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PC World
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Caroline County (VA) is partnering with Atlantic Broadband to apply for state grants that could eventually bring high-speed internet access to as many as 300 homes if the project is approved.

TVAnswerMan
DIRECTV, AT&T TV Raise Monthly Prices For New Customers

The Virginia Telecommunication Initiative announced in January by Gov. Ralph Northam will award more than \$18.3 million in grants to broadband expansion projects in the state, mainly in rural areas. The grants are expected to connect about 36,000 households across Virginia. Caroline can submit only one project at a time. That made for a tough decision for the broadband committee since nearly 60 percent of county residents don't have high-speed internet access. Many are students who need access to the learning tools the internet offers.

Associated Press
NBC Gets US Open As Fox Bails

Caroline's proposed first project area is a 15.37-mile stretch that will pass 181 homes on Penola Road, Ladysmith Road and Balty Road to Golansville. The project will cost \$768,560. Atlantic Broadband and the county will each contribute \$217,200 and VATI will contribute \$334,160. Caroline's second project proposal is for the U.S. 17 corridor near the Town of Port Royal. The 24-mile stretch, which includes Portabago Bay subdivision, includes 116 homes and will cost \$978,891. Atlantic Broadband and the county would each contribute \$139,200 and VATI would contribute \$698,491. All homes on each route will have an opportunity to hook up to the fiber-optic connection service from Atlantic Broadband.

Washington Post
Zuckerberg once wanted to sanction Trump. Then Facebook wrote rules that accommodated him.

Pittsburgh Post-Gazette

Supervisor Floyd Thomas told his colleagues at their meeting Tuesday that if the first project is successful, the county can pursue a second one through VATI next year. But the broadband committee is hoping to use Coronavirus

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Pittsburgh Tribune-Review
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Philadelphia Inquirer
[Pennsylvania's nightmare 2020 voting scenario — and how to prevent it](#)

Allentown Morning Call
[Harrisburg lawmakers to blame for failure to end gerrymandering of state legislative maps, group leader says](#)

The Hill
[Senate Democrats push federal agencies to combat coronavirus scams and robocalls](#)

Aid, Relief and Economic Security Act funding as another option and get both projects started this year.

The CARES Act, which provides federal funds to offset the economic impact of the COVID-19 pandemic, allows spending for distance learning, telehealth and other social distancing efforts. "Those should fit either project," Thomas said. "We are trying to make sure we use those funds wisely and have given priority to first responders. We have yet to determine how much is available."

Criteria for the grant includes the number of businesses and homes that could be served and total miles covered. "We are also looking at income levels and home values because those are also considered," Thomas said. VATI is a state-funded program administered by the Virginia Department of Housing and Community Development. The grants will go to localities and broadband companies to provide "last-mile" fiber to unserved communities.

Unserved areas are defined as those with internet speeds at or below 25 megabits per second for downloading and 3 mbps upload. Areas lacking 10 mbps download and 1 mbps upload speeds are given priority in application scoring. In addition, a proposed project area is considered eligible if 10 percent or less have access to service with no additional construction costs from the provider. — ***Fredericksburg.com***

Throughout July 2020, nearly 1,000 television stations nationwide will be transitioning to new frequencies, including Scranton/Wilkes-Barre's WNEP-TV (ABC 16) and WYOU-TV (CBS 22). The stations are expected to change frequencies by July 3. Viewers who watch these stations with an antenna will need to re-scan their television to continue receiving the channels. Cable and satellite subscribers will not experience any changes.

Several television stations are changing frequencies in order to make room for new 5G and other mobile broadband services. During previous transition phases, six other Wilkes-Barre/Scranton area stations have already moved to new frequencies. "Some TV stations across the nation are changing frequencies to help make airwaves available to meet ever-growing consumer demand for high-speed mobile broadband services, such as 5G," said Incentive Auction Task Force Chair Jean Kiddoo. "While the channel numbers on the TV are not changing, viewers who use a rooftop or indoor antenna need to rescan their televisions to continue receiving those channels," Kiddoo continued. "The process is the same as when viewers first connected their TV to the antenna and scanned it to find local channels, and the FCC has resources to help viewers who may need assistance."

