

CONNECTION



Living intentionally

Camp guides kids toward deep thinking

**FAMILY
BUSINESS**

**TRAVELING
WITH PETS**



By Shirley Bloomfield, CEO
NTCA-The Rural Broadband Association

Serious security


NTCA members are committed to protecting you

Everyone should take cybersecurity seriously, managing passwords and being aware of all the possible threats to your personal information, finances and more. That’s not meant to frighten you, because you do have help. NTCA member providers across the nation take your security as seriously as you do, and they work daily to secure the networks bringing you the critical internet-based services you need.

Recently, I had the opportunity to share more about NTCA’s cybersecurity efforts for both consumers and broadband providers, including CyberShare: The Small Broadband Provider ISAC, through a meeting with U.S. Cybersecurity and Infrastructure Security Agency Director Jen Easterly.

CISA recently launched the Secure Our World program to raise awareness about cybersecurity best practices and empower the public to take proactive steps to protect themselves online. Resources available to the public include a public service announcement, tip sheets on topics like phishing, multifactor authentication and the importance of creating strong passwords and updating software. And there is even a bingo board to make this critical topic engaging for the youngest internet users.

Also, Cybersecurity Awareness Month each October highlights these important issues and emphasizes that you’re also part of the team helping keep us all safe. While NTCA members work behind the scenes, you can help by recognizing phishing attempts, choosing strong passwords and more. Visit cisa.gov/secure-our-world for more.

Together, we’ll help keep everyone safe and secure online. 

Password management


Essential tools to keep you safe



Adobe Stock graphic by Jemastock

From work and school to games and streaming entertainment services, access relies on passwords. The U.S. Cybersecurity and Infrastructure Security Agency suggests you consider using a reliable tool to manage these key bits of information – password managers.

Memorizing complex passwords for multiple accounts is difficult, or impossible. So, sometimes passwords are too simple and easily hacked. Password managers, though, can help.

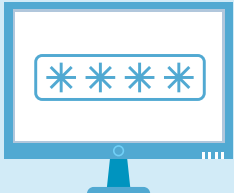


THE BASICS:

A password manager is a software tool that organizes all your passwords. Then, a single master code unlocks this vault – encouraging use of long, complex passwords.


FREE BUILT-IN MANAGERS:

Web browsers, including Safari, Chrome and Edge, have built-in password managers, and these can be accessed across devices like computers and phones. These may suffice for those with only basic needs, but they are limited. For instance, passwords in Apple’s Safari aren’t accessible on an Android phone running Google Chrome.




PAID TOOLS:

For more robust options, there is software like LastPass, 1Password and Bitwarden. These work across multiple types of devices and have additional features, such as the ability to generate passwords and integration into your favorite web browser.



TWO KEYS FOR SUCCESS:

Make your master password long, reliable and unique. Sixteen characters is recommended. Also, regularly review your stored passwords to remove passwords for accounts you no longer use.



From pages to pixels

E-books are changing the way we read

Readers today can find themselves facing a technological conundrum. While many book lovers treasure traditional books, electronic devices, designed to make reading more comfortable and accessible, are hard to ignore.

For some, there's nothing like the sensation of holding a book and feeling the paper as the pages turn. Printed books will always have emotional, if not monetary, value as collectibles. And they certainly aren't going anywhere.

These days there are countless options of things to download and read on our phones and tablets, but dedicated, handheld electronic book readers, often called e-readers, offer text and lighting customizations and many other conveniences to enhance the reading experience. Nonreflective, electronic-ink displays give them a paper-like look and make it easier to read outdoors compared with reading on a phone or tablet. And, dedicated e-readers present fewer distractions — you won't be interrupted by notifications, calls or texts.

Over the past few years, the price of e-readers has fallen while the hardware has improved. High-end features, such as backlit, high-resolution screens and waterproofing, are standard. If you don't have an e-book reader, there's never been a better time to invest in one.

E-READERS' EDGE

- **Portability:** E-readers are lightweight and can store thousands of books.
- **Customization:** Most allow you to adjust the font and size, background

lighting, etc. They can make reading accessible for individuals with visual impairment by providing text-to-speech and other customizations.

- **Searchability:** E-readers' built-in search functions mean you can easily find a favorite quote or passage in the book.
- **Built-in resources:** Dictionaries and thesauruses allow for immediate definitions.
- **Environmentally friendly and affordable:** No trees are harmed in e-book production, and they usually cost much less than traditional books.

