

The Foothills

JANUARY/FEBRUARY 2018

CONNECTION

A SWEET RETREAT

Ina B's Inn welcomes
guests to Oil Springs

ROMANTIC RENDEZVOUS

A vacation destination for
Valentine's Day

RISE AND SHINE

The magic of baking
biscuits from scratch





BY SHIRLEY BLOOMFIELD, CEO
NTCA-The Rural Broadband Association

Promoting rural entrepreneurship

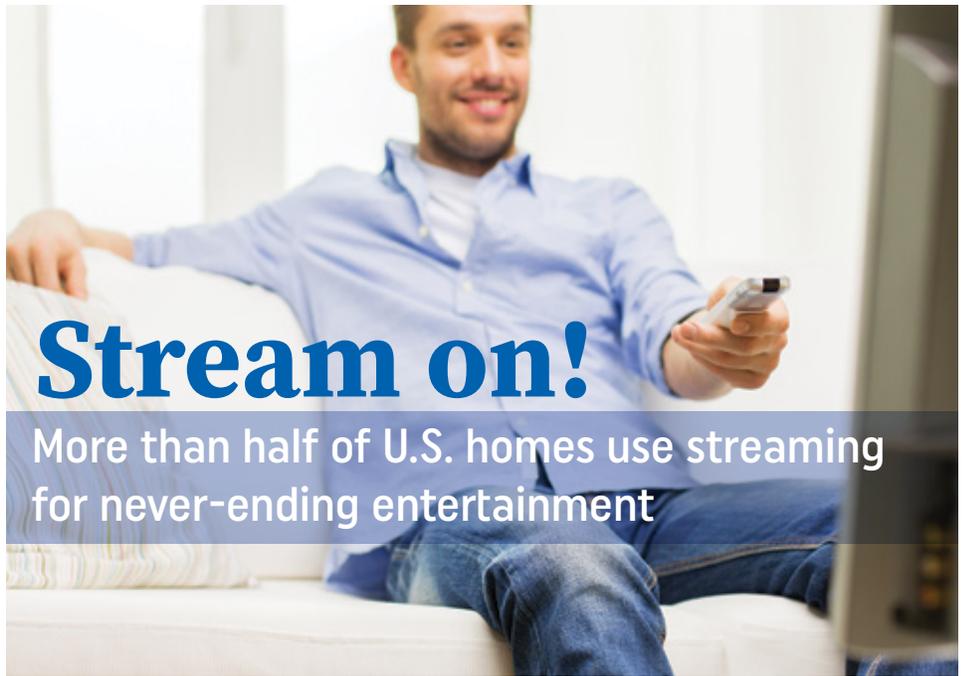
Entrepreneurs, those brave individuals willing to take a chance on an idea to start a business, are an important part of any thriving economy. We've seen rural entrepreneurship in particular become a key to sparking development in downtowns and invigorating communities.

Indeed, attitudes are changing about where someone can be an entrepreneur. When people think of startups, they often envision cities like New York, Austin or San Francisco. Big cities are no longer the only locations where startups can thrive thanks to low costs, an eager workforce and the availability of broadband.

Networks like the one your local telco has built provide a critical link for new and existing businesses. Through the power of broadband, any rural area is a possible hotbed for entrepreneurial activity.

New rural businesses can connect with suppliers, customers and peers in ways that were impossible just a few years ago. Robust fiber optic networks allow for companies to hire remote workers, share big files with designers or engineers, and hold virtual meetings through videoconferences.

Being an entrepreneur is not for everyone. It takes patience, drive and energy, a positive attitude, and a high tolerance for risk. But I'm glad that today when those type of people look at rural America, they now see opportunities thanks to hardworking NTCA members like your local telco. 📺



Regardless of location, high-speed internet brings endless entertainment options. More so than ever before, viewers have options for high-quality programming through streaming devices and services.

Streaming is an entertaining addition to traditional television services. Nearly 60 percent of U.S. TV homes have at least one internet-enabled device capable of streaming to a TV set, according to a recent survey by The Nielsen Company.

HOW POPULAR ARE STREAMING DEVICES?

Since June 2016, streaming devices have grown by 12 percent.

WHAT IS A STREAMING DEVICE/STREAMING SERVICE?

A streaming device is a gadget that uses the internet and allows viewers to connect to content online. A streaming service is a downloadable app that lets users watch content online.

WHY DOES IT MATTER?

While traditional TV services are still crucial, at the touch of a button, streaming offers limitless entertainment. Streaming allows viewers to watch whatever content they choose, when and how they want.

WHAT'S SO GREAT ABOUT IT?

Variety: Whether you're looking for reruns of "The Dick Van Dyke Show" or original streaming-only content like Netflix's "Stranger Things" and Amazon Prime's "All or Nothing," it's all online.

Simplicity: Streaming devices and streaming services are simple to set up and require little to no technical knowledge.

Affordability: Streaming devices like AppleTVs are typically less than \$180, while some Roku models are about \$40. Streaming services like Netflix and Hulu are about \$10 per month or more. 📺

STREAMING DEVICE EXAMPLES:

Apple TV, Google Chromecast, Amazon Fire TV, Roku, a video game console or smart TV.

STREAMING SERVICE EXAMPLES:

Netflix, Hulu, Amazon Prime, YouTube and HBO Now.

