

The Foothills

SEPTEMBER/OCTOBER 2015

CONNECTION



SWEET HOBBY

Amateur beekeepers keep Kentucky buzzing

BLACK BARN PRODUCE

A country store uses the past to make memories for today

TV EVERYWHERE

Foothills' newest service brings TV to mobile devices



RURAL CONNECTIONS

BY SHIRLEY BLOOMFIELD, CEO
NTCA—THE RURAL BROADBAND ASSOCIATION

Internet technology is personal when it comes to your parents aging in place

Working in the telecommunications industry, it's easy to get caught up in all the technology, the federal regulations and the constant challenges of keeping rural America connected. It is good to be reminded that the hard work our rural service providers are doing in their communities is making real progress toward improving the lives of people on a daily basis.

Consider the impact that the Internet can have on the lives of the elderly. My parents live in western Michigan, and on a recent visit with them we discussed their ability to “age in place” in their home. As maintaining a safe and healthy lifestyle becomes more challenging for the elderly, adjustments such as installing a walk-in shower and adding handrails in strategic places can make it easier for our loved ones to remain in their familiar environments and avoid assisted living or nursing home care indefinitely.

A reliable broadband Internet connection — such as that offered by your local telecommunications provider — can play a critical role in making this possible.

STAYING CONNECTED

Seniors can remain in their homes with more confidence when they can stay connected with their caregivers. Broadband enables such connectivity, but goes well beyond that by allowing seniors to connect to entertainment options, friends across the country and even health care providers.

FOCUS ON TELEMEDICINE

In fact, broadband's ability to help the elderly age in place is most notable in the realm of telemedicine. Thanks to the hard work of community-based telecommunications providers like yours, seniors have



access to high-quality health care support that can help them live more independently.

The Foundation for Rural Service (FRS) works with NTCA to advance an understanding of rural telecommunications issues. FRS published the white paper “Aging in Place and the Role of Broadband” in 2012, which highlights a number of telemedicine applications that are made possible by the high-speed Internet connections our rural telcos deliver to their communities. These include:

- Videoconferencing capabilities that allow doctors and patients to communicate over the Internet
- Remote health monitoring services that record vital signs, such as blood pressure and blood sugar levels, and relay that information to doctors and family members
- Systems that transmit large digital files such as X-rays and photos between technicians, specialists or primary care providers

And I believe this is just the beginning. As technology brings us new ways to care for ourselves, you can be assured that your local telecommunications provider will be there with the broadband access to keep you and your aging loved ones connected. ☎

AGING IN PLACE: FACTS & FIGURES

U.S. POPULATION AGE 65 AND OVER

- 2010 - 40.3 million
- 2020 - 55 million
- 2030 - 70 million
- 2050 - 88.5 million

87 PERCENT

of adults age 65 and over want to stay in their current home and community as they age, according to research from AARP.

\$17 BILLION

will be spent annually over the next three years on remodeling homes to help seniors age in place, according to the Harvard Joint Center for Housing Studies.

INCREASINGLY CONNECTED

In 2000, 86 percent of adults 65 and older did not go online. Today, only 39 percent of that age group does not use the Internet, according to the Pew Research Center.

5 KEY AREAS FOR A BETTER LIFE

The AARP Public Policy Institute lists five areas where technology can help support the needs and ambitions of older adults:

- Personal fulfillment
- Health preservation
- Social connectedness
- Functional capability and activity
- Caregiver support

DON'T BE A PIRATE

Are you illegally downloading music and video from the Web?



The days of download services like Limewire and Napster are over, and free music, movies and television shows are off-limits. In fact, continued illegal downloading of copyrighted material can result in major fines or worse.

The Digital Millennium Copyright Act (DMCA) is a law criminalizing any device controlling access to copyrighted works.

Essentially, it means it's a crime to download any form of copyrighted media without paying.

While movies and books glorify piracy on the high seas, this new form of "digital piracy" can land illegal downloaders in a lot of trouble with the law — not to mention a computer filled with viruses.

