

# CONNECTION

## For Goodness Cakes

Ardmore business  
hits the road

TRILIGHT MOBILE

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INTERNET OPTIONS

# Get the Support You Need and Avoid Tech Support Schemes



Adobe Stock image by keppinon

**T**hese days, you don't have to be a technophobe to get fooled by scams. As criminals become more sophisticated, their messages and approaches have become convincing enough to fool anyone.

That's especially true if you think your computer might be at risk. Tech support scammers often tell elaborate stories to convince people they need to hand over their financial information or remote access to their digital devices.

The Federal Trade Commission offers advice for times you're unsure about someone claiming to offer technical support and provides steps you can take to protect yourself.

Real tech companies aren't in the habit of reaching out by phone, email or text message every time your computer might have a problem. If someone does, that's a red flag.

Legitimate security pop-ups and messages will never tell you to call a phone number for help. If your computer's security software detects a legitimate problem, it will likely recommend a virus scan and walk you through the process.

Look out for language telling you to move money to "protect it." Scammers may suggest depositing money in a "federal safety locker" or buying gold to give to someone. These protections are fake, and a real government employee will not demand payment in gold or cash. 📧

## Plan a StayCation

**T**aking a break doesn't necessarily mean long drives or booking a flight and a pricey hotel. Often, there are a wealth of adventures close to home, which means there's an affordable summer staycation right outside your door.

Here are a few tips to consider:

### BE A TOURIST

Pop online and check out travel sites like TripAdvisor for your area. Are you overlooking destinations closest to you? Make a short list of nearby stops and plan a visit. You may be surprised by what you find.

### GEOCACHING

Check your preferred app store for a geocaching app and prepare to enjoy real-world puzzle solving. Often, you'll be guided to a nearby state or national park where clues will challenge you to find hidden caches.

### VIRTUAL CONCERTS

Find a cozy spot and enjoy a virtual concert—as a bonus, there are no crowds. Options include YouTube Live Concerts or NPR's Tiny Desk Concerts. Both serve a range of musical tastes. And look for genre

specific options like K-Love OnDemand, which features Christian artists. All are typically free.

### A FAMILY OLYMPICS

Do you need to keep the kids moving? Organize a family Olympics. Go to a local park and choose events to suit all ages and abilities. Then, post your results on your favorite social media and challenge family and friends to join the fun. 📧



Adobe Stock image by master1305

# Hit the Books

## Online troves await digital bookworms

Story by DREW WOOLLEY

**T**here are few better ways to escape the heat and humidity than with a classic summer read. Finding your next great adventure has never been easier with the vast digital libraries available on the internet. Whether you're looking to relax with your favorite e-reader or find an audiobook for a long road trip, you can start reading and listening today.

### PROJECT GUTENBERG

Since 1971, a veritable army of volunteer book nerds has been expanding and maintaining this digital archive of classic reads as they enter the public domain. Today, the Project Gutenberg library includes over 75,000 free e-books that you can download and read in a web browser or on most mobile devices. While you won't find the latest best-sellers on Project Gutenberg, it is an excellent place to return to classics like "Pride and Prejudice" or "Moby Dick" without paying a cent.

### LIBBY AND HOOPLA

Your library card is already a passport to free reads, but did you know it may also hold the key to a treasure trove of digital books and audiobooks? Apps like Libby and Hoopla let you borrow books and audiobooks from participating libraries around the world simply by linking your card to an account. Check out popular reads on your phone, tablet or browser, but don't take too long. Just like with your local library, you can only borrow them for a limited time.

### LIBRIVOX

If you prefer to sit back and let someone read to you, or if you just

don't have the time to sit down with a book, LibriVox is your friend. You can find audiobooks, in various languages, recorded by volunteers worldwide. Much like Project Gutenberg, all LibriVox audiobooks are in the public domain. Audio quality and reading styles can vary widely from one title to the next, but if you're looking for a free repository of classic audiobooks read by real people, LibriVox has you covered.

Whether you want to dig into a timeless classic, settle in with the latest thriller or listen to a new favorite while tidying up, there have never been more ways to find free books online. Happy reading! 📖

### THE WIDE WORLD OF PODCASTS

It's easy to see why podcasts have become so popular in the last decade. Most are free, they're easy to find and the variety of topics means you're bound to find something that speaks to you.

