



Bell Ringer

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SEVEN REASONS TO GET THE EXPERIENCEIQ® APP

- 1 IMPROVE YOUR SLEEP WITH NEW TECH HABITS.** Too often, technology gets in the way of a good night's sleep. Kids who use a device of any kind at bedtime or in the middle of the night have less sleep and less good sleep—both quantity and quality are affected. Changing your habits can be difficult, but ExperienceIQ® is here to help. Use the “Set schedule” feature to determine when individual people and/or devices can or can't be used. Each family member can have a different device bedtime if needed, and you can help your family instill better sleep habits by establishing “technology quiet” times in your home.
- 2 SCREEN TIME LIMITS ARE GOOD FOR YOUR HEALTH.** How much time children spend on screens may surprise you. ExperienceIQ® can help by monitoring screen time and which websites they are viewing. It can also set time limits for certain websites and establish per-device restrictions to limit the hours spent on screens.
- 3 REDUCE TECH STRESS.** It may or may not surprise you that screen time and stress are related. Besides the common ways to reduce stress by exercising or meditating, ExperienceIQ® can help you establish digital limits to focus on what matters. Set a schedule so your phones don't ping and buzz during family dinner. Keep your family mentally healthy by filtering types of content like violence or explicit material.
- 4 PROTECT YOUR INTERNET CONNECTION.** One of the benefits of working from home is that you're closer to your family. But that can also be one of the drawbacks, especially when you're competing for your Internet connection with your spouse's Netflix show and your child's game. ExperienceIQ® lets you set a priority list for the various Internet-connected devices in your home. That means you can ensure that your work devices get the best connection possible rather than leaving it up to chance.
- 5 KEEP INAPPROPRIATE CONTENT AT BAY.** It's surprisingly easy for children to stumble on inappropriate content even when they are not looking for it. Whether it's a video that's not meant for kids or an unexpected Internet search result, there are plenty of pitfalls that might have your child seeing words and images you don't want them to see. With ExperienceIQ®, parents and guardians have multiple ways to keep their kids safe, such as setting content filtering and site restrictions for users or devices. You can restrict all mature content and even block individual sites.
- 6 FIND YOUR FOCUS ONLINE.** There are ways to reduce distractions and be more productive online. ExperienceIQ® lets you use technology to minimize distractions by restricting Wi-Fi to specific devices so you aren't glued to the screen. You can also set time limits for apps that steal your attention, which will help you set a schedule for the day.
- 7 ENFORCE YOUR HOUSE RULES WITH CONTENT CONTROLS.** Parenting in an online world can feel overwhelming. With ExperienceIQ®, there are several ways to use technology to make parenting a little easier. You can limit your kids' access to individual websites, set content filters, and set limits or block social media apps.

ExperienceIQ® is available for \$4/mo to add on to your Blast Wi-Fi app, which starts at \$6.95/mo. To learn more about ExperienceIQ®, visit our website at www.itc-web.com/blast-wi-fi or call ITC at 1.800.417.8667.



DANGERS OF SPAM

By Michael Martinell, Network Broadband Technician

Many people contact ITC when they are unsure if an email is good or not. Right now, many emails seem to be asking you to reset your password, but they're actually trying to trick you. Responding to these emails can cause significant problems and put your personal info at risk. Let's discover what can happen if you fall for one of these scams.

Imagine checking your email and seeing a message that seems to be from ITC or another place you trust. It says your password needs to be changed for safety. But here's the thing: ITC won't ever send emails like this. If there's a problem, we'll lock your account to keep you safe.

But when you get one of these messages, it might make you worry. You might even click on the link or follow the instructions. The catch here is that the link is a trap set by cybercriminals. It's not safe at all.

When you click the link, you'll be taken to a fake website that looks just like the real one. But it's not real – it's fake and made to steal your info. Without realizing it is fake, you type in your username and password, thinking you're resetting your password. But you're giving your information to bad people who can use it to get into your account.

The consequences of this trick can be devastating. While you are sipping your coffee, cybercriminals can use your password to get access to your other accounts, trick other people with fake emails from your account, or even spread harmful stuff to other people online.

Also, by sharing your login credentials, you have essentially handed criminals the keys to your digital kingdom. They can infiltrate other accounts linked to the same email address or leverage the information obtained to launch sophisticated social engineering attacks against you or your associates.

So, how can you stay safe? First, be careful of emails asking you to reset your password or to do something immediately.

Instead of clicking on links provided in emails, use a trusted browser to find the company's official website requesting the password change. Then, initiate the password reset process from there.

Raise awareness among family, friends, and colleagues about the dangers of phishing scams and encourage them to adopt proactive measures to safeguard their online accounts.

Be careful when viewing suspicious emails to protect yourself and others from falling victim to cybercriminal tactics. Remember, staying vigilant is our best defense against online threats. If you're ever unsure about an email, feel free to contact ITC for help verifying its legitimacy. And if you need to change your password, visit us at www.itc-web.com and click the support button. There, you'll find the genuine ITC password feature. Stay safe online!

NEW EMPLOYEE SPOTLIGHT

By Holly Stormo, Marketing Communications Specialist

ITC is pleased to welcome Braden Rithmiller to our team. Braden works out of the Webster office as an Installation and Repair Technician. He previously worked for Roerig Insurance in Webster as a Life and Health Insurance Agent.



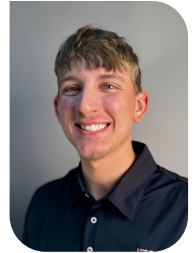
Braden went to Lake Area Technical College in Watertown to get his degree in computer programming. He is also a member of the Army National Guard.

Braden enjoys golfing and being with his family. He also collects sports cards and fixes gaming consoles, which he buys on eBay. Braden currently resides in Bristol with his wife and sons.

SEASONAL EMPLOYEES

ITC's seasonal employees have worked hard this summer to help us with all the locates that come in daily.

Charlie Harming started in May as a fiber locator. He is from Elkton and attended SDSU. Charlie enjoys playing guitar and is involved in Elkton Amateur Baseball.



Troy Gauer from Milbank is another fiber locator working at ITC for the summer. He is currently a teacher and coach at Milbank High School.



If you are starting a project that requires digging, please call 811 to locate your property for underground lines. ITC will send a locator to mark the fiber-optic cable on your property.

ITC ANNUAL MEETING

The ITC Annual Meeting will be on a Wednesday evening this year! Please mark your calendar for Wednesday, September 11, starting at 4:00 PM. Registration and Bingo will kick off the event, with dinner to follow at 5:00 PM. ITC will be giving away 70 - \$50 bills! You don't want to miss this annual meeting!

ITC PAYS GROSS RECEIPTS TAXES

Interstate Telecommunications Cooperative, Inc. will be paying the 2023 Gross Receipts Taxes of \$976,251.40. These taxes are due before August 1. Gross Receipts Taxes are paid to the State of South Dakota. The state will then disperse them to the appropriate school districts. No Gross Receipts Taxes are paid in the state of Minnesota. Real Estate Taxes are paid instead, with this year's amount totaling \$1,274.00. The Minnesota taxes were paid this past March.