



Scholarship Opportunity for Graduating Seniors



Twin Lakes is proud to partner with the Foundation for Rural Service to provide graduating seniors in our service area with the opportunity to apply for scholarships to help further their education.

Apply Today!
Deadline —
March 6, 2020

The FRS has awarded over \$1 million in scholarships since its inception. Prepare for your future and apply today at www.twinlakes.net.



Celebrating the Holidays in the Upper Cumberland

Twin Lakes had so much fun in the Celina, Jamestown, Byrdstown, Livingston, Gainesboro, and Baxter Christmas parades. Visit the Twin Lakes' Facebook page to see pictures of all the parades!



FRS Youth Tour

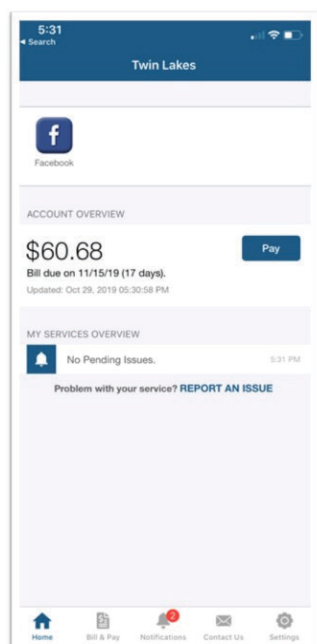
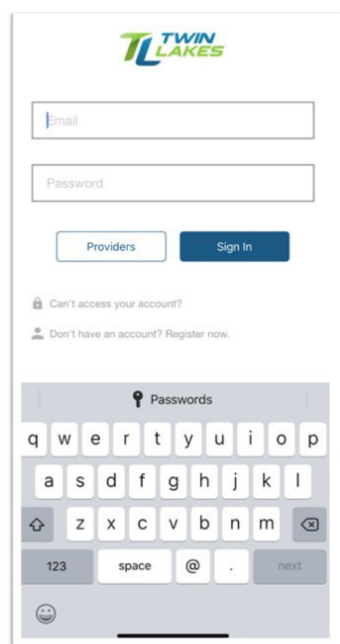
Twin Lakes, in conjunction with the Foundation for Rural Service (FRS) and the National Telecommunications Cooperative Association (NTCA), is proud to sponsor the Foundation for Rural Service Youth Tour, June 6th – June 10th in Washington D.C. The Youth Tour offers rural students an inside look at the telecommunications industry in our Nation's Capital. It educates students about the legislative and governmental process and allows students to meet other youth from rural communications across the country.

If you would like more information about the FRS Youth Tour and eligibility requirements, contact your local high school guidance counselor.



New SmartHub App Available Now!

Have you downloaded the new Twin Lakes SmartHub App update? The new app design featuring an enhanced, user friendly experience rolled out in November. Manage your account like never before with the new, improved SmartHub. The new update allows you to monitor your account more quickly and easily. Download our SmartHub app today!



Vegetable Soup

Ingredients

- 1 pot roast (*about 2 pounds*)
- 2 russet potatoes, chopped
- 1 bag of chopped onions
- 1 bag of frozen seasoning blend (*or chopped onions*)
- 1 bag of frozen green beans
- 1 bag of frozen corn
- 4 large carrots, chopped
- 1 (32 oz) container of beef broth
- 2 (10.75 oz) cans of tomato soup
- 1 can filled with water
- Salt and pepper, to taste

Instructions

- Season roast with salt and pepper and place in your slow cooker with half a can of beef broth.
- Cook on LOW for about 10 hours and shred with two forks.
- In a very large pot, sauté the carrots and seasoning mix in 1 tablespoon of oil until tender.
- Add beef, potatoes, remaining veggies, remaining beef broth, tomato soup, water, salt and pepper.
- Bring to a boil, lower the heat, cover and simmer for about an hour.
- Add water as desired, while it cooks.
- Enjoy!