Connected
JANUARY/FEBRUARY 2020

SADDLE 'EM UP
Shrine Rodeo coming to Rainsville in March

MENTAL HEALTH NEEDS
Telepsychiatry crucial for local youth

A HIGH-TECH LIFELINE
Telemedicine powers up rural health care
Are you ready for a telehealth future?

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?

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.

**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 platforms. 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.”
FROM THE CEO

Challenging lessons lead to success

It was a simple email to two colleagues, short and entirely routine. Nevertheless, I caught myself rearranging two words to avoid even a hint of bad grammar. My co-workers would say that is just Fred being normal. They’re probably right, but the process warmly reminded me of something from my past. Even though my high school English teacher was one of the best teachers I ever had, I really didn’t care much for the study of English. That would not change until a few years later, when I encountered Dr. Gloria Bell, a college professor who possessed an uncanny ability to challenge my thinking in a precise manner that worked. As a result, I developed a significant appreciation for the power of the spoken and written word, as well as a healthy respect for getting it right.

Dr. Bell did something else, though, and it is for that I am actually the most grateful. One of my responsibilities during my last two years of college involved presiding over student chapels. Most of my duties involved announcements and speaker introductions. It wasn’t really too heavy a lift.

It wasn’t uncommon, however, for Dr. Bell to occasionally point out grammatical slips in my presentation. One day, perhaps sensing a somewhat less-than-desired level of appreciation on my part, she point-blank asked me if I was irritated by her correction. Of course, I politely said no, even though one might argue that my answer was somewhere south of true north on the honesty compass. Her response, however, has stuck with me for 40 years. It was a very direct comment. She said, “Fred, the day will come when your ability to speak correctly will be very important to you. It will make a big difference in your life and your work. I intend to do everything I can to make sure you are ready for that day.” Dr. Bell was known for taking this kind of interest in her students, and she went on to a very successful academic career. It is no wonder. I have not the space in this magazine to tell you how true her prediction was.

I think the reason this lesson means so much to me has to do with the fact I encountered someone who cared enough to challenge me when it mattered. In fact, as I’ve dwelt on the thought, I must confess that virtually all of the most important life lessons I’ve learned usually came in some form of correction rather than as pats on the back. I’ve thought of that often as I’ve counseled employees and students in ways that I sincerely hope similarly challenged them. I am most grateful for the role FTC is allowed to play in our communities, and for the opportunities it gives me to do just that.

Richard Bolles famously said, “The world is perishing for a lack of those who care enough about us to tell us the truth.” May we all be thankful when we encounter those who do.
FTC is among five national winners to receive the 2019 Innovations in Next Generation Network award from Calix, a global provider of the cloud and software platforms, systems and services required to deliver unified networks. The winners announced in November represent both traditional and nontraditional communications service providers that frequently beat national competitors to serve their subscribers. Now in its ninth year, the award recognizes Calix customers who demonstrated outstanding creativity to deploy best-in-class services over the last 12 months. The awards showcase innovation in the use of cloud and software platforms, systems and services to transform business models, networks and the subscriber experience.

FTC is one of four Alabama utility companies to share in the first round of the U.S. Department of Agriculture's ReConnect Pilot Program.

FTC will receive a $2 million loan to extend its fiber-to-the-home network to rural communities in DeKalb and Jackson counties, including New Harmony, Hopewell, Whiton, Painter, Dawson, McKestes, Skirum, Fairview, Browntown and Pleasant View. The two-year project consists of building approximately 85 miles of fiber to an additional 1,676 homes. This loan paves the way to 100% fiber network for the FTC service area.

The program is part of a $62.3 million investment in broadband infrastructure that will improve e-Connectivity for more than 8,000 rural households, 57 farms, 44 businesses, 17 educational facilities, 14 critical community facilities and three health care facilities in rural Alabama. In March 2018, Congress provided $600 million to USDA to expand broadband infrastructure and services in rural America.

FTC EXTENDING FIBER-TO-THE-HOME NETWORK

Keep the Tradition Growing!

FTC News

2019

Calix Innovation Award 2019

FTC Receives Innovation Award

FTC is among five national winners to receive the 2019 Innovations in Next Generation Network award from Calix, a global provider of the cloud and software platforms, systems and services required to deliver unified networks. The winners announced in November represent both traditional and nontraditional communications service providers that frequently beat national competitors to serve their subscribers. Now in its ninth year, the award recognizes Calix customers who demonstrated outstanding creativity to deploy best-in-class services over the last 12 months. The awards showcase innovation in the use of cloud and software platforms, systems and services to transform business models, networks and the subscriber experience.
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.
Telepsychiatry

DeKalb Youth Service Center addresses mental health of children

Story by LISA SAVAGE | Photography by MARK GILLILAND

The teen walked into the room and took a seat, ready for an appointment with the psychiatrist. Instead of meeting face to face with the doctor in Tuscaloosa, the teen sat in front of a screen in Rainsville for a virtual appointment.

