A Publication of New Hope Telephone Cooperative



Buckshot

Meet the band from Grant

New Hope Telephone Cooperative

Your Communications Connection

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

> **Board of Directors** Greg Glover, President Owens Cross Roads Exchange

Jimmy Segler, Vice President Grant Exchange

> Jim Duncan, Secretary New Hope Exchange

> Barry Jones, Treasurer New Hope Exchange

> > Sonny Cantrell Grant Exchange

Jeff Cooper New Hope Exchange

Garland Elders **Owens Cross Roads Exchange**

> David Ayers Grant Exchange

Mike Whitaker New Hope Exchange

The Communicator

is a monthly magazine published by New Hope Telephone Cooperative, ©2009. It is distributed without charge to all Cooperative members/owners.

New Hope Telephone Cooperative P.O. Box 452 New Hope, AL 35760 www.nehp.net

For Customer Service: Call 723-4211

For Editorial Advertising: Call 723-2008 or email communicator@nehp.net

Produced for NHTC by:

WordSouth Public Relations, Inc. www.WordSouth.com

On the cover:

(L to R) Amos Puckett, Hannah Beck, Billy Walker, Josh Troup, Dylan Allen and Matt Batey along with Jared Rice (unavailable for photo) comprise the band Buckshot.

Manager's Comments

Getting the most for your money



You have read a great deal in The Communicator about our plans to build an optical fiber network throughout our service area. You know that these plans

will create a state-of-the-art system that will allow your cooperative to grow while delivering any number of high-quality services (phone, Internet, video, etc.).

But how do you know that we are pursuing this project in the most costeffective manner possible, that we are getting the most for your cooperative dollars while building the system of the future?

Let me tell you about the process. Alabama Resources, LLC, was awarded the bid last month for building the latest section of our fiber system. This local company, owned by Louis Crowder, will build a 40-mile fiber ring from New Hope to Grant. This will include 450 drops.

The project, known as the North Fiber Ring, was engineered by Friedrich & Associates, Inc, of Montgomery. Once we finalized the plan with them, their project engineer Perry Davis set up and oversaw the bid project. On January 9th, a meeting known as the 'prebid' was held, and 18 contractors showed up to get the information on the project. Davis said he had

never seen so many contractors show up for a prebid.

Of that 18, a total of eight ultimately submitted a sealed bid. Davis and his firm reviewed the bids, disqualifying one because it did not meet specifications. He then compared the seven remaining bids and declared the low bidder.

The lowest bidder must also have the ability, experience and resources to complete the project. And he of course must acquire a performance bond to protect the cooperative through the construction.

Finally, a contract must be submitted to the Rural Utilities Service, the federal agency that makes low-cost loan funds available to rural utilities like NHTC. The RUS must approve the contract before construction can begin.

I know this sounds like a lot of time and trouble to go through in order to build a project. But with so much variation in pricing structures (some bids were two and three times the amount submitted by Alabama Resources), it is the only way to comply with federal regulations and to ensure that we are getting the very best price for your money as we build the communications system that will serve this region for another generation.

Tom Wing

General Manager, New Hope Telephone Cooperative

..... **Customer Appreciation Day**

NHTC will host its fourth annual Customer Appreciation Day Friday, February 13, from 8 a.m. until 5 p.m.

Everyone is invited to come by for refreshments and register for door prizes to be given away throughout the day.

New Year's Eve accident claims teen



Seventeenyear-old Jeremy Dudley will be greatly missed by all who knew him.

The Junior from New Hope High School died

in a tragic car accident on New Year's Eve. Dudley's car collided with a pickup truck at the intersection of U.S. Hwy 431 and Oak Grove Road while on his way to a restaurant before a New Year's Eve party.

Two friends, also NHHS students who were passengers in the vehicle were injured in the accident. Ethan Walling was admitted to Huntsville Hospital with internal injuries, while Breana Nelson was treated and released for minor injuries. The three people in the other vehicle were also treated for injuries.

Jeremy is remembered as cheerful and kind. "Jeremy always had a smile on his face and he was always joking around," remembers Wesley Whorton, a classmate of Jeremy. "He was fun to hang around with. I am going to miss him."

"Jeremy was a very special young man," comments Amy Largen, librarian at NHHS. "He will truly be missed by everyone that knew him."

Friends have established a memorial fund to help with funeral expenses. Contributions to the Jeremy Dudley Memorial Fund are accepted at Citizens Bank and Trust on Main Street in New Hope.

Local stations change their digital line-up

If you are a subscriber to NHTC Cable you might have already noticed a change on a couple of local station broadcasts. Both WAFF-48 and WNHT-19 have pulled weather from their digital channel offerings and replaced it with something else.