WHICH ONE IS BEST?

Amazon Kindle is synonymous with e-reader for good reason. According to both *Wired* magazine and *The New York Times'* *Wirecutter*, the Kindle is the most affordable, best and easiest choice for reading electronic books.

- **Amazon Kindle:** With a 6-inch screen and a high pixel density for sharper text, the least expensive Kindle — around \$100 on Amazon — offers just about all the advantages of the more expensive e-readers. If you're planning on reading outdoors this summer, it's worth the extra charge, roughly \$50, to upgrade to the waterproof Kindle Paperwhite with its better lighting options.
- **Rakuten Kobo:** Japanese retailer Rakuten currently offers six Kindle-comparable e-readers ranging from \$110 to \$400. The Libra 2 has a physical page-turn button and Bluetooth

support, so you can connect headphones and listen to audiobooks.

- **Barnes & Noble Nook:** The book retailer's e-reader features a touch screen and page-turning button, as well as the ability to annotate and highlight text. The devices start around \$100. As an added perk, Nook owners can read the complete contents of any book for free while in stores for one hour per day. ☑

What will you read?

Once you've settled on an e-reader, where do you find the books? Amazon, Barnes & Noble and Kobo all sell tomes to download to their specific e-readers. But you could read for years without having to spend another dime. Sources of free e-books include:

- **OverDrive.com**, used by 43,000 libraries and schools worldwide, allows anyone with a library card to pull e-books, magazines and audio books.
- **Project Gutenberg**, a library of more than 70,000 free e-books to download or read online. Thousands of volunteers digitize and proofread the books available at gutenberg.org.
- **Mybookcave.com**
- **Planetebook.com**
- **ManyBooks.net**
- **OpenLibrary.org**
- **GetFreeEbooks.com**

Enjoying our summer traditions

A time we celebrate together

We're in the dog days of summer. Did you know that phrase dates back to the Romans? When I hear it, I always think about long, hot days perfect for a dip in a creek or pool, or a family gathering beneath a shade tree. It's a time of year bookended by two of my favorite holidays — the Fourth of July and Labor Day.



CHRIS TOWNSON
Chief Executive Officer

One of the many things I enjoy about my role with DTC is seeing all the ways our community comes together. We're more than a communications company. We not only want to provide you industry-leading services — like internet as fast as the summer is hot — but we also have a deep, lasting commitment to helping this place we call home thrive.

There's no better time than summer to experience the energy, bustle and cherished traditions that make being outdoors so enjoyable. From the Fourth of July with fireworks that light up the night sky to Labor Day and its laid-back barbecues, these holidays are benchmarks in the rhythm of the year. But they go beyond the festivities and events. They carry a deeper significance, a reminder of the values we hold dear and the ties that unite us.

For us, the Fourth of July isn't just about celebrating independence. It's about coming together as a community to honor our shared heritage and celebrate our freedoms. Whether it's an annual parade or a neighborhood party or church potluck, these traditions are uniquely our own. We see family and friends often enjoying the same events and places as our parents, grandparents and even older generations. Throughout it all, we also remember those men and women who served our nation, because we would not be where we are as a community or nation without their service and sacrifice.

And then there's Labor Day, a time to pause and reflect on the hard work and dedication that built our community and the nation's economy. Workers play vital roles in our past, present and future, and we're proud our services make much of this work possible. Often the economies of rural places like ours are dismissed, but we see the work and commitment that make the businesses in our region possible. These efforts are worth celebrating every day.

But perhaps what's most remarkable about these holidays — really this entire summer season — are the connections we make along the way. In a world that often feels increasingly disconnected, the traditions tie us not only to this place but also to each other, and we're all the better for it.

At DTC, we're acutely aware of the role we play in fostering this sense of community. It's a responsibility we welcome, whether that means providing access to high-speed internet, supporting our schools, sponsoring a game or any other service we can provide. Together, we make this place all that it is, and I look forward to seeing you out and about during the dog days. 📞

The DTC Connection is published by DTC Communications, © 2024. It is distributed without charge to all members of the cooperative.



DTC Communications is a member-owned telephone cooperative established in 1951. The cooperative supplies communication, entertainment, and security products and services to residential and business customers primarily throughout Middle Tennessee.

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On the Cover:



New Frontiers in Dowelltown uses adventures like rope courses and cycling trips to teach kids to live intentionally. See story Page 12.

