

## Handicap Accessibility

The Federal Communications Commission (FCC) has rules requiring telecommunications service providers such as Santel to make its services and products accessible to people with disabilities, if such access is available.

These rules implement Section 255 of the Federal Communications Act which requires telecommunications service providers to make their services and devices compatible with peripheral devices and specialized customer premises equipment that are commonly used by people with disabilities, if such compatibility is readily achievable.

Please contact us at 796-4411 for further information or to discuss your accessibility needs and the options we may have to assist you in using our services.



PO Box 67, Woonsocket, SD 57385

Office Hours: 8am-5pm Mon-Fri

[www.santel.net](http://www.santel.net)

Email: [info@santel.coop](mailto:info@santel.coop) 796-4411

Santel is an equal opportunity provider and employer.



## Managed Home WiFi = Happy New Year

Do you have areas of your home with no signal? Does your older router require frequent reboots for a better signal? Santel's Managed Router Plan can eliminate the headaches associated with your residential WiFi network for as little as \$8 per month. We will take all responsibility for your router's configuration, hardware and performance. Our local technicians will configure the router and install it properly at the ideal location in your home for your best Internet experience. Santel will own and manage the equipment so you won't have to worry about failure or replacement expenses—plus the flat monthly fee makes for easy budgeting. For a little while longer, installation is free, so don't delay...call 796-4411 or email [info@santel.coop](mailto:info@santel.coop) to receive:

- ◆ Top-of-the-line dual band router that provides consistent coverage and speeds throughout your home
- ◆ Remote support of your network from our office for quick response and resolution of issues
- ◆ Peace of mind that your network is password protected and updated to be secure from hackers

**CONGRATULATIONS!**  
Santel customers Donna Hauser and Janice Feiner were both lucky winners of daily giveaways during the Hallmark Celebration Destination. We hope they enjoy their new kitchen gadgets!

## Channel Surfing for Fitness

If fitness centers aren't your thing, consider shaping up right in your own living room. All you need is a television, some floor space and the gumption to get up and go. A step platform and some light dumbbells are also helpful.

Nothing can beat the convenience of home...no traffic, no parking hassles, no sign-up sheets, no public showers, few distractions. You also have the luxury of recording your favorite programs for a later time. Working out at home is the perfect routine if your time and funds are limited.

But beware: an at-home regimen, like any other fitness routine, takes strict discipline. It's easy to cop out when your couch is a few feet away. You also miss the guidance of a live instructor. If you're doing an exercise incorrectly, no one is there to straighten you out.

There is a surprising assortment of workout shows on television these days and you are likely to find one that you like. Here are a few we've found to get you started.

### **"Functional Fitness," 5 - 5:30 a.m., PBS**

Suzanne Andrews focuses on teaching clinically proven corrective exercises for conditions such as arthritis, insomnia, osteoporosis, chronic obstructive pulmonary disease, obesity, balance and more to help you reach your best health with chair exercises or standing moves if you prefer. Her therapeutic methods instruct proven sequencing, pacing and repetitions at a slower pace for faster results. Studies show slower exercises actually speed up results of all over body strengthening, stretching and mobility while decreasing risk of injury. There will be no jumping up and down or yelling instructors...she says insane workouts aren't necessary for weight loss.

### **"Yoga Zone," 6 - 6:30 a.m., FX**

If stress reduction is your goal, "Yoga Zone" may be an ideal place to start. Surrounded by calm waters, trees and singing birds, instructors guide you through a series of mind-relaxing body movements. It's a quiet show with Yanni-style music in the background. There is much attention on breathing so you're often instructed to "inhale, exhale and surrender into a pose." Yoga beginners are encouraged not to push the body beyond its comfort level. The show's instructors try to get you to visualize yourself on the beach, lying in the sand, breeze blowing through your hair. You may not be, but at least you've started the day off in a peaceful state.

### **"Fit and Lite," 7 - 7:30 a.m., Lifetime**

Lifetime puts the perky Denise Austin in your home for an hour a day, beginning with "Fit and Lite." From the sandy beaches of the Bahamas or the sunny deck of a Disney cruise liner, Austin makes you wish you were there with her. The show is a combination of low-impact exercises, anti-aging movements and yoga. Denise motivates you with phrases like, "If you rest, you'll rust" or "Smile, you're burning fat!" and she seems knowledgeable about her craft. She talks you through each exercise, reminding you not to slouch or explaining which muscles you're working. She warms you up, cools you down, then enlightens you with her Daily Wisdom.

### **"Daily Workout," 7:30 - 8 a.m., Lifetime**

At 7:30, Austin livens it up with her "Daily Workout" segment. The scene changes and the music gets peppier as she delivers a high-impact aerobic set for about 10 minutes. The rest of the show is dedicated to toning a particular body area. Austin has more than 25 videos on the market and is a former gymnast.



## Directory Additions

### **PARKSTON**

Nolan, Matt-Michelle 928-3515

### **TRIPP**

Barton, Kathleen 935-6399

### **WOONSOCKET**

Fuhrman, Victor 796-4740

Luker, Karen 796-4766

### **"Gotta Sweat," 10 - 10:30 a.m., ESPN2**

If you want the feel of an animated fitness class, "Gotta Sweat" may be one to try. An army of people gather in a resort setting for an upbeat, energetic cardio romp. Step aerobics is popular here so you should have a platform to get the full effect. The pace is advanced, but you're instructed to work at your own speed. With the camera working in shots of each class member, it's a little difficult to pick up the routine. Listening is key to keeping up with this vivacious bunch.

### **"Body Shaping," 10:30 - 11 a.m., ESPN2**

Everyone on this show is gorgeous with slow motion shots of the crew running on the beach bringing to mind a "Baywatch" episode. But, this handful of certified trainers make working out look like fun! The energy is high, the attitudes are lively. Within 30 minutes, "Body Shaping" supplies a combination of aerobics and strength training. The cardio set is high impact, particularly for step aerobics. This is not for beginners. They move fast even when they're breaking the motions down, so be prepared. The remainder of the show is for strength training and abdominal exercises, machines and weights included. This may not help you at home - unless you have a handy home gym - but you could take "Body Shaping's" tips to the gym. Bottom line: These guys are fun to look at, but unless you're equipped with fitness machines, you can't take advantage of all the fun.