

InTouch

FALL 2014



Get Moving for Family Health & Fitness Day

This year, Family Health & Fitness Day falls on September 27. The purpose of this annual event is to promote family involvement in physical activity, one of the goals of the U.S. Surgeon General's Report on Physical Activity and Health. In some communities, local organizations host special activities at locations such as health clubs, schools, parks, hospitals, YMCAs/YWCAs, and malls.

It's easy to participate in Family Health & Fitness Day. Just gather your family together and get biking, hiking, swimming, golfing ... or doing whatever you find fun!

Contact

Albany Mutual Telephone
131 6th Street
Albany, MN 56307
Phone: 320.845.2101

Office Hours
M-TH: 7:30 am to 5:00 pm

Email
customersupport@albanytel.com

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National Coffee Day Perks Up September

September 29 is National Coffee Day, so be sure to raise your cup to this beloved beverage. It's a great day to reflect on the long history of coffee. As legend has it, a sixth-century Ethiopian goatherd discovered his goats frolicking from one coffee shrub to another. He realized the coffee berries had a stimulating effect and he began to experiment with the seeds. A century later, brewed coffee emerged in Arabia and the popularity of coffee grew at an exponential rate.

According to the National Coffee Association and The Specialty Coffee Association of America, over 50 percent of Americans over 18 years of age drink coffee daily. Among U.S. coffee drinkers, the average consumption is 3.2 cups of coffee per day.

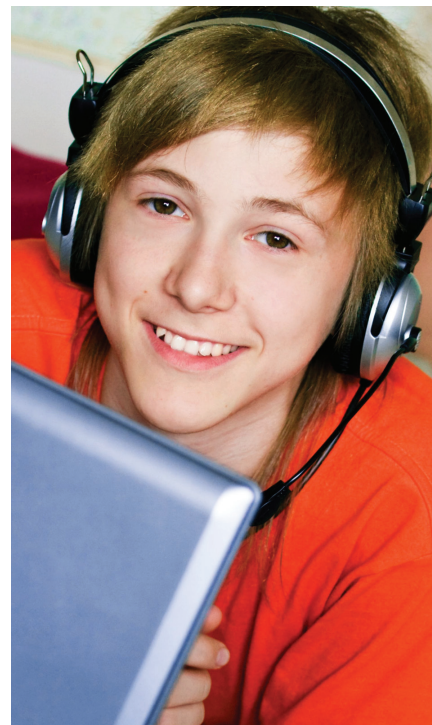
Some coffee shops offer special deals on National Coffee Day, so check out the websites of your favorites. On a related note, if your Internet connection could use some perking up, call Albany Mutual Telephone at 320.845.2101 and ask about faster speeds.



Respect Copyrighted Material and Avoid Digital Piracy

With so many options out there for viewing movies and TV shows online, it can be confusing to find the real thing—content that doesn't involve copyright infringement. In addition, others could be using your Internet account without your knowledge to conduct illegal activities. It's important you understand that downloading pirated content through a site like BitTorrent is illegal and organizations are actively protecting these rights.

For example, the Copyright Alert System (CAS) is designed to help consumers understand when files may have been shared illegally on peer-2-peer (P2P) networks through their Internet accounts. According to www.copyrightinfringement.org, "artists, moviemakers and other owners of content join public P2P networks to see if the music, movies, and TV shows they've made available are being shared without permission and in violation of U.S. copyright law. If they notice that a file is being shared illegally, they notify the appropriate Internet Service Provider (ISP) and that ISP, in turn, passes on that notice to their subscriber as a Copyright Alert."



Albany Mutual Telephone is receiving CAS notifications regarding copyright infringement by our Internet customers. Our policy is to respond using the following process:

MANAGEMENT AT ALBANY MUTUAL TELEPHONE WILL REVIEW ALLEGED VIOLATIONS OF THIS POLICY ON A CASE-BY-CASE BASIS. A VIOLATION MAY RESULT IN DENYING THE USER ACCESS TO THE NETWORK, TERMINATION OF ACCESS TO ALL SERVICES, AND FORFEITURE OF ALL FEES PAID. ALBANY MUTUAL TELEPHONE WILL REPORT EVIDENCE OF ILLEGAL ACTIVITIES TO THE APPROPRIATE LAW ENFORCEMENT AUTHORITIES.

If you are alerted about unlawful content sharing, we trust that you will take the appropriate steps to correct the situation. To help avoid these issues in the future, be cautious when websites make offers that are "too good to be true" and be wary of "free" content when searching for and purchasing downloads from unfamiliar sites. Watch out for terms like "Unlimited Movie Downloads," "100% legal," and "Millions of Files Shared."

As you look for entertainment online, remember to be respectful of the artists' work and keep your downloading within legal parameters. If you have questions about digital piracy, call Albany Mutual Telephone at 320.845.2101.