

The Communicator

News from your local coop to keep you connected.

January 2025



DON'T MISS YOUR CHANCE TO WIN

Make your picks

PICK-IT

Pick-It Football Challenge

Score prizes and compete with friends and fellow community members in this **free** and fun bracket challenge following the NFL playoffs all the way through Super Bowl LIX! All you have to do is sign up and pick the teams you think will win each matchup. Don't know much about football? You can use our handy bracket randomizer to do it for you!

Three lucky winners will take home these prizes:

- 1st place: 55" Smart TV
- 2nd place: \$100 SGC gift card
- 3rd place: Amazon Firestick



Game matchups will be announced in early January and your picks must be submitted before the first game on January 10.

You can join by scanning the QR code above or clicking the link on our website or Facebook page. Stop into our office if you need any assistance signing up!

New Device Set Up

Need help setting up a new device you received for Christmas? We've got you covered! Anything from a tablet, laptop, smart TV, Roku, Amazon Alexa, etc!



Happy New Year

Our office will be closed Wednesday, 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.

Pay Online!

Reminder you can pay your bill online with SmartHub! Download the app or go to www.yourlocal.coop and click on 'View MY Account' at the top of the page.

Updated GoTo>TV Line-Ups

2025 GoTo>TV Line-Ups can be found online at gototv.us



Your Local Technology Headquarters

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

This institution is an equal opportunity provider and employer

Restrict Unwanted Telephone Solicitations

In 2003, the Do-Not-Call Act was signed into law. This legislation allowed for the establishment and enforcement of a national Do-Not Call Registry giving consumers a choice regarding telemarketing calls. If your number is listed on the registry, all commercial telemarketers, except for businesses with whom you have an existing relationship or certain non-profit and political organizations, are not allowed to call you.

Consumers may register their residential telephone number, including wireless numbers, on the national Do-Not-Call Registry at no cost. You can register on-line for the national Do-Not-Call Registry via the internet at <https://www.donotcall.gov>. To contact the registry by telephone, consumers may call 1-888-382-1222. For TTY, call 1-866- 290-4236.

Inclusion of your telephone number on the national Do-Not-Call Registry will be effective 31 days after registration. Your number will remain on the registry permanently. You are allowed to remove your number from the registry at any time.

Watch TV Everywhere

We are excited to again be offering Watch TV Everywhere! WTVE allows you to watch TV, well, anywhere! As a cable TV subscriber from Spring Grove Communications, WTVE gives you access to TV shows, movies, behind-the-scenes content and more at no additional charge. Once you've registered, download apps from your favorite networks for your smartphone, tablet, computer or smart TV and start watching. This is available at no additional cost to all GoTo>TV subscribers!

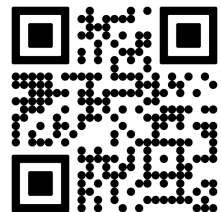
1. Go to www.wtve.net
2. Choose your service provider from the drop down
3. Register
4. Type in your SGC account number (shown on your bill) as well as the last name on your account and fill out the new user information
5. A link will be sent to your email address to confirm (if you don't see it, check your junk folder)
6. Start watching!

The Mindful Moment

As the holiday season winds down, it's easy to feel the post-holiday blues creeping in. This article offers practical tips to help you shake off the doldrums and start the New Year with renewed energy and focus. You can scan the QR code below to view the full article, or stop by the office to pick up a copy.

Breaking Through the Post-Holiday Doldrums:

1. Feel your emotions
2. Do some chores
3. Look forward



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



Happy Workiversary!



Jill - 21 years

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