

CONNECTION

BROADBAND:
MILLENNIAL EDITION

EXPANDED OFFERINGS

Libraries aren't just
for borrowing books
anymore

HEALTHY HABITS

No Limits Fitness 2
is more than an
average gym

SIMMERING SATISFACTION

Slow cooker
recipes warm
winter tables





BY SHIRLEY BLOOMFIELD, CEO
NTCA-The Rural Broadband Association

What is your broadband story?

We just closed out a year when rural broadband was a continuing news item, and I believe that will hold true in 2019. This is good news for those of you reading this magazine, and even better news for the millions of rural Americans not served by a progressive broadband provider like yours.

It's easy to get caught up in the policy behind the issues. After all, the bills Congress debates become the laws that govern rural broadband. It's so important that rural broadband providers like yours stay involved in the process to ensure that public policy encourages investment in building reliable broadband service to our rural regions. That's a key function of NTCA as the unified voice of nearly 850 independent, community-based telecommunications companies.

But we must always remind ourselves that the reason we work for good public policy is to help communities build the networks needed to support an improved quality of life for real people. In every issue of this magazine, you read stories of people who are using broadband to make a difference in their lives, businesses, families and communities. That is what drives our work.

With funding programs in the news, USDA efforts and FCC initiatives — not to mention new providers getting into the telecom business — 2019 is going to be another big news year for broadband. Help us keep our eyes on the human impact by sharing your broadband stories on social media using the #ruraliscool hashtag. [📱](#)



Fighting cyberthreats together

NTCA continues a collaboration with the Department of Homeland Security to provide telcos with critical cyberthreat information

Small telecommunications providers mount a strong defense against advanced security threats from criminal elements and overseas enemies. Beyond the professionals on its local staff, your internet provider benefits from the cybersecurity efforts of hundreds of similar companies across the U.S.

NTCA—The Rural Broadband Association represents nearly 850 independent, community-based telecommunications companies, helping them collectively work toward solutions to industry challenges and better serve their members and customers.

The association recently announced that, in partnership with the Department of Homeland Security and National Institute for Hometown Security, it will explore creating a forum for small, rural telecom operators from across the country to share and receive timely, actionable and relevant cyber information.

Bob Kolasky, director of the National Risk Management Center, presented NTCA with a National Infrastructure Protection Program Security & Resilience Challenge award for 2019 to support the project, which will include the creation and beta test of a daily cyber intelligence report. This will be curated to meet the unique needs and interests of community-based telecommunications broadband providers.

This new award follows NTCA's successful collaboration with DHS to create the 2018 Cyber Wise Program that provided free, industry-focused risk management training to rural telcos.

"NTCA is proud to support small, rural operators as they navigate an increasingly complex cyber landscape," says NTCA Chief Executive Officer Shirley Bloomfield. "As we all know, cyberattacks are truly a matter of 'when,' not 'if,' and this new partnership with DHS and NIHS will help explore a new forum to ensure rural broadband providers are both aware of threats and equipped with the information and tools that they need to respond. I'm grateful for this continued collaboration and look forward to seeing its results." [📱](#)

Lifeline SERVICE

Lifeline is a government assistance program that can help pay a portion of your telephone, mobile phone or internet bill each month. Consumers are allowed only one Lifeline program benefit per household.



How much will Lifeline save me?

If you qualify for Lifeline, you will receive a credit of \$9.25 each month on your bill.



What services are covered by this credit?

You have the choice (where applicable) of applying your benefit to one of three types of service offerings:

- Fixed or mobile broadband
- Fixed or mobile voice-only
- Bundles of fixed or mobile voice and broadband

NOTE: Lifeline can only be used for one source of communication from the list above.



Can I receive more than one Lifeline credit?

No, consumers are allowed only one Lifeline program benefit per household.



How do I qualify?

You are eligible for Lifeline benefits if you qualify for and receive one of the following benefits:

- SNAP
- Medicaid
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance
- The Veteran's Pension or Survivor's Pension benefit.

Additionally, consumers at or below 135 percent of the Federal Poverty

Guidelines will continue to be eligible for a Lifeline program benefit. (State determinations of income will no longer be accepted.) There are no changes to the eligibility criteria for Tribal programs.

NOTE: Some states have additional qualifying programs, allowances and stipulations. Check with your local telecommunications provider for information about benefits that may be available in your state.



How do I enroll in the Lifeline program and start receiving this benefit?

To find out whether you qualify for Lifeline assistance, please visit www.lifelinesupport.org or call your local telecommunications provider.

NOTE: Your telephone company is not responsible for determining who qualifies for these programs or who receives assistance. Consumers must meet specific criteria in order to obtain assistance with their local telephone and/or broadband service, and qualifying is dependent upon government-established guidelines.



