

CONNECTION

A close-up photograph of a brown leather football with white laces, resting on a green grass field. The background is blurred, showing stadium lights and spectators.

A New Season Kicks Off

High school football preview

SECOND
CHANCES

GHOST TOURS



By Shirley Bloomfield, CEO
NTCA-The Rural Broadband Association


The Most Important Rural Broadband Program You Probably Don't Know

In Washington, D.C., we often talk about the new grant programs that are going to help bridge the digital divide in our country. But I want to highlight what I believe has been the most successful rural broadband initiative, the federal Universal Service Fund.

So, what is the Universal Service Fund? The Communications Act of 1934 included language that said all Americans should have access to “rapid, efficient, nationwide communications service with adequate facilities at reasonable charges.” Today, the USF is the main federal program helping rural consumers connect to services comparable in price and quality to those in urban areas. This makes services more affordable for low-income families and supports critical connections for schools, libraries and health care facilities in rural communities by offsetting the high cost of building and managing rural communications networks.

There is one big difference that sets the USF apart from many of the new grant programs: The USF not only supports the construction and deployment of networks but also the maintenance of those networks. It helps ensure that these networks are maintained and sustained so Americans continue to make use of broadband long after the last shovel is put down.

An NTCA survey found that without the High-Cost USF program all rural consumers will pay at least \$100 more per month for their broadband service. And the viability of some rural broadband networks would be at risk, as the operations costs and repayment of the loans needed to build them cannot be covered.

NTCA is committed to efforts to preserve the USF so that the mission of universal service for all Americans can be fulfilled. 

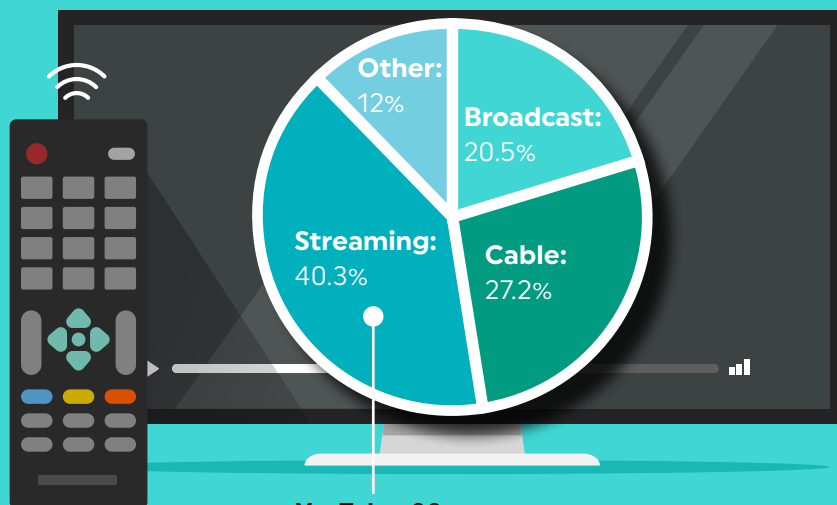
Streaming Remains Strong

Each month Nielsen, a company that has long tracked viewership habits across a range of media, updates The Gauge. The report offers a snapshot of how various forms of media are consumed to create a picture of the media landscape.

Several key trends shaped the streaming results, such as June marking the end of the school year and start of school breaks, which led viewers 17 and younger to drive the largest upticks in TV usage across all ages.

As a result, this June streaming topped the earlier viewership record set by cable for that month in 2021.

A SUMMER STREAMING SNAPSHOT



YouTube: 9.9%
Netflix: 8.4%
Other streaming: 6%
Prime Video: 3.1%
Hulu: 3%
Disney+: 2%
Tubi: 2%
Roku Channel: 1.5%
Max: 1.4%
Peacock: 1.2%
Paramount+: 1.1%
Pluto TV: 0.8%

Source: Nielsen The Gauge



A Web for All

Technology assists those with diminished sight

About two-thirds of Americans rely on some form of contact lenses or glasses to correct nearsightedness, farsightedness and more. Then there are eye injuries and diseases like glaucoma that can diminish sight, and the inevitable process of aging can also cause a slow decline in eyesight.

