

# CONNECTION



## Bright Side

Tutoring center  
lights up Paintsville

**REGION  
TURNS TO  
TOURISM**

**CAMPING 'N  
GLAMPING**





By SHIRLEY BLOOMFIELD, CEO  
NTCA-The Rural Broadband Association

## Any room can be a classroom

Broadband opens a world of new educational opportunities

Soon, students will end summer break and return to classrooms and, in communities fortunate enough to be served by a member of NTCA—The Rural Broadband Association, they will have advantages once thought impossible in rural areas.

While fast, reliable broadband service creates opportunity for everyone, our students benefit significantly. Resources that were simply unavailable before are now only a few clicks away.

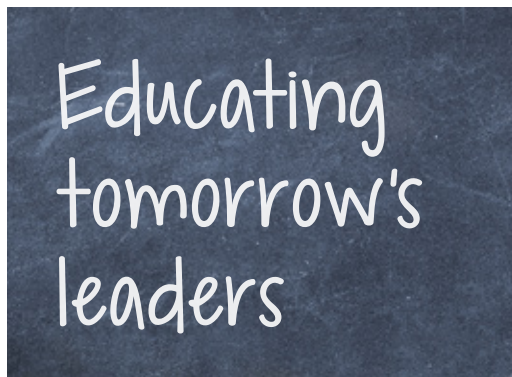
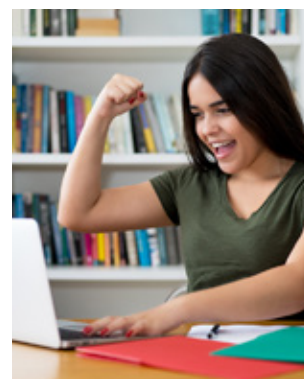
Once, learning about great art meant gazing at photos in a book. Now, students can take virtual tours through the greatest museums on Earth and, hopefully, find inspiration in the masters of the art world. Resources like Project Gutenberg make classic books a click and download away.

Digital resources also go far beyond virtual libraries and museums. Thanks to distance learning — real-time sessions connected through video — students in the most remote communities can tap into advanced or specialized classes otherwise unavailable in their area.

One key focus, and an acronym, you may have heard a lot about is STEM — science, technology, engineering and math. The skills learned in classes such as these are foundational. They can open the door to a range of jobs, higher education opportunities and more.

At the NTCA, we hear stories of these successes daily, because our members, including your communications provider, make a tangible difference in the lives of those they serve. The more tools we provide our students — the people who will become our future leaders and innovators — the richer our communities will become.

Every day, our NTCA members work to make that future a reality. 📶



# Welcoming clouds

Digital storage brightens the day



Whether sharing work files, snapping photos with your phone or dozens of other actions, your digital data most likely doesn't remain solely on your device. Instead, those files were probably shared through a cloud-based service. Similarly, most phones default to backing up your photos to the cloud.

In fact, the cloud is one critical presence in our digital lives, an experience often so seamless you might not even realize it's there.

But, exactly what is the cloud, and how does it work? Think of it as a collection of computers designed not only to store critical data, but also to back it up securely and deliver it on demand to whatever device you choose. That's how you're able to work on the same file at home as you would at school, at an office or just on the go with a mobile device.

## HOW IT WORKS

When you subscribe to a cloud provider such as Apple, Dropbox, Google, Microsoft or many others, you can upload files to a data server managed by that company. In some cases, the files are both on your device and in the cloud. Or, they may strictly be in the cloud, saving room on your device. These files can be photos, videos, documents with text, emails or more. As long as your device is connected to the internet and you are logged into the service, you can access this digital library. The cloud providers work hard to make it all as seamless as possible.

## CLOUD ADVANTAGES

Cloud storage saves space on your devices. It's also a good way to preserve files as a backup. Rather than keep one copy of

your data, cloud services keep multiple copies on many machines to create as reliable a system as possible.

Many businesses use cloud storage to offload the responsibility of managing physical servers or running complex software. Another benefit of using the cloud is that you can increase or decrease storage based on how much you need, matching the price of the service to your requirements.

## EXAMPLES

Apple's iCloud, Microsoft's OneDrive and Google Drive are popular cloud storage options for individuals. Cloud storage is also used by social media and entertainment companies to provide services to the public. For example, Facebook manages its own private cloud services and data centers. Instagram and Pinterest are also cloud-based. If you've ever used Netflix to watch movies, then you were also using a cloud computing service.

