

# The Communicator

VOL. 11, NO. 2 • MARCH/APRIL 2012

PUBLISHED FOR MEMBERS OF

New Hope  
Telephone Cooperative  
Your Communications Connection

## Getting Fit

Mark Beem cycles his way to a healthy weight



## Making the Switch

Changing sports in college was the right choice for Jessica Cooper

## Chicken Dinner

Fund-raiser helps children struggling with dyslexia



# The Communicator

Vol. 11, No. 2

March/April 2012

is a bimonthly magazine published by New Hope Telephone Cooperative, ©2012. It is distributed without charge to all Cooperative members/owners.

## New Hope Telephone Cooperative

P.O. Box 452  
New Hope, AL 35760  
[www.nhtc.coop](http://www.nhtc.coop)

**For Customer Service:** 256-723-4211

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Produced for NHTC by:

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**New Hope**  
Telephone Cooperative  
*Your Communications Connection*

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:

NHTC employee Mark Beem has lost an amazing 160 pounds. During good weather Mark cycles about 100 miles each week on a recumbent bicycle. Read his success story beginning on page 6.

## MANAGER'S MESSAGE

### Swapping USF for Connect America Fund

It always amazes me just how quickly the telecommunications industry is changing — both in the services we offer our members, but also the ways we operate. A lot of our cooperative employees can remember when telephone service was our main offering, and our members didn't need a whole lot more than that. Today, we are laying fiber optic cable across the area so that our members will have access to higher broadband speeds than ever before.

While the technology we depend on changes rapidly, so do the rules and regulations surrounding our industry. Last issue I spoke about retransmission fees and how it's affecting rural cooperatives like NHTC. Last month, I went to the annual meeting of the National Telecommunications Cooperative Association. At this meeting, employees from hundreds of telephone companies and cooperatives were able to meet and discuss major issues such as retransmission fees. Another issue on everyone's minds was the changes to the way the federal government helps rural cooperatives like ours stay funded.

The Universal Service Fund (USF) was created in 1934 to ensure that people living in rural areas could have access to the same communications services as people living in big cities. The fund helped rural Americans by compensating providers who were operating without the benefit of a large subscription base, unlike in urban areas.

In the 1930s, telephone was the new way to communicate, and the USF helped ensure all Americans could have a phone line. Today, our country's goal is to provide access to broadband Internet to every resident, no matter where they

live. Almost 60 years ago telephones changed the quality of life for this area, and in the coming century broadband Internet will do the same.

To meet this new challenge, the government is restructuring how it funds rural telcos like NHTC. Where the USF existed to provide access to telephones, the new Connect America Fund will help pay for broadband networks in rural areas.

This is a major change in the way cooperatives like NHTC will be funded. Instead of receiving funds based on the number of telephone lines we have, the Connect America Fund will be based on the number of broadband Internet connections we provide. Now, this doesn't mean how many subscribers we have, but how much infrastructure we have constructed for our members.

How this change will affect NHTC is still in question. As I'm writing this column, the FCC is still debating on what money should be paid, who it should be paid to and more. It's a complicated process, and cooperatives are lobbying to make sure whatever legislation enacted is fair to those of us living in rural America. If you want to find out more, or want to help make sure that all Americans have access to broadband Internet, visit [www.saveruralbroadband.com](http://www.saveruralbroadband.com).▲



**TOM WING**

*General Manager,  
New Hope Telephone  
Cooperative*

AND THE  
WINNER  
IS...

Congratulations to Raymond & Tomella Worley of Grant. They completed and returned the survey in the September/October 2011 issue of *The Communicator*. Their name was drawn from all participants as the recipient of one free month of services from NHTC. Thanks to all who participated in the survey.

# Next phase in fiber project to begin soon

*All of Grant will have fiber connection when completed*

It won't be long before members of New Hope Telephone Cooperative will see familiar signs of heavy equipment digging trenches and burying orange tubing along roadsides in Grant.