DO YOU QUALIFY?

Stay connected with a Lifeline discount.

Apply today!



FRS YOUTH APP CHALLENGE

Students, it's time to start thinking about the Foundation for Rural Service's challenge and the app that could pave the way to your future.

WHO: Students enrolled in grades seven to 12. A single student, or teams with as many as five students, may compete.

WHAT: Develop a concept for a mobile app to address a problem or improve a process in your rural community or in rural America at-large. The challenge is concept-based only, and entries will be judged based on how well-researched and well-presented the app is. It must be possible and not already an app in existence.

WHEN: The submission deadline is March 1, 2019.

WHY: The winning team will receive \$1,000 in gift cards and Codecademy scholarships.

HOW: Visit FRS.org for more information about submissions.

Service for all generations

One thing that's great about our business is how our network can have a positive impact on so many people. Broadband benefits everyone from children to seniors — even if they use it for different things.



RUTH CONLEY
Chief Executive Officer

In many instances, Foothills Communications has served four, five, six or even seven generations of families in our area. How many companies can say that? Obviously, times have changed, and the communication needs of your grandparents or great-grandparents were very different than yours are.

This issue of the magazine is focusing on one particular generation that seems to grab a lot of headlines: the millennials. While experts vary slightly on the parameters, “millennial” is the name given to people with birth dates from the mid-1980s through about 2005.

Depending on what articles you have read, you may feel millennials are either ruining everything or likely to save us all. But I believe one thing is certain: With millennials becoming the largest segment of our population, they are going to change the way companies operate and the way our society works.

One of the primary traits most millennials share is the pervasiveness of technology in their lives. In fact, most members of this generation — especially those in their teens and early 20s — have never known a world without internet-connected technology.

It may be easy to sit back and worry about the shifts this generation is already creating. But to me, it's important to remember that these millennials are the future of our community and of Foothills Communications.

Think about it with me.

- Their complex lives frequently play out in a mix of social media and text messages, rather than face-to-face interactions.
- With the advent of digital photography and phones with cameras, they are the most photographed generation in human history.
- They aspire to jobs working remotely, like coding, web design or other careers that couldn't have existed a decade or two ago. And if they create their own companies, the business world — especially in rural America — doesn't present nearly as many obstacles for startups as it once did.
- For entertainment, many of us grew up with only a few channels on the television set, but millennials are accustomed to hundreds of channels and programming on demand right on their tablets.
- They take classes online, apply for jobs through mobile apps and often lead the way on digital innovation, whether smart home, telemedicine or other technology.

The tastes and preferences of millennials are already having an impact on Foothills Communications. Millennials are some of our most frequent users of services like online bill pay or the chat function on our website. They are more likely to only want a cellphone, rather than a landline, which is why we are working to offer broadband-only packages that do not require phone service. Most importantly, they need a robust internet connection to handle all of their devices, and we are working hard to deliver and improve that service every day.

Personally and professionally, I'm excited to see the way these young people make an impact on Foothills Communications, our community and our world. And we're going to adapt and work hard to continue meeting their communication needs just like we have for the generations before them. 📞



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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, which includes Magoffin County and portions of Johnson County and Lawrence County. We love being part of the communities we serve. Our customers are our families, friends and neighbors.

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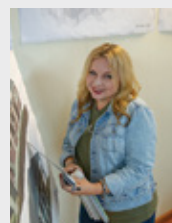
Foothills Mission Statement

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

Produced for Foothills Communications by:



On the Cover:



Magoffin County Library Director Melanie Cain looks over color samples that will be included in the new library in Salyersville. See story Page 8.

FOOTHILLS PLATINUM CUSTOMERS — get great *savings*, fantastic *service*

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FIBERNET 250 Mbps/250 Mbps	\$99.95	\$69.95
FIBERNET 500 Mbps/500 Mbps	\$109.95	\$79.95
FIBERNET 1,000 Mbps/1,000 Mbps	\$129.95	\$99.95

High-speed internet, business*

Save \$60 when you bundle!

PACKAGE	No Bundle	Go PLATINUM: phone, internet and TV
FIBERNET 25 Mbps/25 Mbps	\$79.95	\$49.95
FIBERNET 100 Mbps/100 Mbps	\$89.95	\$59.95
FIBERNET 250 Mbps/250 Mbps	\$109.95	\$79.95
FIBERNET 500 Mbps/500 Mbps	\$119.95	\$89.95
FIBERNET 1,000 Mbps/1,000 Mbps	\$139.95	\$109.95



Don't wait — order today!

*Additional fees and taxes may apply where applicable or based on services selected.



