



BROADBAND:
HELPING YOU WORK



MAY/JUNE 2020

CONNECTION

MUSICAL MAGIC

Acoustic Rainbow
program improves
learning



WORKING HARD AND SMART

Local entrepreneur
thinks ahead

MAKING A CONNECTION

Broadband links home and
work to the world



By SHIRLEY BLOOMFIELD, CEO

NTCA-The Rural Broadband Association


Staying well, staying connected

It's late March as I work on my thoughts for this issue. Knowing that the magazine won't reach your mailbox for another four weeks, I asked myself, "What will the world look like in late April to early May?" So much has changed in just the past two weeks, it's hard to imagine what the immediate future holds.

There are, however, a few things I know with great certainty. In this time of crisis, community-based broadband providers across America have stepped up their already deep commitments to keeping you connected. As Americans are increasingly compelled to work or study from home, use telemedicine, and lean on virtual tools to connect with loved ones, the work of your local broadband company has become more essential than ever — for you and for the national economy.

Working with one voice through NTCA, these providers have been on top of national issues such as adopting the FCC's "Keep Americans Connected" pledge, communicating with Congress on the importance of the "Keeping Critical Connections Act," and advocating for support to help small broadband providers ensure internet connectivity when it's extremely critical.

Locally, providers like yours are balancing employee safety with their commitment to keeping networks functioning. In times of crisis, we see more strongly than ever that these providers' investment in building resilient networks — and in the people who operate them — is foundational to our society.

Stay well, stay healthy and stay connected. We will get through this together. 

WE WERE HERE

when our communities needed a modern, reliable communications network.



WE ARE HERE

to help you stay connected during this time of national crisis.



WE WILL BE HERE

supporting the recovery through a broadband network that builds businesses, creates jobs and drives the economy.

**PROUD TO BE YOUR
COMMUNITY-BASED
BROADBAND PROVIDER**

Unlocking the potential of rural businesses

Story by NOBLE SPRAYBERRY

By turning to digital technologies, more than half of small businesses in rural areas expanded their customer base not only locally but also throughout their state, and about one-third grew their market in neighboring states. In fact, about 16% of rural businesses even used digital resources to expand into international markets.

Those were only a few findings from a study Amazon commissioned from the U.S. Chamber Technology Engagement Center that showed how broadband has the potential to further benefit the economy in rural communities and the nation as a whole.

What's the possible upside of improving access to digital tools such as broadband? Rural small businesses have the potential to be critical blocks in the foundation needed to strengthen the nation's economy.

Increasing the number of businesses adopting online tools and digital services could support thousands of jobs. Businesses with revenue of less than \$100,000 have the greatest potential to benefit.

Increased adoption of technology could be responsible for generating billions of dollars of revenue, and Southern states have the most room to grow.

Results of the study released in 2019 were compiled from a survey sent to more than 5,000 rural small businesses across the country. And the report made three policy recommendations that could help make the projections a reality.

CONNECTIVITY

Selling online depends on internet and mobile phone service. About 27% of rural residents lack access to high-speed internet, compared with 92% of all Americans who can access faster services. The private and public sectors should continue to identify opportunities to expand connectivity through initiatives such as the creation of new infrastructure.

NEW POLICIES COULD EASE CONCERNS OF RURAL SMALL BUSINESSES

66% of rural small businesses say poor internet or cell-phone connectivity negatively impacts their business.

38% of rural small businesses say they can't hire the talent with the right digital skills in their area.