"The next phase in our fiber-to-the-home project will begin mid-summer," says Daniel Martin, NHTC's fiber team leader. "When complete, everyone in Grant should have a fiber connection to their home that will deliver state-of-the-art services including telephone, high-speed broadband Internet and IPTV."

The project will have three distinct steps. In the first step, Palmgren, a company from Pell City, Ala., will lay approximately 66 miles of fiber optic

cable. They will saw, bore and plow along roadsides to place the fiber optic lines in hand holes located in the right-of-way. "That should begin mid-summer," says Martin, "and is expected to be completed in early 2013."

"As Palmgren completes the boring and plowing, NHTC crews will take over," he continues. "Our men will dig trenches to each home, bury the fiber lines to the home and place an Optical Network Terminal (ONT) on the outside of each home."

NHTC is handling much of the project with its own employees. "This helps control costs," says Martin. "We are contracting out the work we don't have the equipment to handle and taking care of the rest ourselves."

The last step will be the actual cutover to fiber. During this final step, a CSR will contact each member in the construction area and conduct a brief survey about the services they currently have and what upgrades they want when fiber is connected. "That helps our technicians know how much time and what equipment they will need on hand at the installation," says Martin. "For example, we will need to know how many television sets they have because with our IPTV service each TV will require a set-top box."

When the third step is complete, every member in the Grant exchange will have a fiber-to-the-home connection and access to quality phone, high-speed broadband Internet and TV service.▲

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## Excerpts from the Bylaws

# 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

**NHTC  
ANNUAL MEETING**

**TUESDAY, MAY 15**

**NEW HOPE MIDDLE SCHOOL  
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**5 P.M. REGISTRATION  
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# New option for E-bill users to go paperless

Customers using NHTC's E-bill system to view and pay their bill online will see a new choice — Stop Paper Billing.

This new option gives members the choice to no longer have their phone bill mailed to them. Instead, a notice will be sent via email notifying the member that their bill is ready to view online. A link in the email will take them directly to [www.nhtc.coop](http://www.nhtc.coop) and the E-bill system.

"Paperless billing is a convenience that we think our members will appreciate," says Tammy Weeks, NHTC office manager. "They no longer have to wait on a paper bill to be sent to them and it's one less piece of mail they have to keep up with."

If you haven't already registered for NHTC's free online billpay service, take a few minutes at your home computer and set up an account. For security reasons, an email address and password are required to view your billing information. You must also already have a CPNI password set up. If you do not, contact NHTC at 256-723-4211 then follow these steps:

- Go to <http://www.nhtc.coop>
  - Click on the "Pay your Bill Online" hyperlink at the top right of your screen. If you don't already have an account set up, click the "If you are NOT a registered user" hyperlink and follow on screen instructions. You will be required to enter your telephone number, account number (found on your statement), your email address and CPNI password.
  - If you already have an E-bill account, you will enter your email address and password.
- Once you have logged in for online bill pay, follow these steps to stop receiving paper bills:
- Click on the hyperlink for "Billing Information & Mailing Stub"
  - Click the hyperlink in the box that says "Stop Paper Billing"
  - You will receive a confirmation email that says NHTC received their request to stop paper billing.

It may take up to two billing cycles to take effect. Contact NHTC for more information about these service at 256-723-4211. ▲

## *A note from the Andrea Morrow Family*

This is to all of you in the New Hope and surrounding areas who gave so generously, offering prayer, comfort, and support to myself and family. I would like to say thank you for everything! The outpouring of love in this community has truly been overwhelming and such a blessing. It reminds you there are still wonderful, kind and selfless people in this world. I will forever be grateful that during such a horrific moment in my life I had the support of an entire community.

You will be forever in my heart,  
Marilyn Morrow  
Rest in Peace my sweet Angel:  
Andrea Marie Morrow  
11/13/1991 – 12/16/2011

*Andrea had lifelong problems with her heart, requiring multiple surgeries from just after birth to one a few months before the accident. Andrea was a hard worker and saved her money. The funds in her bank account will be donated to heart research.*

CORRECT  
PHONE  
NUMBERS

The 2012 telephone directory contains the wrong listing for the Town of Grant. Here are the correct numbers.

