

FAST CONNECTIONS

IN THIS ISSUE:

MANAGERS NOTES

OUR FAST CONTEST

PENTELEDATA IS PROUD
TO SERVE COOLBAUGH
TOWNSHIP, PA

WELCOME ABOARD

I.T. CORNER

ARE YOU AN OVERTHINKER?

PENTELEDATA CAREERS

VOLUME 5 · ISSUE 8

August 2024

Dear Valued Customer,

Welcome to our monthly email newsletter, *Fast Connections*. Whether you are billed by one of our partner cable companies or have connections directly through PenTeleData, we appreciate that you've chosen us as a partner in your company's success. While many companies offer Internet service, we strive to be the best. Since we're local, we can respond faster if you have a question or problem. Besides, we live here too, so we care about the people and community here just as much as you do. In fact, we have a vested interest in making sure you are a satisfied customer.

Thank you for your business and continued support.

Jaime Mendes
Vice-President of Operations
PenTeleData

OUR FAST CONTEST

Who is currently the fastest man with a recorded time of 9.58 seconds in the 100 meter dash?

One lucky winner will receive a \$150 Amazon gift card. Rack your brain and figure out the answer to the brain teaser. Then send us an e-mail with your full name, address, daytime telephone number (where we can contact you), and the answer to the brain teaser below, to chat@corp.ptd.net. All entries must be received by 8/31/24.

Good Luck! PenTeleData

PENTELEDATA IS PROUD TO SERVE COOLBAUGH TOWNSHIP, PA

In the late 1700s, the northeast corner of Pennsylvania along the Delaware River was called Northampton County. A petition was submitted to the General Assembly to form new counties from this tract of land. Soon enough, Coolbaugh Township was established in the northwest corner of newly formed Monroe County. The township was named after one of the surveyors of the land for the project, John Coolbaugh. In 1779, the Sullivan Trail was cut through the area by soldiers to provide access to the Wyoming Valley from Easton. In 1792, a Philadelphia Quaker named Henry Drinker financed the North-South Turnpike, today known as Route 196 and also the Drinker Turnpike, today known as Route 611. Settlers came from New York City, Philadelphia, and the New England states. The excellent growth of timber encouraged early settlers to use this natural resource and its byproducts, making the lumber industry of Coolbaugh a great asset.

By the late 1840s the railroad began to stimulate the growth of business and settlements in Coolbaugh Township. Improved roads and the railroad opened the area to great population growth. Ice harvesting became the next industry to flourish in Coolbaugh Township. At least five man-made lakes in the township produced ice for The Mountain Ice Company. Blocks of ice weighing 300 pounds each were cut and stored in ice houses situated on the lake shores near the railroad tracks. Ice was transferred to special railroad cars from the icehouses and shipped by rail. Pocono ice companies were the largest suppliers of ice to east coast cities, and harvesting ice was a major source of income for township residents. However, by 1936, most of the industry had been phased out by electric refrigeration.

Three distinct villages were prospering in the township at this time: Mount Pocono, Tobyhanna, and Pocono Summit. Each had a post office, church, railroad station, and a school. In 1912, the Department of the Army established an artillery range in the area that is now the Tobyhanna Army Depot. The military played a significant role in the growth and development of Tobyhanna ever since. In 1927, Mount Pocono seceded from the township to become a borough. Later, the completion of Interstate 80 through the area had an enormous impact and the population ballooned.

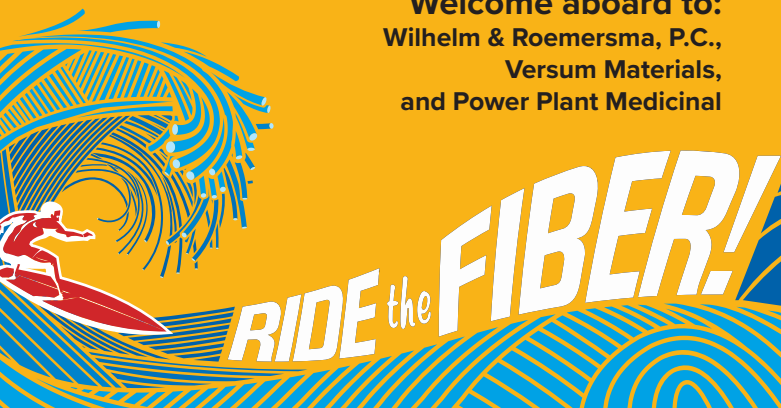
(Source: <http://www.cooltownhistorical.org/history.html>)

FAST CONNECTIONS

WELCOME ABOARD!

