

CONNECTION



Eula's mission

Bring health to the hills



FRIGHT NIGHT

GHOST TOURS



By Shirley Bloomfield, CEO
NTCA-The Rural Broadband Association

The Most Important Rural Broadband Program You Probably Don't Know

In Washington, D.C., we often talk about the new grant programs that are going to help bridge the digital divide in our country. But I want to highlight what I believe has been the most successful rural broadband initiative, the federal Universal Service Fund.

So, what is the Universal Service Fund? The Communications Act of 1934 included language that said all Americans should have access to “rapid, efficient, nationwide communications service with adequate facilities at reasonable charges.” Today, the USF is the main federal program helping rural consumers connect to services comparable in price and quality to those in urban areas. This makes services more affordable for low-income families and supports critical connections for schools, libraries and health care facilities in rural communities by offsetting the high cost of building and managing rural communications networks.

There is one big difference that sets the USF apart from many of the new grant programs: The USF not only supports the construction and deployment of networks but also the maintenance of those networks. It helps ensure that these networks are maintained and sustained so Americans continue to make use of broadband long after the last shovel is put down.

An NTCA survey found that without the High-Cost USF program all rural consumers will pay at least \$100 more per month for their broadband service. And the viability of some rural broadband networks would be at risk, as the operations costs and repayment of the loans needed to build them cannot be covered.

NTCA is committed to efforts to preserve the USF so that the mission of universal service for all Americans can be fulfilled.

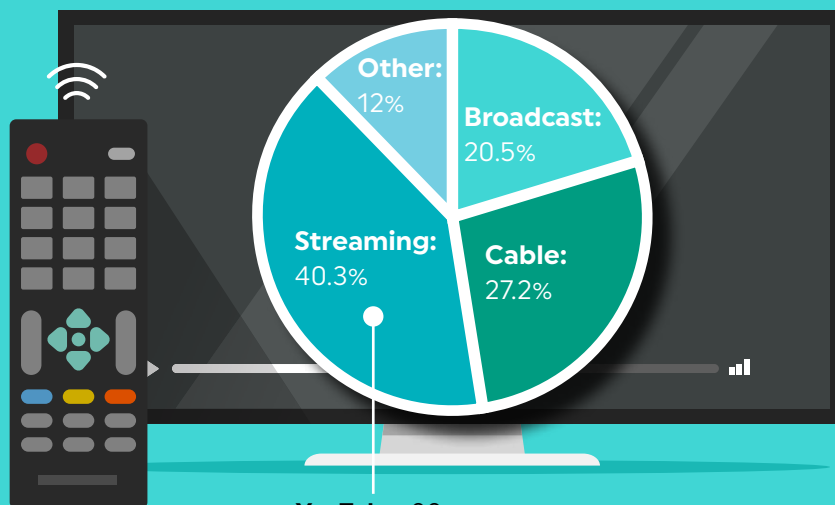
Streaming Remains Strong

Each month Nielsen, a company that has long tracked viewership habits across a range of media, updates The Gauge. The report offers a snapshot of how various forms of media are consumed to create a picture of the media landscape.

Several key trends shaped the streaming results, such as June marking the end of the school year and start of school breaks, which led viewers 17 and younger to drive the largest upticks in TV usage across all ages.

As a result, this June streaming topped the earlier viewership record set by cable for that month in 2021.

A SUMMER STREAMING SNAPSHOT



- YouTube:** 9.9%
- Netflix:** 8.4%
- Other streaming:** 6%
- Prime Video:** 3.1%
- Hulu:** 3%
- Disney+:** 2%
- Tubi:** 2%
- Roku Channel:** 1.5%
- Max:** 1.4%
- Peacock:** 1.2%
- Paramount+:** 1.1%
- Pluto TV:** 0.8%

Source: Nielsen The Gauge



A Web for All

Technology assists those with diminished sight

About two-thirds of Americans rely on some form of contact lenses or glasses to correct nearsightedness, farsightedness and more. Then there are eye injuries and diseases like glaucoma that can diminish sight, and the inevitable process of aging can also cause a slow decline in eyesight.