For complete details about Foothills' entire range of services and to learn how you can save by becoming a PLATINUM member, visit foothills.net.



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Take a sip of history

Soda bottling tours offer a tasty treat



Ale-8-One is a signature Kentucky soda and part of a family-owned business dating to 1902. Tours are available at its plant in Winchester, Kentucky.

George Fletcher boarded a train in New York near his Long Island home and rode for hours until he arrived in Cincinnati. Then, he rented a car and drove 100 miles to his destination: the Ale-8-One plant in Winchester, Kentucky. He patiently waited until the start of the tour, which had also drawn parents with young children, grandparents and others who love Kentucky's favorite soda.

"I've wanted to do this for a long time," Fletcher says. "I've loved Ale 8 for so long, and it will be fun to see how it's made. Just to see the process will be so interesting."

Fletcher's quest is not unusual. Guests come from all around to see where and how their favorite soda is made, says DeAnne Elmore, the company's public relations and field marketing manager.

Crafting a destination

The building now housing Ale-8-One was originally part of a bowling alley. The first soda was produced in 1926, and the company moved its headquarters in 1966. In 1989, an addition enabled increased soda production. There are now four varieties of Ale-8-One: the original, diet, caffeine-free and cherry.

Tours began during the soda's 75th birthday celebration. "We are limited by space, so we try to keep groups at about 30 people," Elmore says. "That way, everybody gets a good experience and can see our production facility. People get to see up close and personal who's really making this brand."

The company embraced Kentucky's legacy of beverage production, which benefits from the popularity of bourbon and the Bourbon Trail tourism guide. "We are a member of the Kentucky Distiller's Association and an associate member of the Bourbon Trail as Kentucky's only soft drink," Elmore says.

Guests on the tour take a seat in a large room where they enjoy a video presentation hosted by the company's CEO, Fielding Rogers, who is the fourth generation of the Rogers family to hold the post. The video offers a history of the brand and the manufacturing processes that are not part of the tour due to OSHA safety regulations. Following the video, a vial of the secret formula that is part of every bottle of Ale-8-One is passed around for sniffing before the tour takes a turn

through the heart of the facility. Visitors see where bottles are filled, capped and prepared for shipping.

“We’re still an operating manufacturing facility, so we can’t guarantee that all the lines will be running, but we try to do our best to make sure they are when we have tours,” Elmore says.

Following the tour, guests are treated to tastes of Ale-8-One, and if you want to take some home — or a baseball cap, hoodie, koozie, salsa, barbecue sauce or other Ale-8 gear — there’s a gift shop near the entrance/exit.

For tours of Ale-8-One, offered on Thursday and Friday mornings, log on to www.ale8one.com.

HOW IT BEGAN

George Lee Wainscott started his soft drink company in 1902, making distilled water and flavored drinks. In 1906, he added Roxa-Cola to his inventory, named for his wife, Roxanne. Coca-Cola sued and lost, but even so, Wainscott wanted something new and unique to him, so he invented a new, unnamed soda — a pleasant blend of ginger and citrus. He introduced his creation at the Clark County Fair and sponsored a “name-that-soda” contest. The winning name was “A Late One,” meaning, in Southern vernacular, “the latest thing” or “something new.” The name “A Late One” was then created into a logo pun, Ale-8-One, that would eventually become the colloquial name. But every bottle still carries the original “A Late One” name above Ale-8-One.

Following Wainscott’s death, the company passed into the hands of his second wife, Jane Rogers; then to her brother, Frank Rogers; and on to his son, Frank Jr., who left it to his son, Frank III, who left it to his son and current CEO Fielding Rogers. He still uses his great-great-uncle’s handwritten notes to hand-mix the secret original formula.

Sodas around the South

TENNESSEE

Double Cola is as synonymous with Chattanooga, Tennessee, as Moon Pies. Double Cola has been made in the downtown area since 1933 by the company that also produces other soft drinks like Ski, Jumbo Chaser and Oranta. Buy a hoodie and other items online and learn more about it at double-cola.com.

SOUTH CAROLINA

Since 1903, Blenheim has produced ginger ale in Hamer, South Carolina. But the drink’s origins go back to the 1700s when a man lost his shoe in a water hole. Thirsty, he sampled the water and found it to be excellent. One hundred years later, ginger was added to the water and Blenheim Ginger Ale was born. The soda now comes in three varieties: mild, hot and diet.

ALABAMA

Buffalo Rock Ginger Ale was created in the late 1800s and is instilled in the hearts of Alabamians. The Birmingham company of the same name — Buffalo Rock — continues to make its famous ginger ale. It has added more sodas to its line over the years, including Grapico, Wham and Sunfresh. The company remains family-owned and is under the leadership of founder Sidney Lee’s great-grandson, James C. Lee.

