

CONNECTION

Rebel River Outfitters

Louisa shop makes
a splash

WILD KENTUCKY

RETRO RECIPES



By SHIRLEY BLOOMFIELD, CEO
NTCA—The Rural Broadband Association

Seven decades of service

Supporting rural communities through better communications

NTCA proudly represents more than 850 telecommunications companies across rural America as they provide a variety of services including robust broadband, landline, wireless, data, video and IT support. June 1 marks our 70th anniversary, and it's a perfect opportunity to reflect upon how far this life-changing industry has traveled.

The independent telephone industry began to develop throughout rural America in the 1890s, largely because these regions were ignored by large national providers.

After World War II, as the telephone's popularity surged and the value of connectivity was recognized, Congress passed legislation to extend loans to bring telephone systems to rural communities.

With funding on the way, the need for an independent national organization to represent small telephone companies was at an all-time high and, in 1954, NTCA was born.

Eight rural telephone systems in seven states became the original members and got to work advocating to grow the industry.

Over the last few decades, NTCA has focused on the evolution of our members from telecommunications to broadband providers as well as numerous key priorities for rural America, including building a sustainable future for universal service, building Smart Rural Communities, providing cybersecurity tools, being the catalyst for policy engagement and so much more.

As NTCA celebrates its platinum anniversary, we are excited to see what is next for this vibrant industry as it supports rural America and beyond. 📶

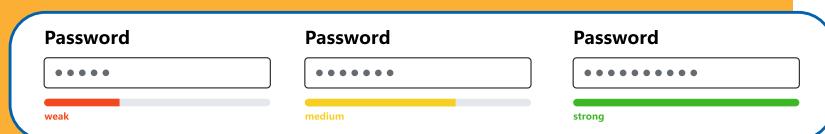
3 tips for password security



Illustration by origami8/Adobe Stock

Passwords are everywhere. From health care and school to work and play, software, websites, essential services and more, most of our daily online activities require a secure login.

The U.S. Cybersecurity and Infrastructure Security Agency offers three tips to better password security — and a good password follows all three.



1 MAKE THEM LONG

At least 16 characters — longer is stronger!

2 MAKE THEM RANDOM

Option 1: Use a random string of mixed-case letters, numbers and symbols. For example:
cXmnZK65rf*&DaaD or Yuc8\$RikA34%ZoPPao98t

Option 2: Create a memorable phrase of five to seven unrelated words. Then, get creative with spelling and the addition of a number or symbol.

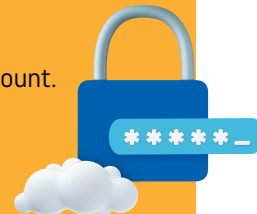
- » Strong: HorsePurpleHatRunBaconShoes
- » Stronger: HorsPerpleHatRunBayconShoos
- » Strongest: HorsPerpleHat#1RunBayconShoos



3 MAKE THEM UNIQUE

Use a different strong password for each account. For example:

- » **Bank:** k8dfh8c@Pfv0gB2
- » **Email account:** LmvF%swVR56s2mW
- » **Social media account:** e246gs%mfS#3tv6



Fortunately, password managers can help you keep up with these longer, more complex codes. Options range from tools already in your web browser to commercial software.



The 30-second commute

Photo by StockPhotoPro/Adobe Stock

Remote work can be a wonderful opportunity

To those who spend long hours in an office, on the road or in the field, working from home might sound like a dream. And, for some, it is.

It's estimated that by 2025 about 22% of the U.S. workforce — or 32.6 million people — will work remotely. A 2023 study by Forbes Advisor found 12.7% of the nation's full-time employees work from home, while another 28% work a hybrid model, dividing the work week between home and the office.

Working from home can help save money on gas, as well as wear and tear on vehicles. The flip side, however, is being face to face with household chores all day. The isolating nature of solo work can also be a challenge, as can establishing the distinction between work and home life.

