

The Foothills

JANUARY/FEBRUARY 2015

# CONNECTION

## FURRY FRIENDS

The Lawrence County Animal Shelter has plenty of great pets needing a good home

## HIGH-TECH HALLELUJAHS

Churches turn to technology to spread their message

## ON THE FAST TRACK

201 Speedway set to open the 2015 season with some fast racing





BY SHIRLEY BLOOMFIELD, CEO  
NTCA—THE RURAL BROADBAND ASSOCIATION

## You are part of a nationwide rural family

In my role at NTCA—The Rural Broadband Association, I work with your telecommunications provider and nearly 900 others like it all across the country. Every day I am reminded of their dedication to building connections that support strong communities. When basic telephone service was what everyone needed, they were there. As broadband has become a vitally important resource for economic development, education, health care and more, they have focused their energies on building the best networks available.

And they do not stand alone. These rural providers understand that to serve you best they must stay on top of what is taking place in Congress and at the Federal Communications Commission. To do that, they stand together on issues of common concern, speaking with one voice to make sure our nation's leaders understand the needs of rural America.

This publication is another great example of that spirit of collaboration. By working together, telcos across several states are sharing important information about their companies and keeping you updated on news that impacts rural America.

A few weeks ago I had the honor of being invited to the White House, along with several leaders of rural telecommunications companies. We met with the White House Rural Council to talk about what rural telcos just like yours are doing to support community development. It was



Shirley Bloomfield (right) commenting at the White House Rural Council meeting. Listening to her presentation is Doug McKalip, senior advisor for rural affairs in the White House Domestic Policy Council.

another great example of us all working together to shine a spotlight on the good work being done by your provider and hundreds of others like it.

From success stories on health care, education and public safety to efficient energy management, rural telcos have shown time and time again that they are not only the brains behind the networks they deploy, but also proven solution providers with a track record for adapting to and embracing change, and most importantly, responding to the needs of their communities.

Because of that cooperation, you as a customer or member of your local telco are part of an even bigger family that stretches across every region of this country. In the months ahead, I look forward to sharing stories with you about what these telcos are doing at the national level to ensure rural America stays connected. 📞



## WHAT TO DO when calls don't come through

Rural call completion continues to be a challenge, as people experience failed connections and poor call quality when making long-distance or wireless calls to rural landlines. While the FCC and Congress have taken steps toward a solution, there is still something you can do to help.

If someone has trouble completing a call to you from a long-distance or wireless telephone service provider:

- 1 Encourage them to report the issue to their provider. They will need the date and time the call was attempted, plus the calling and called telephone numbers.
- 2 Encourage them to report the problem to the FCC by calling 888-225-5322 or visiting [consumercomplaints.fcc.gov](http://consumercomplaints.fcc.gov). They will need the date and time the call was attempted, the calling and called telephone numbers and the name of their long-distance or wireless telephone service provider.
- 3 Call your local phone company and provide the same information so they may work with the long distance or wireless provider to isolate the problem.

### POPULARITY OF ONLINE VIDEO IS GROWING

Online video is bringing consumers greater entertainment choices, making broadband even more important. A recent study by networking company Ciena predicts that average household bandwidth requirements will increase by 31 percent annually over the next five years, as viewers connect their smart TVs and devices (Roku, Apple TV, Chromecast, etc.) to watch Netflix, Amazon Prime, HBO Go, Hulu and more.

Do you enjoy online video? Share your story at [www.HowDoYouBroadband.com](http://www.HowDoYouBroadband.com)

# What is your favorite part of this magazine?

If you enjoy the stories, recipes and information we share in each issue of this magazine, please spend just five minutes taking our brief survey. Your answers will help us understand what parts of the magazine you most enjoy, and how you are using the information in these pages.

**To say "thank you" for sharing your thoughts with us, each respondent will be entered into a drawing for one of several \$25 Amazon gift cards. One lucky winner will receive the grand prize: a Kindle Fire HD!**

▶ To take the brief survey on your computer, enter this address into your Web browser: [www.surveymonkey.com/r/telcomagazine](http://www.surveymonkey.com/r/telcomagazine)

▶ To take the survey on your smartphone, scan this code with any QR code reader app:



**TAKE THE SURVEY  
AND YOU COULD WIN A PRIZE!**



## Secure Your Future Today:

Do the paperwork and planning now to protect your small business from cyber threats long term

BY MICHAEL RAMAGE

It is easy to be consumed with the immediate needs and concerns of cyber security. These are important, but a small business should also plan ahead to secure its future by creating cyber security policies, plans and strategies that will reduce the risks posed by the bad guys of cyberspace.

In the first two parts of this series, we looked at the cyber security threats facing small businesses and practical steps to protect against those threats. In this final article, we'll look at longer-term strategies for small businesses to address their security needs well into the future.

• **Policy Development** – Security policy development is often overlooked but is very important to organizations. This will likely include a number of separate policies that provide the guiding strategy for all security activities within the company. Suggested policies include general Internet usage, computer security, physical

security and even social media usage. Templates for these policies and others are available from the Sans Institute at [www.sans.org/security-resources/policies](http://www.sans.org/security-resources/policies).

