

CONNECTION



**Vintage
fun**

Don't miss the
Truck & Tractor pull

**ROLLING
RESTAURANTS**

**RETIRING
THOROUGHBREDS**



By SHIRLEY BLOOMFIELD, CEO
NTCA—The Rural Broadband Association

Seven decades of service

Supporting rural communities through better communications

NTCA proudly represents more than 850 telecommunications companies across rural America as they provide a variety of services including robust broadband, landline, wireless, data, video and IT support. June 1 marks our 70th anniversary, and it's a perfect opportunity to reflect upon how far this life-changing industry has traveled.

The independent telephone industry began to develop throughout rural America in the 1890s, largely because these regions were ignored by large national providers.

After World War II, as the telephone's popularity surged and the value of connectivity was recognized, Congress passed legislation to extend loans to bring telephone systems to rural communities.

With funding on the way, the need for an independent national organization to represent small telephone companies was at an all-time high and, in 1954, NTCA was born.

Eight rural telephone systems in seven states became the original members and got to work advocating to grow the industry.

Over the last few decades, NTCA has focused on the evolution of our members from telecommunications to broadband providers as well as numerous key priorities for rural America, including building a sustainable future for universal service, building Smart Rural Communities, providing cybersecurity tools, being the catalyst for policy engagement and so much more.

As NTCA celebrates its platinum anniversary, we are excited to see what is next for this vibrant industry as it supports rural America and beyond. 📶

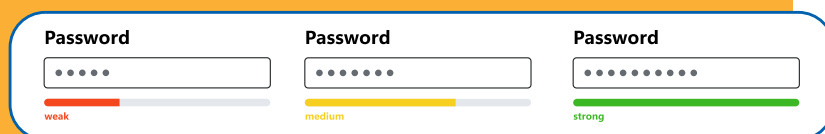
3 tips for password security



Illustration by origami8/Adobe Stock

Passwords are everywhere. From health care and school to work and play, software, websites, essential services and more, most of our daily online activities require a secure login.

The U.S. Cybersecurity and Infrastructure Security Agency offers three tips to better password security — and a good password follows all three.



1 MAKE THEM LONG

At least 16 characters — longer is stronger!

2 MAKE THEM RANDOM

Option 1: Use a random string of mixed-case letters, numbers and symbols. For example:
cXmnZK65rf*&DaaD or Yuc8\$RikA34%ZoPPao98t

Option 2: Create a memorable phrase of five to seven unrelated words. Then, get creative with spelling and the addition of a number or symbol.

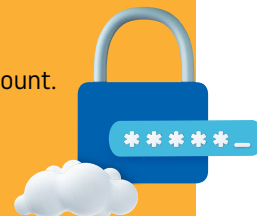
- » Strong: HorsePurpleHatRunBaconShoes
- » Stronger: HorsPerpleHatRunBayconShoos
- » Strongest: HorsPerpleHat#1RunBayconShoos



3 MAKE THEM UNIQUE

Use a different strong password for each account. For example:

- » **Bank:** k8dfh8c@Pfv0gB2
- » **Email account:** LmvF%swVR56s2mW
- » **Social media account:** e246gs%mfS#3tv6



Fortunately, password managers can help you keep up with these longer, more complex codes. Options range from tools already in your web browser to commercial software.



The 30-second commute

Photo by StockPhotoPro/Adobe Stock

Remote work can be a wonderful opportunity

To those who spend long hours in an office, on the road or in the field, working from home might sound like a dream. And, for some, it is.

It's estimated that by 2025 about 22% of the U.S. workforce — or 32.6 million people — will work remotely. A 2023 study by Forbes Advisor found 12.7% of the nation's full-time employees work from home, while another 28% work a hybrid model, dividing the work week between home and the office.

Working from home can help save money on gas, as well as wear and tear on vehicles. The flip side, however, is being face to face with household chores all day. The isolating nature of solo work can also be a challenge, as can establishing the distinction between work and home life.

TOOLS FOR SUCCESS

- It makes sense that fast, reliable internet is the first component to remote work success. If your link to the working world is compromised, you can't get anything done. A backup location is another must, just in case a storm

knocks out the electricity or your peace and quiet is temporarily disturbed.

- Experts advise setting up a dedicated workspace — not in an area like your living room or bedroom — free from distractions, preferably with a door. While it might be tempting to work from the bed or couch, soft surfaces don't provide proper support and can lead to headaches, strains and arthritis. It's also important to consider how your workspace will appear to your co-workers and clients during on-screen meetings.
- Creating a routine is vital for remote work. If your family and neighbors know your schedule, they'll be less likely to present distractions.
- The opportunities for remote jobs are out there, you just need to know where to look. Computer tech jobs continue to be the most common opportunities, as are marketing, accounting, HR/recruiting and customer service.

