



CONNECTION

A SOLDIER'S STORY

WWII vet shares his remarkable journey

LYNETTE AND LAUREL

Paintsville boutique helps downtown shine

A HIGH-TECH LIFELINE

Telemedicine powers up rural health care





— By SHIRLEY BLOOMFIELD, CEO —
NTCA-The Rural Broadband Association

A good way to start the New Year

NTCA members make a real difference in their communities, and in the lives of the people they serve. I was reminded of this a few weeks ago when the Foundation for Rural Service announced it had awarded \$100,000 in FRS Community Grants to groups throughout the U.S. FRS is the nonprofit arm of NTCA that supports rural telecom companies, consumers and policymakers with educational information, products and programming.

Each year, community organizations apply for FRS grants to help them tackle challenges ranging from accessing technology and improving educational offerings to providing telemedicine and first-responder services to rural areas. Applications are sponsored by their local telco.

It was also exciting to see the USDA award several ReConnect grants and loans to NTCA members toward the end of the year. This program represents yet another option for rural broadband funding, as well as an example of public/private partnerships at work to extend broadband to unserved communities.

After all, investments by federal and state agencies, coupled with the commitment of rural broadband providers, are key to our nation's progress in connecting the millions of citizens still without access to fast, reliable internet service.

These programs, as well as the engagement we saw among policymakers at our Telecom Executive Policy Summit in November, provide a strong start to 2020 and give me great hope for a strong new year for rural broadband. ☑



Are you ready for a telehealth future?

Story by STEPHEN V. SMITH

The presence of reliable broadband service holds great promise for rural America. While it touches many facets of life, broadband's greatest impact may very well be in the area of health care. Consider this statement from the Federal Communications Commission:

"Advances in telemedicine are transforming health care from a service delivered solely through traditional brick and mortar health care facilities to connected care options delivered via a broadband internet access connection directly to the patient's home or mobile location."

While reliable access to a broadband network is still out of reach for millions of rural Americans, hundreds of cooperative and independent telecommunications companies across the country are delivering world-class internet service, often over a fiber connection. If you received this magazine in the mail, your local telco is one of those leading-edge providers.

If access to broadband is becoming less of the challenge to telehealth's wide-scale availability, what is the greatest challenge? The FCC recently tasked the Intergovernmental Advisory Committee with studying and reporting on telehealth barriers and incentives. The report stated that "people-based" issues offer the most significant challenges to telehealth adoption. While this includes many factors, such as policy and licensing, broadband adoption is a leading concern.

In other words, the technology is there. Now, people need to embrace it.

"Increasing support must be given to rural and disadvantaged communities so that digital literacy and adoption does not exacerbate the digital divide," the IAC report states. Quite simply, the presence of broadband doesn't mean patients and doctors are ready to put it to use as part of their health care program.

Are you ready? Do you understand the implications of telehealth? What steps can you take toward enjoying its benefits?

Begin by asking your doctor what programs are available. This could include connected medical devices in your home or something as simple as remote monitoring via an app on your smartphone or tablet. Of course, access to telehealth starts with subscribing to broadband service that will support this life-changing technology. And once in place, broadband has the potential to enhance your life in many other ways as well. ☑

Knowledge is power

Does your digital know-how stand up?



Story by NOBLE SPRAYBERRY

Convenience and power. Internet services bring both. Online bill pay eliminates a tedious task. Social media can keep family ties strong or reconnect you with old friends. Streaming services bring a wealth of music, books and more.

But when it comes to digital tools, knowledge is power, and the Pew Research Center's recent "Americans and Digital Knowledge" report found that a majority of adults in the U.S.

could not correctly answer half of the survey's 10 multiple-choice questions.

Questions touched on security and a general understanding of technology. Here are a few of the queries, edited for clarity, focused on security and privacy — good information to know. The answers do include additional context and tips not included in the report.

Q If a website uses cookies, it means that the site ...

A: Cookies allow websites to track user visits and site activity. They are common, and you are often tracked across the websites you visit.

Q Where might someone encounter a phishing scam?

A: Phishing scams can occur on social media, websites, email or text messages. Each form of communication offers an avenue for exploitation. For additional tips to improve your online security, visit [FCC.gov/consumer-guides](https://www.fcc.gov/consumer-guides).

Q What is the largest source of revenue for most major social media platforms? (Several possible options were listed.)

A: Advertising is the largest source of revenue for most social media plat-

forms. Often advertising is personalized to you by information gathered from not only your activities on a social media site but also your actions on other websites.

Q When a website has a privacy policy, it means that the site ...

A: Privacy policies are contracts between websites and users about how those sites will use their data. Often long and legalistic, the agreements may outline how your private information can be used to target advertising or whether or not your information can be shared with other companies.

Q What does it mean when a website has "https://" at the beginning of its URL, as opposed to "http://" without the "s"?

A: "https://" in a URL means that

information entered into the site is encrypted. Look for "https://" before completing any financial transaction on a site.

Q Many web browsers offer a feature known as "private browsing" or "incognito mode." If someone opens a webpage on their computer at work using incognito mode, who will be able to see their online activities?