Photo contributed by
Lori Nellist

Get ready for high school football!

Cannon County

Aug. 23 at Monterey
 Aug. 30 vs. Providence Christian Academy
 Sept. 6 vs. Cheatham County
 Sept. 13 vs. Forrest*
 Sept. 20 at Fayetteville*
 Sept. 27 at Community
 Oct. 4 vs. Cornersville
 Oct. 11 vs. Notre Dame
 Oct. 18 vs. Cascade*
 Oct. 25 at Marion County*

DeKalb County

Aug. 23 vs. Warren Co.
 Aug. 30 at Smith County
 Sept. 6 at Livingston Academy*
 Sept. 13 vs. Watertown
 Sept. 20 at Gordonsville
 Sept. 27 vs. Stone Memorial*

Oct. 4 at Macon County*
 Oct. 11 at Cumberland County*
 Oct. 25 vs. White County*
 Oct. 31 vs. Upperman*

Gordonsville

Aug. 23 at Smith County
 Aug. 30 at Watertown
 Sept. 6 vs. Trousdale County
 Sept. 13 vs. Jo Byrns*
 Sept. 20 vs. DeKalb County
 Sept. 27 vs. Monterey
 Oct. 4 at Forrest
 Oct. 11 vs. Red Boiling Springs*
 Oct. 25 at Bledsoe County
 Oct. 31 at Clay County*

Smith County

Aug. 23 vs. Gordonsville
 Aug. 30 vs. DeKalb County

Sept. 6 at Liberty Creek
 Sept. 13 vs. Macon County
 Sept. 20 at Trousdale County*
 Sept. 27 vs. East Robertson*
 Oct. 4 at Upperman
 Oct. 11 vs. Jackson County*
 Oct. 18 at Westmoreland*
 Nov. 1 at Monterey*

Watertown

Aug. 23 at Forrest
 Aug. 30 vs. Gordonsville
 Sept. 6 vs. Sequatchie County*
 Sept. 13 at DeKalb County
 Sept. 20 vs. Cascade
 Sept. 27 vs. Lebanon
 Oct. 4 at Giles County*
 Oct. 18 at Grundy County*
 Oct. 25 at Macon County
 Nov. 1 vs. Community*

*Denotes region game



615-273-4220

Don't miss the fun!

Smith County Fair — July 1-6
Wilson County/Tennessee State Fair — Aug. 15-24

Annual Meeting set for Sept. 14

DTC ANNUAL MEETING

Pursuant to Article III of the bylaws, DeKalb Telephone Cooperative (d/b/a DTC Communications) will host its annual meeting on Saturday, Sept. 14, 2024, at the DeKalb County Fairgrounds in Alexandria.

Article IV, Section 4 of the bylaws provides that the board of directors shall appoint a Nominating Committee who shall select nominees for the office of directorship for those directors whose terms expire in 2024 and provides a timeframe on when this shall be accomplished. The articles of the bylaws further provide that any 15 or more members acting together may make other nominations by petition with the secretary at least 45 days before the meeting, and these will then be

reviewed by the Nominating Committee to determine if the qualifications as set forth in Article IV, Section 3 of the bylaws (Qualifications of Board Members) have been fulfilled. The secretary shall post at the principal office of the Cooperative at least 30 days before the meeting the nominations for board members selected by the Nominating Committee and also those that have been qualified by the Nominating Committee through the petition process. Directors will be elected in the Alexandria, Liberty and Smithville exchanges. Individuals interested in becoming a candidate for a director's position must meet the qualifications as defined in the bylaws and submit a petition by 5 p.m. on July 31, 2024. Petition forms are available by calling 615-464-2271.

For a copy of the full bylaws provisions relating to the annual meeting, the nomination of directors and the qualifications to be a director, please visit DTCcom.net or contact the office at 615-529-2955.

615-273-3072



Celebrating America

In honor of our nation's birthday, DTC offices will be closed **Thursday, July 4**, in observance of Independence Day.

FIND YOUR NUMBER AND WIN A PRIZE!



A prize may be waiting for you in this issue! We have randomly selected the telephone numbers of 10 lucky DTC members and hidden them throughout this publication.

Find your number and call 615-683-1010 to claim your prize!



PET-FRIENDLY ADVENTURES

Map out trips with furry friends

Story by KATHY DENES

Summer typically means travel time, whether scenic road trips or flights to vacation destinations. And more than ever before, beloved pets are tagging along for the ride.

