

The Communicator

SEPTEMBER/OCTOBER 2013

Published for
customers of

**New
Hope**
Telephone
Cooperative
Your Broadband Connection

BRING THE FAMILY

to Rooster
Run Farm



DIGITAL LITERACY

Free classes offered at NHTC

HAPPY BIRTHDAY

Celebrate as NHTC turns 62



Aging in Place

Broadband and telemedicine help seniors remain healthy in familiar surroundings

Many elderly Americans, if given the choice, would want to live out their days in the safety and comfort of their own homes. Broadband Internet connections and new health technologies are allowing more seniors to do just that.

The idea of avoiding long-term care facilities and being able to remain in one's home is known as "aging in place." According to the Administration on Aging, about one in eight Americans are 65 years or older, a number projected to jump to nearly one in five by 2030. A survey by the AARP found that nearly 90 percent of this age group want to stay in their homes for as long as possible, and that 80 percent believe their current residence is where they will always live.

However, providing a way for these seniors to age in place can be challenging, particularly in rural communities where there are often fewer at-home support services. Rural areas also face a scarcity of doctors and hospitals, as well as a lack of

public transportation to help seniors attend medical appointments.

Telemedicine — a concept that brings patients and health professionals together regardless of geographic location for consultations and ongoing care — is a key part of the solution. Through telemedicine, telecommunications technology is used to send medical information to doctors or specialists for analysis, to remotely monitor patients' vital signs and for interaction between doctors and patients.

Examples of telemedicine include:

- email service between health care providers and patients
- personal health monitoring devices to check vital signs
- remote patient monitoring appliances
- video teleconferencing systems in local hospitals, doctors' offices and patients' homes
- Internet connectivity to provide access to general medical websites

Gary Capistrant, senior director of public policy for the American Telemedicine Association, says two telemedicine applications that can most help older citizens are video conferences with specialists and remote health monitoring devices.

"Video conferencing allows a video visit with the doctor instead of traveling hours for a relatively routine matter or a follow-up consultation," Capistrant explains. "Remote health monitoring checks the vital signs of patients with chronic conditions — diabetes, COPD (chronic obstructive pulmonary disease), heart disease — and ensures that patients are getting the care they need."

These services are becoming increasingly accessible to rural communities as health providers adapt new technologies, and as cooperatives and independent telecommunications companies enhance their broadband networks.

"Updated science and technology makes aging at home for the elderly in small rural communities more than possible," says Elizabeth Crocker, executive director for the non-profit Foundation for Rural Service. "Local telecommunications companies in rural America are working hard to make this future achievable by expanding the newest and latest technology at affordable prices, including high-speed broadband services and giving assistance with setup and education. Telemedicine along with broadband services will allow seniors to comfortably live in their homes for a longer amount of time and in a safer environment." 📞

This article is adapted from "Aging in Place and the Role of Broadband," a paper produced by the Foundation for Rural Service, sponsored by the Rural Telephone Finance Cooperative and written by Rachel Brown. To order a complimentary copy of the full paper, visit www.frs.org.

» To learn more about telemedicine, contact your local telecommunications company or visit www.americantelemed.org.



Making Smart Choices

Help your children protect their reputations in a connected world

By Carissa Swenson

When I was a teenager, my Dad had one of those standard talks with me about making smart choices. There are lots of ways parents can approach this talk with their kids, and Dad chose the “you need to protect your future by making wise choices today” approach. I came back with the standard teenager reply: “But Dad, I’m guessing you made some bad choices when you were a kid and you turned out okay.” His casual non-answer was, “things were different back then.”

He was right, of course. He was protecting my future reputation and didn’t want his daughter to have a police record that might impact college scholarships or future jobs. The same holds true for the next generation. One day I will have the same talk with my sons, but I will have to add another layer to it — one that involves the use of the Internet and their “digital footprint.” I will tell them, “things were different back then,” referring to life before Facebook, Twitter and Instagram.

Social media can be a positive tool if used responsibly. And yet young people don’t always stop to consider how their futures could be affected by the photos and comments on their feed or profile pages.

These public websites are a resource for colleges, scholarship reviewers, employers, coaches and teachers looking for information on applicants and prospects. How young people portray themselves online will follow them into adulthood.

Here are some steps to help your children navigate the online world with their reputations intact:

1 GET INVOLVED

Encourage your children to join social media sites. This may seem counterproductive, but by having a clean profile they can demonstrate they are a responsible user of the technology. Having no profile at all may raise concerns that a young adult deleted their information to hide the truth.

2 PAUSE, PLEASE

Remind your children — especially teenagers — to think before they post. A simple rule of thumb: “If you wouldn’t say it at a Thanksgiving table or during an open discussion at school, then don’t say it online.”

