

A Publication of New Hope Telephone Cooperative

The

# Communicator

Vol. 6, No. 10

October 2007



*Inside:*

**A Simpler Time**

**Cathedral Caverns gets an update**

**New Cable Channel line-ups coming**

**Recipes • Community Events • Advertisers & more**



## Manager's Comments

# The cooperative concept makes a real difference in our communities

When you are a customer of an investor-owned utility, the relationship is fairly basic. You send them money, they provide you with service. Plain and simple.

But as a customer of NHTC, the relationship goes much deeper. And that's because we are a cooperative.

Your relationship with New Hope Telephone Cooperative begins by you becoming a member. How is that different than being a customer? After all, we still have the agreement where you pay us money and we provide you with service, right?

The difference is in the fact that you are also an owner of the cooperative. You have an opportunity each year to

elect members to the Board of Directors. You receive capital credits based on the amount of business you do with us. Your communities benefit from NHTC's growth and involvement.

October is National Cooperative Month, and I wanted to share with you the seven principles which guide cooperatives nationwide. Read over this list and you'll see that owning a cooperative really does make a difference.▲



*Tom Wing is General Manager of New Hope Telephone Cooperative*

## The Seven Cooperative Principles *the foundation of your New Hope Telephone Cooperative*

### **Voluntary & Open Membership**

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership.

### **Democratic Member Control**

Cooperatives are democratic organizations controlled by their members, who actively participate in setting policies and making decisions.

### **Members' Economic Participation**

Members contribute equitably to, and democratically control, the capital of their cooperative.

### **Autonomy and Independence**

Cooperatives are autonomous, self-help

organizations controlled by their members.

### **Education, Training, & Information**

Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives.

### **Cooperation Among Cooperatives**

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together.

### **Concern for Community**

While focusing on member needs, cooperatives work for the sustainable development of their communities.



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  
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Jim Duncan, Secretary  
*New Hope Exchange*

David Ayers, Treasurer  
*Grant Exchange*

Sonny Cantrell  
*Grant Exchange*

Jeff Cooper  
*New Hope Exchange*

Garland Elders  
*Owens Cross Roads Exchange*

Barry Jones  
*New Hope Exchange*

Barry Mefford  
*New Hope Exchange*

## The Communicator

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*On the cover:*

*Reminiscent of the good ole days... A pair of mules, driven by Chucky Hindman, takes a trip around the farm, while the story on page 8 takes readers on a trip down memory lane.*

# The forecast calls for change

New Hope Telephone Cooperative has made some changes that will greatly enhance your experience with The Weather Channel. Recent upgrades in the headend, which provides cable television to subscribers, have brought the most advanced weather channel to NHTC cable viewers.

IntelliStar is the fifth generation successor to the old WeatherStar system NHTC had in place. The IntelliStar system offers many noticeable advantages over its predecessor. Better graphics and an improved radar system are just some of the improvements.

One of the most notable changes is not one viewers will actually see. The addition of 'Local Vocal' enables a pre-recorded voice to tell what the local



forecast is on Weather on the Eights. "Now when you're in the kitchen peeling potatoes you can hear the weather," explains Tom Wing, general manager, "You no longer have to stop what you're doing and run to the television set to know what the forecast is."

Because NHTC cares about their members, they are making it possible for all NHTC Cable subscribers to receive this new enhanced weather channel. "It's really a safety issue," says Wing, "because we live in a region that's notorious for severe weather."

All cable television subscribers will have the advanced weather channel by November 3. That is when NHTC should have completed a new cable line-up. Read more about it on the next page.


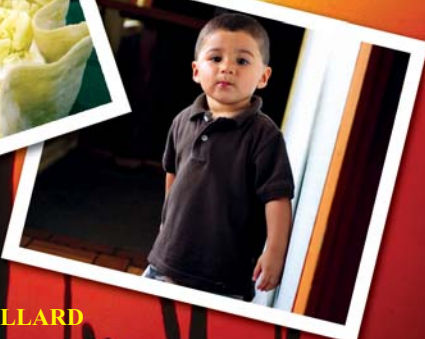
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# Changes on the horizon for NHTC Cable subscribers

New Hope Telephone Cooperative is working hard to provide the products and services members want. Part of that includes upgrades to cable television service. As with many things, with progress comes change.

"These changes are necessary to make sure we are meeting all our contractual obligations," explains

Tom Wing, NHTC general manager. The Federal Communications Commission (FCC) has rules governing what channels can be included in a basic cable tier. These regulations make it necessary to change the offerings in our lowest cable tier.

On Thursday, November 1, NHTC cable will begin the process of mak-

ing changes in their channel line-up. "The entire process will be completed within 48 hours," says Rusty Bright, network administrator. "While we have to make changes in order to meet the requirements imposed on us, we've tried to include offerings which will improve or enhance our programming whenever possible."



