

1956-2018

Dial Tones

March 2018



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 24 Edition 3

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Editor

Deborah Hickox

Membership to Elect Directors at 62nd Annual Membership Meeting

Dell Telephone's 62nd Annual Membership Meeting is just around the corner! Membership packets have been mailed in February, 2018.

Included in your packet will be your mail ballot, ballot envelope, and postage paid return mail envelope. Please read the instructions carefully and contact our Business Office at 915/964-2352 if you have any questions. You may vote by mail or in person at the Annual Meeting.

The meeting will be held at the Cooperative in Dell City on Saturday, March 24, 2018. Registration will be from 9:00A.M. —10:00A.M. The Business Meeting will begin at 10:00A.M. During the Business Meeting, members that did not vote by mail will vote for Directors of District #4 and District #7.

District #4 Antonio Armijo, James Chavez and Jon Smith

District #7 George Rauch

Don't forget Scholarship Application Deadline For High School Seniors—March 15, 2018

Applications are available for Dell Telephone Cooperative's "High School Scholarship Program" and may be picked up at the Business Office located at 610 South Main in Dell City. For additional information, please contact Susan Barker at 915/964-2139.



MARCH 2018

- March 11 Daylight Savings Time Begins
- March 17 St. Patrick's Day
- March 20 First Day of Spring
- March 25 Palm Sunday
- March 30 Good Friday

DAYLIGHT
SAVING
TIME

Sunday March 11, 2018
Remember to set your
clocks forward one hour
Daylight Saving Time Begins.

NEW LISTINGS— 2018 FEBRUARY

Crabb, Ross & Alyssa

963-2600



HEALTH WATCH

BEAT SLEEPLESSNESS THROUGH AWARENESS OF THE RISKS

Insomnia is becoming a problem in our society, and it's attributable to complex interactions among dozens of factors. One in three American adults don't get enough sleep every night, and that number may rise if we don't work collectively to try and improve our sleep patterns. As health care writer Anna Johansson points out, the effects of sleep deprivation are dangerous, both in the short and long term:

- Lack of focus and memory. As both a short-term and long-term effect, losing sleep can interfere with your ability to create new memories, and may make it more difficult to focus during the day. This makes it difficult to perform in most professional roles.
- Declining cognitive abilities. Sleep loss also hinders your cognitive capacity, making it more difficult to think critically or solve problems. This gets more intense with more sleeplessness over time.
- Obesity and diabetes. There's evidence to show that chronic sleeplessness can lead to obesity, as well as diabetes, which in turn can lead to even more serious health complications.
- Heart disease and mortality. Chronic lack of sleep may even increase the likelihood and severity of heart disease, and decrease your lifespan.

2018—First Draft

THE 'EYES' HAVE IT

The month of March is dedicated to workplace eye wellness. Here are some simple steps you can take to prevent eyestrain and injury:

- Wear safety goggles to prevent injury when working with power tools and heavy equipment.
- Adjust the position of computer monitors along with the contrast and glare to avoid eyestrain.
- Use over-the-counter drops to keep your eyes moist, and don't forget to blink.
- Follow the 20/20/20 rule—refocus your vision on something off screen and at a 20 foot distance for 20 seconds, after every 20 minutes of screen time.
- Schedule annual eye exams with a qualified professional to assess your vision and screen for diseases and degenerative conditions.

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