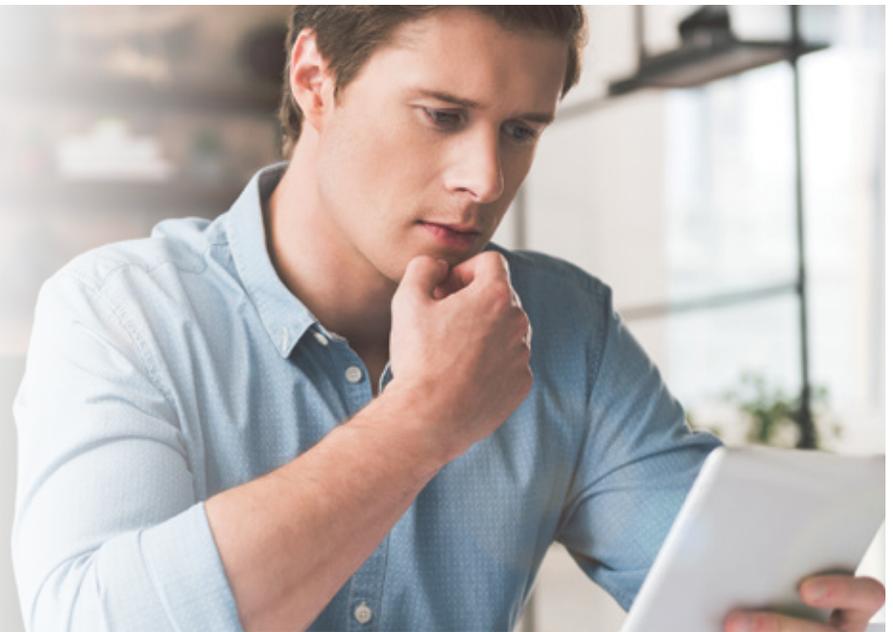
69.5 MILLION U.S. TV homes have at least one internet-enabled streaming device.

39 MILLION U.S. TV homes have an internet-enabled game console.

6.5 MILLION U.S. homes have a streaming device, game console and smart TV.

Source: The Nielsen Company

More Americans are getting their news to go



BY DREW WOOLLEY

In today's world, everyone is connected all the time. That's changed the way we communicate, shop and even get our news. A recent report from the Pew Research Center took a closer look at how people's news habits are changing and the surprising groups driving the growth of mobile news.

Online news is closing the gap with TV. Today, 43 percent of Americans get their news online, just 7 percent fewer than those who say they get it on TV. That's less than half of the 19-point gap that existed in 2016, meaning the internet could soon become most people's primary news source.

News on mobile is still growing. In 2017, 45 percent of adults in the U.S. regularly got news from a mobile device, a 9 percent increase from 2016 and more than double the percentage in 2013. And while many of those people also turn to a desktop or a laptop computer for news, nearly two-thirds prefer a mobile device.

Mobile news growth is being driven by older adults. About 85 percent of adults get news from a mobile device, an increase of 13 percent from 2016. That increase is mostly made up of those 65 and older whose mobile news consumption jumped 24 points to 67 percent in 2017. For those aged 50 to 65, 79 percent of people get news from a mobile device, about twice as many as in 2013.

Two-thirds of the country gets news from social media. A small increase in the overall consumption of news on social media from 2016 to 2017 was spurred by a significant uptick among people 50 and older. Now, more than half of Americans older than 50 get news on social media. [👉](#)

WATCH OUT FOR FAKE NEWS

One of the biggest drawbacks of online news is that it can be difficult to tell which sources are reliable and which are not. Since the FBI announced Russia's efforts to spread false stories during the 2016 election, it's more important than ever to protect yourself against unreliable information.

» **Start with the facts.**

A recent BuzzFeed analysis of CNN, ABC News and Politico found the vast majority of the news outlets' reporting to be truthful. Subscribing to a reputable newspaper or magazine can be a good first step to inoculating yourself against fake news.

» **Step outside your bubble.**

People tend to consume media inside echo chambers that confirm their beliefs. Whether it's a group of friends or your social media feed, take some time to break out of your normal news habits and challenge your views.

» **Think like a fact-checker.**

The best way to get to the bottom of any subject is to dig deep. Read as many sources as you can and check sites like Snopes or Politifact that specialize in verifying popular news stories.

TV networks won't stop increasing their fees

Imagine you run a delivery company and you charge \$100 to bring goods to a business in our region. Then, consider how a new toll booth would affect your business.



RUTH CONLEY
Chief Executive Officer

You already spend much of your \$100 on gas, wages for your driver and maintenance for the truck. Imagine how it would affect your operation if a new toll booth charging \$10 each way opened up directly on the route.

Suddenly, instead of \$100 to cover wages, fuel and maintenance, you now only have \$80. A delivery company that spends more to deliver something than it charges is not going to be in business very long. You would have to charge customers more to cover the new costs.

This is the situation small rural telcos like Foothills find ourselves in when it comes to the rates we have to pay television networks to provide their programming.

You see, if you are one of our many TV subscribers, Foothills has to pay a fee for virtually every channel in your TV package (except the shopping channels). While sports channels are by far the most expensive, even the less popular channels charge from a few nickels to a few dollars per subscriber to carry their programming. Some of the more expensive channels can be up to \$8 per subscriber. If you multiply those fees by every channel in your package, you can see what we're up against. Almost all of your monthly television bill goes directly to those networks. The days of commercial breaks covering the networks' financial demands are long over.

This hasn't always been the case. Only a few years ago, local channels did not require a fee for Foothills to retransmit their programming. Now, however, not only are they requiring us to pay a fee, but they are also increasing that fee every year or two. This year, for instance, many local stations are doubling the fees TV providers like Foothills have to pay for each television subscriber.

