



Mountain Telephone

**BROADBAND:**  
EDUCATION EDITION

SEPTEMBER/OCTOBER 2019

# CONNECTION

## DEALS GALORE

Frenchburg  
Mall is a  
popular  
destination

### HIGH-TECH PROTECTION

Morgan County High School  
adds security

### 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 download 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

**H**elpful 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](http://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](http://FTC.gov/complaint).**

# Our cooperative mission gives us purpose

**B**usiness gurus often urge executives to ensure the company they've been entrusted to lead is "mission-oriented" or "mission-focused," and that the organization's mission should drive progress and establish values.



**SHAYNE ISON**  
General Manager

"A mission statement is not something you write overnight," said famed organizational thinker Stephen Covey. "But fundamentally, your mission statement becomes your constitution, the solid expression of your vision and values. It becomes the criterion by which you measure everything."

If experts like Covey turned their attention to communications cooperatives like Mountain Telephone, I believe they would be pleased to see that the original founding mission of our cooperative remains such a focus of what we do daily.

With October being National Cooperative Month, it's an important time to celebrate that founding mission and our unique legacy as a cooperative.

Mountain Telephone was founded more than half a century ago by local people who wanted to bring a modern communications network to our area. These bold, forward-thinking people were not telecommunications experts or even the sort of business gurus I mentioned earlier. They were, however, people dedicated to our community. People determined to open opportunities for their friends, families and neighbors. People committed to building the foundation our region needed to thrive.

The convictions they held when they formed our cooperative live on today as the foundation of our mission. And taking a page from the business experts, we use that mission to drive our progress and establish our values.

## DRIVE PROGRESS

Another favorite idea among the business gurus is that businesses must continually move forward to avoid falling behind. I think there's a lot of truth to this, but I also think it's important to let the cooperative's mission drive that progress.

Delivering the best possible communications service to residents in our region is what drives us to work hard every day.

It's also important for that mission to provide perspective for our progress. If we overextend our resources, we put our future in jeopardy. And if our future is put into question, so are the communications services on which many in our community rely.

Rest assured that as we move forward, we do so with our mission in mind.

## ESTABLISH VALUES

A cooperative telco has a different set of values than a publicly traded company like the big corporate providers that dominate our industry. Those providers exist to enrich their stockholders and are driven by Wall Street's quarterly performance measurements. This is why, in most cases, those big, corporate providers only build and upgrade service in profitable metropolitan markets. That profit-driven mission defines their values as a company.

Mountain Telephone is different. Since our cooperative was founded to improve the quality of life in the areas we serve, we are focused on the advancement of our community. This means taking care of our customers and employees. This means we value the relationships our cooperative has with other organizations. And above all, it means we value the opportunity to continue meeting your communications needs today and in the future. 🗨️

The Mountain Telephone Connection is a bimonthly newsletter published by Mountain Rural Telephone Cooperative, © 2019. It is distributed without charge to all member/owners of the cooperative.



## Mountain Telephone

Mountain Rural Telephone Cooperative, Inc., is a member-owned cooperative dedicated to providing communications technology to the people of Elliott, Menifee, Morgan, Wolfe and a section of Bath counties. The company covers 1,048 square miles and supplies service to nearly 11,500 members.

### Send address corrections to:

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### On the Cover:



Tammy Lee, owner of the Frenchburg Mall, uses social media to draw customers in search of unique treasures and frugal finds.

See story Page 8.

Thank you for choosing Mountain Telephone!

## CUSTOMER APPRECIATION DAYS ARE BACK!

Attend Mountain Telephone's special events in September and October for food, prizes and vital information about what the cooperative is doing to keep you connected!



**Mountain Telephone**  
606-743-3121 | [www.mrtc.com](http://www.mrtc.com)

All events are from 11 a.m. to 4 p.m.

