

Connection

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October 2020

Protect your digital home

More and more of our homes devices — including thermostats, door locks, coffee machines and smoke alarms — are now connected to the Internet. This enables us to control our devices on our smartphones, no matter our location, which can in turn save us time and money while providing convenience and even safety. These advances in technology are innovative and intriguing; however, they also pose a new set of security risks.

The Department of Homeland Security's Stop.Think.Connect. campaign offers the following safety tips:

Secure your Wi-Fi network. Your home's wireless router is the primary entrance for cybercriminals to access all of your connected devices. Secure your Wi-Fi network, and your digital devices, by changing the factory-set default password and username.

Enable stronger authentication. Always enable stronger authentication for an extra layer of



security beyond the password that is available on most major e-mail, social media and financial accounts. Stronger authentication (e.g., multi-factor authentication that can use a one-time code texted to a mobile device) helps verify that a user has authorized access to an online account.

Keep a clean machine. Keep software up to date and install updates for apps and your

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Newsmax TV

Newsmax TV Network launched on Skitter TV Prime and Total subscriptions on channel 116

The channel carries a news and talk format throughout the week and features documentaries and films on weekends.

Solar interference

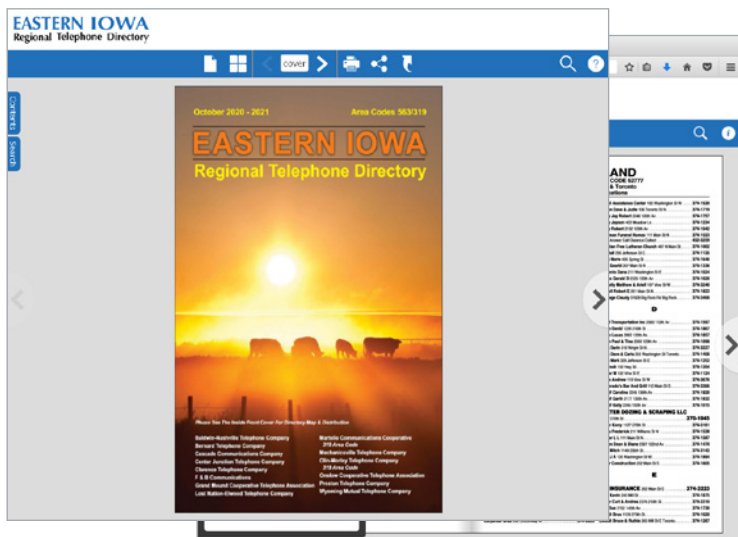
If you notice a snowy picture on some of your Skitter TV channels the first two weeks of October in the afternoon hours, do not be alarmed. This is the result of "sun outages" and a natural event that occurs in the spring and fall.

Grants available

Charity grants are available to area non-profits through F&B's partnership with Aureon. Grants are awarded quarterly and range from \$250 up to \$1,500.

Non-profits in the F&B service area are encouraged to apply. For an application, go to www.fbc-tele.com.

New phone directory mailed, online



The new 2020-21 Eastern Iowa Regional Telephone Directory was scheduled to be mailed the last week of September to telephone subscribers.

The directory is also online at www.fbc-tele.com. Both white and yellow page listings are easily searchable.

Look for this year's book; it features a photo of a golden sunrise.

The Eastern Iowa Regional Telephone Directory is designated as F&B's official directory and contains listings for many surrounding communities.



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Protect your digital home

device's operating system as soon as they are available. Keeping the software on your mobile devices, tablets and PCs updated will prevent attackers from being able to take advantage of known vulnerabilities.

Know your apps. Be sure to review and understand the details of an app before downloading and installing it. Also, check to make sure the vendor or creator of the app is reputable.

Be aware that apps may request access to your location and personal information. Delete any apps that you do not use regularly to increase your security.

Consider what you share. Limit the amount of personal information you share about yourself online. Your full name, phone number, address, school or work location, and other sensitive information should not be published widely.

Disable geo-tagging features that let people online know where you are. Limit your online social networks to the people you know in real life, and set your privacy preferences to the strictest settings.

Source: www.dhs.gov/stopthinkconnect

Jewell new plant tech



NICK JEWELL

Nick Jewell has joined F&B Communications as a plant technician.

He will perform customer installations and repairs of Internet, video and phone services. He will also assist in outside plant construction and cable locating.

We welcome Nick to the F&B team.



F&B Communications, Inc.

103 N. Main Street
P.O. Box 309
Wheatland, IA 52777

BUSINESS OFFICE HOURS

Monday to Friday 7:30 am to 3 pm

TECHNOLOGY SOLUTIONS HOURS

Monday to Friday 8:30 am to 4:30 pm, Saturday 9 am to noon

PHONE NUMBERS

Business Office
(563) 374-1236 or (563) 574-1236

Trouble/Repair
(563) 374-1238 or (563) 574-1238

Internet Tech Support (24/7)
1-888-832-4322

Technology Solutions
(563) 374-1322

WEB SITE

www.fbc-tele.com

EMPLOYEES

General Manager: Ken Laursen

Assistant General Manager:
Aaron Horman

Office Manager: Ariell Connelly

Administrative Assistant:
Carla Olson

Customer Service: Michelle
Harrison, Amanda Horner, Kelly
Scott

Plant Supervisor: Derek
Hendrickson

Plant Technicians: Scott Butt,
Drew DeLoe, Nick Jewell

Technology Solutions:
Brooke Cavey, Riley Holst, Matt
Morris

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Fiber Project Update

F&B's fiber optic upgrade projects in Lowden, Bennett and Delmar continue in October.

In Lowden, crews continue to install underground drop conduit from our service distribution boxes to residences.

Main line construction is complete in Bennett. Drop conduit construction is also underway.

The main line crews are expected to begin work in Delmar this month.

Crews will call or leave door hangers prior to beginning drop construction on properties.

The fiber optic upgrade is a multi-phase project. Once construction is complete, technicians will need to install electronic equipment at each site.

Avoid computer vision syndrome



These days, many of us spend hours a day in front of some type of screen. Be aware that continuous or prolonged use of technology can lead to computer vision syndrome, which may include eye strain, headaches, fatigue, burning or tired eyes, loss of focus, blurred vision, double vision, or head/neck pain.

The American Optometric Association (AOA) recommends implementing a 20-20-20 rule with technology — take a 20-second break every 20 minutes and look at something 20 feet away. Staring off into the distance helps the eyes from locking into a close-up position.

For more information, go to www.aoa.org and search "cvs".