

The Foothills

NOVEMBER/DECEMBER 2017

CONNECTION

WEAVING A SIMPLER LIFE

Basket weaver inspired
by primitive arts

BECOMING A TRADITION

HomePlace Christmas
enters its fourth year

GADGETS TO GIVE

Your guide to the hottest
tech for the holidays





RURAL CONNECTIONS

BY SHIRLEY BLOOMFIELD, CEO
NTCA-The Rural Broadband Association

Cybersecurity is everyone's duty

Now that November has rolled around, the time for scary movies, spooky costumes and Halloween parties is over. At NTCA, we also just finished a month-long focus dealing with something just as scary — the cybersecurity threats facing our country.

The U.S. Department of Homeland Security declared October as National Cyber Security Awareness Month and November as Critical Infrastructure Security and Resilience Month. The two designations draw awareness to the danger cyber criminals pose to institutions, businesses and individuals, and it underscores the responsibilities of actively protecting our internet-connected systems.

Today, everything from traffic lights to banks to pharmacies relies on the internet to function, and it is crucial we work to keep these systems secure. One vulnerable computer is enough to leave an organization open to cyberattack.

While online criminals are nothing new, they also show no signs of going away. Cybersecurity is a top issue for NTCA, and I know your telco is working hard every day to ensure your network stays safe and secure. From talking with experts around the industry, here are some things consumers can do to help stop cyberthreats:

- Download and install new updates to your computers and mobile devices.
- Create complex passwords and keep them secure.
- Do not download “free” content or programs from non-reputable sites as they often contain dangerous malware.
- Consider a career in cybersecurity. Federal agencies and private firms are constantly hiring in this expanding field. ☑



BY DREW WOOLLEY

Before Hurricane Harvey even made landfall, telephone cooperatives throughout Texas were deciding how to support each other. Lines of communication opened directly between telcos, and the Texas Statewide Telephone Cooperative Inc. (TSTCI) helped companies along the coast plan for sharing manpower, equipment and generators.

That spirit of camaraderie is part of the cooperative mission, but it also extends beyond the cooperatives themselves. When YK Communications received a phone call from Matagorda County officials at 4 a.m. the morning of Aug. 28 asking for help setting up an emergency operations center, the telco was quick to offer their own offices as a headquarters.

“The fact that those relationships exist is pretty impressive for YK, but that’s also the kind of story you could have heard anywhere in Texas,” says Weldon Gray, CEO of TSTCI.

There are few organizations that understand the importance of giving a helping hand more than Star Communications in North Carolina. When Hurricane Matthew struck in 2016, Star’s main offices were flooded, along with the majority of its nearly 1,500-square-mile coverage area.

VP of Sales and Business Operations Kyle Randleman recalls wading through septic water in the cooperative’s offices to recover thousands of paper records. But he also remembers how Atlantic Telephone Membership Cooperative stepped up to provide generators and extra technicians to help Star get back on its feet.

“We’ll never forget that,” Randleman says. “I think independent telcos sometimes think of themselves as islands, but one of the things I learned is that sometimes you need to not be afraid to let your guard down and ask for help.”

Throughout the Harvey recovery, TSTCI has received offers from cooperatives as far away as Iowa for donations of surplus copper cable, and associate members like CoBank have begun setting up disaster funds throughout the state. ☑



Colorado Valley Telephone Cooperative and Brazoria Telephone Company have also set up accounts for donations to help employees and others in their service areas who lost their homes and possessions in the storm.

Checks for Colorado Valley can be made out to CVTC Employee Charity Fund and mailed to CVTC Employee Charity Fund, Attn: Finance Department, P.O. Box 130, La Grange, TX 78945. PayPal donations can also be made directly to cvtcharveyrelief@coloradovalley.com.

Anyone who wants to support the Brazoria Telephone fund can donate to the “BTCL Hurricane Harvey Relief Fund” at youcaring.com.



BY DREW WOOLLEY

Anyone using technology in the last few years has heard about the importance of cloud computing, but it can sometimes be difficult for people to put their finger on what exactly it is.

Think of it this way: In the past, people had to download applications directly onto their computer or device to use them. With the cloud, those same programs are accessed through the internet.

If you check and send emails from your phone, that's using the cloud. Even posting photos and messages to social media like Facebook takes advantage of cloud technology. Your information is saved somewhere other than your computer, meaning it can be accessed from any other device as long as you have an internet connection.

