

West Carolina Tel

MARCH/APRIL 2016

CONNECTED

TEE TIME

Savannah Lakes
becomes a golf
destination

HOLLYWOOD AT HOME

Thousands of movies
are now on VOD

SPRING CLEANING

Tidy up your tech life with
tips from WCTEL experts



We're looking for our SMALL BUSINESS OF THE YEAR

Small businesses are the heart and soul of our communities, and this year we are celebrating National Small Business Week by honoring a local Small Business of the Year.

May 1-7 is the week set aside in 2016 to honor America's small businesses. Since 1963, the president of the United States has proclaimed National Small Business Week to recognize those companies who create so many jobs and provide important products and services.

We are proud to support these efforts by delivering the technology small businesses need to stay connected. Through our Small Business of the Year program, we will spotlight those who are ensuring our

communities remain vibrant and continue to grow.

To nominate a business for our Small Business of the Year, visit BroadbandBuildsBusiness.com and complete the simple

online form. Anyone can nominate a business — the owner, an employee or a customer.

The deadline for nominations is March 15.

Our Small Business of the Year will be featured in this magazine and will receive additional prizes as well.

Help us celebrate National Small Business Week and say thank you to those small businesses we depend on every day. Visit BroadbandBuildsBusiness.com and nominate your favorite small business — even if it's your own! 🗨️



HELP US FIND OUR SMALL BUSINESS OF THE YEAR!

- Visit BroadbandBuildsBusiness.com
- Complete the online nomination form
- Share the link on Facebook and Twitter
- Encourage others to nominate their favorite small business

Hurry, the deadline for nominations is March 15!

SMALL BUSINESS
Did You Know?



America's 28 million small businesses create nearly two out of three jobs in our economy.

—sba.gov



BY SHIRLEY BLOOMFIELD, CEO
NTCA—THE RURAL BROADBAND ASSOCIATION

Telemedicine and rural health

At the Consumer Electronics Show (CES), held every January in Las Vegas, companies unveil the latest gadgets that are meant to entertain us, make us smarter/faster/healthier and, in general, lead to a happier, more convenient life.

NTCA's Vice President of Policy, Josh Seidemann, attended this year's show looking for new products that build on the power of broadband. He saw many new offerings that focused on health care, fitness and smart home technology.

I am particularly interested in how broadband is enabling the delivery of better health care to rural America. From electronic medical records to remote diagnostic equipment, telemedicine is one of the greatest uses of the rural broadband networks like the one your telecommunications company is building.

CES offered plenty of exciting telemedicine news. In addition to many new gadgets coming to market, Josh learned that 20 to 30 percent of medical office visits could be conducted just as effectively through telemedicine. This means that a reliable broadband connection could save countless hours and millions of dollars, particularly in rural areas where travel to medical facilities can often pose a hardship. Plus, 12 states adopted compacts last year to expedite physician licensing for telemedicine, and we look for more to join that effort.

Broadband is already improving rural health care, and the future holds great promise for advances in this area. 🗨️

TELEMEDICINE


Patients say connecting with doctors online improves health care experience



Broadband Internet service is often celebrated as a tool for economic development and distance learning. According to a recent report in *The American Journal of Managed Care*, broadband can also be a key to better health care.

The report cites a study by Kaiser Permanente, which revealed that a third of patients with chronic conditions who exchanged secure emails with their doctors said these communications improved their overall health. Nearly half of those surveyed had used email as their first method of contacting doctors for various health issues.

“As more patients gain access to online portal tools associated with electronic health records, emails between patients and providers may shift the way that health care is delivered and also impact efficiency, quality and health outcomes,” says Mary E. Reed, DrPH, staff scientist with the Kaiser Permanente Division of Research and the study’s lead author.

Such online tools may also play a role in controlling health care costs. Of those patients who use email and who have higher out-of-pocket medical expenses, 85 percent reported choosing email as their first method of contacting their doctor. 

AMONG PATIENTS WHO HAD EMAILED THEIR HEALTH CARE PROVIDER:



42% said it reduced phone contacts

36% said it reduced in-person visits

32% said it improved their overall health

No broadband? That's a bad thing.

As broadband impacts more areas of our lives, people are placing greater value on broadband as a necessary service. According to a survey by Pew Research Center, 69 percent of Americans believe that people with no broadband connection are at a major disadvantage in at least one of these five areas: 1) finding out about job opportunities or gaining new career skills; 2) learning about or accessing government services; 3) learning new things that may improve or enrich their lives; 4) getting health information; and 5) keeping up with news and information.



ARE YOU SOCIALLY → CONNECTED?

There was a time when email was the main way of connecting with others over the Internet. Today there are many sites and apps that allow users to post status updates, share photos, message friends and more.

A recent Pew Research Center survey asked Internet users which of the top five social media sites they use. Here are the results:

Percentage of online adults who say they use the following social media platforms



Facebook 72%



Pinterest 31%



Instagram 28%



LinkedIn 25%



Twitter 23%

WANT TO WEIGH IN ON THE NUMBERS?

Visit www.HowDoYouBroadband.com and take our quick survey!

