

The Foothills

MARCH/APRIL 2016

CONNECTION

HELPING AND LEARNING

Committing to a
career of service

RIDING FOR SALVATION

Christian motorcyclists spread a
message of faith and hope

KELSIE MAY

A youthful voice steeped in
classic country music

We're looking for our SMALL BUSINESS OF THE YEAR

Small businesses are the heart and soul of our communities, and this year we are celebrating National Small Business Week by honoring a local Small Business of the Year.

May 1-7 is the week set aside in 2016 to honor America's small businesses. Since 1963, the president of the United States has proclaimed National Small Business Week to recognize those companies who create so many jobs and provide important products and services.

We are proud to support these efforts by delivering the technology small businesses need to stay connected. Through our Small Business of the Year program, we will spotlight those who are ensuring our

communities remain vibrant and continue to grow.

To nominate a business for our Small Business of the Year, visit BroadbandBuildsBusiness.com and complete the simple

online form. Anyone can nominate a business — the owner, an employee or a customer.

The deadline for nominations is March 15.

Our Small Business of the Year will be featured in this magazine and will receive additional prizes as well.

Help us celebrate National Small Business Week and say thank you to those small businesses we depend on every day. Visit BroadbandBuildsBusiness.com and nominate your favorite small business — even if it's your own! 🗨️



HELP US FIND OUR SMALL BUSINESS OF THE YEAR!

- Visit BroadbandBuildsBusiness.com
- Complete the online nomination form
- Share the link on Facebook and Twitter
- Encourage others to nominate their favorite small business

Hurry, the deadline for nominations is March 15!

SMALL BUSINESS
Did You Know?



America's 28 million small businesses create nearly two out of three jobs in our economy.

—sba.gov



BY SHIRLEY BLOOMFIELD, CEO
NTCA—THE RURAL BROADBAND ASSOCIATION

Telemedicine and rural health

At the Consumer Electronics Show (CES), held every January in Las Vegas, companies unveil the latest gadgets that are meant to entertain us, make us smarter/faster/healthier and, in general, lead to a happier, more convenient life.

NTCA's Vice President of Policy, Josh Seidemann, attended this year's show looking for new products that build on the power of broadband. He saw many new offerings that focused on health care, fitness and smart home technology.

I am particularly interested in how broadband is enabling the delivery of better health care to rural America. From electronic medical records to remote diagnostic equipment, telemedicine is one of the greatest uses of the rural broadband networks like the one your telecommunications company is building.

CES offered plenty of exciting telemedicine news. In addition to many new gadgets coming to market, Josh learned that 20 to 30 percent of medical office visits could be conducted just as effectively through telemedicine. This means that a reliable broadband connection could save countless hours and millions of dollars, particularly in rural areas where travel to medical facilities can often pose a hardship. Plus, 12 states adopted compacts last year to expedite physician licensing for telemedicine, and we look for more to join that effort.

Broadband is already improving rural health care, and the future holds great promise for advances in this area. 🗨️

TELEMEDICINE


Patients say connecting with doctors online improves health care experience



Broadband Internet service is often celebrated as a tool for economic development and distance learning. According to a recent report in *The American Journal of Managed Care*, broadband can also be a key to better health care.

The report cites a study by Kaiser Permanente, which revealed that a third of patients with chronic conditions who exchanged secure emails with their doctors said these communications improved their overall health. Nearly half of those surveyed had used email as their first method of contacting doctors for various health issues.

“As more patients gain access to online portal tools associated with electronic health records, emails between patients and providers may shift the way that health care is delivered and also impact efficiency, quality and health outcomes,” says Mary E. Reed, DrPH, staff scientist with the Kaiser Permanente Division of Research and the study’s lead author.

Such online tools may also play a role in controlling health care costs. Of those patients who use email and who have higher out-of-pocket medical expenses, 85 percent reported choosing email as their first method of contacting their doctor. 

AMONG PATIENTS WHO HAD EMAILED THEIR HEALTH CARE PROVIDER:



42% said it reduced phone contacts

36% said it reduced in-person visits

32% said it improved their overall health

No broadband? That's a bad thing.

As broadband impacts more areas of our lives, people are placing greater value on broadband as a necessary service. According to a survey by Pew Research Center, 69 percent of Americans believe that people with no broadband connection are at a major disadvantage in at least one of these five areas: 1) finding out about job opportunities or gaining new career skills; 2) learning about or accessing government services; 3) learning new things that may improve or enrich their lives; 4) getting health information; and 5) keeping up with news and information.

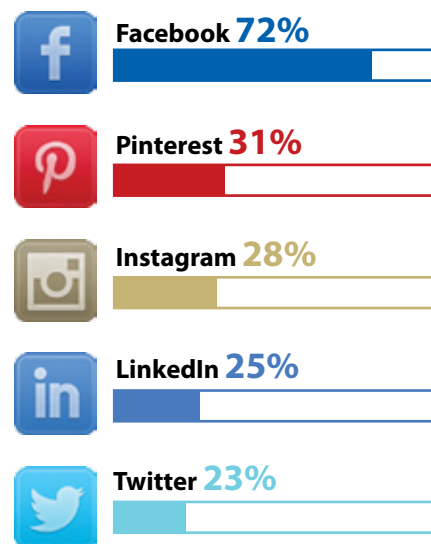


ARE YOU SOCIALLY → CONNECTED?