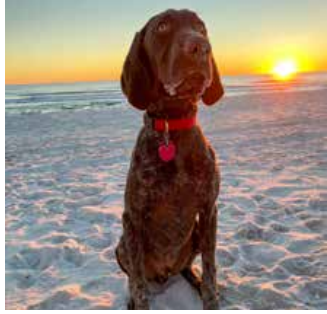
Pet-friendly travel is a hot topic. It's addressed by top vacation resources like Conde Naste Traveler, which has an online list of nationwide hotels and Airbnbs it deems best for accommodating pets, especially dogs. On travelandleisure.com, search "pets," and you'll unleash a wealth of helpful articles.

Even financial companies are weighing in. NerdWallet compiled a list of Best Hotels for Pets in 2024, based on factors like fees and amenities, and rated air travel options, topped by Alaska Airlines. But if you don't want to do the research yourself, there are travel agencies that specialize in planning and taking care of the details for you.

Hotels, resorts, parks and campgrounds usually post their pet policies, fees and amenities, as do airlines, trains and even cruise lines that allow passengers with paws. There are also numerous websites focused entirely on pet-friendly travel, across the nation and around the world. Just browse by city, state or destination at resources such as:

- bringfido.com
- petswelcome.com
- tripswithpets.com





EXPERT ADVICE

“Before deciding to bring your pet along on a trip, you need to ask yourself whether or not it’s in your pet’s best interest to do so,” says Dr. Rena Carlson, president of the American Veterinary Medical Association.

What’s a fun adventure for us might be overwhelming for our pets. “If you choose to include your pet, a pre-trip veterinary visit is a good idea, to make sure your pet is healthy and up to date on vaccinations and microchip registration, and to obtain a health certificate, which is required by law if you’re traveling to a different state with your pet,” Carlson says.

Your veterinarian can also provide vital information about the risk of parasites and other diseases that your pet may be exposed to at your destination, as well as possible preventive steps or treatments.

“Make sure to plan for their comfort in transit, whether by land or air, with regular breaks and by choosing the least stressful travel options,” Carlson says. “Confirm in advance that your destinations are pet-friendly, and try to maintain your pet’s routine as much as possible to help them feel secure. Your careful planning can ensure a safe and enjoyable trip for everyone involved.” 🗨️



For more great tips for traveling with your pet, check out:

- » pettravel.com
- » petfriendlytravel.com
- » avma.org

YOUR OWN MASSIVE BACKYARD

Whether taking your pooch along for a carriage ride in Charleston — child’s ticket required if Fido won’t fit in your lap — or entrusting it to doggie day care at Dollywood while you ride the Mystery Mine, the Southeast is loaded with places that welcome four-legged travel buddies. Here are a few destinations that receive high marks from people traveling with their pets:

• **Little River Canyon National Preserve** atop Lookout Mountain in North Alabama welcomes dogs parkwide, but they must be leashed.

• **Chattanooga** has inviting options, from downtown patio dining and parks to mountain trails and attractions.

• **Dinosaur World in Cave City** extends a Kentucky welcome to leashed dogs and provides water stations.

• **Barkwells, gated retreats in Asheville and Brevard, North Carolina**, have dog-centric cabin and cottage rentals, each with a fenced yard and a range of amenities to make it a haven for both pets and people.

• **For South Carolina excursions**, check sciway.net’s pet travel guide for info on rentals, parks, beaches, eateries and more.

• **St. Augustine, Florida**, gets a nod from AAA for pet-friendly options, like strolls, visits to popular attractions and perhaps a stay at the historic Bayfront Marin House.



An overhead view of the sales floor shows the wide array of merchandise at D.T. McCall & Sons store.

NEARLY A CENTURY IN SALES

At D.T. McCall & Sons, service runs in the family

Story by MELANIE JONES

When Albert McCall opened his general store in Flat Rock in the 1890s, central air conditioning wasn't a glimmer on the horizon. Now, it's just one of the many things his descendants sell at D.T. McCall & Sons in Carthage.

Albert's son, Dave Thomas "D.T." McCall, rented part of a building in Carthage in the mid-1920s to receive shipments and sell milking machines and Corn King mineral products.

D.T. later expanded his offerings, buying the building on the Carthage square that serves as the headquarters for D.T. McCall & Sons. D.T.'s sons, Albert, Dave and John, all joined the store, each with a specialty. Dave's sons, Cris and Mark, along with John's son, J.J., and Albert's son, Albert "A.J." McCall II, all joined the team in the 1980s.

