

BERNARD TELEPHONE & COMMUNICATIONS

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Security Corner



How are Email viruses delivered to your email?

1. Through a Phishing Email: (Phishing—a type of social engineering attack often used to steal user data).

Hackers may be aiming to acquire sensitive data in your account or in some database you have credentials. In addition to upgrading your email protection you'll need to increase your vigilance as well. If there is a link inside the email, make sure it's the same one you typically log in to for that company. Changes in the email address can be so minute just a quick glance over may not catch the difference. Take the time to look it over several times and if you are unsure, delete it.

2. In an email attachment:

This is the most common way an email virus gets delivered through email. Be vigilant and do not open an attachment if it's not from someone you trust. Even when you trust the sender you'll still need to check the file name of the attachment. Email viruses often take the form of an executable file. Be suspicious of anything files with the following extensions: .dll, .exe, .com, .pif, .js, .scr. Or anything that might have scripts in it: .doc, .dot, .xls, .xlt.

3. An email virus in the body of the email:

Email viruses in the body of the email can disguise themselves as links. Much like virus attachments, email virus in the body disguise themselves rather well. There are two ways they can compromise your email protection. First, they disguise themselves as links. You think it's safe and click on it and end up opening an infected site which installs the virus onto your computer. Second, some may pose as simple HTML code. The best protection advice for this is to avoid enabling HTML in your account and stick to standard view. Doing this will not give the virus a chance to install itself.

How To Stop Spam and Email Virus

- Use antivirus software
- Scan all attachments for malware
- Refrain from opening potentially dangerous attachments included in emails from unknown senders.
- Don't click on links provided via email messages
- Keep the mail client, operating system and web browser updated and patched.
- Do not open any executable files included as email attachments. These may be disguised by having two extension such as image.gif.exe, but .exe is the sign of an executable that will run automatically.
- Don't give out your email address to websites that are unsecured.
- Using a text preview option can give you a glance of the email content by minimizing your need to click on the email.

June Happenings:

Happy

**Father's Day!**

June 21st

Summer begins



June 20th

Congratulations to this
months winner,
Dave Dunne!

Dave will receive a \$10
credit on his June bill.

Winners are drawn randomly
and everyone is eligible.

Rhubarb Dump Cake

Ingredients:

1 Pound Rhubarb, cut into 1/4 inch pieces
(between 3 and 4 cups)
1 Cup white sugar
1 Strawberry Jell-O (3 oz. package)
1 Yellow Cake Mix
1 Cup water
1/4 Cup butter, melted

Directions:

Preheat oven to 350 degrees. Grease 9x13 inch baking dish. Spread the rhubarb evenly in the bottom of the baking dish. Sprinkle the sugar over the rhubarb, followed by the jell-o and finally the cake mix. Pour the water and melted butter over the top. DO NOT STIR. Bake for 45 minutes or until the rhubarb is tender.

Compliments of homefamilyrecipes.com



Bernard Telephone Stock Availability

Occasionally Bernard Telephone has stock available for purchase. To qualify as a stock holder, you must reside within the 879 telephone exchange and subscribe to our services. If you are interested in becoming a stock holder, or purchasing more stock, please contact our office and we will keep your name on file.

Relay Iowa

What is Relay Services?

Relay Services provides full telephone accessibility to people who are deaf, hard-of-hearing, deaf-blind, or have difficulty speaking. Specially trained Communication Assistants (CAs) process relay calls and stay on the line to relay conversations electronically, over a Text Telephone (TTY) or verbally to hearing parties.

The service, known as Relay Iowa, is available 24 hours a day, 365 days a year, with no restrictions on the number of calls placed or on their length. This valuable communications tool gives all individuals who are deaf, hard-of-hearing, deaf-blind or having difficulty speaking the opportunity to make personal and business calls just like any other standard telephone user. Both TTY and voice users may initiate calls through Relay Iowa.

Reliability

Relay Iowa uses state-of-the-art technology and equipment in bringing its service to relay customers in Iowa. For example, Relay Iowa's system lets callers store personal reference information such as frequently called numbers, preferred call type, long distance carrier and other data using a customer profile. This allows calls to be processed faster and more efficiently.

Convenience

Relay Iowa delivers feature-rich service to make calling easy and convenient. In addition to supporting a wide array of call types— TTY, Voice Carryover, Hearing Carryover and more— Relay Iowa also provides features such as voicemail or answering machine retrieval.

Quality

The key to Relay Iowa's quality of service are the Communication Assistants who handle each call. Sensitive and skilled, Relay Iowa's Communication Assistants receive extensive training. In addition, Relay Iowa routinely monitors performance to ensure that quality remains high.

For more information on the benefits of this program visit www.relayiowa.com.

Relay Iowa Service Numbers (services available 24 hours a day, seven days a week):

7-1-1 or 800-735-2942	1-800-735-2943	877-735-1007
TTY/ASCII	Voice	Relay Iowa Speech to Speech Service

Relay Iowa VCO Direct	Relay Iowa Spanish Service
1-800-735-4313	800-264-7190
TTY or VCO Phone	Voice/TTY