TOOLS FOR SUCCESS

- It makes sense that fast, reliable internet is the first component to remote work success. If your link to the working world is compromised, you can't get anything done. A backup location is another must, just in case a storm

knocks out the electricity or your peace and quiet is temporarily disturbed.

- Experts advise setting up a dedicated workspace — not in an area like your living room or bedroom — free from distractions, preferably with a door. While it might be tempting to work from the bed or couch, soft surfaces don't provide proper support and can lead to headaches, strains and arthritis. It's also important to consider how your workspace will appear to your co-workers and clients during on-screen meetings.
- Creating a routine is vital for remote work. If your family and neighbors know your schedule, they'll be less likely to present distractions.
- The opportunities for remote jobs are out there, you just need to know where to look. Computer tech jobs continue to be the most common opportunities, as are marketing, accounting, HR/recruiting and customer service.

REMOTE WORK RED FLAGS

When searching for work-from-home opportunities, it's important to avoid pitfalls. If the job sounds too good to be true, it usually is. Be wary if:

- The ad says things like, "unlimited earning potential," "investment opportunities and seminars" or "quick money."

- The job requires upfront expenses from you.
- You're asked for personal information — Social Security number, birthdate, banking account numbers, etc. — early in the interview process or as part of your initial application.
- You are offered a job without an interview or anyone contacting or asking for references. 🗨️



Pros of working from home

- Better work-life balance
- More freedom
- Improved employee mindset
- Decreased wardrobe budget
- Comforts of home
- No commute, less wear and tear on vehicle
- Self-regulated hours
- Flexible schedule

Unlock your perfect break

A dream vacation is a click away

Are you ready for a vacation? Summer travel season is about to ramp up, and many Americans will be hitting the highway or heading to the airport. Whether it's a short trip or a multiday excursion, I think about all the ways Foothills' services can help you plan your perfect break.



RUTH CONLEY
Chief Executive Officer

Before we chat about how we can help you find your next adventure, I'd like you to keep in mind the opportunities our own area provides. While we consider this place home, others are discovering that our region is a perfect destination for their own getaways.

That's the beauty of rural communities like ours. Often there's so much to do, and it's easy to take the places you see every day for granted. But our lakes, trails and parks offer great opportunities for outdoor enthusiasts.

Similarly, we have plenty of history shaped by the businesses, people and events that help establish who we are. While you may know the tales of our past, many history buffs and others find these nuggets of days gone by endlessly fascinating.

It's never been easier to plan a fun getaway and find our nation's gems. Have you visited all the local spots? If you're not sure, I encourage you to venture online. Explore what others say about our area, and you just might find a new adventure right here at home!

But if you're ready for that summer trip away from home, those same tools come into play. Travel agents very much have a place, and they're available to help you. But if you have a do-it-yourself mindset, going online opens the door to a wealth of resources.

Many travel sites offer day-by-day itineraries. Are you going to be in a city for two days? A plan is likely available. Considering a weeklong driving trip with some ocean views? Those plans are out there, too — all just a few clicks away.

If you're wired into social media like Facebook or Reddit, you can tap into another powerful resource — people! Most cities, destinations or hobbies have online groups dedicated to them, and these are often surprisingly helpful. Planning a fishing trip to the coast? Are you a hiker? Or, perhaps you want to explore all the best kid-friendly spots of a specific town or city. There's an online resource for you.

Even when we're contemplating unplugging, the online world is always available to connect us. We're proud to provide fast, reliable internet service that allows you to unlock your next adventure! 📶



CONNECTION

MAY/JUNE 2024

VOL. 11, NO. 3

The Foothills Connection is a bimonthly newsletter published by Foothills Communications, ©2024. 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, Johnson and Lawrence counties, as well as parts of Boyd and Carter counties and Prichard, West Virginia. We love being part of the communities we serve. Our customers are our families, friends and neighbors.

