

The

Communicator

SEPTEMBER/OCTOBER 2018

NEW HOPE LIBRARY

Serving the
community
for 30 years

THE COOPERATIVE SPIRIT

NHTC continues to
honor its members

HOW LOW CAN YOU GO?

Cutting carbs helps
promote weight loss



BY SHIRLEY BLOOMFIELD, CEO
NTCA-The Rural Broadband Association

Working together for rural broadband


With few exceptions, we can accomplish more by working together than when we stand alone.

People impact others through churches and community organizations. Businesses support one another through chambers of commerce and trade associations. Your telecommunications provider joins forces with other independent and cooperative telcos through NTCA.

These examples show people acting jointly to ultimately improve the quality of life for those around them. Across the U.S. we are seeing this spirit play out in new ways to make real progress on the issue of rural broadband.

We have seen this before. Creating a nationwide electric grid and connected landline telephone network that included rural America was an enormous undertaking. The same was true for our network of highways that connects us from coast to coast and all parts in between. Now, our greatest challenge is connecting all of America — urban and rural — to a reliable broadband network.

NTCA member companies are uniquely positioned to tackle this challenge, and increasingly we are seeing them partner to develop creative solutions. For example, telecommunications providers are developing partnerships with one another to serve new areas and operate more efficiently. We are even seeing electric providers join with telecommunications companies to deliver broadband to unserved rural areas.

These efforts are encouraging, and NTCA is focused on supporting such cooperation among providers. After all, that spirit is the very foundation on which our industry is built. 

Farm bill will impact future of broadband for rural America

BY STEPHEN V. SMITH

The legislation known as the “farm bill” making its way through Congress affects far more than farmers. It will also impact access to internet service in rural America for years to come.

The farm bill, which is reauthorized every five years, governs how food is grown in America by legislating farm subsidies, trade, conservation, research and related issues. The Rural Development portion of the bill includes funding and guidelines for the Rural Utilities Service and its Rural Broadband Program.


This program makes funding available to help service providers bring broadband to rural areas.

The U.S. House of Representatives passed its Agriculture and Nutrition Act of 2018 on June 21, with the U.S. Senate passing its version a week later. There are many differences between the two bills on issues such as food stamps, conservation programs and farm subsidy payment limits. These will be addressed as part of the conference committee process.

In speaking with the publication Hoosier Ag Today in July, U.S. Secretary of Agriculture Sonny Perdue said, “The farm bill has always been bipartisan, and it will be so at the end.” He added that lawmakers “don’t want to go back and face midterm elections in November without having a farm bill” in place.

Members of NTCA-The Rural Broadband Association were among those testifying before Congress as the bills were debated. Shirley Bloomfield, CEO of the association, says rural telecommunications providers shared the importance of investing for the long term and “looking to providers with a proven track record of success deploying and maintaining services in rural communities.”

Bloomfield says rural broadband providers have deployed robust broadband networks in rural areas through a combination of community commitment, entrepreneurial spirit, private capital, the FCC’s Universal Service Fund and “critical programs like those made available through RUS.”

NTCA members will remain engaged in the process. “We look forward to building upon this early progress, and making the best possible use of the valuable resources through programs such as those contained in the farm bill to advance and sustain rural broadband,” Bloomfield says. 

What happens next?

1



The Senate and House versions go to a conference committee to work out the differences and create one bill.

2



This combined bill goes to the full House and Senate for a vote.

3



The final bill goes to the president for his signature.

Deadline for action: Before the current farm bill expires on Sept. 30

Rural Broadband Matters to America

Internet-based transactions drive half the U.S. economy, and rural residents—who make up almost 20 percent of the population—have the same vital need for internet access as urban dwellers.



Internet Usage

Compared to urban areas, rural residents:



use Wi-Fi in their homes at the same rate



connect the same types of devices to the internet



use the same types of broadband access (although urbanites have greater access to fiber-based service)



use the internet for approximately the same amount of time each day



use smartphones to connect at nearly the same rate

Internet-Driven Commerce

The Numbers

→ **15.5%** ←

Rural America is responsible for 15.5% of all consumer, internet-driven transactions.

10.8 billion Rural transactions per year

The Future

TODAY

50% GDP

Internet-driven transactions = 50% of U.S. GDP (\$9.6 trillion)

2022

65% GDP

Internet-driven transactions = 65% of U.S. GDP (\$14 trillion)

The Money

\$1.4 trillion
value of rural online transactions

14%

of all internet-driven transactions

7%

of the U.S. nominal gross domestic product (GDP)

Rural Broadband Investment

Rural consumers depend on their broadband connection for online transactions, which drive the U.S. economy. This highlights the value of continued investment in rural broadband for the good of all Americans.



