



## Bo Tkach Memorial Golf Tournament

PenTeleData and Blue Ridge Communications have announced their title sponsorship for the first annual Bo Tkach Memorial Golf Tournament. The event, to take place at the Blue Ridge Country Club on May 7, will coincide with National Mental Health Month. Proceeds will benefit two primary functions; including raising awareness of Obsessive Compulsive Disorder and Mental Health issues and to fund various youth programs for the betterment of children in the community, with a goal of reaching over 1,000 youth annually.

Travis Bo Tkach was the pride of his community. A 2001 Northern Lehigh High School graduate, he was a two-time first team All State football player, a two-time District 11 javelin champion, and a member of the 1998 Colonial League championship team.

Upon graduation, Bo accepted a football scholarship to the University of Delaware. He transferred to Lehigh University and later to Wilkes University. He graduated Magna Cum Laude in 2007, as a member of Delta Mu Delta, with a degree in business and marketing.

For many years, Bo worked with youth throughout the Lehigh Valley, helping them develop speed and agility. He volunteered as a guest speaker at youth clinics and ran speed and explosion seminars for Southern Columbia, Marian Catholic, Northern Lehigh, Tamaqua, Palmerton and Lehigh High Schools.

In his short life, Bo had more accomplishments than many will have in a lifetime. Unfortunately, he also struggled with Depression and Obsessive Compulsive Disorder. Like many mental illnesses, they disrupted his life in ways that others did not see. Despite the never-ending hope and love from his family, and extensive medical treatment, Bo ended his own life.

According to the National Institute of Mental

Health, a depressive disorder is an illness that involves the body, mood, and thoughts. It affects the way a person eats and sleeps, the way one feels about oneself, and the way one thinks about things. A depressive disorder is not the same as a passing blue mood. It is not a sign of personal weakness or a condition that can be willed or wished away. People with a depressive illness cannot merely "pull themselves together" and get better. Without treatment, symptoms can last for weeks, months, or years.

Although most of us recognize Obsessive Compulsive Disorder (OCD) as frequent hand washing, it is much more than that. Typically, a little anxiety is a good thing – it is the knowledge that keeps us from harm. For someone with OCD, the brain warns of danger, but very badly. Persistent, upsetting thoughts (obsessions) and use of rituals (compulsions) control the anxiety these thoughts produce. In turn, the rituals usually end up controlling the obsessions. Performing the rituals is not pleasurable, and at best, they produce temporary relief from the anxiety created by the thoughts.

For example, if someone with OCD is concerned about intruders in their home, they may lock and relock their doors many times before going to bed. While the typical person might do the same, they would be able to go to bed, content that the door was locked. An OCD sufferer might have to check the door multiple times for the next few hours to convince themselves that it was really locked. Even though the person with OCD is aware that their thoughts are irrational, they are unable to control them.

Other common rituals include the need to repeatedly check or count things, often in a certain sequence. Common obsessions include frequent thoughts of violence or being preoccupied with order and symmetry.

*(Continued on page 2.)*

## Phone Numbers

**Customer Service**  
610-826-6650

**Business Office**  
610-826-2115

**Repair Service**  
610-826-3444

**Gilbert Office**  
610-826-9321

*Palmerton Telephone  
Company continues  
to engineer and  
advance technology  
for tomorrow while  
providing reliability  
and quality service  
that Pennsylvanians  
count on today.*

**SERVING THIS AREA SINCE 1900**

**465 Delaware Avenue • Palmerton, PA 18071 • www.ptelco.com**

## From the Manager's Desk...

Do you know that  
Palmerton Telephone  
has been serving the  
area since 1900?

### Claude E. Reinhard Scholarship

Pencor Services, Inc., Palmerton Telephone's parent company, is proud to sponsor the Claude E. Reinhard Scholarship program. Named after the founder of Pencor, this scholarship program is for graduating high school seniors in our service area who will be pursuing degrees in Broadcasting, Journalism, Culinary Arts, Telecommunications, and Computer Information Technologies. In addition to one Overall Grand Prize Winner of \$5,000, winners of these five categories will receive \$1,000 each.

A link to the details and application are available on our website at [www.ptelco.com](http://www.ptelco.com). For consideration, all applications and supporting documentation must be submitted by May 2, 2008.

