

Communicator

Vol. 5, No. 3

March 2006

Happy St. Patrick's Day

Inside:

DAR student wins art contest

Visit the Walls of Jericho

Senior citizens making music

Recipes • Advertisers • More!



Meet the NHTC Team - Part 1

Steven Campbell, Central Office Manager

Making a phone call or logging onto the Internet seems like a simple task to the consumer. But behind those actions are millions of dollars worth of equipment and a staff working hard to make sure that equipment performs properly for our cooperative members.

This is the job of the Central Office. The Central Office team maintains a tremendous amount of equipment at our headquarters in New Hope. We are responsible for all the gear that connects you with the outside world.

Our role does not stop there, however. Our responsibility extends to the field through our network of fiber rings and our remote cabinets. These are the units you see on the roadsides that supply dial tone and DSL throughout the NHTC system.

I started work for NHTC in January of 1995, and became Central Office Manager in the year 2000. Other members of the Central Office team include David Whitaker, Donald Morrison and Mark Beem.

The Central Office is involved in several projects that will ultimately allow us to provide improved service to our members. We are nearing completion of an upgrade project that will move

high-speed circuits from copper to fiber for a large industrial customer. We are also in the process of evaluating and upgrading our battery backup system, which keeps our network working for you during a power outage.

Upgrading from OC3 to OC12 is a major project. See Page 5 for more information on these plans.

Technology moves quickly in the telecommunications industry. The switch (the equipment that handles all your calls) we installed 10 years ago is now old technology. We are currently evaluating what direction to take, and will install a new switch this year.

We are also moving several high-speed circuits between cabinets so we can replace older units without interrupting service to our members.

Working in the Central Office provides great challenge, and I enjoy working for our members a great deal.



Steven Campbell is Central Office Manager for New Hope Telephone Cooperative

In January, NHTC Board member Jeff DeArmond and General Manager Teresa Hunkapiller each received an Excellence in Leadership Award from the National Telecommunications Cooperative Association. The awards recognize successful completion of key NTCA seminar courses (such as Employment Law, Telco Revenue Streams, the Role of a Director and Surveying the Telco's Competitive Landscape). "These courses give us a deeper understanding of how a cooperative operates," says DeArmond. Such continuing education for NHTC's leadership is necessary, Hunkapiller says, "to help keep our cooperative strong into the future."



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*On the cover:
Saint Patrick's Day is March 17th.
Don't forget to wear green while you
search for your pot of gold.*

Implementing FTTH is a team project

Maria Goodson named Project Manager for NHTC Strategic Plan

As discussed recently in *The Communicator*, New Hope Telephone Cooperative is involved in a plan to deploy fiber technology throughout its service area. Known as Fiber-To-The-Home, or FTTH, this proactive approach will help ensure the company's long-term viability while changing the way members apply technology to their everyday lives.

FTTH is a major part of NHTC's strategic plan, which was developed through the assistance of the National Telecommunications Cooperative Association. Maria Goodson, NHTC's Manager of Marketing, was recently named Project Manager for the plan.

The development of a project plan

will help ensure the success of the FTTH rollout. "It gives us a map showing where we need to be in three to five years," Goodson explains. "A project plan allows us to see the actions required to accomplish our goals."

Members of the project team working with Goodson on the FTTH rollout include: Teresa Hunkapiller, General Manager; Steven Campbell, Central Office Manager; Rusty Bright, Network Administrator; Robert Patterson, Plant Engineer; Tim Wright, Acting Outside Plant Supervisor; and Tammy Weeks, Office Manager.

The process began with lengthy meetings to identify the steps required to implement FTTH. These fall under five

areas of implementation: Technology, Financial, Marketing/Member & Public Relations, Business & Economic Development, and Human Resources.

"The first step was to identify all the tasks and develop a schedule for completing them," says Goodson. All tasks are assigned to a team member, with deadlines attached.

"The project management approach keeps people on track," Goodson adds, "helping us all stay on schedule to accomplish this enormous goal."


Goodson is excited to be working with her capable team members to bring FTTH to the area. "There is a lot of positive energy as we drive the company into the future," she says.

