



By Shirley Bloomfield, CEO NTCA-The Rural Broadband Association

# **Broadband Built** to Last

How the Universal Service Fund Helps Keep Americans Connected

hen we're connected,
America thrives, and for rural
communities, the federal
Universal Service Fund (USF) helps
community-based providers deliver
broadband built to last for generations.
This fund is critical for ensuring highquality, affordable broadband services are
available for families, schools, libraries,
health care facilities and so much more.

The idea behind the USF is that all Americans should have reliable access to communications services at a reasonable cost—it's been a national objective for over a century and was codified into law in the 1996 Telecommunications Act. Today, the USF enables providers to make a business case to invest in many rural areas, sustain networks once they are built and keep service rates affordable.

Unfortunately, the USF is at risk of disruption. Last summer, a federal circuit court declared that the way the USF is funded is unconstitutional, and the case is now before the Supreme Court for review.

According to an August 2024 survey of more than 200 NTCA members across 35 states, the loss of USF support could be catastrophic for rural consumers. Respondents reported that rural consumers could see their monthly bills increase by \$72. And 68% of respondents said they may need to cancel over \$1 billion in deployment projects.

These survey results highlight the importance of the USF in both getting and keeping rural consumers connected to high-quality, affordable services. You can learn more at ntca.org/universalservice.



# The Buzz An internet roadmap

The online world moves fast, and it's a rich, helpful place. In fact, there are so many opportunities and so many resources that keeping up with the latest can prove daunting. Here are a few hot topics:

### **VIDEO SHORTS**

These bite-sized videos usually last a few seconds. They're often lighter in tone. Many are great for showing fun or helpful ideas quickly, such as cooking tips, telling a joke or sharing engaging facts. Others are simply silly fun. Most social media services offer some version of these videos.

#### ARTIFICIAL INTELLIGENCE OR AI

Al is appearing in more and more places. It may help complete a text message, edit and sort photos on a smartphone or even create an image from scratch. And that's only the beginning. Think of Al as a smart, learning system capable of processing tremendous amounts of information—and it's changing and growing daily.

### **CRYPTOCURRENCY**

This digital currency is stored and managed on secure systems. Bitcoin is a famous example, but there are many others. Some people use cryptocurrency to buy goods or services, and others consider it an investment. It's another growing, diversifying part of the digital world.

### **VIRTUAL REALITY OR VR**

With the right hardware, such as VR goggles, virtual reality can be like stepping into a video game or movie. It's also a rapidly growing technology, expected to become more affordable and accessible over time.

# **Wading Into the Stream**

## Catch the current to entertainment

he arrival of streaming entertainment services brought the promise of simple, affordable access to deep, rich libraries of content.

So, how are these increasingly popular

services, ranging from Netflix to YouTube TV, doing? Seemingly endless content? Check. Simple and affordable? Well, that gets a little complicated.

With care, though, you can find the

services that not only meet your needs but also your budget. Live sports, ad-free options, high-definition streams and so much more are a few clicks away.

#### **DEFINE YOUR PRIORITIES**

With so many possibilities, first consider what you generally want to watch. Do you love original dramas? Perhaps classic sitcoms and movies are your favorites? Are live sports or kids' programming your go-to shows? Or maybe it's a mix of all of the above. Here are a few options:

For exclusive originals: Netflix, Hulu and Max—formerly HBO Max—are standouts. They mix fresh shows and movies with a wealth of older favorites. And Hulu gives access to TV episodes the day after they air on traditional TV.

#### For family and classics:

Disney+ shines. And Peacock and Paramount+ serve up plenty of long-time favorites, as well as new shows.

#### **AD TIERS**

When it comes to pricing, streaming services increasingly offer a range of options—along with some tradeoffs.

Many services have lower-cost plans, but they come with ads. If you don't want interruptions, be prepared to pay extra. Similarly, Netflix offers a more expensive choice for high-definition content. Meanwhile Disney+ emphasizes the ability to bundle added services like Hulu.

**Netflix:** A lower-priced ad tier was introduced in 2023 to go along with the more expensive ad-free option.

**Disney+ and Hulu:** The price difference between ad-supported and ad-free versions is significant, so be aware when considering such services.

**Amazon:** Members of Amazon Prime must now pay an extra fee to remove ads from streaming content.

So, the price considerations of comparing streaming services to traditional cable television is more complex. But the system offers consumers greater choice—after all, many people don't mind ads. Pricing and offers can change quickly, so check each service for the current rates and offers.