Interesting fact: Buffalo Rock developed the first 3-liter soda bottles used by many soft drink companies today.

GEORGIA

Coca-Cola was created in Atlanta, and a visit to World of Coke teaches you all about the Coke phenomenon. Learn the story behind it, see Coke artifacts, enjoy interactive exhibits, get a behind-the-scenes look at the bottling process and more. For information, visit www.worldofcoca-cola.com.

NORTH CAROLINA

L.D. Peeler created Cheerwine in Salisbury, North Carolina, 102 years ago at the height of a sugar shortage in World War I. The wild cherry cola was an immediate hit and is now marketed across the country. The family-owned company is under the leadership of L.D. Peeler’s great-grandson. 🍷





Check it out

Technology is making local libraries more popular than ever

BY JEN CALHOUN

As the director of Johnson County Public Library, Karen Daniel has heard her fair share of the technology horror stories that surround the profession. “I remember when people tried to put the fear into us that a lot of people would get laid off when we started introducing computer programs,” Daniel says. “But that’s not been the case at all.”

In fact, Daniel says the staff has nearly tripled since technology was upgraded at Johnson County Public Library, and more and more residents are rediscovering the joys of spending time among the stacks — whether they’re doing it literally or virtually.

All three headquarter libraries in the region — Magoffin County Public Library and Lawrence County Public Library are the other two — offer online services such as book reservations, genealogy programs, research and how-to software, bookmobiles, and homebound services as well as checkouts for everything from e-books to music to movies.

“Now that we’re out there digitally, people are saying it’s a really good thing,” Daniel says. “Our digital has just skyrocketed. We’ve increased our programs, and we’ve had to create department heads so we could run a good ship. And we do.”

TRADITION MEETS TECHNOLOGY

If some readers still want the feel of a book in their hands, local libraries continue to offer that, too, says Melanie Cain, director of Magoffin County Public Library. “We still check out the same amount of books as there are downloads, if not more.”

Many of the offerings baby boomers and Gen Xers grew up with, such as children’s story times and community programs, keep thriving alongside the new programs the library staffs are implementing. At Lawrence County Public Library, for example, “Tasty Tuesday,” an adult cooking class, will join the schedule.

Cain says the Magoffin library could be adding a cooking book club, a teen

book club and a Christian book club in the coming months. “Our current book club is very active,” she says. “We have around 30 members and meet once a month to discuss the book we’re reading.”

The growing popularity of libraries has also spurred some physical changes to accommodate all the new traffic and programs. All of the renovations or, in Magoffin County’s case, brand-new facilities.

UPDATED STRUCTURES

Magoffin County’s new, 10,000-square-foot library building at 172 S. Church St. offers a covered reading porch, meeting rooms for the public and library programs, a young adult area that will include gaming stations, and its own parking area outside the building. “We wanted to keep the library downtown because we have a lot of patrons who walk to the library or come to the library every morning, have their coffee and read the newspapers,” Cain says.

With the new building will come plenty of new programs. “We’ll be offering some introductory computer classes for different age categories, too,” Cain says. “We’ve had a big request from some of the senior citizens in the county that they want these classes. We’ll also have laptops that they’ll be able to check out and practice on for the class.”

Johnson County Library will also see some big changes due to a \$1 million renovation project that’s currently underway to modernize the building, Daniel says. “We saved so we can do this, and we’re not asking it from taxpayers,” she says. “Our motto is that Johnson countians deserve the best, and that’s what we are giving them.”

The Lawrence County Library planned its renovation project because “the use of library services had dramatically increased in the last five years,” according to a July news release from that library’s board of trustees. The remodeling project will add more space for public meetings, library collections, storage and technology. An expansion to the children’s area will add space for books and other collections, tutoring services and various programs, and more room for children and their parents.

But all these changes aren’t even the best part about public libraries. The best part, Daniels says, continues to be the price. “All of our programs are free; our materials are free,” she says. 🗨️

GET IN ON THE FUN

For more information on library programs, library cards, digital offerings and upcoming events, call, visit or e-visit your local library.

Johnson County Public Library
444 Main St., Paintsville
606-789-4355
johnsoncountypubliclibrary.org

Magoffin County Public Library
New building is at 172 S. Church St., Salyersville
606-349-2411
youseemore.com/magoffinpl

Lawrence County Public Library
102 W. Main St., Louisa
606-638-4497
Lcplky.org

Magoffin County Public Library Director Melanie Cain compares paint swatches to the artist’s rendering of the completed library building.



