

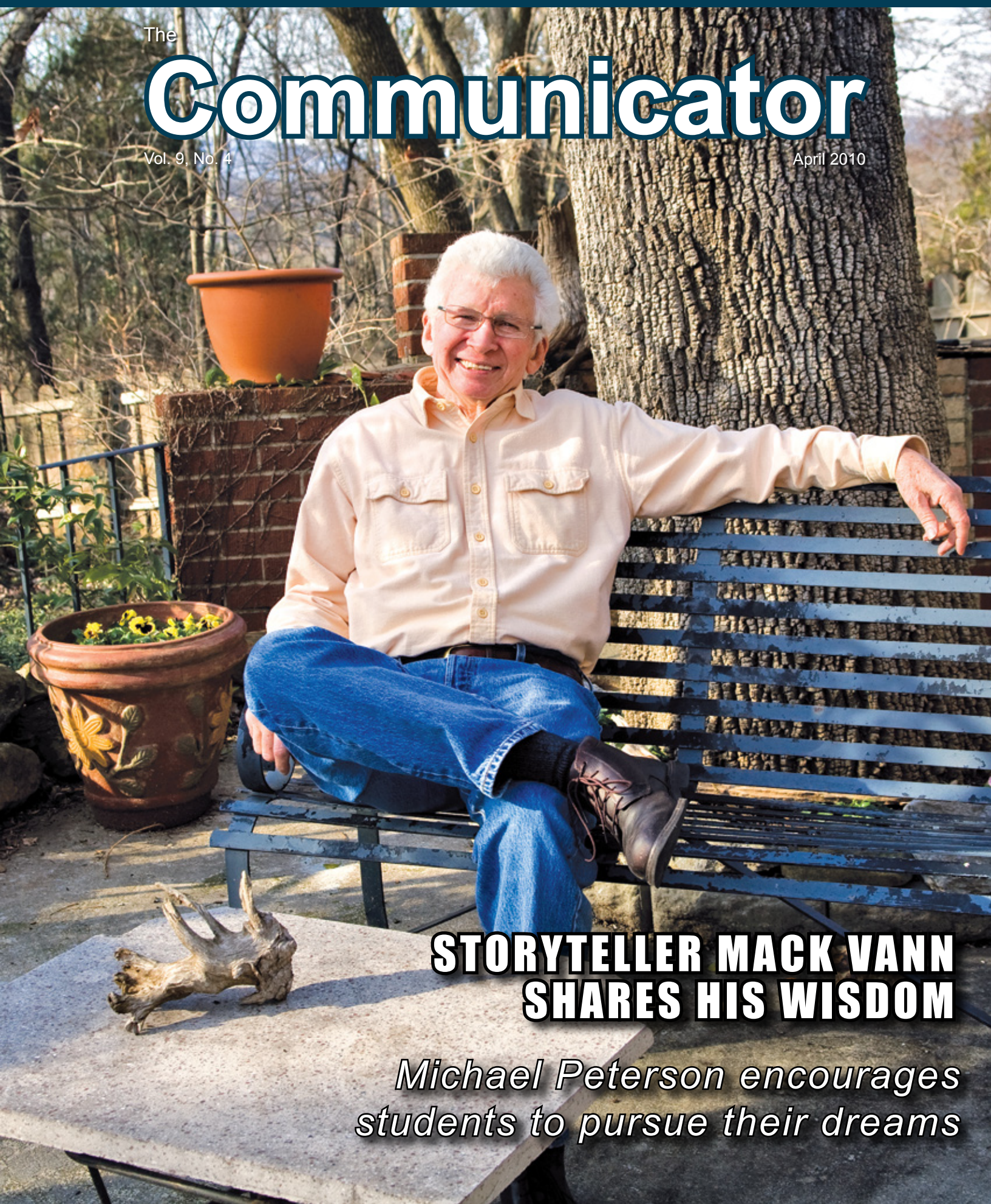
A Publication of New Hope Telephone Cooperative

The

Communicator

Vol. 9, No. 4

April 2010



STORYTELLER MACK VANN SHARES HIS WISDOM

*Michael Peterson encourages
students to pursue their dreams*

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

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The Communicator

Vol. 9, No. 4 April 2010

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On the cover:

Author Mack Vann shares stories about growing up in New Hope in his book Creek Bottom Home. Read more about the man behind the stories on page 8.

