

THE NETLINK *Plateau*

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Working and Learning from Home During a COVID-19 Outbreak

To help contain Covid-19, some schools may move children to online learning at home. In addition, parents could be asked to work from home. These forms of social distancing help slow the spread of the virus and prevent overloading the health system.

Here are some tips from the American Academy of Pediatrics to help you cope during this “new normal” until the virus is under control.

Since changes in routine can be stressful, it will be helpful to talk with your kids about why they are staying home and what your daily structure will be during this time. Let them help create a daily schedule that can hang on the refrigerator or somewhere they can see it each day. Be sure to include breaks from tele-work or schoolwork to relax and connect with each other.

Keep a routine

- Wake up, get dressed and have breakfast at the normal time.
- Decide where everyone can do their work most effectively and without distractions.
- List the times for learning, exercise and breaks.
 - ~ For younger children, 20 minutes of class assignments followed by 10 minutes of physical activity might work well.
 - ~ Older children and teens may be able to focus on assignments for longer stretches, taking breaks between subjects.
 - ~ Include your hours as well, so your children know when the work day is done.
- Schedule time for nutritious lunches and snacks.
- Don't forget afternoon breaks as well!
- Have dinner together as a family and discuss the day.
- Enjoy more family time in the evenings, playing, reading, watching a movie or exercising together.
- Stick with normal bedtime routines as much as possible during the week to make sure everyone gets enough sleep.

Should I worry about extra screen time right now?

While limits are still important, it's understandable that under these stressful circumstances, kids' screen media use will likely increase. Here are some ways to help keep media use positive and helpful:

- Contact teachers about educational online and offline activities your children should do.
- Use social media to check in with your neighbors, friends and loved ones
- Use media for social connection. If your kids are missing their school friends or other family, try video chat or social media to stay in touch.
- Choose quality content and use trusted sources to find it.
- Use media together. This is a great opportunity to monitor what your older children are seeing online and follow what your children are learning.
- Take your child (virtually) to work. Working from home? Use this time as a chance to show your kids a part of your world.
- Limits are still important. As always, technology use should not push out time needed for sleep, physical activity, reading, or family connection.

Stay Informed

If this pandemic has taught us anything, it's that conditions can change quickly. Checking your school district's website, signing up for district notifications or joining a school-related Facebook group can help you stay on top of things.

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August Board Meeting Highlights

The Cooperative Board of Directors met in person and by video conference on August 26. Highlights of that meeting follow:

- The Board approved the applications of 87 new members to the Cooperative.
- The Board approved Innovation in Schools Education Grants for Santa Rosa Consolidated Schools and Valley Elementary in the West Las Vegas School District for the purchase of classroom equipment.

A construction status report was presented to the Board:

- Certain projects were completed in the Santa Rosa, South Clovis, Anton Chico, San Jon, Corona and Vaughn areas.
- Work continues on other projects in the Clayton, Fort Sumner, Anton Chico and House areas.

The next regular Board meeting is scheduled for September 23 at the Cooperative's business offices north of Clovis or by video conference.

Reminder

Implementation of 10-Digit Dialing

Beginning October 24, 2021, you must dial 10 digits (area code + telephone number) for all local calls. On and after this date, local calls dialed with only 7 digits may not be completed, and a recording will inform you that your call cannot be completed as dialed. You must hang up and dial again using the area code and the 7-digit number.

If you have any questions, please call Plateau at 1-877-752-8328 or visit www.plateautel.com for more information. You can also visit the FCC website at <https://www.fcc.gov/suicide-prevention-hotline>.

Find Us on Facebook

Be in the loop for the latest Plateau news and timely information about your service. Come on, join the fun! Here's what you can expect on our pages:

- Special announcements
- Latest news from Plateau
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facebook.com/plateautel

Monthly Survey Winners

Customers receiving a \$25 credit in this month's survey drawing include:

- St. Rose of Lima, Santa Rosa, NM
- Sharon Henderson Clovis, NM
- Jan Donohew, Clovis, NM
- Michael Morales, NM

All completed surveys are eligible for the monthly drawing.

Get the Netlink Online

Netlink readers can choose to continue receiving a monthly issue of the Netlink through traditional mail service or electronically. If you choose the electronic method, email netlink@plateautel.com and you'll be notified when the latest Netlink edition is available online. Be sure to include your name, email address and phone number. In most instances, you'll have the Netlink before any of your neighbors or friends receive it through regular mail.

The Netlink is published monthly by Plateau. Comments, questions or suggestions should be directed to The Netlink, PO Box 1947, Clovis, NM 88102-1947. Phone 1.575.389.4387. Email netlink@plateautel.com. Online version available at

<https://www.plateautel.com/docs/Netlink.pdf>

Board of Directors

Larry Wallin

President

PO Box 355
Logan, NM
88426-0355
575.487.2616

Frank Garnett

Vice President

1901 Quay Rd 96
Nara Visa, NM
88430-9718
575.633.2029

Pow Carter

Secretary/Treasurer

PO Box 516
Fort Sumner, NM
88119-0516
575.355.2998

Milo Aragon

PO Box 251
Ribera, NM
87560-0251
575.421.2227

Shirley Carter

624 Maple
Clayton, NM
88415-2904
575.374.9761

James Cordova

P.O. Box 457
Santa Rosa, NM
88435-0457
575.472.3986

Mabel Flores

436 Baca Ave
Santa Rosa, NM
88435-2442
575.472.5326

Leland Herral

HC 61 Box 41
Encino, NM
88321-9701
575.584.2674

Jim Lyssy

PO Box 446
Fort Sumner, NM
88119-0446
575.355.2811

Michael Montoya

PO Box 205
Roy, NM
87743-0205
575.485.2270

Karen Screws

1261 CR AB
Melrose, NM
88124-9619
575.985.2519

Jerry Sours

3729 CR U
Grady, NM
88120-9637
575.357.2092

Jarod Wilhite

PO Box 5142
Clovis, NM
88102-5142
575.389.1804

David Robinson

Chief Executive Officer

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- TTY: 800-659-8331
- Voice: 800-659-1779
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- Speech-to-Speech: 888-659-3952
- Spanish: 800-327-1857
(includes Spanish-to-Spanish and translation from English to Spanish)