In an increasingly online world—where vital information is often communicated using text on screens—people with diminished vision can struggle. However, there are resources available to help those with impaired sight, and even blindness, interact online.

For example, the Americans with Disabilities Act requires all websites to be accessible to everyone. While not every website is ADA compliant, sites for government agencies, banks and larger organizations are. The basic tools you need are free and as handy as web browsers like Chrome, Edge, Firefox and Safari.

BROWSER BY BROWSER

Microsoft's Edge browser scores well for assistive technologies. It lets users

increase the size of text and get image descriptions for screen readers. Also, a simple keyboard command—Ctrl+Shift+U on PCs and Shift+Command+U on Macs—signals the browser to read the current webpage aloud. Most other browsers require users to go into system preferences or use an extension for screen readers.


Meanwhile, Chrome's TalkBack screen reader adds spoken, audible or vibration feedback to your device. While the browser does not have a way to change the look of text, it does have extensions that allow users to customize their browsers to control visual clutter.

Google, the maker of Chrome and a popular search engine, has an award-winning disability employee resource group and says it is committed to hiring employees with disabilities. That commitment also helps it find ways to make its site more accessible.

Like Chrome, Apple's Safari comes with its own screen reader, VoiceOver. Users can choose the voice they find most pleasing and set the speech speed. It also lets users increase contrast, zoom in and

remove ads and distractions.

Firefox allows users to adjust the settings so every site has the same font, type size and color to enhance the ease of reading. It also has extensions for changing text to speech and making bookmarks larger, among other things.

While users may need a sighted person to set up the assistive features, modern technologies unlock the world to more people than ever. 



ALL CHOCOLATE, NO RAISINS!



Treats aren't just for Halloween. With Foothills Communications, savor the sweet benefits of high-speed internet all year long.

- Seamless streaming
- Lag-free gaming
- Reliable connectivity

And so much more!

SIGN UP TODAY!



606-297-3501
foothills.net



CONNECTION

SEPTEMBER/OCTOBER 2024

VOL. 11, NO. 5

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:



The late Eula Hall started a clinic in Appalachia that went on to become Big Sandy Health Care. See story Page 8.

Photos contributed by
Big Sandy Health Care

Need help paying for services?

Lifeline assistance may be an option for you!

You are eligible for Lifeline if you meet income requirements and receive one of the following benefits:

- SNAP
- Medicaid
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance
- The Veterans Pension or Survivors Pension

DO YOU QUALIFY?

Apply today!

To find out whether you qualify for Lifeline assistance, please visit lifelinesupport.org or call 800-234-9473.

★ H A P P Y ★
Labor Day

TAKE A LOAD OFF

Have a safe, fun and relaxing Labor Day weekend. Foothills Communications' offices will be closed on **Monday, Sept. 2**, in observance of the holiday.

SPIRITS OF THE SEASON

Ghost Tours Scare Up Connections to the Past

Story by KATIE TEEMS NORRIS



Photo courtesy of American Ghost Walks

Allison Jornlin, depicted here in an illustration, researches and writes scripts for ghost tours.

For many, October isn't complete without spine-tingling ghost stories, and chances are your hometown has a few of its own. Allison Jornlin, co-founder and tour developer with American Ghost Walks, conducts research and writes ghost tour scripts in towns across the United States. Allison is also a paranormal investigator and speaker, and

she's been featured on the CW Network's "Mysteries Decoded."

Ghost tours are immensely popular, and Allison says they can be found in almost every large city and even in many small towns across the country. "I think people have lost their connection with history and with their ancestors, and this is a way to reconnect," she says.