Simplifying rural support

In recent columns, I've used this space to describe the challenges we and other rural telcos face in providing service. The Universal Service Fund, or USF, is the backbone of our efforts to serve rural America — and that system has long been in need of reform.



JEFF WILSON
Chief Executive Officer

The FCC recently threw out its overly complicated plans to reform this system that is so vital to the nation's communications network. To understand the importance of the USF, let's look at its history.

In 1934, forward-thinking leaders of our country decided it was important for everyone to have access to communications. In creating the Federal Communications Commission (FCC), they also created the USF, which has become one of the major building blocks of our nation's communications networks.

Those leaders knew that our country would be stronger, safer, more equitable and even more democratic if every citizen — not just city residents — had access to telephone service.

They also acknowledged that to make this happen, high-cost rural networks like ours, where there may only be a few customers per mile of line, needed support from more profitable urban networks where hundreds or even thousands of customers are packed into a mile of telephone line.

The monthly phone bills for those four rural customers couldn't and still can't cover the cost of installation and upkeep of a network. Faced with the idea of providers having to charge rural residents with unreasonable bills to provide the same access their urban counterparts could get for a much lower price, the FCC wisely leveled the playing field by creating the USF and requiring all phone users to pay a small fee each month to support high-cost networks.

This system was set up based on phone lines, and the amount of support a rural provider gets is based on the number of telephone lines the telco provides in a high-cost area. While that made sense for decades when landline telephones dominated the communications world, customer habits have changed. Landlines still offer important benefits, but broadband is fast becoming the primary way people communicate. Our industry anticipated this and has been encouraging the FCC to revise the USF system to support rural telcos based on broadband service instead of phone lines.

Despite years of advocacy from rural telcos and our national trade group, NTCA—The Rural Broadband Association, the FCC has been painfully slow in modernizing its rules. That is why rural providers like us require customers to have a phone line with their broadband. We can't provide broadband without a phone line because we would lose the USF support, which would increase what we would have to charge for broadband service as much as four-fold.

We encourage the FCC to "start over" on USF reform, and we are hopeful that some day we will see a more simple, commonsense approach to reforming the USF — an approach that will benefit communities served by rural providers like WCTEL. Until then, the hundreds of providers like us across the country will keep working with one voice through NTCA to ensure Washington regulators hear your voice. ☑

West Carolina Tel

CONNECTED

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is a member-owned cooperative dedicated to delivering advanced telecommunications technology to the people of Abbeville, Anderson and McCormick counties.

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Produced for West Carolina Tel by:



On the Cover:



Scenery and challenging holes are what Bob McIntosh says bring people to his courses at Savannah Lakes. See story Page 8.



WCTEL named South Carolina's first Gig-Capable Provider

West Carolina Tel has a long history of being on the cutting edge of telecommunications. In January, NTCA—The Rural Broadband Association made it clear that WCTEL remains a forerunner in communications by recognizing the cooperative as the first Certified Gig-Capable Provider in South Carolina.

“We believe technology is the key to economic development in our region,” said Jeff Wilson, WCTEL CEO. “The demand for faster Internet is becoming as critical as voice, water and power, and we want to meet that demand. This national designation further recognizes that commitment.”

WCTEL earned this designation for deployment of gigabit broadband speeds and for enabling technological innovation in the Clarks Hill, Donalds, Iva, Starr, Modoc, Parksville, Lowndesville, Plum Branch, Mount Carmel, Due West and West Abbeville communities.

To celebrate, WCTEL hosted an exclusive business open house in January, demonstrating how ultra-high-speed Internet works and how it can benefit business owners. A one gigabit connection is equal to 1,000 megabits per second and is 100 times faster than those currently available in many U.S. households.

With the designation, WCTEL joins an elite group of 46 Gig-Capable Providers in the nation certified by NTCA, which represents 900 independent, community-based telecommunications companies.

“I applaud WCTEL for its commitment to delivering the Internet’s fastest speeds — an accomplishment worthy of much praise considering the unique and challenging circumstances small, community-based telecommunications



CEO Jeff Wilson and Board President Lee Logan accept the gig-capable certificate.

providers operate under every day in serving some of our country’s most rural and remote communities,” said NTCA CEO Shirley Bloomfield. “By building a gigabit-capable network, WCTEL has not only overcome these challenges, but also shattered conventional benchmarks for broadband speed to enable cutting-edge technologies that drive innovation and

promote economic development in their communities, region and nationwide.”

To achieve certification, telecommunications companies must show that gigabit technology is currently commercially available within 95 percent of one or more exchanges within its serving territory and that such service can be provided without new trenching or stringing new aerial facilities. This statement must be confirmed by a letter from an engineering firm or other independent source involved in the company’s network planning, deployment or operation. 📞



WCTEL TECHLINK CLASS SCHEDULE

West Carolina is proud to offer free classes on various technology topics to our members at WCTEL offices.

➤ WCTEL Remote Control, DVR and TV Everywhere TechLink

Learn how to program your WCTEL remote and all the features available, learn how to record, play, delete and more with your DVR, and learn how to watch your favorite shows when you want with TV Everywhere.