#### **LIVE SPORTS**

Traditional TV networks are still the biggest player in the live sports world, but services like YouTube TV and Sling allow you to tap into many of those channels. However, the streamers are catching up.

Services like ESPN+, Peacock and Paramount+ have exclusive sports content. Amazon Prime hosts NFL games on Thursday nights. Even Netflix recently showcased a live night of boxing.

Then, there are also the direct-toconsumer options, like the NFL's Sunday Ticket or MLS Season Pass on Apple TV. Fans can binge-watch their favorite leagues.

Adobe Stock photo by terovesal

# **Be a DIY VIP**

Online resources and communities can help conquer many projects

ven though it doesn't always feel like it, spring is replacing winter, and I can't wait. It's time to get outside for fun and maybe a little bit of work, too. This is the time of year when many of us plan to spruce up the yard, plant a garden or tackle overdue home chores.



**CRAIG COOK**Chief Executive Officer

Whatever task you need to get done or hobby you enjoy, there are likely internet-based resources that can help. At HCTC, we see firsthand examples of how access to high-speed broadband empowers you to learn, plan and confidently execute projects.

Consider gardeners, for example. It doesn't matter if someone is a beginner or a seasoned green thumb, they can use the internet to research plant varieties suited to their climate, find layout ideas for vegetable gardens and even order seeds and supplies online. YouTube tutorials provide step-by-step guides for building trellises, creating compost bins and improving soil quality. Websites like the Farmers' Almanac and our fantastic state extension offices are also great resources that can provide planting calendars and pest management tips.

Even better, online communities let gardeners share advice and troubleshoot problems in real time. From identifying mysterious weeds to diagnosing yellowing leaves, having access to expert advice—or a crowd of helpful fellow gardeners—can make all the difference.

Or perhaps you struggle with keeping a lush, green lawn. Those never happen by accident. Fortunately, you don't need to be a landscaping expert to achieve one. Go online to find lawn care schedules tailored to your region and learn about the right fertilizers, grass seed mixes and weed treatments. Online video tutorials show how to aerate your soil, reseed patchy areas and properly mow for healthy growth.

Tech-savvy homeowners can even use smart irrigation systems connected to Wi-Fi to control watering systems from a smartphone. These tools improve water usage and keep your lawn looking great, even during hot, dry spells.

There are plenty of other ways modern digital tools can make life a little easier. From fixing leaky faucets to repairing drywall, the internet has become a go-to resource for home repair solutions. With access to instructional videos, product reviews and downloadable manuals, you can tackle many common repairs.

While the internet can help you dream big about your spring projects, it's important to make safety a priority—especially if your plans involve digging. Before you break ground for a new garden bed, fence or deck, call 811 to have underground utilities marked. It's free. It's easy. And it could save you from costly repairs—or worse, a dangerous accident.

Broadband internet has made it easier than ever to plan and execute DIY projects, but some tasks still require a little extra preparation. As you gear up for a productive spring, let the web be your guide—but don't forget to make that crucial call before you dig.

Here at HCTC, we're proud to keep our community connected and equipped for success, whether you're planting tomatoes or building a new patio. Happy spring—and safe digging!

# CONNECTION

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The HCTC Connection is a bimonthly magazine published by Hill Country Telephone Cooperative © 2025. It is distributed without charge to all member/owners of the cooperative.

### HCTC

HCTC is more than a provider of state-of-the-art telecommunications products and services. We are a member-owned cooperative with an elected board of directors who govern our organization using our bylaws, member input and business and industry conditions to guide their decisions. We are proud residents of the communities we serve, and we're dedicated to not only providing the best services possible, but doing so in a way that is ethical, safe and productive for our friends and neighbors. This institution is an equal opportunity provider and employer.

**Mission Statement:** To be the premier provider of modern telecommunications and broadband services throughout our region.

#### Send address corrections to:

HCTC

P.O. Box 768 • 220 Carolyn Ingram, TX 78025 Telephone: 830-367-5333

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## Pioneer UTILITY RESOURCES

#### On the Cover:



The Paniolo Ranch in Boerne is a luxurious destination for couples to tie the knot. See story Page 12.

Photo courtesy of Ardore Photography

## **KNOW WHAT'S BELOW**

The arrival of spring brings longer days and outdoor chores. Some of those backyard projects require a shovel, but first a call to the Texas811 program is a must.

