

The Communicator

MARCH/APRIL 2017

COZY COOKIE QUEEN

Business offers
unique and tasty
treats in Grant

INFINITY AND BEYOND

NHHS student attends
Advanced Space Academy

COLLEGE EXPENSES?

Look inside for info about
NHTC scholarships



How do you get your news?

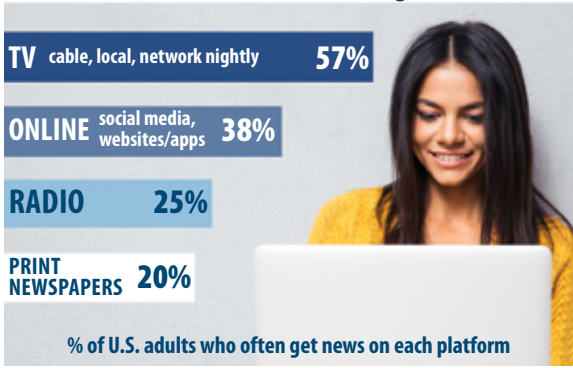
It has been a long time since America watched Walter Cronkite sign off his nightly newscast with “and that’s the way it is.” As a news anchor, he was often referred to as the most trusted man in America.

The story is quite different today. No single news source is considered the authority. The traditional networks now fight for viewership with cable channels. Many newspapers have limited their publishing schedules, and some have even gone out of business. The radio format has been splintered by countless other sources vying for listenership, including the fast-growing podcast format.

Aside from the sources themselves, the technology of delivering content has changed dramatically thanks to the internet. In its examination of major findings from 2016, the Pew Research Center recently reported that 38 percent of Americans say they often get their news online (this includes social media, websites and apps). This surpasses both print newspapers and radio.

As this trend continues, this is yet another reason your telecommunications provider is committed to delivering reliable internet service over a robust broadband network. If the internet is your main source of news, we want you to know you can depend on us to keep you connected.

About four-in-ten Americans often get news online



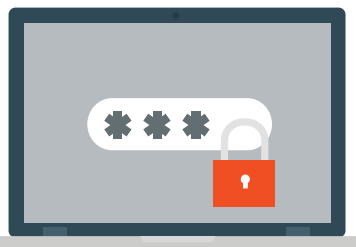
How do you get your news? Visit www.HowDoYouBroadband.com and take our short quiz.

Are your passwords secure?

Those who use the internet today find themselves with a long list of passwords to access websites for banking, shopping, sharing photos and status updates, accessing medical records

and more. A report released in January by the Pew Research Center found that 39% of online adults say they have a hard time keeping track of all these passwords.

As a result, many internet users make common mistakes, such as using common words for their passwords or even the same password across several accounts — and these mistakes could be putting their personal information at risk.



ConnectSafely.org, a nonprofit organization dedicated to educating users of connected technology about safety, privacy and security, offers these tips for managing your passwords:

- Make the password at least 8 characters long.
- Don't use just one password.
- Create passwords that are easy to remember but hard for others to guess.
- Include numbers, capital letters and symbols.
- Consider using a password manager.

For more tips, visit www.connectsafely.org



BY SHIRLEY BLOOMFIELD, CEO
NTCA-The Rural Broadband Association

Let's make sure they 'Build Broadband with Us'

A new administration. A new Congress. A new emphasis on infrastructure.

The new year has witnessed an explosion of policy ideas and actions. At the recent NTCA Rural Telecom Industry Meeting and Expo, I was pleased to announce the Build Broadband With Us campaign that will harness the momentum of this focus on infrastructure. This exciting initiative is designed to engage broadband providers, policymakers and most importantly, rural residents like you.

Through social media, industry events and meetings with policymakers, we're trying to showcase the need to build broadband as a key component of our nation's critical infrastructure.

A big part of that means educating state and federal officials about the importance of rural broadband. For instance, did you know rural providers like yours:

- contribute billions of dollars to the U.S. economy and support billions of dollars in e-commerce
- proudly serve 37% of U.S. landmass
- proudly support rural and urban jobs
- collaborate with local leaders on broadband-enabled solutions

Your broadband provider is working hard with neighboring telcos to be sure that Congress, the president and state governments “Build Broadband With Us.” Whether it's using our new hashtag — #BuildBroadbandWithUs — on social media or calling your representatives, please join us in spreading the word about how vital rural communications are to our nation's future. Learn more at ntca.org/BuildBroadbandWithUs. ☎

New FCC chairman has **strong ties to rural America**

BY STEPHEN V. SMITH

The federal agency tasked with regulating communications services in the U.S. has a new leader, one with strong ties to rural America and an understanding of the unique challenges faced by rural service providers.

Ajit Pai was named chairman of the Federal Communications Commission (FCC) in January by President Donald Trump. Pai grew up in Parsons, Kansas, a town of just over 10,000 in the southeast corner of the state. “Our backyard was a country pasture with cows and ponds,” Pai said in 2015 as he addressed the Telecom Executive Policy Summit hosted by NTCA—The Rural Broadband Association. “We lived on an unpaved road, next to an ostrich farmer. Our address was Rural Route 4.”

This rural upbringing taught Pai that “rural America is different,” he said.

“So when rural issues cross my desk at the Commission, they aren’t just abstractions to me,” he said.

NTCA Chief Executive



Officer Shirley Bloomfield applauded Pai’s appointment as chairman, saying that since joining the commission in 2012 he “has shown a commitment to solving rural broadband challenges and to thinking creatively about ways our country can more effectively deploy and sustain advanced communications in rural America.”

This could signal a positive direction from the FCC regarding regulations that impact broadband and related services in rural areas. “(Pai) has a deep and genuine understanding of how the services that NTCA

members deliver improve the quality of life and promote economic development in our rural communities,” Bloomfield says.

