

The

Communicator

Vol. 4, No. 9

October 2005



Neighbors
Helping
Neighbors

Together we can make a difference

Our hearts are so very heavy for our neighbors to the South! It is incredibly hard to see their pain, suffering and loss in so many ways. We are so blessed, we must help!

We are fortunate to live in a country and a community where people are so willing to help those in times of great need. Furthermore, I am proud to work with a great team of caring and giving individuals. The NHTC staff has volunteered to donate to the hurricane relief efforts and the Board of Directors has agreed for the company to match the employee contributions.

The Board has also authorized the placing of donation receptacles in highly trafficked locations in our service area. Since Marshall County has already placed collection points in Grant, our efforts will be focused on New Hope and Owens Cross Roads. These donations will be directed on to the Red Cross or the Salvation Army.

If you would like to make a donation and do not plan to be out and about we have the links to The Salvation Army and The Red Cross on our website – www.nehp.net. No contribution is too small. Small or large, all contributions will be greatly appreciated.

Our prayers and helping hands are extended to all who are suffering in the wake of Hurricane Katrina. In the face of such devastation, we want our love and compassion for our neighbors to shine brightly. We hope you will join us in our efforts to assist those in need.

God Bless America!



*Teresa Hunkapiller
General Manager of
New Hope Telephone
Cooperative*

In Sympathy

Citizens of New Hope were saddened recently at the sudden loss of Alton Maples, the father of NHTC General Manager Teresa Hunkapiller. The staff and Board of Directors of the New Hope Telephone Cooperative extend their heartfelt sympathy to the family in this difficult time.

In Appreciation

The New Hope Telephone Cooperative Team wishes to express its appreciation to the community for the prayers and support shown for its employees and their families. Thank you for your kindness.

New Hope
Telephone Cooperative

*Owned by Our Members...
Committed to Our Communities*

October is National Cooperative Month, and NHTC is proud to be one of the many locally owned companies providing advanced telecommunications services across America. Cooperatives go beyond providing basic service. A great example is *The Communicator* magazine, published by NHTC each month to keep our communities connected. This is your cooperative, and we are proud to serve this area with voice, video, data and beyond.

New Hope Telephone Cooperative

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

Board of Directors

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New Hope Exchange

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Owens Cross Roads Exchange

Jimmy Segler, Secretary
Grant Exchange

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New Hope Exchange

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The Communicator

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New Hope Telephone Cooperative

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www.nehp.net

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On the cover:

NHTC's Rusty Bright and Super Dollar Asst. Mgr. Denise Schaffer with a disaster donation container

Safety Committee formed

The NHTC Board of Directors is committed to creating and maintaining a safe working environment for the employees of the cooperative. In keeping with these goals, the Board recently formed a Safety Advisory Committee as part of its overall safety policy.

The purpose of the Safety Advisory Committee is two-fold. Foremost, it exists to advise NHTC's management on operational issues related to safety and the formation of safety related work rules. The committee also serves as a body to which NHTC employees may report instances of noncompliance with safety related work rules or voice other safety concerns.

Current members of the Safety Advisory Committee are: Tim Wright

(Safety Advisor), Robert Patterson (Management), Daniel Martin, Mark Beem, Bobby Morrison, Kanita Medlen and Nikki Dudley.

"A company-wide emphasis on safety affects the entire community," says Teresa Hunkapiller, NHTC General Manager. "Our employees have a safer work environment, public safety is improved, and the cooperative — which belongs to the members — operates in a more efficient, cost-effective manner. It benefits everyone."

Call before you dig

When considering landscaping or other excavation projects, remember to call NHTC before you dig. There are many utilities located underground, and digging into them can result in interruption of service or even serious injury. It is

important to remember that if you dig without calling first and you cut a line, you will be liable for damages.

Returned checks policy

If a check or bank draft is returned to our office as Non-Sufficient Funds, NHTC will charge your account \$20. This must be paid in addition to your phone bill within 10 days to maintain service. If NHTC receives two NSF notices within a six month period we will require payments of cash or money orders only for a time period of six months.

