

# Stay Connected

A NEWSLETTER FROM YOUR FRIENDS AT SIERRA TEL • AUGUST 2017

## We're Fired Up About Friends and Neighbors

There's something about a backyard that puts people at ease and inspires great conversations. Maybe it's the sizzle of the grill, the gentle breezes, or the soundtrack provided by birds. We hope you're enjoying plenty of backyard time this summer.



Sierra Tel is grateful to have you as a customer, friend, and neighbor. Call us anytime you have a question about communications technology.

### Contact Us

#### SIERRA TEL

##### Oakhurst Office:

49150 Road 426  
Post Office Box 219  
Oakhurst, California 93644

##### Lobby Hours:

Monday - Friday, 8:00am to 5:00pm  
Saturday, 10:00am to 4:00pm

##### Mariposa Office:

5151 Bullion Street  
Post Office Box 185  
Mariposa, California 95338

##### Lobby Hours:

Monday - Friday, 8:00am to 5:00pm

Telephone Support is available  
24 hours a day, 7 days a week.  
Call 559-683-4611, 209-966-3636  
or 877-658-4611.

##### Visit Us Online:

[www.SierraTel.com](http://www.SierraTel.com)



## NOW TRENDING

Stay on top of what's trending with one of our fastest Internet speeds. You'll have the coolest house on the block with our unbelievably fast over 20 Mbps plan for multiple users, multiple devices, and multiple applications.

**Slow Internet is so yesterday.** Sierra Tel has the speed you need.

**CALL 559-683-4611 OR  
209-966-3636 FOR MEGACOOOL  
MEGABITS PER SECOND**



*\*Service availability and Internet speed will depend on location. Contact us for details.*

## Fly Through Ideas for National Aviation Day

Ever since Franklin D. Roosevelt made a presidential proclamation in 1939, August 19 has been celebrated as National Aviation Day. The date was selected because it's the birthday of Orville Wright, who invented the world's first successful airplane with his brother Wilbur Wright.

If you're up in the air about how to celebrate National Aviation Day, here are a few suggestions:

- **Watch an aviation-themed movie.** There are many available, but the NASA aeronautics staff recommends Jimmy Stewart's *The Spirit of St. Louis*, Disney's *Planes*, and the documentary *One Six Right: The Romance of Flying*.
- **Make an airplane.** This doesn't have to be complicated. Just fold a simple paper airplane and shoot it across the room a few times.
- **Head for an open space and take off!** This might mean flying a kite, radio-controlled airplane, or even a drone.

**August 19 is a day for celebration, "plane" and simple.**



## How to Keep Your Family Safe During Power Outages

Power outages can occur for many reasons including utility blackouts, thunder and lightning storms, and strong winds. Being without electricity is more than just an inconvenience since we depend on it for some basic needs. Review these tips now so you'll be prepared if the power goes out.

### Refrigeration Guidelines

After a power outage, a full freezer should keep food frozen for 48 hours and a half-full freezer should last 24 hours. These estimates are shortened if the door is opened so get in the freezer as little as possible. Non-frozen perishables must be kept below 40 degrees Fahrenheit at all times. Without opening the door, the typical refrigerator should keep food cold for about four hours during a power outage. If the power is anticipated to be out longer than four hours, you should pack all eggs, dairy, meat, and fish into a cooler with ice. A digital, quick-read thermometer can be used to determine if food is cold enough. Discard any food warmer than 40 degrees.

### Water Safety

Water purification systems may not operate in a power failure so be aware of safety warnings that may come from your local water utility. The American Red Cross suggests the average person requires a gallon of water per day—half to drink and half for other uses. (One and a half gallons will be needed on hot days due to the increased need for drinking water.) Your best strategy is to store bottled water for use in an emergency.

### Staying Connected

Keep in mind that most cordless phones will not work without electricity and cell phone systems have a tendency to overload when the power is out because of overuse. That's why it's a good idea to keep at least one corded landline phone in your house for emergencies. This type of phone does not require electricity and will continue to operate during most power outages.

**To learn more about our landline options, call 559-683-4611 OR 209-966-3636.**

# See What You Can Do to Avoid Computer Vision Syndrome

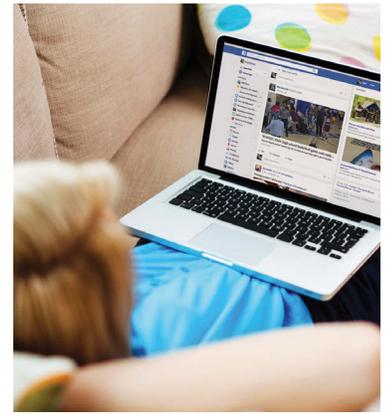
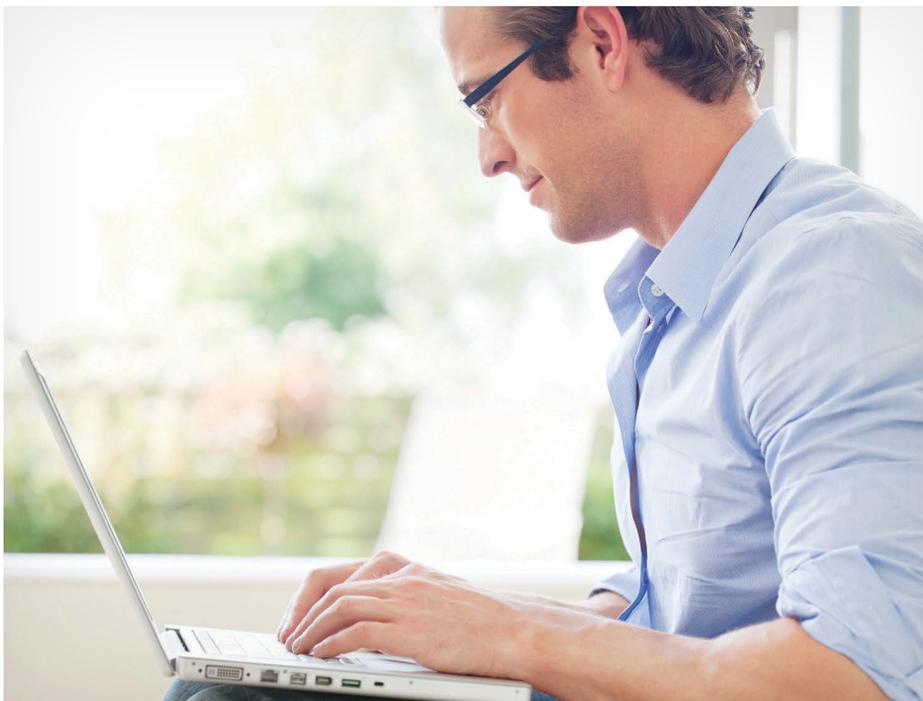
As a child, you may have been warned by your parents not to sit too close to the TV because it would hurt your eyes. These days, we're spending more time than ever in front of a screen, since computers, smartphones, tablets, and e-readers have been added to the mix.