Know The Facts: Your Guide to Understanding the DMCA

- ▶ **If you download copyrighted songs, albums, software, movies or any other media without paying for it, that is classified as a DMCA violation.** These products are not free — they are stolen.
- ▶ **There are several ways to legally access copyrighted material on the Internet.** Legitimate streaming services like Netflix and Hulu offer access to television shows and movies. iTunes, Google Play and Amazon allow subscribers access to music, videos, apps and games legally. With your broadband Internet connection, these services are easy to access, legal and virus-free.
- ▶ **Be aware that no one should contact you about a DMCA violation other than your Internet service provider.** Your provider will contact you with specific details, including the exact time and date of the violation, along with the title of the illegally
- downloaded material. Your provider will partner with you to make sure the violations don't happen again, as repeat violations can cause permanent termination of services. Any email or message about a violation not from your Internet service provider is likely a scam.
- ▶ **Having an encrypted wireless router is important to help protect yourself from DMCA violations.** When a router is unencrypted, you have no control over who uses your service. Also, it's important to monitor all users in your home who access the Internet. Be aware of teenagers' activity online, as they are classified as the most frequent offenders.
- ▶ **"Free" downloads are often loaded with viruses or malware that can bog down your computer or steal your personal information.** If it sounds too good to be true, it probably is.
- ▶ **Not everything is copyrighted.** Some things are old enough to not be covered by copyright rules. Ideas, facts or discoveries are not considered to be tangible and would not be considered copyrighted material. Some software is "open source," meaning it can be downloaded and used for free. Occasionally, some producers will offer items for free under a "creative commons" license. These are usually detailed in the license or user agreement. These, however, are the exceptions. It's safe to assume that any major commercial album, movie, TV show or piece of software is copyrighted and can lead to trouble for unauthorized downloaders.
- ▶ **The artists, photographers, performers, producers, designers and developers who make the content that you love, depend on legitimate sales to fund their work.** If everyone stole their work, they wouldn't be able to create more of it. 📧

Cooperatives are exceptional

Growing up in Magoffin County, I thought of Tim Minix as another member of our family. He was always welcome. He was a Foothills technician who kept us connected to the rest of the world.



RUTH CONLEY
Chief Executive Officer

At the time, Foothills offered telephone service — ours was a party line — and that's about it. But thanks to people like Tim, we considered Foothills more than just a business. To us, Foothills always seemed like a part of the community's fabric — a strong thread weaving all of us into one well-connected quilt.

Tim has since retired, but our entire Foothills team continues to embrace the same fundamental, service-driven ethic Tim showed — we connect businesses, individuals and families to the world.

And in today's communications landscape, telephone is only one — although a still vital — part of a broad range of services our members require.

Thanks to fast fiber Internet connections, you can play Xbox games with more than a dozen people, including those in other states or even other countries. And you can do that while someone else in the home surfs the Web and someone else streams a movie.

Simply, we are more connected than ever before, and the possibilities continue to grow. At Foothills, we want long-time members, as well as new members, to understand our commitment to the future at a glance.

Once, the company was known as Foothills Telephone. Then, the name changed to Foothills Broadband, reflecting the range of Internet-focused services we provide.

Now, we move toward a future where Foothills will become a one-stop destination for all of our members' technology needs. We are so much more than telephone. And we are quickly moving beyond broadband.

Welcome to Foothills Communications, a name we believe represents our modern mission of connecting people through the range of tools now available.

With the changing name, we have adopted a new logo, one incorporating a proud Foothills "F" into the distinctive shape representing our mountains. It's modern, but it's still Foothills — a lot like the cooperative itself.

Our new name and our new logo illustrate who we are today. We're forward-thinking, and we're innovative. This new branding represents all the many advances we've undertaken to guide Foothills toward a vibrant future.

And while technology changes and our services expand, our purpose remains the same as Tim's when he visited our home: connect people to people. ☑



A new look, but the same friendly, reliable service.

The Foothills Connection is a bimonthly newsletter published by Foothills Communications, ©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 Communications by:



On the Cover:



Delmer Helton is part of a busy Eastern Kentucky beekeeping community that produces more than honey.
See story Page 12.

Watch TV Everywhere: A great new service for Foothills video customers

TV for Foothills video customers is going mobile thanks to Watch TV Everywhere, which puts channels you love on computers and mobile devices.

Channels such as ESPN, Disney and ABC Family will be available on a host of mobile devices for all subscribers. Additional channels are available based on each member's subscription package.

For example, Expanded Basic subscribers will also receive channels such as A&E, Bravo, CNN and Fox News. The Family Digital tier adds favorites such as the NFL Network and the FX Movie Channel.

The channel list will grow over time, and many options are already available. Check back often to review the latest additions.

Here's how to begin:

First, have a recent Foothills bill handy. You'll need the account number.

Then from your computer, go to watchteverywhere.com and register for the service. When prompted, select Foothills Broadband as your provider.

Choose the "New Users Register Here" option, which brings up a form. When asked, use your account number from your recent bill.

Once registered, log on to your account with the username (email address) and password you just created during registration. After this step, you'll see all the available channels.

From there, just click on the desired channel icon and follow any prompts to begin watching live or archived programs.



Foothills Watch TV Everywhere puts great content on your computer and mobile devices.

The channels you can access depend on the Foothills video tier you receive.

Here's a look at the great channel options available through the latest Foothills service. Many channels are already available, and the list will grow. Check back often to review the latest additions.