Payment schedule

To ensure no interruption in service, payments made after the 20th of each month should be presented at NHTC's office. No payments should be made at the local banks after the 20th.

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Stop by on

'Football Fridays'

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Helping our neighbors in time of need

We will someday know the financial burden Hurricane Katrina placed on our country. But there is no way to measure the human suffering brought about by the powerful storm that ravaged the Gulf Coast and left countless people without the basic essentials.

New Hope Telephone Cooperative has joined the millions of individuals and companies across America who are extending a hand to our neighbors:

- NHTC will match every dollar donated by employees to relief efforts
- NHTC employees have placed donation receptacles in high-traffic

areas throughout its service area

- For those displaced by the hurricane and moving to the area, NHTC will waive the connection fee
- The company Web site features links to help members donate to relief efforts

All money raised by members through NHTC's efforts will be directed to the American Red Cross and the Salvation Army. These two organizations have a long-standing tradition of providing life-sustaining services in times of crisis. And while they are always ready to aid in disaster relief, both organizations need tremendous support as they face the largest single mobilization of resources in their history.

Nearly 74,000 Red Cross workers from all 50 states, Puerto Rico and the Virgin Islands have responded to Katrina. Since Hurricane Katrina made landfall, the Red Cross has housed more than



207,000 survivors providing nearly 1.94 million overnight stays in 709 shelters across 24 states and the District of Columbia.

The Salvation Army has served over 1 million meals in response to Katrina and is providing direct aid to survivors in more than 30 states across the country. Currently, more than 31,000 people are being sheltered in Salvation Army facilities in seven states.

"These groups need our support now more than ever as they help our neighbors to the south recover," says NHTC General Manager Teresa Hunkapiller. "We encourage all our members to give whatever they can to the work of the Red Cross and the Salvation Army. Together, we can make a difference."



American Red Cross

Together, we can save a life



Scenes from Grant Founders Day



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Employee idea saves company thousands of dollars

Sometimes two plus two equals four. And sometimes it equals thousands of dollars. Just ask Donald Morrison.

The NHTC employee was working on a project earlier this year when he encountered a rather expensive connecting cable at the cooperative. At \$380, the cable seemed to be impractical for its intended purpose.

Upon further examination, Morrison began to see potential in the cable for use with system upgrades currently underway. As the system continues to add broadband customers, units must be installed into the remote wire centers located throughout the service area. The cost of hardwiring these units into the cabinets is in the thousands.

When Morrison put his theory to the test, he discovered this \$380 cable could be used to make the necessary connections, resulting in a savings of some \$4,500 per cabinet. With some two dozen cabinets remaining to be upgraded, the potential savings is more than \$112,000.

Morrison credits his brainstorm to the example set by NHTC General Manager Teresa Hunkapiller and the cooperative's man-



Donald Morrison with one of the cost-saving cables used to help bring DSL service to New Hope Telephone Cooperative members.

agement staff. "Everyone has a positive attitude," he says, "that makes us want to find ways to do our jobs better and find ways to improve the company."

WHAT ARE YOU WAITING FOR?



Fall is a great time to start that home improvement project you've been thinking about tackling.

- Install New Windows
- Upgrade Your Bathroom
- Replace Light Fixtures
- Remodel That Kitchen
- Add Vinyl Siding
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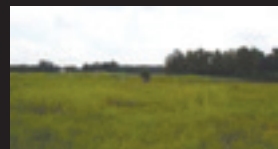
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Hunkapiller named to TECO Board



At the Regional Meeting of the National Telecommunications Cooperative Association, Teresa Hunkapiller was chosen to

serve on the Board of Directors for the Telecommunications Education Committee Organization. TECO is a voluntary, non-partisan, political action committee (PAC). During her term on the board, Teresa will assist other members in providing overall direction to TECO. In their respective states, TECO board members are active in planning and conducting activities to increase membership.

