

Industry News



Cyber Security:

What small business owners need to know

By MICHAEL RAMAGE

Editor's Note: In this issue, we introduce a new series focused on helping small business owners deal with the challenges of protecting their operations from cyber attacks.

n today's global economy, the threat of cyber security breaches is a growing concern for everyone. Nowhere is this more important than in our rural small businesses. According to a recent Symantec report, three out of every 10 cyber attacks target small businesses.

Security controls at small businesses are often weaker than those of larger companies, making them easier to attack. Those same small businesses often have trusted relationships with larger businesses that can also be exploited to attack the larger companies. Take last year's Target breach as an example. The hacker used the existing trust between Target and a smaller vendor to launch the attack, resulting in millions of credit cards and identities being compromised.

A recent survey by the National Cyber

Security Alliance found that most small business owners have a false sense of security when it comes to their company's online safety. Seventy-seven percent of small business owners surveyed said their business was safe from cyber threats such as hackers, viruses and malware. The same survey found that 83 percent had no formal cyber security plan.

To better understand the threats facing your organization while operating online, below is a list of three of the most common threats:

• TROJANS – Messages coming to you across the Internet are not always what they appear to be. Emails may look as if they are from a bank, for instance, asking for your account information, when in fact they are actually from a hacker trying to trick vou.

TIP: Never click on a link in an email. If in doubt, call the sender and ask if they sent you something.

• SOCIAL ENGINEERING - The easiest way for a bad guy to get your password is to ask for it. Often, cyber criminals disguise themselves as someone else to request your password — and occasionally small business employees will tell them. **TIP:** *Talk to your employees about these* risks and train them how to respond.

• MALWARE - This is a large, generic category of malicious software that attempts to compromise your system security in some form.

TIP: Though new malware is created every day, by keeping your software up to date you will minimize your risk. Update your operating system, as well as your applications and antivirus software.

In the September/October issue, I will offer some simple steps any small business owner can take to quickly improve their security.



Michael Ramage is the Associate Director of the Center for **Telecommunications** Systems Management at Murray State University.

FCC delays implementation of increase in local phone rates

Thanks in part to the unified voice of America's rural telecommunications companies, the Federal Communications Commission (FCC) has decided to change its approach to an increase in local phone service rates.

Earlier this year the FCC announced a new "rate floor" for rural telecommunications services that, if enacted in full, would have forced some rural companies to raise their local phone service rates by as much as 40 percent this summer. NTCA—The Rural Broadband Association filed a notice with the FCC expressing concern on behalf of the nation's rural telecommunications companies and their consumers.

Toward the end of April, the FCC announced a decision to delay implementation of the rate floor increase until January 2015, and to phase in the increase over a longer period.

This increase in the rate floor is intended to bring rates across the country into better balance. To comply with the new minimum, some telecommunications providers would be forced to raise their rates for local phone service by as much as \$6 per month.

We will continue to keep you updated through the pages of our magazine, and to work through NTCA to ensure your voice is heard in Washington, D.C., on important issues that impact telecommunications services across rural America.





TAKE ACTION: What to do if your child is

the victim of a cyberbully

In previous Digital Citizenship articles, I talked about what cyberbullying is and how to recognize if your child is the victim of a cyberbully. Now I am going to give you some ideas about how you can help your child if he or she is a victim of a cyberbully.

- Ask them to stop. This seems like an obvious first step, but too many times the victim is afraid or hopes that by ignoring the bully they will go away. Encourage your child to come right out and ask the bully to stop.
- Unfriend them. Help your child remove or block the bully from having the ability to contact them. If a bully has trouble reaching out to those they want to torment, they may give it up.
- **Report them.** Use the "Report Abuse" button that most social media sites have. This can be effective in getting a bully removed from a site, even if you aren't sure who the face is behind the profile.
- Contact the authorities. Most states

have harassment laws that protect victims from harassment that includes bullying. Sometimes a knock on the door from a police officer is all that is needed to help straighten kids out.

Bullying isn't okay. It isn't a rite of passage. I know... I was bullied as a child and I'd like to think that I would be the same headstrong person I am today if I wouldn't have been picked on as a child.

Help your kids stand up for themselves if they are being bullied. After all, the next victim may not be as strong as your child, so you are helping protect others as well as your own family.