BASIC	
8	ABC
25	ABC Family
29	CNBC
19	C-Span
22	Disney
23	Disney XD (Toon)
14	ESPN
15	ESPN 2
16	ESPN SEC Network
11	FOX
21	Fox Sports Net - Ohio
17	Fox Sports Net - South
136	FX
26	Hallmark
28	MSNBC
501	Music Choice
3	NBC
27	National Geographic
99	Bravo
43	Cartoon
61	Country Music Television
45	CNN
50	Comedy
72	E!
57	Food
97	Fox Business News
44	Fox News
77	Fox Sports 1
48	FX HD
78	Golf
58	HGTV
51	History
46	HLN (Headline News)
47	Lifetime
63	MTV
42	Nickelodeon
49	Oxygen
59	Spike TV (TNN)
65	Syfy (SCI FI)
68	TBS (Superstation)
67	TNT (Turner Network Television)
53	Travel
66	TruTV (Court TV)
41	TV Land
69	USA HD
62	VH1
DIGITAL	
134	Cooking Channel (Fine Living)
111	Disney Junior
132	DIY
178	ESPNNews
180	ESPNU
288	Fox Sports 2
115	Fox Movie Channel
118	FYI
116	H2
135	LMN
216	MTV2
200	NBC Sports Network (formerly Versus)
189	NFL Network
104	Nick Jr (Noggin)
138	Esquire
114	Turner Classic Movies (TCM)

watchTV everywhere tablet and phone tips



Accessing TV Everywhere from a mobile device means downloading a free app for the selected channel.

Here's an example of adding ESPN:

- Log in to www.watchteverywhere.com. Then, click on the ESPN icon.
- Follow the redirect to the ESPN.go website. Log in to ESPN.go, or register for a new account.
- The first time you log in, you will be prompted to download the Watch ESPN app.
- Once downloaded, you can go straight to the Watch ESPN app to view programming.
- Once it's set up, you'll have access to all the ESPN channels in your current TV lineup, including SEC Network and ESPN2.



CRAWFISH AND BRISKET:

Eating your way from the Big Easy to the Heart of Texas

STORY AND PHOTOS BY ANNE BRALY

New Orleans and nearby Austin, Texas, are both known for a fantastic, eclectic mix of cuisine. Foodies flock to both cities, but by sticking to the French Quarter or Austin's famed Sixth Street, they are missing out on a host of funky little roadside restaurants between the two. Here's a look at the culinary destinations on a foodie roadtrip from "The Big Easy" to "The Live Music Capital of the World."

HOUMA, LOUISIANA

44.8 miles via Highway 90

It takes no more than an hour from New Orleans to arrive in this town steeped in Cajun flavors, much like that found at Nancy's Seafood Shack (1226 Grand Caillou Road). The Gulf is close by, so frozen seafood is a travesty here.

"I learned how to cook from my grandma," says owner Doug Davis. His accent has a melodic cadence that screams Southern Louisiana. Even on days when the special is hamburger steak, the common becomes uncommon.

"Anything you find here has Cajun flair," Davis says. And if crawfish is in season, ask for instructions on the art of eating those little creatures.

NEW IBERIA, LOUISIANA

80 miles via Highway 90

As the drive north begins, Highway 90 traverses swamps and intersects fields of sugar cane. But eventually civilization returns, leading you to Brenda's Dine In and Take Out (411 West Pershing St.).

Soul food has a chameleon-like ability to absorb the flavors of whatever region



Brenda's Dine In and Take Out



TECH-SAVVY TRAVELER:

It's not difficult to find a great place to eat in places like New Orleans and Austin — the real challenge is deciding which restaurant to try first. From biscuits to brisket, mobile apps and websites like **Yelp** and **Zomato** can help you find the best place that serves your favorite dish. **Around Me** is a convenient app that helps you find fabulous food near you, wherever you happen to be.



in which it's served. At Brenda's, this comes in the form of Cajun favorites like shrimp stew and crawfish etouffee. But there's one food that transcends borders: fried chicken. Some say Brenda Placide's is the best for miles around. Her secret? "I make it with a lot of love," she says.

The restaurant is an unimposing structure. Inside, the dining room has simple tables and walls of photos, including a couple of Tommy Lee Jones from when he was in town filming a movie. "He loved my gumbo," Placide says.

For dessert, there's another stop about a mile away: KK's Cafe and Cakery (204 East Main St.).

"I get lots of tourists — international ones, too," says owner Kay Speer. Most come in as part of the Tabasco Food Tour, a multi-stop tour of area restaurants. At KK's, they're treated to top favorites: made-from-scratch praline or turtle cheesecake.

"I have a passion for sweets," Speer says. But the passion carries over toward the savory side of food served in the cafe, too. "We're very serious about our gumbo. Very."

BREAUX BRIDGE, LOUISIANA

25.6 miles via Highway 31

Breaux Bridge is a charming town that draws thousands annually to experience Acadian history and flavor at such places as Cafe des Amis (140 East Bridge St.).

On any given day, there are diners from around the globe who come to experience a mix of Cajun fusion, such as the crawfish pie. It's one of those oh-my-gosh dishes, a presentation of puff pastries smothered with crawfish cream sauce.