Foothills Communications
P.O. Box 240
1621 Kentucky Route 40 West
Staffordsville, KY 41256
www.foothills.net
606-297-3501
Toll Free 888-262-3782

Foothills Mission Statement

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

Produced for Foothills Communications by:



On the Cover:



Teresa and Ken Akers opened Rebel River Outfitters in 2017 as a kayak rental shop. The business has grown to become so much more. See story Page 12.

Photo by John Michael Laney



FALLSBURG

SUMMER STAGE

COLE CHANEY
BUFFALO WABS & THE PRICE HILL HUSTLE
THE LOCAL HONEYS TOMMY PRINE
KINDRED VALLEY WAYNE GRAHAM
JEREMY SHORT DARK MOON HOLLOW
JOHN INGRAM BAND JAKE DUNN and THE BLACKBIRDS
CHARLIE BROWN SUPERSTAR MOONLIGHT MILE
SEAN WHITING CONNOR DALE CODY CHRISTIAN
WILLIAM HACKETT RACHEL MESSER SWAMPFOOT

MAY 17TH - 18TH 2024
FRIDAY AND SATURDAY FALLSBURG, KY
FALLSBURGSUMMERSTAGE.COM

Download the Foothills eBill App!



Foothills eBill provides a wide range of options for managing your billing account.

Log in using your existing Foothills Bill Pay account from our website.

Don't have an account?
Not a problem!

Using your latest invoice, register for a new eBill account and say goodbye to paper invoice statements!



WAY TO GO, GRADS!

Foothills congratulates all the 2024 graduates in our region. We're proud of all you've accomplished, and we look forward to seeing great things from you in the future!

Know what's below.
Call before you dig.



OLD FRIENDS, NEW LIVES

THOROUGHBREDS FIND REFUGE AFTER RACING

Story by KATHY DENES

Two former star athletes — fierce rivals in their youth, when they raced neck and neck to world renown — enjoyed the spotlight together recently during an unbridled celebration of their 30th birthdays. There was no sign of the competitive spirit that once drove them. Instead, they displayed the calm that comes with finding greener pastures on the sprawling Kentucky farm where they both live.

Retired racehorses Silver Charm and Touch Gold are the very definition of Old Friends — which is the name of the group that houses them and more than 250 other thoroughbreds. Visitors to Old Friends' 236-acre Dream Chase Farm in Georgetown, Kentucky, get to meet these majestic retirees. Since its founding in 2003 by Michael Blowen, a former Boston Globe film critic, Old Friends has welcomed about 15,000 visitors for guided tours each year.

Silver Charm, who won the first two legs of the 1997 Triple Crown, enjoys retirement at Old Friends' Georgetown, Kentucky, farm.



Photos by Laura Battles



ABOVE AND LEFT: Guests meet Touch Gold at the Belmont champion's 30th birthday party.

FAR LEFT: Old Friends founder Michael Blowen addresses guests at the birthday celebration for former rival racehorses Touch Gold and Silver Charm.

MEET THE CHAMPIONS

- Go to oldfriendsequine.org/visit to schedule a tour.
- Walking tours, 90 minutes:
 - » General — \$30 per person, up to 20 people, no children younger than 10
 - » Founder's — \$100 per person, up to 15 people, led by Old Friends founder Michael Blowen, no children under 10
 - » Private — By appointment, \$75 per person with volunteer tour guide, \$200 per person with Blowen as tour guide, up to 10 people, no charge for children 11 and under
- Driving option, three hours:
 - » Every Horse on the Farm — \$150 per person, up to five people meet all the equine residents of Dream Chase Farm, led by Old Friends photographer Laura Battles, no children
 - » Buses and groups of more than 10 people, call 502-863-1775 for tour options.

SANCTUARY

The distance between Louisville's Churchill Downs and the Thoroughbred Retirement Foundation Sanctuary Farm at Chestnut Hall in Prospect is only 15 miles. But for the thoroughbreds who call the farm home, it's a very long journey.

This sanctuary and event venue was created in 2021 by the TRF, a national group working to save thoroughbred horses from neglect, abuse and slaughter and providing lifelong sanctuary after their racing days are done. The farm is not open to the public, but tours can be booked through private appointment.

