



Lakefield Communicator

“Keeping you online”

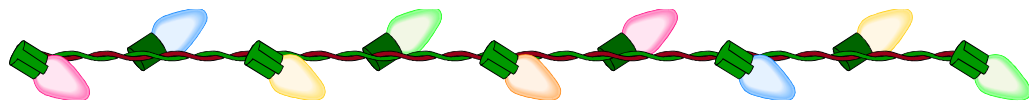
Volume 16, Issue 3

November 2009

Inside this issue:

- Understanding Your Web Browser 2
- The Incredible, In-Edible Blackberry 2
- Improving Your Wireless Network 3
- Holiday Hours & Gift Ideas 3
- Important Security Reminder 3
- Mythbusters: Turkey & Sleepiness 4
- Recipe Corner 4

Ho Ho Home for the Holidays Open House Spectacular



Lakefield’s Second Annual Holiday Open House is scheduled for Saturday, December 5th at our Two Rivers location. The office will be open from 9:00 a.m. to 2:00 p.m. We will be

there to answer your questions about our services. There will be plenty of drawings and treats from Tastefully Simple. Santa will also be there from 10:00 a.m. to

12:00 p.m., so bring your camera for pictures! A sincere thank you to Two Rivers Main Street businesses listed below for their generous donations:

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> A Cut Above Beautifair Hair Salon Cousins Subs Fatzo’s Sub & Pizza Inman Jewelers Keep In Touch Massage Lighthouse Inn Mike’s Tire Pekarske Auto Royal Elegance Nail Salon Schroeder’s Dept. Store Stumpjack Coffee The Read Apple Unique Flying Objects | <ul style="list-style-type: none"> Anytime Fitness City Central Bar Dalebroux Jewelers Gary’s Automotive Inspire Books & Gifts Kurtz’s Pub Lonz’s Tannery Lounge Napa Auto Peterson’s Tire & Car Wash Rudy’s Lanes Sew Much Wool Suettinger Hardware The Reception Weichert, CornerStone | <ul style="list-style-type: none"> Bark, Bath, & Beyond Crabby Bill’s Burgers & Fries Domnitz Flowers Honey Pot Jerry’s Bakery Life Boat Pizza M & M Lunch Nature’s Scentiments Floral Richmond Gifts Sauve’s Auto Styles The Chop Shop The Vacuum Shop |
|---|--|--|



Go Green!

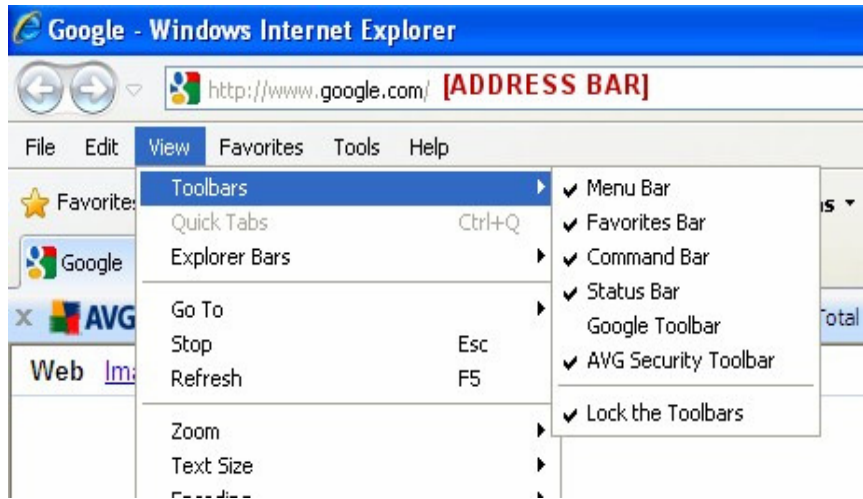
Go Green with our paperless billing options from Lakefield. Choose the convenience of having your Lakefield bill emailed. Save time, money, and help save our environment. Pay your bill online either from our Lakefield website or from your bank or credit union. We also except Visa, MasterCard and Discover. Call our office today to find out how to go paperless and preserve our resources.



Understanding Your Web Browser

What is the Address Bar?

The address bar is the text box used to enter a website's address in a web browser. The address bar allows Internet users to manually type in and specify the web sites they wish to visit on the Internet. You don't have to use a Search Engine to get to a web site of an address you already know. Simply type in the address you are looking for in the address bar and click "Enter" on your keyboard.



What Is the Toolbar?

The toolbar is a graphical interface on your browser that can have on-screen buttons, icons, menus or other input or output elements. Using multiple toolbars

can slow down the effectiveness of your web surfing. To hide unused or unnecessary toolbars, click View, Toolbars, then deselect unwanted or unused Toolbars. To

remove unwanted toolbars, go to Control Panel | Add/Remove Programs and uninstall completely.

The Incredible, In-Edible Blackberry

The newest craze is the Blackberry (a type of cell phone - not the edible berry). This neat phone is full of numerous applications, stores thousands of names and numbers and for someone who has a lot of contacts, that's a big plus. It has an organizer and a calendar for keeping track of appointments,



tasks, birthdays and anniversaries. It can take pictures, send text messages, emails and surf the web. The Blackberry has a media player for music, pictures,

ring-tones, videos and even books! Instead of carrying an iPod for music and a PDA for pictures and videos - you can have it all in one device!

