

The Foothills

JULY/AUGUST 2015

CONNECTION

GOLF WHERE EAGLES FLY

A mountain course and state park create a signature destination

SHAPING YOUNG LIVES

Camp Caleb's Bible-based summer camps combine fun with life lessons

SAVE ON THE FOURTH

Don't miss the holiday programming specials and discounts



By Shirley Bloomfield, CEO
NTCA—The Rural Broadband Association

FCC commits to working with rural carriers to extend broadband service

Broadband Internet service is impacting practically every part of our lives — from economic development and health care to education and entertainment. As NTCA member companies such as your local telecommunications provider work hard to deliver advanced broadband services, it is a significant development to see the Federal Communications Commission turn its attention to helping them meet the challenges of serving rural America.

In April, FCC Chairman Tom Wheeler announced that the regulatory agency would move forward with efforts to modernize the part of the Universal Service Fund (USF) dealing with smaller rural carriers such as yours. The FCC has worked the past few years to

transform the USF for the nation's big carriers into its Connect America Fund. Now it is our turn, and we couldn't be more delighted to finally see this progress.

This is great news for the people who live and work in rural America, where a reformed USF would have a tremendous impact. In his blog post dated April 17, Chairman Wheeler stated, "Senator (John) Thune (the South Dakotan who chairs the Senate Commerce, Science, and Transportation Committee) rightly recognizes this fact, and my colleagues and I recently made a commitment to him to take action on this issue by the end of this

year. Modernization would ensure that this program reflects the realities of today's marketplace and supports the deployment of broadband networks throughout rural America."

As part of these efforts, the FCC is pulling together key players in the industry to ask for their input and to draw upon their expertise. You can be assured that, working together through NTCA, your local telecommunications provider will have a voice at the table as these critical discussions are being held.

What is at stake? As the FCC sets out to modernize the USF, it must craft

an approach that promotes broadband deployment, stabilizes a dependable stream of support, incentivizes investment and establishes equity

surrounding a relatively small, limited pool of support. The policy update must maintain the goal of ensuring that all rural Americans have access to supported broadband, with or without a landline phone.

This is important work so that, as Chairman Wheeler said, "all Americans, regardless of where they live, can be equal participants in the social and economic life of the 21st-century United States. We all share this goal, and modernizing this program is something everyone should be able to get behind." That's a sentiment that I believe we can all agree upon.

— “ —
You can be assured that, working together through NTCA, your local telecommunications provider will have a voice at the table as these critical discussions are being held.
— ” —




MOVE OVER



The next time you're driving along and see a utility vehicle on the roadside, don't think about our robust, reliable network. Don't think about the advanced services we offer across that network.

Instead, think about the men and women who sometimes put themselves in harm's way so you can enjoy the best in telecommunications. **Pay attention. Slow down.** And, if you can do it safely, **move over** a lane.



Thank you for helping our employees return home safe and whole to their families each day.

Decline in rural jobs and workforce underscores importance of broadband in community development

Throughout much of 2014, America's rural counties posted year-over-year increases in their number of jobs. According to reports from the Bureau of Labor Statistics, that trend is reversing.

Comparing January 2014 and January 2015 published numbers, rural areas posted job losses of more than 330,000.

This job loss coincides with a loss in workforce for rural regions as well. "Workforce includes both those who are employed and those looking for work," writes Bill Bishop, co-editor of the Daily Yonder, a multi-media source of rural news found at www.dailyyonder.com. "The workforce in all rural counties dropped by 557,000 people between January 2014 and January of this year."

As jobs and the population in general

shift from rural to metropolitan areas, the need to develop broadband infrastructure becomes all the more important. Telecommunications companies such as your local provider understand this and have been working hard the past few years to build the networks necessary to offer advanced broadband services to rural communities.

A recent report by Broadband Communities magazine found a strong correlation between the availability of broadband and population trends. The study showed that counties ranking in the top half of their state for access to high-speed broadband service experienced population growth 10 times that of the bottom half of counties from 2010 through 2013. "Good broadband is even more closely related to economic opportunity

than has been realized," writes Steve Ross, the magazine's editor-at-large.

Broadband's role in job creation and retention is well established. It now stands alongside reliable electricity and transportation systems as a must-have offering before a company will consider bringing jobs to a community. Writing for Site Selection magazine, Matt McQuade, director of North American Business Development for Columbus2020, says, "Advances in technology have elevated the importance of the Internet in economic development and site selection. The availability, quality and competitiveness of broadband service have become and will continue to be a key issue for many locations." ☞

► For more on the impact of broadband, visit www.broadbandbuildsbusiness.com.

New look, new technology for RFD-TV

Network "connects city and country" from redesigned studio on Nashville's Music Row

RFD-TV, "Rural America's Most Important Network," has launched new state-of-the-art studios in Nashville, Tennessee, along with a fresh new look, upgraded technology platforms and all-new live production capabilities.

"We are giving our viewers the experience they demand and deserve," says Patrick Gottsch, founder of RFD-TV. "Our new look stays true to rural America's roots, while the set design and technology shows how we will grow and thrive in the future, as we connect city and country."

"Viewers will see the difference immediately from our investment and our strategy," says Gary Kanofsky, chief content officer and executive vice president for news. "We've built a set our audience will relate to and loaded it with the best tools of the trade to create a gorgeous new on-air look." The technology and design upgrade provides the following for viewers:

- New state-of-the-art studio featuring a main anchor set, complemented by additional areas for interviews, weather, live music and virtual production
- New 3D news graphics presented on an industry-leading platform
- Expanded real-time commodities and market data



The upgrade also includes all-new live production capabilities that make it possible for RFD-TV to broadcast live from virtually anywhere. With streamlined production, RFD-TV can cover more stories, while at the same time expand content partner relationships. ☞

► To learn more about RFD-TV's changes and programming, visit www.rfdtv.com.