Visit trfinc.org for details about tours and any planned events, like the May Front Porch Summer Concert Series outside the historic Chestnut Hall farmhouse. 📞

RETRAIN, REHOME

Other groups are also hard at work for these animals, rescuing, retraining and rehomeing them after their exit from racing. For the past decade, the Thoroughbred Aftercare Alliance has helped fund the efforts of 86 such groups across the United States, including some based in Lexington, Kentucky.

One of those Lexington organizations, New Vocations, has placed more than 8,000 rehabilitated and retrained retired racehorses in adoptive homes since 1992. Another, the all-volunteer CANTER USA, has transitioned more than 25,000 horses. And for 20 years, the thoroughbreds served by the Secretariat Center at Kentucky Horse Park have been placed in new homes and in a range of new jobs, from therapeutic riding programs to mounted police units.

Providing a safe and secure retirement for thoroughbreds past their racing prime is an expensive endeavor, and most organizations doing this kind of work rely heavily, or sometimes exclusively, on donations. Horse sponsorships, monetary gifts, working as a volunteer, shopping at their online stores, fundraiser participation and buying "wish list" items are a few ways to help. Scheduling tours is another way, and it's the most fun!

Copperas Falls
in Wolfe County

CALL OF THE WILD

Natural beauty and local culture
draw visitors to Eastern Kentucky

Story by JEN CALHOUN

When the Kentucky Wildlands initiative launched its Wildlands Waterfall Trail, life turned upside down for Tammie Nazario, president and CEO of the tourism initiative. “We ended up getting almost \$10 million in free press off that campaign,” she says. “It just blew up. We were even on The Weather Channel.”

The waterfall trail campaign spurred plenty of digital clicks and answered the most burning questions, including, “Where are these beautiful waterfalls, anyway?”

The answer, of course, is Kentucky. More specifically, the 41 counties in Eastern and Southern Kentucky that make up the region under the Kentucky Wildlands tourism initiative. As it turns out, the 14,000-square-mile area is home to more than 800 waterfalls.

When Nazario and her team started to create the Wildlands Waterfall Trail, they brought in a group of waterfall chasers — people whose passion for waterfalls takes them across the country. “They helped us determine which waterfalls in our region were accessible, and which ones had parking nearby and other considerations,” Nazario says. “We have several of these ambassadors who helped us narrow it down to 17 waterfalls across our region.”

The Wildlands Waterfall Trail was so popular it won two Kentucky Tourism awards to add to the Wildlands’ other honors, including an international award for the organization’s website. “We knew it was going to be big, but it surpassed my expectations,” she says.

NATURAL ASSETS

Nazario founded Kentucky Wildlands in hopes that others would see all that Eastern and Southern Kentucky have to offer. Marketing the wild, untouched beauty of the region could bring a new kind of economic success.



CLOCKWISE FROM LEFT: Princess Falls in McCreary County, Kentucky, is on the Kentucky Wildlands Waterfall Trail.

Anglin Falls in Rockcastle County plummets nearly 75 feet.

A train roars through the hills of Kentucky.



“With the downturn of coal, we’ve had to revamp ourselves,” she says. “What better way to do it than with our natural assets? It’s already here, and we already have the infrastructure with all our beautiful mountains, waterways and hiking trails.”

Wildlands is an offshoot of Eastern Kentucky PRIDE, an organization launched in 1997 to restore the region’s natural beauty by providing resources and encouraging citizens to help with cleanup activities and protect the environment.

Since then, PRIDE, which stands for Personal Responsibility in a Desirable Environment, has helped organize hundreds of thousands of volunteers annually to clean up miles of roadways and parks. “The thinking is this: We’ve spent all these years cleaning up, so now let’s show it off,” Nazario says.