“I am deeply grateful to the President of the United States for designating me the 34th Chairman of the Federal Communications Commission,” Pai said in a statement on January 23. “I look forward to working with the new Administration, my colleagues at the Commission, members of Congress, and the American public to bring the benefits of the digital age to all Americans.”

BACKGROUND

Before being named to head the agency, Ajit Pai served in various positions at the FCC. From 2007 to 2011, his roles included deputy general counsel, associate general counsel and special advisor to the general counsel.

Pai was nominated to serve as an FCC commissioner by President Barack Obama and confirmed unanimously by the Senate on May 7, 2012.

A graduate of Harvard University and the University of Chicago Law School, Pai served in various counsel positions for the Senate Judiciary Committee and the Department of Justice. He also spent two years as associate general counsel for Verizon Communications Inc.

The son of immigrants from India, Pai grew up in Parsons, Kansas. To read more about Chairman Pai and his position on issues impacting telecommunications, visit <https://www.fcc.gov/about/leadership/ajit-pai>.

WHAT IS THE FCC?

The Federal Communications Commission is a regulatory body that governs communications in the United States and its territories. The commission is comprised of five members who are appointed by the president of the United States and confirmed by the U.S. Senate. A chairman is selected from among the five commissioners.

From FCC website:

In its work facing economic opportunities and challenges associated with rapidly evolving advances in global communications, the agency capitalizes on its competencies in:

- ▶ Promoting competition, innovation and investment in broadband services and facilities

- ▶ Supporting the nation’s economy by ensuring an appropriate competitive framework for the unfolding of the communications revolution
- ▶ Encouraging the highest and best use of spectrum domestically and internationally
- ▶ Revising media regulations so that new technologies flourish alongside diversity

and localism

- ▶ Providing leadership in strengthening the defense of the nation’s communications infrastructure

Visit www.fcc.gov to learn more.

Changing times

At exactly noon on Nov. 18, 1883, the United States made a change that would affect all citizens. The change worried people so much that panicked editorials lamented its effects, entire towns stopped all activity to brace for the moment it would occur, and one mayor even threatened to jail anyone who went through with it. But in the end, absolutely nothing happened — and I think we can learn a lot from that.



JIM COOK
General Manager

You see, back in 1883, technology was changing things in ways not dissimilar from today. The telegraph and the railroad had made an unimaginably vast country seem much smaller. Before trains and telegraphs, the time of day in a certain community was essentially whatever the clock in the town square said it was. In all, there were at least 50 time zones across the U.S., and often, even neighboring towns would be 5 to 15 minutes apart. It's easy to see why a train schedule or information relayed along telegraph lines would need a common, standardized time.

So in 1883, the heads of all of the major railroads decided to make it so. It was declared that at noon on Nov. 18, all clocks would be moved up or wound back to make sure the country was in sync under four time zones.

The notion of changing the time did not sit well with everyone. Many feared what would happen if people tried to interfere with something as elemental as time. The mayor of Bangor, Maine, even went so far as to threaten to jail anyone who moved the hands on the clock. Many townspeople reportedly gathered around their local telegraph offices to wait for the official notice as to when the “new” noon would be. When the message came in, the clocks were set — and nothing else really happened. The fears were misguided, and the change has created the reliable standard we all use today.

While this example seems almost laughable today, how often do we find ourselves caught up in worrying about change? It's so easy for us to spend hours of our time and countless amounts of energy fearing what might happen because of a change. And then, after the change occurs, there's always the danger of getting pulled into wishing for the past.

Of course, any successful change — whether it's a new job, new house or new color of paint on a wall — needs a degree of planning and preparation to make the transition successful. But fear of change shouldn't stop you from doing something you know is right.

That's been our approach at NHTC. We have embraced change by not letting fears interfere with what we know we need to do. With the way our industry has changed, we've had to be ready to evolve with it. What was once a company offering one product (local telephone service) became a long-distance phone company. Then we became a dial-up internet service provider. Now we've become a company that provides broadband, television and security.

Through all of those changes, there were certainly concerns and a little worrying here and there. But we've always done our homework and made the changes that were needed to make life better for our customers.

President John F. Kennedy once said, “Change is the law of life. And those who look only to the past or present are certain to miss the future.” I believe that is the right attitude we should all strive for as we look ahead to whatever changes are in store for us in the years to come. ☎

The Communicator

MARCH/APRIL 2017

VOL. 16, NO. 2

The Communicator is a bimonthly magazine published by New Hope Telephone Cooperative, ©2017. It is distributed without charge to all cooperative members/owners.



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

BOARD OF DIRECTORS

Garland Elders, President
Owens Cross Roads Exchange

Mike Whitaker, Vice President
New Hope Exchange

Jeffrey Cantrell, Treasurer
Grant Exchange

Randy Morrison, Secretary
Grant Exchange

Calvin Bearden
Grant Exchange

Jeff Cooper
New Hope Exchange

Jim Duncan
New Hope Exchange

Greg Glover
Owens Cross Roads Exchange

Barry Jones
New Hope Exchange

Produced for NHTC by:



On the Cover:



Telah Wrenn decorates sugar cookies in her kitchen in Grant. What started as a dream has grown into a thriving business. See story Page 12.

STATEMENT OF NONDISCRIMINATION

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at 202-720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at 800-877-8339. Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call 866-632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: 202-690-7442; or (3) email: program.intake@usda.gov. USDA is an equal opportunity provider, employer, and lender.



HELP US FIND OUR SMALL BUSINESS OF THE YEAR!