Channel 82.4, a digital channel for WAFF-48, is now This TV. Programming for the channel will consist of TV programs and movies owned by MGM.

In a similar move WHNT-19 pulled the weather from digital channel 82.12 and replaced it with the Retro Television Network, which airs classic television programs from the 1950's to 1980's.



Here's a guide to understanding your bill

In times of economic slowdown and increases in electricity and other utilities, it's good to know that telephone service from NHTC remains one of the best values around.

Some charges on your bill are regulated by other government agencies. Here we provide an explanation of both regulated and non-regulated fees.

COUNTY E911 (Marshall, Madison or Jackson County) – This charge is imposed by local governments to help pay for emergency services such as fire and rescue.

FED **UNIVERSAL SERVICE** CHARGE - This charge began in 1998 as part of the FCC overhaul of telephone fees. All companies that provide telephone service between states pay a set percentage of their previous year's billings. The charge is designed to ensure affordable access to telecommunications services for telephone customers with low incomes, telephone customers who live in areas where the cost of providing telephone service is extremely high, libraries, schools, and rural health care providers.

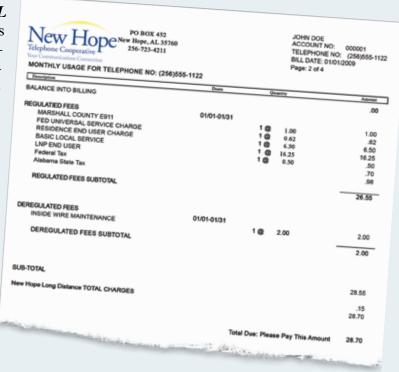
RESIDENCE (OR)**BUSINESS**) END USER CHARGE - This federally mandated charge is billed by your local telephone company and pays part of the cost to the local telephone company of supplying access to the worldwide telecommunications network. It is designed to help local phone companies recover the cost of providing outside telephone wires, underground conduit. telephone poles, and other equipment and facilities connecting you to the telephone network.

BASIC LOCAL **SERVICE** – This amount is established under regulations of the Alabama Public Service Commission. It covers the connection from a subscriber to the Central Office (Switch) of telephone the company. That is the portion of a circuit connecting the Local Exchange Carrier's central office with the

customer's premises equipment across the local network, or local loop.

LNP END USER – The LNP End User Charge recovers the costs incurred by New Hope Telephone Cooperative, Inc. to meet our obligation to implement Local Number Portability (LNP). Required by the FCC, LNP is the ability for you to change telecommunications service providers while retaining your existing telephone number. LNP also allows you to make calls to another customer that has changed its telecommunications service provider. The LNP End User Charge began on January 1, 2008 and will continue being billed until December 1, 2012.

FEDERALTAX – This is a 3% federal tax. This tax is applied to the following items on your bill: Fed Universal Service Charge, Residence End User Charge, and Basic Local Service.



ALABAMA STATE TAX - This is a 6% tax imposed by the State of Alabama. This tax applies to the following items on your bill: Basic Local Service and all Long Distance Charges.

INSIDE WIRE MAINTENANCE – This is an optional service. With this maintenance plan New Hope Telephone will maintain your telephone wiring at no additional charge. If you decline this maintenance option, the homeowner is responsible for maintaining the wiring from the protector on the outside of your home. To be eligible for this service New Hope Telephone either has to wire your premise to industry standards or your premise must be inspected to determine if it meets industry standards.

If you have questions about something on your bill and didn't find the answer here, call our office at 723-4211 and let us help.

Tech Support is available 24 hours a day

If you need help setting up Internet and email accounts on your new computer, have trouble connecting to the Internet, or experience other technical trouble, Tech Support can help you. A technician will walk you through the steps needed to get your computer connected, or help determine what must be done to fix it. Tech Support is available 24 hours a day.

Depending on the issue, the technician may ask for your Internet password when you call. Every Internet subscriber created a password when they first established Internet service with NHTC— but dont panic if you've forgotten yours. If you are calling from your home phone, tech support will still be able to help.

This added layer of protection

is necessary, says NHTC Network Adminstrator, Rusty Bright. "Customer privacy is one of our top priorities," he says. "We must take measures to keep your personal information safe."

Customers who have Caller ID Block enabled will have to disable it before calling Tech Support. This will give the technician the ability to see the number you are calling from and verify that it matches the number NHTC has on record.

You can always count on New Hope Telephone Cooperative to take steps to protect customer privacy.

For Internet Tech Support call 723-8940

A GOOD PASSWORD FOLLOWS THESE RULES

- » Contains a minimum of 8 characters
- » Both upper and lower case characters are used
- » Does not contain a word that can be found in the dictionary
- » Never uses the account name as the password
- » Never contains a birthday, anniversary, or any other date
- » Has letters, numbers, and punctuation marks







This bathroom makeover features custom tile work, premium fixtures, granite countertops, new lighting & many designer touches. We can help you, too!