Just tell anyone you're going to Breaux Bridge for lunch or dinner and they'll ask, "Oh, are you going to des Amis?"



Cafe des Amis' crawfish pie



Darrell's Po' Boy

LAKE CHARLES, LOUISIANA

83.2 miles via Highway 90

Lake Charles is a good halfway point between New Orleans and Austin. Take a break from the road at Darrell's (119 West College St.). It's a sports bar with a minimalist approach, serving little more than po' boys. But there's one in particular that has become an addiction — Darrell's Special with ham, turkey and beef. What makes it different from a club sandwich? The gravy. It's easy to taste why it was voted the second-best sandwich in the state of Louisiana by onlyinyourstate.com. It's a monster of flavor that comes with a side of napkins.

BEAUMONT, TEXAS

57.2 miles via Highway 90

The backroad between Lake Charles and Beaumont takes you through a series of small towns. As you travel west, it doesn't take long before Highway 90 becomes I-10 and the huge "Welcome to Texas" sign looms.

This state-line city has a restaurant blending Louisiana and Texas cultures at Tia Juanita's Fish Camp (5555 Calder Ave.). Suzy Lalonde, a Cajun, met Ricky Martinez, a Hispanic man in the restaurant rehab business.

What is it that draws the crowds? Boudin, a rustic Louisiana sausage, made in-house and used to make boudin quesadillas, or nachos topped with French cream sauce that Lalonde incorporated into the traditional Tex-Mex dish.

There's fine dining, too: blackened tilapia Pontchartrain, salmon with caper-lime sauce and, for Sunday brunch, French toast bananas Foster or Chi-Chi's Eggs Benedict.

ATASCOCITA, TEXAS

76.4 miles via Highways 90 and 1960

If you're in Texas, barbecue is a must, and as you pass through Atascocita, follow the smoke signals to Tin Roof BBQ (18918 Town Center Blvd.).

These guys know how to smoke the daylight out of a brisket. And the jalapeno peppers they add to smoked sausage will make your tastebuds sing.

Barbecue is a regional thing, co-owner Brek Webber explains. In Texas, you'll find mostly beef-based 'cue. And here, the barbecue isn't sauced. If you want sauce, add it yourself.

Though new, the building looks like it's from Texas pioneer days — aged wood, a big Texas steer out front, a deck with picnic tables and a stage for weekend hoe-downs, all capped with a big tin roof.



Tin Roof BBQ

BASTROP, TEXAS

From Atascocita to Bastrop: 145 miles via Sam Houston Parkway and Highway 290

The trip from Atascocita into Bastrop is a drive-thru history lesson over an arid landscape that quickly evolves into one with lots of greenery and big loblolly pines that lead you to The Roadhouse (2804 Highway 21).

In 2009, Texas Monthly voted the Jalapeno-Cream Cheese Burger one of its 50 Greatest Burgers in Texas.

"It's funny how the gourmet burger scene is coming on strong in chain restaurants," says owner Amy Bruder. "They're trying to recreate what we've been doing for years."

Roadhouse is about more than a good burger. It's about hand-cut steaks, grilled pork chops and green chili chicken, plus breakfast on weekends. 📍



After a career in retail, Steve Carter created an old-fashioned country store.

Welcome to Black Barn Produce

Where reminders of the past make memories in the present

BY NOBLE SPRAYBERRY

Black Barn Produce is a mom-and-pop operation. Pay a visit and expect to see either Steve Carter or his wife, Marla.

And you'll likely chat for a spell, too. "People like to be talked to," Steve says. "We welcome everyone who walks in the door as if they're a guest, and people pick up on that. And you get people who come in every single day. They feel they are part of the place."

The welcoming attitude is only one trait that Steve believes sets the barn apart from a typical, modern retail experience.

But, it's likely one of the most important.

"There's something identifying about everyone," Steve says. "You might not

remember the name, or all the particulars, but you talk to people, and that's one of the things missing from today's retail economy."

Once, however, times were different. And honoring that slower-paced era was the idea behind Black Barn Produce, which opened in 2007.

FINDING A FUTURE, HONORING THE PAST

The barn is off Route 3224, about 9 miles north of Paintsville. Visitors park in a gravel lot. They walk past a bench, and rocking chairs on the way to the door. Tools such as an aging chainsaw hang from the exterior barn wood.

The place looks far different than it did



Marla Carter's father was one inspiration for Black Barn Produce. He loved checkers. Visitors are welcome to play.

eight years ago, when Steve left his retail job at a big-box home store. "I'd worked in retail since I was 15," he says. "I just wanted to try business for myself, and I had the idea that the old country store was something that was missing."

Marla's father was a longtime logger. "This barn was his equipment shed," she

says. “He had a dozer in here and two big trucks. And the front was all open.”