There was a time when email was the main way of connecting with others over the Internet. Today there are many sites and apps that allow users to post status updates, share photos, message friends and more.

A recent Pew Research Center survey asked Internet users which of the top five social media sites they use. Here are the results:

Percentage of online adults who say they use the following social media platforms



WANT TO WEIGH IN ON THE NUMBERS?

Visit www.HowDoYouBroadband.com and take our quick survey!

Simplifying rural support

In recent columns, I've used this space to describe the challenges we and other rural telcos face in providing service. The Universal Service Fund, or USF, is the backbone of our efforts to serve rural America — and that system has long been in need of reform.



RUTH CONLEY

Chief Executive Officer

The FCC recently threw out its overly complicated plans to reform this system that is so vital to the nation's communications network. To understand the importance of the USF, let's look at its history.

In 1934, forward-thinking leaders of our country decided it was important for everyone to have access to communications. In creating the Federal Communications Commission (FCC), they also created the USF, which has become one of the major building blocks of our nation's communications networks.

Those leaders knew that our country would be stronger, safer, more equitable and even more democratic if every citizen — not just city residents — had access to telephone service.

They also acknowledged that to make this happen, high-cost rural networks like ours, where there may only be a few customers per mile of line, needed support from more profitable urban networks where hundreds or even thousands of customers are packed into a mile of telephone line.

The monthly phone bills for those few rural customers couldn't and still can't cover the cost of installation and upkeep of a network. Faced with the idea of providers having to charge rural residents with unreasonable bills to provide the same access their urban counterparts could get for a much lower price, the FCC wisely leveled the playing field by creating the USF and requiring all phone users to pay a small fee each month to support high-cost networks.

This system was set up based on phone lines, and the amount of support a rural provider gets is based on the number of telephone lines the telco provides in a high-cost area. While that made sense for decades when landline telephones dominated the communications world, customer habits have changed. Landlines still offer important benefits, but broadband is fast becoming the primary way people communicate. Our industry anticipated this and has been encouraging the FCC to revise the USF system to support rural telcos based on broadband service instead of phone lines.

Despite years of advocacy from rural telcos and our national trade group, NTCA—The Rural Broadband Association, the FCC has been painfully slow in modernizing its rules.

We encourage the FCC to “start over” on USF reform, and we are hopeful that some day we will see a more simple, commonsense approach to reforming the USF — an approach that will benefit communities served by rural providers like Foothills Communications. Until then, the hundreds of providers like us across the country will keep working with one voice through NTCA to ensure Washington regulators hear your voice. ☎

The Foothills Connection is a bimonthly newsletter published by Foothills Communications, ©2016. 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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www.foothills.net
606-297-3501, Johnson County
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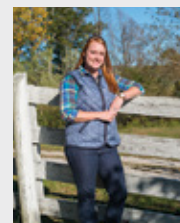
Foothills Mission Statement

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

Produced for Foothills Communications by:



On the Cover:



Meet University of Kentucky Cooperative Extension Agent Courtney Jenkins, who helps farmers and landowners. See story Page 8.

Your new customer experience: **foothills.net**

Foothills Communications introduces a modern, user-friendly website that has one goal — make the Foothills experience more enjoyable for you.

The design is simple and clear, and it's filled with information, including high-quality, detail-packed television channel guides, a robust center to allow you to manage account details, a library of support documents and much, much more.

The site is the latest step in Foothills' ongoing efforts to provide not only the highest-quality Internet, telephone and television services, but also the best customer experience.

For example, the new channel guides make it easy to find the program, movie or sports event you want to watch. And the guides work as well on mobile devices as they do on laptop or desktop computers. The information is where you need it, when you want it. But, that's not all.

When you visit the new Foothills Communications home page, expect to find a series of links to guide you. Here's a brief tour:

- **INTERNET** — Here you will find all of the details about our blazing-fast Internet packages. And, there's a guide to help you make the right choices. Do you just browse the Web and send an occasional email? Or, are you a gamer who also streams plenty of movies? Whatever your interests, the handy guide helps you make the right selection from Foothills' Internet options. And remember, Foothills does not limit how

much data you can use with any of our Internet services.

- **TV** — Learn all the details about the Foothills television packages. For example, the first set-top box is always free when you subscribe. This is also the starting point for information about services ranging from high-definition television to DVR services. Remember, don't miss the channel guides.
- **PHONE** — Here you can review all the telephone options, including the packages that bundle local calling and long-distance services into one fixed price.
- **BUSINESS SERVICES** — Business owners and managers will find the resources needed to keep companies

humming. Foothills' business-friendly services include fiber-based Internet, television and telephone. It's one stop to learn how to supercharge your business.

- **CUSTOMER CENTER** — This is your portal into Foothills Communications. You can log in to your Webmail account, pay your bills, update your account information, find helpful information about your set-top boxes or remote controls and more.

But, that's just the beginning. Foothills' new website will make it easier than ever to enjoy the best Internet, telephone and television service available to you. Visit foothills.net today. ☎



Happy Easter!

