

The Foothills

MAY/JUNE 2015

CONNECTION

ART, FOOD AND SUCCESS

A couple creates an
entertainment destination

MAKE THE CONNECTION

Understand the speed you need
for your favorite activities

THE NEW LINEUP

Check out the latest channel
guide for new viewing options



RURAL CONNECTIONS

BY SHIRLEY BLOOMFIELD, CEO
NTCA—THE RURAL BROADBAND ASSOCIATION

Net neutrality ruling could open the door for rural policy changes

When the Federal Communications Commission (FCC) voted in February to reclassify broadband as a Title II utility, it put rules in place that regulators say will ensure an open, neutral Internet for America's consumers. These rules include some encouraging signs for rural telecommunications companies and cooperatives.

The FCC ruling opens the door for some of the important, common-sense policy changes NTCA has been pushing for years.

I believe the order pushes the FCC closer to bringing universal service funding into the 21st century and changing rules so every network your data crosses will be treated equally.

Beyond that, the order has the potential to give NTCA's nearly 900 rural telco members more regulatory certainty to continue investing in network upgrades. The order is not perfect, but I think there are a few ways it will help rural telecommunications.

THE PATH TO CHANGE

Perhaps the biggest single issue facing rural providers is universal service. The Universal Service Fund was set up so all telephone users nationwide would pay into a fund that would be distributed to telephone providers to offset the cost of building and maintaining phone lines in sparsely populated areas. The sheer distances covered by rural networks in order to connect members drive up operation costs, and the universal service fund was designed to offset some of that investment.

We've been making the case for years that the USF should be updated to focus on broadband connections rather than phone lines to more accurately capture what's happening in the industry. I believe the net neutrality order lays the groundwork for this



important reform.

The other area where the new order could help rural telecommunications is the treatment of so-called "middle mile" providers.

Not every company that maintains the networks forming the basic Internet infrastructure is a direct-to-customer provider like your local telco. Many companies operate the "middle mile" networks that your data must pass over to get from distant servers to your computer or device. NTCA has been pushing for more seamless interconnections and similar regulatory treatment between the middle mile and the "last mile," which is the part of the network your local telco provides. I believe the FCC's ruling could bring the industry closer to a level playing field.

As with any new major policy shift, there are parts of the order we at NTCA may not agree with, but I think there's a chance this will lead to positive changes for rural telcos. NTCA will continue our work to be sure the order plays out the way we and our allies believe it will, and that the FCC will continue to take steps toward supporting rural telecommunications. ☞

SURVEY SAYS...

Thank you to everyone who participated in the January/February readership survey. See Page 4 for the winner of the drawing. The results below show what the magazine means to you. Thanks for reading!

90.5%

have a better understanding of the role their telecommunications provider plays in community and economic development because of the magazine

85.3%

of respondents read every issue of the magazine

84.8%

read all or most of the issue

84.3%

have a better understanding of technology because of the magazine

73.4%

have visited a website to learn more about a topic featured in the magazine

54.5%

have prepared a recipe featured in the food pages

45%

have changed their service plan to better meet their needs because of information in the magazine

27.6%

have bought a gadget reviewed in the magazine

INTERNET HISTORY

The Internet (as we know it) turns 20

April 1995 marked the birth of the commercial Web, far surpassing the financial and social influence of the early, research-based Internet. It's been 20 years since that step in the Internet's history triggered the rise of giants like Yahoo, Amazon and eBay. Here's a look back at how the Internet got to where it is today.



1962

- MIT professor publishes memos discussing a "Galactic Network," created through networking computers.

1965

- The first network is created by linking a computer in Massachusetts with another in California.

1969

- ARPANET, a closed network for the U.S. Department of Defense Advanced Research Projects Agency, becomes the first stable link of multiple computers. The first hosts were built at five universities.

1972

- The public gets its first look at ARPANET at the International Conference on Computer Communications.
- Ray Tomlinson writes a program allowing the first "electronic mail" message, including use of the @ symbol.
- The term "internetting" is first used.

1975

- ARPANET has grown to include 61 institutions.

1979

- Science professors form a Computer Science Research Network called CSNET.

1981

- More than 200 computers are connected to CSNET, which soon allows email between 10 countries.

1982

- Snipes, the first networked computer game, debuts.

1984

- The Domain Name System introduces

.gov, .mil, .edu, .net and .com.

- The National Science Foundation launches NSFNET, a research network.

1985

- The number of connected networks in the U.S. reaches 2,000.

1987

- The number of networks in the U.S. reaches 30,000.

1988

- Providers gain authorization to use the Internet to send commercial email.
- The first computer worm virus infects 6,000 of the 60,000 connected hosts on the Internet.

1989

- Companies launch commercial email services.
- A system using HTML that allows computers to easily browse other hosts is proposed, creating the World Wide Web.

1990

- ARPANET shuts down.
- The first search engines emerge.

1991

- NSFNET now connects 600,000 hosts in 100 countries.

1992

- One-millionth computer is connected to the Internet.

1995

- NSFNET is privatized and defunded, dropping the last major commercial restrictions on the Internet and creating the modern Internet as we know it.
- Many Internet mainstays are launched, including Amazon.com, Yahoo and eBay. ☎



Lifeline Service

When you need help paying for telephone service

Is your annual household income at or below 135 percent of the Federal Poverty Guidelines for a household of its size? Do you or someone in your household participate in any of the following low-income government assistance programs? If so, you may qualify for Lifeline Service.