If you aren't sure where to start, platforms like Apple Podcasts, Spotify and iHeartRadio host thousands of podcasts that explore science, business, comedy, narrative fiction and so much more. Try top-ranked shows or go searching for deep dives on your favorite topics.

# Cornerstone Connectivity: Built on Trust

## Live Life Connected

Since 1908, when the first telephone was placed in Ardmore, ATC has been at the center of keeping this community connected. More than a century later, our commitment to local, reliable care remains unchanged. A defining point in our company's history came in 2009, when Synergy (owned by West Kentucky & Tennessee Telecommunications Cooperative) purchased ATC, positioning ATC as a cutting-edge telecommunications provider. That partnership strengthened both organizations and set the stage for the close working relationship that followed.



**KAREN  
JACKSON-FURMAN**  
Chief Executive Officer

For almost two decades, WK&T and ATC have operated side by side; two organizations with shared values and a shared commitment to the people who rely on us every day. We've each built strong reputations in our communities, becoming the trusted names families turn to for connection, support, and dependable service. As our communities continue to grow, it's time for our brands to grow with them. That's why we are unifying under a single identity: Cornerstone Connectivity.

This change is not reflective of a buyout or a shift in ownership. It is a strategic step forward, one that brings our strengths together under one umbrella while preserving everything our customers value most. You will continue to work with the same employees, the same technicians, and the same local teams who have always been here for you. Our promise of local care, reliable service, and trustworthy support remains the same. What's evolving is the name that represents us, one that reflects the foundation we've built and the future we're ready to create together.

The name Cornerstone Connectivity reflects the role our companies have always played in the communities we serve; the steady foundation people rely on for connection, support, and trusted local service. It's a name built on strength, stability, and the belief that every home and business deserves a network they can count on. As WK&T and ATC continue to grow side by side, unifying under one identity allows us to bring that shared purpose forward with clarity and pride.

We will officially introduce Cornerstone Connectivity on May 19, during our Customer Appreciation Day. From that moment forward, you'll gradually begin to see our signage, materials, and communications transition to the new brand. The shift will be steady and intentional, ensuring a smooth experience while keeping the focus on what matters most: delivering the same local, reliable, and trustworthy service you've always known. 📞

**Ardmore**  
TELEPHONE COMPANY  
**CONNECTION**  
MAY/JUNE 2026 VOL. 14, NO. 3

The Ardmore Connection is a bimonthly magazine published by Ardmore Telephone Company, © 2026. It is distributed without charge to all customers of the 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:



Lori Whitt, owner of For Goodness Cakes in Ardmore, creates beautiful sweets like this Banana Pudding Crumble Cake. See story Page 8.

Photo courtesy of  
For Goodness Cakes



**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 phone (dial tone) service during a power outage—and to maintain the ability to connect to 911 emergency services—ATC offers customers a battery backup for \$135.90.

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.



# RV There Yet.

## Step off the beaten path at a campground

Story by DREW WOOLLEY

**W**ith remote work becoming more mainstream, it has never been easier to hit the road in a recreational vehicle. As more Americans realize the appeal of making their office a national park one day and a beach the next, 16.9 million households are interested in buying an RV in the next five years, according to the RV Industry Association.

“There are so many great things happening this year, from America’s 250th birthday to the World Cup,” says Monika Geraci, a spokesperson for Go RVing. “People are discovering that RVing is one of the best and most affordable ways to be a part of the action and see incredible places across the country.”

### GETTING STARTED

When it comes to choosing an RV, there are options. At its most basic, you can pack a car with gear and head out. If you’re ready for more, renting an RV is a possibility. Of course you can also buy your own. About 90% of all RVs produced are towable, which can be an affordable solution.

When planning your first trip, Monika recommends staying close to home. Pick a destination just 30 or 40 miles away so you can learn how to work the water and power hookups in a low-stakes environment. The one challenge new campers shouldn’t stress about is backing up the RV.

“Everyone is a beginner once,” she says. “Most people in the RV community are incredibly helpful. If you’re struggling, a neighbor will likely offer to spot you.”

### MAKING CAMP

Once you’re on the road, you’ll have plenty of pit stops to choose from. Deciding where to pull over and stretch your legs will mostly depend on the camping experience you want.

**RV parks and resorts:** These are the best sites for beginners and families. With amenities like pools, Wi-Fi and full hookups for your utilities, you’ll have everything you need to keep everyone comfortable and happy.