Remember, Foothills Communications will close March 25 in honor of Good Friday. Everyone, please have a happy Easter.



The Ocean Course at Kiawah Island

BY ANNE BRALY

Photo courtesy of The Ocean Course

Every full-size golf course has at least 18 tee boxes and 18 holes. But it's what the course does between the tee and the hole — and what surrounds them — that makes a course special. More than any other sport, golf is enhanced by the beauty of the playing field, and the South is home to some of the most picturesque public courses anywhere. Here's your guide to which courses do it best.

SOUTH CAROLINA

The Ocean Course at Kiawah Island

Named one of the toughest courses in the nation by Golf Digest, this course, designed by architect Pete Dye, does more than offer tough, link-style fairways that loop between and around the sea on one side and marshes on the other. With stiff ocean breezes, gnarly oaks and no paved cart paths, playing this course is a battle against Mother Nature, but one richly awarded with scenic views and an experience you won't soon forget.

- ▶ **No. 1 handicap hole:** The No. 2 hole is a double dogleg, par five that features a long marsh crossing to a diagonal landing area and then a risk/reward second shot: either a hero shot over a marsh or a layup to an extremely narrow green.
- ▶ **Grass:** The entire course is grassed in Seashore Paspalum, a salt-tolerant grass specifically designed for The Ocean Course by the University of Georgia.
- ▶ **Signature hole:** No. 17, the 197-yard par 3, made famous in the 1991 Ryder Cup.



TECH-SAVVY TRAVELER:

With many sports, there are apps to help you improve various aspects of your game. If you're chasing a dimpled ball around manicured greens, then here's an app to simplify the process. **GolfLogix** is a handy way to calculate your next shot, with GPS, scorecard, stats and tee times. As for those of us watching from our own clubhouse, **The Masters Golf Tournament** has created a free app for us to track the early round contenders ... during your lunch break, of course.



- ▶ **Course length:** 7,356 yards (everyday play). The course can be stretched out to more than 8,000 yards.
- ▶ **Greens fees:** Early March through November — \$374 (\$341 for resort guests), December through early March — \$274 (\$248 for resort guests)
- ▶ **Phone:** 843-768-2121



Photo courtesy of The Stonehenge

TENNESSEE

The Stonehenge Course at Fairfield Glade

Crossville, Tennessee

The newest of four courses at the Cumberland Plateau resort, Stonehenge has been named the best public golf course in Tennessee, in part due to its natural beauty — rock outcroppings, mountains and lakes. It also has narrow, tree-lined fairways and water hazards that lead to challenging greens.

- ▶ **No. 1 handicap hole:** No. 4. It's a challenging dogleg left that stretches out to 428 yards. The tee shot has to land between fairway bunkers on the right and a grove of trees on the left. A perfectly placed tee shot leaves you 160 yards to a small green with a front right, green-side bunker.
- ▶ **Grass:** One of a handful of courses in Tennessee entirely planted with bentgrass
- ▶ **Signature hole:** No. 14, a downhill par 3 that sits in front of Lake Dartmoor
- ▶ **Course length:** 6,549 yards
- ▶ **Greens fees:** \$47 (members), \$77 (guests)
- ▶ **Phone:** 931-484-3731

ALABAMA

Silver Lakes

Gadsden, Alabama

One of 26 courses along the state's famed Robert Trent Jones Golf Trail, Silver Lakes offers championship golf against a backdrop of some of Alabama's most stunning scenery: the foothills of the Appalachian Mountains. The course was completely renovated following a 2011 tornado that struck the area, resulting in what many say is the best course on the trail. It has three nine-hole courses — Heartbreaker, Mindbreaker and Backbreaker — that can be combined to make three different 18-hole courses, all offering different experiences.

- ▶ **No. 1 handicap hole:** No. 9 on the Heartbreaker/Backbreaker course. There's water down the left side of the hole and water in front of the green, plus the wind is usually against you on your tee and approach shots.
- ▶ **Grass:** Champions Bermuda (greens), Bermuda (tees and fairways)
- ▶ **Signature hole:** Heartbreaker No. 9, which offers a stunning view of Lake Lee
- ▶ **Course length:** Heartbreaker/Backbreaker — 7,622 yards, Backbreaker/Mindbreaker — 7,450 yard, Mindbreaker/Heartbreaker — 7,456 yards
- ▶ **Greens fees:** \$48-\$69
- ▶ **Phone:** 256-892-3268



Photo courtesy of The Short

KENTUCKY

The Short at Gibson Bay

Richmond, Kentucky

Swing your clubs through the Bluegrass State on a course that will test your game through 18 holes of risk and reward. The

fairways are tight, the greens and bunkers always well maintained. You'll find many challenging par 4s and a monstrous par 5 on No. 15.