ICONIC CULTURE

The Wildlands sprawl from Dale Hollow State Resort Park in Burkesville all the way to Carter Caves State Resort Park in Olive Hill and beyond. Paintsville and Prestonsburg are marked as important spots to visit for their adventure travel and historic attractions.

Paintsville and Johnson County’s tourism scene continues to grow with attractions like the U.S. 23 Country Highway Museum, the nearby Loretta Lynn’s Homeplace in Butcher Holler, Paintsville Lake State Park, the Dawkins Line Rail Trail and Mountain Home Place, among others.



The Kentucky Wildlands website highlights Prestonsburg’s trails for mountain biking, hiking and horseback riding, as well as the East Kentucky Science Center & Varia Planetarium and Mountain Arts Center.

Alongside its storied history and natural beauty, the region also offers fiber broadband from Foothills that rivals the country’s largest cities and gives visitors the chance to stay connected in remote locations. The company’s high-speed internet service also fuels tourism-related businesses, giving local entrepreneurs opportunities to reach clients all over the world through its cutting-edge technology.

COMING SOON

In the coming months, the Kentucky Wildlands is set to be the first — and only — place in Kentucky to be designated as a National Heritage Area by Congress. These are places where historic, cultural and natural resources combine to form cohesive, nationally important landscapes, according to the National Heritage Area’s web page.

The new designation and tourism reach are sure to offer even more opportunities for locals looking to launch new businesses, whether they’re working in hospitality, restaurants, shops or opening outfitter companies. “Also, tourism dollars keep money in local people’s pockets, too, especially when it comes to taxes and things like that,” Nazario says. “Tourism is just a win-win all around.”

It’s the kind of progress this part of Appalachia can look forward to and get excited about. “I’m fascinated by the challenges our region has faced, and the things we’ve endured,” she says. “But we have so much more that’s getting ready to happen, and we’re just getting started.” 🗨️

Check it out!

To find out more about Kentucky Wildlands, visit the website at explorekywildlands.com, or find the organization on Facebook, Instagram and X. The website offers information about sightseeing, events, history, culture, places to stay and more. Visitors can also request travel guides from the site.



Living the HIGH LIFE

Hot Air Balloon Rides Make for a Magical Experience

Story by JEN CALHOUN

As a child growing up in California, Kim McCourt scrambled up hills, cliffs and trees to see the land below. “I had this need to see all those things I never even knew were there,” he says.

But when his family moved to the flatlands of Florida, he had to find a new way to see the world. In 1998, he took his first flight in a hot air balloon. “I learned that ballooning is, well, kind of magical,” says Kim, who is now a licensed hot air balloon pilot in the Orlando region. “There’s the exploration part of it, and you’ve got Mother Nature all around you.”

ULTIMATE ADVENTURE

These days, Kim often travels the skies with tourists who want to experience a ride they can’t find at the region’s theme parks. For many, it’s a way to fly without being contained in the metal tube of an airplane. “In the balloon, you can see so much more, and you can actually feel everything,” Kim says. “You can breathe the air.”

There’s a spiritual component, too, says Mark West, vice president of the Balloon Federation of America. West, a former Navy pilot, also served as president and chief engineer of Aerostar International, which was once the largest hot air balloon manufacturer in the country.

“Ballooning has an incredible amount of magic to it,” Mark says. “Virtually everyone who sees one is enamored with them. I suppose they’re kind of representative of breaking free of the bonds of Earth and floating away.”

UP AND AWAY

Across the country, hot air balloon rides are a popular pastime for families celebrating a special occasion or tourists looking for a new experience. Some passengers want to make memories with their families, while others go to commemorate important events, like marriage proposals, bucket lists and to spread the ashes of loved ones into the sky. “There are all kinds of stories,” Kim says. “The only things that stay the same are the sun coming up and people smiling.”



CLOCKWISE FROM LEFT:
Balloons get ready for a flight.

Most hot air balloons are operated by gas.

Hot air balloons take off during an event.



