

The

# Communicator

NOVEMBER/DECEMBER 2013

Published for  
customers of

**New  
Hope**  
Telephone  
Cooperative  
*Your Broadband Connection*

## CHECK-UPS FOR CHILDREN

Clinic keeping  
kids healthy



**BOOTLEGG BBQ**  
wins title at AWF cook-off

**HAPPY PINNING**  
Pinterest has help for holidays

# #ruraliscool

## Use hashtag to share what you love about rural living

What do you enjoy about living in a rural area? Is it the pace of life? The open spaces? The sense of community?

As your telecommunications provider, we are joining with NTCA—The Rural Broadband Association in a national movement to highlight what is so special about living in rural America. You can get involved, too, by sharing your thoughts, stories and photos through social media using the hashtag #ruraliscool.

“Rural America is a leading provider of food, energy, minerals and even the military workforce that our nation really needs,” says Shirley Bloomfield, CEO of NTCA. “Sometimes we forget where all of these resources come from.”

Bloomfield adds that the Rural Is Cool movement is also “taking a look at the side of rural America that brings about innovation — innovation in technology, in art, in sciences and agriculture, and that whole renaissance of what rural America really means to the country as a whole.”

People who live in urban areas are sometimes surprised, says Bloomfield, when they learn how much broadband Internet access is available in rural areas, and how rural telecommunications providers are delivering the technology to connect schools, health care facilities, businesses and other community institutions. “The Rural Is Cool movement is a fun opportunity to change the perspective,” she adds. ☎



### GET INVOLVED!

Use the hashtag **#ruraliscool** to tag your posts on all your favorite social sharing sites:



### GET INSPIRED!

- Post photos of your friends and family enjoying the rural lifestyle
- Post stories of how a broadband connection helps you live in a rural area while still having access to quality education, health care, business services, etc.
- Post videos that illustrate what you love about your community
- Your posts will help spread the word that our region offers a great lifestyle supported by modern technology. Don't forget to add **#ruraliscool** to your post!

### GET PUBLISHED!

As we monitor **#ruraliscool**, we will look for photos and story ideas for possible use in future issues of this magazine!

## Have you outgrown your Internet speed?

Remember when your two-door car became too small when you started having children? Did that 512 MB hard drive in your PC seem to offer plenty of space, until you started saving digital photos to it? Like many things, lifestyle changes can also impact our need for Internet speed. If your Internet connection is no longer as fast as you'd like, it's time to do inventory. *Compared to one year ago, how many of these devices are you connecting to your home's wireless network?*



COMPUTERS



GAME CONSOLES



LAPTOPS



SMARTPHONES



TABLETS





# Stay Safe Shopping

Tips for protecting your money and your identity while shopping online

By Carissa Swenson

**A**s the wife of a rural rancher living in a town without even a store to get groceries, I am reminded every Christmas of how lucky we are to have broadband Internet at home. Each year, my husband and I order and wrap a gift for one another — made possible by the power of broadband.

As thankful as I am for online shopping, I also know there are risks involved in making purchases on the Internet. We should all support our local merchants whenever possible; but when you do turn to the Internet as a shopping destination, the rewards can outweigh the risks when you take a few precautions.

## Don't use debit cards for online shopping.

If your debit card is compromised, it is much harder to get your money back because it comes directly from your checking account. Credit card companies generally have policies in place to protect you from paying for something you didn't buy. Still, be sure to check your account balance frequently. The earlier you catch a charge on your account that you didn't make, the easier it is to resolve it.

## Purchase from retailers you know and trust.

While there are countless retailers on the Web, the safest bet is to buy from companies with which you are already familiar or already do business. Most well-known major online stores are safe, but be sure you are on an official website and not a fake site that is trying to steal your personal and banking information.

## Use a separate email account for online shopping.

With a specific email address you use only when signing up for websites or shopping online, your work and personal inboxes won't get filled nearly as fast with ads, coupons and offers. You will still have access to these promotions if you want them in your "shopping" email account.

## Use caution when accessing free Wi-Fi in public.

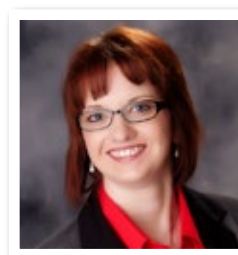
Hackers and identity thieves sometimes target connections in airports, malls and such, looking for those who are checking bank accounts, entering credit card information and conducting similar transactions. It is fine to use public Wi-Fi when you are just

killing time, but avoid making transactions on this type of connection.

## BONUS: When traveling, leave your extra credit cards at home.

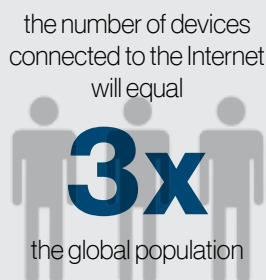
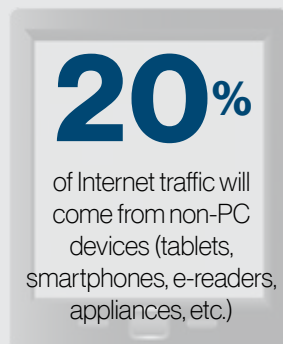
Travel with the essentials. If you don't plan to use specific credit cards or store credit cards, leave them at home. When I travel, I only take the credit card I need, driver's license and insurance card. If I lose my wallet or if my purse is stolen, I know exactly what company to call to cancel my card.