**Sept. 12** — Menifee County Farmers Market Shelter

**Sept. 26** — Elliott County Extension Office Shelter

**Oct. 18** — Morgan County Headquarters Building in West Liberty

**Oct. 25** — Wolfe County Extension Office Community Room



Making the grade!

## SCHOOL IS BACK IN SESSION, BUT DO YOU HAVE THE SPEED YOU NEED?

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# 7 COOPERATIVE PRINCIPLES

Mountain Telephone is a cooperative. But what does that mean? There are 7 principles that make Mountain Telephone different from other telecommunications providers.



## OCTOBER IS NATIONAL COOPERATIVE MONTH!



## WINGING IT!

The Mountain Telephone - Blaze BBQ & Wings Hot Wing Challenge on July 4 was a finger lickin' good time!

Congratulations to John Conley, first-place winner; Kyle Bidwell, second-place winner; and Jason Banbel, third-place winner.

## LABOR DAY CLOSING

Mountain Telephone will close on Monday, Sept. 2, in observance of Labor Day. Have a restful, relaxing holiday!



# Taking 'City Farmhouse' *on the road*

BY JOHN CLAYTON

**B**efore 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.

# BARGAIN HUNTER'S PARADISE

Frenchburg Mall offers unique shopping experience

BY JEN CALHOUN

**T**ammy Lee can't always keep up with every single item for sale at the Frenchburg Mall, but she sure does try. Lee, who runs the popular peddlers mall on Highway 460 East, manages about a dozen vendors selling everything from vintage toys to pots and pans.

"You never know what you're going to find," says Lee, who started operating the Frenchburg Mall three years ago. "Some are unique finds, and others are more household-type goods. One lady who sells here makes memorial flowers and handcrafts. Another makes woodwork and repurposes different things. There's just a big variety of items."



Frenchburg Mall offers a little bit of everything at great prices. "You never know what you're going to find," says Manager Tammy Lee.

## SHOP AND SAVE

The prices are right, too. Many customers looking for a particular item go to the Frenchburg Mall before they hit the big-box stores, Lee says. "Compared to everywhere else, we're way cheaper," she says. "We only try to make a little on the product. Our vendors may go to yard sales or auctions, or they may rent a booth to sell some of the stuff they've collected over the years."

In just three years, the mall has grown so popular that it's caught the attention of shoppers from out of state who've become regular customers. "I have my locals, then I also have my people from all over," Lee says.

## INTERNET BRINGS IN CUSTOMERS

Lee says she loves her job, and she takes pride in the mall and its vendors. She uses Mountain Telephone's internet services to post the latest items for sale on the Frenchburg Mall Facebook page. Recent additions included rubber work boots, a set of glass tableware, vintage jewelry and bike helmets. "People are always looking at the Facebook page and calling me to see if something is still in stock," she says.



April Smith says Ball Mason jars are some of the most collectible items buyers are looking for.



Before Lee started running the mall in August 2016, she operated a similar vendor mall at a Main Street location. But when that building was sold by the owner, Lee soon found the current space, and she never looked back. “It was something I always wanted to do all my life,” she says. “I always enjoyed going to yard sales. I always wanted a place where I could sell odds and ends, so when the opportunity presented itself, I went for it.” 🗨️



## LOOKING FOR GREAT DEALS?

Visit the Frenchburg Mall at 44 Highway 460 East, next to the Subway restaurant in Frenchburg. For more information, or to see some of the items for sale, check out the Frenchburg Mall Facebook page. The mall is open from 10 a.m. to 5 p.m. every day except Sunday.

The mall's Christmas Open House is on the first Saturday in November.



April Smith, standing, and Mary Lou Payne operate the Farm Charm booth in the Frenchburg Mall.



# 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.





# NEW LEVELS OF PROTECTION

Mountain Telephone's new security system helps keep students safe

BY JEN CALHOUN

**M**organ County High School students could be safer on school grounds in the coming years thanks to the rollout of new security measures the county board of education recently approved.