Government program will pay part of phone bill for Medicaid recipients

New Hope Telephone Cooperative proudly offers credits to qualified residential subscribers in its service area as required by the Federal Communications Commission and the Alabama Public Service Commission. These credits are intended to preserve and promote subscribership among low income households. To qualify for these credits, the subscriber must verify their participation in Medicaid. The Lifeline assistance program provides recurring Federal and

State credits that are applied to the local service bills of qualified subscribers. To qualify for this credit, the subscriber needs to apply and authorize agency verification of their participation in Medicaid. Additionally, the Link Up assistance program provides a non-recurring credit to the service connection charges that are applicable when providing residential telephone service. To qualify for this credit, the subscriber needs to apply and authorize agency verification of their participation in Medicaid.

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COMMUNITY CALENDAR OCTOBER 2005

October 3rd

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

October 7th & 8th

New Hope Founders Day
Downtown New Hope
Contact: Billy Jones, 723-4241

October 10th

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

October 17th

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

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

October 23rd

155th Anniversary & 'Old Fashion Day'
Cave Springs Baptist Church
10:30

Wear your overalls or bonnet.
Guest speaker Roy Hewlett, singing by Bill Gravett and his band. Dinner on the ground. Everyone invited.

October 29th

Cathedral Caverns 2nd Annual Fall Festival
Cathedral Caverns
5 p.m.
Hay rides, games, food, fun and more. Cave tours \$5.00

October 31st

Trunk or Treat
Cave Spring Baptist Church in Owens Cross Roads
6 p.m.
Candy galore, hay rides, Christian music radio station, pumpkin and face painting, moon bounce and giant slide. Contact: Nancy Honea, 723-5421

Trick or Treat
South Hampton Nursing and Rehabilitation Center
6 p.m. - 8 p.m.
Everyone is encouraged to attend. Contact: Lisa Fisher, 725-3400

November 5th

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

*Meetings subject to change. Notice of changes would be posted at City Hall, Piggly Wiggly, the Post Office, and Super Dollar.

National Fire Prevention Week October 9th - 15th

"Use candles with care" is the theme for this year's National Fire Prevention Week. Following these tips will keep your family safe:

- Don't leave burning candles unattended. Extinguish them when leaving a room.
- Never burn candles in a bedroom.
- Set up a 'kid free' zone around burning candles: no playing with or near candles, with candle wax, or with things that could catch fire near candles.
- Keep matches and lighters up high, out of children's sight and reach, preferably in a locked cabinet.
- Don't let kids light candles.
- Keep flashlights and extra batteries on hand for power failures. They are much safer than candles.

Visit www.nfpa.org to learn more about preventing fires. You will also find fun games and safety tips for children featuring Sparky the FireDog.



Inspiration Corner

Autumn is my favorite season of the year with its memories of times gone by: Listening to Alabama football games on the radio of Dad's old Chevy as we take a break from cutting winter wood. Washing off in a cool stream after the truck was loaded. Driving down abandoned roadways covered with autumn leaves felt as though I was traveling on a street of gold, while camping under a cool October sky let me know there was not enough gold in the world to buy a memory such as this. Watching the color coated leaves fall as paint splatters from the artist's canopy. And the scent of autumn...boy if someone could capture that in a bottle! I can imagine Heaven being a place where the fondest memories of a lifetime bring an everlasting peace to the soul.

In the book of Revelation, John speaks of a grand city where purest

color from the most precious stones are seen in every phase of the structure. The river of life clear as crystal coming from the throne of God and running down either side of a road paved with gold feeding into the tree of life. No more crying, heartache, or tears of sadness. To feel the spirit of autumn in the air must be a mere illusion to being in Heaven, but I pray you have the same desire as I to one day find what Heaven is like. Some say church is not the only way to get there. Maybe...but those who want to go are called to be like Jesus and Jesus attended church. I pray your heart will lead you to seek that pathway as well.



