

The Communicator

News from your local coop to keep you connected.

August 2025

Help Keep Our Fiber Pedestals Safe!

As you tackle your summer lawn care, we kindly ask you to take extra care around fiber pedestals—the small green or gray boxes you may see in your yard or ditches along the road. These pedestals house important connections that deliver your high-speed internet, voice, and video services. Please avoid bumping them with mowers or weed trimmers, and keep the area around them clear of overgrown grass or debris so they remain highly visible.



Keeping pedestals visible and undamaged helps ensure safe access for our technicians and prevents costly service interruptions for you and your neighbors. If you ever notice a damaged ped, please give us a call to report it. And always remember to call 811 before you dig!

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.



Back to School

It's already time to start thinking about back to school! Is your Wi-Fi working as it should? Do you need more speed? Want to control the Xbox or when other devices can access the internet? Need to set time limits for your children's devices? Looking for virus protection for all devices on your network? We've got everything you need to keep up with schoolwork at home and to make sure everyone stays on task! Give us a call to see what we can do to help fit your online needs and check out our internet packages at yourlocal.coop/internet



Thank you to Jacob and Malachi for interning with us this summer! Jacob has been interning as an IT/Device Support Technician and Malachi as an Outside Plant/Combination Technician. They have both been a joy to work with and will do great things in the future!



Your Local Technology Headquarters

507-498-3456 - contactus@sgc-coop.com - www.yourlocal.coop

This institution is an equal opportunity provider and employer



The Mindful Moment



SCAN HERE !

To dive deeper into these strategies and access bonus resources—such as a mental health docuseries and former FFA leaders' insights—scan the QR code above.

7 Tips to Manage Stress During Harvest Season:

1. Recognize stress is normal - Accept stress as a natural part of life
2. Communicate expectations - Clear conversations with family and teammates avoids misunderstandings
3. Make time for self-care - Pause to eat well, enjoy a hobby, or connect with loved ones
4. Practice mindfulness - Try techniques like box breathing (4-4-4-4 pattern) to stay calm
5. Prioritize sleep - Even during busy harvest days, aim for around eight hours of rest
6. Schedule fun breaks - Short, enjoyable activities recharge productivity—and morale
7. Ask for help when needed - If stress feels overwhelming, reach out to a trusted adult or mental-health professional. If you need free, confidential support, call or text 988 to connect to the National Suicide Prevention Lifeline. The Lifeline is available 24/7.

Tips via the FFA

Get Discounted Phone or Internet Service with Lifeline

Access to affordable voice and internet service is vital to stay connected in today's world. People need these services to connect with healthcare providers, potential employers, educational programs, and loved ones. Affordable service remains a challenge for many low-income consumers. The federal Lifeline program helps close the gap for these consumers by offering a monthly discount of up to \$9.25 towards a qualified household's phone or internet service. A household is a group of people who share income and expenses. Consumers who live with another person already receiving the Lifeline benefit may still be eligible for the discount if they do not share income and expenses with that person.

Households with income at or below 135% of the federal poverty guidelines are eligible for the Lifeline program. Consumers enrolled in a government assistance program, such as Supplemental Nutrition Assistance Program (SNAP), Medicaid, Federal Public Housing, Veterans Pension or Survivor's Benefit may qualify for Lifeline as well. Consumers have several options to apply. They may visit a Lifeline phone or internet company in their area. Consumers also have the option to submit an online application or mail in a paper application to the Lifeline Support Center.

USAC's Lifeline Support Center serves as a resource for prospective and current Lifeline participants. Consumers may submit questions via email to LifelineSupport@usac.org, or by calling (800) 234-9473. More information is available on their website www.LifelineSupport.org. The Lifeline Program is one of four programs administered by the Universal Service Administrative Company (USAC), under the policy guidance of the Federal Communications Commission (FCC).

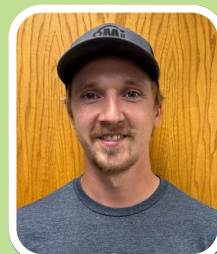


**Receive a \$25 bill credit
for you and your referral!**

Happy Workiversary!



AJ - 3 years



Eddie - 1 year



Nick - 1 year