

A Publication of New Hope Telephone Cooperative

The

Communicator

Vol. 9, No. 9

September 2010



**FOOTBALL
PREVIEW**

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

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New Hope Telephone Cooperative

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On the cover:

Find team rosters, schedules and interviews with the coaches for the DAR Patriots and New Hope Indians beginning on page 6.

Manager's Comments

Fall brings a new season of service



The end of summer is here. School buses are running again, and even though the temperatures are still high, cooler days are coming. The end of summer also means football season is close at hand.

This issue of *The Communicator* is our annual football preview, where we take a look at the upcoming seasons of both the DAR Patriots and the New Hope Indians.

Both teams have an exciting year ahead. New Hope has welcomed a new coach — Randall Taylor — to their program this summer, and he has wasted no time putting his team to work. Coach Hunter Holland of the DAR Patriots is returning to a group of students he has coached their entire football career.

These coaches are excited about the new season. Their efforts are to bring their entire community together on Friday nights, not just students and parents.

Each of these teams is working to build a tradition that is rooted in our community. Two other organizations are featured in this issue of *The Communicator* that embody the same spirit of commitment and service.

The new Rising Above ministry in Grant started with a group of friends who decided they could do more for their fellow man. They found a way to turn their desire to help their neighbors into a new food bank and clothing ministry.

You can also read about the twentieth anniversary of a New Hope institution: G&G Pizza. Lee Ann Pounders has spent her adult life building a business that has become a landmark in New Hope. When she talks about her secret of success, she talks about serving her customers to the best of her ability.

At New Hope Telephone Cooperative, we pride ourselves on the same commitment as many of these individuals. We recognize that our cooperative exists to serve our friends and neighbors, and that without our tradition of service, we would not be as strong as we are today.

We are lucky to live in a place where so many recognize that being involved in their community is the key to success.

Tom Wing

General Manager,
New Hope Telephone Cooperative

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Monday, September 6
in observance of Labor Day**

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Rising Above

New ministry in Grant is meeting needs in community

Humanity is perhaps at its highest point when people go out of their way to help total strangers just because it is the right thing to do.

Such is the case with the newly formed Rising Above Ministries in Grant.

one of the ladies spotted a small church with several cars in the parking lot. It peaked her interest, so she asked around about what was going on.

They discovered the activity at the church was a small grocery ministry

where people who needed food could get free groceries each week. This seemed to be just what the ladies were looking for, so some of them volunteered to help.

From January to June of 2010,

the ladies showed up each Wednesday and happily filled boxes with food items to help their neighbors

The building was for sale, so they arranged to buy it. The kind-hearted retirees had big plans in mind for the city of Grant.

They decided to open a community center. They visited The Care Center in New Hope for inspiration and began to complete the necessary paperwork. They had to get their 501(c)(3) non-profit status from the government, which enabled them to operate as a tax-free business. They also had to form a corporation.

That is when Rising Above Ministries was officially born.

For Bob, Nell, Phyllis and Wes, the work had just started; for the city of Grant and those in need, help was on the way.

“God opened doors for us that we never, ever expected,” says Phyllis. “It just goes to show what God can do when you are totally committed to doing something for a community.”

Indeed, doors began to open all over town, it seemed.

“New Life Methodist Church has run a clothing outreach ministry for about five years,” says Nell, “and they voted to turn it over to us. The First Baptist Church of Grant was getting food from Mitchell Grocery, and they asked if they could turn that over to us, too. So once a month they bring in a lot of groceries.”

The friends have received help from youth groups at both churches, as well. They have 10 volunteers who regularly help with the food items each week.



RISING ABOVE MINISTRIES is helping people in need in Grant and the surrounding area. Shown above (L to R) are volunteers Bob Barker, Kyle Martin, Nell Barker, Faith Knight, Wes Paradise and Phyllis Paradise.

The ministry began when a group of ladies who regularly got together for lunch decided they should be doing something to help the community. After all, they were all retired and doing well physically. They were not rich, but each of them had a good life and everything they needed.

One Wednesday morning in January,

in need.

When the couple who had originally started the food ministry could no longer run it, the ladies knew something had to be done.

