

The Foothills

SEPTEMBER/OCTOBER 2016

# CONNECTION

## TOUR SAVAGE FARMS

A family creates a  
tasty destination



## DOCKSIDE DINING

Floater's Restaurant & Grill  
satisfies visitors

## EMBRACING BLUEGRASS

Turning Ground strikes a sweet  
musical note



## What is your broadband story?

The internet touches so many parts of our society, but how does it personally impact you? We are looking for stories of people who use their broadband internet connection in ways that enhance or improve their lives. Do you:

- ▶ Subscribe to monthly box services such as Blue Apron (food), Stitch Fix (clothing), BarkBox (dog goodies) or Made South (products made by Southern artisans)?
- ▶ Publish books online?
- ▶ Run a home-based business?
- ▶ Create or stream video through Facebook Live, Periscope, Blab or YouTube?
- ▶ Play online games such as Minecraft, Call of Duty or Destiny?
- ▶ Take online classes through a community college or university, or courses through Khan Academy, Lynda.com or Treehouse?



We want to hear from you! Visit [www.howdoyoubroadband.com](http://www.howdoyoubroadband.com) and share your broadband internet story with us. We may contact you to be featured in a story for this magazine.

## Broadband: It's a matter of health

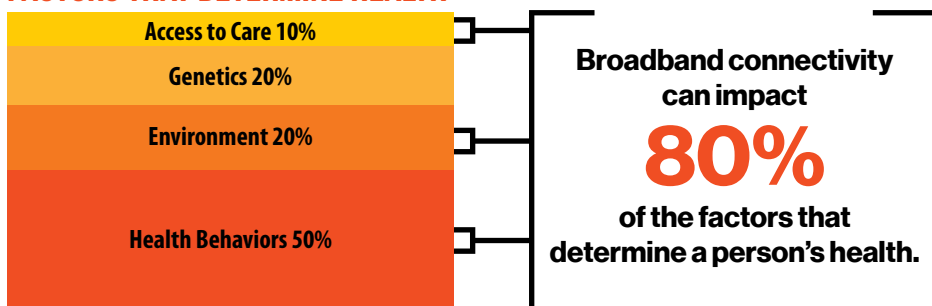
Rural health care is among the many important factors driving our commitment to build a robust broadband network.

Writing in The Huffington Post, health economist Jane Sarasohn-Kahn recently stated that “broadband is now a social determinant of health. Without connectivity to internet clouds, data platforms and telemedicine channels to specialists, rural health care providers and others in underserved communities will not be able to provide evidence-based care in ways that can scale in economically sustainable ways using 21st-century digital and telehealth technologies.”

Indeed, Maggie Elehwany, vice president of government affairs and policy for the National Rural Health Association, agrees, saying, “Not only do you need the appropriate internet connection, you need the appropriate bandwidth to do various types of telehealth.”

How much of an impact can broadband internet service have on a person's health? Quite a bit, apparently. “Only a portion of the public's health,” Sarasohn-Kahn writes, “is attributable to genetics.” A full 80 percent is attributable to access to care, environment and health behaviors, all of which can be impacted by broadband.

### FACTORS THAT DETERMINE HEALTH



Source: IFT; Centers for Disease Control and Prevention.



By SHIRLEY BLOOMFIELD, CEO

NTCA—THE RURAL BROADBAND ASSOCIATION

## Talk to candidates about the impact of rural broadband

With just two months until Election Day, you have the attention of candidates for national office. Those running for U.S. Senate and U.S. House of Representatives want you to know why they are best suited for the job, and chances are you will have an opportunity to attend a town hall meeting or similar gathering soon where you can hear them speak and share with them your concerns.

Earlier in the year, NTCA reminded both parties leading up to their national conventions that broadband is vital to enabling all Americans to participate in a vibrant national economy — and that it promotes civic engagement and critical access to essential services. Investments in rural communications touch all segments of the U.S. economy. In fact, the biggest benefit actually goes to urban America when a rural communications provider invests in their networks.

That message is even more powerful when it comes from you. It is so important to your communities that our national government supports rural broadband. NTCA has developed the fact sheet on the following page to help you share that message. Please use this information when communicating with candidates. Tell them your local telecommunications provider is dedicated to building a strong connected future, but they need their help to ensure continued success. See you at the polls! 🗳️

# KNOW YOUR NUMBERS!

Fact sheet for discussing the impact of rural broadband with your elected officials

## Economic Impact of Rural Broadband

Rural broadband companies have contributed

**\$24.1 billion** to the US economy in 2015,  
through their own operations and the follow-on impact of their operations.



**Over \$100 billion**

in e-commerce was supported by rural broadband,  
with the largest share drawn from the manufacturing sector.

Rural broadband services  
expand access for the nearly



of Americans living in rural communities,  
enabling the use of new technologies such as:



Distance Education



Telemedicine



Security

Learn more at [NTCA.org](http://NTCA.org)



High-speed internet access improves lives and has a positive impact on the economy, education and health care, according to recently released research.