- Mar 7: Abbeville
- Mar 8: Iva
- Mar 10: McCormick

➤ Facebook TechLink

Learn how to create and manage your Facebook account. Bring any questions you may have!

- Apr 11: Abbeville
- Apr 12: Iva
- Apr 14: McCormick



The Ocean Course at Kiawah Island

BY ANNE BRALY

Photo courtesy of The Ocean Course

Every full-size golf course has at least 18 tee boxes and 18 holes. But it's what the course does between the tee and the hole — and what surrounds them — that makes a course special. More than any other sport, golf is enhanced by the beauty of the playing field, and the South is home to some of the most picturesque public courses anywhere. Here's your guide to which courses do it best.

SOUTH CAROLINA

The Ocean Course at Kiawah Island

Named one of the toughest courses in the nation by Golf Digest, this course, designed by architect Pete Dye, does more than offer tough, link-style fairways that loop between and around the sea on one side and marshes on the other. With stiff ocean breezes, gnarly oaks and no paved cart paths, playing this course is a battle against Mother Nature, but one richly awarded with scenic views and an experience you won't soon forget.

- ▶ **No. 1 handicap hole:** The No. 2 hole is a double dogleg, par five that features a long marsh crossing to a diagonal landing area and then a risk/reward second shot: either a hero shot over a marsh or a layup to an extremely narrow green.
- ▶ **Grass:** The entire course is grassed in Seashore Paspalum, a salt-tolerant grass specifically designed for The Ocean Course by the University of Georgia.
- ▶ **Signature hole:** No. 17, the 197-yard par 3, made famous in the 1991 Ryder Cup.



TECH-SAVVY TRAVELER:

With many sports, there are apps to help you improve various aspects of your game. If you're chasing a dimpled ball around manicured greens, then here's an app to simplify the process. **GolfLogix** is a handy way to calculate your next shot, with GPS, scorecard, stats and tee times. As for those of us watching from our own clubhouse, **The Masters Golf Tournament** has created a free app for us to track the early round contenders ... during your lunch break, of course.



- ▶ **Course length:** 7,356 yards (everyday play). The course can be stretched out to more than 8,000 yards.
- ▶ **Greens fees:** Early March through November — \$374 (\$341 for resort guests), December through early March — \$274 (\$248 for resort guests)
- ▶ **Phone:** 843-768-2121



Photo courtesy of The Stonehenge

TENNESSEE

The Stonehenge Course at Fairfield Glade

Crossville, Tennessee

The newest of four courses at the Cumberland Plateau resort, Stonehenge has been named the best public golf course in Tennessee, in part due to its natural beauty — rock outcroppings, mountains and lakes. It also has narrow, tree-lined fairways and water hazards that lead to challenging greens.

- ▶ **No. 1 handicap hole:** No. 4. It's a challenging dogleg left that stretches out to 428 yards. The tee shot has to land between fairway bunkers on the right and a grove of trees on the left. A perfectly placed tee shot leaves you 160 yards to a small green with a front right, green-side bunker.
- ▶ **Grass:** One of a handful of courses in Tennessee entirely planted with bentgrass
- ▶ **Signature hole:** No. 14, a downhill par 3 that sits in front of Lake Dartmoor
- ▶ **Course length:** 6,549 yards
- ▶ **Greens fees:** \$47 (members), \$77 (guests)
- ▶ **Phone:** 931-484-3731

ALABAMA

Silver Lakes

Gadsden, Alabama

One of 26 courses along the state's famed Robert Trent Jones Golf Trail, Silver Lakes offers championship golf against a backdrop of some of Alabama's most stunning scenery: the foothills of the Appalachian Mountains. The course was completely renovated following a 2011 tornado that struck the area, resulting in what many say is the best course on the trail. It has three nine-hole courses — Heartbreaker, Mindbreaker and Backbreaker — that can be combined to make three different 18-hole courses, all offering different experiences.

- ▶ **No. 1 handicap hole:** No. 9 on the Heartbreaker/Backbreaker course. There's water down the left side of the hole and water in front of the green, plus the wind is usually against you on your tee and approach shots.
- ▶ **Grass:** Champions Bermuda (greens), Bermuda (tees and fairways)
- ▶ **Signature hole:** Heartbreaker No. 9, which offers a stunning view of Lake Lee
- ▶ **Course length:** Heartbreaker/Backbreaker — 7,622 yards, Backbreaker/Mindbreaker — 7,450 yard, Mindbreaker/Heartbreaker — 7,456 yards
- ▶ **Greens fees:** \$48-\$69
- ▶ **Phone:** 256-892-3268



Photo courtesy of The Short

KENTUCKY

The Short at Gibson Bay

Richmond, Kentucky

Swing your clubs through the Bluegrass State on a course that will test your game through 18 holes of risk and reward. The

fairways are tight, the greens and bunkers always well maintained. You'll find many challenging par 4s and a monstrous par 5 on No. 15.

