

Rainbow YOUR LOCAL CONNECTION

Egypt for Christmas

The McClain family will be missing their soldier this holiday season. Sergeant First Class Travis McClain was deployed to Egypt in July 2009. He is one of the 425 soldiers of the 2nd Battalion 130th Field Artillery. Hometowns of the soldiers include Atchison, Hiawatha, Holton, Horton, Marysville, Sabetha and Troy. Expected to return in June or July of 2010, families of these soldiers stay in touch in a variety of ways. Wife of SFC Travis McClain, Sam, said that she talks to her husband about every other day. However, Travis only gets to talk to his children on Saturday mornings because of the time difference and school schedules. Although, he was able to talk to his daughter, Emma, when she was in the hospital. "That instantly made her feel better!" said Sam.

Travis' first deployment was to Iraq in 2004. Sam explained that this second deployment has been especially hard because their children are older and more active and that makes her life more active. "As a military wife, I take on both parental roles in the home, on top of all the bills, housecleaning, school functions, vehicle maintenance, shopping, etc." This not

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Sam and her soldier sharing a moment together before he leaves for Egypt.



Emma and Dad, a hug that will last a year.



Mitchell and Dad enjoying a few moments together.

We Can Make a Difference

Rainbow Communications will be sending packages to the 425 soldiers of the 130th FA stationed in Egypt. Please bring general items to one of the Rainbow offices by December 11 so that the packages will arrive in time for Christmas.

Ideas: hot chocolate packets, instant coffee, sugar packets, breakfast foods, instant soup mixes, chips, peanuts, pretzels, cereal and granola bars, brownies, cakes, gum and candy. (No chocolate since it will melt.)

DVDs, CDs, magazines, handheld electronic games, playing cards, books, blank greeting cards.



Everest Office

608 Main Street • Everest, KS 66424
800-892-0163
Monday – Friday 8 A.M. to 5 P.M.

Hiawatha Office

628 Oregon Street • Hiawatha KS 66434
800-892-0163
Monday – Friday 8:30 A.M. to 5:30 P.M.

Horton Office

834 Central Avenue • Horton, KS 66439
800-892-0163
Monday – Friday 8 A.M. to 5 P.M.

Seneca Office

513 Main Street • Seneca, KS 66538
800-892-0163
Monday – Friday 8 A.M. to 5 P.M.

Internet Help Desk

800-892-0163
Monday – Friday 8 A.M. to 11 P.M.
Weekends 9 A.M. to 6 P.M.

Visit Rainbow online

www.rainbowtel.net

Community Events

December 5

Horton, Christmas Kickoff,
Downtown Horton

December 5

Hiawatha, Super Saturday,
Downtown Hiawatha, 9 A.M. to 1 P.M.

December 10

Hiawatha, Brown County Christmas Store,
Fisher Community Center

December 11

Hiawatha, Blood Drive, Fisher
Community Center, 1:30 to 6:30 P.M.

December 13

Seneca, Kids' Christmas Cookie
Decorating, State Farm Insurance,
1 to 3 P.M.

Rainbow
COMMUNICATIONS

Be Prepared for Winter Weather

The winter season is fast approaching, and can bring some of the harshest weather conditions of the year with little warning—so it's important to prepare early. Be sure to have these items in your home to help keep you and your family safe in the event of a winter emergency:

- **Food and water.** Keep non-perishable items on hand (along with a manually operated can opener), and enough water to last three days at a rate of about one gallon per person, per day. A good supply of food for your pets is important, too.
- **Warming gear.** Blankets, sweaters, hats, gloves, and even boots will help you stay warm short-term, while a generator can help during extended power outages.
- **Battery-operated items.** Keep radios and flashlights where you can find them easily—and don't forget to stock up on the batteries needed to keep them running!
- **Medications.** Be sure you have enough for several days in case you're unable to leave home.

Directory Update

Please add the following information to your Kanzaland Directory:

Weed FREE Lawns
1905 Prairie Road,
Robinson • 544-7798

Bern Meat Plant
Bern • 336-2165

Craig & Elizabeth Jeschke
1905 Prairie Road,
Robinson • 544-7798

John & Linda Spangler
841 N. 2nd St., Everest • 548-7487



Egypt for Christmas *Continued from page 1*

being their first deployment, Sam's family has been able to support other military families on what to expect. "Military wives make a strong organization and we stick together," explained Sam. Other local sources of support to families include military support groups, mostly in Hiawatha. "We are taken care of very well by these organizations." Sam's family is also supported by their community, family, friends and church groups. "They always ask how we are doing, how Travis is doing, and if we need anything. There is not a more concerned, loving community."

As an employee of Rainbow Communications, Sam said, "Rainbow has been VERY supportive. They have worked with my schedule so I could be home with my kids more after school. I have the best co-workers I could ever ask for. They constantly ask how Travis is doing in Egypt and always have open arms and listening ears when I need to vent."

