

CONNECTION

Pioneer Village

Visit Salyersville's
time capsule

APPLE FESTIVAL

SCHOOL-NIGHT
DINNERS

By Mike Romano, CEO
NTCA-The Rural Broadband Association

America at 250: Building Connections That Last

Every community has a story to tell, and at NTCA, we're honored to help our members tell theirs.

As we celebrate America's 250th anniversary, it's worth remembering that much of our nation's story started in rural America, and the heartbeat of our great country can often be heard most loudly in the spaces between the biggest cities. You can see this spirit clearly in small towns and rural communities where generations of Americans have come together to build the infrastructure, roads, bridges, and yes, communications networks, that provide a reliable foundation for civic engagement, commerce and connection.

For generations, local providers stepped forward to make sure rural America stayed connected with the rest of the country and the world when others wouldn't. They invested in the infrastructure their communities needed to grow and thrive. As technology evolved, so did those networks. Today, our nation's small, community-based broadband providers are delivering robust and reliable high-speed broadband that powers education, healthcare, agriculture, public safety, small businesses and countless opportunities.

Throughout that journey, NTCA has been proud to advocate for the policies that make those investments possible—and help them provide connections that last for generations.

As we think about what will help America thrive from coast to coast, far beyond the celebration of its 250th birthday, those will matter even more. Together, we'll continue building connections that will take us into the next 250 years. [🔗](#)

A dark blue graphic for National Cyber Security Awareness Month. On the left, there is a stylized illustration of a yellow padlock with a keyhole, set against a background of concentric circles and lines, resembling a digital or network interface. To the right of the padlock, the text "NATIONAL CYBER SECURITY AWARENESS MONTH" is written in white, bold, sans-serif capital letters, with "OCTOBER" below it in a slightly smaller font. Below this, the headline "Protect the Keys, Not the House" is written in a large, light blue, serif font. Underneath the headline, a paragraph begins with a large "W" and discusses the challenges of cybersecurity. This is followed by three paragraphs of advice: trying to protect keys instead of the whole house, the importance of email accounts, and the importance of strong passwords and multifactor authentication. The final paragraph encourages protecting a few key accounts to secure one's online life. The entire graphic is framed by thin white horizontal lines at the top and bottom.

**NATIONAL
CYBER
SECURITY
AWARENESS MONTH
OCTOBER**

Protect the Keys, Not the House

When it comes to cybersecurity, do you become overwhelmed by the idea of protecting dozens of accounts? Online banking, shopping sites, streaming services, social media and more. It can seem daunting.

Try thinking about protecting the keys, not the whole house.

Just a handful of accounts unlocks nearly everything else in your digital life. If criminals gain access to one of these “master keys,” they may be able to reset passwords, impersonate you or access sensitive information.

The most important key is your email account. It’s where password reset links are sent, making it the gateway to many of your other accounts. Your mobile phone number is another key, since it’s often used to verify your identity. If you use a password manager, it deserves extra protection because it holds the credentials to many of your accounts. Finally, your financial accounts should always have the strongest safeguards available.

Start by creating a strong, unique password for each of these accounts and turning on multifactor authentication whenever it’s offered. Then make sure your phone and computer stay updated with the latest security patches.

You don’t have to secure every digital door at once. Protect the few keys that unlock everything else, and you’ve taken one of the biggest steps toward keeping your online life secure. [🔗](#)



Adobe Stock image by suthinon602

Sell More, Stress Less

Online alternatives to the Saturday yard sale

Story by LAURA MCGILL

Who looks forward to spending days planning a yard sale only to get up early on a Saturday morning to deal with the guy who arrives early to nose around the garage while you get everything set up or the lady determined to haggle over every price? All that hassle, and you'll still likely wind up with less money in your pocket than you hoped.

Step away from those headaches with convenient online options. You'll be in control, and you can spend your Saturday mornings sleeping in.

WHAT TO SELL

If you are trying to sell collectibles such as vintage records, trading cards and memorabilia, eBay and Etsy are good choices. To sell your grandmother's china, crystal and silverware, start with Replacements Ltd., where you can search by pattern. There are even sites specializing in items like coins and currency or specific brands.

