

# Crosslake Communiqué

June 2016



## Happy Father's Day from Crosslake Communications

Whether called Dad, Daddy, Papa or Pop, we hope all the fathers in our community have a fun-filled Father's Day on June 19. You bring so much to family life, and Crosslake Communications is inspired by your dedication.



Since summer officially begins two days after Father's Day on June 21, it's a great week to get outside. Perhaps you can fire up the grill, play some golf, or take in a baseball game. Have fun in the sun!

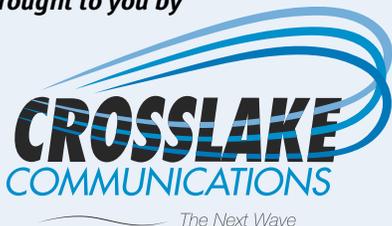
### Crosslake Communications

35910 County Road 66  
PO Box 70  
Crosslake, MN 56442  
218-692-2777  
[www.crosslake.net](http://www.crosslake.net)

### Office Hours:

Monday-Friday 8 am – 4:30 pm  
For help with service problems during non-business hours, please call 218-692-2777 or 800-992-8220. A live answering service may dispatch a technician.

Brought to you by



TAKE YOUR  
FAVORITE  
PROGRAMS  
TO YOUR  
FAVORITE  
PLACES



ENJOY FREE  
WATCHTVEVERYWHERE

WatchTVEverywhere streams programming from your qualifying Crosslake Communications TV plan—including live TV and full episodes of current TV shows—to your mobile device. Since it works anywhere with Wi-Fi, you can stay entertained while you're traveling.

To start enjoying WatchTVEverywhere, register online at [www.crosslake.net](http://www.crosslake.net). Not one of our TV customers? **Call today at 218-692-2777 to sign up.**

Some restrictions apply. Contact us for details.



## What to Know About Hacked Accounts

It's common for email or social media accounts to be hacked. How will you know if it happens to you? Here are some signs:

- There are posts you never made on your social network page, often encouraging your friends to click on a link or download an app.
- A friend, family member, or colleague reports getting email from you that you never sent.

If you believe an account has been compromised, take the following steps to regain control:

- Notify all of your contacts that they may receive spam messages that appear to come from your account. Tell your contacts they shouldn't open messages or click on any links from your account and warn them about the potential for malware.
- Be sure your security software is up to date and scan your system for malware.
- Change your passwords to all accounts that have been compromised and other key accounts ASAP. Passwords should be long and strong, using a mix of upper and lowercase letters, numbers, and symbols. You should have a unique password for each account.



## Many Factors Can Affect Your Internet Speed

If you've tested your Internet speed at [www.speedtest.net](http://www.speedtest.net) or a similar site and it's not what you expected, your first thought might be to contact your Internet Service Provider. Keep in mind, however, that a number of things could be decreasing your Internet speed. They include:

### Multiple Devices Connected Simultaneously

Does your household have multiple laptops, tablets, game consoles, and smart-phones? This can reduce the overall Internet speed each device receives, since when multiple devices are connected simultaneously to the same network, they must share the available bandwidth.

### Bandwidth-Demanding Applications

Applications such as streaming movies and TV shows, playing online games, and video conferencing will consume more bandwidth than things like checking email, so they can reduce your overall Internet speed.

### Poor Computer Performance

The culprit for disappointing speeds could be your computer — such as an old and unstable operating system or insufficient memory. In addition, if your computer is infected with adware or spyware, you may experience diminished computer performance and a stream of pop-up ads. This will likely cause everything on your computer to work more slowly.

