

The Baca Connection

FALL 2018



Eat an Apple a Day in October

As the old saying goes, "An apple a day keeps the doctor away." Keep that in mind during October, which is National Apple Month. Apples provide vitamins, minerals, antioxidants, and dietary fiber, and a medium one has only about 80 calories.

October is also National Caramel Month and National Dessert Month. So it's not surprising that October 31—Halloween—is National Caramel Apple Day. Enjoy every bite!

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Help Safeguard Your Home from Threats

The greatest threat to our homes and personal belongings is theft. According to the FBI, more than two million home burglaries are reported each year in the United States; one occurs every 13 seconds. In addition, one out of every three home assaults is the result of burglary. Other threats come from fire, flooding, and environmental hazards.

You can help safeguard your home and family (or business) by installing an alarm/security system from Sierra Communications, Inc. Our sophisticated sensors detect problems and notify the Central Monitoring Station in order to immediately dispatch the appropriate help and notify you of the situation. From fire and burglary protection to sophisticated lighting and thermostat controls, our systems are flexible and affordable. Most insurance companies will also offer discounts on your home or business coverage when you have an alarm/security system installed.

Our trained technicians will help you determine the best system to meet your needs by conducting a free on-site consultation. Call 1.888.682.2101 to learn more.

Statement of Non-Discrimination

Baca Valley Telephone Co., Inc. is the recipient of Federal financial assistance from the Rural Utilities Service, an agency of the U.S. Department of Agriculture, and is subject to the provisions of Title VI of the Civil Rights Act of 1964, as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, as amended, and the rules and regulations of the U.S. Department of Agriculture which provide that no person in the United States on the basis of race, color, national origin, age, or handicap shall be excluded from participation in, admission or access to, denied the benefits of, or otherwise be subjected to discrimination under any of this organization's programs or activities. The person responsible for coordinating this organization's nondiscrimination compliance efforts is Paul J. Briesh, Jr., Manager. Any individual, or specific class of individuals, who feels that this organization has subjected them to discrimination, may obtain further information about the statues and regulations listed above from and/or file a written complaint with this organization; or the Secretary, U.S. Department of Agriculture, Washington, D.C. 20250; or the Administrator, Rural Utilities Service, Washington, D.C. 20250. Complaints must be filed within 180 days after the alleged discrimination. Confidentiality will be maintained to the extent possible.

A Home Phone is Never Misplaced and Always Reliable

Having a landline phone in your home keeps things simple when it comes to making and receiving calls. Compared to a cell phone, there's a lot you don't have to do with a home phone:

- You don't have to think about signal strength.
- You don't have to remember to charge the battery.
- You don't have to run around the house looking for it when it rings.
- You don't have to be careful not to drop it and break the screen.
- You don't have to worry about losing your phone.
- You don't have to take time to do software upgrades.

A home phone is also easier for young children to find and use when an emergency requires them to call 911. In addition, our Enhanced 911 database provides dispatchers with your address automatically in the event you need help but are unable to speak due to a medical event.

Including a home phone in your communications mix offers peace of mind and provides an always-ready backup to a cell phone. For more details, call 1.888.682.2101.



Common Culprits for Slow Internet and What to Do About Them

It's frustrating when a webpage takes forever to load or a video stops to buffer, displaying the famed "spinning wheel of death." Here are some common reasons why an internet connection may be moving at slower-than-expected speeds, along with actions you can take to help rectify the issues.

An Increase in Users and Devices

The more people online at once, the slower the connection gets. For example, if you have several houseguests on your home's Wi-Fi network, you may notice a temporary decrease in internet speeds during their visit. This can also be an ongoing issue if your family size has increased or the number of internet-connected devices and bandwidth-heavy applications have risen significantly. In the case of the latter, it may be time for an upgrade of your internet plan.



Spyware and Viruses

Spyware and viruses could be the culprits causing your internet connection to slow down on your computer. Consider running a full system scan with your antivirus program to see if there are any suspicious programs that need to be removed.

Walls and Floors Blocking Wi-Fi Signals

The construction materials in your home can greatly affect wireless communication speed and range. Materials such as concrete, brick, and metal can make it difficult to connect and can slow your network speed or even completely block wireless signals from reaching certain parts of your home. Large furniture items such as filing cabinets or bookshelves, as well as appliances like stoves or refrigerators, can also interfere with Wi-Fi. You may be able to solve the problem simply by moving your router to a different location.

An Old Router

Some older routers have a speed cap limiting the maximum internet speed possible, which means your outdated router may be preventing you from receiving the full speed of your internet plan. One of the best ways to make sure your home's Wi-Fi network is as fast and reliable as possible is to buy a new router that supports the current 802.11ac standard, which can effectively handle 20 or more devices.

For help solving internet speed issues at your home, call Baca Valley Telephone Company and Sierra Communications at 1.888.682.2101.