It’s part of the telepsychiatry program that provides timely access to some of the best mental health care available, says Thomas Whitten, director of DeKalb Youth Service Center. This marks 10 years since the center launched the program, which focuses on mental health for children and adolescents. It’s the only partnership with a local provider and the University of Alabama School of Medicine in the state.

“It’s our goal to prevent further penetration into the juvenile justice system,” Whitten says. “We’re doing everything we can to provide local interventions so children and youth can be treated in our county.”

When the child or adolescent enters that room for the virtual appointment, Otis Washington, a licensed clinical social worker who coordinates the telepsychiatry program for the service center, is also in the room. “When they first walk in and see the psychiatrist sitting in the chair, but on that tele-equipment, it’s a little weird to them,” Washington says. “But after they talk to the psychiatrist, they like it.”

Psychiatry requires less hands on interaction with the patient than most specialties, he says, so it’s suited to remote communication. Sometimes the patient can feel more comfortable addressing personal issues via video link.

Now, psychiatry is one of the fields of medicine where new technology is proving particularly beneficial.

**TELEPSYCHIATRY AND TECHNOLOGY**

The fast, reliable fiber Internet at FTC makes the program possible. “We’re fortunate to have the technology we need to do the program,” Washington says. “Without the technology, it wouldn’t be possible.”

The DeKalb Youth Service Center uses Zoom Meeting, a communications platform for videoconferences. It’s a secure, two-way connection that joins the psychiatrist with the patient, Washington says.
“It’s simple and easy, and it has worked so well,” he says. Once a child meets remotely with a psychiatrist for an evaluation, a recommendation for treatment — such as medications through a local physician, counseling or other treatment — is made.

“This has been such a huge benefit for parents — that they don’t have to travel to seek these services for their children,” Washington says. “Being in a rural area and having a psychiatric evaluation through the doctors at the University of Alabama is invaluable.”

Dr. Jean Pointon, one of the psychiatrists in Tuscaloosa who works with the DeKalb center’s program, says telepsychiatry improves access to mental health care and reduces potential delays in care. It improves continuity of care and follow-up while reducing the inconvenience to the patient in terms of time off work or school, arranging transportation, and other obstacles.

The growth in Internet-based data communication and video-conferencing technology has led to the introduction of remote medical care and consultation. “There is a national shortage of psychiatrists, and mental health needs tend to be underserved,” Pointon says. “This is particularly true in remote and rural areas.”

DeKalb Youth Service Center is an alternative program for students in DeKalb County and Fort Payne City Schools who have received disciplinary action at their home school. The staff members have a combined 150 years’ experience as educators, therapists and counselors. Whitten leads the program, and Washington works directly with the telepsychiatry program. He has been with the service center for several years, but now he works for DeKalb County Schools and continues to oversee the telepsychiatry program.

Melissa King, a retired Jackson County juvenile probation officer, and teachers Robert Richey and Keith Williams also work with the DeKalb Youth Service Center. Helping students stay up to date on classes is one of the benefits of the youth services program, which addresses the educational needs of the students so they don’t get behind.

As the alternative program continued to grow, educators and juvenile court officials connected many of the disciplinary problems to mental health issues. DeKalb County District Court Judge Steve Whitmire and mental health advocates in the county worked with those at the service center to find a solution.

“We wanted to look at ways to address the issues instead of punishment through the court system,” Whitmire says. “And we didn’t like sending them away from home for treatment or punishment.” Before the program was developed to address their behavioral health, children often went back to the same environmental issues as before without a plan that might change their direction.

“It was like just painting over a stain on the ceiling, when you really need to figure out why the roof is leaking,” Whitmire says.

**ANY CHILD IS ELIGIBLE**

The program extends beyond students enrolled in either of the two school systems. The agency now also accepts referrals from local pediatricians, parents, schools, the Children’s Advocacy Center and juvenile court. The telepsychiatry program includes psychiatric and psychological evaluations, diagnosis, forensic evaluation, medication management and substance abuse assessments, and counseling.

The program addresses not only mental health issues but also job placement and drug rehabilitation programs, domestic violence in the home, and other environmental factors. The successful telepsychiatry is one of the surprises of the program. “It has worked out so well,” Whitmire says.

Staff can schedule appointments within a few days of the actual visit from a location in Rainsville. “Some of the patients and their parents wouldn’t have the ability to travel, and an appointment also is usually far into the future,” Whitmire says. “With this program, we can be in control of the services offered and can address the needs in a more timely manner.”

