

The Foothills

MARCH/APRIL 2015

CONNECTION



COMMITTED CRUISERS

Gearheads club raises money for local charities



UNDER ATTACK

Re-enactors besiege historic Ivy Point

AMISH STYLE

Local hardware store strikes deal with Amish community

BY SHIRLEY BLOOMFIELD, CEO
 NTCA—THE RURAL BROADBAND ASSOCIATION

The search for better broadband should start with existing local providers

There is no question that broadband Internet service is the key to economic and community development, especially in rural America. However, there are differing opinions in Washington about the best way to continue building our nation's connected infrastructure.

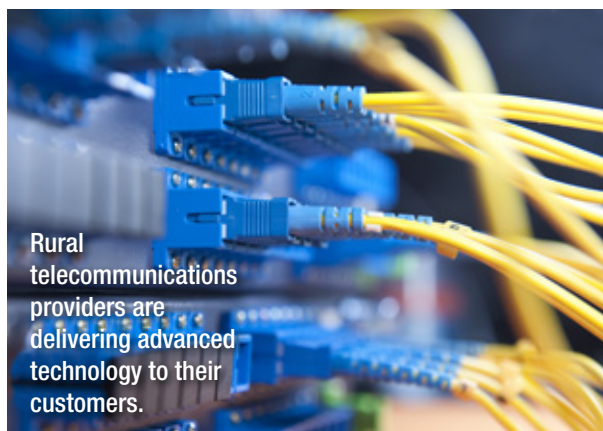
While I applaud President Obama's recent attention on increasing every American's access to robust and affordable broadband, it's not clear that his focus on creating more government-run networks in marketplaces where private operators already exist is the best path toward bringing more jobs and opportunity to rural America.

If our leaders are looking for an excellent model for what can be accomplished, we believe they should turn to the experts who have decades of experience deploying and maintaining modern telecommunications infrastructure: community-based, independent telcos like yours.

Nationwide, there are over 1,000 technology providers like yours that serve over 4 million households in the most sparsely populated pockets of our country, deploying high-speed, high-quality broadband services. For decades, these providers have gone above and beyond to build the infrastructure that allows our country's most rural markets to access the same technologies found in our largest cities — and they've done it all under the extremely difficult financial and physical conditions that come with deploying technologies in rural and remote communities.

Thanks to the hard work and commitment of companies such as your local

provider, rural America now has access to affordable broadband in some of the most remote locations. But the sustainability of those networks is at risk, and other areas



Rural telecommunications providers are delivering advanced technology to their customers.

need broadband as well. Policymakers in search of answers to these communications challenges in rural America should turn first to those who have shown they can get the job done time and again, rather than casting about for the next new thing, creating regulatory uncertainty and putting at risk significant investments already made in existing networks through the prospect of redundant or wasteful overbuilding.

There's already a great broadband success story out there in rural America, and it is being written by community-based telecom providers like yours. As our national broadband story progresses, we should strive to build upon proven initiatives and leverage existing efforts that are working, rather than pursue new uncharted pathways. As this debate plays out, you can be assured that you have a voice in Washington, as your provider joins with hundreds of others through NTCA as the unified voice of America's rural broadband companies. 📶

LANDLINE?

YOU STILL NEED ONE IN 2015

Today, mobility means everything. We want to check email, log onto Facebook, watch videos, get the news and generally stay connected no matter where we are. And that, of course, includes the ability to make phone calls. With mobile phones in practically everyone's pocket, some people question the need for a traditional landline. But consider this:

1 With a landline, you never have to worry about signal strength. Knowing you can get a call through, especially during an emergency, is more than a comfort.

2 Speaking of emergencies, your landline sends your complete address information — including apartment number — when you dial 911. Cell phones use GPS-based information, which can be inaccurate.

3 The clarity of a conversation on a landline (if you have a quality wired or cordless handset) is unmatched by any cell phone call.

4 With the right plan, you'll never run out of minutes with a landline.

5 Your "home phone number" provides a way people can always reach you or leave a message. When everyone in the house has their own cell phone with separate numbers, the landline can serve as a central point of contact for the entire family.



YOU'VE GOT MAIL

With so many new apps and services to help keep us connected, email is still king in the business world

From instant messaging applications such as Skype to social media tools such as Twitter, Facebook and Snapchat, the past few years have brought us many new options for connecting electronically. And yet, when it comes to communicating in business, email remains the method of choice.

In the report “Technology’s Impact on Workers,” released by Pew Research Center at the end of last year, 61 percent of workers who use the Internet say that email is very important to doing their job.

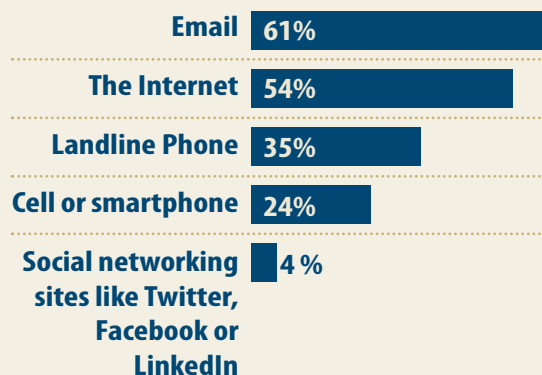
“The high value of email comes

despite the challenges of the past generation,” the report states, “including threats like spam and phishing and competitors like social media and texting.”

Email’s continued reign as the communications tool of choice has its benefits. The study found that 39 percent of workers believe that email, along with the Internet and cell phones, allows them more flexibility in the hours they work.