- Medicaid
- Supplemental Nutrition Assistance Program (SNAP)
- Supplemental Security Income (SSI)
- Section 8 Federal Public Housing Assistance (FPHA)
- Low Income Home Energy Assistance Program (LIHEAP)
- Temporary Assistance for Needy Families (TANF)
- National School Lunch Program's Free Lunch Program

To find out whether you qualify for Lifeline assistance, customers must fill out standard forms, available at your local telephone company's office, as mandated by the Federal and/or State government. Your telephone company is not responsible for determining who qualifies for these programs or who receives assistance. Customers must meet specific criteria in order to obtain assistance with their local telephone service, and qualifying is dependent upon government-established guidelines. To qualify for Lifeline credit, each customer must apply and provide proof that he/she, or a household member for whom he/she is financially responsible, participates in at least one of the programs listed above or that the customer meets the income-based requirements. Additional eligibility requirements may also apply. Customers must choose to apply the Lifeline discount to a landline or a wireless number, not both.

For more details about Lifeline Service and to apply for assistance, please contact your local telephone company.

—Sources: The Computer History Museum, New Media Institute, The Internet Society

Empowering members to be advocates for rural telecommunications

The results are in. Almost 200 readers responded to The Foothills Connection readership survey in our January/February issue. Your responses gave us good insight into what we're doing right and how we can serve you better.



RUTH CONLEY
Chief Executive Officer

I appreciate those who took the time to share this valuable feedback with us.

Not surprisingly, the stories about local people in our community and the articles about food are the most popular pages among respondents. But I was pleased to see readers also enjoy the articles with information about your cooperative.

Perhaps that readership is why 85 percent of respondents said this magazine gave them a better understanding of technology, and 90 percent said they have a better understanding of the role this cooperative plays in economic and community development because of The Foothills Connection. It's very gratifying to know our efforts are working.

I shared this data not to boast about how proud we are of this magazine, but to explain the reason why I'm proud of it. I believe having informed and educated members is a key factor to the long-term health of this cooperative.

In fact, educating our members is one of the seven core principles that lay the foundation for a cooperative. The National Cooperative Business Association says members should be informed about company and industry news "so they can contribute effectively to the development of their cooperative."

Informed and engaged members make our cooperative better.

Broadband has been in the news quite a bit lately, from net neutrality to the president discussing high-speed network expansion. It's important for our members to know how federal regulations, state policies and shifts in the industry can affect their broadband and telephone services.

Educating you on issues that matter to rural telecommunications and your community empowers you to become advocates for rural America. Big corporations and urban residents certainly find ways to make their voices heard, and it's up to cooperatives like us and members like you to let legislators and policymakers know that rural America matters and decisions that affect telecommunications cooperatives matter to rural America.

I hope you enjoy the stories and photos in this magazine. I always do. But I also hope you come away with a little better understanding of your cooperative, the role we play in this community and the role you can play in making rural America better. ☺

Congratulations to
Roger Gillum
winner of our survey prize drawing!

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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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:



Terry Salyer and his wife, Barbara, opened the Parkway Arts Center and Broadway Coffee and Sweet Shop. See story Page 8.



Make a Connection to the Mothers and Fathers in Your Life

MOTHER'S DAY

In honor of all mothers, Foothills Broadband is offering **FREE** activation on telephone calling features, as well as premium movie packages, from May 4 through May 10.

And, what's a holiday without great movies? Enjoy a free Showtime movie weekend May 9-10!



FATHER'S DAY

To honor fathers, Foothills Broadband is offering **FREE** activation on telephone calling features, as well as premium movie packages, from June 15 through June 21.

Also, enjoy hours of great programming with a free HBO weekend June 20-21!



THE GIFT BASKET GIVEAWAY

Don't forget our extra-special Mother's Day and Father's Day drawings.

For a chance at a gift basket — one perfect for Mom, and another ideal for Dad — visit our Facebook page during the week of each holiday.

Just "like" the Foothills Broadband page. Then on our page, write a post containing the "secret" code below:

Mother's Day: Connect to Mom
Father's Day: Make the link to Dad



The Foothills Broadband offices will close Monday, May 25, to observe Memorial Day.

Please enjoy free Cinemax movies on the holiday weekend from May 23 through May 25.

ISLAND HOP

The Carolina Coast

BY ROBERT THATCHER

Need a break? Take a Lowcountry road trip to seafood, culture and fun

Islands on the Carolina Coast offer warm sand and a cool ocean breeze. While you may not need any more convincing than that, here are more tips to get the most out of your island-hopping road trip.

1 Bird Island — Walk from Sunset Beach, NC

Bird Island may seem an unlikely place to start a road trip. There's no road here. Just sand, sea and sky.

But Bird Island is actually the perfect beginning for an island-hopping journey. This pristine preserve of high dunes and tidal creeks offers a glimpse of how the Carolina coast looked before people arrived — and why millions visit here today.

Bird Island has no road, but it does have a mailbox. Visitors leave heartfelt messages in the famous “Kindred Spirit” mailbox. So let's begin with a wish...

Dear Kindred Spirit: Help us kick off our shoes, enjoy the best seafood on earth and leave our cares in the salty breeze...



Bird Island

2 Pawleys Island — 58 miles, US Route 17

Rinsing off our feet, we drive down the “Grand Strand,” a 60-mile arc of uninterrupted beach fun. After the quiet on Bird Island, the surf shops of Myrtle Beach come as a shock. But a left turn at the Pawleys Island traffic light takes us back in time.



TECH-SAVVY TRAVELER:

Nothing ruins a beach trip like a rainy day. Stay ahead of the storms by checking the weather online. While you're on island time, weather sites and apps — like **weather.com** and **weather.gov** — are handy for monitoring daily temps, checking beach conditions, reading tide charts or knowing when a picturesque sunset will occur.