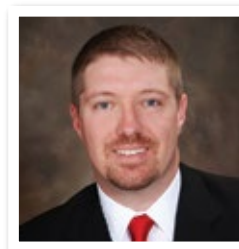
• **Asset Identification** – Any security planning process should include asset identification. Consider what you have that needs to be protected (customer information, personally identifiable information, banking information, corporate secrets, etc.). Also, consider what would impact your business the most (Internet outage, building collapse, server failure, etc.). Asking these questions will help you realize your true assets.

• **Security Assessment** – Once a small business takes the initial steps to secure its network, it should consider undergoing an assessment to see where vulnerabilities and challenges still exist. The primary goal of a security assessment is to help you learn where the challenges lie in securing your business. Many assessments

are conducted by external partners to ensure a thorough and unbiased review.

There are many free resources available online to help with your company's cyber security planning efforts. Two are the FCC Cyber for Small Biz ([www.fcc.gov/cyberforsmallbiz](http://www.fcc.gov/cyberforsmallbiz)) and the SANS Institute ([www.sans.org](http://www.sans.org)). Consideration of federal requirements should also be included throughout the entire planning process.

Cyber security is the responsibility of everyone in your small business. Cyber security should not be an afterthought. Security matters! ☒



*Michael Ramage is the Associate Director of the Center for Telecommunications Systems Management at Murray State University.*

# Helping you build the life you want

**W**hy do you live in rural America? Maybe it's family connections. Maybe it's the close sense of community and the importance of tradition. Maybe it's because you enjoy a quality of life in this area that would be difficult to find in a metro region.



**RUTH CONLEY**  
Chief Executive Officer

Whatever your reasons, the people who work at Foothills understand that we play an important role in helping you build the life you want here. As your local telecommunications provider, we know you depend on us to supply the technology you need to stay connected. And that is becoming more important as our world grows increasingly dependent on broadband connections and Internet-based solutions.

Some might think that living in a rural area means sacrificing access to technology. We are proud that, as a member of Foothills, you do not have to sacrifice at all. In fact, because of our focus on building a state-of-the-art network, you have access to Internet speeds higher than those available to some people living in larger cities.

Of course, we still have many challenges. While just over 19 percent of the U.S. population lives in a rural region, almost half of Americans who are not connected to the Internet are rural. That means there are still millions of rural Americans who are missing opportunities made possible by a broadband connection. From education and jobs to health care and family connections, they have yet to discover what so many of their neighbors have already learned — that a broadband connection can help them build a better life.

That is one of our biggest challenges as your technology leader. Building a broadband network is only the first step; we must also help you understand how to use it. The magazine you are reading now plays an important role in those efforts. We choose the stories for this magazine very carefully. We include subjects that appeal to a broad range of readers with a variety of interests. We can almost guarantee that during the course of a year you will be drawn to something in these pages, no matter what your interests may be. And whether it's a profile on a local person with a unique hobby or business, a story on how someone is using technology, or a feature on a road trip, these have the mission of helping you learn to put our services to practical use in your life.

Speaking of the magazine, please look again at the top of Page 3 and spend just a few minutes taking our reader survey. Your answers will help us understand what you love best and find most helpful about your magazine.

I also want to call your attention to the Rural Connections article on Page 2. Shirley Bloomfield leads our national trade group, NTCA—The Rural Broadband Association, and does an incredible job keeping us connected on issues in Washington, D.C., that impact us right here in Kentucky. It is more important than ever that independent telecommunications companies work together on matters that impact us all; we are proud to welcome Shirley as a contributor to our magazine as she shares with you some of the work we are all doing together.

When you think about family and community, living in rural America really is all about being connected. At Foothills we are proud to provide the technology that makes many of those connections possible. ☺

## The Foothills CONNECTION

JANUARY/FEBRUARY 2015

VOL. 2, NO. 1

The Foothills Connection is a bimonthly newsletter published by Foothills Broadband, ©2015. 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

Foothills Broadband  
P.O. Box 240  
1621 Kentucky Route 40 West  
Staffordsville, KY 41256  
www.foothills.net  
606-297-3501, Johnson County  
606-349-6111, Magoffin County  
606-673-3193, Lawrence County

### Foothills Mission Statement

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

Produced for Foothills Broadband by:



### On the Cover:



Salina Wells, known as the Cat Lady at the Lawrence County Animal Shelter, holds one of the many cats available for adoption.

See story Page 12.

# FOOTHILLS WI-FI CONNECTION

## Is your home **CONNECTED?**

**S**anta may have delivered those long-awaited tech gifts, like a tablet, game system or new computer. Maybe you were really good and will soon be streaming Netflix on an HD flat screen TV. But perhaps Mr. Claus was too busy to set up your wireless network and connect the growing number of devices. By following a few simple tips, you can set up your own Wi-Fi network and get the most out of your new gadgets and your Foothills Telephone Internet connection.

