

The

Communicator

SEPTEMBER/OCTOBER 2016

MESSAGES OF HOPE

Survivors share
stories of living
with cancer

A THANKS TO ALL OF YOU

Don't miss NHTC's
Customer Appreciation Day

THE STORY CONTINUES

Grant Library celebrates a
quarter century of learning



What is your broadband story?

The internet touches so many parts of our society, but how does it personally impact you? We are looking for stories of people who use their broadband internet connection in ways that enhance or improve their lives. Do you:

- ▶ Subscribe to monthly box services such as Blue Apron (food), Stitch Fix (clothing), BarkBox (dog goodies) or Made South (products made by Southern artisans)?
- ▶ Publish books online?
- ▶ Run a home-based business?
- ▶ Create or stream video through Facebook Live, Periscope, Blab or YouTube?
- ▶ Play online games such as Minecraft, Call of Duty or Destiny?
- ▶ Take online classes through a community college or university, or courses through Khan Academy, Lynda.com or Treehouse?



We want to hear from you! Visit www.howdoyoubroadband.com and share your broadband internet story with us. We may contact you to be featured in a story for this magazine.

Broadband: It's a matter of health

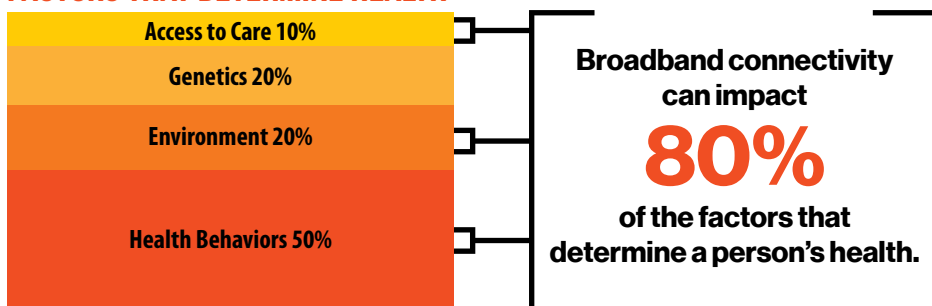
Rural health care is among the many important factors driving our commitment to build a robust broadband network.

Writing in The Huffington Post, health economist Jane Sarasohn-Kahn recently stated that “broadband is now a social determinant of health. Without connectivity to internet clouds, data platforms and telemedicine channels to specialists, rural health care providers and others in underserved communities will not be able to provide evidence-based care in ways that can scale in economically sustainable ways using 21st-century digital and telehealth technologies.”

Indeed, Maggie Elehwany, vice president of government affairs and policy for the National Rural Health Association, agrees, saying, “Not only do you need the appropriate internet connection, you need the appropriate bandwidth to do various types of telehealth.”

How much of an impact can broadband internet service have on a person's health? Quite a bit, apparently. “Only a portion of the public's health,” Sarasohn-Kahn writes, “is attributable to genetics.” A full 80 percent is attributable to access to care, environment and health behaviors, all of which can be impacted by broadband.

FACTORS THAT DETERMINE HEALTH



Source: IFT; Centers for Disease Control and Prevention.



By SHIRLEY BLOOMFIELD, CEO

NTCA—THE RURAL BROADBAND ASSOCIATION

Talk to candidates about the impact of rural broadband

With just two months until Election Day, you have the attention of candidates for national office. Those running for U.S. Senate and U.S. House of Representatives want you to know why they are best suited for the job, and chances are you will have an opportunity to attend a town hall meeting or similar gathering soon where you can hear them speak and share with them your concerns.

Earlier in the year, NTCA reminded both parties leading up to their national conventions that broadband is vital to enabling all Americans to participate in a vibrant national economy — and that it promotes civic engagement and critical access to essential services. Investments in rural communications touch all segments of the U.S. economy. In fact, the biggest benefit actually goes to urban America when a rural communications provider invests in their networks.

That message is even more powerful when it comes from you. It is so important to your communities that our national government supports rural broadband. NTCA has developed the fact sheet on the following page to help you share that message. Please use this information when communicating with candidates. Tell them your local telecommunications provider is dedicated to building a strong connected future, but they need their help to ensure continued success. See you at the polls! 🗳️

KNOW YOUR NUMBERS!

Fact sheet for discussing the impact of rural broadband with your elected officials

Economic Impact of Rural Broadband

Rural broadband companies have contributed

\$24.1 billion to the US economy in 2015,
through their own operations and the follow-on impact of their operations.



Over \$100 billion

in e-commerce was supported by rural broadband,
with the largest share drawn from the manufacturing sector.

Rural broadband services
expand access for the nearly



of Americans living in rural communities,
enabling the use of new technologies such as:



Distance Education



Telemedicine



Security

Learn more at NTCA.org



High-speed internet access improves lives and has a positive impact on the economy, education and health care, according to recently released research.