Manager's Comments

We are preparing NHTC to succeed as the industry rules are being rewritten



Imagine tuning into the opening week of college football this fall and discovering that the NCAA had changed the rules of the game. You would

no doubt be concerned for your favorite team, wondering if they had reworked their game plan and prepared their players to perform according to the new rules.

This is exactly what is happening in the telecommunications industry. The rules are changing, and your cooperative must adapt in order to continue to be successful in its mission of providing quality service to our rural region.

On March 16, the Federal Communications Commission (FCC) presented its National Broadband Plan to Congress. This plan proposes some major changes to the rules we play by, rules that have long made it possible for the entire country to be connected to the national network at an affordable rate.

You have read about the Universal Service Fund in this magazine before. Put simply, the purpose of the USF is to ensure that all citizens have access to the national communications network, regardless of where they live. Since the Communications Act of 1934, the concept of universal service has enabled our country to build a quality, reliable telephone network that connects everyone. After all, that network would not be of much value if it did not extend into the rural regions of our country as well as the big cities.

The FCC's National Broadband Plan calls for a transition in USF support from traditional telephone services to broadband services. Keep in mind that everyone pays into the USF, and companies like NHTC receive money back from the fund to offset a portion of the cost of delivering service in remote regions. If this concept changes, it will change the way rural independent companies fund their operations.

As the nation turns its attention to broadband service, NHTC is in a good position. We have extended broadband service to 100 percent of our service area, and are in the middle of a construction program that will connect every home and business with a fiber technology.

NHTC is not waiting for the first whistle to blow before we begin playing by the new rules. We are preparing your cooperative to not only survive but to thrive in a new environment where broadband access is as important as electricity, water and traditional telephone service.

Broadband access, ultimately provided over fiber technology, is the future of the telecommunications industry — and that is the future NHTC is working toward, even as the rules of the game change. ▲

Tom Wing

*General Manager,
New Hope Telephone Cooperative*

NHTC announces winner of Spring coloring contest

In the February issue of *The Communicator*, New Hope Telephone Cooperative announced our Spring coloring contest. We asked local students to color a picture depicting Spring and submit it by February 25. The contest was open to all kindergarten through fourth-grade students at Owens Cross Roads School, New Hope Elementary and DAR Elementary.

There were hundreds of beautiful and creative drawings which were judged by an independent panel. Judges based their decision on creativity, originality, interpretation of theme and overall



appeal. It was a very difficult decision, but we are proud to announce our winner.

Congratulations to Annie McBride for submitting the winning entry! Annie is a fourth-grader at DAR school. As our grand prize winner, she will receive a \$100 U.S. Savings Bond.

We would like to thank everyone who entered and made this Spring coloring contest such a wonderful success. There are so many talented students in this area, and New Hope

Telephone Cooperative wants you to know that we are proud of each and every one of you! Congratulations!

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Voting Procedure to Elect Board Members

Article IV Board Members

Section 1. General Powers. The business and affairs of the Cooperative shall be managed by a board of directors, consisting of nine (9) members. The membership of the Board of Directors shall be based as follows:

New Hope, four (4) members on the Board of Directors; Owens Cross Roads, two (2) members on the Board of Directors; and Grant, three (3) members on the Board of Directors.

Section 2. Election and Tenure of Office.

The persons presently serving as directors of the cooperative shall compose the Board until the first annual meeting or until their successors shall be elected by a secret ballot at each annual meeting of the members, beginning with the year 1984 by and from the members at large to serve until the next annual meeting of the members or until their successors shall have been elected and shall have qualified. If an election of directors shall not be held on the day designated herein for the annual meeting, or at any adjournment thereof, a special meeting of the members shall be held for the purpose of electing directors within a reasonable time thereafter. Directors may be elected by a plurality vote of the members. All elected directors shall serve a term of four (4) years provided they do not resign or are not removed from office by the members. All directors terms will be staggered so that two (2) are elected each year, except in 1987 three (3) members of the Board of Directors shall be elected and every four (4) years thereafter; i.e., 1991, 1995, etc., three (3) members of the Board of Directors shall be elected.

Section 3. Qualifications. No person shall be eligible to become or remain a board member of the cooperative who:

- a) Is not a member of the Cooperative; and
- b) Is not a bona fide resident of the respective exchange from which said Board member was elected.
- c) Is in any way employed by or financially interested in a competing enterprise or a business engaged in selling or reselling telephone service or supplies, or constructing or maintaining telephone facilities, other than a business operating on a cooperative non-profit basis for the purpose of furthering rural telephony.