Yes, shopping online has its risks — but so does shopping in a crowded mall. Regardless of how you prepare for the holidays, know the risks, limit your exposure and monitor your accounts. Then come January, your biggest concern will simply be paying off those balances! ☎



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

## The need for more speed is a trend that shows no signs of stopping. By 2016 ...



### Do you have a need for more Internet speed?

See Page 4 for our phone number and website, and contact us about increasing your Internet speed to match your growing needs.

SOURCE: WWW.STATETECHMAGAZINE.COM

## Living in a time of transition

The final weeks of the year hold special meaning for me. It's a time of thanksgiving, to reflect on our blessings; a time of celebration, to focus on our family, friends and faith; and a time of hope, to look toward the new year with a sense of renewal.



As we move toward the end of 2013, the word I think best describes this year is "transition." You've read in these pages the past few months how our industry is changing in ways that are having a significant impact on us, even as we work to provide you with advanced telecommunications services.

Advances in technology, changing consumer demands and shifts in federal regulations have moved us away from the days of being a traditional telephone company. We have become your technology company. The ways you choose to connect with

people and enjoy entertainment are rapidly evolving, and it is our mission to provide the technology to keep you connected.

We are not alone in weathering this transition. All across the country, rural service providers like New Hope Telephone Cooperative are changing their business models to adapt to the new industry reality. While these are indeed challenging times, they are also exciting times. By refining our focus and looking for new ways to do business, we are improving the quality of life in this region.

The story on Pages 6 and 7 is a great reminder of that. Whether you are watching holiday movies with your family, sharing photos with friends and loved ones or playing with the latest Wi-Fi gadget, you are experiencing the convenience, entertainment and control that broadband delivers to our region.

I believe we are only beginning to see the impact a high-speed broadband network will have on our communities. Throughout the year you have read in these pages how broadband helps people connect and businesses compete. In the months and years ahead, I believe we will see tremendous advances in telemedicine, education and economic development that will improve lives while driving innovation and job creation.

This technology is part of what will help rural America thrive as a relevant part of our nation's progress. Be sure to read the article on Page 2 about the national movement that's highlighting the benefits of living in a rural region like ours. I encourage you to participate by sharing your stories, photos and videos on all your social networking sites and using the hashtag "#ruraliscool."

While on Page 2, also be sure to read the article "Have you outgrown your Internet speed?" Often, when people think their Internet speeds have slowed down, they have actually increased the number of devices that are sharing their connection. Take inventory, and you may be surprised at just how many devices you have connected to your home's Wi-Fi network. Contact us to see what speed options may be available in your area.

Again, these are challenging times, but they are also exciting times. And I look forward to working along with the employees at NHTC to navigate the challenges and continue delivering the technology that is changing our lives. ☎

**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.

### BOARD OF DIRECTORS

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## The Communicator

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### On the Cover:



Kylie Cobb gets a check-up from Dr. Nord at New Hope Children's Clinic, which offers affordable healthcare for kids. See story Page 8.

## Indians excited over new stadium



Fans filling the stadium at New Hope High School this year have more than just their team's touchdowns to cheer about. This summer, the stadium itself received quite an upgrade.

The old stadium was smaller and outdated. Rickety seats and single aluminum runners created a safety concern for many visitors. "We had a lot of people say they would come if it were more handicap accessible, safer and more sturdy," says NHHS Principal Lavell Everett. "So that's what we did."

The new stadium boasts a home section that is twice as large as the old facility, making it possible for NHHS to host a playoff game. "For a 3A school to host a playoff football game, you need to seat at least 2,300 people," says Everett. "That's the minimum requirement from the state, and we wanted to be sure we would meet it."

Before construction began, Everett spoke with several folks in the community and met with other schools that had been through the process to get ideas. Among the upgrades are a 1,536-seat home section with a 33-inch walkway between each row. The closed system keeps dropped items from falling underneath the bleachers, and there is plenty of safety railing.

For anyone who wishes to sit in the reserved section, there are now 351 bench-backed seats. The handicap section is in front on the sidewalk and has companion benches next to them allowing a friend or family member to sit with them.

No matter where you choose to sit, you'll be able to see all the action on the field. "There's not a bad seat anywhere because of the elevation," says Everett, joking that the filming deck above the press box might just be the highest point in New Hope. 📞

## Community Calendar

### EVERY TUESDAY

#### TOPS

Join Take Off Pounds Sensibly (TOPS) at New Hope United Methodist Church on Main Drive in New Hope at 8:30 a.m. each Tuesday for weigh in and 9 to 10 a.m. for a group meeting. If you'd like more information call 256-479-9628, 256-723-4656 or 256-723-4738, or visit [www.tops.org](http://www.tops.org).