So Phyllis Paradise and Nell Barker spoke to their husbands. Bob Barker and Wes Paradise agreed that, indeed, they had to do something.

“We try to make sure the clients get something from every food group,” she adds, “and something for breakfast, lunch and dinner.”

The purpose for the ministry is much like that of New Hope’s Care Center. Rising Above Ministries will provide free groceries for anyone in their area. All they have to do is fill out a simple form which helps determine their need.

People already receiving government assistance in programs such as WIC, food stamps or school lunch programs who fill out the assistance forms automatically qualify.

The center is open from 8 to 9 a.m. each Wednesday to distribute food. The thrift shop – which is not yet open – will offer clothing, furniture, toys and many other items.

“When we say thrift shop, that means very inexpensive prices,” says Nell. “We are going to use that money to buy food. At the food bank we can get a pound of food for 14 cents. If we sell something for a dime, that buys almost a pound of food to help someone.”

As word spreads, more and more people are turning to them for help. Sadly, the ministry’s greatest need seems to be among the elderly. Besides widows and widowers, they have seen many grandparents who are raising their grandchildren and having trouble making ends meet.

“When we were assisting the other folks,” says Bob, “we were averaging 32 to 35 people each Wednesday. We now average 60 to 65, and at the end of the month, it jumps to 80.”▲

How can I help?

There are many ways you can help Rising Above Ministries serve your community!

You can give a tax-deductible monetary gift which will go towards the purchase of food or other necessary items.

Anyone wishing to donate clean items in good condition for the thrift shop may leave them in the new drop-box at the center.

Or, if you wish to volunteer your time to help with food items, thrift shop organization, or taking clients to doctor’s appointments, please call Rising Above at 256-783-6938.



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NEW HOPE INDIANS

This year signals the beginning of a new era for New Hope football as Randall Taylor starts his career as head coach of the Indians. Taylor served as offensive coordinator at Guntersville High School for 12 years where his teams set numerous school records, culminating in a 4A state championship in 2006 with a 14-1 season record.

Taylor also served as head track coach for both the boys and girls teams for 11 years, where he earned two state championship titles.

Taylor moves to the area with his wife Bethany, five-year-old son Hunter and two-year-old daughter Haley. "I'm excited about being at New Hope," says Taylor. "I've al-

better season this year.

Facility improvements — such as the new weight facility that will be opening this winter or the upgrade to the field lighting that will make it three times brighter — are only part of the plan.

"We are going to get the parents and the whole community involved in our program," says Taylor. This summer, 50 parents came to spend a day working on the field and practice areas. "That was a very big deal for us."

The new coach spent the summer preparing both his team and himself for the challenges ahead.

"We have been watching a lot of videos of last year's games," said Taylor.

"We are watching ourselves to see where we can improve. I have never played these other teams, but what I am concerned with right now is the group of young men that make up this team, and seeing what they can do is very exciting.

"We need to make these young men understand that they are fully capable, both as individuals and as a team," adds Taylor. "And that is what we intend to accomplish.

"I fully believe that their intention is not only to come here and compete, but to

come here and win. That is what we are going to do."

Throughout the summer, the players met for team workouts, weight conditioning, seven-on-seven squad games and more.

"The work ethic of your players is always a concern when you come to a new school," says Taylor. "You wonder what kind of headaches you are going to have to deal with. That absolutely hasn't been the case here.

"Coach Mack Malone coaches our secondary and wide receivers, and he handles our weights program. He's done a fantastic job," says Taylor. "I have been very lucky to have a group of young men so ready to work."



ways wanted to take a head coach position. I've coached two sports my whole career, and with two kids at home I knew this was a great opportunity."