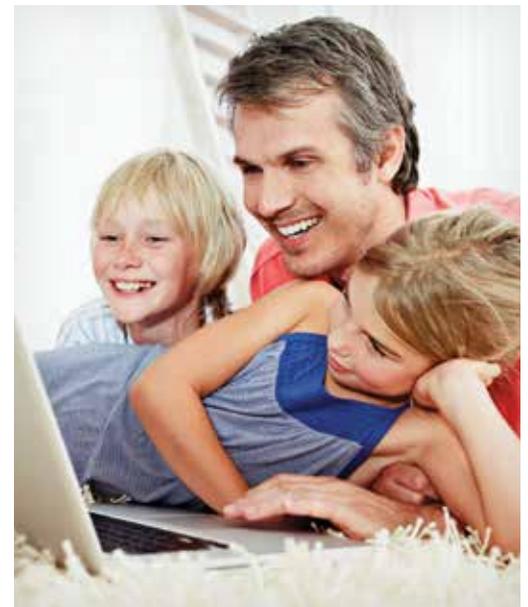
### Insufficient Wireless Router

Wireless router specification is an important factor in your home's Internet performance. If an older router that does not support high speed is used, Internet speed will be correspondingly reduced. For example, if you are signed up for 40 Mbps, your Internet speed will only reach up to about 10 Mbps. Buying a new router is one of the best ways to make sure your network is as fast and reliable as possible.

### Interference in Your Home Network

Other wireless devices — such as older cordless phones, baby monitors, some security cameras, and microwaves — can cause interference in your home, weakening your wireless router's signal and affecting your Internet speed.

Crosslake Communications can answer questions about home networks and help you get the Internet speed you need. Call us at 218-692-2777 to learn more.





# Crosslake *Communiqué* CITY NEWS

[www.cityofcrosslake.org](http://www.cityofcrosslake.org)

## Crosslake Area Library

Summer has begun at the Crosslake Area Library, and seasonal library goers are back. To kick off the season, you're invited to a FREE Legacy Grant



Event. **Paul Bunyan: Loggin', Legends & Lore** — presented by David Ward from the Homeward Bound Theatre Company — will be at the Crosslake Community Center on Monday, June 20 at 1:30 pm. All ages will enjoy his humorous, fact-filled, outrageous tales from Paul Bunyan lore! Meet personal friends of Ol' Paul. Kids will love seeing Paul's giant baby bottle and pacifier along with other giant props, such as the huge mosquito from "The Tale of the Mosquitobees."

Registration for the Summer Reading Club is open. This very popular program geared for school-age children will be offered from July 7 through August 4 on Thursday mornings beginning at 9:15 am for ages 5-7 and 9:45 am for grades 2-5. Once a week, children will participate in a chosen theme for incentive reading. We'll offer weekly presentations such as The Raptor Center, dog demonstrations, The Rocket Guy, and a few other surprises. Children will receive a free t-shirt, book bag, books, and other weekly prizes. Please register early; this program fills up fast. Registration will close June 14. The cost is \$5 per child and \$1 for a library card of their own if they don't already have one. Also, we're going to open this program up for drop-ins. Preschool Story hour has ended for

the year but will be back in September.

Our Book Sale will take place August 4 – 6. We need many new volunteers for this event, and we're asking for donations of shelf-quality books for the sale. Just drop off your items during library hours, which are weekdays from 10 am – 4 pm (except Tuesdays, which are 10 am – 6 pm) and Saturdays from 10 am – 1 pm. Stop in and talk to Kim Larson or call at 218-692-READ (7323) for more information.

## Mayor's Report

*Steve Roe, Mayor*

The "Ice Out" on Whitefish was April 11 this year, which marks the return of the snowbirds and visitors. Fishing season is open and in full force. We ask everyone to help protect our lakes from further infestation of invasive species. Inspectors at the public boat launch sites are there for your help and benefit.

There are a lot of great activities in the area. The Garden Club is having their annual Plant Sale on June 4 at the Community Center. Another great annual event, Grandpa's Run for the Walleye, is scheduled for July 2; check local listings for more details. The Crosslake Outdoor Music Series will start on June 18 at 7 pm. The Crosslake Historical Society/Museum is open from 11 am to 4 pm Saturdays and Sundays, featuring artifacts and structures from Crosslake's history. The Railroad Heritage Museum is open on weekends and is great fun for the kids. Crosswoods Golf Course has been expanded, offering golfers an additional nine holes of challenging fun. Also, the Ideal Green Market is open, offering many organic groceries for the discriminating shopper.