In an increasingly online world—where vital information is often communicated using text on screens—people with diminished vision can struggle. However, there are resources available to help those with impaired sight, and even blindness, interact online.

For example, the Americans with Disabilities Act requires all websites to be accessible to everyone. While not every website is ADA compliant, sites for government agencies, banks and larger organizations are. The basic tools you need are free and as handy as web browsers like Chrome, Edge, Firefox and Safari.

BROWSER BY BROWSER

Microsoft's Edge browser scores well for assistive technologies. It lets users

increase the size of text and get image descriptions for screen readers. Also, a simple keyboard command—Ctrl+Shift+U on PCs and Shift+Command+U on Macs—signals the browser to read the current webpage aloud. Most other browsers require users to go into system preferences or use an extension for screen readers.


Meanwhile, Chrome's TalkBack screen reader adds spoken, audible or vibration feedback to your device. While the browser does not have a way to change the look of text, it does have extensions that allow users to customize their browsers to control visual clutter.

Google, the maker of Chrome and a popular search engine, has an award-winning disability employee resource group and says it is committed to hiring employees with disabilities. That commitment also helps it find ways to make its site more accessible.

Like Chrome, Apple's Safari comes with its own screen reader, VoiceOver. Users can choose the voice they find most pleasing and set the speech speed. It also lets users increase contrast, zoom in and

remove ads and distractions.

Firefox allows users to adjust the settings so every site has the same font, type size and color to enhance the ease of reading. It also has extensions for changing text to speech and making bookmarks larger, among other things.

While users may need a sighted person to set up the assistive features, modern technologies unlock the world to more people than ever. 



Influence That Matters

Connect locally to make a difference

If you venture into the world of social media—and most people do—you'll cross paths with personalities known as influencers. From social media platforms like Facebook and X to video sites such as YouTube and TikTok, online personalities have the power to generate attention. With attention comes income, often six figures or more.



CHRIS TOWNSON
Chief Executive Officer

These people, and they can range wildly in accuracy and professionalism, seem to touch on every possible topic: lifestyle, health, politics, sports, entertainment and just about anything else. They can attract millions of eyeballs, and some of the largest, most visible companies advertise on their channels.

I don't mean to imply this is a new trend. It's not, at all. However, as other types of media fall more into the background, online influencers continue to have greater reach and, well, influence. But in our busy and often highly online lives, we shouldn't lose sight of the other influencers around us. You don't have to look far, either.

One of the things I enjoy about our community, and this is true of many rural places like ours, is that there are individuals who make a tangible positive difference. They lift others up. They provide help where it's needed. You need look no further than the pages of this magazine to see stories of neighbors helping neighbors, and what's more powerful of an influence than that?

You see, every time you smile at someone you pass in the aisle of a store, volunteer with a community organization, help your child with homework or have any of the other interactions that make up daily life, you're an influencer. This is also something we all can do.

In fact, a commitment to helping others is a core part of our mission at DTC Communications. Naturally, it begins with the services we provide—we want our community to have the best communications resources anywhere.

We've seen how high-speed internet changes lives, opening doors for local businesses, expanding career options, supporting education and connecting to an exciting world of online resources. We strive to be the people who can answer your questions, solve your communications problems and provide the resources you need today while planning for the future.

But that's only part of the equation. Every year, DTC gives back. One of our guiding principles is that you benefit not only from the services we provide but also through direct contributions of time and money invested into our community.

So, as you enjoy our industry-leading communications services, if there are online influencers you find informative or entertaining, please do enjoy. But I hope you can also join us in finding opportunities to create beneficial, helpful moments right here at home. It's that spirit of togetherness that makes this place so special.

As always, it's a pleasure serving you, and I hope DTC remains a positive influence in your life. 📞

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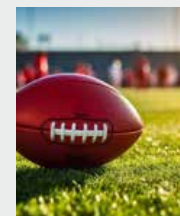
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On the Cover:



Check out our high school football preview to learn about your team's prospects and schedule highlights for the new season.
See story Page 13.

Photo by Adobe Stock/
Tyler McCormick



MAKE PLANS TO ATTEND THE DTC ANNUAL MEETING!

