

A Publication of New Hope Telephone Cooperative

The
Communicator

Vol. 4, No. 7

August 2005

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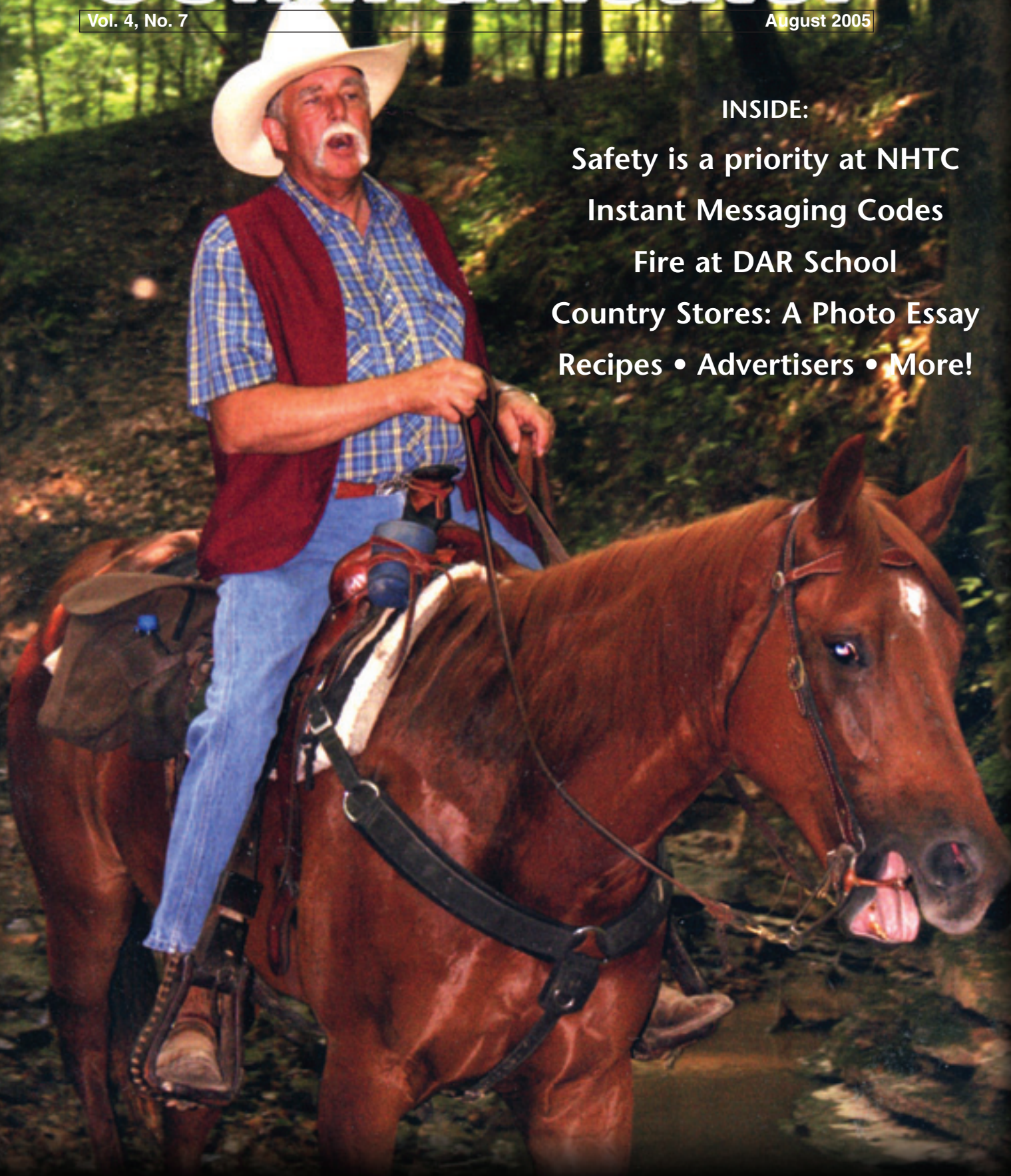
Safety is a priority at NHTC

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As I pause to bring you another monthly message, I realize that mid-month, I will have been at the helm of this great cooperative for one full year. Once again, I want to express my gratitude for the opportunity to work with and for so many wonderful people.

We have tackled challenges, improved, grown and implemented progressive plans. However, if I had to narrow down what I am most proud of over the past year, it would have to be the development of the staff. I have witnessed a phenomenal increase in team spirit, motivation and dedication to improving the cooperative of today and the cooperative of the future.

Employees have begun to offer valuable input into the operations of the company. They are taking pride in what they do and truly appreciate that we have the greatest of customers to work for. Everyone understands that no job is more important than any other and without everyone, we cannot deliver.