The downside to that flexibility, however, is that 35 percent — almost the same amount — say these tools have increased the amount of time they spend working. ☎

Email and the Internet top the list of important tools for online workers



Source: Pew Research Center

Email overload? Manage your inbox with these simple tips

With so much importance placed on email in today’s business world, managing your messages can be overwhelming. You can benefit from this communications tool without letting it wreck your day by putting a few simple principles into action.

Set an email schedule. If you make yourself available for email all day long, you leave yourself open to constant distraction. Set a schedule of specific times during the day when you will check email. You may have to adjust it to find the schedule that’s right for you, but try starting with once before lunch and again early afternoon. You will feel more freedom than when you are drawn in by every email that lands in your inbox.

Turn off notifications. You can’t stay focused on any one

task if your computer provides a pop-up notification every time an email comes in. Turn off that productivity-killing feature. In fact, shut down your email app altogether and only launch it when you are ready to focus on email.

Organize your inbox. Most email apps allow you to set up folders, filters and rules to bring order to your email madness. It

may take a few weeks of adjusting to find the approach that best fits you, but the result will be a more organized workspace. Your mail will be in intuitive categories so that you’ll be able to deal with the most important messages first.

Keep it brief. When you send an exhaustive email with hundreds of words and multiple questions and points, you invite an equally

exhaustive response that you’ll have to wade through.

Consider alternatives. Email is not for every conversation. In fact, it’s a terrible way to manage a project. Post messages pertaining to a specific project inside tools such as Basecamp or Trello. Having all related conversations in the same place with related notes and action items will help you track progress. ☎



Is email an important part of your business? Do you have any tips for managing email to work more efficiently? Tell us your story at www.BroadbandBuildsBusiness.com.

Broadband network set to move region forward

Our culture is fascinated with potential. We talk about athletes at the high school level having great potential, with hopeful futures at the college and pro levels. We talk about friends having the potential to be successful in business, education or the arts.



RUTH CONLEY
Chief Executive Officer

When we view something as having potential, we believe that within it lies the power for it to become greater than what it is now, to accomplish good things and impact lives in a positive way.

I can't think of a better description for the broadband network we are building today.

It's exciting news that much of the mainline construction on our fiber-to-the-home network is complete. Construction has started in the Lickburg area of Northern Magoffin County. This fiber build will serve the communities of Lick Creek, Pricey, Bloomington (Route 1081), Improvement, Rockhouse, Coon Creek, Lacey Creek and Flat Fork, with completion anticipated

in late 2015. Starting in 2016, we will begin our final fiber to the home build in Northern Magoffin County. The build will serve the communities of Elsie, Johnson Fork, Grape Creek, and Bloomington (Route 460). By the end of 2016, every home and business in our service area will have access to advanced fiber services.


But that is just the beginning of the story. The most important feature of our broadband network is the potential it holds. Studies have shown that when people put broadband to work in their homes and communities, some exciting things happen:

- Household incomes rise
- Job opportunities increase
- Poverty levels and unemployment drop

The potential is there — but the key to unlocking that potential is you. Some of our customers are doing an outstanding job in this area:

- Pastor Michael Tackett of New Generations Church streams weekly worship services from the sanctuary on New Paintsville Road to an ever-growing online worldwide audience.
- Lawrence County Humane Society president Kim Perry continues to save animals, working with pet rescue organizations and using technology to promote man's best friend and find online adoptions for other animals.

The network we are building today allows you to take advantage of today's technology. But here's the most exciting thing: Where the true power lies is in our network's ability to adapt to new technologies as they become available, freeing you to explore new ways to put broadband to work. You have the tools to reinvent how you live, work and play.

So go innovate. Go learn. Go imagine new ways to use the technology we are blessed with in this region. Put it to work to change your community, your family, your business. Then be sure to share your story with us. Like those I mentioned above, your story may inspire someone else to unlock the potential of broadband, while discovering the potential inside themselves. 

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

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Foothills Mission Statement

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

Produced for Foothills Broadband by:

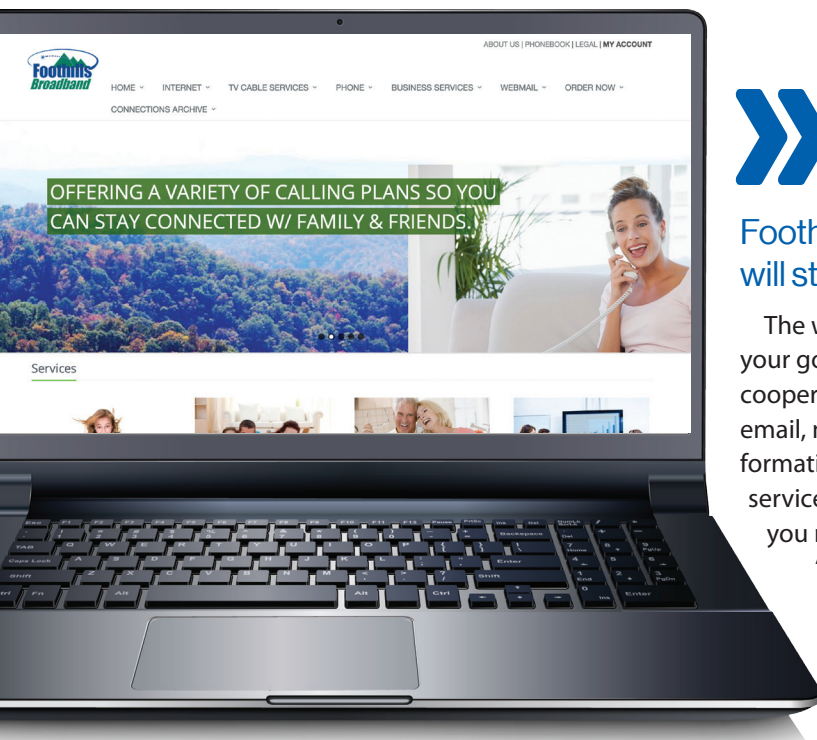


On the Cover:



Greg VanHoose, the material and supply clerk for Foothills, takes his 1967 Chevelle to car shows across the region with the East Kentucky Gearheads.

