BWTelcom Bulletin

607 Chief Street • PO Box 645 • Benkelman, NE. 69021

SERVING SOUTHWEST NEBRASKA SINCE 1944!

FALL 2017

Dates to remember:

October 9th - Columbus Day

October 31st - Halloween

November 11th - Veterans Day

November 23rd - Thanksgiving Day

December 7th - Pearl Harbor Remembrance Day

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www.bwtelcom.net

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PUZZLE CHALLENGE
Be the first person to bring the correct completed puzzle to the office and get 2 FREE movie passes!

	2		6		8			
5	8				9	7		
				4				
3	7					5		
6								4
		8					1	3
				2				
		9	8				3	6
			3		6		9	

We would like to introduce Donna Hardwick as BWTelcom's new IT Manager!

Though Donna has been with BWTelcom since 2013, she is new to the IT Department. Donna started off as a Customer Service Specialist and Marketing Director at the company, then made her transition to the IT Department in 2016. Donna shadowed former IT Manager, Ron Craw until his retirement in July of 2017. Donna is enjoying working with our valued customers in this new aspect. BWTelcom is honored to have Donna in the IT Department to continue to provide excellent technical support to our loyal customers.

BW TELCOM Clearly Connected.

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Computer Vision Syndrome

Spending hours each day looking at a computer screen has become a way of life for many these days. With the amazing evolution of technology sometimes comes new health hazards, such as Computer Vision Syndrome. According to the American Optometric Association (AOA), the average American spends approximately 7 hours each day on a computer. Extended computer or digital device use can cause several symptoms associated with Computer Vision Syndrome such as:

- eyestrain
- dry eyes
- headaches
- neck & shoulder pain
- blurred vision

Thankfully, AOA also explains that we can help prevent these symptoms by simply following the 20/20/20 rule.

For the full article, go to https://www.aoa.org/.

20/20/20 TO PREVENT DIGITAL EYE STRAIN

TAKE A 20 SECOND BREAK

EVERY 20 MINUTES

LOOK AT SOMETHING 20 FEET AWAY

Visit www.aoa.org for more tips on how to protect your eye health and to find a doctor of optometry near you for your annual comprehensive eye exam.
AMERICAN OPTOMETRIC ASSOCIATION

Hints and Tips

Keyboard shortcuts can make life easier if you're short on time. Most keyboards are equip with keys that indicate their additional function when pressed with the control or Ctrl key:

- Ctrl+Z = Undo
- Ctrl+Y = Redo
- Ctrl+P = Print
- Ctrl+O = Open
- Ctrl+N = New
- Ctrl+X = Cut selected
- Ctrl+C = Copy selected
- Ctrl+V = Paste selected
- Ctrl+B = Bold text
- Ctrl+I = Italicize text
- Ctrl+U = Underline text

Rice Krispie Treat Pumpkins
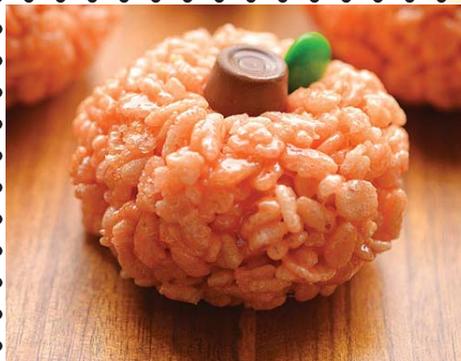
Ingredients

- ¼ cup butter (1 stick)
- 1 bag large marshmallows
- 6 cups Rice Krispies
- Red & Yellow liquid food coloring
- Mini Rolos
- Green M&M's
- Cooking spray for hands

Directions

1. In a large pot, melt the butter over low heat.
2. Add the marshmallows and stir until completely melted.
3. Remove from the heat. Add red/yellow drops until you reach your desired color.
4. Add the Rice Krispies and stir to combine.
5. Coat both sides of your hands with a generous amount of cooking oil, and roll the Rice Krispie mixture into small balls. Set on parchment paper. Add oil to your hands after each ball.
6. While the balls are still warm, gently press a Mini Rolo into the top of each pumpkin for the stem and add a green M&M beside it as the leaf.
7. Allow to cool until firm.

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