The Crosslake City Council continues working to improve the services we offer, and council members are available for any questions. For contact information, visit [www.cityofcrosslake.org](http://www.cityofcrosslake.org). **HAVE A GREAT SUMMER!**

## Economic Development

*Patty Norgaard, EDA President*

By now, you may have heard that Crosslake was selected by the Minnesota Design Team as their "special fall visit" for September 2016. Linda Randall, Sandy Anderson, Char Nelson, Leah Heggerston, and I submitted an application in early January and found out the good news in April.

You'll hear more about the project in the coming months. In order for this event to be successful, we'll need the support of the community. This will be your opportunity to have a voice in the future of Crosslake!

The mission statement of the Minnesota Design Team is straightforward: "Helping Minnesota communities plan their futures with grassroots involvement, volunteerism and quality design." With their professional expertise, they'll guide us through to our own unique vision.

There is already a lot of excitement around town. We'll keep you informed and ask for your participation in town hall meetings. You'll also have the opportunity to volunteer in different ways that may interest you.

To be a part of this growing effort to move our city forward, call Crosslake City Hall at 218 692-2688.



## Parks and Library (PAL) Foundation Update

Summer is here! Welcome back to all of our snowbirds. PAL has been very busy this spring creating fun programs and facilities for the summer of 2016. The annual Crosslake Cabin Calendars are now available. The calendars list all the events that are happening this summer in the Crosslake area. Pickleball continues to grow in popularity, and we'll hopefully be adding a third court inside the gym this summer. Our biggest event of the year, the Whitefish Warrior 5K Mud Run, will be held August 6 on the beautiful trails of the Nordic Ridge Recreation Area. Look for more information and registration specifics in mid-June.

# Crosslake Parks and Recreation



To register or receive more information on park or library programs, please contact the Community Center at 218-692-4271 or the Library at 218-692-7323. You can also log into the City website ([www.cityofcrosslake.org](http://www.cityofcrosslake.org)) and click the programs and activities tab or find us under the departments tab.

## Adult Fitness Activities

### Open Gym

Hours vary; stop by for a schedule.

### Crosslake Walkers & Talkers

The Community Center gym is open Monday - Friday, 8 - 9 am for walking.

### Community Center Fitness Room

The Community Center offers an array of fitness equipment and the fitness room is open to everyone 15 and older. Day passes and memberships are available. We also offer fitness incentive programs for Blue Cross/Blue Shield of MN and ND, Preferred One, Health Partners and South Country Health Alliance and Medica.

### Learn to Play Pickleball

Crosslake Parks and Recreation will offer free pickleball instruction for beginners on May 2, June 6, July 11, and August 1 from 1 - 2:30 pm. Learn basic skills, scoring, and strategies for this fast-growing sport.

### Beginning Pickleball League

Will be held all other Mondays from 1 - 2:30 pm and Wednesday evenings from 6:30 - 8:30 pm for beginners only. Annual membership is \$30. Day pass is \$4.

### Pickleball

Intermediate/Advanced Pickleball Mixer's hours will be Tuesdays and Wednesdays from 1:30 - 3:30 pm and Friday mornings from 9:30 - 11:30 am. Annual Membership for 2016 is \$30. Day passes are \$4.

### Adult Tennis Mixer

Join us Mon, Tues. and Thurs. mornings, May 31 through September 1, from 9 - 11 am for adult mixed doubles play. Annual fee is \$22.

### Women's Tennis League

Reserved court time for women-only league Wednesday mornings from 9 - 11 am, June 1 through August 31. Annual fee is \$22 or registration in Adult Tennis Mixer.

### Disc Golf

Our course is free to the public. Discs for rental or purchase and maps are available at the Recreation Office.

## Senior Programs

### Senior Nutrition Site

The Community Center is the site for the Senior Nutrition program Monday - Friday. Lunch is served at 11:30 am. For reservations, call 218-692-4271 by 4 pm the business day prior to your meal. Deliveries are also available to homebound individuals in the Crosslake area.

### SilverSneakers® Program Offerings: Classic Class

Mondays and Wednesdays, 10:30 - 11:15 am.

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

### SilverSneakers® Circuit Class

Tuesdays and Thursdays, 9:30 - 10:15 am.