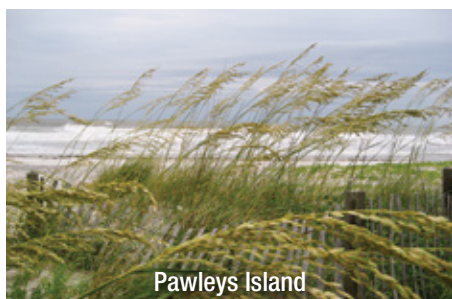


Photo courtesy of Joe Thatcher

Fish with the locals on the causeway. Beach comb by rustic cottages. And as night falls, listen for stories of the haunting “Gray Man” story on a rickety crab dock. Just hope you don’t see the island’s famous ghost — he’s a harbinger of hurricanes.

To experience Pawleys’ “arrogantly shabby” vibe, enjoy a hearty breakfast at the Sea View Inn. It’s one of the few remaining seaside inns with rocking-chair porches, no TVs and ocean-breeze air conditioning. For dinner, you can’t go wrong at nearby village of Murrells Inlet, the self-proclaimed “seafood capital of South Carolina.”

3 Fort Sumter and Folly Beach — 73 miles, US Route 17

Our trip is about islands, but Georgetown, across the Intracoastal Waterway, is a side trip through history that shouldn’t be missed. Take time for its colonial homes, churches and rice plantations. A favorite is Hopsewee Plantation, built 40 years before the Revolutionary War. Stroll Spanish moss-draped paths and dine in an antebellum tearoom.

Moving down the road, you’ll also need to experience Charleston. (Think Georgetown on steroids.) Fortunately this historical tour keeps us island hopping with a ferry ride to Fort Sumter National Monument in Charleston Harbor. Stand in awe where the Civil War began.

Many Charleston islands are gated resorts or only accessible by boat. But a fun exception is Folly Beach, where you can browse eclectic shops and watch some of the South’s best surfing.

Another reason to visit Folly Beach is Bowens Island Restaurant. A long sandy lane winds through thick foliage to this graffiti-covered shack. But marsh dining is worth the drive. And cooks in the cinder-block basement will pile steamed oysters on your plastic cafeteria tray.



Photo courtesy of Amy Thatcher

4 Edisto Island — 45 miles, US Route 17 to Hwy. 174

The 24-mile road to Edisto Beach meanders through creeks and former rice fields. That marsh expanse gives Edisto a quiet separation from the world. This island is no secret — it has a Bi-Lo and a golf course — but its distance from the bustling mainland may be the reason Edisto continues to hold on to its quiet, natural splendor.

You’ll see the Edisto difference in the night sky. With little surrounding development, Edisto is a stargazer’s paradise. And you’ll feel it between your toes as you walk the island’s sandy roads shaded by a live-oak canopy. A great walk or bike ride can be had at nearby Botany Bay Plantation. This wildlife area takes you through the remains of four colonial plantations — now home to egrets, osprey and bald eagles.

If shells are your passion, explore the pristine beaches of Edisto Beach State Park. Wade across the inlet at low tide to Edingsville Beach for some of the best shelling in the Lowcountry. Check with the park and time your trip right to go on a guided sea turtle walk during nesting season.

A day of shelling and napping brings on a big appetite, and Edisto delivers delicious solutions. Whaley’s — long ago Edisto’s only gas station — now serves up tasty mahi-mahi bites. The Old Post Office and Sea Cow Eatery now deliver shrimp and grits, rain or shine.

5 St. Helena and Hunting Islands — 73 miles, US Route 17 to US 21

Continue down the coast to Beaufort, a city defined by over 1,000 sea islands. Water is always in view as you stroll this town’s seaside shops, or take a buggy ride through neighborhoods where “Prince of Tides,” “Radio” and “The Big Chill” were filmed.

Be sure to celebrate a vibrant part of Sea Island culture at nearby St. Helena Island. Here you’ll find the Penn Center, one of the first schools for former slaves. The center provides a great introduction to the Gullah people, descendants of slaves who worked on nearby rice plantations, retaining elements of African language and tradition.

Our trip comes full-circle at Hunting Island — again on one of the rare undeveloped Sea Islands. The boardwalk here snakes through marshes teeming with life. You’ll see why the Vietnam scenes in “Forrest Gump” were filmed here.

It’s also home to Hunting Island Lighthouse, one of the few 19th century lighthouses still open to the public. So work off those seafood calories with a climb up 169 steps, and be rewarded with a breathtaking panorama.

An old song says there are “a hundred thousand islands flung like jewels upon the sea.” That’s true of the Carolina coast. Each sea island is a multi-faceted jewel, and there are too many to visit in one trip. So wander your own way through these marshy isles. You’ll collect a treasure of Lowcountry memories. 📷



Photo courtesy of the Penn Center



ART, MUSIC, FOOD AND MORE

A couple creates a
gathering place

BY NOBLE SPRAYBERRY

Terry Salyer and his wife, Barbara, rely on an online payment system for their coffee shop.



Terry Salyer knew his role. “I was the dumb jock,” he says. “I played five sports in high school and two in college.”

But, a high school choir director changed the script. She recruited Salyer to play Curly in a production of “Oklahoma!”

“I’d never been onstage in my life,” he says. “Then opening night, I was walking down the middle of the gymnasium with four spotlights on me, singing ‘Oh What a Beautiful Morning’ to 3,000 people.”

Now, Salyer, 59, continues to introduce others to theater and music. And, he helps provide a good cup of coffee, too.

Last year he and his wife, Barbara, opened two businesses right next door to each other on Amanda Avenue in Salyersville: the Parkway Arts Center and the Broadway Coffee and Sweet Shop.

A MULTIPURPOSE DESTINATION

The center is home to karate classes, yoga, line dancing, birthday parties and — on the weekends — live music from local bands.

The 1,400-square-foot space was designed for flexibility. “It’s basically a black-box theater,” he says. “The floors are painted black, and the walls are painted black. So, it’s a multipurpose facility, and we can seat between 50 and 80 people comfortably.”