- ▶ **No. 1 handicap hole:** No. 14. It's a 601-yard, par-5 hole with a split fairway, and you're hitting to an elevated green.
- ▶ **Grass:** Bentgrass fairways and greens
- ▶ **Signature hole:** No. 10. It's 379 yards from the black tees and has a lake running the entire length on your right.
- ▶ **Course length:** 7,130 yards
- ▶ **Greens fees:** \$27 (weekdays), \$36 (weekends), \$22 (after 3:30 p.m. every day)
- ▶ **Phone:** 859-623-0225

TEXAS

Garden Valley Golf and Resort

Lindale, Texas

It's been said this course is the Augusta National of Texas, and while pimento cheese isn't sold in snack bars along the fairways, the Dogwood Course is just as picturesque with its tree-lined fairways and blooming flowers in the spring, not to mention quite a few challenging holes. It's a hidden gem in the heart of East Texas and consistently voted as one of the top 10 in the Lone Star State.

- ▶ **No. 1 handicap hole:** No. 5. It's a straight par 5, with hazards left and right of the fairway. The green is protected by water, which cannot be seen if going for the green in two shots. And there are bunkers behind the green.
- ▶ **Grass:** Bermuda (fairways), Champions Bermuda (greens)
- ▶ **Signature hole:** No. 13. It's an elevated tee revealing a downhill, slight dogleg framed by towering pines that surround the property. From the fairway you can look across the lake and see the 15th green and the 16th tee box.
- ▶ **Course length:** 6,850 yards
- ▶ **Greens fees:** Monday-Thursday — \$49 (\$25 seniors 55 and over); Friday-Sunday — \$59 (\$38 seniors)
- ▶ **Phone:** 903-882-6100 ☎



Links to the past, and to the future

Two golf courses are a community's foundation.

By DAVID UCHIYAMA

Golf captures the sports world's imagination each April, but those who make the annual pilgrimage to Augusta National for the Masters often discover a special place just an hour's drive away: Savannah Lakes Village.

"It's hard to find a place to play in Augusta that week, so people come here," Bob McIntosh says. "What we commonly hear is, 'We had no idea this place was here, and we can't believe how beautiful it is.'"

McIntosh is the director of golf for the community surrounding Lake Thurmond that features not one, but two 18-hole golf courses. And while golf takes center stage, Savannah Lakes is about more than one sport. The place creates a lifestyle, a community with modern amenities, outdoor

adventures and, yes, golf.

In fact, the community was built with a focus on the ancient game. One of the first grand projects at the Savannah Lakes community was a golf course, and another course followed soon after. The Tara Golf Club and the Monticello Golf Club are championship-quality.

"Tara was the first order of business," says course designer Tom Clark. He has completed about 25 courses for Cooper Development, which created Savannah Lakes. He took advantage of both the nat-

ural flow of the landscape and the concept for a vibrant neighborhood of homes.

He quickly chose the spot for the club's focal point. "It was the first area that they weren't going to put houses around, and I took that as my clubhouse area," he says. "The rest of the course meanders through the plantation pines. We have a diversity of holes, and I am proud of the course."

The Tara Golf Course, which can measure more than 7,000 yards from the most difficult tees, opened in 1991, and the Savannah Lakes community began to grow.

A few years later, Clark, a former president of the American Society of Golf Course Architects, received a call to build another Savannah Lakes course. Clark began working on Monticello, a more modern-style course designed to give golf-

ers a contrasting feel from the play on the original layout.

"The Tara course was cut through the trees, and it's a pleasant layout that will challenge golfers with its narrowness. It's like a walk in the woods with 81 bunkers, too," McIntosh says. "Monticello is more spread out, with dramatic features, forgiving fairways and lots of ups and downs. It is very scenic and has about 25 more acres of playing area than Tara."

Golf at Savannah Lakes Village is semi-private, meaning members come first. Others, though, can play the courses. Most of the year, the price is \$48 for a round of golf, including green fees and cart. During the week of the Masters tournament, the fee is \$100.

EMBRACING THE PAST, BUILDING A FUTURE

Twenty-five years ago, golf provided the primary draw for Savannah Lakes Village, but times change. And the community has grown and diversified how it makes the use of a unique location.

"Having the master-plan amenities in place, we were relevant in the 1990s and 2000s," says Kirk Smith, the chief operating officer for Savannah Lakes Village. "To differentiate ourselves, we wrapped ourselves around the outdoors and, more recently, fiber-optic infrastructure."

The community off Highway 378 is surrounded by the Sumter National Forest. On one side of the lake is Lincolnton, Georgia. Across the lake is McCormick, South Carolina. Columbia, South Carolina, is less than a two-hour drive by car.

The lake provides a unique resource. There are plenty of bass, stripers and other fish in the lake, which also welcomes boats of various sizes. Also, it's not uncommon to see birds such as bald eagles flying over the water.

In 2008, the community began to embrace the natural abundance around the lake with the creation of hiking and biking trails. Then, a 50-mile kayaking loop was added. Now, Savannah Lakes is focused on new technology.

"You can be in a house with all the technology in the world; then you can walk out

Golf Director Bob McIntosh oversees both the Tara and Monticello courses.



the back door and be in nature's world," Smith says. "New fiber optics usher in a whole range of opportunities for us. You can live in the environment and not give up anything."