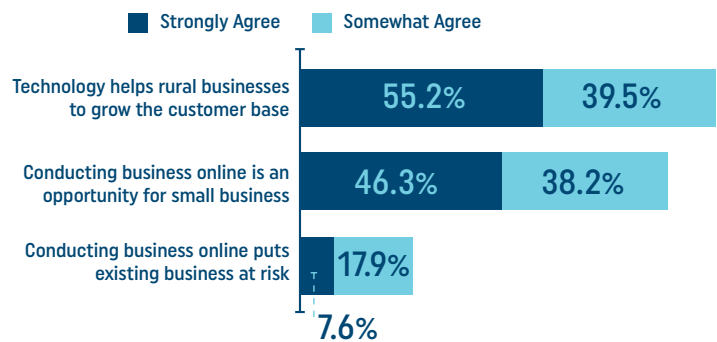
Nearly **41%** of rural small businesses agree that policy-makers should create incentive programs that make it easier for rural small businesses to incorporate digital technology into their daily operations.

TRAINING

There should be a goal of increasing the talent pipeline of candidates trained in digital skills, such as the use of cloud computing and digital marketing. Such a workforce could offset the existing shortage of IT professionals in rural areas.

DIGITAL TOOLS

Increasing the adoption of digital training and digital tools by rural small businesses will allow them to better scale their operations. This study highlights two points: the positive benefits for rural small businesses effectively utilizing digital tools to sell online and the potential for businesses currently underutilizing those digital tools to grow. ☑



Source: Unlocking the Digital Potential of Rural America, A U.S. Chamber Technology Engagement Center study commissioned by Amazon.



Essential services? Look at broadband

Early in 2020, we didn't necessarily have any reason to consider what the "essential" goods and services were in our lives. As we know, that all changed this spring when many "nonessential" workers were sent home and we were urged to only leave home for "essential" trips.



RUTH CONLEY
Chief Executive Officer

Amidst this strange season we're in, two things have become crystal clear for me:

1. Broadband and communications services are essential for our community and,
2. When our community counts on our team at Foothills Communications, our employees shine.

I'd like to use some of this space to say how proud I am of our employees. These men and women helped navigate this unprecedented time for our cooperative, communicated changes with our members and made sure our network did its job connecting all of you.

I'm also proud of our community and would like to sincerely thank the medical personnel, grocery store workers, first responders, civic leaders and others who are still working tirelessly to keep our

community running. Additionally, I would like for everyone affected by the economic impact of the virus to know we have joined the FCC's "Keep Americans Connected Pledge" to ensure our members can stay connected during this COVID-19 crisis.

ESSENTIAL CONNECTION

Part of the reason our team continues to work so hard is we realize what a broadband connection means to members of our community.

Very early on in the coronavirus crisis, we saw government officials, school administrators, pastors and even entertainers embrace digital content.

Some of that information was critical to help students continue learning and keep people safe. In other instances, it may have been purely for entertainment. But I believe that when we were asked to remain in our homes, having access to all of the quality entertainment options broadband provides was a blessing.

The industry statistics I've seen certainly indicate people are putting communication networks to work. National carriers reported seeing a 25% increase in voice phone call activity and a 15% rise in call duration during the first couple of weeks after leaders began encouraging people to stay home. At that same time, estimates indicate web traffic grew between 13% and 40%.

At your home, that increase may have been children taking virtual field trips or accessing school resources. Worshippers all across our region went online on Sunday mornings to stream church services. Many people worked from home over their broadband connection — teleconferencing platforms saw a 300% increase in traffic, according to reports in Wired Magazine. Maybe you called a friend or family member to catch up, instead of visiting in person.

From an entertainment standpoint, networks like ours also saw a surge. Nielsen, the company famous for its TV ratings, said that people staying home leads to an almost 60% increase in the amount of TV we watch. Traffic to Netflix reportedly increased by between 54% and 75%, and online gaming sites reported a 400% increase in traffic.

I don't bring all of this up to bore you with statistics, but I wish to underscore a point. The communication network we provide is an essential service both when times are dark and in the brighter days I know are coming soon. 📺



CONNECTION

MAY/JUNE 2020

VOL. 7, NO. 3

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.

