

CONNECTION



Top Dogs

Animal hospital
serves local pets

**NORTH ALABAMA
INSURANCE**

OUTDOOR WI-FI



By Shirley Bloomfield, CEO
NTCA-The Rural Broadband Association

Broadband Built to Last

How the Universal Service Fund Helps Keep Americans Connected

When we're connected, America thrives, and for rural communities, the federal Universal Service Fund (USF) helps community-based providers deliver broadband built to last for generations. This fund is critical for ensuring high-quality, affordable broadband services are available for families, schools, libraries, health care facilities and so much more.

The idea behind the USF is that all Americans should have reliable access to communications services at a reasonable cost—it's been a national objective for over a century and was codified into law in the 1996 Telecommunications Act. Today, the USF enables providers to make a business case to invest in many rural areas, sustain networks once they are built and keep service rates affordable.

Unfortunately, the USF is at risk of disruption. Last summer, a federal circuit court declared that the way the USF is funded is unconstitutional, and the case is now before the Supreme Court for review.

According to an August 2024 survey of more than 200 NTCA members across 35 states, the loss of USF support could be catastrophic for rural consumers. Respondents reported that rural consumers could see their monthly bills increase by \$72. And 68% of respondents said they may need to cancel over \$1 billion in deployment projects.

These survey results highlight the importance of the USF in both getting and keeping rural consumers connected to high-quality, affordable services. You can learn more at ntca.org/universalservice. 



Adobe Stock illustration by Julien Eichinger

The Buzz

An internet roadmap

The online world moves fast, and it's a rich, helpful place. In fact, there are so many opportunities and so many resources that keeping up with the latest can prove daunting. Here are a few hot topics:

VIDEO SHORTS

These bite-sized videos usually last a few seconds. They're often lighter in tone. Many are great for showing fun or helpful ideas quickly, such as cooking tips, telling a joke or sharing engaging facts. Others are simply silly fun. Most social media services offer some version of these videos.

ARTIFICIAL INTELLIGENCE OR AI

AI is appearing in more and more places. It may help complete a text message, edit and sort photos on a smartphone or even create an image from scratch. And that's only the beginning. Think of AI as a smart, learning system capable of processing tremendous amounts of information—and it's changing and growing daily.

CRYPTOCURRENCY

This digital currency is stored and managed on secure systems. Bitcoin is a famous example, but there are many others. Some people use cryptocurrency to buy goods or services, and others consider it an investment. It's another growing, diversifying part of the digital world.

VIRTUAL REALITY OR VR

With the right hardware, such as VR goggles, virtual reality can be like stepping into a video game or movie. It's also a rapidly growing technology, expected to become more affordable and accessible over time.

Wading Into the Stream

Catch the current to entertainment

The arrival of streaming entertainment services brought the promise of simple, affordable access to deep, rich libraries of content.

So, how are these increasingly popular

services, ranging from Netflix to YouTube TV, doing? Seemingly endless content? Check. Simple and affordable? Well, that gets a little complicated.

With care, though, you can find the

services that not only meet your needs but also your budget. Live sports, ad-free options, high-definition streams and so much more are a few clicks away. 📺

DEFINE YOUR PRIORITIES

With so many possibilities, first consider what you generally want to watch. Do you love original dramas? Perhaps classic sitcoms and movies are your favorites? Are live sports or kids' programming your go-to shows? Or maybe it's a mix of all of the above. Here are a few options:

For exclusive originals: Netflix, Hulu and Max—formerly HBO Max—are standouts. They mix fresh shows and movies with a wealth of older favorites. And Hulu gives access to TV episodes the day after they air on traditional TV.

For family and classics:

Disney+ shines. And Peacock and Paramount+ serve up plenty of long-time favorites, as well as new shows.

AD TIERS

When it comes to pricing, streaming services increasingly offer a range of options—along with some tradeoffs.

Many services have lower-cost plans, but they come with ads. If you don't want interruptions, be prepared to pay extra. Similarly, Netflix offers a more expensive choice for high-definition content. Meanwhile Disney+ emphasizes the ability to bundle added services like Hulu.

