

CONNECTIONS

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Spring 2023

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POLAR



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Employee Spotlight



Jill Sweeney Assumes Plant Records Position

Jill Sweeney has accepted the role of the Plant Records Specialist effective Monday, January 2, 2023. Jill has been with Polar since April 2021, and was most recently serving as a Customer Service Representative.

As a Plant Record Specialist, Jill will be responsible for controlling, establishing, and maintaining facility assignment records.

Jill and her husband reside in McCanna. They have two grown children, a son and daughter.



Spencer Potts Accepts Network Technician Position

Spencer Potts has accepted the position of Network Technician I effective February 1, 2023. Spencer has been with Polar for over 15 years with his latest role being a Business Technician.

In his new role, Spencer will be involved in a wide range of exchange administration, including the installation, maintenance, testing and troubleshooting of all network operations center equipment and infrastructure.

Spencer, his wife, and their two daughters reside in Grafton.

KIMBERLY LUNDQUIST IS 2022 POLAR EAGLE AWARD RECIPIENT



Kimberly Lundquist has been named Polar Communications' Eagle Award recipient for 2022. She was nominated for this distinguished award and voted on by her peers, based on the following qualifications: goes above and beyond normal job responsibilities, will do whatever it takes to get the job done, provides new and creative ideas, shows outstanding company dedication, demonstrates teamwork and accepts challenges, is involved in the community and/or volunteer work, demonstrates outstanding customer service and/or assistance, and promotes a positive attitude.

Kimberly has been assisting customers since October 2006 in her role as customer service representative. Always with a winning attitude and a smile on her face!

A GREAT PLACE TO WORK AND LIVE! Check out our latest video!

Looking for a challenging position with one of the nation's leaders in rural telecommunications? Consider a career with Polar. At Polar Communications, we strive to make our company a great place to work and our communities a great place to live.

In our latest video, our employees share what they love about Polar and the community!

Visit www.youtube.com/c/PolarCommunicationsParkRiver or scan the code below.



Best Cable TV Alternatives

Video streaming subscriptions that are similar to what you have now or is similar to traditional cable TV service:



Local Broadcasts

Streaming options that include local broadcast channels:



Sports

- Minnesota Wild, Minnesota Timberwolves, and Gopher hockey games are available on Bally's Sports Plus.
- The Bally's Sports North regular channel is available as part of a DirecTV Stream subscription.
- UND hockey is available on NCHC.tv
- CBS Sports network is available on Hulu + Live TV, DirecTV Stream, YouTube TV, and FuboTV.



Minnesota Wild
Minnesota Timberwolves
Gopher Hockey

*MN Twins not available



Bally's Sports North

HULU + LIVE TV



CBS Sports Network

UND Hockey

*not available on Midco Sports app

POLAR TV SERVICES TO BE DISCONTINUED July 17, 2023

Last year we announced Polar will be discontinuing TV service on July 17, 2023. Some of the reasons for this decision include quality issues and rising programming costs. We understand this may cause uncertainty for you as you consider new TV viewing choices. We're here to help you find new TV service, with options that include local channels as well as your favorite sports, movies, popular shows, and more.

Polar support team members are available to answer your questions and help you choose a new TV viewing experience. We can even assist you in setting up new accounts.

We urge you not to wait until July to find a new provider. Representatives are available NOW to help, waiting until the last minute may cause a delay should you need assistance. All cable TV equipment not returned to our office by July 17 will be billed to your account.

In order to provide the best service we ask that you contact us as soon as possible to disconnect your cable TV or Polar streaming TV service.

Visit mybundle.tv for help in finding the best TV alternative for you!

We want to assure you no other Polar services will be affected by this change. Polar continues to evolve with the latest technology so we can provide the most value to our customers. We have invested in a state-of-the-art fiber optic network that can offer bandwidth of up to 1 Gigabit to each home. As the demand for broadband Internet increases, Polar aims to provide the best progressive service possible.