In addition to fees, many popular cable channels require that providers carry — and pay for — less popular channels owned by their corporate parent companies.

Like the delivery business in my story above, these new "tolls" keep popping up and have greatly affected what we have to charge for television service. Now, your first thought might be to have the driver go a different route in order to avoid the new toll, but in the analogy I'm making with Foothills and TV networks, there's only one route to deliver the goods our customers want. Certain programming is only available on certain networks, and we have to carry that network to provide what our customers expect.

This is why — despite the pretense of having negotiations — TV networks with the unchecked power to charge whatever they want creates an unfair fight for Foothills and other small rural telcos working on behalf of our members.

We know you are counting on us to deliver quality television programming at an affordable price. Our staff works every day to control our overhead expense and to be as efficient as possible in everything we do. I hope this metaphor of the delivery company and the increasing toll road helps you understand why Foothills may be forced to raise the rates or fees we charge members for television service. As your trusted local telco, we were able to absorb the cost of the first few retransmission rate increases. However, the board and I are charged with ensuring the long-term continued financial viability of the cooperative, and with that in mind we have to pass these costs along to our subscribers.

We appreciate the opportunity to be your trusted provider for broadband, video and phone service today — and well into the future. ☎

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CONNECTION

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The Foothills Connection is a bimonthly newsletter published by Foothills Communications, ©2018. 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. Our service area includes Magoffin County and portions of Johnson County and Lawrence County. We love being part of the communities we serve; our customers are our families, friends and neighbors.

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Foothills Mission Statement

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

Produced for Foothills Communications by:



On the Cover:



Dianna Rice and her family converted the house of their late mother, Ina B, into a rental property in Oil Springs, Kentucky. See story Page 13.

Leaving her legacy

Holbrook retires after more than 41 years

From ledgers and printing plates to automatic billing and a fiber network, Linda Holbrook has experienced it all in her more than 41 years at Foothills Communications. Upon her retirement Feb. 1, she is looking forward to spending more time with her family and being there for her 11-year-old granddaughter as she grows up.

Holbrook was hired as a customer service representative at the front desk for Foothills in 1976. From there, she moved into billing, where she stayed throughout her career.

She remembers that in the '80s, just changing a billing address was time-consuming. "We had the little metal plates that had to be stamped out with stamp machines," she says. "You had to search out

letters, which went in a metal tray and into drawers. When we printed the addresses on the bills, you took out a tray and put it in the trough that came down, and it printed on the bill."

She then had to match the bill and toll to the ledger, which contained a customer's entire billing history. In fact, the ledger was the only place you could find a customer's billing history.

She says that her favorite part of the job is her "work family." Her longest-standing co-worker, Vivian Tackett, started just one year after her and retired in 2011. They spent 17 years hand-stuffing envelopes together.

While Holbrook is excited about retirement and spending more time with her



granddaughter, she is going to miss working at Foothills Communications. "I've always liked what I do," she says. "It's the people you work with and the work you do. I have the best of both worlds. I've been blessed beyond belief."

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Catch all the channels!

Don't let boredom strike on a cold winter night — upgrade your TV package!

Expanded — 150-plus channels

Digital — 200-plus channels

Digital Complete — All premium packages*

*STARZ ENCORE is not included in the Digital Complete Package. Promotional offers good through Feb. 28, 2018.



Do you have the speed you need?

The more devices you have, the more speed you need!

•15 Mbps

•50 Mbps

•25 Mbps

•75 Mbps

Visit www.foothills.net to upgrade today!



A getaway to ROMANCE

The Main Inn at Beaumont Inn was built in 1845 and offers the perfect ambiance for a night of romance.

Photo courtesy of Beaumont Inn.

Romance can happen wherever you are. But add a wonderful dinner and beautiful surroundings, and you've upped the ante. Here are some suggestions for hotels, inns, lodges and resorts that know what it takes to create a memorable getaway, whether it's a Valentine's retreat or simply some much-needed time away to recharge.

Beaumont Inn

638 Beaumont Inn Drive, Harrodsburg, Kentucky

Named one of the South's most charming inns, Beaumont, in the heart of horse country, has drawn couples from around the region for 99 years. Harrodsburg, the oldest town in Kentucky, offers history and charm. The inn follows suit, adding all the modern amenities you would expect, including comfortable linens, free Wi-Fi and cable TV in the 31 guest rooms and the suites located in Beaumont's three buildings — Goddard Hall, circa 1935; Greystone House, circa 1931; and the Main Inn, circa 1845.

Breakfast is included in your stay and is served every morning.

- ▶ **Where to eat:** The inn features two dining options. The Main Dining Room received the prestigious America's Classic Award from the James Beard Foundation in 2015 and serves classic dishes, including corn pudding, country ham and fried chicken. The Owls Nest Lounge serves wines and cocktails, along with appetizers and entrees. In town, step back in time for a burger or pot roast at Kentucky Fudge Company, 25 S. Main St. Or if you're looking for a taste of Mexico, reasonable prices and killer enchiladas, try La Fonda, 121 S. Main St.
- ▶ **Rates and reservations:** \$120-\$196, weeknights; \$133-\$208, weekends. Contact 859-734-3381 or beaumontinn.com



Overlook Pavilion at Gorham's Bluff is a beautiful place to say "I do" or renew your vows with the one you love.

♥ Gorham's Bluff

100 Gorham Drive, Pisgah, Alabama

Choose a room with a fireplace, antique furnishings and other beautiful trappings or a private cottage that offers all the amenities of home without all the distractions. Gather family on the bluff and say your vows for the first time, or renew your vows in the wedding pavilion overlooking the Tennessee River from atop Sand Mountain. Gorham's Bluff is the go-to place in the mountains of North Alabama to experience luxury, privacy and romance.