Netflix: A lower-priced ad tier was introduced in 2023 to go along with the more expensive ad-free option.

Disney+ and Hulu: The price difference between ad-supported and ad-free versions is significant, so be aware when considering such services.

Amazon: Members of Amazon Prime must now pay an extra fee to remove ads from streaming content.

So, the price considerations of comparing streaming services to traditional cable television is more complex. But the system offers consumers greater choice—after all, many people don't mind ads. Pricing and offers can change quickly, so check each service for the current rates and offers.

LIVE SPORTS

Traditional TV networks are still the biggest player in the live sports world, but services like YouTube TV and Sling allow you to tap into many of those channels. However, the streamers are catching up.

Services like ESPN+, Peacock and Paramount+ have exclusive sports content. Amazon Prime hosts NFL games on Thursday nights. Even Netflix recently showcased a live night of boxing.

Then, there are also the direct-to-consumer options, like the NFL's Sunday Ticket or MLS Season Pass on Apple TV. Fans can binge-watch their favorite leagues.

Our Fiber Our Future:

As the early hints of Spring remind us that change is in the air, I am thrilled to share an update that truly embodies this season of transformation. Today, I am proud to announce significant progress in our incumbent fiber construction project—a cornerstone of our commitment to modern, high-speed connectivity that will empower our communities for years to come.



KAREN JACKSON-FURMAN
Chief Executive Officer

In the spirit of renewal and progress that each season brings, our teams have worked tirelessly to extend our fiber network deeper into the regions we serve. Over the past several years, we have successfully laid more than 947 miles of cutting-edge fiber-optic cable, connecting neighborhoods, businesses, and public institutions with one hundred percent fiber build completion in our Ardmore, Elkmont, and Minor Hill exchanges passing 14,500 locations. This monumental achievement is not just a construction milestone; it is a transformational step toward ensuring that every individual and organization has access to the fast, reliable internet that is the lifeblood of today's digital world.

Just as nature undergoes a vibrant transformation with each season, our network is evolving to meet the increasing demands of modern communication. Our new fiber infrastructure offers remarkable improvements in speed, capacity, and resilience. These enhancements will support the growing needs of remote work, telemedicine, online education, and digital innovation. By investing in this technology, we are not only upgrading our infrastructure but also setting the stage for a future where seamless connectivity is within everyone's reach.

This progress would not have been possible without the passion and dedication of our employees, construction and county partners. Their commitment to excellence mirrors the dynamic spirit of change we celebrate today. Every mile of fiber represents countless hours of planning, engineering, and on-the-ground hard work. I extend my heartfelt thanks to each team member whose efforts are driving us toward a more connected and resilient future.

As we approach the end stages of our final incumbent fiber build in the Mc Burg exchange, we realize this is just one step in a much larger journey. As we move forward, we will continue to expand our network into additional underserved areas of Giles and Lincoln counties, ensuring that our infrastructure not only meets the current demands of our customers but is also poised to handle the innovations of tomorrow. In this season of change, we see endless opportunities to enhance connectivity, foster economic growth, and improve the quality of life for all rural communities across our region.

I am excited about what the future holds and deeply grateful for the trust and support you have placed in us. As we continue to invest in transformative technologies, we are committed to keeping you informed and engaged every step of the way. Together, let's embrace this season of change and build a future where every connection matters. 📶



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Ardmore Telephone is an equal-opportunity employer and provider.

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Find us on Facebook and Instagram!

Produced for Ardmore Telephone by:



On the Cover:



Ardmore Companion Animal Hospital brings high-quality care to local pet owners without the need to travel to bigger cities. See story Page 8.

Photo courtesy of Samantha George

WELCOME ONE OF ATC'S NEWEST EMPLOYEES

David M. Herd II

Fiber combination technician

Where are you from?

I'm from Petersburg, Tennessee.

What do you like to do when you are not working?

I love to raccoon hunt and go camping in my travel trailer with my family and friends.