Making a 'smart' decision

When it comes to technology, we want everything to be “smart” these days. We have smartphones and smart watches, smart appliances in our kitchen and laundry room, smart thermostats and smart home gadgets with smart apps to control them.



RUTH CONLEY
Chief Executive Officer

While all this smart technology is impressive and can make life more convenient while saving us money, the really smart part of it all is the broadband network that so many of these devices and apps rely on to bring us this functionality.

This trend toward devices that are only possible with broadband is not going away. And as broadband becomes the leading infrastructure driving innovation, it is impacting every facet of our lives.

That's why we decided long ago that improving broadband service in our rural area was the smart thing to do. With access to an advanced broadband network, boundless opportunities open up for our region:

Smarter businesses: Technology allows businesses to reach new customers and better serve the customers they already have. Smart businesses are using data and their broadband connections to learn more about customer habits, streamline supply chains and optimize their operations. Studies have shown that broadband-connected businesses bring in \$200,000 more in median annual revenues than non-connected businesses. Our network ensures that these tools are available to our local businesses so they can compete regionally, nationally or even globally.

Smarter education: Local teachers and school administrators are doing amazing things with tablets, online resources and other learning tools. These smart schools are opening up new avenues for students to learn. Experts say that nationally, students in schools with broadband connections reach higher levels of educational achievements and have higher-income careers.

Smarter health care: From bracelets that keep track of physical activity to telemedicine, smart technology and broadband are improving the way we monitor and care for our bodies. Physicians are able to confer with other medical experts, transmit X-Rays and lab results and communicate with patients over our network. Through smart electronic medical records, everyone from stroke patients to expectant mothers is receiving better care because hospitals and doctors are getting “smarter.”

Smarter homes: A host of new devices has allowed users to bring smart technology into their homes. Smart devices allow you to monitor your home, change the thermostat, turn on lights and even lock or unlock doors remotely. While these smart devices offer plenty of convenience, they are also a smart safety decision to avoid coming home to a dark house or to receive an alert anytime someone pulls into your driveway.

We've made smart decisions that put our community in a position to take advantage of this smart revolution. As our devices, businesses, homes, schools and hospitals get smarter, rest assured that your cooperative is smart enough to have the infrastructure in place to handle these demands — plus whatever the future holds. ☑

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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606-297-3501, Johnson County
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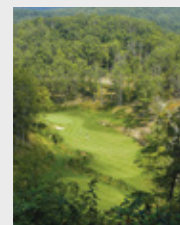
Foothills Mission Statement

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

Produced for Foothills Broadband by:

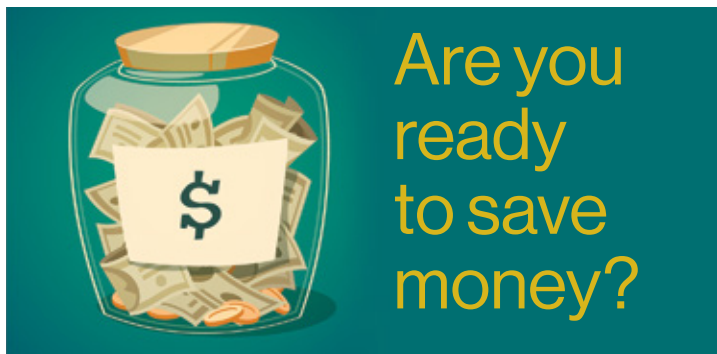


On the Cover:



Eagle Ridge Golf Course and Yatesville Lake Start Park create a distinctive destination. See story Page 12.

Photo courtesy of
Kentucky State Parks.



FOOTHILLS BROADBAND CAN HELP YOU TRIM YOUR BILL

No one wants to spend more than necessary, and even a dollar or two can make a difference. Foothills Broadband provides several options for saving.

Consider registering for ACH and e-billing. Participating customers save \$1 monthly, or \$12 annually.

And that's just one option — it's easy to save by bundling services.

Customers with Foothills' Platinum plan save \$10 off their Internet bill every month, which adds up to an annual savings of \$120.

The Platinum package also includes Foothills Telephone Service, Foothills Long Distance, Foothills Cable Service and Fibernet. Please note, a 3 Mbps or higher plan is required to receive the discount.

Also, Foothills customers can save by ordering online at www.foothills.net. There is no service charge for online orders, which makes it possible to add telephone calling features, as well as premium movie packages, without a \$10 activation fee.

Mother's Day Gift Basket Giveaway Winner

Foothills Broadband member Lois Thompson won a gift basket for participating in the Mother's Day celebration.

Her name was drawn from people who read The Foothills Connection, and who wrote a post on the company's Facebook page containing the special code: "Connect to Mom."

The gift basket included a wind chime, a potted plant, a birdhouse and other garden-friendly items.

Foothills Broadband thanks all of those who participated.



Survey award winner

Roger Gillum, a Foothills Broadband customer, won a \$25 Amazon gift card after responding to The Foothills Connection reader-ship survey.

His name was selected at random from a pool of customers who participated.

The survey provided valuable feedback about The Foothills Connection. We learned that the most popular pages are those with stories about local people in our community, as well as the articles about food.

Also, about 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 of the cooperative.



Let's all celebrate!

What's a holiday without a gift or two?