Taylor has wasted no time in getting ready for the upcoming season. Last year left New Hope with a disappointing record, with only two wins. The new head coach has plans for a

TEAM ROSTER

2	Dustin Whitaker	54	Josh Baker
3	Kevin Bell	55	Alex Hendrix
4	Blake Phillips	56	Sean Blocker
5	Johnathan Ford	58	Devin Manley
9	James Loudin	60	Michael Lloyd
10	Trevor Cross	62	Dakota Meeks
14	Tyler Gurley	63	Dylan Morrison
16	Brandon Durham	64	Justin Abner
20	Blake Smith	65	Preston Norman
21	Charlie Gibbs	66	Wesley Bridges
22	Bradley Hood	70	Taylor Fulmer
23	Blake Muzny	72	Jay Childers
24	Cole Rickles	73	Zachery Dickens
25	Maverick Mason	74	Nick Dearmond
30	Jacob Williams	75	Austin Barnett
32	Dansen Roberts	76	Dustin Maples
42	Throy Bond	78	Nick Reed
44	Jonathan Stubbs	81	Zach Manley
45	Alex McDonald	83	Michael Mann
50	Shannon Dawson	85	Dalton Whitaker
52	Nate Reed	90	Johnny Stapler
53	Keith Manley		

The Indians will start the season with a group of 15 seniors, a third of the 45-man squad. "These kids have been in a lot of wars together," says Taylor. "They've got a lot of starts under

their belt."

In addition to a large senior class, the coach was also pleased with the size and determination of the upcoming freshmen. "They're big," says Taylor. "They have good height, and good size."

The most important part of the season is getting the community to show up and support the team.

"We want everyone to come out," said Taylor. "We want big crowds. We are going to develop a fun atmosphere for the games."

The Indians will play their first game on Aug. 27 in New Hope against the Pisgah Eagles.



COACHES

Head Coach	Randall Taylor
Assistant Coach	Mack Malone
Offensive Line Coach	Bobby Milan
Defensive Line Coach	Michael Bobbitt
Support	Jason Simpson

SCHEDULE

Aug 27	Pisgah	Home
Sep 3	Geraldine	Away
Sep 10	Brindlee Mtn.	Home
Sep 17	Madison Academy	Away
Sep 24	Sardis *Homecoming	Home
Oct 1	Randolph	Away
Oct 8	North Sand Mountain	Away
Oct 15	Plainview	Home
Oct 22	Sylvania	Away
Oct 29	Ashville	Home

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DAR PATRIOTS

This August marks the four-year anniversary of the DAR Patriots varsity football program. For the past three years, head coach Hunter Holland has led his team into Patriot Stadium and all over Alabama, leaving with victory more often than not.

"I've been here since the varsity program started, and many of these boys I coached in junior high," says Coach Holland. "I'm the only coach they've known."

Holland is coming into this year with back-to-back winning seasons, and an overall 16-14 career record. "The program is strong, and only getting better," he says.

returning this year as quarterback. Holland notes that "he did excellent last year, and he'll be bringing a lot of experience onto the field this season."

Zack Perkins will be starting his fourth year as tight end and linebacker. "I'm looking for big things out of him," says Holland. Other players to watch this season are four-year starters Eli Phillips — who plays right guard and defensive tackle — and receiver Luke Bailey.

The seniors are not the only players to watch this year. "We have a very talented group of freshmen," says Holland. "I'm very excited to see them coming up. They are ready to contribute, and four or

five of them will get the chance this year. They'll be playing on Friday nights."

For younger players, leadership from upperclassmen will be essential as the Patriots face many challenges in the upcoming season. "All our players are going to have to be iron men this year," says Holland. "We

don't have a lot of depth this season and most of our starters will hardly be able to come off the field.

"We had to replace seven starters on both sides of the ball," said Holland. "That is never an easy task to accomplish, but this team has risen to the challenge and they

understand what is being asked of them. I know they are ready."

The coach says the team had two priorities that have guided their training. "We have got to stay healthy," says Holland. "And that means both avoiding injuries and focusing on the fourth quarter."

In past seasons, the team has struggled with maintaining stamina when most players get very little rest during games. "We have to be strong enough and conditioned enough to stay focused in the fourth quarter," says Holland.

Reaching this goal started with an intense summer of weight training, conditioning and practice camps in temperatures that could reach well over 100 degrees.



Holland says that the cornerstone of this year's team will be the 11 upcoming seniors. "Our seniors have been absolutely incredible this summer," said Holland. "They've done everything we've asked them to do. They've been great leaders and have set a true example for our underclassmen."

