

The Communicator

News from your local coop to keep you connected. November 2025

Take a Byte Out of Hunger Food Drive

November 1st - 25th

Drop off donations at our office

Monday - Friday

8:00am - 5:00pm



We are excited to be hosting a Food Drive again this year from November 1-25th! Bring in three non-perishable food items to our office and you'll be entered for a chance to win a \$75 Red's Hometown Market gift card, just in time for Thanksgiving! All proceeds will go to the Houston County Food Shelf and the Trinity Lutheran Church Little Free Pantry. Give back this holiday season!

BCC Celebration & Summit

Our very own Adeline Miner spoke at the BCC Celebration and Summit on October 9th, sharing her successful experience with the Bluff Country Collaborative Internship Program. Adeline interned with Spring Grove Communications and MiBroadband the summer of 2023 and was offered a full-time position. Visit bluffcountrycollaborative.org to learn more about this valuable organization providing hands-on experience to the next generation of workforce. Great job, Adeline!



Office Closed

Our office will be closed Thursday, November 27 and Friday, November 28 for Thanksgiving. If you have an emergency service outage during this time, please call 507-498-3456 to reach our on-call technician.



Refer-a-Friend!

Know someone who could use fast, reliable internet? Refer them to us! When your friend signs up, you'll both receive a \$25 bill credit as our way of saying thanks. It's a win-win, so share the connection today!

Happy Workiversary!



Jacqui - 20 years

TV Price Increase

Our goal and commitment is to provide outstanding products and services, excellent customer service, and the benefits of new technology that you, our members, have come to expect from Spring Grove Communications. However, the continual rate increases due to sports programming and channel carriage requirements of broadcast and cable networks have made it necessary to increase television rates.

As of January 1, 2026 our new rates will be:

- Essential Package - \$69/month
- Enhanced Package (retired package - grandfathered customers only) - \$145/month
- Premier Package - \$163/month

***Local news, weather, sports, & support
Restart TV, HD, DVR, watchTVeverywhere***

We would be happy to review your Voice, Internet and TV options with you to ensure you are in a selection of the right mix of products at a price that meets your monthly budget. We recognize that you have other choices in TV providers and we value your business. Our local customer service and quick response time is extremely important to us and helps set us apart.

Remember with your GoTo>TV subscription you also have free access to watchTVeverywhere! This allows you to watch some of your favorite shows live and on demand from anywhere. Register online at www.wtve.net and give us a call if you need any assistance!

Mindful Moment: Caring for Your Mental Health This Holiday Season



The holiday season can bring joy and celebration — but it can also stir up stress, grief, loneliness, or triggers for substance use. The Substance Abuse and Mental Health Services Administration (SAMHSA) reminds us that it's okay to feel whatever comes up and encourages us to pause, recognize our emotional signals, and engage in intentional self-care. Key steps include setting realistic plans for social events, giving ourselves permission to decline or step back when needed, staying connected with others, maintaining helpful routines (sleep, movement, nutritious food), and seeking support when things feel heavy. Let's approach the season with compassion, self-awareness, and connection.

If you need free, confidential support, call or text 988 to connect to the National Suicide Prevention Lifeline. The Lifeline is available 24 hours a day, seven days a week.

Iowa Call: 855-851-8111 Text: 855-895-8398

Minnesota Call: 651-288-0400 Text: SUPPORT to 85511

Tips via www.samhsa.gov. Scan the QR code to view the full article.

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