FOUNDATION FOR
RURAL SERVICE

Source: Foundation for Rural Service white paper "A Cyber Economy: The Transactional Value of the Internet in Rural America," by iGR

Cooperatives carry a remarkable legacy

Imagine the headlines if this happened today — a group of rural Alabama residents raises money to build their own internet network because their area is considered too sparsely populated to garner the interest of corporate internet providers.



JIM COOK
General Manager

Such a story would get coverage from coast to coast and go viral on social media. Internet service has become essential to modern life, and recent media trends emphasize grassroots efforts to fill in where investor-controlled corporations fall short.

But that seemingly sensational situation is how New Hope Telephone got started decades ago with the technology of the day. It's tough to get more grassroots than the story of our founding, and we're proud to have built on that legacy to continue serving you today.

October is National Cooperative Month, supported by the U.S. Department of Agriculture. That designation always leads me to reflect on our remarkable story. The story of progress in the New

Hope area is the story of the Lions Club, a group of dedicated residents whose efforts throughout the 1950s and '60s shaped the future of this region.

For reasons of safety, economic growth and convenience, community members wanted phone service. The Lions Club became a driving force locally in community development. After unsuccessful attempts to bring the big investor-owned telephone company to New Hope, Lions Club members set out to make it happen for themselves.

Creating a cooperative wasn't easy. Each founding member pledged money up front and then provided continued support in order for the new cooperative to get started. Each individual took a risk — but it was a risk worth taking because they knew they needed a modern communications network.

Today, broadband is the dominant communications need for our area, and New Hope Telephone has evolved to bring that connection to the residents of our community.

Our purpose is to improve the quality of life in the communities we serve. We've built a state-of-the-art fiber optic network to serve our communities' communications needs now and in the future. We're here because we carry the legacy of our founders and our members. 📞

COOPERATIVE FACTS:

- There are 40,000 cooperative businesses with 343 million members in the United States.
- Cooperatives generate \$514 billion in revenue and more than \$25 billion in wages.
- National Cooperative Month has been a nationally recognized celebration since 1964.
- Agricultural cooperatives are the most common type of cooperative in the U.S., but there are also cooperatives specializing in housing, electrical distribution, retail and, of course, telecommunications.

—Source: National Cooperative Business Association

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

Send address corrections to:

New Hope Telephone Cooperative
P.O. Box 452
New Hope, AL 35760
256-723-4211
www.nhtc.coop

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On the Cover:



Library assistant Diane Carroll enjoys reading to children during story time at the Elizabeth Carpenter Public Library. See story Page 12.

2018 Customer Appreciation Day

– *You're Invited!* –

Join us for a day of food and fun at our Customer Appreciation Day from 8:30 a.m. to 4:30 p.m. on **Friday, Oct. 26**, at the New Hope office on Main Drive. From all NHTC staff and board members, thank you for trusting us as your technology provider!

NEW HOPE *Founder's Day* FESTIVAL

The 29th Annual New Hope Founder's Day Festival begins at 9 a.m. on Oct. 13 in historic downtown New Hope. Bring the family and enjoy games, food, crafts and music. The parade will begin at 1 p.m. For more information, call 256-655-5140 or 256-603-3182.

Attention bargain hunters: Grant's 13th Annual Mile-Plus Yard Sale



Saturday, Sept. 29
Beginning at 6:30 a.m.

The yard sale begins in front of the school and runs along Main Street. Vendors are welcome with a \$25 fee. For more information or to rent a space, call the Grant Chamber of Commerce at 256-728-8800. For updates, follow Grant's Mile Plus Yard Sale on Facebook.



DAR High School Marching Band presents ... **Haunted Hollow Cave Tour**

Where: Cathedral Caverns State Park
637 Cave Road in Woodville

When: Saturday, Oct. 13, 20, and 27

Time: 6-11 p.m.

All ages welcome! Carnival games and light concessions will be available. Tickets are \$10 per person for the Haunted Hollow Cave Tour.

A portion of each admission will go to the DAR High School Marching Band.