From replacing a fixture to a complete remodel, we do it all.



START YOUR NEW YEAR OFF WITH A FINANCIAL CHECK-UP

Are you planning for retirement, just want to get out of debt, or want to purchase your dream home? Our experienced staff is here to help you get where you want to be — wherever that is. Stop in and let's talk about what we can do for you.

728-4213 • www.psboc.com • 5399 Main Street • Grant

ELECTION BRINGS NEW LEADERSHIP TO GRANT

The city of Grant elected a new mayor and four new city council members in a recent election.

WAL

ARRY

Larry Walker was elected mayor. The city council includes Franklin Bevel, Jimmy Bradshaw, Jimmy Keller, Joe Frazier, and Charles Ayers, Sr. Grant's new city government began their fouryear term on November 3, 2008.

Walker, a Grant native, graduated from DAR High School and went on to earn a Master's degree in English from Jacksonville State University.

For the past 24 years Walker has been a local business owner. He operated his own video store, which he closed shortly after taking office last November.

Walker served on the city council for the past eight years and has been a member of various civic organizations.

Four years ago, Walker began teaching English at Northeast Alabama Community College (NACC) in Rainsville. "I always wanted to teach at a community college, but those opportunities are not easy to come by," he says. "So when an opening became available, I jumped at the chance." He continues to teach there and at Huntsville campus of Calhoun Community College. His wife, Rachel, also teaches at NACC.

The couple has two grown children, Sarah Largen and Wesley Walker, as well as four grandchildren.

When asked about his plans in office, Walker seemed optimistic. "The town is looking for change," he says. "I want to take Grant in a new direction."

The newly-elected mayor and council hope to accomplish many goals during the next four years. "I decided to run for mayor because I knew I would have to be in a position of authority to make things happen," states Walker. "The council and I want to do what is best for the town, no matter what. We don't have any personal agendas. We just want to make Grant a better place for the people who live here."

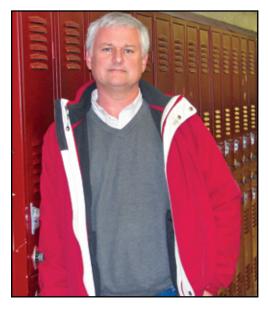
Walker realizes the economic issues Grant, as well as the entire country, is facing and may face in the future. "The council and I are planning," he assures. "We're not going to sit back and wait for things to go bad. We're taking steps to prepare."

Walker is using the insight he has gained as a business owner to help him as Grant's mayor. "A town operates much like a business," he explains. "We're going to provide all of the services this town deserves, but avoid being wasteful. There is often waste in government spending, but I am determined to minimize that in this town."

The new mayor expressed great confidence in the newly elected council. "I know they are going to do whatever they can to make this town the best it can be," he says. "And, they will always keep the town's best interest at heart."

Walker has high hopes for Grant's new city officials."In four years, when our term is finished, we want to look back and know we did the best job we could," says Walker of himself and the city council. "We want the town to be better off."

NHHS Alumni of the Month Michael Carpenter



Rev. Michael Carpenter is a busy man. In addition to pastoring two New Hope churches and spending time with his wife and two daughters, Carpenter is very active in the New Hope community.

He works closely with city officials and police to help as needs arise throughout the community. He serves on various committees in the community and freely gives his time to many groups and organizations in New Hope.

A New Hope High School graduate, Carpenter also volunteers at New Hope School counseling and mentoring students. To get to know the students even better, he also serves as a substitute school bus driver.

Carpenter says it can be difficult juggling two churches, his family, and community activities.

"Sometimes it's not easy," Carpenter says, "but I love my job, being able to help people in the name of God and the church — letting people see that there's more to faith than sitting in a pew on Sunday morning. It feels good to know I'm helping people and doing all that I can to carry out God's will."

Carpenter graduated from New Hope High School in 1979. He was almost as busy then as he is now. Carpenter played basketball and football and was a very active member of the yearbook staff. He was also an active member of the FFA and National Honor Society.

After graduating from high school, Carpenter moved to Birmingham where he studied electronics at Radio Electronics Technical Institute. He then moved to Tenn. to help his father open a welding supply company.

While in Tenn., Carpenter met his wife, Teresa. They were married in 1984.

Carpenter had not regularly attended church since high school. Soon after meeting, Michael and Teresa made a New Year's resolution to become active in church.

After his father decided to sell the family business, Carpenter and his wife moved to Huntsville where he began working for Teledyne SC.