That flexibility makes cloud technology a game-changer for individuals and businesses. For growing companies that aren't sure what their exact bandwidth needs are, it provides flexibility. For that friend who lost their phone with all the great vacation photos, it acts as a

convenient backup. The cloud can even help people across the globe collaborate on projects in nearly real time.

Research from software company Druva indicates that as businesses learn more about how cloud technology works, they trust its security over their own ability to back up important information. In a survey, 82 percent of people cited the ability to recover from a disastrous loss of data as one of the primary reasons to move their information to the cloud.

It's no wonder, then, that cloud technology has been on the rise and is a focal point for some of the world's biggest companies. Amazon and Microsoft both offer cloud computing services. Also, providers such as a telco in Tennessee have created services like NowCloud. In 2018 and beyond, the cloud is expected to reach even greater heights. ☁

30% The portion of Microsoft's revenue expected to be generated by cloud-based software in 2018. (Forbes)

83% The percentage of work conducted in the cloud by small- and medium-sized businesses. (RightScale)

68% Year-over-year growth for Amazon cloud services in 2017. (Forbes)

6X The rate at which cloud computing spending is expected to outpace all other IT spending from 2015 to 2020. (IDC)

\$180 BILLION Global spending on cloud technology in 2015. (Bain & Company)

\$390 BILLION Forecasted global spending on cloud technology in 2020. (Bain & Company)

89% The share of Amazon's operating income generated by Amazon Web Services in the first quarter of 2017. (Amazon)

Survey says: Rural telcos are overcoming challenges to serve you

Despite plenty of obstacles, telcos like Foothills are winning the battle to bring broadband to rural America according to a recent survey — and we're doing it through our commitment to serve you.



RUTH CONLEY
Chief Executive Officer

"NTCA members are the proven broadband-solutions providers for their communities, living in the communities they serve and providing critically important broadband service to community anchor institutions," says NTCA Manager of Economic Research and Analysis Rick Schadelbauer. "In so doing, they make significant contributions to the safety, health and overall well-being of their customers. Their service helps facilitate the overall viability of rural America."

Schadelbauer authored the "NTCA 2016 Broadband/Internet Availability Survey Report," which is full of interesting information. For instance, customers demand faster broadband speeds, and telcos like Foothills invest millions of dollars into meeting those demands.

One particular line item from the survey is worth highlighting because I think it explains why we do what we do. According to the data, the median telco responding to the survey serves four public service entities; three primary or secondary schools; one public library; one hospital or medical clinic; as well as 911 call centers, post offices and city halls.

When people think of our communities, these are institutions that give us our identity and that residents count on daily. Serving them is a pleasure for us, but also a duty stemming from our commitment to improving our community.

But, as the survey results make clear, it's not easy.

The results underscore some of the challenges we're so familiar with here at Foothills. Almost nine out of 10 telcos surveyed said the high cost of construction and materials is a significant barrier to improving their networks with more fiber. Other barriers identified on the survey included regulations and regulatory uncertainty, delays in receiving orders of fiber optic cable, and the long distances the network has to cover to reach rural residents.

The rural nature of our service area has always been a major challenge. While I've seen numbers suggesting urban and suburban telcos serve more than 120 customers per square mile, most of the NTCA survey respondents reported serving areas with only 1 to 5 customers per square mile.

As you might imagine from those numbers, urban telcos can collect much more money by running fiber to cover a square mile and serving 120 customers, compared with rural telcos only serving one to five customers from the same investment in fiber.

Reading those numbers, some would ask the obvious question: Why build such an expensive network in such a hard-to-serve area?

To answer that, I would refer to that first item I mentioned. You have to look at who we serve: schools, hospitals, fire departments and law enforcement. The institutions you count on all count on us to keep them connected. Without the hard work borne from our decades-long commitment to you, these pillars of our community might not have the connectivity they need to serve our communities.

I'm pleased with the insights the NTCA survey provides, and I'm willing to predict the results of the next such survey: Despite the expense, despite the risks and despite the uncertainty from regulation, telcos like Foothills will still be here serving our communities. Thank you for counting on us. 📞

The Foothills

CONNECTION

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Foothills is a member-owned cooperative that has been serving residents and businesses in eastern Kentucky since 1951. In the early days, we only offered telephone service over copper wires. Over the years, we have expanded our network and now provide broadband Internet and cable TV services over fiber-optic facilities to much of our service area. Our service area includes Magoffin County and portions of Johnson County and Lawrence County. We love being part of the communities we serve; our customers are our families, friends and neighbors.