- ▶ **No. 1 handicap hole:** No. 14. It's a 601-yard, par-5 hole with a split fairway, and you're hitting to an elevated green.
- ▶ **Grass:** Bentgrass fairways and greens
- ▶ **Signature hole:** No. 10. It's 379 yards from the black tees and has a lake running the entire length on your right.
- ▶ **Course length:** 7,130 yards
- ▶ **Greens fees:** \$27 (weekdays), \$36 (weekends), \$22 (after 3:30 p.m. every day)
- ▶ **Phone:** 859-623-0225

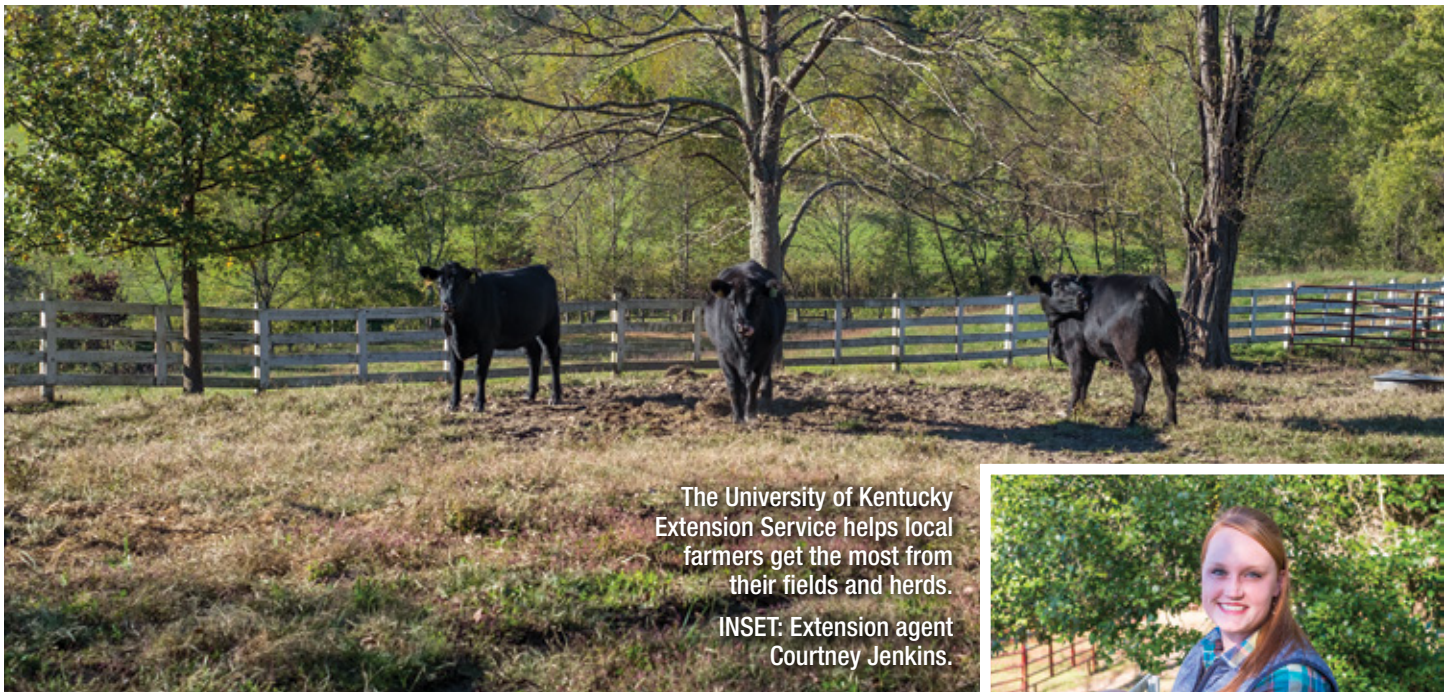
TEXAS

Garden Valley Golf and Resort

Lindale, Texas

It's been said this course is the Augusta National of Texas, and while pimento cheese isn't sold in snack bars along the fairways, the Dogwood Course is just as picturesque with its tree-lined fairways and blooming flowers in the spring, not to mention quite a few challenging holes. It's a hidden gem in the heart of East Texas and consistently voted as one of the top 10 in the Lone Star State.

- ▶ **No. 1 handicap hole:** No. 5. It's a straight par 5, with hazards left and right of the fairway. The green is protected by water, which cannot be seen if going for the green in two shots. And there are bunkers behind the green.
- ▶ **Grass:** Bermuda (fairways), Champions Bermuda (greens)
- ▶ **Signature hole:** No. 13. It's an elevated tee revealing a downhill, slight dogleg framed by towering pines that surround the property. From the fairway you can look across the lake and see the 15th green and the 16th tee box.
- ▶ **Course length:** 6,850 yards
- ▶ **Greens fees:** Monday-Thursday — \$49 (\$25 seniors 55 and over); Friday-Sunday — \$59 (\$38 seniors)
- ▶ **Phone:** 903-882-6100 ☎



The University of Kentucky Extension Service helps local farmers get the most from their fields and herds.

INSET: Extension agent Courtney Jenkins.



Learning by helping others

BY NOBLE SPRAYBERRY

Like a lot of rural children, Courtney Jenkins joined the Future Farmers of America while she was in school. For Jenkins, the club proved to be prophetic, not just that she would be a farmer, but that she would also get a degree in agriculture and soon be helping other farmers through the Magoffin County office of the University of Kentucky Extension Service.

"I thought I would like to be an agriculture teacher," she says. "Fortunately enough, I was able to get into this with a job right out of college."

For Jenkins, raised on a Morgan County farm, serving as an extension agent taps into her love of the land and people, as well as her interest in teaching.