Upon establishment of the fact that a board member is holding the office in violation of any of the foregoing provisions, the board shall remove such board member from office.

Nothing contained in this section shall affect in any manner whatsoever the validity of any action taken at any meeting of the board.

Section 4. Nominations. It shall be the duty of the board to appoint, not less than thirty (30) days nor more than seventy five (75) days before the date of a meeting of the members at which board members are to be elected, a three member (3) committee on nominations consisting of one (1) member from each exchange, so as to insure equitable representation. No member of the board may serve on such committee. The committee keeping in mind the principle of equitable representation, shall prepare and post at the principle office of the Cooperative at least twenty (20) days before the meeting a list of nominations for board members which shall include at least

two candidates for each board position to be filled by the election. The Secretary shall be responsible for mailing with the notice of the meeting or separately, but at least ten (10) days before the date of the meeting, a statement of the number of board members to be elected and the names and addresses of the candidates nominated by the committee on nominations. Any fifty (50) or more members acting together may make other nominations by petition and the Secretary shall post such nominations at the same place where the list of nominations made by the committee is posted. Nominations made by petition, if any, received at least five (5) days before the meeting shall be included on the official ballot. Later nominations by petition shall be treated as nominations from the floor. The chairman shall call for additional nominations from the floor and nominations shall not be closed until at least one minute has passed during which no additional nominations has been made. No member may nominate more than one candidate, for the same position.

Any nominee by petition or from the floor must meet the qualifications stated in the Bylaws, Article IV, Section 3.

Section 5. Failure of Action by the Nominating Committee.

In the event the nominating committee fails to make a report after 3 requests by the Secretary and having been notified and appointed in accordance with the Bylaws Article IV Section 4, it shall be the duty of the Board of Directors to make said nominations or nominations based upon the guidelines set out in the Bylaws, Article IV, Sections 1 through 4.

Make plans to attend your

New Hope
Telephone Cooperative

2010 ANNUAL MEETING



Tuesday, May 18

**New Hope Middle School
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Lunchroom**

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**Business Meeting
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Country music artist shares message of hope with students



Michael Peterson is a platinum-selling Country music singer/songwriter who has a lot to say when it comes to teenagers. Peterson, who has sold over one million albums since 1997, has taken his most recent tour “My Real Life” to a whole new level which is inspiring kids and teachers all over the country. Incorporated into the tour is a program called “Tag! You’re It!”- an action-packed motivational stage show aimed at helping teenagers plan their futures regardless of their pasts.

Peterson grew up in Richland, Washington where his life was filled with more adversity than any child should ever have to face. First, his father was murdered and later, his step-father committed suicide. Peterson went to a school where he was labeled a ‘slow learner’ and passed from grade to grade without ever really learning.

In spite of his 2.1 GPA, he excelled at football and was redeemed from an

unstable future when he was named in ‘Who’s Who?’ among American high school football players. Peterson went to college, where he went on to be a three-year starter for Pacific Lutheran University, and was on their first ever national championship team.

Because of his early childhood traumas and learning problems, Peterson developed a program called “Who Cares?” which was aimed at helping students make better choices. Peterson delivered it in front of more than 1,800 student assemblies across the country from 1983 to 1995.

He had a friend during this time, Larry Ransom, who he says greatly influenced him and helped to change the course of his life. Ransom is a nationally renowned motivational speaker who works with companies like Microsoft, Boeing and Hallmark. He is also a ‘Life Coach’ with a Master’s Degree in Applied Behavioral Sciences. In

the course of ‘coaching’ Peterson, Ransom learned that the young man had always dreamed of going to Nashville and pursuing a career in music. With Ransom’s encouragement, that is just what Peterson did. Before he knew it, he was making hit records and living his dream.

According to Peterson, Ransom helped him to see that he did not have to define himself by the things that had happened in his past, and he did not have to accept the way other people defined him. Peterson says he had always accepted the term ‘slow learner’ because that is what he was told about himself. He says he was in his thirties before he was able to overcome that label and realize that learning differently from the main stream did not make him ‘slow.’

Though Peterson achieved great fame and success writing and singing Country music, he always held on to his beliefs that he could change lives if he could get

Ransom's message to kids everywhere.

