

CONNECTION

BROADBAND:
EDUCATION EDITION

SWEET AS CAN BE

Tempting tastes at
Sweet Caroline's
Cupcakery

AN ARTISTIC TOUCH

Inspiring others to embrace
their creativity

SHAPING A GENERATION

Broadband educates
tomorrow's workforce



BY SHIRLEY BLOOMFIELD, CEO
NTCA-The Rural Broadband Association

Program helps small telcos with cybersecurity

Our lives are impacted in countless ways by broadband internet access. With such connectivity, however, comes threats that must be guarded against, including cyber-attacks targeting network operators. Local, community-based providers such as your telco do a great job protecting against cyberattacks, despite not having the resources of the big, nationwide companies.

But there is more we can do, and NTCA is excited to work with our members and the Department of Homeland Security on the Cyber-Threat Information Sharing Forum for Small Network Operators. While there are other programs for sharing cyberthreat information, these generally do not meet the unique needs of small telcos. Our pilot program provides a trusted environment for small network operators to share information about cyberthreats, vulnerabilities, best practices and mitigation activities. Further, it is bolstered by connections to network defenders across the globe, including federal resources.

During this summer's pilot phase, participants exchanged information via a variety of online platforms, participated in weekly virtual meetings to share cyber intelligence and heard from guest speakers. They also collaborated with their peers and received daily open-source and weekly technical reports created by NTCA's pilot support team.

This is yet another example of how local telcos like yours all across America are working together to ensure you have the best broadband experience possible in today's connected world.

Home prices boosted by faster internet

BY NOBLE SPRAYBERRY

Access to speedy internet service increases the market value of homes, according to a first-of-its-kind study reported online by the Daily Yonder.com.

The study evaluated 887 "remote rural" counties, which are those not adjacent to a metropolitan area. And it evaluated data such as median housing value, housing characteristics, income growth, employment and more.

Speeds of 25 Mbps or less can make a dramatic difference in overall home values. A 10% increase in the percentage of residents with access to at least 200 Kbps — far slower than the speeds now offered by many rural telcos — would raise the average housing value by \$661.

"These may not seem like massive numbers, but when applied to the average number of households in each county, they add up to significant increases in property values, which would likely have meaningful impacts on county property tax collections," wrote the study's authors, Brian Whitacre, of Oklahoma State University; and Steven Deller, of the University of Wisconsin-Madison.

The authors pointed out additional benefits of increased broadband adoption, including residents who become more civically engaged, reduction of social isolation and even income generation.

BY THE NUMBERS: BROADBAND IN RURAL REMOTE COUNTIES

94%

of the houses had access to down-load speeds of 200 Kbps.

63%

had access to 25 Mbps, the FCC's definition of broadband.

38%

had access to 100 Mbps.

9%

had access to 1,000 Mbps.

6%

on average, of houses had no fixed internet availability beyond dial-up.



Source: "Broadband's Relationship to Rural Housing Values," a study by Steven Deller and Brian Whitacre



Be aware

A dose of skepticism
and care will foil
phone and online
scammers

Helpful pop-up messages frequently appear on computer screens, including weather notifications, news alerts or reminders to update software. Not all pop-ups, however, are benevolent. In fact, some consumers have learned tough lessons about trust in the digital age.

The Federal Trade Commission (FTC) describes one form of grift as “tech support scammers.” A pop-up window appears on a computer screen, complete with well-known technology company logos and a phone number for help

solving a problem with a balky operating system, computer virus or similar woe.

The end goal for these scams is to have someone wire money or to provide gift cards to the scammers. And the pitches and patter from the scammers are polished — people are fooled. There are many variations, including offers to help someone recover a refund.

Fraud is certainly not limited to computers. Telephone scammers target the elderly with phone calls in which the scammer pretends to be the grandchild or another

relative. The scammer may even claim to be a lawyer or police officer, increasing the urgency, according to the FTC.

The scammer paints the picture of an urgent situation, asking for money to be sent immediately through a service such as UPS, whose terms and conditions for use state that it does not agree to ship cash. As a result, UPS, which does work with law enforcement on such cases, is not liable for the loss, says Matt O’Conner, senior manager of public relations for the company. ☎

TIPS FOR AVOIDING TECH SUPPORT SCAMMERS

PHONE CALLS: If you get a phone call you didn’t expect from someone who says there’s a problem with your computer, hang up.