"When you come to our store, you can almost always find a McCall," J.J. says. "If you go to Lowe's or Home Depot, you don't get to meet Mr. Lowe," he pauses for a beat, then laughs, "Or Mr. Depot."

EVERYTHING FOR THE HOME

A.J. and J.J. aren't exaggerating when they say they sell just about everything for the home. These days, milking machines and Corn King products are among the few things D.T. McCall & Sons doesn't carry. "We can sell you a Bernhardt bedroom suite to a chain saw to a freezer to central heat and air," A.J. says.

They not only sell you the central heat and air unit, they can also deliver it at no added fee and are state licensed to install it.

A quick look at the website shows they sell appliances, [615-408-5021](tel:615-408-5021)



FROM LEFT: J.J. and A.J. McCall say none of the owners can name every brand the store carries because they feature so many. The front of D.T. McCall & Sons showroom in LaFayette recently underwent a facelift. The headquarters and flagship store are in Carthage. McCall & Sons sells a variety of furniture brands and styles, including reclining sofas and loveseats.

electronics, just about any piece of furniture imaginable, mattresses, lawn and garden equipment and gun safes. And you can get those items from just about any brand. “We have so many brands, I doubt any one of the owners could name them all,” J.J. says. “I’m not exaggerating there.”

Adapting to the internet has been a challenge for some stores, but it’s been a benefit for D.T. McCall & Sons. “You have to have really good service and a great product at a great price,” A.J. says. He believes his family’s store offers that more than any other brick-and-mortar store, let alone any internet marketplace. And the McCalls offer the personal touch the big-box stores just can’t provide. “We treat our customers like family,” J.J. says.

But D.T. McCall & Sons is also a major player in the internet marketplace. DTC Fiber makes plenty of sales possible through the McCall website, and the store includes free delivery and recycling within 125 miles of Carthage.

And, unlike other internet shops or even most big-box stores, shoppers receive their furniture fully assembled. There’s no taking pieces out of a box and struggling to puzzle them together. There’s no extra fee for that, either.

In fact, A.J. says there are no hidden fees at all at D.T. McCall & Sons, which has its own delivery people and installers. Customers who buy a washer and dryer aren’t expected to pay an added fee for

the old machines to be hauled away, and the store doesn’t tack on charges for the vent and other necessary equipment. The only thing they can’t install themselves is a dishwasher, because that requires a licensed plumber.

POSITIONED FOR GROWTH

The company’s main store, headquarters and warehouses are in Carthage, but it’s not by any means the only D.T. McCall & Sons store. There are also locations in Cookeville, Lafayette, Lebanon and Franklin. Plus, for those willing to overlook the occasional dent or scratch, there is a “Not So Perfect” Store in Carthage.

The stores serve so many customers each year, A.J. and J.J. can’t keep up with the total. “It’ll be in the thousands,” J.J. says, noting that the store makes around 10,000 to 15,000 deliveries a year.

When A.J. took over the appliance, electronics and lawn and garden division of the company shortly after coming on board in 1988, appliance sales grew dramatically, from \$2 million a year to \$8 million annually. Now, the company makes even more than that just from appliances. According to the website, D.T. McCall & Sons brings in \$5 million annually from sales of Electrolux appliances alone. The first appliance the store ever sold was an Electrolux refrigerator right after World War II.

As a Tennessee family-owned store, D.T. McCall sells American-made and Tennessee-made products whenever possible. “One of our best sellers is Frigidaire ranges made right here in Springfield, Tennessee,” A.J. says. “Buying here helps the local economy. It puts tax money back into local governments.”

And it’s a strong injection into the economy. By about 2000, annual sales were approaching \$20 million, and they’ve only gone up from there. 📺



Mowers are lined up for sale outside a D.T. McCall & Sons store.

Photography by Matt Ledger

615-215-2021



Planting ideas

FARMER FROBERG USES SOCIAL MEDIA TO PROVIDE LESSONS, LAUGHS

Story by MELANIE JONES

Wearing a plaid shirt and a gray Froberg's Farm cap, Tyler Froberg shares a cool fact about a favorite fruit with youthful viewers. "Every strawberry in the world is picked by hand," he tells eager young minds. "And it takes half an hour to pick one row."

