

# The Communicator

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

## Artificial Intelligence (AI)

Artificial Intelligence, or AI, is a type of computer technology that's designed to think and learn like a human. It can answer questions, suggest helpful information, recognize photos, and even hold a basic conversation. You may already use AI in everyday life with smart speakers, online search tools, or apps that help organize and edit photos. AI is meant to make tasks easier, save time, and provide quick information. Just remember to stay cautious online and avoid sharing personal or private details with any website or tool. Remember these simple safety tips:

- Don't share personal information. Avoid sharing things like your full name, address, Social Security number, bank info, health details, or passwords.
- Be cautious with phone calls or messages. AI can mimic voices and writing styles. If something feels strange or urgent, hang up and contact the person directly.
- Double-check important information. AI can make mistakes. Always verify medical advice, financial guidance, or legal information with a trusted professional.
- Use trusted websites and apps. Stick with well-known companies or sources recommended by organizations you trust.
- Ignore "urgent" requests. Scammers use urgency to trick people ("Send money now!"). Take your time and think it through.
- Ask someone you trust if unsure. Two sets of eyes can prevent problems.

Technology keeps changing, but staying alert and asking questions helps you stay safe online. We are always here to help!



LeAnn - 23 years

**HAPPY**  
*Workiversary*



Sydnie - 6 years

## Office Closed

Our office will be closed December 24 and December 25 for Christmas as well as January 1 for New Years Day. If you have an emergency service outage during this time, please call 507-498-3456 to reach our on-call technician.



## Fox One App

We're excited to announce a new benefit available to our GoTo>TV customers: FOX ONE, FOX's new streaming app, is now available to you at no additional cost!

FOX ONE brings together live and on-demand content from FOX News Channel, FOX Business, Local FOX Station, FS1, FS2, Big Ten Network, FOX Deportes, and more—all in one easy-to-use app.

If you need help getting this set up, stop in the office or give us a call!

***\*Available for those on the Premier package who receive all Fox channels\****



## ***Stay Alert: Avoid Holiday Scams This Season***

The holiday season is a joyful time, but it also brings an increase in online scams. Scammers often try to take advantage of the busy shopping season and generous spirits. Keep yourself and your loved ones safe with these simple tips:

- **Be cautious of unexpected messages.** If you receive an email, text, or phone call asking for personal information or money — even if it appears to be from a company or family member — pause and verify before responding.
- **Watch out for deals that seem “too good to be true.”** Extremely low prices, rushed shipping offers, or surprise gift notifications can be red flags.
- **Don’t click unfamiliar links.** Scammers often hide harmful links in fake delivery updates or holiday greeting cards. Always check the sender first.
- **Protect your personal information.** Do not share account numbers, passwords, or financial details over email, text, or social media.

By staying alert and trusting your instincts, you can enjoy a safe and happy holiday season!

*Thank you to everyone who donated to our  
Take a Byte Out of Hunger Food Drive!*



## ***Mindful Moment: Creating Healthy New Year’s Resolutions***

As we welcome the New Year, many of us start thinking about resolutions—eating healthier, getting more organized, spending less time on our phones. But here’s a friendly reminder: you don’t have to overhaul your whole life to make a positive change! Small, realistic goals add up over time and feel a lot more rewarding than trying to be “perfect.” Celebrate your progress, give yourself grace on the tough days, and focus on what truly makes you feel happy and balanced. Here’s to a year of simple joys, steady progress, and taking care of yourself both inside and out.

### **Create healthy resolutions by following these steps:**

- Be reasonable. Set healthy goals and give yourself grace when life gets in the way.
- Take it step by step. Create small, achievable goals instead of rigid or extreme expectations.
- Monitor progress. Find an accountability buddy or jot down your progress and feelings along the way.
- Allow flexibility. If you slip up, start fresh next month! Focus on goals and activities that bring you joy.

Winter and holidays can be tough. 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.

*Tips via centerstone.org.*