To sell designer clothes and accessories, explore options like The RealReal, Poshmark and ThredUp. Seller beware, though, as these sites often charge high commission rates and have restrictions on which brands they will buy. For the option of shipping or local pickup, look to Facebook Marketplace, Craigslist or local buy/sell groups.

DETAILS MATTER

Think about all the possible questions someone could ask about

your item. Take photos from multiple angles using good lighting. Consider taking a video as well, especially if it helps show the item is in working order. Write a detailed description including all relevant information such as dimensions, weight, brand, color, size and condition.

State the terms in the listing, such as price, payment methods accepted and whether it will be sold on a first-come, first-served basis. When considering what price to ask, research comparable items. Know what the item costs to buy new, and leave room for negotiation.

SELL SAFELY

Selling online isn't completely free of hassles. Be prepared for lowball offers and messages from people who never respond to your reply. Don't be surprised if someone says they want the item but never shows up or cancels at the last minute.

Be aware of fake payment emails or overpayment scams. Ignore suspicious messages. Choose a safe, public location to meet. Your town may even have designated areas such as police station parking lots.

If the buyer is coming to your house, be cautious. Choose a safe time of day. Do not allow someone into your home. Instead, have the item sitting on your front porch or in the driveway. If you are alone, tell a neighbor what you are doing, and ask them to keep an eye on you when the buyer is there. 📞

Protecting Your Service— and How You Can Help

At Foothills, our job is simple: keep you connected. We've built one of the most reliable fiber networks in Kentucky, but one growing problem continues to threaten that reliability—copper theft.



RUTH CONLEY
Chief Executive Officer

Over the past several years, copper theft has become an increasing problem for utilities and telecommunications providers across the commonwealth. While much of the copper being targeted is no longer used to provide service, the theft often damages active fiber optic facilities. That can lead to internet, telephone and even emergency service outages, along with thousands of dollars in repair costs. More importantly, it affects the customers who depend on those services every day.

I'm pleased to see Kentucky take an important step toward addressing this issue through the passage of Senate Bill 291. The new law strengthens the rules governing the purchase and sale of scrap metal, making it much more difficult for stolen copper to be

sold anonymously.

Licensed scrap metal recyclers are now required to verify the identity of sellers, photograph the materials being sold, record vehicle information, maintain detailed transaction records and report purchases to a statewide database that can be accessed by law enforcement. These requirements provide investigators with the information they need to more quickly identify stolen property and hold those responsible accountable.

The law also specifically addresses telecommunications wire and other utility materials. Anyone purchasing scrap copper should be cautious if offered telephone cable, communication wire, grounding wire or other materials that appear to belong to a utility or telecommunications company. If there's any doubt about where the material came from, ask questions. Purchasing stolen property can carry serious legal consequences, and these new reporting requirements make it much easier to trace stolen materials back to the seller.

At Foothills, we've completed the transition from copper to fiber, but some of the old copper remains attached to our poles while it's being removed. Unfortunately, thieves often can't tell the difference between inactive copper and active fiber, or the two may be attached to the same pole or support strand. In many cases, an attempt to steal abandoned copper ends up cutting the fiber that delivers service to hundreds of homes and businesses.

That's where you can help.

If you see someone cutting wire, removing cable, cutting down a utility pole with wires still attached, tampering with equipment cabinets or loading large amounts of communication cable into a vehicle, don't assume it's authorized work. Legitimate utility and telecommunications crews typically use clearly marked company vehicles, wear proper safety equipment and follow established work practices. If something doesn't look right, trust your instincts and report it to local law enforcement or Foothills. One phone call could prevent a major service outage, protect critical infrastructure, and possibly even save a life.

We appreciate the efforts of our legislators, law enforcement agencies and the many honest scrap dealers who are helping protect Kentucky's critical infrastructure. By working together, we can reduce copper theft, protect the services our communities depend on and keep Eastern Kentucky connected. 



CONNECTION

SEPTEMBER/OCTOBER 2026

VOL. 13, NO. 5

The Foothills Connection is a bimonthly newsletter published by Foothills Communications, ©2026. 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 W.
Staffordsville, KY 41256
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:



Prater's Fort Log Cabin Pioneer Village Complex in Salyersville is Toddie Preston's labor of love and a tribute to his father. See story Page 12.