- Visit BroadbandBuildsBusiness.com
- Complete the online nomination form
- Share the link on Facebook and Twitter
- Encourage others to nominate their favorite small business

Hurry, the deadline for nominations is March 10!

ATTENTION HIGH SCHOOL SENIORS: NEED MONEY FOR COLLEGE?



Now accepting scholarship applications

With tuition on the rise and books to buy, a little cash never hurt a college student. NHTC will award two local graduating high school seniors, one from DAR and the other from NHHS, a \$500 scholarship to help with college expenses.

Applications are available online at nhtc.coop, the school guidance counselor's office and NHTC's business office at 5415 Main Drive in New Hope. Applications must be received no later than April 7. Don't miss out on this opportunity!

MARK YOUR CALENDAR



2017 NHTC Annual Meeting

- Tuesday, May 16
- New Hope School
- Voting starts at 5 p.m.
- Business meeting follows at 7:30 p.m.
- Be sure to bring a valid photo ID to vote in the board election.

We hope to see you there!



Relax with **SUN, SAND AND SCENERY**

Going to the beach for spring break conjures up very different ideas depending on what kind of vacation someone is looking for. There's soft sand, playgrounds for the little ones as well as activities for the older children, delicious restaurants near the shore followed by a good night's sleep for all. Then there's the MTV version of spring break. In order to enjoy your spring break, it's important to know which one you're getting into. Here are some suggestions for beaches that are a little off the beaten path — ones that will take you away from the crowds and on to new adventures on Southeastern shores.

GULF SHORES/ORANGE BEACH, ALABAMA

With a 6,000-acre state park full of educational activities and a pristine, protected beach; a zoo with lions, tigers and bears — oh my; a water park; a nature preserve; and a magnificent pier with lots of fun stuff to do, Gulf Shores/Orange Beach has everything a family could want when looking for a vacation destination.

"On and off the beach, Gulf Shores and Orange Beach offer families opportunities to explore coastal Alabama's diverse landscapes," says Ally Dorrough, public relations coordinator for Gulf Shores and Orange Beach Tourism.

One of the best ways to do it is to check out the fishing charters that offer a lot more than fishing, including dolphin and nature cruises. Learn more at www.OrangeBeach.com/Fishing and www.GulfShores.com/things-to-do/beach-water.aspx.

Over the years, the two beaches — Orange and Gulf Shores — have morphed into one incredibly gorgeous 32-mile-long sandbox loaded with fun for families.

- ▶ **Where to eat:** The Hangout, 101 E. Beach Blvd., Gulf Shores. A sudsy fun foam party every hour on the hour until 6 p.m. and a great menu make this a good place for kids. Check it out at www.TheHangout.com.
- ▶ **Where to sleep:** There is a full range of chain motels, but many families opt for condo living while at the beach to take advantage of laundry facilities and full kitchens to save on dining out. Condo options with on-site activities for kids include Caribe the Resort (www.Caribe-Resort.net) and The Beach Club (TheBeachClub.SpectrumResorts.com).



CINNAMON SHORE, TEXAS

With its sugar-white beaches, Mustang Island's Cinnamon Shore is an ideal spot for little architects to build sandcastles, but older kids will consider it a great spot for boogie boarding and surfing the waves.

The idyllic seaside village is 11 years old and has become a sought-after spot for families. "Our activities are centered around the children, and our beach is a pristine location for kiddos to get sandy and make lasting memories," says spokeswoman Lianne Thomas.

Spring break and blistering summer days are seasons for fun at Cinnamon Shore, with KIDS Camp, surf lessons, sandcastle instruction, live music and movies on the lawn. And all ages love s'mores night, when you'll be provided with all the things necessary to make the gooey delights — free of charge. Sunset cruises, dolphin watches and fishing excursions are available.

- ▶ **Where to eat:** Lisabella's Bistro, 5009 Highway 361, is in the heart of Cinnamon Shore. The laid-back, beach-chic atmosphere belies an amazing menu of fresh coastal cuisine. But not all children like seafood, so there's a good menu for them, too. Phone: 361-749-4222.
- ▶ **Where to sleep:** Rental homes at Cinnamon Shore are designed with families in mind, including large bunk rooms for children. But if you're looking for a simple one-night stay, there are a number of hotels, both chains and mom-and-pop motels, in Port Aransas just five miles down the road. A good website to visit is portaransas.org. For Cinnamon Shore rentals, visit www.cinnamonshore.com.



COLIGNY BEACH PARK AT HILTON HEAD, SOUTH CAROLINA

Taking the less-traveled path in Hilton Head leads to daylong fun at Coligny Beach Park. While the main drag in town is always busy, the park offers a change of pace, perfect for families looking for a less-crowded option. The waters are shallow, and multiple tidal pools during low tide are ideal for your little tadpole to take a dip.

The park, according to Kayla Medina, public relations manager for Hilton Head Island Chamber of Commerce, is one of the most popular places on the island, offering direct access to the beach, a child-friendly splash zone, bike trails and a movie theater when children need to come in from the sun and surf.

- ▶ **Where to eat:** Big Bamboo Cafe, 1 N. Forest Beach Drive (at Coligny Plaza Shopping Center). Just steps from the beach, the cafe features a wide range of options, including an awesome children's menu. Phone: 843-686-3443.
- ▶ **Where to sleep:** Recently renovated, The Beach House, a Holiday Inn Resort (1 S. Forest Beach Drive), caters to families with young children, offering free games by the pool and on the beach. Bunk beds are available in some rooms. Small refrigerators in all rooms keep leftovers cold for late-night snacking. For reservations, call 843-785-5126 or visit www.beachhousehhi.com.