What is your favorite use of technology?

The ability to keep in touch with loved ones easier.



David M. Herd II



HOW WE'RE FIGHTING ILLEGAL ROBOCALLS

ATC is helping to reduce the number of illegal robocalls that may come from our network by identifying any suspicious activity. Data we gather will be used to identify suspected illegal robocalls based on key factors as reported to the Federal Communications Commission, Federal Trade Commission and other carriers.

ATC will investigate any suspicious telephone numbers deemed fraudulent and suspend or terminate the originating telephone number, per ATC's terms of service. The terms of service apply to all new and existing ATC customers. Visit www.ardmore.net for more information.

Contact ATC at 800-830-9946 if you have any questions about robocall mitigation services or need to report illegal/unwanted calls or incorrectly blocked calls.



FIBER IS COMING TO A NEIGHBORHOOD NEAR YOU!

Visit www.ardmore.net to learn where ATC's fiber-fast internet will be available next.

ATC provides matching upload and download speeds, smoother streaming and a stable connection so your family can work remotely, learn virtually, check in with the doctor and game online—all at the same time!

To sign up call 800-830-9946.*

*Fiber-fast internet is now available in all ATC service areas, except for select locations in the McBurg exchange.



ALONG FOR THE RIDE

Roller coasters take thrill-seekers to the limit

Story by KATHY DENES

It's a rite of passage—a child in the roller coaster line steps up to the mark, stands up straight and finally hits that magical measurement, tall enough to be welcomed aboard for a lifetime of adventure.

The thrill of roller coasters never grows old, whether they're modern rockets of cold, sleek steel or creaky, wooden rides that are a nostalgic nod to yesteryear. Around 1,000 coasters in the United States and thousands worldwide offer limitless options for destination vacations.

"At this point, I've been on just under 1,200 unique coasters at over 300 different amusement parks," says James Nocito, a CoasterNerds contributing writer whose hobby of "chasing down rides" has taken him to 38 countries on four continents.

"Sometimes, I do actually think the hobby is ridiculous, but it's also given me a chance to visit all sorts of places I probably wouldn't have otherwise, like all 50 U.S. states. I guess I've always compared it to people who try to see a baseball game at every Major League Baseball stadium or such."

Roller coaster fans seeking out the fastest ride, wildest twists and turns or just a new experience have created a community. Numerous websites, like coaster101.com, and social media pages, like Facebook's CoasterNerds, are dedicated to informing and connecting enthusiasts.

"There's this whole community within the parks and coasters fandom, and some of the best people I met from internet chatrooms or online message boards when I was a teenager are people I know 20-plus years later, now hanging out in person," James says.

He hesitates to cite one roller coaster as his favorite, "but if I were going to suggest to someone some of the biggest, baddest or craziest rides in the U.S., I'd probably start with Fury 325." That ride at Carowinds in Charlotte, North Carolina, is North America's tallest, fastest and longest giga coaster—one with a height or drop of at least 300 feet. 🚂

IF YOU'RE GOING

- For a selection of the country's top 100 coasters, consult coasterbuzz.com/rollercoasters/top100.
- If taking younger travelers along, be sure to check height requirements for the coasters you hope to experience.
- To check real-time waits before you go, visit queue-times.com.
- Concerned about motion sickness? Snack on something fairly bland 30 minutes to an hour before jumping in line.





PLANNING A COASTER VACATION?

Consider visiting these thrill rides:

The Beast broke all records when it opened at Kings Island in Mason, Ohio, in 1979, and it still reigns as Guinness World Records' longest wooden roller coaster.

The Voyage at Holiday World in Santa Claus, Indiana, is the world's second-longest wooden coaster, running for 1.2 miles and featuring a world-record five underground tunnels.

It's always coaster weather at the Mall of America in Bloomington, Minnesota, where the 7-acre center court offers five unique options.

Two record-breaking coasters—the nation's first tilt coaster, the Circuit Breaker, and Palindrome, a one-of-a-kind infinity coaster—are set to open in Texas this year at Austin's COTALand.