On his way to work one day, Carpenter says he felt God speaking to him.

"I was on the way to work one morn-

ing and I heard God speak," he recalls. It was like he was right there sitting in the truck talking to me. He said, 'This is not what your are supposed to be doing with your life. You know what I want you to do.' I nodded my head yes, and I knew right then and there that I was supposed to be in the ministry."

In 1993, Carpenter became pastor of the Princeton Circuit, a group of four churches off of Hwy 65 in Paint Rock Valley. He preached there for three years before he began preaching at Chestnut Grove Methodist Church, where he was minister for seven years.

In 2003 Rev. Carpenter says he "came home" to New Hope where he is currently minister of New Hope Methodist and Oak Bowery Methodist churches.

"I am very blessed to have been placed here. I love everything about New Hope. The people, the school, the community — everything."

Carpenter received a degree in Psychology from Athens State University and later attended Candler School of Theology at Emory University in Atlanta, Ga.

He and his wife have two daughters. Amanda, 21, is a junior studying Athletic Training at Troy State University, and Anna Kathryn, 18, is a freshman studying business at University of South Alabama.



Buckshot Locked - n - Loaded



Meet the band

Above (L to R): Dylan Allen, Bass guitar; Matt Batey, drums; Billy Walker, keyboard; Josh Troup, lead singer and rhythm guitar; Hannah Beck, backup vocals; Amos Puckett, lead guitar. Right: Band member Jared Rice was not available for photos at the time of the interview.



Jared, a freshman at Northeast Alabama Community College, plays rhythm guitar and sings harmony vocals. Bandmates credit Jared with the idea for their name saying it was a reference to Buckshot tires. Buckshot is not your typical rock 'n' roll band. First of all, they're not exactly rock 'n' roll. It's difficult to put their sound into a specific genre (think Eagles meets Lynyrd Skynyrd). Then there's the fact that five of the seven band members are in high school, one is a freshman in college, and the other, well, let's just say the other member is a little older.

Presently, Buckshot could be described as a cover band. The same versatility that allows them to cover several genres of music is the very reason that it is so difficult to describe their sound. The band currently performs hit classic rock, country, southern rock and blues music, but plans to eventually write and perform their own music.

Another thing that sets Buckshot apart is that its member are very grounded. This is uncommon in the music world where ego is often king. It might be expected that combining youth and rock 'n' roll would create the breeding grounds for self-centered egotism. Not here.

These things make Buckshot different than most bands, but perhaps the greatest oddity of all is how quickly the group has meshed.

There are a lot of good bands out there, even a lot of good young bands. What is surprising, is that Buckshot has gotten so good, so fast, especially when you consider they've been playing together for less than a year. One explanation for Buckshot's fast-track to harmony is talent. Of the Buckshot seven, only keyboardist Billy Walker has received formal musical training.

While Buckshot's sound is difficult to describe, their presence is not. These are certainly the sons and daughters of good Southern mothers and fathers who taught them to take pride in their heritage.

Camouflage hats, shiny gold belt buckles, Carhartt jackets, blue jeans, work boots and cowboy boots seem to be the dress norm for Buckshot. They are well-spoken and mannered, and their speech, much like their dress, has a distinct Southern twang to it.

Frontman, lead vocalist and rhythm guitarist Josh Troup is no different. With blue jeans tucked into cowboy boots and head topped with a camouflage Remington cap, this DAR High School sophomore possesses a genuine self-assuredness and that is uncommon in many young men his age. He looks you directly in the eyes when he speaks, explaining that, for him, music is a family affair.

"Music kind of runs in my family," Troup says as he sits relaxed in his chair, boots crossed in front of him. "My dad was in a band back in the 70's. About four years ago some of my dad's friends came over to the house for New Year's. I picked up a guitar and they showed me a couple of things, and I just took it from there".

The most experienced member of Buckshot is keyboardist Billy Walker. The only member of the band not in his teens, Walker is actually the band director and music teacher at DAR High School in Grant.

If the age gap between Walker and the rest of the band causes any rift, it is certainly not apparent. Here, he is simply another member of the band.

"He's just a cool guy," Troup says of Walker. "When we're at school he's our teacher, but then we just come together and play music and its no big deal."

While Walker may direct DAR's marching band, he says that he does not try to dictate Buckshot's direction.

"I kind of let them decide what they want to do and go along with that," Walker says. "I don't try to push my views on them or take control of the band. I'm content staying in the background and letting them do their thing."

Other than Walker, drummer Matt Batey has the most experience with an instrument. Batey, a senior at DAR High School, has been playing drums for 11 years, starting when he was only five or six-years-old. When Batey speaks, his passion for music is evident.