The couple committed to a new vision for the barn, and Steve went to work. He’d built their nearby home, so he handled many of the construction duties himself. He helped neighbors on projects, and they in turn helped him at the barn. He hired a plumber and an electrician, making sure every item met building codes.

But while the structure is safe and modern, the feel of the place remains deliberately rustic. “Nothing is perfect,” he says. “There’s no steel shelving. Those shelves are all made of lumber left over from logging that had been left to dry.”

Just inside the front door, seeds are on display. A scoop, bags and a scale allow folks to take as many, or as few, as they need.

Rows of boxed candy line shelves, many with names from the past. There are gum drops, bottles of soda and individually wrapped candies displayed in bushel baskets.

Back past the register, an ice cream counter provides big hand-scooped treats. And there are the items that have become a standard: the Cup-ee Cake.

“I was doing birthday cakes long before the barn,” Marla says. “But, I didn’t want to have birthday cakes ready to sell because I didn’t want to freeze them. So, I thought that maybe we could start making cupcakes. I just wanted them to be a little bit bigger, and we decided to call them Cup-ee Cakes. They just took off.”

The barn’s Facebook page offers daily updates, alerting customers to which of the 50 possible Cup-ee Cake flavors are featured. Options may include “Frankly Scarlet,” a red velvet cake with icing, or “The Devil Made Me Do It,” a spin on a chocolate devil’s food cake.

And while food and other country store staples provide a draw, the barn embraced an addition this year by welcoming members of the Appalachian League of Artists and Craftsmen.

“We’re trying to give local people a platform and to give them a space to show their work,” Marla says. “We have a lot of travelers who always want



Kentucky-made products.”

Artists such as potter Martha Risner, bowl-maker Elmer Pack and Joseph Ramsey, who repurposes wood into art, display their crafts in the wood-walled showroom off the barn’s main floor. Marla knows one featured artist well — her mother, Myrna Clark, who paints and makes decorative aprons.

“I didn’t start painting until 1989, and I had quite a few years on me by then,” Clark says. She started out by watching art shows on public television. Classes and lessons followed. “And then, you just learn how to do things.”

The league, which has about a dozen members, offers one way local artists can continue to develop skills and to showcase finished work. “We’ve been in existence about eight years,” Clark says. “It’s to interact with each other, to exchange ideas and to encourage each other to do their work.”

The work is priced and neatly displayed on wooden shelves, as well as on a counter in the room’s center. “It’s good for tourists because they can see what the flavor of Kentucky is,” Carter says. “And it gives us a chance to show the differences in everyone’s work, which you see when it’s all together.”

MAKING CONNECTIONS

For Steve, the success of the barn is reflected in more than sales. A hard economy has hurt retailers throughout the area, but he believes the barn offers a welcome, necessary destination. “There’s a lot of people out there who can’t afford to go far from home for a vacation,” Steve says. “Others want to take a daytrip or a Sunday drive, and they’ll come here for a big scoop of ice cream.”

For many visitors, the experience is about explaining bygone treats, toys and games to children and to grandchildren. And while one generation reminisces, a new one enjoys a novel experience.

“A lot of things we have here remind people of when they were children,” Steve says. “But visiting the Black Barn is also about making new memories.”

CAR TALK

What will readers find at your blog?

Joseph Scott: My blog talks about the stuff car guys and gals want to discuss — you know, the watercooler kind of talk. Topics include the fastest cars, the best classic muscle car of the day, Ford vs. Chevy, or what times the cars ran at the drag strip last weekend. I try to cover the car show and cruise-in scene with the latest trends in the hobby. I always try to relate to whatever topics a car guy wants to talk about. Each year, I cover some of the bigger car shows in the Southeast with a story and photos.

How has blogging changed your life?

JS: I guess cars have always been a part of my life story, but starting a blog to tell stories has made me look at the car scene from a different perspective. I'm kind of surprised at how many folks read my articles and give me good feedback.

What was your first car, and why did you pick it?

JS: A Volkswagen Scirocco. It was a two-door hatchback and had a four-speed manual shift. My mother taught me to drive a stick. It was burgundy metallic and served me well for almost nine years. It was nothing special, but it gave me the freedom of driving and the independence of my own set of wheels to express my style.

What questions should a buyer ask before buying an older-model car?

JS: A couple of key considerations would be:

- Where did the car spend most of its life? Down south in a wetter climate? In the West with its dry climate? Or up north where it's colder with snow and ice conditions? Older cars can and will rust out really bad if they were not maintained correctly.



• Also, do some research on the year and model car you are considering buying to see some of the typical issues it may have. Some cars just seem to be plagued with more problems than others, so if it's a car whose replacement or original parts are tougher to find, you will need to factor that into your restoration budget.

What's a good first car for someone who may want to get into car restoration?

