

# **EConnection**

# \$5,000 BOOST FOR YOUR COMMUNITY!

**Don't miss out on the FRS Grant!** Applications are now being accepted to The Foundation for Rural Service Community Grant! Sponsored by GBT, the FRS Community Grant invests funds to support local efforts of non-profit entities to build and sustain a high quality of life in rural America. Past GBT winners have collectively boosted their communities with nearly \$18,000 in grant funds!

Being a GBT Customer allows you access to this National Grant Program, with GBT providing 10% of the Grant Award. Plus you'll receive the expertise of a grant writer who will review submitted applications to improve your chances for selection!

#### FRS provides PRIORITY to projects that:

- can be fully funded by the grant maximum of \$5,000 or at least 75% of the project:
- focus on Technology and Broadband;
- have a long-term impact for the community and its residents;
- promote community participation and engagement;
- create a more sustainable rural community!

#### FRS will NOT AWARD projects to:

- Individuals
- Scholarship Programs
- International Organizations
- Lobbying and Political Activities
- Ticketed Events
- Infrastructure/Building campaigns
- Capital Campaigns

- Endowments
- Event Sponsorships
- Community Food Programs
- Loan Repayments
- Religious-based Activities
- For-Profit Businesses

Grants range from \$250 to \$5,000 in the categories of Business and Economic Development; Community Development; Education; or Telecommunications.

Contact Kara Jecha for more information at 785-372-4236. Email applications in PDF format to marketing@gbtlive.com by July 15, 2023.

## GBT Directory Photo Contest is now open!

Want a chance to showcase your photography skills and let the Golden Belt area see your talents? Every year GBT holds a contest to choose the new cover for our Directory. The contest pays \$100 to the winner and is open to all GBT customers and their families.

This year we have decided to add a theme to the photo challenge... the 2024 theme is "Innovation." We can't wait to see how you incorporate this theme into all of your amazing pictures!

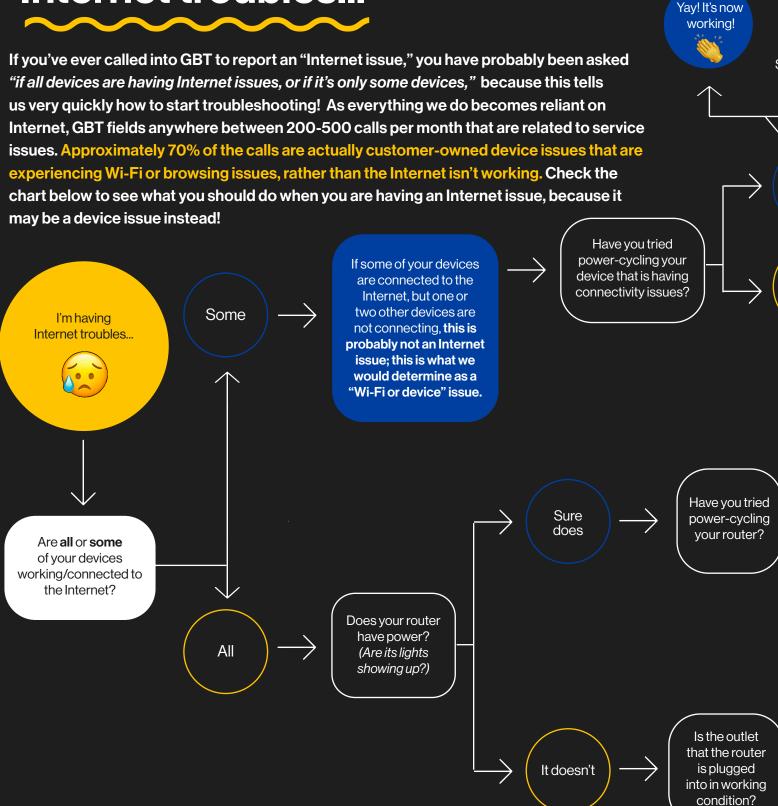
#### Pictures must be:

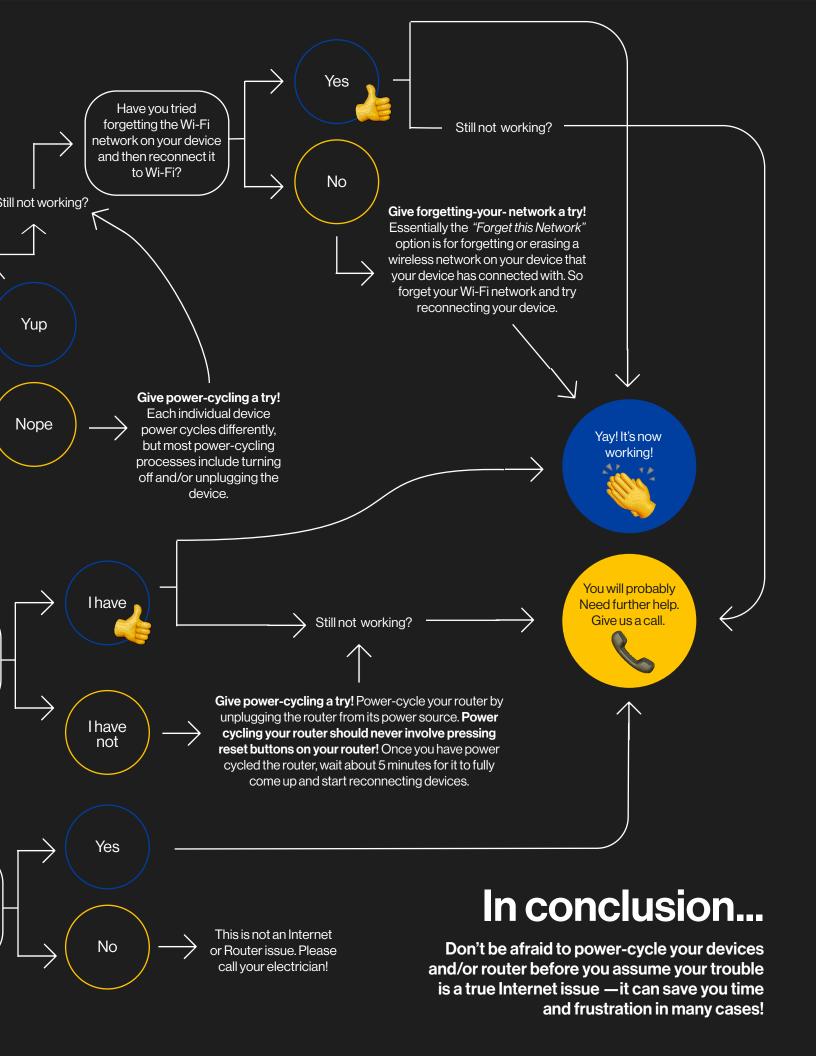
- taken in the GBT service area
- submitted by August 13th
- submitted digitally via email for quality purposes
- There is a 10-picture limit on the number of submissions by one person.
- Please include name and where the photo was taken on all submissions.

Send your pictures in today - you may win the \$100! Submit all photos to marketing@gbtlive.com.



# What to do when you have Internet troubles...







### New FAST Channels For StreamIT TV

As many of our StreamIT TV customers might be aware, GBT recently added over 50 channels to all of our TV packages and can be found in the 9000 block of our channel lineup. These FAST (Free Ad Supported Streaming) channels are available to our customers at no additional monthly charge because of our agreement with our Streaming Vendor who provides our StreamIT TV platform. Channels like Accuweather, NewsMax, Hallmark Movies & More, USA Today and others are now available to any customer who subscribes to GBT's StreamIT TV service. Since these channels are a value added free service, GBT does not have control over what programming is available, cannot guarantee channels won't change or go away, and these channels do have some restrictions including the inability to record, replay, or fast-forward through them. We hope you enjoy some of these additional channels at no extra cost!



### NEW TO #TEAMBLUE

Trent
Combination Technician

#### Tell us a little bit about yourself...

I was born and raised in Hays. I was previously employed at a landscape company.

#### How did you get to GBT?

My grandpa knew Dustin (GBT POS Engineer) and through him heard about a GBT Technician position opening. My grandpa encouraged me to apply. I have always enjoyed learning technology and was excited about the opportunity.

## What are you looking forward to most about working for GBT?

Like I said, I have always enjoyed learning. I hope to expand my knowledge and in return, help our customers.

Tell us one interesting fact about yourself...

I love to hunt but I hate fishing! I can sit in a tree stand for hours upon hours but I can't sit for more than 30

#### **Recipe of the Month:**

#### Corn, Tomato, and Avocado Pasta Salad

#### Ingredients

1 pound short cut pasta 1 cup fresh basil, roughly chopped 1 cup cubed sharp cheddar cheese 1/3 cup extra virgin olive oil 1/4 cup grated parmesan, manchego, or pecorino cheese

2 tablespoons fresh lemon juice
1 tablespoon fresh chopped chives
1 pinch crushed red peppers flakes
1 pinch (each) kosher salt and pepper
4 ears grilled or steamed corn, kernels
removed from the cobb

2 cups cherry tomatoes, halved 1 avocado, diced

Corn, Tomato, and Avocado Pasta Salad. If you're going to eat a salad today, it should probably be this salad. It's the perfect quick fix salad that's almost no cook and comes together in minutes. Grab your favorite pasta, fresh cherry tomatoes, sweet corn, basil, cheddar cheese, and an avocado...toss it all together, and done. It's summery, healthy, and so good!

minutes fishing.

#### Directions

1. Bring a large pot of salted water to a boil. Boil the pasta to al dente, according to package directions. Drain.

2. Meanwhile, add the basil, olive oil, cheddar, parmesan, lemon juice, chives, and a pinch each of crushed red pepper flakes, salt, and pepper to a large serving bowl. Add the hot pasta and toss vigorously to combine.

3. Add the corn, and tomatoes, tossing to combine. Top the pasta with avocado. Season with freshly cracked pepper and salt.

Recipe by: Half-Baked Harvest (halfbakedharvest. com)





Ellis

101 W 9th | Open: Mon., Wed., Fri. 8 am - 12:30 pm; 1:30 pm - 5 pm

#### Ness City

114 W. Main | Open: Mon.-Fri. 8 am - 5 pm

#### St. John

602 NUS Hwy 281 | Open: Mon.-Fri. 8 am - 1pm; 2pm - 5pm

#### Larned

122 W. 5th | Open: Mon.-Fri. 8 am - 11:30 am; 12:30 pm - 5 pm

#### **Rush Center**

103 Lincoln St. | Open: Mon.-Fri. 8 am - 5 pm



If you have questions or comments about this newsletter or any of our services, please email us at marketing@gbtlive.com

Kyle Bahr. Editor I Kara Jecha. Editor I Addie Flax. Graphic Design