This summer, he hopes to host several performances in the space. A typical run might include shows such as “Cinderella KIDS,” for children from kindergarten age to sixth grade; “Snoopy: The Musical,” for older students; and “Hello Dolly!,” for adults.



The Parkway Arts Center offers a home for community events and classes.

As the performances take form, participants will learn the skills of theatrical arts, such as sound and light management. “From that, they can go somewhere and make a decent living,” he says. “They’ve never been exposed to that idea, because no one has ever shown them the opportunity.”

And while the performances take up one side of the operation, food and coffee claim a spotlight in the adjoining Broadway Coffee and Sweet Shop.

The shop seats about 25 people. There is an L-shaped bar and drive-thru service. Benches and tables set the tone. “It’s more of a rustic type of a place,” Salyer says. “It goes along with the culture we have around here.”

Not every item, however, is rustic. The shop uses Square, a payment service hosted online and made accessible with fast broadband Internet. “We wouldn’t be able to do all this without it,” Salyer says.

Originally, the couple anticipated the business would serve as a snack bar for the neighboring event space. “What’s happened is that everyone loves the food,” Salyer says. “It’s become a cafe Monday through Friday.”

AN INTRODUCTION TO PERFORMING ARTS

The project in downtown Salyersville also provides the couple a resource to welcome others to the creative arts, just as Salyer was introduced in high school. “My choir teacher shared the gift with me,” he says. “It’s my job — I feel obligated — to



unlock that gift in others.”

Salyer has proven he can help build the arts culture in the community. He directed the play “Just Like Family,” created by The Story Patch project in 2014.

Stories in the project are collected from Eastern Kentucky residents, and a playwright crafts a script, says Brenda Cockerham, the Johnson County family and consumer science agent for the University of Kentucky.

“The mission is to preserve the history and the culture of the area, and Terry has directed that play,” she says. “He gets engaged, and I think he’s now taking it to a new level. His involvement is definitely enriching our community.”

COMING HOME, AGAIN

A native of the region, Salyer spent several years of his youth in northwestern Ohio after his parents divorced. During the

summers, however, he always returned to Salyersville to stay with his grandparents. “This has always been home to me,” he says.

After college, he worked with Kroger for nearly 19 years, leaving in 1998 as a regional manager. Then, he worked as a consultant for the Mountain Association for Community Economic Development.

“They work with small- and medium-sized businesses and entrepreneurs,” he says. “In my lifetime, I’ve run, sold and merged multiple businesses.”

But he never lost his passion for the stage, particularly musicals. He’s participated in more than 3,000 performances and produced over 100 theatrical shows. He has also started three community theater groups.

After Kroger, he also worked as a distributor in the coffee business. “I remarried about two-and-a-half years ago, and my wife said she always wanted to open a coffee shop,” he says.

Meanwhile, Salyer had worked as executive director for the Appalachian Community Theaters in Johnson County. After the couple settled in Salyersville, he was asked how his experience might help the community.

“I’m just very excited for him,” says Vicki Rice, president of the Route 23 Cultural Heritage Network. She also worked with Salyer on The Story Patch project. “This is something that’s needed here,” she says. “People need a place to showcase their talent.”

Before committing, though, Salyer worked with the school system to refine the concept. “Grade-school kids were sent home with surveys, and we had over 500 responses in two weeks,” he says.

There was a desire for a community gathering place, Salyer says. For him, it’s also a way to cap a career that embraced both business and the arts.

“A wise man once told me that the first 50 years of your life concern money, power, position and title,” Salyer says. “Once you turn 50, you start thinking about what kind of legacy you will leave behind. And to be honest, that’s what happened to me.” ☺

RELATIONSHIPS:

She can relate

What will readers find at your blog?

Laurie Lyons: Readers will find a variety of things when they visit my blog ... mostly heart-felt musings on life, relationships, marriage, parenting, the teen years and everything in between. But they will also find a new recipe posted every day, which is challenging but enjoyable. I also talk about places I visit because I love traveling and seeing new sights whether locally or beyond.

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

LL: I started a blog because I love to write, to share from the heart, so I began regaling the world with tales of life. But no one came. Then I realized that since I was in my 40s, I had worthwhile things to say to people to help them with their life's journey. I found my voice and began promoting my blog and have never looked back.



Blogging has changed my life in so many ways. It's the people I meet, whether face to face or virtually. I love connecting with people and have met some amazing women.

When did you realize you wanted to help others with their relationships?

LL: I have been helping others with their relationships since I was a teen. About ten years ago I decided to become a certified life coach so I would be better equipped to help. I have had additional training as a women's mentor. I am in my 50s and have experienced so many different events and situations in my life. I was determined to make those things count so they didn't happen in vain, and I could help people through situations by sharing what I have learned through those times.

Men and women: Can we ever get along?

LL: All things are possible, right? Men and women are different in so many ways; however, if we are aware of our strengths and weaknesses — and those of our mate — then it becomes easier to get along. I think it is always a great idea to come up with ways to stay connected even in the midst of a disagreement. Relationships are more important than any particular issue that may arise. Our differences can serve to draw us closer if we choose to allow that to happen, by not insisting on always doing

things our way.

With kids to chase after and work to deal with, how can a couple keep the romance alive?

LL: I think it's the little things that keep the romance alive — knowing what best speaks to the heart of your spouse. It doesn't have to be romantic getaways to exotic places (though that couldn't hurt). It's helping with the dishes, bringing an unexpected cup of coffee, just being there when your mate needs to vent or share an exciting bit of news. It's celebrating life on a daily basis, leaving work at work and being fully engaged when it's couple or family time. ☺



OTHER RELATIONSHIP/MARRIAGE BLOGS YOU MIGHT LIKE:

- ▶ **wearethatfamily.com**
Kristen blogs about her life as a mom and wife.
- ▶ **fridaywereinlove.com**
Camille and Jacob work on keeping their marriage strong through date nights and blogging.