Unlike haunted house attractions that have terrifying special effects, ghost tours offer authentic history in locations that give guests the chance to literally step into the paranormal. They allow people to connect to the haunted past through walking tours, bus/trolley tours, investigation-style tours and even pub crawls. Some guests report experiencing



Photo courtesy of Bulldog Tours

The Old Charleston Jail, which once held pirates, Civil War prisoners and the first known female serial killer, is an especially spooky spot.



Photo courtesy of Birmingham Historic Touring Company

A group pauses before entering the First Presbyterian Church during a ghost walk in Birmingham, Alabama.



Ghost tours can include exploring the paranormal by bus or trolley, as well as on foot.

paranormal phenomena, like feeling unexplained cold spots or photographing disembodied faces and shadowy figures.

Allison pores through old newspapers and historical archives and interviews local people to give her tours as much local flavor as possible. “I’m looking for stories that are unique to the community that they come out of,” she says. While many stories across the country have common themes, Allison says, every place is a little bit different.

“You don’t have to believe in ghosts to enjoy the tour,” she says. Skeptics can have fun learning spooky stories. Tour guides often encourage guests to share their personal paranormal experiences to relate to one another. Ghost tours can’t guarantee guests will have an otherworldly encounter, but there is always a possibility.

If you’re ready to test your luck, consider joining these popular local tours, if you dare:

- Charleston, South Carolina’s, rich history, fascinating places, people and landmarks bring with them incredible stories—and lots of ghosts. Check them out through Bulldog Tours. bulldogtours.com/tours/ghost
- The Birmingham Ghost Walk in Alabama includes two walking tours and the Ghosts and Graveyards Chauffeured Experience. bhamhistory.com
- Old Louisville is home to what many consider to be the “most haunted neighborhood in America.” Learn why through Old Louisville Ghost Tours, in Louisville, Kentucky. louisvillehistorictours.com/louisville-ghost-tours 📱

FUN FACTS

- Most ghost tours in the U.S. run year-round.
- Harpers Ferry, West Virginia, claims to have America’s oldest ghost tour. It began in 1970 and is still running. In 1973, historian Richard Crowe started Chicago’s first ghost tour. He told ghost stories on the radio around Halloween, which inspired Allison Jornlin and her brother to establish American Ghost Walks.
- Many ghost stories have common themes. Allison notes the prevalence of stories about women who met unfortunate ends. Guides across the nation tell local stories of jilted lovers, forlorn widows and vanishing hitchhikers.

SCARING UP A GREAT TOUR

Are you spending the spooky season exploring a new town—or your own hometown? A ghost tour is a fun way to learn about the history of a place and its people. Before you book one, follow these tips:

CHOOSE A TOUR THAT SUITS YOUR GROUP

While each tour is unique, they typically fall into these categories: walking tours, bus tours, investigation tours and pub crawls. Investigation tours allow guests to become paranormal researchers for one night, and they typically focus on one building or property. A haunted pub crawl offers spirits of both the alcoholic and ethereal kinds.

CHECK THE WEBSITE

Tour companies list important information on their websites, including an overview, length of the tour, walking distance, accessibility, age-appropriateness and cancellation/refund policies. Many tours encourage guests to purchase tickets in advance.

READ THE REVIEWS

Check Google reviews and websites like Yelp or Tripadvisor for reviews. Search for detailed reviews that weigh the pros and cons of the tour. If you find positive reviews of a specific guide, you may be able to book a tour on a night when that person is working.

If you still have questions after your research, don’t be afraid to give the tour company a call.

Affordable ACCESS

BSHC Celebrates More Than Half a Century of Care

STORY BY JEN CALHOUN

The late Eula Hall grew up at a time when people in her part of Appalachia were getting sick from tainted well water and dying from easily curable infections. Getting to a doctor could take an hour or more on unpaved roads, assuming there was transportation.

Hall saw what was going on, and she knew it was wrong. So, when President Lyndon Johnson declared a war on poverty in 1964, she became a soldier on the front lines. Over the next decade, Hall's tireless activism would bring clean water into Floyd County and start its first health care clinic, Mud Creek Clinic. The clinic served anyone who needed it, regardless of their ability to pay.