Foothills Communications
P.O. Box 240
1621 Kentucky Route 40 West
Staffordsville, KY 41256
www.foothills.net
606-297-3501

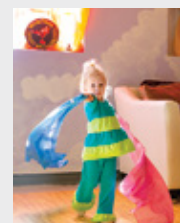
Foothills Mission Statement

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

Produced for Foothills Communications by:

WORDSOUTH
— A CONTENT MARKETING COMPANY —

On the Cover:



Harper Riley does a movement exercise at Acoustic Rainbow Studio of Music, a program that helps children's development. See story Page 8.



Celebrate the love!

Get the most out of Mother's Day and Father's Day by creating your own TV package through Foothills Communications. Simply start with one of our base packages of Essentials or Expanded. Then, add one or more Add-On packages. You only pay for what you watch!

Visit www.foothills.net for more information, or call 606-297-3501.

With Whole Home DVR, you can record a program from one device and play back on another TV.

250 Gig – 30 hours HD
 500 Gig – 60 hours HD
 750 Gig – 95 hours HD
 1,000 Gig – 125 hours HD

As an IPTV subscriber, be sure to ask about Caller ID on TV** and Restart TV.***

*A set-top box is required for viewing premium movie channels. Parental control is available.

**Must have Foothills Communications telephone service to qualify.

***Available on select channels.

Happy Mother's Day!

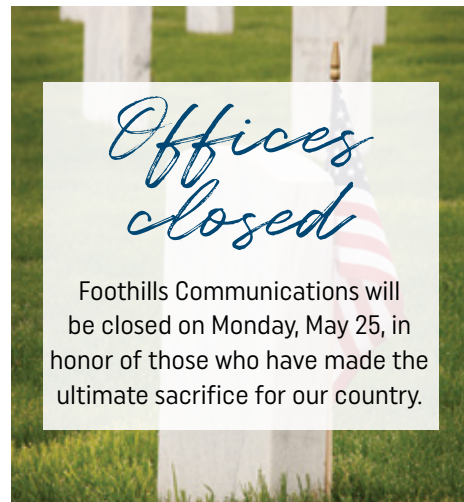
Kick back and relax with these special Mother's Day deals:

- **Free Starz and Starz Encore** (channels 470-492) from May 9-10.
- **Free activation** when adding premium channels from May 11-18.
- **Free activation** when upgrading internet speeds.

HAPPY FATHER'S DAY!

Enjoy Father's Day with these special offers:

- **Free Showtime** (channels 440-454) from June 20-21.
- **Free activation** when adding premium channels from June 22-29.
- **Free activation** when upgrading internet speeds.



Foothills Communications will be closed on Monday, May 25, in honor of those who have made the ultimate sacrifice for our country.

Rest, relax and rejuvenate

A vacation does not necessarily require a plane ticket, hotel room or even a tank of gas. In fact, whether you're on a budget or just looking for a way to unplug from the stresses of day-to-day life, there are plenty of relaxing options if you never leave home.

After all, any break is a good break, so here are a few resources, suggestions and tips for those interested in unwinding without heading out.

Explore



- ▶ Are you a burgeoning birder? iBird, Peterson Birds of North America, the Audubon Society and others have created apps to help both the novice and experienced birder. Apps may include photos, artwork and birdsongs to help you identify birds where you live. You can even earn an online certificate from birdercertification.org.
- ▶ Arborday.org offers an online database for identifying trees across the U.S. along with its "What Tree Is That?" pocket field guide. Snap a photo of a leaf and the website will help identify it.

- ▶ Backyards are meant for play and family barbecues, but take a closer look. Grab a magnifying glass and learn what's out there beyond the grass. Create a nature trail for kids and learn about the plants, insects and animals living in your backyard.
- ▶ Geocaching is a good old-fashioned treasure hunt with a twist. Try the app from Geocaching.com and get out in nature to find "treasures" others have left. You'll also learn some handy navigation skills.



Get playful



▶ Coloring isn't just for kids. It can help adults reduce stress and anxiety, improve vision and focus, and even sleep better! Best of all, coloring supplies are inexpensive and available at stores and online retailers everywhere.