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Bright celebrates 5 years



In January, Rusty Bright celebrated his five-year service anniversary with NHTC. As Network Administrator, Bright is responsible for keeping the Internet network operational.

Congratulations, it's a Girl!

Congratulations to NHTC employee Nikki Dudley. She and husband Shane welcomed their new daughter, Maggie Estelle, into the world on February 12th. She weighed 8 lb. 2 oz. Maggie has a big brother, Garrett.



Check network status online at www.nehp.net

If you have problems with your Internet connection, the first place to look is NHTC's Web site, if you can get online. Log on to www.nehp.net, then click on the Network Status link on the left of the page. Here you'll find notices about such items as email server problems, scheduled maintenance, or problems with newsgroups.

Call 723-8940 for 24/7 Internet Tech Support

Internet Tech Support is available 24 hours a day, 7 days a week. Call anytime you experience problems getting on the Internet, need help configuring a new computer to log on, or if you've just signed up with NHTC Internet. The local call, 723-8940, is a service for NHTC Internet customers only.



NOTICE TO CABLE TV SUBSCRIBERS

Effective April 1, 2006 if a payment is made to reconnect cable TV after 3:00 p.m., service will not be restored until the following business day. If paid after 3:00 on Friday, it will be Monday before cable is restored.

Pay-per-view channels 203 and 204 have been replaced by 208 and 209. This change will only affect those customers using a digital set-top box for pay-per-view service.

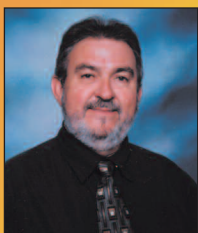


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OC12 upgrade on the horizon

Equipment upgrade will mean more bandwidth for NHTC's network

New Hope Telephone Cooperative plans to upgrade its OC3 to an OC12 by the end of April.

While that terminology makes little sense to most members, the results should make everyone happy.

"We are upgrading our link to the world," explains Central Office Manager Steven Campbell. "When this upgrade is complete, we will have up to four times more bandwidth than we have now to carry our telephone and Internet traffic."

Part of the benefit will be the increased capacity for moving telephone calls and related traffic. The upgrade will allow NHTC to offer more high-speed circuits to area businesses, along with advanced features such as video conferencing.

The upgrade will also reduce the bottleneck in NHTC's connection to the Internet. "The capacity will be there," explains Network Administrator Rusty Bright. "We will have alerts to indicate

when we reach 80 percent capacity, and we can increase it by 10 meg or so."

With the capacity in place, Bright says the incremental increases in Internet bandwidth can be accomplished "with a work order and a phone call."

Dial-up and DSL customers should both see a difference in Internet performance. The upgrade will result in lower latency, a particularly important issue for "gamers" who play video games with people over the Internet.

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- Be bold in what you stand for and careful what you fall for.

Share the Wonder of Outdoor Alabama

'Walls of Jericho' is a natural marvel

Last fall, Bobby and June Cooper of New Hope decided they had heard enough about the Walls of Jericho, the latest acquisition of the state's Forever Wild Land Trust. The natural wonder sounded so amazing, they had to see it for themselves.

The Cooper's were joined by Bobby's cousin Billy Cooper and wife



Photos courtesy of Bobby Cooper, New Hope



Doris, also of New Hope. The four took to the trail leading to the Walls of Jericho around nine o'clock in the morning. It was almost 6 p.m. when they made it back to their vehicles.

According to outdooralabama.com, the trail takes hikers 2.5 miles downhill to Clarke Cemetery. From there, another half mile remains to reach the Walls of Jericho with its high rock walls and waterfalls.

"It looks like a cathedral washed out in the rock," says Bobby Cooper, "like a stage carved out of the wall."

The Walls of Jericho is part of a 21,453-acre tract purchased by The Nature Conservancy in 2004. More than 12,000 acres are in Alabama, with the remainder in Tennessee.

Besides the hiking trail, a separate 8.3-mile horse trail leads into the gorge.

In addition to the rugged beauty of the landscape, the area is home to an abundance of wildlife. This includes 100 species of fish, 45 species of mussel, and numerous salamanders and birds. A number of inhabitants are rare or endan-

gered, including the pale lilliput and Alabama lampshell mussels which exist no where else in the world.