We even have seasoned employees taking a renewed taking on additional duties. One example of this would be Tim Wright, outside plant foreman with 27 years of service. In addition to his regular duties, he has done a marvelous job taking on the task of becoming our Safety Coordinator. Robert Patterson, company engineer, has volunteered to serve as his backup. They have recently completed extensive OSHA training and we are very proud to announce that they have both received certifications as Safety Planning Specialist and Safety Training Specialist. For more information on their accomplishments, see the article on Page 3.

Teamwork has grown exponentially, and with it comes productivity. A prime example of this would be the raising of equipment

from an area subject to flash flooding. There will be more about this organized effort in the September Communicator.

In addition to teamwork, many employees have grown in their appreciation for satisfied customers. I must commend Kanita Medlen, customer service representative, for the role she played in assisting our customers in the Grant exchange. In early July, BellSouth inadvertently deleted the 728 exchange from their equipment. Kanita went the extra mile, staying on the project with Bell until the problem was resolved. It really makes me proud that we have such dedicated employees.

While the past 12 months have been a fast paced and productive period, the next 12 months are likely to be even more aggressive. The testing phase of the "Intra-Lata Calling Plan" is set to begin by mid-August. This should allow us to roll it out before the end of the year. The extensive strategic planning process continues, and we are looking for interested participants to help revise the Cooperative's bylaws.

All of these successes are possible because of our strong customer base. We are proud to serve you and appreciate your patience and cooperation in working with us to improve our services. Through continuous education, training, team spirit and positive attitudes, we will all reap the benefits

and enjoy a productive and progressive future. ♦



*Teresa Hunkapiller
General Manager of
New Hope Telephone
Cooperative*

BYLAW RECOMMENDATIONS—NHTC is looking for volunteers to participate on a committee to review and update the cooperative's bylaws. If you would like to be considered for this committee (or if you have suggestions for changes but do not want to serve on the committee), please submit your reply in writing to Teresa Hunkapiller by mail, in person at the cooperative office, or via email at teresah@nehp.net.

New Hope Telephone Cooperative

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

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The Communicator

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New Hope Telephone Cooperative

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On the cover:

Terry Mann of Owens Cross Roads rides his friend and companion Halo.

NHTC employees focus on workplace safety

Opportunities for injury exist in practically every job. But a safety-conscious attitude is especially important for employees of utilities, where the potential for life-threatening injuries is present in the workplace every day.

The Board of Directors and management of New Hope Telephone Cooperative recently strengthened their commitment to workplace safety. Working through the National Association of Safety Professionals, NHTC employees Tim Wright (acting outside plant supervisor) and Robert Patterson (plant engineer) have earned their certifications as Safety Training Specialists and Safety Planning Specialists.



Tim Wright

"This training has prepared us to assess safety throughout our buildings and in the field, and to address any problems we find," says Wright, who also serves as the overall safety coordinator for NHTC.

As part of the increased emphasis on safety issues, Wright is conducting meet-

ings each Monday morning with outside crews and central office personnel. "Everyone is more safety-conscious, more aware of potential safety problems," he says.

Additionally, Wright conducts a meeting with all NHTC employees every six weeks, showing videos and discussing ways to recognize and remove hazards before they become safety problems.

Not only is workplace safety important to the health and well-being of individuals, it also affects a company's bottom line. "A safer work environment results in fewer loss-time accidents," says Patterson.

Wright and Patterson are enrolled in continuing self-study courses via the Internet to maintain their certifications and further enhance NHTC's workplace safety. ♦



Robert Patterson

Think About It

"There is no exercise better for the heart than reaching down and lifting people up."

-- John Andrew Holmes

Can you find it?

Hidden in this month's pages is a small clue that could earn you a \$5 credit on your phone bill! Find the clue, follow the directions, and let us know what you discover.

You may email your answer to communicator@nehpc.net, or mail or deliver your handwritten or typed answer to the NHTC office. INCLUDE YOUR TELEPHONE NUMBER. NO PHONE CALLS, PLEASE! We'll draw from the correct entries on August 10th, and the winner will receive a \$5 credit on their next phone bill.

Last Month: The hidden image was found on Page 12 at the bottom of the left column. Last month's winner was Shelia and Brandy Hill of Grant. Thank you to everyone who responded.

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Cracking the Instant Messaging code

Have you ever glanced over your child's shoulder while he or she was using instant messaging software, only to find yourself puzzled by all the acronyms being used?

Amid the alphabet soup are some messages that moms and dads would no doubt be interested in. For example, POS is a well-known red flag — it means "Parents Over Shoulder: Change Subject."