Sponsored by: DAR High School Marching Band and Cathedral Caverns State Park



Happy **Labor Day!**

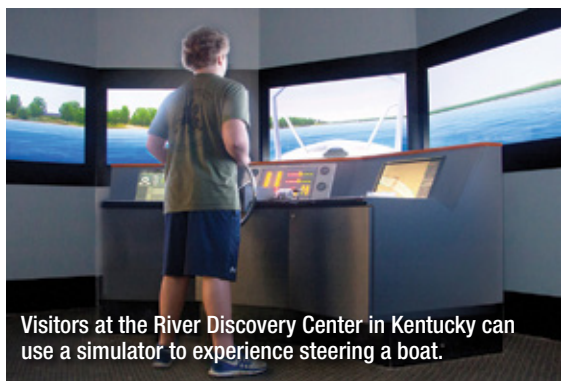
The NHTC office will close Monday, Sept. 3, in observance of Labor Day. Have a safe and happy holiday!

Patriots Point Naval and Maritime Museum draws visitors to Mount Pleasant, South Carolina.

Take time for Maritime Museums

Photo courtesy of the Patriots Point Naval and Maritime Museum.

A hoy, mates! Landlubbers and seafarers alike will enjoy a trip through the South's maritime museums. They're filled with historic tales, ships, waterways to discover and more.



Visitors at the River Discovery Center in Kentucky can use a simulator to experience steering a boat.

Photo courtesy of the River Discovery Center.

Texas Maritime Museum

1202 Navigation Circle, Rockport, Texas

Hurricane Harvey devastated much of the Lone Star State's coastline, including the Texas Maritime Museum. But thanks to the efforts of the museum staff and volunteers, the museum reopened bigger and better than ever in April 2018, less than a year after Harvey. Texas has several museums dedicated to ships and other watercraft from days gone by, but this one is the largest.

There are exhibits focused on exploration of the ocean and waterways, but they are only the beginning. The museum also features information about the settlement of the area and oil and gas exploration in the Gulf of Mexico. And commercial and sports fishing, as well as shipbuilding, all receive attention.

- **Admission:** Adults: \$8. Seniors and active military: \$6. Ages 3-12: \$3. Children under 3: Free.
- **Information:** 361-729-1271 or texasmaritimemuseum.org.
- **Hours:** 10 a.m. to 4 p.m. Tuesday through Saturday and 1 to 4 p.m. Sunday.

River Discovery Center

117 South Water St., Paducah, Kentucky

As a new country, America depended on its rivers for transportation, sustenance and communication. Rivers helped build our nation, and you'll learn about the history of America's waterways during a day at the River Discovery Center.

The museum focuses primarily on the Four Rivers Region around Paducah where the Tennessee River meets the Ohio River. It's just upstream from where the Ohio and Mississippi rivers merge, and it's a short distance downstream from where the Cumberland River meets the Ohio River. The area teems with life and history.

The museum houses artifacts and lots of exhibits. One features the workings of a lock and dam, and another lets kids explore the rivers' habitats and delicate ecosystems. Audio stations are located throughout, including one where you'll learn about notable past riverboat captains. Thanks to a live feed from a rooftop camera, the River Spy exhibit lets you see vessels moving past the museum on the river and even what cargo they are transporting.

- **Admission:** Adults: \$8. Seniors: \$7. Children under 12: \$5.
- **Information:** 270-575-9958 or www.riverdiscoverycenter.org.
- **Hours:** 9:30 a.m. to 5 p.m. Monday through Saturday and 1-5 p.m. Sundays April through November.

Patriots Point Naval and Maritime Museum

40 Patriots Point Road

Mount Pleasant, South Carolina

A beacon at the mouth of the Cooper River in Charleston Harbor, the USS Yorktown, a legendary aircraft carrier, stands proudly as the primary exhibit at Patriots Point.

Not to be missed during a tour of the ship is the Engine Room Experience, the latest exhibit to open aboard the Yorktown. The renovated space uses the latest technology to bring the story of the engine room to life, making it easier for guests to understand the duties and



purpose of this vitally important room in an aircraft carrier. There are also tours of a submarine that stealthily crept through the oceans during the Cold War, as well as a World War II destroyer and other watercraft that saw action in and on the seas. Be sure to check out the Vietnam Experience while you're there, too.

It's a full day of adventure that, for youth groups of 10 or more, can culminate in a night aboard the USS Yorktown. Overnight visitors sleep where the sailors did and eat in the crew's mess hall. Wear comfortable shoes and get ready for lots of walking.

- **Admission:** Adults: \$22. Seniors and active military: \$17. Children 6 to 11: \$14. Children under 6 and active military in uniform: Free.
- **Information:** 843-884-2727 or www.patriotspoint.org.
- **Hours:** 9 a.m. to 6:30 p.m. daily.