An instructional video and step by step description of how to re-scan an antenna television is available. Choose "Channel Scan," "Channel Tuning," or "Auto Search" in the "Setup" or "Channel" menu using your TV remote or analog TV converter box. Choose the automatic option on the "Channel Scan" or "Channel Tuning" menu button. For further assistance, check the **[FCC website](#)** or call the FCC consumer help line at 1-888-CALLFCC (1-888-225-5322) and press 6 to speak with a help desk representative. The line is available seven days a week from 8 a.m. to 1 a.m. EST, and is available in English or Spanish. — ***NorthcentralPA.com***

Broadtop City now has additional broadband. Located in southeastern Huntingdon County, just behind the Eagles Ness Inn off Broad Street, is a new AT&T tower that went online about two months ago. Thursday, WTAJ spoke with local residents and first responders on the impact of a new cell tower in a rural area. First responders said it's helping to keep response times down, and locals said they felt safer knowing they can dial 9-1-1 in the event of an emergency. There's also hope that the added cell service will bring more tourism to the area.

Cell phone service is often hard to come by in rural portions of Southeastern Huntingdon County... but a relatively new cell phone tower hopes to change that. "The location of this new cell site was determined by feedback from state and local public safety officials to fill a coverage gap, said Daniel Langan, Spokesperson for AT&T Pennsylvania, "PA's first responders deserve reliable coverage to effectively address an emergency incident. That's what this site will offer." The tower is part of the "FirstNet" network, a public-private partnership project to improve cellphone coverage for first responders across the United States... especially in rural areas. "Prior to cell towers, it was a real hit and miss game," said Adam Watson, Public Information Officer for the Robertsdale Fire Company, "one of the firefighters would say I know where this is at, follow me... that's all we had back then."

Watson said with cell towers, it's less of a guessing game. "It has a great impact now, because we have the ability to get texts from Huntingdon County Dispatch," he said. Those texts inform emergency crews exactly where they're going and they can then find out the best way to travel to an emergency location. This helps to save first responders time—"I'd say five-to-15 minutes quicker," Watson said. And lives—"there's no frustration of trying to figure out where you're going. That's where the technology comes in," Watson added.

He said fire crews have an easier time locating a scene without technology—since they often can spot smoke. However he said, EMS calls can be difficult to pinpoint without cell service. "People don't always have house numbers or street numbers—that helps immensely when it's somewhere in the middle of nowhere—places that we're not always aware of," Watson said. He added that while a new cell tower makes pinpointing locations easier, he acknowledged that it would take many more cell towers to give everyone service in the area...something he knows isn't feasible right now. "We're in a mountainous area where no matter what you do you're not gonna be able to reach everybody—there's too many peaks and valleys," Watson said.

Locals who have AT&T as a cell service provider said what matters most to them right now is an extra sense of security. "I can call 9-1-1 now from my cellphone, and before I couldn't do that," said Cindy Adolphson, who's also the Manager of Our Place Convenience Store in Broadtop City. She said the new cell tower could help put the store "on the map", attracting new customers. "Customers say that it shows up now on some of their GPS's because they receive coverage up here now. Traffic has picked up—they say 'hey since we were here last summer, we now have coverage'," Adolphson said.

She feels tourists are more likely to come and stay in a place with stronger cell phone service. "There are people coming and saying, 'is there a bed and breakfast in the area—we now have coverage, we're not afraid to miss calls from our family...and stay in the area'", Adolphson said. Some locals expressed concern with the range of the new AT&T tower. WTAJ asked the company for details on the tower's range, so far the station has not heard back. – **WTAJ-TV, Altoona**