"The Economic Impact of Rural Broadband," a recent report released by the Hudson Institute and commissioned by the Foundation for Rural Service, reveals the many economic and social

benefits of rural broadband access.

With 20 percent of Americans living in rural communities, it's crucial to keep these areas up to speed. Luckily, advocates such as NTCA—The Rural Broadband Association are boosting the efforts of independent telecommunications and broadband providers nationwide to deploy high-speed services to schools, libraries and more.

Customer service is always No. 1

In the telecommunications world, it's easy for a company to get so caught up in the fiber optics, cybersecurity, FCC rules and engineering maps that they forget the most important thing about our business: the way we treat our customers. But, that's not the case at NHTC.



JIM COOK
General Manager

Despite the millions of dollars we've spent on network infrastructure and the years of planning that have gone into delivering our services to you, I know that your experience with us hinges on how you are treated when you need assistance. And while customer service is always an area of focus for us, companies around the country will highlight the service provided by their employees during Customer Service Week, Oct. 3-7.

With that in mind, I'd like to take a moment to salute our customer service staff. I believe we have one of the best customer service teams anywhere and they do a tremendous job making sure our customers' needs are met. I'd also like to thank the employees who make your needs their No. 1 priority, even

though their job title doesn't say "customer service." Our employees, acting as a team, work hard to provide service that is second to none.

There's a good reason we treat you differently. Locally based cooperatives like ours are owned by our members, which gives us extra incentive to make sure you're pleased with the service you receive. We have been a part of this community for decades, and many of our employees regularly serve their family members and friends.

From my experience, and from the stories I've heard, that's not the case everywhere. On national customer service surveys and reports, the huge, profit-driven corporate telecommunications companies routinely show some of the lowest customer satisfaction numbers of any company in any industry. Customers are made to wait for inferior service, are sold products that don't meet their needs and are led through a maze of 1-800 numbers, phone menus and ineffective or unfriendly employees when they need something.

At NHTC, we have a staff that is committed to spending the time to learn about your needs and to offer services that match those needs. We have employees who will answer the phone and help solve your problems. We have a team that stands behind its work and puts in the time to get the job done right. And we have an organization, from top to bottom, that is committed to making sure you get the customer service you deserve — whether it's Customer Service Week or any other week of the year. ☎

The Communicator

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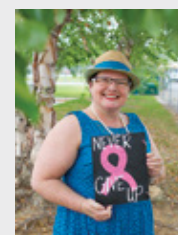
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On the Cover:



Carol Thomas was diagnosed with stage two ductal carcinoma in 2013. Now, she urges women to regularly complete self-exams.
See story Page 8.



MUSIC *at the* GAZEBO

» Come out every Tuesday in September and October for a night of fun at Music at the Gazebo in downtown New Hope. Music starts at 6 p.m. and will go on until at least 8 p.m. each week.

And be sure to come hungry because Good Time Charley's BBQ truck will be on-site and ready to serve.

For more information, contact Dennis Martin at 256-658-1457. Also, be sure to listen to 59.5 FM radio and watch for Robert Reeves on channel WHNT-2 for updates about the musical lineup.

Some bench seating will be available, but feel free to bring a lawn chair or a blanket and a friend.

THE MUSIC AT THE GAZEBO LINEUP

- **Sept. 6** — Heritage Quartet (Gospel and some bluegrass)
- **Sept. 13** — Leon Venerable celebrates his 50th birthday (country, bluegrass, gospel and original songs)
- **Sept. 20** — Senior Center Singers and Pickers (gospel, bluegrass and country)
- **Sept. 27** — Double Barrel Band (classic country, '60s rock 'n' roll and original songs)
- **Oct. 4** — Josh Fuell & the Grant Mountain Gang (modern country, classic country and classic rock 'n' roll)
- **Oct. 11** — The Glory Echoes Gospel Group
- **Oct. 18** — Blue City (original music and alternative rock)
- **Oct. 25** — Songwriter's Night (Local songwriters will perform their own music.)

Mark your calendars!

CUSTOMER
Appreciation
DAY

Friday, Oct. 28
from 8:30 a.m. until 4:30 p.m.

Come by the NHTC office
for fun and fellowship!

— Get ready for — FOUNDER'S DAY

The 27th Annual New Hope Founder's Day is Oct. 8 in historic downtown New Hope.

Bring the family for fun and games, music, food, a parade, arts and crafts, ugly walk and horseshoe pitching. For more information, call 256-655-5140 or 256-603-3182.



GET OUT *and* GOLF

Give hope to children in your community by getting in a round of golf. The 14th Annual I Golf Because I CARE tournament is Oct. 17 at the Hampton Cove RTJ Highlands Course. Your donation to this event can help feed low-income students on holidays and weekends, help students get access to mentoring and tutoring, and contribute to at least five college scholarships. For more information, visit www.thecare-center.org.