## TOWN OF GRANT

Court Clerk	256-728-2007
Fire Department Emergency	911
Business calls only	256-728-4314
Library	256-728-5128
Mayor	256-728-2007
Police	256-728-4233
Pool (seasonal)	256-728-8943
Recreation Center	256-728-2513
Senior Center	256-728-2513
Town Clerk	256-728-2007
Town Hall	256-728-2007

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# PAINS, GAINS AND BICYCLES...

*NHTC's Mark Beem  
lost 160 pounds*

Mark Beem rests from  
cycling on Butler Mill Bridge  
overlooking the Paint Rock  
River in New Hope.



**I**n 2008, Mark Beem looked down at the doctor's scale with a mixture of horror and disbelief. At 399.8 pounds, he had almost doubled his body weight since the last time he had been on a physician's scale. After some blood tests, the doctor's diagnosis was equally devastating: morbid obesity with borderline diabetes.

Morbid obesity? The words fell on his ears like a death sentence.

Beem walked out of the office feeling ashamed, helpless and scared — at 39 years old, he was almost 200 pounds overweight and faced serious risks to his health. Trapped in his own body, he was willing to consider anything to break free.

## *Accidents happen*

Beem, a 1987 New Hope High School graduate, joined the Navy in 1993 as a communications specialist. After six years, he returned home to New Hope to be near his mother, Bennie, and got a job at NHTC.

But eight months later, on Feb. 9, 2000, something happened that changed his life forever. "I was in a very bad car

accident," he says. "It was a head-on collision with another vehicle."

Beem was rushed to the hospital with a broken arm, a broken hip and a badly damaged leg. "I underwent three operations," he says. "I ended up with metal plates, wires and screws holding my bones together and permanent nerve damage."

The doctors told him he would be out of work for at least one year. "I couldn't accept that," he says, "I was in a wheelchair but I told them it wouldn't take that long."

He kept his word. Within eight months, Beem returned to work. "When I came back," he says, "I used a cane for a while and I was put on light duty. The guys in my department handled the outside work and I stayed in the office. That was actually good because it afforded me the time to learn this system and I became very adept at my job."

## *Pain, gain and more pain*

Unaccustomed to the restricted, sedentary lifestyle his accident forced him into, Beem began to change both physically and mentally. "I used to run, golf and even play rac-



quetball when I was in the Navy," he says. "I suddenly found myself unable to do anything. I was in a lot of pain and doing good just to walk without assistance.

"I ate a lot of fast food because I couldn't stand up to cook," he continues. "Then I started to put on weight, which caused me to get very depressed."

In the years following his accident, he turned to food more and more for comfort. "It was like a domino effect," he says. "I would eat, gain weight, get depressed and then eat more and gain more."

Beem justified his weight gain by telling himself it was not his fault. "I told myself I was not eating that much for a guy my size," he confesses. "But sometimes I'd get a large pizza and eat the whole thing over the course of a day. It got to the point where I had gained so much weight that it was physically painful to carry it on my damaged hip."

Finally, he decided to seek help.

In 2008, clad in a size 5X shirt and 56" pants, the former Navy hefted his large frame onto a doctor's scale for the first time in years. "In the eight years since my accident," he says, "I had gone from 230 pounds to 400. I hated what I saw."

After diagnosing him with morbid obesity, the doctor referred him to a gastric bypass specialist in Huntsville. But the hope of an easy way out quickly faded when the specialist gave him even more difficult news. "He told me he could do the surgery," Beem recalls, "but he wanted me to lose 80 pounds first. I walked out thinking, 'What's the use?'"

## *The way out*

Beem decided against surgery and began making changes to his diet instead. "Throughout the next several months," he says, "I lost 40 pounds by cutting out soft drinks and sweets and cutting down on the junk food. I was doing okay, but it wasn't quick enough for me."