### OCTOBER 19 - NOVEMBER 2

#### Basketball Sign-ups

The New Hope Rec. Center is holding basketball sign-ups for 4- to 12-year-olds through Nov. 2. Practices will begin on Nov. 11. Late registration may be available. Contact the New Hope Rec. Center at 256-723-2111 for more information.

## INSPIRATION CORNER

I received the perfect gift from "Santa" when I was five: an electric train. With wooden blocks and matchbox cars, I built my own town of Owens Cross Roads. One day, being the inquisitive child, I took a screwdriver and completely disassembled that train, remembering it no more.

Twenty years later, my mother called to say she was selling my childhood home and I should come see if there was anything I wanted. I climbed that familiar attic ladder, went through boxes and found that old train! I took it to the house where Teresa and I lived and began tinkering. Imagine the excitement when that headlight came on, that electric motor whirled and that train began to move. Smoke even came from the stack. It was Christmas all over again!

Many of us are like that old train. Life began with great purpose, but then the world got a hold and took us apart. That's how the devil works, you know, breaking and losing us. Well, there's hope! Christmas reminds us that Jesus came to put us back together and make us whole once again. We celebrate Thanksgiving, as a nation, to give Thanks for that which God has done. Should you feel lost or broken now, won't you look for that Christmas of old, when you were happy? Can't remember one? Then here's an invitation to your first real Christmas ever! In a church near you, there's a story to hear and a Gift to receive. PLEASE don't miss it! Happy Thanksgiving and Merry Christmas to all.

#### MICHAEL CARPENTER

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



# BROADBAND through the holidays

By Elizabeth Wootten

With the holiday season approaching, it is a great time to review your Internet speed and set up a Wi-Fi network. A fast connection will allow your family to share photos, try out new gadgets, stream Christmas movie favorites and maybe finish a little shopping — all at the same time. Here are a few ways you and your family can enhance your holiday traditions through broadband Internet and a home Wi-Fi hotspot.

## ► GADGET FEVER

### PLAYSTATION 4

If you've been waiting to upgrade to a new gaming system, now may be the best time. Scheduled to release Nov. 15, PlayStation 4 is both an advanced game system and an entertainment console. In addition to breathtaking graphics and a world of entertainment apps, PS4 allows players to share gaming experiences in real time. Entertaining through the holiday season is simple with this new console. <http://us.playstation.com/ps4>

### TILE

Have you ever lost your keys? What about your phone? Check out Tile, a virtual lost-and-found tool. Tiles can be placed on a keychain, dropped in a bag or purse or attached to a phone or computer with adhesive. The Tile app

on your iPhone shows you when you're getting closer or farther from your device, the last GPS location of your Tile and more.

Tile is scheduled to release this winter. [www.thetileapp.com](http://www.thetileapp.com)



### TABLETS



Tablets like the Kindle, iPad and Nexus have topped many Christmas lists for young and old alike. These portable computing devices allow you to entertain kids through gaming and video streaming, store music, photos and videos for easy sharing at holiday parties and

access the Internet through a powerful browser. For those who prefer a physical keyboard, check and see if the tablet you like supports a wireless keyboard. With the variety of tablets on the market, you are sure to find one that suits your needs.

### SMART TV

Smart TV technology connects television to the Internet through Wi-Fi and Ethernet ports. These TVs have built-in processors and operating systems which allow you to customize the device to suit your own preferences. You can run apps, chat with friends, play games, check the weather, listen to music and more all while watching your favorite TV shows. Social networking is available through the TV as well, and you can add your own content or video to broadcast online.

### SPHERO 2.0

The original Sphero took gaming to an all-new level. The smartphone-controlled ball kept everyone entertained — from kids and adults to cats and dogs. Now, the second-generation device offers even more features. Sphero 2.0 can roll at speeds of up to seven feet per second. That's twice the speed of the original device. Its multicolor LEDs are brighter, and it comes with ramps to add to the gaming experience. You can even choose from 25 apps to expand your mobile gameplay. [www.gosphero.com/sphero-2-0](http://www.gosphero.com/sphero-2-0)



## ► MOVIE FAVORITES

Sometimes it takes a holiday movie to get into the holiday spirit. Grab some popcorn or hot chocolate and check your channel guide to see when one of these classic movies are scheduled.

### ELF

Join Buddy the Elf as he spreads Christmas cheer through the U.S. while searching for his true identity.

### IT'S A WONDERFUL LIFE

This 1946 American classic is one of the most-loved Christmas films and continues to warm the hearts of young and old alike.

### MIRACLE ON 34TH STREET

Both the original and the remake will leave you smiling as Susan and Kris uncover the truth of what Christmas is all about.

### THE POLAR EXPRESS

In this heart-warming film, a doubting boy takes a magical train ride to the North Pole to discover the power of believing in the wonder of Christmas.

### RUDOLPH, THE RED-NOSED REINDEER

Your children will love this short claymation film about a reindeer and his friends who are looking for a place to fit in.



## ► SHOPPING THROUGH APPS AND WEBSITES

Overwhelmed from the seemingly endless holiday shopping? Apps and websites can help! From creating budgets to comparing prices, these resources take some of the stress out of Christmas.