"The Economic Impact of Rural Broadband," a recent report released by the Hudson Institute and commissioned by the Foundation for Rural Service, reveals the many economic and social

benefits of rural broadband access.

With 20 percent of Americans living in rural communities, it's crucial to keep these areas up to speed. Luckily, advocates such as NTCA—The Rural Broadband Association are boosting the efforts of independent telecommunications and broadband providers nationwide to deploy high-speed services to schools, libraries and more.

# You asked. We listened. Welcome to your new channel guide.

**I**t's hard to believe fall is already right around the corner. I hope everyone has enjoyed the summer! It just seems to pass by so quickly, doesn't it?



**RUTH CONLEY**  
Chief Executive Officer

There never seems to be enough time to get all the things taken care of we'd like to each year. Here at Foothills, I know we're endlessly working to improve on the services we offer, and we depend on our customers to help us know where those improvements are needed.

We've heard from many of you who subscribe to our cable service that the current channel arrangements are not optimal for the best viewing experience — and we agree with you.

To try and improve this, we have re-worked our lineup to group similar channels together so that local, sports, news, kids networks and other like channels are near each other in the menu guide for easier scrolling and access to related content.

We're also adding several new networks to our expanded and digital lineups at no additional cost to you.

Additionally, we're cleaning up our lineup by eliminating duplicate channels. Instead of having both a standard definition (SD) channel and a high-definition (HD) channel for a network like CBS, ABC or FOX, the SD channels will be removed.

Don't worry if your TV isn't high definition — HD channels are viewable from a non-HD TV with our set-top box.

These new changes are scheduled to become effective this September and will only apply to TVs with set-top boxes. TVs without a set-top box will not be affected and will continue to see the current channel lineup.

More info and the new lineup are currently available online at [www.foothills.net](http://www.foothills.net), or you can just give us a call.

While we strive for excellence, we recognize that we're not perfect. We are blessed with dedicated, enthusiastic employees who are open to change and who work hard daily to do the best we possibly can for our customers.

Reorganizing our channels to improve your TV-viewing experience is just one part of that. As a telecommunications cooperative, we're built by local residents for local residents, and we maintain that commitment.

We may not always be able to make all the changes we'd like or as soon as we'd like, but know that we are committed to listening to our customers and that we will make every effort to do what we can to respond to your wishes and needs. Keep talking — we're listening! 🗣️

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.

Foothills Communications  
P.O. Box 240  
1621 Kentucky Route 40 West  
Staffordsville, KY 41256  
[www.foothills.net](http://www.foothills.net)  
606-297-3501, Johnson County  
606-349-6111, Magoffin County  
606-673-3193, Lawrence County

## Foothills Mission Statement

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

Produced for Foothills Communications by:



## On the Cover:



Savage Farms is a family-owned haven for lovers of treats ranging from blueberries and preserves to maple syrup and sorghum. See story Page 12.



# GREAT PROGRAMMING — EVEN BETTER ORGANIZATION

*You asked for it, and Foothills delivered a new, better-organized channel lineup.*



Foothills customers now have easier scrolling and faster access to favorite shows and related content on their channel guide. Foothills has arranged similar channels into clear groups: Local, Sports, News, Kids, Community and Music. Premium channels are also closer together.

It's all available for everyone using a set-top box, so enjoy the new lineup.

## NEW CHANNELS

Foothills also added more than 11 new networks to select tiers at no extra cost!



In observance of Labor Day, Foothills Communications' office will close Monday, Sept. 5, and the cooperative wants to offer you something special.

**Enjoy free premium movies throughout the holiday weekend: HBO, Cinemax, Showtime, STARZ and STARZENCORE.**

That's right, from Sept. 3-5, watch channels 400-492 for a weekend full of free entertainment!

**HBO**  
**starz**

**CINEMAX**

**SHOWTIME**

**STARZENCORE**



## LONG-DISTANCE CALLING — FOR FREE

Foothills Communications' new extended local calling area brings more free calling options. That's right; calls to any of these "606" area code prefixes no longer incur long-distance charges. There's no need to dial "1+606." Simply dial the local 7-digit phone number.

### BLAINE

652

### CHAPMAN

673

### FALLSBURG

686

### FLAT GAP

265

### LOUISA

244

458

483

624

638

826

989

### ROYALTON

884

### PAINTSVILLE

220

264

367

463

482

788

789

792

793

887

963

### SALYERSVILLE

349

### STAFFORDSVILLE

228

229

297

372

527





# FABULOUS FARMS

*Go straight to the source for some of your favorite foods*

**F**arm-to-table food is a trend in the restaurant business, but now more than ever, farms are opening their gates to all. Take a tour and let your children learn where their food comes from, and then take it home and let the fresh flavors enliven your senses.