- ▶ **Where to eat:** Most meals are served in The Lodge at Gorham's Bluff. Breakfast is made to order, box lunches can be delivered to your room, and three- or four-course dinners by candlelight are offered each evening.
- ▶ **Rates and reservations:** 256-451-8439 or gorhamsbluff.com/the-lodge. Suites begin at \$155 per night.

♥ Dancing Bear Lodge

7140 E. Lamar Alexander Parkway, Townsend, Tennessee

You'd be hard-pressed to find a more scenic, romantic getaway in Tennessee than Dancing Bear near the Great Smoky

Mountains. Cabins and cottages are equipped with wood-burning fireplaces and kitchens stocked with fruits and other treats. Many have hot tubs, too. And all offer great porches with rocking chairs where you can relax and view the wooded hillside and other surroundings. If weather permits, ask the front desk to deliver a gourmet picnic basket, and then find a quiet spot in the Smokies to relax with that special someone.

- ▶ **Where to eat:** You don't have to leave the property to find one of the best restaurants in the area, Dancing Bear Appalachian Bistro. Executive chef Shelley Cooper brings gourmet dining to the mountains, with farm-to-table specialties such as cast-iron beef tenderloin with loaded potato casserole, seasonal vegetables, wild mushrooms and house-made steak sauce. Reservations are strongly suggested during popular times, such as Valentine's Day. The resort's Apple Valley Cafe offers casual dining, breakfast through dinner. In nearby Maryville, restaurants run the gamut from fast food to white tablecloth.
- ▶ **Rates and reservations:** \$160-\$300 per night. Contact 800-369-0111 or www.dancingbearlodge.com.

♥ Red Horse Inn

45 Winstons Chase Court, Landrum, South Carolina

Plan your escape to Red Horse Inn in the foothills of the Blue Ridge Mountains. The inn was chosen as one of America's



The Red Horse Inn was named one of America's most romantic inns by Travel and Leisure.

Photo courtesy of Red Horse Inn.

most romantic inns by Travel and Leisure. Choose a guest room in the inn or a private cottage, several of which are pet-friendly and all of which offer views of the surrounding pasture or mountains. All accommodations have whirlpool tubs or hot tubs.

- ▶ **Where to eat:** Breakfast is included in your stay at Red Horse. In nearby Saluda, North Carolina, The Purple Onion, 16 E. Main St., offers live bluegrass on Thursdays and Saturdays and Mediterranean-inspired pizzas, seafood and pastas nightly.
- ▶ **Rates and reservations:** \$175-\$325 per night, depending on accommodations. Contact 864-909-1575 or www.theredhorseinn.com.

♥ Stag Leap Country Cabins

2219 FM 2782, Nacogdoches, Texas

Nestled deep into the woods of East Texas, Stag Leap is the ideal secluded place for a romantic getaway. There are seven cabins, ranging in size from one bedroom to three. All cabins have full kitchens and charcoal grills, so you can bring your own food or dine in Nacogdoches just 2 miles away. Cabins also have wireless internet and satellite television. For some fresh air, step outside and enjoy the 200 acres of woodlands and waterways right outside your door. Most cabins have whirlpool tubs, inside or out, and gas or electric log fireplaces for romantic ambiance. Also, a private, centrally located hot tub for six, or just the two of you, may be reserved.

- ▶ **Where to eat:** Creekside Cafe at Pine Creek Lodge, 341 Pine Creek Road, is next door to Stag Leap and offers gourmet dining in a casual atmosphere. Try the rabbit Dijonnaise or grilled rib-eye. And it's said that the catfish at Clear Springs Restaurant, 211 Old Tyler Road, is the best on the planet.
- ▶ **Rates and reservations:** \$140-\$195 per night (cash discounts offered). Contact www.stagleap.com or 936-560-0766. 📞

Buck Fever

Foothills employees share love of hunting with their kids



Autumn, daughter of Foothills Service Manager Clayton Brown, shows off an 8-point buck she killed while hunting with her father.

BY DREW WOOLLEY

When Foothills Service Manager Clayton Brown takes his daughter, Autumn, hunting, she usually brings her phone along to text with friends. Some outdoorsmen might think that means she's less engaged, but Brown can't object since she outdid him last year.

"She's killed several big deer because she's more patient than I am, so she gets a little luckier sometimes," Brown says.

Last deer season, the two of them were sharing the same stand when they heard the sounds of a couple of bucks fighting. A few minutes later, an 8-point buck came into view. Thinking this might be his daughter's only day to hunt with her busy schedule, Brown urged her to take the shot. But she had other ideas.

"I said, 'You probably won't get a bigger one,' and she said, 'If I don't kill one, that's alright,'" Brown says.

Sure enough, 20 minutes later, a 13-point buck came within about 50 yards of their position, giving Autumn the opportunity she'd been waiting for. For Brown, the moment was just as exciting; it was as if he'd taken the shot himself.

"I was shaking so bad I'm surprised she could even make the shot from that stand," he says. "I was all torn up when it came around, but she still took a good shot. It

was one of the most exciting hunts I've ever been on."

A CLEAN SHOT

Those hunting trips give Brown and his daughter some important time together each season. Each year, they look forward to making plans for the trip, picking out their spot and setting up feeders and cameras in hopes that the big one will pass.

For Lineman Cody Cornwell, it's also an opportunity to instill in his sons the valuable lessons he learned hunting as a young man. In his household, hunting is a lifestyle he's proud to share with his family.