### BUILD YOUR NETWORK

Wireless networks have always been convenient for laptop users, but now more and more products are designed to access the Internet through Wi-Fi. Wi-Fi networks typically operate with a router, which allows your devices to access the Internet. Users with Fibernet from Foothills will not need a modem, and installation is fairly easy. Routers usually come with an installation CD that you will need to open on your main computer. Follow the prompts in the software to get the network up and running.

### LOCK IT UP

The next step is setting up security to prevent unwanted users from logging onto your network. These freeloaders can slow down your connection speed by using up bandwidth or — worse — use your network for illegal purposes. Follow the instructions



with your router's software to enable security features like password protection and encryption. Store your password in a safe place, because you will need it to connect your devices to the wireless network.

### CONNECT YOUR DEVICES

A wireless network can greatly enhance the benefit you receive from your Foothills Broadband Internet connection. For more information about setting up a wireless network for Foothills' Internet service, call: 606-297-3501 in Johnson County, 606-349-6111 in Magoffin County or 606-673-3193 in Lawrence County. ☎

*Coming  
Soon:*

## Channel line-up changes

Watch for upcoming changes to your  
channel line-up.

### Like us on Facebook!

Go to Facebook.com and search for  
Foothills Broadband.



Take a sweet-sounding Southern road trip from the blues to rock 'n' roll

# 368 MILES OF MUSIC

BY ROBERT THATCHER

**P**aul Simon hit the road in the early 1980s seeking inspiration. His drive from Louisiana to Memphis became the song “Graceland.”

This road trip may not give you a song, but it will surely inspire anyone who loves music. Hop in for a drive to four musical meccas.



Photo courtesy of Fame Recording Studios

## ***“Now Muscle Shoals has got the Swampers”*** **Muscle Shoals, AL**

This river town is all about musical beginnings. So start at the W.C. Handy Home and Museum, the log-cabin birthplace of the “Father of the Blues” in Florence. Stand by the piano where he wrote “St. Louis Blues” — and the blues were born.

Muscle Shoals is also the humble birthplace of another sound that shaped modern music. Think “Brown Sugar,” “When a Man Loves a Woman” and “Free Bird.” It’s hard to believe these global standards and more were recorded in two small buildings here — Fame and Muscle Shoals Sound Studio.

Tour dim rooms where “the Swampers” mixed gritty R&B and country soul to create the “Muscle Shoals Sound.” Then record your own demo at the Alabama Music Hall of Fame in nearby Tuscumbia.

All this music will leave you with a question. Why Muscle Shoals? Locals say the answer is at our last stop, Tom’s Wall, near the Natchez Trace Parkway.

Resident Tom Hendrix built this mile-long monument to his great-great-grandmother, a Yuchi tribe member. Forcibly removed during the Trail of Tears, she’s the only person to make the long walk back to Muscle Shoals. What motivated her?

She didn’t hear the river singing to her in Oklahoma. But she heard it here.

**On the Menu:** Dine with a view at Florence’s 360 Grille, Alabama’s only revolving restaurant, or under a rock at the Rattlesnake Saloon in Tuscumbia. Also, slurp down “The Harvey” milkshake at the Palace Ice Cream Shop in Tuscumbia.

## ***“Long-distance information give me Memphis, Tennessee”***

**Memphis, TN – 151 miles via Highway 72 West**

W.C. Handy’s musical road led to Memphis. So follow him to the street he made famous for the blues.

Whether you want authentic soul food or live music, Beale

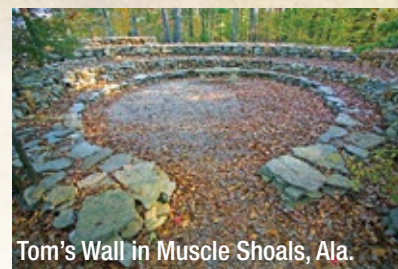


Photo courtesy of Florence/Lauderdale Tourism



## **TECH SAVVY TRAVELER**

Despite what Johnny Cash would have you believe, nobody has been everywhere, man. But thanks to websites and apps like Yelp and TripAdvisor, today’s travelers can learn from the experiences of people who have been there and done that. Yelp.com offers reviews on restaurants while tripadvisor.com ranks attractions, hotels, restaurants and more.

Street has it all. And for a full dose of blues, visit May 1-3 during the Beale Street Music Festival.

Rivers and railroads made Memphis a melting pot of musical styles. Blues mixed with country to form rockabilly. And it all combined with a rhythmic force named Elvis Presley to create rock ‘n’ roll.

Start where he started — Sun Studio. In 1953, an 18-year-old Elvis walked into this corner building with a cheap guitar and a dream. Stand where Sam Phillips helped make the dream come true for Elvis and other stars including Muddy Waters, Roy Orbison and Johnny Cash.

Then drive to where the dream ended. Tour Graceland’s colonial mansion, visit the grave, view the airplanes — and pay tribute to a talent that left our world too soon.

If you arrive between Jan. 7-10, help Memphis blow out the candles for Elvis’ 80th birthday celebration. And sing “Happy, Happy Birthday Baby!”