Mississippi River Museum

125 North Front St., Memphis, Tennessee

The Mighty Mississippi is a river of lore. Stories have been written about it. Men and women have died paddling its waters. And it marks a divide between the East and West. The Mississippi River Museum will teach you all about it. Located on Mud Island off the Memphis riverbank, the museum is accessible via a sky bridge.

There are 18 galleries with exhibits that tell of the early inhabitants of the Lower

Mississippi River Valley and describe modern-day transportation along the river. There are also two full-size boat replicas to tour.

Pack a picnic and head to the adjacent Mississippi River Greenbelt Park. There are two concession stands open during park hours where you can pick up a drink or snacks.

- **Admission:** Free for general admission and sky bridge access. Museum package includes museum admission, riverwalk access with optional tour and round-trip monorail ride. Adults: \$10. Seniors: \$9. Children 5-11: \$7. Children 4 and under: Free.
- **Information:** 901-576-7241 or www.mudisland.com.
- **Hours:** 10 a.m. to 5 p.m. Wednesday-Sunday.

USS Alabama Battleship Memorial Park

2703 Battleship Parkway, Mobile, Alabama

The USS Alabama arrived in Mobile Bay in 1964 and opened for public tours a year later. Now, more than 50 years later, millions have come to visit and pay tribute to a ship that served in the Atlantic and Pacific theaters during World War II. Tour the ship from stem to stern, then visit the USS Drum, a submarine that also saw action in World War II and is the oldest submarine in the nation on display.

Battleship Memorial Park is a voyage through time and will teach children and adults about the maritime happenings during World War II. This is an outdoor "museum" that also includes an extensive aircraft collection, along with tanks and artillery. There's a picnic area as well as a cafe, The Galley, indoors next to the ship's store.

- **Admission:** Adults: \$15. Seniors: \$13. Children 6-11: \$6. Children ages 6-11 of active military: \$5. Active military and Children 5 and under: Free.
- **Information:** 251-433-2703 or www.ussalabama.com.
- **Hours:** 8 a.m. to 6 p.m. April through September and 8 a.m. to 5 p.m. October through March. ☞

Pick the right tool

Tips for choosing a printer and scanner

NHTC keeps you connected to the world with a gigabit-capable internet network faster than those found in many major cities. But the cooperative's service can also help you do even more tasks, such as wireless printing.

A printer connected to a Wi-Fi connection is indispensable for many people. And a good scanner can help you keep your files in order. But selecting the right printer or scanner can be daunting, so it's key to ask yourself a few basic questions before you make a choice. Let's start with the printer.

If you're like most home users, your printer will be a jack-of-all-trades. An inkjet printer uses color ink cartridges to produce final images. Most inkjets can handle text and images well, although results often vary depending on the quality of the paper. These printers are usually inexpensive, with many models starting at less than \$50. But you can run out of ink quickly, and replacing the cartridges can cost more than the printer.

If you only need to print text, a laser printer may be a better purchase. Laser printers use toner, which is a powder fused to the paper during printing. And while toner can be more expensive than ink, it will generally need to be replaced less frequently. There are also color laser printers, but they are more expensive than inkjets. Expect to pay about \$100 for a black-and-white laser printer and about \$200 for a color laser printer.

If you like to print your photos at home, some printers specialize in providing the best image quality. Some are inkjet, but if you're willing to spend more, you can go with a dye sublimation printer, which will give you professional-quality prints.

Choosing a scanner may be easier. For often less than \$100, a traditional flatbed scanner can handle most things a home user may need. Tasks might include text,

images and optical character recognition, which transforms a scanned document into editable text. Pricier models can handle scanning slides and film, too. Portable scanner models, including handheld or wand scanners, allow you to capture documents on the go and can transfer information wirelessly.

Unless you're doing very specific work, you don't need to worry about resolution when buying a modern scanner or printer. They all do a good job with general tasks.

Some alternatives: If you need to save on desk space, a combination printer and scanner is a good choice because it also functions as a copier.

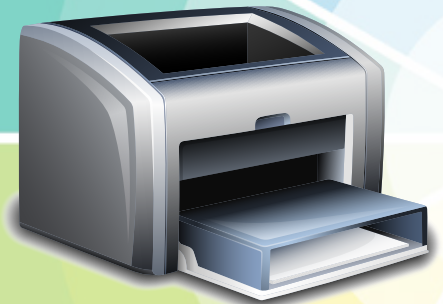
A GOOD ROUTER MAKES IT ALL WORK TOGETHER

Access to high-speed broadband and a good router can make a big difference in the productivity of your printer and scanner.

