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A NEWSLETTER FOR CUSTOMERS OF LTC NETWORKS

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CONTACT

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816-528-4211
Hours: M-F, 8 am – 5 pm

After Hours Call: 800-451-2360
Internet Tech Support:
800-721-2577

OFFICE CLOSURES

Friday, April 18
Good Friday

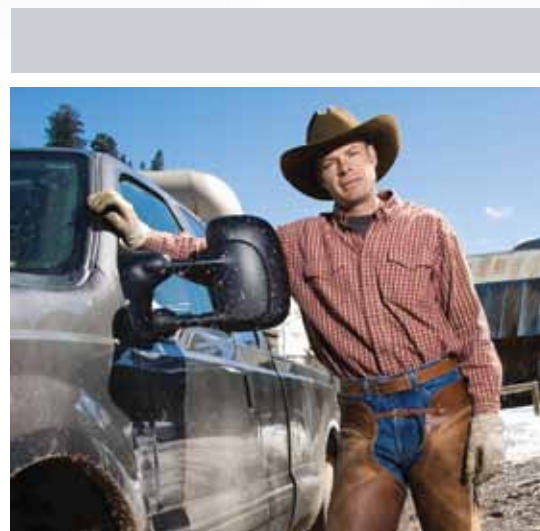
Monday, May 26
Memorial Day

CATCH THIS MOUSE TO WIN!



This mouse is hiding in a photo somewhere in this newsletter. Find it and call the LTC office with the photo description to be entered in our "Mouse for Money" drawing for \$5.00 off your next bill. Good luck and we look forward to hearing from you!

Congratulations to Sally Kennison and A. M. Martin from for catching the mouse in our last issue!



“ GOING FROM 6 MBPS TO 15 MBPS INTERNET WAS LIKE GOING FROM A HORSE TO A TRUCK. ”

Really get trucking now with **FREE** installation and a **FREE** wireless router!

- Up to 15 Mbps* download and 3 Mbps* upload speeds
- Ideal for video streaming, online gaming, and multiple-device households

ONLY
\$60⁰⁰
mo.

Don't horse around. Call 816-528-4211 today!

*Residential rate is listed. Call for business rates. All prices subject to change. Contact us for complete details.

WHO INVENTED TV AND THE INTERNET?

Unlike the telephone, television and the Internet had no single “inventor.” Instead, both communications technologies evolved over time.

The Internet got its start in 1969 when the most basic form of electronic communication—a single message transmitted between two computers—first occurred. The message “lo” was sent by UCLA computer science professor Leonard Kleinrock from a computer at his school to a computer at another institution. (The intended message was “login,” but the system crashed after the first two letters). In the 1970s, the networking method Transmission Control Protocol/Internet Protocol was developed, making the Internet possible. The 1980s produced the browser and the addressing system including “.com” and other suffixes.

The idea for television began to germinate as early as the 1820s and in 1880, a speculative article on the subject appeared in *The Scientific American* magazine. At the dawn of the twentieth century, the American laboratories of Bell, RCA, and GE were the leaders in television development. But it was 21-year-old Philo Farnsworth who produced the first electronic television picture in 1927. Yet RCA’s David Sarnoff first marketed this invention to the public and became known as the father of television.

Get your telephone and Internet services from LTC Networks with a money-saving bundle. Call 816-528-4211 to learn more.



A Look Back at How and When the Telephone Got Its Start

The month of March was significant to Alexander Graham Bell. Bell was born on March 3, 1847, in Edinburgh, Scotland. After many years of inventing—starting at age 11 when he invented a machine that could clean wheat—Bell received his first patent on the telephone on March 7, 1876. A few days later, on March 10, Bell’s experiments with his assistant Thomas Watson finally proved successful at transmitting actual speech. Sitting in one room, Bell accidentally spilled acid on himself and spoke into the telephone to Watson in another room, saying the now famous words: “Mr. Watson, come here. I need you.”