▶ Pull the board games out of the closet and dust them off. It's time for a family-friendly faceoff. Traditionalists may prefer games like Monopoly, Life or Scrabble, but conservative estimates count tens of thousands of available board games.

▶ Discover your inner Monet with an online art class. A quick internet search for online art classes yields results of everything from basic drawing to comic book art to figure drawing and more!



▶ Piece together a pretty picture and flex your mental muscles at the same time. Family jigsaw puzzles use a combination of small, medium and large pieces so everyone can join in on the fun. Try puzzlewarehouse.com for a giant selection of puzzles for all ages.

Books and music

▶ Did you know there's a free digital library of classic books? Project Gutenberg offers digital downloads of titles ranging from "Pride and Prejudice" to "Peter Pan." Just visit gutenberg.org.

▶ For those who believe "all the world's a stage," playbill.com offers a range of resources, including guides to finding streaming videos of stage performances.

▶ Check with your local library about e-book selections using apps such as [SimplyE](#) and [Libby](#).



▶ If you need help selecting a book to read, do a quick Google search for Time magazine's All-Time 100 novels. If mysteries are your thing, visit theedgars.com for a list of the latest award winners. And for sci-fi fans, pop over to nebulas.sfw.org.



Go virtual

▶ Consider a virtual tour, and begin with a visit to google.com/earth. Search for one of the 31 virtual visits to national parks such as Acadia, Everglades and Joshua Tree. They're fantastic.

▶ Check out Virtualiteach.com for a guide to online tours of places such as the Louvre, the National Museum of History, the Metropolitan Museum of Art and other popular venues across the world.

▶ Many zoos offer entertaining live webcams, particularly if the viewer catches the animals at just the right time. A great first stop is the San Diego Zoo: zoo.sandiegozoo.org/live-cams.

▶ And don't miss artsandculture.google.com for tours of The Modern Museum of Art, the CERN laboratory and much more. Seriously, this is a must-visit. ☑





Dara Riley and her daughter Harper do movement and music activities.

The power of music

Acoustic Rainbow classes help children grow and learn

Story by JEN CALHOUN | Photography by MELISSA GAINES

As a longtime musician, Dara Riley knew all about the life-changing power of music. But it wasn't until the premature birth of her first child that she realized practicing music and movement could bring big changes to children's lives.

"My daughter experienced the typical things that preemies struggle with — some sensory problems and that kind of thing," says Riley, who owns Acoustic Rainbow Studio of Music, which offers playful music and movement classes for children ages 9 months to 4 years. "I wanted to improve on those things, and studying music and movement really worked for her. It works for all children."

PLAYING IS LEARNING

The classes sound simple enough. Students arrive with their parents. Together, they start off with a breathing exercise that calms nerves. Then, they sing their hellos to their classmates and cycle through various structured activities. The activities can include everything from creating plays with their fingers and learning introductory American Sign Language to fanning colorful parachutes and learning dances. At the end, the lights are dimmed and they sing a goodbye song.

But while the children play, sing, dance and socialize, they're practicing skills that will prepare them for school and life, Riley says. Singing helps with orofacial muscles and language development. Storytime sessions help with reading and literacy. Sign language helps with fine motor skills, which can help with everyday activities, writing and playing instruments. Even the dances offer benefits beyond physical fitness. "Structured dancing in a group can help with order and sequencing, which is an early math skill," Riley says.

The order and structure of the class is important, too. "Our class is set up so that the beginning and the ending are always the same," says Riley, who holds a certification in music and movement. "That way, the children know what's going to happen.



They're going to sing the hello song, and then they're going to play. Once we turn those lights off, they know it's time to bring it down. When they know what to expect, they won't be as nervous."

SOCIAL STUDIES

Currently, Riley offers three classes — one in Prestonsburg and two at the Oil Springs Cultural Arts and Recreation Center, a cultural heritage center that gives artists and artisans a place to create and teach. One of her classes provides instruction for children 9 months to 24 months of age, while another is for children ages 2 to 4. An all-ages class is available, as well.