He and Ransom developed the "Tag! You're It!" concept together, and now Peterson takes the show on the road to high school assemblies in towns where Peterson is set to perform his "My Real Life" tour.

According to the "Tag! You're It!" Web site, Tag is designed to help students use their own personal interests, passions, and gifts to design their own life journey through the use of a free interactive Web site.

During the spring of 2008 and 2009, Peterson brought the tour to 70 high schools and over 120,000 people across the country.

On February 25, 2010, Peterson came to New Hope High School and delivered a 45-minute motivational speech to a crowded room of excited students.

Using crowd participation and some amazing magic performed by an

illusionist who travels with Peterson, he engaged the students in a series of activities designed to inspire them to think about their futures.

Peterson uses an illustration during his presentation where he invites a student from the audience to come on stage. He then asks "If you could write your own story, be anything you want to be, do anything you want to do, regardless of any other circumstances in your life, what would you write?" After the student writes his 'future' down, Peterson hands him a key to a locked box which has been on the stage throughout the presentation in full view of the students. When the student opens the box, he finds a paper sealed inside a plastic tube. On the paper is an exact copy of the 'future' story the student has just written. It is a powerful illusion.

He then tells the students that their futures are spotless, and they are the only

ones who get to determine how their story will go.

When the presentation is over, Peterson spends the rest of the day with the students mingling and getting to know them.

As part of his program, Peterson stays one week in and around each town where his concerts are going to be. He has a different set of activities lined up each day including visits to area hospitals, nursing homes and community groups. The week is wrapped up with a "Communa-palooza" event which offers family fun designed to draw the community closer. Later that evening, Peterson and his band put on a concert.

The tour is the first of its kind to be performed by a civilian and sponsored in part by the U.S. Army. If you would like to learn more, go to tagyoureiton-line.com or visit Michael Peterson on Facebook. ▲

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The Storyteller's Story

Mack Vann turns his memories into spellbinding tales

He settles into his chair and flashes a million dollar smile at the group of expectant faces gathered around him. Although everyone is excited, it is almost quiet enough to hear a pin drop. They are waiting to be entertained. The storyteller has done this more than 300 times in the past, and he pauses for a second, expertly building momentum.

He draws in a deep breath and his eyes take on a faraway look. His mind drifts back to a starlit summer's night more than 60 years ago to a memory: he is three years old, up past his bedtime and his parents are taking him to see the carousel two miles away in New Hope for the very first time.

As if by magic, storyteller Mack Vann takes everyone in the room with him.

He uses his voice like a fine-tuned instrument, its cadence rising and falling in just the right places, his excitement reflected in every word. It is a fantastic effect, mesmerizing his listeners and drawing them into the tale, allowing them to share the sights and sounds almost as if they had really been there.

For the next hour or so, he regales the group with story after story from his childhood, some funny, some poignant. He even throws in a few that would embarrass most people into an early grave, but Vann just laughs and says it is all in good fun. "Innocence and discovery, wonder and delight," he says, "are the ingredients I use to laugh

lovingly at predicaments I have known.

"As a storyteller, my purpose is to invite you along on a trip back to my creek bottom home. I smile at the thought of you being with me because I know

creek...the Spirit spoke and said, 'Stop. Pay attention to what you see...someday you may want to recall.' From that point forward," he continues, "I held myself open and absorbed. I never dreamed I would write some day."

Although Vann has always loved to tell stories, he did not begin writing them until fifteen years ago.

In his book *Creek Bottom Home*, published in 2002, Vann says his wife, Margaret, actually insisted he start writing.

"If Margaret hadn't said 'Mack, you can't tell that story again unless you've written it first,' perhaps I never would have started writing."

Vann's book is a collection of nearly eighty stories about growing up and growing older in rural north Alabama. Although most of the stories are taken straight from his own memories, some are from the memories of friends and family. His style, 'creative non-fiction', is a combination of home-spun simplicity and colorful descriptions that help to bring his stories to life.



A healthier Mack Vann poses outside his home, and shows off his new head of hair after recovering from cancer. He gives credit to God and Dr. Rachel Kruspe of The Cancer Center in Huntsville for saving his life.

that although our journey begins together, often you will steal away to those special people, those special places and moments of your own."