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Foothills Mission Statement

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

Produced for Foothills Communications by:

WORDSOUTH
— A CONTENT MARKETING COMPANY —

On the Cover:



Sarah Patrick's basket weaving was inspired by a locally renowned Kentucky midwife who created baskets from willows.
See story Page 12.



FOOTHILLS' FREE MOVIE WEEKENDS

- ▶ **Nov. 23-26:** STARZ and STARZ ENCORE
- ▶ **Dec. 2-3:** HBO
- ▶ **Dec. 9-10:** Cinemax
- ▶ **Dec. 16-17:** Showtime
- ▶ **Dec. 23-Jan. 2:** All movie channels

*A set top box is required for viewing. Parental control is available.

Don't miss HUGE GIVEAWAYS!

Anyone who signs up for select services before Dec. 31 will be entered into a drawing to win a special prize.*

INTERNET CUSTOMER

Beats Wireless Headphones

CABLE CUSTOMER

Sonos Playbar System

PLATINUM CUSTOMER

Bose Radio

*Items must be claimed within two weeks of being announced.



TOY DRIVE

BRIGHTEN SOMEONE'S
CHRISTMAS WITH A
DONATION TODAY

Bring a new, unwrapped toy by the Foothills office by Friday, Dec. 8, and Foothills will make sure it finds a home with a needy child.

Also, all participants will be entered for a chance to win a \$200 Visa gift card.

HOLIDAY CLOSINGS

- ▶ **THANKSGIVING:** Thursday and Friday, Nov. 23 and 24
- ▶ **CHRISTMAS:** Friday, Dec. 22 — closed at noon — and Monday, Dec. 25
- ▶ **NEW YEAR'S DAY:** Monday, Jan. 1



Holiday Special:

FREE ACTIVATION!

Foothills Communications is offering free activation during the months of November and December for all customers who add special calling features or a premium movie package.



TREE TRADITIONS

Bluebird
Christmas
Tree Farm

Choose-and-cut Christmas tree farms make family memories

There's nothing quite like a freshly cut Christmas tree, including the aroma of pine, whimsical decorations on its branches and presents beneath its boughs. While the tree lasts just a few short weeks, it can help create lifelong memories.

Searching for the perfect tree, cutting it down and bringing it home is old-fashioned family fun. Here are some farms around the South that allow you to cut your own tree, plus some farms that do a little extra to celebrate the Christmas season.

Bluebird Christmas Tree Farm

985 Brushy Valley Road, Heiskell, Tennessee

Customers have returned for more than 20 years to this 7-acre farm in a scenic mountain valley on the edge of the Cumberland Plateau. "It's certainly a family tradition," says owner Joseph Collins, who adds that each holiday season also brings first-time visitors.

The farm does not allow chain saws but provides hand saws if you don't bring your own. And if cutting your tree is too difficult, folks on the farm will do the job for you. Most people prefer cutting a tree themselves, Collins says.

Bluebird's gift shop features locally made items, such as jams, butters and honey. Also, the store offers wreaths, garlands, handmade toys and ornaments. A historic log cabin provides a look back in history.

▲ **Trees for cutting:** Norway spruce, Leyland cypress and Virginia pine

▲ **Prices:** You can buy a "Charlie Brown" tree for \$10. Other prices range up to \$200, depending on tree type and size.

▲ **Information:** 865-457-5682 or online at bluebirdtrees.com

Old Dairy Christmas Tree Farm

3273 McClain Circle, Gadsden, Alabama

Mark and Lisa Stephenson are opening Old Dairy Christmas Tree Farm for the first time this year. "We sold a few to family and friends last year, and they plan to come back this year," Lisa Stephenson says. "I have watched a family sit down around a tree

and sing carols. That's one of the reasons I wanted to start the tree farm."

And while you search for a perfect tree on the farm, sip on a cup of hot chocolate that the Stephensons offer to ward off winter's chill. They also sell fresh wreaths. Call ahead to place your order.

Chain saws are not allowed. Hand saws are provided, or your tree can be cut for you at no charge.

▲ **Trees for cutting:** Leyland cypress, Murray cypress and Carolina sapphire

▲ **Prices:** Start at \$35

▲ **Information:** 256-504-8658 or on Facebook



Hollow Creek Tree Farm

Hollow Creek Tree Farm

228 Windmill Road, Gilbert, South Carolina

A day at Hollow Creek Tree Farm is all about family, including the family dog. "We're a dog-friendly farm," says owner Mike McCartha, whose dad, J.W. McCartha, started selling trees in the late 1970s to supplement his income after retiring from the Merchant Marine.