For more information about the DeKalb Youth Service Center and the telepsychiatry program, contact the center at 256-638-8821.
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...
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.”
More and more Americans use Internet streaming services to watch television. They decide what to watch, when to watch it and even where to watch: TV, tablet, computer or smartphone.

It’s important to understand the benefits and options of streaming services as FTCtv is discontinued on April 30.

Don’t worry. FTC will provide classes and links to online tutorials at farmerstel.com/allaboutstreaming to help you take advantage of the services reshaping the television landscape.

As cable television rates — the fees demanded by corporate content creators — skyrocket, a streaming service can provide not only a less expensive option but also one that is more enjoyable and flexible. Those benefits are part of the reason industry analysts expect over-the-top streaming to be a $332 billion industry in 2025.

There are solutions for any budget, including affordable specialty options such as Netflix, Disney+, BritBox and ESPN+, just to name a few.

Some live streaming services give you access to local channels, so you can still get your local newscasts. And you can stream your favorite shows live at the time they normally air or watch them later if the service provides a cloud-based DVR.

### Comparison Table

<table>
<thead>
<tr>
<th></th>
<th>YouTube TV</th>
<th>Sling TV</th>
<th>Hulu + Live TV</th>
<th>Fubo TV</th>
<th>Philo</th>
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<tr>
<td><strong>Overview</strong></td>
<td>One of the best services for overall livestreaming. It has more top channels for the base price.</td>
<td>Less expensive than other options but fewer channels. Add-on packages are available though.</td>
<td>News, sports and entertainment programming, plus on-demand streaming options from Hulu.</td>
<td>Great for the sports fan and has a wide array of news and entertainment options to appeal to general audiences.</td>
<td>Watch live, save unlimited shows to watch later, or browse a huge library of content available on demand.</td>
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<tr>
<td><strong>Price</strong></td>
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<td>$55/mo.</td>
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<td>tv.youtube.com</td>
<td>sling.com</td>
<td>hulu.com</td>
<td>fubo.tv</td>
<td>try.philo.com</td>
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Prices are current as of Nov. 1, 2019, and are subject to change without notice. *This function is only available with recorded programming on DVR.

FTC has partnered with Cable Time in Rainsville, a premier DISH retailer, to provide a special offer to FTCtv subscribers. To keep informed of updated information, class dates and special offers, please visit farmerstel.com/allaboutstreaming.
Bull riders, barrel racers, trick riders and more will stir up the dust at the Northeast Alabama Agri-Business Center during the third annual Shrine Rodeo.

“We want to provide a high-quality rodeo and family entertainment,” says Gerald Smith, potenteate of the Alhambra Shrine, which works alongside the DeKalb Shrine Club to host the rodeo.

And keeping with a family-friendly theme, a rodeo-loving family was chosen to put on a show with thrills, speed, competition and plain ol’ fun. Smith says organizers chose one of the best companies in the business.

Charlie Lowry and his wife, Wanda, formed the 4L Rodeo Company, based in Summerville, Georgia, in 1985. The company grew from five productions a year to more than 25 annually. They joined with Diamond S Bucking Bulls in 2009 to become the 4L and Diamond S Rodeo Co., providing livestock for rodeos, including high-profile events in Cheyenne, Omaha, Odessa, San Antonio, Fort Worth and more. They have provided animals for the PRCA Xtreme Bulls, as well as for the Wrangler National Finals Rodeo in Las Vegas.

You can also expect one more family to help make people smile during the rodeo. The Wall Family Trickriders will provide an action-packed presentation, a show polished at circuses, rodeos and Western shows across the nation.

A GOOD CAUSE

The rodeo is one of two fundraising events held annually by the DeKalb Shrine Club, which also hosts a golf tournament in September. “The rodeo gives us an opportunity to help those we couldn’t otherwise reach,” Smith says. “We love helping others, and that’s a big part of what we do.”

DeKalb Shrine Club, a satellite of the Alhambra Shrine, works to support Shriners International, which operates 22 nonprofit medical facilities in North America that treat children with orthopedic conditions, burns, spinal cord injuries, cleft lip and cleft palate. They are also annual participants in regional Veterans Day and Christmas parades.

Bryan Thomas serves as the Shrine Rodeo chairman. Rodeo sponsors include Twin City Used Car Sales and Boykin Tractor Co.
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 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.

Here are some helpful hints for home pizza cooks:

- Use a good flour, such as King Arthur. “Some people use bread flour 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.

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.

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.

Lookout Mountain Pizza Company is located at 203 Scenic Highway, Rising Fawn, Georgia.
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FTC will award one $3,000 scholarship to a deserving high school senior.

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Completed applications must be received at FTC’s business office no later than 4 p.m. on March 6, 2020.