3 FRIEND ME

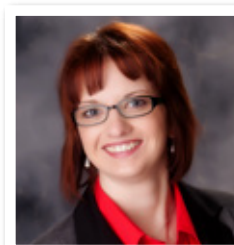
Connect with your children in their social media accounts so that you can monitor their activity. This is not an

invasion of privacy. What they put online is out there for the world to see, so you should see it, too.

4 LIGHTS OUT

Monitor Internet use in your home and restrict it when necessary. Many wireless routers can be disabled at specific times of day. For instance, you can “turn off” the Internet from 11 p.m. to 6 a.m. After all, students need sleep — and they don’t need the Internet in the middle of the night.

The most effective step of all is the simplest: talk to your children about protecting their reputation. It will mean more than you know. I still have Dad’s talk in my memory bank, and I’m hoping to have the same impact on my sons one day. It is our job as parents to protect our children. And just because we may not understand the technology they are using, we do understand the importance of their future reputations. ☎



Carissa Swenson is the owner and technology specialist of TechTECS, a technology training, education, consulting and support company.

LOOK UP
PROTECT YOUR TELECOMMUNICATIONS SYSTEM

**Please “Look Up!”
before you shoot**

When you lift your gun this hunting season, make sure utility lines are not in your line of sight.

We're part of your community

You have read several times in this magazine that our industry is changing. But there is one thing that will never change, no matter what the FCC or competition or technology throws at us — our commitment to serving your community.



When I say “serving,” I’m not just talking about selling broadband Internet, TV and telephone services. Yes, delivering advanced telecommunications to the homes and businesses of this region is an important role. We are proud to be the company that is connecting our people to education, health care, entertainment and commerce.

But our commitment to service goes much deeper than that. Do you realize that when you do business with your telecommunications cooperative, you are doing business with yourself, your friends and your neighbors? New Hope Telephone Cooperative is *you*. We are here today because community leaders decided decades ago that the people of this region needed and deserved a reliable communications network. Of course, there is no way they could have imagined the types of services your cooperative provides today (especially broadband Internet). But I know they would be pleased to see that we are still here, and still meeting the needs of the people and businesses in this great place we call home.

OCTOBER IS NATIONAL COOPERATIVE MONTH

The idea of the cooperative form of business (where people in need of services create a company and participate as members as well as customers) dates back to a group of factory workers in the town of Rochdale, England in 1844. From that small beginning, look at how the cooperative movement has grown in the United States alone:

- More than 29,000 cooperatives operate in every sector of the economy and in every congressional district; Americans hold more than 350 million co-op memberships.
- About 1.2 million rural Americans in 31 states are served by 260 telephone co-ops.
- More than 900 rural electric co-ops deliver electricity to more than 42 million people in 47 states. This covers 75 percent of our country’s land mass.
- U.S. cooperatives generate 2 million jobs and make a substantial contribution to the U.S. economy, with annual sales of \$652 billion and possessing assets of \$3 trillion.

These figures from www.co-opmonth.coop provide a clear picture of the amazing impact cooperatives have on our country and the overall quality of life for its citizens. We are proud to be part of that important tradition.

October is National Cooperative Month. That is a great month for celebrations. Students are back in school, and exciting fall traditions are getting started that bring our communities together — especially football (see our Southern Kitchens feature on Pages 14 and 15 for some great tailgating recipes).

Thank you for being part of the strong cooperative tradition. Please visit our website www.nhtc.coop to learn more about your cooperative and the many ways we are serving your community. ☎

JIM COOK
General Manager

is a member-owned corporation dedicated to providing communications technology to the residents and businesses of New Hope, Grant and Owens Cross Roads.

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On the Cover:



Join the Tandy family at Rooster Run Farm in New Hope for their Fall Festival this October.

See story Page 12.

Community Calendar

SEPTEMBER 28

Grant's Mile-Long Yard Sale

Beginning at 6 a.m. in downtown Grant, you will find lots of bargains. Vendor spots are still available. Contact the Grant Chamber of Commerce at 256-728-8800.

OCTOBER 12

New Hope Founder's Day Festival

Downtown New Hope will be busy with a parade, games, arts and crafts, food and lots of fun. There will also be an Ugly Walk and Barbecue Shoot-out. For more information call 256-603-3182 or 256-655-5140. Be sure to stop by NHTC's booth to find out how to register for your chance to win \$50 - \$100 off your NHTC bill. We will also have popcorn and games for the kids. See you there!

We're Celebrating!

NHTC turns 62 on
Friday, Oct. 25
and we want you
to join the celebration!