A: Private browsing mode only prevents someone using the same computer from seeing one's online activities. In most cases, your internet provider, including your phone wireless provider, can see all digital traffic passing from your device to the internet.

Want to see the entire report?

Do a Google search for "Pew Research Center and Americans and Digital Knowledge."

We've arrived in the future

Welcome to 2020! I sincerely hope you and those close to you had a superb holiday season and that this new year is off to a wonderful start.

Something about starting not only a new year, but also a new decade makes 2020 feel like a year especially full of promise. For so long, the 2020s have seemed like the distant future. Now, we have arrived!



RUTH CONLEY
Chief Executive Officer

It's entertaining to look back and see what Hollywood, science fiction authors and big thinkers predicted for the future.

While I'm still waiting on the flying car and weekend trips to the moon that science fiction promised us, I catch myself from time to time thinking about how some of the things we take for granted every day would seem so futuristic to us just 20 or 30 years ago.

Here in the future, all of us carry around personal communication devices in our pockets that allow us to make video calls with people all over the world.

We can instantly download practically any book, movie or song in the world right to our tablets.

While we don't exactly have Rosie from "The Jetsons," we do have robots that vacuum our floors, manufacture products and even help perform surgeries.

We have software that can share photos around the world, alert us to emergencies and order almost anything we need for home delivery. Our watches can help detect heart problems. Our cars can give us directions to anywhere we want to go. And our homes can turn on lights, lock doors and change the temperature with just the sound of our voice.

Many of these things are becoming a normal part of our daily routine, but the 1980 or 1990 version of myself would have seen them as straight out of science fiction.

For those of us at Foothills Communications, it's rewarding to know our network is what brings the future to our part of Kentucky. Whether it's our broadband service at your home or our network providing vital infrastructure to businesses, we're right at the heart of all of this futuristic technology. We worked hard to make that network and our company even better in 2019. It was certainly a year of meaningful accomplishments and noteworthy milestones for us.

We moved all of our customers to a much more stable, robust fiber optic network. Also, we extended our services into the city of Paintsville, where we added customers who can enjoy capabilities such as number porting.

During the year, we worked hard to update all of our offerings, including pricing and greater choice. The effort included the rollout of a new TV service that allows customers more freedom in selecting the packages of TV channels they wish to receive.

In 2020, our efforts to provide the best service possible will continue. We intend to begin the construction needed to offer service in the areas surrounding Paintsville and in and surrounding Louisa. Every day, we receive requests for our services in areas where we do not now have facilities. We, however, understand the need to extend our services to those communities.

The goal is to provide a network to support the economic growth so important to our region, and we do it by creating services comparable to those found in much larger metropolitan areas. Our mission is to extend this high-quality service to as many communities as possible, bringing them communications services that are otherwise unavailable.

Knowing that the only thing certain about the future is change, I think Foothills Communications is primed to accomplish these things and more. We're thankful for the opportunity to serve you in 2020 — and in the future. 📺



CONNECTION

JANUARY/FEBRUARY 2020

VOL. 7, NO. 1

The Foothills Connection is a bimonthly newsletter published by Foothills Communications, ©2020. It is distributed without charge to all customers of the company.



Foothills is a member-owned cooperative that has been serving residents and businesses in eastern Kentucky since 1951. In the early days, we only offered telephone service over copper wires. Over the years, we have expanded our network and now provide broadband internet and cable TV services over fiber optic facilities to much of our service area, 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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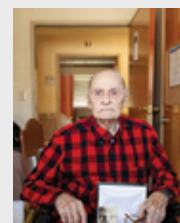
Foothills Mission Statement

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

Produced for Foothills Communications by:



On the Cover:



Local veteran Albert Patrick experienced life and death during WWII. He was also the first to see bombs dropped on Pearl Harbor.
See story Page 12.

Photo courtesy of Angela Goodman Photography

Build your own TV package by adding one or more add-on packages

ESSENTIALS

\$40.90

Package includes 60-plus channels
and 50 music choice channels

EXPANDED

\$90.90

Package includes 130-plus channels,
including the Essentials

COMPLETE

\$103.40

Package includes 180-plus channels,
including Expanded

Add-on packages

ENTERTAINMENT 1 — \$10

220 TNT
221 TBS
222 TruTV
225 AMC
240 WE
244 BBC America
250 FX
251 FXX
252 Fox Movie Channel

HOME & LEISURE — \$3

140 HGTV
141 DIY
144 Food Network
145 Cooking Channel
148 Travel Channel
149 Destinations America
152 Discovery Life
190 RFD
191 Cowboy Channel
297 Great American Country

NEWS — \$7

70 CNBC
73 MSNBC
76 FoxNews
77 CNN
78 HLN
79 Fox Business News
82 CNBC World

ENTERTAINMENT 2 — \$6

223 Paramount
228 USA
237 Lifetime
238 Lifetime Movie Network
226 A&E
230 Bravo

LEARNING & DISCOVERY — \$5

120 National Geographic
121 Nat Geo Wild
122 History Channel
123 Discovery Channel
124 The Learning Channel
125 Investigation Discovery
126 Animal Planet
128 Military History Channel
129 American Heroes Channel
130 Science Channel
131 Crimes & Investigation
276 FYI
278 Viceland