"I was a little kid and I remember just seeing this big ol' drum set, bigger than me," Batey says excitedly, "and something about looking at them.....I don't know, I just wanted to play. Dad got me a beginner set the next Christmas and I played them till the heads busted. Then I flipped them around and played them till I busted the heads on the other side. I just couldn't stop playing."

In contrast, laid-back bass guitarist Dylan Allen, a sophomore at DAR High School, has been playing for less than a year. Sporting a Lynyrd Skynyrd T-shirt and a belt buckle large enough to be awarded to a rodeo champion, he is reportedly the scholar of the group and has a near-perfect grade point average.

Scholar or not, this straight-A student speaks with the same slow rhythmic cadence as his Buckshot bandmates.

"After I heard them at the talent show, I went out and bought a bass and started to play," he says.

Troup and other members say that Allen earned his position, through not only ability, but also dedication to the group.

"He was at every gig we had," Troup says, "every single one. This was before he even played with us. He was just there to help out doing whatever, helping set up and take down equipment, anything he could do."

Jared Rice plays rhythm guitar and is harmony vocalist for Buckshot. His uncle played in a band with Josh Troup's father in the 1970's, and along with Josh, Rice is carrying on the family tradition with Buckshot.

Rice, who is described by one member as "country as cornbread," stays very busy. In addition to playing with Buckshot, he is a freshman at Northeast

Straff France

Community College and works in construction.

Buckshot's newest member is DAR High School junior Hannah Beck. Joining the band two weeks ago, she will be back-up singer. There is a quiet about her that borders shyness, but this doesn't stop her from giving credit where she feels credit is due.

"Its good to know that God gave us this talent, and that we can express it to other people through Him," Beck says.

According to keyboardist Billy Walker, Beck is also a very talented pianist and may possibly play during songs in which Walker plays organ.

Amos Puckett, a junior at DAR High School, is Buckshot's lead guitarist. In addition to possessing the ability to, as his bandmates describe, "grow the sweetest mullet ever," Puckett is an extremely gifted guitarist.

Walker, goes as far as to say, "Amos is probably the best guitarist I've ever heard...ever."

Surprisingly Puckett has not been playing guitar for a very long time. "I've been playing for about four or five years, I guess," Puckett says, as if its no big deal.

Puckett is the group's unanimous choice for most talented bandmember. He would never tell you this, though. For a man who can play more than 15 instruments, or as fellow bandmates say, "anything with strings on it," he is a very humble guy.

Modesty seems to be a common thread amongst these young men and women. When asked about their abilities, they are quick to shift the spotlight to the skill of a fellow bandmate, saying things like, "Matt works magic on his drum solos," or "You should see Josh get the crowd hyped up," or "Amos blows people away on the guitar."

While the members of Buckshot

(Continued next page, See Buckshot)

(Bucks<mark>hot—</mark> continued from page 9)

grew up in the same community, it is the music that has brought them together.

"The funny thing is, we've been going to the same school for years, but we didn't really know each other until we pulled it all together," bass guitarist Dylan Allen says.

The members of Buckshot say they have become better friends over the past few months.

"Ever since our first gig at the talent show, we've just stuck together," Troup says. "We'll all get bored and decide to get together and play some music and hang out and chill. It's more about having a good time than practicing."

The music also seems to be Buckshot's motivation for playing.

"We do this because we love it," drummer Matt Batey says, "just hearing the sound of the crowd, just hearing the people. You know, as young as we are, having people come up to you, older than you, who lived this music...man, it just makes you feel good, like what we're doing means something to people."

Troup agrees with Batey. "It just gives you a rush to be under those lights, knowing that all those people are there to watch us. That's what gets me going. When everybody just goes crazy when we step out on the stage. Its hard to describe that feeling. I don't know of anything else like it."

It has been a busy year for Buckshot. In the past few months, the band has played several charity concerts to raise money for various causes and organizations, including fund raisers for local volunteer fire departments and Breast Cancer awareness.

Other performances have included, 2008 Grant Founder's Day, New Hope Telephone Cooperative 2008 Annual Meeting, DAR High School's 2008 prom and the Will Rogers Music Festival. Buckshot also beat out 35 bands who performed at Madison Square Mall in a tryout for the Panoply Arts Festival in Huntsville. After cleaning house at the tryout, Buckshot took third place at Panoply and was invited back this year where they will not only compete, but perform an hour show on their own stage. They also took second place at the Jacksonville Battle of the Bands.

All in the band agree they have come a long way since their first performance less than a year ago at the school talent show.

"Everything sounds different now," bass guitarist Dylan Allen says. "You can feel the music. Everybody is together. The songs set the mood, fast and slow. You can just really feel us coming together in the music. We just keep sounding better and better."

