

# RURAL IS COOL

## HOW TO DISAGREE ONLINE (AND KNOW WHEN TO BOW OUT) Civil discourse can be challenging so keep these strategies in mind

It seems like everyone on the internet today has an opinion — about politics, about health care, about virtually any topic — and is ready to take a stand. A simple post or shared article can rub someone (including you) the wrong way, and the gloves are off, with Caps Lock enabled as the weapon of choice.

Part of this behavior stems from people feeling bolder while online. Compared to in-person discourse, social media can provide a sense of pretection from the consequences of harsh words. This is known as the online disinhibition effect, and it can lead to conversations filled with internet trolls and keyboard warriors that often get nasty. But things don't have to sink to those levels.

The following strategies can help you navigate these heated discussions and quickly recognize when it's time to walk away and find something else to do.

### Don't Make It Personal

When arguing online, go after the message, not the messenger. It's far too easy to just start hurling insults at the other person because they don't agree with you. But that doesn't help you make your case. If anything, you create a negative impact on the outcome.

Instead of getting personal, focus on the statements with which you disagree. If you can't keep things from getting personal, it's time to step away.

### Take A Few Deep Breaths

It's always a good practice to pause and think about your response before reacting to someone, both online and off. When you feel yourself getting riled up by a conversation online, take a few deep, calming breaths before you post.

When we respond before reflection, we let our anger do

the talking. It's the same as when you get a critical email at work or from a family member. Responding right away can lead to saying things you later regret. If taking a few deep breaths doesn't calm you down, try going for a walk. Should that not work, you may want to end the conversation.

### Don't Assume People are Being Untruthful

When you're in a heated online discussion, it's easy to assume the other person is exaggerating reality when they present a point of view that is different from yours. But calling people out and expecting them to prove themselves to you won't lead to a productive conversation and will likely result in further conflict.

Instead, take a few minutes to research what's being said, then respond based on your findings.

### Take the High Road

Sometimes the best way to deal with an argument on the internet is to simply take the high road and walk away. Arguing, in general and with people online, often brings nothing but frustration and negativity to your life.

If you see a conversation blowing up into a fight, walk away. It's not worth your time or your energy. Plus, walking away is better for your mental health.

### Be Kind

As much as possible, be kind to those you interact with online. Remember, they're human. They could be having a bad day, or going through something terrible in their life (and feeling the need to take it out on someone — though that's no excuse).

Responding with kindness has been proven to reduce stress, promote happiness, and improve overall well-being. You might not win the argument, but at least you walk away with your own personal victory. - WebsiteCompass

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**IMPORTANT DATES:** BTC WILL BE CLOSED FOR THE FOLLOWING HOLIDAYS  
Labor Day, Monday, September 7th • Veterans Day, Wednesday, November 11th •  
and Thanksgiving Day, Thursday, November 26th •  
**ANNUAL MEETING - Saturday, October 31st**

# News From Your Manager



Randy Grogan

Hello Members! It is hard to believe this year is past the halfway point and summer is coming to a close. To say this year has been unique is an understatement. BTC has had to adapt to this new world of Covid-19 and we appreciate your understanding of how we have had to transact business.

Our lobby has been closed for nearly half the year and we have heard no complaints. We have adapted to doing business at our drive through window and by phone. Our office staff have done a great job of assisting our customers. Our guys outside have been busy helping new customers set up their services and then helping maintain members' services. We managed to acquire enough personal protection equipment for our staff in order to keep you and them safe; even though, in the early stages of the outbreak of the virus in our area, this protection equipment was very difficult to obtain.

During the months of March, April and May we had nearly double the new internet customers than in previous months. This was understandable in that many people were required to work at home and students were trying to finish their school year on-line. Our Cooperative is very blessed to have a state-of-the-art high-speed broadband internet service. Some of the nearby areas are not near as fortunate. One area is New Hope in McCracken County adjacent to our service territory. The students living in this area do not have the ability to do the online virtual schooling if schools are closed and working from home is not an option for them like it is for us. This area is where we will be building our fiber-to-the-premise network in the near future using the USDA ReConnect grant monies that we were awarded earlier this year. In the last week, we were given the green light to file an engineering contract to begin engineering this project. We are excited to begin working engineering and building this project and I know the people in the New Hope area are even more excited to see BTC's network coming soon to their neighborhoods.

The time for the Cooperative's annual meeting is just around the corner. We do not expect things to change much with Covid-19, so to be able to appropriately plan for this year's meeting, the decision has been made to have a virtual annual meeting with drive through registration, voting, and then a virtual meeting on Saturday, October 31st. Please stay tuned for plans for the meeting as we approach our meeting day. We will share information about how the meeting will be conducted and during our virtual meeting we will let you know what has been going on with your Cooperative over the past year and let you know about our future plans. Please bear with us during these unusual times.