A man of faith, Vann believes his stories and memories are gifts from God to share with others. "When I was 15, I was walking a dusty field road down to the

Growing up rural

Vann grew up on a farm in New Hope where his father, Alabama State Senator Herman Vann, was a cotton farmer and owned a 1,200 acre farm. Vann's vivid childhood memories include endless carefree days and nights on his father's farm.

He remembers his father as his best friend. "He was a man who loved deeply," says Vann. "Whether it was the Lord, the land, or the people."

"He comes from a long line of storytellers," Margaret says. "His grandmother was always telling stories about New Hope. His dad was a storyteller, and he has uncles who were ministers and teachers. He can't get away from it."

Margaret and the Master's

Vann and Margaret were married in 1956, when he was 18 and she was 17. "We slipped off and got married," he says. "That was in May, and I joined the Army in June."

Before marrying Margaret, Vann had attended Vanderbilt University but could not finish due to illness. So, after the Army where he served as a combat engineer, he decided to give college another try.

"Daddy begged me to get a degree and even said he'd pay for it," he says. "So we went down to the University of Alabama and I stayed there for a year and a half. But I was miserable," he adds.

"All I wanted to do was farm with my father and just be out in the country," he says. "Daddy understood that, so he gave us a little four-room house on his land, and I dropped out of the university. Daddy let me come be a general flunky for him, and I was happy," he says. "I never would have gotten a degree if it hadn't been for Margaret."

"Margaret went to school at Athens college, and I could tell she was gonna graduate," he adds. "There are six in her family and they all have college degrees. I knew I had to get a degree because I just wouldn't feel right if I didn't."

So Vann and Margaret both got degrees in English and both became

teachers. Eventually, Vann got his Master's degree, as well. He enjoyed teaching English, but he and Margaret had a hard time feeding their three children on two teachers' salaries. So, in July of 1964, at the age of 24, Vann, who calls himself a natural born peddler, went to work for New York Life Insurance Company.

Not the end yet

Today, after 46 years and a whole lot of success, he still works for NYL — but his main love, besides God and Margaret, is writing and telling stories. He has spoken at hundreds of events and gatherings as both an author and storyteller. In 2003, his book was chosen for honor by the international storytelling publication, *Storytelling World*.

"My purpose is to entertain," he says. "A storyteller is nothing without an audience. A storyteller lives first to know and then to tell. Since the dawn of man, there's been a hunger to acknowledge, to remember, to recall."

He adds that as a storyteller, he wants to make the hearer say, "What's next, tell me more, make me smile."

Although Vann has led a relatively calm and happy existence, he has not been without trials. He was diagnosed with cancer of the marrow in April of 2009. He was essentially given a death sentence by doctors who said the average life expectancy for someone with his type of cancer was five to six years. "But I'm way above average," laughs Vann. Later, he was informed that he was misdiagnosed and his prognosis was changed to less than one year, but after chemotherapy treatments he has since been pronounced cancer-free. Though he suffered a temporary loss of his voice, he is hoping to be back to telling stories very soon. ▲

Stories on the go from Mack Vann

Visit www.creekbottomhome.com to learn more about author Mack Vann. While there, order his newest book *Hills of East Limestone* (tentative release date in 2011), or his first book *Creek Bottom Home*.

Vann also has a collection of eight CD's, including one especially for children, which include stories from *Creek Bottom Home* and others from his memories.

Read Mack Vann's blog and keep up with his latest travels and stories by going to his Web site.

You can contact him via email at mackvann@creekbottomhome.com or by calling 256-533-0082.

"These stories are gateways to what you know, love and remember," he says.

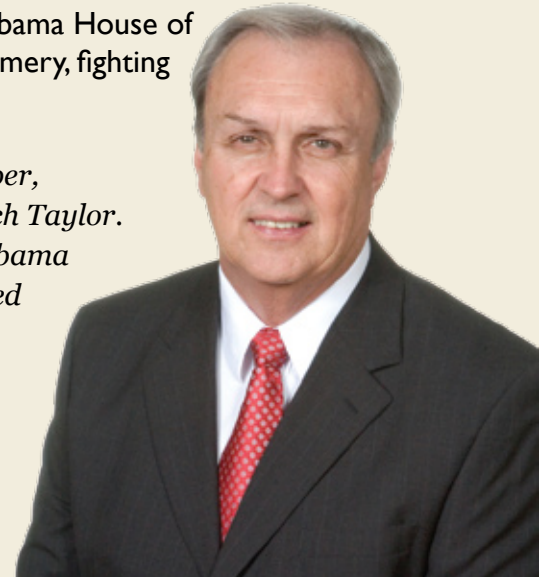


Rep. Taylor will keep focusing on jobs and education for District 22

In a Special Election in 2007, voters in District 22 elected Butch Taylor to the Alabama House of Representatives. Since that time, he has established himself as a leader in Montgomery, fighting for jobs, education and other issues that are important to North Alabama.



