



Communicator

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PUBLISHED FOR MEMBERS OF

New Hope
Telephone Cooperative
Your Communications Connection

Elvis

**impersonator raises
money for NHHS band**

Plus:

Commissioner Craig
bids farewell to public office

Healthy Tips & Recipes
for American Heart Month

The Communicator

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

On the cover:

Elvis impersonator Mitchell Brown will be performing at the Von Braun Center in Huntsville on January 14. The performance will benefit the New Hope High School Band. See story on page 8.

MANAGER'S MESSAGE

2012 presents new opportunities and challenges for NHTC

I hope everyone had a great Christmas and a wonderful start to the new year. This year promises to be exciting for our area. Your cooperative continues to build its new fiber optic infrastructure. This project will mean great things for the area. It will create new opportunities in education, it will support industry and job growth and it will improve medical services.

We will see the completion of the fiber network in our Grant exchange this year, which puts us one step closer to finishing the project.

This also marks the time when NHTC renegotiates its current agreements with its broadcast networks. Every three years, ABC, NBC, CBS and Fox require a renewed contract to allow us to continue broadcasting their content to our members. The main part of the negotiation centers on something called a "retransmission agreement."

Back in the 1950s, networks such as NBC and CBS actually paid companies like ours a fee for carrying their programs. The fee acted as an incentive to get cable providers to include the networks' programming in their channel lineups. Over time, however, that story has changed. The networks began charging fees for companies like NHTC to "retransmit" their programming.

NBC, ABC and CBS have been charging NHTC for a while. We have been able to absorb that cost without passing it on to our members. Now, with the downturn in the economy and less money from advertisers, most networks are trying to increase retransmission fees to recoup some of their lost revenue. And FOX studios has decided to start seeking retransmission fees for the first time.

All cable providers must negotiate with the networks, but with 2,500 cable customers, our bargaining power is small in comparison to larger compa-

nies that have 20 million or so subscribers. Your cooperative has reached the best agreement it can with the networks to keep costs as low as possible. The fees NHTC will pay after the last round of negotiations have more than doubled what we were previously paying. Unfortunately, we must pass these retransmission fees on to cable subscribers.

Beginning with their February 2012 statement, members will notice a surcharge of \$4 on their cable bills to cover these retransmission fees charged by the networks.

While \$4 may not sound like much to some people, we regret that we have to pass on any fees — no matter how small — to our members. We all want and expect the major networks to be part of our channel lineups, though, and we have no choice but to pay them for their programming.

The price charged by networks and by the cable companies — collectively known as "programming costs" — will be a growing concern for cable providers as these costs continue to rise. Please be assured, however, that NHTC is doing everything we can to hold down our operating costs while continuing to provide you with top-notch customer service that you can only expect from your hometown cooperative. ▲



TOM WING
*General Manager,
New Hope Telephone
Cooperative*

TEAM SPOTLIGHT



(l to r): David Whitaker, Mark Beem and Steven Campbell

The Central Office department at NHTC has almost 42 years of experience with the combined talents of Steven Campbell, Mark Beem and David Whitaker. Their job responsibilities include maintaining, supporting and repairing equipment located in the central office and at remote units throughout the service area.

All telephone and Internet lines are connected to specialized equipment located in the central office. Their department maintains a set of safety and performance standards for all equipment to ensure everything is working properly and providing members with reliable, quality service.

Central Office Manager Steven Campbell has been with NHTC for 17 years. "Currently, we are maintaining two plants," says Campbell. "We maintain the switching network for the phone and Internet. This includes supporting the older, 'legacy' copper equipment and switching customers to the updated fiber network."

The latest changes in technology have affected the way the central office operates. Previously, four bays of space were required to house the components for NHTC's copper switching equipment. Today, the MetaSwitch for the fiber network has the capacity for 100,000 lines of service and fits within the space of about half a refrigerator. "The advances in technology are unbelievable," says Campbell.

Steven is married to wife, Pam. He has a son, Tyler Campbell, and two daughters,

Jessica and Monica Cooper.

"The central office can be considered the heart and brain of the services we provide," says technician Mark Beem. "When service orders come in, we configure everything in the central office. Then the outside crews go out to the house and connect everything and make sure it is working properly. We work closely with all the other departments to make things happen quickly for our customers."

Mark spent more than six years in the Navy prior to joining NHTC. He has been with the cooperative for almost 13 years.