Buckshot plans to set up some small performances at restaurants that will give them more stage experience, and as one member says, "a little spending money for the weekends." They would also like to write and perform their own original music.

They are on their way to doing just that. Vocalist Josh Troup has written two original songs and his father has given the band permission to use two of the songs written for his 1970's bands Backroads and Riverwitch.

"We need to write a bunch more songs," Troup says. "I mean, that's where it's at, creating our own sound. We haven't got together and written songs as a group, but that's what we'd like to do."

Buckshot is not in any hurry to find fame or fortune, though. For the moment they are content enjoying new friendships and playing music. They are a dynamic group with seemingly unlimited talent and potential. Hopefully this group will be able to maintain their humble attitudes and carefree mentality as they become more popular as a band and closer as friends.

New Hope High School Teacher of the Month



New Hope High School students recently voted Lindsay Edmondson as teacher of the month for February.

"I love teaching," Edmondson says. "It is fulfilling to make a difference in a student's life. But I want to teach them more than Spanish, things like taking pride in themselves and pursuing a college education. I want them to have the confidence to strive for things even when people tell them they can't do it."

Edmondson has been a Spanish and Psychology teacher at New Hope for two years.

"New Hope is a great town," she says. "The teachers and community have been wonderful to reach out and welcome me and show me support."

Edmondson graduated from Gardendale High School in 2003 and attended Auburn University where she received a degree in Spanish in 2007. She and her husband Adam reside in Holly Pond.

BASEBALL & SOFTBALL SIGN-UPS

New Hope Recreation Department

EVERY MONDAY IN FEBRUARY 5 TO 8:30 P.M

Every Saturday in February 9 a.m. to 1 p.m.

Inspiration Corner

Happy Saint Valentine's Day - the religious holiday honoring Love. The word LOVE has become so overused in our society that it's common place to hear statements like, "I love my dog", "I love my truck", or "I love spinach dip", and then someone will tell a significant other they Love them. Fascinating! Recently a drawing in the Huntsville Times depicted a girl, all black and blue, walking with a bully-looking boyfriend and the caption read, "But he loves me so much." A classic example of "love" being used to describe something that's not.

The one Real love in all creation is the Love of Jesus Christ. A love like that is so pure that it heals the sick, conquers death, and forgives us of our sins. How? Real Love is as much commitment as feeling. Who can have a love like that in their heart? You can! Jesus says He stands at the door and knocks and if anyone hears His voice and opens the door He will enter in. That door opens to the heart of anyone looking for real Love. How can someone tell if there is real love in their relationship? Real love reflects a person's relationship with Jesus. Does that mean a relationship will be perfect? No, because our relationship with Jesus is not perfect, but grows toward perfection rather than domination. That's why a Christ-centered marriage grows better with time. Learn more about real Love in both God's word and a church near vou.



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

CITIZENS ONE ACCOUNT

If you're ready for a checking account that's really FREE

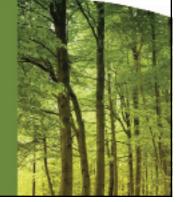
- ✤ \$50 Minimum Opening Deposit
- ✤ No Monthly Maintenance Fee
- Unlimited Monthly Transactions
- ▶ FREE First Standard Check Order
- ▶ FREE Internet Banking
- ▶ FREE Online Bill Pay Access
- ▶ FREE Telephone Banking
- FREE Citizens Checkcard



5053 Main Drive New Hope, AL 723-4600 wwww.citizensbanktrust.com







Go Paperless. Go Green.

E-statements are a safe alternative to having your bank statements mailed each month. It's secure, faster, more convenient <u>and</u> it's good for the environment. Sign-up for e-statements today!

Positive Parent/Child Communication

This is the final installment in a two-part series by Dianna White, a counselor at NHES and pastor Michael Carpenter. The two teamed up to prepare these articles in an effort to help parents and children learn better communications skills. You can read the first article in last month's edition of The Communicator.

For many parents, one of the most difficult aspects of communicating well is the ability to listen. Effective listening takes time, patience, and a non-judgmental attitude. Below are examples of how the art of listening affects parent/child communications.

- CHILD Hi, Mom.
- PARENT Hi Jane. How was school?
- CHILD I hate school. I wish I never had to go back.
- PARENT (Thinks: Here we go again!) Not again! You should know how important school is. That attitude will only get you in trouble.
- **CHILD** I'm going out.
- **PARENT** Do you have homework? **CHILD** – Yeah
- **PARENT** Are you going to do it?
- CHILD Maybe.
- PARENT I give up! Be back in one hour.

Here is the same conversation in which the parent listens to the child.

CHILD – Hi, Mom.