There are literally hundreds (if not

thousands!) of these little characters out there in newsgroups, chat rooms, email messages and bulletin boards. You've probably even seen a few on Web sites (especially personal sites). Basically they're hard to avoid because they're everywhere! But what are they?

Quite simply they fall into the category of Acronyms, Smilies or Emoticons. They're not just a cute add-on or an expression of personality, as these

wonderful little keystrokes are in fact highly versatile and very functional.

Welcome New NHTC Business Customers

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Common Acronyms and Abbreviations Used In IM (Instant Messaging)

AFAIK As far as I know	JIC Just in case
AFK Away from keyboard	JK Just kidding
AIM AOL Instant Messenger	K Okay
AM Away Message	KIS Keep it simple
ASAP As soon as possible	L8R Later
A/S/L Age/Sex/Location	LOL Laughing out loud
BBL Be back later	NBD No big deal
BBS Be back soon	NP No problem
BC Because	NRN No response necessary
BCNU Be Seein' You	OIC Oh I see
BFN Bye for now	OTP On the phone
BG Big grin	PLS or PLZ Please
BI Buddy Icon	POC Point of contact
BL Buddy List	POS Parent Over Shoulder
BMG Be my guest	POV Point of view
BRB Be right back	RSN Real soon now
BTA But then again	RUOK? Are you okay?
BTW By the way	SN Screen Name
CID Consider it done	TAFN That's all for now
CUL or CUL8R See you later	TBH To be honest
EOM End of message	THX Thanks
GL Good luck	TTFN Ta ta for now
GW Good work	TTYL Talk to you later
HTH Hope this helps	TY Thank you
IAC In any case	UN User Name
IDK I don't know	WE Whatever
IK I know	WFM Works for me
IM Instant message	WTG Way to go
IMO In my opinion	WU? What's up?
IMS I am sorry	YT? You there?
IOW In other words	YW You are welcome



Attn: Parents & Guardians

Artwork for the coloring contest "Their Sacrifice, Our Freedom" may be picked up at the NHTC office during regular business hours. A big 'thank you' to all the kids who participated!



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"And you thought we just had pizza"

Universal Service Fund: What is it, and how does it affect my telephone rates?

The 'Universal Service Fund' has been in the news recently, raising questions among members about how this national policy affects the price you pay for phone service. Below, NHTC General Manager Teresa Hunkapiller answers common questions about the USF.

Q: What exactly is the Universal Service Fund?

A: It's really a simple concept. Today's public telephone system is such a valuable asset because everyone is part of the same network; when you pick up your phone to make a call, you can expect the person on the other end to have a phone and to be able to answer it and talk with you. Just think how inconvenient it would be if there were several different networks in the country and you could only talk to people who were in the same network as you.

The Communications Act of 1934 sought to make telephone service available to all U.S. residents at a reasonable cost. To accomplish this, the Universal Service Fund was established. Every telephone provider pays into this fund based on their cost of providing service in every area they serve. NHTC pays into this fund (you will find the line item on your phone bill). But we also draw from this fund a portion of the costs related to providing service to remote areas. This process, repeated throughout the U.S., makes phone service affordable to all citizens.

Q: So is the USF a government subsidy to rural phone companies?

A: No, because every telephone provider pays into the system. The money that companies like NHTC receive from the Fund are in direct relation to the costs associated with serving remote areas. Without the Fund, many rural residents throughout the country would be unable to afford true cost-based phone service, and we would no longer have a nation-wide phone system.

Q: How much does NHTC pay into the Fund?

A: A percentage is charged on each bill's interstate service. The rate changes on a quarterly basis. The rate decreased for the third quarter of 2005, going from \$0.72 to \$0.66.

Q: What does the future hold for the USF?

A: The Universal Service Fund has become a hot topic of conversation among a number of organizations — the Federal Communications Commission, Congress, and even state Public Service Commissions. The big question on the minds of many policy-makers is this: 'is there still a need for universal service support?'

Q: What would happen to my phone bill if the Universal Service Fund suddenly ceased to exist?

A: Under the current system, phone bills for rural Alabama residents could rise considerably if the Universal Service Fund ended tomorrow. In the worst case scenario, the local portion of your bill could even double. As you can see, it is important that your voice is heard. You can be assured that as the national debate continues, NHTC is joining with other rural independent telecommunications companies to maintain contact with elected officials and to make sure the concerns of our members are heard. ♦



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Country Stores

Cheese and crackers. Moon Pies and RC Colas. A bag of chips and a few gallons of gas. The traditional small country store has long been an important part of rural life, providing the basic necessities to get folks by between trips into town. But country stores offer more than a convenient location to pick up supplies; they often serve as an information center for their communities, where one can hear the latest news and discuss everything from politics to football. While time and progress have claimed some of these country stores, we are fortunate that a few still remain to serve their communities.