Also opening this year at Cedar Point in Sandusky, Ohio, is the Siren's Curse, expected to break records for height, speed and longest tilt.



Photo courtesy of Lake Winnepesaukah



Adobe Stock photo by Panosk18

TOP: The Cannon Ball at Lake Winnepesaukah is the oldest wooden roller coaster in Georgia.

ABOVE: The Six Flags family of parks is known for exciting roller coasters, like the Joker at Six Flags Great Adventure in Jackson Township, N.J.

LEFT: Southern California's mild weather means rides like the roller coaster and Ferris wheel at Pacific Amusement Park on the Santa Monica Pier can be enjoyed throughout the year.

FIND YOUR THRILL

Look for CoasterNerds on Facebook and visit these websites for more information: coasterforce.com, aceonline.org, coaster101.com and coasterbuzz.com.



Adobe Stock illustration by Wasun



🐾 **A New Leash on Life** 🐾

Ardmore Companion Animal Hospital provides top-notch care to furry friends



Story by DREW WOOLLEY

Dr. Wendy Rosenbek's mother liked to say her daughter wanted to be a veterinarian even before she could speak. Like many people working in the field, Wendy felt an early affinity for animals, especially the horses she was obsessed with.

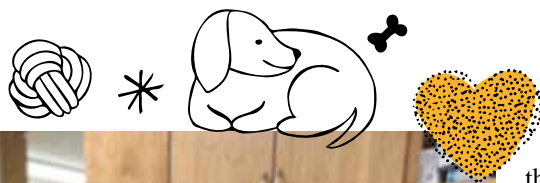
"Instead of playing with dolls, I played with my stuffed animals and my little plastic horses," she says. "I just always saw myself as a veterinarian and felt kind of a kinship with the animals on the planet."

After earning her veterinary degree from the University of Tennessee, Knoxville in 1987, Wendy worked for two years in that city before returning to her home state of Colorado to practice until 1995. But she couldn't stay away from Tennessee's

natural beauty for long. When her friend and classmate Dr. Angela Aymett, of Pulaski, invited her back, Wendy jumped at the opportunity to build Ardmore Companion Animal Hospital with her in 1996.

"She thought that Giles County needed a second, good small-animal practice," Wendy says. "Her practice was Giles County Animal Hospital. Originally, we were going to share both, and each do a couple days at each practice. We found that it made more sense to just keep up with everybody at one practice, so I bought her out a couple years later."

Nearly three decades later, Wendy and her team continue to provide a high level of care for pets and small animals across Ardmore and the surrounding areas. That dedication to serving



Photos by Samantha George

ABOVE: Aaron performs a procedure with Veterinary Assistant Corby Colton.

OPPOSITE PAGE: From left, Drs. Sarah Hardman, Wendy Rosenbek and Aaron Helms pride themselves on providing top-notch medical care to beloved family pets at Ardmore Companion Animal Hospital.

important members of her clients' families has also helped her find a second home in Tennessee.

"When you do a small-animal practice, most of my patients are really beloved family members," she says. "So, if you do a good job for those people and show that you really care about that family member, they accept you into a community that you otherwise didn't really belong to before you started."

MEDICAL MYSTERIES

Like many small practices, Ardmore Companion Animal Hospital has been shaped by the needs of its community and what excites the people working there. In Wendy's case, that means doing more surgeries than the typical veterinarian's office and expanding the practice's attention to dentistry.

"I have never shied away from very challenging internal medicine cases that I think some general practitioners are hesitant to take on, just because I find them very rewarding and intellectually stimulating," she says.

That approach has helped her attract colleagues like Dr. Sarah Hartman and Dr. Aaron Helms to Ardmore. But it has also given

the local community important access to a level of veterinary care pet owners might otherwise have to make a significant trip to find.

"It's really nice when these smaller towns have a practice where they can go for more complicated things," Wendy says. "Where that can be tackled, and they don't have to go to a big city like Nashville. Because traveling from here can be a hardship for people."