DTC Communications will host the 2024 Annual Meeting on Saturday, Sept. 14, at the DeKalb County Fairgrounds in Alexandria. Gates open at 8:45 a.m.

Register to vote and receive a free gift while supplies last. Voting will be held from 9-11 a.m., and the business meeting begins at 11 a.m. Directors will be elected in the Alexandria, Liberty and Smithville exchanges.

For more information, visit dtccom.net or contact the office at 615-529-2955.



★ H A P P Y ★

Labor Day

Holiday Closures

DTC offices will be closed on **Monday, Sept. 2**, to recognize Labor Day and **Monday, Oct. 14**, in honor of Columbus Day.



**Know what's below.
Call before you dig**

615-735-0423



**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!** 615-286-1938

SPIRITS OF THE SEASON

Ghost Tours Scare Up Connections to the Past

Story by KATIE TEEMS NORRIS



Photo courtesy of American Ghost Walks

Allison Jornlin, depicted here in an illustration, researches and writes scripts for ghost tours.

For many, October isn't complete without spine-tingling ghost stories, and chances are your hometown has a few of its own. Allison Jornlin, co-founder and tour developer with American Ghost Walks, conducts research and writes ghost tour scripts in towns across the United States. Allison is also a paranormal investigator and speaker, and

she's been featured on the CW Network's "Mysteries Decoded."

Ghost tours are immensely popular, and Allison says they can be found in almost every large city and even in many small towns across the country. "I think people have lost their connection with history and with their ancestors, and this is a way to reconnect," she says.

Unlike haunted house attractions that have terrifying special effects, ghost tours offer authentic history in locations that give guests the chance to literally step into the paranormal. They allow people to connect to the haunted past through walking tours, bus/trolley tours, investigation-style tours and even pub crawls. Some guests report experiencing



Photo courtesy of Bulldog Tours

The Old Charleston Jail, which once held pirates, Civil War prisoners and the first known female serial killer, is an especially spooky spot.



Photo courtesy of Birmingham Historic Touring Company

A group pauses before entering the First Presbyterian Church during a ghost walk in Birmingham, Alabama.



Photo courtesy of Ryo Hamasaki

Ghost tours can include exploring the paranormal by bus or trolley, as well as on foot.

paranormal phenomena, like feeling unexplained cold spots or photographing disembodied faces and shadowy figures.

Allison pores through old newspapers and historical archives and interviews local people to give her tours as much local flavor as possible. “I’m looking for stories that are unique to the community that they come out of,” she says. While many stories across the country have common themes, Allison says, every place is a little bit different.

“You don’t have to believe in ghosts to enjoy the tour,” she says. Skeptics can have fun learning spooky stories. Tour guides often encourage guests to share their personal paranormal experiences to relate to one another. Ghost tours can’t guarantee guests will have an otherworldly encounter, but there is always a possibility.

If you’re ready to test your luck, consider joining these popular local tours, if you dare:

- Charleston, South Carolina’s, rich history, fascinating places, people and landmarks bring with them incredible stories—and lots of ghosts. Check them out through Bulldog Tours. bulldogtours.com/tours/ghost
- The Birmingham Ghost Walk in Alabama includes two walking tours and the Ghosts and Graveyards Chauffeured Experience. bhamhistory.com
- Old Louisville is home to what many consider to be the “most haunted neighborhood in America.” Learn why through Old Louisville Ghost Tours, in Louisville, Kentucky. louisvillehistorictours.com/louisville-ghost-tours 📱

FUN FACTS

- Most ghost tours in the U.S. run year-round.
- Harpers Ferry, West Virginia, claims to have America’s oldest ghost tour. It began in 1970 and is still running. In 1973, historian Richard Crowe started Chicago’s first ghost tour. He told ghost stories on the radio around Halloween, which inspired Allison Jornlin and her brother to establish American Ghost Walks.
- Many ghost stories have common themes. Allison notes the prevalence of stories about women who met unfortunate ends. Guides across the nation tell local stories of jilted lovers, forlorn widows and vanishing hitchhikers.