Lightning strike, fire destroys DAR administrative building

Grant Fire Department received the alarm at thirteen minutes past 8 p.m. on the evening of June 20 — a structural fire at 6077 Main Street Grant. Firefighters rushed to the scene to not only protect public property, but to save a piece of history.

Lightning had struck Munson Cottage, a wooden building graced with beautiful stacked rock columns, built in 1936 on campus of the Kate Duncan Smith DAR School. It was being used to house administrative offices, including space for the region's DAR director.

It was bad enough to see the historic building in flames, but the blaze posed an even greater threat to the campus. Only 70 feet away stood Becker Hall, one of only two such vertical log structures in the U.S. Eighty feet in another direction stood the Middle School gym.

More than 40 firefighters from three departments contained the blaze. After the fire was extinguished, three firefighters kept watch until 6:30 the next morning to keep an eye on the smoldering timbers.



Robert Patterson, Jr., a firefighter with the Grant Fire Department, visits the scene of June's fire on campus of the KDS DAR School. The Munson Cottage Administrative Building was destroyed in the blaze.

Is *The Communicator* an effective advertising tool? Ask Harlan & Kim Worley, owners of Mr. Fix It.



"We've received dozens of phone calls, and several new jobs as a result of our ad in *The Communicator*. It's an affordable way to reach the people in the area where we work. What we really like about the magazine is that it is published just for cooperative members, and we don't have to compete for ad space with competitors outside this

area. And it's real flexible; we can change our ad each month if we want to. The folks at New Hope Telephone are great to work with, and they're always ready to help us get the most out of our ads in *The Communicator*."

Contact Maria Goodson today to put NHTC's member magazine *The Communicator* to work for your business! Call 723-3748, or email mgoodson@nehp.net.

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Pastor's Note

A man found a penny in a parking lot. He reached down, picked it up and put it in his pocket. With a smile, he acted as if he had found a great treasure. How absurd! What need did this man have for a single penny? Why would he even take the time to stop and pick it up? The man was asked, does the penny he found have special value (was it a rare coin)? A smile crept across the man's face as he reached into his pocket for the penny and held it out. Then the man said, "Look at it; read what it says."

Inscriptions: "In God We Trust, Date, Liberty, United States of America, One Cent, and E Pluribus Unum".

The inscription, "In God we Trust," is the reason the man picked up

the coin. He said, "If I trust in God, the name of God is Holy, even on a coin. Whenever I find a coin, I see that inscription. God drops a message right in front of me telling me to trust Him. Who am I to pass it by? When I see a coin, I pray. I stop to see if my trust is in God at that moment. I pick the coin up as a response to God, that I do trust Him. For a short time, at least, I cherish it as if it were gold. I think it is God's way of starting a conversation with me. Lucky for me, God is patient and pennies are plentiful!"



*Pastor Larry Bishop
First Baptist Church of New Hope*



Inspiration Corner

"Can I have a drink?" "I've got to go!" "She's touching me!" Sometimes there is much more than that going on in the car. Been there? For some it's ten times a week with some 50 children. I don't know how much you consider the local school bus driver, but I would like to ask that you take a moment to do so as we begin another school year. With a commitment to get our children to and from school as safely as possible while protecting them from things going on inside and outside the bus can be a vexing job. Once, after substituting on the same bus a couple of times I heard one student tell another, "That's the driver that gets you in trouble." I took a moment to explain how it is our actions that get us in trouble and not the one whose job it is to hold us accountable.

On our trip home God is trying to

protect us from things going on inside and outside our lives. Like riding a bus, life has rules for our protection and as children we are accountable for breaking those rules. My first paddling at Owens Cross Roads Elementary was from the wonderful hands of 5th grade teacher, Mrs. Lorene Glover, as a result of fighting on a school bus. So, if you pray, please pray for our bus drivers this coming year, for they need all the help they can get. As for you on your bus ride home, I urge you to find a good church to help get you there safely.



*Pastor Michael Carpenter
New Hope United Methodist Church & Oak Bowery United Methodist Church*

NHTC crews work to keep system looking good and operating properly

NHTC crews have been working on projects recently to protect your cooperative's equipment and keep the system in top shape. An example is the installation of metal awnings covering the equipment cabinets located around the system.

"These awnings cost about \$300 each, but they are protecting cards inside the cabinets that would cost around \$2,000 each to replace if they were lost due to heat damage," says Steven Campbell, NHTC Central Office Manager.



In Grant, crews put a new coat of paint on the central office, giving it a fresh look.



Crews are also in the process of raising equipment located in flood areas. A platform will be installed under these cabinets to prevent water from getting into the electronics. Water could not only damage the expensive equipment, but could result in service interruptions.

