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Dial Tones

Jan-Feb 2017



STATEMENT OF NONDISCRIMINATION

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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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 61st Annual Membership Meeting, set for Saturday, March 13, 2017. 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, 2016.

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.



Health Watch



EAT LOTS OF THESE FOODS TO PREVENT PROSTATE CANCER

Men may be able to reduce their risk of developing prostate cancer by eating more of these healthy foods:

Prostate cancer is one of the most common forms of cancer in men—more than 180,000 cases are diagnosed each year. Diet can be a factor, doctors say, especially one of foods high in saturated fats found in meat and dairy products. Men may be able to reduce their risk of developing prostate cancer by eating more of these healthy foods:

- **Broccoli.** *Benefits:* Low in carbohydrates and rich in antioxidants and phytochemicals that may prevent cell changes contributing to cancer.
- **Salmon.** *Benefits:* Lots of omega-3 fatty acids that can inhibit prostate cancer.
- **Brazil nuts.** *Benefits:* Selenium; six to eight nuts contain 700 percent of a daily serving.
- **Tomatoes.** *Benefits:* Lycopene. Men who eat 10 portions of tomatoes a week may reduce their risk of prostate cancer by 18 percent.
- **Walnuts.** *Benefits:* Walnuts and walnut oil have been shown to reduce levels of the hormone IGF-1, which has been linked to prostate cancer.
- **Coffee.** *Benefits:* Antioxidants, as well as stimulating the body to metabolize sugars more efficiently. Green tea shares similar qualities.
- **Carrots.** *Benefits:* Beta-carotene, which turns into to vitamin A and has antioxidant properties.

Keep motivation high by combining these factors

Motivating employees through specific projects and goals doesn't have to be difficult. Just combine these two important elements:

- **Involvement.** Employees who influence the direction and shape of the project will tend to be more enthusiastic about carrying it out. Ask for their ideas, and incorporate their feedback.
- **Development.** Most employees will thrive on stretching themselves, especially if they have a chance to learn new skills. Include them in planning, and delegate important tasks so they have a chance to grow professionally.

NEW LISTINGS— 2016 Dec & Jan

Haist, Jan D	964-2216
Heater, Deanna	964-2988
Benson, Sidney M	987-2419
Castillo, Hilda	987-2398
Ferris, Richard W	987-2313
Gonzales, Andrea	987-2779
Kilcrease, Francis	987-2386

February 2017

February 2	Groundhog Day
February 12	Lincoln's Birthday
February 14	Valentine's Day
February 20	Presidents' Day
February 22	Washington's Birthday



Dell Telephone supports our American military personnel! Please keep them in your thoughts and prayers this New Year!