State law requires homeowners and contractors to call 811 before digging. Starting a digging project haphazardly can damage expensive infrastructure and put lives at risk. Homeowners can easily use the Texas811 website to start the locating process, which notifies all utilities to safeguard their facilities.



### Here are the steps to dig safely:

- Call 811 for your lines to be marked.
- Wait the required amount of time—two full business days for normal requests, not counting the day of the call.
- Respect the marks and call for a re-marking if needed.
- Dig carefully around the painted lines and flags.

Find out more at texas811.org.



Don't forget to reset your clocks—daylight saving time begins at 2 a.m. on Sunday, March 9.

This seasonal change is also a great reminder to change the batteries in your smoke detectors.

### **DON'T GET HOOKED!**

Protect your data from phishing scams

How can you avoid getting caught by a phishing scam? Keep an eye out for the warning signs and take steps to protect your personal information from fraudsters.

- Check the email address closely—Scammers often use email addresses that mimic legitimate companies or senders, only spelled slightly differently, or with .net instead of .com.
- Be on the lookout for urgent language—If a message says you must act immediately to stop your services from being canceled or to avoid getting fired, that's a sign someone is trying to get you to panic and act without thinking.
- Don't click on unsolicited attachments or links—You could end up infecting your computer with malware or a virus.
- Be wary of requests for personal or financial information—Legitimate institutions won't ask for your password, Social Security number or financial details in an email.
- Take note of spelling and grammar errors—Legitimate companies carefully craft their emails and edit them extensively.
- Don't think scammers have given up on phone calls—Be aware of anyone asking for financial or personal information over the phone or via text message. Look up the website of the agency the message claims to represent and see if they report any scams involving their company. Or, if it's a smaller company, just call and ask if they tried to reach you. Never call phone numbers or go to websites provided in the suspicious call, text or email.

# TIRED OF ROBOCALLS?

# Here are a few tips for dealing with dreaded robocalls:

- Add your number to the National Do Not Call Registry.
- Let calls from unknown numbers go to voicemail.
- If you accidentally answer a robocall, just hang up. Pushing other numbers or answering yes can cause an unauthorized charge.
- If the caller asks for anything involving a gift card, it's very likely a scam.
- Report any scam calls to the FCC Consumer Complaint Center.



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### Roller coasters take thrill-seekers to the limit

Story by KATHY DENES

t's a rite of passage—a child in the roller coaster line steps up to the mark, stands up straight and finally hits that magical measurement, tall enough to be welcomed aboard for a lifetime of adventure.

The thrill of roller coasters never grows old, whether they're modern rockets of cold, sleek steel or creaky, wooden rides that are a nostalgic nod to yesteryear. Around 1,000 coasters in the United States and thousands worldwide offer limitless options for destination vacations.

"At this point, I've been on just under 1,200 unique coasters at over 300 different amusement parks," says James Nocito, a CoasterNerds contributing writer whose hobby of "chasing down rides" has taken him to 38 countries on four continents. "Sometimes, I do actually think the hobby is ridiculous, but it's also given me a chance to visit all sorts of places I probably wouldn't have otherwise, like all 50 U.S. states. I guess I've always compared it to people who try to see a baseball game at every Major League Baseball stadium or such."

Roller coaster fans seeking out the fastest ride, wildest twists and turns or just a new experience have created a community. Numerous websites, like coaster101.com, and social media pages, like Facebook's CoasterNerds, are dedicated to informing and connecting enthusiasts.

"There's this whole community within the parks and coasters fandom, and some of the best people I met from internet chatrooms or online message boards when I was a teenager are people I know 20-plus years later, now hanging out in person," James says.

He hesitates to cite one roller coaster as his favorite, "but if I were going to suggest to someone some of the biggest, baddest or craziest rides in the U.S., I'd probably start with Fury 325." That ride at Carowinds in Charlotte, North Carolina, is North America's tallest, fastest and longest giga coaster—one with a height or drop of at least 300 feet.

### IF YOU'RE GOING

- For a selection of the country's top 100 coasters, consult coasterbuzz.com/rollercoasters/top100.
- If taking younger travelers along, be sure to check height requirements for the coasters you hope to experience.
- To check real-time waits before you go, visit gueue-times.com.
- Concerned about motion sickness? Snack on something fairly bland 30 minutes to an hour before jumping in line.





### **PLANNING A COASTER VACATION?**

Consider visiting these thrill rides:

The Beast broke all records when it opened at Kings Island in Mason, Ohio, in 1979, and it still reigns as Guinness World Records' longest wooden roller coaster.