In the beginning, J.W. McCartha brought in trees from his brother's nearby farm. Now, 15 of the farm's 36 acres are planted with trees ranging in height from 4 feet to more than 20 feet.

Bow saws are provided — no chain saws allowed — or Mike McCartha will do the cutting for you.

Weekends on the farm feature free hay rides. You can also stop by the gift shop and sip on free coffee or hot chocolate while you shop for a fresh wreath for your door, handmade bows for your gifts or a stand for your tree.

▲ **Trees for cutting:** Leyland cypress, Murray cypress, Carolina sapphire, blue ice cypress, Virginia pine, white pine,

Burkii cedar, Deodar cedar, Thuja green giant, Hollow Creek slims

▲ **Prices:** \$7-\$13 per foot, depending on size and variety

▲ **Information:** 803-892-3662 or www.hollowcreektreefarm.com



Plantation Pines

Plantation Pines Christmas Tree Farm

10098 County Road 429, Tyler, Texas

This is the first year running the Christmas tree business for Burren and Heather Reed, but it's nothing new for them. She grew up in the business with her parents, Nick and Nancy Wiggins.

Last year, the Reeds took over the business and are now prepared for the masses of shoppers who come to their farm in search of the perfect tree.

Visitors can take hayrides, sip hot chocolate, warm up around a campfire, make s'mores, shop in the gift shop and more.

"It seems that every year more and more families come to share in the experience, and I'm excited to see the next generation of families come through the farm as we transition into running it,"

Heather Reed says. "We love the family traditions — that's what we're all about!"

Chain saws are not allowed, but hand saws are provided.

▲ **Trees for cutting:** Virginia pines

▲ **Prices:** \$7-\$8 per foot

▲ **Information:** 903-595-2046 or www.plantationpinesfarms.com

Cathole Bend Christmas Tree Farm

1243 Cathole Bend Road, Lancaster, Kentucky

Steven McManus began planting evergreens in 2004 and is now one of a handful of farmers in Eastern Kentucky who open their fields during the holiday season.

In addition to cutting a tree, you can choose from balled and burlapped trees so that you can have a tree to plant after the holidays. If you do purchase a live tree, do not bring it inside until a day or two before Christmas. That's the best way to ensure its longevity.

If you want to cut your own — no chain saws allowed — McManus says he provides bow saws with high-quality European blades that cut through the wood with relative ease.

To ward off the day's chill, Cathole Farm offers free hot chocolate and coffee.

▲ **Trees for cutting:** Norway spruce, white spruce, black hills spruce, Canaan fir, Fraser fir, Meyer spruce and white pine

▲ **Prices:** Start at about \$40

▲ **Information:** 859-985-7044



Old Dairy Christmas Tree Farm

Photos courtesy of the associated tree farms.



A festive new tradition

Mountain HomePlace
Christmas keeps
growing

BY JEN CALHOUN

As farm manager for Mountain HomePlace, Russell Honeycutt knows there are plenty of reasons visitors love the 19th-century farm and tourist attraction.

After all, it's not everywhere people get the chance to imagine life as it was in the Appalachians 150 years ago.

Now, even more people are visiting the farm each year thanks to Mountain HomePlace's annual Christmas celebration.

HOT CHOCOLATE AND SPARKLING LIGHTS

The event, which started three years ago, has become a gathering place for families and friends hoping to enjoy a traditional Christmas experience. Each

day, guests can marvel at the thousands of lights or roam through an old log cabin while eating cookies and drinking hot chocolate. They can check out the live nativity scene and listen to carolers in a barn built in the 1850s. They can take a ride in a horse-drawn carriage and watch the lighting of a stories-high Christmas tree.

This year, the event is Dec. 8, 9, 15 and 16 from 6 to 9 p.m., with the Christmas tree-lighting ceremony on Dec. 8.

A NEW CHRISTMAS RITUAL

For many families, the HomePlace Christmas celebration has become an annual tradition, Honeycutt says. Last year, between 1,200 and 1,500 people attended. He expects that number to increase in the coming years.

And while he's not sure where all the visitors are coming from, he knows a few have traveled from other states. It's a trend he believes will continue. "It's growing every year," he says. "I think it's going

to be one of the biggest Christmas events around here. Eventually it's going to be a mega-Christmas event."