EDISTO BEACH, SOUTH CAROLINA

Edisto is one of the few islands that hasn't been taken over by chains and other mega-commercial enterprises, but that doesn't mean there's nothing to do. There's golf at The Plantation Course at Edisto Beach Golf Club; fishing from the pier, the shore or along the river; and boat tours that will let you see a different side of the island. There's a bike path that winds its way through most of the island, and if you can't bring your bike, there are several bike rental companies at Edisto Beach. And if you want to "rough it," camping (with full hook-ups and showers) at Edisto Beach State Park is an amazing experience. Listen to the ocean as you drift off to sleep — it's that close. The island also has a lighthouse, museums and white-sand beaches. Though still recovering from Hurricane Matthew, most of Edisto is open and ready for visitors.

- ▶ **Where to eat:** The Waterfront Restaurant, 136 Jungle Road. It's a great place for low-country cooking with one of the best seafood menus on the island, but there's also plenty for landlubbers — burgers, chicken dishes and steaks. There's a children's menu, too. Phone: 843-869-1400 or online at www.waterfrontrestaurantedisto.com.
- ▶ **Where to sleep:** Wyndham Ocean Ridge (1 King Cotton Road) offers one- and two-bedroom suites equipped with kitchens, washers and dryers, making it ideal for families. Reservations: 843-869-4516. ☎

A passion for teaching

NHHS teacher values sharing life skills with students

BY MELISSA SMITH

When Darlene Ezell shops at the Piggly Wiggly in New Hope, she rarely gets out of the store without running into one of her former New Hope High School students or their parents.

Ezell teaches family and consumer sciences, and many of her recipes have made their way into New Hope homes. It makes her feel good when she sees a former student use the cooking or life skills she taught. "I see parents of students who will tell me, 'We had your taco pie last night,'" she says.

Ezell, who grew up in Maine, lived in Philadelphia, Pennsylvania, until 1989, when she and her family moved to the Huntsville area.

Before she became a teacher, she volunteered as a wedding director at her church, St. Mark's Lutheran Church in Huntsville, and discovered she could fill a niche. She loved helping the brides, but she noticed a pattern: The women lacked household skills.

Ezell realized they didn't know about budgeting, cooking or taking care of a family. "I thought that was a place where I could really make a difference in people's lives," Ezell says. She returned to college, earning a teaching degree. She has been at NHHS for 22 years.

"I love teaching about cook-

ing and playing with food and raising children," she says, using the experience of raising her own two children. "My passion in life is sewing."

During summers while growing up in Maine, Ezell's mother took her to sewing classes, and she now enjoys passing along the skills she learned. "I love getting to help students understand that it's really not drudgery if you look at it with the right perspective," she says.

Ezell teaches a series of courses ranging from cooking to fashion design. For example, students learn to sew by making blankets and pillowcase dresses to donate to children in Honduras. They also learn how to plan balanced meals, the keys to child development, and how to budget.

The cooking unit is a favorite. "I love to see the light bulb come on when they're learning to cook," Ezell says. Students make a variety of dishes, everything from pizza casserole to brownies. Because her recipes are so well-loved among the students, Ezell began sharing them through posts on the school's website.

NHHS senior Taylor Ramsey looks forward to the cooking course with Ezell. "It always smells so good, and it makes me hungry," she says. 🍴



Darlene Ezell shows NHHS senior Taylor Ramsey how to piece together a quilt.



For the last 22 years, Ezell has taught students valuable life skills like cooking and sewing.

DARLENE EZELL'S TACO PIE

- 1 can crescent rolls
- 1 1/2 cups crushed tortilla chips
- 1 pound ground beef
- 1 package taco seasoning mix
- 1/4 cup chopped onion
- 1 8-ounce can tomato sauce
- 1 small block colby jack cheese, shredded

Heat oven to 350 degrees. Line a pie pan with crescent rolls. (Hint: They are triangles. Put the point of the triangles in the center, and they will form a circle. Press the dough together to fill in gaps.) Sprinkle crushed tortilla chips on top of crescent rolls. Set aside. Brown meat and onion, drain grease. Add tomato sauce and taco seasoning mix. Spread meat mixture over tortilla chips. Sprinkle with grated cheese. Bake for 25 minutes or until crescent rolls are cooked in the center of the pan. Serve with sour cream.

An **out-of-this-world** experience

A local student graduates Advanced Space Academy

BY MELISSA SMITH

Connor Hosak lives just 20 miles from the U.S. Space and Rocket Center in Huntsville, where a giant Saturn V rocket towers beside the interstate. The thought of space exploration has never been far from the mind of the New Hope High School sophomore, whose favorite subject is science.

His mother, Megan Hosak, is an emergency management specialist who contracts with NASA. When she approached him about attending Space Camp in Huntsville during the summer of 2015, Hosak liked the idea. “I was definitely intrigued. Having the opportunity to experience Space Camp sounded like a neat thing,” he says.

For the past two summers, Hosak trained to go into space, embracing an opportunity to turn curiosity into reality by first attending that hands-on Space Camp.

Students who complete Space Camp have the possibility of an invitation to the Advanced Space Academy. So, when he received an invitation to return to the U.S. Space and Rocket Center for the advanced sessions last summer, he knew it was an opportunity of a lifetime.

BLAST OFF

While at the week-long academy, both Space Camp and the Advanced Space Academy, trainees are given the option to participate in

education programs promoting science, technology, engineering and math. Teamwork and problem-solving are also skills incorporated into the training. Trainees experience everything from a ropes course to building their own rover.

“We got to do some mission simulators like real astronauts do,” he says. “Last year I got into a space suit and repaired broken modules on a space station. This year, I was commander of the shuttle crew of Discovery. It was a lot of pressure being the head honcho of a very expensive and dangerous mission.”