SCARING UP A GREAT TOUR

Are you spending the spooky season exploring a new town—or your own hometown? A ghost tour is a fun way to learn about the history of a place and its people. Before you book one, follow these tips:

CHOOSE A TOUR THAT SUITS YOUR GROUP

While each tour is unique, they typically fall into these categories: walking tours, bus tours, investigation tours and pub crawls. Investigation tours allow guests to become paranormal researchers for one night, and they typically focus on one building or property. A haunted pub crawl offers spirits of both the alcoholic and ethereal kinds.

CHECK THE WEBSITE

Tour companies list important information on their websites, including an overview, length of the tour, walking distance, accessibility, age-appropriateness and cancellation/refund policies. Many tours encourage guests to purchase tickets in advance.

READ THE REVIEWS

Check Google reviews and websites like Yelp or Tripadvisor for reviews. Search for detailed reviews that weigh the pros and cons of the tour. If you find positive reviews of a specific guide, you may be able to book a tour on a night when that person is working.

If you still have questions after your research, don’t be afraid to give the tour company a call.

Believing in Success



Emmanuel House leader coaches women to better lives

Story by MELANIE JONES

Taylor Malone stands by her Little League players ages 4 to 7, patiently guiding them to do their best. She does the same thing in her day job as program director at Emmanuel House, a transitional home for women and their children. “Patience is key,” Taylor says of both jobs.

The women of Emmanuel House have been through the wringer. Some are coming off stints behind bars. Others have recently completed rehab. Some are escaping domestic abuse, and some have become homeless. All need a safe place to land, and Emmanuel House is that place.

The faith-based nonprofit serves Smith and Macon counties by acting as a 12- to 18-month transitional living facility—a place between jail or rehab and life on the outside. “We help them transition back to the real world and become productive members of society instead of returning to either incarceration or drugs,” Taylor says.

Emmanuel House isn’t a free shelter where women come and go as they please. They have responsibilities, including paying rent and maintaining a clean living space. They are expected to get steady jobs and attend regular support groups and recovery meetings. There are skill-share seminars on topics like financial literacy and parenting led by community leaders, and residents are expected to attend.

RECOVERY ONLINE

The fast and reliable internet service DTC provides Emmanuel House is vital to the facility’s operations. “We use it for everything, from running our social media

Taylor Malone compares coaching Little League to running a transitional living facility. In both, she cheers people on and prepares them for success.

615-597-4036



LEFT: A group of Emmanuel House residents gathers at an open house in Carthage.

BELOW LEFT: Jayme Gullet, of Classic Cuts, offers Emmanuel House residents free haircuts.

BELOW: Taylor, right, poses with Emily Roddy, one of the first graduates of the program in Lafayette. Emily also serves as Taylor's assistant Little League coach.

to our women applying for jobs, because now almost all applications are online," Taylor says.

Reliable internet access also allows residents to apply for government benefits, like Family First and the Supplemental Nutrition Assistance Program, or SNAP, formerly known as food stamps. It even helps residents meet their recovery group requirements because they can attend some meetings on Zoom.

Working at Emmanuel House is tough, Taylor says, but it has great soul benefits. "Seeing them finally get it and believe in themselves after you've been believing in them so long, it's just really rewarding," she says. "I've seen women lose their children, and then I've seen them regain custody. I've seen people go get their own houses. All the success makes the heart-break worth it."

BIGGEST CHEERLEADER

Taylor gets to see one of those success stories every time she steps onto the baseball field. An assistant coach and dugout mom is a recent graduate of the Emmanuel House program. "She came to us from jail, and she had lost custody of all three of her children," Taylor says. "And I got to watch her fight for her children and gain full custody back while working our program."

Besides patience, Taylor sees two other key tie-ins between coaching Little League and running Emmanuel House. "It starts with just being their biggest cheerleader and believing in them," she says.



"It starts at a young age, and if some of our women would have had someone to believe in them when they were little, their life might be different than it is today.

"So, I just want to be that positive in these kids' lives," she adds. "I want them to always look back and know they have someone who believes in them, and they can accomplish anything that they set their minds to."