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

The IP Evolution

Rural telcos lead the move to an Internetbased society

oday's Internet is about so much more than websites and email. The technology behind that connectedness also drives shopping, entertainment and business operations, as well as vital public services and health care delivery.

Rural telecommunications companies have long been leaders in building broadband networks to serve their communities. In fact, small rural carriers had deployed broadband to 92 percent of their consumers as of 2010. "Broadband is the great equalizer in terms of allowing rural consumers to communicate with others and participate in civic and economic activities," says Mike Romano, senior vice president of policy for NTCA—The Rural Broadband Association. "Rural telcos recognized that, and were early adopters of broadband technologies — trying to deploy networks that were built for tomorrow and not just for today."

In a petition to the Federal Communications Commission (FCC), NTCA has highlighted "IP Interconnection" as part of its recommendations:

"There would be greater incentive to invest in IP-enabled networks," reads an overview of the petition, "if the FCC were to confirm that the costs of allowing other carriers to use such networks can be recovered consistent with the (Telecommunications) Act."

Policies such as this will help ensure that customers of rural and independent service providers like us continue to benefit from a robust broadband network. We will keep working on this issue alongside our fellow telecommunications providers. There are nearly 900 independent telcos united through NTCA. These numbers help ensure that rural consumers have input into our nation's process of fueling a true IP Evolution.

From the General Manager

Net neutrality is a complex issue

The term "net neutrality" has been in the news many times this year. It's a simple term for a complex issue that concerns how the flow of Internet traffic may someday be regulated. Here are some of the main questions people have about the issue.



What Is Net Neutrality? Net neutrality is the idea that the Internet is an open environment where users have the ability to access whatever legal content they choose. Whether you want to watch an action movie on Netflix or a funny video on YouTube, net neutrality says this should be treated the same as checking your email or surfing websites about your favorite hobby — no content should be given preferential treatment across the network, either through more speed or easier access.

Should Net Neutrality Be Protected? Those who support net neutrality say it is a matter of personal freedom, and that neither the government nor big businesses should be allowed to limit what content is available to you on your Internet connection. They say a free and open Internet — where no type of service is given a "fast lane" over any other — encourages people to create new technology and business ideas. There is also concern that, without net neutrality, national Internet service providers who also own cable channels could unfairly provide easier access to their own content.

Should Net Neutrality Be Changed? Those who believe net neutrality policies should be changed say that the concept actually discourages innovation. They say Internet service providers should be able to charge a fee to high-bandwidth services that place more requirements on their networks, which in turn would allow them to provide consumers with faster access to these services. An example would be giving a fast lane to video services such as Netflix and YouTube (which account for 50 percent or more of Internet traffic), allowing them access into your home at a faster speed than basic Web browsing.

What Is The Status Of Net Neutrality? In January, a federal court struck down the net neutrality rules established by the Federal Communications Commission (FCC) in 2010. These rules were intended to prevent Internet service providers from giving preferential treatment to different types of content. As a result of the court order, the FCC is now in the process of creating new rules, seeking public input to develop a framework that the agency says will ensure choices for consumers and opportunity for innovators, prevent practices that can threaten the open Internet and expand transparency.

Is There A Right Or Wrong Approach? As I said in the beginning, net neutrality is a complex issue, as is the case with many public policies. There are pros and cons to each approach. And the debate is sure to continue no matter what rules the FCC adopts.

The future of the Internet will certainly be written in part by these rules, and that is why rural providers like us remain involved in the process through our combined voice, NTCA—The Rural Broadband Association. There are no quick, easy answers to an issue as complicated as this one; therefore, we are dedicated to closely monitoring the FCC's rulemaking process while providing information to help keep the needs of all rural consumers in front of the agency.

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:



Mike Wolfe, one of the hosts on "American Pickers" has a new book and program geared specifically toward kids called Kid Pickers.

See story Page 6.

NHTC awards scholarships

Each year, two deserving area students receive a \$500 scholarship from NHTC to help them pursue their educational goals. The scholarships are awarded to one graduating high school student from New Hope High School and one from DAR School. Congratulations to this year's winners!



