

1956-2016

Dial Tones

March 2016



Dial Tones is published monthly for members of Dell Telephone Cooperative, Inc., a member-owned cooperative since 1956. Proud to serve Dell City, Desert Haven, Guadalupe Peak, Mile High, Timmeron and Queen.

Volume 22 Edition 3

Board of Directors

- Bobby Jones, President
- Rob Beard, Vice President
- Dale Flach, Secretary
- George Rauch
- Bill Wauson
- Rafael Sanchez
- Bertha Gallegos
- Antonio Armijo

Management

- Denny Bergstrom General Manager
Executive Vice President
- Marcy Guillen, Office Manager
- Susan Barker, Accounting Manager
- Joel Muniz, Operations Network Mang.
- Grant Spence, Central Office Manager
- Ted Boehm, CLEC Manager

Dell City Office

610 South Main Street
PO Box 67
Dell City, Texas 79837
(915)964-2352

For Trouble, Nights and Holidays Call

611 or 1-800-245-2991
(915) 964-2352

Web Address

www.delltelephone.com

Email Address

dtci@dellcity.com

Editor

Deborah Hickox



Membership to Elect Director at the 60th Annual Membership Meeting

Dell Telephone's 60th Annual Membership Meeting is just around the corner! Membership packets were mailed out the week of February 22nd 2016.

Included in your packet were your mail ballot, ballot envelope, and postage paid return mail envelope. Please read the instructions carefully and contact our Business Office at 915/964-2352 if you have any questions. You may vote by mail or in person at the Annual Meeting.

The meeting will be held at the Cooperative in Dell City on Saturday April 2, 2016. Registration will be from 9:00A.M. —10:00A.M. The Business Meeting will begin at 10:00A.M. During the Business Meeting, members that did not vote by mail will vote for Directors of District #2 Rob Beard.

DTC Scholarships Available for High School Seniors



What does your high school senior plan to do after graduation? If attending college, technical school, or vocational training is in your child's future, Dell Telephone Cooperative may be able to help!

The Education Foundation of Dell Telephone Cooperative will award scholarships to high school seniors at the 60th Annual Membership Meeting, set for Saturday, April 2, 2016. Your high school senior may be eligible to apply!

To be eligible to apply, the applicant must be the dependent of an active Cooperative member in good standing, receiving local service (dial tone) from any Dell Telephone Exchange as of December 1, 2015.

Scholarship applications are available at the Business Office located at 610 South Main Street in Dell City, Texas. For additional information, please contact Susan Barker at 915/964-2139.

"USDA is an equal opportunity provider, employer and lender". To File a complaint of discrimination, write USDA, Director, Office of Civil rights 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice), (202) 692-0279 (Fax).

HEALTH WATCH

Aspirin prevents skin cancer?

Aspirin is known to cure our aches and pains and improve heart health. It may also be useful in preventing certain kinds of skin cancer, according to an article on the *Discover* magazine website.

Non-steroidal anti-inflammatory drugs (NSAIDs) like aspirin and ibuprofen are already known to help prevent cancers in the colon, lungs, prostate, and breasts. A meta-analysis of studies, some previously unavailable to researchers, turned up evidence that non-aspirin NSAIDs can reduce the risk of developing squamous cell carcinoma by 15 percent, and that when aspirin is added to the mix, the risk drops to 18 percent. NSAIDs are known to inhibit COX-2, an enzyme produced by skin cells in response to ultraviolet light.

Talk to your dermatologist about aspirin, and otherwise limit your exposure to UV light to stay safe from skin cancer all year round.

Help your brain stay healthy

Feeding and stimulating your brain well can keep it healthy throughout your life. The American Academy of Family Physicians offers these tips for keeping your mind in tip-top shape:

- **Eat a healthy diet.** Choose nutritious foods like antioxidant-rich vegetables, fruits, and whole grains, and omega-3 fatty acids, and cut out saturated fats. Avoid fad diets that offer only short-term results.
- **Watch your weight.** Maintain a healthy weight and pay attention to your blood pressure, cholesterol, and blood sugar, which are all associated with an increased risk of dementia.
- **Exercise your brain.** Keep learning new things all the time. Puzzles and games that stretch your mind can help you maintain good brain health. So can staying active socially, so keep up your friendships and strive to meet new people.

First Draft—March 2016

March 2016	
March 13	Daylight Saving Time Begins
March 17	St. Patrick's Day
March 20	Palm Sunday & Spring Begins
March 25	Good Friday
March 27	Easter Sunday