Gotta have gadgets

..... BY MELISSA SMITH

Whether you're planning on relaxing by the pool or an adventurous road trip, here are some gadgets you need in your life this summer. These products will make your life easier and more fun, all while helping you stay connected.

1 Waterproof listening:

Enjoy your favorite jams while you relax in the pool, hot tub or even the shower. **The Waterproof Bluetooth Speaker**

(\$69.99, Brookstone.com) isn't afraid of the water, because it can float along with you while your device rests safely on shore. Pair the speaker with any device and enable Bluetooth to stream your summertime soundtrack wherever you are.



2 Solar charging:

Going camping, but you haven't finished that great e-book you were in the middle of? Take your e-reader without fear; you can keep it and all your other electronic devices charged with the **Solio Xcellerator**

(\$120, solio.com) solar charger. Prop up the Xcellerator on the kickstand (included) and point the solar panels toward the sun, and



your devices can be fully charged in as little as 90 minutes — even in low light.

3 Selfie printing:

Got a minute? Print out your summertime selfies in 58 seconds with the **iPhone 5/6 Photo Printer** from Hammacher Schlemmer

(\$159.95, hammacher.com.) Don't worry about replacing the ink cartridge, because it doesn't have one! Special color-infused paper activated by heat gives you beautiful 300 dpi photos quicker than you can say "selfie stick." This printer is completely controlled by a free downloadable app on your device — iPhone 5/5s/5c or iPod Touch — or you can connect your iPhone 4, iPhone 6 and iPad or Android phone via the Micro-USB cable.



4 Rock-solid case:

If you plan on relaxing at the beach, don't be afraid to take your iPad.

The **Aryca AriCase Rock Mini** (\$69.99, airdropped-supplies.com) is sand-proof, waterproof and shock resistant. So, lay back and catch up on your summertime



Six devices to make summer even better

reading without worry of your tablet being ruined by the elements.

5 Entertaining the kids:

Avoid "Are we there yet?" by grabbing the **LeapPad3 Learning Tablet** (\$99, amazon.com) to keep the kids entertained and educated on your family road trip. The LeapPad3 has Wi-Fi capability and 4GB of memory, as well as a front and rear camera. The battery is rechargeable and can last up to six hours. Let the kids surf the Web without worry, because the LeapPad3 is equipped with LeapSearch so they can view kid-friendly content.



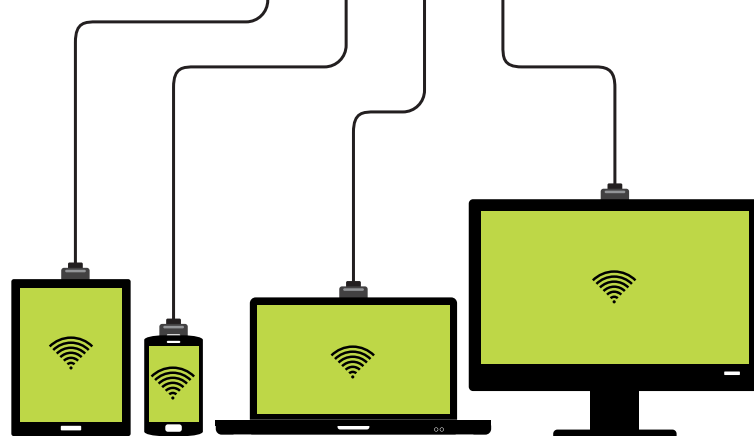
6 Stay ahead of the weather:

The **Netatmo Weather Station** has both beauty and brains. With its streamlined design and innovative technology, the **Netatmo Weather Station** (\$164, amazon.com) can tell you

about the air quality inside and outside your home. It measures temperature, humidity, barometric pressure, indoor CO2 concentration and noise level — all monitored from an app on your mobile device. It's never been easier to monitor the weather. You also get a free lifetime personal account to store your data. ☁



What kind of CONNECTION do I need?



UNDERSTANDING INTERNET BASICS CAN HELP YOU SELECT THE RIGHT CONNECTION SPEED

It seems like every Easter basket, birthday gift or trip to the mall means another tablet, smartphone, streaming media console or other gadget being added to your home network. But did you know that the more devices you add, the more Internet speed you need?

To better explain how the Internet is used in your home or business, consider the following scenario:

For a young couple without children, a two-door car usually meets their needs just fine. But if they add three children and two dogs, they are going to need to upgrade to a bigger vehicle.

The same is true with your Internet connection from Foothills Broadband: A connection that

worked fine for a single computer to check email and browse the Web needs an upgrade to handle two laptops, four smart phones, a smart TV and a tablet.

UNDERSTANDING THE WEB

To understand how to meet your Internet needs, it's important to understand a little about how the Internet works. The Internet links millions of computers together through a large, expensive connection.

Your connection through Foothills Broadband provides devices with a way to join that network.

The size of your share depends on which Internet package or bundle you select. To use a different analogy, imagine your

connection is like a pipe carrying water. Let's say you need to fill a large water barrel. The barrel will fill much more quickly if you use a hose than if you use a sink sprayer, because the hose has a greater capacity to let the water through.

Your Internet connection works the same way, except it allows for the flow of information rather than water. A larger bandwidth connection — the hose — has a greater capacity to let data through to your devices so the files can "fill up" or download faster.

SPLITTING THE SIGNAL

Just like the water line, multiple devices sharing a connection divide up that speed.

If someone is watching a movie on a low-bandwidth connection, it's likely that you'll notice some jumpiness or a loss of picture quality if someone starts downloading music or playing an online game at the same time.

Luckily, Foothills Broadband's new fiber network will give area homes and businesses the speed they need to handle all of their favorite gadgets today and in the future.