"As a former coach, teacher and school board member, I have dedicated my life to public service," says Butch Taylor. "I appreciate the confidence the people of North Alabama have placed in me and I have done the job you elected me to do. Please cast your vote for me on June 1 to keep me working for District 22 in Montgomery."



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Community Events

April 3

Easter Egg Hunt

Peoples State Bank's Annual Easter Egg Hunt begins at 1 p.m. at Georgia Park on the D.A.R. Campus. Visit with the Easter Bunny - Bring your camera! Age Groups: 2 - 4 years, 5 - 7 years, 8 - 10 years. 1st, 2nd and 3rd place prizes for all 3 age divisions. For more information call 256-728-4213.

April 5

New Hope Rec

Baseball and softball season begins. Visit www.newhoperec.org for game schedules.

April 10

Relay for Life 3K Walk/Run

Starts at 1 p.m. Walk or Run in remembrance or honor of a loved one who has battled cancer! Contact Paula

Henderson for more information at 256-728-4213.

April 17

Spring Clean Street Walk

The New Hope Lions Club and New Hope City Council need your help cleaning roadways. All participants will meet at 8 a.m. in the Piggly Wiggly parking lot. Contact Ava Cambron at 256-723-4695 or Charlie McPeters at 256-479-0184 for more information.

April 26

Byrd Cemetery Annual Meeting

The association's Annual Meeting will be held at 6:30 p.m. at Owens Cross Roads Church of Christ on Old Highway 431. A fundraiser BBQ Chicken Dinner will be held on Saturday, May 8th beginning at 11 a.m. at the Owens Cross

Roads School Cafeteria. There will be a work session at the school cafeteria on Friday, May 7th at 6 p.m. Plates are \$7 each and tickets will go on sale at the Annual Meeting on April 26th or may be purchased from any board member or by calling 256-725-4497. Donations to the cemetery fund may be mailed to P.O. Box 47, Owens Cross Roads, AL 35763.

April 30-May 1

Grant Founder's Day

Sponsored by Grant Fire Rescue. Friday kick-off at 5 p.m. and Saturday from 7 a.m. to 10 p.m. There will be games, food and entertainment for the entire family! Call 256-505-1204 or 256-728-2007 for more information.



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jbarnes@psboc.com' is shown. A quote follows: 'With historically low interest rates, you can own the home you've always wanted. Josh Barnes, a mortgage professional at Peoples State Bank, can create a home loan designed specifically for your needs – call Josh and let's get things started!'. At the bottom is the Peoples State Bank of Commerce logo with 'Grant, AL' and a box that says 'Apply Online 15 & 30 Year Loans • VA Loans FHA Loans • Construction Loans'. The footer contains '728-4213 • www.psboc.com • 5399 Main Street • Grant'." data-bbox="506 498 972 951"/>

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Legislative Update

By Rep. Butch Taylor

Alabama House of Representatives, Dist. 22



As I write this column, the Alabama legislature is heading into spring break.

So far, we have met for 20 days, and will resume on March 23 to finish up the last 10 days of session.

We have been working hard and have passed some very important legislation in the past few weeks.

One of the most beneficial bills for our district is legislation that will bring TVA in-lieu of taxes back to our county where it belongs. For far too many years this money has gone to parts of the state that TVA does not even provide service. It is exciting that we were finally able to rectify the situation this session with the passage of the TVA bill.

We still have some big decisions to make regarding bingo and our pre-paid college tuition PACT program.

Most importantly, we still need to finalize and pass our general fund and education budgets. Finances are tight this year due to our struggling economy, and unless we receive federal aid again this year, some are predicting as high as 12 percent proration. Unfortunately this could result in the loss of thousands of teaching and other state employee jobs.