COMMUNITY SUPPORT

Emmanuel House is more than one house. There is a second location in Lafayette, and between them they serve between 20 to 30 women a year, Taylor says. And those women have needs. The facility can always use donations of toilet paper, cleaning supplies, paper towels, hangers and towels. Taylor says they never have enough laundry detergent or trash bags.



Photos contributed by Taylor Malone

The community has always been responsive to Emmanuel House's needs. When Taylor posted on Facebook that the washing machine at one house broke, within the hour a family stepped up not only with a new washer, but also a dryer, and volunteered to install them.

For those who don't have the money or inclination to donate funds or products, Taylor asks for something even more valuable—time.

Emmanuel House is always looking for people to lead skills-sharing seminars. They can be about budgeting, cooking, parenting and beyond. "Everyone has something to offer," Taylor says.

Whether she's coaching little ones on the baseball field or coaching women in the necessities of life, Taylor has something of her own to offer—the belief that a winner lies within each one. 📧



RUNNING TOWARD THE FUTURE

Rural Athletes Must Overcome Hurdles to Win Scholarships

For much of her life, Olivia Murphy focused on becoming a collegiate swimmer. The biggest obstacle she faced didn't come in the pool—it was catching the eye of college coaches.

Each year thousands of student-athletes pursue college athletic scholarships. Ultimately, only about one out of every 50 succeeds, according to a 2021 study by Next College Student Athlete. That bar can be even tougher to clear for athletes like Olivia, who live in rural areas, where it's often difficult to get the attention of major programs.

For those students, earning a spot on a college roster takes more than just the talent and commitment to be a high-level athlete—it also takes a “second job” as a communicator and organizer, working just to be seen.

“I didn't start the actual recruitment process until summer of my junior year, which is a little late for some people,” says Olivia, a Tennessee resident and 2024 Tullahoma High School graduate.

MAKING A SPLASH

Olivia's path was more straightforward than that of many other athletes: Swim fast, win races. A key member of the Wildcats' school-record-setting relay team, she recorded plenty of fast times while helping the team win its first division title.

She knew she had the speed, she just needed the coaches to know it, too. “When you first reach out to a coach, whether it's through a questionnaire or an email, you put your best events and your best times in there,” Olivia says.

When prospective recruits submit statistics, coaches compare their times to those of their current swimmers, as well as the

ones winning division and national titles. Athletes from almost every sport send out these cold-call emails to coaches across the country. In sports like football and basketball, where skills can't be boiled down to a set of times or statistics, athletes will create their own highlight videos and send those to coaches.

This can be especially valuable for rural athletes. Coaches can't visit every town to scout athletes, but there's no travel time in opening an email. Olivia says coaches especially want to see the swimmers' videos. “They love videos,” she says. “Most coaches like to see video because they want to see your technique or where your weaknesses might be.”

SHOWCASING SKILLS

Sometimes, rather than sending videos, recruits travel to camps and showcases so coaches can watch them in action and compare their skills to athletes at a similar level. These are often sport-specific camps run by college programs where potential recruits get hands-on practice time with



Photo courtesy of Olivia Murphy

Olivia Murphy's best swimming events are the 100-meter freestyle, butterfly, backstroke and the 50-meter freestyle.

coaches. At regional showcases or tournaments, thousands of athletes can test their skills while scores of coaches look for diamonds in the rough.

Landyn Cox, a 2024 high school graduate from McKee, Kentucky, competes in archery and found success at these large events since most high schools don't have archery teams. He was offered a scholarship to be an archer at the University of the Cumberlands in Williamsburg, Kentucky. He competed on the USA Archery U18 Compound National Team, the World Archery 3D Championships and other USA Archery Team events. He says the USAT events are a solid way to draw attention. "If you win like one of the USATs or certain big events, that gets your name out there pretty fast," he says.

MAKING A DECISION

Once coaches begin recruiting, the challenge comes in settling on a school. Olivia narrowed down her list to three. "I wanted to limit myself to three visits because I'm really bad at decisions," she says.

Part of the process was deciding what size school she wanted to attend. Many athletes feel the need to compete at a prestigious NCAA Division 1 school, but they



Photo courtesy of USA Archery

Landyn Cox first competed in archery through the National Archery in the Schools program.