Magoffin County Public Library in Salyersville loans laptops to seniors in the community.



The Johnson County Public Library offers a bookmobile to patrons.



Rethinking rural

How some millennials are re-evaluating life in rural communities

BY DREW WOOLLEY

Six years ago, Chase Rushing thought he had his future planned. Living in San Marcos, Texas, between San Antonio and Austin, he and his wife had access to all the entertainment a 20-something couple could want — not to mention a burgeoning tech scene.

“Our plan was to stay in the Austin area,” Rushing says. “That’s where the jobs were, and that’s what I was preparing myself for.”

That preference for metropolitan areas is typical for a generation that rural communities have had difficulty holding on to: millennials. But there’s reason to believe millennials may find more to like in rural communities as they age.

For many, the term millennial has become synonymous with the silly, and derogatory, stereotype of any young person eating avocados while staring at their phone. But the Pew Research Center works with a more precise definition. They define millennials as anyone born from the years 1981 to 1997.

That means even the youngest millennials have likely already entered the workforce, while the oldest probably have



Photo courtesy of Isahel Reyna

Chase Rushing wants his own family to experience the small-town lifestyle he grew up with.

a mortgage and kids to raise. As Rushing and his wife began considering the latter, the idea of returning to his hometown of Yantis, Texas, lodged itself in Rushing’s mind.

“It was important for me that my son got to experience what I did growing up,” he says. “Being around all your family, the friendships, the bonds you form over that time. It’s like nothing else.”

WIDE-OPEN SPACES

Even if millennials are no longer the youngest generation, several characteristics set them apart from those before them. They tend to value experiences over

possessions, get their news online rather than from TV, and value work-life balance in their careers.

Perhaps most importantly, millennials are the first generation to grow up in the internet age, meaning they have a natural comfort with technology previous generations have not had. That could make them a predictor of how future tech-savvy generations will behave.

Millennial trends are of particular interest to Dr. Roberto Gallardo, assistant director of the Purdue Center for Regional Development. While the mainstream consensus has been that millennials are flocking to cities, Gallardo

believes improved internet connectivity could provide new opportunities in rural areas.

“If you have a young family, you may consider moving out of an urban area because of rising housing prices,” he says. “Rural areas have a natural ambiance that can attract younger families if their job allows them to telework.”

That draw depends heavily on rural communities building a high-speed internet connection, but there is reason to believe doing so could have a significant impact.

A population analysis by Gallardo and two colleagues published in *The Daily Yonder* shows that, while rural counties across the country are seeing declines in millennial populations, those with high-speed internet service saw millennial populations increase by 2.3 percent from 2010 to 2016.

That may not sound like much, but Gallardo points out that this is a process just getting started as millennials grow older.

“Younger folks always flock to cities, so if you’re a very rural community, broadband is not a silver bullet,” says Gallardo. “But it is a very key ingredient to attract or retain millennials or younger families.”

CROSS-GEN COMMUNITIES

John Larson moved to a rural community not because he wanted to work remotely, but because his work could only be done from there. As a ceramic sculptor living outside of Milan, Minnesota, Larson is able to run his own business with low overhead and access natural materials that would be costly or inconvenient in a larger city.

“Ceramics is a product of its location. If you use local materials, it will be a reflection of its place,” he says. “I’ve built my small business on reusing bent nails and foraging for materials.”

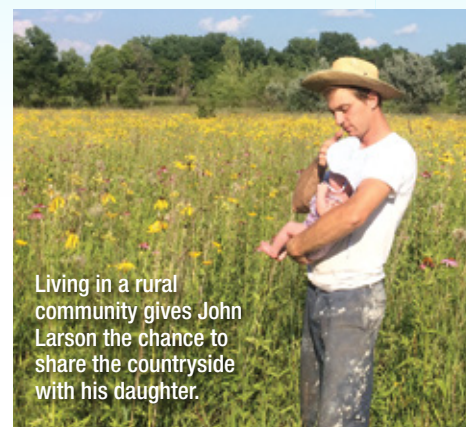
Larson’s work also gets a boost from the established market for ceramics in the Midwest, but finding a place in that market isn’t always easy for young artists.

Fostering more rural development programs is one step Larson believes communities like his could take to better promote the culture that already exists, as well as to help business owners collaborate and learn from one another.

As the generation that now makes up the majority of the workforce, millennials will have an important say in those efforts. But Rushing believes that if his generation is going to open up rural communities to more young people, they will have to do so without losing sight of what makes the rural lifestyle special. It may be necessary to break down generational divides altogether.

“I think we need to be asking what we can do to impact our community. What

are the challenges we face and what can we do to address them?” he says. “It’s not millennials versus baby boomers or anyone else. It’s about all of us as a community.”

