Communicator

Fiber-To-The-Home

NHTC begins building for the future in 2006

A New Year of positive change

After ample reflection over 2005, it is time to greet 2006 with open arms and let it become all that it has to offer each of us. We are starting out on a very exciting note. The huge gift that I promised in my December column is here.

The *REGIONconnect* calling plan is now available! By signing up for the *REGIONconnect* calling plan, all residential members can call up to 1200 minutes anywhere in the Huntsville Local Access Transport Area (LATA) for only \$22.00.

With *REGION connect*, you can stay more closely connected with friends, relatives and business associates throughout Northern Alabama. This plan is definitely NHTC's most cost-effective area calling plan ever! You can talk 20 hours every month at a rate of \$0.0183 per minute. What a phenomenally low rate. See the back cover for a map and the prefixes included. Be sure to hang on to this issue for future reference.

More excitement for 2006 will come in the form of kicking off a long range Fiber-To-The Home (FTTH) project.

Over the course of the next ten years, a cutting edge fiber optic network will be built to replace the copper network that we currently use. Through this new technology, NHTC members will receive services far beyond traditional dial tone. NHTC members will have available advanced services that will only be expected in large metropolitan areas. On page 6, you will find the first in a series explaining more about Fiber-To-The Home.

John F. Kennedy had this to say about changes in life: "Change is the law of life. And those who look only to the past or present are certain to miss the future." We want each of you to join in our excitement and follow our progress. We don't want anyone missing out in NHTC's exciting future.



Teresa Hunkapiller General Manager of New Hope Telephone Cooperative

New phone books are on the way!

New Hope Telephone Cooperative's 2006 Directory will be in your mail box soon. It features the latest contact information for Grant, New Hope and Owens Cross Roads, plus surrounding areas. It also serves as your number one NHTC resource, with valuable instructions on phone use, descriptions of available services, and member information.

Don't toss your old phone books!

Bring them by our office to recycle them. Let's keep them out of our landfills!





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

Jeff Cooper , President New Hope Exchange

Greg Glover, Vice President Owens Cross Roads Exchange

Jimmy Segler, Secretary

Grant Exchange

David Ayers, Treasurer Grant Exchange

Jeff DeArmond Owens Cross Roads Exchange

> Jim Duncan New Hope Exchange

> Barry Jones
> New Hope Exchange

Barry Mefford
New Hope Exchange

Dennis Pence Grant Exchange

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New Hope Telephone Cooperative

Maria Goodson at 723-3748

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P.O. Box 452

New Hope, Alabama 35760 www.nehp.net

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WordSouth Public Relations, Inc. www.WordSouth.com

On the cover:

NHTC is committed to offering the best service available, even as fiber technology changes the telecommunications industry as we know it.

Scholarships available to local seniors

New Hope Telephone Cooperative is proud to make scholarship opportunities available to seniors at New Hope and DAR High Schools.

NHTC will award a \$500 scholarship to one New Hope student and one DAR student. Applications for the NHTC scholarship are available through the high school guidance counselors.

Students may also apply for a scholarship through the Foundation for Rural Services (FRS). Founded by the National Telecommunications Cooperative Association (of which NHTC is a part), the FRS seeks to strengthen the ties between rural communities and their families and businesses. The FRS is heavily involved in youth education and empowerment, public information campaigns and educational initiatives.

If a New Hope or DAR High School student is awarded one of the 25 available FRS scholarships, NHTC will contribute an additional \$500, bringing the total scholarship award to \$2,500.

Applications for the FRS scholarship are also available through the guidance counselors.

These scholarships are made available without regard to race, ethnicity, national origin, religion, gender or disability.

Think About It

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.

--Helen Keller







Ready to talk Region-wide?

See back cover for more details...





Attention Home Builders

Let us prewire your new home

NHTC has a plan to help you save time and money on your new construction project. Contact our office to find out how affordable it is to have our technicians prewire your new home.

Before the sheetrock goes up we will run telephone wires throughout your house and prepare phone jacks for final installation.

If a trench has been dug for other utilities we can also place your phone lines in there. This could prevent major landscaping headaches later.

Make a phone call today to save time and money (and hassle) on your building project!

Call NHTC at 723-4211

ore than half of the world's population has never made or received a telephone call.