Socialization is a big part of the classes, she says. "It's a time without screens. There are no phones allowed. It's a very intentional time with your child and with the other children."

The classes have ended up being just as good for stay-at-home parents as they are for working parents and the children themselves. "Stay-at-home moms don't always get a lot of socialization themselves," Riley says. "Here, they get to sit down with like-minded people. You get some adult time that you don't have to feel guilty for because your kids are also socializing."

The social aspect isn't forced, she adds. "More or less we're giving them an opportunity to socialize by playing games together, singing together, dancing together, listening to stories and doing parachute play."

During parachute play, children use a large, parachute-like piece of material with rings they can hold. Together, they spin it in circles and raise it up to let it float back down. Once again, the popular game comes with a hidden lesson. "They learn how to work together as a group, so they learn how to be a team," Riley says. "But it also helps them better understand how their bodies work, and they learn spatial awareness." 🗨️



Riley became involved with music and movement therapy through her love of music.

Getting in touch

For more information on Acoustic Rainbow Studio of Music and its class offerings, visit the school's Facebook page. Dara Riley can be reached at 606-434-6051. The school has classes on music, movement and mindfulness for children, but the offerings continue to expand.



A trusty solution

Broadband creates a key resource

Access to fast internet service is an increasingly important resource, a realization playing out in large and small ways for rural communities across the nation. And state and local governments are striving to make it easier for residents to take advantage of new communications resources.

For many, the benefits created by access to broadband are deeply personal, and the choices made by one Tennessee family illustrate the possibilities.

Aaron and Becca West lived in Spring Hill, a Nashville suburb, when a national communications provider brought high-speed internet to their neighborhood. Aaron West took advantage, working from home and eliminating his 45-minute commute to a software company. Also, the new technology allowed him to grow his own business, an audio and visual consulting company serving churches.

When the family opted to relocate to the more rural area of Crossville, Tennessee, they did not leave behind the opportunities made possible through broadband. The local telephone cooperative, Ben Lomand Connect, provides 1 Gbps internet service

through a fiber optic network. And the couple took advantage.

“I’ve had the company for about nine years, but I couldn’t operate it the way I can operate it now,” West says. “The fiber was so huge for the contract work. It was so much easier to communicate. When we were looking for homes here, we immediately ruled them out if they didn’t have high-speed internet access.”

Broadband has also helped the career of Becca West, a teacher by training. She connected with a program called GoGoKid, allowing her to use the internet to teach English to Chinese students. The arrangement also made it easier for her to home-school the couple’s two daughters.

While fast internet access improves their connectivity to the world, the family also experiences its capacity to create a deeper connection with each other. “We’re all here together, and we’re very intentional about doing things together,” Aaron West says. “We’re able to go to parks and libraries. We’re freed up to focus on our family instead of it being career first and family second.”

UNTAPPED POTENTIAL

Stories such as that of the West family are only the beginning. The full potential of broadband remains untapped, and states nationwide can benefit as fast networks reach rural areas.

Last year the U.S. Chamber Technology Engagement Center released results of a study commissioned by Amazon that found Texas could add as many as 23,433 jobs in rural communities over three years.



Becca West teaches English to Chinese children via the internet.



Aaron West, a Tennessee resident, in his home office.

And hitting that mark could generate an additional \$6.6 billion in annual sales and \$963 million in annual wages.

While the Lone Star State leads all states in potential gain from broadband growth, both Ohio and Mississippi could also see significant gains. The study emphasized that achieving the potential growth would require investments such as an increase in rural broadband and cellphone access, as well as growth of the number of people with digital skills necessary for these jobs.

With so much potential at stake, local communities are incentivized to promote broadband-based jobs, even if that means updating local regulations, as one Wisconsin county has done in recent years.