The Human Services Center in New Castle (Lawrence Co.) received a \$28,768 grant on Wednesday for laptop computers and videoconferencing software so providers and employees can work remotely treating patients. The grant was announced by the Federal Communications Commission's Wireline Competition Bureau, which awarded health care providers in urban and rural areas of the country \$29.41 million in telehealth services funding during the COVID-19 pandemic. The FCC's telehealth program is authorized by the CARES Act and approved 444 funding applications in 46 states plus Washington, D.C. for a total of \$157.64 million in funding. Human Services Center, in New Castle, Pennsylvania, was awarded \$28,768 for laptop computers and videoconferencing software so health care providers and employees can work remotely to continue treating patients. – **New Castle News**

Federal regulators will vote in July on whether to make “988” the number to reach a suicide prevention hotline. The Federal Communications Commission says phone service providers will have until July 2022 to implement the new number, if the measure is approved in July, as expected. Once it's in place, people will be able to dial 988 to seek help, like how you can call 911 for an emergency. Currently, the National Suicide Prevention Lifeline uses a 10-digit number, 800-273-TALK (8255), which routes calls to about 170 crisis centers. That 800 number will remain in place, but having the shorter number makes it easier for people to call, and is expected to lead to an increase in calls to the hotline.

Suicide-prevention experts [have said](#) that the three-digit number will be a breakthrough that helps people in crisis. One aspect of designating a three-digit number for the hotline, just like 911 for emergencies, is that it removes stigma for seeking help in a mental-health emergency, they say. The government's action comes as [suicide rates have increased](#) across the U.S. over the past two decades. The COVID-19 pandemic has put [even more strain](#) on the nation's mental health care system, and experts have been concerned about the impact as the virus and its aftershocks may deepen people's levels of anxiety and depression.

Researchers had found the pandemic has affected the mental health of many, but especially teenagers and children. Young people who were diagnosed with ADHD for the first time rose 66 percent during March and April, while 41 percent of patient visits among children and teenagers also involved discussion of depression, according to Athenahealth. “Mental health does not discriminate. With this pandemic happening and all diversities being affected, many people across all social classes will be impacted, the hardest hitting low income who cannot afford or find the proper help,” said Tim Ryan, recovery advocate for Rehab.com. “Many people left untreated—left in their own mental health world of hell, suicides are on the rise, people will be trying to self-medicate with drugs and/or alcohol, self-harm and loss of housing and total life skills. There will be more dysfunction in family homes.”

In addition, this takes a severe toll on those forced to care for their young and sustain jobs and livelihoods where possible. “Anxiety, stress, obsessive thinking, paranoia, depression, and thoughts of suicide have greatly increased among individuals with and without previous mental health issues. People who normally don't regularly drink alcohol have turned to drinking daily in order to numb the stress of multitasking,” said clinical psychologist, Shannon Kroner. “I have personally spoken to many mothers who have turned to day drinking in order to just get through a day of helping their kids with schoolwork, keeping the house clean, making sure everyone is fed, and trying to keep up with their jobs through teleconferences and zoom calls.”

Add in multiple children in different grades, or an infant, or a child with special needs, and the stress can be overwhelming to any parent, Kroner pointed out. Additionally, marriages are being strained due to sharing the same space 24 hours a day, seven days a week with a partner, especially if there are also children involved. The elderly, who are most at-risk of dying from COVID-19, have mostly been forced into debilitating isolation, and front-line medical workers, despite the outpouring of gratitude from communities for their tireless effort in combating the virus and saving lives, are also among those most at risk of severe mental health consequences. Exacerbating their tensions is the notion that frontline workers face losses and are not afforded the time off to mourn and recuperate.

A study published by the Journal of the American Medical Association regarding the mental health outcomes of health care workers attending to COVID-19 patients in China highlighted that more than 70 percent reported psychological distress, 50 percent reported symptoms of depression and anxiety, and 34 percent experienced insomnia. “Cure cannot be worse than a

pandemic itself. People are touching their limits and are unable to handle current circumstances. It's already been really long. There are many positives for mental health out of this crisis though," conjectured Weronika Rogowska, Los Angeles-based psychologist and life coach. "There is an opportunity in every situation. Probably many inventions are already born. People had a lot of time to get creative. When everything comes back to normality, we all going to be determined and motivated." – **Fox News**



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