As a member of the Education Appropriations Committee, I will be working diligently with other members to trim the fat in all the places we can. Our priority is saving as many jobs as possible. It will be challenging to find areas to make cuts as we enter what could be our third consecutive year of proration. There simply isn't much fat left to trim, but we will do our best.

Feel free to call my office anytime at (334) 242-7219.▲

Law enforcement veteran earns executive certification



Owens Cross Roads has yet another reason to be proud of its police force. Police Chief David Martin is one of only 38 police chiefs in the state of Alabama to earn the title of Certified Law Enforcement Executive with 240 hours of training, the highest certification awarded to participants of the Certified Law Enforcement Executive Program.

Martin has been involved in law enforcement for over 30 years. His interest in police work began in 1976, the same year he graduated from New Hope High School and began working at Wyle Laboratories. He became friends with Huntsville officers and deputies, and soon joined the force as a Madison County sheriff's deputy. Ten years later, a position became available closer to where Martin had grown up. He decided to move back home and take the job as OCR police chief.

"When I started working here in Owens Cross Roads, there was only one other full-time officer and a few reserve officers working alongside me," Martin recalls. "I was given a 1984 canary yellow Ford LTD Crown Victoria with a

dent in the door as a squad car, and we had no police equipment."

21 years later, many things have changed. "Now we have 3 full-time and 2 part-time officers, as well as 6 reserve officers, two of which are certified," he says. "There are now 7 OCR police cars, each equipped with video cameras and computers."

With the world of law enforcement evolving, Martin acknowledged his need to progress as well. He first became a certified chief of police, recognized by the Alabama Association of Chiefs of Police. When he saw another opportunity for improvement, he did not hesitate to take it.

The Certified Law Enforcement Executive Program, CLEEP, is a learning program developed to train and educate chiefs of police so they are better able to protect those they serve. Participants receive training in many areas, including leadership, human relations, internal personnel policies, internal environmental issues and communication.

Martin says taking part in the program has greatly influenced him. "Even with 31 years of experience, I was able to learn new things," he says. "Now I am able to bring new ideas and knowledge to situations I face on the job."

"80% of all police forces across the nation consist of 20 officers or less," says Martin. "Even in small towns, it is very important to have educated officers properly trained to protect citizens."

Police Chief Martin is one of few to earn the highest certification awarded to participants in the CLEEP and continues to strive for excellence as an enforcer of the law.▲

“Local Nurse Reveals The Truth...”

Dear Friend,

Local Nurse Bill Denney did something the other day that changed his life. Here's his story.

Bill had been limping around the nursing home for several days trying to take care of his patients the best that he could. *It's tough trying to tend to dozens of elderly patients when you've got a pinched nerve in your lower back.* The impinged nerve was causing pain to shoot all the way down his leg from his back and hip area. The severe pain was not getting any better, therefore he decided to try and do something about it.

He had seen an article in the Glean about a doctor in Grant who got good results with this type of problem. So he decided to make the drive from Albertville to Grant to see him. After just a couple of treatments he was feeling like a new person. In fact, he was so impressed with his results he referred a coworker from Rainbow in Blount county. She also got great results. *Oh, did I mention that this doctor is a Chiropractor?*

Dr. Mike uses a new technique that gets great results with pinched nerves, “Sciatica.” Most traditional treatments do not help with this type of problem. *In fact, the U.S. Dept. of Health and Human Services recommend Chiropractic and exercise for acute low back pain No other treatments are recommended.*

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)

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

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 April 30, 2010, you will receive my entire new patient exam for \$27. 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.

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 16 years after a one-year associateship in Huntsville. I just have that low exam fee to help more people who need care. Results may vary in individual cases.

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 4664 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.

From the community



COMMUNITY RECIPES

CLASSIC DEVEILED EGGS

- 1 dozen eggs
- 2 tsp. Dijon mustard
- 1/3 cup mayonnaise
- 1 Tbsp. minced onion or shallot
- 1/4 tsp. tabasco
- Salt and pepper
- Paprika

Fill a large saucepan half way with water and gently add the eggs. Cover the eggs with at least an inch of water. Add a teaspoon of vinegar to the water (this will help contain egg whites from leaking out if any of the shells crack while cooking). Add a pinch of salt to the water. Bring the water to a boil. Cover, and remove from heat. Let sit covered for 12-15 minutes. Drain hot water from pan and run cold water over the eggs. Let sit in the cool water a few minutes, changing the water if necessary to keep it cool. Peel the eggs. Using a sharp knife, slice each egg in half, lengthwise. Gently remove the yolk halves and place in a small mixing bowl. Arrange the egg white halves on a serving platter. Using a fork, mash the yolks. Add mustard, mayonnaise, onion, tabasco and salt and pepper to taste. Spoon egg yolk mixture into the egg white halves.