For more information about the Walls of Jericho, visit the Web site 800alabama.com and click on "The Year of Alabama Outdoor."

Visiting the Walls of Jericho

The hike into this marvel of nature is no stroll through the park. The steep ascent out of the gorge is strenuous. But if you are in reasonably good condition and take your time, you will enjoy the visit. Here are a few tips:

- Wear comfortable hiking footwear.
- A backpack will help you carry the recommended two to three liters of water, along with some light snacks to help fuel your adventure.
- Start early. If you hike at a moderate pace, and spend a couple of hours in the gorge, the round trip will take some six hours.
- The trail can stay muddy for days following a rain shower, and you will have to cross several shallow streams. You may get wet and muddy, so dress accordingly.
- Don't forget your camera!

Directions

Go North on Highway 72 from Huntsville. Take a left on Highway 79 to the Skyline/Hightop community. The Walls of Jericho Tract is just North of Hightop. Highway 79 goes through the tract. The first parking lot is for the horseback riding trail. The second parking lot is for the hiking trail.

Seniors enjoy music and fellowship

The New Hope Senior Citizen Band has been playing at the Senior Center for several years. You can hear them play country, gospel and bluegrass every Wednesday from 9:30 a.m. until 11:00 a.m., and on Saturday evenings from 6:00 p.m. to 9:00 p.m.

They can also be heard each month at the South Hampton Nursing Home in Owens Cross Roads, and Barfield's Nursing Home in Claysville. The band has also performed for New Hope's Music in the Park, New Hope's Founders Day, McRae's Senior Citizens Day, and Marshall County's Senior Citizen Picnic in Guntersville.

Recently, the band helped with efforts to raise funds for the purchase of a sound system for the Center. Donations were accepted on Saturday nights, and the funds were raised in just six short weeks.

Saturday night at the Center is always open mic night. After the regular band members have performed, the floor is open to anyone who would like to sing. There are up to 50 people in the audience on Saturday nights.



PICKIN' AND GRINNIN'!—The New Hope Senior Center Band recently visited the New Hope Telephone office. Pictured are, left to right: (front row, seated) Robert Turner, J.D. Cobb, Edna Warren, Tommy Lemley, (back row, standing) William Rogers, Jean Staples, Marie Turner, Allie Bea Vann, Margie Blair, Melvin Lane and Bobby Madewell.

Think About It

I am of the opinion that my life belongs to the community, and as long as I live it is my privilege to do for it whatever I can.

-- George Bernard Shaw

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DAR student a winner in national art contest

He was only here for a few months, but middle school student Taylor DeLatte enjoyed his time as a student at DAR. He also earned national recognition for his creativity.

Taylor was one of the thousands of Louisiana students displaced after last year's destructive hurricane season. He came to live with his grandparents in Grant while his school and community was being repaired.

As a student in Amber King's art class at DAR, Taylor was among several students who created a colored pencil drawing for a fire safety art contest. The program was sponsored by the Telcom Insurance Group, and coordinated locally by New Hope Telephone Cooperative.

King says she gave students a scratch sheet of paper to help them get

started sketching out ideas for their drawings. Taylor didn't need to contemplate his design. "He knew exactly what he wanted to draw," says King. "He didn't look at any pictures, it came from his head."

The colorful scene features a firetruck that has just raced to the scene of a burning building.

Taylor's efforts earned him third place and \$50 in the 11-14 age category. His work was chosen as one of nine winners out of more than 600 submissions.

Taylor has returned to Louisiana, but his prize check has been forwarded to him.



CONGRATULATIONS, TAYLOR DeLATTE! Above, DAR art teacher Amber King holds the drawing that won third place in a recent national art contest.

Taylor (inset) attended DAR while living with his grandparents in Grant following a hurricane season that damaged his Louisiana school.

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"You are worthy, our Lord and God, to receive glory and honor and power, for you created all things...."
Revelation 4:11



PASTOR'S NOTES

BY LARRY BISHOP, PASTOR
FIRST BAPTIST CHURCH OF NEW HOPE

It is time to sow seeds. Farmers and gardeners all over the county are once again sowing seeds in fields and garden spots. Seeds are either thrown as far and wide as possible or they are neatly spaced in straight rows. Then comes the watering.