## TV Limited

3-Community Channel*	5-WZDX (Fox 54)*	8-My WAMY*	11-WHDF-CW*
4-Weather Channel*	6-WAAY (31) NBC*	9-WHNT (19) CBS	12-TBS
	7-WAFF (48) ABC	10-WHIQ-PBS*	13-TV Guide*

While the number of channels remains the same, the line-up does change for TV Limited subscribers. Headline News, ESPN, Spike TV and WGN have been replaced by the Community Channel, Weather Channel, PBS and the TV Guide Channel. \* Denotes a channel change.

## TV Basic

3-Community Channel*	8-My WAMY*	14-AMC	20-TLC
4-Weather Channel*	9-WHNT (19) CBS	15-TNT	21-Discovery
5-WZDX (Fox 54)*	10-WHIQ-PBS*	16-Nickelodeon	22-Disney
6-WAAY (31) NBC*	11-WHDF-CW*	17-Headline News*	23-CNN
7-WAFF (48) ABC	12-TBS	18-A&E	
	13-TV Guide*	19-ABC Family	

TV Basic customers will see the same changes as TV Limited subscribers (shown in blue) with two exceptions. Basic customers will still receive Headline News and CMT will no longer be a part of their cable package. \* Denotes a channel change.

## TV Expanded

3-Community Channel*	15-TNT	28-ESPN 2	41-E!	54-Outdoor Channel
4-Weather Channel*	16-Nickelodeon	29-Lifetime	42-History Channel	55-C-Span
5-WZDX (Fox 54)*	17-Headline News*	30-Spike TV*	43-Comedy Central	56-HSN
6-WAAY (31) NBC*	18-A&E	31-Turner South	44-TV Land	57-C-span 2
7-WAFF (48) ABC	19-ABC Family	32-Turner Classic	45-Court TV	58-G4
8-My WAMY*	20-TLC	33-Hallmark	46-SCI-FI	59-USA
9-WHNT (19) CBS	21-Discovery	34-HGTV	47-Fox Soccer Channel	60-TBN (Trinity)
10-WHIQ-PBS*	22-Disney	35-Food Network	48-Oxygen	61-Speed TV
11-WHDF-CW*	23-CNN	36-Travel Channel	49-Independent TV	62-Jewelry Television
12-TBS	24-WGN*	37-Cartoon Network	50-MTV	63-RFD TV
13-TV Guide*	25-FOX Sports South	38-Animal Planet	51-FOX News	64-SOAPnet
14-AMC	26-CMT*	39-FX	52-VH-1	
	27-ESPN*	40-WE	53-BRAVO	

TV Expanded customers will lose no channels in the line-up change. Only the placement of some channels has changed. \* Denotes a channel change.



## MORE OFFERINGS FROM HBO/CINEMAX

HBO has increased the amount they charge NHTC for several years, and will increase their rate once again. NHTC has absorbed the increase in the past, but will have to increase the rate for the HBO/Cinemax package by \$2 per month. This change will become effective in November.

But there is good news. Because NHTC has taken a proactive approach with upgrades made in the headend, we are now able to offer HBO Zone, HBO Comedy, ActionMax and ThrillerMax to the premium channel package. These extra channels are included in the premium package at no additional cost.

NHTC will also offer Cinemax channels and HBO channels as stand alone packages. Now viewers have the option of choosing only HBO or only Cinemax at a reduced price over the combined package.

## High-Definition TV

The cooperative is pleased to be able to bring high-definition channels (HD) to viewers as part of these changes. The best part is there is no additional charge for HD channels.

"Equipment has already been ordered, and the addition of high-definition channels will become effective as soon as the equipment is installed," informs Bright.

Basically, any viewer who has an HDTV with a QAM tuner will be able to view these channels in high-definition. Most newer HDTVs have the tuner built in, but its important to note that a TV set that is 'HD ready' still requires a tuner to view channels in high-definition.

### View these 6 channels in HD (when your set top box is turned off)

STATION	CHANNEL
WHDF (CW)	80.13
WHNT-19 (CBS)	82.11
WAAY-31 (ABC)	81.11
WZDX- Fox 54	81.3
WAFF-48 (NBC)	82.3
WHIQ- PBS	80.3

*These stations, as with all HD channels, will only broadcast some shows in High-Definition. These are usually noted by the HD symbol in the lower right or left hand side of the TV screen.*

### View these digital channels (when your set top box is turned off)

STATION	CHANNEL
APT	80.4
APT Create	80.5
APT (E.I.)	80.6
MY WAMY	81.4
WAFF Weather (48)	82.4
The Tube	82.5
WHNT Weather (19)	82.12