David Whitaker is a central office technician who also works in the field maintaining the 67 remote cabinets that house NHTC equipment. "I work with the new fiber project and maintaining the equipment in the field," says Whitaker. "A cabinet may have \$100,000 worth of electronics that are exposed to the elements of nature — so issues can arise. The installation of fiber has made this less of a problem."

David enjoys working in the community where he has always lived and "being around friendly, hometown folks." He has been with NHTC for almost 12 years. David has a daughter, Morgan, and a son, Logan.

Campbell, Beem and Whitaker agree the biggest challenge to their job is maintaining the variety of technology that spans a 20-year period. "It is difficult to retain that much knowledge," says Campbell. "We depend on each other and we work together." ▲

OH BABY!



Congratulations to NHTC employee Rhonda Tart and her husband, David. They are the proud parents of a new baby girl named Addison Reece Tart. Addison was born on Dec. 6, 2011, and weighed 7 pounds. Her brothers are Blake, Chandler and Brandon. She also has a sister, Chloe.



Congratulations to NHTC outside crew member John Thompson and his wife Rebecca on the birth of their daughter, Caroline "Aleese" Thompson. She was born on Dec. 8, 2011, weighed 6 pounds, 14 ounces and was 19.5 inches long. Her big sister is Addie Thompson.

Making the SWITCH

What to expect when crews upgrade your home to a fiber connection

As NHTC makes continual progress on its plans to build a fiber-to-the-home network, there are some things members need to know about the transition process.

Crews are currently working in the Grant area, where the fiber conversion is expected to take a few more months. NHTC's customer service representatives will begin contacting members in Grant in the coming weeks to schedule visits to their homes. Crews will need to visit each member's property to prepare the home for fiber service:

1) NHTC crews will mount the Optical Network Terminal (ONT) housing to the exterior of your home. This gray plastic case contains the electronics needed to convert signals coming across the fiber network into signals that can be used by your telephones, computers and TV sets.

2) Crews will need to install a power supply at your home. This unit is needed to operate the electronics of the system,

as well as provide emergency backup power in case of a power outage. If an outdoor power outlet is not available, this unit must be installed inside your home.

Some limited drilling (3/8" hole) will be required if there is a need to upgrade your wiring for Internet and digital TV services.

Normal installation should take between one and two hours.

NHTC's fiber optic network will allow your cooperative to employ cutting-edge technology to meet our members' growing need for bandwidth. As the telecommunications industry changes, along with the demands of members, the fiber network will provide you with crystal-clear telephone connections, faster Internet speeds, quality digital television service — and whatever new services may come our way in the future.

If you have additional questions about fiber upgrades, please contact our customer service representatives at 256-723-4211.▲



Daniel Martin works to connect fiber inside an ONT (optical network terminal). When your service is converted to fiber, an ONT will be mounted to the side of your home.



With a fiber connection, a power supply will be installed inside your home (or mounted to the exterior, if an electrical outlet is conveniently located). This unit also serves as a battery backup.



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Do Not Call Registry:



annoying telemarketing calls

The Federal Trade Commission's National Do Not Call Registry is an easy way to stop most unwanted telemarketing calls. Since its inception in 2003, more than 200 million home and cell phone numbers have been added to the list.

Once a number has been added to the registry, telemarketers have 31 days to stop calling that number. Failure to do so could result in substantial fines for the company making the calls.

Due to limitations in the jurisdiction of the FTC and FCC, calls from or on behalf of political organizations, charities and telephone surveyors are still permitted. Companies you already have an established relationship with are also permitted to call.

To add a number to the Registry for free, consumers can call toll-free 888-382-1222 from the phone they wish to register at any time, or go to www.donotcall.gov.

If your number has been registered for at least 31 days and you are receiving telemarketing calls from a company you believe to be in violation of the National Do Not Call Registry, then you can file a complaint. To file by phone, call 888-382-1222 (TTY: 866-290-4236) or go online to www.donotcall.gov and use the File a Complaint page.