Photo courtesy of
John Michael Laney

Autumn Advent

Hit the road for fabulous fall foliage

Maple, aspen, birch, oak, hickory, dogwood and gum trees are known for vivid fall colors, ranging from bright reds and oranges to golden yellows and browns. Those vibrant colors are always present. They just need a little seasonal help getting to the surface.

As temperatures drop and sunny days begin to shorten, trees stop producing chlorophyll, the substance that makes leaves

green. As it fades, the brilliant red, orange and yellow pigments obscured by the green begin to shine through.

Cool, crisp days and frost-free nights produce the sharpest fall colors. Drought conditions in early fall can trigger a premature chlorophyll shutdown, causing leaves to wither and fall without reaching their full color potential. And too much rain or an early frost can dull the leaves' colors. 🍂

Know Your Colors

YELLOW—Aspen, beech, birch, cottonwood, elm, ginkgo, hickory, sugar maple, tulip poplar, sassafras, sycamore

ORANGE—Bigtooth maple, Rocky Mountain maple, sugar maple, sweetgum

RED—Black gum, cypress, dogwood, oak, red maple, sourwood, sumac



Where to Look

Our expansive and ecologically diverse region offers ample leaf-peeping options beginning around mid-September and peaking in mid-October. Whether you're hiking forested ridgelines, driving scenic byways, floating a river or camping beneath golden canopies, unforgettable fall colors await you.

Chances are you can find plenty of color right in your own backyard. For fall excursions farther afield, consider these options:

- **Daniel Boone National Forest, Kentucky:** The Red River Gorge and Natural Bridge State Resort Park feature brilliant foliage from maple, beech and sycamore trees with sandstone arches and cliffs adding to the drama.
- **Pisgah and Nantahala National Forests, North Carolina:** The Blue Ridge Parkway, Craggy Gardens and Linville Gorge showcase fiery displays of sugar maples, red maples and hickories, framed by sweeping mountain views.
- **Chattahoochee-Oconee National Forests, Georgia:** Leaf peepers flock to Brasstown Bald, Tallulah Gorge and Anna Ruby Falls to see the golden hickories, scarlet oaks and tulip poplars.

ures Await

Don't Leaf Home Without a Plan

No matter the season's conditions, finding fall colors by car, boat or on foot is an autumn joy. Planning a leaf-peeping excursion has never been easier.

Founded in 1875, American Forests is the nation's oldest non-profit conservation organization. Its fall foliage map offers a clear look at where leaves are peaking throughout the United States with tips and suggestions. Visit americanforests.org/fall-foliage-map.

With the tried-and-true The Old Farmer's Almanac, both the yellow-bound classic booklet and online version, arboreal enthusiasts can easily find the best spots near and far. The website features an animated map showing the progression and historical presence of fall colors. The print version includes tables of expected peak dates, regional weather trends and travel features. Visit almanac.com.

Get tips from the folks at Find Fall, "the best place for fall foliage information, destinations, adventures and activities for an autumn you'll never forget." Visit findfall.com.



Adobe Stock image by standret



Adobe Stock image by Irina Mikhailchenko

It's Apple Butter Time!

Johnson Central FFA prepares for the Kentucky Apple Festival

Story by LAURA MCGILL



Each year locals and visitors alike look forward to the Kentucky Apple Festival and its fun-filled schedule that includes a pageant, costume contest, carnival, car show, music and parade. Those in the know also come to Paintsville to enjoy a delicious Johnson County tradition—the apple butter cooked and jarred at the festival.

For many years, the popular apple butter was a fundraiser for Fairview Free Will Baptist Church and several other local churches. As time went on, the churches had fewer members who were able to keep the tradition going. So, they sought another group to take the reins. That's when the Johnson Central High School chapter of the National FFA Organization joined the story.

With no official recipe to pass on, Wetzel Taylor, a member of Fairview Free Will Baptist Church, volunteered his time to teach the method to agricultural science instructor Sheena Blair and her students. Three years on, Sheena and Josh Banks, Johnson Central's new ag teacher, are learning and growing each year, with students gaining a real appreciation for the local tradition of making apple butter. "Honestly, at first they don't realize how much they are going to enjoy the work and how much they will learn and life skills they will gain," Sheena says.