Bell had been working on the idea of transmitting speech since he was 18. He was educated largely through numerous experiments in sound and the furthering of his father’s work on Visible Speech for the deaf. (His mother was hearing impaired). In 1874, while working on a multiple telegraph, Bell developed the basic ideas for the telephone. He later said that if he had understood electricity at all, he would have been too discouraged to invent the telephone. Everyone else “knew” it was impossible to send voice signals over a wire.

In 1877, Bell and his investors Gardiner Hubbard and Thomas Sanders formed the Bell Telephone Company to operate local telephone exchange operations. In 1882, American Bell acquired a controlling interest in the Western Electric Company, which became its manufacturing unit. The American Telephone and Telegraph Company was incorporated on March 3, 1885 as a wholly-owned subsidiary of American Bell, chartered to build and operate the original long distance telephone network.

In all, Bell held 18 patents in his name alone and 12 that he shared with collaborators. He died on August 2, 1922, in Cape Breton Island, Nova Scotia, Canada.

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10 Tips for Building Healthy Meals

The U.S. Department of Agriculture's website, www.ChooseMyPlate.gov, offers these tips for making more beneficial food choices:

- 1. Make half your plate vegetables and fruits.** They are full of important nutrients.
- 2. Add lean protein.** Choose foods such as lean beef and pork, chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.
- 3. Include whole grains.** Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label.
- 4. Don't forget the dairy.** Pair your meal with a cup of fat-free or low-fat milk. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.
- 5. Avoid extra fat.** Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great but avoid topping it with cheese sauce.
- 6. Take your time and savor your food.** Eating very quickly may cause you to eat too much.
- 7. Use a smaller plate.** This helps you better manage your portion sizes.
- 8. Take control of your food.** Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.
- 9. Try new foods.** Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade healthy and tasty recipes with friends or find them online.
- 10. Satisfy your sweet tooth in a healthy way.** Indulge in a naturally sweet dessert—fruit! Serve a fruit parfait made with yogurt or bake apples and top with cinnamon.

If your family is also hungry for unlimited data and a deliciously fast connection, treat yourself to a new Internet plan from LTC Networks. Call 816-528-4211 for details.



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. Visit www.grm.net for the GRM Internet options available on the LTC Networks fiber network.

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, LTC Networks thanks you in advance for your cooperation!



Shop in Your Own Backyard to Help Your Community Bloom

When you choose local businesses and locally produced goods and services, you're reinvesting money right here and helping our local economy grow. Here are some of the top reasons to buy local:

Greater Economic Vitality

The money you spend in locally owned stores has two to three times the economic impact of dollars spent at national retailers. Studies show that for every \$100 spent at a locally owned business, \$45 goes back into the community and our tax base. By comparison, for every \$100 spent at a chain store, only \$14 comes back.

More and Better Jobs

For every two jobs a national retailer brings to a community, three higher-wage jobs are lost due to local businesses closing. Small local businesses are the largest employer nationally and in our community, and they provide the most jobs to our residents.

Increased Support for Community Groups

Local nonprofit organizations receive an average of 250 percent more support from smaller, locally owned business owners than they do from national companies.

As your local communications provider, LTC Networks thanks you for your support.

Rural Youth Share Their Thoughts on Broadband

In January 2014, the Foundation for Rural Service (FRS) released its "2013 Rural Youth Telecommunications Survey." In it, 66% of rural teens cited broadband Internet access as a determining factor in where they will ultimately decide to live. More than 90% of survey respondents had an Internet connection in their home.

The biannual survey garnered 1,114 rural youth respondents between the ages of 14 and 23. Respondents cited homework and research as their predominant online activities, followed by participation in online communities, sending email, Web surfing, downloading music, and shopping. More than four in 10 respondents said they receive Internet access from their local telephone company, and nearly a third said they do not know the name of their Internet service provider.

Elizabeth Crocker, executive director of the FRS, stated, "Broadband access for rural youth plays a crucial role in education needs, social media, and access to consumer goods. This survey is a great way to know more about young technology consumers in rural America who are vital to the future growth and sustainability of their communities."

For the full report, visit www.frs.org.