JS: Typically the Ford Mustang and the Chevy Camaro are cars that many folks love to fix up and restore because there are so many places nowadays to buy parts, and their costs are fairly affordable if you search around. Old pickup trucks are another easy market to get into if you want to restore one of those because many of them can be found at good prices.



OTHER CAR BLOGS YOU MIGHT LIKE:

► www.askpatty.com

A blog with reliable advice and tips for women who want to learn more about cars — buying and selling, repair, car care and safety.

► www.autosavant.com

A team of writers worldwide share their extensive love of cars.

Of all the cars made today, which ones do you think will stand the test of time and be collectibles in the future?

JS: The Shelby Mustangs. Carroll Shelby had such an impact on our car culture that his name still carries so much respect, and the limited production Shelby Mustangs built in the last few years will fetch top dollar in the next 20-25 years if they are original and have been maintained well. Another car that may be a sleeper and surprise some folks is the Pontiac Solstice. It was only produced from 2005 to 2009 by General Motors' Pontiac division, which is now out of business. It was a sleek little two-door coupe (or convertible) that still looks good today. They only made a little over 65,000 of them. 🗨️

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 on the Web about a variety of topics. In the November/December issue, we'll focus on food blogs.

Get “THE SHOT” this fall

BY MELISSA SMITH

Autumn is the perfect time to get out and capture beautiful, colorful photos before the cold of winter. Green leaves turn to varying shades of gold, vermillion and orange, and the sky takes on a deeper hue of blue. To make sure you get the best photos possible, give these tips a try.

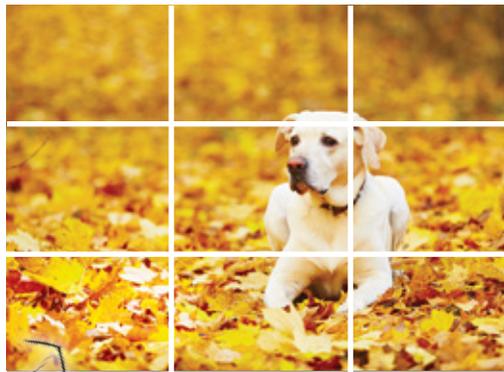
No matter what kind of camera you have, photographing in direct, harsh sunlight is not ideal. To capture autumn’s glory in the most stunning light, plan to shoot at sunrise or just before the sun sets, depending on what direction your subject is facing. For example, if shooting portraits, avoid situating your subject in front of the light, because that will form a silhouette. The time immediately before the sun sets is known as the “golden hour” and will give a very warm glow to your subject and highlight the reds and oranges of fall. Planning accordingly will ensure you get the best light.

Also, learn to appreciate overcast days. The diffused light from cloud cover can really make the color in your images pop.

Adding a tripod to your collection of camera equipment could really come in handy, especially when photographing landscapes. For those using DSLRs — the more expensive cameras with detachable lenses — selecting a slower shutter speed is beneficial in certain situations, such as slowing down moving objects (i.e. “misty” affect of water in a waterfall) or

night shots. However, slowing the shutter speed allows more light to enter the camera because the shutter is open longer. This will make the photo blurry if the camera moves, so a tripod is recommended for stability. It eliminates camera-shake caused by a photographer holding the camera.

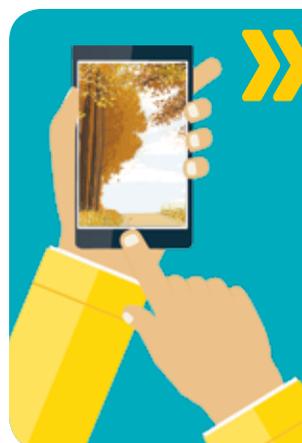
Whether you’re using a smartphone, DSLR or a handy point-and-shoot, a great photo is all in the composition. **Try using the rule of thirds when composing a photo. Think of an image divided into thirds, with two vertical and two horizontal imaginary lines**



forming three rows. Place important elements in the photo on or near an intersection of the lines. Also, check your camera, because some display the grid in the viewfinder.

Consider using a filter while shooting with your DSLR. Polarizing filters are budget-friendly and give rich contrast to your fall photos. Have you ever noticed

that colors become more vibrant when you put sunglasses on? Think of a filter as a pair of sunglasses for the camera. It will suppress glare and enhance reflective surfaces and contrast. [☞](#)



» TIPS JUST FOR SMARTPHONE USERS:

- Use apps on your smartphone to make adjustments to the contrast or sharpness of your image. Apps such as VSCOcam, Aviary and Afterlight offer editing options and filters other than the basic camera app.
- When taking photos with your smartphone, tap the screen to make sure the subject is in focus. You can also lighten an area of the photo that is dark by tapping when the light bulb appears. This will help set your best exposure.

ENJOYING THE SWEET LIFE

*Beekeeping
produces honey and
pollinates the fields*

BY NOBLE SPRAYBERRY

A worn gray sweatshirt went on first. Pith helmet-style headwear with a veil followed, and the dark-colored mesh covered the face of Delmer Helton. Then, he slipped thick, lime-green rubber gloves onto his hands.