The crew trained for a week to fly a simulated space mission to the International Space Station. Members of the crew successfully completed various experiments onboard the ISS and performed a space-walk, where crew members were strapped into a seat that simulated astronauts being tethered to the ship by a claw.

Under Hosak’s leadership, the crew won the Commander’s Cup Challenge badge, an honor presented to the team



Photos courtesy of U.S. Space and Rocket Center.



TOP: Connor Hosak’s crew won the Commander’s Cup Challenge badge, which represents the crew that excelled above the others.

ABOVE: Space Camp attendees have the chance to participate in training exercises like astronauts do.

LEFT: Hosak is one of the 750,000 trainees who have graduated from the Advanced Space Academy in Huntsville since 1982.

that excels among the others. The crew was honored at the graduation ceremony. There, they joined the ranks of over 750,000 trainees who have graduated from the program since 1982.

He says the best part about attending camp is the connections he made. “The activities we did were cool, but I made some of the best friends after just being there for a

week,” he says.

Campers came from all over the world to Huntsville to attend camp. “I met people from South Africa, Russia, Germany and Vietnam,” he says. “They all told me I was really lucky that I just had to drive 30 minutes to get to camp. They all had to travel for multiple days to get there.” ☺



Parents, take control

In my last article, I talked about how important it is for parents to take charge of their kids' technology usage. However, that can sometimes be easier said than done. As much as I tried to manage my kids when they were using their iPads, it became apparent that I needed help.

One frustration I had was the number of "kid" apps showing up on my devices every time I installed them on my kids' iPads. I had, like many parents, put my own Apple ID on their devices, which meant every app they downloaded also connected to my account.

FAMILY SHARING TO THE RESCUE!

Apple products have made it much easier for parents to manage the content their children see and access on their

iPods, iPads and iPhones. One of the best ways to take advantage of these features is to set up a separate Apple ID for each iOS user. This includes even the littlest in your family. If they are old enough for a device, they should have their own Apple ID.

This process is simple: On your own iOS device, go to Settings/iCloud/Family/Add Family Member.

Here you will see an option to Create an Apple ID for a child. Follow the on-screen instructions to create your child's Apple ID. Even though they will now have their own Apple ID, you can control many aspects of their iOS use.

You will need to create a username and password for them, so make sure it is something they can remember. This is important because it saves you the hassle of logging them in every time they want to download something. It also teaches them

responsibility for remembering it themselves. Once they have chosen an app to download, you will get a message on your iOS device that they want to download an app and what it costs. You can either approve or deny their request.

CIRCLE BY DISNEY

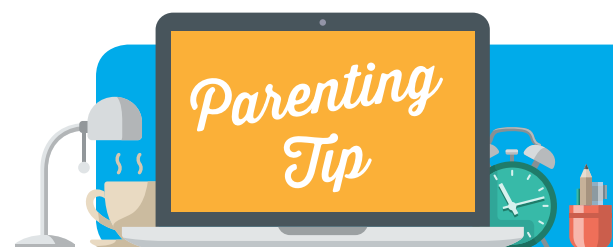
The other way I manage my kids' time online is by using a device called Circle by Disney. With the Circle, I can restrict the amount of time my kids have access to the internet, turn on or off access to specific websites or apps, and set a bedtime to deactivate the internet. This will automatically turn the internet off at a set time, not turning it back on until a set time in the morning. The great thing about this is it only affects my kids' devices, not anyone else's in the house. However, you can restrict access to every device connected to your router if you wish. You also can "pause" the internet for the whole house at meal times or whenever you want the family to disconnect.

The ability to turn off or on specific websites and apps can be helpful when your child needs to finish homework online but tends to be sidetracked by other sites. Now you can be sure they only have access to the sites they need for schoolwork until they finish their assignment.

The internet is important for your family, but it's also important to manage what is being accessed and how much time is spent online. Hopefully these tips will make it more manageable for you. ☎



CARISSA SWENSON
IS A TRAINING
AND EDUCATION
CONSULTANT
FOR CONSORTIA
CONSULTING.



Circle pairs with your home Wi-Fi and lets you manage every device on your network, both wireless and wired, without ever needing to put software on them. It's available for \$99 at Target, Amazon, Best Buy and Disney Stores. **For more information visit meetcircle.com.**

HOME PHONES FOR 911



WHEN IT COMES TO EMERGENCY CALLS, LANDLINE PHONES STILL HAVE THE EDGE

BY ANDY JOHNS

If an emergency happens at your home and you reach for a phone to dial 911, your decision on whether to dial from a landline or cellular phone could greatly affect the ability of firefighters, police officers and medical personnel to find you.



BRIAN FORTES, CEO
NATIONAL EMERGENCY
NUMBER ASSOCIATION

“That’s the most important question: Can you find the person making that 911 call?” says Brian Fortes, CEO of the National Emergency Number

Association, which studies 911 policy and technology.

For the all-important answer to that question, the 911 caller’s best option is clear. “It’s easier to track someone down using a landline phone than a cellular,” Fortes says. “That still is the gold standard for 911 location.”

The landline difference, he says, is what dispatchers see on screen. On an emergency call from your home phone, dispatchers will be able to pull up the exact address of where the call originated.

On a mobile call, the dispatcher gets the network’s best guess at the coordinates of

the caller. The accuracy of those coordinates could be 300 yards or more away from the caller’s location. “It’s always going to be a challenge if you don’t know that address,” Fortes says.

While wireless providers and emergency officials are making strides to improve the location capabilities for the networks, the NENA CEO feels safer knowing he has a home phone.