Garnish with a sprinkle of paprika.

TUNA SALAD

- 3 hard boiled eggs
- 2 Tbsp. dill relish
- 2 Tbsp. mayonnaise
- 1 tsp. Louisiana hot sauce
- 2 tsp. Dijon mustard
- 2 Tbsp. onion, finely chopped
- 1 (6-1/2 oz.) can tuna, drained

Cool, peel and finely chop hard boiled eggs. In a mixing bowl, combine tuna, mayonnaise, hot sauce and mustard. Stir in chopped egg, dill relish and chopped onion. Mix thoroughly.

SOUTHERN POTATO SALAD

- 10 unpeeled red potatoes
- 5 hard boiled eggs, roughly chopped
- 3/4 cup sour cream
- 3/4 cup mayonnaise
- 1 Tbsp. apple cider vinegar, or to taste
- 1 Tbsp. Dijon mustard, or to taste
- 1/2 white onion, finely chopped
- 1 stalk celery, finely chopped
- 1 tsp. celery salt
- Salt and black pepper to taste
- 1 Tbsp. dried dill weed

Place the potatoes in a large pot, cover them with water and bring to a boil over high heat. Reduce heat to medium-low, and simmer until the potatoes are cooked through but still firm, about 20 minutes. Remove from the water, let cool, and cut the potatoes into chunks. Set aside. In a bowl, stir together sour cream, mayonnaise, apple cider vinegar, Dijon mustard, onion, celery and salt and pepper until well mixed. Place the potatoes and eggs in a large salad bowl, and sprinkle with dried dill. Pour the

dressing over the potatoes and eggs, and mix lightly. Cover and refrigerate for at least 30 minutes. Serve cold.

EGG SALAD

- 8 eggs
- 1/3 cup mayonnaise
- 3 Tbsp. Dijon mustard, or to taste
- 1 tsp. paprika
- 1/2 red onion, minced
- Salt and pepper to taste

Place eggs in a saucepan and cover with cold water. Bring water to a boil; cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, cool, peel and chop. In a large bowl, combine the egg, mayonnaise, mustard, paprika, onion and salt and pepper. Mash well with a fork or wooden spoon. Serve on bread as a sandwich or over crisp lettuce as a salad.

CRACKER AND EGG SALAD

- 1 stack saltine crackers
- 1 cup pickles, chopped
- 1 cup onions, chopped
- 1 cup green bell pepper, chopped
- 1 jar pimento, chopped
- 5 hard boiled eggs, chopped
- 1 cup mayonnaise

Crumble crackers and mix with other ingredients in order, adding mayonnaise last. Mix thoroughly. Serve as you would a potato salad.

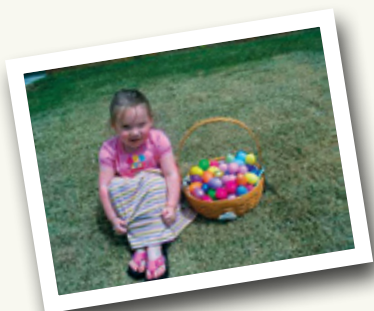
Egg-citing Easter



Will and Colby with their Pawpaw at Easter.
Photo sent in by Summer Miller.



Happy Easter!
Cora Dickinson and Lilly Brown.



Maggie Dudley, Easter
2009. Photo sent by
her mom,
Nikki Dudley



Mrs. Burleson and Lilly
Brown, Easter 2009. Photo
submitted by Melissa Brown.



Braxton and
Dalton Wise.
Photo sent by
their Nanny,
Phoebe Holmes.

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

for June is April 20th. By submitting your photos: (1) you attest that you are the creator and owner of the photos, (2) you give New Hope Telephone permission to publish your material in *The Communicator*, (3) you agree to offer said photos without the expectation of payment from New Hope Telephone, and (4) you understand that photos are selected for publication in *The Communicator* at the sole discretion of New Hope Telephone, and that submission of your photo does not guarantee your photo will appear in the magazine.

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