When she was a child, her parents' farm mostly revolved around horticulture, although they did eventually add beef cattle.

She worked with the extension service in Menifee County for five years before moving to Magoffin County just more than a year ago. "Even though I'm kind of new to the area, I had five years of experience with the extension service before coming here," she says.

When she arrived, Jenkins knew she needed to build the connections necessary for success. "You have to meet people and build new relationships and explore the community and resources," she says. Then, she started identifying the programs that could benefit farmers and landowners.

In 2015, Jenkins helped coordinate Magoffin County's first farmers market, which was on Maple Street in Salyersville. "It opened in July, and we had 30 people who paid dues and who came down to sell," Jenkins says. "They generated at least \$7,000 in income for themselves."

In another initiative, 14 families learned about home gardening and grew nearly 4,000 pounds of produce thanks to a program Jenkins coordinated.

Jenkins, the extension agent for agriculture and natural resources, worked to secure the \$16,000 grant from the nonprofit Grow Appalachia initiative that made the program possible.

"We followed the families all the way from starting seeds, to growing produce and then to preserving it," she says. "It goes all the way from the beginning to the end of the gardening process. The idea is to

make people more self-sufficient through home gardening."

NEW OPPORTUNITIES

One goal of the extension service is to help residents make the most of the county's natural resources. "We try to tell people to diversify their operations and to look for new markets," she says.

For example, the light, sandy soil makes sweet potatoes an attractive option. Along with the East Kentucky Sweet Potato Growers Association, as well as other extension agents in the area, she has encouraged planting of that crop.

"Once you set the potatoes and get them growing, all you have to do is dig them and pick them up," she says. "They're not very labor intensive, and there can be a good return."

While she works to help others, Jenkins also puts the lessons to work herself. She and her husband, Austin, own a farm. They garden and grow hay, and they plan to move into beef production.

"I love having this opportunity," she says. "It's about getting to teach people while also getting to learn from them." 🗨️



KELSIE MAY

A classic country voice for a new generation

BY NOBLE SPRAYBERRY

The singing voice, unmistakably from Eastern Kentucky, matched the lyrics: “When you’re looking at me, you’re looking at country.”

That’s how Kelsie May introduced herself to the judges of the “The Voice,” as well as a national television audience watching at home. A year after her run on the talent show, the 17-year-old Louisa native is working to make sure that first brush with national fame was only a beginning.

This year, she released a six-song introduction: “Make Mine Country.” Also, she’s working to follow it up with a full album, but she takes nothing for granted.

“Being on ‘The Voice’ was such a huge confidence boost because I’ve always struggled with the confidence that I could do something like this,” she says.

AN EARLY START

Kelsie is the daughter of Roy and Elva May. The couple loved classic country music, playing it at home and in the car. Each of their five children was steeped in voices of artists such as Johnny Cash. “And Kelsie was like all of our children; they grew up with a book in their hand,” Roy May says.

Kelsie also showed an early interest in performing. “My mom managed an apartment complex,” she says. “I remember I dressed up in Disney costumes, and I would go door to door singing songs from the Disney movies. I loved all of them.”

As she grew, though, she found inspiration from another woman from Eastern Kentucky. “We have so many talented people from here, and Loretta Lynn came



Kelsie May, who earned praise for her appearance on “The Voice,” continues to build a country music career.

Photos by Marty Wayne Photography.

from Butcher Holler,” Kelsie says. “I admire her so strongly.”

PROFESSIONAL GOALS

Embracing a musical future was a thoughtful, deliberate choice, Roy May says. “When this all started, we sat down and had a big talk with Kelsie and made sure it was something she really wanted to

do,” he says. “It’s such a competitive business, and there are 10,000 people ready to step in front of you.”

Her parents manage her social media accounts. She takes online classes, earning straight A’s. She writes many of her own songs. And she has toured as far away as Missouri, Florida and even New York and Los Angeles.

But, Kelsie is also still very much 17. When asked the inspiration for the lyrics she writes, she says, “I like songs of the heart. I’m not going to lie. I think boys are cute, and I’m going to write songs about them.”

And while she is a fan of pop music, particularly the voice of Adele, she knows she won’t stray far from her heritage. Another Eastern Kentucky native, Chris Stapleton, showed her the way. His award-winning album, “Traveler,” hearkened back to the roots of country music.

“I’m so happy he’s shown everyone about this area,” Kelsie says. “He’s so, so talented, and I’m so happy real country music is coming back. I hope to be a part of it.” 📱



Kelsie May, who finds inspiration from her Kentucky home, works on an album of new material.

Julie Hill

PLAYING *in the* DIRT

A Q&A with Julie Hill, a blogger from Greenville, South Carolina, who shares her love and knowledge of gardening with readers.

Check out her blog
SOUTHERNWILDDSIGN.COM

Q: What do readers find at your blog?

JH: Blogs are an extension of who we are, and I am a dirt nerd through and through. I am far more comfortable in dirty clothes creating beautiful settings, observing wildlife and growing food, so the blog contains lots of advice on gardening with nature. You can also find a list of host plants for butterflies and follow along with my newest venture into a cut-flower market garden.

Q: Why did you become a blogger and how has it changed your life?