REMOTE WORK RED FLAGS

When searching for work-from-home opportunities, it's important to avoid pitfalls. If the job sounds too good to be true, it usually is. Be wary if:

- The ad says things like, "unlimited earning potential," "investment opportunities and seminars" or "quick money."

- The job requires upfront expenses from you.
- You're asked for personal information — Social Security number, birthdate, banking account numbers, etc. — early in the interview process or as part of your initial application.
- You are offered a job without an interview or anyone contacting or asking for references. 🗨️



Pros of working from home

- Better work-life balance
- More freedom
- Improved employee mindset
- Decreased wardrobe budget
- Comforts of home
- No commute, less wear and tear on vehicle
- Self-regulated hours
- Flexible schedule

The spirit of exploration

Now that summer planning is in full swing, I know many of you are thinking about hitting the highway or heading to the airport for vacation. Whether you take a short trip or a weekslong adventure, Ardmore Telephone Company's services can help you get there.



TREVOR BONNSTETTER
Chief Executive Officer

Maybe you're planning to enjoy a staycation a little closer to home, with a visit to the U.S. Space and Rocket Center in Huntsville or some water-soaked fun at Decatur's Point Mallard. Join friends for a tour of the Jack Daniel Distillery in Lynchburg, Tennessee, or hop over to FAME Studios and Muscle Shoals Sound Studio for some Alabama music history.

That's not to mention the scenic trails at Monte Sano State Park, Wheeler National Wildlife Refuge, Wells Hill Park and many other great spots nearby. Map out a leisurely hike with ATC's high-speed internet service and find the perfect local barbecue joint to unwind when you're done.

Working in telecommunications, I can't help but notice the similarities between a well-planned vacation and building a reliable broadband network. Just as the perfect trip includes hidden gems that are off the beaten path, reaching our customers often takes our crews to some out-of-the-way corners.

They might need to clear a path through woods and heavy underbrush to bring that important connection to a few people in a remote part of our service area. But just like the best views and meals might take a little extra effort while traveling, the result is worth it.

I'm proud to say the fiber network we started building a few years ago is getting closer to completion and will help make our system as close to future-proof as it can be. It has been a significant investment, but every decision we made has been guided by fiscal responsibility and the need to serve you better.

Travel and high-speed internet probably go together more than you might think. Digital tourism tools make it easier to plan out the perfect trip while also promoting more sustainable practices from visitors to keep rural areas like ours special. Meanwhile, a broadband connection makes it easier for travelers to work remotely, so they don't have to worry about staying in the loop on their visits.

Maybe most exciting of all, high-speed internet means visiting far-off places and catching up with distant loved ones are no longer out of reach for people with health or financial limitations. You don't even need to leave your home.

Take advantage of virtual reality to explore cities, national parks or even outer space up close from the comfort of your living room, or just get a feel for your next destination. With symmetrical upload and download speeds, you'll also be ready for video calls with friends and family anywhere in the world without the frustration of a laggy connection.

I can't wait to see how these technologies continue to develop while embracing the spirit of exploration and adventure that drives us to see more of our world. I'm confident that every new connection made will help us build a stronger, more vibrant rural community.

Thank you for the privilege of serving you. 📶



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Ardmore

TELEPHONE COMPANY

is a hometown service provider delivering advanced telecommunications technology to the people of Giles and Lincoln counties in Tennessee and Limestone and Madison counties in Alabama. The company is managed by Telecom Management Services and owned by Synergy Technology Partners.

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:



The annual Ardmore Truck & Tractor Pull fundraiser is scheduled for Saturday, May 11, at John Barns Park. See story Page 12.



IN REMEMBRANCE *of the fallen*

Ardmore Telephone Company remembers all those who made the ultimate sacrifice for our country. ATC offices will be closed for Memorial Day on Monday, May 27.



Battery backup

Ardmore Telephone Company's broadband network requires electric power to operate a customer's home phone and/or broadband service. To avoid disruption of home voice service during a power outage — and to maintain the ability to connect to 911 emergency services — ATC offers a free backup battery to customers. For ATC customers who do not have landline service, ATC has a backup battery power supply available for purchase.

Backup batteries are expected to last up to eight hours on standby power. Additional batteries are available that supply up to 24 hours of standby power.

For more information, call ATC at 800-830-9946.



Know what's below.
Call before you dig.



Fiber is coming to a neighborhood near you!



Learn where Ardmore Telephone Company's fiber-fast internet will be available next at www.ardmore.net.