**On the Menu:** Rendezvous Ribs (If there’s a wait, try TOPS, Central BBQ or Corky’s.)

## ***“I’m goin’ to Jackson, look out Jackson town”***

**Jackson, TN — 88 miles on I-40 East**

On the way to Nashville, stop by the International Rock-a-Billy Hall of Fame in Jackson.

The brainchild of Henry Harrison, this museum is aptly located in Carl Perkins’ hometown, between Memphis (home of rock ‘n’ roll and blues) and Nashville (home of country and hillbilly music).

But Harrison is quick to point out that this tour is not about glittery memorabilia. It’s about stories of the stars as ordinary people. These stories come firsthand. Harrison claims to be a childhood friend of Johnny Cash, classmate of Elvis and the man who once repossessed Jerry Lee Lewis’ car.



Sun Studio in Memphis, Tenn.



Rock-A-Billy Hall of Fame in Jackson, Tenn.

“We don’t tell you how many gold records Elvis had,” Harrison says. “Everybody can look that up. But we do have a picture of Elvis playing touch football beside Humes High School when he was in the 11th grade, wearing Converse tennis shoes and a pullover top. And he was just one of us.”



The Bluebird Cafe in Nashville, Tenn.

Photo courtesy of Nashville Convention and Visitors Corporation

## ***“There’s thirteen hundred and fifty-two guitar pickers in Nashville”***

**Nashville, TN — 129 miles on I-40 East**

It’s fitting to end our musical drive at the dream destination for would-be stars.

But don’t be fooled by this city’s honky-tonk past. Bob Dylan’s Nashville Skyline is now filled with skyscrapers. And the “Country Music Capital” is now a center for all kinds of music — bluegrass, blues, Americana, jazz, you name it.

Start with a stroll down Music Row and Broadway, the heart of Nashville’s entertainment industry. Take in the record labels, browse Ernest Tubb’s Record Shop and pause by publishing houses. Then tour historic RCA Studio B to sample the famous “Nashville Sound” from the ’60s.

You’ll also want to tour the historic Ryman Auditorium downtown. This former tabernacle was home of the Grand Ole Opry from 1943 to 1974, and it still hosts the “world’s longest-running radio show” Nov. 1 to Feb. 4. Otherwise, head to the Grand Ole Opry House east of downtown.

Many come to Nashville with a guitar and a dream. So before you leave, catch a rising star at a “writer’s night” — one of Nashville’s small acoustic sets for songwriters to try out new material. Try the Listening Room Cafe or the Bluebird Cafe.

**On the menu:** Hattie B’s Hot Chicken is a mouth-burning must. But you’ll need a hearty breakfast to fuel your drive home. Try the Pancake Pantry, a Nashville tradition since 1961, or the Loveless Cafe. You never know when you might see a star enjoying a good flapjack, too. 🍳



The Ryman in Nashville, Tenn.

Photo courtesy of Nashville Convention and Visitors Corporation



Derrick Meade, pastor at Father's House of Prayer, says broadcasting services is a great way to spread the Word to a wider audience.

# Blessings by broadband

## Churches are embracing the Internet to share the gospel

BY BRIAN LAZENBY

In 1988 Pastor Michael Tackett founded the New Generation Church in a small storefront building in Salyersville, where a faithful few would gather every Sunday to worship. In the 26 years that followed, the church's numbers grew and technology improved. Tackett embraced both.

The church expanded and moved into a new, much larger building along New Paintsville Road. It then began broadcasting its services on Foothills' television and now streams its worship services online.

"It's pretty amazing the things we can do now," Tackett says. "Technology has really improved things for us."

Others are also taking to technology to spread their message. Derrick Meade, pastor at Father's House of Prayer, says the church has been broadcasting on Foothills' local television channel for several years.

"God gave us a vision to enlarge the number of lives that we

touch," he says. "Rather than limit the number of people we reach, we are taking it to the masses. The television broadcast is an extension of the gospel of this church."

Meade says people throughout the region recognize him and tell him they are unable to attend the church but never miss the broadcast.

"We know they are watching," he says. "We have had great feedback."

### FROM MY HOME TO YOURS

Ray Pennington began preaching when he was just 22. Now 68, he has preached the gospel from multiple pulpits in Ohio and Kentucky. But thanks to technology, Pennington now records his message from a small room in his home.

He says he records "whenever I feel like it" and typically takes

about six hours to record four messages at a time. The recorded show is then sent to Foothills and other television providers in Eastern Kentucky where it airs in the living rooms of his viewers.

"There are a lot of poor people out there who want to go to church but can't, or they feel like they have sinned too much and gone too far to be welcome," says Pennington, who believes his television show is an excellent way to reach them.

"I love to preach the gospel, but it is a much better experience to lead someone to the Lord," he says. "There is a lot of stupid stuff on TV, but TV and the Internet are excellent ways to spread the gospel."

Pennington began his television ministry in 2005, but he doesn't like to think of himself as a television preacher.

"I told the Lord I would never take a dime from anyone, and I haven't," he says. "I think so much damage has been done by TV preachers begging for money."

Pennington pays for the air time out of his own pocket, and he has single-handedly purchased the equipment needed to record the weekly "Crossroads to Eternity" program.