This year, the celebration will offer thousands more lights than last year. Visitors will drive through 14 lit archways as they near the gates to the 7-acre farm. They can expect to see several lit and decorated Christmas trees. The main Christmas tree for the event, a 32-foot live evergreen, will hold more than 3,000 lights and a star on top.

During the tree-lighting ceremony, participants are led in prayer before a countdown to the lighting begins. "Everybody joins in on it," he says.

Aside from all the sparkling lights, other decorations largely will be simple and vintage. Presents under the Christmas trees will be wrapped in brown paper or burlap to keep a old-time atmosphere.

In addition to the other festivities, musicians will play inside the kitchen of the cabin. Visitors can purchase Kentucky-made soaps, preserves, wood products,



The 2016 Mountain HomePlace Christmas celebration brightens up families' holidays with a tree-lighting ceremony, Santa visits, a live nativity and horse-drawn carriage rides.



Photos courtesy of Ray Reader.



yard ornaments, quilts and books about the Appalachian region at the farm's gift shop.

Honeycutt says the low admission price of \$5 is another part of the allure. Admission includes a horse-drawn carriage ride. "It's probably one of the least expensive Christmas events that anybody can get into for all we offer," he says.

HISTORY REPEATED

Mountain HomePlace has long been popular for more than Christmas. Tourists, school groups and wedding parties have enjoyed the living history of the Staffordsville farm since it opened in 1995 adjacent to Paintsville Lake State Park. The farm is a re-creation of a mid-19th-century community and includes the Museum of Appalachian History.

The 1850s-style working farm includes authentic buildings from the period that were preserved and moved from other locations in the region. One of the buildings on the property includes a double-pen cabin, part of which was built in 1855. A different

part of the cabin was built in 1865. Tour guides and park workers wear clothes from the period. They demonstrate skills and crafts, like quilting, tending to farm animals or making horseshoes. Farm animals include horses, donkeys, sheep, chickens, goats and more.

Other buildings include an 1889 one-room schoolhouse, a church, a blacksmith shop and a barn. The Pines Amphitheater was built in the early 2000s, and it seats 700 people and is open year-round.

Earlier this year, a group of school-children visited the farm for a field trip and experienced what it was like to plane wood. The hands-on activity was a favorite. "Some of them said it was the best field trip they ever had because they got to participate," Honeycutt says. "There are also times when we'll have a horse out there pulling a disk or a plow. We also do tours of the farm with a horse and wagon and a horse and carriage."

The activities tend to win over people of all ages, Honeycutt says. Mostly, they like

the feeling of being transported back in time. "It means different things to different people, but I think the older people enjoy it because it brings back memories," says Honeycutt, who is 59.

Growing up, he remembers using at least a few of the same farming techniques as they did back in the 1800s. And while he admits it was hard work, the time period was less complicated than today. "We thought we had it hard back then," he says. "But it was really simple. It was nice." 🗨️

if you go ...

WHAT: Mountain HomePlace Christmas

WHERE: Mountain HomePlace, 745 Kentucky Route 2275, Staffordsville

WHEN: Dec. 8, 9, 15 and 16 from 6-9 p.m.

FOR MORE INFORMATION: 606-297-1469



GADGET Gift Guide

BY LUIS CARRASCO

The holidays are a time to get together with family and friends and share joy and laughter and maybe a gift or two. There are few sweeter feelings than making someone happy by giving them what they've always wanted. Of course, you can also enjoy the time-honored tradition of hint-giving by leaving this magazine casually open to this page, maybe even draw — casually, casually — a giant red circle around your favorite gadget. Either way, get ready to enjoy a high-tech holiday with those you love.



'STAR WARS: JEDI CHALLENGES'

Remember that scene in the original "Star Wars" where Luke wears a helmet with its blast shield down and deflects lasers from a training drone? You'll look about as silly as he does but feel 10

times cooler as you wear this augmented reality headset and battle the likes of Darth Maul, Kylo Ren and Darth Vader himself. Along with lightsaber duels with your favorite bad guys, "Jedi Challenges" also lets you play a strategy game and even holochess. The kit comes with a lightsaber controller, an AR headset and a tracking beacon, but you still need a compatible Android or iOS smartphone to run the game app. **Available at Best Buy or Lenovo.com for \$199.99.**

