YOUR NDTC QUARTERLY

# FALL 2025

583 therapy

FEATURE:

**583 Therapy** 

Transforming Care in Devils Lake.

583 therapy

PG. 4 // Staying Safe Online

**PG. 5** // Broadband Nutrition Labels

ND/C

STREAM. SURF. CONNECT.

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### Contact

211 22nd St. NW | PO Box 180 Devils Lake, ND 58301 Phone: 701.662.1100 Fax: 701.662.6444 gondtc.com

# Office Hours

Mon. – Fri. 8 A.M. – 5 P.M. Repair Center also available Sat. 8 A.M. – 5 P.M.

# Help Desk

701.662.8350 available 24/7

# **Payment Drop-Offs**

- NDTC office in Devils Lake
- 1st United Bank in Cando, Rugby, Maddock, & Devils Lake

To report trouble, call 701.662.1100. If after hours, follow prompts for assistance.

**PG. 1** // Notes from the General Manager

PG. 2 // Small Business Spotlight: 583 Therapy

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# 988 Suicide & Crisis Lifeline

The 988 Lifeline provides free, 24/7 support for mental health, suicide, or substance use crises, ensuring accessible care for anyone in need via call, text, or chat.



Return this completed coupon to NDTC to be eligible for the next drawing. Congratulations to Paige Rice from Harvey, ND! She was the winner of the credit from the Summer newsletter issue.

Name
Phone #
What year did 583 Therapy open?

I understand my full name and my city of residence will be listed in the next newsletter if my name is drawn.

(initial)

# **NOTES FROM THE**

# General Manager

TeeJay Kurtz // NDTC General Manager

t's hard to believe October is here, hunting season has begun, and high school fall sports are nearing their end. After a beautiful summer, our team at NDTC is grateful for the weather that allowed us to make significant progress on our construction projects.

We're excited to share that the fiber upgrade from Harvey to Balta is now complete. This replaces infrastructure originally buried in the early 1990s, and prepares our network for future capacity needs. With that milestone reached, our crews are now focused on the Harvey to Drake fiber project, which will further strengthen our regional network.

Another major initiative underway is the transition to a GIS (Geographic Information System) mapping platform. This advanced system captures, stores, and displays geographically referenced data, allowing users to view information overlaid on satellite imagery. We're working closely with Finley Engineering, and our team is currently gathering fiber optic network data in the Drake and Anamoose areas. While not visible to customers, this work is essential for accurate mapping, especially for 811 requests, and will support engineering efforts in road construction and rural water projects.

As families settle into school routines, it's also a great time to evaluate your home wi-fi. NDTC offers Managed Wi-Fi Service, which includes access to our Command IQ app, a powerful, user-friendly tool that gives you more control over your home network.



## With Command IQ, you can:

- View or change wi-fi passwords
- See connected devices
- Create guest networks
- Set up profiles for kids
- Apply time limits
- Use basic parental controls

Whether you're managing screen time, simplifying network settings, or enhancing security, Command IQ is a valuable resource included FREE with our Managed Wi-Fi Service. For more information, visit our website at gondtc.com or give us a call; we're happy to help you get started.

Thank you for your continued trust in NDTC. Wishing you a safe and enjoyable fall season!

*See Jay Kurtz* General Manager/CEO, NDTC



hat happens when three passionate, driven women unite with a shared vision for community care? You get 583 Therapy, a locally owned and operated therapy practice that's transforming lives across Devils Lake and the surrounding area.

Founded by occupational therapists Emilee Luehring and Jessica Anderson, along with speech-language pathologist Heidi Brown, 583 Therapy was born from a desire to offer patient-centered, private therapy services that truly make



a difference. "We're proud to be a tri-discipline therapy company," Heidi explains. "We provide speech, physical, and occupational therapy for patients ranging from infants to older adults."

Since opening its doors on June 12, 2023, 583 Therapy has grown from its three visionary founders to a team of 10 dedicated professionals, offering both full-time and part-time care. Their collaborative approach ensures that every patient receives comprehensive, personalized treatment aimed at restoring function, independence, and quality of life. Reflecting their strong local roots, the team chose the name 583 Therapy, a subtle nod to the beginning of most ZIP codes in the region and the communities they proudly serve.

583 Therapy's services are as diverse as they are impactful. Patients benefit from specialized treatments such as dry needling, therapy focused on women's health, and care for vertigo and dizziness. They also offer ergonomic and workforce safety evaluations, red light therapy, and support for sensory processing disorders. Treatments for Parkinson's disease and swallowing difficulties are available, along with



Co-Founders L-R: Heidi Brown, Emilee Luehring, & Jessica Anderson





# We need the speed and quality to efficiently run the business.

Jessica Anderson - Co-Founder/Occupational Therapist

sensory-based speech therapy. Most recently, 583 Therapy introduced a red-light sauna to their offerings, providing clients with enhanced physical and mental wellness benefits.