- PARENT Hi, Jane. How was school?
- CHILD I hate school. I wish I never had to go back.
- PARENT I'm sorry to hear that. It sounds like you really feel angry. What hap-

pened at school today?

- CHILD Mr. Brown made me read my report in front of the class. He found some mistakes and made fun of me. All the kids laughed and I felt stupid.
- PARENT Teachers should be more sensitive to their students. He shouldn't have done that. Maybe you should speak to him about what happened and how it made you feel.
- CHILD Maybe I will. I think I'll go over to Lori's house. Is that O.K.?
- PARENT Sure. Be home for dinner at 6. Do you have homework?
- CHILD Yeah, but it's easy. See you later.

In this second example, the parent really listened to the child and her response was directly related to what her daughter expressed. It opened a dialogue and gave the child an opportunity to vent her anger. By encouraging communication through attentive listening, the mother was able to help her daughter decide what might be done to improve the situation. Often, a parent's interest is all that is needed to turn a negative situation into a more positive one.

There are many resources available to parents who may be in search of better ways to communicate with their children. If you, or someone you know, would like to learn more on building parent-child relationships, you may contact your local school counselor. Dianna White at New Hope Elementary School can be reached at 723-8879. ▲



PASTOR'S NOTES

BY LARRY BISHOP, PASTOR FIRST BAPTIST CHURCH NEW HOPE

Channel surfing is an art! The term channel surfing means "the ability to watch more than one program at a time on your TV". It is achieved by glancing at a program (less than a minute) and then moving on to another program and still maintaining a continuity of programs.

While surfing the channels the other day I noticed the variety of shows that deal with renovations. There are renovations to someone's clothing, cars, body, yard, and home. Here are just a few of the programs you can find.

- A wardrobe revamping program
- A room redecorating program
- A body building program
- A fix-it program
- Improve your looks program

The last one "improving your looks" caused me to think. I thought, how much is spent on improving our outward appearance? In my research I discovered that in America \$20 billion is spent annually on cosmetics, \$300 million on cosmetic surgery, and \$33 billion on dietary products.

Appearance has always mattered in the world. The Lord sent the prophet Samuel to anoint a King. After meeting all the sons of Jesse, Samuel thought the Lord would chose based upon appearance.

"Do not look at his appearance of the height of his stature...For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart. (I Samuel 16:7 NIV)

A redecorated outside is all well and good, but the Lord looks at a completely renovated inside.

See You in Church Sunday.

Legislative Update

By Rep. Butch Taylor Alabama House of Representatives, Dist. 22



On February 3, the 2009 session of the Alabama Legislature will begin in Montgomery. By every indication, this will be one of the most chal-

lenging sessions our state lawmakers have faced.

People who have been in the Alabama House of Representatives for many years have told me that they've never seen such troubling times with our state budgets.

Think about this. When gas was so high last year, people had to make a choice between putting gas in their vehicles to get to work or spending that money shopping, recreating and eating out. People had to spend less money, which resulted in less sales tax revenue coming into the state. And as people have lost jobs in parts of Alabama, we have seen a decrease in state income tax revenue as well.

As a former teacher and coach, I am most concerned about our Education Trust Fund. The experts are telling us we will have to cut \$1 billion from the education budget, which could result in the layoff of 8,000 teachers and support personnel statwide.

As the session continues, I will keep you updated in the pages of *The Communicator*. Please let me know how I can help you.



Ask about our lifetime compressor warranty



Quality work at affordable prices.

- Dependable Service
- Quality Installation
- Preventive Maintenance

Glenn Cooper, Owner State Certified Contractor

256-725-4455 256-755-2716





SANDWICHES

CHEESY ROAST BEEF CALZONE

I can (13.8 oz.) refrigerated pizza
crust dough
1/3 lb. thinly sliced cooked roast beef
2 medium green onions, sliced
I can (4 oz.) mushroom pieces and
stems, drained

I/2 cup shredded mozzarella cheeseI/4 cup shredded cheddar cheeseDijon mustard

Preheat oven to 350°. Layer beef, onions, mushrooms and cheeses on half of crust to within I inch of edge. Fold crust over filling; fold edge up and seal with fork. Cut slits in top. Bake 20 to 25 minutes or until crust is golden brown and filling is hot. Cool 5 minutes before cutting into wedges. Serve with mustard.

SOUTHERN CLUB WRAPS

1/2 cup creamy mustard-mayonnaise blend

- 4 flour tortillas (10-inch)
 1/2 lb. thinly sliced smoked turkey
 1/2 lb. thinly sliced honey ham
 1 cup (4-oz.) smoked provolone or
 mozzarella cheese
 2 cups leaf lettuce (shredded)
 2 medium tomatoes, chopped
 1/2 small purple onion, diced
 8 bacon slices (cooked and crumbled)
 1/2 tsp salt
- 1/2 tsp pepper

Spread mustard-mayonnaise blend evenly over 1 side of each tortilla, leaving a 1/2-inch border. Layer turkey, ham, cheese, lettuce, tomatoes, onion, and bacon evenly over tortillas. Sprinkle with salt and pepper. Roll up tortillas and cut in half diagonally. Secure with wooden picks.