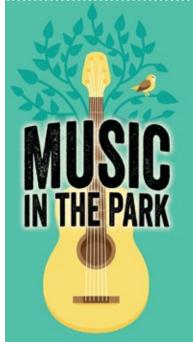
DAR Winner: Devin Burks

Devin Burks is a 2014 graduate of DAR School. He was a member of Mu Alpha Theta, National Honor Society and FCCLA. Devin also played JV basketball and volunteered with Grant Fire Department in addition to working at Waterfront Tackle. He will attend NACC in Rainsville, where he plans to pursue an engineering degree.



NHHS Winner: Brianna Conley

Brianna Conley is a 2014 graduate of NHHS. She was a member of the Anchor Club, FFA, SGA and an Indian Ambassador. Brianna was a four-year member of the varsity softball team. She plans to attend Wallace State Community College, where she has been accepted into the physical therapy assistant program.



Join us for MUSIC IN THE PARK

at New Hope City Park • 6 - 8 p.m. Free admission • Bring lawn chairs

July 8 Heritage

July 15 New Hope Senior Center Band and Singers

July 22 Robert Galloway

July 29 Glory Echoes

Aug. 5 Bluewater Road

Aug. 12 Shannon Hubbard

Aug. 19 New Hope Senior Center Band and Singers

Aug. 26 Tried By Fire

Sept. 2 Dennis Martin & Double Barrel Band

Sept. 9 New Hope Church of God

Sept. 16 Robert Galloway

Sept. 23 Forerunner

Sept. 30 Grand Finale

Admission is free! All you have to bring is a lawn chair. So come out and enjoy some good entertainment and meet all your friends, plus make some new ones. We should all be so thankful to live in a small community and have events like this to enjoy.

INSPIRATION CORNER

The 1980s television program "MacGyver" had the storyline of a scientific-minded secret agent who would use ordinary items to get himself out of a jam. For example, an old nickel, jumper cables and a car battery became a welding machine. Though I couldn't confirm this, I heard MacGyver's "wisdom" came from the Massachusetts Institute of Technology (MIT). This show taught me to think fast in times of need, like when my accelerator cable snapped. Following the path of the cable, I found it pulled a lever on the carburetor so gas would flow to the engine. Cutting a piece of twine, I tied one end to the carburetor and ran the other end through the driver's side window. Pull the string and the truck would go. I wasn't even late for work.

Proverbs tells us "the fear of the Lord is the beginning of wisdom." With wisdom comes acceptance of Jesus, repentance, baptism and the receiving of the Holy Spirit. So where's the connection?

All through the New Testament we find the Holy Spirit gives us power and light, teaches, counsels, comforts and guides our hearts. It gives us the words to say when we don't know what to say, guides our actions and gives us God's Wisdom. In other words, it's a Spiritual MIT for our hearts.

Maybe you've been in a jam and didn't know what to do. The Holy Spirit is ready to help. If you're tired of struggling through life's jams, visit a church near you and find how to receive your own Holy Spirit.

MICHAEL CARPENTER

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



By Stephen V. Smith, Editor

Through a website, a book and a national competition, "American Pickers" creator and star Mike Wolfe is helping kids connect with their families and communities.

he decade of the '70s had barely begun when a 6-year-old Iowa kid pulled a discarded bicycle from his neighbor's trash. The fire of discovery that began burning in Mike Wolfe that day has flamed into a top-rated TV show — and, to Wolfe's delight, it has also ignited a passion for picking treasures in the hearts of kids across America.

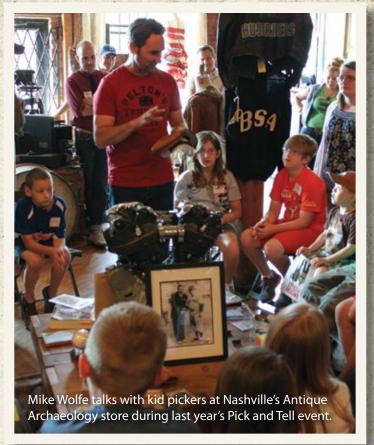
"American Pickers" made its cable channel debut on History in January 2010, becoming the highest-rated non-fiction program of the year. Having spent much of his life traveling the country in search of rare and collectable items. Wolfe knew a show based on the thrill of discovery, nostalgia and the interesting characters he met along the way would attract an audience. "What I never saw coming, and what the network never saw coming, was the connection the show has to children," Wolfe says.

Indeed, children were calling his Antique Archaeology store in Le Claire, Iowa, sending letters and even stopping by with their families to share stories of their picking adventures. Children were also sending photos to History and posting on the network's social media channels.

