



Update

Summer 2020

Five Tips for Blocking Spam from your Inbox

1. Use a spam filter

Typically, most email clients include some form of spam detection. Your provider may automatically red-flag messages that seem worthless or fraudulent and move them to a special folder where you can view them later. These filters will be more efficient if you review these messages and mark them as spam or not spam. Over time your spam filter will have a better understanding of what is spam and what is not.



2. Unsubscribe from unwanted emails

Newsletters, coupons, special offer emails may be referred to as spam. The goal of these emails is to make you aware of the products and services they have to offer but over time these emails can add up quickly and fill up your inbox with unwanted emails. Rather than deleting them, in large quantities many times, click the unsubscribe link in the email. This link usually can be found at the bottom of the email and is in very tiny font. This is because they really do not want you to unsubscribe. If you do take the time to find these links, they will direct you to a page that asks you to confirm your decision to unsubscribe. After you do this, it may take a few days to weeks to stop receiving emails.

3. Alternative email addresses

Have you ever ordered a product online and then suddenly you receive emails from companies you never heard of? This is because the company you ordered your product from shared your contact information with an advertiser. A workaround for this problem is creating a secondary email address. You can use this for online shopping or hotel booking and keep your primary email address free from all the clutter.

4. Protect your email address

Aim to keep your primary email address as secret as possible. Many email marketing tools can use tracking tools to figure out which email addresses are valid. What they will do is send email messages to a variety of addresses and as soon as you click on the email, the sender will receive a confirmation that the address is in use. To keep your contact information private avoid opening messages you know are spam. Just delete them. Also, hide this email from your social media profiles such as Facebook and Twitter.

5. Change your email address

If you had tried all these tips and are still seeing spam in your inbox, you may want to consider changing your email address. You will need to remember to inform your legitimate contacts of your new email address and probably keep both addresses for a few months. Starting over with a new email address will allow you to be rid of spam but remember to keep these tips in mind or you will be right back where you started.

If you have any questions or need help with your email account, you may call Tech Support 24x7 at 1-800-205-1110.

Tip source: Stopspam.org



**GIG-CAPABLE
PROVIDER**

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After hours trouble: 563-852-3710
Internet tech support: 800-205-1110
Tech Home support: 877-373-3320



Be sure to follow us on Facebook. See updates, tech tips, contests, recipes, specials & more!

Happy 1st
Day of Summer
June 20th!





Did you know?

- A cow produces an average of 6.3 gallons of milk daily.
- U.S. dairy farms produce roughly 21 billion gallons of milk annually.
- All 50 states in the U.S. have dairy farms.
- 99 percent of all U.S. households purchase milk.
- The average American consumes almost 25 gallons of milk each year.
- About 72 percent of the calcium in the U.S. food supply comes from dairy foods.

Thank you to our Farmers!

Source: <https://www.wisconsincheeseman.com/blog/cheese-nation/june-dairy-month-facts-dairy-foods/>



Dreamy Nighttime Drink

This warm milk flavored with honey, vanilla, and cinnamon will put you right to bed.

Ingredients:

- 1 cup milk
- 1 teaspoon honey
- 2 drops vanilla extract
- 1 pinch ground cinnamon

Instructions:

Pour milk into a microwave safe mug and place into microwave. Cook on High until the milk is very hot and begins to foam, about 3 minutes. Stir in honey and vanilla, then sprinkle with cinnamon before serving.

DIRECTORY NOTIFICATION

We are preparing for our 2020-21 Telephone Directory. Please contact our office with any changes no later than August 7th.

Did you know there is an online directory? Go to our website www.cascadecomm.com and find the localsolutions.com at the bottom of our page.

Low-Income Telephone or Broadband Internet Access Service Assistance

Assistance in paying your telephone or Broadband Internet service is available as part of a federal support program called Lifeline. Lifeline is a plan that assists qualified low-income lowans by providing a monthly credit on their local telephone bill or Broadband Internet Access Service (BIAS) bill.

You may only receive low-income assistance from one wireline or wireless telephone provider, or one BIAS provider per household. lowans who meet income-based criterion or participate in one or more of the following programs are eligible: Medicaid, Supplemental Nutrition Assistance Program (SNAP), Supplemental Security Income (SSI), Federal Public Housing Assistance, Veterans Pension or Survivors Pension Benefit.

You can apply online at <https://nationalverifier.servicenowservices.com/lifeline> or application forms can be obtained from our office or local and county offices of the Department of Human Services, Area Agency on Aging, and the community action program offices of the Department of Human Rights.