Join us for Customer Appreciation Day and to commemorate your cooperative's anniversary at NHTC's office on Main Drive in New Hope between 8 a.m. and 4:30 p.m.

- **Spin the prize wheel for door prizes given away throughout the day**
- **Enjoy hot dogs and other refreshments**
- **One lucky person will win an iPad Mini**

We hope to see you there!

INSPIRATION CORNER

Creating Adam, God said, "I can make you a wife that will be perfect in every way, but it will cost you an arm." Adam asks, "Lord, what can I get for a rib?"

God created Adam, then looked upon him pitifully saying, "I can do much better than that!"

May these stories cancel one another out for those keeping score.

Trouble began in the very first home, when Adam and Eve decided to live beyond the realm of God's design. We still do it today. When moms and dads choose to not take time with a child, or use them as "pawns" in a divorce (children are smarter than we give them credit), great emotional turmoil grows in the heart of any child. In this broken world, the only place a child feels safe is home. When that home is broken, no relationship feels completely safe. So what makes the safest family environment? The Creator of life says, a place where God is honored, the husband loves his wife as though his life depends on it and the wife serves her husband no matter what (Ephesians 5 paraphrased). This does not mean marriage will be perfect, but the three statements go hand in hand and provide the greatest chance for survival. No relationship is perfect, but guidance and support can be found for relationships, and all life's issues, in a church near you.

May God bless every mom, dad, caregiver, teacher, and everyone involved in the everyday life of a child.

MICHAEL CARPENTER

Pastor of New Hope
United Methodist Church &
Oak Bowery United Methodist Church



Photo courtesy of UA Athletics/Crimson Tide Photos

Websites bring fans together in a

HIGH-TECH HUDDLE

By Brad Shepard



Photo courtesy of Clemson Athletic Communications

Ken Johnson juggles numerous daily responsibilities in his systems analyst job, handling everything from user requests to computer maintenance. But the 47-year-old University of Alabama fan who lives outside Huntsville, Ala., still makes time to scour the Internet for information on his beloved Crimson Tide.

From team-specific message boards to the melting pot atmosphere of SECrant.com, Johnson surfs any time he gets a free minute. "It's an integral part of my day," he says. "Checking fan sites is just like checking the news and weather for me."

For Darrin Wall, a 26-year-old native of Lincoln County, Tenn., getting his football fix is even more diversified. "I check the Rivals and 247Sports boards daily, and follow Twitter and YouTube channels for UTSports.com," Wall says. "I also check blogs for pregame notes and postgame commentary."

They aren't alone. The popularity of fan sites is at an all-time high. Even in these difficult economic times, Southern football fans find room in their budgets to shell out \$100 or more a year for "premium access" to inside information on their favorite programs. The message boards give them an outlet to be able to vent in a public forum.

Also capitalizing on the excitement are team-specific blogs that offer free content written by fans and read by many. With the Internet, it's easier than ever for anyone to find an outlet for reading about and discussing football 24 hours a day.

The 247Sports network is riding that popularity in its relative new arrival to the market, selling inside information for \$10-12 a month. In a few short years, GoVols247 — Tennessee's 247Sports site — has climbed to the fourth-largest team site in the network.



Photo courtesy of University of Tennessee Athletics

Publisher Kevin Ryan believes the reason for growth of sites like GV247 is threefold. "One is the fact that recruiting has become much more mainstream in the last decade," he says. "Another is that more traditional media outlets have decided to go to premium offerings in recent years, and consumers are more accustomed to paying for quality, original

content. Finally, folks join sites like ours because they have access to the experts."

Glenn Logan, editor of Kentucky blog site "A Sea of Blue," has enjoyed a similar boon. The content on his site — which is a member of the blog network SB Nation — is free, and the traffic there climbs as high as 500,000 page views per month, depending on the season.

He says since the hiring of basketball coach John Calipari at the University of Kentucky, A Sea of Blue has surged in readership, with around 5,000 members and as many as 300,000 unique visitors per month.

"Fan websites may be the single most significant use of the Internet outside of news and politics," Logan says. ☎

GET IN THE GAME!

With dozens of free and premium websites, college football is no longer just a spectator sport. Pick your team below and use your Internet connection to become part of the conversation!

ALABAMA

Where to go: Rolltide.com, Bamaonline.com, Tidesports.com, Rollbamaroll.com

What you'll find: The university's source for information is Rolltide.com, where you'll find schedules, game notes, rosters and more. Bama Online and Tide Sports are pay sites with premium information on the defending national champions, including message boards and recruiting scoops. Roll Bama Roll is a free gathering place with an active fan community.