GRILLED CHICKEN SANDWICH

6 skinless, boneless chicken breasts
Dale's sauce
6 slices provolone cheese
Lettuce
6 Hoagie buns
Mayonnaise

Marinade chicken in Dale's sauce for at least 30 minutes. Grill chicken breasts until done in skillet or on grill. Spread mayonnaise on bottom, add chicken, provolone and lettuce. Top with other half of bun. Slice in half and serve warm.

BUBBLY REUBEN SANDWICH BAKE

6 slices rye bread, cubed

- I (I6 oz.) can sauerkraut, well drained
- I lb. deli sliced corned beef, cut into strips

3/4 cup Thousand Island salad dressing2 cups shredded Swiss cheese

Heat oven to 400°. Spread bread cubes in the bottom of a 9'' x 13'' inch baking dish. Spread sauerkraut evenly over the bread cubes, then layer beef strips over sauerkraut. Pour dressing over all. Spray aluminum foil with cooking spray and use to cover baking dish, sprayed side down. Bake for 20 minutes. Remove cover, sprinkle with cheese and bake uncovered for another 10 minutes, or until cheese is melted and bubbly.

CHICKEN SALAD

2 cups cooked boneless, skinless chicken, cubed
1/2 cup mayonnaise
1 cup seedless grapes, cut in half
1/4 cup toasted slivered almonds salt & pepper to taste

In a large mixing bowl, combine chicken and mayonnaise. Add grapes and almonds. Mix well. Add salt and pepper to taste. Serve on croissants.

GRILLED CHEESE, BACON & PEAR SANDWICH

French or Italian bread slices Cooked bacon Bartlett pear, thinly sliced Sharp White Cheddar or Gruyere cheese slices butter, softened

Butter one side of a slice of french bread. Place butter side down in hot skillet. Layer cheese, bacon and a couple of pear slices on top of bread. Butter another slice of bread, placing it butter side up on top of sandwich. Heat for one minute in skillet, pressing with spatula. Flip sandwich to grill the other side. Remove when golden brown and cheese is melted. Slice in half and serve hot. This sandwich can also be made in a panini press, which cooks both sides of the bread at one time.

We need your recipes. Do you have a favorite recipe that you'd like to share? Perhaps it's your grandmother's chocolate pie or great grandmother's pound cake recipe. Each month *The Communicator* magazine will feature tried-and-true, kitchen tested recipes submitted by readers. If you'd like to share your recipe send it to: NHTC • The Communicator • PO Box 452 • New Hope, Alabama 35760. You can email your recipe to www.communicator@nehp.net, if you prefer.

April will feature Breads
The deadline for April is February 20.
May will feature Pasta
The deadline for May is March 20.
June will feature Salads
The deadline for June is April 20.

SWEETHEARTS



"Happy Birthday, Nana" - Austin Mullins and Owen Stephens kissing their Nana. Photo sent in by Dana Stephens.



Cain gJadyn Eldridge Photo submitted by their Nanny.



Owen Stephens and Savanna Ginn. Photo sent in by Savanna's mom Angie Ginn.



"Sweethearts" Ellie Largen and Brody Forrest. Photo submitted by Nikki Gibs.

"Happy Easter" is the photo theme for April. Send pictures matching the photo theme to: NHTC • Attn.: Communicator Photos • P.O. Box 452 • New Hope, Alabama 35760. You may prefer to e-mail your photo to communicator@nehp.net. Follow these guidelines for publication: (1) Photos must match theme. (2) Photos must be high resolution. The resolution offered by some printers is not high enough for publication. (3) Do not write on the back of photo. Include names of persons in photo, as well as, photographer, address and phone number on paper taped to back. (4) Include a self-addressed stamped envelope if you would like your photo returned. (5) The Deadline for April is February 20th.

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.

GET A SWEETHEART OF A DEAL ON CABLE



February is a great time to sign-up for NHTC Cable

All month we're waiving the connection fee

THAT'S A SAVINGS OF UP TO \$40!

- \checkmark Choose from 3 packages
- \checkmark Great competitive rates
- ✓ New channel listings
- \checkmark No long commitment
- ✓ HD channels at no additional charge

CALL 723-4211 TODAY!

New Hope Telephone Cooperative P.O. Box 452 New Hope, Alabama 35760

