

1956-2016

Dial Tones

October 2016



Patronage Capital Allocation Statements

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 10

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Dell Telephone Cooperative, Inc. mailed a statement of Patronage Capital for 2015 in September. This statement is provided to each member and contains only information detailing your patronage capital amount.

Patronage Capital, also known as Capital Credits, is your share of the annual margin (revenues less expenses) achieved by the Cooperative. Your capital credits are determined by an allocation process that tabulates your patronage (telephone service purchased) and calculates your capital credits on a proportionate basis with all other members during the same period.

Your Patronage Capital represents your share in ownership of Dell Telephone Cooperative, Inc. This capital (until returned to the patrons) is used by the Cooperative to provide funds necessary to build out telephone plant, service our debt and provide cash reserves for business operations.

Please note, that it is very important for the Cooperative to have current addresses for all members. Allocation Statements and capital credit checks are mailed to the last current address we have on file for each member and former member.

Guard your identity closely

Identity theft is a serious issue. If thieves or hackers get hold of your Social Security number or other personal information, they can steal lots of money—even taking out a mortgage in your name. Follow these tips to keep your identity safe:

- **Protect your Social Security card.** Never carry your Social Security card with you. Memorize the number and keep your card in a safe place at home.
- **Watch your wallet...** Carry your wallet in your breast pocket if you're wearing a jacket. If you're not, carry it where it's the most comfortable, but tie a rubber band around it. If someone tries to pick it out of your pocket, chances are you'll be able to feel when it's being removed.
- **... And your purse.** Don't put your wallet in a purse or a backpack that you carry over your shoulder. Instead, wear the purse with the strap crossed over the front of your body. Keep the wallet in a zippered compartment.
- **Be careful with fanny packs.** They are easy prey for quick crooks. In a crowded place, one zip of a knife can open them up before you're aware of it.



The birth of the jack-o'-lantern

Have you ever wondered how the practice of turning a pumpkin into a scary jack-o'-lantern started? Here's the story:

Jack-o'-lantern sounds Irish because it is. The flickering, carved pumpkin faces that animate the American Halloween derive from an old Irish custom of creating rustic lanterns from vegetables. The Irish child's typical Halloween flashlight was a hollowed-out turnip or potato with a candle inside. When the Irish landed in America in the nineteenth century, they were quick to spot the possibilities in the pumpkin, and a new tradition was born.



Cooperatives are part of the self-help tradition of America. Cooperatives are businesses organized by people to provide needed goods and services.

Ease the pain of nighttime leg cramps

Sudden, uncontrollable cramping of the calf muscle at night is a painful condition that afflicts about 70 percent of adults over the age of 50. These nocturnal leg cramps are often sharp enough to interrupt a deep sleep and can last anywhere from a few seconds to 10 minutes.

What causes the condition? Researchers don't have a definitive answer, but dehydration, prolonged sitting, and over-exertion of the muscles all appear to contribute to the problem. Doctors can prescribe medication to relieve acute cramping that regularly interferes with sleep, but if you suffer from just occasional symptoms, try the following:

- **Drink water.** Try a few ounces of prevention: Drink six to eight glasses of water during the day. Water is the best choice for keeping the body well hydrated.
- **Stay loose.** Don't wrap blankets tightly around your body, especially your feet. Don't point your toes downward while you sleep—this can also affect circulation.
- **Stretch.** Throughout the day, periodically stretch your calf muscles.
- **React the right way.** If you wake up with a cramp in the middle of the night, flex your foot so that your toes point upward. You can also stand up, placing all your weight on the affected leg, and bend at the knee to stretch out the muscle. Applying a heating pad or ice pack can also relieve the pain.

NEW LISTINGS—August September 2016

Gould, Thomas	987-2691
Rubinowitz, Jen & Jones Jake	987-2495
Knaub, Patricia	987-2937
Madrid, JV	987-2565
Heath, Stephen & Sandra	987-2903
Shirley, Terrye Gorman	986-2460
Beltran, Peggy	964-2689

October 2016

October 10	Columbus Day
October 31	Halloween

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