Popular personal use of cloud storage includes family photos and important financial documents such as tax returns. Businesses might use cloud storage for employee files, financial data such as payroll and to store customer data.

## BACK UP THE CRITICAL FILES

Cloud storage provides a range of benefits, but with vital information — anything from wills to family photos, digital art and beyond — consider the cloud as just one part good digital housekeeping. Consider creating three versions of these files: one in the cloud, a second on a computer hard drive and a third on an external drive. Rely on the cloud for convenience, but keep backup for, well, a rainy day. ☔



# Heating up

## Summer highlights our great life



**RUTH CONLEY**  
Chief Executive Officer

**L**ong summer days are opportunities for adventure, community and fun.

Many of us will find the time for family vacations to new places or to trusty favorite destinations. Fireworks, parades and more will bring neighbors together to celebrate who we are as a nation and as a community. Also, summer sports, gardening and similar activities will leave many people sore, possibly a little sunburned and the good kind of tired.

While I appreciate our area every day, the summer months are special. With so much activity, it's the perfect chance to catch up with old friends and see some new faces — people who have also decided to call our region home.

That's the case not only for me, personally, but also for our company. This is a time when we can see better than ever the fruits of our labor, because our mission is to help make life here the best it possibly can be. Can we do that alone? Certainly not. Schools, our elected leaders, business owners, neighbors who help neighbors — the list is rich and longer than we could print here — come together to make a difference.

As a communications company, however, we do play a critical role, a connective thread that empowers groups, organizations and individuals. Not only does our fast internet service link local residents, businesses, schools and more to the world, but it also provides access to a wealth of local information and resources.

Everything from posts about lost pets and neighborhood meetings to job openings and important government notices are all just few clicks away. Just because it's online doesn't mean it has to be about something hundreds, or thousands, of miles away. Even when the connections are long distance, the results are often tangible here.

For example, remote work is increasingly offered as a viable option by companies of all sizes. As a result, our workforce can now compete for jobs that once meant relocating to a big city. The skills, not the location, are now most important.

Similarly, classrooms down the road from where you live can access resources from not just around the nation but also from around the world. A virtual tour of museums in New York, London or France is just a few clicks away. There's a wealth of digital books, many downloadable for free. Everything from high school homework to college admissions is easier.

While our local health care providers are appreciated for all they do, telehealth offers more opportunities to access services otherwise unavailable locally. Instead of a long drive to visit a specialist, a video-based appointment can be the answer.

All of this excites me, and I can discuss the benefits of fast internet at length — it's a long, and growing, list. The truth is that our communications services provide a daily benefit to many, and the sum of those individual gains is a more vibrant community.

During these warm summer days, that's all reflected in the joy of people coming together — we've made this a wonderful place to call home.

Enjoy your summer. 📺



## CONNECTION

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The Foothills Connection is a bimonthly newsletter published by Foothills Communications, ©2022. It is distributed without charge to all customers of the company.



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, which 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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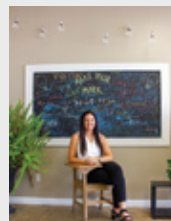
### Foothills Mission Statement

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

Produced for Foothills Communications by:



### On the Cover:



Ashley Bush started Bright Side Learning & Tutoring Center in Paintsville to help children learn. See story Page 8.



# FESTIVAL SEASON IS HERE!

After two years of cancellations, postponements and all-around uncertainty, the region's hottest summer and fall events are back and better than ever. To keep track, we've listed a few here:

## ► KENTUCKY APPLE FESTIVAL

Paintsville

Sept. 30-Oct. 1

[kyapplefest.org](http://kyapplefest.org)

Visit the Official Kentucky Apple Fest Facebook page.

## ► LAWRENCE COUNTY SEPTEMBER FEST

Louisa

Sept. 11-12

[septemberfestlouisa.com](http://septemberfestlouisa.com)

Visit the Lawrence County Septemberfest Facebook page.

## ► LAWRENCE COUNTY FAIR & RODEO

Louisa

[lawrencecountyfairlouisaky.com](http://lawrencecountyfairlouisaky.com)

Visit the Lawrence County Fair - KY Facebook page.

## ► MAGOFFIN COUNTY COMMUNITY DAYS

Salyersville

Aug. 20-21

**CAUTION!**  
*The temperature isn't the only thing soaring this summer.*

Call today and upgrade your internet to move faster than ever!

**FOOTHILLS** | 606-297-3501  
[foothills.net](http://foothills.net)

\*Fiber broadband speeds vary based on availability.