### BETTER CHRISTMAS LIST

\$1.99

Create separate shopping lists for loved ones, and keep track of your budget through the holidays.



### BFADS.NET BLACK FRIDAY

FREE

Plan your Black Friday shopping in advance with early access to the season's sales.



### SLICE

FREE

Track your packages and receive notifications if your item's price has dropped — which sometimes means you can get the difference back.

### WWW.RATHER-BE-SHOPPING.COM

Find online coupon codes, printable coupons and bargains to your favorite stores. Download the app for on-the-go shopping.

### WWW.EBATES.COM

Earn cash back on your online purchases. You don't have to request your cash — it will come via check or PayPal.

### WWW.PRICEWATCH.COM

Compare prices, find sales, read vendor reviews and more to find the perfect item for someone on your Christmas shopping list.



## ► PHOTOS ON THE WEB

Photos are a fantastic way to capture and keep alive the spirit of Christmas for years to come. Instead of trying to mail photos to your family and friends, use your broadband connection to upload your photos to the Web for easy viewing.

If you don't want to publicly share your photos, don't worry.

With many websites, you can adjust the privacy settings on your albums to suit your needs. Some websites require the viewer to access a unique URL, while others ask for a password to view the photos. Try one of these websites to share your Christmas memories with out-of-town relatives and friends.

● DROPBOX - [www.dropbox.com](http://www.dropbox.com)

● FACEBOOK - [www.facebook.com](http://www.facebook.com)

● FLICKR - [www.flickr.com](http://www.flickr.com)

● PHANFARE - [www.phanfare.com](http://www.phanfare.com)

● PHOTOBUCKET - [www.photobucket.com](http://www.photobucket.com)

● SLICKPIC - [www.slickpic.com](http://www.slickpic.com)

● SMUGMUG - [www.smugmug.com](http://www.smugmug.com)

● SNAPFISH - [www.snapfish.com](http://www.snapfish.com)

## ► CONNECT WITH YOUR COMMUNITY

Even though major department stores have apps and websites that allow you to purchase online, consider shopping locally this holiday season. When you support local merchants, your money keeps working for you, stimulating your community's economy and supporting local schools and organizations.

Check the websites of your chamber of commerce or local downtown association to find holiday deals in your area. Forget the bumper-to-bumper traffic and mall crowds. Instead, look for the perfect holiday gifts in shops around your town. You could save a lot of time and energy — especially on those last-minute gifts. ☎



# QUALITY CARE FOR KIDS

New Hope Children's Clinic provides free medical and dental care for local children

*By Kerry Scott*



**D**r. Libby Nord, a pediatrician who works in Huntsville Hospital's Emergency Room as well as the New Hope Children's Clinic (NHCC), still recalls clearly the details of an exam on a young girl at the clinic a few years ago. The child had been complaining of tummy aches, a fairly common issue for school-aged kids. After a thorough examination of the child, Dr. Nord had a diagnosis: hunger. "I asked her some specific questions and she told me that when she opened her refrigerator at home, it was all white inside," says Nord. "It was heartbreaking. But this child never would have shown up at a clinic in Huntsville to be treated for her tummy ache." Instead, she went to New Hope Children's Clinic.

Since its opening in August 2009, the NHCC has seen many children come through its doors — children who might not have the means to visit a larger clinic to receive medical attention. Located on the campus of New Hope Elementary School, the clinic provides medical and dental care to children ages 3 to 18 with no out-of-pocket expense to the family. "We're providing a valuable and much-needed service to the community," says Nord.

Kylie Cobb is one of more than 1,000 kids to visit NHCC this year. "That's really encouraging," says Dr. Nord. "It shows that people are beginning to think of this clinic as their child's healthcare provider."





A larger facility has made it possible for the clinic to add dental care to the services it provides. Plans are underway now to add vision care by the end of the year.



## NEW HOPE CHILDREN'S CLINIC

**Open Monday-Thursday  
8 a.m. to 4 p.m. (by appointment)  
to children ages 3 to 18  
with or without insurance**

On another occasion, Nord treated a boy with a rash. His parents weren't sure what it was and asked her to have a look. "He had these tiny pinpoint bruises all over his body," she recalls. "He stuck his tongue out and it looked like he'd been sucking on a marker; it was black in the center." Tests showed that his blood platelets were extremely low. He had ITP, an autoimmune disease in which the body reacts to a viral infection and destroys the body's ability to form blood clots. "He ended up doing fine," says Nord. "But if he had gone to PE that day, or even fallen, it could have caused major bleeding. Things could have been much worse."

It's incidents like these that illustrate the great importance of the New Hope Children's Clinic. Nord says the clinic is unique because, as a physician, she's seeing things that she would never see if parents had to bring their children to Huntsville to be treated. "That's really key," she says. "We're meeting children

where they are. We aren't waiting for them to come to us."

The full-service pediatric clinic offers both sick- and well-child visits, sports physicals, referrals to specialists and, most recently, dental care. Vision care will also be available by the end of the year.