AUBURN

Where to go: Auburntigers.com, Auburn-undercover.com, Auburnsports.com, Thewareaglereader.com

What you'll find: Auburntigers.com is the official team site, with schedules, video, coach interviews and more. Auburn Undercover and Auburn Sports are the go-to places for premium information. War Eagle Reader is an eccentric stop for free content that promotes itself as "part game-day program, part yearbook, part academic journal, part Beat novel."

KENTUCKY

Where to go: UKathletics.com, Catspause.com, Kentuckysportsradio.com, Aseaofblue.com

What you'll find: UKathletics has a user-friendly layout with general program information. Cats Pause is the leading 247Sports site for UK fans. A Sea of Blue is SB Nation's offering and enjoys a very active community. Finally, Kentucky

Sports Radio markets itself as UK sports news "brought to you in the most ridiculous manner possible."

SOUTH CAROLINA

Where to go: Gamecocksonline.com, GoGamecocks.com, Thebigspur.com, Garnetandblackattack.com

What you'll find: General team information can be found on Gamecocksonline. Go Gamecocks offers free info on the 'Cocks as well as recruiting insight from analyst Phil Kornblut. The Big Spur provides premium news from the 247Sports network, and Garnet and Black Attack is the top fan site, as SB Nation bloggers provide free content on USC sports.

TENNESSEE

Where to go: UTSports.com, GoVols247.com, Volquest.com, Rockytoptalk.com

What you'll find: UTSports has a nice interactive site and even a YouTube page associated with its official athletics website. GV247 and VQ are the premium information sites where recruiting-specific and team reports are found. Finally, Rocky Top Talk is the Volunteers' SB Nation affiliate and a community that reacts to UT news through commentary and reporting.

VANDERBILT

Where to go: VUCommodores.com, Vanderbilt.247sports.com, Vandysports.com, Anchorofgold.com

What you'll find: The university's

general athletics, VUCommodores, is where you'll find schedules, ticket info and more. The 247Sports site features national recruiting analyst Barton Simmons' commentary, and is a must-stop for any VU fan wanting premium information. Anchor of Gold is a free fan site devoted to commentary on all things black and gold.

CLEMSON

Where to go: Clemson.com, Clemson.247sports.com, Tigernet.com, Shakinthesouthland.com

What you'll find: The university's site is Clemson.com, and it's probably the first stop for any Tigers fan. The 247 site is the best site for premium information concerning recruiting. Tiger Net and Shakin' the Southland have been fan favorites for a long time, and this is where you can get in-depth fan commentary on players, recruits and games.

LOUISVILLE

Where to go: Gocards.com, Cardinalsports.com, Insidetheville.com, Cardchronicle.com

What you'll find: Louisville athletics are riding high, and fans can keep up with all the championship-level teams on the official page, Gocards.com. Cardinal Sports and Inside the 'Ville are the pay sites where a few dollars a month can take a fan inside the huddle for premium information. For a free stop to discuss Louisville, Cardchronicle is the place to go.

Cooperative opens training facility

Digital Literacy Training Center offers free classes to all



Technology is changing our world at a rapid pace. Seemingly simple tasks, such as purchasing a movie ticket, are now handled online or at a kiosk with a computer. And if you don't understand how to use the technology, it can suddenly be quite a frustrating world to live in.

But it doesn't have to be.

The Digital Literacy Training Center, recently opened by NHTC, is offering courses designed to teach basic computer and Internet skills to anyone who wants to learn. Best of all, the one-to-two-hour classes are absolutely free. "We're here to teach anyone that wants to learn," says Christy Nelson, NHTC's marketing administrator.

All classes currently being offered are at an introductory level and teach the very basics of technology. "We want to reach out to people who may have very little knowledge about computers or the Internet," says Nelson. "We'll give them a good foundation and then build on that."

Do you know someone who could benefit from one of these classes?



Basic Computer Skills - This foundational class teaches the very basics, including how to turn on the computer, use a mouse and keyboard, locate and open files and more. It's designed for people who have little or no computer knowledge.

Basic Internet Introduction - Almost anything you want to know can be found on the Web. Once this course is completed, students should feel more confident performing searches and navigating the Internet.

Introduction to Typing - In today's workplace, typing is a necessity. Beginners will learn to type with more speed and accuracy.

Introduction to Microsoft Word - Microsoft Word is one of the leading word processors (software used to create letters, resumés, reports and other typed documents). This course teaches how to create, save and print documents, along with basic formatting.

Using Your Wireless Device - This course teaches how to set up a wireless account and download apps for your Kindle, iPad, iPod or other wireless device.