We appreciate the opportunity to serve companies who have chosen to ride PenTeleData's Fiber Network.

Welcome aboard to:
Wilhelm & Roemersma, P.C.,
Versum Materials,
and Power Plant Medicinal



I.T. CORNER



Layered Security

Cybercriminals are interested in businesses both big and small. Unfortunately, **YOUR** business is a potential target. That's why you need layered security.

Layered security uses numerous components to shield multiple levels or operational layers to shield I.T. Infrastructure. Whether you're moving more to the cloud and using virtual workflows for the first time or have more employees working from home, proactive levels of protection are the next step in securing your mission-critical data and workflow.

If your I.T. team is already very busy or you just need some extra advice about layered security, PenTeleData I.T. Services can help you protect your data, your processes, and your investment. **Need more information? Visit PenTeleData I.T. Services online at www.penteledata.net/IT or call us at 1-800-331-5060.**

ARE YOU AN OVERTHINKER?

Overthinking is the biggest cause of unhappiness. Here are the eight ways you can beat overthinking:

1. The problem is rarely the problem. 99% of the harm is caused in your head, by you and your thoughts. 1% of the harm is caused by the reality, what actually happens, and the outcome. Most of the time, the problem isn't the problem. The way you think about the problem is.
2. Avoid self-rejection. Don't think you deserve that opportunity? Apply for it anyway. Don't think your article is good enough? Publish it anyway. Don't think they'll reply to your email? Send it anyway. Never overthink yourself into self-rejection.
3. Silence and time. The truth is, most problems aren't solved with more thinking. You'll find most of the answers you're looking for in silence, in time, and with a clear mind. If you can't solve a problem, stop trying to.
4. An important question. When you start criticizing yourself for past mistakes or seeing disaster around every corner, ask yourself: "Is there anything I can do right now to change the past or to positively influence the future?"

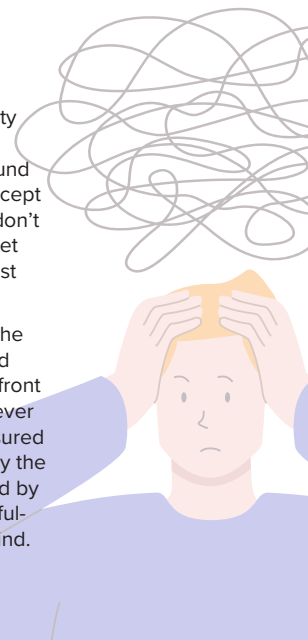
If the answer is yes, do it - take action. If the answer is no, be at peace - let it go. You have to act or let it go, everything else is self-harm.

5. The power of now. You're not going to overthink your way to a better future. You're not going to overthink your way to a better past. All you have is now. And what you can do with NOW can make right of your past and make good of your future.

Make peace with yesterday, let go of tomorrow, and grab hold of now.

6. Fact-check your own thoughts. Your thoughts will create scenarios in your mind that reflect your insecurities, fear, and worries. So, it's important to always fact-check your own thoughts before accepting them. Because, in highly emotional situations, your thoughts will tell you stories that aren't true. Fact-check yourself.

7. Acceptance is peace. No amount of anxiety will change your future, and no amount of anxiety will change your past. Peace is found in acceptance: - Accept imperfection. - Accept uncertainty. - Accept uncontrollable. You don't have to understand, tolerate, or even forget something, but if you want peace, you must accept it.
8. Health starts in your mind. You can go to the gym, eat healthy, do yoga, drink water, and take vitamins, but if you don't directly confront the negativity in your thoughts, you will never truly be "HEALTHY". Our health isn't measured on scales, by the size of our muscles, or by the width of our waist. True health is measured by the quality of our thoughts and the peacefulness of our minds. Health starts in your mind.



ARE YOU INTERESTED IN A CAREER WITH PENTELEDATA?

Visit our job postings at www.ptd.net/careers.

We are an equal opportunity employer.