More than 50 years later, Hall's mission continues to thrive. In 1977—four years after it opened—Mud Creek Clinic joined with the locally organized and community owned nonprofit organization, Big Sandy Health Care, so it could help more people and provide more services to the areas that need it most. In 2011, BSHC's board of directors renamed the clinic The Eula Hall Health Center.

Today, BSHC operates 11 fixed clinic sites, including three in Salyersville and one in Paintsville. The health care group also operates seven school-based service sites

around Eastern Kentucky, a mobile dental unit and a mobile maternal health unit.

COMPASSIONATE, COMPREHENSIVE CARE

The Big Sandy system of today would have been the stuff of fantasy for a young Eula Hall. Through its network of clinics, it offers everything from family medicine, pediatrics, maternal care, behavioral health, chronic disease management, pharmacy podiatry, vision care, dental care, Federal Black Lung Assessments and administrative help, X-rays, labs and much more.

The Johnson County Community Health Center opened in late January to fill a need in Paintsville for affordable care close to the people who need it. Partially funded with \$500,000 from United Healthcare, the center offers many services including primary care, behavioral health, lab and pharmacy.

MAKING IT HAPPEN

But it might not have been possible without Hall and the Mud Creek Clinic. With an eighth-grade education, a fierce intellect and determination, Hall was driven to help.

When someone looking for drugs set fire to the clinic in 1982, Hall kept it going, according to her obituary in The



New York Times, which pulled information from Kiran Bhatraju's book, "Mud Creek Medicine."

Instead of closing, Hall used a picnic table as an office and had a phone installed on a nearby tree until she could move operations back indoors. When the Appalachian Regional Commission offered to put up \$320,000 to build a new clinic if she could raise \$80,000, Hall raised \$120,000 by throwing quilt raffles and potluck dinners.

With the help of Big Sandy, Hall's dream blossomed. "I know when they walk in that door they're going to be treated with respect, and they're going to be treated with the best we've got to offer," she said during a 2014 interview with CBS.

The late Eula Hall, left, talks to a health care worker. In 1973, Hall started Floyd County's first health care clinic, which ultimately grew into a network of clinics across Eastern Kentucky, including several in Paintsville and Salyersville.

Hall continued to help others at BSHC until she died in May 2021 at the age of 93.

RURAL RESILIENCE

Justin Crace, chief information officer and Health Insurance Portability and Accountability Act privacy and security officer at BSHC, knows

Hall's story is important. It shows how hard locals worked to bring better living conditions to a place that was cut off from much of the world.

Crace likens Hall's work to that of local telecom cooperatives, like Foothills Communications, which brought telephone and broadband services to Johnson, Magoffin and Lawrence counties. Like Hall, those cooperatives formed because for-profit entities wouldn't invest in low-population, poverty-prone rural areas. If the people around here wanted service, they had to provide it for themselves.

The government also helped organizations like BSHC through the Federally Qualified Health Center program with some federal monies, special pharmacy pricing and reimbursement from Medicare and Medicaid.

"Eula Hall's story is a story of strength and resilience for our friends and neighbors that didn't have quality health care," Crace says. "We're still fighting that battle. There's a lot more health care now, but I believe Big Sandy is different, because it's a community-owned organization. The people that work here live here. Most of us



Photos courtesy of BSHC

TOP: The Hope Family Medical Center in Salyersville offers family medicine, behavioral health care, dental care and a pharmacy.

BOTTOM: Hope Family Health Services provides pediatric care and more.

are also patients. It's similar to Foothills. We are local people serving local people with quality services that make a difference in our communities. Stories such as those of Eula Hall, Big Sandy Health Care

and Foothills Communications are important to tell because all of us in our region have that strength and compassion for others deeply rooted in who we are."