### HBO/Cinemax Package *only \$17.<sup>95</sup> mo.\*\**



### HBO Package *only \$12.<sup>95</sup> mo.*

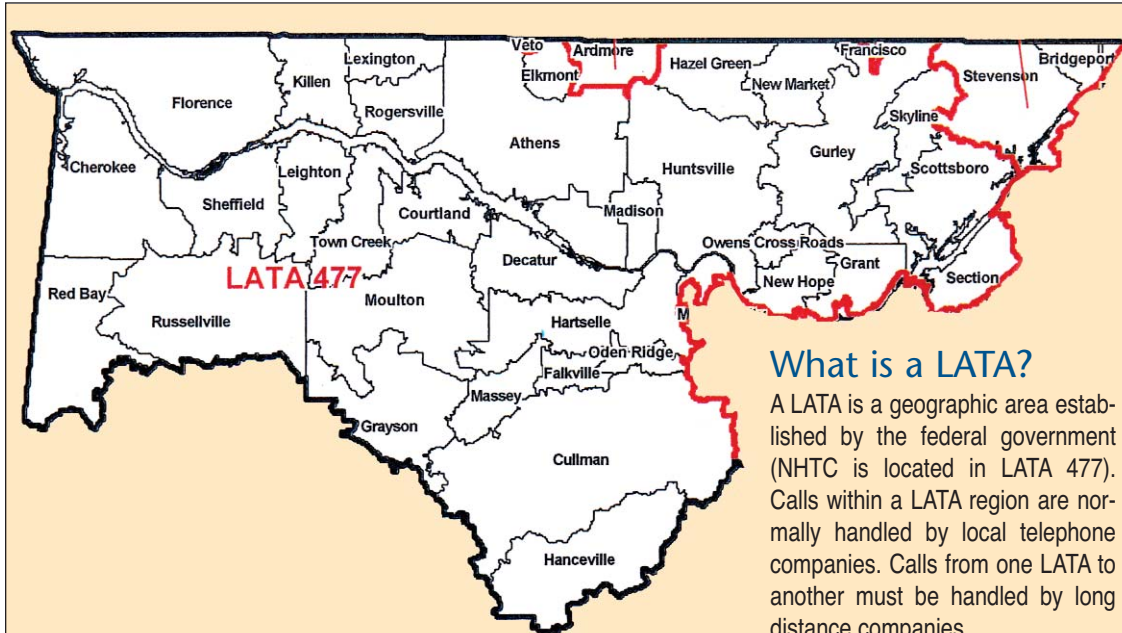


### Cinemax Package *only \$9.<sup>95</sup> mo.*



# Seven-digit dialing expands

## Prices going down for calling in North Alabama



### What is a LATA?

A LATA is a geographic area established by the federal government (NHTC is located in LATA 477). Calls within a LATA region are normally handled by local telephone companies. Calls from one LATA to another must be handled by long distance companies.

The telecommunications industry continues to change, and consumers are reaping the benefits.

Recent changes have resulted in a reduction in cost for calls on the Distance Advantage Plan. The Distance Advantage Plan allows all NHTC customers to use seven-digit dialing within the 477LATA (roughly a 600 square mile calling area) at reduced long distance rates.

Savings will depend, of course, on how often you call into the region. Specific price information will appear in your October billing statement.

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# Kidtopia: Grant's perfect place to play

The Grant Playground and Recreation Association (GPRA) is working with community volunteers to bring a unique play experience to the children of Grant.

The Kidtopia playground will be the largest playground of its kind in Marshall County. It will be located on the southeast corner of the Grant Town Park.

Architects from Leathers & Associates designed the playground based on children's interviews from DAR. The playground will feature a Giant Tree House, five slides, an obstacle course, a Rock Wall, five additional climbers, swings, two pavilions and much more.

A Stone Trellis will denote the play

area's only entrance and exit, and the park will have features for children with disabilities.

The playground will be built by volunteers and paid for by donations and fundraising events. The GPRA has set a goal of \$150,000.

Two phases are scheduled to complete the project; one this fall and the other in the spring of 2008. In order to complete the job, over 400 volunteers will be needed. If you or your group would like to help, please contact Paula Wright at 728-4558 or visit the Web site at [www.kidtopiaplayground.org](http://www.kidtopiaplayground.org).

Many fundraisers have been planned for the remainder of the year. Please make plans now to help however possible.

» **"Kiss the Pig" contest** - September and October - Cast your vote at each DAR home football game for the person you most want to see kiss the pig at the last home football game.

» **Dog Show** - October 27, 2007  
A day of fun with your "best friend" will be held at Grant Fire Hall. Puppies and Adult dogs are welcome to enter 6 categories. You can register online at [www.kidtopiaplayground.org](http://www.kidtopiaplayground.org) or pick-up a registration form at the Grant Animal Clinic.