"No child is ever turned away because of money," says Nord. In fact, the clinic doesn't even require that insured patients pay their copay. "We bill insurance, if you have it, and we accept donations." The clinic is a non-profit, partially funded by grants. Several area churches also help fund it.

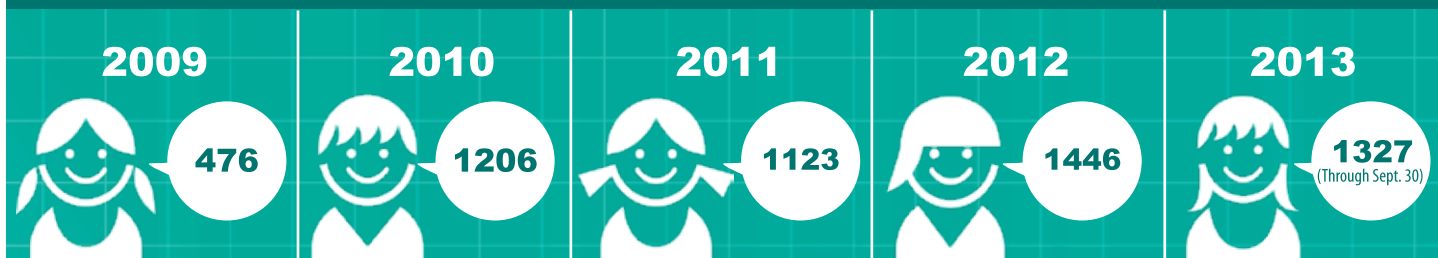
One huge accomplishment for the clinic has been the rise in the number of insured patients it sees. Any time a patient comes to NHCC without insurance, a packet containing a Medicaid application is sent home with the child. If Medicaid doesn't approve the application, it is automatically forwarded to Alabama's ALL Kids insurance program for consideration. "It's

important that we help everyone who qualifies get the insurance they need," says Nord. "That way we know they can get the healthcare they need in any arena."

Although Dr. Nord has been a volunteer at the clinic since its inception, she recently became part of the paid staff. Pediatric Nurse Practitioner Neila-Susan Thompson has also been with the clinic since it opened. Other doctors who volunteer their time are Dr. Alice McDuffee, a pediatric ICU doctor; Dr. Laura Cazier, a pediatric ER physician with Huntsville Hospital; and Dr. Mike Klemm of Huntsville Pediatric Associates. Dr. Amy Miller and Dr. Randy Harvell are volunteer dentists.

Parents are comforted to know their children are receiving quality care by some of the top pediatric physicians in Huntsville. "We're big enough to provide the care children need," says Nord, "and small enough that they don't feel like they're being cared for by a huge team." ☎

### BY THE NUMBERS: NUMBER OF PATIENT ENCOUNTERS



# Pin like a pro

**Pinterest.com** is a hugely popular website, attracting more than 50 million monthly unique visitors. It enables users to find and organize all manner of things that reflect their interests. During the holidays, Pinterest can help you find ideas for new seasonal traditions, tasty recipes, activities for kids and more. Here's how to make Pinterest part of your holiday celebrations.

## HOW TO DO IT

Create a board for the holiday — then explore the “Holidays & Events” category for recipes, decor, activities for kids, wardrobe ideas and more. When you find something you want to try, pin it to your holiday board. You could also create a private board for gift ideas and include prices in the description.

## WHO TO FOLLOW

When you follow a user's board, new pins will show up in your main feed when added to that board. Find boards with styles similar to yours and find inspiration from others' pins. Or, follow your family and friends to find gift ideas for them. Search for local shops or department stores that have a page and get ideas from their pins. They might even feature a holiday deal!

## WHAT TO PIN

Pin anything that inspires you. If you see a holiday recipe, craft, game or Christmas card idea that you would like to try, pin it to your board for quick access. You can repin items from your main feed or from searches. You can also create your own pin from something you find on the Web. To create a pin, take a picture of it and upload the image from your computer.