Foothills Communications would like to wish you a fun and safe Independence Day! Our office will close on **Monday, July 4**, in observance of the holiday.

# Glamping IN THE SOUTH: *a luxurious getaway*

Story by ANNE BRALY

The concept means all the comforts of home in a rustic setting

Glamping has become a huge trend for those who want the thrill of getting back to nature without the hassle of backpacking and sleeping on the cold, hard ground.

That experience is what you'll find at Wildwood Resort and Marina on Cordell Hull Lake in Middle Tennessee's Upper Cumberland region. A newly renovated resort, it offers glampers the best of both worlds — a place to enjoy nature but in resort-style accommodations with a full range of activities. It's summer camp all grown up, with horseback riding, hiking, canoeing, paddle boarding and kayaking, but a bed with luxury linens awaits at the end of the day.

Mornings begin peacefully at Wildwood in an area called The Woods. Glamping is the focus there in the beautifully appointed, fully restored retro Airstream trailers amid tall pines and

hardwoods with a view of Cordell Hull Lake. The trailers offer beds with nice linens, a Keurig to brew your coffee in the morning and a long list of things to do throughout the day. At night, light a fire — each Airstream has a fire pit — and enjoy the peace and quiet of your surroundings. Don't forget the marshmallows.

The Airstreams, six in all, are named for the queens of country music. There's Dolly from 1960; June, circa 1971; Emmylou from 1983; Patsy and Reba, both 2012 models; and Loretta, circa 1985. They have outdoor grills, microwaves and refrigerators, so you can prepare your own food if you desire. If not, Wildwood offers two dining venues. Grab a snack, breakfast or a quick lunch at Holston Cafe, open seven days a week. Timberloft Lakeside Restaurant, open on weekends, offers cozy seating inside and outdoor dining on a deck overlooking the water.

John and Natasha Deane and Kevin and Donna Jones bought the old marina in Granville, Tennessee, in 2018 and reopened it as Wildwood Resort and Marina. After some major renovations



©Marina/Adobe Stock





and additions, the resort now boasts a houseboat with two bedrooms, a new lakeside lodge with 14 guest rooms, lakeside cabins, a state-of-the-art conference center and the six vintage Airstreams.

You can tailor your stay at Wildwood any way you want. Hop on a paddleboard or in a kayak or canoe and make your way across Cordell Hull Lake to explore its nearby tributaries — Indian Creek and Martin's Creek. Or, let someone else do the driving by taking a breakfast, brunch or dinner cruise at sunset aboard a pontoon boat. Just make arrangements ahead of time with the staff. You can also simply wet a line and fish from the boardwalk along the jetty — bring your own bait and tackle.

Off-site, there's more to keep you busy. The area is known for its wineries and waterfalls, so grab a map and get moving. You can also arrange a guided tour. Trails abound through the area, so be sure to bring your hiking boots. Or hop on a horse and take a ride along a designated trail that skirts the lake. One-hour and two-hour rides are available. Tired muscles after a day of fun? Put your name down for a massage.

The town of Granville, Tennessee, has a population of 300 that swells to 10,000 during the Heritage Day Festival every Memorial Day weekend. It's one of seven festivals that take place in the small downtown. Granville is also home to T. B. Sutton General Store, established in 1880. Every Saturday night, the store hosts a bluegrass dinner with live music on the small corner stage. The music goes out to radios across the world in a broadcast.

"Granville has a ton of history, and the town has embraced it," John says, adding that visitors can take tours that showcase the history. Again, check with the resort for reservations for all activities.

Music is a part of life at Wildwood, too. There's live music on Fridays and Saturdays with bands playing covers May through September. Prominent Nashville musicians come in for singer-songwriter night the second Saturday of these months. Every Thursday night is Pickin' on the Porch, open to all who want to pick up an instrument and join in or just sit back and listen.

"Wildwood is an irresistible destination for discovering the Tennessee wilderness," John says. And glamping is a fun way to do it.

*Reservations: [www.wildwoodresorttn.com](http://www.wildwoodresorttn.com).*



**Far left: Lodging at Wildwood Resort and Marina in Tennessee includes restored Airstream trailers.**

**Left: Cummins Falls State Park creates a scenic destination for a daytrip.**

Kayaking on Cordell Hull Lake is another of the pastimes at the resort.