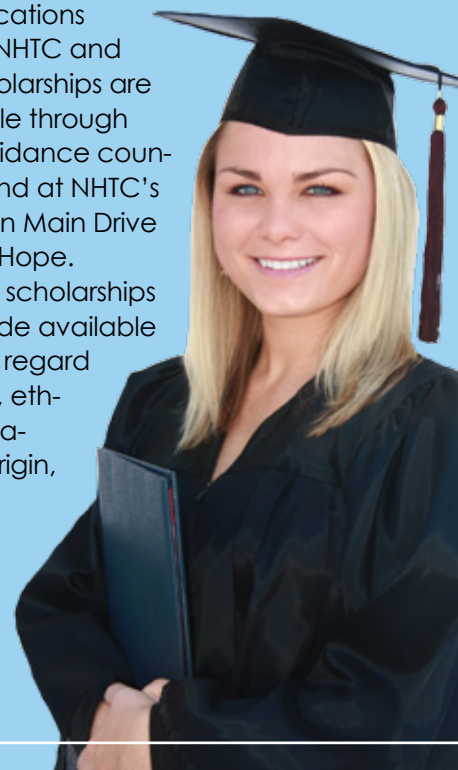
Scholarship opportunities available through NHTC

NHTC offers two \$500 scholarships each year to assist area seniors with college expenses. The scholarships will be given to a high school senior from New Hope and a high school senior from DAR school. The scholarships will be awarded to students who exemplify academic achievement and community involvement.

Seniors can also apply for a scholarship through the Foundation for Rural Services (FRS). Founded by the National Telecommunications Cooperative Association, FRS seeks to strengthen the ties between rural communities and their families and businesses. If a New Hope or DAR student is awarded one of the 30 available \$2,000 scholarships, NHTC will contribute an additional \$500, bringing the total amount awarded to \$2,500.

Applications for the NHTC and FRS scholarships are available through your guidance counselors and at NHTC's office on Main Drive in New Hope.

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



Jerry Craig says “no” to another campaign, “yes” to his family



Jerry Craig's phone is always ringing.

But instead of calling to report potholes or get help clearing out a ditch (like Madison County residents have been doing for the past 27 years), lately the folks on the other end of the line are mostly asking the longtime commissioner to change his mind.

Craig recently announced he would not run again for his Madison County Commission seat that is up for election in November. “These calls are appreciated, but I have made up my mind — it is time to retire.”

The “country as they come” commissioner says he's sticking with his decision not to run because it will give him more time to spend with his wife, children and grandkids.

“I missed so much, just by doing this thing,” he says of his position. “My kids did without a daddy many nights. I was always somewhere at something. My wife's had a lot to put up with.”

Craig, 70, has been married to his wife Marion — better known as “LittleBit” — for more than 45 years. His daughter Lynn Parker teaches elementary school in Madison County and his son Mark is the director of the Madison County License Department.

But Craig's grandchildren played as

big a role as anyone in his decision. He's already coaching Lynn's son Brady on his 10-year-old basketball team at Owens Cross Roads. And he attends Mark's son Bridges' ball games and his daughter Benton's church and school events.

“I was called ‘coach,’ then I was called ‘commissioner’ and then I've been called a cook,” Craig says. “I've been called a lot of things, but ‘Granddaddy’ seems like it might be the number-one thing.”

While Brady, Bridges and Benton are the only ones that call him “Granddaddy,” there are plenty of people around Madison County and North Alabama who know him as “Coach.”

Craig, who grew up in Owens Cross Roads, coached basketball at Madison County High School in Gurley for 20 years. He was also quite a player in his day, lettering at the University of Alabama as a 6'2" guard in the early 1960s.

But coaching is where he found his niche. He won “Coach of the Year” five times and led his team to the state playoffs seven times. “I'm a lucky old man,” he says. “I've had two jobs my entire life and loved them both.”

Coaching basketball, he says, prepared him well for politics. “There's not a lot of difference,” he jokes. “I had to

be somewhat of a politician with the parents, the coaches, the referees, the principals and everyone else along the way.”

It's a good thing he had that training, because Craig faced a tall order getting elected to the Madison County Commission for the first time in 1984. If the election had been a basketball tournament, Craig was the lowly team from a small college going against a top-seeded powerhouse. He faced an incumbent opponent who had been appointed by Gov. George Wallace. People told him he was crazy for running, but that didn't stop Craig from campaigning hard and surprising everyone with a win.

“The time came for me to run, and I ran,” he says simply.

In that first election, and the six that followed, he gave credit to LittleBit and his supporters — many of whom were former players or cheerleaders from his basketball days. “I haven't won all these elections,” Craig says, “they have. We've always been outspent, but we've never been outworked.”