SPORTS EXTRAS — \$2

28 Fox Sports 2
29 Fox College Sports Atlantic
30 Fox College Sports Central
31 Fox College Sports Pacific
45 Tennis Channel
46 Golf
57 Outdoor Channel
58 Sportsman Channel
64 MAV TV
65 Motor Trend

ENTERTAINMENT 3 — \$3

214 Comedy Central
235 OWN
236 Oxygen
270 Freeform
273 E!
277 Fusion

FAMILY — \$2

163 BYU
196 TV Land
200 UPTV
204 Hallmark
205 Hallmark Movies & Mysteries
206 Hallmark Drama
210 Game Show Network

SPORTS & MORE — \$16

14 ESPN
15 ESPN2
16 ESPN SEC Network
17 ESPN News
18 ESPN
19 ESPN Classic
27 Fox Sports I
40 NBC Sports Network
47 NFL Network
66 Cars TV
127 Pets TV
146 Recipe TV
150 My Destination TV
215 Comedy TV
217 Justice Central TV
275 ES TV

ENTERTAINMENT 4 — \$3

246 AXSTV
255 Turner Classic Movies
258 HDNet Movies
260 EPIX
261 EPIX2
262 EPIX Hits
263 EPIX Drive In
267 SyFy

Kids — \$6

101 Disney
102 Disney XD
103 Disney Junior
106 Cartoon Network
108 Nickelodeon
109 Nick Jr.
110 Nick Toons
111 TEENick
113 Nick Too
114 Boomerang
115 Discovery Family Channel



TAKE THE RIDE

Follow the Hank Williams Trail

Story by ANNE BRALY

The road between Georgiana and Fort Payne along the Hank Williams Trail is a journey lovers of country music should make at least once in their lifetime. It tells a story of one of Alabama's most famous sons, from his beginnings as the child of a railroad engineer who was mostly absent from his son's life to the glamour of stardom and Williams' tragic demise at the young age of 29.

Over the span of Hank Williams' life, he recorded more than 165 songs. Though he could not read a note of music, he was a wordsmith when it came to writing hits that have become part of the American songbook.

The trail is a 250-mile trip through history that includes a visit to Williams' boyhood home and ends at a barber shop where he made one of his last stops before dying in his car in West Virginia on his way to perform at a concert in Ohio. "The Alabama Tourism Department has done an incredible job with the Hank Williams Trail, and it's a great way to experience some of my dad's life story," says his daughter, Jett Williams.

Here are some trail highlights

GEORGIANA

Thousands of newspaper clippings, photos of family and friends, record albums and 45s, royalty receipts, clothes, one of Williams' early guitars, the old wooden bench he stood on to sing at Mount Olive Baptist Church in nearby Greenville, Alabama — there are too many items to list, and it will take a couple of hours to take in the scope of the collection at the Hank Williams Boyhood Home & Museum.

Williams lived here from 1931 to 1934. It was in this house at 127 Rose St. that he played his first guitar, having bought it by selling peanuts and shining shoes at the town depot.

Among the more unusual items in the small house is a stage light used in the Municipal Auditorium for the show "Louisiana Hayride." The Hank Williams Festival is on the grounds the first Saturday each June.

Online: www.hankmuseum.com

MONTGOMERY

Montgomery is ground zero for Hank Williams. He called it home from 1937 to 1948 and moved back in 1952. He lived there at the time of his death.



Chris' Hot Dogs, 138 Dexter Ave.

This shotgun-style eatery is the oldest restaurant in the city and was Williams' favorite place to eat — and drink.

"He'd order two hot dogs all the way — mustard, sauerkraut, onions and Chris' famous chili sauce — and a Budweiser and a shot of Jack," a server said when asked about Hank Williams' favorite dog. Williams' seat isn't marked, but it was one of 12 stools along the counter. There are also booths and tables, so it's not hard to find a seat and eat where the Hillbilly Shakespeare once dined.

Online: www.chrishotdogs.com

D'Road Cafe, 121 Montgomery St.

This cafe, the former location of the Elite Cafe, is worth at least a drive-by to see where Williams made his final public performance just four days before he died. The Elite opened in 1911 and was a Montgomery institution before it closed in 1990. Now reopened as the D'Road Cafe, the restaurant allows visitors to sit in the place where Williams last performed.

Online: droadcafe.com

Hank Williams Museum, 118 Commerce St.

This museum is the tell-all of Williams' life — both public and private. The collection includes thousands of pieces of not only his, but also of his wife's, Audrey's, past — furniture from their house in Nashville and suits, including several handmade Nudie suits. There are guitars, bills and other receipts, and artwork. The collection is massive, but its crowning jewel is the baby blue 1953 Cadillac in which Williams died. It's on loan from his son, Hank Williams Jr.

Take your time touring the museum, but when you're done, browse the gift shop — ticket and shop sales and private donations fund the museum.

Online: hankwilliamsmuseum.net

Hank Williams Gravesite, 829 Columbus St.

On your way out of town is Oakwood Cemetery. It's here, high atop a hill, that Hank and Audrey Williams are buried. Inscriptions at the base of Hank's headstone remind visitors of his most well-known songs, such as "Kaw-Liga," "I Can't Help It" and "Jambalaya."