Classified Ads

For Sale – 0 and 00 Ridge Drive, Conchas Dam. Two properties with two lots each, septic systems installed but not used. \$50,000 for 0 Ridge and \$50,000 for 00 Ridge. Big Mesa Realty, 1.575.456.2000, Paul Stout, Broker, NMREL 17843, 1.575.760.5461, <http://www.bigmesarealty.com>.

For Sale – Sumner Lake, River Ranches Estates. Two lots just over 20 acres each. \$18,000 per lot. Big Mesa Realty, 1.575.456.2000, Paul Stout, Broker, NMREL 17843, 1.575.760.5461, <http://www.bigmesarealty.com>.

Curry, Quay and Roosevelt Counties – We want to sell your farms and ranches. Broker is farm owner/operator and located in Curry County. Big Mesa Realty, 1.575.456.2000, Paul Stout, Broker, NMREL 17843, 1.575.760.5461, <http://www.bigmesarealty.com>.

Career Opportunities – For the latest career opportunities at Plateau, visit us at <http://www.plateautel.com>.

For Sale – 0 Mesita Pass Road, Cuervo, NM. Just over 148 acres in Mesita Ranch Subdivision. Great homesite and grazing for cattle and horses. Beautiful mesa views. Just under 10 miles from I-40. \$85,000. Big Mesa Realty 1.575.456.2000, Paul Stout, Broker, NMREL 17843, 1.575.760.5461, <http://www.bigmesarealty.com>.

For Sale – 1102 S Saratoga, Tucumcari, 1.5 acres vacant land on US 54 between Tucumcari Boulevard and I-40. Commercial potential. \$20,000. Big Mesa Realty, 1.575.456.2000, Paul Stout, Broker, NMREL 17843, 1.575.760.5461, <http://www.bigmesarealty.com>.

For Sale – Boat Dock Drive, Conchas, NM. Choice of three lots close to shoreline. Utilities nearby. Starting at \$32,000. Big Mesa Realty, 1.575.456.2000, Paul Stout, Broker, NMREL 17843, 1.575.760.5461, <http://www.bigmesarealty.com>.

For Sale - 1001 S Rock Island, Tucumcari, NM Lot only. Owner may finance. buyersol@aol.com 575.427.7078. or 505.512.7150.

For Sale - 5 acre section: Township range 17: Tract 9. **For Sale** - 2 1/2 acre Moriarty Heights, Reata Rd, **For Sale** - Magdalena - 1/2 of Lot 12 Block 24 Magdalena original town. Owner may finance. buyersol@aol.com 575.427.7078. or 505.512.7150.

'Lakeview' lot in Logan – Amazing view and quiet privacy! Approximately 1.69 acres, surrounded by native trees and arroyos. Terry Real Estate 575.403.8522, 575.403.8831.

For Sale - Working Livestock Feeds retail business/property. Santa Rosa, NM Contact: 575.472.5020.

For Sale - 1971 camper. Needs work. \$2,000 or best offer. Call 575.472.5012 or 505.424.1132.

Classified advertising rates - \$3 for first 15 words and 30 cents per word thereafter per issue. There is no limit on the number of items per ad. Count whole numbers or phone numbers as one word.

Ads run on a space available basis. Plateau reserves the right to edit and/or refuse any advertisement submitted for publication.

Enclose ad copy with a check or money order payable to Plateau. Send to: The Netlink Classified Advertising, Plateau, P.O. Box 1947, Clovis, NM 88102-1947.

Ad copy must be received in our office by the 10th of the month preceding publication. Example: March 10th for April issue; April 10th for May issue, etc.

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Mark Your Calendar

September 18 Air Force Birthday - The official Air Force Birthday is recognized as September 18, 1947, which is the date of the passage of the National Security Act of 1947. That legislation created what would later become known as the United States Department of Defense. This established the United States Air Force as a separate branch of military service.

September 23 Board of Directors Meeting – The Cooperative’s Board of Directors meet in regular session at the Cooperative’s business offices north of Clovis or by video conference.

September 23 Autumn Equinox – Considered the first day of autumn. On this day, day and night are equal in length and, moving forward, nighttime becomes longer and the light of day grows shorter until December 21, when the trend reverses itself.

September 26 Johnny Appleseed Day - This day commemorates one of America’s most famous legends, Johnny Appleseed! Most people are surprised to know that Johnny Appleseed was in fact a real person, and on this day in September, we celebrate not only his enduring legacy in this country but also his birthday!

October 4 National Taco Day – Last year, Americans ate over 4.5 billion tacos! That’s 490,000 miles of tacos, which would reach to the moon and back. Consider the countless variations you can create using traditional meats or with seafood, chicken, beans, cheese and eggs.

October 12 National Farmer’s Day – In the midst of harvest season, October 12 pays tribute to American farmers who provide the nation with food and contribute to the nation’s economy in numerous ways.

October 13 Navy Birthday – The United States Navy was originally established as the Continental Navy in 1775, when the Continental Congress authorized the procurement, fitting out, manning and dispatch of two armed vessels to cruise in search of munitions ships supplying the British Army in America. Originally sponsored by the Navy League in 1922, Navy Day is designed to give recognition to the naval service.