"The Lord has blessed me to be able to pay for this program myself," he says. "I want to reach out to those who can't or won't go to church for whatever reason."

Larry Patrick, pastor at Lakefront Church of God, is new to the television market. He has been airing his church's services for just a couple of months, but he says it is a great way to reach a wider audience.

"We want to reach as many people as possible, and this is a great way for us to do that," he says.

## WORLDWIDE MESSAGE

Tackett, at New Generation Church, understands the importance of embracing technology. Television and the Internet are simply additional tools to spread his message and increase the number of people he reaches.

"We've had feedback from people from five or six different states who have watched online," he says.

He knows that it isn't just viewers in other states. With the click of a mouse, people from other countries can view the



Pastor Michael Tackett displays some of the technology at the New Generation Church in Salyersville.



Members of Father's House of Prayer work in the sound and video booth at the Sitka church.



The Lakefront Church of God has begun broadcasting its services as a way to reach more people.

services the New Generation Church streams online.

"This is worldwide," he says. "Anyone with a computer can log on and watch our service live. That's pretty cool for a small town in Kentucky."

Tackett has seen this capability firsthand. While on his multiple mission trips to Haiti, he can log on from the Caribbean to watch the service while he is away.

"It helps keep me in touch with the things going on here," he says.

Tackett says the church is equipped with Wi-Fi that allows many in the congregation to access their Bible from a smartphone or a tablet.

"The young people, especially, love it," he says.

To learn more about broadcasting with Foothills, visit [www.foothills.net](http://www.foothills.net) or call 606-297-3501, 606-349-6111 or 606-637-3193. ☎

# HEALTH & FITNESS

## What do readers find at your blog?

**Shelley Bowman:** Ramblings of someone who has managed not only to lose a large amount of weight — 100 pounds — but who is also keeping it off. This is a bigger victory to me than the initial weight loss. After all, hasn't just about everyone lost weight at one point, only to regain it?

## What are some tips for those interested in losing weight and becoming fit?

**SB:** Stop eating fast food. Stop getting your meals handed out a drive-thru window. Track your food on a daily basis. I used MyFitnessPal.com. Put it all in there: the good, the bad and the ugly. Go for a 15-minute walk to start. Move daily. All the things you hear, like parking farther away and taking the stairs, add up.



## How can someone new to running get started?

**SB:** Get fitted at a running store for a good pair of shoes. The right shoes can make or break you. Then go for a short walk, and at the end, try a slow run for 30 seconds. Gradually transition to running a little more each time; don't go crazy and try to run a mile if you've never run before because that's a good way to get shin splints; then you'll end up hurting and not wanting to run. Also, finding a friend to run with

makes a big difference for me. Knowing that you're going to meet someone to run helps to make sure you actually do it.

## How do you stay motivated?

**SB:** I feel so much better now that I'm not carrying 100 extra pounds. I have a different lifestyle, too. I'm much more active, and I like being able to run or walk without feeling like I'm going to die. Continuing to eat right most of the time keeps me in check; I honestly don't like how I feel when I overindulge.

## What are some of your favorite healthy foods?

**SB:** You should have a few go-to meals where you can eat healthy without having to think about what you are preparing. For me, it's nonfat Greek yogurt (I love Fage), either fresh berries or Craisins, and some homemade granola. If I'm out of my granola, I like the Kind brand. For dinner, I like to make black bean tacos using corn tortillas, fresh pico de gallo and a little Parmesan cheese. Snacks range from watermelon or pineapple in the summer, to raw almonds and a little bit of dried cherries. And sometimes an apple and a tablespoon of peanut butter. I also drink a lot of water daily and try to have a glass right before I snack — it makes me fuller so I don't overdo it.

## Woman on a Journey

A Q&A with **SHELLEY BOWMAN**, a blogger from Texas who has been inspiring readers with her story of weight loss and fitness since 2008

Check out her blog...

[www.MyJourneyToFit.com](http://www.MyJourneyToFit.com)



## OTHER HEALTH AND FITNESS BLOGS YOU MIGHT LIKE:

- ▶ **[www.DashingDish.com](http://www.DashingDish.com)**  
Besides fitness ideas, this blog is "a place to find healthy alternatives to the food you crave."
- ▶ **[www.ComeBackMomma.com](http://www.ComeBackMomma.com)**  
This fitness coach shares her "continued journey to be the best woman, wife and mother that I can be."

## Why did you become a blogger, and how has blogging changed your life?

**SB:** I became a blogger when I started my last diet. I wanted to remember how hard I worked to get the weight off, so this time I would actually keep it off. I had no idea how much blogging would connect me with other like-minded people who were doing the same thing. The most important thing was finding a couple of bloggers who had lost over 100 pounds and were keeping the weight off. I was very overwhelmed in the beginning, but finding others who had succeeded gave me hope. And I hope I'm able to give that to the new person who is just starting their journey to weight loss and fitness. 📱

Whatever your interest, there is likely an online community of people who share that interest with you. Our "Featured Blogger" series introduces you to people who write online websites about a variety of topics. In the March/April issue, we'll focus on home/DIY projects.

