

InTouch

SPRING 2014



A Growing Celebration for National Ag Day

National Ag Day is March 25, 2014 — a time when members of the agricultural industry and related organizations gather to recognize and celebrate the abundance provided by U.S. agriculture. As the world population soars, there is even greater demand for the food, fiber, and renewable resources produced in this country.

Woodstock Telephone Company salutes the members of the agricultural industry who live in our service area. Thanks for all you do for all of us!

Contact

Woodstock Telephone Company
337 Aetna St. • PO Box C
Ruthton, MN 56170
Phone: 507-658-3830
Toll Free: 800-752-9397

Office Hours: M–F 8:00 am to 3:30 pm

After Hours Repair: 800-417-8685

Email: wtcinfo@woodstocktel.net

Online: www.woodstocktel.net



Woodstock

**WHY
WALK
WHEN
YOU
CAN
RUN?**

UPGRADE TO OUR **SUPER-FAST** **10 MBPS** INTERNET PLAN

- Ideal for households with multiple devices running
- Lets you race through movie downloads
- Allows serious gamers to really hit their stride



RUN AND CALL NOW FOR FREE INSTALLATION!
507-658-3830

*Service availability and Internet speeds will depend on location. All prices subject to change. Contact us for complete details. Offer good through June 30, 2014.

Who Invented TV and the Internet?

Unlike the telephone, television and the Internet had no single “inventor.” Instead, both communications technologies evolved over time.

The Internet got its start in 1969 when the most basic form of electronic communication—a single message transmitted between two computers—first occurred. The message “lo” was sent by UCLA computer science professor Leonard Kleinrock from a computer at his school to a computer at another institution. (The intended message was “login,” but the system crashed after the first two letters). In the 1970s, the networking method Transmission Control Protocol/Internet Protocol was developed, making the Internet possible. The 1980s produced the browser and the addressing system including “.com” and other suffixes.

The idea for television began to germinate as early as the 1820s and in 1880, a speculative article on the subject appeared in *The Scientific American* magazine. At the dawn of the twentieth century, the American laboratories of Bell, RCA, and GE were the leaders in television development. But it was 21-year-old Philo Farnsworth who produced the first electronic television picture in 1927. Yet RCA’s David Sarnoff first marketed this invention to the public and became known as the father of television.

Get your telephone, television, and Internet services from Woodstock Telephone Company. Call 507-658-3830 to learn more.



A Look Back at How and When the Telephone Got Its Start

The month of March was significant to Alexander Graham Bell. Bell was born on March 3, 1847, in Edinburgh, Scotland. After many years of inventing—starting at age 11 when he invented a machine that could clean wheat—Bell received his first patent on the telephone on March 7, 1876. A few days later, on March 10, Bell’s experiments with his assistant Thomas Watson finally proved successful at transmitting actual speech. Sitting in one room, Bell accidentally spilled acid on himself and spoke into the telephone to Watson in another room, saying the now famous words: “Mr. Watson, come here. I need you.”

In 1874, while working on a multiple telegraph, Bell developed the basic ideas for the telephone.

Bell had been working on the idea of transmitting speech since he was 18. He was educated largely through numerous experiments in sound and the furthering of his father’s work on Visible Speech for the deaf. (His mother was hearing impaired). In 1874, while working on a multiple telegraph, Bell developed the basic ideas for the telephone. He later said that if he had understood electricity at all, he would have been too discouraged to invent the telephone. Everyone else “knew” it was impossible to send voice signals over a wire.

In 1877, Bell and his investors Gardiner Hubbard and Thomas Sanders formed the Bell Telephone Company to operate local telephone exchange operations. In 1882, American Bell acquired a controlling interest in the Western Electric Company, which became its manufacturing unit. The American Telephone and Telegraph Company was incorporated on March 3, 1885 as a wholly-owned subsidiary of American Bell, chartered to build and operate the original long distance telephone network.

In all, Bell held 18 patents in his name alone and 12 that he shared with collaborators. He died on August 2, 1922, in Cape Breton Island, Nova Scotia, Canada.