## Pinning Tips

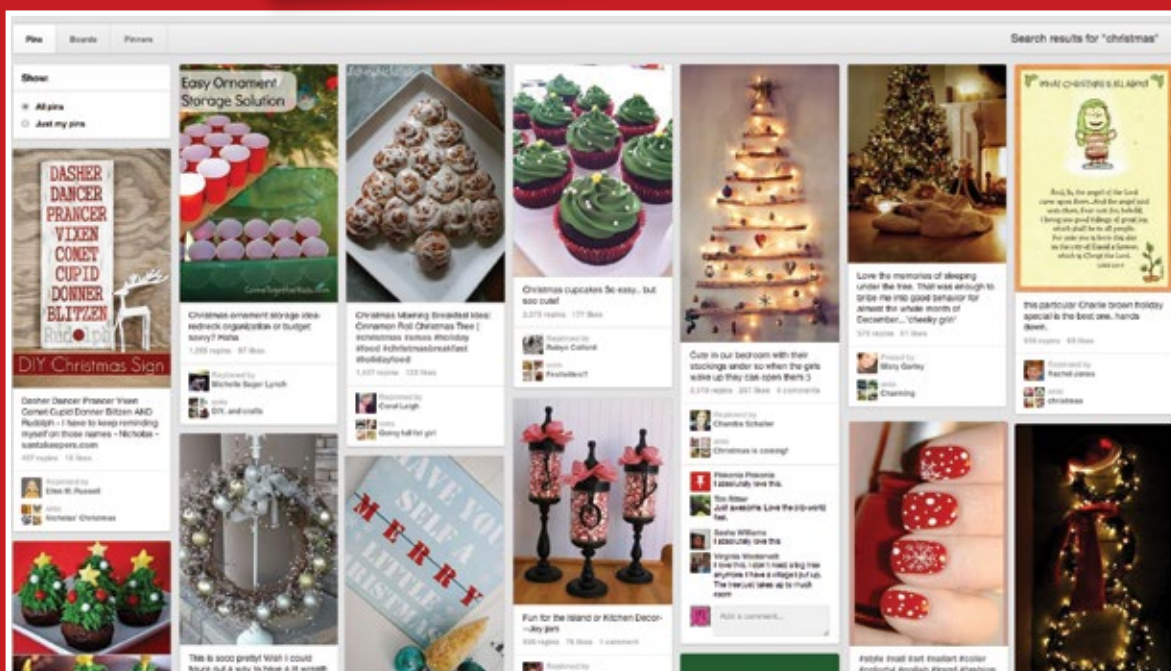
- Download the Pinterest mobile app for on-the-go searches.
- Add specific keywords to pin descriptions, to let others easily find your pins.
- Comment on pins to let others know what worked or what did not.
- Install the browser “Pin It” button to quickly pin items from your favorite websites.
- “Like” items that you do not want to pin, but that might interest you later.

## Speak the Lingo

- **BOARD:** collection of pins
- **PIN:** image or video added to a board
- **FOLLOW:** keep in touch with the boards of your favorite pinners
- **LIKE:** mark a pin without attaching it to a board

## Something for almost everyone

Looking for a new cookie recipe for the Christmas party? How about a do-it-yourself project to create with the kids over the holiday break? Pinterest.com is an endless source of inspiration for food, fashion, home decor, family fun and more.





## Businesses can be penalized for not following FCC rules

Businesses that make phone calls to customers or potential customers should be aware of National Do Not Call Registry rules and regulations.

The Do Not Call initiative, regulated by the U.S. Federal Trade Commission (FTC) and the U.S. Federal Communications Commission (FCC), requires telecommunications companies to notify customers who use their service for making telephone solicitations and telemarketing calls of National Do Not Call rules and regulations. We recognize that only a few customers utilize our services for telemarketing purposes; however, to ensure that our customers adhere to these rules and regulations, we are issuing this advisory to all business customers.

If you are a company, individual or organization that places telemarketing calls, it is very important that you familiarize yourself with the operations of the National Do Not Call Registry.

Unless you fall under one of the established exceptions, such as telemarketing by charitable organizations or for prior business relationships, you may not make telemarketing calls to numbers included in the National Do Not Call Registry.

For information regarding National Do Not Call regulations, visit the National Do Not Call Registry at [www.telemarketing.donotcall.gov](http://www.telemarketing.donotcall.gov). You can find the Federal Communications Commission and Federal Trade Commission rules governing telemarketing and telephone solicitation at 47 C.F.R. § 64.1200 and 16 C.F.R. Part 310, respectively.

# Easy steps to permanently **STOP** telemarketing calls!

If you are like most consumers, you are tired of being disturbed by telemarketing calls. There is help.

The Federal Trade Commission (FTC) and the U.S. Federal Communications Commission (FCC) have established a National Do Not Call Registry. Joining this registry can drastically reduce the number of telemarketing calls you receive.

Here are some important facts about the list:

- Once registered, telemarketers have 31 days to stop calling your number.
- You can register up to three non-business telephone numbers. You can register cell phone numbers; there is not a separate registry for cell phones.
- Your number will remain on the list permanently unless you disconnect the number or you choose to remove it.
- Some businesses are exempt from the Do Not Call Registry and may still be able to call your number. These include political organizations, charities, telephone surveyors and businesses that you already have a relationship with.

Strict Federal Trade Commission rules for telemarketers make it illegal to do any of the following regardless of whether or not your number is listed on the National Do Not Call Registry:

- Call before 8 a.m.
- Call after 9 p.m.
- Misrepresent what is being offered
- Threaten, intimidate or harass you
- Call again after you've asked them not to

**Adding your number to the Do Not Call Registry is easy!**

Register online at  
**[www.donotcall.gov](http://www.donotcall.gov)**

or call 888-382-1222  
For TTY, call 866-260-4236

*You must call from the telephone number you wish to register.*



## Beware of sales calls disguised as surveys

The Federal Trade Commission (FTC) says they have received numerous complaints from individuals who report receiving deceptive sales calls. The callers identify themselves with Political Opinions of America and ask you to participate in a brief survey, usually consisting of about three questions. After answering the questions, the individual is transferred to someone offering them a bonus for participating in the survey — usually a sales pitch for a time-share disguised as a “free vacation.”