"I grew up doing it. I love eating wild game and living off the land, and my wife and kids all love it," he says. "Just being out there is peaceful. You get to see a lot of things that people in everyday life don't get to see. I love waking up to the sunrise and then leaving the woods at dark."

Cornwell hopes to raise his boys the same way. His oldest son, Rylan, killed

his first turkey last spring, and he plans to take Gunner, his youngest, out for the first time this year. Looking back on his own childhood, Cornwell is a strong believer that hunting kept him away from drugs and other trouble he might have gotten into with friends.

"On the weekend, I couldn't wait to get out there," he says. "Everyone would be wanting to go here or there and I'd just say, 'No, I'm going hunting.'"

In addition to virtues like patience, Cornwell wants to teach his boys to be ethical hunters. He has already taught his oldest son the importance of only killing an animal he plans to eat, and he has instilled in his sons a respect for gun safety.

But while he's teaching his sons to shoot using a gun, and still hunts turkeys that way, these days Cornwell prefers the challenge of bowhunting. In fact, every deer he's killed in 18 years of hunting has been with a bow.



Cody Cornwell and his son, Rylan, carry back the turkey Rylan killed during a hunting trip last spring.



Cody Cornwell prefers the challenge of bowhunting over using a gun. Every deer he has killed has been with a bow.



Clayton Brown, and his daughter Autumn enjoy preparing for hunting season together by picking out spots and setting up feeders and cameras.

His favorite trophy is a buck that lived for more than six years on public land. Knowing the buck had outsmarted his share of hunters to survive that long, Cornwell counted himself fortunate to be able to take him down with a bow.

“It’s more of a challenge. If you’re a good shot, anybody could shoot and kill a deer at 100 yards,” he says. “It takes skill to get set up and get a deer, especially a big buck, to come right beside you within 20 yards to be in range for a bow. It’s more rewarding to me.”

HUNTING A LEGACY

This year, Cornwell is branching out by taking part in a big hunting trip with four of his friends. The five of them will head to Wyoming this fall to hunt antelope, a first for Cornwell.

For Brown, those gatherings are among the highlights of hunting and one of the aspects that attracted him to being an outdoorsman over sports as a child. Over the years, he has collected many fond memories of setting up camp and sitting by the fire with friends.

“Usually it’s storytelling time,” he says. “Maybe we cook some steaks and kick back. That’s probably as much fun as the

“ Now, my kids are the future of it. I like to see it passed down through my family. Hopefully my kids will teach their kids.”

—Foothills Lineman Cody Cornwell says of hunting

hunting — everyone just getting together.”

Even so, Brown and Cornwell agree that their favorite hunts have been with their kids. In particular, Cornwell enjoys being able to watch the tradition take hold in his family, even though his father had to teach himself.

“When my dad started, none of his family hunted — mom, dad or grandpa,” Cornwell says. “So he taught himself, and then he passed it on to me. Now, my kids are the future of it. I’d like to see it passed down through my family. Hopefully, my kids will teach their kids.”

Cornwell has even been able to see that spark turn to flame in person. When his

son killed his first turkey last year, it was with a gun his grandfather had loaned to him with the promise that he could keep it if they had a successful hunt. It was the same gun Cornwell himself learned on almost two decades before.

“It brings a tear to your eye just thinking of those memories,” he says. “I thought about me sitting in the tree with my dad when I killed my first turkey while I was looking at my son holding the same gun in almost the same tree. I’d give every hunt of my life to have that one again.”



Spend smart in 2018

Your guide to the latest apps for coupon clipping

BY LUIS CARRASCO

If one of your New Year's resolutions is to finally start clipping coupons, or to just be smarter with your shopping budget, don't even bother taking out the scissors — take out your smartphone instead. Whether you like flipping through digital sales circulars or getting cash back on your purchases, the path to savings has never been smoother.

Here's a quick look at some of the services and apps available. All apps are compatible with iOS and Android devices.

COUPONS

Flipp allows you to browse through weekly sales ads from your favorite retailers — including Home Depot, Toys R Us and Walmart — or just search to see if an item you want is on sale. You can also make a shopping list and the app will point you to any existing deals. It also notifies you about expiring coupons and nearby discounts.

If you still enjoy searching for bargains in the newspaper, the **SnipSnap** coupon app lets your phone's camera do the clipping.

You can snap a picture of a printed offer and the app will capture the pertinent information so that you can use it at your favorite retailer. It also allows you to share coupons with your friends or find coupons other users have digitized.

Many retailers — including Target, Hobby Lobby, Michaels and Walgreens — also have their own apps that offer coupons.

'TEXTING CLUBS'

Hundreds of companies participate, so odds are that your favorite retailer, convenience store or chain restaurant is ready to send you coupons or deal alerts through a text. Simply check their website or ask a representative the next time you visit. Standard texting rates apply, though, so be careful of signing up for too many if you don't have unlimited texting.

Here are two to get you started: text SUB to 782929 for deals at Subway; text JOIN to 527365 for discounts at JC Penney. Any service you sign up for may be canceled anytime by texting the word STOP.

MONEY BACK

Both **Ibotta** and **Ebates** give you cash back for shopping, but they each take a different approach. When you shop through the Ebates website or app, the company receives a commission from the retailer and you get a part of that money, which you can then receive through a check or PayPal.

With Ibotta, you can either find cash-back rebates before you shop or check the app after you come back from the store. Either way, you watch a brief commercial or answer a survey and then take a photo of your receipt. The app recognizes the products on sale and deposits the money into your account, which you can then receive through PayPal, Venmo or a gift card.