AUTOMATIC PRO

Plug an Automatic Pro adapter into any car's standard diagnostics port to monitor everything from its location to engine diagnostics from your smartphone. The Automatic Pro app can tell you the problem behind that check engine light, keep an eye on your family's progress while they're on the road, and even call emergency services automatically if there's a crash. **Available at automatic.com and Amazon for \$129.95.**



ECHO SHOW

The Amazon Echo launched in 2014 as slightly more than a glorified Bluetooth speaker. But it quickly added functions and partner apps that have made it the device to beat as the nerve center of a smart home or as a viable personal assistant. The Echo Show adds a 7-inch touchscreen, which means now — along with the Echo's ability to type up your emails, control your smart home devices, shop on Amazon, etc. — you can use YouTube, make a video call, look up a recipe or watch the news. **Available on Amazon for \$229.99 or a two-pack for \$360.**



LEGO BOOST CREATIVE TOOLBOX

This 840-piece set lets you build five progressively more challenging models and is basically a starter robotics kit. Although it's recommended for children ages 7 through 12, it's hard to imagine adults who won't have fun helping put together everything from a robot that dances and tells jokes

to an automated production line that builds smaller Lego models. The kit comes with Bluetooth connectivity; two motors; and tilt, color and distance sensors. A tablet is needed for instructions and to program your creations. **Available at Lego.com and most retailers for \$159.99.**



Kid-friendly streaming

A world of content and parental control



My kids will never know the agony of waiting until Saturday morning to watch their favorite cartoons. Nor will they ever need to adjust the “rabbit ears” to make the screen a little less snowy. Thanks to DVRs, streaming and high definition, my kids have access to their favorite shows every day of the week in crystal-clear quality.

For those of you who are curious, streaming has nothing to do with water in a creek. It’s all about watching videos over the internet. Some people prefer this method of TV, as it allows them to watch the shows they want when they want, without having to sit through lots of commercials. I must admit, I love that there are fewer commercials during kids shows as it reduces the amount of “Mom, I want THAT” I typically hear when the kids see their favorite shows. So how do you “stream”? There are three key things you need:

1 A high-speed internet connection, preferably a broadband connection for the best signal. If you want to stream on several devices at once, you’ll need a faster connection.

2 A device with streaming apps installed, such as a smartphone, tablet, computer, or a streaming stick attached to your TV such as Roku, Amazon Fire TV Stick or Apple TV.

3 A streaming app that has the content you want to view. There are several different streaming apps available, with Netflix being one of the most popular.

If you already subscribe to Netflix for your own viewing, you can set up profiles for different members of your household. You can assign a “teen,” “big kid” or “little kid” status to your children’s profile. This keeps them from viewing shows that may be inappropriate. However, if you are looking to just stream content for kids, there are many other free options out there that would be just as good, if not better than what Netflix offers for kids. ☎



CARISSA SWENSON
IS A TRAINING
AND EDUCATION
CONSULTANT
FOR CONSORTIA
CONSULTING.

Here are some streaming apps I recommend for kids:

- **YouTube Kids** – A good option for bigger kids who know how to search for the types of shows they enjoy.
- **WATCH Disney** or **WATCH Disney Junior** depending on the age of your kids – Includes episodes of all your kids’ favorite Disney Channel shows.
- **PBS Kids** – Has all your kids’ favorite PBS shows including “Sesame Street” and “Curious George.”
- **PlayKids** – A good option for entertaining preschool-aged children.

As I’ve mentioned before, screen time should just be a small part of your kid’s day. By choosing how your child watches their shows and how they access them, you maintain a little more control over what they are seeing and learning.

Parenting Tip

Need help setting limits for your kids’ screen time?

Healthychildren.org has an interactive Family Media Planner that can help you establish guidelines for when it’s OK and not OK for your children to use their electronics.

Weaving a business

A basket-maker finds peace in an age-old skill

BY JOHN CLAYTON

The simple life suits Sarah Patrick just fine. There's a steady calm around the hills of Salyersville that lends itself to the old ways, even the ways learned with a 21st-century twist.

"It's pretty rustic," Patrick says of life with her husband, Larry, a Church of God minister. "We live at the head of a hollow, and it's by choice that we live here because it's really peaceful. I lean toward a self-sufficient lifestyle. I'm not quite there, but I believe I could do it."

As Patrick, 62, started to seek a connection with nature and the primitive arts, she began with one of the most basic among them — basketry.