West Carolina Tel has upgraded its software to provide gigabit Internet speed to every home site and building across about 4,000 acres. There are 5,000 home sites and about 1,200 homes. "You usually gain significant broadband Internet speed improvements by living in this community," Smith says.

But while growing with the times, golf remains the draw for the community.

PROFESSIONAL COMPETITION

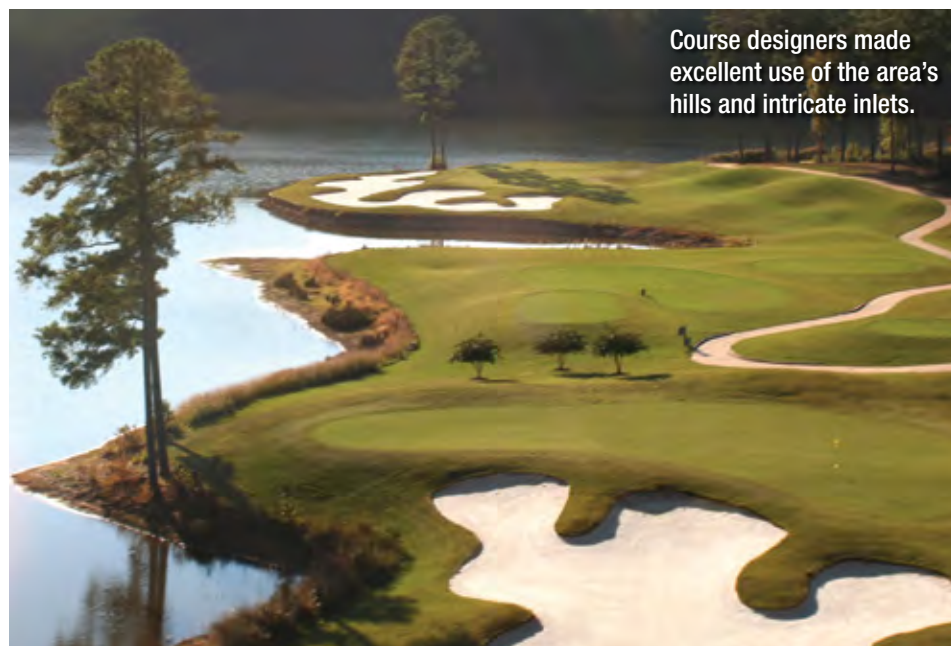
Monticello is now the site of a spring event on the SwingThought Tour, where the winning golfer takes home \$150,000.

"It's one of their premier events, and even though we're not Augusta National, we put our best foot forward," McIntosh says. "There aren't a lot of hotels around, so about 95 percent of the players are housed by residents. It's like getting their sons back when guys come back and stay with the same family."

The winner certainly has to earn the money on the course, which can measure as long as 7,032 yards. After the opening holes, the lake comes into view with dramatic vistas — and equally dramatic shots — for three straight holes.

"Monticello is one of my favorite courses because it has everything I like in a golf course — a huge amount of diversity," says Clark, the course designer. "It has a great balance of golf holes."

And for residents and visitors, the community offers something more. "There is a sense of family here, which sounds corny, but I believe it," says McIntosh, who is not only director of golf operations, but also a resident, having lived in Savannah Lakes Village since 1998. "It's a very welcoming atmosphere." 📞



Julie Hill

PLAYING *in the* DIRT

A Q&A with Julie Hill, a blogger from Greenville, South Carolina, who shares her love and knowledge of gardening with readers.

Check out her blog
SOUTHERNWILDDSIGN.COM

Q: What do readers find at your blog?

JH: Blogs are an extension of who we are, and I am a dirt nerd through and through. I am far more comfortable in dirty clothes creating beautiful settings, observing wildlife and growing food, so the blog contains lots of advice on gardening with nature. You can also find a list of host plants for butterflies and follow along with my newest venture into a cut-flower market garden.

Q: Why did you become a blogger and how has it changed your life?

JH: Before I moved to South Carolina, I owned a nature center and butterfly farm in Texas and was fortunate to teach thousands of children and adults about gardening and nature. After I moved, I no longer had that outlet, so blogging became a new teaching platform.

Q: Is it necessary to condition your garden's soil before planting?

JH: Building good soil is the foundation for all successful gardens. And using compost is one way. It can be worked into the soil or top-dressed any time of the year.

Q: What are the earliest plants you should plant?

JH: The best time to plant trees and

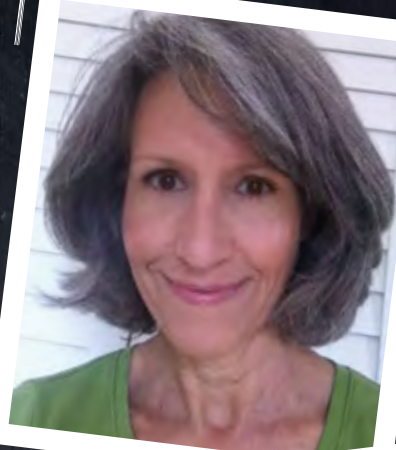
shrubs is in the fall, when the soil is warm and plants are starting to direct their energies into growing their root systems. And there are flowering annuals and vegetables that can be planted virtually all year long. Just check the tags.