The Voyage at Holiday World in Santa Claus, Indiana, is the world's second-longest wooden coaster, running for 1.2 miles and featuring a world-record five underground tunnels.

It's always coaster weather at the Mall of America in Bloomington, Minnesota, where the 7-acre center court offers five unique options.

Two record-breaking coasters—the nation's first tilt coaster, the Circuit Breaker, and Palindrome, a one-of-a-kind infinity coaster—are set to open in Texas this year at Austin's COTALand.

Also opening this year at Cedar Point in Sandusky, Ohio, is the Siren's Curse, expected to break records for height, speed and longest tilt.



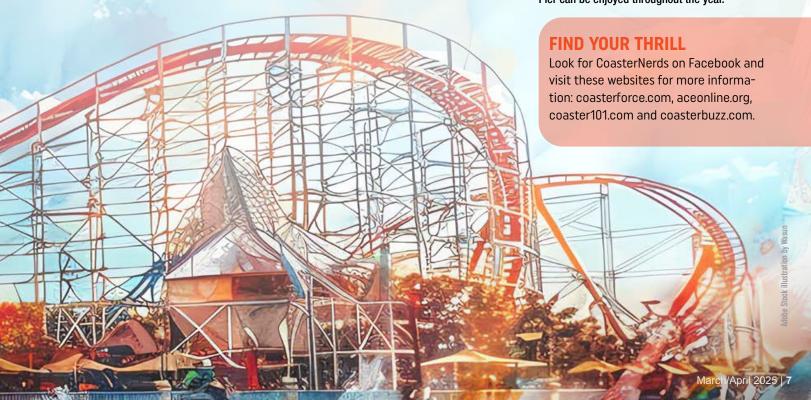
oto courtesy of Lake V



TOP: The Cannon Ball at Lake Winnepesaukah is the oldest wooden roller coaster in Georgia.

ABOVE: The Six Flags family of parks is known for exciting roller coasters, like the Joker at Six Flags Great Adventure in Jackson Township, N.J.

LEFT: Southern California's mild weather means rides like the roller coaster and Ferris wheel at Pacific Amusement Park on the Santa Monica Pier can be enjoyed throughout the year.





Story by JUDY GARRISON +

eanne Beauxbeannes, 77, and Gloria Costello, 90, came to the Hill Country Arts Foundation's Ingram campus dressed to win.

Decked out in pink polka-dotted pajamas and running shoes, the pair, known as the Jammy Girls, beat each wacky challenge the 2024 Stonehenge Half-K threw their way, from disco dancing to stick horse barrel racing. In the end, Leanne and Gloria danced across the finish line with more than just the top honor in the costume category—they had discovered a whole new world.

The women, both Ingram residents for decades, had never visited the 13-acre HCAF campus before. A month later, they were back for the Texas Arts and Crafts Fair, one of the many events the cultural arts center stages throughout the year.

### **CREATING OPPORTUNITIES**

In its 66th year, HCAF is a hub for artistic education, exhibitions and performances. Special Events Director Jennyth Peterson says HCAF offers the community first-class theater productions and opportunities to perform in live theater along with art classes, workshops, camps, festivals and special events, like the Stonehenge Half-K.

"Special events open us up to attract members of the community who might not know about our rich history and artistic offerings," Jennyth says.

Promoting the Hill Country is another goal of the staff. "The Celtic Festival attracted fans of Highland Games who would come back and fish by the Guadalupe River and bring their children back to see our big summer blockbuster"



A large cast recreates Disney's "Newsies" on the outdoor stage at HCAF's Smith-Ritch Point Theatre.

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The Jammy Girls, Gloria Costello, left, and Leanne Beauxbeannes, will defend their costume crown during the 2025 Stonehenge II Half-K in September.

musicals," she says. "The last two years brought us two eclipses and visitors from all over the world, two events which challenged us to rethink what we do here and how to accommodate our visitors."

Jennyth says the HCAF had an impact on her own family when they moved to the Hill Country during the COVID-19 pandemic. "It was a time when most folks were friendly enough but keeping to themselves for the most part," she says. "Getting involved at HCAF opened my world wide open. It helped me to build connections and gave my teenager a place to go, to grow and to blossom into a leader in the community herself. She performs on stage and will be spending her third summer as a theater camp counselor here. This summer she will even be leading her very own pirate summer camp with a curriculum that she is devising herself."

### **ANYTHING GOES**

HCAF Executive Director Sarah Tacey encourages the staff to think creatively as they look to make ideas a reality. "Nothing is off the table," she says.