JH: Before I moved to South Carolina, I owned a nature center and butterfly farm in Texas and was fortunate to teach thousands of children and adults about gardening and nature. After I moved, I no longer had that outlet, so blogging became a new teaching platform.

Q: Is it necessary to condition your garden's soil before planting?

JH: Building good soil is the foundation for all successful gardens. And using compost is one way. It can be worked into the soil or top-dressed any time of the year.

Q: What are the earliest plants you should plant?

JH: The best time to plant trees and

shrubs is in the fall, when the soil is warm and plants are starting to direct their energies into growing their root systems. And there are flowering annuals and vegetables that can be planted virtually all year long. Just check the tags.

Q: For beginners, can you give suggestions on the easiest flowers and vegetables to grow?

JH: Look for those that are native to your area and check with your local extension agency or knowledgeable local nursery for guidance. Be sure to look at the plant tags for growing requirements. I've found that some of the easiest to grow include basil, bush beans, cucumbers, carrots and radishes.

Q: What are the big trends in gardening right now?

JH: There is movement back to our gardening roots as we are coming to understand our role as caretakers of this planet. I'm seeing a rise in the use of native plants that are water-wise and wildlife friendly. People are getting interested in flowers again, particularly pollinator-friendly perennials. And also, people are growing more of their own food. It is an exciting time to garden.

Q: What will visitors find growing in**OTHER GARDENING BLOGS WORTH READING:****▶ GARDENRANT.COM**

A blog filled with gardening ideas, including a section allowing readers to share ideas as well as gardening issues. Rant away.

▶ WWW.SMALLKITCHENGARDEN.NET

Don't have much room for a garden? This blog gives you ideas for gardening in a small space, so dig right in.

your garden this season?

JH: I have two raised beds for vegetables planted with lots of heirloom tomatoes, green beans, cucumbers and peppers. And I have a couple of large containers on the back deck for herbs. But the most exciting part of my garden this year is the addition of large beds of flowers that will be destined for bouquets. 🌸



JOIN THE POD PARTY!

PODCAST POPULARITY IS EXPLODING

By MELISSA SMITH

Americans are increasingly turning to podcasts for entertainment and information, with listenership almost doubling in the past few years. There's a reason these "radio-on-demand" shows are so popular; chances are there's a podcast on any subject you find interesting. With a broadband connection, it's easy to download a podcast over Wi-Fi and listen whenever you want.

Podcasts are free to download, and can be found using apps such as iTunes, Stitcher or Pandora. Look for some of these top-rated podcasts to get you started.

"BACK TO WORK"

Want to learn the secret to productivity? Writers and entrepreneurs Merlin Mann and Dan Benjamin host this show about examining the way you work. Learn more about maximizing your workflow, finding motivation and just getting more done. Your boss will thank you.

"SERIAL"

If you're looking for a mystery that will keep you in suspense week after week, check out Serial. Hosted by Sarah Koenig, this podcast takes listeners through one true story over the course of a season. The host doesn't know what will happen until shortly before listeners, and the plot unfolds weekly. Be sure to listen to episodes in order, as the story unravels chapter-by-chapter each week.

"AP PLAYOFF PULSE"

There's no shortage in podcasts for the

fanatics out there. Get your fix on the latest in recruiting and analysis of college and professional sports. The AP Playoff Pulse discusses the latest news in the college football world. Also, subscribe to CBS Sports Radio for all things college sports related, but you can most certainly get your March Madness fix here. Baseball fans will enjoy Baseball Tonight with Buster Olney. This non-television variation of the popular ESPN show is full of guests. They're mostly ESPN personalities, but other writers and sports know-it-alls make their way onto the show occasionally to engage listeners with facts and talk about the news. It's the next great American pastime.

"SPARKLE STORIES"

Tired of reading "Goodnight, Moon" over and over to your children before bed? Children's stories often stand the test of time, being passed down from generation to generation. But, if you're ready for something different and original, check out Sparkle Stories. They're original high-quality audio stories written just for children that always include a life lesson.

With a subscription, you get access to over 800 stories, but if you would like to try it out first, a free podcast is offered weekly.

"KID FRIDAY"

Kids today can use a lot of technology better than some adults. This video podcast, which can also be listened to without video, is dedicated to all things tech. Hosted by teenagers Hannah, Zoe, Dave and Winston (the poodle), your kids will enjoy listening to people their own age talk about the newest websites and apps.

"STUFF YOU MISSED IN HISTORY CLASS"

Let's face it, history class isn't interesting to everyone. This podcast covers interesting facts that are nowhere to be found in textbooks. Hosted by two journalists who really love random facts about history, Tracy V. Wilson and Holly Frey unveil all the cool stuff we never knew. Did you know hippos almost became one of the common meats we eat in America? You'll be the most interesting person at the lunch table with this new knowledge as a conversation starter. 🗣️



HEAVEN ON WHEELS

ROLLING OUT A CHRISTIAN MESSAGE

BY NOBLE SPRAYBERRY

When the Ransomed Riders roll into the annual Kentucky Bike Rally in Sturgis, they know their message of Christian faith faces challenges: nudity, alcohol and hard living.

“For years, it was one of the most lewd rallies in the country,” says Charles Castle. “It’s very taxing on us. We’re adults and have been around, but until we went to these rallies, I couldn’t conceive of what I saw. You have to be prayed up and strong, but we can’t wait to go back because of how effective it is.”