Craig may poke a little fun at himself and give all the credit to others, but his accomplishments speak for themselves. They show that the “coach from the country” knew what he was

doing when it came to serving the public. He was instrumental in bringing water lines to much of the county, and in starting the county's recreation department. He also opened the first satellite vehicle license office in Madison County, built walking tracks and playground equipment at schools and upgraded roads throughout the region.

When asked to pick his favorite accomplishment, he gives a typical Craig answer. "To pick out a few things I enjoyed is hard to do because I've enjoyed it all," he says.

With the political battles now behind him, it is easy to see Craig as a grandfather. He's quick with a story and sometimes ends them with a knowing wink. In his office, he likes to come out from behind his desk and sit in a side chair to be closer to his visitors.

He sees now that the downside of his dedication to his constituents was that his family often took a backseat. Brady, Bridges and Benton give him

somewhat of a second chance. "I don't want to do them like I did my own kids," he says.

But that doesn't mean he is excited to leave his duties behind. "I will miss all of the dedicated employees who helped accomplish so much in District 3," he says.

When the phone calls from friends and supporters come asking what they are going to do without him, Craig's answer is simple. "You might find you one that treats you better than me," he says with a characteristic wink. "You've had this dud here for 28 years."

As the buzzer sounds on the coach's political career, he says it is ending



Jerry Craig is pictured with wife Marion, daughter Lynn and son Mark during his first campaign for Madison County Commission.

right where he wants it to. "I came in here wanting to help, and I'm going to go out helping," he says. ▲

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PAULA HENDERSON
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A hero, a kid and a KING

As a boy, Mitchell Brown played the trumpet in the New Hope High School Marching Band. Each Friday night during football season, uniformed kids with saxophones, bass drums, trombones, cymbals, flutes and concert tubas took to the field in grand style. It was the '80s, and the band with its 100 members was an enormous source of pride to the school and the entire town. "It was really something special," Mitchell says.

His father, Ed Brown, was a big fan of the NHHS band and was always there to help out when anyone needed him — especially Mitchell. "He was a fabulous father to me," Mitchell says. "He taught me everything I know about helping others and doing community service. He wasn't one of those dads that would get up on the stage and be in the limelight. But when community roles came up like scoutmaster or volunteer fireman, PTA president or little league coach — those jobs that no one else wanted to pour their time into — he was the one who always stepped up and said, 'I'll do it.'"

"He was my hero," he says.

The day the music died

In 1977 when Mitchell was nine, a single event happened that shook not only the nation, but most of the world — Elvis Presley, the undisputed king of rock-and-roll, died.

"At the time, I really didn't know anything about him," Mitchell says. "I kept hearing all of the publicity and seeing all of the TV shows about him. The radio started playing his songs more and I thought, 'Wow this guy was something else!'"

Mitchell developed a fascination with the charismatic singer. "My mom had some old records and I bought some more," he says. "I got several Elvis scrapbooks to learn all about him and listened to him constantly."

With all of the listening and singing along to Elvis' records, Mitchell developed a unique talent. "I learned to mimic his singing voice," he says. "The first time I did that publicly, I was a senior in high school. It was 1986 and I was emceeing a beauty contest. There was some time they needed to fill and someone asked me to sing. Someone else knew how to play 'Can't Help Falling in Love' on the piano, so I sang that.

"I must have done alright," he continues, "because my aunt had a class reunion that same year and I was asked to do an

Elvis show for it. I went and rented this ugly, awful-looking costume from a local place and spray-painted my blonde hair black.”

Mitchell went on to college at Auburn University, and his dad remained his biggest fan, always there to cheer him on and give him advice when he needed it. “During my last couple of years at Auburn I actually put a band together called Mitchell Brown and the Screaming Weasels,” he says. “I had a buddy who majored in theater and he made my first Elvis jumpsuit. It was one of his projects for that quarter.”

The band did a few shows on campus at Auburn and even performed a show in Huntsville. “Janie Fricke, a country star who had once been pretty famous, was scheduled to play that show, too,” he says, “and she wanted to go first. So we put that on our resume and joked that Janie Fricke opened up for my Elvis show.”

Finding a cause

After college, Mitchell thought his days of Elvis performances were all behind him. “Then, someone at my church, the Twickenham Church of Christ, found a cassette tape of me singing and suggested I put a band together at the church,” he says.