FABULOUS FARMS

Go straight to the source for some of your favorite foods

Farm-to-table food is a trend in the restaurant business, but now more than ever, farms are opening their gates to all. Take a tour and let your children learn where their food comes from, and then take it home and let the fresh flavors enliven your senses.

When you visit these farms, you get to experience that night's dinner from start to finish: No bar codes, no middle-man mark-ups and no tabloids in the check-out lines. Here are some places around the South that offer farm-to-table experiences that are deliciously fun.

GREER FARM

1444 County Road 1125, Daingerfield, Texas

Everything's bigger in Texas, and at Greer Farm, things are no different. Stop by and you'll find big eggs — the best in the state, some say; packages of beef, pork, lamb and chicken; big jars of homemade jellies and jam; and trees laden with fresh fruits. Just take a walking tour and see for yourself what makes this farm such a popular destination for those wanting to know where their foods originate. There are nearly 400 acres to roam.

Want to stay a while? Rent one of the charming lakeside cabins.

Owners Sid and Eva Greer have been farming the land since 1999, but the restored farmhouse was built in the mid-1800s. "It's a very real farm — it's the way farms used to be," Sid Greer says.

- ▶ **Farm tours:** Self-guided walking tours during berry season; collecting eggs and feeding animals for overnight guests
- ▶ **Information:** 903-645-3232, 903-452-9738 or www.greerfarm.com



TECH-SAVVY TRAVELER:

There are plenty of websites and apps to help you find recipes, but did you know these resources can also help you find fresh fruits and vegetables to make those dishes shine? For example, **Farmstand** (farmstandapp.com) points you toward nearby farmers markets and **FarmStarLiving.com** helps you find farms and farm-to-table restaurants.





SWEETWATER VALLEY CHEESE 17988 West Lee Highway Philadelphia, Tennessee

Just a short drive off I-75 brings you to a long driveway. Take a slight right at its end, and you'll arrive at the Sweetwater Valley Cheese plant and store. Continue straight, and pastures of dairy cows and milking barns come into view.

Sweetwater Valley produces 27 artisan cheeses and makes almost 300,000 pounds of cheese every year. You can view the operation through windows in the retail area, watching employees separating curds from whey as you shop for your favorite variety. Don't know which variety is best? There are plenty of knowledgeable staff on hand to help you through the "udderly" delicious process. John Harrison started making cheese in 1998, so with nearly 20 years in business, he knows his cheese.

"We want people to understand how the dairy industry contributes to feeding the world and how our farm, our cows and our cheese contribute to the local and world economies," Harrison says.

- **Farm tours:** Walking tours daily
- **Information:** 865-458-9192 or www.sweetwatervalley.com

JACK O' LANTERN FARM Garage Road Muscle Shoals, Alabama

North Alabama has a variety of farms, but none is more popular this time of year than Jack O'Lantern Farm. Drive your car down Garage Road and park it in the lot. Outside the farm store, you'll be surrounded with orange orbs scattered around the parking lot and inside the farm store.

If you can find your way around all that orange, you'll discover that Jack O'Lantern Farm is about a lot more than pumpkins.

It's about free-range eggs, organic milk, beef, pork, lamb and chicken. And just last year, the farm received certification as Certified Naturally Grown for its produce. In the fall you'll find broccoli, cauliflower, Brussels sprouts, spinach, lettuce and tomatoes.

Steve and Connie Carpenter went into the farming business in 1996 with nothing more than pumpkins. Three years later, they moved and expanded into what the farm is today.

- **Tours:** Self-guided walking tours only
- **Information:** 256-712-2383 or jacko-lanternfarm.com

GLENMARY GARDENS 224 Old Abingdon Highway Bristol, Virginia

Getting to know your farmer and seeing how your food is grown are the best things about buying local, says Michael Richard, owner of Glenmary Gardens. And it's at his farm where you can come and pick your own homegrown fruits and veggies, or you can buy them pre-picked in the small shop located on the farm property. The fall crop includes rhubarb, apples, watermelons, cantaloupes, eggplants, heirloom tomatoes, peppers, pumpkins, squashes and an autumn crop of strawberries. Or, for a taste of something sweet, try the homemade jams, jellies, Italian strawberry cheesecakes and fresh eggs by the dozen.

It's an afternoon of fun for people of all ages, with wagons available for hauling in your pick of pumpkins and a creekside picnic area for anyone wanting to dine outdoors on a beautiful fall afternoon in the Blue Ridge Mountains.

- **Farm tours:** For families (if time permits) and school groups (at a nominal charge)
- **Information:** On Facebook (Glenmary Gardens) and 276-644-4999

SPLIT CREEK FARM 3806 Centerville Road Anderson, South Carolina

Once you're on the property of Split Creek in the foothills of the Appalachians, you can't help but notice the warning sign: Goat X-ing. And don't be surprised if



Split Creek Farm, Anderson, SC

there's an "ambassador" goat out to greet you. The kids will love it.

