

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.

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

Contact

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Office Hours
M–F: 7:30 am to 4:30 pm

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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 Albany Mutual Telephone fiber network, visit www.albanytel.com or call 320.845.2101.

