

# The Communicator

News from your local coop to keep you connected.

December 2024

## Pick-It Football Challenge



Calling all football fans!

Join our online bracket challenge as we follow the National Football League playoffs all the way through the big game!

Enter for FREE online at

<https://springgrovemibroadband.pickitchallenge.com> and compete with friends and neighbors for a chance at some cool prizes... and bragging rights of course!

It's easy to participate:

- Sign up with the link above or scan the QR code below
- Pick the teams you think will win each matchup
- Watch your score climb (or drop - not everyone can be a winner!)
- Take home the gold... if you're lucky!



Three lucky winners will take home these prizes:

- 1st place: Smart TV
- 2nd place: \$100 SGC Gift Card
- 3rd place: Amazon Firestick

Game matchups will be announced in early January, and brackets will lock five minutes before the first game on January 10.

Stop into the office if you need any assistance signing up!

HAPPY  
*Holidays!*

Our office will be closed Tuesday, December 24 and Wednesday, December 25 for Christmas. If you have an emergency service outage during this time, please call 507-498-3456 to reach our on-call technician.

## Happy Workiversary!



LeAnn - 22 years



Sydney - 5 years



## TV Rate Changes

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, 2025 our new rates will be:

- Essential Package - \$65/month
- Enhanced Package (retired package - grandfathered customers only) - \$138/month
- Premier Package - \$156/month



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. You also get paid back for your services with us in Capital Credits!



### Welcome Jaden!

Jaden joined our team as a Broadband Combination Technician Assistant in October. He is excited to learn more about the Telecommunications industry!

**Thank you to all who  
donated to our  
Take A Byte Out of  
Hunger Food Drive!**

## The Mindful Moment

At SGC we believe that mental health is just as important as physical well-being, and we are committed to supporting our community in every way we can. In this new column, we'll provide valuable resources, tips, and encouragement for those who may be hesitant or unsure about where to seek help. Together, we can create a stronger, more connected community—one that prioritizes wellness for all.



### 5 Tips for good mental health this holiday season:

1. Get enough sleep
2. Don't take on too much
3. Everything in moderation
4. Stay connected with loved ones
5. Perform an act of kindness

*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.*

<https://yourlifeiowa.org/>

**Call:** 855-851-8111

**Text:** 855-895-8398

Minnesota

**Call:** 651-288-0400

**Text:** SUPPORT to 85511