ATC provides matching upload and download speeds, smoother streaming and a stable connection so your family can simultaneously work remotely, learn virtually, check in with the doctor and game online.

To sign up, call 800-830-9946.*

*Fiber-fast internet is not yet available in all areas served by ATC.

OLD FRIENDS, NEW LIVES

THOROUGHBREDS FIND REFUGE AFTER RACING

Story by KATHY DENES

Two former star athletes — fierce rivals in their youth, when they raced neck and neck to world renown — enjoyed the spotlight together recently during an unbridled celebration of their 30th birthdays. There was no sign of the competitive spirit that once drove them. Instead, they displayed the calm that comes with finding greener pastures on the sprawling Kentucky farm where they both live.

Retired racehorses Silver Charm and Touch Gold are the very definition of Old Friends — which is the name of the group that houses them and more than 250 other thoroughbreds. Visitors to Old Friends' 236-acre Dream Chase Farm in Georgetown, Kentucky, get to meet these majestic retirees. Since its founding in 2003 by Michael Blowen, a former Boston Globe film critic, Old Friends has welcomed about 15,000 visitors for guided tours each year.



Silver Charm, who won the first two legs of the 1997 Triple Crown, enjoys retirement at Old Friends' Georgetown, Kentucky, farm.



Photos by Laura Battles



ABOVE AND LEFT: Guests meet Touch Gold at the Belmont champion's 30th birthday party.

FAR LEFT: Old Friends founder Michael Blowen addresses guests at the birthday celebration for former rival racehorses Touch Gold and Silver Charm.

MEET THE CHAMPIONS

- Go to oldfriendsequine.org/visit to schedule a tour.
- Walking tours, 90 minutes:
 - » General — \$30 per person, up to 20 people, no children younger than 10
 - » Founder's — \$100 per person, up to 15 people, led by Old Friends founder Michael Blowen, no children under 10
 - » Private — By appointment, \$75 per person with volunteer tour guide, \$200 per person with Blowen as tour guide, up to 10 people, no charge for children 11 and under
- Driving option, three hours:
 - » Every Horse on the Farm — \$150 per person, up to five people meet all the equine residents of Dream Chase Farm, led by Old Friends photographer Laura Battles, no children
 - » Buses and groups of more than 10 people, call 502-863-1775 for tour options.

SANCTUARY

The distance between Louisville's Churchill Downs and the Thoroughbred Retirement Foundation Sanctuary Farm at Chestnut Hall in Prospect is only 15 miles. But for the thoroughbreds who call the farm home, it's a very long journey.

This sanctuary and event venue was created in 2021 by the TRF, a national group working to save thoroughbred horses from neglect, abuse and slaughter and providing lifelong sanctuary after their racing days are done. The farm is not open to the public, but tours can be booked through private appointment.

Visit trfinc.org for details about tours and any planned events, like the May Front Porch Summer Concert Series outside the historic Chestnut Hall farmhouse. 📞

RETRAIN, REHOME

Other groups are also hard at work for these animals, rescuing, retraining and rehoming them after their exit from racing. For the past decade, the Thoroughbred Aftercare Alliance has helped fund the efforts of 86 such groups across the United States, including some based in Lexington, Kentucky.

One of those Lexington organizations, New Vocations, has placed more than 8,000 rehabilitated and retrained retired racehorses in adoptive homes since 1992. Another, the all-volunteer CANTER USA, has transitioned more than 25,000 horses. And for 20 years, the thoroughbreds served by the Secretariat Center at Kentucky Horse Park have been placed in new homes and in a range of new jobs, from therapeutic riding programs to mounted police units.

Providing a safe and secure retirement for thoroughbreds past their racing prime is an expensive endeavor, and most organizations doing this kind of work rely heavily, or sometimes exclusively, on donations. Horse sponsorships, monetary gifts, working as a volunteer, shopping at their online stores, fundraiser participation and buying "wish list" items are a few ways to help. Scheduling tours is another way, and it's the most fun!



COME

Don't miss Food Truck Saturdays in Ardmore

Story by LISA SAVAGE

Marie Russell knows a thing or two about food. She learned to cook to draw a crowd when she was still a child. Her parents owned a store and small cafe in Elkton, serving meat-and-three plates.

Ashley Holladay knows about food, too. She grew up helping her mother and grandmother in the kitchen. Years later, she waitressed at Marie's family's cafe. "Me and Marie go way back to when I was a kid," Ashley says. "Our families grew up together."

Food trucks and their shared love for their community brought the two women together. Marie is the co-owner of two food trucks — Two Dames with Dawgs with her daughter, DeeDee McAfee, and U Pick, with Ashley's husband, Pedro. Ashley serves tasty morsels on her food truck, named Bite Me.