Q: For beginners, can you give suggestions on the easiest flowers and vegetables to grow?

JH: Look for those that are native to your area and check with your local extension agency or knowledgeable local nursery for guidance. Be sure to look at the plant tags for growing requirements. I've found that some of the easiest to grow include basil, bush beans, cucumbers, carrots and radishes.

Q: What are the big trends in gardening right now?

JH: There is movement back to our gardening roots as we are coming to understand our role as caretakers of this planet. I'm seeing a rise in the use of native plants that are water-wise and wildlife friendly. People are getting interested in flowers again, particularly pollinator-friendly perennials. And also, people are growing more of their own food. It is an exciting time to garden.

Q: What will visitors find growing in**OTHER GARDENING BLOGS WORTH READING:****▶ GARDENRANT.COM**

A blog filled with gardening ideas, including a section allowing readers to share ideas as well as gardening issues. Rant away.

▶ WWW.SMALLKITCHENGARDEN.NET

Don't have much room for a garden? This blog gives you ideas for gardening in a small space, so dig right in.

your garden this season?

JH: I have two raised beds for vegetables planted with lots of heirloom tomatoes, green beans, cucumbers and peppers. And I have a couple of large containers on the back deck for herbs. But the most exciting part of my garden this year is the addition of large beds of flowers that will be destined for bouquets. 🌸



JOIN THE POD PARTY!

PODCAST POPULARITY IS EXPLODING

By MELISSA SMITH

Americans are increasingly turning to podcasts for entertainment and information, with listenership almost doubling in the past few years. There's a reason these "radio-on-demand" shows are so popular; chances are there's a podcast on any subject you find interesting. With a broadband connection, it's easy to download a podcast over Wi-Fi and listen whenever you want.

Podcasts are free to download, and can be found using apps such as iTunes, Stitcher or Pandora. Look for some of these top-rated podcasts to get you started.

"BACK TO WORK"

Want to learn the secret to productivity? Writers and entrepreneurs Merlin Mann and Dan Benjamin host this show about examining the way you work. Learn more about maximizing your workflow, finding motivation and just getting more done. Your boss will thank you.

"SERIAL"

If you're looking for a mystery that will keep you in suspense week after week, check out Serial. Hosted by Sarah Koenig, this podcast takes listeners through one true story over the course of a season. The host doesn't know what will happen until shortly before listeners, and the plot unfolds weekly. Be sure to listen to episodes in order, as the story unravels chapter-by-chapter each week.

"AP PLAYOFF PULSE"

There's no shortage in podcasts for the

fanatics out there. Get your fix on the latest in recruiting and analysis of college and professional sports. The AP Playoff Pulse discusses the latest news in the college football world. Also, subscribe to CBS Sports Radio for all things college sports related, but you can most certainly get your March Madness fix here. Baseball fans will enjoy Baseball Tonight with Buster Olney. This non-television variation of the popular ESPN show is full of guests. They're mostly ESPN personalities, but other writers and sports know-it-alls make their way onto the show occasionally to engage listeners with facts and talk about the news. It's the next great American pastime.

"SPARKLE STORIES"

Tired of reading "Goodnight, Moon" over and over to your children before bed? Children's stories often stand the test of time, being passed down from generation to generation. But, if you're ready for something different and original, check out Sparkle Stories. They're original high-quality audio stories written just for children that always include a life lesson.

With a subscription, you get access to over 800 stories, but if you would like to try it out first, a free podcast is offered weekly.

"KID FRIDAY"

Kids today can use a lot of technology better than some adults. This video podcast, which can also be listened to without video, is dedicated to all things tech. Hosted by teenagers Hannah, Zoe, Dave and Winston (the poodle), your kids will enjoy listening to people their own age talk about the newest websites and apps.

"STUFF YOU MISSED IN HISTORY CLASS"

Let's face it, history class isn't interesting to everyone. This podcast covers interesting facts that are nowhere to be found in textbooks. Hosted by two journalists who really love random facts about history, Tracy V. Wilson and Holly Frey unveil all the cool stuff we never knew. Did you know hippos almost became one of the common meats we eat in America? You'll be the most interesting person at the lunch table with this new knowledge as a conversation starter. 🗨️

DIGITAL SPRING CLEANING

By MELISSA SMITH

Springtime is a great time to clean and freshen up your home. You may not realize it, but your computer may need to be cleaned up as well. Not just in a literal sense, but also digitally. There are a few quick-and-easy steps you can take that, if done routinely, can really change the performance and speed of your computer.

GET ORGANIZED

Saving documents on your desktop not only clutters the look of your screen and makes things difficult to find, but it can also take up space on your computer. Consider this: Think of your computer as a filing system in an office. To better know where things are located, create a folder structure that makes sense to you. Start by compartmentalizing things that are important: photos, financial documents, school work and other items. Make a folder, name it something intuitive, then make subfolders and appropriately name them, including dates. For instance, you may have a "Photos" folder that has subfolders for each year or special events like a wedding or Christmas.