When you visit these farms, you get to experience that night's dinner from start to finish: No bar codes, no middle-man mark-ups and no tabloids in the check-out lines. Here are some places around the South that offer farm-to-table experiences that are deliciously fun.

## GREER FARM

1444 County Road 1125, Daingerfield, Texas

Everything's bigger in Texas, and at Greer Farm, things are no different. Stop by and you'll find big eggs — the best in the state, some say; packages of beef, pork, lamb and chicken; big jars of homemade jellies and jam; and trees laden with fresh fruits. Just take a walking tour and see for yourself what makes this farm such a popular destination for those wanting to know where their foods originate. There are nearly 400 acres to roam.

Want to stay a while? Rent one of the charming lakeside cabins.

Owners Sid and Eva Greer have been farming the land since 1999, but the restored farmhouse was built in the mid-1800s. "It's a very real farm — it's the way farms used to be," Sid Greer says.

- ▶ **Farm tours:** Self-guided walking tours during berry season; collecting eggs and feeding animals for overnight guests
- ▶ **Information:** 903-645-3232, 903-452-9738 or [www.greerfarm.com](http://www.greerfarm.com)



## TECH-SAVVY TRAVELER:

There are plenty of websites and apps to help you find recipes, but did you know these resources can also help you find fresh fruits and vegetables to make those dishes shine? For example, **Farmstand** ([farmstandapp.com](http://farmstandapp.com)) points you toward nearby farmers markets and **FarmStarLiving.com** helps you find farms and farm-to-table restaurants.







## SWEETWATER VALLEY CHEESE

17988 West Lee Highway  
Philadelphia, Tennessee

Just a short drive off I-75 brings you to a long driveway. Take a slight right at its end, and you'll arrive at the Sweetwater Valley Cheese plant and store. Continue straight, and pastures of dairy cows and milking barns come into view.

Sweetwater Valley produces 27 artisan cheeses and makes almost 300,000 pounds of cheese every year. You can view the operation through windows in the retail area, watching employees separating curds from whey as you shop for your favorite variety. Don't know which variety is best? There are plenty of knowledgeable staff on hand to help you through the "udderly" delicious process. John Harrison started making cheese in 1998, so with nearly 20 years in business, he knows his cheese.

"We want people to understand how the dairy industry contributes to feeding the world and how our farm, our cows and our cheese contribute to the local and world economies," Harrison says.

- **Farm tours:** Walking tours daily
- **Information:** 865-458-9192 or [www.sweetwatervalley.com](http://www.sweetwatervalley.com)

## JACK O' LANTERN FARM

Garage Road  
Muscle Shoals, Alabama

North Alabama has a variety of farms, but none is more popular this time of year than Jack O'Lantern Farm. Drive your car down Garage Road and park it in the lot. Outside the farm store, you'll be surrounded with orange orbs scattered around the parking lot and inside the farm store.

If you can find your way around all that orange, you'll discover that Jack O'Lantern Farm is about a lot more than pumpkins.

It's about free-range eggs, organic milk, beef, pork, lamb and chicken. And just last year, the farm received certification as Certified Naturally Grown for its produce. In the fall you'll find broccoli, cauliflower, Brussels sprouts, spinach, lettuce and tomatoes.

Steve and Connie Carpenter went into the farming business in 1996 with nothing more than pumpkins. Three years later, they moved and expanded into what the farm is today.

- **Tours:** Self-guided walking tours only
- **Information:** 256-712-2383 or [jacko-lanternfarm.com](http://jacko-lanternfarm.com)

## GLENMARY GARDENS

224 Old Abingdon Highway  
Bristol, Virginia

Getting to know your farmer and seeing how your food is grown are the best things about buying local, says Michael Richard, owner of Glenmary Gardens. And it's at his farm where you can come and pick your own homegrown fruits and veggies, or you can buy them pre-picked in the small shop located on the farm property. The fall crop includes rhubarb, apples, watermelons, cantaloupes, eggplants, heirloom tomatoes, peppers, pumpkins, squashes and an autumn crop of strawberries. Or, for a taste of something sweet, try the homemade jams, jellies, Italian strawberry cheesecakes and fresh eggs by the dozen.

It's an afternoon of fun for people of all ages, with wagons available for hauling in your pick of pumpkins and a creekside picnic area for anyone wanting to dine outdoors on a beautiful fall afternoon in the Blue Ridge Mountains.

- **Farm tours:** For families (if time permits) and school groups (at a nominal charge)
- **Information:** On Facebook (Glenmary Gardens) and 276-644-4999

## SPLIT CREEK FARM

3806 Centerville Road  
Anderson, South Carolina

Once you're on the property of Split Creek in the foothills of the Appalachians, you can't help but notice the warning sign: Goat X-ing. And don't be surprised if



Split Creek Farm, Anderson, SC

there's an "ambassador" goat out to greet you. The kids will love it.