Remember:

Your phone number should be on your checks

When paying a bill by check, make sure you place the phone number of the account you are paying on the check. This eliminates any confusion as to which account should be credited.

January 28, 1878

The first telephone exchange opened in New Haven, Connecticut.

Some services require a visit to the NHTC office

Most of your telephone business can be handled by phone. For security or privacy concerns the following requests must be made in person:

- · Toll restrictions of any kind
- · Non-published agreements
- · New phone service
- · Sign up for new DSL or dial-up Internet service
- · Changing Long Distance carriers
- · Making membership joint with your spouse

You can still call the office for these services:

- · Adding or dropping Custom Calling Features
- · Ordering additional phone lines
- · Requesting a disconnect of service

If in doubt, call our office at 723-4211.



Kanita Medlen was promoted to Customer Service Representative for Service Orders on Oct. 19th. Her new duties include greeting new members and taking their information, preparing service orders, and balancing the cash drawers.

Well, Whadda Ya Know!

Alexander Graham Bell was originally an instructor for deaf children. He invented the telephone unexpectedly when trying to construct a hearing aid for his deaf wife and mother.

Advanced capital credit refunds

There are occasions when members request an advanced refund of their capital credits. Capital credits may be refunded in advance for the following reasons (please note that with all advanced refunds two-thirds of the total is refunded, with the remainder being forfeited to NHTC):

1) The member is inactive for more than one year

A refund is available one year from the date of disconnect. A form must be completed with the customer's notarized signature.

2) The member is deceased

If phone service is disconnected at the time of death, a refund is processed as soon as all the files related to the capital credit are updated. This is after the closing and reconciling of the last quarter in which the member had cash activity. If the surviving spouse continues service, the refund is processed through the end of the quarter in which the member passed away (this is also after the closing and reconciling of that quarter). From this point forward the capital earned belongs to the surviving spouse, even if the phone listing is never changed.

You will need the following forms to request a refund on the account of a deceased member:

- copy of the death certificate
- legal documents naming you an administrator/executor
- refund release with notarized signature of administrator/executor

3) The member is placed in a nursing home

Documentation is required certifying that the member has been permanently placed in the facility.

If you need more information about these refunds, call our office at 723-4211.

Focused on Fiber

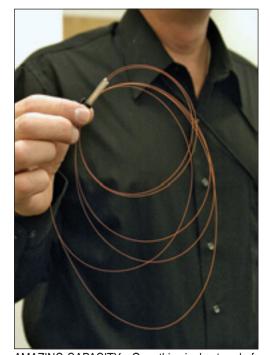
Fiber technology at center of NHTC's long-range plans

(Note: This is Part One in a series examining NHTC's plan to build a Fiber-To-The-Home system.)

Technology is developing at a dizzying pace, and nowhere is this more evident than in the telecommunications industry. Changes in technology are bringing new choices and greater conveniences to consumers, altering the way we receive our news, distribute information, and stay in touch with people.

The Board of Directors and management of New Hope Telephone
Cooperative understand that, to remain
viable in a competitive future, the company must prepare itself to meet the
needs and desires of its members.

As part of that commitment, the Board has adopted a strategic plan that



AMAZING CAPACITY—Over this single strand of fiber, consumers could talk on the phone, browse the Internet, and receive television programming.

Fiber-To-The-Home is the foundation for providing high-quality services well into the future.

-NHTC Gen. Mgr. Teresa Hunkapiller

includes an emphasis on fiber technology. Over the course of the next 10 years, NHTC will basically rebuild its system — moving from one that is copper-based to one that has fiber as its foundation.

A fiber cable consists of many hairlike strands. These strands are made of glass, and provide the perfect pathway to transmit information in the form of light.

Fiber is not a new technology. When NHTC rebuilt its cable television system five years ago, it included a number of fiber loops. Fiber already connects the central offices on NHTC's system. And when a member places a call outside the area, that call leaves NHTC's system on a fiber strand.

Moving from a few fiber connections and loops to what is known as a Fiber-To-The-Home (or FTTH) system is a major commitment. But it is a move that NHTC believes will benefit members for many years to come. "Fiber-To-The-Home is the foundation for providing high-quality services well into the future," says Teresa Hunkapiller, NHTC General Manager.