Those challenging cases are also what have kept Wendy, who is now 65, excited to keep practicing into her 70s. Even with all her experience, she never gets tired of learning a new trick or piece of information.

"I really love the investigatory part of trying to figure out a case that's just not textbook, it's not what you think it is at first glance," she says. "I like being able to sit down with my reference materials and really pore over the lab results and the X-rays and all of those things and try to put a big puzzle together."

LINES OF COMMUNICATION

One of the many factors helping Ardmore Companion Animal Hospital build such a strong connection with local pet owners is its staff's dedication to following up after visits to make sure the animals are recovering well or to answer any new questions that may have cropped up. And for that they rely heavily on service from Ardmore Telephone Company.

"We burn this phone up," Wendy says. "We have four lines with them, five counting the fax line, and it's on all the time. There's rarely an empty phone line during a busy day around here."

The animal hospital also routinely relies on high-speed internet service for its advanced laboratory equipment that sends results to experts to help interpret them and put together diagnostic plans. But for Wendy, it is the willingness to communicate and listen to the experience of their clients that sets Ardmore Companion Animal Hospital apart.

"People are so incredibly appreciative if you show that you really care about the health and well-being of the animals in their household," she says. "And if you meet them where they're at, I've always been very open to letting people tell me what they need and then trying to do everything I can to make that happen for them. And that has really just welcomed me into the lives of people." 

Ardmore Companion Animal Hospital

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Empowerment Through Sports

Adaptive competitions and

Story by DREW WOOLLEY and JEN CALHOUN



ADAPTIVE CLIMBERS FESTIVAL

After Shane Farver's lower-level spinal cord injury, the rock-climbing enthusiast realized he needed to learn new ways of moving through the world, whether scrambling up rocks or making his way through shopping malls and office buildings.

"Early on in my recovery, a friend of mine said, 'A cool thing about climbing is the problem-solving aspect of it. You have to figure out how to get from this hold to that hold as efficiently as possible using your body as it is and kind of figuring those things out,'" Shane says.

It's the same for people with disabilities, he says. "We have to be problem-solvers, because—very often—the world is not made for us."

Today, Shane is communications director and a member of the organizing committee for the Adaptive Climbers Festival. The three-day event offers people with disabilities a chance to learn rock climbing and other outdoor skills while camping and communing in Eastern Kentucky's Red River Gorge.

"We really emphasize the notion that we do not take people with disabilities rock climbing," Shane says. "We teach people with disabilities how to rock climb. The nuance there is we're not here to take you on a ride. We're here to empower you and help you see what's possible in rock climbing and hopefully provide some confidence elsewhere in your life."

SWEET SETUP

The idea for the Adaptive Climbers Festival came about during a hot tub hang with a few adaptive climbers and their allies. "They were talking about the fact that outside of the competitive environment, there aren't a lot of opportunities for people with disabilities to rock climb," Shane says.

The first Adaptive Climbers Festival was in 2018 at a climbing area in northwest Alabama, but by 2022 the event found its home at Lago Linda Hideaway, a 410-acre wonderland that offers cabins, RV sites and campgrounds surrounding a 5-acre lake.

"We have our run of the place," Shane says. "Once we figured out that setup, we didn't want to hold it anywhere else. We also have other partners who help us out, including the local search and rescue folks. It's a huge coordinated effort."

MOVING MOUNTAINS

The event offers about 30 clinics, including courses on rappelling and anchor-building, which shows attendees how to set up their ropes for climbing. Most of the courses are led by people with disabilities.

"That's kind of our ethos—the idea that we're here to empower people and to give people opportunities to grow and lead," Shane says.

The Adaptive Climbers Festival has grown from about 30 participants to about 150 in 2024, including attendees from across the country, as well as some from Australia, New Zealand, Canada and Spain. 📍

events shatter barriers



Photos courtesy of Beth King



ABOVE: Training to succeed in new sports, like javelin, cycling, powerlifting and rowing, gives Beth King the confidence to overcome life's other challenges.