At least one of the trucks is set up in a parking lot in or around Ardmore almost every day, providing a variety of lunchtime favorites to employees of local businesses and other walk-up customers.

MOBILE MEALS

Now, the business owners are gearing up to take part in Food Truck Saturdays on the fourth Saturday in April, May, June and July. Jones Drug Co. allows food trucks to serve customers in its parking lot, near the intersection of Ardmore Avenue and Main Street.



FROM TOP: Wraps are one of the signature meals at Bite Me.

Bite Me sets up shop in parking lots around Ardmore.

RIGHT: Pedro Holladay owns and operates U Pick and is known for the best cheesesteak sandwiches around.



HUNGRY

Food Truck Saturdays, sponsored by the Greater Ardmore Chamber of Commerce, is driving into its third year in 2024. This year, the event includes a twist, says Yolanda Eubanks, director of the chamber.

Several local businesses will participate on the Fridays and Saturdays of the food truck weekends — the theme is shop and eat local. Participating merchants will offer discounts like 10% off or a free tire rotation with an oil change when shoppers bring in a receipt from another participating business. “Just about all local businesses that are chamber members are offering some type of special,” Yolanda says. “It’s all about promoting shopping and eating locally.”

Only local food trucks are invited to participate this year. “In the past, we had some food trucks from farther away, but we want to make sure our first priority is our locally owned food trucks,” Yolanda says. But don’t worry, foodies! Fewer food trucks do not mean fewer cuisine choices. “Between their menus, you can get just about anything you want,” she says.

Yolanda sets up tents, tables and chairs for Food Truck Saturdays, providing a place for visitors to sit and eat and enjoy the day in town. “We appreciate Jones Drug letting us use their parking lot,” she says. “It’s such a great location because it’s centrally located. People can come out and enjoy good food, walk around and shop at our local businesses. It’s a great opportunity for everybody.”

COMING TOGETHER

Marie has owned many different businesses, but the food trucks are her favorite. She opened right after the COVID-19 pandemic and wanted to offer something unique. Everybody loves a good hot dog, and Ardmore didn’t have anything similar, so she came up with the concept and name, Two Dames with Dawgs.

The truck’s menu includes some unique specialties, like the Dirty Dawg, topped with mayo, roasted hatch chili sauce, bacon glaze, purple onion and mozzarella cheese, and the Hawaiian Dawg, served with roasted habanero peppers in a pineapple glaze, bacon, cheese and a house sauce. There are also more traditional toppings like chili, sauerkraut and cheese.

Marie also sets up shop at most local festivals and other spots around town. She offers catering, from hot dogs to more upscale dining for special events, with meals such as filet mignon, baked potato and salad. “In this business, you can stay as busy as you want,” she says. “And Food Truck Saturdays has been good for us. We enjoy providing this to our community.”

Marie also helped Pedro open U Pick, with totally different menu options. Specialties range from steak and chicken tips to Philly cheesesteaks, a menu favorite. Pedro also offers loaded potatoes and fries, onion rings and burgers.

A UNIQUE NAME

Ashley worked for several years at Redstone Arsenal, where food trucks often came in around lunchtime. She always loved to cook and recognized a good business opportunity. After the pandemic, Ashley took a leap of faith and opened Bite Me.

She makes wraps, burgers and homemade pimento cheese, her signature fare. She’s also known for her cakes and desserts, especially banana pudding. “I love what we’re doing in Ardmore,” she says. “It brings people together.”

A food truck isn’t easy work. It’s a restaurant on wheels, so inspection



Two Dames with Dawgs offers unique hot dogs.

standards are stringent, and each event or location requires permits. Ashley, Pedro and Marie, along with their staff members and families, help each other when they’re set up at the same events.

“We try to build each other up,” Ashley says. “We’re not in competition. We all work together. We are bringing something special to Ardmore while providing for our families.” 📞

FOOD TRUCK SATURDAYS

Fourth Saturday in April, May, June and July.

Open 10:30 a.m.- 3 p.m. at the corner of Ardmore Avenue and Main Street in the Jones Drug parking lot.

Local businesses also take part, offering discounts each Friday and Saturday of the Food Truck Saturdays events.



Living the HIGH LIFE

Hot Air Balloon Rides Make for a Magical Experience

Story by JEN CALHOUN

As a child growing up in California, Kim McCourt scrambled up hills, cliffs and trees to see the land below. “I had this need to see all those things I never even knew were there,” he says.

But when his family moved to the flatlands of Florida, he had to find a new way to see the world. In 1998, he took his first flight in a hot air balloon. “I learned that ballooning is, well, kind of magical,” says Kim, who is now a licensed hot air balloon pilot in the Orlando region. “There’s the exploration part of it, and you’ve got Mother Nature all around you.”