**State and national parks:** The place to be for anyone looking to get away from it all and enjoy some incredible scenery. Just don’t expect the same amenities and ease of use you’ll find at an RV park.

**Off the beaten path:** There are plenty of apps and online platforms that can help you find low-cost or even free “boondocking” options, meaning a dry camp without utility hookups. These can range from sites on private and public land to secluded spots that provide truly one-of-a-kind experiences. 📱



Adobe Stock image by dVende



Adobe Stock image by Non

### THE 2-2-2 RULE

Burnout on long drives is a real concern for beginners and veterans alike. A good rule of thumb to keep from overdoing it is to travel in twos:

- Drive no more than 200 miles at a time.
- Arrive at your destination by 2 p.m.
- Stay for at least two nights.

Following the 2-2-2 Rule can help drivers stay fresh and ensure everyone has time to enjoy the destination, rather than watching the world through a windshield.

### CAN'T-MISS STOPOVERS

**Anchor Down RV Resort** sits on Douglas Lake in Tennessee with views of the Great Smoky Mountains. Full-service sites with access to boating, paddling, fishing and scenic drives make it a perfect base for exploring the area.

If you're longing for something more coastal, don't skip **Topsail Hill Preserve State Park** in the Florida Panhandle. With a combination of dune lakes, beach access and convenient RV hookups, it blends natural beauty with biking, bird-watching and swimming excursions.

# For Goodness Cakes

## Popular Ardmore bakery prepares to hit the road

Story by LAURA MCGILL

Those in the know in the Ardmore area order their sweet treats from For Goodness Cakes. Now, with the help of an eye-catching pink food truck, appropriately named Sweetie, owner Lori Whitt is ready to bring her confections to festivals and other events.

Lori began baking up a wide assortment of cakes, cupcakes, cookies, brownies, cake bites and whoopie pies in 2018. When she started the business, she had two daughters in college and needed a way to help support them. “I had always baked for my children’s ball teams, so I knew this was something I could do,” she says. “I would get such joy in watching them eat my goodies.”

Entering her ninth year in business, Lori is grateful for the support of her family. Her husband, daughters and son all pitch in to help. From rolling cake bites, running errands and mopping the floors, everyone lends a hand. When the work gets extra busy, Lori relies on Kristy Hogan, who she describes as family and her best friend. “She has been a godsend and is such a hard worker,” Lori says. “I have other sweet friends who help me out on holidays as well. God has put awesome people in my path.”

### YEAR-ROUND DELIGHTS

While Lori makes plenty of custom cakes for weddings, birthdays,

anniversaries and other special occasions, the holidays allow her to have seasonal, creative fun. “Holidays are a big part of

my business, and I always try to offer different themed goodies,” she says. “My themed gift boxes are popular around



Photos courtesy of For Goodness Cakes

Lori Whitt, owner of For Goodness Cakes, named her newly renovated food truck Sweetie.

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Whimsical strawberry decorations adorn this custom cake.

the holidays, and I love putting them together.”

It all keeps Lori’s cherished mixers humming. The appliances even have names to reflect their importance to the business. “I have always believed that KitchenAid mixers are the best and are true workhorses. When I got my first black KitchenAid mixer, I knew I had to name it the Black Stallion,” she says. “I acquired Scarlet about four years ago, and her name comes from her red color.”

Lori had a brief scare during the Christmas baking season when Scarlet went down. Thankfully, her husband, a talented maintenance man, assessed the damage, ordered the part and got Scarlet back up and running in no time.

### BUSINESS IS GOOD

“When I think about where I am now compared to where I started, it makes me emotional because I never could have dreamed that the bakery would grow like

it has,” Lori says. “From year one to now it has at least quadrupled in growth. I have customers who have been buying from me from day one, but I have also gained a ton of new support from the community over the years. I have the best customers, and I am thankful to have a job that I love.”

Lori receives orders through pretty much any channel short of smoke signals. It can get a little chaotic at times. “I have customers who order on my Facebook post, Messenger, text and call,” she says. “I am not very tech-savvy, but thankfully my daughter is, and she helps me keep all of this straight.”

Ardmore Telephone Company plays a vital role at For Goodness Cakes. “My ATC service has been very reliable, and we have not had any issues,” Lori says. “They have enabled me to stay connected to my customers and keep my business thriving.”