Castle is president of the Paintsville-based group representing the Christian Motorcyclists Association. Attending events such as the rally in Sturgis is part of their mission.

“We want them to see the Christian lifestyle and to see that you can be saved and still have a good time,” Castle says. “We go to secular locations because if we don’t go to where they are, how are they ever going to know us?”

The CMA members keep coffee flowing at rallies such as Sturgis, which is 350 miles from Paintsville. The group offers water and Gatorade as well. “All we have to do is listen,” Castle says. “They know where we are, and they know what we’re interested in. And sooner or later, the conversation comes around to that.”

Castle says he’s had tough bikers ask a simple favor: “Keep me in your prayers.”

While an important part of their



Members of the Paintsville-based Ransomed Riders and other clubs representing the Christian Motorcyclists Association gather for the Run for the Son fundraiser.

mission, establishing a ministry at bike rallies is only one way the group spreads a Christian message. They attend festivals throughout the region. They pray with riders about to race in competition. And — possibly most importantly — they set an example.

FAITH, MOTORCYCLES AND GIVING

Since making biking part of his life 11 years ago, Castle, who retired from the telephone industry, has logged more than 71,000 miles. He is also a member of Southern Baptist Disaster Relief, which provides a range of relief services in times of emergency.



A Ransomed Riders founding member, Charles Castle, with his wife, Donna.

Photos courtesy of Charles Castle.



Mark Grim, a Ransomed Riders member, prays with a young competitor just before a motocross race.

In 2006, Castle began to consider ways to blend his faith with the time he spent riding motorcycles. "We were just burning gas," he says. "I started thinking there might be something more we could do than just riding around."

He found the CMA, which is based in Hatfield, Arkansas. The organization is interdenominational and evangelistic. There are a total of 1,290 chapters in the United States and 32 foreign countries.

The organization is a leader of the Run for the Son fundraiser, a partnership with three other ministries. The effort has raised more than \$58 million during its 28 years in support of a worldwide mission. Local CMA chapters, as well as individual members, choose the fundraising strategies they feel work best.

For local chapters such as the Ransomed Riders, the CMA provides a framework, and the CMA patch is a sign a rider is a believer and a member. "If your conduct is not becoming of a Christian and you don't represent the CMA well, your patch can be pulled," Castle says.

Video training is available to those who are interested in spreading the religious message to the motorcycle community. "It doesn't tell believers anything they don't already know other than witnessing to a biker is different than witnessing to someone else," he says. "You have to be a little more careful in your approach. You have to earn the right to speak by earning their confidence. You take baby steps."

RANSOMED RIDERS

The first Thursday of each month, the Ransomed Riders meet at the Ponderosa Steak House in Paintsville. They gather at 6 p.m. for socializing with food arriving about 7 p.m.

There are 18 active members, but anyone can attend the meetings. "We don't recommend that people just join," Castle says. "We like for them to come and hang out with us for a while to make sure it is what they think it is before they commit."

After all, the group is not just another motorcycle club. It's a Christian mission outreach program, a responsibility taken seriously, Castle says.

Expect to see members at annual local events. They will often hand out water and field questions from anyone interested in their bikes or their message.

Also, they will help support motocross races, helping with chores like securing the hay bales used for safety on the track.

Members of the group lead a prayer for riders before anyone takes a bike onto the track for practice, and another prayer starts the competition.

But the group does more than lead prayers.

Each year in Kentucky, Ohio and West Virginia, Drew Wolfe's Action Sports Productions showcases about a dozen motorcycle competitions. He's worked with CMA groups for nearly eight years. "They came to me and said they would do anything they could do to help, and they just wanted to be a part of it," he says. "And they bring an excellent vibe."

Members of CMA chapters such as the Ransomed Riders help provide the labor needed to set up and tear down the venue. "I can't say enough about them, and I've never had a better group of people I've ever worked with anywhere," Wolfe says. "Really, I can't say enough."

At each opportunity, the CMA members quietly practice their ministry. "At the races, we also do bike blessings, which is a prayer with the rider," Castle says. "At a race this weekend, we did 35 or 40 bike blessings."

Members of the Ransomed Riders also often meet people deeply entrenched in the rougher circles of biker life who find a private moment to ask about religion.

A CMA member can never make assumptions about how a biker's appearance or affiliations define what's in the heart. They will talk and listen to anyone interested in their message. "Everyone is looking for what satisfies, and that's Jesus," Castle says. "Some of them just don't know it yet, but they can." 📞



Charles Castle leads a prayer for a group of motorcyclists who put faith first.

EGG-CELLENT OPTION

As Mother Nature ushers in the warm weather of spring, deviled eggs are hatching on tables throughout the South. Everyone has their favorite recipe — some like them sweetened with a little bit of pickle relish, while others prefer a more savory filling. Whatever the preference, no one is chicken about going back for seconds. Or thirds. Rarely is there a deviled egg left to be had on the platter.

Faith Price and her husband, Jeff, are owners of Shady Grove Farm in Lancing, Tennessee, an 80-acre spread along the Cumberland Plateau in Morgan County. Among the livestock raised on the farm are laying hens that produce eggs sold at nearby Dixie Lee Farmer's Market, as well as to those who stop by the farm to buy a dozen of the day's collection.