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SCHOOL NEWS

August 5th

New Hope Elementary Open House and P.T.O. Meeting
7:00 p.m.

Parents will meet with their child's teacher and receive school supply lists. The P.T.O. will also have their first meeting and membership drive.

Owens Cross Roads After School Program

2:35 - 5:45 p.m. daily

Cost is \$6 per day, discounts given to families with more than one child enrolled in the program. Activities include snack time (included in cost), homework time, and structured playtime. Those interested should contact the school at 725-4233.

Madison County Schools 2005/06 Calendar

To download a copy from the internet go to
www.madison.k12.al.us/calendars.htm

Marshall County Schools 2005/06 Calendar

To download a copy from the internet go to
www.marshallk12.org/calendar3.htm

Target stores donate to your school

Target donates a portion of purchases made with your REDcard to the school you designate when you register on the following site:
target.com/common/financialservices/financialservices_main.jhtml?nonpilot=true
Click on the school fundraising tab, and follow the instructions to designate the school of your choice. It's an easy way to help your child's school.

Dennis Martin Classic Horseshoe Tournament



WHEN: September 3, 2005

TIME: 9:00 a.m. until Midnight

WHERE: New Hope City Park

INFO: This is a family event that started 10 years ago as the result of some friends who got together after their 30th class reunion. It has grown from a friendly backyard game among friends to an event recognized as one of the best amateur horseshoe tournaments around.

Proceeds raised from the tournament go to the Muscular Dystrophy Association. Last year the Classic raised \$5,000.

For more information contact Dennis Martin, 723-3184 or 658-1457; Robert "Gus" McGehee, 683-0224; or tournament director, John Barnard, 520-3362.

COMMUNITY CALENDAR AUGUST 2005

August 1st

City Council meeting
New Hope City Hall
7:00 p.m.

August 8th

New Hope Planning Commission
New Hope City Hall
7:00 p.m.

August 12th

Ice Cream Day at Citizens Bank of New Hope
Free Ice Cream to everyone who stops by
1:00 to 4:00 p.m.

August 15th

City Council meeting
New Hope City Hall
7:00 p.m.

New Hope Historical Association Meeting
New Hope City Hall, First Floor - Museum
7:00 p.m. Contact: Lou Ann Poole, 723-2525

September 3rd

Blood Drive
New Hope United Methodist Church
Contact: Church Office, 723-4812

Wednesdays (beginning Aug. 17th)

Awanas (children ages 3 through 5th grade)
Life Center, First Baptist Church New Hope
6:45 p.m., Contact: Church Office, 723-4614

First Saturdays (thru Oct.)

North Ala. Street Toys Cruise-In
Hardee's Restaurant, Hwy 431 in New Hope
6 p.m. to 9 p.m.
Custom cars, street rods, trucks and classic cars welcome
Contact: Billy Vann, 723-4631

Third Saturdays

Card-Making Classes
New Hope United Methodist Church
9:30 a.m. to 11:30 a.m.
Each class will feature several cards with a different theme each month. \$10 per class, with proceeds going to the Mark Partain Playground.
Contact: Cynthia Partain, 723-2917 or Teresa Ballard, 723-2161

Keep your community informed. If you have an event your group or organization would like to publicize, submit it to the Community Calendar. Contact Maria Goodson at NHTC with the event name, date, time, details and contact person with phone number.



South Hampton Nursing and Rehabilitation's annual beauty pageant was held on May 13. It was a beautiful and heart-warming event. Anna Norman was crowned the first-place winner. It was quite difficult deciding the winners, as they were all beautiful with very pleasing personalities. Anna will go to the state competition this month in Birmingham. Pictured above, left to right, are: (front row) Debra Meeks, 2nd-place winner; Anna Norman, 1st-place winner; Mary Ross, 3rd-place winner; (back row) Regina Phillips, OCR Homemakers Club member; Mr. Bill Youkey; and Terra Wilcox, OCR Homemakers Club member.

IT'S A FACT: Celery has negative calories. It takes more calories to eat and digest a piece of celery than the celery has in it!

Government software will help New Hope fight floods

The City of New Hope is putting high-tech software to work in its continuing efforts to better prepare for flooding.

Sleiman Research and Development, a Madison-based planning consultant, is using the advanced HAZUS-MH software to assess the potential effects of damaging floods. The software, which provides results graphically on a map as well as in tabular lists and text descriptions, helps build safer communities by:

- anticipating the scope of disaster-related damage
- identifying areas that may require special land-use or building codes due to hazard risks
- assessing the vulnerability of housing
- prioritizing mitigation projects
- using this information to develop damage prevention, preparedness, response and recovery plans

The information this software helps collect will assist the City in its efforts to secure federal grant monies to help pay for major drainage improvement.