SCORING AN OFFER

1. Know your skill level and learn the NCAA or NAIA eligibility requirements.
2. Compile an athletic resume with:
 - Skills video
 - Athletic stats
 - Academic transcripts, ACT/SAT scores
 - Extracurricular activities
3. Email coaches.
 - Include your athletic resume.
 - Subject line: Name, position, current grade level and key stat: "Jane Doe, High School Sophomore, Pitcher, 90 mph fastball"
 - Individually craft each email, clearly stating why you're interested in that program.
4. Make campus visits and meet coaches. Keep sending updated stats.
5. Lock down your offer and negotiate your amount. Don't discount merit-based, academic or other scholarships.



could find a home—and potentially more playing time or better financial aid—at a smaller school. "Division 1 isn't everything," Olivia says. "It's not live or die."

No matter the size or program, a visit is the critical component. After a successful recruiting visit where she got along great with her future teammates, Olivia chose Delta State University, a Division II school in Cleveland, Mississippi.

"They need to go where they feel like they best fit," she says. "I was like,

"There's no way that I'm not going to go Division 1," and then I found a school that matches up with Division 1 schools and I got better scholarship offers and felt like I fit with the team better. And so, I was like, 'Oh, that's not the end of the world.'"

But it will be a whole new world for Olivia, Landyn and other rural athletes as they aim to parlay their hometown successes and hard work to the next level. 🏹

Congratulations!

Honoring Top Students

DTC Communications awards scholarships

DTC Communications is proud to invest in youth across our service area through scholarships and the Foundation for Rural Service Youth Tour.

This year, DTC honored students through college scholarship programs and recognized the achievements of students enrolled in the audiovisual programs at area high schools.

MCALLEN FOUTCH SCHOLARSHIP

Jaxon Humphrey, son of J.D. and Cathleen Humphrey, received the McAllen Foutch Scholarship from DTC. He is a 2024 graduate of DeKalb County High School. Jaxon plans to attend Bryan College in Dayton, where he will study biology. After receiving his degree, he hopes to work with the Tennessee Wildlife Resources Agency as a game warden.

In 1997, DTC established the four-year McAllen Foutch Scholarship to honor McAllen Foutch, a key figure in the founding of the cooperative. This \$2,000 per year scholarship provides educational opportunities for deserving high school

seniors who demonstrate exceptional academic achievement, leadership, citizenship and character through their involvement in school and community activities.

AUDIOVISUAL SCHOLARSHIPS

DTC presented three scholarships to students who were active in audiovisual programs at local high schools. The audiovisual programs are a partnership between DTC and participating school districts. The students chosen to receive the scholarship were recommended for the award by their instructors. Each student received a \$1,000 scholarship from DTC.

The scholarship recipients are dependable, eager to learn, and they all go the extra mile when covering events for their schools. They also serve as role models for younger students. This year's scholarship recipients are:

Ephraim Rodenbach of Smith County High School. He is the son of Tracey and Stacey Rodenbach.

Erin Vaden of Gordonsville High School. She is the daughter of JW and Rhonda Vaden.

Tyce Ratley of DeKalb County High School. He is the son of Sue Ann Hale and Edwin Torres and Todd Ratley and Carley Ratley.

FOUNDATION FOR RURAL SERVICE YOUTH TOUR

Lilly Waggoner, a 2024 DeKalb County High School graduate, represented DTC in June at the Foundation for Rural Service Youth Tour in Washington, D.C. Lilly, the daughter of Jamie and Miranda Waggoner, toured several national monuments, the Capitol building and governmental offices, including the Federal Communications Commission.

Since 1995, FRS has hosted the Youth Tour for thousands of high school students from across rural America. The tour is a chance for students to visit the nation's capital and learn about rural broadband and share their community's story with key legislative, regulatory and government figures. The tour is also a forum for participants to meet and interact with their peers from other rural communities. 🗨️



Jaxon Humphrey



Ephraim Rodenbach



Erin Vaden



Tyce Ratley



Lilly Waggoner

Football



DTC SPORTS REPORT

Get a sneak peek at area football teams

615-563-1526

CANNON COUNTY LIONS

Last Season: 2-8, fifth in Region 5-2A

Overview: The Lions, led by new coach Andrew Bartsch, are looking to improve this season despite the graduation of DTC Player of the Year Tucker Kyne. Eli Garrett is set to lead the offense as the Lions are determined to make an impact this season.