There are more than 400 goats on the farm at any given time. "You can never have too many goats," says owner Jessica Bell.

Bell and her husband, Pat, have won awards for their feta, chevre and fromage goat cheeses. Visit the farm store and taste for yourself. The most popular cheeses include marinated feta and jalapeno cheddar. Also, the store carries Greek-style yogurt, probiotic smoothies, dessert cheese balls and fudge.

- **Farm tours:** Offered throughout the week; call ahead to schedule
- **Information:** 864-287-3921 or [www.splitcreek.com](http://www.splitcreek.com)

## GARDNER GIRL FARM

1336 Highway 1275 N  
Monticello, Kentucky

The drive along Highway 92 is a scenic one that leads you to Monticello, bound by Cumberland Lake on one side and the Daniel Boone Forest on the other. And no time of year is better than fall when the leaves are at their peak, making it a splendid time to visit Gardner Girl Farm. Looking for that perfect pumpkin? Or what about squash to make an autumnal dinner? They have plenty, ranging from acorn and butternut to Pennsylvania Dutch and plenty of heirloom varieties, says Sherry DeBord, who, with her husband, Steve, has farmed the land for more than 40 years. "We also have Indian corn and hand-painted gourds and will probably have tomatoes through November," she says.

While shopping for your produce, don't forget to pick up a jar of homemade jam, jelly or relish.

- **Information:** 606-307-0020 📞

# Low-key and lakeside

## Floaters Restaurant & Grill serves up casual delights

BY JOHN CLAYTON

Formal dining at Floaters Restaurant & Grill begins, well, never. “If you have on a shirt and shoes, you’re probably a little overdressed,” says Debbie Blackburn, who co-owns Floaters and the Paintsville Lake Marina with her husband, Bruce.

Floaters prides itself on great burgers and sunsets, serving up as many as 50 hand-pattied burgers on a busy day.

“It’s all fresh hamburger meat; we make our own onion rings and our own tartar sauce,” says David Gullett, Blackburn’s nephew who helps with the restaurant and around the marina. “We try to make everything as fresh as we can.”

The sunsets along Paintsville Lake are served up daily beyond Floaters’ outdoor patio, as weather permits.

The Blackburns own and operate the Paintsville Lake Marina, having bought it some three years after moving onto their 85-foot houseboat.

After making some upgrades and cosmetic improvements to the building, which also doubles as the marina’s general store, the Blackburns reopened Floaters in the spring of 2010.

“As soon as word got out that the food was good and the restaurant was clean, it took off,” says Blackburn, a former hairdresser who had worked in restaurants but had never managed one prior to Floaters.

Her husband still works as the superintendent of a coal preparation plant, but first he had the dream of owning and operating a marina, Blackburn says. “I said,



Paintsville Lake Marina’s Floaters Restaurant & Grill keeps customers happy with casual dining.



David Gullett serves up a Floaters speciality: soft-serve ice cream with a range of flavors swirled in.

‘Yeah, that’s going to happen in eastern Kentucky,’” she says, laughing. But it did, and the Blackburns jumped at the chance to buy it all — docks, general store, rental boats and Floaters.

Floaters opens as early as possible each spring and closes in late fall. “We try to keep it open as late in the year as we can,” says Gullett. “It all depends on the weather.”

Running Floaters and the marina has become more of a family affair for the Blackburns. In addition to their nephew Gullett, their daughter Jade lives in an adjacent houseboat and helps out.

A portion of the restaurant’s business comes from marina residents, as well

as those from the adjacent campground. Other “regulars” come from the surrounding community and help keep Floaters afloat.

“A lot of our regulars come in at least a couple of times a week,” says Gullett, a former coal worker.

“At lunch, a lot of them will call their orders in and then sit out on the patio and enjoy the view for the rest of the hour,” Blackburn adds.

The summer holidays, such as Independence Day and Labor Day, are big events for Floaters as fishermen and recreational boaters flock to Paintsville Lake.

“The Fourth of July is like our Christmas,” she says.

Blackburn says they also like to honor servicemen on Veteran’s Day each November as the days grow shorter and colder, just before the doors are shuttered for winter.

Then comes the wait for spring, which brings the return of the regulars to Floaters and of the anglers, hoping for a few bites and a little luck, to Paintsville Lake.

“We have a sign that says, ‘If you’re lucky enough to live on the lake, you’re lucky enough,’” Blackburn says. ☞





# TURNING GROUND

An original spin on classic sounds

By NOBLE SPRAYBERRY

**T**heir travels have taken them from Eastern Kentucky to as far away as North Carolina's Outer Banks — road trips that allowed them to showcase original bluegrass tunes to festivalgoers and paying audiences.



The members of Turning Ground are, from left, Evan Maynard, Kayla Amburgey, Nathan Arnett, Mike Daniels and Ralph Adams.

For the five members of Turning Ground, as with so many others from the area, playing music is a passion, an escape and, sometimes, a way to earn a little extra money.