- Enjoy **FREE ACTIVATION** on telephone calling features, as well as premium movie packages, from July 1 through July 7.
- When it gets hot outside, relax in the cool with a movie. Beginning Friday, July 3 through Sunday, July 5, enjoy **FREE PREMIUM MOVIES** from HBO, CINEMAX, SHOWTIME and STARZ. Just go to channels 300-394.
- The team at Foothills Broadband will also enjoy the holiday. The offices will be closed Friday, July 3 in honor of Independence Day.



HIKE, CLIMB, FLOAT, ZIP!

Take an action-packed road trip through Tennessee and Kentucky's grandest scenery

By ROBERT THATCHER

Our Southern landscape is shaped by the relentless activity of water on stone. You see it where water flows underground to create breathtaking caves. You see it where water flows above to carve glorious gorges. The wonders of water also invite relentless human activity — especially in the summer.

So let's hike, climb, float and zip on a road trip through some of the most beautiful and rugged country in the world.

MAMMOTH CAVE NATIONAL PARK

An alien world of secrets and stalactites

We start with a walk, or crawl if your knees are up to it, hundreds of feet below the sinks and springs of south-central Kentucky.

Entering the natural arch of Mammoth Cave, the name makes sense. It's the world's longest cave (400 miles and counting). Vaulted chambers like "Grand Avenue" are so big it's hard to believe that you're underground. You lose all sense of time and orientation in this delicate biosphere where it's always 54 degrees.

Take the two-hour historic tour or test your claustrophobia with the five-hour Wild Cave expedition. Young spelunkers can do the Kids Crawl, but no parents are allowed.



Photo courtesy of National Park Service

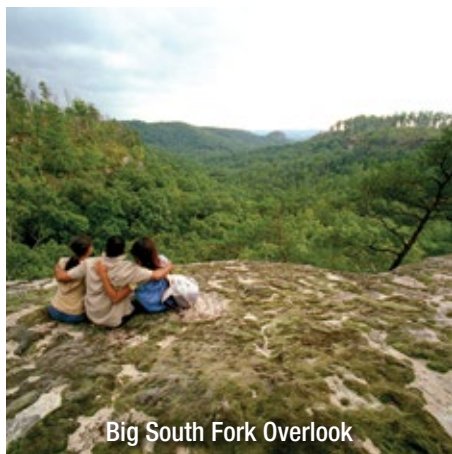
A big surprise for many is the mammoth fun above ground. Kentucky's largest national park offers canoe-camping along the gentle Green River, a horse-friendly camping location and trails, as well as the new Big Hollow Mountain Bike Trail.

EAT: Even if your eyes haven't adjusted to the light on the surface yet, follow your nose to the Travertine Restaurant's great fried chicken.



TECH-SAVVY TRAVELER:

Weekend warriors are cramming into their minivans as millions of Americans hit the roads this summer. Loading a few cellphone apps before the trip can be just as important as grabbing sunscreen or putting ice in the cooler. The **Oh, Ranger!** app by Ford will turn anyone into an explorer, searching by activity in state and federal parks. Parents of fearless thrill-seekers will want quick access to first-aid information, such as the **American Red Cross** app.



Big South Fork Overlook

Photo courtesy of National Park Service

BIG SOUTH FORK NATIONAL RIVER & RECREATION AREA

Grand gulfs, serious stargazing

Leaving cave country, we drive up 1,000 feet to the Cumberland Plateau — the rugged tableland creased with spectacular gorges and home of Big South Fork National River & Recreation Area, straddling the Kentucky-Tennessee border. At 125,000 acres, there's plenty to explore.

Visitors can travel 420 miles of trails by foot, bike or horseback. Those are also the only ways you can get to Charit Creek Lodge. Accessible by three trails under 5 miles, Charit Creek is one of the few hike-in lodges in the country. Your trek is rewarded by a family meal and lodging in a circa-1800 cabin. With no phone service, Charit Creek offers a rare chance to look up from handheld devices to see how bright the night sky can be. Make reservations in advance.

Big South Fork has other cool ways to enter the park without driving. Ride the Big South Fork Scenic Railway from Stearns, Kentucky, to a restored mining town and trailhead. Or hike in from historic Rugby, Tennessee, an experimental utopian colony built in the 1880s. The experiment failed, but Victorian buildings remain.

Mountain bikers should cruise the Grand Gap Loop — one reason this national recreation area is the only one ranked an “epic ride” by the International Mountain Bicycling Association.

EAT: Schedule a family-style dinner at Charit Creek Lodge.

CUMBERLAND FALLS STATE RESORT PARK

Mist and Moonbows

Head north on the plateau into the Daniel Boone National Forest to some of the most rugged terrain west of the Appalachians.

Cumberland Falls State Resort Park near Corbin, Kentucky, offers a great overlook of the 200-foot-wide “Niagara of the South.” But on a trip about action, why not feel the mist on your face? Shelton Trace Adventure Resort, 5 miles east, will float you from the base of the falls down the Cumberland River's Class III rapids.

Cumberland Falls has great campsites — from primitive to RV-ready. But after a day of getting soaked, a better option is sitting by the big stone fireplace in the historic DuPont Lodge. This sandstone lodge offers a cozy break beneath rustic hemlock beams.

If you visit when there's a full moon and clear sky, you may be lucky enough to see the falls' trademark Moonbow. The misty nocturnal arch extends downstream from the falls and is a rare sight in the western hemisphere.

EAT: The lodge's Riverview Restaurant offers a fine Southern buffet and magnificent views.