The FTC warns that if the purpose of the call is to try to sell something — even if it includes a survey — it is telemarketing and all Do Not Call Registry rules apply.

If you believe a call violates the FTC rules against telemarketing, you can file a complaint by calling 888-382-1222 or go to [donotcall.gov](http://donotcall.gov). 📞



# BEST IN THE STATE

*By Kerry Scott*

Bootlegg BBQ takes home state title in AWF Wild Game Cook-Off

New Hope native Mike Page couldn't be more pleased about his competition barbecue team, Bootlegg BBQ, winning first place at this year's Alabama Wildlife Federation's (AWF) Wild Game Cook-Off in Montgomery. After all, this was their fifth attempt at the title. "We came in third place and second place before, but this year we get to call ourselves the best in the state."

But, despite the victory, Page says it was pure luck they got the chance to compete at the state level this year.

## THE ROAD TO STATE

The AWF divides the state into 15 regions, and teams compete by preparing a dish in one of three divisions: fish, fowl or game. A first-place winner is chosen in each division and one of those dishes is then chosen as the grand champion. Only the grand champion of each regional competition moves on to the state competition.



At the Guntersville regional, Bootlegg BBQ prepared what they felt was surely a winning dish: a bacon-wrapped stuffed turkey breast smoked to perfection. With only about 15 minutes left on the clock, they decided to whip up a last-minute entry, crappie quesadillas.

Instead of their main dish, it was that last-minute entry that won grand champion and secured their chance to compete at the state level.

As the team began preparation for Montgomery, Page knew they would have to pull out all the stops to win at state. "I told the guys we had to go big," says Page. They chose elk as the meat for this competition.

The team prepared Elk Tex-Mex. "I had some elk filets that were going to be used in the dishes," says Page. "But as I was slicing these beautiful steaks, I knew they were the money. They were perfect. So, I substituted some of that filet for the meat we had planned to use in the quesadilla."

An eye-catching plate of bell peppers, bacon-wrapped jalapeños and a quesadilla — all stuffed with elk — along with a fork-tender elk filet was presented for judgment. Although the team had never cooked elk before — and despite having 14 other tough contenders — it was Bootlegg BBQ's dish that judges thought was the most outstanding, giving the team its first-ever state championship title.

## THE TEAM

The Bootlegg BBQ team started with Page about seven years ago. His wife, Kedia, can often be found staging the booth at competitions. Mitchell Kelly helps whenever he can. Page is in charge of marination and presentation. Kevin Blake serves as pit master where he maintains the temperature on the grills or smoker.

"I couldn't do this without them," says Page. "You can lose track of things quickly in a competition. That's why teamwork is so important. Everyone has a job and helps everyone else stay on track and focused."

These days, even the grandkids are helping out. "Kolby is 7 years old and loves to meet and greet everyone," says Page,



Bootlegg BBQ wins best in state.

laughing. "We call him our PR guy. His 5-year-old brother, Kolton, will put on an apron and help me cook. I think they both want to follow in the family footsteps and barbecue."

## ON THE HORIZON

With so many different BBQ organizations out there, it's difficult to say what Bootlegg BBQ will set its sights on next. Page says they will definitely stick with the AWF for a while, though. "It's been good to us," he says. "We'll continue to cook for charities, too. That's something we've always done. There are a lot of good causes out there that we want to help support."

He's also considering the Alabama Barbecue Association. Organized in 2006, the association hosts events across the state for both professional grillers and backyard barbecuers. The ABA promotes the Alabama Barbecue Trail and oversees the Alabama Governor's Cup, which is awarded to the professional team that has the highest overall points in their top five sanctioned competitions throughout the year.

"I love a challenge," says Page. "I don't know what they like, what they don't like or what to expect. It will all be new. I love cooking off the hip and it will be a challenge for me." ☎



Bootlegg BBQ of New Hope has competed in the Alabama Wildlife Federation's (AWF) Wild Game Cook-Off five times. This year they wowed the judges with their Elk Tex-Mex dish, taking home top honors. Mike Page says his team will definitely try to repeat the win next year.

## Warning: Cakes may be habit-forming

I'm not one to advance conspiracy theories, but in recent years, I've become convinced that certain foods have been infused with drugs to induce craving. Take cake, for example. Who can resist a moist cake crowned with inches of creamy frosting? I know I cannot. It's a simple fact that I've learned to accept. To me, there's simply nothing better. And during the upcoming holiday season, I know I'll have plenty of chances to indulge in my cake craving because cakes abound during the weeks between Thanksgiving and Christmas.

My favorite cake is and always will be one made from chocolate with lusciously thick chocolate frosting. No, wait a minute. It's the apple cake with cream cheese frosting embedded with pecans. That's it. On second thought, it's my sister's prize red velvet cake, perfect for the holidays. Or is it my carrot cake with its layers of delicious moist cake oozing with cream cheese frosting? See what I mean? It's hard for any cake lover to pick out a favorite with so many cakes from which to choose.

So this Christmas season, I hope you'll have your cake and eat it, too. I know I will!