See story Page 12.



Brand new look, same great service

Foothills Broadband's website has a new look, but you will still find all the useful information you need.

The website, www.foothills.net, has a new, updated look, but it is still your go-to source for all your technology needs and news about your cooperative. The site gives you a nicely organized place to check your email, monitor your account, use the online phone book and find information about Foothills' Internet, telephone, television and business services. You can even order service online or catch up on anything you might have missed in past issues of the Foothills Connection.

"This is just one of the changes we are making at Foothills to better serve our customers," says CEO Ruth Conley. "We think you will find the new website more user-friendly and a fresh upgrade from our previous site."

Slow down in work zones

Linemen have dangerous jobs, and the dangers aren't always from the heights or the equipment on which they work. These dangers involve motorists and are often fatal.

Crews at Foothills Broadband are committed to facing these dangers to ensure you have the best and most reliable service available. But they need your help to keep their crews safe.

When approaching a utility work zone, please slow down and move to a lane farther away from the crews if possible.

Utility workers are killed each year in the United States due to traffic accidents that occur in street and highway work zones. These accidents are sudden, violent and almost always preventable. Please help keep these hardworking crews safe.



PARDON OUR MESS

Foothills is redesigning our drive-thru area to better serve our customers. See the back page of this magazine for more details.



Like us on Facebook!

Go to Facebook.com and search for Foothills Broadband.



A NATION DIVIDED: 150 YEARS LATER

Relive history on a tour of these prominent Civil War battlefields

By ROBERT THATCHER

This year, the country will conclude its 150th anniversary remembrance of the Civil War. But don't worry if you missed the reenactments and fanfare over the past four years. Take this trip on US Highway 41 from Kentucky through Middle Tennessee to find plenty of history while tracing pivotal battles in America's most costly war.



Re-enactments, like this one near Chickamauga, Ga., can bring history to life, but battlefields throughout the Southeast are interesting places to visit anytime.

Stop #1 – Fort Donelson National Battlefield

Where Ulysses Grant became a household name

Fort Donelson National Battlefield, on the banks of the Cumberland River just south of the Kentucky border, is a natural starting point for a drive through Middle Tennessee. It's also a good beginning militarily.

"Almost everything that happened in the state is a sequel to what happened here," says Doug Richardson, Fort Donelson's chief of interpretation.

Rivers were arteries of commerce for the South, and the Confederates built Fort Donelson to protect the Cumberland and upstream cities like Clarksville and Nashville.

But on Feb. 12, 1862, a little-known Union brigadier general named Ulysses S. Grant set his sights on Fort Donelson. He was confident of victory after his gunboats easily took nearby Fort Henry on the Tennessee River.



Dover Hotel

Donelson was not so easy. Well-positioned Confederate guns brought victory, setting up a successful "break out" through Union lines. But the victory was short-lived, as the Confederates unwittingly helped Grant by pulling troops back to their original positions. Grant retook the lost ground, and the 12,000-man garrison surrendered unconditionally. The battle made Grant a star and was a catastrophe for the South.

TOURING FORT DONELSON

The park preserves more than 20 percent of the original battlefield, with several square miles of earthwork fortifications. Don't miss these highlights:

- » Stand at the gun batteries where Confederate gunners battered Grant's



TECH-SAVVY TRAVELER: CHARTING YOUR COURSE

Robert E. Lee is regarded by many as the most clever battle tactician of the Civil War. Imagine what he could have done with a GPS! Nowadays, it's easy to come up with a battle plan and map out the route for you and your troops on your next vacation. Apps like Google Earth provide directions for tourists with aerial or street views of those historic sites from Gettysburg to Charleston. For those battling interstate traffic, Road Ninja is an app that will help you find fuel, food and shelter for the evening, keeping your small army on the move.

- gunboats.
- » Visit the Dover Hotel where Ulysses S. Grant demanded “unconditional surrender” from his old West Point friend, Confederate Simon Buckner.
 - » Pause at Fort Donelson National Cemetery for a reminder of the sacrifices that Americans have made from the Civil War to the present day.
 - » While absorbing the history, you may also encounter two notable park residents. “We’ve got two resident bald eagles who live down at the river,” Richardson says. “Our eagles are about as famous as our generals.”

Stop #2 – Stones River National Battlefield

The Fight for the Confederate Heartland



Cemetery at Stones River

We could follow General Grant to the Mississippi line and Shiloh, where his Army of the Tennessee headed after Donelson, but there’s good reason to drive to Stones River National Battlefield in Murfreesboro.

“When Fort Donelson falls, the Confederates have to give up Nashville,” explains Park Ranger Jim Lewis. “And Nashville becomes the base for the Union Army to launch the campaigns which will lead to Stones River, Chickamauga and Chattanooga.”