The methods and equipment used today have changed considerably, wouldn't you agree? The process however, has not changed since the beginning of time. The Bible says "cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life;...Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field." (*Genesis 3:17-18*) Anyone who has ever planted knows that the process of planting and watering is simple but requires a great deal of hard work. We also know that there is just so much that you can do. The rest of the process is a mystery.

The mysterious part is the impossible part. The dry seed germinates! The tiny roots go down into the moist soil. Tiny green shoots showing tentatively above the ground. A miracle takes place, which has no explanation apart from God. The life in the plant produces another wonder as its fragrance, color,

and beauty transforms into the plant.

Then the bees come. The pollen is transformed from one plant to another as the fruit appears. This miracle happens so often that we take it for granted. We call it "nature", but I know it is God! God at work, giving us the increase. Only God knows how to turn a seed into fruit.

In the Bible the Apostle Paul said, "I have planted, Apollos watered, but God gave the increase." (*1 Cor 3:6*) The actions of Paul and Apollos were the same as the efforts of a farmer or gardener. But the mysterious process of what the spiritual seed does in the human heart, that is left up to God! The Apostle Peter speaks of this mystery ... "Being born again, not of corruptible seed, but of incorruptible, by the word of God which liveth and abideth forever. For all flesh is like grass, and all the glory of man like the flower of grass."

I have to admit, I do not have the slightest idea how a dry seed germinates into a living plant. Nor do I know how a spiritual life germinates in the human soul, but I know that it does. All the glory belongs to God who gives the increase.

See you in church Sunday.



Teacher Talk

By Carolyn Creighton
NHES Assistant Principal

The Value of Letters

Writing is such an important facet of family growth and student academic achievement. Previous articles dealt with the need to write and some suggestions to help students be comfortable with their words.

Let's look at the value of letter writing: Emily Dickinson, great American poet, had 10,000 letters from friends and family in her possession when she died. She had discussed every conceivable topic with her letter-writing friends and it is one way that we know and understand her poetic mind. Abigail Adams greatly influenced President John Adams by the love letters and philosophical letters they shared when separated by time and space. Recently, we have learned that Ronald and Nancy Reagan had a wealth of letters written to each other and cherished as a part of their lives together.

Writing letters is also a nonthreatening way to share! Parents can write letters to their children about their families, an incident they find serious or very funny, or about childhood memories. Those letters from parent to child also serve as a model for how to write letters. If a grandparent was deceased prior to the child's memory, letters about who the grandparents were, what they did, where they lived, or other important details can be included in letters as a way of preserving family history.

Why not give letter writing a try? Its format is easy, rules for formal writing do not have to apply to private letters, and children can see you modeling an important school skill: writing.

Attention NHHS CLASS OF 1986

We are trying to find all of the NHHS Class of 1986 classmates for our 20-year Reunion. If you haven't been contacted about the reunion, please call 461-7614 or send an e-mail to our website NHHS1986@bellsouth.net Hope to hear from you soon!

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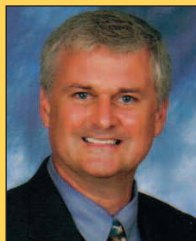
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Inspiration Corner

His party became hopelessly lost in the mountains and they blamed him. "You told us you were the best guide in Colorado!" they asserted. "I am," he said, "but I think we're in Wyoming now." Have you ever been on a trip and found yourself lost? You are not alone!

Maybe once upon a time you opened a King James Bible and saw those strange words written in old English and you didn't quite know what to make of them so you closed the book and found your way back to familiar territory. If that is the case then let me invite you to plan another trip. Like fresh mountain air, the Bible is "food for the soul" and all it takes to make the trip is one step at a time. Unlike a few years ago, there are several versions of the Bible to help you understand the message of God. One of my favorites is the Kid's Life Application Bible, written for - you guessed it - me! In the pulpit I use the New International Version written in modern English and translated from a combination of the earliest known manuscripts, even prior to those used for the King James Bible. The King James Bible is what I grew up on, is still favored, and the language is absolutely beautiful. If however you remain skeptical let me offer one thought that might help you in planning another trip: John writes in Revelation, "Blessed is the one who reads the words of this prophecy, and blessed are those who hear it and take to heart what is written..." In other words you will be blessed simply for reading the scriptures. Furthermore, understanding comes by reading while reading invokes understanding. Jesus suggests that we come to God as a child, unlearned and unimpressed by the world so that we can grow up in our faith with Him! Please - Find a church that speaks to your heart so you will never again be lost in your travels.