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FDIC



Know the signs, and act in time

The American Heart Association and the National Heart, Lung, and Blood Institute have launched a new "Act in Time" campaign to increase people's awareness of heart attack and the importance of calling 9-1-1 immediately at the onset of heart attack symptoms.

Heart Attack Warning Signs

Some heart attacks are sudden and intense -- the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help. Here are signs that can mean a heart attack is happening:

- Chest discomfort. Most heart

attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

- Shortness of breath. May occur with or without chest discomfort.

- Other signs: These may include breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you're with has chest discomfort, especially with one or more of the other signs, don't wait longer than a few minutes (no more than

five) before calling for help. Call 911. Get to a hospital right away.

Calling 911 is almost always the fastest way to get life-saving treatment. Emergency medical services staff can begin treatment when they arrive -- up to an hour sooner than if someone gets to the hospital by car. The staff is also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital.

If you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolute-

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NHTC Directory, page 17, area code for the area in green

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“Why Do I Use This Photo in My Ads?”

And what you should know about it...

Dear Friend,

“I know you.” That’s what people usually say when they meet me in town. Then they say, “You’re Dr. Mike. I’ve seen your ad with that picture of you and those two cute little kids.” Well, perhaps I should tell you a little more about that photo, and why I use it in my ads. Let’s start with me, the guy on the left.

Years ago something happened to me that changed my life forever, let me tell you my story.

My dad was a construction worker, but had been unable to work for eight months due to severe low back & leg pain. Luckily, we didn’t have too many bills and he was able to sell a few calves along the way, but he was starting to worry about his future and his family’s livelihood. After considering surgery (that was the only option, according to the surgeon) he decided against it. *But, there’s more...*

About that time our next door neighbor came back home from school, where he had recently graduated and opened up a practice. My dad decided to give this rookie doctor a try. On his 1st day in practice my dad saw this new doctor, who did an exam, took some x-rays, and then adjusted his spine. The adjustment didn’t hurt, it actually felt great. *Oh, did I mention that this doctor is a Chiropractor?*

Before you knew it my dad was back at work and he did not miss another day until he retired. I was so impressed with the miracle of chiropractic I decided to go to chiropractic school myself. And that’s how it happened.

Now for Emma, who is the little girl in the photo. About a year ago, she was plagued by asthma. Each day as I changed her diaper, I would give her an adjustment. The asthma started to improve immediately, and now she is virtually symptom free.

The other child, my son Nicholas, has recently been having some headaches. He’ll come up to me and say “Daddy, adjust my neck.” And even before he gets up he’ll say man that feels a lot better, it’s all gone.

It’s strange how life is, because now people

come to see me with their carpal tunnel syndrome problems. Also they come to me with their headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries, just to name a few.



Here’s what some of my patients had to say:

“Dr. Mike has been helping me with my low back pain, and headaches for over nine years.” (Larry Luttrell)

“Dr. Mike helps with my aching back.” (David Ayers)

Being a chiropractor can be tough, because there’s a host of so-called experts out there. They tell people a lot of things that are just plain ridiculous about my profession. But the studies speak for themselves, like the Virginia study that showed that over 90% of patients who saw a chiropractor were satisfied with their results. That’s just incredible!

Forty-eight million Americans no longer have health insurance, and those who do have found that their benefits are reduced. That’s where chiropractic comes in. Many people find that they actually save money on their health care expenses by seeing a chiropractor. Another way to save... studies show that chiropractic may double your immune capacity, naturally and without drugs. The immune system fights colds, the flu, and other sicknesses. So you may not be running off to the doctor as much. This is especially important if you are self-employed. And an entire week of care in my office may cost what you could pay for one visit elsewhere.

You benefit from an Amazing Offer - Look,

it shouldn’t cost you an arm and a leg to correct your health. You are going to write a check to someone for your health care expenses, you may as well write one for a lesser amount for chiropractic. *When you bring in this article by August 27th, 2005, you will receive my entire new patient exam for \$17. That’s with x-rays...the whole ball of wax.* And, further care is very affordable and you’ll be happy to know that I have affordable family plans. You see, I’m not trying to seduce you to come see me with this low start up fee, then to only make it up with high fees after that. Further care is very important to consider when making your choice of doctor. High costs can add up very quickly. By law, we must state that **ADDITIONAL CHARGES MAY BE INCURRED FOR RELATED SERVICES WHICH MAY BE REQUIRED IN INDIVIDUAL CASES.**

Great care at a great fee... Please, I hope that there’s no misunderstanding about quality of care just because I have a lower exam fee. You’ll get great care at a great fee. My qualifications... I’m a 1991 graduate of Life University. I’m certified by the National Boards as well as the states of Alabama and Tennessee. I’ve practiced in Marshall County for 12 years after a one-year associateship in Huntsville. I just have that low exam fee to help more people who need care.