In April of 2010, he made an appointment with Medical Weight Loss Solutions in Huntsville. "The program was a little expensive," he says, "but I sat there in the office and thought, 'How much is my health worth?' I knew I was a ticking time bomb, so I decided to give it a try."

The program uses a combination of a healthy diet and drink supplements along with vitamin B-12 injections. "It worked better than I ever hoped," he says. "I lost 50 pounds right away." Combined with his previous weight-loss, Beem had lost 90 pounds and was thrilled when he bought new, smaller clothes.

His friend at work, Steven Campbell, was an avid cyclist and encouraged him to purchase a bike of his own. "I bought a three-wheeler because I was still very heavy and it was designed to sustain my weight," he says. "The first time I rode, I went about four miles and thought I was going to have a heart attack.

"Steve kids me now that he thought I'd never be back," he adds with a laugh.

But he did go back. And he continued to follow the diet with amazing results. By August 2011, he had lost an incred-



Beem has a new outlook after shedding 160 pounds.

ible 160 pounds and was even asked to appear in an ad for the weight-loss program. "It's nice to know I can influence others to get healthy," he says. "It feels good when people tell me they are encouraged by my success."

As for his bike rides with his longtime friend, Beem is thankful. "Steve has been a good motivator," he says. "I was finally able to sell that first bike and get a two-wheeler that reclines so it's easy on my hip. Steve and I have developed a friendly competition where we always try to outdo each other by riding further and faster."

With his new body and new outlook on life, Mark Beem is looking forward to the future. "I'm proud of my accomplishments, but I don't want to rest on them," he says. "There are certain things I've wanted to do in my life and I'm doing them. I've written a book and I'm working on another one. I'm also a musician and I've gotten to do some studio work on a couple of CDs lately."

He encourages anyone struggling with weight loss to keep trying and never give up. "Don't ever think you're stuck the way you are," he says. "That's not true. I'm living proof. I still have a pair of those huge pants I used to wear, and from time to time I get them out and just think, 'Wow.'" ▲

# From basketball to volleyball

## *Switching sports for college was the right move for Jessica Cooper*



**A**s Jessica Cooper's Senior year drew to a close at DAR school, she wondered just what she would do with her spare time in college.

Throughout her life, she had been an avid athlete playing basketball, running track and cross-country. But Jessica had suffered two serious injuries to her nose during her basketball career, leaving her with a deviated septum. "I also have asthma," she says, "and I knew basketball would not be good for my health. Between the two, I just couldn't breathe."

Jessica had heard that Snead State Community College was putting together a volleyball team. "I didn't know anything about volleyball," she says, "except that injuries were not likely and it was easier on my body."

She went to Snead, and although the seasonal tryouts were already over, the coach decided to give her a chance. "He asked me what position I played and I didn't know," she says. "He said I looked like a middle blocker and told me to go warm up my arm. I didn't even know what that meant, but the other girls were throwing a ball against the wall, so I just did what they were doing."

The coach saw potential in Jessica and invited her to play on the team. "He said I'd have to be a walk-on because all of the scholarships had been awarded." Jessica already had an academic scholarship to Snead and was thrilled to be part of the team. "I had talked to my mom about it already, and she said I should follow my dream. If I didn't get signed, it was OK."

A few days later, Jessica was told that an overdue library book at her school had to be taken care of immediately or she would not be allowed to graduate. "I thought that was weird," she says, "because I had never checked out a library book at my school. But I went to the library anyway to get it straightened out."

When she stepped inside the library, Jessica got the surprise of her life. "They had a surprise signing party waiting for me," she says. "My parents were there and all of my teammates from basketball. The people from Snead were waiting to give me a full volleyball scholarship."



That summer, she put all her efforts into practicing and learning the rules of the game. "I went to some volleyball training clinics and did all I could to be ready for the season," she says. "I signed for the scholarship in May and moved in at school in July."

Her teammates did everything they could to help. "They would write me notes and go over plays with me," she says. As a result, by the time the season began Jessica was good enough to be a starter on the team.