Cumberland Falls

Photo courtesy of Shelton Trace Adventure Resort



Zipline at Red River Gorge

Photo courtesy of Red River Gorge Zipline Tours

RED RIVER GORGE

Climb the soaring cliffs

We began the trip underground — and end it in the sky. Traveling north to the Red River Gorge, we see the sandstone cliff lines that attract rock climbers worldwide.

The good news is that you don't have to be one of the many chalk-stained pilgrims to enjoy “the Red.”

Torrent Falls Climbing Adventure lets non-climbers experience the thrill with the only “via ferrata” in the U.S. Created to ferry troops across Italian mountains, this system of cables and iron rungs makes it easy for anyone (ages 10 and up) to traverse the resort's horseshoe canyon.

No worries if vertigo keeps you off the cliffs. Nearby Natural Bridge State Park features hikes past majestic arches, rock shelters and wildflowers that grow nowhere else on the planet. Don't miss the 6-mile Courthouse Rock and Double Arch Trail, or the half-mile Chimney Top Overlook.

But what if these cliffs whetted your appetite to go higher? Red River Gorge Zipline Tours will provide the adrenaline rush you need. This five-line tour zips you at 55 miles per hour 300 feet above Cowan Fork Gorge. So end your trip with a WHOOOOOSH!

EAT: Enjoy pizza and buy a T-shirt at Miguels, where serious climbers go to eat and camp. 🍕



A splash cools off campers during a hot Kentucky summer.

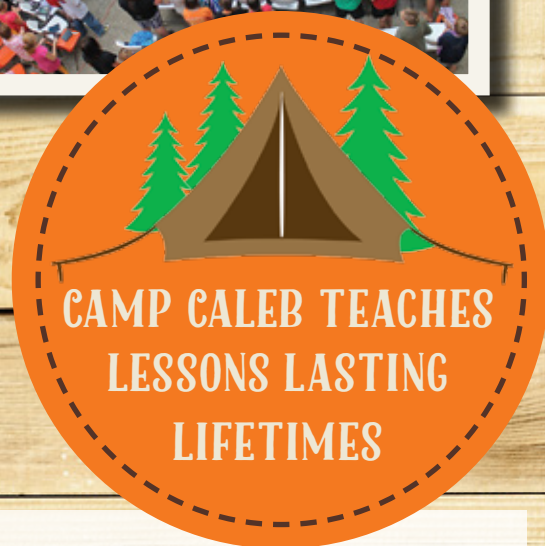


Volunteers and campers keep busy with games.



Campers gather at Camp Caleb's open-air chapel for music and Bible lessons.

WHERE THE BIBLE MEETS NATURE



BY NOBLE SPRAYBERRY

When she was 5 years old, Jessica Stacy joined friends for an overnight outing at Camp Caleb, where she returned summer after summer. She bounced on “the blob,” a huge inflatable in the camp’s lake. She romped and played with friends. She also joined campers in the spiritual journey at the heart of the camp’s mission.

Now a 21-year-old student at Morehead State University, Stacy no longer spends her summers at Camp Caleb. The lessons and memories, however, continue to shape her life. “Even that first year when I was little, I never got homesick,” she says. “I always loved it. For every age, you learn something.”

Camp Caleb is a Christian summer camp and conference center sprawled across 350 acres of rolling hills. Founded in 1979, the center mixes a nondenominational message with traditional camp pastimes.

A NONDENOMINATIONAL CAMP OF FAITH

Like Stacy, Ryan McKenzie considers himself a Camp Caleb “lifer.” He began attending the camp before his teen years and

continued through college as a member of the camp staff. After earning undergraduate and master’s degrees in computer science, his career took him away from Kentucky.

He often traveled to Northern California and to the Boston area for work. However, he grew dissatisfied with the industry. “Tech was a rat race,” he says. “Things are going faster, faster and faster, rather than better, better and better.”

He always kept a connection to Camp Caleb, serving on the board of directors. In the summer of 2014, the camp needed a new director. “I saw this as an opportunity to get back to a place I love,” says McKenzie from his office at the camp, about 15 miles north of Paintsville.

He considers the job a chance to touch the lives of children and youth, and to continue a mission started by James Cox, a businessman in Paintsville who founded the camp.

In 1979, Dr. J.D. O’Donnell asked Cox, who was then 47, to help with a summer camp at Levi Jackson State Park. The experience shaped Cox’s future, inspiring the creation of his own ministry.



“AND JESUS GREW IN WISDOM AND STATURE, AND IN FAVOR WITH GOD AND MEN.” —LUKE 2:52



Cox donated property for the camp, and he spent much of his life promoting and guiding the project. “He’s the reason we’re here,” McKenzie says of Cox, who still lives in Paintsville.

In the beginning, Camp Caleb offered basic camping, a big dining tent, the wonders of nature and faith. Consistent, committed fundraising, as well as renting the site to churches and other organizations, provided the money to add a large dining hall, cabins and a swimming pool. “It’s all donation and volunteer based,” McKenzie says. “And we don’t make money on our campers. It takes more money to care for and feed them than we bring in.”

The camp operates for six weeks each summer, with campers visiting for sessions broken up by age: 6 to 8, 9 to 12, 13 to 15 and 16 to 18. The youngest campers only stay one night — often their first away from home. All campers participate in spiritual lessons appropriate for their age, including enjoying time at the open-air chapel.

While there is an emphasis on Bible-based lessons, the camp includes plenty of old-fashioned fun: bow and arrows, target rifles, hiking, board games, a water slide and a wet, bouncy favorite: the blob. “It’s a trampoline that floats in the lake,” McKenzie says. “If you think kids are fearless on a trampoline above the ground, you should see how fearless they are on a trampoline above water.”