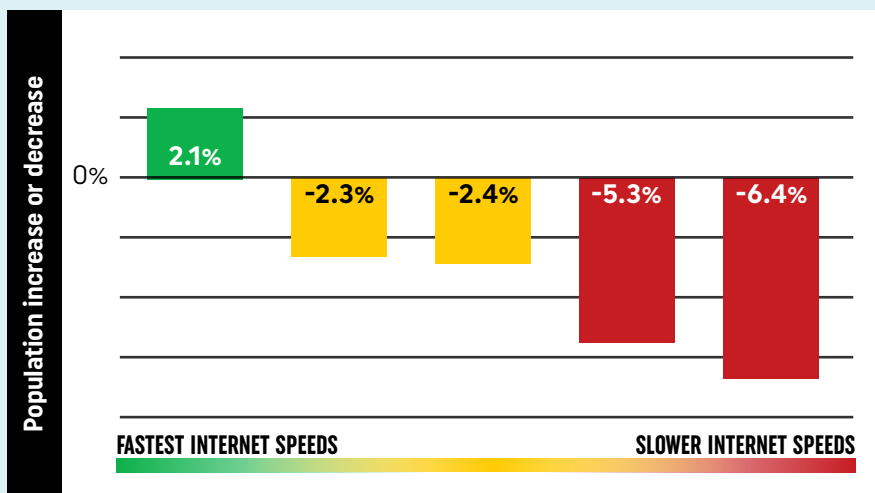


Living in a rural community gives John Larson the chance to share the countryside with his daughter.

Photo courtesy of Kristin Lindstrom.

Rural America online

Millennial population change in southeastern states



Nationwide population data shows that rural communities are losing younger residents to larger metropolitan areas. When looking at rural counties that have invested in high-speed internet connections, however, the picture changes significantly.

The graph above shows how millennial populations changed in the most rural counties in Alabama, Kentucky, South Carolina and Tennessee from 2010 to 2016. Counties were ranked based on their internet connection, with the column on the far left showing those with the fastest internet speeds and the column on the far right showing the slowest.

Over that time, counties with the fastest internet connections saw millennial populations grow by more than 2 percent, while counties with slower connections saw their millennial populations drop by more than 6 percent.



Jacob Glover gets in a workout on an elliptical specially equipped with a TV monitor.

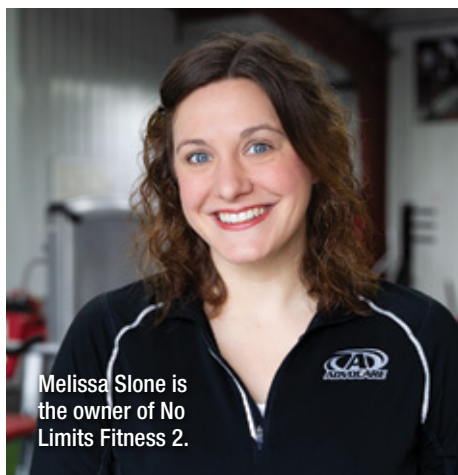
FIT FOR FELLOWSHIP

Gym becomes a community gathering place BY SARAH LANCASTER

When Melissa Slone opened No Limits Fitness 2 in 2016, she wanted to help her community develop healthy habits and to create a place where residents could gather.

“I wanted to give something positive back to my community and open a place where people could come and achieve their health and wellness goals,” Slone says. “Obesity is a growing epidemic in this country, so I wanted to have a place where the community could come and work on their health. I enjoy fitness so much, and I want to share that with the community and those benefits.”

The Staffordsville gym offers treadmills, free weights, a cross-functional fitness rig, punching bags, and speed and agility equipment. Gym members can experience a different workout each visit.



Melissa Slone is the owner of No Limits Fitness 2.

With such a variety of ways to burn calories, members stay motivated, and their bodies reap the benefits.

“We enjoy fitness and seeing people reach their goals,” says Slone, a school counselor and independent distributor for AdvoCare, a nutrition supplement company. “There are so many benefits to exercise, not just physically.”

For instance, anyone, no matter their

physical fitness level, can be exposed to stress and unexpected illnesses. Working out regularly can help alleviate mental stress, tone the body and renew the soul.

BUSY LIVES

People often find themselves crunched for time, especially when trying to balance work, school, raising a family and day-to-day responsibilities. No Limits Fitness 2 is open 24 hours a day, seven days a week so members can get in a workout without worrying about the time of day.

“We have a great location,” Slone says. “It’s clean and monitored for safety. It doesn’t matter what time of day or night, people are in a safe environment.”