But as wide-open spaces dwindle, so do the balloon rides. Pilots simply don't have enough space to land. Weather's also been a factor, because unreliable winds can ground a pilot. Kim says he's seen this firsthand. "Over the last 15 years, the weather went from 275 days we could fly to probably 100 days," he says.

He worries other factors could cause ballooning to take a hit, too. "Fabric, wicker, propane, repairs and parts are way more expensive these days, so it takes more money to maintain them," Kim says.

HOPE FLOATS

Despite the challenges, Kim still grins like a kid after an early-morning

flight. "There's nothing like it," he says. "When we lift off and the sun starts to rise, we might rest at the top of a tree and stare clear down to the bottom of a pond. Then we'll take off again and maybe rest right on top of the water where the mist is coming off the surface. It's up and down, up and down — gently. One person said it was like flying in the hand of God while getting a brain massage."

Balloonists enjoy attempting to describe the sensation of floating on — and with — the air, Mark says. "One of my good friends said it was 'having a destiny without a destination.' I think it attracts people who want to enjoy the beauty of the Earth and want to experience that kind of freedom." 🗨️

To catch a ride with Kim McCourt, visit greaterorlandoballoonrides.com. For more information on hot air ballooning and the people who are passionate about it, visit the Balloon Federation of America's Facebook page, or find the group at bfa.net.



1783

THE BIRTH OF THE HOT AIR BALLOON

▶ June 1783 — First unmanned flight

After a year or two of experimentation and invention, brothers Joseph Michel and Jacques Etienne Montgolfier publicly launch their version of a hot air balloon. It held no passengers. The balloon landed in the middle of a vineyard a little over a mile from where it had taken off.

▶ September 1783 — Confused farm animals

The first balloon flight with passengers launches in Versailles carrying a duck, a rooster and a sheep. The animals made it out alive. However, sources say the sheep kicked the duck and damaged its wing. King Louis XVI of France was pleased to learn that animals could breathe so high up.

▶ November 1783 — First human flight

Jean-François Pilâtre de Rozier and another passenger take the first untethered, human-occupied flight. The flight, which launched in France, lasted about 25 minutes and reached an altitude of about 500 feet. Less than two years later, de Rozier and his passenger would become the first people to die in a hot air balloon crash during a flight from France to England.

▶ December 1783 — Hydrogen balloon

Jacques Charles, a French physicist who had been experimenting with hydrogen balloons, boards one with a few colleagues. They traveled 25 miles in less than two hours. They also carried a barometer and a thermometer. Afterward, gas balloons became the preferred method of ballooning.

Sources: DragonFly Balloon Adventures, Virgin Balloon Flights, National Balloon Museum

ROLLING on the RIVER

Louisa outfitter attracts adventurers

Story by JEN CALHOUN

Rebel River Outfitters founder Ken Akers realized the economic power the internet held for small businesses a few months into the COVID-19 pandemic. On Feb. 1, 2020 — a little more than a month before government-mandated shut-downs started — Ken leased a building for his 3-year-old kayak rental business near where the Levisa Fork and Tug Fork tributaries form Big Sandy River. “Everybody said I must’ve lost my mind,” he says. “But what could I do? I was already committed.”

The building, a run-down, two-bay carwash on East Main Street in Louisa, was a good spot to store kayaks, he figured. But after he boxed in the walls, installed electric wiring and built a few rooms, Ken — along with his wife and the shop’s owner, Stephanie — decided to add some bait for fishing.

The combination clicked, and Rebel River grew even as other businesses slowed or closed. In another stroke of luck, the shop was allowed to stay open because it was the only place around selling various worms and crickets. “They deemed us essential that year, because the bait doubled as pet food for some animals,” Ken says. “There aren’t any pet stores in our area.”

BOOKING IT

The real boom happened with Facebook, when Ken began advertising to targeted demographic groups on the app, which initially drew



Stephanie Akers owns Rebel River Outfitters, which was founded by her husband, Ken.

people from four states — Kentucky, West Virginia, Ohio and Virginia. And he posted often. “Regular posts are free,” he says. “Why wouldn’t I do it?”