Most fruit and vegetables are harvested by machines, which helps the fourth-generation farmer talk about farming as a STEAM — science, technology, engineering, arts and math — career option he promotes in a video for Lego's education branch, known as Rebuilding the World with Agriculture.

Tyler has made a few videos for Lego, promoting school-based projects like building a strawberry-picking machine that won't destroy the delicate fruit. But his screentime isn't

limited to collaborations with Lego. As Farmer Froberg, Tyler has more than 780,000 social media followers learning about gardening, farming and life on a fruit and vegetable agritourism farm.

TEACHING THROUGH VIDEOS

When he first got out of the Army, Tyler worked on the family farm in Alvin, Texas. "I decided that I had my GI Bill, so I should probably go to college," he says.

After earning a degree in agriculture, he worked for a year as an agriculture science teacher. "I loved it, and when you love something, you tend to be good at it, and when you tend to be good at it, you get recognition for it," he says.



"I think I achieved something that I never thought I would through social media."

— Tyler Froberg
@farmer.froberg

Tyler Froberg, known to his 780,000 followers as Farmer Froberg, took to social media so he could educate people about farming and gardening.



LEFT: Tyler, right, and his uncle, Alfred Froberg, show off watermelons grown at Froberg's Farm.

BELOW: Tyler enjoys making social media videos with his sons, or, as he calls them online, "Little Farmer Frobergs." Tyler and his son, Dustin, have fun sharing gardening lessons.



A nonprofit recognized Tyler as the person it needed to run a program teaching farm skills to fellow veterans. "When I was there, though, I missed the spark that you got with young people, whether it was seeing a seed germinate or seeing an animal being born," he says. "While I was teaching adults, I didn't see the same spark."

Around that time, TikTok became popular, and Tyler got an idea. "I should make little videos, like ag lessons," he says. "I'm still a teacher, and maybe that will scratch that itch. And so, I did."

In the first two months, several of his videos got a respectable number of views. "I had a video hit 10,000 views, and then I had a video hit 250,000 views, and I was like, 'Huh, there might be something to this.'"

Tyler has posted a few poems, tried growing square watermelons and loofahs, and succeeded in growing star-shaped zucchini. He's even zipped layers of jackets to the tune of "Stand by Me" — which got over 5 million views the first time he posted it. But his favorite videos to make are any with his sons in them. "We just laugh and have fun," he says, talking about "Little Frobergs" Dusty, Carson Lee and Tommy "Tomcat."

"I'm not one of those content creator parents that are like, 'No, no, no. You have to say that this way,'" he says. "It's only been three years, and so, it's still kind of new for us. They get excited to go out and film with me." Tyler's wife, Kristi, known on social media as "Momma Froberg," also gets the occasional guest spot.

STAGES TO SUCCESS

Tyler's made plenty of silly videos. His personal favorite involves being a rubber duck farmer. "There were these rubber ducks everywhere, and it was just a lot of fun," he says.

Despite his following on social media, Tyler doesn't consider himself an influencer. "Influencers are putting on makeup trying to influence you to use this certain brand or product, or there are ag influencers who create content for people in the ag industry. They work with brands and influence followers to use certain brands or products, and I don't feel like I do that."

Tyler says there are a few stages every content creator goes through. The first step is embarrassment. "You don't want anybody you know to know that you're creating content," he says.

"Then comes, 'So you're still doing that thing?'" he says. "That's when you see your mom and she's like, 'Oh, you're still making the little videos. It's so cute.'"

The third phase is thinking content creation is a waste of time. "You're starting to take it more seriously," he says, "but you're not getting a lot out of it yet."

Then there's the final step — success. "For me, I got invited to give a commencement speech at a college graduation, and walking out on stage and realizing, 'oh wait, I think I did it.' I'm still not 100% sure, but I think I achieved something that I never thought I would through social media."

What about those strawberry-picking machines?

"I would like to think that Lego went as far as they could with that and got hundreds of thousands of submissions for strawberry-picking machines, but I don't know that to be true," he says. But he planted the seed of an idea. Now it's time to see what grows. 🗨️

CHECK IT OUT!

Tyler Froberg's videos are available on Instagram and TikTok at [farmer.froberg](https://www.instagram.com/farmer.froberg). His YouTube and Facebook accounts are under the name Farmer Froberg. For more on his family's farm, go to [frobergfarm.com](https://www.frobergfarm.com).

More than a METAPHOR

Camp builds futures with intentional living

Story by MELANIE JONES

When Lori and Larry Nellist saw the caverns on the Dowelltown property now home to New Frontiers, they knew they had found the perfect location for their adventure camp.