For more details or help deciding on your connection, call your local Foothills Broadband office.

Luckily, Foothills' new fiber network will give area homes and businesses the speed they need to handle all of their favorite gadgets today and in the future. ☎

The guide below lists the recommended connection speeds for certain online services. Mbps and Kbps stand for megabits and kilobits per second, respectively. **Note that it's important to factor in other devices that may use services at the same time. For example, if someone in your house will want to play an online game while someone else is watching Netflix, you should consider at least an 8 Mbps connection.**

SKYPE	Recommended Download	Recommended Upload	NETFLIX	Recommended Download
Video Call	512 Kbps	512 Kbps	Lowest Quality	3 Mbps
HD Video	3 Mbps	3 Mbps	DVD Quality	3 Mbps
Group Video (3 people)	3 Mbps	512 Kbps	HD Quality*	6 Mbps
Group Video (5 people)*	6 Mbps	512 Kbps	Super HD Quality	8 Mbps
Group Video (7 people+)	8 Mbps	512 Kbps	3D Video	15 Mbps

XBOX LIVE	Minimum Download	Minimum Upload
Online Gaming	3 Mbps	512 Kbps
SD Video	3 Mbps	
HD Video*	6 Mbps	
HULU	Minimum Download	
Streaming Video	3 Mbps	

Skype + Netflix + Xbox Live = 12.5 Mbps minimum
in addition to bandwidth for normal browsing



*denotes the speeds used for the above graphic.

FOOTHILLS CHANNEL GUIDE

LOCALS

(Local channels per county included in Basic)

Johnson County

- 3 * WSAZ (NBC) Huntington
- 6 * WYMT (CBS) Hazard
- 8 * WCHS (ABC) Charleston
- 10 * WLEX (NBC) Lexington
- 11 * FOX (WVAH) Charleston
- 13 * WOWK (CBS) Huntington

Lawrence County

- 3 * WSAZ (NBC) Huntington
- 6 * WYMT (CBS) Hazard
- 8 * WCHS (ABC) Charleston
- 11 * FOX (WVAH) Charleston
- 13 * WOWK (CBS) Huntington

Magoffin County

- 3 * WSAZ (NBC) Huntington
- 6 * WYMT (CBS) Hazard
- 8 * WCHS (ABC) Charleston
- 9 * WTVQ (ABC) Lexington
- 10 * WLEX (NBC) Lexington
- 11 * FOX (WVAH) Charleston

BASIC

(Includes Locals for your county)

- 2 * QVC
- 4 * WKMR (KET) Morehead
- 5 * Local Programming
- 7 * ZAP2It
- 12 * RFD-TV
- 14 * ESPN
- 15 * ESPN2
- 16 * SEC Network
- 17 * Fox Sports Net - South
- 18 * WUPX (ION) Morehead
- 19 * CSPAN
- 20 * CSPAN 2
- 21 * Fox Sports Ohio
- 22 * Disney
- 23 * Disney XD
- 24 * Outdoor Channel
- 25 * ABC Family
- 26 * Hallmark
- 27 * National Geographic
- 28 * MSNBC
- 29 * CNBC
- 30 * WYMT2
- 31 * Home Shopping Network
- 32 * Inspirational Channel
- 33 * WLJC (TBN)
- 34 * WPRG (Local)
- 35 * Weather Channel
- 36 * Foothills Local Weather
- 37 * JCNN (J. C. School)
- 38 * WQCW (CW)
- 39 * LCHS (L. C. Schools)
- 40 * FBTV (Foothills Local Video)

EXPANDED

(Includes Locals & Basic)

- 41 * TV Land
- 42 * Nickelodeon
- 43 * Cartoon
- 44 * Fox News HD
- 45 * CNN
- 46 * Headline News
- 47 * Lifetime
- 48 * FX HD
- 49 * Oxygen
- 50 * Comedy Central
- 51 * History Channel
- 52 * Oprah Winfrey Network
- 53 * Travel Channel
- 54 * Animal Planet
- 55 * The Learning Channel
- 56 * Discovery Channel
- 57 * Food Network
- 58 * Home and Garden
- 59 * Spike TV
- 60 * Great American Country
- 61 * CMT
- 62 * VH1
- 63 * MTV
- 64 * BET
- 65 * Syfy
- 66 * truTV
- 67 * TNT
- 68 * TBS
- 69 * USA HD
- 70 * UP TV
- 71 * A&E
- 72 * E!
- 73 * American Movie Classics
- 74 * MyZ TV
- 75 * GRIT TV
- 76 * GSN
- 77 * Fox Sports 1 HD
- 78 * Golf
- 79 * The Sportsman Channel
- 80 * Family Net
- 81 * DAYSTAR
- 82 * 3ABN
- 83 * BYU (Brigham Young)
- 84 * TBN (Satellite Feed)
- 85 * The Church Channel
- 86 * JUCE TV
- 87 * KET2
- 88 * KETKY
- 90 * ShopHQ
- 93 * Living Faith Television
- 97 * Fox Business News
- 98 * Hometown TV
- 99 * Bravo
- 109 * Qubo
- 122 * Investigation Discovery
- 136 * FXX HD
- 145 * MYTVQ2 HD
- 146 * MeTV