POP-UPS: Do not act on pop-ups appearing on your computer that request you to call a number. Real security warnings and messages will never ask you to call.

WEB-BASED ADS: If you’re looking for tech support, go to a company you know and trust. Scammers will try to trick legitimate websites into posting ads for bogus companies.

For additional tips, or if you feel you’ve been scammed, visit consumer.FTC.gov and search for tech support scam.

TIPS FOR AVOIDING FAKE EMERGENCY SCAMMERS



If you receive a call you suspect is a fake emergency scam, follow a few simple steps toward safety.

Check out the claim by looking up the phone number of the friend or family member the scammer claims is in need. Call that person, even if the scammer requested that you do not.

Do not pay. Anyone who requests you to wire money, send a check, overnight a money

order, or pay with a gift card or cash reload card is always, always, always a scammer. These payment methods are nearly untraceable.

If you sent money to a family-emergency scammer, contact the company you used to send the money and tell them it was a fraudulent transaction. Ask to have the transaction reversed, if possible.

Please report such calls or messages to FTC.gov/complaint.

Get the TV service you want — more options and fair pricing

We'll be the first to admit it. When it comes to television packages, viewers around the country haven't always had a lot of options.



BOB WARD

Video Services Manager

But we're happy to announce that Foothills is rolling out new simpler TV packages that will give our members more options than they've ever had.

Allow us to explain. For years, networks have put so many rules on what we can do, must do and can't do that we faced significant limitations on what we could do to offer you the best entertainment options.

On top of that, the networks' stubborn insistence on increasing fees every year make it a tough business. In many cases, our hands were tied as we tried to offer our customers the best possible service and all of the options they requested.

While we can't control the networks' prices, we are now able to be flexible with package offerings. Our new offerings will give members some flexibility to "build" their own channel package while at the same time possibly saving them money.

While anyone happy with their current television package can keep it, everyone will have the option to choose the new Essentials plan.

The new Essentials plan includes more than 60 channels and gives viewers the option to create their own package. By choosing one or more additional groups of channels and linking them to the new Essentials plan, you can build your own channel plan. The additional groups include options for news, children's programming, sports and more.

TV customers will also have flexibility when it comes to adding and dropping packages. For instance, sports fans following their favorite team during the season can cancel the sports package online with no penalty during the offseason and then add it back online in time for the next season.

We believe these options will solve one of the chief complaints heard by TV providers across the country: Customers want choice and don't want to pay for channels they don't watch. At Foothills, we've also heard members voice those same concerns.

We also believe these new options will save many local families money each month. This flexibility means you pay for fewer channels you do not watch. And since we also have to pay for those channels whether you watch them or not, it helps Foothills' bottom line. Clearly, it's a win-win situation.

When presented with an idea that will give our members what they want, save them money and help the cooperative, it's the right choice for us to make. We encourage you to go to our website, foothills.net, to find out more about these options. Foothills will soon mail out a letter to its customers with more detailed information about this new TV offering.

We believe these new Essentials plan and packaging options is another way Foothills lives out our cooperative mission. Changes like this will help make sure we are able to proudly serve you today and in the future. 📺



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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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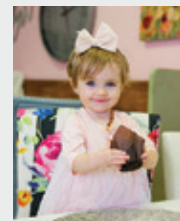
Foothills Mission Statement

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

Produced for Foothills Communications by:



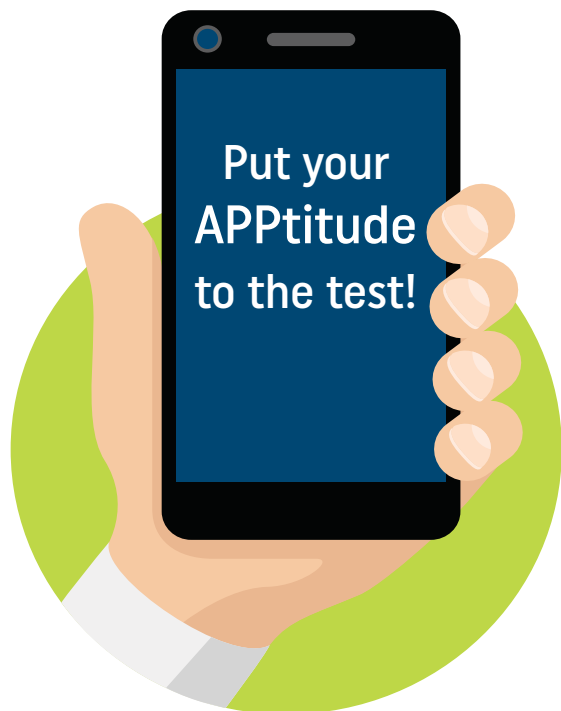
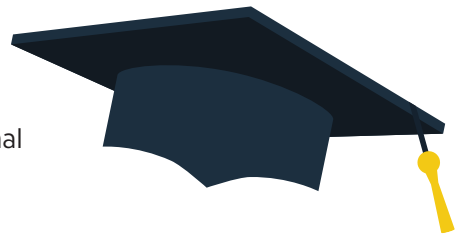
On the Cover:



Skylar Russell indulges in a Rolo flavored cupcake at Sweet Caroline's Cupcakery in Salyersville. See story Page 8.

Attention future graduates!

Each year, the Foundation for Rural Service presents \$2,500 scholarships to exceptional students from rural areas for their first year of college or vocational school. Scholarship applications will be available at FRS.org beginning in October.



Through the Foundation for Rural Service Youth App Challenge, students can pave a way for their future. Here's how it works:

Who: Seventh- to 12th-grade students can compete. At least one student teammate must live in an area served by an NTCA-The Rural Broadband Association member company.

What: Develop a concept for a mobile app to solve a problem or to improve a process in your rural

community or rural America. The challenge is concept-based only, and entries will be judged based on how well researched and well presented the app is. The app must be original.

When: Visit FRS.org for more information and submission deadlines.

Why: The winner will receive \$1,000 in gift cards and Codecademy scholarships.



FOOTHILLS COMMUNICATIONS
606-297-3501
www.foothills.net

LOUNGE AROUND FOR LABOR DAY!

Foothills Communications will close on Monday, Sept. 2, in observance of Labor Day. We hope you have a relaxing day, so enjoy something special on us! Watch channels 400-492 for a weekend full of FREE entertainment, from Aug. 31 to Sept. 2.

Cinemax | HBO | Showtime | STARZ | StarzEncore



Taking 'City Farmhouse'

on the road

BY JOHN CLAYTON

Before an alphabet soup of cable television channels like HGTV and DIY began delivering tips and advice for home decor and remodeling, Kim and David Leggett were finding dusty treasures and building their City Farmhouse brand.

That part of the business — the hunt for the rusty and the rustic — has remained the same for the Leggetts since they started the business 25 years ago in Franklin, Tennessee. But City Farmhouse evolved as trends changed, venturing into “pop-up fairs” and “pop-up shops,” terms now part of the lexicon as antiques and decor items move beyond the four walls of the traditional retail space.

“The pop-up fairs and pop-up shops are becoming a popular way all across the U.S. for people to sell all kinds of things,” Kim Leggett says. “It’s not just relating to antiques. They’re extremely popular in New York and California, where people are selling everything from jewelry to fashion.”

The Leggetts began their City Farmhouse Pop-Up Fairs in 2012 in Franklin. Shoppers and vendors from across the country have attended. In 2017, the couple licensed City Farmhouse fairs in Baton Rouge, Louisiana, and Medina, Tennessee.

While Kim Leggett has been putting her touch on her own City Farmhouse brand for more than two decades, her fingerprints are now all over a series of Country Living Fairs.

As program director for the 2019 fairs, sponsored by the popular Country Living Magazine, Leggett is coordinating presenters for the main and kitchen stages. “The goal is to bring Country Living Magazine to life,” Leggett says.

“Visitors will learn from top-notch influencers in the industry, while enjoying vendors with antiques, home decor, food, crafts, clothing — everything you might see in an issue of Country Living Magazine.” 🗨️



Kim and David Leggett have curated the City Farmhouse style for over two decades.

A family business by the book

Kim Leggett says the pieces she discovers, buys and sells can come together to create a home that makes memories. “We don’t always know the whole story behind a piece, but when it goes to another home, it becomes part of another story, and we have that going forward,” she says.