ULTIMATE ADVENTURE

These days, Kim often travels the skies with tourists who want to experience a ride they can’t find at the region’s theme parks. For many, it’s a way to fly without being contained in the metal tube of an airplane. “In the balloon, you can see so much more, and you can actually feel everything,” Kim says. “You can breathe the air.”

There’s a spiritual component, too, says Mark West, vice president of the Balloon Federation of America. West, a former Navy pilot, also served as president and chief engineer of Aerostar International, which was once the largest hot air balloon manufacturer in the country.

“Ballooning has an incredible amount of magic to it,” Mark says. “Virtually everyone who sees one is enamored with them. I suppose they’re kind of representative of breaking free of the bonds of Earth and floating away.”

UP AND AWAY

Across the country, hot air balloon rides are a popular pastime for families celebrating a special occasion or tourists looking for a new experience. Some passengers want to make memories with their families, while others go to commemorate important events, like marriage proposals, bucket lists and to spread the ashes of loved ones into the sky. “There are all kinds of stories,” Kim says. “The only things that stay the same are the sun coming up and people smiling.”



CLOCKWISE FROM LEFT:
Balloons get ready for a flight.

Most hot air balloons are operated by gas.

Hot air balloons take off during an event.



But as wide-open spaces dwindle, so do the balloon rides. Pilots simply don't have enough space to land. Weather's also been a factor, because unreliable winds can ground a pilot. Kim says he's seen this firsthand. "Over the last 15 years, the weather went from 275 days we could fly to probably 100 days," he says.

He worries other factors could cause ballooning to take a hit, too. "Fabric, wicker, propane, repairs and parts are way more expensive these days, so it takes more money to maintain them," Kim says.

HOPE FLOATS

Despite the challenges, Kim still grins like a kid after an early-morning

flight. "There's nothing like it," he says. "When we lift off and the sun starts to rise, we might rest at the top of a tree and stare clear down to the bottom of a pond. Then we'll take off again and maybe rest right on top of the water where the mist is coming off the surface. It's up and down, up and down — gently. One person said it was like flying in the hand of God while getting a brain massage."

Balloonists enjoy attempting to describe the sensation of floating on — and with — the air, Mark says. "One of my good friends said it was 'having a destiny without a destination.' I think it attracts people who want to enjoy the beauty of the Earth and want to experience that kind of freedom." 🗨️

To catch a ride with Kim McCourt, visit greaterorlandoballoonrides.com. For more information on hot air ballooning and the people who are passionate about it, visit the Balloon Federation of America's Facebook page, or find the group at bfa.net.



1783

THE BIRTH OF THE HOT AIR BALLOON

▶ June 1783 — First unmanned flight

After a year or two of experimentation and invention, brothers Joseph Michel and Jacques Etienne Montgolfier publicly launch their version of a hot air balloon. It held no passengers. The balloon landed in the middle of a vineyard a little over a mile from where it had taken off.

▶ September 1783 — Confused farm animals

The first balloon flight with passengers launches in Versailles carrying a duck, a rooster and a sheep. The animals made it out alive. However, sources say the sheep kicked the duck and damaged its wing. King Louis XVI of France was pleased to learn that animals could breathe so high up.

▶ November 1783 — First human flight

Jean-François Pilâtre de Rozier and another passenger take the first untethered, human-occupied flight. The flight, which launched in France, lasted about 25 minutes and reached an altitude of about 500 feet. Less than two years later, de Rozier and his passenger would become the first people to die in a hot air balloon crash during a flight from France to England.

▶ December 1783 — Hydrogen balloon

Jacques Charles, a French physicist who had been experimenting with hydrogen balloons, boards one with a few colleagues. They traveled 25 miles in less than two hours. They also carried a barometer and a thermometer. Afterward, gas balloons became the preferred method of ballooning.

Sources: DragonFly Balloon Adventures, Virgin Balloon Flights, National Balloon Museum

Pulling in a crowd

Ardmore tractor event benefits local Boys & Girls Clubs

Story by LISA SAVAGE

Ardmore resident Aaron Boldin never lived on a farm, but he grew up attending every tractor pull he could. When he was old enough, he bought an antique tractor of his own and started competing.

Aaron and his wife, Candice, traveled to competitions, and they wanted to bring the excitement of the sport home. Through her experience as a member of the board of directors for the Boys & Girls Clubs of North Alabama, which has a location in Ardmore, Candice knew a tractor pull had the potential to be a great fundraiser for the organization.