Please reach out with any questions:

701-284-7221 | 800-284-7222

customerservice@polartel.com

www.polarcomm.com/streamingtv



DIRECTOR ELECTION

Applications now being accepted

Applications and petitions for the Polar Communications Board of Directors are now being accepted. Three director positions will be elected at the annual meeting on June 8, 2023. The directors whose terms expire in 2023 are:

District 1 – Gordon Johnson (incumbent seeking reelection)

District 2 – Chris Nelson (incumbent seeking reelection)

District 3 – Lori Dahl (incumbent seeking reelection)

POLAR BOARD OF DIRECTORS NOMINATION INFORMATION:


- Detailed information can be found in the member by-laws found in your telephone directory or at polarcomm.com/resources/#agreements.
- Any qualified member may submit an application and petition by March 24, 2023 at 4:00 pm. The forms can be found on Polar's website at polarcomm.com/careers.
- Members may submit a completed application and petition by:
 - On-line submission (application only) or
 - Mail: Polar Communications, PO Box 270, Park River, ND 58270 or
 - E-mail: directorapp@polartel.com
- All nominations are subject to verification. Once verification is complete, the candidate will be notified, and their name will appear on the ballot.
- Eligible election exchanges in 2023:
 - District 1-Cavalier, Drayton, Pembina
 - District 2-Crystal, Edinburg, Nekoma, Fairdale, Fordville, Adams, Edmore
 - District 3-Brockett, Dahlen, Michigan, Inkster, Niagara, Petersburg, Aneta, Gilby, Lakota

SAVE THE DATE

Annual Member's Meeting

Thursday, June 8, 2023





BENEFITS OF FIBER INTERNET

When it comes to selecting Internet technology for your home or business, it can be challenging to determine which one is the best. Every service provider claims to provide fast and reliable Internet, but is there really a clear winner when it comes to how it's delivered?

The answer is YES! Fiber delivers better video picture and sound, provides incredible reliability when working from home, has the lowest latency for activities like online gaming, handles multiple connected devices with ease, and provides considerable advantages to businesses. Fiber optic Internet is the new gold standard for Internet technology and those fortunate enough to have access to it enjoy many advantages.

AMAZING SPEED

Internet travels to homes and businesses in a variety of ways: by radio waves, phone lines, cable networks, electric wiring, or fiber optics. DSL uses copper lines, which were originally designed to carry voice signals, and cable Internet is delivered through coaxial cable. DSL caps out at much slower speeds than fiber and both cable and DSL typically have significantly slower upload speeds.

Fiber Internet uses cutting-edge technology to deliver data to and from your devices at the speed of light. Light travels through fiber optic lines at speeds that far surpass that of cable and DSL. Download AND upload speeds typically range from 100 Mbps to 10 Gig.

INCREDIBLE RELIABILITY

Internet technologies such as copper, DSL, and wireless can be affected by outside factors such as severe weather, temperature fluctuations, and moisture.

Fiber optic cables are constructed via small flexible strands of glass. Because the signal is light instead of electricity, fiber Internet is unaffected by electrical surges, moisture or cold.

Fiber also sends data further than other technologies like wireless or copper, which are limited by distance or physical line of site to an antenna. So, whether you're next door to your Internet provider or across the state, you'll always enjoy faster load times and higher-quality streaming.



ENTERTAINMENT

A fast Internet connection is essential to enjoy 21st century entertainment. It provides the ability for super high definition and 4k video streaming, virtual reality, real-time online gaming, watching your favorite online videos, connecting via social media, and video calls. As technology continues to advance, only fiber Internet has the capacity to evolve with it.

CONNECTING MULTIPLE DEVICES

The average number of Internet connected devices in the home continues to rise each year and Internet usage does too. In a few short years, most homes will have dozens of connected devices and Gig Internet will be the norm. While other Internet technologies have already reached their limits, the potential of fiber has hardly been tapped. The unique technology of fiber provides the ability for it to grow with the data and speed needs of the future, so whether connecting dozens of devices, or hundreds, fiber is ready!



LOWER LATENCY

Latency refers to how much time it takes for a signal to travel to its destination and back. Low latency is very important for activities like online gaming, video conferencing, stock trading, or any activity where a delay matters. Fiber Internet typically has much lower latency than wireless, cable, DSL, or 5G. And since no one wants to face time like this...latency matters, and it's much better with fiber.