"The copper cable that's out there now has met its limit," Hunkapiller explains. "We are taking all kinds of steps to take care of it, to make sure it lasts us until we get the fiber in place." Copper will soon be an obsolete form of transmitting information, says Hunkapiller, because fiber has so much more to offer. "Copper has distance limits and capacity limits that a fiber system will not have," she says. "Fiber-To-The-Home will allow us to offer the latest and greatest technology to our members now, while preparing us for the fiber-based technologies to come."

"We don't want our members to have to suffer just because they live in a small community," says Jeff Cooper, President of the NHTC Board of Directors. "We want to maintain and provide quality services, with the most current technology."

Cooper says the move toward FTTH is necessary to position NHTC for the future. "The decisions we make are for the company and the best interest of its members," he says. "We want to provide the services they could get from anyone else — by choice, and not because we are forced to by competition."

One of the reasons the move to fiber is being paced across 10 years, explains Hunkapiller, is so the upgrades will be cost-effective. Also, this will provide ample time for a combination of inhouse labor and contract labor to complete the system-wide rebuild.

The program will begin soon, as NHTC applies for federal dollars to help fund the project and places orders for materials and equipment.

Next month: Central Office Manager Steven Campbell discusses the many benefits of fiber.



COMMUNITY CHRISTMAS SHARE PROGRAM—Throughout the Christmas season, Angel Trees at local businesses enabled many residents to buy a gift for a special child. The Community Christmas Share Program has been in existance for twelve years. Thanks to everyone's generosity, the program had another successful season and many children were blessed with Christmas gifts. Pictured above, left to right, are representatives of area businesses that displayed an Angel Tree: Maria Goodson, New Hope Telephone Cooperative; Tammy Strickland, Ken's Restaurant; Tommy Barry, OCR Small Engines; and Lisa Prince, Super Dollar. Not pictured were representatives of the Owens Cross Roads BP Station and Wayne's Restaurant.

Is *The Communicator* an effective advertising tool? Ask Ervin Patterson of Ervin's Auto Parts!



Sometimes having a great location for your business is just not enough. That's what Ervin Patterson found out when he placed an ad in *The Communicator* for Ervin's Auto Parts. "It made people realize we were here," he says of his Highway 431 store. "Some people didn't even know we had a

parts store in Owens Cross Roads." His exposure in the *The Communicator* introduced Ervin's business to some new faces. "Our ad brought in new customers, and that was one of the main things we were looking for," he says. "I would recommend *The Communicator* to other businesses looking to advertise."

Contact Maria Goodson today to put *The Communicator*, NHTC's member magazine, to work for your business!

Call 723-3748, or email mgoodson@nehp.net.



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Byron Hubbard - owner • Certification #03175 • 9127-A Hwy 431 • Owens Cross Roads



New Hope's annual Christmas Parade was held on December 3, 2005. The New Hope Historical Association participated with this old-fashioned entry. The wagon (provided by Mr. J. W. Keel) was pulled by a 1952 John Deere. Driving the John Deere was Mark Poole. Pictured above (left to right) are: Jimmie Ruth Richard, Teresa Ballard, Wenona Moorer, Shirley Williams, Ava W. Cambron and Lou Ann Poole.

Can you find it?

If you find the answer to this question you could win a \$5 credit on your next phone bill. What famous writer passed up the chance to invest in Alexander Graham Bell's telephone company in favor of the unsuccessful Paige typesetting machine?

The answer to this telephone trivia question is hidden somewhere in the pages of this magazine. Here's a hint: it's written backward. Write the answer and the page number it was found on and mail it or deliver it to our office. If you prefer you may email your answer to communicator@nehp.net. NO PHONE CALLS, PLEASE!

We will draw from the correct entries on January 13th. The winner will receive a \$5 credit on their next month's phone bill. Good luck!

Your Neighborhood Specialists





COMMUNITY CALENDAR JANUARY 2006

January 7th Blood Drive

New Hope United Methodist Church, 10 am - 4 pm Contact: Church office, 723-4812

January 9th New Hope City Council Meeting New Hope City Hall, 7:00 pm

New Hope Planning Commission New Hope City Hall, 7:00 pm

Grant City Council Meeting Grant Town Hall, 6:30 pm

January 13th Senior's Day at McRae's Madison Square Mall, Huntsville So. Hampton Nursing & Rehabilitation Center will be on hand to check blood

sugar and blood pressure free of charge.