Tractor pulls are motorsport competitions in which antique or modified tractors and trucks pull a heavy drag, or sled, along a 35-foot-wide, 330-foot-long dirt track. The tractor or truck that pulls the drag the farthest wins.

The inaugural Ardmore event drew 37 competitors from Tennessee, Alabama and Kentucky. The next year, 33 tractors took part from as far away as Missouri. The tractor pull will celebrate its fifth anniversary in 2024. It continues to benefit the Boys & Girls Clubs in Ardmore, with some of the proceeds going to the Ardmore Fire Department for its help during the event.

Even with all the help, there's one factor no one can control — the weather. "If you get rain as much as three days before the event, there's no way to have the event," Aaron says. "The facility doesn't have enough time to dry out to make a good track."

A BENEFIT FOR KIDS

Aaron, Candice and their daughter, Ashton, travel to tractor pulls across the Southeast. Among their favorite destinations is Tunica, Mississippi, home to one of the largest antique tractor pull events in the country. "It has about 400 tractors pulling over three days, with participants coming from over two dozen states and Canada," Aaron says.

Aaron and Candice never planned for something that elaborate in Ardmore, wanting instead to offer something closer to home on a much smaller scale. They had the ideal location available at John Barns Park. Now, their group, the Stateline Antique Pullers, hosts the events that hosts the events that start at 11 a.m., while the Tennessee Pullers Association hosts the evening events. Competitors' \$20 entry fees are pooled together, and the winner receives 50%



Aaron Boldin coaches his daughter, Ashton, in preparation for the tractor pull.



This year's Ardmore Truck & Tractor Pull will be held May 11, with gates opening at 9 a.m.

of that pot. However, most winners donate their prize money back to the fundraising efforts.

The event is the Boys & Girls Clubs' second-largest fundraiser each year, and it requires a lot of volunteers to be successful. "We couldn't do it without our families, friends, help from the Boys & Girls Clubs board members and the fire department," Candice says. "It takes a lot of work to host the event, and we love doing it." 📱



The Ardmore Truck & Tractor Pull attracts competitors from several states.

Ardmore Truck & Tractor Pull

Saturday, May 11

John Barns Park on Ardmore Ridge Road, Ardmore, Tennessee

Gates open at 9 a.m.

Stateline Antique Pullers events start at 11 a.m.

Tennessee Pullers Association events begin at 7 p.m.

Concessions will be available.

Follow Ardmore Truck & Tractor Pull on Facebook.



Living Connected

Fiber for the speed of life!

Are bandwidth hogs pigging out and slowing you down?

Live in hog heaven with an ATC connection

At first blush, a bandwidth hog might sound like a bad thing, but that doesn't have to be the case if your internet service is robust enough to keep pace.

Bandwidth hog is a slang term for a device or online activity that gobbles up your internet connection's capacity. You might benefit from the resources bandwidth hogs provide, but they still can cause congestion and slowdowns or keep your programs and applications from performing at their peak.

Bandwidth is the amount of data traveling through an internet network. It's a measurement of data in bits per second, such as megabits, or Mbps, and gigabits, also known as Gigs. As programs and platforms require increasing amounts of bandwidth, households and businesses with multiple devices and high-intensity apps need even more capacity. That's why Ardmore Telephone Company makes sure customers have the bandwidth they need to reach the full potential of all their online activities.

To handle bandwidth hogs, it's important to match the bandwidth of your internet service to all your devices and activities — no one wants to face a slowdown. Perhaps you work from home or create

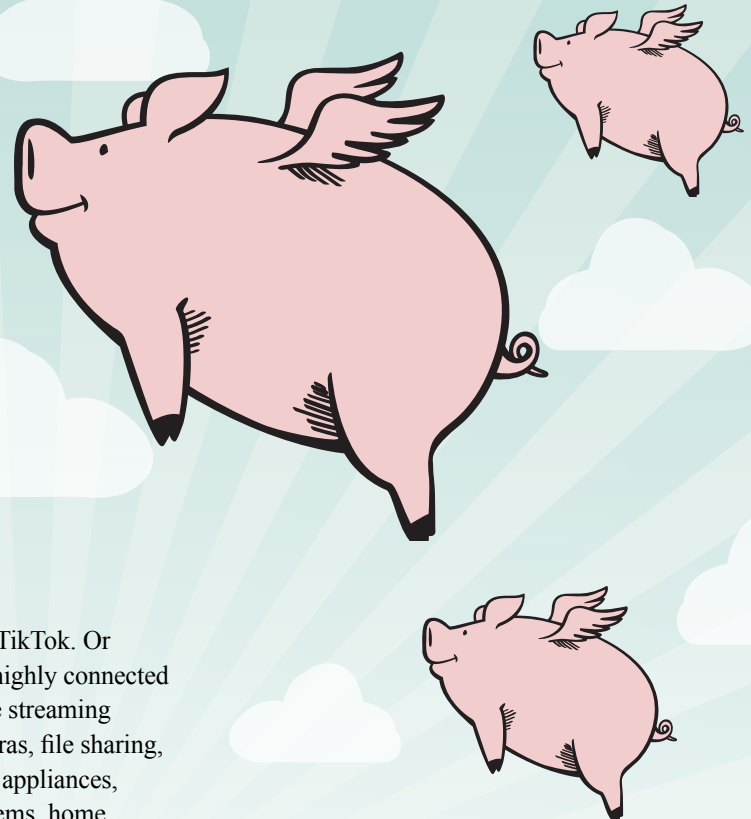
content for YouTube and TikTok. Or maybe you have a large, highly connected family. Conveniences like streaming services, livestream cameras, file sharing, videoconferencing, smart appliances, thermostats, security systems, home automation devices and more add up.