Senior Hunter Elkins, will be

TEAM ROSTER

1	Robert Douglas	44	Zack Perkins
2	Tony Pate	47	Griffin Gamble
6	Alex Gowan	51	Trace Kornegay
7	Colby Stewart	52	Cody Smith
8	Noah Lewis	53	Daniel Newton
9	Michael Kennamer	54	Nathan McGlocklin
10	Austin Helton	55	Eli Phillips
11	Luke Bailey	57	Ethan Wooten
12	Chandler Brewer	58	Jerry Hunt
13	Jordan Helton	59	Zack Reeves
14	Hunter Elkins	62	Dillon Waldrop
17	Nik Filmore	63	Nick Wilson
19	Anthony McCamey	65	Alan Guthrie
22	Grant Jones	66	Shane Guffey
24	Ryan Van Winkle	68	Jon Godsey
25	James Mills	69	Wayne Guffey
26	Justin Pittman	70	John Franks
28	Clint Guffey	72	Taylor Garner
32	Jordan Poe	77	Kyle Carter
40	Josh Hagerdon	81	Devin Kimsey
43	Jake Cryer	83	Mathew Kreiling

"We fought hard this summer," said Holland. "We worked three to four days a week all through June and July. Despite the heat, this is the best summer we have had. The boys worked hard,

and it shows. They got stronger and faster."

Holland acknowledged he could not have gotten his team ready by himself. "The parents have been great," says Holland. "The quarterback club is always very helpful."

The coach is also grateful for the hard work of the Patriot's coaching staff: Justin Cooper, John Hart, Lance Gary and Matt Smart.

The first game is on August 27th, against Columbia at Patriot Stadium in Grant. Holland says "we are excited about the upcoming season, and we really want the community to come out and support the team."



COACHES

Head Coach	Hunter Holland
Defensive Coordinator	Justin Cooper
Offensive/Defensive Line	John Hart
Offensive/Defensive Line	Lance Gary
Receivers/Defensive Backs	Matt Smart

SCHEDULE

Aug 27	Columbia	Home
Sep 3	Butler	Home
Sep 10	North Jackson	Away
Sep 17	Fairview	Home
Sep 24	Cleveland	Away
Oct 1	Douglas	Away
Oct 8	Cherokee County	Away
Oct 15	Guntersville	Home
Oct 22	Crossville	Away
Oct 29	Brindlee Mountain	Home

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New Hope Beautification Committee gives awards

Each month the New Hope Beautification Committee chooses one residence and one business to receive a Beautification Award. Each place is chosen for its curb appeal and overall maintenance.

Congratulations to the Smith family on Church Street who received the residential award and New Hope Funeral Home for receiving the business award for August.

If you know a home or business that deserves the Beautification Award, send an email with the name and address of the residence or the name of the business to brandyikard@nehp.net.



✝ Inspiration Corner

For some, football doesn't matter a hill a beans, while for others it's serious enough to fight over. Knowing that I had not graduated from the college whose team I support, a church member once commented, "I am a REAL fan because I graduated from my college!" The first thing I thought was, "That's It! That's exactly why Christians go to church!"

If a "Real Fan" is someone who has invested hard earned money and part of their life to the school they support, then a "Real Christian" would be someone who has invested themselves in their faith enough to attend and support the church. This, of course, would blow the idea that God excuses us from church plumb off the field. A most popular excuse, "God made me like I am, so I'm sure it's ok for me to miss church" is no longer valid. God leads us to be more

like Jesus, who attended church on a regular basis I might add, when we have Truly accepted Christ as our Lord and Savior. Paul discusses with the Ephesians about "putting away the old self, corrupt and deluded, and being renewed in the likeness of God in righteousness and holiness." So there you go sports fans. Whether you're a Real Fan because you have invested in the school of your favorite team or not, I urge you to become a Real Christian, and invest yourself in the team whose MVP has already won The Biggest Game of All. †

PS. Thank you Veterans, for the Freedom we have to talk about faith and fun openly.



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

PASTOR'S NOTES

BY LARRY BISHOP, PASTOR
FIRST BAPTIST CHURCH
NEW HOPE

The late Peter Marshall U.S. Senate Chaplain from 1946-48 loved to tell the fanciful story of the "Keeper of the Spring". Perhaps you have read the story, if not here is a condensed version.