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

Join the New Hope Historical Association

The NHHA is beginning its second year of operation. Property and a building in downtown New Hope have been donated to the association. Plans are being made to renovate and create a new headquarters and museum.

Now is your opportunity to join us! Consider becoming a member or making a donation to assist in the

renovation project.

Memberships are available in two categories: Individual, \$25, or Family, \$35. Send your name, address, and check for membership or a donation to:

**NHHA
P.O. Box 50
New Hope, AL 35760**

*Happy Birthday, Telephone!
The telephone celebrates its 130th birthday
on March 10th.*

Local Boy Scouts need community's help

The local area Cub Scouts and Boy Scouts of America need your help. Sponsors are needed for individual Scouts and donations of used uniforms would be greatly appreciated. Please contact Charlotte Mann at 723-4570 if you would like to be a sponsor or make a clothing donation.

Recipes needed!

South Hampton Nursing and Rehabilitation Center is still gathering recipes to be used for a cookbook. These cookbooks will be sold throughout the community for \$15 each with the proceeds being used to purchase a wheelchair accessible van for residents. This will greatly improve their quality of life.

If you have a recipe you'd like to submit, please send it to the address below:

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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.



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How did a lady from New Hope change her life?

Dear Friend,

About a year ago something happened to me that changed my life.

I'm Katie McWhorter. I'm a housewife from New Hope. I had lived in severe pain for about two years until I did something that changed my life. I'll tell you what I did, but first let me start at the beginning.

I was suffering from neck and lower back pain as well as pain shooting down my right leg. An MRI had revealed a bulging disc in my neck and my lower back. I had considered seeing a new doctor that had moved to Grant who specialized in these types of problems, but I was skeptical since I had already seen several other doctors and nothing seemed to help.

Over the next couple of months my pain seemed to become worse. In fact, I was starting to become very concerned about it. So I decided to give this new doctor in Grant a try. He did an exam, took some x-rays, and then adjusted my spine. After just one adjustment I felt a big difference. *Oh, did I mention that this doctor is a chiropractor?*

After a few more adjustments I was starting to feel like my old self again. In fact, when I came in for only my fifth adjustment I said to Dr. Mike, "I told my mother-in-law last night, *I just can't believe I'm going to a chiropractor and he is helping me like you have.*"

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 him with their carpal tunnel syndrome problems. Also they come to him 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)

"I did have a lot of leg pain due to a pinched nerve. Not any more thanks to Dr. Mike." (Leonard McPeters)



Dr. Mike, Emma, and Nicholas Ellis

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 March 31st, 2006, 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. 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.

Precious Pets



*'Russell Elizabeth Pritchett'.
Photo sent in by Tammy Pritchett.*



*'Darling Elizabeth Pritchett'
is a mini pincher. Picture was taken by
Naley Pritchett.*



*'Brownie Ellis' Pet of Mike &
Nikki Ellis. Photo was taken by Nikki.*



*'Daisy May' is a mixed English
Foxhound. Her owners are
David & Linda Mann.*



*Dalton and 'Xander'.
Photo sent by grandparents, Sandy and Calvin Click.*



*'Seven' watching her goats.
She is the pet of Glenda Self.*



*In loving memory of
'Rudy'
Beloved kitty of Maria Goodson.*



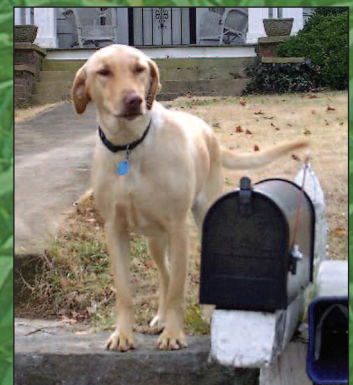
*'Hollywood Hank'.
Photo taken by his mom, Kimberly
Burger.*