As our lives become more connected, and our devices and apps are increasingly sophisticated, bandwidth that seemed ample a few years ago now isn't quite enough.

Also, there are less obvious bandwidth drains working in the background. Cloud backup services, software updates, Voice over Internet Protocol services — which allow phone calls — and much more keep your devices humming. But they come at a bandwidth cost.

Smart TVs, smartphones and connected appliances add up, too, because they use the internet to report data to apps and service providers. Even medical devices, like those that monitor pacemakers, may be online to share critical data.

Today's technology creates seemingly endless uses for internet-connected devices and services. They may be bandwidth hogs, but they're welcome and valuable. ATC's internet provides enough bandwidth to keep even the hungriest bandwidth hog satisfied. 🐷



Experiencing internet issues? LET US HELP!

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

Fiber-fast internet is the future. And it's here!



800-830-9946 | www.ardmore.net

Note: Fiber internet is not yet available in all ATC service areas.

OLDIES

but goodies

Classic recipes create timeless tastes

Although we love creating new recipes in keeping with today's tastes and trends, there's something sweet about a vintage recipe that can still hold its own. Get ready for a trip down memory lane with these old-fashioned recipes we still love.

From classic chicken tetrazzini to a delightful lemon icebox pie, these vintage recipes are worth holding onto. They may have been gone from our culinary repertoire for a decade or two, but they certainly are not forgotten.

Ready for some nostalgia and satisfied smiles at your table? Give these retro recipes a try, and they're sure to stir up good memories.



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

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



CHICKEN TETRAZZINI

No roundup of retro recipes is complete without a classic chicken tetrazzini.

- 16 ounces linguini or spaghetti, cooked
- 1/2 cup unsalted butter, softened
- 4 chicken breasts, cooked and diced
- 2 cans cream of chicken soup
- 2 cups sour cream
- 1 teaspoon garlic salt
- 1 tablespoon chopped parsley
- 1/2 teaspoon pepper
- 1 cup chicken broth
- 2 tablespoons Parmesan cheese, grated
- 2 cups mozzarella cheese shredded

Preheat the oven to 350 F. Grease a 9-by-13-inch baking dish and set aside.

Cook noodles to al dente, according to the box instructions. Drain and set aside. Meanwhile, in a large bowl, combine chicken, soup, sour cream, butter, chicken broth, garlic salt, parsley and pepper. Mix well, then stir in cooked noodles. Pour mixture into prepared baking dish. Sprinkle both cheeses on top and bake, uncovered, for 36-42 minutes, until cheeses are melted and casserole is bubbling.

CREAMED CORN

If you can't wait until summer to take advantage of sweet Silver Queen corn, use the sweetest corn you can find.

- 13 ears of fresh corn, husks and silks removed
- 1 cup evaporated milk
- 1 tablespoon unsalted butter
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Remove silks from corn. Cream the corn by cutting the kernels from the cobs, then scrape the

corn cobs with the back of the knife to get all the "milk" and pulp. Transfer creamed corn to a large skillet. Add milk, butter and salt. Cook over low heat, stirring often, for 30 minutes. If corn becomes too thick, add more milk for desired consistency. Sprinkle with pepper. Makes 6-8 servings.



CLASSIC SOUTHERN CORNBREAD SALAD

- 1 skillet of your favorite cornbread
- 1 cup diced onions
- 1 green or red bell pepper, seeded and diced
- 1 cup diced tomato
- 1 15-ounce can whole kernel corn, drained
- 1 pound bacon, cooked until crisp and crumbled
- 2-3 cups mayonnaise
- 1 package ranch dressing mix

Crumble cooled cornbread into a large bowl. Add onions, bell pepper, diced tomatoes, corn and bacon. Stir until well combined. In a separate bowl, stir together mayonnaise and ranch mix until well-blended. Add mayonnaise dressing mixture to salad and stir until fully mixed. Cover and refrigerate at least 2 hours before serving.