OPPOSITE PAGE: Participants in the Adaptive Climbers Festival come from all over the world to enjoy a weekend of rock climbing, fellowship and fun in Eastern Kentucky's Red River Gorge area.

RESTORING FREEDOM

The first time Beth King saw a recumbent tricycle, she thought it was a joke. She rarely left the house for anything other than doctors' appointments after retiring from the military in 2014 due to injuries she sustained three years earlier when a rocket-propelled grenade brought down her Chinook helicopter in Afghanistan.

Then, after battling a traumatic brain injury, rehabbing for permanent damage to her spine and back and undergoing a bilateral joint replacement for severe pain in her jaw, Beth's occupational therapist wanted her to hop on what to her looked like a child's toy.

"When she showed me a picture, it looked like a Big Wheel from when I was a kid," says Beth, who was not happy about the idea. "But halfway through my first ride, I realized I'm out here by myself, no one's running after me to catch me. And I really found that

liberating. I felt a sense of independence I hadn't felt in years."

She then took part in the Wounded Warrior Project's Soldier Ride, introducing her to the world of adaptive sports. Now based in Missouri, Beth has trained in javelin, rowing, discus and powerlifting, even competing at the 2022 Invictus Games in the Netherlands. She hopes to qualify for the Paralympics in 2028.

"It's what saved me. I was really struggling with depression, suicidal thoughts and isolation. I just couldn't deal with anything. And it gave me something to train for, to get out of bed for," Beth says. "Sports made me realize that I could still do all the things that I thought I lost."

FINDING INSPIRATION

Realizing she was losing almost all function in her feet, in 2023 Beth decided to have her right foot amputated, allowing her to begin learning to walk with an artificial one. Last year, she completed her first year of welding school, a goal she set after retiring from the military.

"I think sports really gave me the confidence to advocate for myself. To believe that I didn't really lose as much as I thought I had," she says. "If you had asked me a year ago if I'd be welding right now, I would have said, 'No way.' I couldn't see a life bigger than the box I had put myself in with my injuries."

Once she finishes school, Beth hopes to be able to make adaptive equipment for more people. "I don't think people always understand that it's not just sports equipment. It's freedom," she says. "It's a regular life and feeling like you're a part of things. To have a place where people can go and just have fun and play a sport, even if it might look different. I think people are starting to realize that it really does matter." 🗨️

TRUSTED ADVICE

North Alabama Insurance offers reliable coverage for neighbors

Story by DREW WOOLLEY

Martie Norman had been working as an insurance agent for 10 years when she decided it was time to start her own agency. She previously worked as a kindergarten teacher in Ardmore but found that, despite her love of children, insurance had a special allure for her.

"I love the work and what insurance is all about," she says. "How I can help people find the proper coverage for their home, autos and life insurance. Anything they need."

An Athens, Alabama, native, Martie spent some time in Florida before returning closer to home. She immediately felt right at home with Ardmore's small-town atmosphere.

"I love Ardmore. I love everybody I meet who walks through my doors," she says. "These are wonderful people, they're easy to work with and we love working with them."

She and her husband, Bill, started North Alabama Insurance in 1997 with a location on Ardmore Avenue. Originally, the business was a two-person operation, with Martie serving as president and Bill as vice president. But a few years ago, it became clear that they needed more help with their growing business. The only problem was finding room.



Photos courtesy of Martie Norman

The staff includes, from left, receptionist Jaylyn Montgomery and customer service representatives Matthew Sanders and Courtney Varnes.

NEW LOCATION, SAME GREAT SERVICE

In 2020, they moved to their current location on Alabama Highway 53, where they have had the space to bring on three new employees—customer service representatives Courtney Varnes and Matthew Sanders and receptionist Jaylyn Montgomery.

"We're able to have three wonderful employees now, and they do an excellent job for this agency," Martie says. "We have plenty of space to grow, and we're just very thankful to have it."

Martie believes her staff and the personal relationships they build with customers are what sets North Alabama Insurance apart from the big companies. With more than 35 years of experience in the industry, she can always help her neighbors find the policy they need.