Also, with the Blackberry, you can do things you wouldn't even think a "phone" could do. One is Geo-Caching. This increasingly popular hobby is an outdoor treasure-hunting game in which objects are hidden at secret locations for participants to find using GPS positions posted on the Internet. The built-in GPS, or even better, an external Blue-tooth GPS device

works with "third party" software from Trimble Outdoor that helps find these caches. People go all over the country - and even the world - just to find a container the size of a pill box and log in their name. There also are bigger containers containing a trinket to be "traded" with something else you have. Hard to imagine that technology has evolved from a cell phone the size and weight of a "brick" to a pocket-size phone full of applications that can be used to find little trinkets in the woods.

Clip this coupon and SAVE!



Bring this coupon into Lakefield to receive:

\$10 off of any cell phone

One coupon per phone. Two year Cellcom service agreement required. Not applicable to prepaid phones. No cash value. Not to be used in conjunction with other special Cellcom event promotions. Other restrictions may apply.

Improving Your Wireless Network

Here are a few tips to improve your wireless network:

- Position your wireless router in a central location in your home (when possible).
- Move the router off the floor and away from walls and metal objects (such as metal file cabinets).
- Reduce wireless interference. If you have cordless phones or other wireless electronics in your home, your computer might not be able to "hear" your router over the noise from the other wireless devices. To quiet the noise, avoid wireless electronics that use the 2.4GHz frequency. Instead, look for cordless phones that use the 5.8GHz or 900MHz frequencies.
- Update your network adapter.

Holiday Hours

So our employees can spend time with their family and friends for the Holidays, our offices will have the following hours:

Closed:

Thanksgiving Day – November 27

Day after Thanksgiving – November 28

Christmas Day – December 25

New Year's Day – January 1

Christmas Eve – December 24 open 8:00 a.m.-12:00 p.m.

New Year's Eve – December 31 open 8:00 a.m.-12:00 p.m.

The Two Rivers office will have the following Saturday schedule:

November 29 – open 8:00 a.m.-12:00 p.m.

December 26 – closed

January 2 – closed

**The Lakefield Staff
wishes you and your
family a joyous and safe
Holiday Season!**

Holiday Gift Ideas

It's that time of year again when the snow will start flying and it's time to start thinking about the Holidays. Just what do you get for those people who have everything? How about a Lakefield gift card or calling card!

Lakefield gift cards can be used on any Lakefield product, including phone or Internet service and Cellcom products. You may purchase Lakefield gift cards in any amount. Lakefield calling cards come in 60 or 120

minutes and can be refilled by just calling one of our offices. Gift cards and calling cards can be purchased at Lakefield's offices in Newton and Two Rivers. Lakefield gift cards and calling cards are the perfect gift!

Important Security Reminder

The crooks are out there! Please be aware that Lakefield will "NEVER" send our customers an email asking for username and password verification. We already have that information in our records.

Yes- these emails look official and appear as though they are sent from Lakefield. They warn you

that "your account will be suspended unless you provide...the information". These crooks are spammers attempting to gain access to your personal data and to use it for their personal gain.

Should you receive such an email simply "delete" it. If you aren't sure, please call our office before

responding to it! By responding to this type of email, you not only give out your confidential information but it also can cause problems with our mail server and delay mail flow for everyone. It will also cause other mail servers in the network to temporarily block email from Lakefield. Please do not fall for this trickery and attempts to steal your information.



Any comments concerning this publication may be sent to:

Lakefield Communications

Attn: Newsletter

P.O. Box 102

Newton, WI 53063

920-758-2211

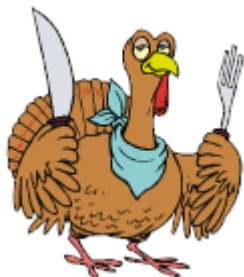
920-553-2211

www.lakefield.net

Mythbusters: Turkey & Sleepiness

A common thought is that consuming turkey can make you sleepy. Turkey contains a high level of an amino acid known as tryptophan, which has a sleep-inducing effect on the brain. However, for tryptophan to have a sedative effect, it must be taken on an empty stomach and after a Thanksgiving meal of turkey, stuffing, vegetables, sweet potatoes, gravy, rolls, cranberry sauce, and pumpkin pie, you really aren't going to experience any sedative effects from tryptophan.

So why are we so drowsy after the Thanksgiving meal if the turkey is not to blame? Feeling sleepy after consuming large quantities of food is normal, especially after a high-carbohydrate feast. Thanksgiving is arguably the most overindulgent meal of the year, which may be why we tend to associate the post-meal sleepiness with the eating of turkey. Alcohol consumption can also have a sedative effect. Moderation is the key word for a wakeful Thanksgiving holiday!



Recipe Corner

Good Old Fashioned Pancakes

Ingredients:

- 1 1/2 c. all-purpose flour
- 3 1/2 tsp. baking powder
- 1 tsp. salt
- 1 TBSP white sugar
- 1 1/4 c. milk
- 1 egg
- 3 TBSP butter, melted

Yields: 8 pancakes

Submitted by:
Rod Romenesko

Directions:

In a large bowl, sift together flour, baking powder, salt and sugar. Make a well in the center and pour in milk, egg and melted butter; mix until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.