10 Tips for Building Healthy Meals

March is National Nutrition Month and the U.S. Department of Agriculture's website, www.ChooseMyPlate.gov, offers these tips for making more beneficial food choices:

1. **Make half your plate vegetables and fruits.** They are full of important nutrients.
2. **Add lean protein.** Choose foods such as lean beef and pork, chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.
3. **Include whole grains.** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label.
4. **Don't forget the dairy.** Pair your meal with a cup of fat-free or low-fat milk. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.
5. **Avoid extra fat.** Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great but avoid topping it with cheese sauce.
6. **Take your time and savor your food.** Eating very quickly may cause you to eat too much.
7. **Use a smaller plate.** This helps you better manage your portion sizes.
8. **Take control of your food.** Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.
9. **Try new foods.** Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade healthy and tasty recipes with friends or find them online.
10. **Satisfy your sweet tooth in a healthy way.** Indulge in a naturally sweet dessert—fruit! Serve a fruit parfait made with yogurt or bake apples and top with cinnamon.

If your family is also hungry for unlimited data and a deliciously fast connection, treat yourself to a new Internet plan from Woodstock Telephone Company. Call 507-658-3830 for details.



Spring Equinox May Affect TV

If your TV picture momentarily turns snowy or blurry on March 20, 2014, the date of the spring equinox, it's probably from a sun outage. This is a natural phenomenon which occurs twice a year (in the spring and fall), when the sun appears to pass directly behind the satellite, as seen from the receive antenna.



During these brief "eclipse" periods—when the receive antenna on the earth, the satellite, and the sun are in direct alignment—the sun's focused "noise" energy overwhelms the video signal from the satellite. Reception becomes degraded and eventually impossible for a brief period of time, usually less than 15 minutes. All communications providers using satellites experience this effect.

There is nothing that can be done from a technical standpoint to prevent the sun outage effects. Fortunately, however, sun outages are a short-term problem and end when the equinox is over.



Know What's Below... Call 811 Before You Dig

There may be more than roots underground on your property. All sorts of utility lines, pipes, and cables could be buried on your property. In some cases, they're close to the surface and easily damaged by even shallow digging, which can result in service interruptions to your neighborhood.

That's why every digging job—from planting a bush to installing a fence—requires a call to 811 to have utility lines marked. Simply tell the operator where you're planning to dig and what type of work you'll be doing. The affected local utilities will send a locator to your property, free of charge. Then you'll know what's below and be able to dig safely.

As one of your local service providers, we thank you in advance for your cooperation!



Lessons for Everyone From Big-Name Data Breaches

News headlines about data breaches—including those experienced in 2013 by Target, Adobe, and LivingSocial—made everyone sit up and take notice. Hackers were able to steal credit card information, PINs, names, mailing addresses, phone numbers, and email addresses from millions of individuals.



What are the lessons to be learned from these events? Security experts suggest the following:

- On a regular basis, go online to check your credit card statements for unfamiliar purchases as well as your bank account for fraudulent transactions. Report any problems immediately to your bank.
- Check for suspicious activity by reviewing your free credit report at www.AnnualCreditReport.com.
- Plan for the worst and take preventative steps. Create strong passwords that would be hard for hackers to guess should they steal your account numbers. Also, do not use the same password for every account.

You can get more information about identity theft on the Federal Trade Commission (FTC) website at www.consumer.gov/idtheft.

Fiber is Good for Our Health and Our Communities

For years, we've heard about the health benefits of eating dietary fiber. These benefits include helping us maintain a good weight, stay "regular," and lower the risk of diabetes and heart disease. Nutritionists encourage us to get more fiber by regularly including fruits, vegetables, whole grains, and legumes in meals.

In the realm of telecommunications, fiber is also proving to be extremely beneficial. Fiber deployment is revolutionizing the way community members access healthcare, education, public safety, and government services. It's providing faster and faster Internet speeds. And it's broadening our options for entertainment, home security and management, and data storage services.



Thanks to fiber, we can all have a healthy outlook on what tomorrow will bring. For an update on the Woodstock Telephone Company fiber network, visit www.woodstocktel.net.