They live in places such as Paintsville, Salyersville and West Liberty, and practice means juggling busy schedules. But since 2013, it's been worth it.

The story of Mike Daniels, of Paintsville, is typical of the group. For him, the key was a return to his father's Kentucky roots. "I was a Navy brat, and my dad retired after 20 years and moved back home to Kentucky in 1985," says Daniels of the relocation when he was 14.

The banjo was part of his family's history. His grandfather and father both played, and a friend of his father

helped Daniels refine his banjo technique. And after high school, Daniels hit the road. For 14 years, he played with Hylo Brown's band. Then, for another four years he put his banjo to work with Emma Smith from Hindman, Kentucky.

Eventually, however, Daniels decided to come off the road. He worked in the printing industry for nearly 20 years, but the decline of coal hit many businesses hard, and he was laid off. Now, he travels to a plant in West Virginia that makes auto parts.

He knew he'd found something special after he was asked to sit in with a fledgling bluegrass band. "When I heard the harmonies, I was in," he says. "Most of what we do is original material. We've got that traditional base for

our music, but we've got the contemporary sound with the vocals and the arrangements."

Nathan Arnett, who lives in Salyersville, has written about 90 percent of the band's songs. "I feel we would not be so far along without original material, whether it was mine or someone else's," he says. "I can write a song, and it might not work, so I've probably thrown a million away. But, there's not a night that goes by that I don't have a guitar in my hand to try to write a song."

Ralph Adams, a West Liberty veterinarian, and Arnett, a veterinary assistant, work together. While none of the band members plan on giving up their day jobs, the rewards for introducing people to their version of bluegrass goes beyond money.

"I like to make people

## ★ ★ ★ MEET ★ ★ ★ TURNING GROUND

- **EVAN MAYNARD** - mandolin and vocals: A construction worker and student, he lives in Ashland.
- **KAYLA AMBURGEY** - bass and vocals: A nurse, she lives in Hindman.
- **NATHAN ARNETT** - guitar and vocals: A veterinary assistant, he lives in Salyersville.
- **MIKE DANIELS** - banjo and vocals: An auto parts plant worker, he lives in Paintsville.
- **RALPH ADAMS** - guitar and vocals: A veterinarian, he lives in West Liberty.

happy, and we have people come away saying they didn't like bluegrass until they heard us," Adams says. "The good Lord has blessed us with some talent, and we just want to share it." 📱



Jessica Bray

# MUSIC *is her* LIFE

A Q&A with Jessica Bray, a blogger from Kentucky who writes about her love of country music.

Check out her blog at  
**KENTUCKYCOUNTRYMUSIC.COM**

**Q: What will readers find at your blog?**

JB: Kentucky Country Music is a personal journey of stories, interviews, road trip adventures, music history, reviews and more from my perspective.

**Q: When did you begin blogging and how has it changed your life?**

JB: I started writing in high school and then at Berea College for its newspaper and national publication, "Appalachian Heritage." The blog started in 2009 as a way to share my travel and concert experiences. I wanted to be able to show a positive image of Kentucky and the Appalachian region. Because of the blog, I have been fortunate to have met and interviewed legendary artists like the Oak Ridge Boys and have been given opportunities to attend red carpet events for Derby Eve and the Kentucky Music Hall of Fame Induction Ceremony. WFKY also allows me to do a country music news segment each week.

**Q: What does music bring to your life?**

JB: I have gained a lot of close friendships through music. One of those friendships has been with Sunny Sweeney. Because of her, I was able to go backstage at the Grand Ole Opry and meet Little Jimmy Dickens. Music brings back memories to different points in my life.

**Q: Do you play an instrument?**

JB: I broke my wrist when I was 10, so it makes it hard to play anything. I do have a mandolin, but I ended up collecting autographs on it instead of playing.

**Q: Do you think it's important to raise children with an appreciation for all kinds of music?**

JB: It's important for children to be exposed to the different styles of music. Whether it's country, pop, rap or even polka, each style reflects a different culture or religion in our country. You also learn that the roots of country music come from bluegrass, Appalachian folk and even rock 'n' roll.

**Q: What's your favorite kind of music?**

JB: Country music with the deep influence of Appalachia. I grew up on a farm listening to Loretta Lynn, Tammy Wynette, Conway Twitty, George Jones and Waylon Jennings. During my college years, and even now, I loved researching the roots of country music, as well as the craft of a good song.

**Q: What was the first concert you attended and where?**

JB: My parents took me to see Conway Twitty at Tombstone Junction, an old-time amusement park that unfortunately closed.



## OTHER MUSIC BLOGS OF INTEREST:

► **TWANGNATION.COM**

Praised by music veterans Roseanne Cash and Shooter Jennings, blogger Baron Lane looks to his Texas roots for inspiration when writing his blog.