Helton was ready to open one of the beehives outside his hillside home in Magoffin County. He pulled a honey-filled wooden frame from the hive. The tiny striped bodies of bees clung to the dark honeycomb and buzzed around his head.

“Sometimes you get stung a little bit,” he says. “You get stung a lot by being too clumsy. A bee is something you have to work in slow motion. If you get too fast and make too much noise, that gets them aggravated.”

Helton sells some of the sweet goodness produced by his hives. “Last year, I had 78 quarts of honey,” he says. “And, I always keep back eight or 10 quarts for myself.” He sells the rest of the honey for \$12 per quart. Facebook posts by his wife, Linda, let folks know when a supply is ready.

“You’ve got to like to do it, because it’s a lot of work for you to take care of bees the way they should be,” says Helton, a retired coal miner and carpenter. He has



A retired coal miner, Delmer Helton, found a passion for raising bees.

developed a passion for the insects and an understanding of the way they live. “You can learn something new every day about bees,” he says.

A BEEKEEPER COMMUNITY

Helton is part of the Eastern Kentucky beekeeping community, which is supported by the University of Kentucky Cooperative Extension Service. “Regardless of how much experience they have, beekeepers all have this thirst for

knowledge,” says Brian Jeffers, county extension agent for agriculture and natural resources in Johnson County. “When I get these folks together, they trade ideas, suggestions and tips. We don’t even really have to have a speaker because they can fill a couple of hours just talking about what they’ve seen and experienced.”

Kentucky has not been spared from a disturbing trend where entire colonies of bees collapse. Scientists continue to study the phenomenon, but answers are scarce.



Bees are essential for the pollination of trees, flowers and crops.

As a result, beekeepers play an important role by fostering the vital insects. Hives on one property may benefit an entire community as bees travel from plant to plant. “For most gardens, vegetable and fruit crops, it’s critical to have bees that produce at an expected level,” Jeffers says. “The growth and development of the plants is only as good as the pollination.”

Outfitting one hive, including buying protective clothing and other essentials, might cost as much as \$600. However, used equipment and a willing community of beekeepers means a little bargaining can reduce the entry cost, Jeffers says. “I think people need to understand it’s a far more complex industry than you think,” he says. “Really, there’s no other field like it in terms of complexity, and the learning curve never flattens out.”

RAISING BEES

Helton lives at a home that’s about 3 miles from where he grew up. A beehive, which looks like three stacked boxes, is in the front yard, and another is in the back. Those are the two most visible hives, and he’s had as many as nine. When thriving, each hive can contain 30,000 to 50,000 bees. If you do the math, that’s a lot of little honey-makers.

“I don’t really know why I started,” he says, laughing. “I’d seen an ad in the West Liberty paper. The extension agent was taking orders for honeybees, so I thought I’d get a swarm.”

Each season brings new chores. In the fall, Helton must prepare the bees for cold



Local honey proves popular.

weather by feeding them corn syrup. “The top part of each hive has a partition on each side, and a split in the middle,” he says. “The bees come up through that split and go into the two compartments. They have what’s like a little raft floating on top of that corn syrup. They load up with that syrup and then take it back down into the hive.”

Winter can reduce the number of bees, particularly if there are long stretches of cold. Once temperatures warm, Helton again begins to feed them corn syrup to build up the energy of the worker bees.

Beginning in the spring and lasting through the summer, bees produce honey. “Sometimes, that top box will weigh 80 or 90 pounds if it’s got plenty of honey,” says Helton, pointing to a three-box stack.

Through the summer, he robs the hives of honey by removing wooden frames containing the combs. A cabin he built serves as a processing room, and an extractor spins to separate the honey from the frames.

Then by late August, the harvest stops and the cycle repeats. “Once you get into beekeeping, you just keep going,” Helton says. 🐝



BUYING LOCAL HONEY?

Know your tulip poplar from your sourwood

Not all honey tastes the same. “It’s all different, and it depends on what time of year that it’s produced and the place it’s from,” says honey expert Patrick Prater. “It will all have different flavors.”

A science teacher at Magoffin County Middle School, Prater also has about 50 beehives. He sells just more than 100 gallons of honey annually.

In Eastern Kentucky, bees usually produce large quantities of honey twice each year. And some people prefer the taste and color of one honey flow over the other.

One flow starts about the middle of May, because that’s when bees are drawn to blooming tulip poplars. “It’s more of a dark honey that’s mild and flavorful. It’s my favorite,” Prater says.

Sometime in the middle of June, the blooms of sourwood trees lure the bees. “That ends up as a lighter honey and more of what people think of when they picture honey,” he says.

Also, some people believe a jar containing a honeycomb indicates freshness. Prater says many honey-producers no longer include the comb because the bees in the hive must expend energy to replace the wax. So even without a comb, local honey can be the freshest available.