Games on DTC3:

- Friday, Sept. 6 vs. Cheatham County
- Friday, Oct. 4 vs. Cornersville
- Friday, Oct. 18 vs. Cascade

DEKALB COUNTY TIGERS

Last Season: 5-6, fourth in Region 4-4A

Playoffs: Lost to Red Bank, 30-0, in the first round.

Overview: The Tigers face stiff competition in Region 4-4A, but coach Steve Trapp's guidance has led the Tigers to a record playoff streak. Expectations are still high in Smithville as the Tigers look to make a deep playoff run.

Games on DTC3:

- Friday, Sept. 13 vs. Watertown
- Friday, Sept. 20 at Gordonsville
- Friday, Oct. 25 vs. White County

GORDONSVILLE TIGERS

Last Season: 8-5, first in Region 4-1A

Playoffs: Defeated Chattanooga Prep, 13-12, in the first round. Beat Whitwell, 35-15, in the second round. Lost to South Pittsburg, 48-7, in the quarterfinals.

Overview: The Tigers are poised for a strong season, relying on a balanced attack led by junior quarterback J Foster. Look for explosive plays on the offensive side and a defense ready to challenge opponents and create turnovers.

Games on DTC3:

- Friday, Aug. 23 at Smith County
- Friday, Aug. 30 at Watertown
- Friday, Sept. 20 vs. DeKalb County

SMITH COUNTY OWLS

Last Season: 10-3, first in Region 3-2A

Playoffs: Beat Forrest, 40-14, in the first round. Defeated Fayetteville, 45-12, in the second round. Lost to East Robertson, 49-20, in the quarterfinals.

Overview: The Owls are ready to take flight this season with a well-rounded and determined squad after capturing their second consecutive region title last season. The Smith County players hope their gritty and strategic play will propel them to new heights.

Games on DTC3:

- Friday, Aug. 23 vs. Gordonsville
- Friday, Sept. 27 vs. East Robertson
- Friday, Oct. 11 vs. Jackson County


WATERTOWN PURPLE TIGERS

Last Season: 4-7, third in Region 4-3A

Playoffs: Lost to McMinn Central, 35-32, in the first round.

Overview: The Purple Tigers clinched a playoff berth in their first season in Class 3A. They will look to replace a crew of talent, having graduated several seniors on both sides of the football.

Games on DTC3:

- Friday, Aug. 30 vs. Gordonsville
- Friday, Sept. 13 at DeKalb County
- Friday, Nov. 1 vs. Community 

615-765-5270

Kick Off THE SEASON



Healthy Eats for Your Tailgate

It's time to think about tailgating. Even if you aren't a football fan, you can enjoy the food that goes along with the big game, from pots of chili to tater skins and Buffalo wings.

But these tailgating treats may not agree with your waistline. There are healthy alternatives to consider for lightening up your football spread without sacrificing taste. You'll score some touchdowns yourself.



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

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

WHITE CHICKEN CHILI

- 4 boneless chicken breasts (2 to 2 1/2 pounds)
- 1 teaspoon dried basil
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- 1 tablespoon butter
- 2 tablespoons olive oil
- 1 large onion, chopped
- 3 stalks celery, chopped
- 3/4 cup chopped red bell pepper
- 2 cans whole green chilies, chopped (see tip)
- 3-4 cans cannellini beans, drained and rinsed (see note)
- 2-3 teaspoons cumin
- 1 cup sour cream
- 1/2 cup heavy cream
- 1/2-1 cup chopped fresh cilantro
- 1/2-1 cup grated Monterey Jack cheese
- Additional chicken broth, if needed

In large pot, add chicken breasts and completely cover with water (4-6 cups). Simmer chicken breasts with basil, salt, onion powder, garlic powder, thyme and parsley until completely cooked.

Remove chicken from broth and let cool. Reserve the seasoned broth for the chili. Once chicken is cool, chop and set aside.