There are more than 400 goats on the farm at any given time. "You can never have too many goats," says owner Jessica Bell.

Bell and her husband, Pat, have won awards for their feta, chevre and fromage goat cheeses. Visit the farm store and taste for yourself. The most popular cheeses include marinated feta and jalapeno cheddar. Also, the store carries Greek-style yogurt, probiotic smoothies, dessert cheese balls and fudge.

- **Farm tours:** Offered throughout the week; call ahead to schedule
- **Information:** 864-287-3921 or www.splitcreek.com

GARDNER GIRL FARM 1336 Highway 1275 N Monticello, Kentucky

The drive along Highway 92 is a scenic one that leads you to Monticello, bound by Cumberland Lake on one side and the Daniel Boone Forest on the other. And no time of year is better than fall when the leaves are at their peak, making it a splendid time to visit Gardner Girl Farm. Looking for that perfect pumpkin? Or what about squash to make an autumnal dinner? They have plenty, ranging from acorn and butternut to Pennsylvania Dutch and plenty of heirloom varieties, says Sherry DeBord, who, with her husband, Steve, has farmed the land for more than 40 years. "We also have Indian corn and hand-painted gourds and will probably have tomatoes through November," she says.

While shopping for your produce, don't forget to pick up a jar of homemade jam, jelly or relish.

- **Information:** 606-307-0020 📞

Keeping up the fight

Local women tell stories of breast cancer survival

By MELISSA SMITH

Carol Thomas adjusts the stylish fedora that covers her short, newly grown curls. She wears a teal lace dress with pearls and sits regally poised beside her sister, Cindy Barnes. Her upbeat personality and smile disguise any pain as she matter-of-factly discusses a hard truth: She has cancer.

Not had — but has.

She was first diagnosed with breast cancer in 2013, and it has recurred twice since then. Thomas, who lives in Guntersville, works in the restaurant industry and continues to live an active and full life, despite her health.

“If you’re alive and not living, what’s the point?” she says.

FACING REALITY

In January 2013, while in the shower, she felt a lump under her armpit. “I thought it was a little strange, and when it didn’t go away, I went to get it checked out,” she says.

While mammograms are important, Thomas says that self-exams are just as important. “It wasn’t time yet for my

mammogram, and if I had waited, the outcome could’ve been different,” she says.

She was diagnosed with stage 2, grade 3 ductal carcinoma. The higher the grade of the stage, the more aggressive the cancer. It was also classified as triple-negative, meaning none of the receptors normally targeted for successful treatment of cancer were present. Only 10 percent of women diagnosed with cancer are triple-negative, and there are no targeted therapies for it.

“We’ve just embraced it with dignity,” Thomas says.

After 12 rounds of chemotherapy, the tumor was basically gone. Thomas underwent a double mastectomy in July 2013 following six months of therapy.

After reconstruction surgery in early 2014, she felt a lump once more during

a self-exam, and much to her and her doctor’s dismay, the cancer had returned. “Just because you had a mastectomy doesn’t mean there can’t be a recurrence,” she says.

Seventeen lymph nodes were removed during a lymph node dissection — they all tested positive for cancer. Thomas endured more chemotherapy and 28 rounds of radiation.

“When he took the lymph nodes out, they were biopsied and tested positively again for triple-negative cancer. We tried a different kind of chemotherapy, and there was a new drug on the market,” she says. After jumping through hoops to qualify for the new drug, Thomas was approved to take it.

Two months later, she developed a



Carol Thomas was first diagnosed with breast cancer in 2013, and it has recurred twice since then.

cough and thought it was a cold. The cough didn't go away, and when she went in for scans, she found out the cancer was back.

KEEPING UP THE FIGHT

Thomas has received most of her treatment at the Clearview Cancer Institute in Huntsville. "We can't say enough about CCI. They've been wonderful," her sister, Cindy Barnes, says.

"After the last diagnosis, just to make myself feel better that I've done everything possible, I wanted to get a second opinion, so I visited the Cancer Center of Atlanta," Thomas says. "The doctor told me he could get me in on a trial program, and I have been on that medication several months longer than the normal patient," she says. In July, she planned a visit to another research facility at Vanderbilt in Nashville with the hope that between those two facilities, she can continue the fight.

"Her attitude has been wonderful," Barnes says.

"It doesn't matter what stage of cancer you're in ... you're a survivor, and you've got to keep yourself up-to-date and know what's out there so you can coordinate with your doctor about treatments," Thomas says.

BEING BRAVE

Thomas enjoys living her life to the fullest, and she has had a wonderful year full of trips with girlfriends. She was also recognized at an Atlanta Braves game as one of the Honorary Bat Girls during Major League Baseball's "Going to Bat Against Breast Cancer" program. Thomas went online and submitted her story to the Atlanta Braves and was chosen to attend a game on Mother's Day. She took her family to the game, was interviewed by Fox News, toured Turner Field and met some of the players.