CATFISH STAR IN HOLLYWOOD

Some venues are so deeply etched into the collective consciousness of northern Alabamians that they have become a permanent part of the terrain. Such can be said for Mud Creek Fish Camp and Bar-B-Que. It plays a starring role in Hollywood — Alabama, that is.

So what separates a fish restaurant from a fish camp? For one thing, a fish camp is usually family-owned. Second — and most obvious — fish camps must have a massively huge fish decorating the walls.

Both hold true for Mud Creek.

The restaurant was opened in 1946 by Lester “Leck” Carver; his wife, Elsa; son, Bill; and daughter-in-law, Nell. When Leck and Elsa retired in the late 1970s, Bill and Nell took over. When Bill and Nell retired, their son, Billy, and son-in-law, Gerry Teal, took over. And that’s where things stand to this day. It would be tough to find a more “family” business than that.

Now, picture a 200-seat restaurant — expanded from its early days when it seated a mere 140 fish-loving patrons — with panelled walls sporting a few deer



Despite its growth, Mud Creek keeps that fish camp feel.



Gerry Teal, left, and Billy Carver have made sure the family business continues to thrive in North Alabama.

heads and a few sailfish and swordfish reproductions with views of Gunterville Lake from every table. If you can take your eyes off the view and the other wall decorations, you’ll see it: a giant 13-pound bass. Teal caught it, made a reproduction of it and hung it for all to admire.

“I feel certain it will never happen again,” he says.

Six days a week, Tuesdays through Sundays, the staff serves up some of the best catfish on the planet, as well as barbecue. The restaurant was recently honored with inclusion in the newly formed Alabama Barbecue Hall of Fame, one of just 29 barbecue restaurants in the state.

“We sell about 200 pounds of catfish a week,” Teal says. That comes in second to the massive amounts of pork butts they go through to make their barbecue. “We sell about 500 pounds of that each week.”

The original recipe for the catfish is about as down-home as the restaurant: a cornmeal/flour-based batter with a little salt and pepper added.

“People sometimes ask: ‘What’s the secret to good catfish?’ It’s really no secret at all,” Teal says.

It’s a simple equation: Take the best catfish you can find — in Mud Creek’s case, it comes from the Mississippi Delta — then cook it in the best oil you can find

and fry it at a perfect 350 degrees. The sum of all that comes to great catfish that gets great reviews in person and online.

Each plate comes with two sides, one of the most common being coleslaw, made from a recipe developed by Shorty Bishop who helped out at the restaurant when it first opened. The baked beans with the addition of a little pulled pork in the mix let you sample the ‘cue along with your catfish.

“We must be doing something right because we’re still going strong after 69 years of business,” Teal says. ☑

IF YOU GO

Mud Creek Fish Camp & Bar-B-Que
844 County Road 213
Hollywood, AL
Phone: 256-259-2493



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.

A FINE FILLET WITH ALL THE FIXIN'S



Editor's Note: Mud Creek Fish Camp prepares its baked beans and coleslaw in bulk. These recipes have been reduced.

MUD CREEK'S ORIGINAL FRIED CATFISH

Catfish fillets
Equal parts flour and cornmeal
Salt and pepper (generous portions
of each)
Good quality oil (such as Crisco or
peanut oil)

Combine flour, cornmeal, salt and pepper. Add oil to heavy skillet, such as cast iron, until it reaches about halfway up sides. Heat oil to 350 degrees. A good test is to flick a little of the dry breading into the oil, and if it sizzles, the oil is ready. Dredge catfish fillets in flour mixture, shaking gently to remove excess. Lay a couple of fillets gently in hot oil and fry for 2-4 minutes, depending on thickness of fillets. Turn fillets

with spatula and cook for another 2-4 minutes or until golden brown. Remove and keep warm in low oven while frying remaining fillets.

MUD CREEK'S COLESLAW

2/3 gallon mayonnaise
1 pint vinegar
Salt, to taste
3-1/3 cups sugar
1 head cabbage, shredded
1 bag carrots, shredded

Combine mayonnaise, vinegar, salt and sugar, stirring until well blended. Place cabbage and carrots in large bowl. Add mayonnaise mixture a little at a time until the slaw reaches correct consistency. This will depend on the moisture content of the cabbage as well as your personal

preference. Stir to combine. Refrigerate until ready to serve.

MUD CREEK'S BAKED BEANS

1 (No. 10) can (116 ounces) pork
and beans
1-1/3 cups tomato sauce
1-1/3 cups moderately sweet barbecue
sauce
2/3 cup chopped bell peppers
2/3 cup chopped onions
1/4 pound chopped barbecue pork
2-3 tablespoons brown sugar, or to
taste

Combine all ingredients and bake at 350 degrees for 45 minutes or until thick and heated through. 📺



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