

# Connection

Vol. 17, No. 10

October 2017

## 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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### An app for that

Download the SmartHub app for iOS and Android to view and pay your F&B bill. Search "SmartHub" in the App Store or at Google Play.

### Solar interference

If you notice a snowy picture on some of your digital video channels the first two weeks of October in the afternoon hours, do not be alarmed. This is the result of solar interference and a natural event that occurs in the spring and fall.

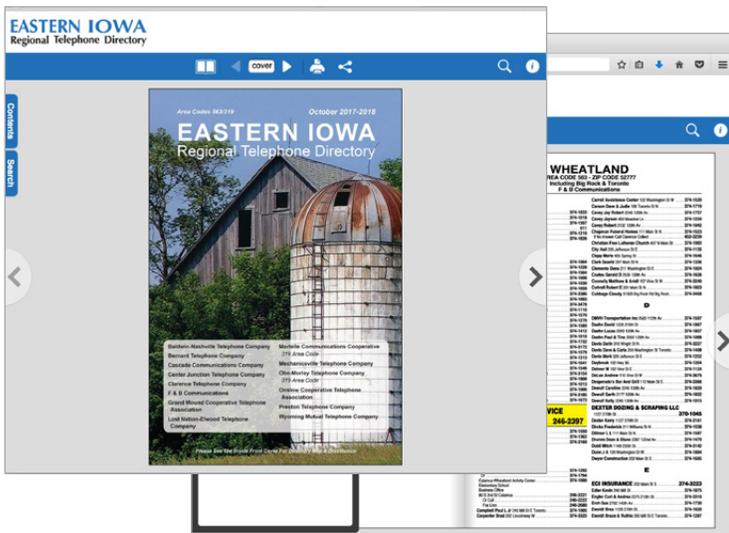
### Grants available

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.

Grant decisions are made by an independent review committee organized by Aureon.

Non-profits in the F&B service area are encouraged to apply. For an application, contact the office at (563) 374-1236.

## New phone directory mailed, online



The new 2017-18 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](http://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 barn and silo.

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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device's operating system as soon as they are available. Keeping the software on your mobile devices, tablets and PCs up-to-date 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: <https://www.dhs.gov/stopthinkconnect>

### How to 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.



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**BUSINESS OFFICE HOURS**  
Monday to Friday 8 am to 5 pm

**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](http://www.fbc-tele.com)

**EMPLOYEES**  
General Manager: Ken Laursen  
Assistant General Manager:  
Aaron Horman  
Office Manager: Ariell Connelly  
Administrative Assistant:  
Carla Olson

Billing/CABS: Kendra Rock  
Customer Service: Michelle  
Harrison, Kelly Scott  
Plant Supervisor: Derek  
Hendrickson  
Plant Technicians: Pat Ahrens,  
Scott Butt, Drew DeLoe, Tyler  
Leibold, Logan Warren

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F&B Communications has a job opening for a full-time **Computer Service Technician**. Seeking employee with computer repair experience, but will train high achieving candidate with desire to learn. For details and application information, visit <http://www.fbc-tele.com/employment>

11<sup>TH</sup> ANNIVERSARY

# Technology Solutions Specials



11<sup>TH</sup> ANNIVERSARY  
COUPON

**\$10 OFF**

**Professional Computer Repair Services**  
(In-store or in-home)



Valid until 10/31/2017. Coupon must be present at time of purchase. Not valid on prior purchases. One coupon per customer/account.



11<sup>TH</sup> ANNIVERSARY  
COUPON

**FREE**

**Additional Wireless Key FOB or Personal Alert Pendant**  
with purchase of Wireless Security or PHSS System  
(up to \$75.00 value)



Valid until 10/31/2017. New installations only. Other restrictions may apply.



11<sup>TH</sup> ANNIVERSARY  
COUPON

**FREE**

**4x6 Digital Photo Prints**  
5 FREE prints with the purchase of every 20 4x6 digital prints.



Valid until 10/31/2017. Coupon must be present at time of purchase. Not valid on prior purchases. One coupon per customer/account.



11<sup>TH</sup> ANNIVERSARY  
COUPON

**\$20 OFF**

**Nest WiFi Learning Thermostat**

Professional installation available  
**\$75 UTILITY REBATE MAY ALSO BE AVAILABLE**



Valid until 10/31/2017. Coupon must be present at time of purchase. Not valid on prior purchases. One coupon per customer/account.

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