## Glamping around the South

**River Ranch, Florida** — Enjoy glamping at an authentic dude ranch in a rare, untouched piece of Florida wilderness. Westgate River Ranch Resort & Rodeo lies on 1,700 acres an hour south of Orlando. It can accommodate a couple's getaway, family bonding or a group of friends. Glamping includes a fully furnished, air-conditioned tent with access to a private bath, campfire with a s'mores kit, warm cinnamon rolls and personalized concierge service. Weekend guests can also return to the days of "Old Florida" by attending a rodeo in the 1,200-seat arena, followed by a variety of Florida cowboy-themed activities.

*Reservations: [westgateresorts.com/hotels/florida/river-ranch](http://westgateresorts.com/hotels/florida/river-ranch)*

**Gulf Shores, Alabama** — Gulf State Park is the perfect destination for exploring the white sand beaches of Gulf Shores. The campground is set up with three glamping-style safari tents that sleep up to four people. While glamping here is more rustic than in some other places, you'll still sleep in comfort off the ground on cots. A communal wash station is nearby, and there are full bathroom facilities a little farther away. It's all about combining backcountry camping with convenience and privacy — and a gorgeous beach.

*Reservations: [alapark.com](http://alapark.com)*

**Walhalla, South Carolina** — You'll need to make reservations early to sleep in a treehouse on a South Carolina farm that's a stone's throw from the Chattahoochee National Forest. Walls of windows will make you feel like a bird high in the trees with views all around. The property boasts gardens, forests of hardwood trees and trails galore. The treehouse has luxury bedding, a fireplace and dining room, a barbecue grill and a hammock for relaxing. Bring your own food or, for an extra fee, have dinner delivered to your door.

*Reservations: [boltfarmtreehouse.com](http://boltfarmtreehouse.com)*

# Closing the le

## Local teacher starts a tutoring service for the COVID generation

Story by JEN CALHOUN



Top: Ashley Bush, a teacher in Johnson County, started Bright Side Learning & Tutoring Center to help students catch up and get ahead.

Bottom: The library at the Paintsville tutoring center.

### BRIDGE BUILDING 101

That gap led Bush to start Bright Side Learning & Tutoring Center in Paintsville, a company that offers one-on-one and small-group tutoring sessions with board-certified teachers for children in grades K-12. “I saw the learning gap first-hand, and I saw that some students really needed that in-person instruction,” Bush says. “Not every child could log on to their classes, and parents still had to go to work. It was hard to get kids to attend a Google Meet, and it was hard to keep them focused all day long when they did. The more I thought about it, the more I realized we needed a place for extra tutoring.”

The center is at 312 Main St. in Paintsville, and parents can ask for tutoring in all subjects, including ACT prep. The building itself is set up like a doctor’s office with separate rooms for in-person tutoring. Parents contact Bush, and she offers up the tutoring engagements to her roster of 24 teachers from school systems in the region. The teachers choose their assignments and then pay a small hourly fee to use the center’s rooms, which offer privacy and broadband service from Foothills Communications to help with digital education needs. “When I started this, I decided to dive in and hope for the best,” Bush says. “I tried to be business savvy about it, so I set it up as a room-rental facility but for teachers.”

One of the things that sets Bright Side apart from other tutoring programs is its focus on using board-certified instructors, Bush says. “A lot of tutoring centers don’t do that. It’s been great for the teachers, too. They get to make their own schedules — some even tutor on weekends. It’s a great way for the teachers to make extra income.”

As a teacher in the Johnson County school district, Ashley Bush started noticing a shift in students not long after the COVID-19 pandemic hit. While some thrived in an online learning environment, others fell back.

The COVID learning gap came about when the pandemic forced many schools to revert to online classes in an effort to keep the wheels of education turning. For some students, internet access was a problem, while others lacked supervision as parents headed to work. As a result, recent studies have shown that, on average, many students have fallen months behind in various subjects.



# Learning gap

## COMMON GOALS

Since opening in January 2021, the center has grown fast. By March 2022, more than 100 students were enrolled, and the center's offerings had expanded to include summer camps, play-therapy sessions for pre-schoolers and monthly events.

In addition, the center has partnered with the Johnson County Public Library to offer scholarships for students who might not be able to afford tutoring sessions, which cost \$40 for a one-hour, one-on-one session. Other scholarships through the Kent Rose Foundation are also in the works, Bush says. "We're trying to help everyone in the community, but not just the students," she says. "I like to support other local businesses where we can. We're very community-based."