To Leggett, connections between past and present are at the essence of what has become the “city farmhouse” style of decor, which she promotes with shows and her Franklin, Tennessee-based business.

She authored “City Farmhouse Style,” a 2017 book about a design movement that features urban homes decorated in farmhouse style. The work includes photography by Alissa Saylor. “Farmhouse style is time-tested. It has staying power. You can bet the farm on it,” writes Country Living Editor-in-Chief Rachel Hardage Barrett in the book’s foreword.

A love for antiquing and decorating is part of Kim Leggett’s family heritage. “My grandmother, who raised me, and my aunt — she was at our house all the time — went to auctions and local flea markets like the ones in every little small town,” she says. “So you could say I was raised in the business. My grandmother wasn’t actually a seller, but she would buy things, and when she got tired of something, she would sell it to a neighbor.”

Leggett was hooked, going to the auctions and first buying “blind boxes” filled with surprises. “There would just be all kinds of interesting little things in the box,” she says. Soon enough, she began buying with purpose, teaming with her husband to create City Farmhouse and applying knowledge gained through the years to bring a country style into households across the country.



“People in farmhouses were very eclectic, especially people who didn’t have a lot of money,” Leggett says. “They used whatever they could find, and maybe there was a craftsman in their backyard who was a cousin or a neighbor and they could make some wonderful things inexpensively.”

Leggett has introduced these relics — and their stories — to cabins, cottages, mansions, homes of celebrities and even restaurants across the country. From national design awards to features in national magazines, Leggett is recognized for her passion and efforts in sharing a decorating style that connects people with the past while writing a new story for their future.

CITY FARMHOUSE AT THE COUNTRY LIVING FAIRS

Sponsored by Country Living Magazine

The first fair this year was in Rhinebeck, New York. The final two 2019 events are set for Columbus, Ohio, Sept. 13-14 and Atlanta, Georgia, Oct. 25-27.

In addition to hundreds of vendors from more than 25 states, this year’s fairs will feature a City Farmhouse Pop-up SHOP. This special section of the Country Living Fairs will include unique finds from the Leggetts, along with curated sellers and popular vendors from other City Farmhouse events.

Other antique events

ANTIQUING ROUND TOP AND SURROUNDING AREA

This Texas event increases the tiny hamlet’s population of 90 exponentially as thousands from around the state and nation descend for the spring and fall dates. Round Top’s 2019 Fall Antiques Week is set for Sept. 30-Oct. 5. You can find City Farmhouse at Booth BD1 at the Marburger Farms Antique Show in Round Top. It happens in the spring and fall, Oct. 1-5 this year.

Carol Barnett, owner of Sweet Caroline's Cupcakery.

The sweet life

Sweet Caroline's Cupcakery hits the spot in Salyersville

BY JEN CALHOUN

Betty Carol Barnett sounds as surprised as anyone when she talks about how she went from a stay-at-home mom in Texas to the owner of a popular Kentucky restaurant in less than a year. "It kind of feels like a dream sometimes," says Barnett, who opened Sweet Caroline's Cupcakery in Salyersville in November. "I think, 'Is this for real?'"

But there's no need to pinch Barnett. Chances are, she's already awake, working and living out her dreams. "That's probably been one of the biggest changes," she says. "I probably work about 18 hours a day most days."

A BAKER'S BEGINNINGS

It all got started a few years back when Barnett, a Salyersville native, was living in the Houston area with her husband and her youngest son, Seth, who suffered from cerebral palsy. "My youngest son was disabled, and I didn't work because I wanted to stay home with him," she says.

She had dabbled in baking cakes but didn't grow serious until James Rosselle, a New York City baker who gained fame on the Food Network, started offering classes in Houston. "I really just wanted to make my son a cake for his birthday," she says. "I ended up taking nine courses in cake decorating."

But when Seth contracted pneumonia in 2016 and

died, Barnett's life changed directions. She moved back home to Salyersville to be near family. During that time, she kept busy by making cakes and cupcakes for friends. It wasn't long before her friend and local businesswoman, Kathy Bailey, suggested Barnett open a bakery.

The thought surprised Barnett, but it also didn't leave her mind. "I thought about it that night," she says. "I thought, 'Maybe I should do something like that.'" In August 2018, she and Bailey started renovating a space in a shopping center on East Mountain Parkway. Three months later, she was in business with a cupcakery named after her then 2-year-old granddaughter, Adalie Caroline Barnett.