# Staying connected to those NEW YEAR'S RESOLUTIONS

BY MATT LEDGER

It's that time of year again — New Year's resolutions. Some face them with dread, while others resolve to try a bit harder than last year.

Statistically, most resolutions revolve around cutting out the sweets, reinstating gym memberships or trying out another aspect of fitness, but there are many other ways to enhance our lives. Maybe less Facebook and more face time with those friends? You might even include them in your next selfie. It's easy to let technology distract you, but it can also be used as an incredible tool for time management, goal setting, fiscal planning and of course tracking exercise.



## ORGANIZATION — TRELLO

Don't you wish you could have that kitchen dry erase board in your pocket to remind you of that errand you just forgot or that key ingredient from the recipe? Sure, you could just write another Post-it note, but your smartphone can allow you to edit, sync, upload photos and even assign tasks to other family members. Trello is a cloud-based app that you can use to organize the tasks of a big project and/or the daily routine. Users create color-coded boards, with lists of prioritized tasks that are easily dragged to the completed column to track your weekly progress. Trello is used by tech clients at Google, PayPal and Kickstarter.



## BUDGET AND FINANCE — MINT.COM



Just about everyone could do a little better managing their money in 2015. To track those finances and budget your spending, Mint.com offers free tracking software to electronically monitor investments, purchases and income. Mint, from the makers of TurboTax, Quicken and QuickBooks, has encrypted security equal to your bank. Just like those major credit cards, the system will alert you of unusual account purchases, spending trends and if you exceed your budgets.

## FITNESS — MOBILE APPS

Speaking of investments, improving your overall health is an investment in your future. Being healthy helps parents stay active with their kids and pays many dividends later on during retirement. To get started, try the 7-minute workout app by



Johnson and Johnson, which coaches you through dozens of simple home exercises. Once that becomes routine, you can escape to the nearest park and use the RunKeeper or MapMyFitness apps to track how many miles you run or bike.

## VOLUNTEERISM — CREATETHEGOOD.ORG & HANDSONNETWORK.ORG

While the first three areas focus on yourself, many people make resolutions to help in their communities to make the spirit of the season last well beyond New Year's Day. The websites createthegood.org and handsonnetwork.org allow people to search for local volunteer programs. Some current projects are seeking volunteers for everything from youth tutors to repairs at homeless shelters to mentors to helping the elderly. Having your own budget or fitness in order is great, but nothing gives you that feeling of satisfaction quite like helping others. ☺



# Living the dream ... in the fast lane

Jarrold Breeding was just 5 years old the first time his parents carried him to 201 Speedway in Sitka, but the memories of that night are still vivid in his mind.

He remembers where they parked. He remembers that the driver of a yellow Corvette locked his keys in the car. And he remembers the racing.

"Mom and dad brought me here back in 1983, and I have been coming ever since," he says.

Breeding knew he loved the track and the sound of the cars racing past, but he had no idea he would not only race here 15 years later, but that he would also own the track a few years after that.

Breeding bought the 201 Speedway in August 2012, and since that time has brought in a lot of good drivers and some great racing.

"There is still a lot of room for improvement, but we've brought it a long way," he says. "This place has definitely come a long way over the years. I have a big vision for it."

The 3/8-mile oval track hosts dirt track racing in four categories — late models, open wheel modifieds, bombers and four-cylinder stocks. It has seen some of the regions' best drivers. Racing fans may recognize the names Jackie Boggs, who closed out the 2014 season with a win and a \$3,000 payday in the late model class, or Shannon Thornsberry, who won the 2014 late model points championship. Other well-known drivers include Eddie Carrier Jr., Scott LeMaster, Brandon Foutz, Chris Combs, Michael Wright and Stephen Howl.

"This is the hidden gem in the mountains of Kentucky," Breeding says.



Jarrold Breeding stands with his race car on the front stretch of the 201 Speedway that he has owned since 2012.

The track was even home to a World of Outlaw Series event, which is sponsored by the sport's sanctioning body, or events sponsored by Lucas Motor Oil, which Breeding says has "monster payouts" for the winners. Some of the larger events draw more than 3,000 spectators, but even an average night brings about 1,000 fans watching the race from the stands or the pit area.

Breeding says he appreciates all the track's sponsors that help him bring great racing to the track, but he is always on the lookout for more. He says there is no minimum amount a person or a business can sponsor. Anything is welcome, he says.

The track is open every Saturday night

from April to October, with races starting around 6:30 p.m. Tickets are \$13 for regular events but increase slightly for bigger events. Kids under 10 are always free. Admission into the pit area is \$30. 📞



▶ **FOR MORE INFORMATION**, visit [www.201speedway.net](http://www.201speedway.net) or look for them on Facebook. Anyone interested in sponsoring the track or an event should contact Track Promoter Tony Sturgill at 606-335-2711.

# Finding happy homes

Area animal organizations use technology to connect animals with new owners

**D**ebbie Hinkle drives from Louisa to New England almost every weekend with a truckload of dogs and cats.

"We go about three out of every four weekends each month," she says.