“I do have that landline connection in my home for security reasons,” Fortes says. “(In an emergency) if you have access to a wired phone, I would certainly use the wired phone.” 📞

Here are some things to consider:

300 METERS

The current requirements for some emergency cellphone calls only require the phone to be trackable within a 300-meter area. Once emergency personnel respond to a cellular 911 call, first responders may have an area the length of three football fields to search. How many other houses are within 300 yards of your home? “Realistically, there will be 911 calls that fall out of that 150- or 300-meter range,” Fortes says. Landline phones will give the authorities a specific address to send first responders.

THE ELDERLY AND YOUNG

The two groups of people with the hardest time explaining to dispatchers where they are located are young children who don’t know their address and older adults who may be unable to talk or can’t remember where they are. A home phone line gives dispatchers an exact address in order to send first responders.

THE Z AXIS

When a wireless emergency call is placed, the signal can only be tracked to geographic area. The current 911 system can’t make any distinction for vertical location, also called the Z axis. For example, in a three-story apartment complex or in a condo above a shop or restaurant, responders may be able to find the location but will have no idea about the floor where the call originated.

FIVE YEARS

In 2015, the Federal Communications Commission adopted new rules requiring major improvements in cellular 911 calls. Wireless phone providers have five years to phase in these improvements. “A lot of work is currently underway to improve,” Fortes says. “The gold standard is the exact location, and we’re not there yet.”



Over time, Telah Wrenn has perfected the art of cookie decorating.

Recipe for success

COOKIE BUSINESS GETS COZY IN GRANT

BY MELISSA SMITH

Whenver Telah Wrenn looks out the window of her home, she can see evidence of how her dream became a reality. Through the trees, by the side of the road, sits a commercial-grade kitchen.

The building in Grant is just big enough for a kitchen, a preparation area and a storage space — the perfect spot for Telah's Cozy Cookies.

The kitchen walls are painted a vibrant and cheery teal. Racks filled with labeled plastic boxes organize more than 1,000 cookie cutters that Wrenn has acquired over the years, as well as bulk quantities of dry ingredients.

During her busiest season, from late summer and through the holidays, she produces 2,000 cookies weekly, a big change from just a few years ago when her baking was mostly with, and for, her family.

Before becoming a baker, she worked in the medical field as an occupational therapy assistant. After her children were born, she realized she needed a job where

she could make her own hours.

One evening in 2012, her husband, Daniel, sent her a link to a commercial he saw online about a woman who talked about how much she enjoyed making pies for people. "It got to me," Wrenn says. "I thought, 'I want to do that.'"

CAN-DO ATTITUDE

Wrenn always considered herself to be a crafty person. "I loved scrapbooking and paper crafts," she says. "I always enjoyed cooking and baking and decorating cookies with the kids at Christmas."

She talked to her husband about the



Beloved football rivalries are not exempt from the cookie world.

cookie-decorating idea. “He loved it and told me about how he remembered going to the bakery when he was a kid and seeing these huge cookies that looked like ‘Sesame Street’ characters,” she says. “They were big and smelled so good. It made him happy. I thought, ‘Hey, I can do that.’”

She began researching what it takes to build a cookie business. She needed to find a kitchen, equipment and, most importantly, the perfect recipe. “I pretty much started out by just trying different recipes and seeing which ones turned out the best,” she says.

In the fall of 2012, Wrenn began really testing out her cookie recipes and decorating skills. She started baking Halloween-themed cookies and would take them to church functions.

“The pumpkins looked horrible, and they didn’t taste so great either. One woman told me not to quit my day job,” she says with a laugh. After a lot of trial and error and not-so-tasty pumpkins, the cookies eventually got better. People encouraged her to begin a business.

QUITTING HER DAY JOB

Once she perfected the recipe, it was time to think of a name for the business. It needed to be unique, memorable and easily located online. She decided to use her first name and added “cozy” for a little bit of spice.

“‘Cozy’ came from thinking about the

feeling of seeing and smelling cookies,” she says. “You just get this sense of joy, and we wanted our customers to get that same kind of happiness from the cookies. It’s not like buying cookies in a package.”

Telah’s Cozy Cookies opened in the summer of 2013. She wanted to stay local, so after looking at some places to rent in the area, she decided to build on property close to her home. She employs five people, not including her children, who also help.

The business has grown since the early days when Wrenn would drive from Grant to meet customers in the Costco parking lot in Huntsville to deliver an order. Now, her cookie orders can be found at University Pickers in Huntsville, Red Elephant Marketplace in Guntersville, Pickers On The Square in Fayetteville, Tennessee, and Patches Consignment in Scottsboro. They are sold wholesale to Table & Thyme inside Mint Julep in Huntsville, Wild Roots Hair Salon in Grant and Unclaimed Baggage Center in Scottsboro. She is always working to expand to more businesses.

She also does a lot of orders for Kate D. Smith DAR School, which is just down the road from the kitchen, and she has even done cookies for a large cosmetic company event in Hawaii. While the busiest time of year is from the beginning of school until Christmas, the kitchen also bustles from Valentine’s Day through the end of May.



Telah Wrenn estimates she has over 1,000 cookie cutters in her storage room in her shop.

Telah’s Cozy Cookies offers the traditional sugar cookie, crisp on the outside and soft on the inside, which can be decorated like nearly anything imaginable. From characters for children’s birthday parties to custom-ordered monograms and animals, it has been done. The other flavors available are: chocolate chip, spice, gingerbread and lemon. Cookie Bites, small cookie squares topped with icing, are also a customer favorite.

Customers who tell her the cookies were a hit at parties or seeing photos of kids enjoying their cookies make it all worthwhile to Wrenn. “We want everyone to get that idea that you’re not just buying cookies — you’re going to get something that will make an event special,” she says.