As a teenager in the 1970s, Patrick was fascinated by the basket-weaving skills of Rebecca Bays, a local midwife who created baskets from willows. "That kind of sparked it for me," Patrick says. "Bays would peel some of the willow chutes, and maybe she'd use some of the bark so there'd be alternate patterns in there. She did it the old-fashioned way."

Sarah Patrick began basket weaving more than 30 years ago after being inspired as a teenager by a local midwife who created baskets from willows.



Sarah Patrick learned the basics of basket weaving primarily from YouTube videos and practice.

“I watched YouTube videos — there’s a lot on there for beginners — just showing you basic weaving. I ordered a few books for backup and just started practicing.”

— Sarah Patrick



Sarah Patrick’s favorite baskets to create are intricate egg baskets and basic gathering baskets.



“The skills have gotten better,” she says. “Now I can look at a basket and figure out how to make it. In the beginning, I couldn’t do that. By measuring a basket now, I can figure out how much to add to the weavers and the stakes and come up with a pattern.”

She estimates that about 200 people in and around Salyersville are owners of her baskets. “I started taking orders — people would say they wanted this kind for their aunt and another kind for their granddaughter,” Patrick says. “I’d take orders, go home and fill them.”

Patrick’s favorites are intricate egg baskets and basic gathering baskets, the type found on just about any farm and often filled with produce. “I’d like to be able to do more primitive type baskets than what I do — ones with hickory or hickory bark. And I’d like to use walnut stains to make patterns,” she says.

Patrick has other interests as well, including crochet, sewing, woodwork and beekeeping. Most of those endeavours point back to a more primitive way of living.

The baskets have provided “a little extra income” for Patrick, but she says she doesn’t want it to become a full-time, internet-backed business. “I’m afraid I’ll get overwhelmed and have more to do than I can do,” she says.

HELPING OTHERS

Patrick and her baskets can be found at the Lakefront Church of God, which sits in an old elementary school with room for a needed food pantry and medical exam room. Larry Patrick is the preacher, and the couple works in the food pantry.

Patrick is also a nurse practitioner and helps people who need medical attention at the church. Sometimes they have nowhere else to turn.

“Magoffin County is a medically underserved county, so there is a need for health care,” Patrick says. “I used to work in a neighboring county, but I wanted to come home as I got older and take care of the people in this area, so that’s where I’m at.”

It took Patrick a little while to circle back to the things she really wanted to do, but she says that’s just part of weaving a life together.

“The focus in younger life was a little different — it was on family and not taking time out for other things,” she says. “When my father died, I inherited this property, and I built a log house on it and became interested in the more primitive life and things in nature. I’ve gotten older, and I’ve become more reflective of those things.” 🐝

YOUTUBE LESSONS

Patrick’s basket-weaving expertise may have gotten its inspiration from a locally renowned Kentucky midwife, but her initial instruction came from YouTube about six years ago. “I didn’t take any classes or anything,” Patrick says. “I just started looking at baskets online. It was remarkable how many tutorials are online to teach you how to make baskets.

“I watched YouTube videos — there’s a lot on there for beginners — just showing you basic weaving. I ordered a few books for backup and just started practicing.”

The practice has paid off. Patrick began taking baskets to church to help stock a small gift shop. Very soon afterward, she began taking orders.

DESSERT

The best course of a holiday dinner

The holidays are one of the best times of the year for baking. And no one knows how to make a great seasonal dessert better than Lynn Cummins, who, with her husband, Mike, owns Whistle Stop Cafe in the tiny town of Glendale, Kentucky.

The cafe opened in 1975 in the town's former hardware store. Old wooden floors creak with age, and a bell on the door welcomes visitors. It's not uncommon to encounter a line of customers.

This place is known for its fried green tomatoes, hot browns, fried chicken and meatloaf. But take a look at the A-frame sign on the sidewalk out front: Try Our Famous Desserts.

The Cummins, the second owners, bought the restaurant 13 years ago. They added some of Lynn Cummins' favorite dishes, including an array of desserts all made from scratch on-site. The daily menu features seven different pies, two cakes and two fruit cobblers.

"I've always loved to cook and bake," she says. She worked in fast-food

management and in a school cafeteria, but she always wanted to use some of her own recipes.

"This was always one of our favorite restaurants," Mike Cummins says. "We used to come here on our way to where we lived in Indiana. So, jokingly, I told the owners, 'When y'all get ready to sell, let us know.'"

In March 2005, they took over one of the best places for desserts in Kentucky. "Even on cold, winter days, we get tables of people who have never been here before," Lynn Cummins says. "Seventy to 80 percent of our guests are not local. They come from as far away as California."