LEMON ICEBOX PIE

Finish your retro meal with a slice of this much-loved pie.

Crust:

- 1 1/2 cups graham cracker crumbs
- 2 tablespoons granulated sugar
- 7 tablespoons butter, melted

Filling:

- 2 14-ounce cans sweetened condensed milk
- 1 cup fresh lemon juice
- 5 large egg yolks
- 1 tablespoon lemon zest
- 1 cup heavy cream
- 2 tablespoons powdered sugar
- 1/2 teaspoon vanilla extract

For the crust: Preheat the oven to 350 F. Combine the cracker crumbs, sugar and butter in a medium bowl. Mix with a fork until the crumbs are well coated and stick together when pinched. Press the mixture into the bottom and up the sides of a 9-inch pie plate. Bake until set, about 10 minutes. Set aside to cool slightly, about 10 minutes.

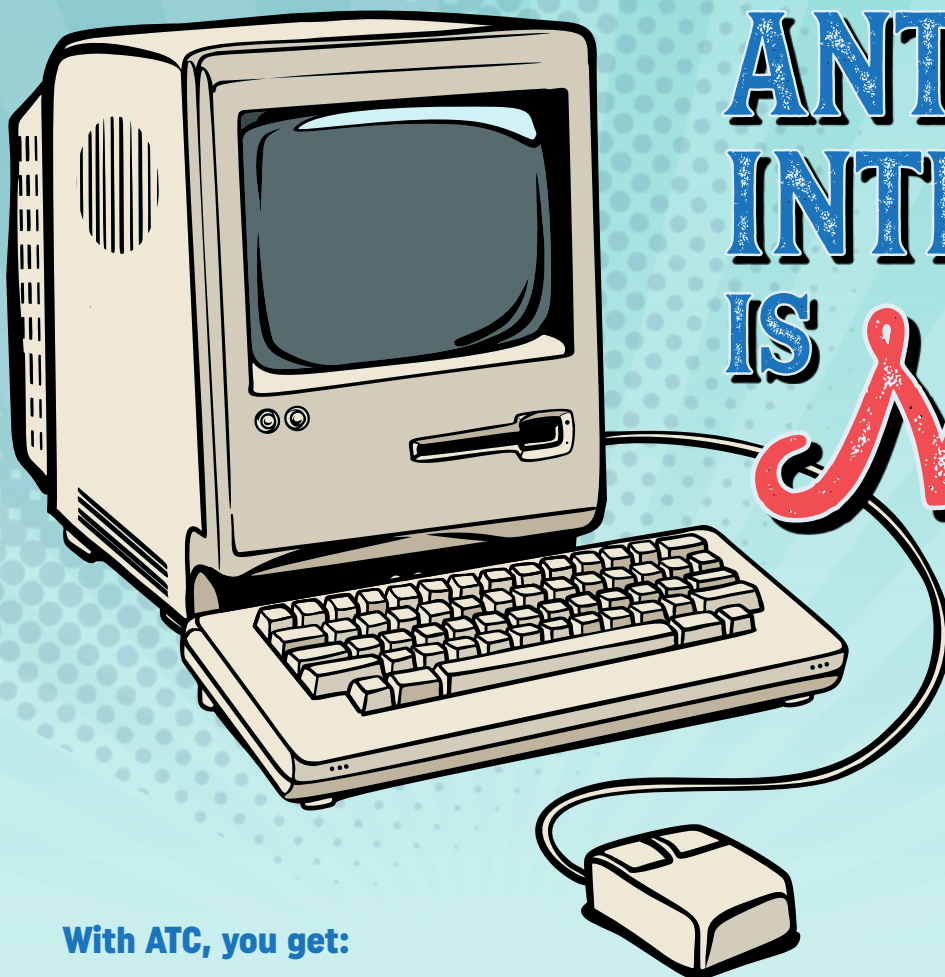
For the filling: Whisk together the condensed milk, lemon juice, egg yolks and lemon zest in a medium bowl until combined. Pour the filling into the crust and bake until the center is set but still slightly jiggly, about 15 minutes. Let cool for 30 minutes, then refrigerate until chilled, about 2 hours.

Once pie is chilled, beat the heavy cream, powdered sugar and vanilla in a large bowl with a mixer on medium speed until soft peaks form. Spoon onto the center of the pie and serve.

Alternatively: Buy a premade graham cracker crust as a timesaver. 📺

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