Whichever app or service you choose, enjoy being a savvy shopper in 2018! 📱

Learning the language of tech

Enjoy a translator for today's essential tools

When people ask me what I do for a living, one of my favorite responses is that I am a translator. I translate between the technicians who build our networks, fix our computers, and sell us the latest in technology and those people who do not consider themselves “techie.” I think learning how to use technology is very much like learning a new language, so having a translator is always helpful.

In 2018, my plan is for this column to be your translator, helping you gain a better understanding of everyday technology. I will cover some basic things you need to know,

and I will introduce you to some of my favorite gadgets that you might find helpful.

In the meantime, here are some tips to get you started on using technology in your golden years.

- ▶ Remember, it is not your fault that you struggle to understand the language of technology. The lingo is not your native language, and it takes time to learn it. However, it is up to you to take the opportunity to learn whenever you can.
- ▶ Ask questions. You may think your question is trivial, but you will never learn if you don't ask. We all know that a child who speaks French

because they are raised in France is not smarter than someone who cannot speak French. We all have knowledge, and kids today have a better understanding of technology because it is part of their everyday lives.

- ▶ Start by picking technology that allows you to do what you love. If you enjoy playing cards or games, choose a tablet that allows you to play games. If you love creating crafts, sign up for sites such as Pinterest to look up ideas for woodworking, quilting or scrapbooking.

I have so much respect for those of you in your golden years. You have so many skills

and so much knowledge that many of us will never know or understand. However, I want you to have the same opportunities to learn how to go online safely and enjoy using technology. There are things out there that can help keep you safe and make your life a little easier. I am looking forward to introducing you to some of these things and teaching you about the language of technology. 🗨️



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



Do you want to learn the basics on how to use your smartphone or computer? Are you interested in signing up for a Facebook or Pinterest account? **Check out www.gcflearnfree.com for free tutorials on how to do all this and more.**

Getting the most out of your landline

Foothills' Find Me Service makes life easier

BY JEN CALHOUN

Matthew Bailey, network operations manager, says the Find Me service can help busy families keep in touch.



In an increasingly mobile world, landline phones offer users a peace of mind that cellphones simply can't match. Some like using them for their reliability during outages and emergencies, while others prefer them for their superior sound and voice clarity.

You can't take landline phones with you, however. That's why Foothills Communications offers the Find Me Service, a phone service that bridges the gap between the dependability of a landline and the portability of a cellphone.

ONE NUMBER KEEPS IT SIMPLE

With Find Me, a Foothills residential customer can set up their home phone service to deliver calls to their cellphone, work phone or any other number they want without having to share another number.

Matthew Bailey, network operations manager at Foothills, says the Find Me service has been in place for some time. The cooperative wants to raise awareness of the service so members can benefit. "I think it's one of those things that people

need and want, but they might not be aware it's out there," Bailey says.

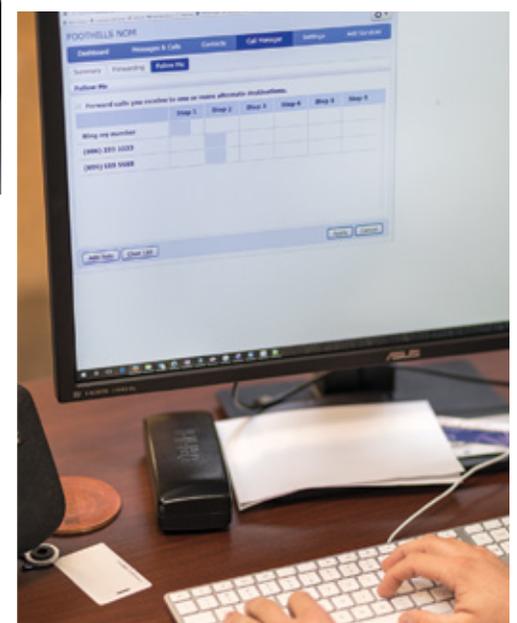
With Find Me, calls can be routed to other numbers, like a spouse's cellphone, a work phone, or another family member or friend's phone. If there's an important delivery or a repairman coming to the house, all numbers will be notified at once. Or, the service can call one number after the other until it reaches someone.

LANDLINES: YEP, STILL RELEVANT

In 2004, more than 90 percent of households in the U.S. had an operational landline phone, according to the Centers for Disease Control and Prevention in its biannual National Health Interview Survey. Today, that number is well below 50 percent, the CDC says.

But having a landline is more of a benefit than a burden, Bailey says. Most people have experienced a cellphone snag at some point. Batteries die. Signals fail. And storms can affect cell towers and service. But landline service is a reliable alternative, especially for 911 calls or getting in touch with family members in case of a disaster.

For an additional \$3 per month, residential customers with landline service can add Find Me service to help manage and organize their daily lives with the reliability of a landline. ☎



Find Me service: All pros, no cons

If you hate giving out your cellphone number but tend to forget your landline exists, let Foothills' Find Me Service work for you. The system works by routing calls through your landline phone number to your cellphone, so you never miss an important call. **Here are a few of the benefits:**

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The Pyles family aspire to make visitors feel like they are at home when visiting Ina B's.



Ina B's Inn

Local family finds happy medium through online hospitality service

BY JEN CALHOUN

Merle and Ina Blaine Pyles loved to bring guests into their home in Oil Springs for a big meal and a homey chat. Whether they were inviting Merle's auto body students or welcoming family, the couple made sure their guests left happy.