It turned out to be a winning combination. With so many activities on hold and regular vacations canceled because of the pandemic, more families sought outdoor activities. “Pretty much the only thing people could really do was fish and kayak,” Ken says. “All of a sudden, I had both.”

His off-the-cuff fishing-supply idea turned out to be a winner. Today, Rebel River Outfitters sells dozens of brands, including items from small, independent businesses. Ken is especially known for selling custom lures. The specialty products have drawn anglers from all over the

country — many of whom are confused when they drive up to the former auto repair shop. “I see the look on their faces when they get out of the car,” Ken says. “They’re looking like, ‘Gosh, we just drove six hours for this?’ That’s when I say, ‘Folks, come on in. Check me out and give me a chance.’”

Facebook continues to play a big role in that success. Once Ken saw results from buying targeted ads, he started expanding his range to people who were 60 miles away, then 90, then 120. He’s also mailed products to 27 different states purely through contacts made on Facebook. “I just kept expanding the radius,” he says. “My business doubled between 2022 and 2023 because of that.”

But if internet ads draw people in,

“If it wasn't for Foothills investing in this community, we'd still be on dial-up internet. We couldn't do what we do now.”

— Ken Akers, Rebel River Outfitters

Ken likes to believe it's the service that keeps them coming back. He maintains what he likes to call “a three-step policy” for anyone who walks through the shop's door. “I tell my employees, ‘Try to speak to every customer that comes in the door within their third step.’”

RIVER LIFE

Since opening, the business has grown so much that the 1,000-square-foot building is bursting with fishing tackle for all budgets. Ken, a retired railroad worker, credits the success, in part, to an increased interest in outdoor and adventure tourism.

He's seen firsthand the growing number of people coming to Louisa to enjoy nature and try something they've never done before. “We're seeing people every other week that are new to kayaking,” he says. “We'll have a family come in and say, ‘We've never done this. What do we do? Where do we put in?’ And we say, ‘Here's your life jackets, here's your paddles.’ We tell them the state laws about life jackets and then we point them to the put-ins. They come back smiling.”

He's grateful to the Lawrence County Tourism Commission for its commitment to businesses like his that bring in people from all over. They include cabin owners who rent through online lodging sites, as well as new restaurants, food trucks and coffee shops. “Our tourism board is doing an awesome job,” Ken says. “If I say I want to do something — like hold a fishing tournament for kids — they're the first ones on board. I can call the mayor, too, and he'll say, ‘Run with it.’”

Foothills is an important part of the region, he says. “If it wasn't for Foothills investing in this community, we'd still be on dial-up internet. We couldn't do what we do now. If it weren't for local people and local businesses, we wouldn't be anywhere.”

REBEL RIVER OUTFITTERS is a full-service fishing store and kayak rental shop at 206 E. Main St. in Louisa. To find out more and to see the latest the shop has to offer, visit Rebel River Outfitters Facebook page.



A wide assortment of fishing supplies awaits shoppers at Rebel River Outfitters.

OLDIES

but goodies

Classic recipes create timeless tastes

Although we love creating new recipes in keeping with today's tastes and trends, there's something sweet about a vintage recipe that can still hold its own. Get ready for a trip down memory lane with these old-fashioned recipes we still love.

From classic chicken tetrazzini to a delightful lemon icebox pie, these vintage recipes are worth holding onto. They may have been gone from our culinary repertoire for a decade or two, but they certainly are not forgotten.

Ready for some nostalgia and satisfied smiles at your table? Give these retro recipes a try, and they're sure to stir up good memories.



**Food Editor
Anne P. Braly
is a native of
Chattanooga,
Tennessee.**

Photography by **Mark Gilliland**
Food Styling by **Rhonda Gilliland**



CHICKEN TETRAZZINI

No roundup of retro recipes is complete without a classic chicken tetrazzini.