"It's really made me step back and say 'wow, this is the way it was when I was a kid." says Wolfe. "They reminded me of myself."

HELP FOR THE KID PICKERS

Wolfe realized the TV show he created based on his lifelong passion was so popular with kids because it resonated with the sense of wonder that is born in everyone. "When you think about the sense of adventure, the curiosity and wanting to discover, we have that in us," he says. "But we lose that as we get older a little



bit. For a child, this show is incredible, because it's just this huge treasure hunt."

Wolfe saw that young people needed more information on how to pick, and a way to share the stories and lessons they were learning with others their age. He launched KidPickers.com, a social network where children — with guidance from their parents — can post photos and share stories of their finds. It has attracted thousands of kid pickers from across the country. "Am I making any money off that? No," says Wolfe. "But I feel like it's important for me to do that.

"I'm on a reality show, he adds. "I created a reality show. But at the end of the day, that's all it is ... While I'm doing this I want to make a difference. These kids are such an inspiration to me."

To help kids get the most from picking, Wolfe released a book last year entitled "Kid Pickers." He was assisted with the project

A GUIDE FOR ALL KID PICKERS

Every kid with an interest in adventure, history and treasure hunting should pick up a copy of "Kid Pickers: How to Turn Junk Into Treasure." In this kid-focused book, Mike Wolfe guides young readers through the exciting hobby of picking, with chapters such as "Picking With a Purpose," "Every Pick Has a Story," and "Unlocking Your Past." The book is available from all major bookstores and online retailers. Ask your local library if they have a copy, too!



by an elementary school teacher he has known since they were both kid pickers themselves in Iowa.

LEARNING ABOUT FAMILY AND COMMUNITY HISTORY

While some of Wolfe's finds on "American Pickers" can be quite valuable, his book does not stress picking for money. "It teaches children that when they find things, they can learn about their community's history, they can learn about their family's history," he says. "Grandparents tell us that kids come out to their house now and they want to look in their barns, their attics, their basements ... they want to know whose this was, what it was, they want to know more about it. And through this thing that's been in the basement forever, all of a sudden they are learning about their family history. They're getting history the way they want to get it hands on."

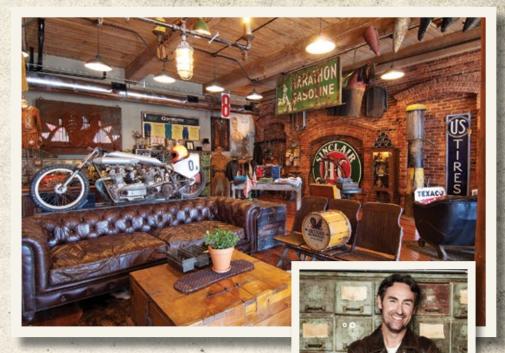
Wolfe has also joined forces with History for the Kid Pickers Pick and Tell National Student Contest, which provides scholarships to contest winners. And in September, Wolfe and the Tennessee State Fair will host a special kid pickers market.

PRESERVING RURAL USA

While "American Pickers" has been a huge success for Wolfe, he sees it as the vehicle that has allowed him to do something far more important than star on reality TV. "If you look at what's going on with America's small towns and main streets, they are disappearing," he says. "We are on the road all the time and we see it."

Much of this change, Wolfe reflects, happens as communities lose their agricultural base, manufacturing jobs move overseas and new highways bypass downtown areas that once thrived.

"If a child finds things in their community and they learn about their community, then they take pride in their community," he says. "Maybe when they leave, when they go to college and do whatever they're going to do, they will come back and open up a business, because they have roots there in their mind."



The Antique Archaeology store in Nashville (above) has become one of the Music City's most popular tourist draws. The store features items picked by Mike Wolfe (right), the creator and star of "American Pickers" on History.



AN ONLINE COMMUNITY FOR KID PICKERS

Part of what makes picking fun is sharing the stories behind your finds. Mike Wolfe's KidPickers.com website provides a safe environment for kids to interact with others their age who share a love of learning and adventure. The site is only open to kids age 13 and younger, and a parent must be involved in the registration process. Half of the one-time \$5 subscription fee is donated to St. Jude Children's Research Hospital.