He took the suggestion and called the band The Twickenham Orchestra. Mitchell and the orchestra created an Elvis tribute show which they performed on rare occasions for charity events in the Huntsville area.

Five years ago, they raised \$34,000 for the Arthritis Foundation. Although it was a wonderful feeling to give so much money to a good cause, it was supposed to be their final performance. Until his father’s death changed everything.

“Since he died,” Mitchell says, “I have been looking for a way to honor him in the community where he lived, where he loved and where he was loved. And I wanted to be able to benefit one of the causes that he loved in life.”

Mitchell and his wife Christine have two children, Allison and Alex. When Alex joined the school band in 2011,



For each concert, Mitchell’s mom, Betty Brown, makes 100 scarves by hand, which he throws out to the audience.

Mitchell went to his first parent meeting and knew he had found that cause.

“My dad loved the school band,” he says. “In the meeting, the band director pulled out an old contra bass and a concert tuba. I recognized those as ones they used when I was in the band 25 years ago. They aren’t even playable.

“The fact of the matter is,” Mitchell continues, “with the economy being depressed and with the cuts schools are having to endure, programs like the music department are usually the first ones hit. After so many years of neglecting a department like that in school, the instruments fall into disrepair and kids don’t have the opportunity to play unless they can afford to buy their own instruments. Most kids can’t do that.”

So Mitchell created the Ed Brown Memorial Fund for Community Development and began to plan a charity concert to raise money for band instruments for the school.

“For some kids,” he says, “the band is the optimum place to get plugged in. Not just to be a part of something in the school but to have a source of personal pride and accomplishment. I just want to make sure that as a community we do all we can to provide that. Certainly music doesn’t give you everything you need to be healthy, wealthy and wise, but it can be a building block for a kid who doesn’t have anything



Mitchell Brown as himself. “Without the costume, I look nothing like Elvis,” he says.

else to do.”

Mitchell Brown and The Twickenham Orchestra, an 18-piece ensemble, will perform at Huntsville’s Von Braun Center on Jan. 14, 2012 at 7 p.m.

“We recreate the Elvis experience,” he says. “It is a wonderful show, and it will be my absolute last one. Every dollar above cost will go directly to buy new band instruments for NHHHS. A sold-out show could raise as much as \$30,000 for them.

“I can think of no better way to honor my dad,” he says. ▲



Calling it a day: **Grant's Dr. Olan Tucker retires after 45 years**

Dr. Olan Tucker and his wife, Olympia, attended a reception in his honor at Grant Town Hall in October.

For the past 45 years, Dr. Olan Tucker has practiced family medicine in the town of Grant. He has long been an important part of the Grant community and the lives of its citizens. On Dec. 1, Dr. Tucker officially retired and took down his shingle.

Dr. Tucker and his wife, Olympia, were recently honored by the Grant City Council and Mayor Larry Walker with an evening of presentations and refreshments at city hall to mark the occasion. Dr. Tucker received a service award for his many years of caring for patients in Grant and was also given a key to the city.

Mayor Walker then read a proclamation declaring Dec. 10, 2011, as Dr. Olan and Olympia Tucker Day. The Tuckers were then invited to be the Grand Marshals of the town's Christmas parade.

The city also named a street in Grant in Dr. Tucker's honor. The new road connecting 5th Street to Park Road will be called Dr. Olan C. Tucker Drive.

"My wife retired at the same time," says Dr. Tucker. "Over the years, she had been my nurse and office manager.

It was nice of the city council to recognize us and I was very honored and very humbled."

Over the years, Dr. Tucker saw many changes in his profession. "We used to put X-rays on film and develop them, but now everything is computerized," he says. "We had MRIs, but now everyone uses ultrasound. There has been a tremendous change in technology both from a medical standpoint and a business standpoint.

"The first fax machine I ever saw, the girls in the office bought it for me," he says with a laugh. "I thought it was a facts machine — f-a-c-t-s. I had no idea what a fax machine was!"

In the earlier years of his practice, Dr. Tucker was an obstetrician. "Marla Martin was the last baby I delivered," he says, "and she has remained my patient over the years. She's married now with two beautiful children of her own. About three weeks ago, those children gave me a beautiful card they had made and it just warmed my heart."

Marla is married to NHTC's Daniel Martin. The couple and their children attended a reception given in honor of

Dr. and Mrs. Tucker by Bonnie Sanders of Grant. "It was a lovely reception," the doctor says. "It was at Kennamer's Trading Post. I believe there were over 200 people there to wish us well. Bonnie did a beautiful job and it meant so much to us to have everyone there."