LAKE MARTIN, ALEXANDER CITY

Hank Williams' Cabin on Lake Martin is a small, white frame affair where Williams and Fred Rose, his friend and a giant in the music publishing business, wrote blockbusters "Kaw-Liga" and "Your Cheatin' Heart."

The cabin is now on the property of Children's Harbor, a camp for sick and disabled children. The two-bedroom building is available for rent.

Online: childrensharbor.com

Kowaliga Restaurant, 295 Kowaliga Marina Road

This restaurant, now serving a menu of cheeseburgers and catfish, sits at the water's edge of Lake Martin. Inside, a carved statue of the Indian Kowaliga, whose story was the inspiration for Williams' song "Kaw-Liga" guards the entrance.

Online: www.kowaligarestaurant.com

BIRMINGHAM

The Redmont Hotel, 2101 Fifth Ave. N., is the place where Hank Williams spent his last night in 1952 and is also the oldest hotel in Alabama still in operation. Remodeling a few years ago reconfigured many of the guest rooms, but Williams' room was on what is now the third floor, somewhere around what is now room 304.

Step off the elevator on the third floor and you'll see a wooden plaque with four of Williams' records. This is the only floor displaying any Hank Williams decor and is a silent tribute to one of the hotel's most famous guests.

Online: www.redmontbirmingham.com

FORT PAYNE

On the eve of his death, Hank Williams stopped by Carter's Barber Shop for a haircut and a shave from barber Howard Simpson. He also had a sip or two or three — maybe more — of moonshine while there. When Simpson died, he left the chair that Williams sat in to local barber Alton Beason, who opened his shop at 1719 Gault Ave. It's now on display in a corner of the shop, carefully roped off for all to see but not sit in. ☞



Carter's Barber Shop in Fort Payne, Alabama.



Chris' Hot Dogs in Montgomery, Alabama.

Kentucky proud

Owners of Lynette and Laurel bring more fun to downtown Paintsville

Story by JEN CALHOUN | Photography by MELISSA GAINES

When Lynette and Laurel first opened in July 2017, the stock practically flew off the boutique's shelves, says Trisha Kennard, who co-owns the shop with Victoria Childers and Sherri Coleman. "We only had a small supply, and it just went like crazy," she says. "After that, everything sort of skyrocketed."

Since then, the trio has moved the shop to a corner spot on Main Street in downtown Paintsville. It's a lively shop full of farmhouse flair and colorful class that now offers boutique-style clothing in regular and plus sizes, a wide array of accessories, clever T-shirts and a variety of unique gift items. They also sell some farmhouse-style furniture pieces when space permits.

The atmosphere of the shop is relaxed and festive. The owners and their families have done most of the renovation work, including the hand-painted flowers in the dressing rooms. Outside of the building, visitors can take pictures in front of a pair of angel wings local artists painted. "We have a lot of people who come in and just look around and enjoy the experience," Kennard says. "I think they know we're not going to pressure them and that it's a good place to just come to look and enjoy themselves for a little bit."

FROM MOMS TO ENTREPRENEURS

Despite their success, the world of boutique sales is relatively new to Childers, Coleman and Kennard. "We were just stay-at-home moms," says Kennard, who started off with Coleman selling refurbished farmhouse-style furniture from a booth in a local vendor mall.

Coleman left a job in physical therapy about 22 years ago, around the time her daughter, Abigail, was born. She was forced to leave her job because Abigail was born with brittle bone disease, a disorder that results in fragile bones that break easily. Later, Abigail also received an autism diagnosis.

Childers also worked at home but had started Ox + Ivory — a line of homemade soy-based soaps, body lotions, candles and other products — with her husband, Bryan. In 2018, she also helped organize Market 606, a recurring street festival designed to bring people downtown. "It's something fun for the community to do, and a new way for people to showcase the businesses downtown and even the ones without a storefront," Childers says. "There's also live music from local artists. The community loves it because it's fun and hip and gives them a place to get together."

"Each one of us had a special reason to create a job for ourselves," Coleman says. "Sometimes women have to do that, especially when they have kids or have kids with special needs. We want to work. I mean, I love working. I worked until I was 28 years old. Then I had Abigail and couldn't work. But now, I can bring her with me, and people love her. She loves it. It all worked out."

CARING FOR THE COMMUNITY

The women also believe that helping others remains an important part of doing business. Aside from helping to revitalize downtown Paintsville, they also raise donations for community members and organizations in need. Last summer, they used their space to collect school supplies for children who needed them. They even displayed a motorcycle in their shop that was being raffled to help pay for a person's heart transplant.



Lynette and Laurel offers a dynamic range of sizes.



From left, Sherri Coleman, Trisha Kennard, Abigail Coleman and Victoria Childers.



Brandy Bentley is in head-to-toe Lynette and Laurel attire in front of the mural on the side of the store.

But they also want to use their store to help raise up others. Many of the products they sell come from Kentucky artisans. Along with Ox + Ivory, the store sells Smile Tiles by Jenny, a handmade jewelry line from a local jewelry-maker who incorporates unique charms with positive sayings and sentiments. Other artisans from around the region and the state have also had items in the store, and more are welcome, Coleman says. "If we can buy products from people who make them here in Eastern Kentucky, we try to do that," she says.