FROM BAKED GOODS TO MORE FOODS

The idea for a bakery quickly morphed into more for Barnett when her friends started offering input. "I had planned on just doing cupcakes and birthday cakes, but some of my friends, including Bailey, said, 'You should do some soups and sandwiches, too.' I said, 'OK,'" she says.

Besides, it was winter in Salyersville, and her guests kept asking for beans and cornbread. "I was like, 'This is a bakery!'" Barnett says with a laugh. Soon, the menu grew from cupcakes and cornbread to cheeseburgers and fries, soups and salads. Now,



she even offers a daily special that runs from turkey and stuffing to goulash and meatloaf.

Growing up, she learned to cook from her grandmother. While raising her sons, she had made huge feasts for a full house of hungry boys and their friends. But running a busy restaurant brought new challenges for the hardworking Barnett. She hadn't expected how hungry residents would be for a new restaurant. "When I first announced on Facebook that I was opening, I couldn't believe the response," she says. "People kept writing, 'This is just what we need.' People would send me private messages that would make me cry."

When the crowds came, she even feared she'd taken on too much. "It was hard in the beginning when I opened," Barnett says. "I wanted to do it all myself — the shopping, the cleaning, the paperwork. I remember calling my husband and telling him I couldn't do it. I told him I was worked to death. It was just too much, and I wasn't getting to see my family. But he said, 'Just go outside and take a breath. Remember why you started it, and remember that you can quit anytime you want.'"

Since then, Barnett has toyed with quitting, even going so far as to announce it publicly. But she's learned to delegate to her employees while still finding time to do most of the baking and soup-making herself. Another woman stops by to make the shop's popular Amish wedding cakes.

Barnett says she's happy she didn't give in when times got rough. "I love when the little kids come in and we give them birthday cupcakes and a balloon," she says. "I love the way it always smells so good in here. My house is so messy, but then I always think, 'Once I clean, then what would I do from there?' I might miss working on my house and going to the mall, but I just like this better." 📱



Adalie Caroline Barnett, aka Sweet Caroline, looks over the display case full of cupcakes.



Skylar Russell indulges in a Rolo flavored cupcake at Sweet Caroline's Cupcakery in Salyersville.



Morgan Price has worked at the shop since the November 2018 opening.

Eats and treats

Sweet Caroline's Cupcakery offers everything from full meals to delicious desserts. This bakery-turned-restaurant brings more than just sweets to the table, serving everything from soups, salads and sandwiches to tasty daily specials and treats galore. Located at 467 East Mountain Parkway, Sweet Caroline's is open from 11 a.m. to 6 p.m. daily. To order cupcakes for special events, call 606-349-CAKE (2253). For more information, visit the Sweet Caroline's Cupcakery Facebook page.



ONLINE opportunities

Broadband internet takes education to another level

Tomorrow's workforce may appear very different from today's due to an expected increase in the number of science, technology, engineering and math jobs. And the market for jobs requiring more education than a high school diploma but less than a college degree is also expected to grow.

But with the opportunities a changing workforce represents, challenges also appear. Fast broadband internet services, however, can help by providing rural communities access to the educational tools to make those career paths a reality.

A report by NTCA—The Rural Broadband Association found that improved access to broadband internet allows communities to better provide critical training. Many small, rural communications providers offer fiber-based broadband services that can support distance education, and many also work closely with educators and industry to develop opportunities for students to acquire STEM — science, technology, engineering and math — and middle-skills jobs.

Students like Nathaniel Treadaway develop skills that increase economic opportunities in rural areas through work-training programs, apprenticeships and classroom instruction. Treadaway grew up in Kuttawa, Kentucky, with aspirations to teach music. But after studying music education at the University of Kentucky for a short time, he quit. "I decided the teaching field wasn't for me," he says. So he started working at a bank.

He soon realized the need to combine technology and his job, and he decided to go back to college. He enrolled at West Kentucky Community and Technical College in Paducah to pursue an internet technology degree. He got an internship at a major Paducah corporation that provides customer network support, and now he works there full time while continuing his education online. He expects to graduate this year.

At 29, Treadaway is part of a growing number of students attending college while continuing to work. "This is a rural area, and I'm thankful we have these opportunities," he says. "It's vital for those of us who want to stay here."