Recently, while Wrenn was set up at a holiday market, a family approached her booth and took a cookie sample. As the little boy walked away, Wrenn heard him say to his parents, “Mmm, these are cozy!” 📞

Cookie Connection

Facebook: [Telah’s Cozy Cookies](#)

Instagram: [@telahscozycookies](#)

[Check out social media for cookie-decorating class announcements.](#)

A TEEN AND HER FOODIE DREAM

Adelle Pritchard, 13, loves to write, sing and play the ukulele. Like many teens her age, she also plays soccer and enjoys reading and traveling. But unlike most girls in her age group, Pritchard owns a restaurant.

"I've always loved to cook," she says. "I love finding and trying new foods."

So when it came to deciding what foods she wanted featured in her new eatery, she turned to what she knew best — crepes.

"It was the first thing we thought of," Pritchard says. "My dad's from England, and one of their traditions is Pancake Day. Crepes are called pancakes in England."

When Ken Pritchard moved to Chattanooga and married his wife and Adelle Pritchard's mom, Carla, he carried the tradition with him.

"We used to always have about 100 people over and make hundreds of crepes to celebrate Pancake Day," Adelle Pritchard says. "I've always loved making them."

During the summer of 2016, Adelle Pritchard opened Adelle's Ice Cream Creperie, serving breakfast and lunch on Main Street in Chattanooga's Southside. She says her friends were very supportive of the move and come by often, but her teachers and others were a bit surprised when she returned to school from summer break and were told of her business venture.

"Not many people my age do something like this," she says.

Pritchard, with help from her mother, devised a menu that mirrors that of creperies that dot the landscape in Paris, a city she has visited on several occasions as a side trip when visiting her dad's family in England.

"We knew we would need to have some



Inspired by her English father, Adelle Pritchard embraced her love of crepes.

of the classic crepes on the menu — like ones with ham and cheese or Nutella," Pritchard says.

A house favorite is "Fire in the Hole," filled with spicy chicken, greens and Gruyere cheese drizzled with sriracha aioli. Adelle's offers a number of choices for a sweet finish, including "The Bee's Knees," a massive, mouthwatering crepe with Nutella, banana and cinnamon-maple sprinkles topped with honey.

As the name of the restaurant implies, ice cream is also on the menu. But Pritchard wasn't satisfied with just chocolate and vanilla, adding blood orange sorbet, cinnamon-brown sugar and salted caramel ice creams, hand-dipped and sold by the scoop or made into sundaes, floats or milkshakes.

Pritchard's entrepreneurial spirit is not lost on her mother, herself a Chattanooga business owner.

"She's wanted to do this — open a restaurant — since she was about 9 years old," Carla Pritchard says. "We finally gave in, and now I'm very impressed that it was not just a fleeting interest."

She is also already considering her future. "I'm very interested in going to culinary school," she says. "But right now I'm interested in making Adelle's the best it can be."

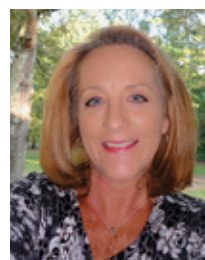
She does this with the help of a good staff of people, including a manager to handle

daily operations when she is in school.

Practice makes perfect when it comes to making good crepes. Pritchard says you don't need a crepe maker. They can be made in a skillet — any size, depending on how big you want your crepe. And when it comes to filling them, your palate is the guide.

"They're like a blank canvas; you can fill them with so many different things," Pritchard says, adding a couple of tips:

- Chill the batter at least a couple of hours. It helps to make the batter more smooth. It'll keep in the refrigerator for a day or two.
- The batter itself can range from very simple to more complex if you use different spices and flavors.
- You want the pan to be hot enough to set the batter, but not so hot that it smokes. The crepe is done when it turns golden brown. 📺



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

Basic Crepes

- 1 cup sifted flour
- 3/4 cup whole milk
- 1/2 cup water
- 2 eggs
- 1/4 teaspoon salt
- 3 tablespoons butter, melted
- 1 teaspoon vanilla (optional, use only in sweet crepes)

Place all ingredients in blender, adding melted butter last. Blend for about 10 seconds or until smooth. Chill in refrigerator for at least 30 minutes, but leaving it overnight is ideal. Heat a small nonstick pan and swirl about 1/4 cup batter evenly all over pan. Cook for about 30 seconds (or until slightly golden), then flip and cook on other side for another 15 seconds. Cook until batter is gone, stacking crepes on a plate, putting small pieces of waxed paper between each one. Fill with favorite topping, fold over and serve.

Classic Chicken Mushroom Crepe

Sauce:

- 1/3 cup butter
- 3 1/2 tablespoons flour
- 1 cup chicken broth

Chicken filling:

- 1 small carton sliced baby bella mushrooms
- 2 tablespoons butter
- 3/4 cup cooking sherry
- 1/2 cup chicken broth
- 4 teaspoons chopped onion
- 1 teaspoon salt
- 2 dashes hot sauce
- 2 cups cubed cooked chicken
- 6 tablespoons sauce

Topping:

- 1 cup sauce
- 1/2 cup heavy cream
- 1 egg yolk, beaten
- 1/4 cup butter
- Parmesan cheese

For sauce: Melt butter and stir in flour,

cooking until slightly golden. Gradually stir in broth until thick.

For filling: Melt butter in saute pan.

Saute mushrooms until soft, and then add sherry, broth, onion, salt, hot sauce and chicken. Add sauce to moisten as needed. Season to taste with salt and pepper.

For topping: Place sauce in saucepan.

Add cream and stir until smooth. Add egg yolk and butter. Heat, but do not bring to boil.

Finish: Divide chicken filling evenly onto each crepe and roll up. Place in shallow baking pan and cover with topping and sprinkle with Parmesan cheese. Broil until golden.