"I tried to get them to let me be the actual bat girl," she says with a laugh. Thomas says a highlight of the trip was meeting and talking with Braves' first baseman Freddie Freeman.

Even during her treatments, Thomas still works when she can and continues to travel with her friends. "You have to keep your mind occupied and don't give up," she says.

Local survivors

DIANE WOOD — LACEY'S SPRING

Diane Wood says she was very fortunate to have detected her breast cancer early. Wood was diagnosed with breast cancer in 2001 after going for a mammogram. After learning the news of her breast cancer, she had a colonoscopy and found out she had cancer in her colon. Both were in the very early stages, but later that year, she had to have a kidney removed.

After a lumpectomy and radiation, she has been in remission for about five years.

"I believe in God, and when I found out, I just turned it all over to Him," she says. "You just have to realize there's a lot of technology out there. Stay on top of mammograms. The sooner you know about it, you have a really good chance. My faith in God is what got me through it, and I had a really good surgeon. He assured me right off that I was going to be all right. It's an experience that will change your life, but don't be afraid — do what you've got to do and go on."



Diane Wood was diagnosed with breast cancer in 2001 and has been in remission for about 5 and a half years.

DEBORAH GRAY — NEW HOPE

"My doctor says I'm a miracle," Deborah Gray says. She was first diagnosed with breast cancer in 1989 and then again in 2013. The last time, she underwent a double mastectomy and chemotherapy because the cancer had spread to three different places. "I have never felt like I was going to die, and I really do depend on God for everything," she says. "Nowadays, the chemo is not as bad as it was back in '89. They've come so far," Gray says. She has been in remission since 2013. "It's not the end of the world. You can still live a full life."



Sherrie Davis was diagnosed with breast cancer in 2010. After a mastectomy and six rounds of chemotherapy, she has been in remission for almost six years.

SHERRIE DAVIS — NEW HOPE

In 2010, Sherrie Davis knew there was a knot when she went for her routine mammogram. After her doctor did a biopsy and it did not come back as malignant, he suggested they do a deep-tissue biopsy. "He knew when he pulled the specimen out that it was cancerous," Davis says. He confirmed the results the next morning, and while the news was shocking, Davis knew she had to deal with it the best way she could to be strong for her family. "I took it better

SURVIVORS, continued on page 12

Jessica Bray

MUSIC *is her* LIFE

A Q&A with Jessica Bray, a blogger from Kentucky who writes about her love of country music.

Check out her blog at
KENTUCKYCOUNTRYMUSIC.COM

Q: What will readers find at your blog?

JB: Kentucky Country Music is a personal journey of stories, interviews, road trip adventures, music history, reviews and more from my perspective.

Q: When did you begin blogging and how has it changed your life?

JB: I started writing in high school and then at Berea College for its newspaper and national publication, "Appalachian Heritage." The blog started in 2009 as a way to share my travel and concert experiences. I wanted to be able to show a positive image of Kentucky and the Appalachian region. Because of the blog, I have been fortunate to have met and interviewed legendary artists like the Oak Ridge Boys and have been given opportunities to attend red carpet events for Derby Eve and the Kentucky Music Hall of Fame Induction Ceremony. WFKY also allows me to do a country music news segment each week.

Q: What does music bring to your life?

JB: I have gained a lot of close friendships through music. One of those friendships has been with Sunny Sweeney. Because of her, I was able to go backstage at the Grand Ole Opry and meet Little Jimmy Dickens. Music brings back memories to different points in my life.

Q: Do you play an instrument?

JB: I broke my wrist when I was 10, so it makes it hard to play anything. I do have a mandolin, but I ended up collecting autographs on it instead of playing.

Q: Do you think it's important to raise children with an appreciation for all kinds of music?

JB: It's important for children to be exposed to the different styles of music. Whether it's country, pop, rap or even polka, each style reflects a different culture or religion in our country. You also learn that the roots of country music come from bluegrass, Appalachian folk and even rock 'n' roll.

Q: What's your favorite kind of music?

JB: Country music with the deep influence of Appalachia. I grew up on a farm listening to Loretta Lynn, Tammy Wynette, Conway Twitty, George Jones and Waylon Jennings. During my college years, and even now, I loved researching the roots of country music, as well as the craft of a good song.

Q: What was the first concert you attended and where?

JB: My parents took me to see Conway Twitty at Tombstone Junction, an old-time amusement park that unfortunately closed.



OTHER MUSIC BLOGS OF INTEREST:

► **TWANGNATION.COM**

Praised by music veterans Roseanne Cash and Shooter Jennings, blogger Baron Lane looks to his Texas roots for inspiration when writing his blog.

► **BEAT-SURRENDER.COM**

Mix a little country with some folk, Americana, rock and indie and you'll have www.beat-surrender.com, a masterful combination of musical genres found in one single blog.

A lot of country music singers played there, including Johnny Cash and Dolly Parton.

Q: What would be your dream concert if you could get a group of musicians together?