For many, Stones River is a quiet retreat from bustling Murfreesboro. But the 6,100 gravestones across from the visitor center are a sober reminder of what took place there. Of the 81,000 who fought here, 23,000 were killed, wounded or went missing in action — the highest

percentage of casualties of any Civil War battle.

EARLY SUCCESS, THEN RETREAT

On New Year’s Eve 1862, the Southern army under Braxton Bragg attacked first, catching William Rosecrans’ Union troops at breakfast and driving them north. Then on Jan. 2, the Confederates launched another attack along the east bank of the Stones River to drive Union troops off of a high hill.

“In the process of pursuing, those Confederates will come under the fire of 57 Union cannons along the other side of the river and will lose about 1,800 men in 45 minutes,” Lewis says. “That’s a pretty bloody exclamation point.”

The Confederates then retreated.

TOURING STONES RIVER

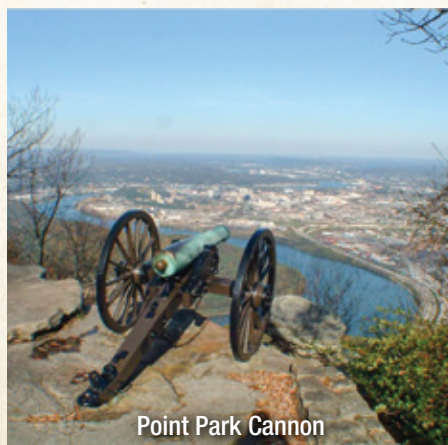
Stones River offers a 12-stop auto tour, including these sights:

- » Walk around The Slaughter Pen, a rock outcropping where Union troops made a stubborn stand.
- » Pay respect at the Hazen Brigade Monument, one of the oldest war monuments in the country.
- » Be awed by Fort Rosecrans, the largest earthworks fortification in North America.

Stop #3 – Chickamauga & Chattanooga National Military Park

The Death Knell of the Confederacy

We’ve followed the Union push to Nashville and Murfreesboro. The next stop is Chattanooga. Actually, we’ll go



Point Park Cannon

south of the city to Chickamauga & Chattanooga National Military Park, in Fort Oglethorpe, Georgia.

Driving to the park, you’ll cross the mountains that convinced General Rosecrans not to advance directly on Chattanooga. He moved southwest of the city to block supply lines, forcing Confederate troops into Georgia as well. But Chattanooga was the Union goal.

“Chattanooga is a doorway through the southern barrier of the Appalachians,” says Park Historian Jim Ogden.

Driving through the dense woods of the 5,300-acre park, you can see why confusion reigned in the war’s second-bloodiest battle. About 35,000 men were killed, wounded, missing or captured in fighting from Sept. 19-20, 1863. Strategic mistakes led to a Union retreat. The Union troops retreated to Chattanooga, where they withstood a two-month siege before ultimately breaking through in the battle of Chattanooga.

“This allowed the Union drive across Georgia in 1864, from Chattanooga to Atlanta and from Atlanta to Savannah,” Ogden notes.

TOURING CHICKAMAUGA

Start at the visitor center on Lafayette Road. After touring the park, drive 17 miles to Lookout Mountain Battlefield for views from 1,500 feet above Chattanooga. Other key sites:

- » Stand on Snodgrass Hill where George Thomas became “The Rock of Chickamauga.”
- » Get a general’s view from Orchard Knob, Grant’s command post, and the Bragg Reservation, Confederate headquarters on Missionary Ridge.
- » Watch the conflict electronically at the Battles for Chattanooga Museum on Lookout Mountain.

Chattanooga was a major blow for the Confederacy. But there’s much more to see on the campaign South – Tunnel Hill, Resaca, Kennesaw Mountain all the way to Savannah and then into South Carolina. The war continued on and your trip can too. Visit nps.gov/civilwar for more sites from the War Between the States. ☞

Bringing history to life



By BRIAN LAZENBY

Re-enactors are helping to keep the area's Civil War history alive.

Union Sgt. A.J. Cooper ran for his life when a company of Confederate soldiers attacked a Union training camp at Ivy Point on a farm belonging to the Gardner family. He was one of about 60 Union soldiers who scattered into the surrounding woods to escape the approaching Confederates, who were better armed and outnumbered them by almost four to one.

Cooper dove between two logs on the forest floor and landed on top of Hiram Flint, a Union private who was already hidden there.

Both men survived the incident, and Cooper later became a lawyer and ultimately served three terms as a Magoffin County judge.

According to family records and tales from those who survived the fighting, before the attack, new Union recruits had been training at Ivy Point, a low, flat hill on the Gardner property. The recruits had not yet been issued rifles and were armed only with cap and ball pistols when the 200 Confederate troops overtook them. A handful of the Union recruits were killed, and dozens

were captured.

The events of that November day in 1863 are now known as the Battle of Ivy Point Hill and will be portrayed in a re-enactment held there on April 10-12.

“Come walk where soldiers fought and died,” says Randall Risner, chairman of the Magoffin County Civil War Committee.

FOOD AND FIGHTING

The highlight of the weekend will be the soldiers dressed in authentic Confederate and Union uniforms to re-enact the fighting, but Risner says there will be much more for the entire family to see and do.

Away from the battlefield, a number of men and women will also be dressed in authentic garb of the era, and many will be giving demonstrations from the time — cooking authentic dishes and making handmade items that were common during the mid-19th century. There will also be a number of craft booths and food vendors, plus plenty of activities for the kids, including a zip line.