The secret to their desserts? For one thing, they use "good old lard," Mike Cummins says.

But there's also a trick to the mile-high meringue that floats atop many pies, Lynn Cummins says: "lots and lots of whipping." But just be careful not to overwhip the meringue, she warns, or the results may be grainy and dry.



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Lynn Cummins' lemon meringue pie is one of the most popular items on the Whistle Stop Cafe menu, especially during the holidays.

Lynn Cummins' baking tips



- Always heat your oven before using, and use the middle shelf unless noted. Both of these steps will promote even baking and reduce the chance of burning or over-browning.



- If you don't have a toothpick to check for doneness on a cake, lightly press the middle. If it springs back, the cake is done.



- If you are frosting a cake that crumbles into the frosting, first spread a very thin layer of frosting. Then, frost as normal, spreading in only one direction.



- Never bake with whipped or tub margarine. Tub margarine contains the wrong amounts of water and fat for baking. Only use a good-quality stick margarine or butter, such as Land o' Lakes.

CHOCOLATE MERINGUE PIE

Crust:

- 2 cups flour
- 1/2 teaspoon salt, slightly heaping
- 2/3 cup lard or shortening
- 1/3 cup cold water
- 1/4 teaspoon white vinegar

Pie:

- 2 cups milk
- 1 cup granulated sugar
- 1/2 cup all-purpose flour
- 2 tablespoons cocoa
- 1/4 teaspoon salt
- 5 egg yolks (save egg whites)
- 1 teaspoon butter
- 1 teaspoon vanilla

Meringue:

- 5 egg whites (from the pie filling eggs)
- 1 3/4 cups sugar
- 1 tablespoon cornstarch
- 2 teaspoons cream of tartar

For crust: Mix flour and salt. Cut in the lard until crumbly. Stir in water and vinegar. If dough seems dry, add 1 teaspoon cold water at a time until it forms a smooth, stiff crust. Refrigerate for a half-hour or longer before rolling out.

For pie: Place milk in a double boiler and heat until a skin starts to form. Combine sugar, flour, cocoa and salt; add to double boiler. Stir gently until filling begins to thicken; add egg yolks. Stirring occasionally, let cook for 30 minutes, or until consistency of thick pudding. Add butter and vanilla. Pour into blind-baked pie shells. Spread meringue on the top and bake at 300 degrees until meringue is golden brown.

For meringue: While pie filling is thickening, make meringue. In large bowl, whip egg whites with sugar, cornstarch and cream of tartar on low. After 2 minutes, increase speed to medium. When it gets frothy and just starts to thicken, turn on high. Whip until it forms peaks. Do not overwhip.



Red Velvet Cake

- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 tablespoons cocoa
- 3/4 cup oil
- 1 1/2 cups sugar
- 2 ounces red food color
- 2 eggs
- 1 cup buttermilk
- 1 teaspoon baking soda
- 1 teaspoon vanilla

Sauce:

- 3/4 cup milk
- 1/2 cup sugar

Stir the first four ingredients together. In another bowl, cream the oil, sugar, food color and eggs together. In a cup, stir the baking soda and buttermilk — it will bubble up. Alternate the dry and liquid into the cream mixture, beating thoroughly. Stir in vanilla. Divide into two greased and floured cake pans. Bake at 350 degrees for 20 to 30 minutes or until cake tests done.

To create the sauce, bring 3/4 cup of milk and 1/2 cup of sugar to a boil. As soon as you take the cake layers out of the oven, evenly distribute the sauce over them. Let set for 15 minutes, then remove from pans to cool on a rack.

When the cake is cool, frost with cream cheese icing.

CREAM CHEESE ICING

- 8 ounces cream cheese, softened
- 1/4 pound butter
- 1 teaspoon vanilla
- 4 cups powdered sugar

Cream the cream cheese and butter in a bowl. Gradually add the sugar and beat until smooth. Add the vanilla. If it is too thick add a tablespoon of milk and beat well. 📺



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9 a.m. to 4 p.m.

with Santa appearing from 2-4 p.m.

- ★ Stop by for cookies, punch, popcorn and drinks, and receive an ornament personalized by Santa's helper!
- ★ Door prizes throughout the day!
- ★ Catch the live radio remote with WSIP and visit with great vendors, including: Appalachian Wireless • Highland Health Services • Walmart Vision Center