The result is a get-back-to-basics approach crafted to match the camp’s mission of helping young people grow mentally, spiritually, socially and physically. “During camp, we want to see each camper become better in at least one of those ways, if not all four,” McKenzie says.

It’s a simple, wholesome place where young people learn faith-based lessons that can last a lifetime.

BIBLE-BASED TEACHINGS MIX WITH SUMMER FUN

Melinda Howard’s family lives near Springfield, Ohio. Each summer, they drive about five hours to Camp Caleb. Bethany, 19; Emma, 16; and Allison, 13, all love the experience, says Howard, who also volunteers at the camp.

“They like to do all of the outdoors stuff, and then they can dress up for church at night,” she says. “One of their favorite things is the outdoor chapel.”

The experience offers a respite from a busy world. “The distractions aren’t there like they normally are,” Howard says. “It’s also very specific to the Bible, and it seems like it hits them where they’re at.”

For Stacy, the Morehead State University student, the lessons did strike home, and she attended throughout her childhood and into her teen years, when she was a camp counselor.

“When you’re little, you learn to be alone, and you learn the fundamentals of your relationship with God,” she says. “The middle school years are crucial, because we focus on how a girl finds her identity as a woman and her relationship with God. And in high school, you learn to share your faith and to be constant with your faith.”

The friendships often prove lasting. For example, as a child, Stacy met Adam Davis at the camp. Then in college, they found each other participating in the same religious organizations. They became boyfriend and girlfriend.

Stacy looks to the lessons of Camp Caleb to illustrate the bond. “They teach us, as Christians, to date someone who has those same goals in mind,” she says. “It’s like being in a long race and always looking over and seeing that person right there with you. For us, it was like that.”



PICTURE PERFECT

What will readers find at your blog?

ZG: Jody and I empower photographers to succeed, so you will find a plethora — more than 1,000 blog posts — of lighting, shooting, business and marketing content for photographers. We have videos, downloads, how-tos and behind-the-scenes information to learn how to make your business stronger and shoot better.

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

ZG: We started blogging in order to help answer questions we were getting through emails from photographers who wanted to know how we were doing what we were doing. We had no idea it would turn into a full-time business. Content is king, and useful, digestible content that a photographer can consume is a powerful thing to create. It can change someone's entire life if it's done right.

What are some of your favorite pieces of equipment, and what would you recommend for the amateur shooter who wants to get high-quality photos of their family vacations and hobbies?

ZG: Our favorite simple tool is the Expo Disk from ExpoImaging.com. White balance is how your camera perceives color. If the white balance is correct, all the colors are correct in the image. The Expo Disc allows you to custom white balance



your camera so that your color and exposure are perfect in all your photos. It's an awesome tool!

How has the Internet changed photography?

JG: The Internet has allowed anyone who shoots to share their images with the world. It allows you to create an audience without advertising it and has raised the level of amateur and pro shooters since so many people are now sharing their photos.

What is the most important thing to consider when getting ready to shoot a photo?

ZG: Lighting times five! Good lighting is the most important thing to look for when shooting. Large light sources create soft and beautiful light, and you can find that with indirect window light, in open shade — when you are in the shade but can see the open sky above you — just after the sun sets, or just before the sun rises. All those are great places to get soft light that looks great on your subjects.

OTHER PHOTOGRAPHY BLOGS YOU MIGHT LIKE:

► www.priscillabphotography.com/blog

Besides taking a look at some of her photographic artistry, you'll find her frequent musings that help to inspire her photography.

► www.marieelizabetschmidt.com/blog

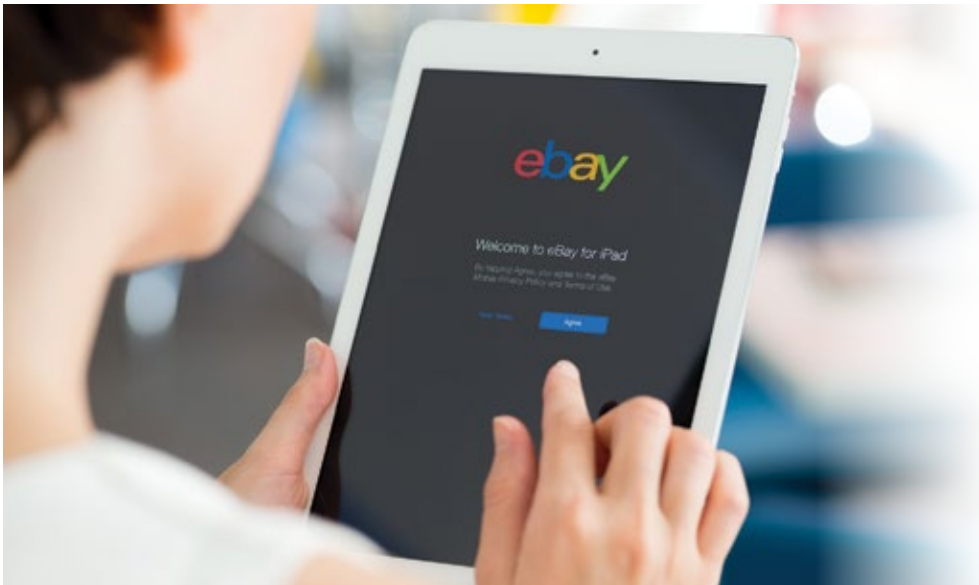
Her pictures contain more than captions. Marie Elizabeth Schmidt's photos fully encompass the moods of her subjects.