High above her praise for family, friends, community support and reliable internet service, Lori points to God for

### LOOK FOR SWEETIE

With business plans dancing in her head, Lori Whitt, owner of For Goodness Cakes, bought a 29-year-old food truck last summer. She and her husband rolled up their sleeves and got to work stripping off old paint and remodeling the inside of the truck she named Sweetie.

With a pretty-in-pink new look from Zach Jones at z7 Graphix in Hazel Green, Sweetie came to life. “I told him that I didn’t want her to look like a race car, that she was a princess, and he nailed it,” Lori said.

Follow For Goodness Cakes on Facebook to find out where Sweetie will be. “We are not sure where all we are going to go, but are super excited about the possibilities,” Lori says. “We plan to do festivals, pop-ups at businesses and any other events that we are invited to join!”

her success. “Everything good that is happening in this bakery is from God,” she says. “He has blessed me beyond measure to be able to do what I love and to serve my customers.”

That service is a message Lori baked into the business from the very beginning. “The name came to me early on. My Bible verse is Psalm 34:8: ‘O taste and see that the Lord is good. Blessed is the man who puts his trust in him.’” 📱



Generously filled whoopie pies are always a favorite.

# Wiener take all!

## Dash to a dachshund race for a howling good time

Story by SARA DIAMOND PATTERSON

**C**an you see a wiener dog and not smile? Most people can't. With their extra-long bodies, wide smiles and constantly wagging tails, dachshunds just look silly. And they know it.

"Dachshunds make people smile because they're tiny dogs with huge personalities," says Debbie Kiker, dachshund enthusiast and director of Alabama's Hueytown Chamber of Commerce. "Watching them waddle and wiggle, it's impossible not to laugh—it's pure happiness on four short legs."

Developed in Germany to hunt badgers, dachshunds' powerful, slinky build, strong jaws and distinctively loud voices were perfect for that calling. Some 300 years later, they're more adept at burrowing into the covers and hunting down snacks. Today they're seeing success in a different sort of sport.

### SPEED DEMONS

When you think of dachshunds, speed likely doesn't come to mind, but they can run up to 15-20 mph for very short distances. Some folks in Australia noticed this, and in the 1970s began what evolved into today's dachshund racing.

More chaos than competition, there's no official standard, but most race-courses are 50-100 yards long. Each dog has a two-person entourage. One handler waits at the starting line with a pup to send flying to the other, who motivates the racer with a squeaky toy, snack or just love at the finish line.

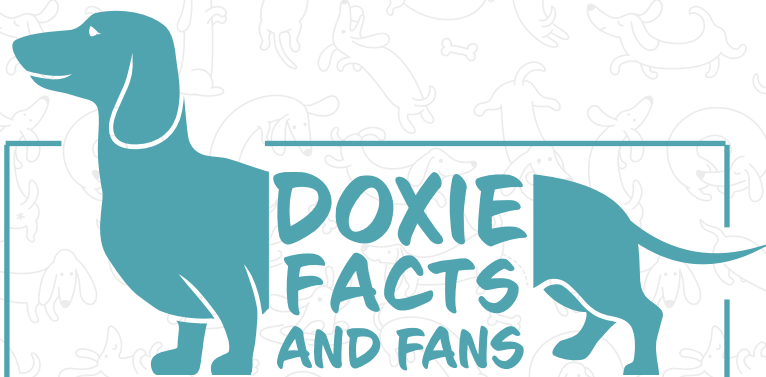
The Hueytown Chamber brings the doxies to town as part of PAW Palooza, a full day celebrating all things canine.

"What I love best about the weenie dog races is the smiles, and it brings the community together," Debbie says. "The dogs steal the show, and it's all just good, lighthearted fun. Just being involved is the fun of it all, seeing the dogs run, or wander, and the crowd cheering. Everyone is just enjoying the moment. Some dogs sprint, and some stop and sniff. Every run is a surprise."

The chamber is considering moving PAW Palooza to April, as September can be a little steamy for tiny-legged racers so close to the ground. For updates, find PAW Palooza & Wiener Dog Race on Facebook. [📱](#)



AI-generated image by Brandon Pomrenke/FreePik



## DOXIE FACTS AND FANS

National Dachshund Day is June 21, the longest day of the year.

