

1956-2017

Dial Tones September 2017



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 23 Edition 8

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CUSTOMER NOTICE:

On Line Bill Payment

Dell Telephone and Delcom offer the option of convenient on line Bill Payment for their customers. The link to do this can be found on our **websites: delltelephone.com or delcom.us**. Please call the main office if you need any help in setting this up. Dell Telephone: 800-245-2991, Delcom: 855-964-2355.

These online bill payment links are the only official and authorized options of Dell Telephone and Delcom. There is **NO charge** for this. Customers are also reminded that if they sign up for automatic bill payments, they can receive a one-time \$50.00 rebate on their next bill.

Customers need to be aware of many unauthorized on line bill payment sites that offer their services to take payments on behalf of utility companies like Dell Telephone and Delcom. One example of this is an on-line payment service known as 'doxo'. While most of these companies seem to be legitimate, Dell Telephone and Delcom are in no way associated with them or with any services they may offer. Customers should be aware that these sites will charge a service fee over and above the amount due, and while Dell Telephone or Delcom eventually receive payment from these companies, often this is not received for weeks after the payment was made. This can result in the customer being disconnected for non-payment.

Dell Telephone and Delcom would like to remind customers the dangers of giving out account and credit card information on-line, but asks if a customer chooses to use one of these unauthorized on-line payment services that they make sure they get a receipt, that payment is made at least two weeks before due date, and then inform Dell Telephone or Delcom about the payment made. This will hopefully assist in preventing the automatic disconnect for non-payment.

Again, please call the main office if you need any help in setting this up either an authorized free on-line payment or an automatic bill payment service. Dell Telephone: 800-245-2991, Delcom: 855-964-2355.

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FOCUS ON THESE AREAS TO CUT BREAST CANCER RISK

Although your risk of breast cancer has a genetic component, some lifestyle choices can influence your chances of a diagnosis, according to the Medline Plus website. Three areas to watch are:

- **Exercise.** For women before menopause, vigorous exercise seems to reduce breast cancer risk. After menopause, moderate activity such as gardening, housework, and a brisk 30-minute walk daily appears to have a positive affect.
- **Weight.** Women who are overweight may have a higher risk of breast cancer after menopause. A five-point increase in your body mass index can increase the risk by 12 percent.
- **Alcohol.** Even moderate alcohol consumption appears to be linked to a greater breast cancer risk, especially if you have a family history of breast cancer. However, keeping weight off and exercising regularly (along with not smoking) seems to cut down the risks associated with an occasional glass of wine.

First Draft —September 2017

Remember the origins of Labor Day at the grill

Labor Day is more than one last chance to fire up the grill before the end of summer. It's a yearly celebration of the American worker, a tribute to labor's contribution to the economic and social well-being of the United States.

Labor Day originated in an age of 12-hour workdays, seven-day-a-week schedules, child labor, and terrible working conditions. Some say the idea of Labor Day originated in 1882 with Peter J. McGuire, a co-founder of the American Federation of Labor. Others claim that a machinist named Matthew Maguire proposed the celebration while serving as secretary of the Central Labor Union in New York.

There's little dispute, however, that the first Labor Day parade was held Sept. 5, 1882, when 10,000 workers in New York marched from City Hall to Union Square. The Central Labor Union selected the first Monday of September as its annual holiday in 1884.

The first state to recognize Labor Day officially was Oregon, in 1887. By 1894, 23 more states had followed suit, and in that same year Congress passed an act making the first Monday in September a legal holiday throughout the country.

September 2017

September 4	Labor Day
September 11	Patriot Day
September 29-30	Dell Valley Fair

NEW LISTINGS— 2017 August

Pyron, William Jr.	964-2585
Gonzales, Rolly	964-2621
Beard, Michelle	987-2941
Carpenter, Teresa	987-2956
Purcell, Todd & Connie	981-2535