Call NHTC and enroll in these free classes today! 256-723-4211



Nelson says that's important because teaching people in this digital age can be a challenge. "People who haven't grown up using electronic devices may not even know how to turn on a computer," she explains. "That's why we teach the absolute basics, like how to turn on a computer and use a mouse. From there, we can teach people how to be comfortable typing on a computer, creating a résumé or checking email."

Classes are intentionally small, with a maximum class size of eight students. This gives the instructor the ability to provide individual attention to each student as needed. The instructors in this case are NHTC employees. "I'm extremely proud of the dedication all the employees have shown to this project," says Jim Cook, NHTC general manager. "Everyone has been on board and helped get the word out about the classes. I've even had employees willing to step up and instruct the classes."

"As a cooperative, and a provider of broadband service, we recognize the need to educate consumers about the power of the technology we provide," he adds. "That technology has the power to improve and enhance lives, teach necessary job skills, help people find better jobs and so much more."

In fact, a survey of the American workplace found that 96 percent of working Americans use new communications technologies as part of their daily lives, while 62 percent of working Americans use the Internet as an integral part of their jobs.

"In order to participate in today's economy, you have to be comfortable with a computer," says Cook. "As a cooperative, NHTC wants to help our members use technology to make their lives better, to get the jobs they want and more. That's what this program is all about." ☎



A new look for your cooperative

In May, NHTC unveiled a new company logo and tagline that modernized the symbol's appeal, while maintaining ties to our proud history.

The new logo features an updated, contemporary feel which symbolizes a continuum from today well into the future. "We are looking beyond the here-and-now, to see what is over the horizon," says Jim Cook, general manager.

Many of the electronics that members use every day, including tablets and game systems, require broadband service by NHTC. The new tagline — "Your Broadband Connection" — reflects that.

"We are excited about the new look," says Christy Nelson, marketing administrator. "NHTC has evolved significantly since its inception more than 60 years ago. The new look reflects a more modern image."

Cook agrees. "It's important that the image we portray shows our focus toward the future," he says. "As a provider of telecommunications services in an ever-changing industry, we want to make sure the image we present is one of an industry leader." ☎

Right: Amber Parsley, an NHTC customer service representative, teaches an Introduction to Typing class in the training facility.

Below: Students practice increasing their typing speed and accuracy while classroom instructors offer individual assistance when needed.



Back-to-school

From iPads and apps to websites and television, technology offers new and exciting ways to learn. E-learning consists of many online learning experiences such as interactive reading, educational games, podcasts and more. Using technology in the classroom and at home could help your student or child stay motivated as he or she travels through multiplication tables, science fair projects and more this school year. But e-learning is not only for children. Parents, teachers and adults can also benefit from the educational resources available online and through television. Try some of these resources for new learning opportunities for you, your classroom or your families.

FOR PARENTS

Many websites encourage learning with your child as a team. Here are a few websites that you and your child can explore together for fun games, cool crafts and tasty recipes.

► FUNBRAIN PLAYGROUND funbrain.com/playground

Designed for moms and preschoolers, amusing games teach kids how to use the mouse and keyboard while matching shapes, gathering stars and more with colorful characters.

► PBS PARENTS pbs.org/parents

This site is a great source for informational articles on child development, education, parenting and more. You can also read about the PBS Kids programs your children enjoy.

► DISNEY FAMILY CRAFTS family.go.com/crafts

Here you can find printables, crafts and party ideas based on popular Disney characters. Let your child choose a tasty, new recipe from the site and plan a family dinner night.

► SCHOLASTIC scholastic.com/parents

A gold mine of information about books, school and creativity projects, you can use the Age-by-Age Quick-find feature to locate resources for your child's age group.

FOR TEACHERS

Keeping students' attention can be difficult. Why not reach out to them through methods they already enjoy — Internet and videos?

► MAKE ME GENIUS makemegenius.com

Having a hard time piquing your students' interest in science? This site has interesting facts, PowerPoint slides and videos that will engage your science students in topics like the solar system and photosynthesis.

► DISCOVERY EDUCATION discoveryeducation.com

Bring Discovery into your classroom with free teaching resources for students of all ages. Lesson plans, worksheets and brain boosters in core subjects provide high-quality activities and tools for the classroom.

► WATCHKNOWLEARN watchknowlearn.org

Approximately 50,000 educational videos on all core subjects are available on this site. No registration fee is required, and teachers can review, approve and suggest videos as well.

► TED TALKS ted.com/talks

Thought-provoking videos which spread ideas about technology, entertainment, design and more, these videos cover a variety of subjects and are best enjoyed by middle- to high-school students.

FOR STUDENTS

Learning long division and cramming for tests can be stressful. Take a break and try these learning games and resources.