January 16th

New Hope City Council Meeting New Hope City Hall, 7:00 pm

Grant City Council Meeting Grant Town Hall, 6:30 pm

New Hope Historical Association Meeting

City Hall, First Floor–Museum, 7:00 pm Contact: Lou Ann Poole, 723-2525

January 19th

Owens Cross Roads City Council Meeting

OCR Town Hall, 7:00 pm



Students from New Hope Elementary School recently participated in a Drug Free Poster Contest. Winners were chosen from all Madison County Schools and Huntsville City Schools. Pictured above, left to right, are the winners from NHES: Tara Richard (Third grade) 2nd Place; Alex McDonald (Fourth grade) 1st Place; Allison Burleson (Kindergarten) 2nd Place; Hannah Hill (First grade) 1st Place; Anna Parks (Eighth grade) 1st Place; Blake Muzny (Sixth grade) 1st Place.

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*(APR) Annual Percentage Rate, (APY) Annual Percentage Yield. Rates are subject to change without prior notice. Contact Citizens Bank & Trust for a complete list of details.





5053 Main Drive New Hope, Alabama 256/723-4600



See back cover for details...

Inspiration Corner

Blessed New Year to all! As I anticipate the winter months I anxiously await the prospect of a good snow. The last "good" snow found my family and I in the heart of Paint Rock Valley serving the Princeton Circuit. The parsonage sat on the side of a hill beside Princeton United Methodist Church. The "valley" was so narrow the sun could only get in there about five hours a day so we were snowbound several days. The only thing I could find to use in the snow was our wheelbarrow. Taking off the handles, legs, and wheel made a great sled holding two joyful girls and one cold father. We rode that hill time and again bailing out just before we hit the creek bank at the edge of the yard.

Just as we used the wheelbarrow for something it was not necessarily made for, sometimes God uses us in a similar way, but that's ok – Let Him! We all have the same basic design, however different in thought, ability, talent, and desire. If we were all the same we would be a pretty boring bunch. Believe it or not, God calls each of us for a purpose. If you check the source God even used drunks, adulterers, the blind, and the deceased to spread His word. The one thing that brings us all together in that respect is they all repented of their sins and came to know God as their saving Grace. God can heal anything you feel prevents you from

becoming saved and I beg you to give Him that chance. Want to find out more? Please come to a church of your choice and give God a chance to cleanse you "white as snow".



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

PASTOR'S NOTE

BY LARRY BISHOP, PASTOR FIRST BAPTIST CHURCH OF NEW HOPE

It's a cold windy day in New Hope; a sure sign that winter has once again arrived. The wind takes its effect on our neighborhood as leaves and debris are blown into streets and yards. Not only leaves and debris are blown but also empty garbage cans are blown over and some are out in the street. It's Monday morning and it's garbage day in New Hope.

On occasions I have forgotten to set the garbage out. When that happens I have two weeks of garbage piled up and it really can be messy and stinky. I also know that it was my fault and I have to live with a week's worth of stinky smelly garbage.

Suppose for a moment that it's Monday morning and you are awakened by the sound of the garbage truck passing your house. As you are lying there you think, I've done it again, I've missed garbage day. However, today something is different. To your surprise you hear a knock at the front door. Opening the door you find a nice young man with a big smile standing in the doorway, he is the driver of the garbage truck. He says to you, "Excuse me, but I couldn't help but notice you didn't set your garbage out today. Is everything OK?"

Shocked, surprised and maybe a little embarrassed is how I would describe myself. But I also would think, what a kind loving gesture. Someone cares. He really cares!

Jesus said, "Behold, I stand at the door, and knock; if any man hear my voice, and open the door, I will come in to him". He knows our "garbage" and if you do not set it out He will come to your heart's door and ask, "Is everything OK?" He really cares!

See you in Church next Sunday.

Tell us what's happening!

We want to know what's going on in the community. Please send information about upcoming events to: New Hope Telephone Cooperative • Attn: Maria Goodson • P. O. Box 452 • New Hope, AL 35760 While space in The Communicator is limited, we do want to publish information whenever possible about the events that are important to the area. So send in your news...and thanks!