*'Sally Poole'. Precious pet of
Lou Ann & Mark Poole.*



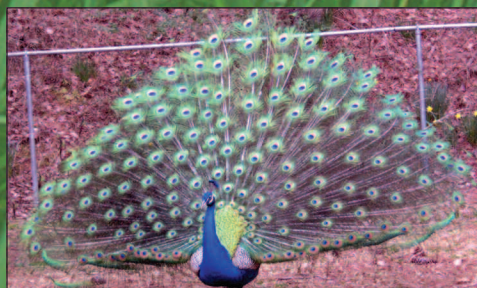
*Ella Morrison with 'Maggie'.
Photo taken by dad, Jason, at
Christmas.*



*'Molly' waiting for a treat from mail
carrier. Photo sent by carrier Nancy
Hicks. Molly's owner is Donna Butler.*



*'Maisey' is a Bassett Hound.
'Jessie' is a yellow Lab.
Picture sent by Claudia Keel.*



*'Peepers' is the pet peacock of
Alfred Landford.*



*Lane Pilotte with baby goat, 'Wendy'.
Photo sent by mom, Shannon Pilotte.*



'Abby Belle' is the newest addition to owner Ann Graves family.



*'Molly' taking a nap.
Photo taken by cat mom, Ann Graves.*



*'Emily' waiting for Santa.
Photo taken by cat mom, Ann Graves.*



'Buffy Sine' is the pet of Jennifer Sine. She is a toddler pug.



*'Felick' & 'Cocoa'. Pets of Ryan Furlough.
Photo sent by mom, Teresa Furlough.*



*Emily Raney and 'Tex'.
Photo was taken by Rob & Terri Gaffin.*



Children of Tom & Cherry Jones. Grandchildren of Mary Jones. Photo taken with litter of puppies.



*'Anna Claire' mini toy poodle.
Photo by Mandy Ledbetter.*



*Jacob and 'Hunter'.
Son of Darren & Stephanie Maples.
Photo by mother.*



*Jordan Aaron and his best friend 'Max'.
Photo sent by mother, Paula.*



*'Pal' with Carlee & Caroline Largen.
Photo sent by Amy Largen.*

The May photo theme is **"School Daze"**. 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. You may prefer to e-mail your photo to mgoodson@nehp.net. If your entry is selected, you'll see your photo in print. **The deadline for the May entry is March 22nd.**

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.



From the kitchen of **Martha Cooper**

Martha Cooper still remembers the first complete meal she cooked. Her family was in the process of moving, and an eight-year-old Martha stepped up to help. "I cooked fried potatoes and baked cornbread," she recalls. She also opened a jar of her mother's canned green beans and creamed corn. And she did it all on a wood-burning stove.

Martha has been cooking ever since. In fact, she still thoroughly enjoys bak-

ing, and often swaps recipes with her two grown sons (to whom she passed on her cooking skills). Others who enjoy her cooking include Billy Cooper, her husband of 50 years, and her friends at Hebron Church of Christ.

Ten years ago, Martha began cooking with less sugar and fat. She has discovered that many recipes can be modified by substituting SPLENDA for sugar and using low-fat ingredients.

Mexican Casserole

3 lbs. ground beef cooked and drained
OR
8 chicken breasts, cooked and cut up
2 cans cream of chicken soup
1 can enchilada sauce or salsa
1 can RO*TEL tomatoes
8 oz. cheese, shredded

Combine all ingredients and place in large casserole dish. Bake at 350° for 30 minutes or until bubbly. Serve with nacho chips. Chips can also be placed in bottom of casserole before baking.

Peanut Butter Pie

1 cup peanut butter, reduced fat
8 oz. cream cheese, low fat
1 box powdered sugar
12 oz. tub of Cool Whip®
2 graham cracker pie crusts

Cream together peanut butter, cream cheese and powdered sugar. Fold in Cool Whip. Spoon into pie shells and refrigerate. These are good frozen. You can garnish them with Reece's cups.