My assistant is Sandy and she is a really great person. Our office is both friendly and warm and we try our best to make you feel at home. We have a wonderful service, at an exceptional fee. Our office is called **ELLIS CHIROPRACTIC CENTER** and it is at 4432 Main Street in Grant. Our number is **256-728-2044**. Call Sandy or me today for an appointment. We can help you. Thank you.

- Michael Ellis, D.C.

P.S. When accompanied by the first, I am also offering the second family member this same examination for only \$10.

P.P.S. Can you imagine not having to wait at a doctor’s office? Well, your time is as valuable as mine. That’s why we have a no-wait policy. You will be seen within minutes of your appointment.



From the kitchen of Mary Williams

New Hope's Mary Williams is known for her birthday cakes, wedding cakes, and other celebratory confections. But she could also be considered a vintage cook, as she enjoys preparing recipes from old cook books. "My oldest one is from 1935," she says. "It tells how to fire up the wood cook stove and get the right temperature."

Williams has made untold batches of the fig conserve she found in a 1945 cook book, giving much away as Christmas gifts.

When she's not baking in her "out-back kitchen" behind her home, Williams enjoys cooking for and spending time with her husband Mickey and two children.

Carrot Cake

- 3 c. flour
- 2 c. sugar
- 2 tsp. baking powder
- 1 c. wesson oil
- 2 tsp. cinnamon
- 4 eggs
- 1 tsp. salt
- 3 c. grated carrots
- 2 tsp. soda
- 1/2 c. chopped nuts

Sift flour, baking powder, soda, cinnamon and salt together. In large bowl, on medium speed, beat sugar, oil, and eggs until blended. Add carrots and mix well. At slow speed, add flour mixture. Beat well. Pour into 3 - 8 inch cake pans, which have been greased and wax paper placed in them. Cook at 350 degrees for 35 minutes.

Boil 1 cup sugar, 1/2 cup water until thin syrup. Pour over layers while in pans. Cool completely, remove and ice with cream cheese icing when cold.

Cream Cheese Icing

- 8 oz. cream cheese, softened
- 1 tsp. vanilla
- 1/2 c. margarine, softened
- 1 c. chopped nuts
- 1 box confectioners sugar

Beat the cream cheese and margarine in a mixing bowl until light and fluffy. Add the sugar and vanilla and nuts. Beat until smooth. Yields 5 cups.

Molasses Oatmeal Cookies

- 1/2 c. shortening
- 1 c. molasses
- 1 egg, beaten
- 1 1/2 c. flour
- 1/2 tsp. soda
- 1 tsp. baking powder
- 1/2 tsp. nutmeg
- 1 1/2 c. oatmeal
- 1 c. nuts, chopped
- 1 c. raisins
- 1/2 tsp. salt
- 1 tsp. cinnamon

Cream shortening. Add molasses and egg. Sift flour and measure. Add salt, soda, baking powder, and spices then resift. Add with remaining ingredients to molasses mixture. Drop by teaspoonfuls onto greased baking sheet. Bake at 375 degrees for 12 to 15 minutes. Makes 6 dozen cookies.

Cornflake Candy

- 1 c. sugar
- 1 c. peanut butter
- 1 c. kayro syrup
- 4 c. cornflakes

Bring sugar and syrup to a boil. Boil for 1 minute. Remove from heat, stir in peanut butter. Pour over cornflakes. Mix well. Drop by teaspoonfuls onto wax paper.

Mexican Beans

- 1 1/2 lbs. ground beef
- 1 small onion, chopped
- 1/2 c. ketchup
- 2 T. chili powder
- 1 large can pork and beans
- 1 T. mustard
- 3 T. brown sugar

Brown the ground beef, drain. Add other ingredients. Simmer 15 to 20 minutes.

Cook of the Month

Do you know a great local cook? Maybe it's you! We're looking for a few good cooks to be considered for our Cook of the Month feature. We have begun featuring a Cook of the Month in each issue of *The Communicator*. And we're not just looking for southern fare — gourmet chefs are welcome, too.

To be considered for this new feature, please send us four to six recipes, along with the name and contact information for the cook. Feel free to tie recipes to a specific holiday, event or theme. We will feature a Cook of the Month in each issue, so start sending in those recipes! Mail to Maria Goodson at NHTC today!