JB: I have always said it would be neat to have Sturgill Simpson, Chris Stapleton and Angaleena Presley in concert. All three Kentuckians have made their mark recently in music. 📺

SECURE YOUR ONLINE WORLD

Simple, smart strategies for password security



Remembering passwords for websites or online services can certainly be confusing — but not nearly as confusing as sorting out your life after identity theft.

In fact, bad passwords are one of the top ways that hackers and identity thieves gain access to private information. “It doesn’t matter if you have the best

firewall in the world; bad passwords can still make you vulnerable,” says Michael Ramage, director of the Center for Telecommunications Systems Management at Murray State University.

With that in mind, here are some ways to be sure your passwords aren’t leaving you open for a cyber attack.

► DON'T USE A COMMON PASSWORD

People want a password they can remember, but many people keep it too simple. Hackers know common passwords, and those are some of the first ones they try if they are cracking your accounts. “Most people want the convenience over the security because they don’t think it’s going to happen to them,” Ramage says. Avoid these simple, commonly used passwords:

- 123456
- 1234567
- password
- monkey
- 12345
- letmein
- 12345678
- abc123
- qwerty
- 111111
- 123456789
- mustang
- 1234
- access
- baseball
- shadow
- dragon
- master
- football
- michael

Top 20 Most Common Passwords in 2014
Source: SplashData Inc.

► USE STRONG PASSWORDS

The best passwords are chains of letters, numbers and symbols, rather than words that can be found in the dictionary. Using a known word and replacing “o” with “0” or “E” with “3” isn’t hard for hackers to figure out. “Hackers know that people do that,” Ramage says. “Any word that’s in the dictionary will be broken in a matter of seconds.”

Ramage suggests making a string of letters that mean something to you, such as the first letters of words in your favorite quote, song or Scripture verse. For example, instead of “baseball,” try Tmottbtmottc9, which is the first letter from each word in the first two lines of “Take Me Out to the Ballgame” and 9 for the number of players on the field. “It doesn’t have to be random letters; it just has to look random to the bad guys,” Ramage says.

► USE DIFFERENT PASSWORDS

Once you have a strong password, it can be tempting to use it over and over online. But that’s a mistake. Ramage says there are many cases where a person’s social media account has been hacked, which leads to other accounts being compromised because the same password was used. If hackers steal a password and user ID, they know to go and try that same combination at other sites. “A lot of times people think, ‘I have a strong password, and I’m going to use it everywhere,’” Ramage says. “How many other things that matter share that same password?”

► BE CAREFUL WHERE YOU PUT YOUR PASSWORDS

With the need for multiple strong passwords, it can be tough to remember them all. Ramage has seen plenty of password lists taped to monitors or keyboards. Such lists, especially in places where plenty of people come and go, pose a significant risk.

“It has to be private, and it has to be secret,” says Ramage. He suggests using an encrypted password database program such as 1Password, Last Pass, Password Vault or Key Pass. The programs keep all of your passwords for you, and with a browser plug-in, they can even automatically fill out your login information when you pull up a page. 📄

than he thought I would. I didn't have time to worry about it.

"I thought, 'It is what it is, and I'll be fine either way,'" she says.

After a mastectomy and six rounds of chemotherapy, she has been in remission for almost six years. "Don't borrow tomorrow; just handle today," she says. Having been on both sides as patient and caregiver to her husband who had leukemia, she says patience is key.

DARLENE PRICE — NEW HOPE

Darlene Price went for her routine mammogram in May 2006. The results were clear, but in July she found a lump while doing a self-exam. "It grew very fast," she says.

She was diagnosed with invasive ductal carcinoma and had a bilateral mastectomy, where both breasts were removed. "We caught it early because I did a breast exam on myself every month. That's what really saved me. Had I waited, there's no telling what

would've happened."

Price credits her husband and daughter for being her strongest supporters and her entire community that prayed for her. After a rough bout with chemotherapy, she has been in remission for 10 years.

"I'm a firm believer that you have to be a fighter and stand up for yourself and definitely have a sense of humor about things. I would much rather laugh than cry," she says. But, even though it's one of the most difficult things she's ever had to go through, it's made her the person she is today. "Not one time did I ever think I was going to die. My family and doctors did, but I didn't," she says. "Fight. Do not give up." ☺



Darlene Price was diagnosed with breast cancer in 2006 and she has been in remission for 10 years.

They're the **CHAMPIONS!**

Tiny T-ballers clinch title victory

BY MELISSA SMITH

The pint-sized New Hope Braves T-ball team had a perfect season and went on to win the Madison County Championship this year.

The experience was a joy and a challenge for coach Shane Dempsey. "Anyone who decides to coach anyone in any sport has to have patience, leadership and more patience," he says. "Anyone who decides to coach a bunch of 5-year-olds needs to have patience that only God can provide, leadership and candy."