By her sophomore year, she had found her niche. She was named to the All-Conference Team and the All-Tournament Team, and was awarded Snead Female Athlete of the Year.

Jessica's assistant coach, Jack Morris, contacted Shorter University in Rome, Ga., and told them about their star player. "The coach knew I wasn't as skilled as the other girls because I hadn't played the game as long," she says, "but he said I was very quick and had great potential. I tried out at Shorter and they offered me a scholarship

to play. I was also awarded an academic scholarship, so I felt very blessed."

In between her sophomore and junior year, Jessica had surgery on her nose to correct the deviated septum. Because she had not fully recovered from the surgery, her first performance with the team did not go as well as she had hoped. But it was not long before she began to show her full potential.

That year, she was named to the All-Tournament Team in Gulf Port, Miss.

Maintaining her 3.9 GPA while practicing two to three hours a day and traveling up to six hours to play in games was physically and mentally tiring. Jessica credits her success to God, along with her parents, teammates and coaches.

"Without God's help, or my mom and dad supporting me and coming to all of my home games, I wouldn't have been able to do any of that," she says. "My coaches gave me the chance to play and my teammates were wonderful to help me."

In her senior year, the team at Short-

er celebrated the most wins in school history and conquered the number two team in the nation during a tournament in Daytona Beach, Fla. "That is the opening season tournament," she says. "I was named Most Valuable Player, East Player of the Year and given the Champion of Character award. It was a wonderful honor."

When classes were over, Jessica got a text from a friend with a single line that read: "Congratulations on making All-American." She was stunned. "I had no idea," she says. "I got on the Internet and found out that I was named to the third team in the nation."

When college is behind her, Jessica plans to pursue a career as an elementary teacher, like her mother. "My mom teaches at Woodville," she says. "Right now, I'm doing my student teaching at Midway Primary School in Rome, Ga., but I'd love to find something closer to home when I'm finished. I'm very happy with my life and I'm just looking forward to whatever the future holds for me." ▲

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# When letters make sense again

The Scottish Rite Foundation's fight against dyslexia helps open the power of reading for North Alabama children

Imagine looking at a page of text and, instead of reading it easily like your friends, seeing nothing but a jumbled mess of letters and symbols — some that even dance across the page as if to mock your efforts. This is the reality that at least 10 percent of the population face every day.

It's a disorder called dyslexia, and while it does not affect overall intelligence, it can cause immeasurable lifelong hardships for those who have it.

Early recognition of dyslexia and immediate intervention can often prevent the need for long-term special education services. But students with dyslexia often go undiagnosed and do not get the help they need due to monetary constraints in the education system.

Recognizing the difficulties schools face with budgeting, the Alabama Scottish Rite Foundation has worked hard since 2002 to provide testing and educational materials to help. All services provided by the foundation are free and are funded by Scottish Rite Masons in Alabama and Friends of the Foundation.

Along with dyslexia testing, the Scottish Rite makes available to Alabama schools a two-year course of dyslexia intervention developed by the Texas Scottish Rite Hospital in Dallas, Texas. The course consists of 336 one-hour instructional sessions and five orientations on training videos. The program is recommended for dyslexic children in grades 2 through 5, and is designed for a maximum of six students per class. A trained teacher on the video provides direct instruction.

The Scottish Rite also offers a literacy program of 160 one-hour lessons that

are designed for middle and high school students. Teacher workshops using the services of Dr. Denise Gibbs, director of the Alabama Scottish Rite Foundation Learning Centers, are also available.

"The work this organization does is incredible," says Kanita Medlen, of New Hope, who has battled dyslexia for most of her life.

Today, Kanita is a successful and integral part of the NHTC family. Her ability to solve problems and accurately calculate minor details help the Member Care Team take care of customers.

But had it not been for a specially trained teacher who helped her in elementary school, Kanita knows she would never be enjoying the life or job she has today. She remembers the early years before her diagnosis and the pain she felt at being different and misunderstood.