There was a forest dweller that lived high in the hills above a town. His job was to clear away the debris from the pools of water up in the mountain that fed the spring flowing through their town. With regularity, he patrolled the hills, removed leaves and branches, and wiped away the slime that would otherwise have choked and contaminated the fresh flow of water. The village below soon became a popular attraction. Swans floated along the clear spring, mill wheels turned day and night, farmlands were irrigated, and restaurants along the banks were picturesque beyond description.

One evening the town's budget was being reviewed and someone noticed a salary figure and asks the question, "Who is the old man? He isn't necessary any longer." It was decided that they would dispense with the old man's services.

By early autumn, the trees began to shed their leaves. Small branches snapped off and fell into the pools, hindering the flow of sparkling water. Someone noticed a slight yellowish-brown tint in the spring. Within weeks, a slimy film covered sections of the water and a foul odor was detected. The mill wheels ground to a halt. Swans left, as did the tourists.

Quickly, the town realized their error in judgment. They rehired the "Keeper of the Spring", and within weeks, the spring began to clear up. The mill wheels started turning, and new life returned to the town.

What the "Keeper of the Spring" meant to the village, churches mean to our community. Have you attended lately? See you in church Sunday.

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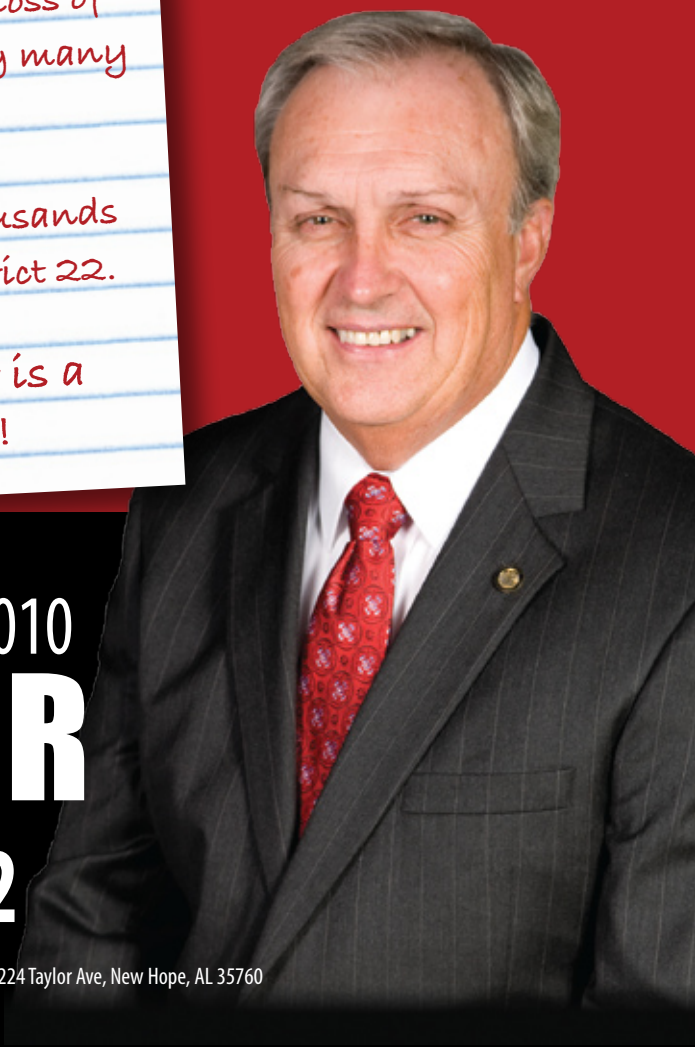
As a member of the House Education Appropriations Committee, Butch Taylor helped draft an Education Budget that prevented the loss of more than 3,000 teachers — while saving many important school programs.

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November 2, 2010





For 20 years, G&G Pizza has been **ROLLIN' THE DOUGH**

In October, the owner of G&G Pizza celebrates two decades of serving the people of New Hope and the surrounding area. While many things have changed over the years, the menu has surprising seen very little change. Owner Lee Ann Pounders explains it this way: "Why change something that works?"

