



JAN/FEB 2023
NEWS



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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.

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



Apply Today!

Deadline —
February 8th, 2023



Allardt Elementary School



Livingston Middle School

Foundation for Rural Service Community Grant Recipients

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 Allardt Elementary School and Livingston Middle School as recipients of the 2022 FRS Community Grant. For more information on the FRS Community Grant, please contact your local Twin Lakes office.

Tips for keeping your New Year's Resolutions

Many of us make resolutions this time of year. Change can be difficult no matter when you undertake it, so keep these tips in mind to help along the way.

- 1. Be realistic.** Set attainable goals or give yourself room simply to get a little better at something. Change can come in small increments.
- 2. Write it down.** Commit to what you want to achieve in writing. Make a plan and refer back to it often.
- 3. Talk it up.** Let a supportive friend or family member know what you hope for and keep them updated on your progress.
- 4. Be compassionate with yourself.** It's OK not to be perfect. Give yourself a break if you get off track.
- 5. Keep after it.** Persistence can be your best friend.

Good luck!

Comfort, Control and Convenience for the New Year!

Monitoring as low as **\$24⁹⁹ mo.**

Fully customized security and automation solutions for your home.

If one of your New Year's resolutions is to sleep better, Twin Lakes Security can help. Our smart home technology can help with convenient options for monitoring your home, including remote arming and disarming of your alarm and door locks, video surveillance, lighting and thermostat control, and flood and water detection. Have peace of mind — and sleep a little better — with Security from Twin Lakes.

Smart Home Automation Options



Arm/Disarm



Lock/Unlock Doors



Control Lighting



Control Thermostats



Detect Flood and Water



Get Text and Email Notifications

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Celebrating the Holidays in the Upper Cumberland

Twin Lakes had so much fun participating in the Christmas parades throughout the Upper Cumberland.

Visit the Twin Lakes Facebook page to see pictures from each parade!