The team began practicing in March and set a goal of winning the championship. "I was extremely proud of the kids



The New Hope Braves 5-year-old T-ball team won the Madison County Championship this year.

for not only accomplishing their goal but also doing it in a dominating fashion," Dempsey says.

The team scored five runs each inning — the most allowed per inning — and the kids made defensive plays from every position on the field. Dempsey credits the players with training hard at practice and also their parents and grandparents for working with them at home. ☺

NEW HOPE BRAVES

- » **Record:** 14-0
- » **Head Coach:** Shane Dempsey
- » **Assistants:** Bryan Layne, Jeff Vess, Dusty Yarbrough, Dylan Yarbrough and Brandon Gowan
- » **Sponsors:** Northern Lodge #278 F&AM Masonic Lodge in New Hope and Buster's Pawn Shop
- » **Team members:** Kolton Yarbrough, Drake Dempsey, Brody Gowan, Hudson Layne, Gage Keel, Mikey Kissinger, Landon Vess, Cade Yarbrough, Hunter Haywood and Aaron Whitten

A new chapter

Grant Library celebrates growth from humble beginnings

BY MELISSA SMITH

A vision and the dedication and drive of a woman 25 years ago is the reason the Grant Public Library now stands where it does today.

In April 1991, Lillis Irwin, a retired teacher from Kate D. Smith DAR High School, had a vision for Grant.

While the high school provided an excellent library to encourage students to read and use for research, there was no public library for the community's use. She knew providing this service would benefit everyone and help enrich their lives.

"She was a very tenacious woman, and she knew the community needed the library, so she worked with the town council," says Thames Robinson, librarian at Grant Public Library.

Irwin was able to drum up support from the community, convincing the county school board to donate a portable classroom trailer that could stay parked at the community center.

But now, the library has certainly come a long way from 500 donated books in a trailer 25 years ago. It's housed in a small building that has been home to many municipal

Thames Robinson has been the full-time librarian at the Grant Public Library for the last three years.



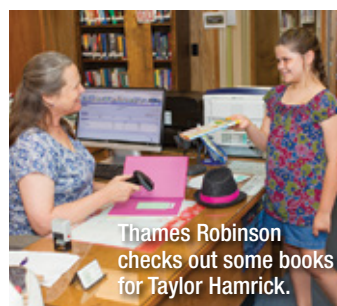
branches: It's been the fire department, police department and the water board building. Over the years, renovations have made the building what it is now.

In April, the members of the library board hosted an open house in honor of the 25th anniversary. Several local dignitaries attended and looked over articles and photos from years past while enjoying refreshments.

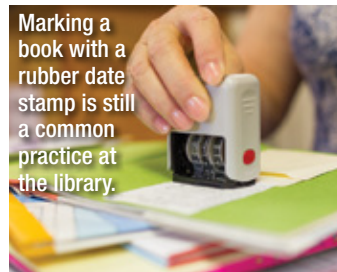
COMMUNITY ENRICHMENT

The library is a hub of the community, offering free

Over the years, the Grant Public Library has grown significantly.



Marking a book with a rubber date stamp is still a common practice at the library.



Wi-Fi and the use of four Mac desktop computers, which many people come in to use for research or online job applications. This year, the library has started offering e-books. "People still enjoy holding a book, but more and more, people are using e-books," Robinson says.

Along with the other services, the library offers a variety of programs throughout the year for children. During the school year, Story Time is

on Wednesday mornings, and the Summer Reading Program takes place in June. The kids listen to a story, make a craft and have snacks. "Attending the programs helps them become comfortable with being inside a library," Robinson says. The Civil War Round Table also meets every month at the library. They bring in various speakers to cover different topics.

Robinson says that people who once browsed the shelves of the library when it first opened often bring their children to do the same, and the library never forgets a face. "They're shocked to see they're still in the system," Robinson says. "A lot of people stay close by, and now they bring their kids to the programs, so it's really come full circle."

Barbara Fleming, a regular at the library, says she has always enjoyed reading. "It's escapism. I get enough of life," she says, laughing while checking out "Invisible" by James Patterson. ☞

AN APPLE A DAY

In the fall, the Cumberland Plateau blossoms into a distinct shade of red as apple groves lined with trees — their limbs burgeoning with heavy fruit — are ready for harvest.

More than 100 years ago, Henry Wooden planted the first trees that would become the family's livelihood for decades. The family is now into the fourth generation of Woodens caretaking his legacy, providing the people of the Tennessee Valley and beyond with the quality apples they've come to expect.

Following the death of Henry's son, Oren, the apple business was passed on to his two daughters, Carole and Sandy, and their husbands, Chubby Smith and Mark Burnett, respectively. Nonivee Wooden, who married Oren Wooden 51 years ago, continues to be involved in many aspects of the business.