BOOSTING BUSINESS

The incredible speed and reliability of fiber make it the best choice for businesses. We know that time is money and according to research, a slow Internet connection costs employees one week per year of productivity! The bandwidth capabilities also make it the ideal way to quickly access data and applications stored in the cloud. Fiber also offers security advantages. Unlike other technologies, the only way to penetrate a fiber-optic cable is to physically cut the fiber, which will cause the signal to disappear. It's also future proof, so as your technology needs grow, fiber will be ready to handle the Internet needs of your business for decades to come.



With Polar WiFi and the Polar WiFi app, you're able to take control of your home network and manage your connected devices. Attractive and intuitive, the Polar WiFi app makes it easier to create a tailored WiFi experience that gives you complete control over every aspect of your connected home. Download on the App Store or Google Play by searching Polar WiFi.

*Best value
and experience!*

ULTIMATE WiFi - \$12.95/mo.

- » WiFi 6 GigaSpire Blast Router
- » Optimized equipment placement
- » Polar WiFi App: network control
- » ProtectIQ: network threat protection
- » ExperienceIQ: manage content, devices, applications, screen time, usage, and more
- » Worry-free remote technical support

PREMIUM WiFi - \$9.95/mo.

- » WiFi 6 GigaSpire Blast Router
- » Optimized equipment placement
- » Polar WiFi App: network control
- » ProtectIQ: network threat protection
- » Worry-free remote technical support



PROTECT YOUR ACCOUNTS WITH TWO-FACTOR AUTHENTICATION



There probably isn't a day that goes by without you logging in to at least one account — maybe you check your email, post to your social media, pay bills, send money to your friends and family, or buy something online. Your accounts can store a lot of personal and financial information. That's why you protect them with a password. Unfortunately, passwords are vulnerable to cyber-attacks. But there's a simple way to make your accounts more secure: turn on two-factor authentication.

WHY A PASSWORD ALONE ISN'T ENOUGH

Like most people, you probably use a strong password to protect your accounts. But hackers use different tactics to steal or guess your passwords.

- Hackers use phishing attacks to trick you into giving up your login credentials.
- Scammers buy credentials stolen in data breaches, using your username and your password to log in to the account where the breach happened. (That's why it's important to change your password right away if you find out that your information may have been exposed in a breach.)
- Hackers might also try to use the username and password to log in to another one of your accounts. This works only if you use the same username and password in more than one place — and is a reason to never reuse the same username and password.
- If hackers only have your username, they can use software to guess your password. If the site doesn't have safeguards to detect this type of attack, the hacker's software may be able to try many different passwords.

Taking steps to keep your password secure is an important first line of defense against hackers. But the best way to protect your accounts is to use two-factor authentication, sometimes called two-step verification or multi-factor authentication.

PROTECTING YOUR ACCOUNTS

To prevent unauthorized access to your accounts, sites usually require you to sign in with a username and password. This process verifies who you are and is known as authentication. The credential you give to log in — your password, in this example — is a type of authentication factor. Authentication factors fall into three categories:

- 1 - Something you know, like a password, a PIN, or the answer to a security question.
- 2 - Something you have, like a one-time verification passcode you get by text, email, or from an authenticator app; or a security key.
- 3 - Something you are, like your fingerprint, your face, or your retina.

Accounts with two-factor authentication require you to enter a credential from two of the three categories to log in.

TWO FACTORS ARE BETTER THAN ONE

Using only one factor — say, something you know, like a password — to log in to your account is like having one lock on your front door. And not a very secure one.

Using two-factor authentication is like using two locks on your door — and is much more secure. Even if a hacker knows your username and password, they can't log in to your account without the second credential or authentication factor.

THE MOST COMMON METHODS OF AUTHENTICATION

More and more sites and apps are offering two-factor authentication. Some let you choose which authentication method to use. Others only give you one option. These are some of the most common authentication methods out there.

1. One-time passcode via text message or email

With this type of authentication, you get a verification passcode by text message or email. It's typically six digits long but can be longer. It's only good for one log in and expires automatically.