» **Christmas Tour of Homes** - December 9 - Members of our community open their homes for the holidays. Tickets can be purchased at all DAR home basketball games.▲

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# NEW HOPE

## MULESKINNERS:

*A different pace for a different ride*

*"My papaw bought this pair of mules. And they told him "When they get tired, they'll balk on you." Well, papaw hitched them up to a wagonload of corn and started driving them towards the barn. And sure enough, when they got tired they sat down.*

*Instead of hollering and whipping them, Papaw just got off the wagon and walked to the house. He ate supper. They were still there. He went to bed. They hadn't moved. About midnight, he heard those chains rattling. That pair of mules got tired of waiting and pulled that load of corn on up to the barn."*

Steve Dunn tells one of his favorite stories he heard from his grandfather. Storytelling is a favorite part for many wagon riders. The slower pace, the time spent together, and the ability to display an almost forgotten skill draw friends and family together in New Hope.

Mule riding is the perfect hobby for those who wish to remember a simpler time. A time that looked at the miles separating someone from their destination not as a quick trip, but rather as a journey.

This is the hobby of two muleskinners Gary McDaniel and Steve Dunn who have been hitching and riding mules for most of their lives. Today they share with their families and friends a small taste of that simpler life.

### *The Mule and the Skinner*

In the early 1800's mules became the vehicle of choice for cargo haulers all across the U.S. A mule, the offspring of a

male donkey and a female horse (mare), was found to be the perfect beast of burden for mountainous and rocky regions because of its sure footing and size.

But the trade-off is a stubborn, obstinate beast that must decide for itself what it will do after it is told. The term "skinner" is slang for someone who might "skin" or outsmart a mule.

"You've got to think a lot like a mule to own one," says Dunn who's been skinning mules since he was 16-years-old. "Mules were the only way we had to get around."

Today the Dunn farm includes Jake and Jed, a four-year-old pair of mules whose backs are six inches higher than the full-grown horse standing next to them. "They've still got some widening to do," he grins.

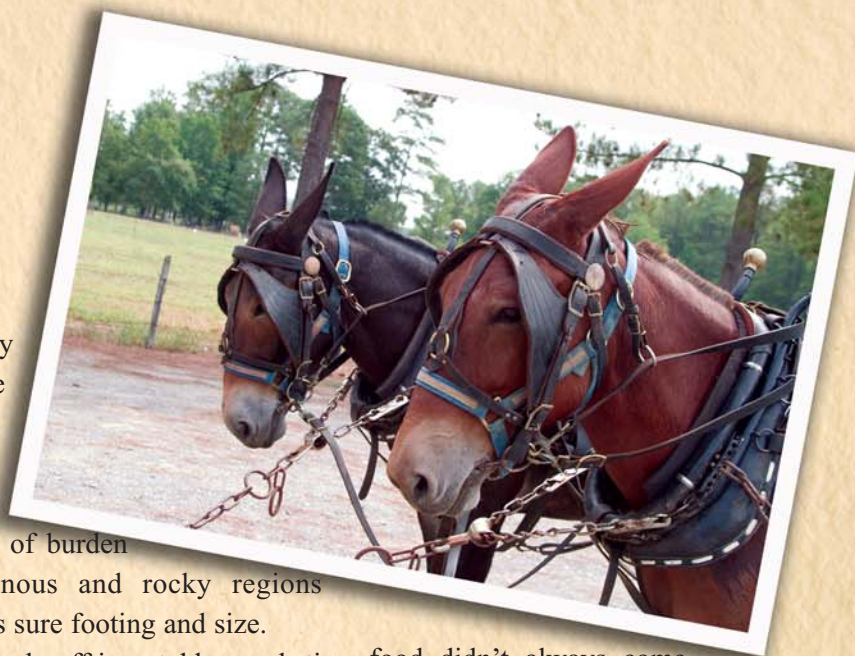
Gary McDaniel is Dunn's neighbor and fellow skinner. "Steve's mules don't even need reigns," says McDaniel. "He just talks to them."

McDaniel says working his mules reminds him of the way things used to be. "When I was a kid this was the only way we had to go to the store living on Brindlee Mountain."

### *Preserving Tradition*

Today's generation is too familiar with the grocery store for these lovers of tradition.

"I want this generation to know that



food didn't always come from the grocery store," says Dunn. "We get together in the Spring and Fall and have plow days." Here the modern conveniences are set aside as the mules are hitched to the turners and planters. "We break ground, then plant a little peas and corn," he says. "This is a dying tradition. These younger generations don't know what their ancestors did to put food on the table."

These men have brought families and friends together to teach these traditions. And the kids have learned their lesson.