HIGH-SPEED INTERNET MAKES THE DIFFERENCE

The owners of Lynette and Laurel say they use their Foothills Communications business internet connection to power just about everything they do, whether they're advertising their business on Facebook and Instagram or accepting credit card



sales. "The good thing about having our internet connection with Foothills is that we don't have to worry about that part of the business," Kennard says. "Our computers are not only our cash register, but they catalog our inventory and calculate our taxes."

Social media serves as the quickest link to customers, she says. Within minutes of posting new clothing or jewelry online, the page is filled with requests. "One day, we got some new jumpsuits in," Kennard says. "As soon as we put them online, everybody started messaging us. There were people trying to get us to hold them, and there were even people who had moved away that wanted us to ship them."

That kind of response pushed the entrepreneurs to start a VIP group on Facebook, which gives interested customers a sneak peek of some of the newest items. "Social media has worked well for us," Kennard says. "Even better than a website, so far."

But business success accounts for only part of the women's joy over the business, Kennard says. "My favorite part is just the people," she says. "We have really enjoyed being out here and having a lot of people to help and to talk to. You don't think of this as an outreach, but it is. I mean, people like to come in here and talk to us, and we like to be part of their lives." 📱

All the pretty things

Lynette and Laurel is located at 253 Main St. in Paintsville. For more information or to see the latest items in stock, visit the Lynette and Laurel Facebook or Instagram pages or call 606-264-4536.



Telemedicine changes the health care landscape

Broadband makes a difference daily

Imagine a world with greater health care accessibility, as convenient as contacting a physician from your home. Or consider a medical system where rural communities can easily connect in real time with specialists based dozens, if not hundreds, of miles away.

Broadband technology provides the key link between you and medical providers needed to make those innovations and others possible. That more convenient, healthier world is becoming a reality for rural communities across the nation.

The systems are not yet what they one day may become, but every day more and more people are receiving the benefits of telemedicine. And the results are often profound.

Kentucky veterans have easier access to important care. Changing laws in states such as Texas allow greater access to telemedicine. Telestroke programs in Minnesota and North Dakota save vital minutes when patients most need care. And those are just a few examples of broadband technology changing health care for the better.

KENTUCKY VETERANS

In rural Kentucky, getting to and from an appointment at any medical specialist can often require hours of travel. But when you're a veteran trying to get to a Veterans Administration Medical Center in a metropolitan area, travel times can increase even more. And a veteran might need multiple doctors and have multiple appointments scheduled on different days.

An innovative pilot program in a mountainous section of eastern Kentucky is helping to change that. The Virtual Living Room program, which started in 2017 in McKee, offers vets a comfortable and private room in their local library complete with high-speed internet access to visit with VA health care providers located more than an hour's drive away.

The program, available for setup at other qualifying sites, not only illustrates the potential of telemedicine but also shows the efforts being made to create a system capable of benefiting as many people as possible.

The McKee Virtual Living Room is a collaboration among four organizations: the VA, NTCA—The Rural Broadband Association, the rural telecom provider Peoples Rural Telephone Cooperative and the Jackson County Public Library. The VA has provided telehealth services for several years, but it can't happen if vets don't have access to high-speed internet connections either in their homes or nearby.

"The rest of the country, like us, really admires our veterans," says Keith Gabbard, chief executive officer of PRTC. "Before the project, we saw veterans spending the day in a waiting room at the hospital, and when they live an hour and a half away, it's pretty much an all-day event for a veteran to get health care."

Fast fiber optic internet networks make telemedicine a realistic option for more and more communities, and the cooperative was a leader in establishing the Virtual Living Room at the Jackson County Public Library.

"We've done a lot to promote it, and the library staff and the veterans are really proud of it," Gabbard says. "It's a source of pride for our community, and it continues to grow. The Virtual Living Room is a beautiful area where veterans, even



◀ From left, Veterans Donald Barrett, Jim Bryant, Mike Montgomery, Bobby Lakes and Danny Robinson attend the ribbon cutting for Virtual Living Room in McKee, Kentucky.

if they don't have a doctor's appointment, can go and read a book. It feels like it's their home."

CHANGING LAWS

While faster internet may provide the foundation for telemedicine services, the legal and regulatory framework of each state can play a role in determining the effectiveness of the programs.

In May 2017, Texas Gov. Greg Abbott signed a bill into law that leveled the playing field for telemedicine physicians and doctors who work in traditional office settings. In part, the law eliminated a requirement for a patient to first visit a physician in person before receiving care through telemedicine.

"The bill removed a lot of barriers, and we've seen an increase in queries about telehealth," says Becky Bounds, program manager for the TexLa Telehealth Resource Center in Lubbock, Texas. The federally funded center works to provide resources and technical assistance to telehealth programs in Texas and Louisiana.