Stonehenge II—Ingram's version of the world-famous prehistoric monument—is the centerpiece art installation on the campus. It provides an extraordinary setting for events and festivals and

a unique altar for weddings. It also serves as the main stage for outdoor performances, like the May staging of "Hookwinked," by local playwright David R. Remschel.

Since 2018, the HCAF campus has been home to the Texas State Arts and Crafts Fair. For three days, over 100 artisans and craftspeople display their passion projects while visitors roam and shop, enjoy live music ranging from bluegrass to rock 'n' roll, tasty drinks at the beer garden and a variety of local cuisines and special attractions.

The 2025 fair begins on Halloween, which Jennyth says introduces unlimited creative possibilities. Come in costume and be part of the state's official arts and craft fair that offers interactive art activities and craft demonstrations.

But before that event kicks off, on Sept. 20 the Jammy Girls will return to Stonehenge II to defend their title in the Stonehenge Half-K.

# Hill Country Arts Foundation

120 Point Theatre Road, Ingram 830-367-5121 hcaf.com facebook.com/pointtheatre

# GETTING THE WORD OUT

With a massive online and social media presence, the Hill Country Arts Foundation relies on high-speed internet access from HCTC to reach its audience, providing general data, like an event calendar and online booking. The foundation also can access invaluable information to help determine its reach and focus going forward. Ramping up online outreach during the pandemic confirmed the importance of the arts during difficult times.

"People turn to music <mark>and the</mark> arts" to make it through, HCAF Executive Director Sarah Tacey says.

# STONEHENGE FOOD & WINE FESTIVAL

HCAF's most anticipated event for 2025 is the Stonehenge Food & Wine Festival, slated for April 25-27. Friday night sets the stage with dinner under the stars inside Stonehenge II, followed by two days of wine tastings, food experiences and events. For ticketing and more information, visit heaf.com.

# SPRING PRODUCTIONS IN THE HILL COUNTRY

March 28 to April 13: "Harvey"

### April 25-27:

Stonehenge Food and Wine Festiva

### May 8-10:

"Hookwinked," by local playwright
David R. Remschel



Potter David Howard adds clay to his wheel as he starts a new project.



# Empowerment Adaptive competitions and Through · · · · ·

**Sports** 

Story by DREW WOOLLEY and JEN CALHOUN



Today, Shane is communications director and a member of the organizing committee for the Adaptive Climbers Festival. The three-day event offers people with disabilities a chance to learn rock climbing and other outdoor skills while camping and communing in Eastern Kentucky's Red River Gorge.

"We really emphasize the notion that we do not take people with disabilities rock climbing," Shane says. "We teach people with disabilities how to rock climb. The nuance there is we're not here to take you on a ride. We're here to empower you and help you see what's possible in rock climbing and hopefully provide some confidence elsewhere in your life."

### **SWEET SETUP**

The idea for the Adaptive Climbers Festival came about during a hot tub hang with a few adaptive climbers and their allies. "They were talking about the fact that outside of the competitive environment, there aren't a lot of opportunities for people with disabilities to rock climb," Shane says.

The first Adaptive Climbers Festival was in 2018 at a climbing area in northwest Alabama, but by 2022 the event found its home at Lago Linda Hideaway, a 410-acre wonderland that offers cabins, RV sites and campgrounds surrounding a 5-acre lake.

"We have our run of the place," Shane says. "Once we figured out that setup, we didn't want to hold it anywhere else. We also have other partners who help us out, including the local search and rescue folks. It's a huge coordinated effort."

#### **MOVING MOUNTAINS**

The event offers about 30 clinics, including courses on rappelling and anchor-building, which shows attendees how to set up their ropes for climbing. Most of the courses are led by people with disabilities.

"That's kind of our ethos-the idea that we're here to empower people and to give people opportunities to grow and lead," Shane says.

The Adaptive Climbers Festival has grown from about 30 participants to about 150 in 2024, including attendees from across the country, as well as some from Australia, New Zealand, Canada and Spain. 🗀

## **ADAPTIVE CLIMBERS FESTIVAL**

fter Shane Farver's lower-level spinal cord injury, the rockclimbing enthusiast realized he needed to learn new ways of moving through the world, whether scrambling up rocks or making his way through shopping malls and office buildings.

"Early on in my recovery, a friend of mine said, 'A cool thing about climbing is the problem-solving aspect of it. You have to figure out how to get from this hold to that hold as efficiently as possible using your body as it is and kind of figuring those things out," Shane says.