"I think since I've been in insurance for a long time, the people of Ardmore trust me," Martie says. "I'm just very straightforward with them about their coverage. They know me. And I truly enjoy getting to know them. It's just been a wonderful working relationship with the people here in Ardmore."

That includes a wonderful working relationship with Ardmore Telephone



Martie and Bill Norman co-own North Alabama Insurance.

Company. Martie is certain she wouldn't be able to keep her business healthy and growing without the vital internet and phone service the utility provides.

"We've had glitches as all businesses do. But we can call our telephone company and tell them the problem that we're having, and they come right to my office and work it out," she says. "I could not do business without them." ☎

What Is Outdoor Wi-Fi?



Living Connected

Fiber for the speed of life!

Mesh devices give you a strong signal inside and out

While traditional indoor Wi-Fi networks have been around for years, they often struggle to reach every corner of a sprawling backyard or a large home. An outdoor Wi-Fi system extends your wireless network beyond the confines of your indoor space by providing a robust, reliable signal that ensures you stay connected.

Ardmore Telephone Company offers some of the latest technology to expand your outdoor living space, with customization available to expand even further if needed.

Whether it's hosting a backyard party with friends, working remotely from your patio or streaming music while gardening, the benefits of an outdoor Wi-Fi system are clear. It's about freedom, flexibility and staying connected.

Traditional Wi-Fi systems rely on a single device. However, outdoor Wi-Fi using a mesh network joins several small devices that each send its own signal, extending coverage beyond the router's reach.

This next-generation technology, available from ATC, can give your home the signal boost you need to without worrying about losing your connection:

- Expanded coverage perfect for patios, pools and porches.
- Outdoor devices that can stand up to rain and extreme temperatures.
- Easy control via the ATC Control app.
- Supports the latest Wi-Fi technology for improved performance.
- Simple mounting on walls or poles.

EMBRACE THE FUTURE OF CONNECTIVITY WITH ATC

Outdoor Wi-Fi is not just about connectivity. It's about expanding your digital footprint and enhancing the way you live, work and play. Embrace the power of wireless freedom and stay connected, wherever you are. Trust ATC to provide you with the best outdoor Wi-Fi solutions tailored to your needs.

Call 800-830-9946 with questions or to find out if outdoor Wi-Fi is a good fit for you.



Adobe Stock photo by Jukow Studios

**Experiencing
internet issues?
LET US HELP!**

If you're having any problems with your internet, please call us so we can work through service issues together. We are committed to making your connection an outstanding experience.

Connection Matters!



800-830-9946 | www.ardmore.net

Pasta Supremo

Italian translates to a great meal

Italian cuisine, with its fresh ingredients and age-old techniques, has woven itself into the fabric of American culture.

Pizza, spaghetti and Alfredo are all favorites, but lasagna may top the list. It's simply hard to resist. Keep the Italian theme going with an Italian chopped salad and a cannoli poke cake. Loosen your belt and get ready to embark on your Italian culinary experience without leaving home.



**Food Editor
Anne P. Braly
is a native of
Chattanooga,
Tennessee.**

Photography by **Mark Gilliland**
Food Styling by **Rhonda Gilliland**

ITALIAN LASAGNA

- 1 pound sweet Italian sausage
- 3/4 pound lean ground beef
- 1/2 cup minced onion
- 2 cloves garlic, crushed
- 1 (28-ounce) can crushed tomatoes
- 2 (6.5-ounce) cans tomato sauce
- 2 (6-ounce) cans tomato paste
- 1/2 cup water
- 2 tablespoons white sugar
- 4 tablespoons chopped fresh parsley, divided
- 1 1/2 teaspoons dried basil leaves
- 1 1/2 teaspoons salt, divided, or to taste
- 1 teaspoon Italian seasoning
- 1/2 teaspoon fennel seeds
- 1/4 teaspoon ground black pepper
- 12 lasagna noodles
- 16 ounces ricotta cheese
- 1 egg
- 3/4 pound mozzarella cheese, sliced
- 3/4 cup grated Parmesan cheese

Heat the oven to 375 F.