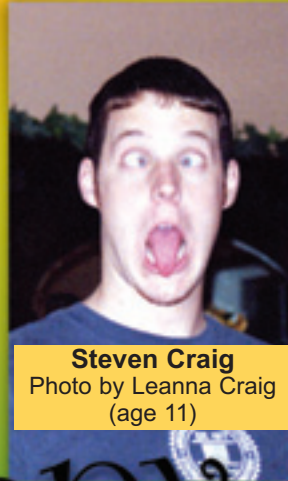
Note: Submission does not guarantee publication. Please send copies, not originals. Submit only 'tried and true' recipes that have been kitchen-tested.



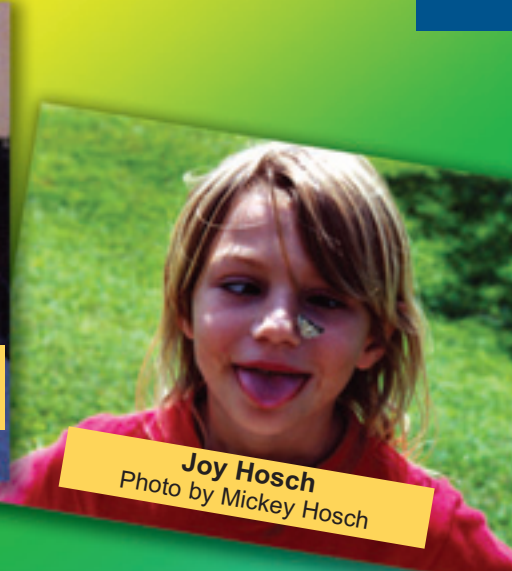
Hudson Hill
Son of Craig & Karen Hill



Chris Whorton
Photo by Jenny Meeks



Steven Craig
Photo by Leanna Craig
(age 11)

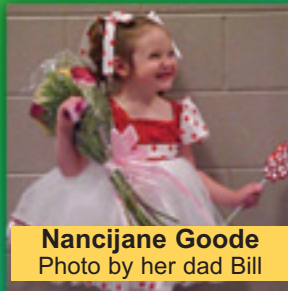


Joy Hosch
Photo by Mickey Hosch

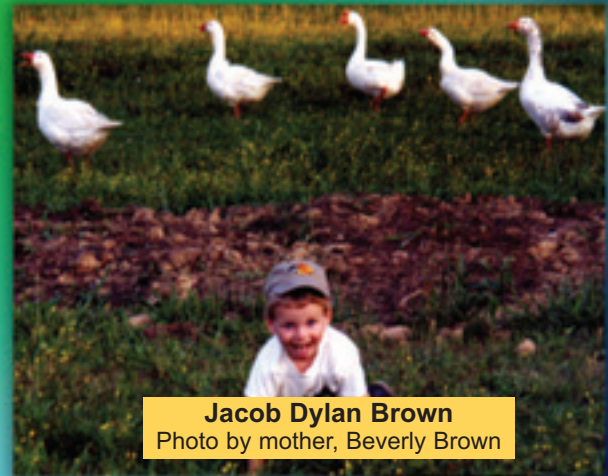
Funny Faces



Jake Spivey
Son of Bryan & Christina Spivey



Nancijane Goode
Photo by her dad Bill



Jacob Dylan Brown
Photo by mother, Beverly Brown



Mattaley Mann
Photo by Davina H. Mann



Ashton Ellett
Child of Scott & Josie Ellett



Rachel Ann Stevens
Photo by Michael Stevens

The October photo theme is "School Days!" To participate in our Community Photos section, please send your favorite photos, matching the theme, to: NHTC • Attn: Maria Goodson • P.O. Box 452 • New Hope, Alabama 35760. If your entry is selected, you'll see your photo in print.

The deadline for the October entry is August 22.

Be sure to include the photographer's name, address and phone number, as well as the name of any people featured in your photos. Do not write on the back of your photos, but rather write your information on a small piece of paper and tape it to the back.

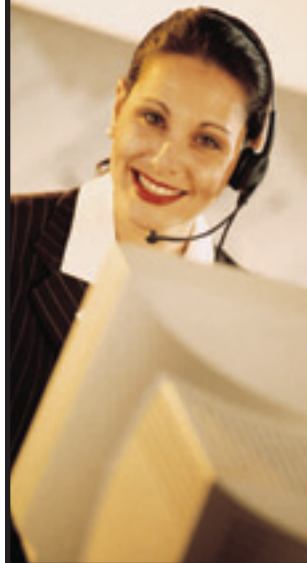
If you would like your photos returned, please include a self-addressed stamped envelope. By submitting your photos: (1) you attest that you are the creator and owner of the photos, (2) you give New Hope Telephone permission to publish your material in The Communicator, (3) you agree to offer said photos without the expectation of payment from New Hope Telephone, and (4) you understand that photos are selected for publication in The Communicator at the sole discretion of New Hope Telephone, and that submission of your photo does not guarantee your photo will appear in the magazine.



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