- 197 * Fox Sports Ohio HD
- 198 * Fox Sports South HD
- 219 * ZUUS Country
- 221 * getTV
- 223 * Hallmark HD
- 225 * RFD-TV HD
- 236 * GSN HD
- 240 * Spike HD
- 241 * Comedy Central HD
- 242 * VH1 HD
- 243 * MTV HD
- 244 * CMT HD
- 245 * Nick HD
- 246 * Fox Business News HD
- 249 * TruTV HD
- 250 * QVC HD
- 251 * CW HD
- 253 * WUPX HD (ION)
- 254 * WYMT HD (CBS) ♦
- 255 * WLEX HD (NBC) ♦
- 256 * WSAZ HD (NBC) ♦
- 257 * WCHS HD (ABC) ♦
- 258 * WVAH HD (Fox) ♦
- 259 * WTVQ HD (ABC) ♦
- 261 * CNN HD
- 260 * MAVTV
- 261 * CNN HD
- 262 * CNBC HD
- 263 * HLN HD
- 264 * ESPN HD
- 266 * ESPN2 HD
- 267 * Travel Channel HD
- 268 * Velocity TV HD
- 269 * Animal Planet HD
- 270 * Learning Channel HD
- 272 * Discovery HD
- 274 * National Geo. HD
- 275 * History HD
- 276 * TNT HD
- 277 * A&E HD
- 278 * Outdoor Channel HD
- 279 * TBS HD
- 280 * HGTV HD
- 282 * Food Network HD
- 283 * Bravo HD
- 284 * SyFy HD
- 287 * SEC Network HD
- 290 * Cartoon Network HD
- 291 * ABC Family HD
- 292 * Disney HD
- 293 * Disney XD HD
- 295 * E! HD
- 297 * Golf HD
- 299 * Weather Channel HD

DIGITAL

(Includes Locals, Basic & Expanded)

- 102 * Discovery Family Channel
- 104 * Nick Jr.
- 106 * Nick Too

- 108 * TEENick
- 110 * Boomerang
- 111 * Disney Junior
- 112 * Nicktoons Network
- 114 * Turner Classic Movies
- 115 * FX Movie Channel
- 116 * H2
- 118 * FYI
- 120 * The Science Channel
- 124 * American Hero Channel
- 125 * Destination America HD
- 126 * Destination America
- 128 * Discovery Life Channel
- 129 * Chiller
- 131 * DIY HD
- 132 * DIY
- 133 * Cooking Channel HD
- 134 * Cooking Channel
- 135 * Lifetime Movie Channel
- 137 * Women's Entertainment
- 138 * Esquire
- 139 * Fusion
- 170 * CNBC World
- 174 * BBC America
- 178 * ESPN News
- 179 * ESPN Classic
- 180 * ESPN
- 189 * NFL Network
- 192 * Fox Sports Atlantic
- 194 * Fox Sports Central
- 196 * Fox Sports Pacific
- 200 * NBC Sports Network
- 210 * VH1 Classic
- 212 * VH1 Soul
- 216 * MTV 2
- 218 * MTV Jams
- 220 * MTV Hits
- 222 * CMT Pure Country
- 224 * Hallmark Mo. & Myst. HD
- 238 * NFL Network HD
- 248 * TCM HD
- 265 * ESPN NEWS HD
- 271 * Science Channel HD
- 285 * FYI, HD
- 288 * Fox Sports 2
- 289 * ESPN HD
- 294 * Disney Junior HD
- 296 * Esquire HD
- 298 * NBC Sports Network HD

PREMIUM MOVIE CHANNELS

HBO

- 300 * HBO
- 301 * HBO HD
- 302 * HBO 2
- 304 * HBO Signature
- 306 * HBO Family
- 308 * HBO Comedy
- 310 * HBO Zone

CINEMAX

- 320 * Cinemax
- 321 * Cinemax HD
- 322 * More Max
- 324 * Action Max
- 326 * Wmax
- 328 * Thriller Max
- 330 * Max Latino
- 332 * Outer Max
- 334 * 5StarMax

SHOWTIME

- 340 * Showtime
- 341 * Showtime HD
- 342 * Showtime 2
- 344 * Showtime-Showcase
- 346 * SHO Beyond
- 348 * SHO Extreme
- 350 * SHO Next
- 352 * Showtime Family
- 354 * SHO Women
- 360 * The Movie Channel
- 361 * Movie Channel HD
- 362 * The Movie Channel-Extra
- 364 * Flix

STARZ!

- 370 * STARZ! East
- 371 * STARZ! HD
- 372 * STARZ! Edge
- 374 * STARZ! Kids & Family
- 376 * STARZ! InBlack
- 378 * STARZ! Cinema East
- 380 * Encore East
- 382 * Encore Family
- 384 * Encore Action East
- 386 * Encore Classic
- 388 * Encore Suspense
- 390 * Encore Black
- 392 * Encore Westerns
- 394 * STARZ! Comedy

HDNET PACKAGE

- 395 * AXSTV
- 396 * HDNET Movies

MUSIC CHOICE

(Included In Expanded & Digital Packages)

500-550

PAY PER VIEW

- 400 * IN Demand - 1
- 402 * IN Demand - 2
- 404 * IN Demand - 3
- 406 * IN Demand - 4
- 408 * IN Demand - 5
- 410 * IN Demand - 6
- 411 * Hot Choice

*CHANNEL LINEUP SUBJECT TO CHANGE

♦ SUBJECT TO AVAILABILITY BY COUNTY.

"SCAN" TO GET ALL THE CHANNELS YOU CAN!

TV-lover's tip: Got a digital TV that's not connected to a Foothills set-top box? Make sure you're getting all the channels you possibly can! Perform a channel "scan" from your TV's menu to ensure your TV is receiving all available digital channels. Consult your manufacturer's instructions or contact Foothills for more information.

DISHES FROM THE BAYOU



Seth Bowdoin's menu is in chalk because it's always changing based on what's in season and what culinary direction he wants to take.

Cajun cooking is known more in Louisiana than Texas, but in the heart of Quitman, Texas, you'll find some of the best Cajun food west of the state line at Seth's Lake Fork Creek Steak and Seafood.

Owner Seth Bowdoin's culinary background comes from a gumbo of influences. His heart beats to the tempo of Cajun country. The culture courses through his veins. His name, too, is rooted in the spirit of Louisiana.