The Tuckers have simple plans for their retirement. "We're not planning to travel; we did all of that years ago," he says. "We've got a little farm here in Grant and we are going to take care of it. I've got two quarter horses that were given to me and I'm hoping to raise a few more."

Leaving his practice after 45 years has not been the easiest thing for Dr. Tucker to do. "I miss my patients," he says. "I miss getting up and going to work every morning. It's hard to get out of that mode. It's also hard to get 45 years of stuff cleaned out of the office.

"It's been wonderful practicing here in Grant," he adds. "I appreciate everyone for being a part of that along the way." ▲

NHTC protects your privacy

New Hope Telephone Cooperative is the sole owner of all information collected while conducting business with individuals or businesses. We will not sell, share nor rent this information to others in ways other than those outlined in this statement.

The ways we may collect information:

NHTC may collect non-public personal information about you from the following sources:

- Application for service
- Verify employment with employer
- Credit bureaus
- Consumer reporting agencies

The ways we use customer information:

Personal information provided by subscribers will be used by NHTC to provide a more personalized experience for the customer, but information which identifies a specific individual

will not be disclosed to others without the user's permission unless necessary to provide services which the subscriber has requested.

We take every precaution to protect our customers' information. All of our customers' information is restricted in our offices. Only employees who need the information to perform a specific job are granted access to non-public personal information.

The circumstances under which we will disclose customer information:

We may disclose all the non-public personal information we collect, as described above, to companies that perform marketing or public information services for us. Except for the customers signing non-publish/private telephone agreements, we may disclose your name, address and phone number to companies that produce, publish, print,

mail, or in any way maintain customer correspondence for our company. These would include, but are not limited to, emergency service providers (911), directory publishing companies, directory assistance providers and companies handling NHTC publications. We ensure that such outside service providers sign legal agreements stating that they will use your information only for the purpose for which they have been hired.

If we decide to change our privacy policy, we will notify all subscribers no less than 30 days in advance. Customers will always be given a choice as to whether or not we use their information in a different manner.

Inquiries about NHTC's Subscriber Information Privacy Policy should be addressed to: NHTC, Attn: Privacy Policy, PO Box 452, New Hope, AL, 35760.

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BE HEART HEALTHY

A sensible diet can lead to a healthy heart

Unhealthy eating habits learned throughout a lifetime are hard to break. The American Heart Association (AHA) recommends these steps to help get back on track:



February is American Heart Month and a great time to consider the health of our hearts. Making the commitment to living a healthy lifestyle and changing our eating habits today will have a positive impact on our heart health in the future.

- ***Eat five servings of fruits and vegetables each day.***

The (AHA) recommends eating at least five servings — the equivalent of four and a half cups — of fruits and vegetables per day. A 14-year study conducted by Harvard University found that people who consumed eight or more servings of fruits and vegetables per day were 30 percent less likely to have a heart attack or stroke than were those who consumed only one and a half servings of fruits and vegetables per day.

- ***Eat fish high in omega-3 fatty acids to protect against heart disease.***

Choosing fish, especially salmon, tuna and mackerel, as an entree two or three times a week helps decrease saturated fat and cholesterol. Fish is low in calories and a good source of protein. If packed in water, canned tuna, salmon, and sardines offer the same lower fat benefits as other seafood.

- ***Eat three servings of fiber-rich whole grains daily.***

Any food made from wheat, rice, oats or corn is a grain product. Bread, pasta, oatmeal and grits are good sources of dietary fiber and help provide a feeling of fullness with fewer calories. Fiber-containing foods help reduce blood cholesterol levels and may lower risk of heart disease. One ounce, or roughly one slice of bread is considered one serving.

- ***Reduce sodium intake to less than 1,500 milligrams per day.***

Americans consume an average of 3,400 milligrams of sodium each day, 70 percent of which are “hidden salts” from processed foods. The human body requires only 250 milligrams (1/8 teaspoon) of sodium per day. Decreasing sodium intake may help lower blood pressure in some individuals.

Even with the healthiest of diets, some of the risk factors for heart disease — such as age, gender and heredity — cannot be changed. But living a healthy lifestyle is a choice that can lower the risk of developing heart disease and increase your chances of living a longer, healthier life.