Thank you again for your patronage of BTC and have great rest of your summer!



PROUDLY SUPPORTING THE  
**CLASS OF**  
**2020**



McKell DeRezza  
McCracken County High School



Hannah Dixon  
Ballard Memorial High School

RECIPIENTS OF THE BTC/HARLON PARKER MEMORIAL SCHOLARSHIP

## 2020 ANNUAL MEETING AND TRUSTEE ELECTION

This is your official notice of meeting and annual report. The Annual Meeting and Trustee election has been set for Saturday, October 31, 2020.

The meeting will be held virtually online. Drive through registration and voting for the meeting will be held prior to the meeting. More detailed information on the process will follow nearer to the date of the meeting. The meeting will be called to order at 2:00 p.m. for the election of the La Center and Wickliffe Trustee positions. The incumbents are Joe B. Whipple for the La Center exchange and Jack Giles for the Wickliffe exchange.

Every member is entitled to one vote; where two people hold a joint membership, either may vote, but not both. The purpose of this meeting is to transact business and allow you to take part in your cooperative.

### DEAR MEMBER SUBSCRIBER:

We would like to clarify what the bylaws say about voting so you can be aware before the Annual Meeting. In Article III Section 5, the bylaws state "Each member shall be entitled to only one vote upon each matter submitted to a vote at a meeting of the members." Therefore, only the person or persons listed on the membership are entitled to vote. If the membership is listed as a joint membership both spouses' names, either may vote, but not both. A spouse may not vote if the membership is only the other spouse's name whether the other spouse is alive or deceased. The staff will be following the bylaws as written for the upcoming annual meeting and election which states only the member is entitled to vote. Although, everyone that attends will be eligible for the drawing for gifts. Thank you and we look forward to seeing you at the October 31st annual meeting of the membership.

BTC Management

## POSITIONS AVAILABLE FOR TRUSTEE ELECTION 2020

If you would like to serve as a Trustee for BTC, petitions are available for the upcoming Board of Trustees election at the headquarters building in LaCenter.

Completed petitions must be returned by Friday, September 25, 2020. Trustee elections will be held for the exchanges of La Center and Wickliffe.

You must reside in one of these exchanges (La Center or Wickliffe) and have a petition signed by at least fifty (50) members of BTC with active service.

For more information regarding the trustee election, members may contact Randy Grogan, CEO/General Manager or review BTC's by-laws in the telephone directory.

The Annual Meeting is scheduled for Saturday, October 31, 2020. Due to the Covid-19 pandemic, the meeting will be held online virtually at 2:00 p.m. with a drive through registration and voting to precede the meeting. More detailed information will follow nearer to the date of the meeting.

### HAVING AN ISSUE?



Don't forget that our office is open on Saturday mornings until noon to resolve troubles.

CALL 270-665-5186

### BTC is now a member of 811



### CALL BEFORE YOU DIG

One free, easy call gets your utility lines marked and helps protect you from injury and expense!



Ballard Telephone Cooperative  
 159 West Second Street  
 P.O. Box 209  
 La Center, KY 42056  
 (270) 665-5186  
[btcservices.org](http://btcservices.org)

[www.btcservices.org](http://www.btcservices.org)



- Preheat oven to 350 degrees.
- Spray 9x13 baking dish with cooking spray.
- Press a can of the crescent rolls to the bottom of the dish, making sure to reach the edges.
- Bake the first layer of crescent roll dough till just done, maybe 5-8 minutes.
- Combine softened cream cheese, sugar and 1 teaspoon of vanilla.
- Spread mixture over crescent rolls.
- Roll the remaining crescent roll over the top and stretch to the edges and seal.
- Brush across the entire top of the crescent roll with the melted butter.
- Sprinkle the top with 1 tablespoon of cinnamon and 4 tablespoons of sugar.
- Bake for about 30 minutes, or until golden brown.
- Eat warm (it will be a hot mess!) or let cool and chill for several hours before serving.
- Slice into triangle or squares, drizzle with a little honey if you like and serve!

**INGREDIENTS**

- 2 - 8 ounce cream cheese, room temperature
- 1 cup sugar
- 1 teaspoon vanilla
- 2 - 8 ounce cans refrigerated crescent rolls
- 1 tablespoon ground cinnamon
- 4 tablespoons sugar
- 1/4 cup butter, melted
- 1/4 cup of honey

Recipe provided by Kim Bailey

# SOPAPILLA CHEESECAKE