Great truths learned by children:

- You can't trust dogs to watch your food.
- · You can't hide broccoli in a glass of milk.
- No matter how hard you try, you can't baptize cats.
 If someone hits you, don't hit back. They always catch the second

Are you ready for Old Man Winter?

With the winter season comes the threat of severe weather. And living in the south does not guarantee protection. Many in north Alabama still remember the ice storm of 1960 or the blizzard of 1993, events which caused major power outages and left people stranded for days.

By being prepared, you can protect yourself and your family from the threats of extreme winter conditions.

Start by using the checklist at right to develop an emergency kit for your home and vehicle. Remember to stock enough food and clothing for every member of your family.

And don't forget about your pets. Cedar chips, hay or an old blanket will provide extra warmth in freezing temperatures if you cannot bring them indoors.

To learn more about preparing for severe weather visit www.redcross.org.

Your Winter Survival Kits

A Kit For Your Home Should Include:

- 3 day supply of drinking water (1gal. per person per day)
- ☐ 3 day supply of food (requiring no refrigeration, cooking or water)
- mess kits (or paper plates, cups, utensils), with non-electric can opener
- ready-to-eat canned meats, fruits, etc.
- ☐ vitamins & pain reliever like aspirin
- radio & flashlight, both with extra batteries
- □ blankets & extra clothing (including coat, gloves, hat & boots)
- emergency preparedness manual
- ☐ sanitation items (toilet paper, soap, etc.) & a first aid kit
- ash or traveler's checks & important family documents

A Kit For Your Vehicle Should Include:

- ☐ radio & flashlight, both with extra batteries
- ☐ jumper cables, first aid kit & waterproof matches
- ☐ blanket or sleeping bags, & extra clothing
- ☐ several bottles of water & a container for melting snow
- ☐ tow rope or chain & traction aid (sand, kitty litter, tire chains)
- shovel, knife, emergency flares & fire extinguisher (5lb. A-B-C type)
- compass & road maps
- food (granola, nuts, canned fruit, etc.)
- newspaper for insulation & plastic bag for sanitation

What about frostbite and hyptothermia?

Frostbite usually occurs in the fingers, toes, heels, hands, nose and feet. It happens only in subfreezing tem-



peratures. Characteristics include numb, red and slightly swollen skin. Blisters will appear with deep frostbite, and skin may become cold, waxy, pale and hard.

To treat frostbite, submerge frozen parts into water that is not quite hot to the touch. Take aspirin to prevent blood clotting and for pain relief. Seek medical attention.

Hypothermia does not require subfreezing temperatures. Signs include impaired motor skills, speech and decision-making abilities. Victims may seem confused or deny that they are cold.

To treat hypothermia, remove wet clothing. Add insulation beneath and around the victim. Cover the head. Seek medical attention for severe hypothermia.



A history of New Hope School

(Note: This article is the second in a series on the history of New Hope School.)

By Sara Burleson

School Number 3, the 2-story wooden frame building, was used until 1920 when that property was sold. It had served the needs fairly well, but it was not accredited by the state. Students who graduated were required to take entrance examinations; consequently, they usually went to Gurley or Huntsville to graduate. Some went on to the college where they intended to enroll. At the close of World War I the civic-minded people of New Hope decided to build a modern school building. At great sacrifice to themselves and their families, they finally accomplished the feat. Those who could not give money gave labor and cut and hauled their own timbers. For example, Robert Emmett Webster sold twenty acres of his own land for one thousand dollars so that he could contribute his share. This information is written into a deed now in the possession of Mr. and Mrs. John Davis Mann. Children were charged an incidental fee in the early 1900's and some parents paid their fee by cutting and hauling wood for the pot bellied stoves used for heating the school.

The fourth school building was a \$40,000 two-story brick structure, located on a ten-acre lot facing Main Street. one-fourth mile west of the town. The courthouse records show that S. Keel, Jr. deeded ten acres for the State of Alabama, Madison County, "for erection of a rural school", District 65. November 3, 1919. Description: SE one-fourth of Sec. 3 T6 R2 E.

This ten-acre lot was enlarged by acres purchased from the Dilworth family.