The Pie Shop and The Apple House, which sell apples as well as other tasty items — turnovers, fritters, dumplings, cakes, jams and jellies — has been a part of the orchard for 21 years. The adjacent Oren's Orchard Cafe opened in the fall of 2014 and serves a bevy of country staples, as well as what you might expect: apple-inspired dishes, such as apple-stuffed pork chops, apple cider glazed ham and pork barbecue with apple cider barbecue sauce.

There's something about the plateau's climate that makes it ideal for growing apples.

"The cooler nights help color the fruit, and the cooler daytime temps help out in the hot summer months," Chubby Smith says.

And this year, Mother Nature has done a fine job. The apples are big, juicy and so tempting that you might want to bite into them before getting them home. But there's nothing better than saving a few for

LaBron "Chubby" Smith operates Wooden's Apple Orchard — which includes The Pie Shop, The Apple House and Oren's Orchard Cafe — with his family in Pikeville, Tennessee.



making all the sweet delights that apples can provide.

And for those of you who, like the Wooden family, have apple trees in your yard or nearby, it's a gift. "It's something we sometimes take for granted," Smith says. "But it really is a blessing to be able to pick our apples anytime we want."

Located near Pikeville, Tennessee, Wooden's Apple Orchard is a large, 120-acre spread filled with 20 varieties of apples, among them red and golden delicious, Granny Smith, Pink Lady, Braeburn, Fuji, Ambrosia and Arkansas Black. But the most popular by far are the Honeycrisp and Mutsu, Smith says.

"We like Golden Delicious best for our pies, but lots of varieties are excellent for cooking," Smith says.

If Wooden Apple Orchard is out of reach, you can find the apples at Food City. Smith says the apples are also shipped to Atlanta, Knoxville, Chattanooga, Nashville and some as far away as Florida.

So how 'bout them apples? Here are some of the Wooden clan's favorite ways to employ — and enjoy — them. 🍏

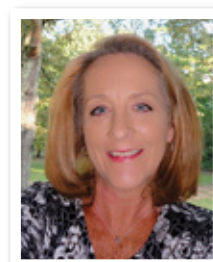
IF YOU GO

Where: Wooden's Apple Orchard, 6351 New Harmony Road, Pikeville, Tennessee

Hours: The cafe is open daily until Thanksgiving from 11 a.m. to 7 p.m. The Pie Shop and neighboring Apple House, which sell apples, craft items, jams and jellies, are open 8 a.m. to 7 p.m. daily until Thanksgiving. If there are any remaining apples, both will remain open until Christmas or until sold out.

Phone: 423-447-6376

Online: woodensapplehouse.com



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

APPLE BREAD

- 1/2 cup vegetable oil
- 1/2 teaspoon vanilla
- 2 cups sugar
- 3 eggs
- 3 cups self-rising flour
- 2 teaspoons cinnamon
- 2 cups apples, peeled and chopped
- 1 cup pecans, chopped

Heat oven to 350 degrees. Grease 2 (8- by 4-inch) bread pans. In a large mixing bowl, combine oil, vanilla, sugar and eggs. Mix until well-blended. Add flour and cinnamon and mix until well-blended. Add apples and pecans. Pour mixture into pans. Bake 40-45 minutes or until bread tests done. Let cool 10 minutes before removing from pans.

PORK LOIN WITH APPLE STUFFING

- Pork loin (see note)
- Apple cider
- Honey
- Stale bread crumbs or cornbread
- 1 stick butter, melted
- 1 tablespoon ground sage

Seasoned salt

- 1 teaspoon onion powder
- 3 apples, thinly sliced

Place pork loin in slow cooker. Fill with apple cider until about 2/3 of loin is covered. Brush the top of pork loin with honey. Cook on low 8-10 hours or until done. Cool in refrigerator, then slice into 1-inch thick pieces. In a large mixing bowl, crumble bread crumbs or cornbread into fine pieces. Pour 1 stick of melted butter onto crumbled bread. Add 1 tablespoon of sage, a pinch of seasoned salt and 1 teaspoon of onion powder. Mix until well-blended. Add thinly sliced apples to the mixture. Lay slices of pork loin onto a large glass or metal baking dish, along with 1 cup apple cider. Put a spoonful of stuffing mixture in the center of each slice of pork loin and bake for 15-20 minutes at 400 degrees or until stuffing starts to brown.

Note: Buy a pork loin that fits in your slow cooker, or you can cut to fit and freeze the remainder.

APPLE ALMOND SALAD

- 1 bag of spring mix or baby spinach
- 6 ounces crumbled feta cheese
- 1/4 cup slivered almonds
- 2 apples, chopped (Spray with lemon juice to prevent browning.)
- Handful dried cranberries

Toss all ingredients together and serve immediately.

APPLE CIDER VINAIGRETTE

- 1 tablespoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1/3 cup apple cider
- 2 tablespoons lemon juice
- 1/3 cup olive oil
- 1/3 cup honey
- Salt and pepper, to taste

Combine all ingredients, mixing until well-blended. Serve over salad greens. 🍷

APPLE RECIPES



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