HEALTH CARE HOME

Big Sandy Health Care operates 11 fixed clinics, seven school-based service sites, a mobile dental unit and a mobile maternal health unit in a five-county service area. This includes three clinics in Salyersville and one in Paintsville. To find out more about the services offered at each clinic, visit bshc.org or call 606-886-8546. BSHC clinics in Foothills Communications' service area are:

Hope Family Health Services-Pediatrics at The Joann Arnett Building
 194 Beriah Blvd., Salyersville

Hope Family Medical Center at The Mildred Patrick Sizemore Building
 835 Parkway Drive, Salyersville

Hope Family Health Services-Podiatry
 452 Tom Frazier Way, Salyersville

Johnson County Community Health Center
 450 S. Mayo Trail, Paintsville



RUNNING TOWARD THE FUTURE

Rural Athletes Must Overcome Hurdles to Win Scholarships

For much of her life, Olivia Murphy focused on becoming a collegiate swimmer. The biggest obstacle she faced didn't come in the pool—it was catching the eye of college coaches.

Each year thousands of student-athletes pursue college athletic scholarships. Ultimately, only about one out of every 50 succeeds, according to a 2021 study by Next College Student Athlete. That bar can be even tougher to clear for athletes like Olivia, who live in rural areas, where it's often difficult to get the attention of major programs.

For those students, earning a spot on a college roster takes more than just the talent and commitment to be a high-level athlete—it also takes a “second job” as a communicator and organizer, working just to be seen.

“I didn't start the actual recruitment process until summer of my junior year, which is a little late for some people,” says Olivia, a Tennessee resident and 2024 Tullahoma High School graduate.

MAKING A SPLASH

Olivia's path was more straightforward than that of many other athletes: Swim fast, win races. A key member of the Wildcats' school-record-setting relay team, she recorded plenty of fast times while helping the team win its first division title.

She knew she had the speed, she just needed the coaches to know it, too. “When you first reach out to a coach, whether it's through a questionnaire or an email, you put your best events and your best times in there,” Olivia says.

When prospective recruits submit statistics, coaches compare their times to those of their current swimmers, as well as the

ones winning division and national titles. Athletes from almost every sport send out these cold-call emails to coaches across the country. In sports like football and basketball, where skills can't be boiled down to a set of times or statistics, athletes will create their own highlight videos and send those to coaches.

This can be especially valuable for rural athletes. Coaches can't visit every town to scout athletes, but there's no travel time in opening an email. Olivia says coaches especially want to see the swimmers' videos. “They love videos,” she says. “Most coaches like to see video because they want to see your technique or where your weaknesses might be.”

SHOWCASING SKILLS

Sometimes, rather than sending videos, recruits travel to camps and showcases so coaches can watch them in action and compare their skills to athletes at a similar level. These are often sport-specific camps run by college programs where potential recruits get hands-on practice time with

Photo illustration by Mark Gilliland



Photo courtesy of Olivia Murphy

Olivia Murphy's best swimming events are the 100-meter freestyle, butterfly, backstroke and the 50-meter freestyle.

coaches. At regional showcases or tournaments, thousands of athletes can test their skills while scores of coaches look for diamonds in the rough.

Landyn Cox, a 2024 high school graduate from McKee, Kentucky, competes in archery and found success at these large events since most high schools don't have archery teams. He was offered a scholarship to be an archer at the University of the Cumberlands in Williamsburg, Kentucky. He competed on the USA Archery U18 Compound National Team, the World Archery 3D Championships and other USA Archery Team events. He says the USAT events are a solid way to draw attention. "If you win like one of the USATs or certain big events, that gets your name out there pretty fast," he says.

MAKING A DECISION

Once coaches begin recruiting, the challenge comes in settling on a school. Olivia narrowed down her list to three. "I wanted to limit myself to three visits because I'm really bad at decisions," she says.

Part of the process was deciding what size school she wanted to attend. Many athletes feel the need to compete at a prestigious NCAA Division 1 school, but they



Photo courtesy of USA Archery

Landyn Cox first competed in archery through the National Archery in the Schools program.