That support may include offering students a special treat from the local cafe for a job well done after a session, or she might give a local artist a chance to hold arts and crafts classes. Summer camps can include everything from math to arts and crafts.

Bush says she hopes the Paintsville center is the beginning of more Bright Side centers across the country. She hopes to channel her love of teaching with her entrepreneurial spirit to develop franchises based on her business model. But if it sounds like a lot of work, Bush isn't afraid. "I'm at school from 7:15 a.m. to 3:15 p.m. every weekday. Then, I go to the center and tutor until 9 p.m. every night," she says. "It's a lot of work, but I truly love teaching. Seeing the difference myself and the other tutors make in each of our students is worth it all." 📱

**Top: Tutor Amy West works with a student on spelling skills by using a drill and practice game.**

**Bottom: Tutor Allison Caudill and a sixth grade student study math.**



Photos contributed by Ashley Bush

# Bright futures

Bright Side Learning & Tutoring Center offers one-on-one tutoring and small-group tutoring sessions on any subject for children in kindergarten through 12th grade, as well as play therapy sessions for children ages 3-5. All tutors are certified teachers, and online tutoring is available. Bright Side also offers ACT prep, summer camps and monthly events. Summer camp options can include multiplication, arts and more. To find out more about the center's tutoring programs, summer camps and other activities, visit its Facebook page or send an email to [brightsidetlc20@gmail.com](mailto:brightsidetlc20@gmail.com). The office is at 312 Main St. in Paintsville.

# Back to School

Story by LISA SAVAGE



✱ **Make sure you have adequate internet speeds for students studying at home**

Many schools now offer more options for virtual days and online learning, whether it's for severe weather outbreaks, sick days or a family that has discovered that online learning works best for their child.

As a result, a reliable home internet service is more important than ever, whether it's for students who need to access online assignments, parents working remotely or for streaming movies and shows.

The Federal Communications Commission offers some tips to optimize your home network performance:

## CHECK YOUR INTERNET PLAN

Check with your internet provider to find out the speed in your plan. Make sure it's enough to handle all the devices that might be connected at the same time, as well as any additional devices that could be added, such as televisions for streaming, laptops and more. FCC consumer guides provide information about household broadband use and broadband speeds.

## TEST YOUR SPEED

In many cases, your internet provider has a speed test on the company website, or you can download broadband speed test apps or visit speed test websites, to check your current broadband download and upload speeds. Many providers, especially rural telecommunications cooperatives, strive

to keep download and upload speeds close to the same, which is important when it comes to online meeting platforms, which require higher upload speeds. Some national providers offer deals to get new customers, advertising high speeds. In reality, they may be referring only to download speed.

## TROUBLESHOOTING

In most homes, internet service comes to the house and then operates through a wireless signal called Wi-Fi, which distributes the broadband throughout the home on a device called a router. Using multiple wireless devices on the same Wi-Fi network can impact performance.

Sometimes, rebooting the router — turning it off and then turning it back on — can resolve the problem.

If your internet provider doesn't supply the router, make sure it isn't outdated. Check the model number on the router to see if it's capable of providing the speed you're paying for. If your internet speed seems slower than it should be, contact your provider for troubleshooting tips, or ask if there are any outages or disruptions that could impact speed.

Whether they're in the classroom or learning virtually, almost all students need access to the internet to reach their potential. Making sure your broadband network provides the speeds they need is a big step in the right direction. ☑



# Connected classrooms

Teachers maximize communication with students and parents

Story by LISA SAVAGE



How many times has this happened, parents?

You're running late as you get ready to leave home and drop the kids off at school as you rush to work.

As you go through your mental checklist, you think you're doing OK, and then your child says, "I forgot to study for my spelling test." The teacher sent the list of spelling words home on a note that's shoved deep into your child's backpack.

Now, the educational world is changing, using apps for classroom reminders, school activities and even payment in advance for athletic and other school events.

While many teachers still send notes and schedules home on paper, they also communicate the same information through apps.

Apps like Remind allow teachers and coaches to send out information about class assignments or practice schedules. Messages can be sent to a group or to individuals. About 80% of schools in the United States use Remind to connect students, teachers and families. It's designed for grades K-12 to communicate with everyone at once, and it has 20 million monthly active users across the United States.

Parents like the app because they receive early closing notifications instantaneously. All parents don't always see reminders that go out on social media.

The app reminds parents of homework assignments, dress up days and more.

It can lead to more participation in the classroom when parents get reminders because not all students show notes to their parents, and not all parents go through their children's backpacks to find them.