The cornerstone of the old building showed the following names of the building committee: W. P. Nichols, A. H. Butler, J. A. Carpenter, P. M. Kennamer, C. O. Mann and C. D. Moon. A brief unveiling ceremony was arranged by a Mr. Martin, who was then the editor of New Hope's only newspaper, The New Hope Record.

In 1921, a frame building used for vocational agriculture was added. This was later moved in a southward direction to become the band room, making room for the new elementary which was erected in 1949. In 1926, another 4-room building was built for the Home Economics Department and was later used for elementary classrooms.

In 1934, a rock gymnasium was planned and financed by citizens of the community and built by WPA labor. This was later remodeled and is still used today. According to the board minutes of September 7, 1934, the board agreed to furnish the necessary brick (except rock) in the construction of a stone garage for the New Hope School trucks. The board also agreed to pay the wages of a foreman in the construction.

Consolidation of smaller schools with the New Hope School and the transporting of high school students from Farley increased the enrollment and necessitated the addition of two wings. These wings, plus installation of a heating system, were financed by the state and county. In 1943, indoor toilet facilities were provided.

The final installment in this series will be published next month. Readers will discover what happened to the 1919 construction when advocates tried to have it placed on the Alabama Registry of Landmarks and Heritage.(niawT kraM)



Teacher Talk

By Carolyn Creighton NHES Assistant Principal

Keeping your personal writings need not be a chore, but keeping them requires a bit of planning, imagination, and perhaps a little technology. Let's look at some journal-keeping options:

What about a hand held computer? It can be purchased with a wireless foldout keyboard with standard size keys for incredibly easy use. Another electronic method is your personal computer.

Don't forget a standard stitched composition notebook. They carry easily, lie flat for lengthy writings, and making mistakes is "allowed." This is your jour-

Then, there is a standard spiral bound notebook; readily replaceable when full. There are also "custom" spiral bounds, purchased at local bookstores.

Next, think about a three ring notebook, hand covered and decorated with fabric, ribbons, and lace. I found a "teacher made one" complete with apple fabric and plaid ribbon trim. It "ties" shut. I added an interior pocket to hold pens, a small calendar, and a hand held computer for gallivanting to places to write; to keep in the passenger side of the car for jotting down ideas at red lights, stop signs, or traffic jams.

Finally, look into a "moon" journal -a scrapbooker's delight. It is constructed from posterboard, paper, and closed with a ribbon. The joy of a moon journal is that the writer creates it themselves. Going outside and looking requires a quiet time to gather thoughts, reflect on the day, and prepare the mind/heart to write.

There is no reason why any of these journals described could not hold ticket stubs, a cartoon, a letter to the editor that struck a chord, a sketch or part of a drawing, or a novel idea or title.

Keeping a journal has endless possibilities. Choose one and chart your personal writing course!

Advertising Policy for member magazine, The Communicator

NHTC provides its members with a monthly magazine for the purpose of keeping members informed about news and events affecting their Cooperative, while providing information about NHTC services. It also circulates community news and features among its membership.

In an effort to ensure a sound, fair and reasonable execution of our advertising program, the following guidelines will apply to all advertising in *The Communicator*.

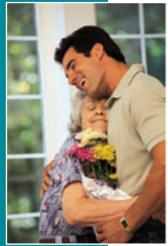
- 1) Ads will be accepted from members of NHTC only. At this time, advertising opportunities are not available to anyone who is not a member of NHTC.
- 2) All ads submitted for publication must be professionally designed and appealing; NHTC staff and representatives will assist with ad development at no additional cost to members.
- 3) No ad will be accepted for publication that contains vulgar, lewd, obscene or otherwise inappropriate or objectionable

text or images.