Sheena says the students are involved in every aspect of the process. From buying the apples and cooking them in massive copper kettles to the canning and labeling, each step is a chance to connect to the heritage of Johnson County. After the apple butter-making process is complete, students are involved with preorders, deliveries to local stores and, of course, working during the festival to make and

sell the quarts, pints and half-pints of apple butter. "We also have volunteers from school alumni, parents and community members every year," Sheena says. "It takes a village, and I am thankful for the support."

Proceeds from the apple butter project are used specifically for the FFA chapter and its members. Funds have been used to buy a box trailer for transporting and a mechanical apple processor to speed up the work. "The first year, we peeled all of the apples by hand," Sheena says. "With our new processor, we don't have to peel. It takes out the skin and seeds."

The FFA students stay busy throughout the year with other projects. These include selling strawberries, managing the greenhouse and selling plants, making the hanging baskets for the city of Paintsville and other community service projects. Students also participate in competitions and events such as the Kentucky State Fair. "Our goal is to get one of our students to compete at the national FFA convention," Sheena says. 📺



Wetzel Taylor, a member of Fairview Free Will Baptist Church, stirs the apple butter with a large wooden paddle.

Keep up with the Johnson Central High School chapter of the National FFA Organization by following the group on Facebook @jchsffa.



The apple butter is stirred for 12 hours before it is ready to jar. Here Sheena Blair, left, is joined by Kearsen Daniels.



Keylee Blair is ready to sell apple butter to festivalgoers.

Photos courtesy of Johnson Central High School FFA/Sheena Blair

Make Core Memories at the Kentucky Apple Festival

Paintsville's fall tradition returns

Story by LAURA MCGILL

What began in 1950 as a display of locally grown apples at the Second National Bank blossomed into one of Kentucky's favorite autumn events. In 1963, more than a decade after that initial seed was planted, the city of Paintsville approved a farmers' apple market on the first Saturday in October. The market grew in popularity, and in 1973 the city hosted the first official Kentucky Apple Festival.

Championing the festival from its inception until his death in 1995 was Elmon Davis, a loan officer at Citizens Bank of Kentucky—then called Citizens National Bank and formerly Second National Bank. Elmon served as the festival's first chairman and held the role for more than 20 years, earning him the affectionate nickname Mr. Apple. His granddaughter, Megan Salyer, carries on his legacy today as a member of the festival's board of directors.

Approaching her third year chairing the festival, Krista Jackson leads a dedicated board and a group of passionate volunteers. She's hopeful the momentum from a very positive festival in 2025 will carry forward. The festival waned a bit during

the COVID-19 pandemic and in the next few years that followed.

"We are working to get people back involved," Krista says. "If you grew up here, the festival is just a part of you. It is ingrained in you. We want to bring back the festival everyone remembers from their childhood."

The 2026 theme, As American as Apple Pie, was chosen to connect with the America250 celebration. When the full schedule is released, festivalgoers can expect to enjoy a carnival, car show, live music, activities such as cornhole and more than 100 vendors. "All of our food vendors are nonprofit groups," Krista says. "Some have partnered with other organizations to help with the manpower. Like, one of our churches partners with a local high school sports team so they have enough help to cover all it takes."

For anyone wanting to get involved and help the festival grow, Krista and the board of directors are always ready to welcome more volunteers. "We do it because it is rewarding to see the results," she says. 🍏

KENTUCKY APPLE FESTIVAL

Oct. 1-3

Downtown Paintsville

For the full schedule of events, and to see the winning artwork for this year's festival, visit kyapplefest.org or follow @kyapplefest on Facebook.



Elmon Davis, aka Mr. Apple, speaks to the crowd at an early festival.



ABOVE: The festival board members wear their signature red shirts to the 2025 event.

RIGHT: The night wraps up with live music.



Photos courtesy of Kentucky Apple Festival



Join the Circle

Bluegrass music grows far beyond its Appalachian roots

Story by DREW WOOLLEY

For many bluegrass musicians, the genre is steeped in tradition. Born with an instrument in their hand, they come of age listening to Bill Monroe, the Osborne Brothers and Jim and Jesse, learning the patterns of old-time folk music before eventually adding their own voices to the mix.

