for Everyone

LOCAL BUSINESS OWNER BRINGS CREATIVE OPPORTUNITIES TO SALYERSVILLE

BY JEN CALHOUN

Growing up in Salyersville, Brooklynn Messer loved to study paintings and pictures she found online. She would also draw her own pictures and then frame them for gifts. Still, she struggled to find places where she could meet others with the same interests.

Now, she makes her own opportunities.

Messer owns and operates The Art Bar in Salyersville, a Maple Street business that offers art classes for children and adults, sells art and gifts, hosts exhibitions for artists from across the region and sponsors an annual children's art festival — Big Arts in Little Appalachia.

"I wanted to do something artwise because I knew we needed it," Messer says. "We have such a wonderful area and such a historic town. I see all this potential, so I wanted to put in some effort to make it even better."

The classes do not require previous art experience. Talent is also optional.

To participate, potential students can check out which paintings they want to try on The Art Bar's calendar on their website. When they show up, an instructor guides them through various techniques to create the image. A recent painting, "Just Plain Country," featured a cow. Another, "The Church Window," let students paint a colorful stained glass window. All the art materials are provided, and students leave with their creations.

"Pretty much everybody who walks in here for a class says they can't even draw a stick figure," Messer says with a laugh. "But I always say, 'We can help with that.' After the class is over, I'm always shocked at how different each one is. It's the same picture, but they're all so different."

Even the not-so-artsy love the finished product.

"I've never had any complaints," Messer says. "Everybody always loves what they go home with. I've had numerous repeat customers. People come for girls' nights, and some come because they find it therapeutic."

COME FOR THE ART, RETURN FOR THE THERAPY

Art really is restorative for both children and adults, says Messer, who is an advocate for mental health.

"Ever since I was little, I noticed that when I'm doing art, I don't have to think about stress or anxiety," she says. "It takes me away and brings me into the piece I'm working on. Our adult classes generally run about two hours, sometimes longer. But a lot of times, people want to just keep going because it feels so good. It makes them feel good to accomplish something."



Brooklynn Messer opened The Art Bar in June 2017.



Participants can choose a painting as a guide, and Messer walks them through the techniques needed to create the artwork.



The Art Bar in Salyersville offers art classes for all ages, sells art and hosts exhibitions for artists from across the region.

ART BAR



ARTFUL BEGINNINGS

The idea for The Art Bar grew out of a series of classes Messer began teaching in January 2017 at the Salyersville Renaissance. The Renaissance is a historic building on Main Street that offers community meeting spaces as part of a downtown revitalization effort.

But the classes kept growing larger, and Messer was constantly lugging supplies in and out of the building. She also needed a place to hold monthly art exhibits and highlight local artists.

"I wanted to do more with it," she says. "All this stuff I wanted it to be, I couldn't do there."

By mid-2017, Messer had found her own space at 911 E. Maple St. In June, it opened as The Art Bar. She began offering classes and hosting art exhibits that same month.

"The exhibits are free events, and we have live music, food and drinks," says Messer, who is also involved in the Kentucky Art Tribe, a group that brings together Southeast Kentucky artists and artisans. "We find local artists or regional artists and give them a platform to show their work. People can come in and buy artwork, which is reasonably priced, or they can just come out and enjoy it."

She also wants to give other local artists a place to gather and grow.

"There are so many talented people in this area, and you'd never know it," she says. "They have no outlet. I think it's important for them to start out at small places like The Art Bar. It helps them to ease into bigger places like the Mountain Arts Center and beyond." 📱



As an advocate for mental health, Messer considers art restorative for both children and adults.



Art classes, exhibits + more

Looking for a little fun and relaxation? Want to make your own art, even if you think you can't? The Art Bar, at 911 E. Maple St., offers acrylic pour; string art; and oil, acrylic and watercolor classes. A folk art wood carving class is also in the works. Classes are available for adults and children alike. All materials are provided, and guests can leave with their artwork. The Art Bar also offers monthly exhibits for regional artists. The free event includes live music, food and drinks. For more details or to check out the calendar of events, go to theartbarsalyersville.com or find them on Facebook. To sign up for events, email theartbarsalyersville@gmail.com or call 606-264-2865.



Canning 101

Do you want to get started with canning vegetables, fruits and more? Well, it's best to pay attention to a few fundamental rules.

Ruth Sarro, a former extension agent for the Alabama Cooperative Extension System, says you will need some basic equipment, including a wide-mouth funnel, tongs, a ladle or dipper, a jar lifter and a water bath canner with a rack inside.

The best foods for canning have good structure and won't fall apart during the process. High-acid foods and pickles don't need to be pressure canned, but low-acid foods — like vegetables, meats, soups and broths — do.

Inspect your fruits and vegetables before canning. “The quality of the food going in determines the quality of the canned product,” says Sarro.

Glass jars and rings may be sterilized and reused, but you must purchase new flat lids each time. The “USDA Complete Guide to Home Canning” is available through the National Center for Home Food Preservation's website.

FOND MEMORIES

Sarro recalls childhood summers spent gathering wild blackberries and plums and fresh figs, pears, persimmons and pecans on the family dairy farm in South Alabama.

“With seven children to

feed on a farmer's wages, my mother taught each of us to harvest, freeze and can fruits and vegetables,” she says. She became a member of her local 4-H club; food preservation was one of her many projects.