DELETE UNWANTED DATA

As you browse the Internet, each site you visit stores data on your hard drive. These files can really add up over time and slow down your computer. Luckily, they're easy to get rid of. Open your favorite browser and find the settings or preferences. From here, deleting these temporary data files should be straightforward and is something you should do regularly. Every operating system is different, but with the click of a button, you can find online how to delete these files.

SAY NO TO JUNK MAIL

It's easy to let email messages pile up in your inbox. Over time, these messages (and especially their attachments) take up space on your computer. Go through regularly and delete any unimportant messages. Unsubscribe from promotional emails that may no longer be useful to you, and use folders to organize your inbox to separate priority, social and promotional mail.

CALL FOR BACKUP

Photos, music and videos take up a lot of space on a computer's hard drive, and even the best hard drives eventually fail. It's best to always have a backup of your important files. Consider investing in an external hard drive, or look into a cloud-based backup system like Dropbox or CrashPlan. Both programs work similarly, but CrashPlan can be programmed to periodically back up your files automatically.

KEEP IT CLEAN

Keeping the physical parts of your computer clean will also benefit its performance. Keep a bottle of compressed air and spray the crevices periodically. Dust can build up in small spaces and cause overheating, especially in laptops. Purchase some specialized wipes to keep your keyboard sanitary and your screen clear. 🗑️





WHAT YOU WANT, WHEN YOU WANT

New VOD gives members unprecedented access to movies and events

What if it's a stressful Monday and you need something to cheer you up?

Comedy: 150 choices to choose from.

What if it's a spooky Saturday and you feel like watching something scary?

Horror: 70 choices.

Or what if there's a big mixed martial arts fight coming up and you don't want to miss it?

MMA: all of the big fights.

Whatever you're looking for, Video on Demand (VOD) from WCTEL has you covered.

"Everyone seems to love it," says Chuck Nash, WCTEL's commercial operations manager. "There's a lot of really good content out there that you can rent from the comfort of your own home."

The primary offerings through WCTEL's VOD service are movies, which usually cost \$4.99 to rent. Many of the films are fresh from theaters and available on VOD as much as eight weeks earlier than Netflix or Redbox. "You've got thousands of movies to choose from," says Nash. "It covers everything, and you can rent right from your screen without ever having to worry about returning a disc."

MAJOR UPGRADE

In order to offer the best entertainment cost effectively, WCTEL has entered into an innovative partnership with two other rural telephone cooperatives to share some key video infrastructure and components.

"It just makes sense," Nash says.

As a result of these upgrades, WCTEL and the other telcos save money, and any customers with a Bronze or higher DE Plus service have access to VOD.

WCTEL will continue to create great VOD programming, including high school sports and local events. Currently WCTEL provides video for about 10 church services on Sundays and a mix of football, baseball, softball, wrestling, basketball and other sports from five area high schools.

The changes will not affect anyone's saved DVR content or other settings.

Make sure to look on page 5 in future issues of Connected for upcoming new releases. VOD also offers 10 free movies that rotate from time to time.

According to reports the system generates for Nash and other managers, the number of rentals on VOD has doubled each month for three months.

"The customer response has been great," Nash says. "We expect that as more members find out about the service, more will give it a try and see just how convenient it is."

To access VOD, press the Video On Demand button on your remote or find it in the menu.

The rentals allow viewers to watch the programs an unlimited number of times in a one-day, two-day or three-day period. The roster of movies includes everything from romantic comedies to horror. Some classic movies, like "Ghostbusters," are

also available through VOD. "The options are growing every day," Nash says.

On top of the selection, VOD comes with plenty of handy features like being able to fast forward, rewind and pause. If you have multiple boxes in your home, the movies can bounce from one room to the other. "You can actually start watching something in the living room, pause it and continue watching it in the bedroom right where you left off," Nash says.

NEW ON DE PLUS!

DE Plus has a new Sports Tier that gives viewers access to Big 10 sports, New York Yankees baseball, NFL Redzone, great hunting and fishing shows and more. Contact WCTEL to upgrade your service for less than \$8 per month!

CHANNELS INCLUDE:

- 400 HRTV
- 401 TVG
- 402 Sportsman
- 403 YES
- 404 Fox College Sports Atlantic
- 405 Fox College Sports Central
- 406 Fox College Sports Pacific
- 407 ESPN College Extra 1
- 408 ESPN College Extra 2
- 409 ESPN College Extra 3
- 410 ESPN College Extra 4
- 411 ESPN College Extra 5
- 412 ESPN College Extra 6
- 413 ESPN College Extra 7
- 414 ESPN College Extra 8
- 415 Big 10 Network
- 416 NFL Redzone

EGG-CELLENT OPTION

As Mother Nature ushers in the warm weather of spring, deviled eggs are hatching on tables throughout the South. Everyone has their favorite recipe — some like them sweetened with a little bit of pickle relish, while others prefer a more savory filling. Whatever the preference, no one is chicken about going back for seconds. Or thirds. Rarely is there a deviled egg left to be had on the platter.