EMBRACING OPPORTUNITY

Once, home-based businesses in Wisconsin's Bayfield County were required to secure permits to operate. Now, the county takes a more common-sense approach as the description of a home-based worker evolves.

"We've recognized the direction of business in America today and around the

world," says Rob Schierman, director of planning and zoning for Bayfield County. "We created some breathing room for when a business would need a permit and when it doesn't. We're creating opportunity while still protecting the integrity of neighborhoods."

The area was one of the first to receive the state's Telecommuter Forward! Certification, one step in promoting work-from-home jobs and taking advantage of the internet network of Norvado, a telecommunications cooperative in Cable, Wisconsin.

"We're providing a means to try to stimulate some of that employment activity coming to Bayfield County and to take advantage of the fiber optics that we have here with Norvado," Schierman says.

The issue is personal for Schierman and his wife, Jennifer, who understand the benefits of telecommuting.

Her employer is based in Minneapolis, but she works from home. The need for high-speed internet connectivity is a necessity. "We connect via phone, and we hold meetings on Skype," she says. "It works. It's very slick."

Like other telecommuters, she enjoys the freedom to get up and move, to go walk the dog or to pitch in a load of laundry. "It definitely makes life easier," she says.

Rob Schierman says that freedom is part of the draw for telecommuters who live in Bayfield County or those considering relocating there. "The younger workforce doesn't like to be married to a desk or a location," he says. "They're a little bit more fluid in their lifestyle and like to be where they can hop on a bike trail or go fishing or go kayaking. They can take advantage of the resources in Bayfield County — we're uniquely situated along Lake Superior and close to a lot of undeveloped areas where recreation is still plentiful." 🗨️



Jennifer Schierman telecommutes to the city.



ENTREPRENEURIAL SPIRIT

Paintsville business owner uses internet to build on success

Story by JEN CALHOUN | Photography by MELISSA GAINES

After years of working his way up in the banking world, Paintsville resident Chase Caudill struck out on his own in 2017 by buying part of APPA Insurance. It was a scary move, but he knew he could make it work.

“When I started this, my baby was 8 months old,” Caudill says. “I knew I had to provide for my family, but I also knew if you’re willing to work hard, you’ll always succeed.” Since then, he has expanded his business to include APPA Financial, which helps his clients maximize their investments. He uses the internet to help spread the word and help his businesses grow.

HARD WORK PAYS

Caudill, a Boyd County native, learned his work ethic at a young age by watching his father labor from daylight to dark. He helped his father with a lawn care business during the summers. Caudill eventually started his own lawn maintenance business to raise money for college. “That’s probably where my entrepreneurial start came from,” he says.

But the hard work and responsibility from the jobs helped in another way, too, he says. During his senior year at Georgetown College in Kentucky, Caudill broke several vertebrae in his back in a car wreck. He was in a back brace for several months, and his college advisers suggested he retake his classes, which would delay his graduation date.

Caudill refused. “I asked them to send me the work instead,” he says. “I knew I would get it done, and I did.”

After graduating college with a finance degree in 2006, Caudill moved to Paintsville to work at a bank. He started out as a teller and then advanced through the ranks to become the head of wealth management over the trust and investment division. He loved helping people seek investments and manage their money, but he also wanted to push past the world of banking and see how far he could go on his own.

“I knew that I could outwork most other people,” he says. “I’ve got that entrepreneurial background, and I knew that when you’re an entrepreneur, you’re going to be rewarded for that.”

BRANCHING OUT

When the opportunity to buy into an insurance agency presented itself, Caudill jumped at it. “In the banking world, I didn’t feel like I was reaching my potential, and I was trying to find a way to expand my career and grow,” he says. “It’s been the best move I’ve ever made. I thoroughly enjoy being an entrepreneur and a business owner. I love trying to find ways to grow myself and the business.”

