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Dial Tones

April 2017



Protecting Yourself, Protecting Others

Know the Difference between a Cold and Flu Symptoms, including the H1N1

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.

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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

dteci@dellcity.com

Editor

Deborah Hickox



Symptom	Cold	H1N1 Flu
Fever	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the flu. PLEASE DO NOT GO IN PUBLIC FOR A FULL 24 HOURS AFTER THE FEVER IS GONE! A FEVER MEANS YOU ARE CONTAGIOUS AND CAN SPREAD THE EPIDEMIC...
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with the flu (sometimes referred to as dry cough). PLEASE COVER YOUR COUGH WITH THE INNER PART OF YOUR ARM, OR THE INSIDE OF YOUR SHIRT! Do NOT cough directly into your hand!
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week	Stuffy nose is not commonly present with the flu.
Chills	Chills are uncommon with a cold.	60% of people who have the flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the flu, present in 80% of flu cases.
Sore Throat	Sore throat is commonly present with a cold.	Sore throat is not commonly present with the flu.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the flu.

The only way to stop the spread of the epidemic is to spread the awareness. **PLEASE COVER YOUR COUGH. WASH YOUR HANDS & USE HAND SANITIZER!!**

ADJUST YOUR OUTLOOK FOR SUCCESS

Success depends in large part on having the right attitude. You can make an impact with three basic habits:

- **Focus on the bright side.** Emphasize what you enjoy about your job and the people you work with, and express your enjoyment as much as you can.
- **Turn negatives into positives.** Don't obsess over obstacles and setbacks. Treat failures as an opportunity to spot mistakes and move forward.
- **Move quickly.** Don't waste time when you've got a problem to solve or an idea to put into action. A rapid response gets attention and builds excitement.



It's tax time again: Here's some trivia about taxes

No one enjoys paying taxes, but these factoids might take some of the sting out of writing that annual check:

- **The first national income tax was established by Congress in 1894.** However, it was ruled unconstitutional by the U.S. Supreme Court the following year. The Constitution was changed in 1913 to allow for a legal income tax.
- **Taxes were originally due on March 1.** The date was changed to March 15 shortly before the beginning of Prohibition. In 1955 it was changed to April 15 to spread out the work of processing all the tax forms.
- **The first tax form** was just four pages long, including instructions.
- **Unusual deductions:** A parent was able to deduct the expenses for her child's clarinet lessons because she claimed they corrected the child's overbite. A junkyard owner deducted cat food for the cats he kept to drive away mice and rats, and the IRS approved it as a business expense. A bodybuilder claimed a deduction for the cost of the body oil that he used in competitions, and again the IRS allowed it as a business expense.

First Draft—April 17

April 2017

April 1	April Fools' Day
April 9	Palm Sunday
April 14	Good Friday
April 16	Easter Sunday

NEW LISTINGS— 2017 March

Benad, Ken L.	828-3280
Vargas, Sandra L.	964-2911
Schneberger, Stephen & Peggy	981-2476
Ely, James R	987-2819
Burmeister, Allen	987-2993
Hougland, Jimmy Lee	987-2391

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\$5.00 monthly service charge
OR
15¢ per minute (flat rate)



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