Rainbow Communications would like to thank all military and their families for their service to our country.

The NFL & Twitter



From the desk of:
Ciara Roberts,
Marketing Assistant

Twitter is a social media site where you can post your ideas, opinions, and daily activities in 140 characters or less. Since its establishment in 2006, professional athletes have become regular users of the site. Because of its popularity, the National Football League (NFL) decided to regulate when athletes could and couldn't use Twitter.

The new policy prohibits players, coaches, and other team personnel from using Twitter and other social media platforms 90 minutes before the game starts

until all the media interviews are done after the game. A reason that the NFL might want to regulate the use of social media is the same as other employers. The NFL probably wants to define the line of what is appropriate representation of the league, and what is allowable as a basic constitutional freedom as an individual.

One player in particular, Chad Ochocinco (formerly Johnson), was not supportive of the NFL's Twitter regulations. An active Twitter user, Ochocinco posts approximately 30 or more posts a day. He threatened to post to his Twitter account during games. To my knowledge, he hasn't violated the regulation.

To see how the NFL utilizes its Twitter page, visit www.twitter.com/NFL.



What would you like to see in the newsletter? Send your ideas to [newsletter@rainbowtel.net!](mailto:newsletter@rainbowtel.net)

VinceVaughn ReeseWitherspoon

FOUR CHRISTMASSES

Four Christmases, a comedy, hosts a full cast of Hollywood stars which include: Vince Vaughn, Reese Witherspoon, Robert Duvall, Sissy Spacek, Mary Steenburgen and Jon Voight. The movie opens in a bar at Christmas, where a geeky Brad (Vince Vaughn) tries to approach a confident and unapproachable Kate (Reese Witherspoon). Three years later they are in love, having fun, doing all sorts of things together with no intention of marriage or children. Brad and Kate had always managed to avoid spending Christmas with their families. However, this year their cover is blown when they find all flights are cancelled and a television crew interviews them at the airport. This Christmas there's no getting out and no excuses.

Premiering on Pay-Per-View: December 24.
Rated PG-13

For a complete schedule of Pay-Per-View events and movies, visit our website at www.rainbowtel.net and click on Cable TV.



FOUR CHEESE NUTTY BALL

Makes 16 servings.
Preparation time:
15 minutes.
Chilling time: 2 hours.

Ingredients:

1 container (8 ounces)
reduced-fat, soft style
cream cheese at room
temperature

1/2 cup shredded smoked cheddar cheese
(4 ounces), at room temperature

1 cup shredded Monterey Jack cheese
(4 ounces), at room temperature

1/2 cup shredded mild cheddar cheese
(4 ounces), at room temperature

1/2 cup reduced-fat mayonnaise

2 tablespoons low-fat (1% milkfat) milk

1/4 cup finely chopped pecans or walnuts
(toasted-optional)



Step 1:

In a small bowl, with an electric mixer on high, beat the cream cheese, both cheddar cheeses, Monterey Jack cheese, mayonnaise, and milk until well mixed. Shape into a ball; wrap in plastic wrap. Refrigerate for at least 2 hours (will keep for 2 days).

Step 2:

Place the nuts on wax paper. Unwrap the cheese mixture and carefully roll ball in the nuts coating completely. Rewrap in plastic wrap and refrigerate until time to serve. Serve the cheese ball with an assortment of crackers.

Toasting Nuts:

For a rich, toasty flavor, bake nuts in a 350° oven for 5 to 10 minutes or until they are golden; stir occasionally.



Sports, Movies and Music on Rainbow's Digital Cable

Digital cable TV from Rainbow brings all the excitement on the court right into your living room. Be part of the heart-pounding action with our all-star sports roster including Kansas Jayhawk and K-State Wildcat games hosted by ESPNU.



ESPNU Jayhawks Schedule 2009-10

Dec. 9 • Radford • 7 P.M. CST
Dec. 29 • Belmont • 8 P.M. CST
Feb. 6 • Nebraska • 5 P.M. CST
Feb. 13 • Iowa State • 7 P.M. CST

ESPNU Wildcats Schedule 2009-10

Dec. 5 • Washington State • 8 P.M. CST
Dec. 8 • Xavier • 8 P.M. CST
Feb. 20 • at Oklahoma • 6 P.M. CST
Feb. 27 • Missouri • 7 P.M. CST

When you're ready for a timeout from basketball, choose from more than 100 other popular channels including local programming, news, movies, and music. Plus, if you sign up for Rainbow's HD-DVR service, you can record and pause live TV and never miss a play, a game or your favorite show again.

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and watch your Internet connection fly!

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www.rainbowtel.net

Everest, KS 66424

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COMMUNICATIONS



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