SPLENDA® Peanut Brittle

3/4 cup light corn syrup
3/4 cup SPLENDA®
1 Tbsp. margarine
1 cup roasted, unsalted peanuts
1 tsp. baking soda

Butter a 12 inch square of foil. In an iron skillet, bring to boil corn syrup and SPLENDA. Add margarine and peanuts. Cook on medium heat for 10 minutes, stirring constantly. Remove from heat and add baking soda. Stir quickly. Spread on foil. Cool and break into pieces.

Easy Barbeque Pork Chops

6 pork chops
20 oz. Coca-Cola
1-1/2 cup ketchup

Mix Coca-Cola and ketchup. Pour over pork chops in large skillet. Cook over medium heat for 45 minutes or until tender. You can also substitute chicken pieces for pork chops.

LBJ Cake

Step One:

1 stick margarine
1/2 cup chopped nuts
1 cup self-rising flour

Cream ingredients, then pat into 9" x 13" pan. Bake for 20 minutes at 350°. Let cool.

Step Two:

8 oz. cream cheese, low fat
1 lg. tub Cool Whip®
1-1/2 cup powdered sugar
1 cup coconut

Mix cream cheese and powdered sugar until smooth. Fold in 1 cup Cool Whip. Spread over cooled crust. Sprinkle with coconut, reserving a little to toast as a garnish.

Step Three:

2 pkgs. Instant coconut pudding
3 cups cold milk

Mix pudding according to package directions, then add 1 cup Cool Whip. Spread over cream cheese layer. Top with remaining Cool Whip and garnish with toasted coconut. Refrigerate.

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.

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.

Put your phone to work!



*Add any Custom Calling
Feature during the month of
March and we'll waive the
\$10 Connection Fee!*

CUSTOM CALLING FEATURES:

- AUTOMATIC CALL BACK
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- CALLER ID NUMBER ONLY
- CALLER ID DELUXE (BOTH)
- CALL FORWARDING ON BUSY
- CALL FORWARDING NO ANSWER
- SPEED CALLING (8#'s) (30#'s)
- THREE WAY CALLING
- TOLL RESTRICTION
- TOLL RESTRICTION (WITH PIN)
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- TEEN LINE / DISTINCTIVE RING
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Get turned on to cable!



*During the
month of March,
pay only*

\$20

*for Cable
Programming
Installation!*

THAT'S A SAVINGS OF
\$10 - HOUSE
\$20 - MOBILE HOME



Keep in Touch with **New Hope Long Distance Plan Two***

*Sign up for Long Distance Plan Two
in March and we'll waive the
\$4.95 monthly fee for the first month!*

***9¢ A MINUTE, \$4.95 MONTHLY FEE**

Your opinion matters

And it could win you a new television!

We need the help of each NHTC Cable customer as we plan for future viewing opportunities.

As you know, NHTC must pay for each channel we offer through our Cable service. When a channel has very few viewers, it is not cost-effective to offer it as part of our lineup.

To help us make better use of your cooperative's resources, please take a

moment to complete this survey. By doing so, you will help us identify those channels that are a good investment, along with those that few people are actually watching.

Begin by reading over the list. Choose five (5) channels that you watch the most, and check the box in the "Most" column next to each. Then indicate the five channels you watch the

least by checking the "Least" box.

Next, simply tear off this page and return it with your telephone bill payment, or drop it by our office in New Hope. Be sure to send the full page, including the address label.

To say 'thank you' for your help, all submissions received by March 31 will be entered in a drawing for a 19" color TV.