Bounds says the internet-based tools offer key services. For example, Lubbock is home to the Timothy J. Harnar Regional Burn Center, which often receives patients injured while working in the industries of West Texas. After treatment and returning home, follow-up visits to Lubbock could require drives of five to six hours. However, a telemedicine-equipped clinic on the campus of Texas Tech University Health Sciences Center in El Paso allows patients to virtually visit with specialists in Lubbock.

"About 12% of the state's population lives in West Texas, and telehealth matters,"

Bounds says. "We are producing cotton, beef, oil and more, and we need health care for the workforce producing those products for the rest of the state and the nation."


THE GOLDEN HOUR

When it comes to treating a stroke, doctors have a saying: Time is brain. It's a reminder that every minute that passes between the event and treatment can lead to irreversible damage. Fortunately, telemedicine technology already gives doctors a fighting chance to begin treating patients before the critical "golden hour" passes.

One of the leaders for this technology in the Midwest is Essentia Health, which established telemedicine capabilities in each of its 17 hospitals, 70 clinics and eight nursing homes throughout Minnesota and North Dakota. With its telestroke program, emergency medical technicians can identify stroke patients on the way to the hospital and even begin treatment.

Essentia Director of Telehealth Services Laurie Hall recalls an ambulance picking up a rural patient nearly 90 minutes from the nearest hospital. In the past, serious brain damage would have been a near certainty for such a patient. But thanks to telestroke technology, EMTs diagnosed a stroke and began treatment about 45 minutes after the stroke occurred.

"The goal is to shorten that window from the time the patient has the event to the time they actually get those

clot-busting medications or the clot is removed," Hall says. "Getting that done so quickly is profound when you think about the injury that could happen from just those few extra minutes. It helps these patients get out of the hospital much quicker and to get on with their normal lives." 



EIGHTY YEARS LATER

Local vet remembers his time in WWII

Story by JENNIFER CALHOUN | Photography by MELISSA GAINES

Albert Patrick was carrying a plate of eggs and pancakes when he saw the first bombs drop on Pearl Harbor.

It was early on a Sunday morning, and Patrick was a 22-year-old soldier fresh out of the foothills of Kentucky and stationed at Schofield Barracks in Hawaii. He'd stayed out late the night before in Honolulu and was ready for some breakfast.

"I got dressed in fatigues because I wasn't going to have to do nothing on a Sunday," says Patrick, now 101 years old and a resident of Salyersville Nursing and Rehabilitation Center. "Then, I walked to the mess hall. There were just about 10 guys there, and we were every one of us rookies. We'd probably all been there about a year."

As he headed toward the dining hall with his plate, Patrick heard a loud noise. "I pushed the door open, and right up there was an enemy plane. But I didn't know it was an enemy plane at the time. I could see the pilot. I could see his teeth — it was that close. And I saw him release a bomb that was about as big as that plane."

The explosion drew the other soldiers around him. He remembers them asking, "What is it, Pat? What is it?" But Patrick didn't quite know what he'd seen. Then a radio on one of the dining tables squawked, "THIS IS NOT A DRILL!"


Two hours of bombing left more than 2,400 Americans dead, 21 ships either sunk or damaged and more than 188 U.S. aircraft destroyed. The next day, the United States declared war on Japan and officially entered World War II. Three days after the bombing, the U.S. also declared war on Germany.

For the U.S. and its citizens, the act would eventually represent a new world order. For Patrick, it was the beginning of years of battlefields, foxholes and blood.

JOINING UP

When Patrick joined the Army in June 1940, Kentucky and the rest of the country continued to struggle with the hard times left over from the Great Depression. Nazi Germany had invaded most of Europe and was attempting a takeover of Great Britain. America was not yet in the war because many believed in the policy of isolationism — a view that the U.S. should stay out of the affairs of other countries.

But the attack on Pearl Harbor changed all that. Soon enough, Patrick went off to fight in the Battle of Guadalcanal in the South Pacific. The battle, which largely involved the U.S. Marines, was a monthslong campaign that ended up as a significant victory for the Allied forces.

A photograph of an elderly man, Albert Patrick, wearing a red and black plaid shirt. He is holding a small, rectangular, slightly faded photograph in his right hand. The photo shows a man and a woman sitting on a beach. The man is wearing a military uniform. The woman is wearing a dark dress. The background of the photo is a sandy beach with some vegetation. The man in the photo is looking towards the camera. The woman is looking towards the camera. The photo is held up in front of the man's chest. The man's face is partially visible in the background, looking down at the photo. A pair of glasses is visible on a surface to the right of the man.

Albert Patrick holds a photo of himself on the beach in Hawaii with an unknown "hula girl" he met.



Albert Patrick saw the first bombs being dropped on Pearl Harbor.

"Mostly, to tell you the truth, they call on their mothers. The younger ones do, before they call on anybody else."

— Albert Patrick, WWII veteran who saved a fellow soldier's life with bootlaces

At one point during the battle, a sergeant ordered the young soldier to look over a cliff to see if the enemy was near, Patrick told a reporter with the Salyersville Independent during an awards ceremony in 2018. It was late afternoon and growing dark. "I just took my pistol .45 and looked over the cliff, but not straight down, but I should have," he told the reporter. "I looked down there, and there wasn't no roads, just paths going every which way. I slid down the bank on my stomach, and while going down headfirst, I heard the safety go off of a gun."