Members are welcome to visit the gym and work out on their own. However, for those who seek more one-on-one attention, No Limits Fitness 2 offers personal training and a six-week bootcamp. Workouts are based on the results the clients want to achieve.

To make a daily exercise routine a way of life, working out needs to be fun, be interactive and yield results. Personal trainers help members reach their goals and even set new ones by zeroing in on four core areas of fitness: cardio, flexibility, nutrition and strength training. With such expertise and guidance, members achieve results, whether they are looking to manage weight, tone or get into the habit of exercising on a regular basis.

STAYING CONNECTED

Also, telephone, Wi-Fi internet and television services, all provided by Foothills Communications, keep gym members connected. For those with existing memberships, No Limits Fitness 2 has taken steps to ensure that members make the most of their workouts without sacrificing other hobbies, such as watching TV, streaming Netflix or listening to music.

"Treadmills have built-in TVs, so members can watch anything they want, really," Slone says. "We also have Wi-Fi, which is great for everyone and helps pass the time."

No Limits Fitness 2 has developed beyond a gym into a community gathering place where neighbors encourage each other while reaching fitness goals, setting new ones and creating camaraderie.

"Our staff always has a willingness to help others and is very knowledgeable. Everybody keeps each other upbeat and motivated," Slone says. "We have all kinds of people here, from kids to grandparents. This is a positive place to be, and we are a family." 🗨️

No Limits Fitness 2 offers a variety of workout equipment so members can change things up and avoid burnout.



Tate Salyer's strength workout includes sets of power cleans.

HIGHLY RATED FITNESS APPS/TRACKERS

Find a workout that works for you, or keep track of your calorie intake through these health and wellness apps.

- **MyFitnessPal:** "I personally use MyFitnessPal to track the food I'm eating and exercise," Slone says. "It helps keep you on track."
- **Nike+ Training Club:** With over 100 varying workouts, this app makes it easy to change up exercise routines.
- **Freeletics Bodyweight:** Enjoy 900 equipment-free workouts, ranging from five to 30 minutes.
- **SworKit:** Search the type of workout you want based on how much time you have, and the app takes care of the rest.
- **Daily Burn:** This app brings the best of fitness videos directly to your phone, with trainers and an array of ways to burn calories.
- **Daily Yoga:** Grab a mat and your phone for access to a year's worth of inner zen, ranging from beginner- to expert-level videos.
- **30-Day Squat Challenge:** Don't know squat or where to start? This app gradually takes individuals from newbie to pro, all while building up intensity.
- **Workout Trainer:** Choose from standard workouts or custom routines, then share online with family and friends.
- **Aaptiv:** This app brings a personal trainer directly to your phone and puts more than 2,500 on-demand exercises at your fingertips.
- **SWEAT:** Learn the basics of weightlifting and strength training as you tone and build endurance.



The joy of COOKING SLOW

In the South, when the weather turns cold and the days are short, we bring our slow cookers out of hibernation to blanket ourselves in comfort food. “Nothing beats a slow-cooked pork butt or roast chicken with all the trimmings,” says Sandra Corbin.

She lives on a farm in Clarksville, Tennessee, and she started using a slow cooker when her children were young and still in school. Her first slow cooker, purchased in the 1970s, was harvest gold with a brown lining and glass top that didn’t seal very well. “It was round and only had two settings — high and low,” she says.

But with work on the farm and children’s after-school activities, she appreciated the freedom of not spending time

laboring over the stove. “A momma is always full time, and a farm momma even more so,” she says. “When my youngest daughter was 16, I worked full time commuting to Nashville five days a week while attending college at night. The Crock-Pot certainly came in handy during that time of my life, too.”

Her daughter, Melissa Corbin, a Nashville-based food consultant and freelance journalist, says she remembers coming home to her momma’s



Melissa Corbin learned slow cooker secrets from her mother, Sandra.

cooking. The house would be filled with the smells of delicious foods that had slow-cooked for hours.

“There were always aromas to be savored in her kitchen,” she says. “She encouraged me from a very early age to cook alongside her. She didn’t

care what mess I might make. It was more important to her that I learn kitchen basics that, to this day, I can remember her teaching me.”

Though Sandra Corbin made much use of her slow cooker when she had children in tow, she appreciates it all

SLOW COOKER CANDY

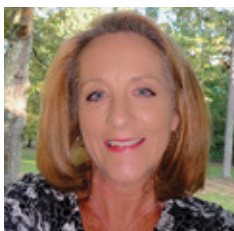
Sandra Corbin's slow cooker candy is adapted from several online sources, such as this favorite from country music star Trisha Yearwood.