To support their growing practice, 583 Therapy partnered with NDTC for reliable phone, internet, and surveillance solutions. From scheduling appointments to creating real-time home care plans, NDTC broadband and Managed Wi-Fi are essential to daily operations. "We need the speed and quality to efficiently run the business," says Jessica. "It would be very difficult to perform our daily tasks without it." Security is also top of mind. "The surveillance cameras give us peace of mind knowing the building is safe and secure when we aren't onsite," adds Emilee.

NDTC is honored to support 583 Therapy's mission, and is committed to providing the cutting-edge technology they need to continue changing lives. 583 Therapy is proof that when passion meets purpose, lives change. Through expert care and heartfelt dedication, they're building stronger, healthier communities, one patient at a time.





# WANT TO BE FEATURED IN OUR COMMUNITY FOCUS?

**Call us at 701.662.1100,** share how our services have benefited you or the people in your area, and you may be featured in our Community Focus!



s our digital lives grow, so do the risks.
Online scams come in many forms, and can put your security or finances at risk. Here's a brief guide to help you recognize and avoid common scams.

# **Recognize the Scams**

- Deepfakes: Al-generated fake videos or images used to impersonate others.
  - **Tip:** Always verify unexpected requests from trusted sources.
- **Phishing:** Fake emails pretending to be from companies to get your info.
  - **Tip:** Look for suspicious links or errors; don't share details unless you're sure.
- **Fake Profiles:** Scammers use false identities for fraud or identity theft.
  - **Tip:** Double-check new accounts, especially if they request money or info.
- **Government Impersonation:** Scammers posing as officials and demanding money.
  - **Tip:** Confirm with the agency—real officials rarely ask for payment upfront.
- Relationship Scams: Build trust online, then ask for money or info.
  - **Tip:** Share personal info cautiously with new connections.

- QR Code Phishing: Malicious codes lead to scam sites.
  - Tip: Only scan codes from trusted places.
- Job & Tech Support Scams: Offers with high pay or urgent tech help often request money.
  - **Tip:** Research companies and service providers directly before paying.

# **Practical Tips to Stay Safe**

- Stay Skeptical: If it sounds too good to be true, it probably is.
- Verify Sources: Whether it's an email, profile, or message, confirm authenticity before responding.
- **Update Software:** Regular updates reduce vulnerabilities to hacking.
- Enable Multi-Factor Authentication: Add a layer of security to your accounts.
- Pause Before Sharing: Avoid giving personal info over emails or calls unless you initiated contact.

By staying informed and alert, you can protect yourself and your loved ones from the growing number of online scams.



Scan to Learn More →

# **Broadband Nutrition** Labels

In the 1990s, nutrition labels became mandatory on most packaged food products. On October 10th, 2024, all internet service providers were required to display Broadband Consumer Labels, or in other words Broadband Nutrition Labels.

According to the FCC, the labels "are designed to provide clear, easy-to-understand, and accurate information about the cost and performance of high-speed internet services. The labels are modeled after the FDA nutrition labels and are intended to help consumers comparison shop for the internet service plan that will best meet their needs and budget. Internet service providers that offer home, or fixed, internet services, or mobile broadband plans are required to have a label for each service plan they offer."

Broadband Consumer Labels are required at point-of-sale locations, including online and in stores. They must disclose information on broadband prices, introductory rates, data allowances, and broadband speeds. The labels also include links to service providers' network management practices and privacy policies.



For more information on Broadband Consumer Labels, visit fcc.gov/broadbandlabels.

To view NDTC's Broadband Labels, visit gondtc.com/internet and click on the Broadband Labels link.

# **Broadband Facts**

### FiberZone 250

Fixed Broadband Consumer Disclosure

# Monthly Price

\$59.95

This monthly price is an introductory rate

No

Length of Contract

6 Months

Link to Contract Terms

### Contract Terms

# Additional Charges & Terms

One-Time Fees at the Time of Purchase

Professional Installation

\$45.00

Early Termination Fee

\$50.00

Government Taxes

Varies by Location

## Discounts & Bundles

Receive a \$20 discount on broadband service when you bundle with telephone service. Visit the link below to see available pricing options for broadband service bundled with telephone and video.

# Speeds Provided with Plan

Typical Download Speed

271.3 Mbps

Typical Upload Speed

265.3 Mbps

Typical Latency

4.0 ms

# National Do Not Call Registry 🔱



he FTC's National Do Not Call Registry, launched in 2003, blocks unwanted sales calls. Register your number for free at donotcall.gov, and telemarketers must stop within 31 days. Numbers stay registered permanently.

Exceptions include political, nonprofit, survey, and debt collection calls, as well as businesses you've recently

interacted with. To stop these, request they cease contact and note the date.

If you get scam calls, don't engage—just hang up and report them to the FTC. Visit donotcall.gov to register, check your status, or file complaints. Ask about our Call Screening service to reduce robocalls.



211 22nd St. NW | PO Box 180 Devils Lake, ND 58301

# Stronger, Smarter Wi-Fi

# with Managed Wi-Fi & CommandIQ

- Lightning-fast fiber speeds up to 10 Gig
- Unlimited data
- No installation fees or equipment to buy
- Strong, dependable coverage in every room
- Simple network control with our FREE CommandIQ® app



Ready to experience the difference?

← Learn more

