

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 5, 2021

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



Foundation for Rural Service Community Grant

As part of its ongoing commitment to rural communities across the country, the Foundation for Rural Service (FRS) offers aid for communities served by NTCA-The Rural Broadband Association members, including Twin Lakes, through its annual Community Grant Program. The grants are designed to provide support to a variety of local efforts to build and sustain a high quality of life in rural America. Twin Lakes would like to congratulate Baxter Fire Department and Jackson County Middle School as recipients of the 2020 FRS Community Grant. For more information on the FRS Community Grant, please contact your local Twin Lakes office.

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 5th – June 9th in Washington D.C. The Youth Tour offers rural students an inside look at the telecommunications industry and educates students about the legislative and governmental process. It also allows students to meet other youth from rural communities across the country.

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



Gingerbread Hot Chocolate with Homemade Whipped Cream

Hot Chocolate Ingredients

- 2 tbsp cocoa powder
- 2 tbsp maple syrup
- 2 cups 2% milk
- 1 pinch kosher salt
- ½ tsp cinnamon
- ½ tsp ginger
- ½ tsp allspice

Instructions

- Place all ingredients in a medium pot and whisk to combine over medium heat: **DO NOT BOIL**
- Serve and top with homemade whipped cream

Homemade Whipped Cream Ingredients

- 1 cup heavy cream
- 2 tbsp powdered sugar
- ½ tsp vanilla extract

Instructions

- Place a bowl in the freezer to chill for a few minutes
- Combine the cream, powdered sugar, and vanilla extract in the chilled bowl
- With a large whisk, whip the cream by moving the whisk back and forth quickly (try to whisk in a line instead of a circular motion). Whip until your desired thickness is reached. You can use a looser cream for more of a “drizzle”, or a stiffer whipped cream for the traditional Cool Whip style texture. Tip: You can place the bowl in the sink to whip the cream so that it is a bit lower than a table, which helps to make the whisking motion easier. *Alternatively, place the ingredients in the bowl of a KitchenAid stand mixer fitted with the whisk attachment, and mix on medium speed until the desired consistency is reached.

Get Moving in 2021

Is your family falling prey to coronavirus cabin fever? Twin Lakes has found a few free apps (available for both iOS & Android) that can make at-home fitness fun and keep your family active in the weeks ahead.

1. Sworkit and Sworkit Kids

With customizable workouts for strength, agility, and flexibility, this app generates random exercises to get kids moving as they follow along with video tutorials. Join in the fun and download the original Sworkit fitness app, designed for teens and adults!



2. NFL PLAY 60

The American Heart Association and National Football League are on a mission to get your kids moving for 60 minutes or more every day, and this app is a great place to start. It features virtual experience challenges to get hearts pumping. Plus, users receive extra points for fun activities like going on a family walk or riding their bike. Unlock NFL gear and customize their in-app avatar, a great incentive to keep kids engaged and active!

3. Just Dance Now

Your whole family can play anytime with just a smart phone and an internet-connected screen to follow along with the choreography and dance to tons of popular music.

These apps are a great way to get your family moving, but without high-speed internet, you may find downloading them is more of an exercise in frustration. Call Twin Lakes today to make sure you have the reliable connection you need to power your family throughout the new year.