The members of The Last Revel took a different path. Hailing from Minnesota and Wisconsin, far north of bluegrass music's Appalachian roots, banjo player Ryan Acker, fiddler Vinnie Donatelle, guitarist Lee Henke and bass player Ryan Krauss came to the genre a bit later in life.

"My first introduction to bluegrass was probably in college," Ryan Acker says. "I was really drawn to it as the energetic side of the folk singer-songwriter music that I was already pretty fond of. It just seemed like a really great outlet for reckless-abandon youth."

Formed in Minneapolis in 2011, the band started out playing

music based more in blues-rock style, but quickly found the people they met in that space were not as welcoming as they hoped. Around that time, Lee remembers seeing bluegrass-influenced bands like Trampled by Turtles and Pert Near Sandstone and thinking they looked like they were having a pretty good time.

"That was the moment when we were like, 'Instead of trying to turn an acoustic song into something else, what if we just kept it acoustic?'" he says. "If it weren't for all those bands in Minnesota kind of showing us the ropes, I don't know if I would have ever gotten this steeped in it. But the genre itself has just been so heartwarming and embracing."

TIME TO SHOW OUT

As someone who grew up in Kentucky's bluegrass tradition, Ken White finds the community to be as defining a feature as the music itself. A multi-instrumentalist who has played in



Alabama-based band Mountain Grass Unit performs at the World of Bluegrass.



Sierra Hull joins The Wood Brothers, from left, Chris Wood, Oliver Wood and Jano Rix, on the Bluegrass Live! stage.

several bands, Ken now serves as the executive director for the International Bluegrass Music Association. This October, he'll be welcoming musicians from across the globe to the World of Bluegrass in Chattanooga, Tennessee.

"The thing I love about bluegrass is that you don't have to know anybody in the jam circle to walk up and start making music," he says. "From beginners all the way up to the best professionals, people are welcoming. And that's something that transcends language."

The same is true for the music itself. Ken compares being part of a traditional bluegrass band to a jazz ensemble, where each musician has mastery of his or her instrument. They all make an essential contribution to the group's sound but also have moments to shine individually.

"In a lot of old-time folk traditions, the instrumentalist will just play the melody or an accompaniment. They don't really show out," he says. "Part of what makes bluegrass unique is the emphasis on virtuosity. I think that resonates with a lot of people around the globe and is a big part of why bluegrass takes root in other cultures."

Here in the United States, musicians in different parts of the country have found ways to take that sound and make it their own. Texas bluegrass often incorporates elements of Western swing and contest fiddling that are popular in folk music throughout the Lone Star State. For the members of The Last Revel, the earnestness that comes through in their songwriting follows the tradition of other Midwestern bluegrass musicians.

"It's all very songwriter based. That's kind of the main focus

and the bluegrass aspect around it is almost secondary," Ryan Acker says. "The music aspect is more like the vehicle for the song. And I think that is different from other subgenres around the country."

BRIDGING THE GAP

That distinction has, at times, left bands like The Last Revel on the fringes of the traditional bluegrass scene. Early in the band's run, as the members incorporated their blues and indie rock influences alongside traditional bluegrass instrumentation, figuring out where they fit into the genre could be a source of frustration.

"It used to be something we were worried about, and now we kind of pride ourselves on being a little different," Lee says.

"I have so much respect for traditional bluegrass. But I also like that we can lean into our own thing. There are so many variations on bluegrass and roots music. Maybe we can show a different side of it."

As the band tours in support of its 2025 album "Gone for Good," those moments have become some of Ryan's favorites. Whether it's working the merch booth or meeting people at shows, fans regularly tell him they had never listened to bluegrass music until they discovered The Last Revel.

"We're like the gateway to this whole other genre of music that people maybe didn't think they would like," he says. "And I think that's great. With Spotify and other streaming services, it's easy for genres to blend together. If we can be a tiny little bridge for somebody's musical tastes, I really get a kick out of that." 🗨️



The members of The Last Revel came to bluegrass in a nontraditional way and enjoy sharing the genre with new audiences.