Napoleon Bonaparte was very fond of his dachshunds. The last four he owned are reportedly buried with him in the four pedestals holding his sarcophagus at Les Invalides in Paris.

John Wayne's dachshund, Blackie, alerted his family to a house fire in 1958 in Encino, California, while the actor was filming on location in Japan.

"Being the owner of dachshunds, to me a book on dog discipline becomes a volume of inspired humor. Every sentence is a riot."

—"Charlotte's Web" author E.B. White

"Nothing will turn a man's home into a castle more quickly and effectively than a dachshund."

—Queen Victoria

### FAMOUS DACHSHUNDS

#### Crusoe

A miniature black and tan from Canada, Crusoe enjoys internet fame for his pet blog, New York Times' bestselling book and YouTube videos in homemade costumes. More than 3 million people follow him and his brother, Oakley, on Facebook.

#### Slinky Dog from 'Toy Story'

Part metal, part dog, all heart, Slinky Dog is quite possibly the most famous doxie of all, introducing generations of children to the breed.

#### Lump

Pablo Picasso was, by all accounts, smitten with his dachshund, Lump, and incorporated the pup into many of his later pieces.

# TRILIGHT MOBILE: Your Questions Answered

## Get ready to make the switch to local, reliable service

In December 2025, Ardmore Telephone Company launched Trilight Mobile, a new cellular service that combines nationwide coverage with local care.

“For ATC, joining forces with Trilight is a natural extension of our mission. It allows us to offer mobile services that are reliable, affordable and supported by people you already know,” ATC CEO Karen Jackson-Furman says. “When you have a question, you won’t be routed to a distant call center. You’ll talk to someone right here at home.”

To support a smooth transition for customers, ATC offers the following FAQ.

The ATC customer service team is available to answer any other questions you might have at 877-934-0477, [trilight.sales@ardmore.net](mailto:trilight.sales@ardmore.net) and [www.ardmore.net/trilight-mobile](http://www.ardmore.net/trilight-mobile).

**Q: Will customer support be provided by local representatives?**

A: Absolutely. The same ATC employees you count on now for your internet, voice and security services will be the ones answering the phone when you call.

**Q: Will switching to Trilight Mobile require me to replace my phone or change my number?**

A: No. If you want to, you can keep your current phone and your number. You can also use this time to make some changes and get a new phone or number. Your device must be fully paid off and not under contract.

**Q: Is it difficult to switch to Trilight Mobile?**

A: Switching to Trilight Mobile is a streamlined process. The ATC team is available to support you at every step, and all essential information is also

provided in a clear, easy-to-access format on the ATC website.

**Q: Is Trilight Mobile affordable?**

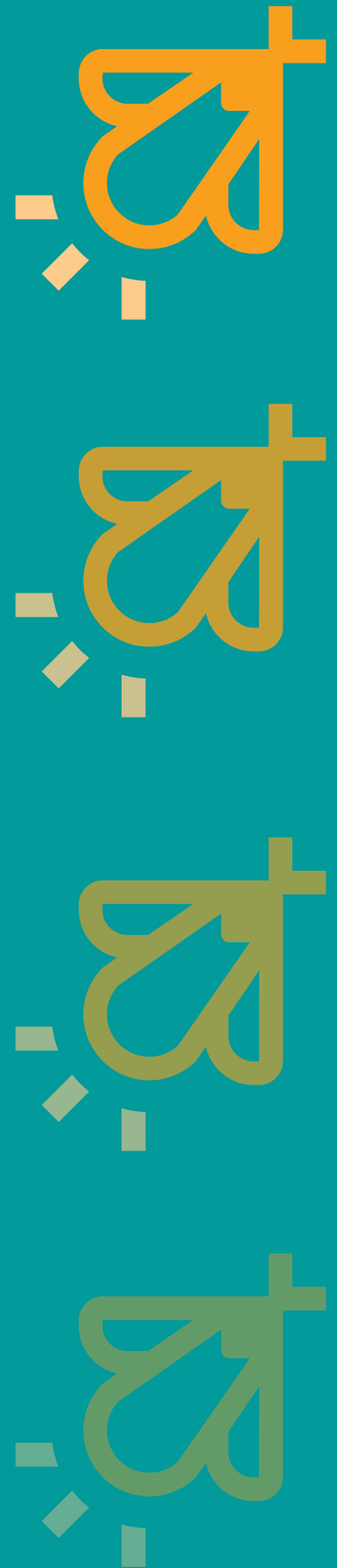
A: Yes. ATC offers three monthly price options starting at only \$19.99.