Getting a passcode by text message is a common and simple method of authentication that only requires a phone that can get text messages. But it has its drawbacks. Hackers can take over your phone number through a SIM card swap attack and get text messages sent to your number, including those with a verification code, before you realize someone stole your number.

If you get a verification passcode by email, use a strong password and two-factor authentication on your email account. That'll make it harder for someone to hack into your email and steal your one-time passcode.

Scammers try to trick you into giving them your verification passcode. No matter what the story is, don't share your verification code with someone if you didn't contact them first.

If getting a verification passcode by text message or email is the only option the account offers, it's better than nothing. But it's safer to use an authenticator app or security key, if they're an option.

2. An authenticator app

Some accounts let you use an authenticator app on your phone or tablet to verify it's you trying to log in. There are several authenticator apps out there, like Google Authenticator, Microsoft Authenticator, and Duo.

Authenticator apps typically generate a verification passcode, like one you might get by text message or email. But using an app is safer because the passcode isn't susceptible to a SIM card swap attack or to someone hacking your email.

An authenticator app may also give you the option to get a push notification on your phone or tablet every time someone tries to log in to your account. The notification might give you some details about the login attempt, like the account someone is trying to log in to, their physical location, the type of device they're using, and the date and time of the login attempt. You can approve or deny the request with a tap.

3. A security key

Security keys are physical devices that you use as your second authentication factor. They come in different shapes and sizes. You can buy one for personal use or you might get one from your employer.

Security keys use encryption to confirm that the key is associated with your account. Some plug into a USB port. Others use near-field communication (NFC) to connect to your device when you hold it close. Security keys are the strongest method of two-factor authentication because they don't use credentials that hackers can steal.

TURNING ON TWO-FACTOR AUTHENTICATION

More and more sites and apps are offering two-factor authentication, but it's not usually on by default. To turn it on, go to your account settings, look for two-factor authentication, two-step verification, or multi-factor authentication, and follow the steps.

Start with your most sensitive accounts, like your bank, credit cards, email, social media, tax filing website, and payment apps. Then add it to other accounts, like sites you shop on.

After you set up two-factor authentication, you may have the option to remember the device you're using to log in. If you do, instead of having to give the second credential every time you log in, you may only need to do so in certain situations, like when you log in from another device. Only have the account remember your own devices. Don't have it remember the device if you're logging in from a public computer, like at a library.

Two-factor authentication can add an extra layer of security that protects you from hackers. And spending a few minutes to turn it on now can save you the hassle and countless hours it'll take to recover a hacked account or deal with identity theft.

Source: consumer.ftc.gov





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PICK-IT BOWL CHALLENGE WINNERS



Congratulations to the winners of our Pick-It Bowl Challenge college football contest! Out of 67 participants in the community, Jim Johnson earned the most points in the contest and won a year free 500Mb Internet service. Joan Olson of Milton came in second place and won a \$100 gift card, and Jason Hinkle, Luther Meberg, Les Murray, Shelby Nelson, and Mandy Wentz were randomly selected among all participants and each won some cool Polar items.

Thanks to all who participated!

PLAY OUR FREE Men's March Mania Contest



Game matchups will be announced Sunday, March 12 and the first game starts on March 16. Sign up soon for your chance to play and win!



**SIGN UP AND PLAY AT:
polar.pickitchallenge.com**

PLAY OUR FREE Women's March Mania Contest




Game matchups will be announced on March 12 and the first game starts on March 17. Sign up soon for your chance to play and win.



**SIGN UP AND PLAY AT:
polarw.pickitchallenge.com**

Must be a current Polar customer to participate. Only one entry per person per contest. See other terms and conditions online.

 Clip this page and keep it with your Polar directory

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 Haugland Cole & Breanna 218 2 St E Lakota 701-247-2240
 Bjornoy Lu 319 Heritage St St Thomas 701-257-6424
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This institution is an equal opportunity provider
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ATTENTION STUDENTS!

Scholarship applications are due soon!

Apply online at www.polarcomm.com
or ask your high school guidance
counselor for information.

Please contact us with questions:
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