Pear, Brie and Jam Crepe

- 4 fresh pears
- Thinly sliced brie cheese
- 2 tablespoons brown sugar
- 2 teaspoons lemon juice
- 4 tablespoons butter
- Honey or jam

Peel and slice pears and toss with sugar and lemon. Saute in butter until tender. Place pears and thin slices of brie on half of the crepe. Fold the empty half of crepe over the covered half, then fold one more time. Do this with each of the crepes. Place in roasting pan and heat in 350 degree oven for 10 minutes. Remove from oven and top with drizzle of honey or your favorite jam. Strawberry is Adelle's favorite. You can also add toasted almonds or walnuts. 📱



The menu of Adelle's Ice Cream Creperie highlights sweet and savory crepes, as well as unique ice cream flavors.

IF YOU GO...

Where: Adelle's Ice Cream and Creperie

Address: 400 E. Main St., Chattanooga, Tennessee

Phone: 423-531-2222

Hours: 7 a.m.-2 p.m. Monday-Saturday



P.O. Box 452
New Hope, AL 35760

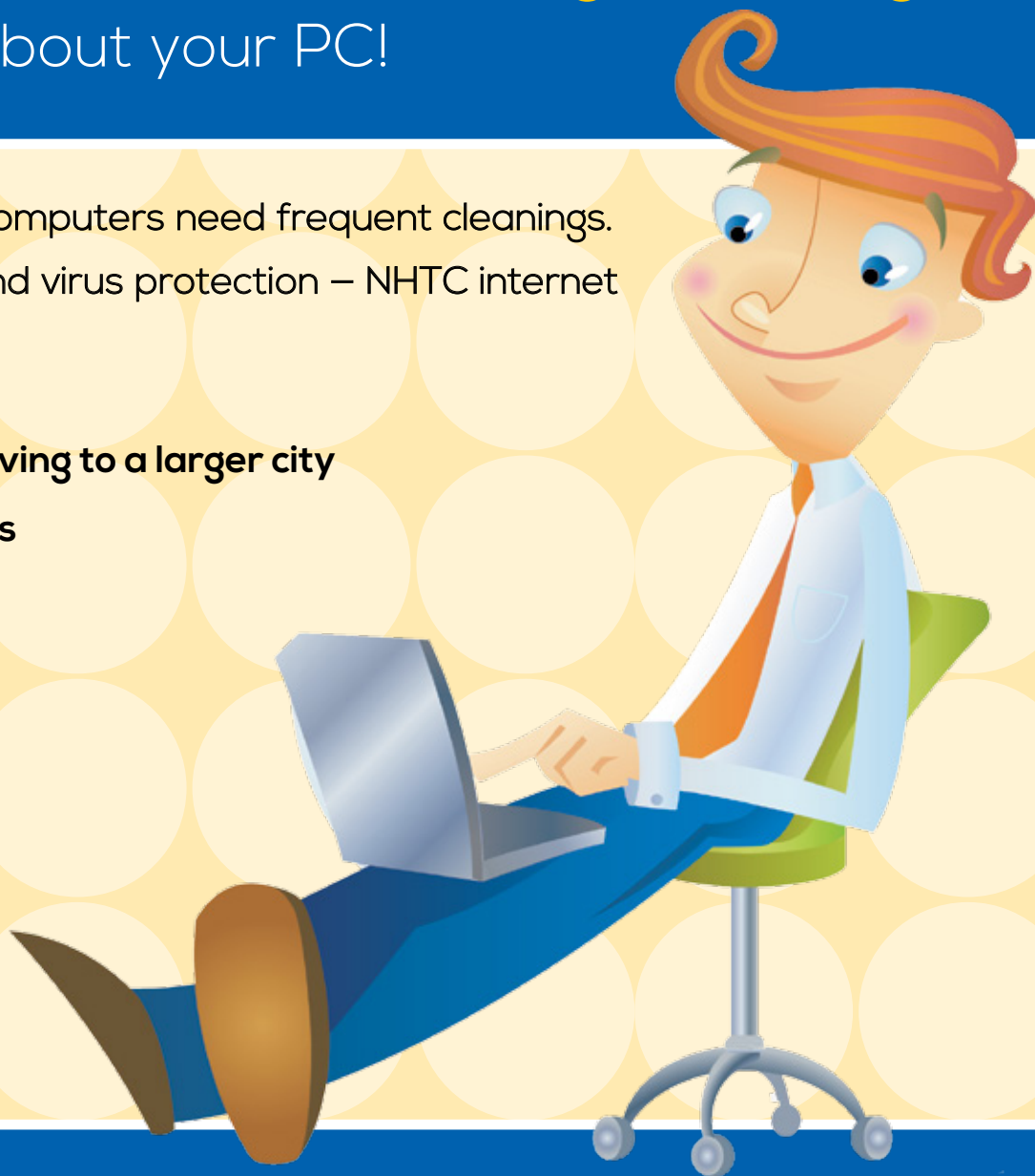
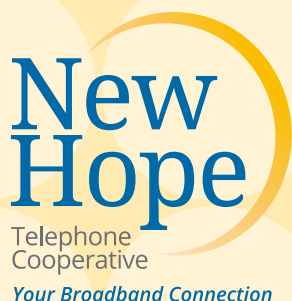
Presort STD
US Postage PAID
Permit #21
Freeport OH

In the mood for some spring cleaning?

Don't forget about your PC!

Just like your home, computers need frequent cleanings. Diagnostics, repairs and virus protection – NHTC internet technicians can help.

- **Keep it local – no driving to a larger city**
- **Qualified technicians**
- **Friendly service**



Could your computer use some spring cleaning?

Contact NHTC today at 256-723-4211 or visit nhtc.coop.