

CONNECTION

Cruising canines

Planning trips with
furry friends

**SPIRITUAL
CONNECTIONS**

LAWN & ORDER



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

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.



Adobe Stock graphic by Jemastock

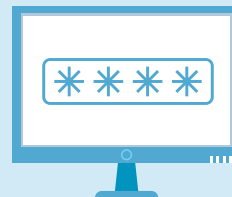


THE BASICS:

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**

Room to grow

One of the many things I enjoy about serving as general manager for ATC 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.



TREVOR BONNSTETTER
Chief Executive Officer

That mission can be traced back to the first telephone that was installed here in 1908 and later when Ardmore Telephone Company was officially incorporated in the 1950s to bring much-needed telephone service to the people of this area. At the time, major telephone companies didn't see enough profit in bringing that essential technology to rural areas. So, ATC became the first Tennessee company to apply for a loan from the Rural Electrification Administration and install 90 miles of copper cable.

Today, we're taking on a similar challenge when it comes to high-speed fiber internet. This new technology is transformative for so many aspects of our lives, from work and education to health care and entertainment. We couldn't just wait for the big internet companies to get around to rural communities.

We're proud of the progress we've made on our fiber network, but we are still working hard to expand access to more of our customers. Our goal is to provide fiber to everyone who is part of ATC's existing footprint.

It all comes down to remembering our roots as a hometown telephone company built by you to serve you. It isn't just our job. We are part of this community and want to make it a better place to live for everyone. We don't send money to shareholders across the country, we reinvest in the community.

It's one of the reasons we publish this magazine to keep you up to date on what's happening at ATC. It's also why we take a moment each year to celebrate Customer Appreciation Day. Coming together as a community gives us the chance to hear from you directly and share good food, fun and prizes. I look forward to seeing all of you at our office on Oct. 10.

Of course, even the best service doesn't count for much if no one knows about it. That's why reviews on platforms like Google and Facebook have become important for so many people when it comes to making tough decisions. We all feel a little more peace of mind when we know other people are happy with the service they've received.

So, I'd like to ask for your help. I know there are many loyal ATC customers out there who have been with us for years and can personally speak to the strengths of our service. I ask each of you to take a few minutes to visit our social media platforms to leave your own feedback and recommendations for the ATC service we all rely on every day. Together, we can help bring the power of fiber and community to even more people who need them. 🗨️

The Ardmore Connection is a bimonthly magazine published by Ardmore Telephone Company, © 2024. It is distributed without charge to all customers of the company.



is a hometown service provider delivering advanced telecommunications technology to the people of Giles and Lincoln counties in Tennessee and Limestone and Madison counties in Alabama. The company is managed by Telecom Management Services and owned by Synergy Technology Partners.

Ardmore Telephone is an equal-opportunity employer and provider.

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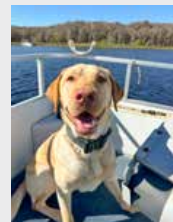


Find us on Facebook and Instagram!

Produced for Ardmore Telephone by:



On the Cover:



Ozzie takes a ride across Lake Hatchineha in Florida. Learn more about planning adventures with your four-legged friends.
See story Page 6.

Photo by Jen Calhoun

SAVE THE DATE!

Join us for ATC's Customer Appreciation Day
and let us celebrate you!

Enjoy free food and giveaways, and enter
for a chance to win door prizes.

Thursday, Oct. 10, 11 a.m.-2 p.m.

ATC office, 30190 Ardmore Ave.
Ardmore, Alabama



HAPPY
LABOR
DAY 

The Ardmore Telephone
Company office will
be closed on Monday,
Sept. 2, in observance
of Labor Day. Please
use SmartHub for easy
online account access.

Fiber is coming to a neighborhood near you!

Find out where ATC's fiber-fast internet
will be available next at www.ardmore.net.

ATC provides matching upload and
download speeds, smoother streaming
and a stable connection so your family
can simultaneously work remotely, learn
virtually, check in with the doctor and
game online.

To sign up, call 800-830-9946.

*Fiber-fast internet is not yet available in all areas
served by ATC.





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.

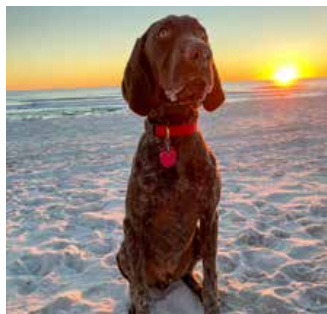
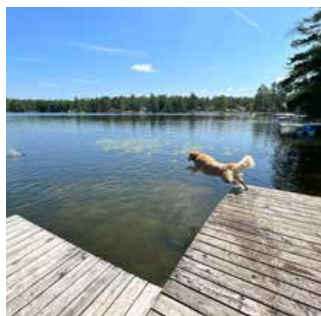
Pet-friendly travel is a hot topic. It's addressed by top vacation resources like Conde Naste Traveler, which has an online list of nationwide hotels and Airbnbs it deems best for accommodating pets, especially dogs. On travelandleisure.com, search "pets," and you'll unleash a wealth of helpful articles.

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.



Lindsay Lane Baptist Church North uses two cameras and production software to livestream its services.