SCORING AN OFFER

1. Know your skill level and learn the NCAA or NAIA eligibility requirements.
2. Compile an athletic resume with:
 - Skills video
 - Athletic stats
 - Academic transcripts, ACT/SAT scores
 - Extracurricular activities
3. Email coaches.
 - Include your athletic resume.
 - Subject line: Name, position, current grade level and key stat: "Jane Doe, High School Sophomore, Pitcher, 90 mph fastball"
 - Individually craft each email, clearly stating why you're interested in that program.
4. Make campus visits and meet coaches. Keep sending updated stats.
5. Lock down your offer and negotiate your amount. Don't discount merit-based, academic or other scholarships.



could find a home—and potentially more playing time or better financial aid—at a smaller school. "Division 1 isn't everything," Olivia says. "It's not live or die."

No matter the size or program, a visit is the critical component. After a successful recruiting visit where she got along great with her future teammates, Olivia chose Delta State University, a Division II school in Cleveland, Mississippi.

"They need to go where they feel like they best fit," she says. "I was like,

"There's no way that I'm not going to go Division 1," and then I found a school that matches up with Division 1 schools and I got better scholarship offers and felt like I fit with the team better. And so, I was like, 'Oh, that's not the end of the world.'"

But it will be a whole new world for Olivia, Landyn and other rural athletes as they aim to parlay their hometown successes and hard work to the next level. 🏹

SCREAM FACTORY

Fallsburg Fearplex keeps the fall frights coming

Story by JEN CALHOUN

Brian Cassady was still a kid when his mother, Wanda, turned a Victorian-era home into a popular haunted house to raise money for local organizations. But the annual Halloween attraction was forced to shut down when it grew harder to find volunteers during the recession of 2008.

“The old house in Fallsburg went empty for about three years,” Brian says. “Then, in 2011, I thought I might just hire about 20 people and start up a commercial haunted house.”

With that, Brian created The Fallsburg Fearplex, an annual haunted house attraction that brings thousands of visitors during the seven weekends it’s open. The haunt uses paid actors, mechanized pop-ups, animatronics and eerie lighting to terrify guests who love every minute of it. Every Friday and Saturday in October and part of September, about 2,000 people from all over the region show up in the community of Fallsburg, tickets in hand.

BOOGEYMAN BUSINESS

Not long after reopening the haunt as a commercial venture, Brian realized the 100-something-year-old home wasn’t going to work much longer for the number of people the attraction was bringing in. “We had to think about the fire marshal and state regulations,” he says.

He also couldn’t do everything he wanted to do with the physical limitations of the house. Haunted attractions like the Fearplex require false walls with space to accommodate mechanical operations, room for actors to work and enough capacity to safely move thousands of people through each night.

“That’s when we decided to come up the road here and build a 6,000- to 7,000-square-foot building,” he says. “A few years later we built a 4,000-square-foot building. Now we’re finishing a brand-new 6,000-square-foot ‘insane asylum.’”

The haunted attraction business is bigger than many people might think. Brian and two full-time employees work year-round, and he hires about 100 part-timers in the fall. Every year, he reworks about one-third of the entire haunt just to keep it fresh. He also attends a giant conference specific to the business of haunted attractions.

“You’d be amazed at how many vendors are in that place,” he says. “They sell masks and pop-up tricks and everything else. I’ve spent \$4,000 on a fake body that looks absolutely real.”

But like any business, haunts can pose big challenges. In the early days, Brian saw the lines—and his customers’ impatience—growing. “The first year’s attendance was about 5,000 people for the whole season,” he says. “That blew our minds. But then the second year was 9,000. The third year, we bumped up to 16,000, and we had a bunch of aggravated people who had to wait in line for three to four hours. At the time, we didn’t know how to move people.”