ANNUAL MEETING

highlights cooperative's accomplishments over last year

here were 347 registered members and their guests in attendance at New Hope School for the New Hope Telephone Cooperative Annual Meeting on May 20. Before the business meeting, they enjoyed entertainment by the bluegrass band Redstone Boys.

Every registered member received a T-shirt compliments of NHTC, and many went home with door prizes. The grand prize, awarded to Billy Porter of New Hope, was a 2002 Chevrolet Blazer 4X4 from NHTC's fleet.

In the vote to elect board of trustee members, Greg Glover was re-elected to his seat on the board. Members also elected Randy Morrison to fill the seat of retiring board member Jimmy Segler.

Segler served the cooperative for 49 years, first as an engineer with the company and then by joining the board of trustees in 2002. He has worked with every manager in the history of NHTC in one capacity or another. And he's also seen many changes. When he first began working with NHTC, the company had 10-party lines and no one had even heard of the Internet. Now, the cooperative is focused on bringing advanced telecommunications services to all its members through its fiber-to-the-home project.

"It's been a different experience being on the board," says Segler. "I need to let somebody else do this now, but I've enjoyed every bit of it."

NHTC General Manager Jim Cook told those in attendance that the cooperative is on sound financial ground. Operating margins reached an all-time high of \$1.57 million last year due in part to process improvements, contract renegotiations and increases in non-regulated services.

Members were pleased to learn that the SEC Network will be available through New Hope Vision when it launches in August. "We are currently in negotiations with ESPN and Disney, who owns the SEC Network," said Cook. "We are close to finalizing the terms and conditions, but the SEC Channel is a done deal."

Cook also touched on these highlights from the last year:

- •NHTC launched its newly redesigned website, nhtc.coop.
- The Digital Literacy training facility opened, which offers free classes on a number of basic computer skills with plans to add additional classes.
- New Hope Vision launched, providing members with much more extensive video content on both traditional CATV and Digital TV lineups.
- The cooperative completed the construction phase of the fiber to the home network in Grant. Only 300 homes remain to be cut over to fiber services in that area.
- Fiber construction is well underway in the Nebo and Paint Rock Road areas of New Hope and Merrill Mountain.
- NHTC announced plans to offer home automation and security solutions in the coming months. 22











MEET YOUR 2014 BOARD OF DIRECTORS They are (seated, from left to right): Jeffrey Cantrell, secretary; Jim Duncan, president; Garland Elders, vice president; David Ayers, treasurer. Standing: Jim Cook, general manager; Jeff Cooper, Mike Whitaker; Barry Jones; Greg Glover; Randy Morrison; and Doug Martinson, NHTC attorney. The board held an organizational meeting for the purpose of electing officers immediately following the conclusion of the business meeting.



People you know... working for you!

MEET WESLEY

Wesley Hohn began working for NHTC as a temporary employee in August 2011 before being hired full time in July of last year. As an outside plant technician, he installs fiber optic connections including IPTV, broadband and phone services. He is also responsible for the repair, replacement and maintenance of fiber, cables and equipment.

Hohn lives in Grant and is engaged to Jessica Kirkland. When he's not busy working, he enjoys hunting, fishing, woodworking and spending time with his family and friends.

Hohn says he's grateful that his job provides him with the opportunity to work outdoors and to build relationships with people he meets. "I strive to always provide the highest quality service possible," says Hohn. "It's a great feeling when I hear that someone is satisfied with an installation or repair that I have completed."

MEET TERRYN

Terryn Rice spent the last few years as a very busy stay-athome mom before coming to NHTC last July, where she works in the accounting department as an accounts payable representative. Rice's background in both the banking and tax industries have helped prepare her for the job. At NHTC, she is responsible for receiving and verifying invoices before processing them for payment.

"I have enjoyed learning about the telecommunications industry, because I've never worked in it before, and getting to know the people I work with," says Rice.

Rice and her husband, Alan, live in Grant with their four children: Alayna, 12; Savanna, 9; Laiken, 6; and Liam, 3.

When not busy chauffeuring her children to their various activities, she spends her free time reading.





Connected Bac

By Adam Reid

Then it comes to making your home "smart," the focus is usually on the inside. From smart thermostats to smart light bulbs, it's an easy task to make the interior of your home more connected. But what about the backyard? How can you use technology to take your next cookout to a new level? Here are a few products to get you started.