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

Welcome New NHTC Business Customers

El Paso Restaurant
New Hope

HEALS Clinic
New Hope

Think About It

Love cannot remain by itself -- it has no meaning. Love has to be put into action, and that action is service.

-- Mother Theresa

“Why Do I Use This Photo in My Ads?”

And what you should know about it...

Dear Friend,

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

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

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

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

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

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

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

It’s strange how life is, because now people

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



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

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

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

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

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

You benefit from an Amazing Offer - Look,

it shouldn’t cost you an arm and a leg to correct your health. You are going to write a check to someone for your health care expenses, you may as well write one for a lesser amount for chiropractic. *When you bring in this article by October 28th, 2005, you will receive my entire new patient exam for \$17. That’s with x-rays...the whole ball of wax.* And, further care is very affordable and you’ll be happy to know that I have affordable family plans. You see, I’m not trying to seduce you to come see me with this low start up fee, then to only make it up with high fees after that. Further care is very important to consider when making your choice of doctor. High costs can add up very quickly. By law, we must state that **ADDITIONAL CHARGES MAY BE INCURRED FOR RELATED SERVICES WHICH MAY BE REQUIRED IN INDIVIDUAL CASES.**

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

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

- Michael Ellis, D.C.

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

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

Protecting nature's treasures

Citizens group concerned about potential effects of quarry

The drive up Cottonville Road is reminiscent of a visit to the Smoky Mountains. The gorgeous scenery has attracted many families who have built elegant homes in the area.

The most breath-taking sight in this region, however, is not man-made. A natural bridge — a rare wonder of creation — captures the attention of all who travel the road. And the bridge is all the more intriguing because it is the centerpiece of James Meekins' yard.

Beautiful landscaping, which includes more than 1,000 azalea and rhododendron plants, works in conjunction with the natural bridge, waterfalls and rock formations to create a stunning picture. The scene invites passersby to swing through the circle drive for a closer look, or even to plan an outdoor wedding that will never be forgotten.

Meekins has invested countless hours into transforming the once-overgrown area into a place of beauty for people to enjoy. In the process, he learned quite a bit about the fragile geology of the area. It is understandable, then, that Meekins was upset to learn last year that a materials company was planning to build a rock quarry a little more than a mile away.

That is when Meekins joined the efforts of the North Alabama Citizens for Environmental Protection, or NACEP. This nonprofit organization was established in January of 2004 to organize local residents in opposition of the



James Meekins (left) and David Stanbrough discuss NACEP issues. In the background is the natural bridge located on Meekins' property on Cottonville Road.

quarry.

"This whole area is fragile," says Meekins. A geologist who examined the property before Meekins built his home told Meekins to be careful in his actions. "He was just concerned with any seismic activity in the area."

NACEP is concerned as well. Not only does the organization believe the blasting associated with a rock quarry in the Grant/Hebron area could damage the natural bridge, members are concerned with the well-being of the many nearby caves. Chief among these is Ledbetter

Cave, a location popular with spelunkers from many states which features incredible cave formations. Ledbetter Cave, according to NACEP, is between 200 and 300 yards from the proposed quarry.

"There's a lot of growth in this area, with folks moving out here building mid-level and upper-level homes," says NACEP First Vice President David Stanbrough explaining another reason for the group's opposition. "Why would you want to put that kind of scar in the middle of it...it just doesn't make sense."

Stanbrough wants to make it clear that NACEP members are not against the progress and development represented by rock quarries. "Quarries are very important to our daily lives," he says. "This just isn't the place for one."

The group hopes its efforts will lead to better environmental stewardship. "We would like for people in rural Alabama to see the need

for having some sort of control over their environment," says Meekins. "We need some type of zoning, and we need to allow our county commissions to have the final say in what we need."

NACEP has some 65 household members, and is looking for more help. The group is involved in other projects to protect and promote north Alabama's natural resources, and welcomes others to join in their efforts. For additional information, call 256-582-7240, or visit www.nacep.com.