Combine fun with fitness to increase your cardiovascular power and muscular endurance with a standing circuit workout.

### SilverSneakers® Yoga Stretch

Mondays and Wednesdays, 9:30 - 10:15 am.

This popular class will move your whole body through a series of seated and standing yoga poses. As with all the SilverSneakers classes, a chair is used for support, stretching, and relaxation exercises. Classes are free to all eligible SilverSneakers members. Non-members may purchase a \$28 punch card, good for 8 classes, or a day pass for \$4/class.

### Silver&Fit

Silver&Fit is designed to help older adults achieve better health through regular exercise and health education. Silver&Fit provides eligible members with no-cost or low-cost fitness memberships through arrangements with some health plans. Silver&Fit is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health, Inc.

## Education

### AAA Driver Safety Program

The Minnesota Highway Safety and Research Center and AAA are sponsoring a four-hour refresher course for repeat students on June 16, 9 am - 1 pm and an additional class on July 14. An eight-hour course for first-time students will be held October 7 and 8, 9 am - 1 pm. To register, call AAA at 888-234-1294.

### Crosslake Chautauqua

#### June 8 at 1:30 pm

June is "baby month" at the Wild and Free Wildlife Rehabilitation Program in Garrison, and it's also the month its representatives will visit Crosslake Chautauqua. This program accepts injured or orphaned wild animals, rehabilitates them, and returns them to the wild. The presentation will describe the resources and processes required to restore wild animals to health and will feature numerous photos and stories of actual cases.

## Youth Programming

### 2016 Junior Golf League

Mondays, June 13 - July 18; Ages 12 and older: 4 - 6 pm; Ages 11 and under: 5 - 6:30 pm

The Jr Golf League provides instruction, practice and the opportunity to apply skills learned. Class size is limited. To register or for more informa-

tion call Crosswoods at 218-692-4653.

### Youth Tennis Lessons

Three (two-week) sessions to choose from, held June 13 through August 3 for Young Beginners, Beginners, and Advanced Beginners. \$38 per session or register for all three for \$90. Registrations available on our website or at the Parks and Recreation Office.

### Summer Sports Clubs for Boys and Girls Grades 4-8

**Basketball** - Fridays from 11:30 am - 1:30 pm, June 3, 10, 17, 24, July 1, 15, 22, 19. Fee \$40

**Soccer** - Wednesdays from 9:30 am - 11:30 am, June 1, 8, 15, 22, 19, July 13, 20, 27. Fee \$32

## Upcoming Events

### Joint Wellness Seminar

Presented by Essentia Health and Dr. Robertson, Orthopedic Surgeon on Tuesday, June 14 at 10:30 am. Free to the public.

### Alzheimer's Disease - Know the 10 Signs

Presented by LAMAA, June 22, 1 pm, free to public

A community that is informed and respectful of individuals with Alzheimer's is a community prepared to support those touched by the disease and their caregivers. This presentation will prepare you to "Know the 10 Signs" of Alzheimer's - early detection matters.

## Community Center Announcements

### Property Tax Help

Get assistance with filing your property tax on July 12 from noon to 3 pm. Call 218-692-4271 to schedule an appointment. No walk-ins.

## Community Center Clubs Calendar

Art Club.....	June 6, 1 pm
Woodcarvers.....	June 7, 14, 21, 28, 1:30 pm
Railroad Club.....	June 13, 1 pm
Garden Club.....	June 15, 1 pm
Book Club*.....	June 17, 10 am
Bridge.....	June 3, 10, 17, 24, 1 pm
Mah Jongg.....	June 2, 9, 16, 23, 30, 1 pm

\*The Book Club's June selection is *Nothing to Envy: Ordinary Lives in North Korea* by Barbara Demick.

### Community Center Hours • 218-692-4271

Monday through Thursday, 5 am - 9 pm  
Friday, 5 am - 7 pm  
Saturday, 8 am - 4 pm  
Sunday, 8 am - 4 pm

### Library Hours • 218-692-READ (7323)

Monday, Wednesday, Thursday,  
Friday, 10 am - 4 pm  
Tuesday, 10 am - 6 pm  
Saturday, 10 am - 1 pm