Caudill also operates APPA Financial and serves as an independent financial adviser. He uses his financial planning certification to help clients make the most of their money, he says. “I have seen people who have made costly mistakes just because they didn’t talk to an adviser before they did something — especially right before they retired,” he says. “Too many people think that Social Security will take care of it, and they’ll be safe if they just put their money in the bank or a CD. But they don’t understand the variety of options that they can make a really good return on.”

Helping others figure out solutions to problems like these brings him a sense of satisfaction, he says. “It feels good to be able to help people,” he says.



THE POWER OF BROADBAND

Caudill says business has expanded since his team started making videos for company websites and social media. “We’ve been trying out multiple digital strategies using Facebook, YouTube, Instagram and things like that to target our area and let them know what we offer,” he says. “It’s kind of been crazy. We’ve grown the business roughly 20% in a year.”

Social media has helped by presenting

people with solutions and options for insurance issues. “Through social media, they’ve become aware that they can reach out to us through various channels,” he says.

The company generally releases new videos monthly using the internet service provided by Foothills Communications. “We have a full gig speed of broadband, and that allows me to utilize these tools that help my business grow,” he says. 🗨️

Caudill films informational videos to help get the word out about his work.



FIND OUT MORE

For more information on Chase Caudill and APPA Insurance, visit www.appainsurance.com or the APPA Insurance Facebook page.

Registered Representative, Securities offered through Cambridge Investment Research, Inc. a broker-dealer, member FINRA/SIPC. Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor. Cambridge and AppaFinancial LLC are not affiliated.

Farm Fresh

LOCAL INGREDIENTS MAKE A DIFFERENCE



Farm-to-table dining isn't a flash in the pan. "It isn't a trend," says Tommy Hines, executive chef at Pursell Farms in Sylacauga, Alabama. "It's here to stay. I look forward to sourcing locally and cooking with the seasons."

When it comes to food philosophies, few are as straightforward as the farm-to-table movement. Simply, it's food sourced as close to home as possible — if not from a personal garden then from a farm close enough that whatever is harvested one day can be on your plate the next, if not sooner. In addition to being more healthful, with no added ingredients, the farm-to-table philosophy supports the local economy, so it's a win-win for food purveyors, cooks and diners.

Hines, a native of New Orleans, grew up and honed his culinary skills in a part of the country where farm-to-table is a way of life, with a warmer climate that allows for year-round produce and within easy reach of the fruits of the sea.

"We cook with the seasons, using foods that are out our back doors," he says. "We use Creole tomatoes when they're in season. We use Louisiana peaches when they're in season. And the fresh seafood in the Gulf and the foods that are at your back door. Everything that's available to you. That's just how I learned to cook, and



Tommy Hines, executive chef at Pursell Farms in Sylacauga, Alabama, finishes a plate of vegetables with boiled peanut hummus.

I think that's the best way to cook.

"Why cook something that's not from your area?" Hines says. "First of all, you're going to pay more money, but it's not as good quality. You know, you pick up a tomato in December, and it's nothing like those wonderful tomatoes you can get in July and August."

When Hines started at Pursell Farms in the fall of 2019, he began a relationship with farmers and other food producers in the Sylacauga area. And his menus at the resort's two dining venues, Old Tom's Pub and Arrington, reflect the partnership between chef and farmers with dishes that change according to the season.

In cooler months you may find crab au gratin, kale and brussels sprout salad, or chicken and sausage gumbo.

But when the weather warms, you'll find dishes featuring the bounty of summer, such as Hines' heirloom tomato and peach salad with olive crumble or the strawberry-rhubarb shortcake with whipped mascarpone.

Hines likes to think of farm-to-table eating as something that comes full circle — from the ground to the plate and, if you compost, back into the ground again. "I think people should be eating what they have the ability to grow or get from their local farmers markets," he says.