CABLE TV SURVEY

Channel	Most	Least	Channel	Most	Least	Channel	Most	Least
3-Headline News	<input type="checkbox"/>	<input type="checkbox"/>	23-CNN	<input type="checkbox"/>	<input type="checkbox"/>	43-Comedy Channel	<input type="checkbox"/>	<input type="checkbox"/>
4-TNN	<input type="checkbox"/>	<input type="checkbox"/>	24-Community Ch.	<input type="checkbox"/>	<input type="checkbox"/>	44-TV Land	<input type="checkbox"/>	<input type="checkbox"/>
5-ESPN	<input type="checkbox"/>	<input type="checkbox"/>	25-FOX Sports South	<input type="checkbox"/>	<input type="checkbox"/>	45-Court TV	<input type="checkbox"/>	<input type="checkbox"/>
6-USA	<input type="checkbox"/>	<input type="checkbox"/>	26-TV Guide	<input type="checkbox"/>	<input type="checkbox"/>	46-SCI-FI	<input type="checkbox"/>	<input type="checkbox"/>
7-WAFF	<input type="checkbox"/>	<input type="checkbox"/>	27-WB Network	<input type="checkbox"/>	<input type="checkbox"/>	47-Fox Sports World	<input type="checkbox"/>	<input type="checkbox"/>
8-WAAY	<input type="checkbox"/>	<input type="checkbox"/>	28-ESPN2	<input type="checkbox"/>	<input type="checkbox"/>	48-Oxygen	<input type="checkbox"/>	<input type="checkbox"/>
9-WHNT	<input type="checkbox"/>	<input type="checkbox"/>	29-Lifetime23-CNN	<input type="checkbox"/>	<input type="checkbox"/>	49-PAX	<input type="checkbox"/>	<input type="checkbox"/>
10-WDHF-UPN	<input type="checkbox"/>	<input type="checkbox"/>	30-Weather Channel	<input type="checkbox"/>	<input type="checkbox"/>	50-MTV	<input type="checkbox"/>	<input type="checkbox"/>
11-WZDX	<input type="checkbox"/>	<input type="checkbox"/>	31-Turner South	<input type="checkbox"/>	<input type="checkbox"/>	51-FOX News	<input type="checkbox"/>	<input type="checkbox"/>
12-TBS	<input type="checkbox"/>	<input type="checkbox"/>	32-Turner Classic	<input type="checkbox"/>	<input type="checkbox"/>	52-VH-1	<input type="checkbox"/>	<input type="checkbox"/>
13-WGN	<input type="checkbox"/>	<input type="checkbox"/>	33-Hallmark	<input type="checkbox"/>	<input type="checkbox"/>	53-BRAVO	<input type="checkbox"/>	<input type="checkbox"/>
14-AMC	<input type="checkbox"/>	<input type="checkbox"/>	34-HGTV	<input type="checkbox"/>	<input type="checkbox"/>	54-Outdoor Ch.	<input type="checkbox"/>	<input type="checkbox"/>
15-TNT	<input type="checkbox"/>	<input type="checkbox"/>	35-Food Network	<input type="checkbox"/>	<input type="checkbox"/>	55-C-Span	<input type="checkbox"/>	<input type="checkbox"/>
16-Nickelodeon	<input type="checkbox"/>	<input type="checkbox"/>	36-Travel Channel	<input type="checkbox"/>	<input type="checkbox"/>	56-HSN	<input type="checkbox"/>	<input type="checkbox"/>
17-CMT	<input type="checkbox"/>	<input type="checkbox"/>	37-Cartoon Network	<input type="checkbox"/>	<input type="checkbox"/>	57-C-Span 2	<input type="checkbox"/>	<input type="checkbox"/>
18-A&E	<input type="checkbox"/>	<input type="checkbox"/>	38-Animal Planet	<input type="checkbox"/>	<input type="checkbox"/>	58-Tech TV	<input type="checkbox"/>	<input type="checkbox"/>
19-ABC Family	<input type="checkbox"/>	<input type="checkbox"/>	39-FX	<input type="checkbox"/>	<input type="checkbox"/>	59-PBS	<input type="checkbox"/>	<input type="checkbox"/>
20-TLC	<input type="checkbox"/>	<input type="checkbox"/>	40-WE	<input type="checkbox"/>	<input type="checkbox"/>	60-TBN (Trinity)	<input type="checkbox"/>	<input type="checkbox"/>
21-Discovery	<input type="checkbox"/>	<input type="checkbox"/>	41-E!	<input type="checkbox"/>	<input type="checkbox"/>	61-Speed TV	<input type="checkbox"/>	<input type="checkbox"/>
22-Disney	<input type="checkbox"/>	<input type="checkbox"/>	42-History Channel	<input type="checkbox"/>	<input type="checkbox"/>			

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