Do you prefer a studio/indoor setting or to let nature be your backdrop?

JG: Definitely outside is best. It feels natural and organic, and most of our favorite photos are taken outside. 📷



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 September/October issue, we'll focus on car blogs.



Digital Dollars

Making money online

BY MELISSA SMITH

There's plenty of money to be made on the Internet. Just ask the early investors in companies like Amazon, eBay and Google. Though on a smaller scale than the early dot com

investors, people earn a living every day by combining their skills, the Web and a little bit of business savvy. Check out these proven ways to make some money online.

Etsy

It's easy to set up a shop on Etsy, the popular site for handmade one-of-a-kind goods. The site boasts over 2 million shops, and it's growing daily.

And it's almost as simple to sell on the site.

Etsy has a fairly straightforward setup page for new shops. Simply select a template and enter your information. Also, it's very important to have nice, high-quality photos of the items you have for sale. You don't have to hire a professional photographer; just

find a place with nice natural light and think of the best ways to showcase your product.

Etsy stores charge 20 cents per item you post and collect 3.5 percent of the selling price of each item. Also, if you have items that remain unsold, an auto-renewal fee of 20 cents will be charged after four months until the item is sold.

Do you have more than one type of craft? In an Etsy store, you can list items in 10 different sections.

ArtFire

Like the better-known Etsy, ArtFire welcomes those with a creative spirit to sell their crafts online. With everything from home decor, handmade jewelry, fine art and craft supplies, ArtFire is a place to find something special and one-of-a-kind.

For a premium account, you pay a \$20 per month membership, and after that, you get to keep

everything you make from the items you sell. There are no hidden fees, and ArtFire doesn't take a cut of your profits. Also, your business page is completely customizable, and you get to post up to 10 photos per listing.


Once you start selling items and making money, ArtFire deposits the money in your account via the method you choose.

eBay

Perhaps the most well-established and well-known selling portal online, eBay made its first sale on Labor Day in 1995.

Twenty years later and still going strong, eBay remains one of the most popular sites to find good deals on rare and everyday items. One of the biggest selling points on eBay is that most items are up for

auction. So, the buyer can offer as much or as little as they like for an item.

eBay does require some seller fees, depending on the item up for sale, what kind of price reserve you set, the type of item, etc. Whether selling your own handmade crafts or cleaning out the garage, the Internet can help you turn those items into cash. 



Eagle Ridge Golf

Play where eagles fly

By NOBLE SPRAYBERRY

Designers of Eagle Ridge Golf Course relied on the hills' natural flow to create a challenging layout.

The 13th tee of the Eagle Ridge Golf Course towers 225 feet above the fairway, a drop that provides golfers a dazzling view and a unique, challenging target.

"That's our signature hole," says Missy Kennedy, who, as the club's golf professional, shepherds players around the 18-hole expanse. "We're probably one of the only golf courses in Kentucky that took full advantage of the land itself."

The course draws players from as far away as Canada, but the links represent only one element of a place providing a tourism and sports anchor for Lawrence County.

Eagle Ridge is part of Yatesville Lake State Park, where the mix of water, trails, campsites and links can lure everyone from committed hikers to passionate golfers.

"The golf course is extremely important

to our community," says Greg Kiser, the chief executive officer of Three Rivers Medical Center. "It helps me recruit physicians to this area. And it's good for our youth. Our high school golf team plays out there, and we'd never had a golf team until the new course was built."

BEYOND GOLF

Yatesville Lake, created by the U.S. Army Corps of Engineers, spans about 2,000 acres, with the park sitting on a peninsula. A park-managed marina offers 140 boat slips, and everything from pontoon boats and houseboats to speedboats and personal watercraft are welcome.

The park has 47 campsites, including four "hike-in" sites. "They're really cool because they're down by the lake and people can boat in, walk up to a campsite and then pitch a tent," says Kennedy, the park's recently appointed director.

For hikers and walkers, the Mary Ingle Trail System provides miles of fun, and there is a six-trail complex that includes three rugged, wooded hiking trails, two exercise paths and one self-guided nature trail. "We have a spectacular trail system, and a lot of people come to the marina just to hike or walk that," Kennedy says.

In 2003, Kentucky State Parks added a golf course to the park, and the design and name fit the landscape. "We have a lot of eagle sightings in Eastern Kentucky, so that's where they came up with the name," Kennedy says. "When they built the course, they took full advantage of the land itself, and they didn't flatten everything. They truly used the ridge, the hills and the elevation changes to make this course, and that's what makes it so unique."

The course was designed by Arthur Hills, the founder of Hills & Forrest



Yatesville Lake State Park has 47 campsites, including four hike-in sites.

International Golf Course Architects in Toledo, Ohio. He has, according to a biography on the company's website, designed more than 185 new golf courses and refined or renovated 125 others.

TEEING UP TOURISTS

Eagle Ridge's location — about 30 miles south of Interstate 64 — makes the course, and park, a great rest stop, Kennedy says. Visitors come from as far away as Michigan and Canada. "A lot of people will take 64 if they're going to the East Coast. People will swing down and play while they're going to other places," she says.

Newcomers often require golf tips when approaching the course, beginning with an emphasis on appreciation of East Kentucky's beauty. "If we are on the phone with someone and catch wind that it's going to be their first time, we always tell them to make sure they bring a camera," Kennedy says. "You're always going to catch some awesome views."

While some holes are hilly, others play relatively flat. But, 9 miles of cart paths are still required to allow players to navigate a course narrow enough that some players must adjust their games.