West Kentucky Community and Technical College continues to address the problem of young people across rural America leaving for the bigger cities. "In the past, some of the younger generation felt like they had to leave the area to make a good living and raise their families, but they're itching to come back," says David Heflin, vice president of academic affairs at the college. "We want to find employment that can provide that opportunity for them. We can't allow the 'brain drain' to continue taking our kids from this area. We have to provide opportunities so they have a reason to stay."


DISTANCE LEARNING

Broadband internet leads the way in the industrial revolution, and it's a driving force in education and jobs. Not only does broadband impact technology in jobs, but also manufacturing plants often rely on high-tech tools such as robots and cobots, which are computer-guided devices that assist a person. Partnerships among industry and educators are a growing trend to ensure that schools are offering courses that meet the requirements for these and other jobs.

Using technology to partner with other high schools and postsecondary institutions, high school administrators can create programs that help students prepare for guided postsecondary education, according to the report. Partnerships with other area institutions can help students prepare for regional job markets.

For rural community colleges, distance education plays a big role. Often, there's not enough enrollment to support a local classroom, and online classes can fill a gap. It's a growing trend. At Collin College in Texas — with locations in Frisco,





McKinney and Plano — online classes now account for about 40% of the enrollment.

When Glenn Grimes, a Collin College professor of computer science, first started teaching 17 years ago, all the classes were face to face. “Back then, people didn’t have the bandwidth necessary to drive the audio and video needed to do online classes,” he says. Students now have the ability to pick and choose topics they wish to study from campuses all over the world. “It’s a huge benefit for students,” Grimes says. “It gives them so many more options.”

Rural broadband providers are playing vital roles, leveraging their networks and working closely with local educational institutions, the NTCA report states. Rainbow Communications of Hiawatha, Kansas, provides fiber connectivity to Highland Community College, the oldest college in the state.

The network allows the school to offer numerous courses at various sites. Career and technical education courses at HCC include building trades and medical coding. The college also supports the agricultural industry through such courses as precision agriculture and diesel mechanics, areas of study which are necessary as farms increasingly rely on precision agriculture that blends traditional mechanical equipment with analytical tech and GPS-guided systems.

In Brainerd, Minnesota, Consolidated Telecommunications Co. works with Bridges Career Academies & Workplace Connection, which brings together high schools, local colleges and businesses to provide career guidance and training. The effort focuses on building local career opportunities.

Nex-Tech in Lenora, Kansas, works with local charitable foundations and public utilities to support high school and college internships. Students earn at least \$10 per hour and are offered technical and nontechnical career experiences in areas like agriculture, economic development, automobile restoration, medical services, computer technology, art, banking, legal and others. ☞



Broadband and its impact on education

- Youth who live in areas with broadband are found to have earned higher scores on college entrance exams such as the SAT or ACT.
- More than 70% of NTCA–The Rural Broadband Association members can provide 25 Mbps and higher broadband to their customers.
- A 2005 study found no significant difference between the writing skills of on-campus and off-campus students utilizing distance learning.
- Distance education can help address the lack of specialization possible in small, rural schools that can’t provide as broad a range of courses as larger schools because of affordability or demand.
- Distance education can also assist in early college attendance for high schoolers, particularly in rural areas that lack resources to support the increased expenses of college.
- Broadband-enabled distance education allows all eligible students who have access to broadband to participate.
- Distance education can also provide flexibility for working students and accommodate ongoing family obligations.

Source: Rural Broadband and the Next Generation of American Jobs, a report of NTCA–The Rural Broadband Association.



THE ART OF FUN



Tammie's Treasures Painting Classes bring friends together

BY JEN CALHOUN

Growing up, Tammie Franklin joked she couldn't draw a stick figure. She admired art, and she loved watching artists on TV. But creating works of art herself never seemed like an option to the River, Kentucky, native.

One day, while watching QVC on TV, she saw the artist Donna Dewberry featured. "She had these kits on there that walk you through everything you needed to do to paint something," she says. "It included the paint, the brushes, the whole nine yards. So I ordered two of them."