**Q: Are there any promotional offers?**

A: Yes! You can take advantage of the First Line Free\* promotion when you sign up for new internet service or upgrade your existing internet service, plus enroll in AutoPay, Paperless Billing and an active lease of ATC Wi-Fi router.

Customers who use a ATC Wi-Fi router and are enrolled in both AutoPay and Paperless Billing will receive a \$10 monthly credit. Members who meet two of the three requirements will receive a \$5 credit. 📞

\*See [www.ardmore.net/trilight-mobile](http://www.ardmore.net/trilight-mobile) for complete information.



# One Size Doesn't Fit All

Find the right ATC internet



## Living Connected

Fiber for the speed of life!

### plan for your lifestyle



Power User



Pro User



Practical User

As your family grows, you may need a larger SUV for everyone's comfort. After the kids leave the nest, a smaller car might make more sense.

What you drive is one of the many things you'll evaluate over time, making changes when needed. But when was the last time you stopped to consider your internet service? Is it right for your needs today?

ATC has plans designed for smart home connectivity, productivity and simplicity, and the ATC customer support team is ready to help you find the perfect fit.

#### SERVICE WITHOUT SACRIFICE

Choosing the right plan comes with the assurance that you will always receive the key features you need. All plans include:

- 24/7 tech support—Get help any time.
- Professional installation—Expert setup included.
- Wi-Fi router—Enjoy high-performance service.
- ATC Control App—Includes easy-to-use Wi-Fi remote control.
- Cybersafe browsing—Enjoy protection from threats, viruses and intrusions.

How your family uses the internet will guide you to the right plan.

#### POWER USER PLAN

The Power User Plan is designed to help you power through the day and play through the night without compromise. Enjoy ultra-fast 2,000/2,000 Mbps speeds built for 4K streaming, gaming and remote work, with low-latency performance that keeps your important video calls and competitive play smooth and interruption-free. Support all your devices at once with reliable coverage. Plus, get built-in security, easy app-based controls and device prioritization for the times when it matters most.

#### PRO USER PLAN

Ideal for busy families, the Pro User Plan's 1,000/1,000 Mbps speed delivers smooth video calls, fast uploads and reliable performance for remote work or school. Stream in 4K, scroll social media and connect smart home devices without buffering. Advanced Experience Wi-Fi helps ensure consistent coverage, while

built-in security, parental controls and screen time tools protect your network and manage family use. Easily prioritize devices and manage everything in one app.

#### PRACTICAL USER PLAN

The Practical User Plan keeps you comfortably connected with consistent service for streaming, browsing and online shopping. The 300/300 Mbps speed lets you enjoy clear video chats with family. ATC's local Wi-Fi experts are always available for setup and support. Indoor Wi-Fi is included, with no extra fees for equipment or installation. Protected Wi-Fi adds built-in cybersecurity to safeguard your personal information. Easy sharing lets your visitors connect in seconds.

ATC has a quick, six-question quiz to make choosing the right internet plan easy. Go to [www.ardmore.net/internet](http://www.ardmore.net/internet), answer a few questions about your internet lifestyle and find your ideal plan. The website also provides more information and access to digital literacy training. The customer service team is available at 800-830-9946 or [customerservice@ardmore.net](mailto:customerservice@ardmore.net).

## 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.



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

800-830-9946 | [www.ardmore.net](http://www.ardmore.net)



# Redemption Recipes

Childhood dinner villains return as comfort-food heroes

**B**russels sprouts, kale and other greens, peas, mushrooms or pickled beets. There's a long list of foods that grossed us out as kids. Sprouts were squishy. Greens were bitter. Peas were pushed to the side. Pickled beets were vinegary, and mushrooms were just strangely mushy.

So why is it that as we age, some of us grow to love those foods?

"As infants and children, we are born preferring sweet tastes," says registered dietitian Danielle Townsend. "As we age, our other taste senses develop, which opens up our palette to foods that we didn't like before."

Here are some ideas using those once-hated ingredients in dishes that just might become part of your regular dinner rotation.