THE SIGNAL BOOSTER:

The easiest way to make your backyard more connected is to boost your Wi-Fi signal so that you can enjoy its benefits outside. Your Wi-Fi router is a great tool to get your Internet connection to all your devices, but it's not so great for traveling through walls. The way to make your router stronger is with a Wi-Fi repeater or range booster. There are many options available, but an inexpensive, well-reviewed choice is the TP-LINK TL-WA850RE (\$30, Amazon.com). It has one-touch setup with most routers, a signal indicator to let you check on performance and an Ethernet port to make wired devices wireless. This is a great way to ensure you can access your network on your smartphone, tablet or laptop in your backyard.





C2G Granite Speaker System

EASY LISTENING:

Nothing gets a party going like a great soundtrack, and that extends to a backyard party as well. Whatever outdoor speaker system you choose, you'll want to make sure it's Bluetooth capable. Bluetooth will enable you to ditch the wires and make your system "smart." There are a couple of Bluetooth options for enjoying your music outside: portable and permanent. In the portable category, it doesn't get much better than the **Braven BRV-1** (\$149, braven.com). The

BRV-1 is ruggedized, allowing it to absorb shock from accidental drops or impacts from backyard activities. It's also IPX5 certified water resistant (which makes it all but submersible). It is safe for use near pools, and protected against accidental spills and inclement weather. It's also very small at only 3.3 x 5 x 2.2 inches and weighing 12 ounces. All that, and it delivers great sound.

If you don't want to carry a speaker back and forth, a more permanent solution may be a better fit. One option for you is a faux rock Bluetooth speaker like the C2G Granite Speaker System (\$97, newegg.com). It is also water resistant, but it is recommended that you bring it inside during heavy downpours or snow. And as the name implies, you can add more speakers to the system to get your music from all angles wirelessly and conveniently in your backyard.





Food may taste best when grilled, but grilling involves a lot of guesswork. Digital grilling thermometers have taken the guesswork and eyeballing out of grilling, but you can still take grilling a step further. The iGrill Mini (\$39.99, idevicesinc.com/igrill) and iGrill 2 (\$99.99, idevicesinc.com/igrill) are digital grilling thermometers that also have companion apps to give you the right temperature for different types of meat, and for determining when your steak is cooked just the way you like it.



These are a few ideas for getting your backyard more connected. With these gadgets you'll be sure to take your entertaining to the next level. You'll have fresh veggies, expertly grilled food, music everywhere and a way to watch TV, movies or internet clips outside. It's the perfect outdoor party.



Twists and turns

TWO DECADES HAVE CHANGED THE BUSINESS FOR MECHANIC JAMES GOTHARD

By Kerry Scott

wenty years ago, when James
Gothard first opened New Hope
Professional Auto, the world was
different. "Back in those days, you could
pretty much diagnose a problem with a
screwdriver and a test light and figure out
what you needed," he says.

But times have changed.

These days, some of the tools he uses look more like handheld video games. And when the new gadgets help him diagnose a problem, he no longer writes out work orders by hand. Just about everything requires a computer and his high-speed Internet connection from NHTC.

In the past, Gothard would have to call in parts orders to a store in Huntsville. If he didn't get a part ordered by 10 a.m., he wouldn't get it until after 3 p.m., which usually meant an extra day in the shop to get the repair work done. Today, he orders everything online, and his parts are delivered almost immediately.

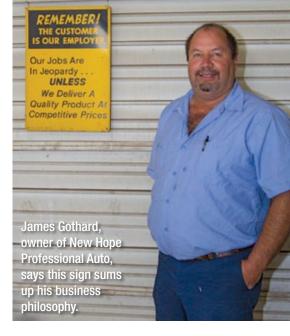
While the tools have changed and most things are done electronically, there's still plenty of work to do. In fact, many people are surprised to learn that the diagnostic tools most mechanics use don't actually tell them what work has to be done. "People will call and ask if I have that tool that you hook up to the car that tells you what the problem is," says Gothard. "And I tell them they don't make one."

The diagnostic tool will show a mechanic what the vehicle's computer sees, which is helpful. But it doesn't always give you the whole picture. "It may show a code that tells your oxygen sensor is out of tolerance. But that doesn't mean you need an oxygen sensor. You might need one, you might need a fuel regulator or it could just be that your spark plugs are burnt slap up. I've got to trace it all the way to see what the real problem is."