Living heart-healthy doesn't have to be boring and difficult. Learn to shop for healthy foods, practice low-fat cooking techniques and try these delicious recipes that promote heart health.

Healthy Heart Mac-n-Cheese

- 1 1/2 tablespoons margarine
- 1/4 cup all-purpose flour
- 1/4 teaspoon dry mustard
- 1/8 teaspoon ground red pepper
- 3 cups skim milk
- 1 1/4 cups shredded, reduced-fat sharp cheddar cheese, divided
- 1/4 cup shredded reduced-fat Swiss cheese
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 5 cups cooked elbow macaroni (cooked without salt or oil)

Preheat oven to 375°. Lightly spray a 9x12-inch glass baking dish with cooking spray. Prepare the pasta using the package instructions, omitting salt and oil. Drain well. In a medium saucepan, whisk together milk, flour and mustard, over medium heat for 1 or 2 minutes, or until thick. Whisk constantly. Add cheese until melted and stir in salt, red and black pepper and butter. Stir in the cooked pasta and spoon

into the casserole dish. Bake for 10 to 15 minutes or until browned. Yield: 8 servings (223 calories per serving).

Chicken and Dumplings

- 6 1/2 cups water, divided
- 4 (4-ounce) skinned, boned chicken breast halves
- 1 1/2 cups sliced fresh mushrooms
- 1/4 cup diced carrot
- 2 tablespoons chopped onion
- 1 teaspoon lemon juice
- 3/4 teaspoon poultry seasoning
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 drops hot sauce
- 1 clove garlic, minced
- 1 1/3 cups all-purpose flour, divided
- 1 teaspoon baking powder
- 1/2 cup skim milk

Combine 6 cups water and next 4 ingredients in a large Dutch oven. Bring to a boil; cover, reduce heat, and simmer 30 minutes or until chicken is tender.

Remove chicken from broth mixture and cut into bite-size pieces. Return to broth mixture; cover and refrigerate 8 hours. Skim fat from chicken mixture and discard. Bring chicken mixture to a boil over medium heat, stirring occasionally. Stir in lemon juice, poultry seasoning, salt, pepper, hot sauce and garlic. Combine 1/3 cup flour and 1/2 cup water, stirring well with a wire whisk. Add to chicken mixture, stirring constantly. Reduce heat and simmer uncovered for 35 minutes, stirring occasionally. Combine remaining 1 cup flour and baking powder; stir well. Add milk, stirring just until dry ingredients are moistened. Drop batter by teaspoons into boiling broth; cover, reduce heat, and simmer 15 minutes or until dumplings are done. Yield: 6 servings (233 calories per serving).

(Adapted from "The Healthy Heart Cookbook." For more information on healthy lifestyle choices and heart-healthy recipes, visit the American Heart Association website at www.heart.org)

Fresh Apple Coffee Cake

- 4 cups finely chopped cooking apples
- 1/2 cup unsweetened orange juice, divided
- 1 1/2 teaspoons ground cinnamon
- 1/4 cup skim milk
- 1/2 cup margarine, softened
- 1 cup sugar
- 1 8-ounce carton frozen egg substitute*, thawed
- 2 1/2 teaspoons vanilla extract
- 3 cups sifted cake flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 2 tablespoons brown sugar
- vegetable cooking spray

Combine apples, 1/4 cup orange juice and cinnamon in a medium bowl; stir well and set aside. Combine remaining 1/4 cup orange juice and milk; stir well

and set aside. Cream margarine, gradually add 1 cup sugar, beating at medium speed with an electric mixer until light and fluffy. Add egg substitute and vanilla, beat well. Combine flour, baking powder and salt, stirring well. Gradually add flour mixture to creamed mixture alternately with milk mixture, beginning and ending with flour mixture. Pour half of batter into a 10-inch tube pan coated with cooking spray; top with half of apple mixture. Pour remaining batter into pan; top with remaining apple mixture, then sprinkle with brown sugar. Bake at 350° for 1 hour and 10 minutes or until cake springs back when lightly touched. Cool in pan on a wire rack 10 minutes; remove from pan, and cool on a wire rack. Yield: 16 servings (202 calories).

**An 8-ounce carton of egg substitute is equal to 4 eggs.*



ACCESSING EMAIL: there are many choices

It is hard to imagine running a business or staying in touch these days without the use of email. New Hope Telephone Cooperative offers email services to all of its members who subscribe to Internet service.