The Montgomery Cabin at Pioneer Village is filled with heirlooms.

If These Walls Could Talk

Pioneer Village in Salyersville is a journey back in time

Story by LAURA MCGILL

A stroll along South Church Street in downtown Salyersville takes visitors past the Magoffin County Justice Center, Prater Drugs and Prater Methodist Church. Walk a little farther and step into the past at the Magoffin County Historical Society and the Prater's Fort Log Cabin Pioneer Village Complex. With a genealogy library and archives center, a perennial garden and 15 log buildings to explore, this is a hidden gem worth visiting.

Organized in 1978, Magoffin County Historical Society operates under the motto, "Preserving our past for the future." It is a mission the organization's members have taken to heart with an ever-growing library and archive, a carefully reconstructed collection of authentic log cabin structures, displays and demonstrations of early crafts and skills. The complex is anchored by a

large stone monument inscribed with the names of the founding families of Magoffin County.

CABIN COLLECTION

Toddie Preston is the driving force behind the cabins, a project he started with his father, Roy "Todd" Preston, many years ago. "My hero was my dad," Toddie says. "He was the first one to start getting the cabins. He would never say that we couldn't do it. We would just find a way."

Toddie, who describes himself as a retired welding instructor trying to follow in his dad's footsteps, says getting the first cabin in place sparked more interest and attracted helpers, including the Magoffin County Muzzleloaders Club. "As we went on, we started getting good at taking down the cabins," he says. "Over the years, I have helped tear down and move 25 cabins."

Each structure in the village comes with its own history, and Toddie enjoys sharing those stories with visitors. The Davis Cabin holds the distinction of being the oldest in the complex. The historical society obtained it from Cora Amyx Allen, a descendant of Ephraim Davis. The cabin was originally located at the mouth of the left fork of Grape Creek. The reconstructed part was used as a tobacco-curing barn.

MAGOFFIN COUNTY HISTORICAL SOCIETY/PRATER'S FORT LOG CABIN PIONEER VILLAGE COMPLEX

191 S. Church St.

Salyersville

606-349-1607

sites.rootswest.com/~kymhs

Sometimes the history of a cabin comes with entertaining speculation. Such is the case with the Prater Cabin. In the early 1800s, it was home to John Prater and perhaps his father, Archibald Prater. Archibald was a Revolutionary War soldier and the first known settler in the area. At the time, the settlement was known as Prater's Fort. Legend says that the cabin may have been a stopover for early Methodist circuit-riding preachers. Years later, half of the cabin was moved to Lexington, and the other half was stored in an old barn that was eventually inherited by Thomas Keith. He donated those logs to the Pioneer Village.

Furnishings for the cabins have been carefully selected to represent those early days. The Montgomery Cabin, which came from the Far Middle Fork near the mouth of Paddle Branch, contains post office cages from the Kentucky towns of Gunlock and Foraker. It's also home to a glass display case from the Grace Howard Store in Salyersville. The presentation is meant to showcase the old-time general store and post office atmosphere.

"These cabins are sacred to me," Toddie says. "I told Dad that I would keep it up. I've dedicated my retirement years to them. My sisters, Jessica Howard and Abbie Conley, help too, especially with decorations."

GENEALOGICAL TREASURES

Shortly after its founding, the Magoffin County Historical Society began a major project, the mapping of the county's cemeteries in conjunction with the Kentucky Historical Society. As word spread about the society's work, the group started to receive more requests for information about the area. In response, the

historical society began publishing a quarterly journal to preserve and share the history and genealogical information its members were collecting.

In 1979, the society sponsored the first Magoffin County Founder's Day with the aim to research the family of William "Uncle Billy" Adams, the founder of Adamsville, now known as Salyersville. So much information was gathered that the historical society was able to produce a 117-page book on the Adams family.

Each year Founder's Day focused on a different founding family. The second year was the Prater family. The Salyer family took center stage in year three, and the fourth year centered on the Patricks. The years were also marked with the acquisition of cabins, one by one, and the publishing of more books about local history, as well as publications on records for marriage, cemeteries, census and other topics. A highlight was the "Olde Tyme Cookbook," a collection of recipes and family stories.