And although former President Abraham Lincoln and Confederate General Robert E. Lee were not present at the original battle, re-enactors portraying them will make appearances during this year's re-enactment, Risner says.

And the best part is the events of the entire weekend are completely free.

"From parking to the demonstrations and even the zip line, everything is free," Risner says. "The only thing visitors will have to pay for is food and if they buy any crafts."

Risner says this will be the seventh re-enactment dedicated to remembering Magoffin County's Civil War history. This re-enactment will conclude the Civil War Committee's celebrations to mark 150 years since the end of the war.

"We really hope to end our sesquicentennial with a great event," he says.

STEEPED IN HISTORY

The Gardner property has a rich history that dates back before the Civil War. It is the site of the first settlement in the Licking River Valley known as Licking Station.

Because the property sat at the cross-roads of Rebel Trace, a road used primarily by Confederate troops, and Mount Sterling-Pound Gap Road, which was primarily used by Union troops, it was the site of multiple skirmishes as well as encampments of both Union and Confederate troops.

According to stories passed down for generations, Adjutant General Edward Owens Guerrant, a Confederate officer, was in love with Emily Gardner, the daughter of Benjamin and Sarah Gardner. Due to his close relationship with the family, Guerrant ordered the Confederate soldiers to not "molest the Gardner farm."

Highlighting just how divided families were at the time, one of the Gardners' sons served in the Union Army. Troops from both sides were welcome to camp on the property.

Records indicate that Confederate soldiers generally camped near the



Mounted troops on both sides were often seen around Ivy Point.



The re-enactment includes demonstrations from artillery as well as cavalry and infantry.

present-day community of Dixie, while Union soldiers camped closer to the Gardner house. Generals stayed in the house with the Gardner family, eating at the same table each night. At any given time during the Civil War, 10,000 soldiers from either side could be on the Gardner property at Ivy Point.

The property has been owned by the Gardner family since 1830 and is now occupied by Ben Gardner and his wife, Ruth. Gardner is a direct descendant of

the original owner. Six generations of Gardners are buried in the family cemetery, but Risner says about 500 unmarked graves believed to contain the bodies of soldiers have been discovered on the property. He said a ceremony will be held at the re-enactment to honor those who died here.

"We believe we know who is buried there," Risner says. "Expect an announcement at the battle re-enactment." 📱

» FOR MORE INFORMATION search for "Battle of Ivy Point" on Facebook.

FOR THE EVERYDAY HOME

What will readers find at your blog?

Shaunna West: Perfectly Imperfect is a window into our lives. You'll find DIY projects, furniture makeovers, before-and-after room makeovers, shop talk, topics on running a creative business and even a few family posts.

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

SW: I have been writing since I was a little girl, and in 2009, I needed to write. I began sharing my furniture-painting techniques and the process of our attic renovation, and soon, the blog became a business and a place for people to seek inspiration for their everyday homes. The community and readers at Perfectly Imperfect took me completely by surprise. There is a world of people interested in the same things you are, and if you're lucky, you'll even develop relationships with these incredible people. The Internet can be used for such good, and its reach is incredible. I'm

grateful for PI, for my readers and for their willingness to listen to what I have to say.

What are some big trends in decorating this spring and summer?

SW: Any time you gear into spring and summer, people are going to be looking to brighten and lighten their homes. There are lots of beautiful metallics out there and lots of blues and golds and greens as far as colors. Anything you can do to try and make your home feel fresh and clean. Spring is the time when we all begin to organize and begin to purge and pare down and only have what's necessary in the home. Homes should be functional and efficient as well as beautiful. ☞

Perfectly Imperfect

A Q&A with **SHAUNNA WEST**, a blogger from Troy, Alabama, who writes about everything from painting furniture to decorating to homeschooling.

Check out her blog...

www.PerfectlyImperfectBlog.com



OTHER HOME/DIY BLOGS YOU MIGHT LIKE:

- ▶ www.TheLetterCottage.net
Layla shares her love of cottage style with readers.
- ▶ www.BeneathMyHeart.net
Tracey describes herself striving to create beauty in her heart and in her home.
- ▶ www.thistlewoodfarms.com
KariAnne shares her transition from the big city to a slower-paced, happier life.

Shaunna's tips for changing your home on a budget



- ★ Keep in mind that your home is your sanctuary away from the busyness of the world. Take the time to create spaces you enjoy and that create rest for you and your family.
- ★ If you're feeling like your home has become dark and dreary, give the walls a fresh coat of paint in lighter neutrals. It will instantly brighten your space. My favorites are Benjamin Moore White Diamond, Sherwin Williams Sea Salt, Sherwin Williams Crushed Ice and Sherwin Williams Comfort Gray.
- ★ Save and invest in key pieces like your sofa and armchairs, and shop flea markets and antique malls for small end tables and dressers. You'll be amazed how much you'll save when you allow time for your space to come together.
- ★ Paint everything in sight. Seriously, paint is the cheapest and fastest way to transform your home. Have a coffee table you love, but hate how beaten up it is? Paint it, and you will have a new piece of furniture in a few hours.

Photos courtesy of Shaunna West.

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 websites about a variety of topics. In the May/June issue, we'll focus on marriage and relationships.

Can you hear the music?

You're only a click away from your favorite tunes

BY CECIL H. YANCY JR.

The Rolling Stones asked, "Can you hear the music?" And the answer is, yes! You can easily listen on your computer or mobile device anytime you like.

Digital music services offer you two ways to listen to old favorites or explore new artists.