KEEPING THINGS RUNNING

Gothard grew up tinkering with everything from bicycles to lawn mowers to cars. "In the era I grew up in, you kept things running or you didn't drive. That's just the way it was," he says.

That hard work and determination led



him to Madison Square Chrysler-Plymouth where he received training through the Mopar School in Atlanta, Georgia. That provided a solid foundation, and before long, Gothard opened his own business. And with the exception of a few holidays, he's been at it ever since.

"I've never taken a vacation," he says.
"Now that my kids are grown, I take a
little more time though. If a holiday is on
Thursday, I might take Thursday and Friday off. Once in a while I might take that
Wednesday, too."

It's that hard-working philosophy and his treatment of customers that keep them coming back, too. "I've got to keep this place running," he says. "Because it won't run itself. And you don't stay in business if you don't treat people right. You can't make people come in; you got to make them want to come in."



NEW HOPE PROFESSIONAL AUTO 10052 Hwy 431 • New Hope, AL

New Hope seniors get new facility

Then Madison County District Three Commissioner Eddie Sisk was campaigning for office, he made the people of New Hope a promise: a new senior center. After being elected, he went to work fulfilling that promise.

The town of New Hope and Madison County came together to build a brand-new senior center directly behind the current facility. Sisk met with New Hope Mayor Butch Taylor to help work out the funding, and the city and county have worked together to make it a reality.

County employees provided labor for most of the work, which cut down on expenses. Sisk was also able to find savings by using the same architect firm that prepared the blueprints for New Market's senior center. The architect firm was able to render similar prints for a substantial savings over the cost of drawing up new plans.

"I knew that New Hope had tried to get a center before, but plans fell through," explains Sisk. "I'm glad we've been able to make this happen."

The old facility was in bad shape, according to Sisk. Heating and cooling the old building was difficult. Bats had taken up residence in the attic, and mold was a concern as well. "The upstairs was so bad it couldn't be used," he says.

The new facility is a considerable upgrade. It features a spacious room with a separate, smaller room to accommodate multiple activities at one time. The large kitchen has many cabinets for storage and a walk-in pantry, which comes in handy for the Meals on Wheels program. The new building also includes handicapped accessible restrooms, office space and an area for computer training. "It's a whole lot nicer than what we have now," says Dean Manley, manager of the New Hope Senior Center.

Manley says he anticipates larger crowds at the new building. Seniors meet each weekday morning to visit with one another, play dominoes, card games and other games. There are always lots of activities going on. Lunch is served daily and they play Bingo every Friday. Once a month the group plans an outing. "I invite seniors who have never been to join us at New Hope Senior Center," says Manley. "I'd love to see a lot of new faces."





COME JOIN US!

New Hope Senior Center invites all seniors to join them weekdays from 8 a.m. to 1 p.m. at 123 Church Avenue in New Hope. Lunch is provided Monday through Friday between 10:30 and 11:00 am. for a donation of no more than \$1.25. For more information call 256-723-2208.

Buzzing **ABOUT HONEY**

t was the taste of honey that sent Dr. Larry Lawson on a search for the best from local hives. It was his fascination with the intricacies of honeybees that encouraged him to start his own honey of a hobby.

Semi-retired from his Abbeville, South Carolina, dental practice, Lawson has nine hives and manages three other nearby colonies. He is president-elect of his local beekeepers association and serves on the executive committee of his state's association.

Lawson's honey comes from chance encounters with bees as they buzz around his neighborhood feeding on wildflowers to produce honey with a subtle flavor distinct to his region.

"My wife and I sweeten our coffee with it each morning," he says, adding that when the grandkids come to visit, it's used as syrup for their pancakes.

"We've found eating local honey every day has a pronounced effect on our allergies, too," he says.

According to the National Honey Board, honey is also great for sore throats, is a natural energy booster and, when a drop or two is mixed with your moisturizer, works to better hydrate your skin.

The growing interest in buying local honey, plus a decline in the honeybee population due to Colony Collapse Disorder, a problem that threatens the health of all honeybees in the United States and whose cause is still unknown, has brought renewed interest in bees and pollination,



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



Lawson notes. As a result, more people are going into the honeybee business, he says.