Cook sausage, ground beef, onion and garlic in a Dutch oven over medium heat until well browned.

Stir in crushed tomatoes, tomato sauce, tomato paste and water. Season with sugar, 2 tablespoons parsley, basil,

1 teaspoon salt, Italian seasoning, fennel seeds and pepper. Simmer, covered, for about 1 1/2 hours, stirring occasionally.

Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water.

In a mixing bowl, combine ricotta cheese with egg, remaining 2 tablespoons parsley and 1/2 teaspoon salt.

To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9-by-13-inch baking dish. Arrange 3 to 4 noodles lengthwise over meat sauce to cover. Spread with 1/2 of the ricotta cheese mixture. Top with 1/3 of the mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese.

Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil. To prevent sticking, either spray foil with cooking spray or make sure the foil does not touch the cheese. Bake for 25 minutes. Remove the foil and bake for an additional 25 minutes. Remove lasagna from oven, and let it rest for 15 minutes before slicing and serving.



CANNOLI POKE CAKE

- 1 (15.25 ounce) yellow cake mix, plus ingredients on box to make the cake as directed

Topping:

- 1 1/2 cups ricotta cheese, well drained
- 2 cups mascarpone cheese
- 1/2 cup powdered sugar
- 1 (3.4-ounce box) instant vanilla pudding mix
- 1 teaspoon vanilla extract
- 1 teaspoon fresh orange zest
- 1/2 teaspoon cinnamon
- 1/8 teaspoon salt
- 1 1/2 cups milk
- 10 ounces mini chocolate chips

Make sure ricotta cheese is well drained—overnight is best, if possible, because it needs to be thick.

Prepare and bake cake according to directions on the package for a 9-by-13-inch baking dish. Remove cake from oven

and poke holes all over it using the handle of a wooden spoon, large wood skewer or a straw. Set cake aside to cool.

In a large bowl, beat the ricotta and mascarpone cheese with an electric mixer on medium speed until well combined. Beat in the powdered sugar and dry pudding mix. Then beat in the vanilla, orange zest, cinnamon and salt. Once well combined, slowly beat in the milk a little at a time.

Spread about 1/3 of the topping over the cake, making sure it gets into holes. Then continue spreading the remaining topping, and sprinkle on the mini chocolate chips. Cover the cake and refrigerate for a few hours or overnight. Cut and serve well chilled.

Note: This cake is especially good with a little chocolate syrup drizzled over the top.

ITALIAN CHOPPED SALAD

Make the dressing in advance to allow flavors to marry.

Lemon Vinaigrette:

- 1/2 cup extra-virgin olive oil
- 3 tablespoons fresh lemon juice
- 2 tablespoons red wine vinegar
- 1 shallot, finely chopped

- 2 garlic cloves, finely chopped
- 2 tablespoons dried oregano
- 1 teaspoon kosher salt
- Freshly ground black pepper

Salad:

- 1 head iceberg lettuce
- 1 head radicchio
- 1 small red onion, thinly sliced

- 1 pint cherry tomatoes, halved or quartered
- 1 can chickpeas, rinsed and drained
- 4 ounces fresh pearl mozzarella, drained
- 4 ounces provolone cheese, diced
- 5 pepperoncini peppers, stemmed and sliced
- Kosher salt and pepper, as needed
- 1 teaspoon fresh oregano, for garnish

Make the dressing. In a small bowl, whisk together the olive oil, lemon juice, vinegar, shallot, garlic, oregano, salt and pepper. Set aside.

Cut the iceberg lettuce in half, then cut out the core. Slice the lettuce lengthwise into 1/4-inch strips. Repeat with the radicchio.

In a large bowl, combine the lettuce, radicchio, onion, tomatoes, chickpeas, mozzarella, provolone and pepperoncini. Drizzle with the dressing and toss gently to coat. You may not need all of the dressing, so serve any leftover vinaigrette on the side. Season salad with salt and pepper and toss again. Garnish with oregano, if desired, and serve. 🍴





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