"This is a family thing. Everyone has kids and grandkids and takes them with us on the rides," says Dunn. "They love it!"

"Things look different when you ride like this. You really get to enjoy the scenery," says McDaniel.

But the skinnners are running out of good, safe places to ride. "We don't have anywhere to ride except pavement," Dunn says. "We try to find old back roads without much traffic, but those roads are getting harder to find in New Hope. But we have found lots of places to ride in Tennessee."

A slow pace and long distance is just what these muleskinners love. The





Chucky Hindman with seven-year old Clyde and three-year old Ruth returning to the barn after a morning ride. Many have seen him ride with his mules through New Hope and Owens Cross Roads. Gary McDaniel, Chucky's brother says, "He is really good with animals. He can break mules like no one else I know."

importance is placed on the journey, not the destination. "The longest trip I've been on was from Boaz to Montgomery," says Dunn. "The ride lasted six days to cover the 165 mile trip." The ride contained two of his favorite activities: Camping and Grilling.

### *The Fellowship*

Most rides end with a cookout and karaoke. "After the weather cools we try to ride at least once a week," Dunn explains. "Everyone takes turn about hosting rides and providing food and planning dates."

Dunn's mule wagon is fitted with a trailer ball. "We hook the big grill up to the wagon, throw the meat on the grill, and take off," he says. "By the time we're through riding, supper is ready." ▲



## *Steve Green*

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## Welcome to Cathedral Caverns State Park

We offer a 1.3 mile (round-trip) walking tour of a world class show cave. The tour will last approximately 75-90 minutes. You will be walking along a smooth, concrete walkway with handrails, but we must caution that there are a number of areas with inclines/declines of about 45 degrees.

The cave is stroller friendly for those of you with small children. The pathway is also wheelchair accessible, but we remind you again of the inclines/declines inside the cave.

The temperature in the cave averages 58-61 degrees year round and there's no leaves. We ask that you do not take food, drinks, or tobacco products into the cave. We also ask that you leave all firearms, alcohol and bad attitudes outside.

Pets, other than service dogs, are not allowed. Please feel free to take pictures throughout the cave. We only ask that you do not delay the tour and that you share your photos with all your friends.

Thanks for stopping by, enjoy your visit and please come again and bring a friend.

Please meet your  
Tour Guide here.

# Come see what's new

## *New camping sites, six miles of walking trails, a new entrance and the annual Fall Festival make visiting Cathedral Caverns a must*

For the past three years employees of Cathedral Caverns and volunteers have hosted a Fall Festival at the cave. Every year they try to outdo themselves and this year is no exception. "We're expecting a large turnout," says Judy Holderfield, a four year employee.

While plans are underway to make this year's fall event the best ever, the park itself has undergone renovations and additions that will entice visitors year round.

"The cave entrance renovations have been completed," Holderfield says proudly referring to the beautiful rock-work that now graces the main entrance to the cave. The stacked stone, and masonry work provide an easy to travel walkway with low steps and hand rails to accommodate visitors of all leg lengths and walking paces.

Other features have also been added to the park. "We now have 14 primitive camping sites with fire rings, a community water spout, and restroom facilities in the form of Port-a-Potties," she says. "And we also have four new hiking trails of various levels of difficulty."

The trails – about six miles in all –

were built by staff that had a vision to expand the park attractions. Scout groups and community service organizations help to keep the trails clean. "We had a girl scout troop come in and build a bridge across a creek on one of the trails for us," states Holderfield.

Cathedral Caverns is the perfect field trip for any group year round. It is a cool break from a hot summer day and a warm escape on a winter's day, and is never canceled because of rain. "The cave remains at a constant temperature of 60 degrees all year round," Holderfield explains.

"We have groups of all ages who come for our guided tours," she says. "Anyone from young elementary groups to senior high school classes and senior citizen groups come to learn about the cavern." Each tour guide provides the group with a unique lecture including facts about Cathedral Cavern's world records.

If your group is interested in scheduling a tour of Cathedral Caverns, contact the State Park at 256-728-8193. Group rates are available for groups of 25 or more. ▲

### 4th Annual Fall Festival

Saturday, October 27th  
beginning at 5:00 p.m.

Spooky Cave tours \$5

Concessions available from local vendors including Swarengin Vol. Fire Dept.  
Festival games for kids

Face Painting  
Costume Contest  
Live Entertainment  
Bingo  
Storytelling

#### Cavern Tour Rates & Times

\$10 ages 13 and up  
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Call 256.728.8193 or visit  
[www.alapark.com](http://www.alapark.com)



## COMMUNITY CALENDAR OCTOBER 2007

### October 6th

#### Fall Festival

Sponsored by Galilee Baptist Church from 4 p.m. until 7 p.m. Call for more info, 723-4819.

