

What You Need to Know About Internet Speed Tests

It's a good idea to check your internet speed from time to time to help determine if your current speed is adequate or if an upgrade may be needed. The process is easy—you push one button—on speed test sites such as Ookla's speedtest.net.

How do speed tests work?

Speed tests measure the speed between your device and a test server, using your device's internet connection. The test mimics your online activity in a controlled setting by downloading sample files and recording speeds.

What data does a speed test give you?

You'll typically learn three things:

- **Download speed** – A measure in Mbps of how quickly data can be transferred to your device over the network.
- **Upload speed** – A measure in Mbps of how quickly your device can upload data over the network.
- **Ping** – Measured in milliseconds, this is the time it takes for data to travel from a device on one network to a device on another network.

What can be done to get the most accurate results?

If you're serious about getting the full picture of your internet speed, run multiple speed tests under different conditions:

- **Over multiple connections** – Running a speed test over Wi-Fi will yield different results than running a test over an Ethernet cord.
- **With only one or multiple devices** – The number of devices connected to your network can affect your speeds. Run a test with just one device connected and run another test with multiple devices connected.
- **In different rooms** – The strength of your wireless signal will weaken as you get further away from your router. Try running a speed test in the same room as your router and then in other rooms farther away to see if, and by how much, results vary.
- **While doing different activities** – Running a speed test while doing different activities (such as listening to music vs. streaming a TV show vs. playing an online game) can help you pinpoint if the slower speeds are content related.
- **Subscribe to Expert Wi-Fi** – Huxley Communications now offers Expert Managed Wi-Fi service for only \$5 per month. You can run a speed test directly from the Expert Wi-Fi app on your smartphone!

Call Huxley Communications at 515-597-2281 for answers to your other speed test questions or for more information on our Expert Wi-Fi service.

HUXLEY HAPPENINGS



Monday, September 6
Labor Day – Office Closed

Friday, October 15
Huxley Communications
Cooperative Members BBQ

CONTACT INFORMATION

Huxley Communications
P.O. Box 36 • Huxley, IA 50124
515-597-2281 or 800-231-4922
www.huxcomm.net
huxtel@huxcomm.net

Free Internet Tech Support
515-597-HELP (4357) • Available 24/7

Report an Outage
515-597-2281

Call Before You Dig
Iowa One Call • 800-292-8989

Levi Bappe
General Manager

Connie Patrick
Business Office Manager

Terry Ferguson
Director of Operations

Brant Strumpfer
Plant Manager

SUMMER 2021



Get Ready for 10-Digit Dialing for Local Calls

In July 2020, the Federal Communications Commission adopted an order approving the designation of 988 as the 3-digit dialing code to reach the National Suicide Prevention Lifeline. To facilitate implementation, area codes in 37 states where the 988 prefix is a working prefix and which now use 7-digit local dialing must switch to 10-digit local dialing. This includes our 515 area code.

Beginning April 21, 2021, you should start dialing 10-digits for all local calls—the 515 area code plus the 7-digit phone number. If you forget to do so during this transition period, your calls will still be completed. But starting September 24, 2021, you'll be required to dial 10-digits when making a local call. Failure to do so will prompt a recording, reminding you to redial using 10 digits.

In addition to changing your dialing routine, you'll also have to reprogram 7-digit local numbers to 10-digit numbers in any device that automatically makes calls for you, including:

- Speed dial feature on a phone
- Home security equipment
- Personal emergency response system

Managing Screen Time and Maintaining a Balance

How much screen time is too much for children? And what's the best way to balance the benefits of screen time with the problems it can potentially cause? The answers will vary from family to family, and even day to day, based on careful consideration of several factors.

One of those factors is that screen time is a sedentary activity. When children are glued to the screen watching a TV show or playing games on a tablet, they're not being physically active, and physical activity is a critical part of health. So it's important to make sure children put down their devices each day and get some form of exercise—outside in the fresh air if possible.

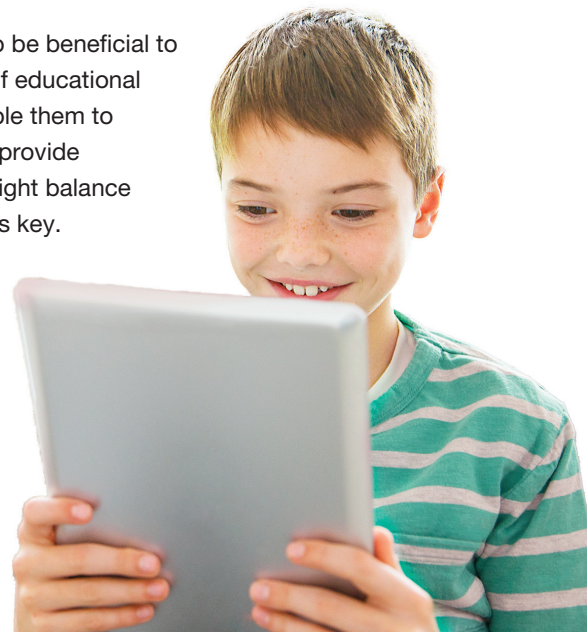
Another consideration is the type of content children are engaging with during screen time. Without parental controls and guidance, children can be exposed to concerning content such as violence, negative stereotypes, inaccurate information, or cyberbully messages. This can lead to issues including trouble sleeping, anxiety and depression, and poor self-image.