ClassDojo has typically been used for younger students and has group messaging and individual options, so the group may not necessarily see responses.

The app has messaging for group story posts, as well as individual student portfolios where teachers can assign work and students can turn in assignments. It also translates into over 35 languages.

Talking Points also features translation and options to communicate with families in their home languages to build strong partnerships during the school year.

Many school systems utilize platforms like Google Classroom, which also has access to such options as Google Voice for communication with students and their parents. For extracurricular activities like athletic events or stage performances, some school systems utilize GoFan, an app that offers online ticket purchases.

More and more schools are opting for the app purchase to avoid cash transactions. Some schools no longer even accept cash payments at the gate for events.

Since 2001, GoFan and its parent company, Huddle Tickets, have worked with over 10,000 schools selling over 20 million tickets — more digital high school tickets than any other company.

Other companies offer similar purchase availabilities through an app.

Parents, as another school year is about to begin, make sure you have the tools necessary to make meaningful connections with your child's teachers and school system.

Remind



GO FAN

TalkingPoints

From classroom reminders to athletic tickets, apps are increasingly essential.



Downtown Louisa's renaissance is one of several in Eastern Kentucky, where tourism is growing.

# Growth industry

## Local groups see bright future for tourism

Story by JEN CALHOUN

**W**es Kingsmore loves Lawrence County. The 57-year-old Louisa resident likes to rattle off stories about native sons and daughters who ran off and did big things, and then, he'll turn around and praise the ones still here. He likes to describe the county's miles of country roads, its abundant wilderness and the views that can make a person's faith grow strong.

But after all that, he likes to get down to business. As chairman of the Lawrence County Tourism Commission, Kingsmore realizes his county needs to use its poetic backdrop as a way to draw tourists and new residents before there's no one left to welcome them.

"Louisa is a lot like the other coal-based communities in this region," Kingsmore says. "They're going to fade away if we

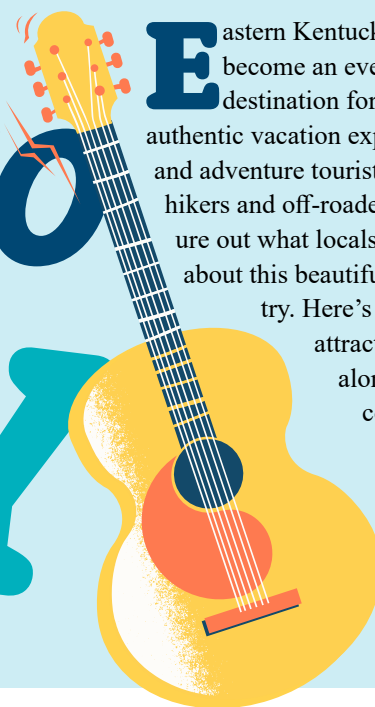
don't create some sort of tax base. There haven't been too many jobs created here in the last several years that didn't have coal dust on them."

### Looking forward

Kingsmore is not alone in his thinking. In recent years, several counties in Eastern Kentucky have geared up to draw tourists — especially the outdoorsy ones — who will bring money to the region and its businesses. It's a reachable goal, says Jeremiah Parsons, interim executive director of Paintsville Tourism, which also serves Johnson County. For years, the area has been a destination for tourists visiting Loretta Lynn's Home Place, the Mountain HomePlace Farm, and the U.S. 23 Country Music Highway Museum.

"Right now, overall tourism is an

# Ways to PLAY



**E**astern Kentucky could soon become an even livelier tourist destination for those seeking more authentic vacation experiences. Outdoor and adventure tourists, including bikers, hikers and off-roaders, are starting to figure out what locals have always known about this beautiful area of the country. Here's a very small list of attractions in each county, along with a few events coming soon.



Left: Wes Kingsmore stands in front of a mural in downtown Louisa.

Right: Downtown Louisa's renovations are part of an ongoing effort to draw tourists into the region.



Photography by John Michael Laney

## in the region

\$8.9 billion industry in the state,” Parsons says. “Here in Johnson County alone, tourism already accounts for \$15.1 million in direct spending annually.”

Foothills Communications’ broadband service has helped, too. “Fiber internet is so important,” Parsons says. “It helps us recruit businesses, lets people work from home and shop our businesses. It’s a digital world now. If you’ve got the kind of internet service we have, then you can literally reach the world from here.”

