

# The Communicator

News from your local coop to keep you connected.

September 2025

## ***Keep your kids connected and safe this school year!***

Back to school is just around the corner, and we know that you're looking for ways to make sure your kids have everything they need to succeed. That's why we're excited to offer you our Back-to-School tools. We think we aced it with this solution that's built for kids and parents!

- Fiber internet packages up to 1 Gig for lightning-fast connectivity with no lag
- Whole-Home managed Wi-Fi for a secure and optimized network, with built in security
- Enhanced content controls, time limits, and device prioritization to ensure everyone stays on task
- Peace of mind knowing that you are in control and your kids are safe and secure online



We know that parenting in the digital era can be stressful. That's why we want to give you the peace of mind that comes with knowing your kids are safe and secure online. Give us a call to learn more!

## ***Gear up for football season!***

Football season is back! Watch your favorite NFL and College teams with GoTo>TV. If you'd like to add the Metro Suite package, give us a call! Check out our full channel line-ups at [www.gototv.us](http://www.gototv.us)

KTTC NBC Rochester - 200  
KTCA PBS Saint Paul - 201  
KMSP FOX Minneapolis - 202  
KARE NBC Minneapolis - 203  
KSTP ABC Saint Paul - 204



## ***Office Closed***

Our office will be closed Monday, September 1st for Labor Day. If you have an emergency service outage during this time, please call 507-498-3456 to reach our on-call technician.

## ***Uffda Fest - Oct. 4***

See event schedule online at [springgroveareachamber.com](http://springgroveareachamber.com)

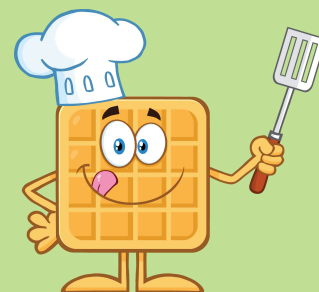
## ***Waffle Breakfast***

Mark your calendars for our 2025 Coop Appreciation Waffle Breakfast!

**Date:** Saturday, October 25th

**Time:** 8:00am-10:30am

**Location:** TBD



**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*

## Directory Cover Photo Contest

It's that time of year again to start thinking about the next directory cover! Get those cameras out and send us pictures taken in our service area for a chance to be on the 2026 directory cover and to win \$50 in Spring Grove Dollars! Submissions can be sent to our email address at [contactus@sgc-coop.com](mailto:contactus@sgc-coop.com)



## watchTVeverywhere - TV that goes wherever you go!

Enjoy your favorite shows and channels anytime, anywhere with watchTVeverywhere! This service is available to all GoTo>TV subscribers at no extra cost.



### How to sign up:

1. Go to [www.wtve.net](http://www.wtve.net)
2. Choose Spring Grove Communications from the provider list.
3. Click Register.
4. Enter your SGC account number (found on your bill) and the last name on your account.
5. Complete the registration form.

Look for a confirmation link in your email — check your junk or spam folder if you don't see it within a few minutes. Then you're ready to watch!

Learn more on our website at [yourlocal.coop/tv-gototv/watchtveverywhere](http://yourlocal.coop/tv-gototv/watchtveverywhere)



## The Mindful Moment

As the new school year approaches, it's vital to remember that readiness goes beyond packing the right supplies—mental health matters, too. The Substance Abuse & Mental Health Services Administration (SAMHSA) emphasizes that 1 in 5 children experience a diagnosable mental, emotional, or behavioral disorder—many that go unrecognized—and underscores the strong connection between mental well-being and academic success.

Parents can help by encouraging open conversations, establishing steady routines, and familiarizing children with school environments beforehand. Educators play a key role, too, by recognizing warning signs, creating welcoming safe spaces, and weaving mental health awareness into the curriculum.

SAMHSA also offers a wealth of resources—from caregiver guides and bullying prevention tools to national helplines and the 988 Suicide & Crisis Lifeline—to support families, teachers, and students in fostering a smoother, healthier return to school.

If you or someone you know needs support now, contact the 988 Suicide and Crisis Lifeline. Simply call or text 988 or chat [988lifeline.org](http://988lifeline.org). Check out more resources by scanning the QR code above.



SCAN HERE !