Hinkle operates Sadie's Place, a pet rescue organization, and works closely with the Lawrence County Animal Shelter to find homes for many of the animals that find themselves living at the shelter. In 2013, Hinkle transported almost 1,700 animals to homes in the Northeast. In 2014, the group exceeded that number.

Both Hinkle and Kim Perry, president of the Lawrence County Humane Society, which operates the animal shelter in Louisa, say the Bluegrass State is overrun with stray and unwanted animals because Kentucky is one of the few states that does not have spay and neuter laws.

As a result, Perry says the Lawrence County Animal Shelter, which contracts to accept strays in both Lawrence and Magoffin counties, is bursting at the seams with pets that need homes. The shelter has about 50 cats and kittens and more than 30 dogs and puppies. Perry says as soon as they go out, more come in.

"I would love to shut the doors and say we are no longer needed, but that will never happen in my lifetime," she says. "We are almost always beyond capacity."

Hinkle says that in the Northeastern states, where regulations are stricter, stray pets are not a problem, and families wanting for a good pet often look toward shelters in other states where the animals are plentiful.

A popular breed for people in the Northeast is black and tan coonhounds, which Hinkle says are rare in that region but plentiful in Kentucky.



This is just one of the many pets up for adoption at the Lawrence County Animal Shelter.



The shelter has plenty of cats and dogs that are looking for a good home.

## CONNECTED K-9S

Hinkle says broadband Internet from Foothills helps keep her in touch with contacts in the Northeast to find homes for the animals. She says Perry will send her photos of the animals that need adopting, and Hinkle will forward the images to rescue organizations in New York, Connecticut, Rhode Island and Pennsylvania just to name a few.

Perry also uses the Internet to find homes for their animals. She features pets on the shelter's Facebook page and on its website. She also features many of them through [www.petfinder.com](http://www.petfinder.com).

"The big misconception is that animals in shelters are not adoptable, but there are a lot of great dogs and cats here," she says.

Perry says workers frequently take some of the animals to PetSmart hoping someone adopts them, but the Internet is one of the best tools for connecting great animals with good homes.

"You have to get yourself out there and let people know what you have," Perry says. 🐾



Shelter Manager Andrea Justice plays with Tucker and Buddy, two of the friendly pets awaiting adoption.

► **FOR MORE INFORMATION** about the Lawrence County Animal Shelter, visit online at [www.lawrencecokyanimalshelter.com](http://www.lawrencecokyanimalshelter.com) or look for them on Facebook. To see a selection of animals ready to be adopted, visit [www.petfinder.com/shelters/lawrencecounty.html](http://www.petfinder.com/shelters/lawrencecounty.html). Sadie's Place can be found at [www.sadies-place.org](http://www.sadies-place.org).



## Donations Needed

The Lawrence County Animal Shelter needs your help. The organization runs on a tight budget and relies on donations to operate. For information about how you can help, visit [www.lawrencecokyanimalshelter.com](http://www.lawrencecokyanimalshelter.com) or call 606-673-4509.

# GAME TIME!

There are more tricks to cooking wild game than pulling a rabbit from a hat, and it takes a seasoned cook and avid hunter, such as Mike Page of New Hope, Alabama, to get it right.

Page, pitmaster of Bootlegg BBQ located in New Hope, and a longtime competitor on the wild game cook-off circuit, was the 2013 grand champion of the Alabama Wildlife Federation Wild Game Cook-Off held in Tuscumbia, Alabama. His dish, Elk Tex-Mex, was the best overall of 31 entries.

So it goes without saying ... he's wild about game.

"I was around 8 years old when my dad first started taking me hunting," he says. With that came an important lesson: "He taught me that if you kill an animal, you have to eat it."

So by the time he was a teenager, Page began cooking meat on his own. Early on, he learned the age-old, time-honored tricks of the trade: how to lessen the flavors of meats with heavy, gamey flavors; how to marinate tougher cuts; and which meats taste best grilled, smoked or fried. But the name of the game for most of Page's meats is low and slow: low heat and slow cooking.

"When I'm cooking wild game, most people will ask what it is," he says. "And they always like it when they try it, especially when I'm cooking more exotic meats, such as bear and gator. They really want to try that."

As for technique, Page readily admits that cooking wild game is a bit tougher than preparing farm-raised meats for the table.

"You have to pay attention to your dish," he says with a nod toward Mother Nature. "Wild game doesn't come in a package with instructions."

Most wild game meats require marinating, but what marinade is used depends on the type of meat. All wild game is different and has different textures, Page explains.

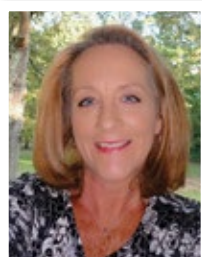


Mike Page demonstrates his grill skills with some mouth-watering gator roll-ups.



▲ **GATOR, ANYONE?** — Dinner is definitely never boring when Mike Page is in charge of the menu. The pitmaster of Bootlegg BBQ is also a wild game cook-off grand champion.

"You have to marinate the meat, but be careful not to overdo it," Page warns. "I like to taste more of the natural flavors of the meat, and I've found that others do, too."