"I usually tell people to keep their driver in the trunk of their car," Kennedy says. "It's very much a placement golf course, so it's a great way to work on course management."

Some players may be disappointed the big club stays behind, but others appreciate the challenge. "It makes you think a little bit, and it makes you use all of the clubs in your bag," Kennedy says. "And that's really fun."

The course offers five sets of tees to accommodate a range of skill levels. The "one" tees offer the longest, most challenging play, and the "five" tees provide an option for high-handicapped or younger players.

The club continues to refine the course, recently converting fairways from bentgrass to Bermuda grass, which is expected to grow best in the rocky soil and hot Kentucky summers.

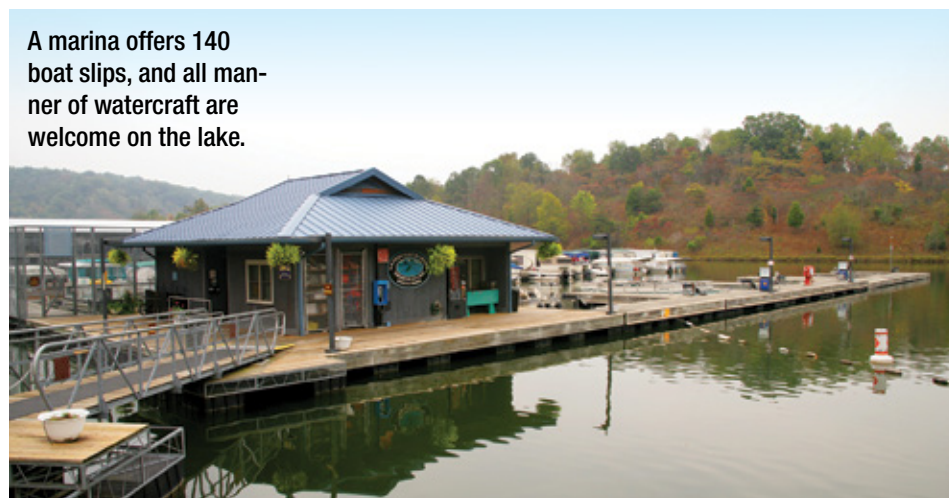
With the stunning views and a course design dipping and climbing through the hills, playing a round at Eagle Ridge should be about more than pars and birdies. "The first time you play here, please don't worry about your score," Kennedy says. "It's all about the experience of the golf course itself — the atmosphere and the land it is on."

Kiser, who is also a member of the local Rotary club, says the club relies on the course. "Our annual golf scramble is one of our biggest fundraisers, and the Rotary couldn't survive without it," he says.

People enjoy the entire park, but the golf course offers a signature destination, Kiser says. "It is one of the prettiest courses you'll ever be on," he says. "It's mountainous. It's rolling hills. The greens are long, and they're on top of a ridge. It's absolutely beautiful." 📸



The U.S. Army Corps of Engineers created Yatesville Lake, which spans about 2,000 acres.



A marina offers 140 boat slips, and all manner of watercraft are welcome on the lake.

TOMATOES GOING GREEN

Books have been written about them; movies have been made about them; and songs have been sung about them. But when it comes to cooking fried green tomatoes, some say no one does it better than Brett Hadley.

He's been making them for 25 years and now serves them at his restaurant named after the beloved dish: Green Tomato Grill in Mooresburg, Tennessee.

A native of Hendersonville, Tennessee, Hadley worked for a few years as a corporate chef for a major casual dining restaurant. That's where he learned the intricacies of making fried green tomatoes.

Yes, intricacies. Because if you don't choose the right tomatoes, don't soak them for a while in buttermilk seasoned with Cajun seasoning or whatever strikes your fancy, and don't coat them with the right batter, they're simply not good.

"After testing my take on fried green tomatoes for many months until I got them right, we added them to our menu at 60 locations in 10 states," he says. "That company went out of business several years after I left, but I have used my recipe at several restaurants that I have owned," including, he adds, his 100-seat eatery "in the middle of nowhere where we sell over 250 pounds of green tomatoes a week."

Green Tomato Grill opened in the winter of 2012, and giving the place its name made sense. After all, everyone knows that just across the county line is where you'll find the famous Grainger County Tomatoes. "With the success I have had in the past with fried green tomatoes and the fresh, made-from-scratch menu I wanted to do, this seemed like a no-brainer to me," Hadley says.



Brett and Tammy Hadley opened the Green Tomato Grill in Mooresburg, Tennessee, in 2012.

When a green tomato is ready for the skillet, you'll notice just the slightest blush. That's when the flavor is at its sweetest, Hadley says.

"So much better than really firm tomatoes that have just been picked," he advises.

And though size doesn't matter to most, to Hadley, it does: The bigger the better, so there's more tomato on the plate for all to enjoy.

Though he won't give away all his trade secrets, he says the best way to fry a green tomato is to soak it first, then use dried rice flour in the batter.

"They'll fry up nice and crisp, and you will not lose your breading," he says.

At Green Tomato Grill you'll find fried green tomatoes served with nothing more than a homemade dipping sauce, but the tomatoes also replace cucumbers in the house salad. They appear alongside bacon in a pasta Alfredo dish and replace ripe tomatoes in the BLT. And there's nothing better than a fried green tomato on a grilled pimiento cheese-jalapeno cornbread sandwich.

The versatility of fried green tomatoes never ceases to amaze the palate. Here are some recipes Hadley has found particularly pleasing. 📖



FAST FACT

They're certainly a Southern staple, but, in fact, fried green tomatoes originated in the Midwest. The first recipes for them were found in Jewish and Midwestern cookbooks in the late 19th and early 20th centuries. But it is here in the South where they've been embraced as part of our culture.