In a large stock pot, add butter and olive oil, and saute onion, celery and bell pepper until vegetables are translucent. Add chopped chilies and two cans cannellini beans. When mixture is warm, mash beans with a potato masher.

Add 2-3 cups of the reserved broth, chopped chicken, cumin and 1-2 more cans cannellini beans. Let simmer 30 minutes to an hour. If mixture becomes too thick, add more broth. Add sour cream, heavy cream and fresh cilantro, and stir well. Taste and adjust seasonings, such as salt and cumin. Just before serving, stir in grated Monterey Jack cheese and ladle into serving bowls.

Tip: You will get better quality if you buy the whole chilies rather than chopped chilies.

Note: Progresso brand provides a better-quality bean that holds up well as the chili simmers, and you should only need three cans. If you use another brand and find that it is disintegrating as the chili simmers, add a fourth can of beans.



PARMESAN CHICKEN WINGS

These delicious wings are oven-baked.

- 1/2 cup all-purpose flour
- 2 tablespoons garlic powder
- 2 teaspoons ground pepper
- 3 large eggs, beaten
- 1 1/2 cups panko breadcrumbs
- 1 1/4 cups grated parmesan cheese
- 2 pounds chicken wings, cut at joints, wing tips discarded
- 3 tablespoons balsamic glaze (store-bought or made from scratch)
- Lemon wedges
- Ranch dressing
- Celery and carrot sticks

Preheat oven to 450 F. Line a baking sheet with parchment paper. Coat with cooking spray. Combine flour, garlic powder and pepper in a shallow dish.

Place eggs in a second shallow dish. Combine panko and cheese in a third shallow dish. Working in batches, dredge chicken pieces in the flour mixture, then the eggs and finally in the panko mixture, shaking off excess after each dredging. Place on the prepared baking sheet. Coat the chicken lightly with cooking spray.

Bake, turning the chicken halfway through, until the chicken is golden brown, and an instant-read thermometer inserted in the thickest portion registers 165 F, 20-25 minutes.

Arrange the chicken on a platter. Drizzle with balsamic glaze and serve with lemon wedges and ranch dressing for dipping with celery and carrots.

DOUBLE DIP HUMMUS

This recipe from Eating Well could be the creamiest hummus you've ever tasted. It's best made a day in advance.

- 8 ounces dried chickpeas (about 1 cup)
- 1 tablespoon baking soda
- 7 large cloves garlic, divided
- 1/2 cup extra-virgin olive oil, divided
- 1/2 cup tahini, divided
- 1/4 cup fresh lemon juice plus 1 tablespoon, divided
- 1 1/2 teaspoons kosher salt
- 1/4 teaspoon ground cumin, plus more for garnish
- Paprika for garnish
- 1/4 cup chopped flat-leaf parsley
- 2 tablespoons of the prettiest chickpeas for garnish. Rinse the remaining chickpeas and garlic and set the colander over a bowl. Refrigerate the chickpea mixture, reserved cooking water and pretty chickpeas separately overnight.

Place chickpeas in a medium saucepan and cover with 2 inches of water. Stir in baking soda. Soak overnight. Drain the chickpeas and rinse well. Rinse out the pan. Return the chickpeas to the pan and cover with 2 inches of fresh water. Add garlic. Bring to a boil. Keep at a rolling boil until the chickpeas are tender and almost falling apart, 25-40 minutes.

Reserve about 3/4 cup of the cooking water, then drain the chickpeas. Set aside

The next day, combine the chickpeas, 6 of the garlic cloves and 1/2 cup of the reserved cooking water in a food processor (or blender) with 1/4 cup each oil, tahini and lemon juice. Add salt and cumin. Process until creamy. Transfer to a serving bowl. Puree the remaining 1/4 cup each oil and tahini with the remaining garlic clove, 2 tablespoons of the cooking water and 1 tablespoon lemon juice until smooth.

Make an indentation in the center of the hummus and spoon in the tahini-lemon mixture. Sprinkle the hummus with cumin and paprika, if desired. Garnish with the reserved whole chickpeas and parsley. Serve with fresh carrots, celery and other colorful vegetables and/or pita chips. 🥗





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