For years the kits sat unopened under Franklin's bed. In the meantime, she raised her son with her husband, Chris, and worked jobs in direct sales. Every so often, she'd run across the kits. "Then, one day, I finally got them out and started working with them," she says. Eventually,

those painting kits would help change her life. Working with them stirred a passion for creating in Franklin, who now owns and operates Tammie's Treasures Painting Classes, a business that offers group painting parties at Franklin's home and other locations.

COLORFUL NEW DIRECTION

Franklin's classes didn't start immediately, however. After fiddling with the kits and learning more about painting on her own, she soon began creating custom artwork for clients. She started her own store at one point and then switched to selling at a vendor mall. She also rented booths at craft shows.

Still, something was missing. "A couple of my friends told me I needed to teach painting," Franklin says. "I had never thought about that." She organized her first class about 15 years ago, and the business took off.

"All it took was one class, and the word was out," says Franklin, who now holds four painting classes a month at her home for anyone eager to create their own

Tammie Franklin hosts painting parties in her home.



works of art. "I've never had to advertise," she says. "I just use Facebook to let people know when the classes are, and people usually use that to save a spot."

Franklin often sells out classes in advance, but she loves to welcome new people. They just need to contact her before the seats fill up. "Eighteen students is my limit," she says. "When I have 18,

it gets a little hairy. But 90 percent of the time, the people who take my classes come back the next time.”

In addition to the regularly scheduled classes at her home, Franklin travels to special events like birthday parties, family gatherings, church group events and children’s parties to teach painting. She also creates custom orders for anyone who wants one.

HOW THE PARTIES WORK

Each month, Franklin chooses a design for students to paint. Using her Foothills Communications internet service, she often finds inspiration from websites and apps such as Pinterest. Then, she puts her own spin on the idea or develops her own design. The paintings are generally seasonal and are often on plywood, which Franklin’s husband cuts into shapes. The designs are easy to hang on doors and walls and offer a great way to create attractive decor inside and outside the home. They can also be given as gifts for friends and family.

One recent spring-summer design, for example, featured a piece of wood shaped in the form of an antique truck. Students could choose to paint a bunch of flowers or a giant beach ball to go in the back of the truck.

Classes are \$20 per person and require a \$10 deposit beforehand. The rest of the money is due the day of the event. The price includes all supplies and snacks. “I like to feed them,” Franklin says. “I’ll make homemade cookies or homemade brownies. Sometimes, we’ll have popcorn or homemade fudge. It really is just like having a bunch of friends over.”

The classes build confidence, too. Franklin says she won’t let anyone leave with a bad piece of art. She offers dozens of stencils, help and support for anyone who wants it. “I tell every class, ‘Nobody will leave here with it looking ugly because it is not good for my business,’” she says. “I promise them that whatever mistake they think they’ve made is fixable.”

Offering that sense of accomplishment to her students is a big part of the beauty of teaching, she says. “I love seeing the people who’ve never painted before — the ones who were like me and say they couldn’t even draw a stick person,” she says. “When they get done, they are thrilled beyond measure. They cannot believe that they’ve done it. It makes me feel good to see that, and it makes me feel good that they keep wanting to come back every month.” 📱



Paint party attendees, from left, back, are Tori Fannin, Jessica Crabtree, Teresa Fannin and Joyce Vanhooose. Front: Tammie Franklin, Kyleigh Crabtree, Tracy Fitzpatrick and Sandy Crabtree.



- Arty parties -

For more information on joining a class at Tammie's Treasures Painting Classes, call Tammie Franklin at 606-793-3058, or direct message her on the Tammie's Treasures Facebook page. Classes are \$20 per person and take place four times a month at Franklin's home in River. Franklin also throws painting parties for special events and church groups.



Tammie Franklin readies the supplies before her guests arrive for the painting party.

Fall squash

Enjoy a versatile, beautiful taste of the season

Trees tower over the two-lane road, its dividing line faded with wear and age. As you approach Granddaddy's Farm, however, the road widens and a rainbow of colors appears in hues of the autumn season — orange pumpkins, gourds of green, golden butternuts and the reddish tinge of One Too Manys.

"The farm is beautiful in the fall," says Andrew Dixon, who lives on the property once owned by his grandfather, Charles Dixon. "The fields are dying back and giving way to the colors of all the different winter squash varieties."