It's the same for people with disabilities, he says. "We have to be problem-solvers, because—very often—the world is not made for us."

### events shatter barriers







OPPOSITE PAGE: Participants in the Adaptive Climbers Festival come from all over the world to enjoy a weekend of rock climbing, fellowship and fun in Eastern Kentucky's Red River Gorge area.

# RESTORING FREEDOM

he first time Beth King saw a recumbent tricycle, she thought it was a joke. She rarely left the house for anything other than doctors' appointments after retiring from the military in 2014 due to injuries she sustained three years earlier when a rocket-propelled grenade brought down her Chinook helicopter in Afghanistan.

Then, after battling a traumatic brain injury, rehabbing for permanent damage to her spine and back and undergoing a bilateral joint replacement for severe pain in her jaw, Beth's occupational therapist wanted her to hop on what to her looked like a child's toy.

"When she showed me a picture, it looked like a Big Wheel from when I was a kid," says Beth, who was not happy about the idea. "But halfway through my first ride, I realized I'm out here by myself, no one's running after me to catch me. And I really found that

liberating. I felt a sense of independence I hadn't felt in years."

She then took part in the Wounded Warrior Project's Soldier Ride, introducing her to the world of adaptive sports. Now based in Missouri, Beth has trained in javelin, rowing, discus and powerlifting, even competing at the 2022 Invictus Games in the Netherlands. She hopes to qualify for the Paralympics in 2028.

"It's what saved me. I was really struggling with depression, suicidal thoughts and isolation. I just couldn't deal with anything. And it gave me something to train for, to get out of bed for," Beth says. "Sports made me realize that I could still do all the things that I thought I lost."

### **FINDING INSPIRATION**

Realizing she was losing almost all function in her feet, in 2023 Beth decided to have her right foot amputated, allowing her to begin learning to walk with an artificial one. Last year, she completed her first year of welding school, a goal she set after retiring from the military.

"I think sports really gave me the confidence to advocate for myself. To believe that I didn't really lose as much as I thought I had," she says. "If you had asked me a year ago if I'd be welding right now, I would have said, 'No way.' I couldn't see a life bigger than the box I had put myself in with my injuries."

Once she finishes school, Beth hopes to be able to make adaptive equipment for more people. "I don't think people always understand that it's not just sports equipment. It's freedom," she says. "It's a regular life and feeling like you're a part of things. To have a place where people can go and just have fun and play a sport, even if it might look different. I think people are starting to realize that it really does matter."

# Paniolo Ranch

# Hawaiian history meets Hill Country charm

Story by BRANDI DIXON

ucked away in the picturesque Hill Country city of Boerne lies Paniolo Ranch. Highly sought after by brides and families alike, Paniolo boasts both beauty and tranquility for all types of events and celebrations.

Paniolo, pronounced "pah-nee-oh-loh," also shares a unique Hawaiian heritage with the Boerne community, owner Judy Kennell says. The name is Hawaiian for a "person who herds cattle," but Judy jokes that these days it's more like a "cowgirl who herds brides."

"The paniolo were herding longhorn cattle in Hawaii long before the legends of what we know as the Wild West were being spun," Judy says. Her family named their ranch for that history and in tribute to the many precious family vacations they shared on Hawaiian shores. Nods to this theme are scattered across the property's 100 acres, including the five luxurious lodging options from the Pineapple House to the Ohana Suite.

### FROM B&B TO WEDDINGS

How did the Texas ranch with a Hawaiian twist become the area's go-to wedding venue? Judy was visiting lifelong friends in the Sisterdale area 28 years ago when they mentioned that their neighbor's property was for sale.

"That was all I needed to hear," Judy says. "The city girl became a country girl with no cowboy boots."

What began with neighbors asking if they could rent out



RIGHT: Paniolo Ranch owner Judy Kennell takes a break near her retreat's spa area.

the guesthouse for overflow company, slowly transformed into a bed-andbreakfast. Realizing she could share her slice of heaven, Judy took the plunge and never looked back.

Since opening to the public in 2000, she has welcomed more families to the

ranch than she can count. "In time, guests eventually asked if they could get married at Paniolo, and of course we said yes," Judy says, adding that it opened up a whole new era of her life. "Joy and happiness are the by-products of this venture I found."