But now the Fearplex has it down to an actual science, he says. “People might not really realize how much we’ve learned over the last 12 years when it comes to moving people through the attraction,” Brian says. “The highest attendance we’ve ever had on a night is 2,800. Very frequently we have over 2,000 in one night. We’ve experienced different haunts in bigger cities, and I think we’ve probably got one of the best timing systems.”



“THE HIGHEST ATTENDANCE WE’VE EVER HAD ON A NIGHT IS 2,800.”

—BRIAN CASSADY,
THE FALLSBURG FEARPLEX CREATOR



Photos courtesy of Fallsburg Fearplex

THE INTERNET CONNECTION

Foothills Communications’ internet service also plays a huge part in the business of commercial haunts, Brian says. In addition to online ticket sales on the website, Brian has used social media sites to advertise and promote the Fearplex since the beginning.

Early on, he used Facebook posts to create buzz. Now, he says he’s shifted to TikTok and Snapchat, where much of his 13- to 30-year-old demographic focuses time and attention. “In general, our customer base is about a two-hour drive from here in all directions,” Brian says. “That’s where I target on social media and billboards—cities like Charleston and Barboursville in West Virginia, and Portsmouth, Ohio.”

Other sites, like thescarefactor.com, promote haunts by offering independent reviews of haunted attractions all over the country. The site sends teams of reviewers to various haunts to rate everything from the costuming, cast, special effects and the overall scare factor.

The Fearplex buildings also require internet service to run everything from ticket systems to the laptops that power the eerie lighting and scary pop-ups. “The internet is important here,” Brian says. “We’d be up the creek without it.” 📺

TOP: The Fallsburg Fearplex got its start in this turn-of-the-century home where Wanda Cassady organized a haunted house to raise money for local teams and organizations.

ABOVE: Marketing plays a big role in the success of haunts. This image comes from the Fallsburg Fearplex website, which helps market the haunted house alongside other digital media like Snapchat, TikTok and Facebook.

READY FOR A SPOOKY SITUATION?

Fallsburg Fearplex events take place on Friday and Saturday nights from late September until the end of October. For more information, FAQs and tickets, visit fallsburgfearplex.com. The Fearplex is also active on social media sites like TikTok, Snapchat, Facebook and Instagram. The Fearplex address is 5650 Highway 3N in Louisa.

Kick Off THE SEASON



Healthy Eats for Your Tailgate

It's time to think about tailgating. Even if you aren't a football fan, you can enjoy the food that goes along with the big game, from pots of chili to tater skins and Buffalo wings.

But these tailgating treats may not agree with your waistline. There are healthy alternatives to consider for lightening up your football spread without sacrificing taste. You'll score some touchdowns yourself.



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

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

WHITE CHICKEN CHILI

- 4 boneless chicken breasts (2 to 2 1/2 pounds)
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- 1 tablespoon butter
- 2 tablespoons olive oil
- 1 large onion, chopped
- 3 stalks celery, chopped
- 3/4 cup chopped red bell pepper
- 2 cans whole green chilies, chopped (see tip)
- 3-4 cans cannellini beans, drained and rinsed (see note)
- 2-3 teaspoons cumin
- 1 cup sour cream
- 1/2 cup heavy cream
- 1/2-1 cup chopped fresh cilantro
- 1/2-1 cup grated Monterey Jack cheese
- Additional chicken broth, if needed

In large pot, add chicken breasts and completely cover with water (4-6 cups). Simmer chicken breasts with basil, salt, onion powder, garlic powder, thyme and parsley until completely cooked.

Remove chicken from broth and let cool. Reserve the seasoned broth for the chili. Once chicken is cool, chop and set aside.

In a large stock pot, add butter and olive oil, and saute onion, celery and bell pepper until vegetables are translucent. Add chopped chilies and two cans cannellini beans. When mixture is warm, mash beans with a potato masher.

Add 2-3 cups of the reserved broth, chopped chicken, cumin and 1-2 more cans cannellini beans. Let simmer 30 minutes to an hour. If mixture becomes too thick, add more broth. Add sour cream, heavy cream and fresh cilantro, and stir well. Taste and adjust seasonings, such as salt and cumin. Just before serving, stir in grated Monterey Jack cheese and ladle into serving bowls.