### Natural-born thrillers

While Eastern Kentucky’s musical heritage has long offered a strong hook for visitors, its hills, hollows, streams and ruggedness could be a game changer for travelers looking for outdoor adventures.

“Adventure and outdoor tourism is

huge for Eastern Kentucky,” Parsons says. “We’re working on getting trail systems for off-roaders that will connect all the counties. We have lakes for fishing and boating. We have hiking and biking trails. For me, it’s also a way we can preserve our heritage. In my opinion, Appalachia is the last authentic American heritage that’s still hanging on. Our way of life is different — it’s rooted in family and relationships, loyalty to the community and to the land. What better way to share this earth than have others come here?”

Salyersville Mayor Pete Shepherd agrees. Adventure and outdoor tourism could be the break Eastern Kentucky’s been looking for, he says. “Everything we’ve ever had that brought income to this region is gone. Coal, tobacco — they’ve cut everything out, so we’ve got to look

to something else. It looks like tourism is going to be the thing for us from now on.”

In order to lure more tourists to Eastern Kentucky, the public needs to know about the region and all it has to offer. The area also needs more events, activities, restaurants, motels, Airbnbs and campgrounds — all of which could mean big opportunities for locals with entrepreneurial spirits.

The region also needs community buy-in on another more basic level, Kingsmore says. “I’m not sure the people here always remember how beautiful this place is. We need them to highlight the positives in our community so other people can see it. It has to start with us.” 📱



## JOHNSON COUNTY

### ONLINE:

Check out [paintsvilletourism.com](http://paintsvilletourism.com), the Paintsville Tourism Facebook page and [kyadventures.com](http://kyadventures.com) for Johnson County.

### ATTRACTIONS:

Billed as the Music Capital of Eastern Kentucky, the county offers several attractions, including Loretta Lynn’s Home Place and the U.S. 23 Country Music Highway Museum.

### LOOK FOR:

Van Lear Days, Aug. 5-6.



## LAWRENCE COUNTY

### ONLINE:

Check out [visitlecky.com](http://visitlecky.com) and the Lawrence County KY Tourism Facebook page.

### ATTRACTIONS:

Lawrence County offers about 60 to 70 miles of trails for hikers, bikers and off-roaders, but it’s also home to Yatesville Lake State Park.

### LOOK FOR:

SeptemberFest in Louisa, the weekend after Labor Day.

## MAGOFFIN COUNTY

### ONLINE:

Visit [kyadventures.com](http://kyadventures.com) for Magoffin County.

### ATTRACTIONS:

Located on the Licking River, Lawrence County offers miles of trails in addition to Paintsville Lake State Park and the Magoffin County Historical Society Pioneer Village.

### UPCOMING EVENT:

Magoffin County Founders Day, a five-day event that runs through Labor Day.

# Relishing SOMETHING NEW FOR veggies?

## Extending shelf life may leave you in a pickle

For thousands of years, we've relied on pickling as a means of food preservation and storage. Since then, it's evolved into a culinary trend that extends well beyond the standard spears and slices that make up dill or bread-and-butter pickles. You can pickle almost any fruit or veggie to create briny snacks, colorful relishes and tasty garnishes.

We all know cucumbers can become delicious pickles. But watermelon rind is wonderfully sweet pickled. Turnips, asparagus, beets, bell peppers, parsnips, peaches and peppers can taste great after the process, too.

Pickling extends the harvest season well into winter when we long for the flavors of the summer garden. So, don't throw away the watermelon rinds from your summer picnic, and when you pick that peck of peppers, don't forget to pickle a few. 🥒

### PICKLED PEACHES

- 3 cups sugar
- 2 cups distilled white vinegar
- 12 cinnamon sticks, divided
- 36 whole cloves, divided
- 18 soft peaches

In a large stainless steel stockpot over medium heat, bring 1 cup water, sugar, vinegar, 6 cinnamon sticks and 18 cloves to a boil, stirring to dissolve sugar. Reduce heat to medium-low and add peaches. Gently simmer, without boiling, until peaches are heated through and a fork pierces the fruit with no resistance, 10 to 15 minutes.

Using a slotted spoon, divide peaches among six sterilized, 1-pint canning jars, placing peaches pit-side down. Add 1 of the remaining cinnamon sticks and 3 of the remaining cloves to each jar. Ladle cooking liquid into jars, filling each to within 1/2 inch of rim. Wipe the lip of each jar rim with a clean, wet cloth to remove any syrup or bits of fruit. Then, top each jar with a flat lid and screw on a threaded ring band without tightening completely. Roll jars on their sides to release any air bubbles that might be trapped in the peach cavities. Turn upright. Remove ring bands and lids, and add more cooking liquid, if needed because of settling, to fill jars to within 1/2 inch of rim. Replace lids and threaded ring bands, tightening completely to seal. Store pickled peaches in refrigerator for up to eight weeks.