### October 7th

#### Blood Drive

Sponsored by First Baptist Church of New Hope from 1p.m. until 4p.m.

### October 13th

#### Coffee at the Cave

Hosted by Cave Springs Baptist Church. Starts at 7 a.m. Call for more information, 725-4637.

#### Breakfast and Bake Sale

At Galilee Baptist Church from 6:30 a.m. until 10 a.m. Call 723-4819 for more information.

### October 20th (rain date Oct. 27th)

#### New Hope Clean-Up Day

The New Hope Lions Club is partnering with the city to sponsor a clean-up day to help clean up after Founder's Day. Volunteers will meet at Piggly Wiggly at 9 a.m. This will be the command post. There will be drawing for prizes donated by local businesses. All volunteers are

eligible for the drawings. Food will be provided. Call Ava Cambron, 723-4695, to volunteer yourself or your group before October 6 so there will be enough supplies for everyone.

### October 21st

#### Homecoming

At First Baptist Church of New Hope. Special singing with "Faith Crossing" at 10 a.m. A meal will follow 11 a.m. service. Everyone is invited!

### October 26th

#### Eye Clinic

The New Hope Lions Club will have a mobile unit eye clinic set up at New Hope School. Call Ava Cambron for more information, 723-4695.

### October 28th

#### Homecoming at Cave Springs Baptist

Starts at 10 a.m. Everyone is invited to attend. Guest singers will be Faith 3.

### October 31st

#### Trunk-or-Treat at Cave Springs Baptist

No worries here. Bring your children to this safe and fun experience. Located on Highway 431. Begins at 6 p.m.

## PASTOR'S NOTES



BY LARRY BISHOP, PASTOR,  
FIRST BAPTIST CHURCH  
NEW HOPE

Preachers like to tell an amusing story about an old couple driving along the highway. After a while the wife spoke up, "D'yer remember back when we was courting, Henry?"

"Yep," he said. "Sure do."

"D'yer remember how close we used to sit?"

"Sure do!"

"Well, how come we don't sit like that no more?" she asked.

Henry thought about it for a moment and then said, "I ain't moved!"

The space between Henry and his wife is better known as "distance". All kinds of things are contributors to distance. Things like a busy work schedule, break down in communication, or the absence of quality time together, just to name a few.

Often times we discover that the same thing happens with our relationship with God. Then God's response is "I ain't moved!" The reason for God's response is the same as Henry's. God is in the driver's seat. There is no need for Him to move. However, the word of God is clear that he wants to be close to us, as he says, "Come back! Draw near to God and He will draw near to you." (James 4:8)

Solomon allowed distance to grow between him and God. He concluded his writings with an appeal to "Remember now thy Creator in the days of thy youth" (Ecclesiastes 12:1) Distance caused Solomon to see God as Creator instead of Covenant God. There is a difference.

One way to draw near is to enjoy fellowship with God's people. See you in church Sunday.

## NEW HOPE Founder's Day Festival Friday & Saturday October 12th & 13th

Friday festivities begin at 5:45 pm with  
a flag raising ceremony and music

Saturday events begin at 9:00 am  
and include:

- Horseshoe Tournament • Tractor Show
- Cloggers • Ugly Walk • Concessions
- Rides and games for kids • Parade
- Singing • Chili Cook-Off • Arts & crafts

For more information contact:  
Billy Jones, 723-4241





## Students at OCR become millionaires

The faculty at Owens Cross Roads School knows the importance of reading. That's why they encouraged children to participate in a summer reading program at the end of the last school year.

Every student was invited to sign a contract with their parents, teachers and administrators. The contract stated how many books and Accelerated Reader tests the students would take and pass over the summer.

What no one could have expected is just how well received the program would be. "We had over 75 people at school some nights," exclaimed the school's principal Donna Goode. More amazing still was the number of students – 110 in all – who met their Accelerated Reader goals.

But what makes them millionaires? "The premise is that if one reads for twenty minutes a day, at the end of the year, one will have read one million words," explains Goode.

All 110 students were recognized in a ceremony held earlier this school year. They each received a trophy and t-shirt as part of the reward for their efforts.



**"AND THE AWARD GOES TO..."** - Beth and Devin Whitaker pose for a picture in front of the entrance to their home on Nebo Road in New Hope. Their yard caught the eye of members of the Owens Cross Roads Homemakers Club who presented them with their annual "Yard Beautification" Award in August. The organization selects a deserving person or family each year. The winning yard is selected based on curb appeal, maintenance, and overall beauty and improvement over the previous year.

### *Think About It*

"Autumn is a second spring when every leaf is a flower."