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

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

## TUSCAN SPINACH CHICKEN

- |   |                                   |     |                             |
|---|-----------------------------------|-----|-----------------------------|
| 1 | tablespoon olive oil              | 1   | cup cherry tomatoes, halved |
| 4 | boneless skinless chicken breasts | 1   | teaspoon garlic powder      |
|   | Sea salt, to taste                | 3   | cups baby spinach           |
|   | Ground black pepper, to taste     | 1/2 | cup heavy cream             |
| 1 | teaspoon oregano                  | 1/4 | cup Parmesan cheese, grated |
| 3 | tablespoons butter                |     | Lemon wedges, for serving   |

Heat oil in a skillet over medium heat. Add chicken and season with salt, pepper and oregano. Cook until browned on both sides, about 8 minutes per side. Remove from the skillet and set aside.

In the same skillet over medium heat, melt butter. Add cherry tomatoes and season with salt, pepper and garlic powder. Cook until the tomatoes begin to soften, then add the spinach and cook until it starts to wilt.

Stir in heavy cream and Parmesan and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes. Return chicken to skillet and cook until heated through, 5 to 7 minutes. Serve with lemon wedges.





## PEA SALAD WITH SMOKED ALMONDS

- 2 16-ounce packages frozen peas
- 6 ounces smoke-flavored almonds, finely chopped
- 1/2 sweet onion or more to taste, finely chopped
- 1/2 cup mayonnaise or reduced-fat mayonnaise
- 1/2 cup sour cream or light sour cream
- Ground black pepper, to taste
- 1/2-1 cup cheddar cheese, shredded

Place frozen peas in a colander and rinse under cold water until thawed. Drain and transfer to a large bowl. Add almonds and onions. Mix well. Fold mayonnaise, sour cream and black pepper into the pea mixture until evenly coated. Transfer to a serving container and top with shredded cheese. Cover and refrigerate until serving.

## ROASTED BEET PANNA COTTA WITH CANDIED WALNUTS

- 1 pound beets, scrubbed with stems removed
- 1 teaspoon powdered gelatin
- 2 tablespoons water
- 2 cups heavy cream, divided
- 3 tablespoons sugar
- 2 teaspoons lemon juice

### CANDIED WALNUTS

- 1/2 cup walnuts
- 1/4 cup maple syrup

Preheat oven to 400 F.

Wrap each beet loosely in foil and roast on a baking sheet for 1 hour or until tender. Remove beets from the oven and set aside to cool.

Stir the gelatin and water together in a small bowl. Let soak for 5 minutes.

Peel and discard the beet skins and place flesh in a blender along with 1 cup heavy cream. Puree until smooth.

Combine the remaining cream with the sugar and lemon juice in a large pot over medium heat. Warm until the cream becomes hot to the touch, but not boiling. Add the softened gelatin, remove from heat and stir until dissolved. Add the pureed beet mixture to the pot and stir until combined. Pour into a desired vessel, such as a pie plate. Let chill completely before serving, at least 4 hours.

For the walnuts: Combine the walnuts and syrup in a saute pan over medium heat and cook the nuts, stirring constantly, until the sugar dries and crystallizes, about 5 minutes. Set the nuts aside to cool.

To serve, spoon the panna cotta into individual serving dishes and garnish with candied walnuts.



## CHEESY BAKED BRUSSELS SPROUTS



- 5 slices bacon
- 3 tablespoons butter
- 2 small shallots, finely chopped
- 2 pounds Brussels sprouts, halved
- Kosher salt
- Cayenne pepper, to taste
- 3/4 cup heavy cream
- 1/2 cup Swiss or Gouda cheese, shredded
- 1/2 cup sharp cheddar cheese, shredded



Preheat oven to 375 F.

Cook bacon in a large ovenproof skillet over medium heat, stirring occasionally, until crispy, about 8 minutes. Using a slotted spoon,

transfer to a paper towel-lined plate and let cool slightly. Discard bacon fat.

Return the skillet to medium heat and melt butter. Add shallots and Brussels sprouts. Season with salt and cayenne. Cook, stirring occasionally, until tender, about 10 minutes.

Meanwhile, transfer bacon to a cutting board and finely chop.

Remove skillet from heat and drizzle with cream. Top with Swiss cheese, cheddar and bacon. Bake the casserole until the cheese is bubbly, 12 to 15 minutes.

**NOTE:** If the cheese isn't nicely browned, broil, watching closely, for about 1 minute.



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