

1956-2016

# Dial Tones

June 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 5

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#### Editor

Deborah Hickox



## CONTINUING EDUCATION SCHOLARSHIPS AVAILABLE FROM DELL TELEPHONE COOPERATIVE

Applications are now available for Dell Telephone Cooperative's "Continuing Education Scholarship Program" and may be picked up at the Business Office located at 610 South Main in Dell City.

The program is for academically successful college students pursuing an Associate Degree, Bachelor's Degree, Master's Degree or Technical/Vocational Certification on a full-time or part-time basis.

Scholarships will be awarded in August ranging in value from \$500.00 to \$3,000.00! Students who are members or dependents of active Cooperative members in good standing, receiving local service/dial tone from any Dell Telephone Exchange as of December 31, 2015 are eligible to apply. Completed applications must be submitted to the Cooperative on or before 12:00 noon, Wednesday, July 20, 2016.

## DELL TELEPHONE 2016 LENGTH OF SERVICE AWARDS



Marcy Guillen  
Office Manager  
30 Years of service

Canuto Mariscal  
Combination technician  
10 Years of service



Denny Bergstrom  
General Manager /Executive VP  
10 Years of service



## COFFEE MAY KEEP YOU HEALTHY

Is drinking coffee good for you? A recent article on *The New York Times* website linked to a number of different studies touting the positive effects of caffeine on several different health problems. They include:

- **Liver damage.** A review of data collected by studies of more than 430,000 people found that coffee may lower the risk of cirrhosis of the liver, a disease associated with overindulgence in alcohol (among other causes).
- **Tinnitus.** Researchers kept track of more than 65,000 women and found that those who drank more than one 8-ounce cup of coffee a day were less likely to suffer from tinnitus, that persistent ringing or buzzing in your ears.
- **Auto crashes.** A study of truck drivers who routinely work on long hauls found that coffee drinkers (or consumers of other caffeinated drinks) seem 63 percent less likely to be involved in crashes while driving.
- **Melanoma.** An analysis of health and dietary data involving more than 400,000 people ages 50-71 found that those who drank four or more cups of coffee a day were 20 percent less likely to develop skin cancer. (The researchers cautioned that avoiding exposure to the sun's ultraviolet rays is still the most important way to avoid melanoma.)

### NEW LISTINGS—May 2016

Lewis, Kenneth	963-2335
Estrada, Carlos	964-2486
Myers, Kaitlyn	964-2543
McGuill, Olin R	987-2421
Lorusso, Gerard	987-2445
Atherton Law PLLC	988-2459

### June 2016

June 5	National Cancer Survivors Day
June 14	Flag Day
June 19	Fathers Day
June 20	Summer Begins

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