Guests never fail to praise the beauty of Paniolo Ranch and the services Judy and her team provide for the rapidly growing wedding destination. The view of the Hill Country right in their backyard is breathtaking, a long way from the island that gave the ranch its name but just as inspiring.



### **PANIOLO RANCH**

1510 FM 473, Boerne 833-752-8752, 820-324-6666 panioloranch.com

Find the ranch on Instagram, YouTube and Pinterest.



# EMAIL

### Reliable and essential

n 1971, the first digital message—the earliest take on what we now call email—was sent at a government research facility at a time when wired phones were the main form of communication and the internet as we know it today was science fiction.

During the 1990s, email became part of our day-to-day lives. And it's never gone away. Essential for work and critical for individuals, email software has evolved. But don't take the basics for granted.

#### **SECURITY**

Regardless of the email platform, such as Gmail or Microsoft's Outlook, protecting your information should be the priority. **Always use a strong password,** and avoid including information like birthdays, pet names or common words in your password. Instead, use a long phrase that includes a mix of numbers, letters and special characters.

Always enable two-factor authentication. This is an added bit of security that requires you to use a second method to verify who you are as you log in to your email. That second method could include a code sent by text message or even a specialized authentication app. Your email provider should be able to suggest options.

**Dodge phishing scams.** By sending what appear to be legitimate emails from a bank, a company you may do business with or even a friend, these scams strive to trick you into providing critical personal information. Always verify the sender's email address and avoid clicking on suspicious links or downloading attachments from unknown sources.

### **USABILITY**

Check your email software for filters or rules. These tools improve organization, handling tasks such as automatically sorting emails about bills into one folder or those from a specific person into another. A little time setting up once can save many steps later. This can also reduce email clutter.

Lean on built-in search tools. Most email services provide folders or labels allowing you to organize your emails. This is a great strategy, but consider placing emails into broad categories like personal, business or friends. Then, rely on the built-in search tools to find specific emails. Searching has become increasingly powerful and lessens the need for highly organized file systems.

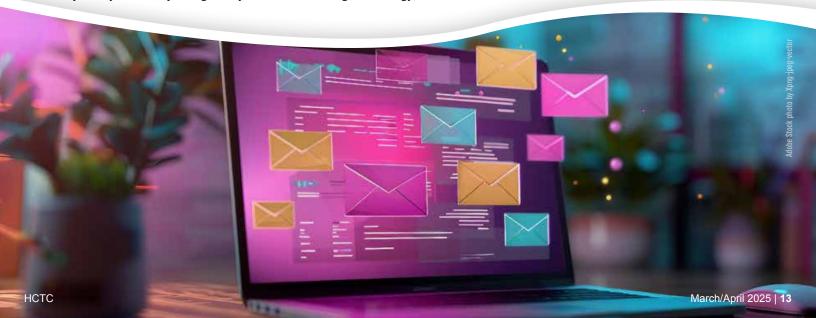
**Don't delete.** Archive instead. This keeps your inbox clean while still allowing you to access past communications if needed.

Unsubscribe from unnecessary email newsletters. All digital newsletters or sales emails should display an "unsubscribe" button or link, so eliminate clutter by only keeping the emails you enjoy.

### **PRIVACY**

Always avoid sending sensitive information, such as passwords or personal details, by email. It's easy to become comfortable with such a common system, but sending personal information by email can create a security risk.

When out and about, **be wary of accessing your email through public Wi-Fi**, which can be less secure than your home network.





talian cuisine, with its fresh ingredients and age-old techniques, has woven itself into the fabric of American culture.

Pizza, spaghetti and Alfredo are all favorites, but lasagna may top the list. It's simply hard to resist. Keep the Italian theme going with an Italian chopped salad and a cannoli poke cake. Loosen your belt and get ready to embark on your Italian culinary experience without leaving home.



**Food Editor** Anne P. Bralv is a native of Chattanooga, Tennessee.

Photography by Mark Gilliland Food Styling by Rhonda Gilliland

### ITALIAN LASAGNA

- 1 pound sweet Italian sausage
- 3/4 pound lean ground beef
- 1/2 cup minced onion
  - 2 cloves garlic, crushed
  - 1 (28-ounce) can crushed tomatoes
  - 2 (6.5-ounce) cans tomato sauce
  - 2 (6-ounce) cans tomato paste
- 1/2 cup water
  - 2 tablespoons white sugar
  - 4 tablespoons chopped fresh parsley, divided
- 11/2 teaspoons dried basil leaves
- 11/2 teaspoons salt, divided, or to taste
  - 1 teaspoon Italian seasoning
- 1/2 teaspoon fennel seeds
- 1/4 teaspoon ground black pepper
- 12 lasagna noodles
- 16 ounces ricotta cheese
- 1 eaa
- 3/4 pound mozzarella cheese, sliced
- cup grated Parmesan cheese

Heat the oven to 375 F.