SIXTY YEAR CLASS REUNION—On June 25, 2005, twenty-one members of the 1945 graduating class at New Hope High School met at Mountain View Restaurant to celebrate their 60 year reunion. Some spouses, family, and friends joined the group for a lot of reminiscing, photo shoots, and eating. Plans were made to meet again next year. Left to right seated: Kathryn Stephens, Mogene Kelley, Elmo Kelley, Doris McGee, Margie Woody, Arlene Duncan, Syble Whitaker. Second row standing: Marvin Guthrie, Andrew Lyon, Vernon Parsons, Neil Cooper, Margaret Roach, Lucille Dalton, Ruby Wilhelm, M.L. Wilhelm, Sally Garrard, Jimmie Baker, Catherine Landers, John Ed Butler, James G. Williams. Not pictured: Melvin Kilgore.

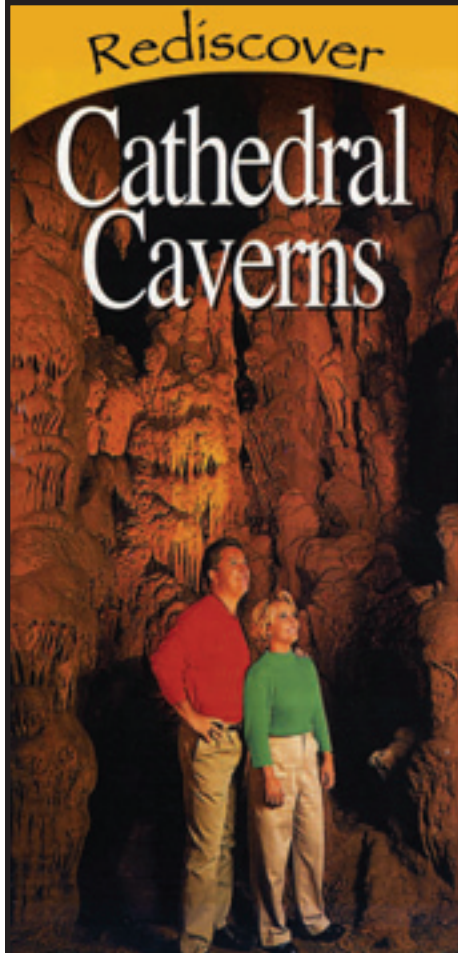
Is *The Communicator* an effective advertising tool? Ask Dr. Mike Ellis.



I'm Dr. Mike Ellis; I'm a chiropractor who recently moved my practice to Grant. I've found the

Communicator to be a great way to let people of the area find out about me, what I do, and how I might can help them. It has especially been a great way to expand my practice into New Hope and Owens Cross Roads.

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



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Easy Exercise: walking your way to better health

Want to know an easy way to improve your health? Try walking. The benefits are numerous and it's easier than any other exercise routine or sport. You won't need any special equipment, a sports club membership, or a personal trainer. All you need is a comfortable pair of walking shoes and you're off.

Some of the benefits of walking are:

- Walking helps burn fat and build muscle
- It can lower your blood pressure
- It reduces the risk of some forms of cancer and osteoporosis
- Walking can help diabetics reduce or eliminate their need for medication.

• There is less stress on joints. It burns roughly the same number of calories as jogging the same distance without the stress on joints making it the best choice for those who suffer joint pain.

• It's a natural stress reducer. People who walk regularly report that they feel better, sleep better and that their mental outlook improves.

Need another reason? Walking has the lowest drop-out rate of any sport. So, you're more likely to stick with it and reap the benefits for a healthier life. Learn more about walking and other health related topics on the Web at www.webmd.com.

How to get a good night's sleep

Adequate rest is vital to health and peak performance. Try these tips for getting the sleep you need:

- Go to bed and get up at the same time everyday
 - Establish a relaxing bedtime routine
 - Skip stimulants such as caffeine and nicotine from late afternoon on
 - Exercising during the day
 - Take steps to breathe easier at night, such as lying on your side, losing excess weight, and avoiding smoking
 - See your doctor if your sleep has been disturbed often during the past months
- For more information, call the National Sleep Foundation at 888-673-7533 or visit www.sleepfoundation.org.