### WATCH OUT – THEY'RE PROTECTING YOU AGAIN

In its never-ending zeal to protect you, the FCC recently issued two edicts that appear to have conflicting messages. The first deals with the information we have in our records regarding our services that you use. The FCC calls this Customer Proprietary Network Information or CPNI. By the FCC's rules, we are not allowed to use this information except to bill you, unless you tell us otherwise. We cannot share it with affiliates unless you give us permission. We cannot discuss your account with anyone except you or your authorized agent, except for duly authorized law enforcement officials. In order to protect you further, the Commission recommends having a password on your account so that you and you alone can access your information. These regulations are designed to protect you and our competitors from the big bad incumbent's predatory marketing practices.

The same Commission now tells us that any long distance carrier can send us a form with

as little correct information as your telephone number, telling us to change your carrier. We cannot reject the form if the name or address is wrong or missing, so anyone can call up a long distance company and tell them to change your Primary Interexchange Carrier (PIC), or a clerk can make a mistake filling out the form and match your phone number with someone else and we must honor the request.

As your local telephone company, we strongly recommend protecting your telephone account with a PIC Freeze. By signing this simple form, only you can authorize a change to your long distance carrier. If you'd like more information, please call our Business Office - we'll be glad to help.

Sincerely,

*Tom Lager*

General Manager  
Palmerton Telephone Company

## Bo Tkach Tournament...continued from page 1.

The Center for Disease Control lists suicide as the eleventh leading cause of death for all ages in 2005. During that year, more than 32,000 suicides occurred in the United States. This is the equivalent of 89 suicides per day or 1 suicide every 16 minutes. It is estimated that there is one suicide completed for every 100-200 attempts. Clearly, this demonstrates a desperate need to educate the public and to research treatment and prevention options.

To learn more about sponsorship opportunities or to make a donation, visit [www.botkach.com](http://www.botkach.com).

### Hot Meatballs Recipe

- > 4 lbs. hamburger
- > 2 eggs
- > 1 1/2 cup Italian breadcrumbs
- > 1 tsp. garlic powder
- > 1 tsp. onion powder or minced onion
- > 2 tbsps. horseradish
- > salt & pepper to taste

Mix above ingredients and shape into meatballs. Heat oven to 350° and brown meatballs on broiler pan in oven 20 - 25 minutes or until no longer pink inside (depending on meatball size).

- > 2 bottles chili sauce
- > 1 (32 oz.) jar grape jelly
- > 2 tbsps. horseradish

Combine chili sauce, grape jelly, and horseradish and cook over medium heat, stirring constantly, until well blended. Add meatballs and simmer for 15 - 20 minutes or until sauce thickens.

# The "How To" Corner

## SELECTIVE CALL FORWARDING

Are you going on vacation this summer? Does your job take you from one place to another? Selective Call Forwarding can help you stay in touch with the ones you love by automatically forwarding specific callers to any phone number you choose. Only those calls will be rerouted to your "forward to" number. All others will ring at your home phone as usual.

**When the number of the caller you wish to forward is within the Palmerton Telephone network (most 610-824, 826, 852, 381 and 681 exchanges) you can activate Selective Call Forwarding from your home telephone, using the instructions below.**

**If the number you want to forward is outside the Palmerton Telephone network, simply call our Business Office at (610)826-6650, and we'll set up the forwarding for you!**

**To Activate Selective Call Forwarding**, lift the handset and listen for a dial tone. If you have a cordless phone, you may have to press the hang-up/answer button, probably the same key you use to initiate or end a call.

Press \*63 (On a rotary phone dial 1163). Listen for an announcement telling you whether the feature is currently stored in your forward list.

Follow the voice instructions and dial 3 to turn the feature ON (if it is currently off) or turn the feature OFF (if it is currently on).

**The first time you turn on the service, you'll be asked to enter the number you would like to use for your forwarded calls.** From then on, the system will remind you of the current "forward to" number.

Other menu options include:

**To hear the phone numbers on your list**, dial 1.

**To add a number within Palmerton Telephone's network to your list**, press # (on a rotary phone, dial 12).

**To remove a number from your list**, press \* (on a rotary phone, dial 11).

**To hear instructions**, dial 0.

After each of these commands, instructions will follow.