At just 22 years of age, Lee Ann Pounders got her start in the pizza business. Her father, Pete Glover, had always wanted his children to be business owners. So when the opportunity came along to purchase a business Lee Ann had already worked in, they seized it.

Buddy and Gertrude Conley had operated BG Pizza for several years before deciding to sell the business. "I had worked with Gertrude's sister at her restaurant in Gurley," says Lee Ann. "That's where I learned how to make pizza. I still make it the same way."

More than pizza

Lee Ann is proud of the menu she created 20 years ago. She has changed it very little over the years. "I've added hot wings," she says. "That and homemade pies is about it."

Jane Glover McGaha, Lee Ann's mother, has been baking delicious, fresh-baked pies for nearly 13 years. "Everybody loves my mother's pies," says Lee Ann. "As long as she is able to make them, I will be selling her pies here."

Pizza will always be the main attraction at G&G's. More than 600 are sold on average every week. As a business owner, Lee Ann knows her customers may not want pizza every day, so there are plenty of other choices on the menu.

"Ham and cheese hoagies are our biggest seller," she says. Barbecue, lasagna, salads, burgers and chicken fingers

are also on the menu. "My husband Carl wants me to add his favorite hamburger to the menu, too," she laughs.

Lee Ann has stayed true to her original recipes for everything on her menu. "I do not sell anything I do not like," she explains. "If I will not eat it, or would not accept it, I won't send it out."

"There are always going to be challenges in the restaurant business," she adds. "I don't raise my prices every time my cost goes up. You cannot do that. I also don't substitute for quality. Once I find what I like, I stick with it."

That philosophy has served her well. While many restaurants have come and gone over the years, her business continues to thrive. In fact, after only seven years in business as a carry-out/delivery establishment, Lee Ann had to add a dining room to keep up with demand.

The 'pizza man'

Soon after the dining room was added, an unlikely customer left something behind that has become a big part of the restaurant's image.

"A homeless man passing through town stopped by and asked for food," says Lee Ann. "He didn't have any money, but he did have paints and a portfolio of his work."

"He offered to paint something on the building, so I gave him a pizza box that had a little 'pizza man' on it," she recalls. "He painted the sign and it has been

there ever since. It has never faded and although I've painted the building, we've never painted over the pizza man." That image became such a part of the restaurant that Lee Ann incorporated it into the restaurant's logo.



Secret to success

Lee Ann believes that her customers are the real secret to her success. "I try to treat people right. If there's a problem, I try to fix it," she says.

She also believes in giving back. To celebrate the restaurant's 20th anniversary, Lee Ann has planned a big celebration for the entire community. "I wanted to do something to give back and say thank you," says Lee Ann. "There will be inflatables for children, a mechanical bull for adults and music for everyone. I will also have soft drinks and popcorn."

Lee Ann plans to be in business at least another 20 years. "I'm not going anywhere. I guess I will be here forever," she laughs. ▲

JOIN THE CELEBRATION!

Saturday, September 25
12 - 5 p.m.

Inflatables • Mechanical Bull • Entertainment
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Community Events

September 13

Chicken Dinner

Galilee Baptist Church is having a fund raiser dinner from 11 a.m. until 1 p.m. Plates are \$7 each and include a half chicken, baked beans, potato salad, and roll. For more information call 256-723-4819.

September 18

BBQ & Chicken Dinner Fundraiser

11 a.m to 6 p.m. at the Grant Fire Dept. to benefit DAR Girls Basketball and Grant Fire Dept. Alabama vs. Duke game will be shown.

September 25

Grant Mile Plus Yard Sale

Sale begins at 6 a.m. Sign up at Peoples State Bank, 256-728-4213 or First Bank, 256-728-8000. Vendor spaces \$20 each. Spaces with electricity also available.

September

Singing in the Park Schedule

September 7..... White Dove
Gospel & Master's Touch
September 14..... Dan Deason with
Still Waters Quartet
September 21.... Mohr 4 New Hope Senior
Citizen Band and Singers
September 28..... GRAND FINALE
Free hot dogs & chips (Sept. 28 only)

October 9

Historical Marker Dedication

New Hope cemetery Historical Marker Dedication ceremony at 10 a.m.