Tip: You will get better quality if you buy the whole chilies rather than chopped chilies.

Note: Progresso brand provides a better-quality bean that holds up well as the chili simmers, and you should only need three cans. If you use another brand and find that it is disintegrating as the chili simmers, add a fourth can of beans.



PARMESAN CHICKEN WINGS

These delicious wings are oven-baked.

- 1/2 cup all-purpose flour
- 2 tablespoons garlic powder
- 2 teaspoons ground pepper
- 3 large eggs, beaten
- 1 1/2 cups panko breadcrumbs
- 1 1/4 cups grated parmesan cheese
- 2 pounds chicken wings, cut at joints, wing tips discarded
- 3 tablespoons balsamic glaze (store-bought or made from scratch)
- Lemon wedges
- Ranch dressing
- Celery and carrot sticks

Preheat oven to 450 F. Line a baking sheet with parchment paper. Coat with cooking spray. Combine flour, garlic powder and pepper in a shallow dish.

Place eggs in a second shallow dish. Combine panko and cheese in a third shallow dish. Working in batches, dredge chicken pieces in the flour mixture, then the eggs and finally in the panko mixture, shaking off excess after each dredging. Place on the prepared baking sheet. Coat the chicken lightly with cooking spray.

Bake, turning the chicken halfway through, until the chicken is golden brown, and an instant-read thermometer inserted in the thickest portion registers 165 F, 20-25 minutes.

Arrange the chicken on a platter. Drizzle with balsamic glaze and serve with lemon wedges and ranch dressing for dipping with celery and carrots.

DOUBLE DIP HUMMUS

This recipe from Eating Well could be the creamiest hummus you've ever tasted. It's best made a day in advance.

- 8 ounces dried chickpeas (about 1 cup)
- 1 tablespoon baking soda
- 7 large cloves garlic, divided
- 1/2 cup extra-virgin olive oil, divided
- 1/2 cup tahini, divided
- 1/4 cup fresh lemon juice plus 1 tablespoon, divided
- 1 1/2 teaspoons kosher salt
- 1/4 teaspoon ground cumin, plus more for garnish
- Paprika for garnish
- 1/4 cup chopped flat-leaf parsley
- 2 tablespoons of the prettiest chickpeas for garnish.

Rinse the remaining chickpeas and garlic and set the colander over a bowl. Refrigerate the chickpea mixture, reserved cooking water and pretty chickpeas separately overnight.

The next day, combine the chickpeas, 6 of the garlic cloves and 1/2 cup of the reserved cooking water in a food processor (or blender) with 1/4 cup each oil, tahini and lemon juice. Add salt and cumin. Process until creamy. Transfer to a serving bowl. Puree the remaining 1/4 cup each oil and tahini with the remaining garlic clove, 2 tablespoons of the cooking water and 1 tablespoon lemon juice until smooth.

Place chickpeas in a medium saucepan and cover with 2 inches of water. Stir in baking soda. Soak overnight. Drain the chickpeas and rinse well. Rinse out the pan. Return the chickpeas to the pan and cover with 2 inches of fresh water. Add garlic. Bring to a boil. Keep at a rolling boil until the chickpeas are tender and almost falling apart, 25-40 minutes.

Reserve about 3/4 cup of the cooking water, then drain the chickpeas. Set aside

Make an indentation in the center of the hummus and spoon in the tahini-lemon mixture. Sprinkle the hummus with cumin and paprika, if desired. Garnish with the reserved whole chickpeas and parsley. Serve with fresh carrots, celery and other colorful vegetables and/or pita chips. 🍴





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

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



While others aim to be uncarriers,
at Appalachian Wireless,
we're proud to be

**YOUR
CARRIER!**

Appalachian
WIRELESS

An **East Kentucky Network** Company

www.appalachianwireless.com