For Lori and Larry caving is not just a great adventure activity, it's also a great metaphor. "It's huge, because light always overcomes the dark," Lori, an avid caver, says. "That needs to be our attitude as we walk through life. It might be darkness all around us, but we carry the light of Christ, and he lights our path. When you walk into a room, you don't shovel out the darkness. You turn on the light."

While New Frontiers is a faith-based camp, it is not a church camp. "We're not a denomination and we're not

church-driven," Lori says. "We're just being a light to the community."

DIVINE APPOINTMENTS

The property offers a variety of camp activities for kids ages 6 to 18, houses a youth home and offers corporate retreats. Besides caving, there are rope courses and other adventures the kids — and kids at heart — can enjoy.

Just because the camp features adventures in nature doesn't mean it's off the grid. Lori and other camp leaders use DTC Communications connections for their office needs. Worship music comes through the internet connection, and Lori uses the internet to research what she's going to teach. Internet was recently installed at the meeting hall, where previously the phones wouldn't ring. Now, if there's an emergency, someone can call Lori's phone instead of depending on the walkie talkie.

Lori says the camp teaches children and teens to live intentionally. "If you're not intentional about something, then it can get missed, or just happen whichever way the

wind's blowing," she says. That melds into the camp's three mission statements — anticipate divine appointments, think metaphorically and unveil truth.

For secular groups, camp leaders point out to participants that they're at the camp for a reason, "so get off your devices and bring your presence here so that you can reap whatever benefits that it has for you," Lori says.

When guiding a Christian group, leaders talk about the divine appointments God has for us. "He's talking to us all the time," Lori says. "And we can be intentional about showing up for the appointment that he has for us today and looking for it."

For the second facet of the mission statement, think metaphorically, leaders encourage participants to be aware of their surroundings. "God uses the natural world to show us his heart and his thoughts," she says. "So, thinking metaphorically is taking what's in the natural and applying it to our lives."

The last part of the mission statement, to unveil truth, "just means to be open to truth because the truth is what sets us free," Lori says.



ABOVE: Campers go on a kayaking adventure.

RIGHT: Exploring the caves at New Frontiers is an important part of the experience.

FAR RIGHT: Campers hit the water.





615-563-5394



CLOCKWISE FROM ABOVE: New Frontiers sponsors a biking expedition every year.

Campers gather to pray.

Campers strike the “dude” pose. Lori Nellist says the “dude” is the logo for New Frontiers because “it depicts someone who is reaching and stretching. Someone who is an overcomer.”

A couple of campers are excited to be out on the water.

LISTENING TO NATURE

As an example of God speaking through nature, Lori tells the story of a bicycle trip she and Larry took with some local kids. They were in the middle of nowhere when she began experiencing intense knee pain. She didn’t know what was going on. She biked every day, and nothing unusual had happened that day. Larry asked if she needed to stop for the day.

“It was a critical moment because it was the first time we’d finally gotten some people to believe in what we were doing, and they were sending their kids,” she says. “It was just going to be the amazing beginning of a new thrust for us.”

Lori told her husband she could deal with the pain if she knew she wasn’t injuring her knee. “At that time, a hawk flew down and sat on the guardrail 15 feet from us, which is really unusual,” she says. “And we just kind of looked at it and we’re like, ‘OK, we’re just going to take that as a sign that it’s going to be OK, and we should go on.’ So, we did, and the hawk has become God’s way of speaking to us.”

She points to another time when the couple was bicycling across the Rockies. It had been a rough trip, and they awoke one morning to pouring rain. “I said to Larry, ‘It’s going to take more than a hawk today,’ because we had seen a hawk every day.”

Despite the rough conditions, the pair took off on their bikes. They started riding, then saw a guy in a pickup pull over in front of them and wave them over. “He points out this bald eagle that was just sitting in a tree just off the side of the road.”

It took more than a hawk, so God sent an eagle. And that’s the message Lori wants for “her kids” at camp each day, so they can soar. 🗨️



Photos contributed by Lori Nellist

615-408-5745



New Frontiers offers a variety of camps for all age groups, including Waterfall Week, Farm Week, Photography Camp, Virginia Cycling Adventure and Smoky Mountain Expedition.