-- Albert Camus

## Expect more

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## Spring City Cyclists raced through New Hope

Over the summer the Spring City Cyclist Club (SCCC) held two races in New Hope. The Alabama State Championship Road Race and the inaugural Hill Climb Time Trial brought 245 USA Cycling Federation (USAC) racers from seven states to New Hope to compete.

This was the first year the organization has included New Hope as a site for the races. "Hopefully, we can do it again next year," expressed Jamie Miernick, Race Director for SCCC.

Of the 245 cyclists registered, 155 were from Alabama and 50 were local cyclists. Over 55 different race affiliations, clubs or businesses were represented. 70 children ages 13 and under also raced for fun and medals in the ERC Kids Rocket Races.

In appreciation to the town for their great hospitality over the course of the weekend, the organization made two generous donations. A \$500 donation was made to the Ben Schaaf Fund and another donation of \$500 was given to the New Hope Cheerleaders.



**HALF A CENTURY** - The DAR Class of 1957 held a 50-year reunion at the Broken Arrow Golf Club, which is owned by class member James Lemaster. Class member VOLLIE ASKEW's daughter's band, Highway 79, provided the music. Classmate Wayne Guffey sang a song he wrote. He's written and published many gospel songs. Classmate Paul Headrick catered the meal. David and Shirley Kenamer provided the picture. Shown above (L to R) First row: Lillis Irwin, Dale Sutphin Blocker, Zella Hardin Ward, Louise Sneed Doran, Elise Scott Campbell, Mary Rice Jones, Louise Smith Koger. Second row: David Ayers, Martha Parkhill Walden, Ruth Mayhall Baker, Loretta Ayers Stillson, Shelby Davis Kenamer, Helen Bearden Tucker, Charlotte Stapler Keller, Jo Ann Ayers Antwine. Third row: Houston Martin, Billy McDonald, Betty Tucker Burroughs, James Lemaster, JD York, David Kenamer, Donald Bevin, Rayford Key, Wayne Guffey. Attending but not shown were: Edith Perkins McDonald, Billy Fletcher and VOLLIE ASKEW.



## Inspiration Corner

Anyone remember Aesop's Fables, like The Tortoise and the Hare? Does anyone read those great lessons any more? Recently I came across a book of Aesop's Fables and was amazed to find Aesop lived literally from rags to riches and wrote over 300 stories! Born around 620 b.c. as a slave, Aesop was granted freedom because of his intelligence, then grew to become an international ambassador.

Aesop's The Flies and the Honey-Pot: A Number of Flies were attracted to a jar of honey which had been overturned in a housekeeper's room, and placing their feet in it, ate greedily. Their feet, however, became so smeared with the honey that they could not use their wings, nor release themselves, and were suffocated. Just as they were expiring, they exclaimed, "O foolish creatures that we are, for

the sake of a little pleasure we have destroyed ourselves."

From the story above, replace "honey" with something like lust, anger, greed, selfishness, pride, substance abuse, covetousness, or any other sinful nature that attracts you. See the comparison? Well guess what? Jesus offers freedom from a pot-of-sin! What glues you to this world like a fly in honey? Jesus says, "Come to me ye who are weak and heavy laden and I will give you rest". Are you tired of the futile struggle for life? Are you ready to trust the Giver of life? You can meet Him in church, or by calling a pastor or good Christian friend. Whichever you choose, please do it soon!



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

**New Hope UMC Angel Food Ministry Deadlines for October: Orders must be placed by Saturday, November 3. Pick up orders on Saturday, November 17, 8:00 to 9:30 a.m.**



# Perform an energy audit on your home

With fall weather setting in and winter right around the corner, now is the time to take measures to make your home more energy-efficient. It will keep you and your family more comfortable this winter and could help you save money on electricity bills.

- **INSPECT YOUR INSULATION.** Make sure your attic is adequately insulated. Since heat rises this can make a big difference in heating costs. If you can see your ceiling joists that's a good indication you need more insulation.

- **KEEP COLD AIR OUTSIDE.** Check your doors and windows for drafts and use weatherstripping to seal any leaks. Seal cracks on the exterior with caulk.

- **CHECK YOUR HEATING UNIT.** If your heating system is outdated, it

could save a bundle in heating costs to replace it with an energy efficient heat pump. If replacing isn't in the budget you can still clean ducts and replace filters to maximize efficiency. Set the thermostat a few degrees lower when no one is home. It is more efficient to warm the room back up when you get home than to keep it warm.

- **INSULATE PIPES AND WATER HEATER.** If your water heating is in an unconditioned room apply a thermal wrap. Insulate any exposed pipes or pipes that freeze easily.

- **SWITCH TO FLORESCENT LIGHTING.** Replace incandescent bulbs with compact fluorescent bulbs. They use much less energy and most last for up to 5 years. And remember to turn off lights when you leave a room.