You have several options when it comes to using your email account. The most direct method is using Webmail. You can use any browser (Internet Explorer, Firefox, Chrome, Safari, etc.) to log directly into NHTC's email server.

Your Webmail can be accessed anywhere, anytime by going to your cooperative's website at www.nhtc.coop. Toward the bottom of the page you will see "Webmail login." Here you can enter your username and password to log in and check your email.

Webmail is safe and easy to use. Since you are accessing the email through our website, nothing is ever downloaded to your computer without your permission.

You can also manage your email account using software such as Outlook for Windows or Mail for Apple. These apps handle your mail in one of three ways, each with important differences:

1. POP (Post Office Protocol)
2. POP with a copy left on the server
3. IMAP (Internet Message Access Protocol)

Most POP systems remove the email from its home on the NHTC server. When you check your account, it moves the email onto your computer and deletes the copy of the email that would be left in cyberspace. Not all POP systems do this, and some can be configured to leave a copy for safekeeping on the NHTC server. This is how many programs such as Outlook and Thunderbird handle their email.

IMAP is popular on tablets as well as smart phones. IMAP programs never remove email from the NHTC server, but instead let you read and edit it from your computer and any number of other devices.

Any way you choose to access your NHTC email, it is important to keep your password secure. Also, never open email attachments from an account you do not recognize — it could contain a virus. If you have any questions about this or other technical issues, feel free to call NHTC at 256-723-4211.

	PROS	CONS
Webmail	Better virus protection. Access from any PC	No interface with Outlook Calendar or Contacts
POP	Interface with Outlook Calendar and Contacts, emails can't be lost off server	Exposure to viruses is higher, a good updated antivirus is a must
Pop leave a copy	Same as POP	Server has limited space
IMAP	Better for viewing only, like on a phone, tablet	If server crashes, emails get lost

NEW HOPE REC. CENTER'S 3RD ANNUAL

King & Queen of Hearts Beauty Pageant

February 18 • 2 p.m. • New Hope School

Registration is Jan. 28, 2012, from 10 a.m. to 12 p.m. at the New Hope Rec. Center.

Entry deadline is Feb. 4, 2012.

For more information, contact Tina Anderton at 256-655-4102 or email newhopepageants@yahoo.com.



Need help paying for Telephone Service?

Do you or someone in your household participate in any of these programs?

- Medicaid
- Food Stamps
- Supplemental Security Income (SSI)
- Section 8 Federal Public Housing Assistance (FPHA)
- Low Income Home Energy Assistance Program (LIHEAP)
- Temporary Assistance for Needy Families (TANF)

If so, you may qualify for these two special programs:

LINK-UP

This program provides a discount on the cost of installing telephone service.

LIFELINE

This program provides a discount on the monthly cost of telephone service.

To find out if you qualify for these programs, call NHTC at 256-723-4211.

For a complete set of terms for the Link-Up and Lifeline programs, call or visit your local telephone company. You may also contact any other eligible telecommunications company that is certified to provide service in Alabama by the Alabama Public Service Commission or the Federal Communications Commission. Link-Up and Lifeline are part of the Federal Universal Service Fund program. The Federal Communications Commission introduced this program, and the Universal Service Administrative Company oversees it. The goal of Universal Service is to make sure consumers throughout the United States have essential telecommunications service.

Funny Faces COMMUNITY PHOTOS



Christmas 2010 - Shaun, Lindsey, Austin, and Dalton Sanderson. Photo taken by Matt Pilotte.



Christmas Day 2010 - Colby Hall and Will Miller. Grandparents are William and Patricia Hutchens. Parents are Brad and Nicole Hall and Chris and Summer Miller.



Austin Sanderson (L) at his birthday party with Austin Smith. Photo taken by Lindsey Sanderson.



2011 New Hope Indians Baseball Team - ages 8 & under. Submitted by Indians Baseball Moms.

"Happy Easter" is the photo theme for March/April. Send to: NHTC

- Attn.: Communicator Photos • P.O. Box 452
- New Hope, AL 35760,

or 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 submission is January 30**. 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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Any CSR can accept your payment Monday through Friday from 8 a.m. to 5 p.m. at NHTC's office.

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USE THE DRIVE-THRU

A drive-thru window is conveniently located at NHTC's office so you don't have to get out of your car.

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