A download captures the music on your computer for use in the future — think of being able to burn a CD or play the music by clicking on a file from your computer. On the other hand, music streaming is like having a steady flow of music coming into your computer. Just click and create stations from artists you choose.

While downloads have their advantages, streaming appears to be the wave of the future. By this year, according to a Pew Research Institute study, as many as 80 percent of Americans will listen to audio on digital devices. While 51 percent of all adults say they listen to music on these devices, age makes a big difference in music habits, according to the study. More than 60 percent of millennials and 58 percent of Gen Xers listen to music online compared with 48 percent of younger Boomers. Older Americans tend to prefer the traditional AM/FM radio format. But streaming music is getting so easy, music lovers of all ages can jump on board.

OPEN THE BOX TO MUSIC STREAMING

Pandora opened the box with one of the first online Internet radio services. With Pandora, you can listen free for 40 hours per month, with advertisements. Pay \$36 a year and get the music without commercials. It's easy to use. Say you like Johnny Cash: Type in his name and a "radio station" of his songs and those of similar audiences will begin playing. The best part is Pandora gives you background

information about the artist as the music is playing. You can even skip a certain number of songs you don't like.

NEW RELEASES AND EXCLUSIVES

Spotify is another big player in the music-streaming arena. It has a 20-million-plus song catalog from the major record labels, which can be organized into playlists that allow users to stream their own lists or lists from friends or celebrities. The basic features are free after downloading the application, or the premium version is \$9.99 per month. Music on Spotify can be imported from iTunes and synced with a mobile device so you can make your favorite songs available anywhere you go!


CREATE YOUR OWN ITUNES STATION

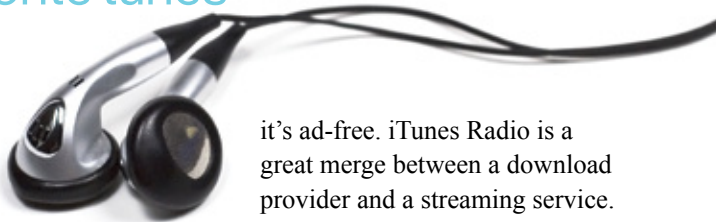
In addition to 25 DJ-curated and genre-based stations, iTunes Radio allows you to create personalized radio stations or follow "guest DJ" stations from famous artists. You can pause, skip and playback with iTunes Radio and even buy the tune you're currently listening to. If you have an iTunes Match Account for \$25 per year,

it's ad-free. iTunes Radio is a great merge between a download provider and a streaming service.

A COUPLE OF CLICKS AND NO COST

If you're leaning toward listening to music online, but a bit overwhelmed by the choices, check out sites that only require a couple of clicks to get started and are designed to be more like your radio.

Sites like Boomerradio.com and Bluegrassmix.com offer an easy way to listen to your favorite tunes, with either stations or DJs that pick the tunes. On the Bluegrass site, DJs host shows. On the Boomer Radio site, users can pick from moods like acoustic café, sweet soul music and classic mix. 





Foothills' Greg VanHoose had been looking for a muscle car for sometime before he found his 1967 Chevelle and restored it.

Cruisin' for a cause:

East Kentucky Gearheads revving engines for charity

BY BRIAN LAZENBY

Imagine more than 150 hot rods cruising through town — chrome and paint polished and waxed to a glossy shine, engines purring and the faint smell of burning rubber in the air.

That is what got Greg VanHoose hooked. While attending a car show hosted by a local group of car enthusiasts, he spent much of the time drooling over all the hot rods and muscle cars on display and knew he wanted one for himself. He also knew he wanted to be part of the group — the East Kentucky Gearheads. Ultimately, several years later, all those wishes came true in the form of a candy apple-red 1967 Chevy Chevelle that was affordable and in good condition.

He added a new paint job, some chrome and some minor body work, and the end result is something almost every car enthusiast would be proud of.

"It was already in pretty decent shape when I bought it; it just needed some cosmetic work," he says. "As a kid,

everybody wanted a nice muscle car or a hot rod, but I couldn't afford it. But I kept my eyes open and bought this one about six years ago."

VanHoose, the material and supply clerk at Foothills Broadband, is now a member of the East Kentucky Gearheads, a group of local car enthusiasts that holds annual car shows and cruise-in (cruiz'n) events.

Casey Jones has been the president of East Kentucky Gearheads for about five years.

"It was 10 guys that were into hot rods and cars," he says of the group's founding in 2008. "It has exploded into more than 100."

The group is much more than a bunch of guys cruising around in hot rods. Many of their cruise-in events raise money for charity. Jones says they built a handicapped-accessible playground in Floyd County, and they are working to build one in Johnson County.

"We really want to do something to give

back," he says. "We began buying handicapped-accessible playground equipment — a couple swings and monkey bars. It was a full playground when we finished."

The group also holds "Ride with a Pal" events, which consist of a picnic and a drive with area handicapped children usually in a member's classic ride.

VanHoose says he is proud of how the group gives back to the community and helps handicapped children, who often ride with the members during the cruise-in events.

The East Kentucky Gearheads holds a cruise-in every third Saturday of the month in downtown Paintsville, where 150 to 200 hot rods and muscle cars cruise the city streets.

Jones says the events are a good time of talking about cars and socializing over hot dogs, chips and soft drinks.

"It's just a lot of really good people, and the cruise-ins are a great place to bring your family and kids," he says. 📱



For more information about the group or upcoming events, visit www.ekygearheads.com or search for them on Facebook.