- 4) NHTC reserves the right to refuse to publish any ad for any reason, based on the best interest of the magazine and its service to the public.
- 5) Advertising in *The Communicator* will be open to all members as space is available, on a first-come first-serve basis. Each issue of the magazine will feature a limited amount of advertising space; as a result, there is a possibility that some advertisers may not be able to place their ads in the desired issue. NHTC will make every reasonable effort to accommodate all appropriate ads.
- 6) Types of advertising accepted for publication in *The Communicator* (provided they meet the guidelines mentioned above) include, but are not limited to:
 - A) Promotions
 - B) Product and service sales
 - C) General business information
- D) Political (with proper disclaimers as required by law)

- 7) At this time, advertising opportunities are not open to classified ads and personal listings, or to anyone who is not a member of NHTC.
- 8) In regard to advertising opportunities, NHTC does not discriminate on the basis of race, religion, gender or national origin.
- 9) While requests will be considered, NHTC cannot guarantee that ads will be placed on a particular page or in a particular order. Placement is at the sole discretion of NHTC staff and representatives.
- 10) NHTC reserves the right to revise these guidelines at any time. Members will be notified, either by mail or through the pages of *The Communicator*, in the event such revisions are made.
- 11) NHTC staff and representatives will develop and maintain a schedule of advertising rates that will apply to all advertising sales. It will include discount incentives for multiple-issue contracts. Special pricing packages may be available on occasion.

"Caring for those who cared for us"



South Hampton Nursing & Rehabilitation Center is a state licensed skilled facility offering short and long term nursing care and rehabilitation services. Our focus is to promote healing and recovery for a return to independent or assisted living whenever possible, and to provide long term nursing care and supervision when independence is not a viable option. Please call or come by South Hampton to meet the staff and tour our facility.

213 Wilson Mann Road Owens Cross Roads, AL 35763 Telephone: 256/725-3400 Fax: 256/725-3423 www.shnrc.com South Hampton

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New Hope Bar-B-Que

Owner: Larry "Bosshog" Meeks

"Carrying On the Family Bar-B-Que Tradition"

100 Peter Lane, New Hope • Phone: 256-723-3600 Hours: Wednesday thru Saturday • 11 a.m. – 7 p.m.



Chicken Enchiladas

I package chicken tenders
2 cans Cream of Chicken soup
2 small containers of sour cream
I large onion, chopped
2 cups Monterrey Jack cheese, shredded
2 cups cheddar cheese, shredded
salt
pepper
garlic powder
butter
small flour tortillas, about 6 inched in
diameter
I small can green chilies

Saute chicken tenders in butter until brown, then cut up chicken. Combine soup, sour cream, onion, chilies and half the cheese and seasonings. Stir well. Remove I cup of mixture to use as topping. Add chicken to the mixture and stir. Put I/4 cup or less of mixture in center of a tortilla and roll up. Place filled tortillas seam side down in greased I3 x 9 inch casserole dish. Finish making all tortillas; top with remaining sauce; sprinkle with cheese. Bake at 350° for I5 to 20 minutes.

Squash Dressing

2-6 oz. packages Mexican cornbread mix 2 lbs. yellow squash, sliced 2 cups water 1/2 cup butter or margarine 1 cup chopped onion 1 cup chopped celery 1/2 cup chopped green bell pepper

From the kitchen of

Ann Stephens

"She's a wonderful friend," says Mary Williams, neighbor to January's featured Cook of the Month. "She's such a thoughtful person, always caring for other people in times of need."

In fact, Stephens and her husband John are known throughout their community for their caring and thoughtfulness – taking dishes to friends recuperat-

I/2 cup sliced green onionsI can Cream of Chicken soup, undiluted2 cups milkI/2 tsp. saltI/4 tsp. pepper

Prepare and bake cornbread according to package directions, cool and crumble. Set aside. Combine squash and water in a large saucepan; bring to boil. Cover, reduce heat, and simmer until squash is tender; drain and set aside. Melt butter in heavy skillet over medium heat; add onions and next 3 ingredients, cooking until tender. Combine all ingredients. Spoon into lightly greased 11 x 7 inch baking dish. Bake at 350° for 40 minutes.

Pineapple Bake

2-20 oz. cans sliced pineapple in juice, undrained

2 cups shredded sharp cheddar cheese 2/3 cup sugar

1/3 cup all purpose flour

I cup round buttery cracker crumbs I/4 cup margarine, melted

Drain sliced pineapple, reserving 1/3 cup of juice. Place pineapple in lightly greased 11 x 7 inch baking dish; sprinkle with cheese. Combine reserved pineapple juice, sugar and flour. Pour over cheese. Combine cracker crumbs and margarine; sprinkle over mixture. Bake at 350° for 25 minutes or until bubbly. This dish is great served with ham, turkey, pork or chicken.

ing from illnesses, sending flowers and offering food, friendship and comfort after the death of loved ones.