► FUNBRAIN funbrain.com

For kids ages preschool through 8th grade, Funbrain lets you test your math skills through arcade games or take a break from studying with online comic books.

► FUNSCHOOL funschool.com

Geared toward school-aged children, kids can easily navigate through games and activities covering all subjects. Or, try the preschool page for games and activities on their level.

► PURDUE OWL owl.english.purdue.edu

Purdue's online writing lab answers all your APA (American Psychological Association) and MLA (Modern Language Association) formatting questions, tells you how to avoid plagiarism and explains grammar and mechanics, making term papers a breeze.

► QUIZLET quizlet.com

Prepare for tests with this extensive quiz site. Choose one of many different topics or create your own quiz based on your notes. If you want to try something else, use the flashcards for studying vocabulary words.



TELEVISION

Adults and children alike enjoy taking a break and watching television after a busy day. Why not turn this time into a learning opportunity? With so many different cable networks to choose from, it is easy to find educational programming almost any time of day. Below are four engaging shows you may be missing.

MODERN MARVELS

(History Channel)

One of the History Channel's longest-running programs takes readers into the creation of some of the greatest architectural and engineering landmarks of the modern age. Modern Marvels has explored 19th- and 20th-century feats such as the Erie Canal, nuclear submarines and the Chesapeake Bay Bridge.

HOW IT'S MADE

(Science Channel)

Learn how everyday items are made by taking a virtual tour of assembly lines in high-tech factories all over the world. Frozen pancakes, radiators, snare drums and traffic cones are a few of the items that have been featured on How It's Made. For kids who like to ask questions or adults who enjoy learning about the details, this show is a treasure chest of information.

CYBERCHASE

(PBS)

An Emmy Award® winning mathematics show for 8- to 11-year-olds, this show blends humor and action together for a fun, easy-to-understand program that is sure to drive home math concepts your child learns in school. Fractions, decimals, perimeter and diameter are a few of the areas your child will explore.

MYTHBUSTERS

(Discovery)

Hosts Jamie Hyneman and Adam Savage use engineering and scientific methods to put urban legends and myths to the test in this series. Does the color red really make bulls angry? Do chili peppers work as shark repellent? Is yawning actually contagious? Join the team to uncover the answers to these questions and many more.

Learning From A Distance

Are you a high school graduate having a hard time finding a job? Perhaps you're a single parent who wants to provide a better life for your children. Maybe your new job requires new skills and you need training. People just like you are putting broadband connections to use through online classes and degree programs. Video conferencing, discussion boards and digital documents are a few of the tools learning institutions are using to create a more convenient learning atmosphere for distance learners.

Find admissions information, degree programs and course schedules from these regional institutions and start your college journey today!

- **University of Alabama**
bamabydistance.ua.edu
- **Auburn University**
distance.auburn.edu
- **University of Kentucky**
uky.edu/DistanceLearning/
- **University of Louisville**
louisville.edu/online
- **Clemson University**
clemson.edu
- **University of South Carolina**
learn.sc.edu
- **University of Tennessee**
tennessee.edu/system/ut_online
- **University of Phoenix**
phoenix.edu
- **Walden University**
waldenu.edu



**Apps make learning easier than ever.
Check out these great homework helpers!**

- ABC Spy
- iWriteWords
- Stack the States
- Bluster
- Evernote Peek
- The Chemical Touch
- Math Formulas
- Easel SAT Prep
- myHomework
- iTunes U

Bring your family to the farm

A small farm with a big mission

By Kerry Scott

For Angie Tandy, seeing a child's face light up with joy as he pets a goat or hearing a little girl ask her mom if she can have a pet chicken makes all the hard work she and her husband Dave have put into Rooster Run Farm worthwhile. Having a farm had always been a dream of hers.

But it wasn't too long ago that she wasn't sure her dream would ever become a reality. She can still recall the day about two years ago when she and Dave found the place they now call home.

After moving to Hampton Cove a few years earlier, Angie's mom and Dave's parents relocated to the area to be closer to them and their grandchildren. Then, Dave took a new job and the Tandys moved to Nashville.

WISHFUL THINKING


"It didn't take long before we were wishing we were back in the Huntsville area, though," says Angie. "We were back visiting nearly every weekend." Then one evening while visiting their families in Hampton Cove, Dave did an online search for homes

and property for sale. When he found a home on 20 acres in New Hope, the family immediately loaded into the car to drive out and see it.

They fell in love with the place, and in no time at all they had purchased the property. And at a time when other homes in their old neighborhood in Nashville were sitting on the market for an average of 18 months or more, the Tandys' home sold in three weeks. "We felt like it was God's plan for our family," says Angie.