More energy-savings tips:

- Wash dishes and clothes only when you have a full load.

- Use the microwave whenever possible. It uses far less energy than the cook top or oven.

- Bake more than one item at a time whenever possible.

- Keep the damper closed on your fireplace when not in use.

- Place flow restrictors on your shower head.

- Consider placing a timer on your water heater so water is only heated when you need it.

- When replacing old appliances be sure to look for the EnergyStar label.

- Turn off computers when not in use. Especially overnight and on the weekend.▲

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## From the kitchen of Ray Johnson

When Ray Johnson retired from the Navy, he and his wife had no idea they would make their home in Owens Cross Roads, Alabama. That was over 15 years ago though and they are still here. "We love this community," he explains.

He also loves to cook. Besides his hobby of wood working he and his wife Loretta both enjoy spending time in the kitchen. Most enjoyable is the time they share cooking with their three grandchildren; MiKayla, Mathis and Micah.

"MiKayla loves to help make cookies, while Mathis' favorite is pancakes," says Johnson.

Johnson and his wife also enjoy traveling. The couple plan to visit all 50 states eventually. They have already visited 37 states and only have 13 more to go.

Johnson shares his mother's zucchini bread recipe with readers this month and has included notes on making a low-fat version. "Mini loaves make great Christmas gifts," he adds. ▲

### Ray's Chicken Braid

2 cups cooked chicken, chopped  
1 cup broccoli, chopped (may substitute 1 can water chestnuts, chopped)  
1/2 cup red bell pepper, chopped  
1/2 cup green bell pepper, chopped  
1 garlic clove, pressed  
4 oz. sharp cheddar cheese, shredded  
1/2 cup mayonnaise  
2 tsp. dill mix  
1/4 tsp. salt  
2 pkgs. refrigerated crescent rolls  
1 egg white, lightly beaten  
2 Tbsp. slivered almonds

Preheat oven to 375°. In a large bowl combine chicken, broccoli, peppers, garlic, cheese, mayonnaise, dill and salt. Mix well. Set aside. Unroll 1 package crescent rolls. Do not separate. Arrange longest sides of dough across width of cookie sheet or baking stone. Repeat with remaining package of dough. Pinch together seams and roll out to seal perforations. On longest sides of dough, cut dough into strips 1 inch, 3 inches deep. (Should be a 6 inch center for the filling) Spread filling evenly over middle of dough. To braid, lift strips of dough across mixture to meet in center, twisting each strip one turn. Continue alternating strips to form a braid. Tuck end up to seal at end of braid. Brush

egg white or milk over dough. Sprinkle with almonds. Bake 30 to 40 minutes until golden brown and crusts are not doughy. Let cool for 10 minutes before serving. Note: To make an Italian-style calzone, substitute pepperoni for chicken, romano cheese for cheddar, and spaghetti sauce for mayonnaise. Add favorite toppings; onions, hamburger, mushrooms, etc. Substitute parmesan cheese for almonds.

### Baked Cinnamon Apples

1 dozen favorite variety apples, peeled, cored and sliced in half, thin cut  
1 cup sugar  
1 Tbsp. cinnamon  
4 oz. stick margarine or butter

Place sliced apples in a buttered casserole dish. Mix cinnamon/sugar in small bowl and sprinkle over apple. Drop dabs of butter over apples. Cover with aluminum foil. Bake for 30 to 45 minutes at 300°. Serve as dessert or appetizer, with or without ice cream.

### Mom's Zucchini Cake

4 eggs  
3 cups sugar  
1-1/4 cups salad oil (applesauce can be substituted for a fat-free version)

3 cups finely-grated raw zucchini  
3 cups flour  
1 cup raisins (optional)  
1 cup drained, crushed pineapple  
1-1/2 tsp. baking soda  
1-1/2 tsp. baking powder  
1-1/2 tsp. cinnamon  
1 tsp. salt  
1 cup chopped nuts

Mix together eggs, sugar, oil & zucchini. Add sifted ingredients to egg mixture; beat well, then add nuts, raisins & pineapple. Bake 1-1/2 hours in a greased bundt pan at 350° or until test done with a toothpick. Let cool and invert on serving dish. Note: cream cheese frosting and ice cream are a definite must! Omit oil and replace with applesauce for fat-free.

#### HAPPY HOLIDAYS

**Community Photos** - Send your favorite holiday photo to: NHTC • Attn: Tammy Pritchett • P.O. Box 452 • New Hope, Alabama 35760. You may prefer to e-mail your photo to [communicator@nehp.net](mailto:communicator@nehp.net). The deadline for the December photo theme is October 20. Remember: (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, photographer, address and phone number on paper taped to back. (4) Include a self-addressed stamped envelope if you would like your photo returned.



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