After they died, their five children and multiple grandchildren continued that tradition by renting the house through Airbnb, an online home rental service that lets homeowners become hoteliers, of a sort.

"We think Mamaw and Papaw would be happy to still be hosting people, even though they're gone," says the couple's granddaughter, Natasha Pyles, who serves as the rental manager of the home they now call Ina B's Inn.

A FAMILY DECISION

Her four aunts — Gail Harmon, Debbie Wright, Bobbi Branham and Dianna Rice — and her father, Odell Pyles, made the decision as a way to hold on to the home they grew up in while making sure it continued to be the warm homestead they'd

always known. They wanted visitors to the area to have a place that felt like home, too.

"We are a very close family," Natasha says of the group, which includes 11 grandchildren and numerous great-grandchildren. "We lost my grandmother unexpectedly last September, so this has been a comfort to us. We cleared the house in the spring and redecorated. It's a little bit more comforting to have a different look inside the house."

Visitors can receive the luxury of a home consisting of two bedrooms. One bedroom offers a king-sized bed, and the other has a queen-size bed and a twin bed. The space includes a bathroom, a kitchen, pool table, coffee bar, board games, books and a relaxing front porch. The home is off Route 40, so it's easy to reach for newcomers to the area.

"It's in a country-like setting, so it's relaxing," Natasha says. "We're surrounded by hills, and we're only about six miles from Paintsville Lake."

WELCOMING GUESTS

The family decided to offer the home

through Airbnb, taking inspiration from Natasha, who rents a spare bedroom in her own home on the web-based service. She previously used the home-rental services in her own travels, and she liked the idea of meeting new people.

So far, Natasha has hosted several Airbnb clients in her home and in her grandparents' home. A few came from Texas for a family reunion, and another, an architectural photographer from Oregon, as well as an author from Oregon. Others came for the Kentucky Apple Festival.

The family hopes to continue bringing people to the home. "Our family dreams of seeing the inn progress into something from which everyone can benefit, whether it is hosting one person or a group of people," Natasha says.

The family has plans for future events they hope will bring in a variety of visitors.

"My dad, aunts, cousins and myself all have a voice in the inn, to the ultimate benefit of the those we host," she says. "We each voice our ideas in order to offer the very best to all our visitors." 

Looking for a sweet retreat in Oil Springs?

Ina B's Inn is a country home retreat in the foothills just off Route 40 and about six miles from Paintsville Lake. You can rent it by going to [Airbnb.com](https://www.airbnb.com) and searching for Oil Springs or Paintsville. The home features two bedrooms and one bathroom. You can rent the entire home for \$135, or rent a single room in the home for \$90. The kitchen is fully equipped, and extra parking space is available for boats and ATVs. You can also check out the Ina B's Inn Facebook page for information on special events, promotions or to contact the manager.

The secret to perfect BISCUITS

Like a magician in her lab or an artist in her studio, Phyllis Cabe stands in her kitchen at The Big Biscuit Barn, where she takes basic biscuit dough and turns it into delicious masterpieces of culinary genius.

Cabe opened her restaurant right outside one of North Georgia's most historic towns, Fort Oglethorpe, locally known as the gateway to Chickamauga and Chattahoochee National Military Park. Because of its location, visitors from across the globe happen upon this eatery known for serving the biggest, best biscuits in town.

"I also have a solid group of regulars — people who come here every day, and some who eat here twice a day," she says.

They come for eggs, sausage and biscuits with gravy for breakfast. Then, they return for fried chicken with garlic-cheese biscuits for lunch, among other menu offerings.

Suffice it to say, Cabe knows a thing or two about making biscuits, an art she learned at her mama's apron strings and then further developed before opening The Big Biscuit Barn in 2007. Now, she makes 400-500 biscuits daily. While some are served alongside entrees

with butter and jam, others are made into the giant Cinnabarn cinnamon rolls — a house favorite — crispy fried fruit pies, crusts for chicken pot pie and other creations.

First and foremost, Cabe stresses the importance of not overworking the dough when making biscuits. Don't knead it, she says.

"Pick the dough up and lay it over itself six or seven times, incorporating layers in the dough, working in a little more flour if the dough feels too wet," she says. "This helps to create a fluffier biscuit."

Before cutting the dough, let it proof for about 15 minutes. Once the biscuits are cut and on the baking sheet, let them proof again for another 15 minutes. This, Cabe says, is her secret to making good biscuits, and something she discovered by accident.

"Nobody does that," she says. "And recipes won't tell you to. But I've thought this through a million times, and it makes a difference."

Here are more tips for making biscuits the way it's done at The Big Biscuit Barn:

- If you don't have White Lily flour, go get some. Cabe swears by it.
- When using a biscuit cutter, go straight down through the dough without twisting the cutter. "The less you mess with it, the prettier the biscuit," Cabe says. And you



Phyllis Cabe makes 400 to 500 biscuits daily at The Big Biscuit Barn in Ft. Oglethorpe, Georgia.



A Biscuit Primer

Phyllis Cabe, owner of The Big Biscuit Barn, teaches the basics of biscuit making in classes at her restaurant. Winter classes are Jan. 13 and Feb. 10. Groups are welcome. For reservations or more information, call 706-861-0000.

don't need to spend a lot of money on fancy biscuit cutters. Cabe uses a pineapple can that's been cut in half.

- Your rolling pin is not a bulldozer. Very lightly roll out the dough, sprinkle it with flour and continue rolling lightly to your desired thickness.
- For tall biscuits with a crispy edge, place a biscuit on the baking sheet so that one side lightly touches the biscuit next to it. Allow about an inch of space between rows.