After college, she worked as an agent for the Alabama Cooperative Extension System. Although she primarily handled 4-H programs, she also answered consumers' questions about canning and food safety.

Now retired, she teaches nutrition classes part time at Jacksonville State University, and she continues to enjoy canning at home. She makes berries into jams, freezes them to use throughout the year or eats them fresh.

That's the beauty of food preservation, she says. Canning and freezing let you enjoy the taste of summer in the dead of winter.

“My family prefers home-canned jams and jellies because the taste is more like fresh fruit,” Sarro says. “Home-canned peaches taste much better than commercially canned peaches. Sometimes I make peach jam, too. My daughter calls that ‘liquid gold.’”

HOMEGROWN

Retirement has allowed Sarro time to garden, and she's harvested okra, tomatoes, hot peppers and cucumbers. She grows corn, squash and eggplant, too. What she doesn't grow she buys at the local farmers market in Anniston, Alabama, or she shops at pick-



Ruth Sarro prepares strawberry jam in her home in Wellington, Alabama.

your-own farms in her area.

Canning also frees up freezer space. However, there's no room in the house for all the full jars, so the Sarros store them on shelves in their workshop.

“They'll stay above freezing temperatures out there in the winter but not too hot in the summer; then we'll bring them inside and keep them in the pantry as we need them,” she says, adding that she tries to use the food within a year of canning.

The following recipes are some of Sarro's favorites. They are ones she found in the publication “Food Safety in Alabama” but she says she's tweaked them through the years.



FOOD EDITOR
ANNE P. BRALY
IS A NATIVE OF
CHATTANOOGA,
TENNESSEE.



Anything from watermelon rind pickles to tomatoes and pepper jelly can be canned and preserved.

WATERMELON RIND PICKLES

- 2 pounds (about 4 cups) prepared watermelon rind
- 1 tablespoon pickling lime
- 4 cups white vinegar, divided
- 1 cup water
- 5 cups sugar
- 1 tablespoon whole allspice
- 1 tablespoon whole cloves
- 6 small pieces stick cinnamon

Prepare the watermelon rind by trimming all green and pink portions off. Cut into desired shape or size. Mix pickling lime in a quart (4 cups) of water. Soak prepared watermelon rind in the lime-and-water mixture for 2 to 3 hours. Drain and rinse well, then rinse again to make sure all lime is off the pieces of watermelon rind. Cover rinsed watermelon rind with fresh, cold water and boil for 1 hour or until tender. Drain watermelon rind. Cover with a weak vinegar mixture of 1 cup of vinegar to 2 cups of water. Allow to stand overnight. Discard the liquid the next morning. Make syrup of the 3 cups of vinegar, 1 cup water, sugar and spices by combining and heating to a simmering point. Remove syrup from heat, cover

and allow to steep for 1 hour so flavors of spices can be absorbed. Strain out spices. Add drained watermelon to the syrup and cook gently for 2 hours until syrup is thicker. Using a slotted spoon, pack watermelon rind into prepared standard canning jars. Pour syrup over the watermelon rind in the jars to cover it. Leave 1/2-inch head space in the jar. Wipe jar rims. Adjust jar lids and bands. Process in a boiling water bath canner for 15 minutes for pints and half-pints.

CHILI SAUCE

- 1 peck (about 2 gallons) large ripe tomatoes
- 6 large onions
- 3 large bell peppers
- 1 1/2 pints (3 cups) cider vinegar
- 2 tablespoons cinnamon
- 1 tablespoon mustard
- 1 cup brown sugar
- 2 1/2 tablespoons salt
- 1 tablespoon ginger
- 1 teaspoon nutmeg

Peel, core and slice tomatoes. Chop onions and peppers. Put into a large saucepan. Add remaining ingredients and cook on top of range, stirring

frequently, until sauce reaches consistency of ketchup (about 4 hours). Pack in hot, clean standard pint jars. Remove air bubbles. Wipe jar rims. Adjust jar lids and bands. Process in a boiling water bath canner for 10 minutes.

BREAD-AND-BUTTER PICKLES

- 10 cups sliced cucumbers
- 2 cups sliced onions
- 1/4 cup salt
- 2 cups cider vinegar
- 2 teaspoons celery seed
- 2 teaspoons powdered turmeric
- 1 (3-inch) cinnamon stick
- 3 cups sugar

Combine cucumbers and onions, sprinkle with salt and set aside for 1 hour. Drain off all liquid. Put in a saucepan with vinegar, celery seed, turmeric, cinnamon and sugar. Bring to a boil and simmer 20 minutes. Put into clean standard pint canning jars. Remove air bubbles. Wipe jar rims. Adjust jar lids and bands. Process in a boiling water bath canner for 10 minutes. [📖](#)



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HERE'S YOUR TOPIC: A PICTURE IS WORTH A THOUSAND WORDS



Be creative. Draw a picture of an important person, place, thing or idea. Then, tell us about that picture. Why is the subject important to you? The only limit is your imagination.

READY, SET, GO!

Nine winners will each receive a \$100 back-to-school Hibbett Sports gift card.

LOOK FOR ENTRY FORM AND ADDITIONAL DETAILS ON PAGE 9 OF THIS MONTH'S FOOTHILLS CONNECTION