## WATERMELON RIND PICKLES

- 2 pounds watermelon rind
- 1/4 cup pickling salt
- 4 cups water, divided, plus more for boiling
- 2 cups granulated sugar
- 1 cup white vinegar
- 1 tablespoon broken-up cinnamon stick
- 1 1/2 teaspoons whole cloves
- 1/2 lemon, thinly sliced
- 5 maraschino cherries, halved — optional

Trim the dark green and pink parts from the watermelon rind and discard. Cut rind into 1-inch cubes and measure out 7 cups.

Put the watermelon rind in a large container with the pickling salt and 3 cups of the water. Add more water to cover the rinds, if necessary. Soak overnight.

Drain and rinse watermelon rind.

Cover the rind with cold water in a large saucepan. Simmer just until tender, about 10 minutes.

Meanwhile, in a nonreactive 6- to 8-quart kettle, combine the sugar, vinegar, cinnamon, whole cloves and remaining 1 cup water. Simmer the mixture for 10 minutes. Strain and discard the solids.

Pour the strained liquid back into the pan. Add the drained watermelon rind, lemon slices and maraschino cherries. Simmer the mixture until the watermelon rind is translucent, about 30 minutes.

Fill half-pint jars with the hot watermelon rind and syrup mixture, leaving 1/2 inch of headspace. Add the lids. Process in a boiling water bath for 5 minutes, and remove jars. Let the jars cool on a rack. Serve and enjoy. Properly canned, watermelon pickles will keep in a cool, dark, dry place for at least a year.

*Note: If your jars didn't seal properly or you don't want to process them in boiling water, they will keep for about a month in the refrigerator.*

## REFRIGERATOR PICKLES

- 5 1/2 cups, about 1 1/2 pounds, thinly sliced (about 1/2-1/4-inch) pickling cucumbers
- 1 1/2 tablespoons kosher salt
- 1 cup thinly sliced sweet onion
- 1 cup granulated sugar
- 1 cup white vinegar
- 1/2 cup apple cider vinegar
- 1/4 cup light brown sugar
- 1 1/2 teaspoons mustard seeds
- 1/2 teaspoon celery seeds
- 1/8 teaspoon ground turmeric

Combine cucumbers and salt in a large, shallow bowl. Cover and chill 1 1/2 hours. Move cucumbers into a colander and rinse thoroughly under cold water. Drain well and return cucumbers to bowl. Add onion to bowl and toss with the cucumbers.

Combine the granulated sugar, white vinegar, apple cider vinegar, brown sugar, mustard seeds, celery seeds and ground turmeric in a medium saucepan. Bring to a simmer over medium heat, stirring until the sugar dissolves.

Pour the hot vinegar mixture over cucumber mixture. Let stand at room temperature 1 hour. Cover and refrigerate 24 hours. Store in an airtight container in refrigerator up to one month.



## PICKLED BRUSSELS SPROUTS

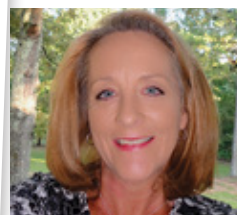
- 1 pound Brussels sprouts
- 1 1/2 cups apple cider vinegar
- 1 cup water
- 1 tablespoon pickling salt
- 20 peppercorns, divided
- 1/4 teaspoon yellow mustard seeds, divided
- 2 garlic cloves
- 2 bay leaves

Trim the sprouts and cut them in half. Set aside. Combine vinegar, water and salt in a stainless steel pot and bring to a boil.

Divide the peppercorns, mustard seeds, garlic cloves and bay leaves between two prepared pint jars. Pack sprouts into jars and pour brine over the sprouts. Use a wooden chopstick to remove air bubbles from jars.

Wipe rims, apply lids and rings and process in a boiling water bath for 10 minutes.

When time is up, remove jars from canner and let cool on a folded towel. When jars are cool, test seals. If seals are good, jars can be stored in the pantry (any unsealed jars should be refrigerated). Give pickles at least 48 hours before you eat them, so that the brine fully penetrates the sprouts. Sealed jars will keep up to one year on the pantry shelf.



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