*Food Editor Anne P. Braly is a native of Chattanooga, Tenn. Prior to pursuing a freelance career, she spent 21 years as food editor and feature writer at a regional newspaper.*

## MIKE PAGE'S SUGGESTIONS FOR MARINADES:

- ▶ Combine 3/4 cup apple juice, 1/3 cup oil, 1/4 cup cider vinegar, 2 tablespoons fresh sage and 1 teaspoon salt (good for bear, elk and venison).
- ▶ Mix the amount of Worcestershire sauce you need with some Montreal steak seasoning (good for elk, venison and duck).
- ▶ Red wine with crushed garlic (good for venison and elk).
- ▶ Mix together 1 can beer, 2 cups Worcestershire, 1/4 cup soy sauce, 2 teaspoons lemon juice, garlic salt and black pepper (good for almost any game meat).

# RECIPES ON THE WILD SIDE

## GATOR ROLL-UPS

*There are no exact amounts in this recipe. It all depends on how much gator tail you have.*

### Bacon

Alligator tail pieces cut 1 inch wide and 4 inches long

Cream cheese

Prosciutto ham

Pepper Jack cheese

Barbecue sauce

Prepare smoker. Place a slice of bacon on cutting board or other clean surface. Place one piece of gator tail on bacon, then top with cream cheese, a thin slice of ham and a slice of cheese. Roll up and secure bacon with toothpick. Repeat with remaining gator tail pieces. Place roll-ups in smoker and smoke for 45 minutes at 300°. Serve with barbecue sauce.



*Gator Roll-ups*

## WILD TURKEY 101

Uncooked strips of wild turkey breast, cut into 6- by 1- by 4-inch strips  
Equal number strips of brown-sugar bacon  
Pepper Jack cheese slices  
Prosciutto ham slices

Place turkey strip on a slice of bacon. Cut a square slice of pepper jack into 3 strips; place two on top of turkey. Add 1 slice of ham and top with third cheese strip. Roll into a pinwheel and secure with toothpick. Season to taste with your favorite seasonings. Put three roll-ups on a kabob skewer. Grill on top of foil at 320° for 45 minutes, turning every 15 minutes. Remove from foil and cook over exposed fire or coals for a few minutes to caramelize.

## ELK QUESADILLAS

- 1 pound ground elk meat
- 2 cloves garlic, minced
- 1 medium onion, chopped
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 1/2 teaspoons ground cumin
- 1/2 teaspoon oregano
- 1 teaspoon salt
- 1 teaspoon chili powder
- 1/4 teaspoon cayenne pepper, or to taste
- 1/4 teaspoon ground black pepper

- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 can black beans
- Tortillas
- Cheddar cheese
- Garnishes: cilantro, salsa, sour cream, avocado, sliced jalapeno peppers

Preheat oven to 400°. Heat olive oil in pan and add onions, garlic and meat. Once meat is broken up, add spices. Saute peppers in a separate pan with a couple tablespoons of olive oil. Add beans after peppers are fork-tender. Place meat, peppers, beans and cheese onto half a tortilla. Fold in half and secure with a toothpick. Repeat with remaining tortillas. Place on a wire rack in the oven or the grill and cook for 4 to 5 minutes or until golden brown. Remove and garnish with desired toppings.

## VENISON CHILI

- 4 tablespoons unsalted butter
- 1 red onion, chopped
- 4 cloves garlic, minced
- 4 tablespoons dark brown sugar
- 3 cups red wine
- 4 tablespoons red wine vinegar
- 4 tablespoons tomato paste
- 4 cups low-sodium chicken broth
- 1 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper

- 1/2 teaspoon chili powder
- Salt, to taste
- 4 tablespoons canola oil
- 10 slices cooked bacon, diced
- 2 pounds venison (deer) stew meat, ground or finely diced
- 2 cups kidney or black beans, cooked and drained

Melt the butter in a large pot over medium heat. Stir in the onion and garlic, and saute for 3 to 4 minutes. Stir in the brown sugar and saute for 2 to 3 more minutes. Then stir in the red wine, vinegar, tomato paste, chicken stock, cumin, cayenne pepper, chili powder and salt. Simmer for 30 to 35 minutes, or until the mixture is reduced by about half. Meanwhile, heat the oil in a large skillet over medium-high heat. Stir in the bacon and fry for 3 to 4 minutes, or until the bacon is browned. Move the bacon to one side of the skillet and add the venison to the empty side of the skillet. Season the meat with salt, to taste, and saute the meat for 15 minutes or until well browned. Stir in the beans and toss all together. Transfer this mixture to the simmering pot. Mix everything together thoroughly and let simmer for another half hour. Serve in bowls with garnishes, such as sliced green onions, shredded cheese and sour cream on the side. 🍴



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

Presort STD  
US Postage PAID  
Permit #21  
Freeport OH

# High-Speed Internet EXPERIENCE it for yourself



## We have the Supply for your Demands

Go online or call to see if you have the right package for your home!

foothills.net | 297-3501, 349-6111, 673-3193 | 