"In the late 1600s, two Bowdoin brothers immigrated to the United States," he says. "One brother traveled north and contributed to the eventual establishment of Bowdoin College in Maine. The other brother settled in South Louisiana and learned to cook."

To cook Cajun is to discover the love and experience the joy of one of the most interesting of all American cuisines. It's a style of cooking that originated in the deep southern pockets of Louisiana. Some folks say it's the only cuisine that's

truly American, grabbing bits of French Canadian, African and Native American inspiration, tossing them in a blender and coming up with cuisine that's all its own.

"The style itself came out of the necessity to survive, and the original cooks were just working with ingredients that were available in the region — wild game, seafood, wild vegetation and herbs," Bowdoin explains.

This is clearly evident on his menu, where crawfish tails, gator and etouffee are as common as burgers and fries in other eateries.

Bowdoin was raised in Golden, Texas, a little west of Quitman, and gives a nod to his stepfather for furthering his culinary passion.

He acquired knowledge of cooking from his mother, who was a Le Cordon Bleu chef. "But I also learned a thing or two from an old Cajun named 'Possum' from down around Madisonville, Louisiana," Bowdoin says.

Like many cooks, though, experience

COOKIN' CAJUN

- ▶ Most recipes rely on sauteing onions, celery and green bell peppers, otherwise known as the "holy trinity."
- ▶ File powder is made of ground sassafras leaves and is a common ingredient used for thickening gumbo, etouffee and other dishes.
- ▶ Many dishes begin with roux, a simple mixture of equal parts of flour and oil, stirred over low heat in a cast-iron skillet or Dutch oven until dark brown.
- ▶ Meats commonly found in Cajun kitchens include deer, rabbit, wild hog, squirrel, raccoon, ducks, quail and dove. Nutria (swamp rats) are becoming more mainstream, too.
- ▶ Popular fish and seafood varieties are shrimp, crab, crawfish, oysters, frog legs, alligator, speckled trout, redfish, black drum, red snapper, grouper, flounder and catfish.

has been his biggest teacher.

"You learn a lot of stuff just by doing it," he says. "Most people assume that Cajun means spicy, but that's not necessarily true. True Cajun food is meant to be well-seasoned to bring out the unique flavors of the different ingredients used."

The following recipes are ones used at Bowdoin's restaurant, though as any seasoned cook might say, each chef needs to put his or her own unique twist on the dish.

"After all, we are just a group of imperfect people, making nearly perfect food," he says. 🗨️



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.

WHITE CHOCOLATE AND CARAMEL BREAD PUDDING

- 15 dinner rolls
- 7 eggs
- 3 teaspoons vanilla
- 1 can evaporated milk
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 4 cups whole milk
- 2 cups sugar
- 2 cups white chocolate chips
- 2 cups caramel chips

White chocolate sauce:

- 1 cup powdered sugar
- 1 can evaporated milk
- 2 cups white chocolate chips

Heat oven to 425°F. Grease bottom of 9-by-13-inch pan. Cut rolls into small pieces and place into large bowl. In a separate bowl, blend eggs, vanilla, evaporated milk, nutmeg, cinnamon, whole milk and sugar. Pour mixture over bread pieces and fold to saturate bread. Pour into greased pan and top with white chocolate and caramel chips. Bake for 20 minutes, then rotate and bake for an additional 10 minutes. Top with sauce. Serve warm.

White chocolate sauce: Mix powdered sugar, evaporated milk and white chocolate chips and bring to low boil. Pour over bread pudding.

SETH'S LAKE FORK CREEK SWEET CHILI SAUCE

- 1 cup white vinegar
- 1-1/2 cups white sugar
- 2 heaping tablespoons ground fresh chili paste

Bring vinegar to boil and add sugar slowly, continuously stirring. When dissolved, add chili paste. Reduce heat to low boil and cook for 10 minutes, stirring frequently. Serve warm. For a more intense flavor, add more chili paste. Delicious sauce for pork, chicken, shrimp and gator.

CAJUN REMOULADE

- 2-3/4 cups flour
- 2 cups chopped green onion
- 1/2 gallon mayonnaise
- 1/4 cup mustard



CAJUN SHRIMP ALFREDO

Shrimp:

- 1 tablespoon butter
- 4 cloves garlic
- 1 pound shrimp, peeled and deveined

Alfredo sauce:

- 2 tablespoons unsalted butter
- 1 small yellow onion, chopped
- 1/2 tablespoon minced garlic
- 1 quart heavy whipping cream
- 2 teaspoons freshly squeezed lemon juice
- 2 to 3 cups Italian cheese blend
- 3/4 cup Parmesan cheese
- Black pepper and sea salt, to taste

Pasta:

- Bow tie pasta
- Sea salt

For shrimp: Melt 1 tablespoon butter in skillet over medium heat. Add garlic and shrimp and saute until shrimp turns pink. Do not overcook shrimp. Remove from heat and set aside.

For sauce: Combine 2 tablespoons butter, onion and minced garlic in a medium skillet on medium heat and saute until onion is caramelized. Add heavy whipping cream and lemon juice. Bring to a rolling boil. Add Italian cheese blend and Parmesan. Reduce heat and allow cheese to melt. You can add more cheese if you desire a thicker sauce. Remove from heat and add salt and pepper to taste.

For pasta: Follow instructions on package. Add sea salt to taste. When done, drain and place on plate. Top with alfredo sauce and sauteed shrimp. Garnish with additional cheese blend, if desired. Makes 4-6 servings.

- 1/4 cup horseradish
- 2 ounces capers
- 1 ounce Tabasco sauce
- 6 ounces chili sauce
- 1 tablespoon chili powder

Combine all ingredients in large bowl and blend well. Great as an accompanying sauce for everything Cajun. A delicious spread for Po' Boys.



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