Officials added impact-resistant glass in windows and doors, motion-capable cameras, and panic doors, among other security features, to the recently constructed building, says Jason VanHoose, district technology coordinator with the county school system.

### ALL ABOUT THE KIDS

“Our mission is to make the environment as safe as we possibly can while keeping the facility as warm and inviting as Morgan County people have been known to be,” VanHoose says. “Our kids — all kids — are the most important thing. Sometimes we have to protect our kids from each other as much as we have to protect them from a crazy individual or individuals trying to come in and do harm. We can’t stop bad things from happening. We can, however, make doing those bad things very difficult.”

### VIDEO TECHNOLOGY

In an effort to keep students safe, Mountain Telephone business and security employees installed cameras in halls, classrooms, parking areas, campus athletic areas and other locations on campus.

In addition, a license plate identification camera will monitor campus traffic, focusing on every license plate that crosses the bridge to the school. VanHoose says it actively compares the tags to a database and identifies any vehicles or people who should not be on campus.

By law, videos from view cameras like these should stay around for a minimum of 30 days, he says. “We are retaining recordings for much longer than the minimum requirement. All the cameras are at least 4K resolution, and some are capable of clearly seeing in the dark,” he says. “This enhanced video image allows for digital zooming at much greater distances, so it’s easier to identify objects across the bridge.”



David Pence is part of a team installing new security equipment at Morgan County High School.

### PANIC DOORS AND SPECIAL GLASS

Another aspect of the new safety measures are panic doors, which select school employees can activate and lock, VanHoose says. All the glass in the windows and doors contains impact-resistant glass, as well, making it difficult for intruders to get inside.

“I’m especially thankful for the impact-resistant glass,” says Morgan County High School Principal Vickie Oldfield. “I think it makes students and employees more secure.”

### TECHNOLOGICAL BACKBONE

VanHoose says the new safety measures would not be possible without Mountain Telephone’s existing high-speed network



Ricky Pennington, business and security system supervisor for Mountain Telephone, helps install cutting-edge security equipment at the new Morgan County High School.

infrastructure, expertise and reliability. “The state approved our school district to get an upgrade to our internet capabilities,” he says. “This allows us to utilize all the enhanced telecommunications features that modern phone systems use, which affects the entire school system.

“We aren’t in the camera or phone business,” VanHoose says. “Morgan County Schools are in the business of educating kids. When we’re focusing all our efforts on doing that, everything else is a distraction. Mountain Telephone allows us to do our jobs.”

The network’s reliability keeps children safe, too, he says. “Our schools can be confident that the network being maintained by Mountain Telephone is stable and working.

They’re a fantastic partner, and they have a vested interest in making sure the network is robust, well-maintained and financially possible. After all, their kids attend our schools, too.”

Morgan County Schools officials expect to install more than 360 cameras across six schools, the central office, all satellite campuses and the vocational school. Kentucky Educational Development Corporation is also helping install and configure the network and wireless upgrades in the schools, VanHoose says.

“Both of these partners very much understand who their primary focus is — the kids,” he says. “These guys are fantastic partners and invaluable in how I am able to do my job.”

## CHANGING WITH THE TIMES

The Morgan County Board of Education added security features to Morgan County High School that are designed to keep students safe while making sure they still have an inviting place to learn. Here’s a list of some of the new safety measures that have gone in with help from Mountain Telephone:

- Cameras installed inside and outside of the school and on campus
- License plate identification camera, which identifies all plates on cars crossing the bridge
- Panic doors that select staff can activate and lock with a key fob
- Impact-resistant glass in all windows



Jerry Hampton, business and security technician for Mountain Telephone, installs a security camera.



Security cameras are being installed throughout the new Morgan County High School buildings.



Fisheye cameras will be installed in classrooms to see footage from all angles.

# 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.

## GRANDDADDY'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 Granddaddy'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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