**Anne P. Braly**  
Food Editor

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## Baker passes secrets along to new generation

**F**rom savory hams to turkeys dressed with scrumptious stuffings, the holidays are filled with an abundance of decadent foods. But cakes take the cake. And many people think Deanne Fender makes the best cakes of all.

The art of cake-making has been a multigenerational thing in her family, she says.

"It goes back three generations," says Fender. "My mom, who's still living, my grandmother and great-grandmother all loved to put a smile on someone's face by surprising them with a cake. If someone was sick or shut in, they would make their day when they delivered one of their homemade treats."

Fender now carries on the sweet tradition, even down to the baking pans that have been handed down. And you can recognize her cakes anywhere, she says, because they are square, not round, which makes them much easier to slice. In fact, it's such a good family custom, she's shown Pressley and Holden, two of her six nieces and nephews, how to make the family cakes.

"They now know most of the 'secrets,'" she says. "I love to bake cakes because it makes people happy and complements the occasions they may be celebrating."

Fender, who has worked as the administrative assistant at Coastal Electric Cooperative in Walterboro, S.C., for more than 15 years, has been married to her husband, Donny, for 30 years. The couple enjoys living the country life in Smoaks, S.C., where her parents also live and own a barbecue restaurant, B&D Bar-B-Que.

"The closeness of family is very dear to my heart," Fender says. And particularly at this time of year.

"I don't think there is enough of that these days," she says, referencing the lack of time families spend together due to the busy lives they lead. "We don't have time like the generations before to pass things down to children, grandchildren and even great-grandchildren. This is how things, such as baking, continue from one generation to the next."

In addition to baking cakes for friends, Fender helps out her parents by making cakes in their restaurant kitchen for those who want something sweet after a big plate of barbecue.

"I had to start baking more and more cakes for B&D to make sure they didn't run out," she says. After getting a taste of her cakes, customers often end up wanting more, so they place an order for a cake of their own.

Fender says she doesn't have a favorite cake. "I just make what people want to complete their holiday meals or special occasions. It makes me proud to know that something that was handed down can still bring a smile to people's faces."

But one thing is standard for all of her cakes, she says.

"A lot of love goes into each one." 📞



*Deanne Fender*



# Hope, Joy and Pieces of Cake



*Chocolate Pound Cake*

## Chocolate Pound Cake

- 2 sticks margarine
- 1/2 cup Crisco® shortening
- 2-3/4 cups sugar
- 6 eggs
- 3 cups flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1/2 cup cocoa
- 1-1/4 cups milk
- 2 teaspoons butter flavoring
- 2 teaspoons vanilla extract
- 1/2 teaspoon almond extract

Preheat oven to 325° F. Spray a 10- by 3-inch round cake pan with Baker's Joy®. (Fender typically uses a round cake pan because she says that the mixture can sometimes overflow a Bundt pan.) Cream together margarine, shortening

and sugar until fluffy. Add eggs, one at a time, beating until mixture is creamy and fluffy. Sift together flour, salt, baking powder and cocoa; add to egg mixture alternately with milk, beating between additions. Beat mixture 2-3 minutes or until creamy. Add butter flavoring and extracts. Pour into prepared pan and bake for 1-1/2 hours or until cake tests done. Remove from oven and let cool completely before removing from pan.

## Sour Cream Caramel Frosting

- 1 cup (2 sticks) butter or margarine
- 1 cup butterscotch morsels
- 1 cup firmly packed brown sugar
- 2/3 cup sour cream
- 2 teaspoons vanilla extract
- 1 (2-pound) bag confectioner's sugar

Combine margarine, morsels and brown sugar in a heavy 2-quart pot and bring to a boil. Boil for 1 minute. Remove from heat and let cool for 15 minutes. Add sour cream and vanilla and mix for a few seconds. Add confectioner's sugar and beat until creamy. Frost between cake layers and sides of cake.

**Note:** If mixture seems a little thin, put the mixer bowl in the freezer for 5-10 minutes to bring the frosting to a more spreadable consistency.

## Deanne's Six-Layer Cake

- 1-1/2 cups butter-flavor Crisco®
- 2-1/2 sticks margarine
- 1/2 cup Crisco® shortening
- 3-1/2 cups sugar
- 6 eggs
- 3-3/4 cups flour
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 1-1/4 cups milk
- 2 teaspoons butter flavoring
- 2 teaspoons vanilla extract

Preheat oven to 400° F. Spray six (8- by 8- by 2-inch) cake pans (see note) with Baker's Joy®. Cream together margarine, shortening and sugar. Add eggs, one at a time, beating until mixture is fluffy. Sift together flour, salt and baking powder. Add flour mixture alternately with milk to egg mixture, beating between additions. Beat mixture 2-3 minutes or until creamy. Add butter flavoring and vanilla. Bake for 18 1/2 minutes or until cakes test done. Cool cakes completely before frosting.

**Note:** This cake may be made in stages if you do not have six cake pans. Cool cakes completely when you remove them from oven, then remove from pans so that the pans may be washed, greased and floured to use again. However, Fender says she usually makes five-layer cakes and saves the sixth layer for another cake. ☎



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