The camp is available to churches, nonprofits, corporations and other groups for private events. Co-owner Lori Nellist says New Frontiers can plan a group's activities and curriculum, or those scheduling the event can bring their own curriculum and just use the facilities. Lori also hosts an informal gathering every couple of weeks at the camp for people in the community who need encouragement.



Sensational

SUMMER SALADS

Among summer's many charms are vegetables and fruit blooming with flavor, and it doesn't take a lot of effort to turn them into delicious salads.

These recipes cover all the salad bases. From crisp leafy tossed salads to sturdy mixes that can sit out for a couple hours while the kids play in the yard and you visit with friends. Keep it easy and choose a make-ahead recipe featuring hearty pastas, grains and beans that can work as a side dish or a full meal, or throw together fruit or vegetable combinations that hit sweet or savory notes.

Summer salads are versatile, so feel free to swap out lettuces, and use a variety of fruits instead of just one kind. After all, it's summertime, and the living — and cooking — should be easy.



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



BLUEBERRY PEACH SALAD

- 1 pint fresh blueberries
- 2 peaches, diced (leaving the skin on adds texture, vitamins and color)
- 2 cucumbers, sliced
- 1/2 cup crumbled feta cheese
- 3 tablespoons fresh lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 tablespoon olive oil
- 1 tablespoon finely chopped basil
- Kosher salt and freshly ground black pepper, to taste

In a large serving bowl combine the blueberries, peaches, cucumbers and feta.

In a jar with a lid or measuring cup combine the lemon juice, Dijon, honey, olive oil, basil, salt and pepper. Whisk together until well combined.

Pour the vinaigrette over the salad and gently mix everything together. Taste for seasoning and garnish with extra basil. Serve or cover and refrigerate the salad until ready to serve.



SUMMER CORN SALAD

- 3 cups corn kernels (approximately 4 ears)
- 1 cup cherry tomatoes, quartered
- 1 cup cucumbers, diced
- 1 cup crumbled feta cheese
- 1/4 cup red onion, diced
- 3 tablespoons olive oil
- 3 tablespoons rice vinegar
- 1 tablespoon fresh parsley
- Fresh basil ribbons
- Kosher salt and freshly ground pepper, to taste

Bring a large pot of salted water to a boil and add the corn. Cook for 3 to 4 minutes or until the kernels turn bright yellow. Drain the corn and cool completely. Use a sharp knife to remove the kernels from the corn cob, scraping the cobs to get all the "milk" from the cobs.

In a large bowl, combine the corn kernels, cherry tomatoes, cucumbers, feta cheese and red onion. Drizzle the olive oil and vinegar over the salad.

Season generously with salt and pepper, to taste, and toss well to combine. At this point, the salad may be made ahead. Just before serving, sprinkle with fresh herbs, and toss to combine.



MAIN DISH TORTELLINI SALAD

Grilled chicken heightens the flavor of this salad.

- 2 (10-ounce) packages cheese tortellini, prepared according to package instructions
- 2 cups shredded chicken
- 1 cup halved cherry tomatoes
- 8 ounces fresh mozzarella pearls
- 1 cup roasted red bell peppers, chopped into 1/2-inch pieces
- 1 cup basil pesto (store-bought or homemade)
- 1 1/2 tablespoons extra-virgin olive oil
- Fresh basil ribbons, for garnish

In a large bowl, combine the tortellini, shredded chicken, cherry tomatoes, mozzarella, roasted peppers, pesto and olive oil. Cover and refrigerate. Can be prepared up to a day ahead. When ready to serve, top with fresh basil.



SUMMER SHRIMP SALAD

- 2 pounds shrimp, peeled and deveined
- 2 tablespoons finely chopped red onion
- 1 rib celery, finely chopped

Dressing:

- 1 cup mayonnaise
- 1 lemon, zested and juiced
- 2 tablespoons chopped fresh dill
- 1 tablespoon Dijon mustard
- 1 garlic clove, minced
- 1/4 teaspoon kosher salt
- Pinch of freshly ground black pepper

Bring a pot of water to a boil. Add the shrimp and boil for 2 to 3 minutes, until cooked through and pink. Plunge the cooked shrimp in an ice water bath to cool.

Meanwhile, make the dressing: Stir together the mayonnaise, lemon juice and zest, dill, mustard, garlic, salt and pepper.

In a mixing bowl, stir together the cooled shrimp, red onion, celery and dressing, until creamy. Serve plain or nestled on butter lettuce leaves garnished with fronds of fresh dill, if desired. 🍴



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