IF YOU GO

Green Tomato Grill
802 Old Highway 11 West
Mooresburg, TN 37811
Phone: 423-921-8282



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.

MARINATED FRIED GREEN TOMATOES

- 2 green tomatoes, sliced 1/4-inch thick
- 1/2 cup buttermilk
- 1/4 cup rice flour
- 1/4 cup cornmeal
- 1/2 teaspoon Cajun seasoning
- Salt and pepper, to taste
- Oil for frying

Soak the tomato slices in the buttermilk for at least 30 minutes. Mix the flour, cornmeal, salt and pepper. Pull the tomato slices out of the buttermilk, then dredge them in the cornmeal mixture. Fry the tomato slices in about a 1/2-inch oil over medium heat in heavy skillet, such as cast iron, until golden brown on both sides, about 3-4 minute per side. Serve with remoulade sauce, if desired.



REMOULADE SAUCE

- 1 cup mayonnaise
- 3 tablespoons ketchup
- 2 tablespoons dill relish
- 1 1/2 teaspoons dry mustard
- Few drops of hot sauce
- Salt and pepper, to taste
- 1-2 teaspoons prepared horseradish, optional

Combine all ingredients, adding horseradish if you like for a spicier sauce. Store, covered, in refrigerator. Serve with fried green tomatoes or use as sandwich spread for fried green tomato po' boys.

FRIED GREEN TOMATO BENEDICT with Smithfield Ham & Pimiento Cheese Hollandaise

- 8 slices fried green tomatoes
- Pimiento cheese hollandaise:**
 - 8 tablespoons (1 stick) unsalted butter, melted
 - 4 egg yolks
 - 1 tablespoon lemon juice
 - 4 teaspoons powdered cheddar cheese (like that found in a package of mac and cheese)
 - 1 (4-ounce) jar chopped pimientos

- Dash of cayenne or Tabasco
- Dash of Worcestershire sauce
- Salt, to taste

Poached eggs:

- 4 eggs
- 2 teaspoons white or rice vinegar

To finish:

- 4 thin slices Smithfield ham
- Chopped chives
- Salt and freshly cracked pepper

Fry the tomatoes, using the preceding recipe or any of your favorites. Once they're cooked, keep them in the oven on warm until you're ready to assemble the dish.

Make the pimiento cheese hollandaise:

Vigorously whisk together egg yolks and lemon juice in a stainless-steel bowl until the mixture is thickened and doubled in volume. Place the bowl over a saucepan containing barely simmering water (or use a double boiler); the water should not touch the bottom of the bowl. Continue to whisk rapidly. Be careful not to let the eggs get too hot or they will scramble. Slowly drizzle in the melted butter and continue to whisk until the sauce is thickened and doubled in volume. Remove from heat, whisk in powdered cheese a teaspoon at a time, Worcestershire sauce and cayenne. Stir in the pimientos. Cover and place in a warm spot until ready to use for the eggs

Benedict. If the sauce gets too thick, whisk in a few drops of warm water before serving. Salt to taste.

Poach the eggs: Bring a large saucepan, filled 2/3 full, with water to a boil, then add the vinegar. Bring the water to a boil again, then lower the heat to a bare simmer. This is the water in which you will poach the eggs. Working one egg at a time, crack an egg into a small bowl and slip into the barely simmering water. Once it begins to solidify, slip in another egg, until you have all four cooking. Turn off the heat, cover the pan, and let sit for 4 minutes. (Remember which egg went in first; you'll want to take it out first.) When it comes time to remove the eggs, gently lift out with a slotted spoon. Note that the timing is a variable on the eggs, depending on the size of your pan, how much water, how many eggs, and how runny you like them. You might have to experiment a little with your setup to figure out what you need to do to get the eggs exactly the way you like them. Gently remove the eggs from the poaching water and set in a bowl.

To assemble: Place two fried green tomatoes on each plate and top each with a slice of Smithfield ham, trimming the ham to fit the tomato. Place a poached egg on top of the ham, pour hollandaise over. Top with sprinkles of chives and fresh cracked black pepper. Serve at once. 🍴



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Enter the first Foothills Summer Kids Art Contest

Celebrate the joy of summer
by entering our art contest,
because your child's artwork
could be published in
The Foothills Connection!

Nine winners will each receive a \$100 back-to-school Hibbett Sports gift card.

FOOTHILLS SUMMER KIDS ART CONTEST RULES:

- Students in Foothills' service area may enter one of three divisions: entering K-1st grade, 2nd-3rd grades or 4th-6th grades.
- Artwork must be approximately 8 1/2" x 11" in size — do not fold artwork.
- Artwork should have a patriotic or summer theme.
- Artwork must be an original creation of the child.
- Artwork should be in color (markers, crayons, paint, etc.).
- The entry form, signed by a parent or guardian must be enclosed with artwork.
- Deadline to turn in the artwork is August 1.
- Only one entry per child.
- After all entries are submitted, they will be judged by a committee.
- Winners will be notified by August 15.
- The winners' names and artwork will appear in an upcoming edition of The Foothills Connection.



To enter, please fill out the form below and submit
with your entry to: Foothills Art Contest, Marketing
Department, P.O. Box 240, Staffordsville, KY 41256

By signing this form, I give permission for identification of my child and
his/her artwork in The Foothills Connection.

Student's Name _____

Name of Parents or Guardian _____

Address _____

Telephone Number _____

Email Address _____

Grade in School _____ Name of School _____

Parent/Guardian Signature _____