A Wi-Fi router makes it possible to wirelessly connect the internet to computers, smartphones, televisions, game consoles, printers and more. But it's important to realize that all routers are not the same.

Buying the wrong router can mean you do not have access to the full speeds available through NHTC's fast internet bundles.

NHTC's fiber-to-the-home service is designed to keep a home's internet moving as fast as possible. The cooperative uses Comtrend routers built for better performance than routers found in big-box stores.



The router available through NHTC can be configured to match the performance a customer needs. And after the installation, the NHTC team can maintain and troubleshoot any issues that may arise. For the best home Wi-Fi experience, the choice of a router is critical. 📶



NHTC Customer Service Representative Becca Hyde visits with member Emma Martin at a previous Customer Appreciation Day.



New Hope Telephone Cooperative employees serve as hosts for the annual Customer Appreciation Day.

Come one, come all!

NHTC hosts Customer Appreciation Day

BY LISA SAVAGE

Helen Tucker first had service with New Hope Telephone Cooperative in 1958, a few years after the telephone lines came alive. “That was back in the days when we still had party lines,” she says. “We have seen some big changes.”

Tucker still has her original landline, and now her rural home in Grant has internet service through a fiber optic network that rivals those in many large cities. “I appreciate the investment the telephone cooperative has made in new equipment and new technology to keep us up to date and to improve our services,” Tucker says.

But it is members like Tucker who make cooperatives a valuable community resource. As a way of saying thanks to them, NHTC will host Customer Appreciation Day on Oct. 26.

NHTC serves the New Hope, Owens Cross Roads and Grant areas. Residents who wanted to bring phone service to New Hope and surrounding communities established the cooperative in 1951. Each initial member paid to join and to ensure phone service would be possible. The service expanded to Grant in Marshall County a few years later.

Tucker says she loves the annual meet-

ings because the leaders of the cooperative keep the members informed. It’s her opportunity as a cooperative member to be involved by voting for her area’s board representative or meeting the cooperative employees.

“It’s just something I look forward to every year,” she says. “They make sure all the members have a sense of ownership.”

Tucker also plans to attend Customer Appreciation Day.

“The members are the backbone of our cooperative,” says Jim Cook, NHTC general manager. “We couldn’t do what we do without them, and this is just one small way we can show our appreciation.” 📞

7 Cooperative PRINCIPLES

NHTC is a cooperative. But what does that mean? There are **SEVEN PRINCIPLES** that make us different from other telecommunications providers.



1 Voluntary and Open Membership



2 Democratic Member Control



3 Members' Economic Participation



4 Autonomy and Independence



5 Education, Training and Information



6 Cooperation Among Cooperatives



7 Concern for Community

October IS NATIONAL
COOPERATIVE MONTH



Make plans to catch THE NHTC CUSTOMER APPRECIATION DAY

Each year, New Hope Telephone Cooperative honors the people who make the company possible — its members.

Don't miss the NHTC Customer Appreciation Day on Oct. 26.

Food and activities will be from 8:30 a.m. to 4:30 p.m.

Just visit the NHTC office, 5415 Main Drive, New Hope.

PAMPERED PETS

THE BEST DOGGONE ONLINE SERVICES THAT WON'T BREAK THE BANK

BY PATRICK SMITH

From top-shelf food to all-organic goodies and toys galore, we love to spoil our pets. But if you're tired of outdated playthings and boring treats, look into an online subscription for your most cherished friends. Toys and treats help pets focus and develop to improve their mental and physical well-being.

And while online subscription boxes for dogs and cats are the most common, don't fret if you have another type of pet. The internet has thought of everything. Search online and you'll find boxes for horses (SaddleBox), fish (My Aquarium Box), birds (ParrotBox) and more.

More than anything else, online shopping means one thing: convenience.

That's what's great about rural living powered by high-speed internet. You have the benefits of rural, hometown life with the convenience of staying connected. Internet-based subscriptions can bring deliveries of the products you need most.

In the July/August issue, we featured several food subscription services — look back if you missed it. If you're curious about other online subscriptions out there, don't wait on us. Check them out for yourself. Everything from shaving products to jewelry and coffee to mystery boxes is shipping out daily. In the next issue, we'll feature a few popular online fashion subscriptions.



BARKBOX BARKBOX.COM

Put the pep back in Fido's step with BarkBox. It's a fun, dog-themed delivery service with unique toys, treats and more for your four-legged friend. Choose a theme for your box, like New York City. This one comes complete with a miniature fire hydrant and "I Love NY" T-shirt. A Chewrassic Bark box comes with dinosaur-inspired treats and a lava-spewing chew toy.