Founder's Day is held the week leading up to Labor Day. During the week, local students visit the Pioneer Village and take part in activities. Pageants are held for various age groups. Saturday features a parade, music, watermelon social and fireworks. Sunday wraps up the week with church at the cabins.

Today, those interested in genealogy can visit the Magoffin County Historical Society located in the former Salyersville Post Office. With the work of volunteers, the historical society continues publishing books on local families, the area's military history, cookbooks and so much more. Many are available for purchase in person or on the society's website. 📖

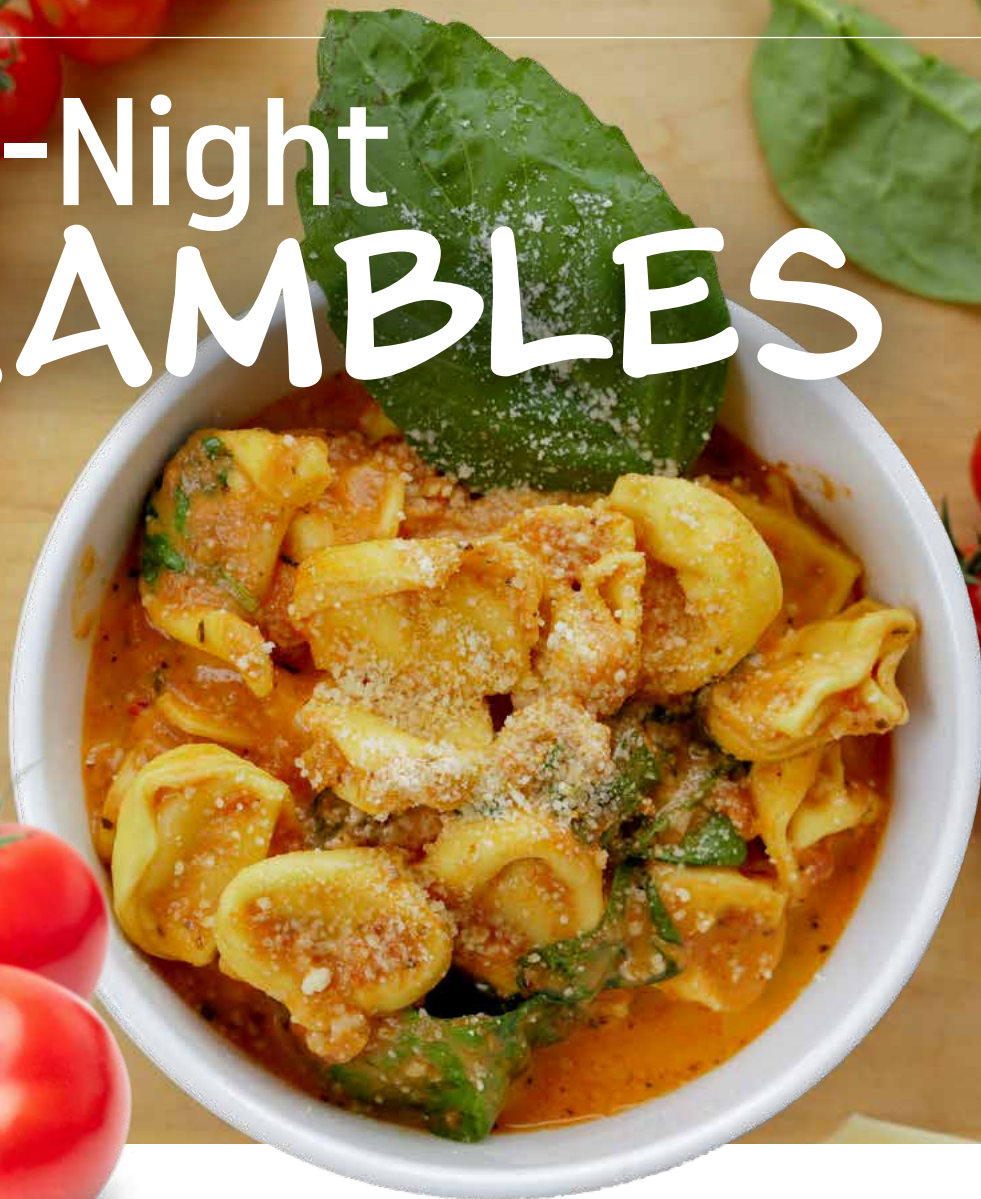


Photos courtesy of John Michael Laney

The Prater Cabin is set up as a schoolhouse.