FARM LIVING

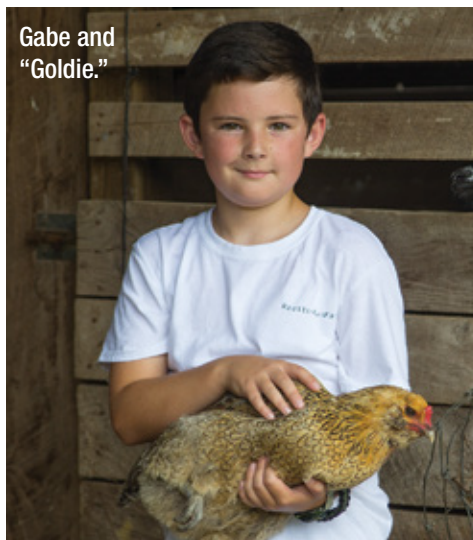
It was also important for Angie that she be able to help support her family while doing something she loved. For her, that meant combining her passion for the farm and her love for helping people. "I've always been a helper," she says. "I wanted to help people understand how things used to be." After researching other small farms that do some of the same things she wanted to do, Angie knew she could do it, too.



A FAMILY AFFAIR - (L to R) Ashley, Angie, Gabe and Dave Tandy raise goats, chickens, ducks and rabbits on their family farm in New Hope.



Ashley holds
"Bella."



Gabe and
"Goldie."



Angie uses goat's
milk to make
cheese and
lotion.

Soon she was offering field trips for school groups and "farm days" where families could come out and spend a day on the farm. "I love educating children about the animals we have here," she says. "They really seem to enjoy it, too. You know they love it when they ask to come back again and again."

Kids learn about the different animals they have on the farm, which currently includes hens and roosters, goats, ducks and rabbits. They learn things like why a goat's pupils are shaped the way they are, where eggs come from, how often a chicken lays an egg and why her goats don't have horns. "I sometimes demonstrate milking a goat for the children," says Angie. "And I let them know that while these are pets to us, they are still animals and act like animals."

Teaching isn't limited to kids, though. Angie teaches adults how to can vegetables, as well as make pickles and jams. "I have had some husbands and wives go through a class together," she says.

On one occasion, a woman found out about the farm through Facebook and contacted Angie. "Her father suffers from Alzheimer's and she wanted to bring him out to a farm for a therapy session," she recalls. "It was so touching."

The gentleman came out with his daughter and spent the afternoon petting

the animals and recalling memories of his childhood. He told about having a chicken that followed him to school each day and stayed under his desk. It would follow him back home every afternoon. He even told a story about how his mother tried to kill his pet goat, Billy, because he kept letting it inside and it would get on top of the kitchen table.

"It was emotional and I had to leave a couple of times to pull myself together," says Angie. "But those memories are priceless and it was a very fulfilling experience for both the father and daughter. She was learning things about her dad that she never knew."

START SLOW AND GROW

Angie plans to continue adding things to the farm, slowly and steadily. She's not in a race to expand too quickly. Eventually, she would like to grow a larger vegetable garden and possibly open it up for others to plant and grow their own vegetables, as well.

She'd also like to raise her own cattle for a supply of meat. "I know it will be hard," she says. "We'll have to put it way out in the pasture so we don't get too attached to it, because we love our animals."

This October the Tandys will host their first Fall Festival at Rooster Run Farm. The entire family can come out and spend

the day enjoying everything from hayrides and a pumpkin patch to snacks and playing on the playground. "We're hoping to make it an annual event," says Angie.

Future plans at Rooster Run Farm include classes on how to make goat's milk soap, hosting birthday parties and astronomy nights where families can observe the sky through a telescope while enjoying time together around a campfire making s'mores. "We love the farm and want to continue sharing it with others," she says. 📞

Rooster Run Fall Festival

FIRST AND SECOND WEEKEND IN OCTOBER
ADMISSION: ADULTS \$7, CHILDREN \$5

- Hay Ride
- Pumpkin Patch
- Playground
- Photo Scenes
- Educational Classes in the Barn
- Refreshments
- Grass Maze
- Hay Bale Climb
- Crafts For Sale



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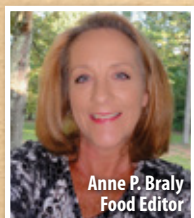
The perfect blend of sports and food

Tailgating is as much a rite of fall as college football on Saturdays. Drive by any stadium when fans are arriving, and you'll see tailgates down, grills smoking, coolers open and groups coming together to eat tailgate style.