## *What is wrong with me?*

"The first grade was horrible," she says. "I couldn't read and I couldn't learn to read. I would look at a word, but I didn't know what I was looking at. My words didn't stay still. My letters moved around on the paper and sometimes they were not even letters — they were just gibberish."



**NOT A PROBLEM:** Kanita Medlen was diagnosed with dyslexia as a child. Today she is a vital member of NHTC's Member Care Team.

Each day, she faced her teacher's scolding and punishment; often her chair was turned toward the wall away from the other children to "make her work." Notes were sent home to her mother with hurtful remarks like, "Kanita is lazy and doesn't concentrate on her work." And every night, the little girl and her mother sat together and struggled over her unfinished assignments until 10 or 11 p.m., often with tears streaming down their faces.

"My teacher put me into three reading groups thinking that if she just gave me extra work, I would at least get something done," she says. "But I was little, and I didn't know how to tell her that nothing on the paper made sense. She wound up passing me on to the second grade because my mother and I worked so hard at night on homework."

At the time, the school board in Madison County did not test children for learning disabilities until the fourth grade. Although her mother paid for



the \$300 test herself, the school board refused to recognize Kanita's disability because she was too young. Kanita struggled to keep up with the other children and developed low self-esteem as a result. "I thought I was stupid," she says. "I just knew that I didn't have what all these other kids had and I wanted to know why I had to be different?"

Kanita remembers her mother's anguish as well. "My poor momma," she says. "I remember her just crying and saying, 'Kanita, what does that say? I just read it to you.' And I just didn't get it. I couldn't read it and she wanted to help me but she didn't know how to help me. It was very challenging and very frustrating."

Salvation finally came in the form of a learning disabilities teacher who was introduced to Kanita in the fifth grade. "Her name was Ms. Goforth," she says. "And to me, she was an angel sent from heaven."

Ms. Goforth was indeed, an angel to the confused, struggling girl who had hated school almost from day one. "She was the one who finally knew what to do with me," Kanita says.

"I remember she put down these stories and they were all on different colored paper," she says. "And she said,

'Read a story to me.' I picked the blue story and I read it. And she said, 'Okay, blue is your color.' So every time I had to read a story, she would go print it off on pale blue paper. What that did was calm my eyes and I could read better."

Thankfully, Ms. Goforth did not stop there. "She took all of my school books, anything with writing in it," she says, "and she made me these little blinders. In the center of each one, she cut out the line in the book so I could only see the line I was reading. It was always a task and it was hard, but it worked for the first time in my life. I could finally read."

"I still use that trick today," Kanita says. "Especially if I'm reading at work, I have to make a blinder and focus on the line I'm reading even to get across the page."

### *How you can help*

Since 2002 when the Alabama Scottish Rite Foundation began offering their assistance, more than 3,700 children in the state have been tested for dyslexia. Last year, 150 children in Madison and surrounding counties were evaluated for the disorder.

Because the cost and need far exceeds the abilities of the organization, contributions and fund-raising efforts

of local Scottish Rite Masons help considerably. Each spring, barbecue chicken dinners are sold to help with the expense.

"We owe a lot of gratitude to Commissioner Jerry Craig, the New Hope Fire Department and Big Cove Holiness church for teaching us how to do this and for loaning us the equipment to make it happen," says William J. Burfitt, president of the Alabama Scottish Rite Foundation. "Also to the Cahaba Shrine Temple for loaning us their facilities."

Tickets are on sale now and the dinners will be available on April 14. To find out more, contact the Huntsville Scottish Rite at 256-539-1300.

To learn more about the services provided by the foundation or to schedule a free evaluation, call the Alabama Scottish Rite at 205-365-1640. ▲



**A COMMUNITY UNITES FOR A WORTHY CAUSE.** Many people and organizations come together to help make the annual fund-raiser for the Scottish Rite Dyslexia Foundation successful. Shown left to right are: Eddie Brown, Ancient and Accepted Scottish Rite (AASR); Charlie Brown, AASR and Chairman of the Cooking Committee; Ronald Schrimsher, Chief of New Hope Vol. Fire Dept.; Jerry Craig, Madison Co. Commissioner Dist. 3; Jerry Burfitt, Personal Representative of the SGIG of Alabama; Jim Haywood, AASR and Cooking Committee member; and David Whitaker, AASR and Cooking Committee member.