Raising chickens is a full-time job that keeps the Prices busy. "It's not difficult, but it takes a commitment," Faith says. "We have a portable coop that we move throughout the farm to help with debugging and to fertilize our fields. So our birds don't just give us eggs, they are employees as they do work for us."

But the best part is the product they produce — eggs. "We sell out very quickly, whether it is at the farm or at the market," she says. Whenever there are enough left over for the family, Faith says deviled eggs are a favorite. "They're a cool, refreshing side dish that hits the spot," she adds.


Deviled eggs are a beloved American dish. According to the U.S. Department of Agriculture, more than 1 billion eggs are typically sold in the week leading up to Easter. And while there is no official data that says deviled eggs are the most popular of all egg dishes, Google Trends research and social media conversation analytics point to that conclusion, says Kristin

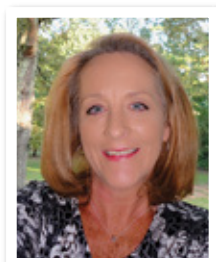


Faith Price cooks up a Southern favorite on the Tennessee farm she shares with her husband, Jeff.

Livermore, director of marketing communications for the American Egg Board.

"Maybe it's because deviled eggs are such a versatile dish," she says. "They are the perfect addition to any party or meal."

"Deviled eggs go with just about any dinner, whether it is a roast and potato meal or a simple hot dog and beans meal," Faith says. "We would eat them every week if we could keep eggs in stock for ourselves." 



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

PERFECT HARD-BOILED EGGS

Here's a quick and easy method for hard boiling eggs. For easier peeling, use eggs that are seven to 10 days old.

- Place eggs in a saucepan large enough to hold them in a single layer. Add cold water to cover eggs by 1 inch. Heat over high heat just to boiling. Remove from burner. Cover pan.
- Let eggs stand in hot water about 12 minutes for large eggs (9 minutes for medium eggs, 15 minutes for extra large).
- Drain immediately. Then, cool completely under cold running water or in bowl of ice water before making deviled eggs.

— American Egg Board

Here are several of the Prices' favorite fillings that go beyond tradition. They're not just for Easter anymore.

TRADITIONAL DEVEILED EGGS

- 1 dozen eggs, peeled, cut in half, yolks removed
- 1/4 to 1/2 cup mayo
- 1 teaspoon yellow mustard
- 2 teaspoons pickle relish
- 1 teaspoon pickle juice
- 1/2 teaspoon honey
- Salt and pepper, to taste
- Paprika for sprinkling on top

Mash egg yolks with ingredients except paprika. Fill egg whites with yolk mixture and sprinkle with paprika. Chill until ready to serve.

SAVORY EGGS

- 1 dozen eggs, peeled, cut in half, yolks removed
- 1/4 to 1/2 cup Miracle Whip
- 1 teaspoon yellow mustard
- 1 teaspoon Worcestershire sauce
- Salt and pepper, to taste
- Smoked paprika for sprinkling on top

Mash egg yolks with ingredients except paprika. Fill egg whites with yolk mixture and sprinkle with paprika. Chill until ready to serve.

SOUTHWESTERN DEVEILED EGGS

- 1 dozen eggs, peeled, cut in half, yolks removed
- 1 large avocado
- 2 teaspoons lime juice
- 1 teaspoon cilantro
- Salt and pepper, to taste
- Paprika for sprinkling on top

Mash egg yolks with ingredients except paprika. Fill egg whites with yolk mixture and sprinkle with paprika. Chill until ready to serve.

HONEY EGGS

- 1 dozen eggs, peeled, cut in half, yolks removed
- 6 tablespoons plain yogurt



Faith Price describes this versatile treat as "a cool, refreshing side dish that hits the spot."

WHAT THE DEVIL?

Deviled refers to any foods that have been prepared with hot and spicy ingredients, such as cayenne and curry, two spices often used to make deviled eggs. Deviled dishes were very popular throughout the 19th and into the 20th centuries, especially for seafood preparations and some appetizers.

— *The Encyclopedia of American Food & Drink*

- 2 teaspoons Dijon mustard
- 2 teaspoons finely chopped onion
- 1 tablespoon honey
- Salt and pepper, to taste
- Paprika for sprinkling on top

Mash egg yolks with ingredients except paprika. Fill egg whites with yolk mixture. Chill until ready to serve.

SWEET BACON DEVEILED EGGS

- 1 dozen eggs, peeled, cut in half, yolks removed

- 1 pound bacon, cooked and diced into small pieces
- 1/2 to 1 cup Miracle Whip
- 1 teaspoon parsley
- 1 tablespoon sugar
- 1 teaspoon chives
- Salt and pepper, to taste
- Paprika for sprinkling on top

Mash egg yolks with ingredients except paprika. Fill egg whites with yolk mixture and sprinkle with paprika. Chill until ready to serve. 📺



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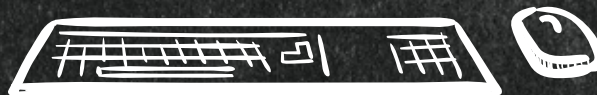
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