Hayrides are one of the most popular activities the Estill Springs, Tennessee, farm offers, taking families afield to pick the perfect pumpkin. Since the Dixon family became involved in agritourism, this is one of several things visitors can now do to learn more about farm life and growing in the Volunteer State.

But offering pumpkins and winter squashes for decorating is just one thing Granddaddy's Farm does. The Dixons also encourage folks to cook with them by offering free recipes at the farm store. "You can use them as table decorations, and then you can turn around and use the same ones for cooking, so you're not throwing it away," Dixon says, adding that it's only been in the past six or seven years that he's seen more people in the South



Granddaddy's Farm is made possible with the help of family, including, from left, Philip Dixon, Ann Thomas, Lacey Thomas, Nancy Dixon, Karen Dixon, Steve Dixon and Andrew Dixon.

interested in cooking with winter squashes.

"Before that, it was more of a Northern thing," he says. "It's taken us a little longer when the only squash we grew up with was yellow squash — and we fried that."

The farm offers 15 varieties of squash and gourds. Winter squash planting takes place in late June. Harvest begins in early September, and the farm opens to the public later that month on Fridays from 1:30-9 p.m. and Saturdays from 9 a.m.-9 p.m.

Dixon's personal favorite squash is butternut, a versatile variety that can be used in place of pumpkins for pies. "Butternut squash is so much easier to use," he says. "Pumpkins have so many seeds and



stuff. There's so much to hollow out. A butternut squash is all meat. It's much more efficient to cook with."

Butternut squash is also a good choice in casseroles, smoothies, soups and salads. "Any winter squash can be used for cooking, but some are better than others," Dixon says.

Here are some recipes from Granddaddy's Farm.



FOOD EDITOR
ANNE P. BRALY
IS A NATIVE OF
CHATTANOOGA,
TENNESSEE.

GRANDADDY'S FARM SPEEDY SPAGHETTI SQUASH

- 1 spaghetti squash
- Butter
- Parmesan cheese

Wash squash and place it on a cutting board. Cut squash in half lengthwise and scoop out seeds. Place squash halves cut-side down on a plate with a little water in the bottom and microwave on high 5-8 minutes or until tender. Fluff the insides of the squash with a fork, and it will begin to resemble spaghetti. Place "noodles" on a plate and top with butter and parmesan cheese to taste.

Note: Meat sauce also goes well over the squash noodles, and the noodles go well in a mock pasta salad with the addition of zesty Italian dressing and your favorite pasta salad ingredients (onions, green pepper, hard salami, capers, etc.).



APPLE-STUFFED ACORN SQUASH

- 2 apples, peeled and cut into slices
- 2-3 tablespoons butter, melted
- 1 acorn squash
- Honey

Add apple slices to frying pan with melted butter. Saute apples until fork tender. Set aside.

Place squash on cutting board, slice it in half lengthwise and scoop out seeds. Place halves cut-side down on a plate with a little water in the bottom. Microwave on high for 3-6 minutes until the inside is tender.

Place squash halves on plates, fill with sauteed apples and drizzle with honey.

PUMPKIN (SQUASH) PUREE

- 1 large butternut squash

Wash squash and place it whole in an ovenproof pan. Roast squash at 350 F for 1 to 1 1/2 hours or until you can insert a fork easily into the squash. Remove squash from oven and let cool. Slice the squash lengthwise and scoop seeds out gently, taking care to leave the meat intact. Scoop out all of the meat, place it in a blender or food processor, and puree until smooth. Use the puree as the base for pumpkin pie, smoothies or any other recipe that calls for pumpkin.

Tip: You can freeze the puree for several months. At Grandaddy's Farm, the Dixons freeze puree in quart bags in the amount called for in their recipes, and they thaw it as needed.

'PUMPKIN' PUREE SMOOTHIE

- 1 frozen banana
- 1/2 cup vanilla Greek yogurt
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon pumpkin pie spice
- 1/2 cup skim milk
- 2 tablespoons pure maple syrup
- 2/3 cup butternut squash puree
- 1 cup ice

Add all of the ingredients to a blender in the order listed. Blend on high for at least 3 minutes or until smooth. This may take longer if your blender isn't very strong. Scrape down the sides of the blender as needed. Add more milk to thin out if the mixture is too thick. Add a couple more ice cubes for a thicker texture if desired. Add more spices to taste, if desired. Makes 1 smoothie. ☞



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