Continuous or prolonged use of technology can lead to computer vision syndrome, which may include eye strain, headaches, fatigue, burning or tired eyes, loss of focus, blurred vision, double vision, or head/neck pain.

The American Optometric Association (AOA) recommends implementing a 20-20-20 rule with technology — take a 20-second break every 20 minutes and look at something 20 feet away. Staring off into the distance helps the eyes from locking into a close-up position. The AOA also advises people to do the following:

1. Keep the computer screen 15 to 20 degrees below eye level (about 4 or 5 inches as measured from the center of the screen) and 20 to 28 inches away from the eyes.
2. Avoid glare. If needed, turn the desk or computer to prevent glare on the screen.
3. Reduce the amount of light in the room to match the computer screen.
4. Blink frequently. It will keep the front surface of the eye moist.

Of course, taking steps to prevent computer vision syndrome is just one aspect of managing your eye health. Another is to regularly schedule a comprehensive eye exam, which can detect eye diseases and conditions in their early stages. August is National Eye Exam Month, so this is a great reminder to make an appointment for you and/or family members if needed.



## Do Our Facebook Posts Appear in Your News Feed?

Sierra Tel posts all kinds of information on our Facebook page at <https://www.facebook.com/sierratel/> including:

- Our latest money-saving promotions
- News about changes or additions to our services
- Photos and videos from community activities
- Invitations to customer events
- Helpful technology tips
- Alerts about outages
- Employment opportunities
- Fun seasonal/holiday ideas

We hope you're seeing our posts in your Facebook News Feed since we want to keep you connected to what's happening at Sierra Tel and in the community. If you're not seeing our posts, please go to our Facebook page and click on both the "Like" and "Follow" buttons. This is the easiest way to make sure you stay in the know.

**To quickly access our Facebook page as well as our other social media accounts, look for the icons on the home page of our website at [www.sierratel.com](http://www.sierratel.com).**



## What to Know Before You Burn, Dig or Mow

Telephone pedestals and fiber markers indicate the location of Internet, digital TV, and phone cables and equipment. Please watch for them on your property if you are burning ditches or mowing and be careful to avoid them. Damage can disrupt service for you and/or your neighbors.

Fiber connections are very expensive to repair—often several thousand dollars or more. Repair costs may be billed to the operator who caused the damage, so pay attention in order to avoid having to pay up.

Also be sure to call 811 before you dig anywhere. All sorts of utility lines, pipes, and cables could be buried on your property. That's why every digging job—from planting a tree to installing a fence—requires a call to 811 to locate and mark underground facilities before digging begins. There's no cost to you.

**Sierra Tel thanks you for your cooperation in helping protect our valuable communications infrastructure.**

# Adding Knowledge to Wisdom: Learning Later in Life

"Live as if you were to die tomorrow. Learn as if you were to live forever." This inspiring quote from Mahatma Gandhi (1869-1948) points to the inherent value of learning throughout our lifetimes. While we sometimes associate learning with our school years spent in classrooms, in reality, most people are lifelong learners who gain skills and knowledge from a variety of sources.

### There are strong benefits to lifelong learning including:

- **Personal satisfaction.** As a senior, you likely have more time to learn, and can add to your skills and accomplishments by taking a single class or pursuing a degree.
- **Memory improvement.** Taking part in educational opportunities helps you activate your mind to stay sharp and focused.
- **Social engagement.** Education involves a social component that can benefit you. Just as in your college years, classes can be a great place to make friends.
- **Physical fitness.** How about taking a hiking or swimming class? These types of physical activities are great for staying healthy.
- **Self-expression.** Learning a creative skill you've always wanted to explore can be rewarding and fulfilling. Consider learning how to play the piano, paint, write, sing, or dance.
- **Self-confidence.** Perhaps you made it into your senior years without finishing a college degree. Now's your chance to graduate and validate your abilities.

Though many classes still take place in physical locations, you'll also find an abundance of online sources to help you gain knowledge in a wide variety of topics. For example, stop by TED ([www.ted.com](http://www.ted.com)) to find fascinating videos for quick learning sessions on everything from computers to movies. Who knows? Learning may be the fountain of youth. If not, it's still fun to jump in and make a splash.

**For the best viewing experience with the videos used in online learning, make sure your home's Internet speed is fast enough. Call 559-683-4611 OR 209-966-3636 for details about the speeds and prices of our currently available Internet plans.**



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