

# PMT CONNECTION

A NEWSLETTER FROM YOUR FRIENDS AT PMT



## 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.

PMT is grateful to have you as a customer, friend, and neighbor. Call anytime to ask a question about communications technology—or to invite us over for a burger!

## Contact

### PMT

507 G Street, Rupert, ID 83350  
Phone: 208-436-7151

### Office Hours:

Monday – Friday 8:30 am - 5:30 pm

### Office Closure:

September 4th for Labor Day

**Email:** [pmt@pmt.org](mailto:pmt@pmt.org)

**Visit Us Online:** [www.pmt.org](http://www.pmt.org)



## NOW TRENDING

Stay on top of what's trending with one of our top internet speeds. You'll have the coolest house on the block, for example, with our unbelievably fast 1 Gig (=1,000 Mbps) plan for multiple users, multiple devices, and multiple applications.

**Slow internet is so yesterday.** PMT has the speed you need for today (and tomorrow).

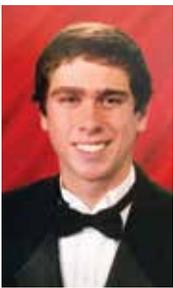
**CALL 208-436-7151 FOR  
3 MONTHS FREE INTERNET**



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

## 2017 PMT Foundation Scholarship Recipients

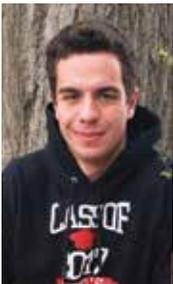
The PMT Foundation is pleased to award four \$2,000 PMT Foundation Scholarships to recent high school graduates from the Magic Valley. All four recipients showed outstanding academic performance, as well as exemplary community and extracurricular involvement and dedication to their future education. We congratulate:



**Matthew Brumley Minico**  
**High School**  
Plans to attend Boise State University, studying Media Production



**Kathryn Frostenson Jerome**  
**High School**  
Plans to attend the University of Idaho, studying Biochemistry/Chemical Engineering



**Jairus Larsen Minico**  
**High School**  
Plans to attend Utah State University, studying Mechanical Engineering



**Riley Young Burley**  
**High School**  
Plans to attend Utah State University, studying Secondary Education



## 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 use the door 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 208-436-7151.

# See What You Can Do to Avoid Computer Vision Syndrome

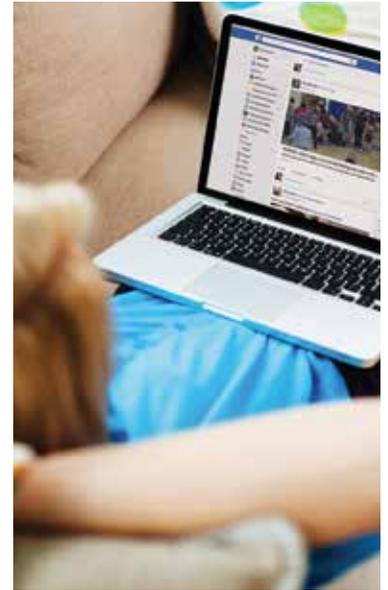
As a child, you may have been warned by your parents not to sit too close to the TV because it would hurt your eyes. These days, we're spending more time than ever in front of a screen, since computers, smartphones, tablets, and e-readers have been added to the mix.

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:

- 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.
- Avoid glare. If needed, turn the desk or computer to prevent glare on the screen.
- Reduce the amount of light in the room to match the computer screen.
- 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?

PMT posts all kinds of information on our Facebook page at [www.facebook.com/ProjectMutualTelephone](http://www.facebook.com/ProjectMutualTelephone) including:

- Our latest money-saving promotions
- News about changes or additions to our services
- Photos and videos from community activities
- Invitations to customer events
- Technology tips
- Employee news

We hope you're seeing our posts in your Facebook News Feed since we want to keep you connected to what's happening at PMT 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.pmt.org](http://www.pmt.org).**