She is the grandmother of three and an active member of The Church of Christ in Owens Cross Roads.

Many vegetables used in her recipes come from the garden Stephens and her husband grow each year.

Bonus Recipe

The following is a bonus recipe submitted by December's Cook of the Month, Dorothy Bridges. This crowd-pleaser is sure to keep your family coming back for more.

MawMaw's Cornbread Dressing

Cornbread

6 eggs

5 cups corn meal

2 cups self rising flour

1/2 cup water

I cup buttermilk

I cup evaporated milk

Mix all ingredients together. Bake at 450° until done. Let cool, then crumble bread (including crust) in large bowl.

Seasoning

I cup chopped onion

I cup chopped celery

3 Tbsp. black pepper

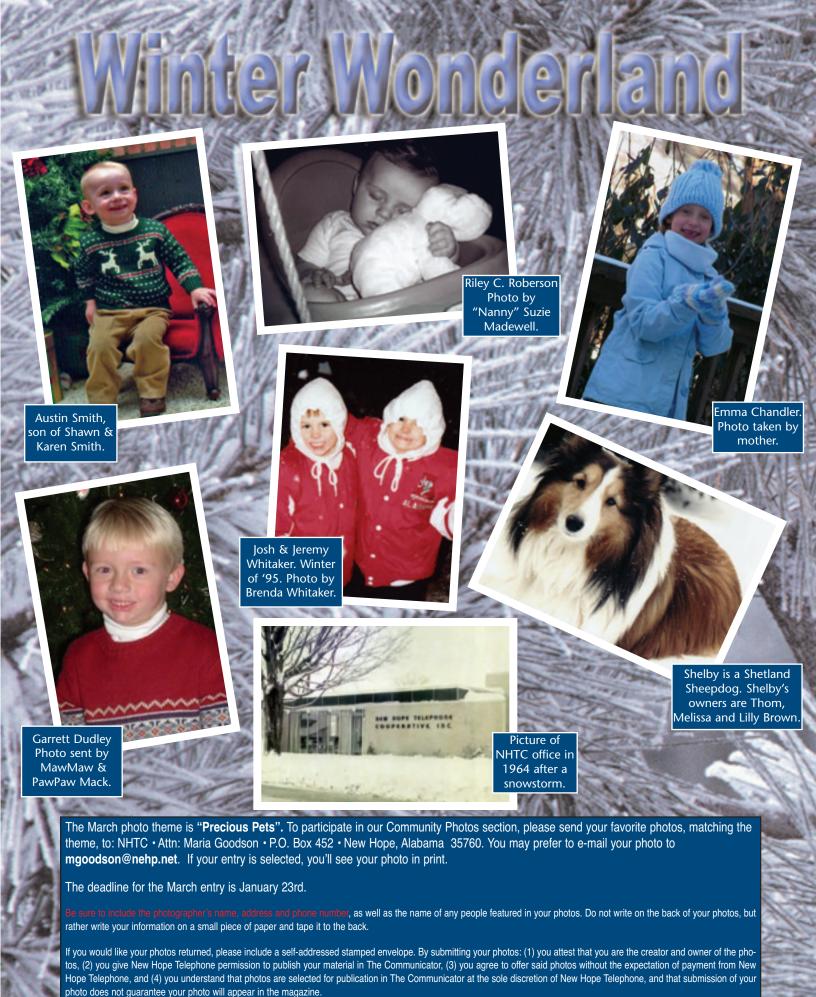
4 Tbsp. sage

10-12 cups broth (chicken or turkey)

Boil celery and onions in 2 cups water until tender. Do not drain. Add all seasoning ingredients to combread. Lightly mix. Bake at 500° for 15 minutes or until brown.

Do you know someone who should be featured as our Cook of the Month?

Call Maria Goodson at 723-4211 and submit their name today!



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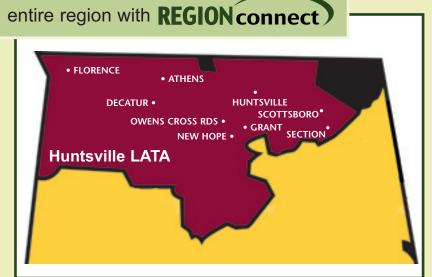
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