

July is National Hot Dog Month. Also National Baked Bean Month. And National Cell Phone Courtesy Month. Have cell phones ever annoyed you? Practicing some common sense etiquette can help all of us; the sender and the receiver! Jacqueline Whitmore founded National Cell phone Courtesy Month in 2002 knowing that more and more people use and rely on cell phones. Consider these cell phone etiquette tips:

- 1) In a meeting, turn off your phone and be present at the meeting.
- 2) Have phone conversations that are private in nature in a private setting. Remember others are listening when you speak in public.
- 3) Don't have emotional conversations in public; again take calls of that nature in private.
- 4) Use vibrate or silent settings on your phone and set them accordingly in public events such as sports events, religious services, theatres and such.
- 5) Avoid the 'cell yell' - a regular speaking tone works with a cell phone just as it does with any phone. Avoid drawing attention to yourself while on the phone in public.
- 6) Check and follow the rules about cell phone use in public places such as hospitals and airplanes.
- 7) Avoid using your phone while driving. Most of us are guilty of this, as we fail to realize the danger we are putting ourselves and others in. Give yourself full attention to the task at hand -driving!
- 8) If you cannot postpone an important call forewarn those you are with that you are expecting a call - excuse yourself when the call comes in.
- 9) Text a message to avoid making or accepting calls that will distract others; although excessive texting can be just as annoying as making and receiving calls.
- 10) When listening to multimedia including music and streaming, adjust the volume based on your surroundings.