## **The clock is tickin' to get your chicken!**

Rain or shine, the annual BBQ chicken fund-raiser will be held on Saturday, April 14, from 11 a.m. to 3 p.m. at the Cahaba Shrine picnic pavilion in Huntsville.

Get it to go, or enjoy a seat in the picnic area! Dinner includes:

- **1/2 BBQ Chicken**
- **Fresh Cole Slaw**
- **Baked Beans**
- **Roll and a pickle**

Dinners are \$7 and you must have a ticket in advance. Help us help kids by purchasing a ticket or making a contribution! Call David Whitaker at 256-783-9839 or Jim Haywood at 256-723-2245 today.





# Tornado Safety Tips

Do you know what to do in the event of a tornado? 2011 was one of the deadliest seasons on record with 243 official deaths in Alabama alone. Take a few minutes to read these tips from the Red Cross to protect yourself and your family.

- Listen to local news or a NOAA Weather Radio and stay informed about watches and warnings.
  - Choose a safe room in your home to go to during a tornado warning. This should be a basement, storm cellar or an interior room on the lowest floor with no windows.
  - Practice tornado drills with you family so everyone will know what to do in case of a tornado warning.
  - Watch for tornado danger signs:
    - Dark, often greenish clouds — a phenomenon caused by hail
    - Wall cloud — an isolated lowering of the base of a thunderstorm
    - Cloud of debris
    - Large hail
    - Funnel cloud — a visible rotating extension of the cloud base
    - Roaring noise
  - If you live in a mobile home, make plans before a storm of where you will seek shelter. Staying in a mobile home during a tornado is not safe. If you have access to a sturdy shelter, abandon your mobile home immediately.
  - If you are caught outdoors, seek shelter in a basement, shelter or sturdy building. If you cannot quickly walk to a shelter, immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.
  - After the storm:
    - Watch for fallen power lines and broken gas lines and report them to authorities immediately
    - Stay out of damaged buildings
    - Use battery-powered flashlights when examining buildings — do NOT use candles
- Find more information about keeping yourself and your family safe before, during and after a tornado, by visiting [www.redcross.org](http://www.redcross.org).▲

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# “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 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)

“Thanks Dr. Mike for helping my wife, my staff, and myself.” (Dr. Pete Sparks)

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

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

in my office may cost what you could pay for one visit elsewhere.

You benefit from an Amazing Offer - Look, it shouldn’t cost you an arm and a leg to correct your health. You are going to write a check to someone for your health care expenses, you may as well write one for a lesser amount for chiropractic. *When you bring in this article by March 31, 2012, 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 18 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.*



## New Hope Library Events for March

- 3/06 Story Hour..... 10:30 a.m.  
 3/13 Story Hour..... 10:30 a.m.  
 3/17 Kids St. Patrick's  
 Day Crafts ..... 11 a.m. - 2 p.m.  
 3/20 Story Hour..... 10:30 a.m.  
 3/24 Movie - Happy Feet 2 ..... 4 p.m.  
 3/27 Story Hour..... 10:30 a.m.  
 3/31 All ages: Gourd Easter  
 Eggs (cost \$5) ..... 10 a.m.

For more information, call 256-723-2995

### New Hope Rec Center

Baseball Season Opening Day will be announced soon. Please check our website, [www.newhoperec.org](http://www.newhoperec.org), for dates and times. Also, tickets go on sale soon for the annual chicken dinner fund-raiser. Tickets will be sold by players and at the Rec Center. During the fund-raiser, hamburger and hot dog plates will also

be sold at the door. Watch for signs announcing the date of the fund-raiser.