The Big Biscuit Barn

Where: 1391 Lafayette Road, Rossville, Georgia

Phone: 706-861-0000

Hours: 6 a.m.-2 p.m. Tuesday-Friday, 6 a.m.-noon Saturday



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

WHITE LILY BISCUIT DOUGH

This recipe is on the back of every bag of White Lily flour. Cabe tweaks it by upping the amount of liquid. "People always add too much flour, so upping the amount of buttermilk compensates for that," she says.

- 2 cups White Lily all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1/4 cup vegetable shortening
- 7/8 cup buttermilk
- 1/4 cup butter, melted

Heat oven to 475 F. Combine flour, baking powder and salt in large bowl. Cut in shortening with pastry blender, or two knives, until mixture has a cornmeal texture. Blend in buttermilk with fork. Turn dough onto lightly floured surface. Fold dough over itself 6-7 times, just until smooth. Roll dough into a 7-inch circle that is 1/2- to 3/4-inch thick. Cut out 7 to 8 biscuits using a floured 2-inch biscuit cutter. You may use larger cutter to make fewer but bigger biscuits. Place on baking sheet so that edges almost touch, leaving about an inch of space between rows. Shape dough scraps into a ball. Pat out to desired thickness. Cut out additional biscuits. Bake 8 to 10 minutes or until golden brown. Brush with butter, if desired.

Note: Cabe makes the first part of the recipe (through the shortening) and keeps it on hand in the refrigerator. She says the mixture will last three to four weeks. She adds the buttermilk right before making her biscuits.

SPINACH-ARTICHOKE BISCUITS

- 1 recipe White Lily biscuit dough
- 1 package Hidden Valley spinach-artichoke dressing mix
- 2 cups chopped chicken (roastisserie or fried)
- 2 cups chopped spinach, well drained
- Ranch dressing

Make biscuit dough, adding 2 tablespoons dry dressing mix to the dough; roll out to 1/2-inch thickness. Using a 2-inch biscuit



cutter, cut biscuits and place on baking sheet. Gently press an indentation into each biscuit. Combine chicken and spinach. Place about 1 tablespoon mixture into biscuit and bake at 475 F until lightly browned. Remove from oven and sprinkle with 1 tablespoon dressing mix. Serve immediately with ranch dressing for dipping, or make a dip using the remaining dressing mix and following package directions.

CHICKEN CORDON BLEU BISCUITS

- 1 recipe White Lily biscuit dough
- Chopped chicken (fried, grilled or boiled)
- Chopped ham
- Provolone cheese, shredded
- Garlic salt
- Greek seasoning

Chill dough, then roll out to 1/2-inch thickness. Using a 6-inch cutter, cut dough into circles. Top each circle with meats, cheese and seasonings. Fold dough over filling and crimp edges of dough with a fork. Deep fry until golden brown.

Note: Any combination of meats and cheeses works with this recipe. Ham and Swiss cheese is a good choice. Or try corned beef, Swiss cheese and well-drained sauerkraut for a biscuit Reuben served with some Thousand Island dressing for dipping. 📧

"STUFFED" BISCUITS

- 1 recipe White Lily biscuit dough
- Cooked meats, such as crumbled sausage or shredded ham
- Mrs. Dash seasoning
- Shredded cheese (your choice)
- Melted butter

Heat oven to 475 F. Roll out dough to 1/2-inch thickness and cut into biscuits using a 2-inch biscuit cutter. Place biscuits on baking sheet and lightly press down the center of each biscuit, making an indentation. Place meat in the indentation and sprinkle with Mrs. Dash. Bake at 475 F until biscuits are lightly browned. Remove from oven and sprinkle with cheese and drizzle with melted butter. Serve immediately as an appetizer.

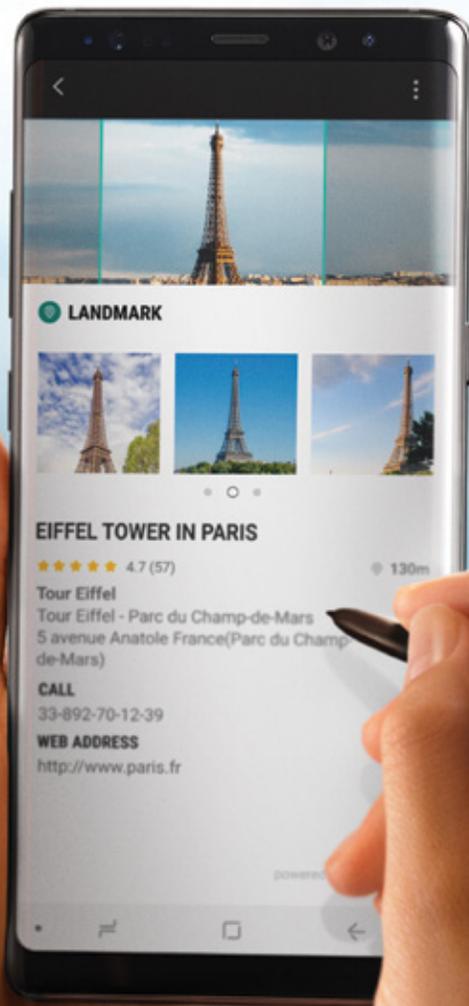
Note: You can turn these into dessert by stuffing the biscuits with Heath Bits and drizzling them with your favorite chocolate icing after baking. Or stuff them with cinnamon-sugar-butter and drizzle with confectioner's sugar glaze after baking.



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