School-Night SCRAMBLES

Quick and satisfying recipes for family dinner time



For many families, September means fresh school supplies, the morning rush to get everyone to class on time and, of course, the dreaded question—what’s for dinner?

Between carving out time to cook and navigating pantry options, finding the right answer isn’t always easy. These quick and easy recipes will keep everyone at the table happy, even on a busy school night. 🗨

Photography by
Mark Gilliland

Food Styling by
Rhonda Gilliland

CREAMY TOMATO TORTELLINI WITH SPINACH

- 1 20-ounce package refrigerated cheese tortellini
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 24-ounce jar marinara sauce
- ½ cup heavy cream
- 4 cups fresh spinach
- ¼ cup grated Parmesan cheese
- Salt and pepper to taste

Cook the tortellini according to the package directions. Meanwhile, heat the olive oil in a large skillet over medium heat and cook the garlic for about 30 seconds until fragrant. Stir in the marinara sauce and heavy cream and bring to a gentle simmer. Add the spinach and cook until wilted. Drain the tortellini and add it to the skillet, tossing until coated in the sauce. Stir in the Parmesan cheese, season with salt and pepper to taste. Serve immediately.

This recipe offers a nice contrast to the other dishes in the lineup—it’s meatless, family-friendly and has a rich, comforting flavor while still taking less than 30 minutes from start to finish.

TERIYAKI MEATBALL BOWLS

- 1 24- to 26-ounce package frozen fully cooked meatballs
- 1 cup teriyaki sauce
- 3 cups broccoli florets
- 2 cups cooked white or brown rice
- 2 green onions, sliced
- 1 tablespoon sesame seeds (optional)

Prepare the rice according to package directions if it is not already cooked. Meanwhile, place the frozen meatballs in a large skillet over medium heat with $\frac{1}{4}$ cup water. Cover and cook for 8 to 10 minutes, stirring occasionally, until heated through.

Add the teriyaki sauce and simmer for 3 to 5 minutes, stirring until the meatballs are evenly coated and the sauce has thickened slightly. Steam the broccoli until tender. Divide the rice among serving bowls and top with the teriyaki meatballs and broccoli. Garnish with sliced green onions and sesame seeds, if desired. Serve immediately.



HONEY MUSTARD CHICKEN WITH ROASTED POTATOES AND CARROTS

- 4 boneless chicken thighs
 - 1 pound baby potatoes, halved
 - 4 medium carrots, sliced
 - 2 tablespoons Dijon mustard
 - 1 tablespoon honey
 - 2 tablespoons olive oil
 - 1 teaspoon garlic powder
 - Salt and pepper to taste
- the Dijon mustard and honey. Toss the potatoes and carrots with olive oil, garlic powder, salt and pepper on a sheet pan. Arrange the chicken thighs among the vegetables and brush them with the honey mustard mixture. Roast for about 30 minutes or until the chicken reaches 165 F and the vegetables are tender. Serve immediately.

Preheat the oven to 425 F. In a small bowl, whisk together



CHEESY BLACK BEAN AND RICE SKILLET

- 1 tablespoon olive oil
- 1 small onion, diced
- 1 bell pepper, diced
- 2 cans black beans, drained and rinsed
- 2 cups cooked rice
- 1 cup salsa
- 1 cup shredded cheddar cheese
- 1 teaspoon chili powder
- Salt and pepper to taste

Heat the olive oil in a large skillet over medium heat and cook the onion and bell pepper until softened, about 5 minutes. Stir in the black beans, rice, salsa, chili powder, salt and pepper. Cook for several minutes until heated through. Sprinkle the cheese over the top, cover the skillet and cook until the cheese is melted. Serve on its own or with tortilla chips.



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

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

THE PEOPLE BEHIND YOUR CONNECTION



WE ARE

Appalachian
WIRELESS
An **East Kentucky Network** Company