He landed between the legs of an enemy soldier. "I fired about where I thought his body should be, and he fired at the same time," Patrick told the Independent. The bullet pierced Patrick's helmet, which spared his life. But the enemy was dead. A

diary retrieved from the enemy's personal belongings read, "Killed 93, Probably 63."

Two commanding officers at the time had planned to put Patrick in for a Silver Star for the act that likely saved hundreds more. However, both officers died in combat within the next two weeks. Patrick received delayed recognition for his work in April 2018 at the age of 99 when he received several medals, including the Bronze Star, the American Campaign Medal, the Asiatic-Pacific Medal with three bronze service stars, and the WWII Victory Medal.

SAVING A LIFE

As Patrick looks back, however, the event that made the greatest impression on him wasn't finally receiving a few medals. It was when he was fighting on New

Georgia Island in the South Pacific and a U.S. soldier in a nearby foxhole was hit by a grenade. "After a while, he started moaning," Patrick says. "He'd say, 'Hey, Corporal, can't you come to me?'"

Patrick struggled through enemy fire to reach him and saw that the soldier's feet were bleeding heavily. Patrick pulled out a shoelace from his boot and cut it in half to tie around the man's legs. Then he did the only other thing he knew how to do — he comforted the young soldier. "We laid there all night," Patrick says. "He was in my arms, and he was a-calling on his mother. Mostly, to tell you the truth, they call on their mothers. The younger ones do, before they call on anybody else."

A few years after the battle, a friend of Patrick's, Curtis Adams, visited wounded soldiers in North Carolina, the Salyersville Independent reported. During the visit, Adams happened to run into the same soldier that Patrick had helped in the foxhole. The soldier was shocked to find out that Adams knew the man who had helped him. "He said, 'That's the name I had been searching for,'" Patrick remembers Adams saying. "He said, 'He's the guy who saved my life.'" 📱

Ooey gooey chewy — Pizza

Warm up a cold day with a perfect slice



Chris Stone and Andrea Clark make the Lookout Mountain Pizza Company a dining destination.

Pizza is one of those foods where when a craving hits, nothing else will do. It's been an American favorite for decades. And now, people in the Rising Fawn area of Lookout Mountain, Georgia, are satisfying those cravings at Lookout Mountain Pizza Company.

A pilot for American Airlines for 32-plus years, Chris Stone jettisoned himself into a new career as a pizza maker. And it's not just any pizza. It's the artisan pizza that brings people from as far away as Atlanta and Birmingham, and as close by as Chattanooga and Mentone, Alabama. "It's really become a little destination place," Stone says.

When asked how he jumped from piloting to pizza, Stone says he's always loved to cook. "Before 9/11, I was based in Washington, D.C., but after 9/11, I ended up in New York for about five years, and one night, I ended up taking a pizza class."

He was hooked then, although he waited to turn it into a career. "It took me about 10 years to figure out exactly what I wanted to do with it," he says. Stone continues to fly European routes weekly Monday through Wednesday. On Thursdays, he's home to open his pizzeria with the help of a well-trained staff. They know how to make the pizza dough from scratch and heat up the wood-fired pizza oven to

its optimum heat: 750 F at its base and 1,000 degrees at its dome. The oven bakes pizza to perfection in under two minutes.

The class he took in New York, under renowned bread baker Jim Lahey, owner of Sullivan Street Bakery, taught the art of making Roman-style pizza crusts. On his many trips to Europe — Italy is on his route — he learned about Neapolitan pizza and began working with the dough at home. "I ended up building a pizza oven in my kitchen at home," he says.

In 2016, he found a location for his pizzeria, an old building that had housed an art shop, church and mechanic's shed at different times through the years. After spiffing the place up with some paint, a new roof and other renovations, he opened Lookout Mountain Pizza Company in July 2017, and it quickly became the place for pizzas that feature quality ingredients like wheat flour from Naples, Italy, along with canned tomatoes from a town near Italy's Mount Vesuvius and Wisconsin cheese. "It's not the cheapest pizza to make, but you need to use good ingredients to make a good pizza," Stone says.

The dough is a simple mixture of flour, water, salt and a little yeast. The pizza sauce is made from scratch. Onions roast in the wood-burning oven and function as a topping for pizzas named after Italian women. Sophia is the house favorite, with

Here are some helpful hints for home pizza cooks:

- Use a good flour, such as King Arthur. "Some people use bread flours with plain flour and stuff like that, but I've found it really makes no difference. But you'll need to add a little oil to the dough to get it to brown up," Stone says.
- Do not overwork the dough. You want the dough to "pop," and overworking it will make it tough. You want the dough to be airy. Pizza dough is a very dynamic thing. It changes with the humidity and temperature. The texture won't be the same from one day to the next.
- Get your hands on a copy of Lahey's book, "My Pizza: The Easy No-Knead Way to Make Spectacular Pizza at Home," and watch some of his cooking videos on YouTube.

wood-roasted onion tomato sauce, fontina cheese, Italian sausage and Peppadew peppers. The Maria, with pepperoni, onions and portobello mushrooms, is another top seller. All pizzas are 13 inches and have a marvelous crispy, blackened edge to the dough that softens as you reach the center.



