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**DID YOU KNOW YOUR LONG DISTANCE CARRIER COULD BE CHANGED  
WITHOUT YOUR REQUEST???**  
**IT'S CALLED "SLAMMING"**

**- Read on to see how you can prevent this from happening-**

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BEK Communications is making an effort to prevent you from being "slammed" (unauthorized change of your long distance carrier). The FCC (Federal Communications Commission) is not allowing us to check with you prior to the change to make sure you authorized it.

No matter which carrier you have chosen, such as North Dakota Long Distance, MCI, Sprint, AT&T or any of the hundreds out there, if we receive a notice to change your carrier to their company - we have to do it.

Slammers are very creative in separating consumers unknowingly from their carriers. They may call with offers to consolidate your bill. They may offer free coupons towards gifts or airline tickets. They often claim to be with BEK and are offering you a discount plan. They pretend to be conducting surveys, raffles or contests--- Whatever it takes!!

What can we do to help protect our valuable customers from this irritating and all too common problem? We suggest a PIC FREEZE - This is one freeze that is good for you! It means no long distance company can change you unless YOU authorize it. To request a PIC Freeze at no charge, fill out and return the following form to:

BEK Communications  
PO Box 230  
Steele ND 58482

I authorize BEK Communications to put a PIC Freeze on my:

- intralata long distance carrier only
- interlata long distance carrier only
- intralata **and** interlata long distance carriers

I understand that if I wish to change my long distance carrier, I must personally contact BEK Communications by phone or in writing to authorize the change.

Signature \_\_\_\_\_

Print Name \_\_\_\_\_

Phone Number \_\_\_\_\_ Date \_\_\_\_\_