► **BEAT-SURRENDER.COM**

Mix a little country with some folk, Americana, rock and indie and you'll have [www.beat-surrender.com](http://www.beat-surrender.com), a masterful combination of musical genres found in one single blog.

A lot of country music singers played there, including Johnny Cash and Dolly Parton.

**Q: What would be your dream concert if you could get a group of musicians together?**

JB: I have always said it would be neat to have Sturgill Simpson, Chris Stapleton and Angaleena Presley in concert. All three Kentuckians have made their mark recently in music. 📺



# SECURE YOUR ONLINE WORLD

## Simple, smart strategies for password security



Remembering passwords for websites or online services can certainly be confusing — but not nearly as confusing as sorting out your life after identity theft.

In fact, bad passwords are one of the top ways that hackers and identity thieves gain access to private information. “It doesn’t matter if you have the best

firewall in the world; bad passwords can still make you vulnerable,” says Michael Ramage, director of the Center for Telecommunications Systems Management at Murray State University.

With that in mind, here are some ways to be sure your passwords aren’t leaving you open for a cyber attack.

### ► DON'T USE A COMMON PASSWORD

People want a password they can remember, but many people keep it too simple. Hackers know common passwords, and those are some of the first ones they try if they are cracking your accounts. “Most people want the convenience over the security because they don’t think it’s going to happen to them,” Ramage says. Avoid these simple, commonly used passwords:

- 123456
- 1234567
- password
- monkey
- 12345
- letmein
- 12345678
- abc123
- qwerty
- 111111
- 123456789
- mustang
- 1234
- access
- baseball
- shadow
- dragon
- master
- football
- michael

Top 20 Most Common Passwords in 2014  
Source: SplashData Inc.

### ► USE STRONG PASSWORDS

The best passwords are chains of letters, numbers and symbols, rather than words that can be found in the dictionary. Using a known word and replacing “o” with “0” or “E” with “3” isn’t hard for hackers to figure out. “Hackers know that people do that,” Ramage says. “Any word that’s in the dictionary will be broken in a matter of seconds.”

Ramage suggests making a string of letters that mean something to you, such as the first letters of words in your favorite quote, song or Scripture verse. For example, instead of “baseball,” try Tmottbtmottc9, which is the first letter from each word in the first two lines of “Take Me Out to the Ballgame” and 9 for the number of players on the field. “It doesn’t have to be random letters; it just has to look random to the bad guys,” Ramage says.

### ► USE DIFFERENT PASSWORDS

Once you have a strong password, it can be tempting to use it over and over online. But that’s a mistake. Ramage says there are many cases where a person’s social media account has been hacked, which leads to other accounts being compromised because the same password was used. If hackers steal a password and user ID, they know to go and try that same combination at other sites. “A lot of times people think, ‘I have a strong password, and I’m going to use it everywhere,’” Ramage says. “How many other things that matter share that same password?”

### ► BE CAREFUL WHERE YOU PUT YOUR PASSWORDS

With the need for multiple strong passwords, it can be tough to remember them all. Ramage has seen plenty of password lists taped to monitors or keyboards. Such lists, especially in places where plenty of people come and go, pose a significant risk.

“It has to be private, and it has to be secret,” says Ramage. He suggests using an encrypted password database program such as 1Password, Last Pass, Password Vault or Key Pass. The programs keep all of your passwords for you, and with a browser plug-in, they can even automatically fill out your login information when you pull up a page. 📄



# Savagely delicious

A family grows a business with fruits, jams, jellies, syrup and more

BY JOHN CLAYTON

**L**ong before Keith Moore's name was on the deed, Savage Farms was home; he grew up there under the watchful eyes of his "favorite aunt" and connected with the soil, the way of life and the peace.

The general store his aunt and uncle — Glen and Marie Savage — ran sat just off the shoulder on Kentucky Highway 3 in Louisa.

Back then, they sold what folks needed and wanted on the way home or to the fishing hole, work or someplace else: a Coca-Cola for a nickel, ice cream, bait and the cane poles Keith Moore and his Aunt Marie used to fish the creek that now borders the blueberry and strawberry patches.

"I grew up here; I hunted here," says Keith Moore, a retired Kentucky State Trooper and current administrator at King's Daughters Medical Center in Ashland. "I left it in

the Savage name because they were like second parents to me." It was about family then as it is now.

## A FAMILY CONNECTION

Keith Moore and his wife, Jennifer, have teamed up to turn Savage Farms into a cottage industry that produces homemade jams and jellies, sorghum and even maple syrup, a surprise crop from the 1,500 maple trees located on the property, which were a surprise for the Moores.

"We didn't buy it with the intent of doing all this," Keith Moore says of his 2006 purchase of Savage Farms. "We bought it as a retirement place



Savage Farms is a family business for, from left, Wesley Hughes, Heather Pennington, Jennifer Moore and Keith Moore.

to just kick back in the country. It's kind of evolved into a berry farm, a maple-producing farm and a sorghum farm."

