



BUSY LINE

McDonough Telephone Cooperative • Colchester, Illinois

Volume 33, Number 3 • March 2007 • www.mdtc.net

Calling All Cooks!

Do you have a favorite recipe – either one that’s been handed down in your family from generation to generation or something you whipped up on your own? Here’s an opportunity to share your culinary creations with friends and neighbors.

We’re putting together a cookbook as the attendance gift for this year’s annual meeting. We invite all members, directors and employees to participate. Send us one or more of your most tantalizing recipes. If there’s a story behind the recipe or a photo that ties in with it, send that along, too. The book will have room for 60-70 pictures, anecdotes and a little history as well as 100 recipes sorted by category.

The deadline for entries is April 30, 2007. Each member who submits a recipe before the deadline will have his or her name entered in a drawing for a \$50 bill credit.

So, get those recipes to us ASAP ... and don’t forget the pictures and stories.

We’ll do the typing - just be sure whatever you submit is legible. Working together we can make this cookbook something extra-special.



Do-Not-Call Notification

A national Do-Not-Call Registry has been established to address unwelcome telemarketing calls. The Federal Communications Commission (FCC) and the Federal Trade Commission (FTC) are now sharing responsibility for enforcing the list. The FCC requires an annual notification to subscribers of their right, by way of the national do-not-call registry, “to give or revoke an objection to receiving telephone solicitations.”

The registry applies to all telemarketers, with the exception of businesses with whom you have an existing relationship and certain non-profit and political organizations. Commercial telemarketers are not allowed to call you if your number is listed on the registry.

Consumers may register their residential

telephone number, including wireless numbers, on the national Do-Not-Call Registry at no cost, either by telephone or via the Internet. To register by telephone, call 1-888-382-1222. For TTY, call 1-866-290-4236.

If registering by telephone, you must call from the telephone number you wish to register. You also may register, or obtain additional information about the registry, on the Internet at www.donotcall.gov. Inclusion of your telephone number on the national Do-Not Call Registry will be effective one month following your registration. Your number will remain on the registry for five years, at which time you must re-register if you wish to keep your number on the list. You can also remove your name from the list at any time.

What’s Happening

Saturday, March 17 – 10th Annual Craft Show, Bake Sale and Luncheon Fundraiser

West Prairie High School, 18575 E. 800th St., 9 a.m. to 3 p.m. with luncheon served from 10:30 a.m. to 1 p.m. Sponsored by the West Prairie Class of 2009 After-Prom Committee so students can enjoy a safe, fun after-prom program. Lots of crafts, lots of delicious baked goods and a free gift for everyone who attends. For more information, contact Janice Wisslead, 309-456-3642.

Saturday, March 24, 10 a.m. to 5 p.m. and Sunday, March 25, noon to 4 p.m. – Western Illinois Home and Lifestyle Show

Western Illinois University, Western Hall – This show features over 120 exhibitors demonstrating a vast array of services and products. McDonough Telephone will be participating in this event for the first time. Stop by our booth to say hello.

We’re Coming To YOU!

McDonough Telephone Morning Exchange

Main Street Café

109 W. Main St. – Industry

Thursday, March 15th – 7 to 9 a.m.

FREE Breakfast from 7 to 8 a.m.

We hope you’ll join us!



McDonough Telephone Cooperative

Colchester: 309-776-3211 or 888-640-4334
Lomax: 217-449-3211

Some Relief for Sore Eyes



Do you leave work after a long day at the computer feeling totally drained and achy? You're probably suffering from the ill effects of Computer Vision Syndrome (CVS). Take the following quiz to see how much you really know about CVS.

1. What are the symptoms of CVS?

- a. Eye Strain
- b. Headaches
- c. Blurred vision
- d. Neck & shoulder pain
- e. All of the above

2. What percentage of the estimated 143 million Americans who use computers are affected?

- a. 10-15 percent
- b. 25-30 percent
- c. 50 percent
- d. 70-75 percent

3. The eye responds to a printed word in a way similar to the way it responds to a computer image.

- a. True
- b. False

4. What is the primary cause of CVS?

- a. Glare on the computer screen
- b. An inability to focus properly on the computer images
- c. Images that are too small
- d. Computer stations that are not ergonomically sound

5. When using a computer, the eyes blink about ...

- a. Twice as frequently as when reading
- b. The same amount
- c. Half as frequently
- d. Five times less often

6. In a room or office where a computer is used, lighting should be ...

- a. Half as bright
- b. Twice as bright
- c. About the same
- d. Doesn't matter

ANSWERS:

1. e. All of the symptoms listed can be caused by CVS.

2. d. The American Optometric Association reports that 70 to 75 percent of computer users suffer from CVS.

3. b. The eye responds very differently to printed words and computer images. A printed letter consists of a solid line. Characters on a computer screen are made up of many small dots or pixels.

4. b. The eyes have a very hard time focusing on the pixel characters and must constantly refocus while working on the computer. The constant flexing of the muscles used to focus the eyes causes fatigue and burning, tired eyes.

5. d. Blinking is necessary to keep eyes moist and relaxed.

6. a. Too much light, whether from inside lights or from windows, produces glare resulting in eyestrain.

With CVS causing so many problems for so many people, we should all be aware of some steps we can take to avoid the headaches, fatigue, blurred vision and neck and shoulder pain that are signs of CVS.

- Get an eye exam. Even if you currently have regular glasses or contact lenses you may still need a separate pair of glasses for use with the computer.

- Position your monitor 16 to 30 inches away from your eyes and four to eight inches lower than eye level.

- Minimize glare by using proper lighting. Close drapes and blinds and reduce interior lighting by using lower wattage bulbs. Install an anti-glare screen on your computer.

- Take frequent breaks. Every 20 minutes focus on an object outside the window or down a hallway. Blink your eyes several times to remoisten them. Artificial tears can help if your eyes are extremely dry.

IHSA Basketball Championship Games Carried by MTC-TV

All of the Boys and Girls IHSA Basketball Championship Games will be available on MTC-TV. FOX-KLJB TV 18 (channel 3 on our schedule) will air Class A Boys games only. My 59-WAOE TV (channel 5 on our schedule) will carry all of the games.

Girls Class A Basketball
Completed in February

Girls Class AA Basketball
March 2-3

Boys Class A Basketball
March 9-10

Boys Class AA Basketball
March 16-17

Directory Additions

Bryant, Jeremy	449-3317
Haines, J.	776-3713
Harlin, Steve	456-3672
Kelly, Justin	254-3406
Konkler, Matt & Sadie	653-2580
McKinley, Kellie	254-3430
Melvin, H.V.	652-3333
Neese, Rebecca	257-2390
Pittman, Jane & John	653-2381
Quality Flooring	449-3311
Rogers, Michael L.	776-3037
Taylor, Ginger	449-3806
VanFleet, Shane	755-4403
Vaughn, Jackie	456-3917
Windhausen, Matthew	776-3666

Lomax Office Schedule MARCH 2007

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	☘
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Days Open in Red • Hours: 8:00 a.m. - 4:00 p.m.
March 15 - Bills Due • March 26 - Disconnect