- 2 pounds salted dry-roasted peanuts
- 4 ounces Baker's German's sweet chocolate
- 1 (12-ounce) package semisweet chocolate chips
- 2 1/2 pounds white almond bark

Put the peanuts in the bottom of a slow cooker. Over these, layer the sweet chocolate, chocolate chips and almond bark. Slow cook on low for about 3 hours. Do not stir the mixture while cooking until after the 3 hours is up. Then, stir with a wooden spoon until smooth. Drop the candy into cupcake pan liners and let cool.

the more as she's gotten older. "As I've aged, I prefer one-pot meals with simple ingredients, like a pot roast, cream of mushroom soup and a package of Lipton Onion Soup Mix with all the veggies simmered on low all day," she says.

As life changes, so do slow cookers. Many come with multiple bells and whistles. "Too many parts prone to breaking," Melissa Corbin says. "Rather, we have the same slow cookers in different colors from the original Rival Crock-Pot line. Mine is stainless and Momma's is red. She's drawn to bright colors."



FOOD EDITOR
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TENNESSEE.

POZOLE VERDE

A favorite go-to recipe from Melissa Corbin.

- 3 pounds pork butt, roughly cut into 1-inch pieces
- Salt and pepper, to taste
- 1 teaspoon ground cumin
- 1-2 tablespoons vegetable oil
- 1/2 cup white wine
- 1 large onion, diced
- 3 cloves of garlic, finely chopped
- 1 poblano pepper, charred and chopped
- 1 jalapeno pepper, charred and diced
- 1 pound tomatillo, roughly cut into 1-inch pieces
- 2 (15.5-ounce) cans hominy, drained
- Sliced limes, chopped cilantro, freshly sliced jalapeno and chopped red onion for garnish

Generously season pork with salt and pepper. Sprinkle with cumin. Heat a large frying pan (preferably cast iron) with 1 tablespoon of vegetable oil, adding extra oil as needed. The pan should be screaming hot to sear the pork without cooking through. Make sure to work in small batches so you do not steam the pork. Look for caramelized edges to the pieces of pork as you brown. Transfer the pork directly into the slow cooker, and then reduce the heat and deglaze the skillet with 1/2 cup white wine and pour over pork. Add to the slow cooker the onion, garlic, peppers and finally tomatillos in the order listed. Cover and cook on high for 3 1/2 hours. Then, stir in the hominy for a final 30 minutes of cooking. Turn the slow cooker to its lowest setting to give the pozole time to rest before serving. Finish with lime, jalapeno, cilantro and red onion. Makes approximately 6 servings.

SLOW COOKER SOUP STARTER

This nutrient-rich soup starter recipe will be just what the doctor ordered in the cold months of winter.

- 3 yellow squash or zucchini, cubed
- 4 banana peppers or 1 bell pepper, chopped

- 2 garlic cloves, minced
- 2 carrots, diced
- 4 cups chicken or vegetable broth
- 1 (16-ounce) can tomatoes or 3-4 fresh tomatoes roughly chopped
- 1/2 tablespoon onion powder
- 1/2 teaspoon thyme
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon sugar
- 1 teaspoon olive oil
- 2 bay leaves

Stir all ingredients into a 6-quart slow cooker. After cooking on high for 30 minutes, simmer on low for 4 hours. Remove bay leaves. The starter is ready for immediate canning. Otherwise, let cool thoroughly before freezing in freezer-safe bags.

Suggested additions:

- ▶ Consider using this starter as a foundation for curry. Heat 1 1/2 cups of full-fat coconut milk with 1 tablespoon curry powder, 1/2 teaspoon powdered ginger, 1/8 teaspoon red pepper flakes, 1 stalk of lemongrass (optional), 1 diced potato and a protein of your choice, such as chicken or shrimp. Stir in 1-2 cups starter and simmer, uncovered, until desired thickness. Remove lemongrass before serving. Garnish with chopped cilantro or green onions. This soup is great on its own but is delicious over a bed of jasmine rice.
- ▶ Into a cast-iron skillet, add 1 cup shredded rotisserie chicken, 1/4 cup chopped kalamata olives and 1 teaspoon dried oregano to 1-2 cups of the soup starter. Spoon over grilled bread and top with fresh feta cheese for a Mediterranean twist on bruschetta.
- ▶ Minestrone is an Italian soup classic. Combine 1 cup cooked elbow macaroni, 1 (15-ounce) can of drained kidney beans, 2 cups chicken stock, 4 cups soup starter, 1 teaspoon dried oregano and 1 teaspoon dried basil. Simmer on low for 15-20 minutes. Garnish with freshly torn basil leaves and grated parmesan cheese. Drizzle a bit of extra virgin olive oil for the perfect finish. 🍲



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