What was once a few blueberry and strawberry plants and some homemade jam for the family has turned into a year-round venture.

The maple trees are tapped, and syrup is made January through March; strawberries

follow around the first of May and into June; blueberries are ready for picking in July; and in the fall, sorghum is made.

In November, when most agricultural businesses are shutting down, it is time to prepare and ready the maple trees.

"People ask me all the time if there are that many maple trees here in Kentucky," Keith Moore says.





Savage Farms produces a range of products made from fresh ingredients grown on the farm.



Wesley Hughes and his fiancée, Heather Pennington, pick blueberries used to make products now on Savage Farms' shelves.



This year, Keith Moore has installed a state-of-the-art system for tapping the maple trees that ensures they will produce higher volumes than before, even if weather causes a “down year” for the trees.

The farm includes about 200 blueberry plants and 6,000 strawberry plants, a number that is to grow to some 21,000 next season.

“My vision is to have a family-grown business that will support at least half of each family,” Keith Moore says. “I’d like to see it support a couple of families, really. We want to keep growing and keep innovating.”

The Moores have worked to educate themselves on farming in general, attending statewide and regional conferences. They have also spent parts of the past two summers in Vermont to learn the business and craft of producing maple syrup.

“Keith is more of a classroom person,” Jennifer Moore says. “He is the reader; he’s the studier. Then, he comes back and teaches us.”

They call the seminars and lessons they’ve learned at Savage Farms “inspiring.”

“It’s great to know your craft, too,” Keith Moore says.

### GROWING A FUTURE

For a while, it looked as if police work would become the family business. Two older sons have followed Keith Moore’s footsteps into law enforcement, while younger son Wesley Hughes and fiancée Holly Pennington have embraced farming, at least on a part-time basis. Hughes recently purchased a neighboring farm, which included some 700 additional maple trees.

“We want to keep the family close together,” Hughes says. “We get out here and spend time with each other, and then we come in and eat dinner together. People don’t do that anymore.”

But people do want a taste of home — natural products that have been produced the same way for decades — Keith Moore has found.

“People want homemade products, and that’s what we’re trying to gravitate toward,” he says.

The problem can sometimes be keeping up with demand.

The Moores say trips to area

farmers markets are hugely successful, and they are usually sold out of produce and products within 20 minutes.

“We sell out every time,” Jennifer Moore says. “It’s really incredible.”

The Moores have installed a commercial kitchen on the property where Jennifer Moore, who works full time as a nurse at King’s Daughters, makes an entire line of Savage Farms products, including jams, jellies and maple butter to go along with the homegrown and home-produced maple syrup. She also makes organic soaps and lip balms.

“Everything I make is from scratch,” Jennifer Moore says, noting that her passion for creating in the kitchen was discovered as an adult. “It makes me feel good . . . There’s nothing more satisfying than to cook and for everyone to love it.”

Savage Farms has gained a reputation through the annual two-day Heritage Harvest Tour each September when as many as 400 people per day can visit the property and purchase Savage Farms products.

The internet could also expand the Savage Farms

brand worldwide, but, while they have thought about internet sales, the Moores say they’re content with serving the people who travel their way on Highway 3 and at local farmers markets.

“Our vision isn’t to get rich; it’s to supplement our income,” Jennifer Moore says.

“Everything we grow and make is gone already,” Keith Moore adds.

Besides, there’s a personal touch — an interaction with neighbors and visitors that takes Keith Moore back to that general store and the taste of ice cream after a day of fishing.

“People are interested; they’re inquisitive; they want to talk to a farmer,” says Keith Moore, who will retire from King’s Daughters at the end of the year to become a full-time gentleman farmer. “They want to know what’s going on.”

“The whole thing is just to keep us together as a family, and if we make a little money, fine. I really think it’s going to be a success story — not a get-rich story, but a success story for our family and what we do.” 📱

# AN APPLE A DAY

In the fall, the Cumberland Plateau blossoms into a distinct shade of red as apple groves lined with trees — their limbs burgeoning with heavy fruit — are ready for harvest.

More than 100 years ago, Henry Wooden planted the first trees that would become the family's livelihood for decades. The family is now into the fourth generation of Woodens caretaking his legacy, providing the people of the Tennessee Valley and beyond with the quality apples they've come to expect.

Following the death of Henry's son, Oren, the apple business was passed on to his two daughters, Carole and Sandy, and their husbands, Chubby Smith and Mark Burnett, respectively. Nonivee Wooden, who married Oren Wooden 51 years ago, continues to be involved in many aspects of the business.

The Pie Shop and The Apple House, which sell apples as well as other tasty items — turnovers, fritters, dumplings, cakes, jams and jellies — has been a part of the orchard for 21 years. The adjacent Oren's Orchard Cafe opened in the fall of 2014 and serves a bevy of country staples, as well as what you might expect: apple-inspired dishes, such as apple-stuffed pork chops, apple cider glazed ham and pork barbecue with apple cider barbecue sauce.