Station 23

offers
hardware
merchandise
and Amish
goods



Danny Music opened Station 23 hardware store at the same site in Ulysses where he opened his first business in 1982.

Danny Music's hardware store sells a little bit of everything — which is fitting for a man who has done a little bit of everything in his career.

Music has owned a garage, a fuel store and a trucking company. But he says his hardware store, Station 23 — located at 49 Race Way in Ulysses — is his final venture.

"My first business was a garage that I opened in 1982 on this very site," he says. "My starting and finishing point is going to be right here."

Station 23 has only been open a few months. It began as a typical hardware store, but ever the enterprising businessman, Music soon seized on a deal that changed his plans and product line.

Sensing an opportunity, Music struck a deal with an Amish family in Mansfield, Ohio, to buy all the polywood lawn furniture the family could produce. The inventory added up quickly, but so did sales.

"I met with the family and agreed to buy everything they built," Music says. "But they were building it quicker than I could move it down here, so I began

setting it up on the lawn."

Rows of outdoor furniture line the lot. There are gliders, swings, tables and chairs in multiple styles and color combinations that are all built from a synthetic polywood material that is fade resistant.

"Most other furniture will not hold up as well in the weather," he says.

Station 23 also carries wood


furniture such as beds, dressers and bedside tables that are handcrafted by the Amish, as well as a selection of Amish jams and jellies.

"I really liked the furniture and thought there was a real need for it," Music says.

Inside the shop, Station 23 looks more like a traditional hardware store. Employees are quick to help customers select from a wide array of Husqvarna and Stihl power equipment as well as Red Wing boots and other hardware items. The shop also services both Husqvarna and Stihl power tools.

The hardware business is a welcome change for Music, who spent many years in the trucking and fuel industry. "I felt it was something that would be less stressful than the trucking industry," he says.

And while it remains less stressful, Music's shop is growing and now maintains a large selection of furniture plus the general hardware merchandise inside. He has already expanded 6,000 additional square feet to house the merchandise.

"It's been a long process, but we are finally up and running," he says. "I have been very pleased with the support we've had from the local community." 

► **FOR MORE INFORMATION** about Station 23, visit www.station23.com or search for them on Facebook.



Since making a deal with an Amish family in Ohio, handmade furniture has been a big seller for Station 23.

REAL MEN DO EAT QUICHE

Bea Salley loves to cook. So much so, in fact, that she says she'd like to own a restaurant in her hometown of Walterboro, South Carolina. But until her ship comes in, she'll stick to catering for area residents in her spare time. Her forte? Quiche.

"I make potato pies, apple pies, coconut pies and cakes, but quiche is my specialty," she says. "It's a good, year-round dish, but particularly in the spring."

Salley's mother died when she was 13 years old. So with just her father and no siblings, she would never have learned the intricacies of cooking had women in her community — she grew up in Oakman Branch right outside Walterboro — not intervened, taking her under their wing to teach her and stirring her interest in what would become her passion.

But it wasn't until about 10 years ago that she realized she wanted to make a difference by catering to her community with more healthful food choices.

"No one in my household — my husband, Fred, our five kids and 10 grandchildren — ever had any problems with high blood pressure or diabetes, and I know what you cook with makes a difference," she says.

So almost all of her recipes, particularly her quiches, have healthy ingredients, such as fish and vegetables, and not a lot of sodium. And everyone loves them, she adds.

But there's a saying that's become quite familiar: "Real men don't eat quiche."

Not so, Salley says.

"There are a lot of men who love my quiche. They say it's filling, so they don't have to eat as much."

David Walton of Summerville is one example. He's been eating and enjoying



A HEALTHY CHOICE — With so many ways to prepare quiche, it can be a healthy choice for any season. Bea Salley likes to use ingredients such as fish and vegetables, while keeping the sodium low.

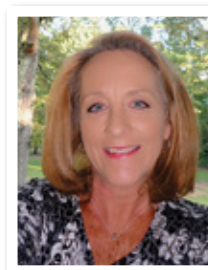
Salley's quiches for at least a dozen years. "'Real men don't eat quiche' simply isn't true when you have quiche as good as Bea's!" he says.

And it's this time of year that Salley's kitchen heats up with quiches in her oven. People like to be outside in the warm weather and not inside cooking, so Salley does it for them.

"Quiche is a quick, full meal for friends and family," she says. Serve a slice of quiche with a salad and a basket of bread, and you have a complete, healthy dinner. Leftovers are even better — if there are any to be had.

Whether you're baking a

brunch-friendly bacon-and-egg-filled treat for Easter or an elegant vegetarian dinner served with a healthy lettuce or fruit salad, quiche is extremely easy to adapt in a number of delicious ways. The recipes that follow are some of Salley's favorites. [📖](#)



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.

VEGGIE QUICHE

- 1/4 stick (2 tablespoons) butter
- 1/2 onion, diced
- 1/2 green bell pepper, diced
- 1 10-ounce bag spinach
- 1 12-ounce container fresh mushrooms, sliced
- 1 medium zucchini, sliced
- 1 medium yellow squash, sliced
- Salt and pepper, to taste
- 2 eggs, beaten
- 1/2 cup flour
- 1/2 cup cheddar cheese (or cheese of your choice), plus more for topping
- 1/2 cup sour cream
- 1 9-inch pie crust (store-bought or homemade)

Heat oven to 350°F. Melt butter in skillet over medium heat; add onions and bell pepper; let simmer. Add spinach, mushrooms, zucchini and squash; cover and saute until softened. Stir in salt and pepper; let cool, then pour in bowl and add eggs, flour and cheese, blending mixture together. Last, add sour cream, blending well. Pour into crust, sprinkle with shredded cheese and bake for 40 minutes or until quiche is set around the edges and still slightly loose in the center. Remove from oven and let sit for a few minutes before cutting.