### March 22 & 23

#### Anti-bullying campaign

New Hope Community Learning Center will host a community-wide event at 6 p.m. both nights in the New Hope Elementary School auditorium. The children from NHCLC will perform a play, "Free To Be You and Me," in an effort to kick off our anti-bullying campaign within the community. Admission is free. For more information please contact NHCLC at 256-723-5437.

### April 21

#### Cleanup Campaign

#### New Hope Community "Street Walkers"

The New Hope Lions Club and New Hope City Council need your help for the annual clean streets campaign. Volunteer your church's young adults, youth groups, school clubs, Boy Scouts, Girl Scouts, Cub Scouts, your buddy or just yourself to join the effort and make this year's event a huge success. The city council will once again provide the equipment such as vests, bags, gloves, cones and flags. Volunteers will meet at 8 a.m. and

wrap up by noon. Drawings will be held for attendance prizes and Commissioner Jerry Craig will serve hot dogs for lunch. Contact Ava W. Cambron at 256-723-4695 or 256-479-0184 or any Lions Club member to register your group and for more information.

### April 7

#### 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. Bring your camera for a visit with the Easter Bunny! Ages 2-10 will hunt in separate age divisions and each group will receive 1st, 2nd and 3rd place prizes. For more information call 256-728-4213.

### April 14

#### Chicken Dinner Fund-raiser

Scottish Rite Masons are holding a chicken dinner fund-raiser. Plates are sold in advance for \$7 each. Each plate has half a barbecue chicken with all the fixin's. To purchase tickets contact David Whitaker at 256-783-9839 or Jimmy Haywood at 256-723-2245. Proceeds help kids with dyslexia.

## INSPIRATION CORNER

A visitor at a zoo noticed an attendant crying. The visitor asked another attendant why the man was so sad. "The elephant died," replied the attendant. Touched by this, the visitor then asked, "So he was particularly fond of that elephant?" "No. He's crying because he's digging the grave."

Grief is a very natural process in life, no matter the situation. We are "wonderfully made," writes King David. In that "wonderfully made" part, God gave us biological and cognitive ways to react in grief, so our heart and mind can, prayerfully, continue functioning in some state or normalcy. While grief is mostly associated with the loss of a loved one, it can come from the loss of such things as a job, a pet, a home, or most any situation that causes great stress. Like burying an elephant, grief is a process. It helps one to move on in life without guilt. If you or someone you know seem stuck in a grief situation, please visit a pastor or counselor

for help. As Paul wrote to the Romans, "All things work for the good of those who love the Lord and are called according to His purpose." The most dreadful event in life can "work for the good," even when you may not understand it at the time. For example, attending church may be a dreadful thought for you. Give it a try anyway. You might find it "works for the good" in your life, just as it does for those who faithfully love the Lord.



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

# Happy Easter COMMUNITY PHOTOS



Alivia, Jackson and Kara-Lynn are the grandchildren of Audie and Debbie Craig.  
Photo taken by "POPS" on Easter 2011.



Chloe Green and Tiger.  
Photo sent in by her aunt Kris Atchley.



Lane Pilotte at his Nonnie and Pops' on Easter.  
Photo sent in by Shannon Pilotte.



New Hope residents David and Darlene Patten enjoy a spring day with their son Nathan and grandchildren Hana and Graysen.



Luke Pilotte at Nonnie and Pops' on Easter. Photo sent in by Shannon Pilotte.

Paisley Woods on Easter sitting in front of the beautiful pasture next to her house in New Hope. She is the daughter of Tonis and Brandi Woods.



"Mother/Daughter or Father/Son Look Alikes" is the photo theme for May/June. Send to: NHTC • Attn.: Communicator Photos • P.O. Box 452 • New Hope, AL 35760, or e-mail your photo to [communicator@nehp.net](mailto: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 April 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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# Computer problems?

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### DIAGNOSTICS

### REPAIRS

### PROTECTION

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Find and repair any hardware failure or software related issues

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*Sorry, service is not available for Macs or other Apple products. \* Does not include price of software and/or needed parts. \*\* \$50 Diagnostic fee is applied toward any repair work done.*

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