New Hope Rec

Visit www.newhoperec.org for the football home game schedule. Basketball signups start in October on Wednesday nights 5:30 p.m. - 7:30 p.m.

Womens Prayer & Share Group

Meets every Tuesday 8 - 9 a.m. during the school year at New Hope UMC. For more information contact Evelyn Butler at 256-723-4423. All ladies are welcome.



Barbeque Cook-off
Horseshoe Pitching Contest
Ugly Walk
Gospel and Country Music
Kids Activities
Arts & Crafts

To rent a booth, contact Margaret at New Hope Funeral Home 256-723-4241. For more information on events, contact Billy Colburn at 256-655-5140.



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What Colonel Sanders Did for 56 Years

Dear Friend,

Colonel Sanders' story involves more than just fried chicken. Not many people know the details of his life story. Let me tell you a little more about him.

At the age of 66, after "retiring", Colonel Sanders decided he wanted to go into the "chicken business." He had what he firmly believed was the best fried-chicken recipe in the world. He started out by going to local restaurants and offering the owners his recipe if they would give him just 5% of their increased fried-chicken sales. He had no takers, so he went on the road. From town to town, all across the country, he traveled in his old car, pitching his recipe. At times he was so broke that he actually lived in his old car. He did this for two years and he still had no takers. Despite being turned down over 2,000 times, he never gave up. Soon after all those rejections someone did buy his recipe and it caught on.

Well, most of you know the rest of the story. Colonel Sanders became the multi-millionaire of Kentucky Fried Chicken and a businessman famous for his wisdom and tenacity. And this was all after he "retired." He lived to be 96 years old. When asked how he remained so active in his later years, Colonel Sanders said that he had a secret—he *had seen his chiropractor once a week for 56 years.*

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

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

It's strange how life is, because now people come to see me with their carpal tunnel syn-

drome problems. Also they come to me with their headaches, migraines, chronic pain, neck pain, shoulder/arm pain, whiplash from car accidents, backaches, ear infections, asthma, allergies, numbness in limbs, athletic injuries, just to name a few. Here's what some of my patients had to say:

"Dr. Mike has been helping me with my



low back pain, and headaches for over nine years." (Larry Luttrell)

"My sciatica stays in check 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.

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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 September 30, 2010, you will receive my entire new patient exam for \$27 out of pocket. 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 17 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.

Football Fever

COMMUNITY SNAPSHOTS



Mason Meadows with "Big Al" in Tuscaloosa. His parents are Jimmy and Donna Meadows.



Nikki and Shane Dudley with children Garrett and Maggie.



Gabe Etheredge at Alabama's 2009 Fan Day. Photo taken by his mom, Andrea Etheredge.

"Fall Foliage" is the photo theme for November. 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 November is September 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.

Legislative Update

By Rep. Butch Taylor

Alabama House of Representatives, Dist. 22



Fall is one of my favorite times of year. Even after retiring from a 30-year teaching and coaching career a few years ago, I still get a sense of excitement as the seasons change and schools start a new year.

Maybe it's the excitement of attending high school football games, or watching the drama of college football unfold each Saturday. Whatever the case, fall is a great time of year.

And this fall is even more exciting than most. Less than two months from now, on Nov. 2, people from all over Alabama will have the opportunity to get out and cast their votes for the individuals they want to represent them in federal, state and county government.

There are many very important offices up for election this year. On the state level, this includes the office of governor, lieutenant governor, attorney general, secretary of state, state treasurer, our entire legislature and a number of other important positions.

I touched on the importance of voting in last month's column and will do so again now. The future of this great state will be determined by those whom we elect to represent us.

If you are not a registered voter, time is running short. To be eligible to vote in November, you must be registered by Oct. 22. Registering is as simple as filling out a basic form and dropping it in the mail.

For voter registration information, visit: <http://www.sos.state.al.us>, or to request a voter registration application, call or visit your county board of registrars. Register today. The future of this state depends on it. ▲

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