

# The Communicator

News from your local coop to keep you connected.

June 2025

## Keep up online this summer!

Stay in control of your network this summer! Do you need a higher speed package while the kids are all at home? We offer speeds up to 1 Gig! Our InControl Wi-Fi also allows you to easily set parental controls that you can view and manage from anywhere.



**Filter:** Block entire internet categories, apps and websites.



**Time Limits:** Limit time for apps, sites, or categories. You can set limits by day, category of content or for individual apps and sites.



**Notifications:** Receive push notifications for various events like time limits or when a new device connects to your network.



**Schedules:** Set schedules for dinnertime, bedtime, or schooltime. Schedules shuts off internet access for every device assigned to a profile.



**Usage:** Compare time online today, last week, or in the month while viewing the total time spent online per category, app, or website.



**Pause:** Pause the internet for any individual family member, device or the whole house with tap of a button.



**Safe Search:** Defaults Google and YouTube searches to remove unappropriated and explicit content from their search results.



**My Priorities:** Prioritize the devices &/or activities on your Wi-Fi to ensure you're getting the best performance on what matters most.

## Office Closed

Our offices will be closed Friday, July 4<sup>th</sup> in observance of Independence Day. If you have an emergency service outage during this time, please call 507-498-3456 to reach our on-call technician. Have a safe and happy 4<sup>th</sup> of July!

## Round Up Program

The Round Up Program is a voluntary program where members elect to have their monthly bill rounded up to the next whole dollar. Money collected through this program will be given back to events and projects that contribute to the community's overall quality of life in our local area. Programs like this are a great way to give back to your community! Call to sign up.

## Twins TV - Ch. 30

Twins TV is available with our GoTo>TV service on channel 30 as part of the Premier package. You can find our full TV line-ups at [www.gototv.us](http://www.gototv.us) or stop into our office for one.



## Refer a Friend!

Tell your family and friends about us! Receive a \$25 bill credit for you and your referral when they connect service with us. Our referral program is unlimited!



**Your Local Technology Headquarters**

507-498-3456 - [contactus@sgc-coop.com](mailto:contactus@sgc-coop.com) - [www.yourlocal.coop](http://www.yourlocal.coop)

*This institution is an equal opportunity provider and employer*

# The Mindful Moment



June is National Men’s Health Month, the perfect time to be aware and open about a subject that many men would rather not talk about. Yet, that’s precisely why there is a silent epidemic in this country, and it’s probably impacting your family, co-workers, teachers, community members or friends. We’re talking about men’s mental health.

Men with depression often aren't diagnosed for several reasons, including:

- Failure to recognize depression.
- Downplaying signs and symptoms.
- Reluctance to discuss depression symptoms.
- Resisting mental health treatment.



*If you need free, confidential support, call or text 988 to connect to the National Suicide Prevention Lifeline. The Lifeline is available 24/7.*

Scan the QR code to learn more and note the warning signs of depression.

## Welcome Christian!



Christian Myrah joined our Board of Directors in March! He is a native of Spring Grove, a 5th generation farmer, 2nd generation Navy fighter pilot and 1st generation whiskey distiller and owner of Rockfilter Distillery. In today's rapidly changing technological world, Christian is committed to keeping Spring Grove Communications viable now and into the future by providing SGC members with the best options and lending ideas & support to our small, vibrant community. We are excited to have him on board!

## watchTVEverywhere

If you are a GoTV>TV subscriber, you have access to WTVE, which gives you access to TV shows, movies, behind-the-scenes content and more at no additional charge. Once you've registered, download apps from your favorite networks for your smartphone, tablet, computer or smart TV and start watching! Each TV network makes their own decision about what to make available on watchTVEverywhere. Sign up at [www.wtve.net](http://www.wtve.net) or give us a call for assistance.

## Happy Workiversary!



Mat - 3 years



Adeline - 2 years