Cook sausage, ground beef, onion and garlic in a Dutch oven over medium heat until well browned.

Stir in crushed tomatoes, tomato sauce, tomato paste and water. Season with sugar, 2 tablespoons parsley, basil,

1 teaspoon salt, Italian seasoning, fennel seeds and pepper. Simmer, covered, for about 11/2 hours, stirring occasionally.

Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water.

In a mixing bowl, combine ricotta cheese with egg, remaining 2 tablespoons parsley and 1/2 teaspoon salt.

To assemble, spread 11/2 cups of meat sauce in the bottom of a 9-by-13inch baking dish. Arrange 3 to 4 noodles lengthwise over meat sauce to cover. Spread with 1/2 of the ricotta cheese mixture. Top with 1/3 of the mozzarella cheese slices. Spoon 11/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese.

Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil. To prevent sticking, either spray foil with cooking spray or make sure the foil does not touch the cheese. Bake for 25 minutes. Remove the foil and bake for an additional 25 minutes. Remove lasagna from oven, and let it rest for 15 minutes before slicing and serving.



### **CANNOLI POKE CAKE**

1 (15.25 ounce) yellow cake mix, plus ingredients on box to make the cake as directed

### Topping:

- 11/2 cups ricotta cheese, well drained
  - 2 cups mascarpone cheese
- 1/2 cup powdered sugar
  - 1 (3.4-ounce box) instant vanilla pudding mix
  - 1 teaspoon vanilla extract
  - 1 teaspoon fresh orange zest
- 1/2 teaspoon cinnamon
- 1/8 teaspoon salt
- 11/2 cups milk
  - 10 ounces mini chocolate chips

Make sure ricotta cheese is well drained—overnight is best, if possible, because it needs to be thick.

Prepare and bake cake according to directions on the package for a 9-by-13-inch baking dish. Remove cake from oven

and poke holes all over it using the handle of a wooden spoon, large wood skewer or a straw. Set cake aside to cool.

In a large bowl, beat the ricotta and mascarpone cheese with an electric mixer on medium speed until well combined. Beat in the powdered sugar and dry pudding mix. Then beat in the vanilla, orange zest, cinnamon and salt. Once well combined, slowly beat in the milk a little at a time.

Spread about 1/3 of the topping over the cake, making sure it gets into holes. Then continue spreading the remaining topping, and sprinkle on the mini chocolate chips. Cover the cake and refrigerate for a few hours or overnight. Cut and serve well chilled.

Note: This cake is especially good with a little chocolate syrup drizzled over the top.

### ITALIAN CHOPPED SALAD

Make the dressing in advance to allow flavors to marry.

### Lemon Vinaigrette:

- 1/2 cup extra-virgin olive oil
  - 3 tablespoons fresh lemon juice
  - 2 tablespoons red wine vinegar
  - 1 shallot, finely chopped

- 2 garlic cloves, finely chopped
- 2 tablespoons dried oregano
- 1 teaspoon kosher salt Freshly ground black pepper

### Salad:

- 1 head iceberg lettuce
- 1 head radicchio
- 1 small red onion, thinly sliced

- 1 pint cherry tomatoes, halved or quartered
- 1 can chickpeas, rinsed and drained
- 4 ounces fresh pearl mozzarella, drained
- 4 ounces provolone cheese, diced
- 5 pepperoncini peppers, stemmed and sliced Kosher salt and pepper, as needed
- 1 teaspoon fresh oregano, for garnish

Make the dressing. In a small bowl, whisk together the olive oil, lemon juice, vinegar, shallot, garlic, oregano, salt and pepper. Set aside.

Cut the iceberg lettuce in half, then cut out the core. Slice the lettuce lengthwise into 1/4-inch strips. Repeat with the radicchio.

In a large bowl, combine the lettuce, radicchio, onion, tomatoes, chickpeas, mozzarella, provolone and pepperoncini. Drizzle with the dressing and toss gently to coat. You may not need all of the dressing, so serve any leftover vinaigrette on the side. Season salad with salt and pepper and toss again. Garnish with oregano, if desired, and serve.





P.O. Box 768 Ingram, TX 78025