It's a relatively recent phenomenon on the culinary front. I grew up in the 1970s and don't remember there ever being a gathering of folks in parking lots filled with food before games. My college years were spent at the University of Tennessee at Knoxville, a school known for a good football team every so often. Once again, tailgate parties were few and far between. But when I returned for games a decade later, tailgate parties were everywhere.

Tailgate menus go beyond chips and sandwiches. Some fans arrive hours before the game to set up. I've seen shrimp and grits prepared on propane stoves; big pots of simmering jambalaya; and beer-braised brats on the grill.

It's become quite an American experience — a culture all its own. Find a good parking spot, let your tailgate down and spread the food. The people will come. It's fall. It's football. It's fun. Let the tailgating begin!



Email Anne Braly at apbraly@gmail.com.

For Parker family, food and football is a winning tradition

As football season kicks off, the tailgates come down and the tables go up. Gravy meets the gridiron, and tailgating is in full swing.

University of Alabama alum Laurie Parker, of New Hope, Ala., along with her family (husband Mike, a graduate of University of Alabama at Birmingham, and grown children Adam and Amelia, both Alabama alums) are tried-and-true tailgaters. As they look forward to another winning season for the University of Alabama, they're assembling their tailgating gear.

While tailgating is a relatively new phenomenon at football games, the number of sports fans who regularly tailgate has risen 12 percent annually over the past five years, according to the American Tailgaters Association. But Laurie Parker can count herself among a select few who can claim tailgating on her family tree. It's a three-generation event for her.

"My mother and uncle are both Alabama grads and were both quite involved," she says. "In the earlier days, Tuscaloosa hadn't really grown to accommodate the fan base they had. There were few restaurants and other places for people to gather, so people were forced to tailgate. It was very primitive back then."

Parker says it's phenomenal how tailgating crowds continue to grow, and equipment becomes all the more sophisticated.

"People come outfitted to tailgate," she says. "They have refrigerators, stoves, microwaves... and some tailgate parties are even catered. Tailgating just makes people happy. It's a good way to get involved in anticipation of the game. It's a home base for meeting old friends and making new ones. People recognize tailgate parties as the basis for that."

Of course, food is a key player at any tailgate party.

"People just love going around sampling the food from different parties," Parker says. "I'm a baker, so I take my chocolate chip cookies or brownies. We also like to have chick-fingers or some type of cold chicken or Mexican wrap. If we want to keep it simple, we order pizza and take it with us. We try to keep the food generational, with things everyone likes. But sometimes the food can be very creative."

Featured on the following page are two of Parker's favorite dishes, both of which score big at any of her tailgate gatherings. 📞



Photo courtesy of UA Athletics/Crimson Tide Photos

FAVORITE FOOTBALL FOODS



Mike and Adam's Chocolate Chip Cookies

- 1-1/2 cups butter-flavor Crisco (no substitute)
- 3 cups firmly packed light brown sugar
- 1 can sweetened condensed milk (fat-free OK)
- 2 tablespoons pure vanilla extract
- 2 large eggs
- 4 cups all-purpose flour
- 1 teaspoon salt
- 1-1/2 teaspoons baking soda
- 24 ounces semisweet chocolate chips

Preheat oven to 350° F. Cream together Crisco, brown sugar, sweetened condensed milk, vanilla and eggs. In separate bowl, combine flour, salt and baking soda; add to creamed mixture slowly, mixing well after each addition. Stir in chocolate chips and drop by rounded tablespoons onto ungreased baking sheet. Bake for 8-10 minutes (for chewy cookies) or 11-13 minutes (for crisp cookies). Remove from oven and cool for 2 minutes on baking sheet, then remove to cooling rack.

Crock Pot Chili

- 2 pounds ground sirloin
- 1 (28-ounce) can crushed tomatoes
- 1 can Rotel tomatoes
- 3 (15-ounce) cans chili beans
- 1 Caroll Shelby chili kit (or your favorite chili seasonings)

Spray Crock-Pot with olive oil cooking spray. Brown ground sirloin and drain; place in Crock-Pot with remaining ingredients and stir to combine. Set timer for 2-4 hours on low. Serve with sour cream, shredded cheese or your favorite toppings. Leftovers are good with hot dogs and taco salads.



TAILGATING: by the numbers

30% of tailgaters never see the inside of the stadium.

95% of tailgating parties involves some sort of grilling and beverage consumption.

\$500 Amount the typical tailgater spends each season on tailgating food and supplies.

49% of fans travel less than an hour to the stadium.

8% of fans travel more than four hours to the stadium.

5% of tailgaters bring fast food or prepared food. The rest cook their food on site.

59% of tailgaters use a combination of grills, stoves and smokers to cook their food.

SOURCE: WWW.FLIGHTTECHTAILGATING.COM



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