BULLYMAKE BULLYMAKE.COM

Is that old toy rope past its prime? Bullymake to the rescue! Billed as the box that's designed for "power chewers," Bullymake gives you durable toys and healthy treats to keep your dog entertained for hours and hours. They also specialize in goods specifically tailored to your dog's weight and allergies.



PUPBOX PUPBOX.COM

Not much is cuter than a young pup learning to navigate life. And with all the work we put into helping our kids succeed, why not help our puppies thrive? Based on your dog's age, PupBox has training guidelines to help them navigate puppyhood with a nonstop wagging tail. PupBox brings training tips, treats, toys, chews and more to your mailbox each month.

KITNIPBOX KITNIPBOX.COM

Don't turn your frisky kitty into a grumpy cat. KitNipBox keeps your cat entertained with several quality toys and all-natural treats in each box. It'll leave your friend purring for more. Best of all, KitNipBox helps support several animal welfare organizations with your purchase.

What's getting in
the way of your

Wi-Fi SIGNAL?

Wi-Fi makes internet service available to a wide range of devices without physically connecting them to your router. However, it's important to remember that the strength and quality of your signal can be influenced by several factors:



The distance between the router and your device

A computer in a second-floor bedroom, for example, may have a weaker connection than a computer on the first floor where the router is located.



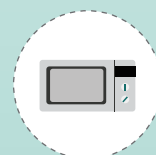
The number of devices sharing your Wi-Fi connection

Every device connected to your Wi-Fi is sharing the total bandwidth of your home's internet connection. If people in your home are streaming a movie on a tablet, playing a gaming console, watching a smart TV, sharing photos online and searching the internet all at the same time, some users could notice slower performance compared to times when fewer devices are used.



The age of your device and its capabilities

Some computers and gaming consoles may use older technology that can't take advantage of today's higher speeds.



Other electronics in your home

Common, non-connected electronic items can sometimes interfere with your Wi-Fi strength. These include microwave ovens (the major offender), cordless phones, Bluetooth devices and even fluorescent lights.



Home construction materials between the router and your device

Some materials used in home construction can weaken your Wi-Fi signal strength. Metal in particular can cause interference because it can reflect and scatter Wi-Fi signals. Culprits include metal framing, ductwork, electrical panels and metal roofs.



Not Enough Speed?

If you have a number of devices fighting over your Wi-Fi signal, you may want to consider increasing your internet speed. Give us a call. We'll walk through how you use your broadband internet connection and talk about the right package to meet your needs.

Too Far Away?

If you use Wi-Fi enabled devices in rooms far away from your router, you may want to consider adding one or more network extenders to your home. Give us a call and we can discuss ways to boost your Wi-Fi signal strength to extend better connection speeds to more rooms — or even to a patio or deck.



BOOKS and BROADBAND

Elizabeth Carpenter Public Library celebrating 30 years

BY LISA SAVAGE

Priscilla Scott and her family moved to New Hope in 1983 when her children were young. About once a week, she would load up the kids after school and head into Huntsville to check out books from the library.

Scott has always loved books, and she instilled in her children the importance of reading, but the drive to the city got old.

While the bookmobile from Huntsville had visited New Hope on and off for years, the selection was often slim. Books returned to the mobile unit needed first to go all the way back to the main library before they could be checked back out.

Louise Matthews, a lifelong New Hope resident, decided to do something about the issue and led the efforts to establish a branch of the library in New Hope, says Scott, who was part of the group that helped gather signatures for a petition. Personnel from the Huntsville-Madison County Public Library met with New Hope residents to gauge the amount of interest. A few months later, volunteers put together the Friends of the Library organization to raise money for the new branch.

"We started having bake sales and doing everything we could think of to raise money to get it here," says Scott, the first librarian hired three years after the library opened and one of many volunteers who staff the library.

The efforts paid off. The Elizabeth Carpenter Public Library of New Hope,

a branch of the Huntsville-Madison County Public Library, celebrates 30 years in September. An event to commemorate the anniversary is planned for Sept. 9.

LIBRARY OPENS

The doors of the library opened in a former church building on U.S. Highway 431 just north of New Hope on Sept. 25, 1988, less than a year after organizers first circulated the petition calling for its creation.

On opening day, the library had a collection of 6,500 books. Madison County Commissioner Jerry Craig donated the initial \$2,500 for books and helped with building improvements. The Huntsville Public Library supplied \$10,000 worth of existing books. The City of New Hope contributed funds monthly to cover rent, utilities and new books.