- 16 ounces linguini or spaghetti, cooked
- 1/2 cup unsalted butter, softened
- 4 chicken breasts, cooked and diced
- 2 cans cream of chicken soup
- 2 cups sour cream
- 1 teaspoon garlic salt
- 1 tablespoon chopped parsley
- 1/2 teaspoon pepper
- 1 cup chicken broth
- 2 tablespoons Parmesan cheese, grated
- 2 cups mozzarella cheese shredded

Preheat the oven to 350 F. Grease a 9-by-13-inch baking dish and set aside.

Cook noodles to al dente, according to the box instructions. Drain and set aside. Meanwhile, in a large bowl, combine chicken, soup, sour cream, butter, chicken broth, garlic salt, parsley and pepper. Mix well, then stir in cooked noodles. Pour mixture into prepared baking dish. Sprinkle both cheeses on top and bake, uncovered, for 36-42 minutes, until cheeses are melted and casserole is bubbling.

CREAMED CORN

If you can't wait until summer to take advantage of sweet Silver Queen corn, use the sweetest corn you can find.

- 13 ears of fresh corn, husks and silks removed
- 1 cup evaporated milk
- 1 tablespoon unsalted butter
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Remove silks from corn. Cream the corn by cutting the kernels from the cobs, then scrape the

corn cobs with the back of the knife to get all the "milk" and pulp. Transfer creamed corn to a large skillet. Add milk, butter and salt. Cook over low heat, stirring often, for 30 minutes. If corn becomes too thick, add more milk for desired consistency. Sprinkle with pepper. Makes 6-8 servings.



CLASSIC SOUTHERN CORNBREAD SALAD

- 1 skillet of your favorite cornbread
- 1 cup diced onions
- 1 green or red bell pepper, seeded and diced
- 1 cup diced tomato
- 1 15-ounce can whole kernel corn, drained
- 1 pound bacon, cooked until crisp and crumbled
- 2-3 cups mayonnaise
- 1 package ranch dressing mix

Crumble cooled cornbread into a large bowl. Add onions, bell pepper, diced tomatoes, corn and bacon. Stir until well combined. In a separate bowl, stir together mayonnaise and ranch mix until well-blended. Add mayonnaise dressing mixture to salad and stir until fully mixed. Cover and refrigerate at least 2 hours before serving.



LEMON ICEBOX PIE

Finish your retro meal with a slice of this much-loved pie.

Crust:

- 1 1/2 cups graham cracker crumbs
- 2 tablespoons granulated sugar
- 7 tablespoons butter, melted

Filling:

- 2 14-ounce cans sweetened condensed milk
- 1 cup fresh lemon juice
- 5 large egg yolks
- 1 tablespoon lemon zest
- 1 cup heavy cream
- 2 tablespoons powdered sugar
- 1/2 teaspoon vanilla extract

For the crust: Preheat the oven to 350 F. Combine the cracker crumbs, sugar and butter in a medium bowl. Mix with a fork until the crumbs are well coated and stick together when pinched. Press the mixture into the bottom and up the sides of a 9-inch pie plate. Bake until set, about 10 minutes. Set aside to cool slightly, about 10 minutes.

For the filling: Whisk together the condensed milk, lemon juice, egg yolks and lemon zest in a medium bowl until combined. Pour the filling into the crust and bake until the center is set but still slightly jiggly, about 15 minutes. Let cool for 30 minutes, then refrigerate until chilled, about 2 hours.

Once pie is chilled, beat the heavy cream, powdered sugar and vanilla in a large bowl with a mixer on medium speed until soft peaks form. Spoon onto the center of the pie and serve.

Alternatively: Buy a premade graham cracker crust as a timesaver. 📌



P.O. Box 240
1621 Kentucky Route 40 West
Staffordsville, KY 41256

PRSRT STD
U.S. POSTAGE PAID
HILLSBORO, OR
PERMIT No. 66

WE'VE GOT YOU COVERED



Appalachian
WIRELESS
An **East Kentucky Network** Company

www.appalachianwireless.com

1-800-438-2355