SALMON AND MUSHROOM QUICHE

- 2 tablespoons olive oil
- 1/2 cup onions, diced
- 1 16-ounce container fresh mushrooms, sliced
- 1 large can salmon
- 1/2 cup shredded Swiss cheese
- 2 eggs, beaten
- 1/4 cup flour
- 1 cup (8 ounces) sour cream
- Salt and pepper, to taste
- 1 9-inch pie crust
- 1/4 cup shredded cheddar cheese

Heat oven to 400°F. Heat olive oil in skillet over medium heat; add onions and let simmer for 3 minutes until onions are soft. Add mushrooms, stirring until soft, then

add salmon. Blend mixture together, let cool, then add Swiss cheese, eggs, flour, sour cream, salt and pepper. Blend all together, then pour into crust, sprinkle with cheddar cheese and bake for 35 minutes or until quiche is set around the edges and still slightly loose in the center. Remove from oven and let it sit for a few minutes before cutting.

Note: This quiche is also good served "crust-less." Bake in pie pan that has been sprayed with nonstick cooking spray using no pie crust. Follow directions as written.

BEA'S PIE CRUST

This is the quickest and simplest pastry crust ever, and it tastes great.

- 1 1/4 cups all-purpose flour
- 1/4 teaspoon salt
- 1/4 cup shortening (preferably Crisco)
- 5 tablespoons butter, chilled and cut into small pieces
- 3-4 tablespoons ice water
- 1 teaspoon lemon juice

Whisk together flour and salt in medium bowl. Add shortening and butter, tossing with fingers until pieces are well-coated with the flour mixture. Using a pastry blender or your fingers, cut the shortening and butter into the dry ingredients. Drizzle in 3 tablespoons of the ice water and the lemon juice; mix just until the dough comes together, adding the last tablespoon of water if the dough is too dry. Do not overwork the dough or it will become too tough. Pat the dough into a flat disk, wrap tightly in plastic wrap and refrigerate for at least one hour before rolling out.



TIPS TO MAKE THE PERFECT QUICHE

Quiche is a simple idea for brunch or dinner, but getting it right can be difficult. Here are a few key steps to ensure that your quiche will be creamy and your crust will be flaky.

- ▶ **The crust:** The first step to a good quiche is having a great pastry shell. It will come out better if you parbake (partially bake) it for about 10 minutes so that it's dry and crisp before adding your filling.
- ▶ **Seal it:** To avoid a soggy pastry, brush the bottom of the crust with an egg wash (a beaten egg white) right after parbaking it. The warmth of the crust when you remove it from the oven is all you need to "cook" the egg white and seal the shell to help keep it crispy.
- ▶ **Say "no" to low-fat:** There's nothing worse than wimpy flavor when you bite into a quiche, so make sure to avoid using low-fat or nonfat ingredients. Their high water content prevents the quiche from setting properly, resulting in a watery finish.
- ▶ **Protect the edges:** Once in the oven, keep an eye on the shell, and if the edges of the pastry start browning too quickly, wrap them in a little aluminum foil.
- ▶ **Loose is a good rule of thumb:** Take the quiche out of the oven when the center is still slightly wobbly. This will ensure that it doesn't over-cook and will still have its creamy custard texture when you cut into it.

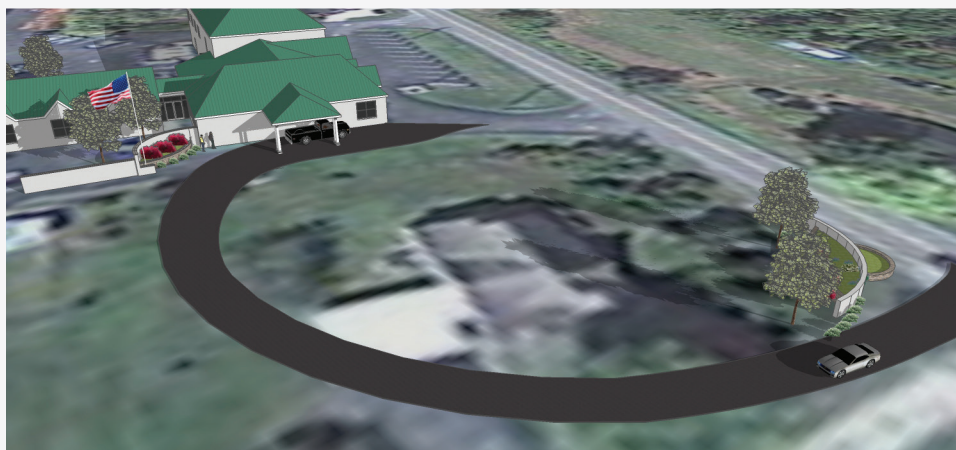


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Pardon our progress...

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Foothills is redesigning our drive-thru area to better serve our customers, giving you a quicker and more convenient way to do business with us.

Once the work is completed, drive-thru customers will enter east of the office at 1621 Highway 40 West and circle toward the building to the window payment area. This design will be more efficient and safer.

We apologize for any temporary confusion the roadwork may have caused, but improving this area of our business is just another way we are working to serve you better!

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