The Friends of the Library also had fundraising events and membership fees that helped pay for some of the books. Scott served as secretary, and Matthews was president of the organization.

A group of 30 volunteers took turns staffing the facility for the first several years, and in 1992, the library was moved to its current downtown location.



Library assistant Diane Carroll reads to children during story time.



Priscilla Scott was hired as the library's first librarian and now serves as a volunteer.

The name was changed to the Elizabeth Carpenter Public Library of New Hope to honor the retired teacher and librarian at New Hope High School. The library is still a branch of the Huntsville-Madison County Public Library.

Scott says the late Nolan Hill, mayor of New Hope, and the City Council were a driving force behind the renovations needed to make the move to downtown. "In a small town, the library is the life of the town," Scott says.

Scott was hired to work 20 hours a week in 1995 as the first librarian. She retired in 2001 but still volunteers several hours a week. "The library has been my baby for a long time," she says.

AN UPDATED LIBRARY

The library is in the center of the community in a historic building that formerly housed the Butler Brothers Hardware Store. The building is listed on the National Register of Historic Places, but the services at the library are anything but old.

It is equipped with lightning-fast, reliable fiber internet from New Hope Telephone Cooperative. The library is

home to more than 17,000 books, DVDs, audiobooks and music CDs, and it also has five public computers with internet access. The library also has Wi-Fi available.

Patrons can access digital downloads to tablets, e-readers, desktop computers or smartphones. The services provide access to thousands of e-books, audiobooks, music, movies and television shows. They are free with a library card and personal identification number. "With this program, our library has access to anything available at the main branch," Scott says.

The library also provides services for faxing or scanning documents.

A variety of programs are offered for all ages, such as storytime for preschoolers and quilting classes for adults. Quilts are on display, and the library is one of the locations for the New Hope Quilt Show quilt tour each April.

Proceeds from an ongoing book sale help pay for library services.

Clever Readers Book Club and the Chatterbox Book Club are specifically for home-schooled children. Clever Readers is for ages 7 to 11 years old, and the Chatterbox is for ages 12 and older. "The clubs

meet every week to discuss the latest part of a book everyone is reading and then do an activity based on the book," Scott says.

The library also has knitting classes, craft classes, a monthly teen writing group and informational programs.

While the library's two employees both work part time, numerous volunteers help keep it staffed. "We're always looking for new volunteers," Scott says. "A lot of times we just need somebody to volunteer for a two-hour shift. Our library has served our community with a lot of volunteers, and that's still a big part of who we are. We have so many people who love this library and what it means to our town." 🗨️

Get the details ...

Elizabeth Carpenter Public Library of New Hope

5496 Main Drive • New Hope

www.newhope@hmcpl.org
256-723-2995

10 a.m. - 6 p.m. Monday, Tuesday and Thursday
Noon - 6 p.m. Wednesday
Noon - 5 p.m. Friday

9 a.m. - 3 p.m. Saturday

Celebrate three decades of service

Don't miss the 30th anniversary celebration for the Elizabeth Carpenter Public Library of New Hope.

- » **Date:** Sept. 9
- » **Time:** 2-4 p.m.
- » **Place:** The library at 5496 Main Drive, New Hope

GO LOW

A low-carbohydrate diet can improve overall health

Jon Rector has always been a big guy. Now 48 years old, he can't remember a time when he didn't buy his clothes in the husky department at his local department store. As a preteen and teenager, he was teased about his size, too. "I had a good disposition, though," he says. "I played it off."



Jon Rector's low-carb diet is helping to improve his overall health.

But when he tipped the scales at 300 pounds, shortly before he married his wife, Donna, he knew he needed to make a change. He dropped 80 pounds in three short months.

But, he says, "married life happens." And it didn't take long for those pounds to return to his 6-foot-4-inch frame. Rector is a big man and carries his weight well. He never had medical issues. Physically, he was fine through his 20s, 30s and most of his 40s. But chasing his young grandson was hard on him. "I wanted to be around for him," Rector says. "I knew I had to do something."

Two years ago, he went to his doctor, and tests came back confirming that his A1C count, a test used to diagnose diabetes, was 6.4. Diabetes is indicated when results are 6.5 or higher. "That was when I got more serious about my weight," he says.

Rector lost about 30 pounds and lowered his A1C some by reducing calories. But after a few months, he went back to his old habits. His nemeses? Sweet tea, ice cream, candy — all sorts of sugary treats. Before he knew it, he put on all the weight he had lost, plus more.