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



Artisan Pizza

Though this is not Lookout Mountain Pizza Company's recipe, it's a good one for beginners.

- 3 cups plus 3 tablespoons lukewarm water (100 F or below)
- 1/3 cup olive oil
- 1 tablespoon granulated yeast
- 1 1/2 tablespoons kosher salt
- 7 1/2 cups unbleached all-purpose flour

Combine warm water, olive oil, yeast and salt in a 5-quart bowl, preferably a lidded, but not airtight, plastic container. Measure the flour using a "scoop and sweep" method. Reach into the flour bin with your measuring cup, scoop up a full measure all at once, and sweep it level with a knife. Mix until all of the

flour is incorporated (kneading is not necessary) using a wooden spoon or a food processor with a dough attachment. Cover with a non-airtight lid. Allow to rise at room temperature for 2 hours. Do not punch down. You want to retain as much gas in the dough as possible. A reduction in gas will make your pizzas and flatbreads dense. Refrigerate and use over the next 14 days. Refrigerate at least 3 hours before using.

To make: A half-hour before you're ready to bake, place a pizza stone in the bottom third of the oven and heat it at your oven's highest temperature. Prepare and organize your toppings. Dust a pizza peel or a large cutting board/flat cookie sheet with enough flour or cornmeal to easily transfer the pizza over to the hot stone. Pull up and cut off a

1/2-pound (orange-size) piece of dough. Using a little flour (enough so it won't stick to your fingers), stretch and shape the dough into a ball. Sprinkle your work area with a little flour. Using your hands or a rolling pin, roll out and stretch the dough until it is approximately 1/8-inch thick and 12 inches wide.

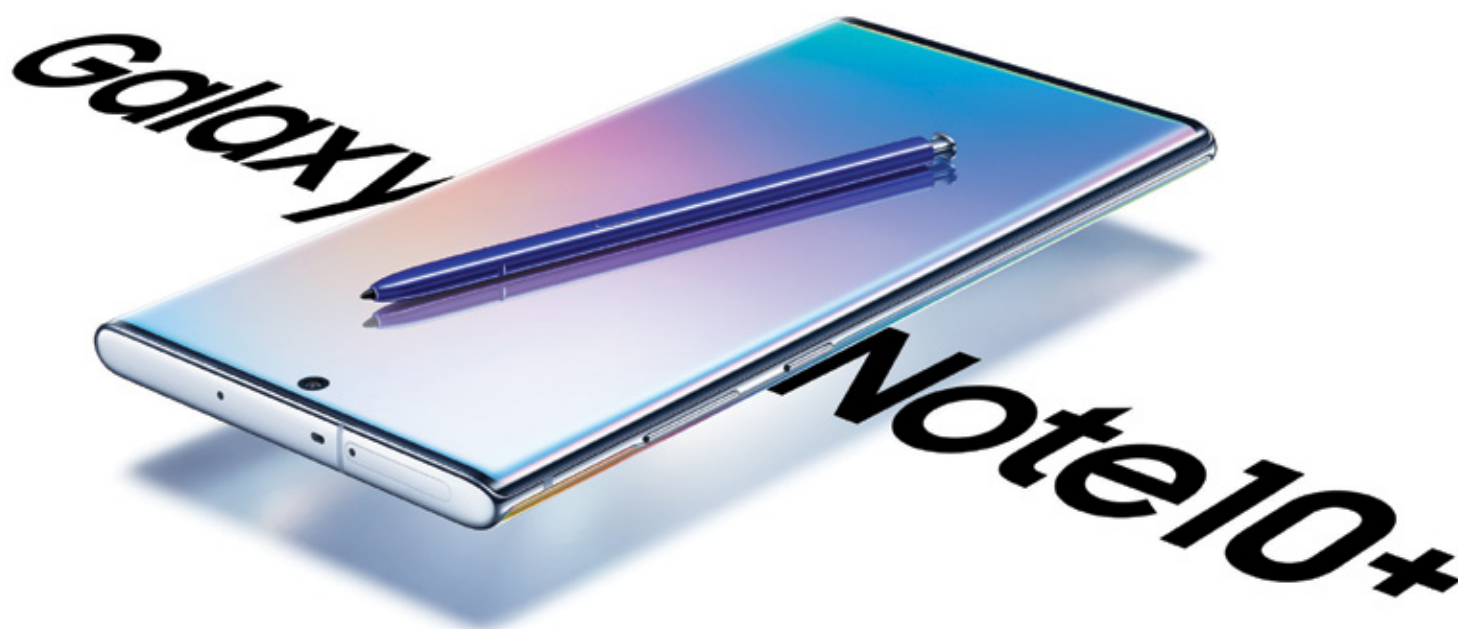
Place the finished dough onto the prepared pizza peel. Then, add the toppings of your choice. Carefully slide the pizza onto the hot stone. If it isn't sliding, sprinkle more flour or cornmeal between the pizza and the pizza peel until the pizza moves. Check for doneness after 8-10 minutes — it may take a few minutes longer. Turn the pizza around if one side is browning faster than the other. Allow to cool slightly on a wire rack before serving. 📺



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