**Please note**, toll charges apply when you forward calls to a number outside your local calling area.

*Do you know that  
Palmerton Telephone  
copper wires, connected  
end to end, circle the  
earth 4 times at the  
equator?*

## PALMERTON TELEPHONE

### Personal Emergency Alert = Independence

**Have you heard of Palmerton Telephone Personal Emergency Alert?** Anyone recovering from injury or with a permanent disability can benefit from this 24-hour emergency response service, to maintain or regain his or her independence.

Our trained technicians install an alarm unit to a telephone jack. Using a **waterproof alarm sender**, either in the form of a wristwatch or a pendant, the user can **summon help with the press of a button**. Our local operators are able to talk and hear the caller through the commu-

nicator console, typically up to a range of 250 feet away. They can find out what help is needed, and **will notify up to four predetermined contacts**, including 911. These can be **family, friends, emergency personnel or caregivers--you decide!** The unit also has power failure and power restore options, and an inactivity alarm.

**This independence for the user and peace of mind for the family is as low as \$26.95 per month. For more information, please call our Customer Service Department at (610)826-6650.**

### Brain Teaser February 2008 Winner!

**Congratulations to  
Jeremy Roth of  
Kunkletown, PA.  
Jeremy was the  
winner of a \$25 Gift  
Card to Roadies  
Restaurant and Bar  
at Penn's Peak in Jim  
Thorpe, Pa.**

Take my last four  
letters away and I still  
sound the same.  
What am I?

Answer: "Queue"

### Fun Facts

The ampersand (&) was once a letter of the English alphabet.

Ranch, beginning as a fledgling salad dressing, is now among the five most popular flavors of potato chips, tortilla chips, and corn chips, according to the Snack Foods Association.

The average house fly lives only two weeks.

Many children occasionally walk in their sleep. Sleepwalking is ordinarily a phase in the growing-up process. Because parts of the child's brain are immature, dreams can be stimulating enough to cause a youngster to take a nocturnal stroll. About 25% of all children have one or more sleepwalking episodes between the ages of 7 and 12, according to sleep researchers.

According to studies conducted at Northwestern University, men change their minds two to three times more than women. Women tend to take longer to make a decision, but once they do, they are more likely to stick to it.

There are more different kinds of insects in existence today than the total of all types of other animals put together.

The Mona Lisa has no eyebrows. It was the fashion in Renaissance Florence to shave them off.

It is estimated that every time you lick a stamp, you're consuming 1/10 of a calorie.

### What in the World is DSL?

**Doubly Sweet Lemonade? Dancing Stars Live? Don't Stay Late?**

**No** - these are good guesses, but not the answer we had in mind. DSL is a Digital Subscriber Line, commonly known as high-speed Internet. If you are looking for fast, reliable Internet service, DSL is the solution.

#### **Palmerton Telephone High-Speed DSL includes:**

- > Speeds up to 3 Mbps
- > Constant connection to the Internet
- > No need for an extra phone line
- > Experience no busy signals
- > Network up to 5 computers on one connection, (router not included)
- > 5 e-mailboxes per customer with 50 MB per mailbox
- > Customers receive Unleashed Wi-Fi Hot Spot Internet access FREE in any Unleashed hot spot location.
- > Packages as low as \$19.95 a month

**During the month of April, we are offering new DSL customers FREE installation!** For more information or to sign up for Palmerton Telephone High-Speed DSL service, contact us today!

**Spring is here! Are you planning a home improvement job? Planting a tree? Installing a fence or deck? WAIT! Whether you are planning to do it yourself or hire a professional, smart digging means calling 811 before each job.**

### Can you beat this **BRAIN TEASER?**

**Palmerton Telephone is giving away a \$25 Gift Card to Roadies Restaurant and Bar at Penn's Peak in Jim Thorpe, Pa.**

To enter, e-mail the correct answer to [ptelco@ptd.net](mailto:ptelco@ptd.net) or send a 3" x 5" index card to 465 Delaware Ave. Palmerton, PA 18071. Please include your name, address, daytime telephone number (to call only if you win), and the Brain Teaser answer. All entries must be received by **4/30/08**.

**Good Luck!**  
**Palmerton Telephone**



### Brain Teaser

Buy, sell, rent, on TV or black and white print, I can even help find you an occupation. What am I?