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From the kitchen of Sherrie Warren

For New Hope's Sherrie Warren, cooking is just another way of expressing her love for family and friends. She and husband Johnny have three children in school at New Hope. As president of New Hope Elementary's PTO, Sherrie is actively involved in the local school system. She writes the PTO's school newsletter and distributes it through

email, and currently serves as a substitute teacher.

This month Sherrie shares some recipes in honor of Alton Maples, her family's neighbor and dear friend who passed away in August. "We had a deal going," she relates. "Every summer, he gave us tomatoes from his garden and I gave him carrot cake."

Carrot Cake

- 2 cups flour
- 2 tsp. cinnamon
- 2 cups sugar
- 2 cups carrots
- 1 cup oil
- 4 eggs
- 1 cup pecans, chopped

Preheat oven to 350°. Combine dry ingredients. Add oil, eggs, and carrots to dry ingredients. When mixed thoroughly, add nuts. Pour into greased and floured cake pan and bake for 1 hour.

Icing

- 1/2 stick butter
- 8 oz. cream cheese, softened
- 1 tsp. vanilla
- 1 box confectioners sugar

Blend ingredients until smooth. Spread on cooled cake.

Broccoli Casserole

- 2-8oz. boxes frozen chopped broccoli
- 1 can cream of mushroom soup
- 1 cup mayonnaise
- 1 egg
- 1 cup cheese, grated

Preheat oven to 350°. Combine ingredi-

ents in casserole dish and bake for 40 minutes. Serves 4.

Easy Rolls

- 2 cups self-rising flour
- 1 cup mayonnaise
- Milk

Mix together flour and mayonnaise with enough milk to moisten into dough. Drop mixture in greased muffin tin and bake at 400° for 8 minutes.

Apple Cake

- 3 cups apples, chopped
- 1-1/2 cups oil
- 2 cups sugar
- 3 eggs
- 2-1/2 cups flour
- 1 tsp. vanilla
- 1 cup pecans, chopped

Preheat oven to 350°. Mix together ingredients, adding apples last. Pour into greased and floured cake pan and bake for approximately 1 hour.

Texas Trash

- 1 can black-eyed peas
- 1 can black beans
- 1 can shoepeg corn
- 2 large cans Rotel tomatoes

- 1 med. purple onion, chopped
- 1 bunch green onions, chopped
- 1-8oz. bottle Zesty Italian salad dressing

Mix ingredients. Add 8 oz. bottle Zesty Italian Salad Dressing. Add salt and pepper to taste.

Cook of the Month

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

To be considered for this 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.



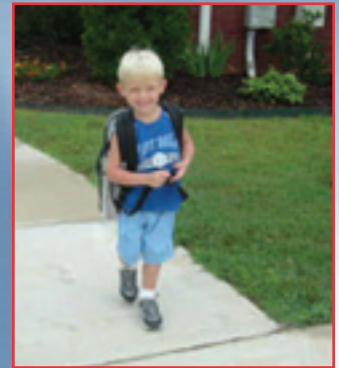
Adam Reed, Jr., Noah Bunch & Kade Rogers at Owens Cross Roads Kindergarten Graduation in May.



Ms. Parker's Kindergarten Class. Photo by Jenny Meeks of New Hope



Jacob Meeks
& Miss Matthews



Garrett Dudley's
first week of Pre-K



Bethany & Carrie Mae Bunch have been taking sign language to help them communicate with each other since the age of two. They completed this class in September upon turning three.



Gracie Weeks, Emily Campbell, Cooper Self, Chelle Bailey-Teacher, Colby Martin, Clayton Kennemer, Annessa Wrenn. Photo submitted by Tammy Weeks, mother of Gracie.

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

The deadline for the December entry is October 21st.

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.

Zero, huh?

There are several Internet Service Providers these days advertising "low-cost" access. A closer look at the fine print often reveals some surprises.

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