

Connection

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Tips to prevent cyberbullying

Cyberbullying is a concern for children of all ages. Following are tips to help parents and caregivers take control of the situation.

Establish that all rules for interacting with people in real life also apply for interacting online or through cell phones. Convey that cyberbullying inflicts harm and causes pain in the real world as well as in cyberspace.

Educate your children about appropriate Internet-based behaviors. Explain to them the problems that can be created when technology is misused (e.g. damaging their reputation, getting in trouble at school or with the police).



Model appropriate technology usage. Don't harass or joke about others while online, especially around your children. Don't text while driving. Your kids are watching and learning.

Monitor your child's activities while they are online. This can be done informally through active participation and supervision of your child's online experience and formally through software.

Look for warning signs that something abnormal is going on with respect to their technology usage. If your child becomes withdrawn or their Internet use becomes obsessive, they could either be a victim or a perpetrator of cyberbullying.

Cultivate and maintain an open line of communication with your children so that they are ready and willing to come to you when there is a concern. Victims of cyberbullying must know for sure that the adults who they tell will intervene rationally and logically and not make the situation worse.

*Information courtesy
<http://cyberbullying.org/Top-Ten-Tips-Parents-Cyberbullying-Prevention.pdf>*

Holiday hours

F&B and Technology Solutions will be closed Nov. 24 and 25 in observance of Thanksgiving.

Technology Solutions will be open Nov. 26 from 9 am to noon with Thanksgiving specials on Small Business Saturday.

Travel info

Heading out on the road over the holidays? Be sure to visit 511ia.org or call 511 to check current travel conditions.

Recertify Lifeline

Subscribers that receive a monthly Lifeline credit for home telephone service should have received an annual recertification form in the mail.

In order to be eligible to continue receiving the Lifeline benefit, subscribers must recertify prior to the deadline date printed on the letter. The USAC (Universal Service Administration Company) is conducting the verification, so recertification forms must be filed with USAC, not F&B.

Local calling area includes more prefixes

The local calling area has been expanded to include additional exchanges for some F&B subscribers.

Bennett (890 and 893) customers can now dial Tipton prefixes 563-331 and 563-889 numbers as a local call.

Delmar (574 and 674) users can now call DeWitt prefixes 563-221 and 563-655, as well as Low Moor prefix 563-613, as a toll-free call.

Calamus (246), Bennett (890 and 893), Lowden (941 and 944) and Wheatland (374) exchanges can call Oxford Junction prefix 563-651 as a local call.

These new prefixes are primarily used by cell providers. Calls to these new prefixes are no longer a long distance call and should be dialed as seven digits.

F&B Communications Local Calling Areas

Bennett: Bennett (890*, 893*), Dixon (843), Durant (785), Lowden (941*, 944*), Tipton (331, 886, 889), Wheatland (374)

Calamus: Calamus (246), Delmar (574*, 674*), Dixon (843), Grand Mound (847), Lost Nation (678), Oxford Junction (486, 651, 826), Wheatland (374)

Delmar: Charlotte (677), Calamus (246), Delmar (574*, 674*), DeWitt (221, 655, 659), Grand Mound (847), Lost Nation, Low Moor (522, 613), Oxford Junction (486, 651, 826)

Lowden: Bennett (890*, 893*), Clarence (452), Lost Nation (678), Lowden (941*, 944*), Oxford Junction (486, 651, 826), Stanwood (942**, 945**) Wheatland (374)

Wheatland: Bennett (890*, 893*), Calamus (246), Dixon (843), Lost Nation (678), Lowden (941*, 944*), Oxford Junction (486, 651, 826), Wheatland (374)

* F&B Communications customers

** Clarence Telephone Company customers





HAPPY THANKSGIVING

All of us at F&B Communications hope you and your family have a wonderful Thanksgiving. In the spirit of this holiday, we also want to thank you for choosing us as your communications provider. Thanksgiving is the ideal time to express appreciation for the people we cherish. The staff and board of F&B Communications hope you have a joyous Thanksgiving celebration surrounded by family and friends.

HOLIDAY TECH EXPO

Wednesday, Nov. 30 - 3 to 7 pm
at Technology Solutions
108 Jefferson St. E., Wheatland

Hors d'oeuvres and Hot
 Apple Cider

Demos and Product
 Information

2017 Almanac Calendars

Door Prizes



HIRING

F&B is looking for a
Service Technician.

Go to www.fbc-tele.com/employment for details.

Small Business Saturday
NOVEMBER 26



*Shop Local Businesses in
 Your Community*



F&B Communications, Inc.
 103 N. Main Street
 P.O. Box 309
 Wheatland, IA 52777

BUSINESS OFFICE HOURS
 Monday to Friday 8 am to 5 pm

PHONE NUMBERS
 Business Office
 (563) 374-1236 or (563) 574-1236
 Trouble/Repair
 (563) 374-1238 or (563) 574-1238
 Internet Tech Support (24/7)
 1-888-832-4322

Technology Solutions
 (563) 374-1322

WEB SITE
www.fbc-tele.com

EMPLOYEES
 General Manager: Ken Laursen
 Assistant General Manager:
 Aaron Horman
 Office Manager: Ariell Connelly
 Administrative Assistant:
 Carla Olson

Billing/CABS: Kendra Rock
 Customer Service: April
 Carpenter, Michelle Harrison
 Plant Technicians: Pat Ahrens,
 Drew DeLoe, Derek Hendrickson,
 Tyler Leibold, Brian Niebuhr,
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Annual Thanksgiving Sale

4 DAYS ONLY

Monday, Nov. 21 (9 AM TO 6 PM) **Tuesday, Nov. 22 (9 AM TO 5 PM)**
Wednesday, Nov. 23 (9 AM TO 6 PM) **Saturday, Nov. 26 (9 AM TO NOON)**



**SALE SPECIALS
 ANNOUNCED
 FRIDAY, NOV. 18**

108 Jefferson St. E. | Wheatland, Iowa | 563-374-1322 | www.ts-fbc.com

Regular Hours: Monday and Wednesday - 9 am to 6 pm | Tuesday, Thursday, Friday - 9 am to 5 pm | Saturday - 9 am to noon