Faith Price and her husband, Jeff, are owners of Shady Grove Farm in Lancing, Tennessee, an 80-acre spread along the Cumberland Plateau in Morgan County. Among the livestock raised on the farm are laying hens that produce eggs sold at nearby Dixie Lee Farmer's Market, as well as to those who stop by the farm to buy a dozen of the day's collection.

Raising chickens is a full-time job that keeps the Prices busy. "It's not difficult, but it takes a commitment," Faith says. "We have a portable coop that we move throughout the farm to help with debugging and to fertilize our fields. So our birds don't just give us eggs, they are employees as they do work for us."

But the best part is the product they produce — eggs. "We sell out very quickly, whether it is at the farm or at the market," she says. Whenever there are enough left over for the family, Faith says deviled eggs are a favorite. "They're a cool, refreshing side dish that hits the spot," she adds.


Deviled eggs are a beloved American dish. According to the U.S. Department of Agriculture, more than 1 billion eggs are typically sold in the week leading up to Easter. And while there is no official data that says deviled eggs are the most popular of all egg dishes, Google Trends research and social media conversation analytics point to that conclusion, says Kristin



Faith Price cooks up a Southern favorite on the Tennessee farm she shares with her husband, Jeff.

Livermore, director of marketing communications for the American Egg Board.

"Maybe it's because deviled eggs are such a versatile dish," she says. "They are the perfect addition to any party or meal."

"Deviled eggs go with just about any dinner, whether it is a roast and potato meal or a simple hot dog and beans meal," Faith says. "We would eat them every week if we could keep eggs in stock for ourselves." 



Food Editor **Anne P. Braly** is a native of Chattanooga, Tennessee. Prior to pursuing a freelance career, she spent 21 years as food editor and feature writer at a regional newspaper.

PERFECT HARD-BOILED EGGS

Here's a quick and easy method for hard boiling eggs. For easier peeling, use eggs that are seven to 10 days old.

- Place eggs in a saucepan large enough to hold them in a single layer. Add cold water to cover eggs by 1 inch. Heat over high heat just to boiling. Remove from burner. Cover pan.
- Let eggs stand in hot water about 12 minutes for large eggs (9 minutes for medium eggs, 15 minutes for extra large).
- Drain immediately. Then, cool completely under cold running water or in bowl of ice water before making deviled eggs.

— American Egg Board

Here are several of the Prices' favorite fillings that go beyond tradition. They're not just for Easter anymore.

TRADITIONAL DEVEILED EGGS

- 1 dozen eggs, peeled, cut in half, yolks removed
- 1/4 to 1/2 cup mayo
- 1 teaspoon yellow mustard
- 2 teaspoons pickle relish
- 1 teaspoon pickle juice
- 1/2 teaspoon honey
- Salt and pepper, to taste
- Paprika for sprinkling on top

Mash egg yolks with ingredients except paprika. Fill egg whites with yolk mixture and sprinkle with paprika. Chill until ready to serve.

SAVORY EGGS

- 1 dozen eggs, peeled, cut in half, yolks removed
- 1/4 to 1/2 cup Miracle Whip
- 1 teaspoon yellow mustard
- 1 teaspoon Worcestershire sauce
- Salt and pepper, to taste
- Smoked paprika for sprinkling on top

Mash egg yolks with ingredients except paprika. Fill egg whites with yolk mixture and sprinkle with paprika. Chill until ready to serve.

SOUTHWESTERN DEVEILED EGGS

- 1 dozen eggs, peeled, cut in half, yolks removed
- 1 large avocado
- 2 teaspoons lime juice
- 1 teaspoon cilantro
- Salt and pepper, to taste
- Paprika for sprinkling on top

Mash egg yolks with ingredients except paprika. Fill egg whites with yolk mixture and sprinkle with paprika. Chill until ready to serve.

HONEY EGGS

- 1 dozen eggs, peeled, cut in half, yolks removed
- 6 tablespoons plain yogurt



Faith Price describes this versatile treat as "a cool, refreshing side dish that hits the spot."

WHAT THE DEVIL?

Deviled refers to any foods that have been prepared with hot and spicy ingredients, such as cayenne and curry, two spices often used to make deviled eggs. Deviled dishes were very popular throughout the 19th and into the 20th centuries, especially for seafood preparations and some appetizers.

— *The Encyclopedia of American Food & Drink*

- 2 teaspoons Dijon mustard
- 2 teaspoons finely chopped onion
- 1 tablespoon honey
- Salt and pepper, to taste
- Paprika for sprinkling on top

Mash egg yolks with ingredients except paprika. Fill egg whites with yolk mixture. Chill until ready to serve.

SWEET BACON DEVEILED EGGS

- 1 dozen eggs, peeled, cut in half, yolks removed

- 1 pound bacon, cooked and diced into small pieces
- 1/2 to 1 cup Miracle Whip
- 1 teaspoon parsley
- 1 tablespoon sugar
- 1 teaspoon chives
- Salt and pepper, to taste
- Paprika for sprinkling on top

Mash egg yolks with ingredients except paprika. Fill egg whites with yolk mixture and sprinkle with paprika. Chill until ready to serve. 📺



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