Rector is executive director of Union Gospel Mission, an organization that offers a residential program in Chattanooga to homeless men with life-controlling issues. He does not get much exercise.

In December 2017, he

weighed 470 pounds, and his A1C was at 6.8. That was his wake-up call. "My doctor wanted to put me on medication, but I hate meds," Rector says. "So I told the doctor 'no.' I wanted to lose weight on my own."

His doctor was skeptical, but Rector gave it a try. He'd lost weight before, so he figured he could do it again, and he did.

"It was nothing for me to be eating 6,000 to 8,000 calories a day," he says. "I'm a stress eater, and my go-to places were Taco Bell and McDonald's. We like Mexican food, too. And the waiter at the restaurant we used to go to knew me, and he would automatically bring me a sweet tea in the largest beer mug they had."

Rector knew he was in for a lifestyle change, and he chose to focus on low-carb eating. It's an approach he can live with. He thanks registered dietitian Danielle Townsend, with Primary Healthcare Centers in Chattanooga, for her guidance.

"Low-carb diets can be a sensible way to lose weight," Townsend says. "They have been shown to benefit those with cardiovascular disease and diabetes and also to help diminish food cravings. I think people opt for the low-carb diet because it allows them to lose weight faster, and that is an important motivating factor for them."

Rector lost 30 pounds in his first two months following a low-carb lifestyle and is now

down about 50 pounds since December.

Most people, Townsend says, have difficulty eliminating or reducing items such as pizza, biscuits, hamburger buns, rice, pasta and potatoes. The diet puts emphasis on whole, unprocessed foods, such as vegetables, eggs and lean meats.

Donna Rector, Jon's wife, has had to change her lifestyle, too. No longer does she prepare pasta and rice dishes. "I cook a lot of turkey now," she says.

Rector doesn't miss all the high-carbohydrate foods too much. He's always liked vegetables. "It's the way our grandparents used to eat," he says. "I really like this kind of food. The hard part, for me, is not the pasta and rice. It's the sweets. But the bottom line is that what you take in, you have to take off."

That motto, along with his grandson, keeps Rector going. "I want to take him hiking, take him camping," he says. "A year ago, I couldn't have done that. Now that I've lost some weight, I think I might be able to. In another year, I know I'll be able to. It's just like the same thing I teach the guys at the mission. It's all about making the right decisions."



FOOD EDITOR
ANNE P. BRALY
IS A NATIVE OF
CHATTANOOGA,
TENNESSEE.



Low-carb recipes

BREAKFAST SCRAMBLE

- 1/2 pound ground turkey
- 1/2 pound ground pork sausage
- 1 zucchini (large dice)
- 1 yellow squash (large dice)
- 1 medium onion (chopped)
- 1 bell pepper (large dice)
- 6 eggs
- 1/4 cup of cheese (your choice)

In a skillet, brown the turkey and pork, add vegetables and cook about 5-7 minutes. Scramble in eggs and cook completely. Add cheese to top and serve warm.



TURKEY SLOPPY JOES

- 1 pound ground turkey
- 1 medium onion, finely chopped
- 1 medium bell pepper, finely chopped
- 1 clove of garlic, minced
- 2 tablespoons tomato paste
- 1 tablespoon Dijon mustard
- 1 tablespoon Frank's Red Hot Sauce
- 3 cups crushed tomatoes
- 1 tablespoon honey

Salt and pepper, to taste
Low-carb buns

Brown turkey in skillet. Remove from skillet and add onions, bell peppers and garlic, sauteing until soft. Return meat to skillet and add tomato paste, mustard, hot sauce, tomatoes and honey. Taste and season with salt and pepper if needed. Simmer mixture till warmed through and thickened slightly. Spoon onto low-carb buns.

LOW-CARB VEGETABLE BEEF SOUP

- 1/2 teaspoon olive oil
- 1 pound lean ground beef
- 1/2 large onion, chopped
- 2 garlic cloves, crushed
- 1 (15-ounce) can diced tomatoes, undrained
- 3 (15-ounce) cans beef or vegetable broth
- 6 ounces fresh green beans, cut into bite-sized pieces
- 1/4 head cabbage, chopped
- 4 ounces fresh mushrooms, chopped
- 1/2 medium zucchini, peeled and roughly diced
- 1 bay leaf
- Salt and pepper, to taste

In a medium to large pot, heat olive oil; brown ground beef, onion and garlic. Add remaining ingredients. Bring to a boil; simmer, cover and cook on low for 15-30 minutes. Discard bay leaf before serving.



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