Bee pollination is responsible for more than \$15 billion in increased crop value each year, according to the USDA. About one mouthful in three in our diet directly or indirectly benefits from honeybee pollination. Commercial production of many specialty crops like almonds and other tree nuts, berries, fruits and vegetables are dependent on pollination by honeybees. These are the foods that give our diet diversity, flavor and nutrition.

Beekeeping is not for the faint of heart. Lawson says he's been stung more times that he can count. Winter months are the most demanding, requiring Lawson to maintain equipment and feed the bees when there are no blooms on which they can feast. But the rewards, Lawson says, are many, including sharing honey with friends, and watching as the bees dance in and out of their hives.

"It's fascinating," Lawson says, "to watch how they live and care for each other." 2



- Honeybees are responsible for 80 percent of all insect pollination in the U.S.
- Their honey is worth more than \$14 billion to U.S. agriculture.
- Bees from a single hive fly up to 55,000 miles to make a single jar of honey.
- A queen bee can lay up to 3,000 eggs per
- One hive may hold up to 80,000 bees.

BE SWEET AND COOK WITH HONEY!

BARBECUE SPARERIBS

- 1/2 cup chopped onion
 - 2 garlic cloves
- 1-1/2 cups ketchup
 - 2 tablespoons vinegar
 - 1/2 teaspoon salt
 - 1 teaspoon prepared mustard
 - 1/2 teaspoon black pepper
 - 2 tablespoons thick steak sauce
 - 1 cup honey Spareribs

For the sauce, mix all ingredients except ribs and cook over low heat for 5-6 minutes; set aside. Simmer ribs for 1/2 hour in water with 2 tablespoons of salt. Place drained ribs in shallow baking pan, pour sauce over ribs and bake at 400° for 45 minutes or until tender, basting every 10-12 minutes with sauce. They may also be cooked on a grill over hot coals.

Note: This sauce is equally good on chicken.

RICH HONEY GINGERBREAD

- 1-1/4 cups sifted flour
 - 1/4 cup sugar
 - 2 teaspoons baking powder
 - 1/4 teaspoon baking soda
 - 1/2 teaspoon salt
 - 1/2 teaspoon ginger
 - 1/2 teaspoon cinnamon
 - 1/2 teaspoon cloves
 - 1 egg, well beaten
 - 1/2 cup honey
 - 1/2 cup milk or water
 - 4 tablespoons melted shortening

Sift dry ingredients together 3 times. Mix egg, honey, milk and shortening. Combine liquid and dry ingredients and beat thoroughly. Pour into greased, 9- by 12-inch pan and bake in middle of oven at 350° for 30-35 minutes. Delicious by itself, or serve



Honey is one of the most popular varieties of barbecue sauce. From ribs to chicken, the sweet taste is the perfect accent to any smoked meat.

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with your favorite topping, such as caramel sauce or lemon cream cheese frosting.

CARAMEL SAUCE

- 4 tablespoons butter
- 1 cup brown sugar
- 1/2 cup heavy cream or half-and-
- 1/2 teaspoon salt
 - 1 tablespoon vanilla

Mix butter, brown sugar, cream and salt together and simmer over low heat while gently whisking for 6-7 minutes, until slightly thickened. Add vanilla and cook another minute or so to thicken further. Pour over warm gingerbread and top each slice with a dollop of whipped cream, if desired.

LEMON CREAM CHEESE FROSTING

- 3 ounces cream cheese, room temperature
- 2 tablespoons butter, softened
- 3 cups powdered sugar
- 2 tablespoons lemon juice

Beat cream cheese with butter until light and fluffy. Gradually add sugar alternately with lemon juice. Chill for 1 hour or until of spreading consistency. Makes about 1-1/2 cups.

HONEY NUT GRANOLA

- 3 cups uncooked oatmeal
- 1/2 cup shredded or flaked coconut
 - 1 cup chopped pecans
- 1/4 cup honey
- 1/4 cup canola oil
 - 1 cup dried cranberries

Combine all ingredients, except dried cranberries, in bowl, mixing well. Preheat oven to 350°. Spread mixture on large shallow baking pan and bake until golden brown, about 30 minutes, stirring twice. If desired, let the granola stay in oven for a bit longer after turning off to give it a dryer texture. Upon removal from oven, add dried cranberries. Delicious on yogurt, ice cream or oatmeal.





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