Beyond setting a defined limit of screen time hours allowed for each child depending on age, your family can take other steps to reduce screen time and its negative impacts:

- Turn off screens during family meals.
- Avoid using screens to stop temper tantrums.
- Prioritize quality content, like educational programs or a live camera at a local zoo.
- Shut off screens 30 to 60 minutes before bedtime to foster better sleep.
- Be a role model for your children by limiting your own screen time.
- Understand and use the parental controls available with your household's devices.
- Talk to your children about online threats and how to stay safe.

When managed well, screen time can also be beneficial to children. It can connect them to a range of educational opportunities, teach them new skills, enable them to stay in touch with friends and family, and provide much-needed ways to relax. Finding the right balance between screen time and other activities is key.

For help with managing screen time, make sure to ask about Experience IQ with our Expert Wi-Fi service. Using the parental controls in Experience IQ, you can set content parameters, closely monitor your child's internet usage, and more!



Check Out These Apps for Outdoor Enthusiasts



Many people go camping, biking, climbing, or hiking to “get away from it all” and focus on nature. Yet bringing along at least some technology can help make the great outdoors even greater.

Outdoor apps are a case in point. They provide easy access to vast amounts of accurate real-time data, which can help you explore more ground and do it more safely. Below are several of the most popular apps in this category.

Cairn – cairnme.com

This app will help you get home safely from any adventure. It offers safety tracking and alerts, cell coverage, and navigation. For example, enter the details of your hike to update your friends and family members as to your status.

First Aid – www.redcross.org/get-help/how-to-prepare-for-emergencies/mobile-apps.html

It's important to be prepared for emergencies, especially when you're in a remote area. This Red Cross app puts expert advice for common emergencies at your fingertips.

Leafsnap – <https://plantidentifier.info>

Part of the fun of going outside is learning about all the plants around you. Use this app to snap a photo of a leaf and learn details about the plant it came from.

PeakVisor – peakvisor.com

Want to know the name and the altitude of a mountain you see in the distance? You can find out easily with PeakVisor, your personal mountain guide.

RadarScope – www.radarscope.app

It's best to anticipate weather changes when you're spending your time outside. RadarScope gives you detailed storm information with precision weather radar.

Spyglass – happymagenta.com/spyglass

Known as the swiss-army knife of the outdoor navigation category, this app will help you navigate and track your off-road travel. It features an augmented reality view compass, a speedometer, and celestial navigation.

Star Walk 2 – starwalk.space/en

Without city lights, you can really appreciate the night sky. This stargazing app will match your screen up with the stars above you, pointing out any constellations.

Are You Aware of Fiber's Many Benefits?

Huxley Communications fiber optic network enables residential and business customers to enjoy many benefits that other providers cannot provide. Benefits include:

- Ultra-fast internet speeds up to a Gig
- Symmetrical bandwidth for uploads as fast as downloads
- Higher reliability with less downtime than other networks
- Ability to easily handle many users and devices with no slowdowns
- More efficient access to cloud-based applications and data storage
- Minimal latency for better quality video and VoIP calls
- Enhanced security against cyber crime
- Support for robust HD video conferencing
- Future-proof infrastructure to meet changing needs

To find out more information on our service area or additional services we offer, please visit www.huxcomm.net.



Relay Iowa Helps the Hearing Impaired

What is Relay Iowa?

The State of Iowa offers an important public service called Relay Iowa. It serves the thousands of people who are deaf, hard of hearing, deaf-blind or speech impaired. Relay Iowa is a program of the Iowa Utilities Board and ensures that all citizens have access to convenient, reliable services for communicating by telephone.

How does Relay Iowa work?

Call 711 from any phone in Iowa or the appropriate toll-free number at the end of this article to connect to Relay Iowa. Give the Communications Assistant (CA) the area code and number you are calling from. During the relay call, the CA will voice everything typed by the TTY (TeleTYpewriter) user and type everything said by the telephone user. Calls handled by Relay Iowa are strictly confidential.

CapTel

CapTel is ideal for people with some degree of hearing loss, but who can speak clearly. CapTel works like any other telephone with one important addition: it displays every word the caller says throughout the conversation. CapTel users can listen to the caller and read the captions on the display window built into the CapTel phone.

How do I apply for special equipment?

The Iowa Equipment Distribution Program is called Telecommunication Access Iowa (TAI) and it helps pay for special equipment for residents who are deaf, hard of hearing or speech impaired. Qualified individuals can receive a voucher for approximately 95% of the average cost of special telephone equipment. To apply online, go to www.relay-iowa.com/tai/ or call 1-800-606-5099 V/TTY.

Call 711 OR

TTY: 1-800-735-2942

Voice: 1-800-735-2943

VCO: 1-800-735-4313

Speech to Speech: 1-877-735-1007

Spanish: 1-800-264-7190



Reminders on the National Do Not Call Registry

Are your busy days being interrupted by annoying telemarketing calls? The National Do Not Call Registry, managed by the Federal Trade Commission, offers you a choice about whether to receive these types of calls. Most telemarketers should not call your number once it has been on the Registry for 31 days (the length of time telemarketers are given to remove the number from their call lists). If they do, you can file a complaint at www.donotcall.gov.

Keep in mind, however, that registering with the National Do Not Call Registry will not stop calls from:

- Political organizations
- Charities
- Companies conducting surveys
- Companies with whom you have done business within the last 18 months

You can register your home and wireless phone numbers, but business numbers are not covered by the Registry. Registration is effective until your number is disconnected and reassigned or until you choose to remove it from the Registry.

To register with the National Do Not Call Registry, call 888-382-1222 or visit www.donotcall.gov.