There's something about the plateau's climate that makes it ideal for growing apples.

"The cooler nights help color the fruit, and the cooler daytime temps help out in the hot summer months," Chubby Smith says.

And this year, Mother Nature has done a fine job. The apples are big, juicy and so tempting that you might want to bite into them before getting them home. But there's nothing better than saving a few for

LaBron "Chubby" Smith operates Wooden's Apple Orchard — which includes The Pie Shop, The Apple House and Oren's Orchard Cafe — with his family in Pikeville, Tennessee.



making all the sweet delights that apples can provide.

And for those of you who, like the Wooden family, have apple trees in your yard or nearby, it's a gift. "It's something we sometimes take for granted," Smith says. "But it really is a blessing to be able to pick our apples anytime we want."

Located near Pikeville, Tennessee, Wooden's Apple Orchard is a large, 120-acre spread filled with 20 varieties of apples, among them red and golden delicious, Granny Smith, Pink Lady, Braeburn, Fuji, Ambrosia and Arkansas Black. But the most popular by far are the Honeycrisp and Mutsu, Smith says.

"We like Golden Delicious best for our pies, but lots of varieties are excellent for cooking," Smith says.

If Wooden Apple Orchard is out of reach, you can find the apples at Food City. Smith says the apples are also shipped to Atlanta, Knoxville, Chattanooga, Nashville and some as far away as Florida.

So how 'bout them apples? Here are some of the Wooden clan's favorite ways to employ — and enjoy — them. 🍏

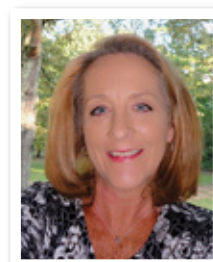
## IF YOU GO

**Where:** Wooden's Apple Orchard, 6351 New Harmony Road, Pikeville, Tennessee

**Hours:** The cafe is open daily until Thanksgiving from 11 a.m. to 7 p.m. The Pie Shop and neighboring Apple House, which sell apples, craft items, jams and jellies, are open 8 a.m. to 7 p.m. daily until Thanksgiving. If there are any remaining apples, both will remain open until Christmas or until sold out.

**Phone:** 423-447-6376

**Online:** [woodensapplehouse.com](http://woodensapplehouse.com)



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.



## APPLE BREAD

- 1/2 cup vegetable oil
- 1/2 teaspoon vanilla
- 2 cups sugar
- 3 eggs
- 3 cups self-rising flour
- 2 teaspoons cinnamon
- 2 cups apples, peeled and chopped
- 1 cup pecans, chopped

Heat oven to 350 degrees. Grease 2 (8- by 4-inch) bread pans. In a large mixing bowl, combine oil, vanilla, sugar and eggs. Mix until well-blended. Add flour and cinnamon and mix until well-blended. Add apples and pecans. Pour mixture into pans. Bake 40-45 minutes or until bread tests done. Let cool 10 minutes before removing from pans.

## PORK LOIN WITH APPLE STUFFING

- Pork loin (see note)
- Apple cider
- Honey
- Stale bread crumbs or cornbread
- 1 stick butter, melted
- 1 tablespoon ground sage

Seasoned salt

- 1 teaspoon onion powder
- 3 apples, thinly sliced

Place pork loin in slow cooker. Fill with apple cider until about 2/3 of loin is covered. Brush the top of pork loin with honey. Cook on low 8-10 hours or until done. Cool in refrigerator, then slice into 1-inch thick pieces. In a large mixing bowl, crumble bread crumbs or cornbread into fine pieces. Pour 1 stick of melted butter onto crumbled bread. Add 1 tablespoon of sage, a pinch of seasoned salt and 1 teaspoon of onion powder. Mix until well-blended. Add thinly sliced apples to the mixture. Lay slices of pork loin onto a large glass or metal baking dish, along with 1 cup apple cider. Put a spoonful of stuffing mixture in the center of each slice of pork loin and bake for 15-20 minutes at 400 degrees or until stuffing starts to brown.

*Note: Buy a pork loin that fits in your slow cooker, or you can cut to fit and freeze the remainder.*

## APPLE ALMOND SALAD

- 1 bag of spring mix or baby spinach
- 6 ounces crumbled feta cheese
- 1/4 cup slivered almonds
- 2 apples, chopped (Spray with lemon juice to prevent browning.)
- Handful dried cranberries

Toss all ingredients together and serve immediately.

## APPLE CIDER VINAIGRETTE

- 1 tablespoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1/3 cup apple cider
- 2 tablespoons lemon juice
- 1/3 cup olive oil
- 1/3 cup honey
- Salt and pepper, to taste

Combine all ingredients, mixing until well-blended. Serve over salad greens. 🍷

# APPLE RECIPES



# The Flavor of Fall



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