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

Heirloom tomato and peach salad with olive crumble

- 4 large heirloom tomatoes (about 2 1/2 pounds)
- 2 medium yellow peaches
- Fleur de sel or kosher salt
- Freshly ground black pepper
- 1/4 cup torn fresh basil leaves, plus whole leaves for garnish
- 1/4 cup extra-virgin olive oil
- 3 tablespoons chardonnay vinegar
- 4 (2 1/2 ounces each) rounds burrata cheese
- 2 tablespoons black olive crumble (instructions follow)

Cut the tomatoes and peaches into wedges and place them in a large bowl. Sprinkle them with fleur de sel and pepper, add the 1/4 cup basil and olive oil, and mix well. Let stand at room temperature 30 minutes to 1 hour, stirring occasionally. Place 1 burrata cheese round in the center of each plate. Fan the tomatoes and peaches around the cheese, dividing equally, and drizzle with the dressing left in the bowl. Garnish with olive crumble and whole basil leaves.

To make olive crumble: Place 1 cup pitted black olives on a wire rack with a tray underneath and roast in the oven at 175 F until dry, about 2 1/2 hours, or until semicrispy. Pulse in a food processor to a consistency of coarse crumbs.

Strawberry-rhubarb shortcake with whipped mascarpone

For the filling:

- 1 pound medium-size strawberries, hulled and quartered
- 3/4 cup granulated sugar, divided
- 1 tablespoon balsamic vinegar
- 1 tablespoon Grand Marnier
- 1 1/2 cups chopped fresh rhubarb (about 2 stalks)
- Pinch kosher salt

Biscuits:

- 2 cups sifted all-purpose flour, plus extra for work surface
- 1 tablespoon baking powder
- 1/2 teaspoon table salt
- 2 tablespoons granulated sugar
- Freshly grated zest of 1 orange
- 1 cup heavy cream, plus extra for brushing biscuits
- Coarse or granulated sugar
- Unsalted butter (for baking sheet)

Whipped mascarpone:

- 1 cup mascarpone
- 3 tablespoons powdered sugar
- 2 tablespoons heavy cream

For the filling: Mix berries with 1/4 cup sugar, vinegar and Grand Marnier in a medium-size bowl. Toss gently and set aside. In a small saucepan, combine rhubarb, remaining 1/2 cup sugar and salt. Cook over medium heat, stirring, until sugar melts and liquids are simmering nicely, 8 to 10 minutes. Remove from heat and cool to room temperature. Rhubarb will soften as it sits. Add berries and stir. Set aside.

For the biscuits: Preheat oven to 400 F. In a large bowl, whisk together flour, baking powder, salt, sugar and orange zest. In the bowl of a standing mixer, whip cream until it forms firm peaks. Fold the whipped cream gently into the flour mixture until the dough begins to come together. (Add another 1 or 2 tablespoons of unwhipped cream, if needed.) Gently gather the dough into a ball and turn it out onto a floured surface. Press to form a disk about 3/4 inch thick. It will be slightly crumbly. Using a biscuit cutter 2 1/2 inches wide, cut out the biscuits and lay them on a baking sheet greased with unsalted butter. Brush them with extra cream and sprinkle on the coarse or granulated sugar. Bake until golden, 15 to 17 minutes. Cool on racks.

For the whipped mascarpone: Combine all ingredients in the bowl of a stand mixer fitted with the whisk attachment. Beat, starting on low speed and gradually increasing speed, until the mixture is light and fluffy, about 1 minute. Refrigerate in an airtight container until ready to use, up to 3 days.

To plate: Split each biscuit horizontally. Spoon berry-rhubarb mixture on the bottom half, top that with mascarpone and cover with the top half of the biscuit. Garnish with powdered sugar. 📷





P.O. Box 240
1621 Kentucky Route 40 West
Staffordsville, KY 41256

Presort STD
US Postage PAID
Permit #21
Freeport OH

LG G8XThinQ™
Dual Screen



Appalachian
WIRELESS

appalachianwireless.com    **1-800-438-2355**

Twitter is a trademark of Twitter, Inc. Facebook® is a registered trademark of Facebook, Inc. INSTAGRAM is a trademark of INSTAGRAM, LLC.