CONNECTING WITH THE WORD

Lindsay Lane Baptist Church North uses fiber to build a closer community

Story by DREW WOOLLEY

Jeremiah Wesson helped establish Lindsay Lane Baptist Church's North Campus just in time for the world to turn upside down. As part of the volunteer plant team for a new branch of the original Lindsay Lane Church in Athens, he helped sow the seeds for the new community in 2019.

"We started out meeting in a high school gym," he says. "We didn't acquire our current property until late 2019. So, we were still gutting it and overhauling it when COVID shut the world down."

Like many churches, Lindsay Lane immediately recognized the importance of finding new ways to reach a congregation that was farther away than usual. Despite Lindsay Lane North still being in its early stages, the decision was made for the new church to embrace technology.

"The main campus lead pastor made the decision that in June 2020 we needed to all be in our facilities," Jeremiah says. "As we resumed

Shanna Tribble helps manage streaming services with Lindsay Lane North's media team.



Photography courtesy of Lindsay Lane Baptist Church North

meeting in person, it was absolutely essential that we get what we needed to be able to start streaming.” By making services available online, the church ensured congregants who weren’t ready or able to return to worship in person could stay connected.

The church has since settled into its home in Elkmont, and Jeremiah has taken on the full-time role of administrative pastor. Over nearly five years, Lindsay Lane North has grown to include two worship services and a community of about 250 congregants each Sunday morning.

CLOUD COVER

Jeremiah says the decision to get Gig fiber service from Ardmore Telephone Company as soon as it became available in 2022 was a no-brainer. “Before we made the switch, we were basically having to stream at a reduced quality,” he says. “We were having to go with the standard-quality picture and not full high definition the way we’re able to stream now. It was buffering so badly if we turned the quality up.”

Lindsay Lane North does most of its graphics and video production in-house. The media team uses a professional two-camera setup to record services and can layer presentation graphics on top of the livestream to bolster the pastor’s message.

Those services go out live on Facebook and YouTube with the help of the Church Streaming platform, which supports churches in editing and customization. “Between that and our church management software systems, it’s an unreasonable amount of data to try to store locally,” Jeremiah says. “We do the best we can to keep most of it stored on the cloud. And with the Gig fiber, we really don’t have to spend a lot of time watching the wheel spin for videos to upload.”

The church also uses check-in software to keep track of kids who are in the children’s building, along with a database of contact information for their parents. That information is only available to those with credentialed access, giving both staff and parents peace of mind.

“From the staff perspective, I can look at that and know if there’s ever a need to contact a parent, I can do that from where I am,” Jeremiah says. “It’s kind of a



checkpoint to know that if there’s a child in that building then the workers in that building know how to reach that child’s parents if they ever need to.”

DIGITAL GOSPEL

All those connections exist on a private network for Lindsay Lane North’s priority internet needs. The church also provides a second public network that congregants can use to connect to Wi-Fi. Even with the church’s own bandwidth needs, Jeremiah has never known the public network to miss a beat.

“I’m on the private network and my wife uses the open network, and she’s never waiting on something to load while I’m fully in there,” he says. “That means we’re able to run our full stream, have our full check-in sweep going, and everybody else in the church is able to do what they want to do with what’s available.”

Jeremiah expects the church’s internet needs will continue to grow. One goal of the congregation’s leadership is to add monitors around the church so people can view the service if they need to step outside for a moment or comfort a crying child. That would require uploading and downloading the stream on-site, but Jeremiah is confident ATC’s customer service will be up to the task.

“We’ve had to call at some pretty non-traditional hours, and we still get the help that we need,” he says. “So even when it’s not working perfectly there’s been no complaints about the quality of care that we get.”



TOP: Lindsay Lane Church North’s earliest services were held in a school gym.

ABOVE: Pastor Alan Ostrzycki celebrates Lindsay Lane North’s first baptism service at the Elk River with three newly baptized members.

In the end, it’s all about ensuring Lindsay Lane North can meet its congregants where they are, so there are no barriers between them and the message the church wants to share.

“The days of hearing the onionskin pages turn in the church are kind of passing us by. It’s a lot more of people swiping up and down to get to the next page in their Bible,” Jeremiah says. “Having that connection means you don’t have to worry about whether folks will be able to swap translations to whatever the pastor’s using. They can get to it easily because the Wi-Fi’s reliable.”



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.

A Cut Above

Vickers Lawn & Order brings a family passion to lawn care

Story by DREW WOOLLEY

Jason Vickers has enjoyed cutting grass ever since he was 7 years old. His grandfather owned a farm on Ardmore Ridge Road, and Jason remembers jumping at the opportunity to hop on his old Murray riding lawn mower and trim part of the property himself.

So, when Jason was laid off from Navistar in 2013, he couldn't help but see an opportunity in a lawn service business that was for sale on Craigslist. He called his wife straight away and let her know he wanted to get in the lawn business. "We talked about it, and I ended up buying it from the man," Jason says. "At that time, it came with 13 customers, and I think 10 stayed with me when I bought it."

One condition of the deal was that Jason change the name of the business. His wife decided to style the new business after one of her favorite TV shows. Eleven years later, Vickers Lawn & Order has grown to serve more than 250 clients.

Jason estimates he works as many as 4,500 yards each year, offering services that include mowing, edging, weed eating and clearing surfaces, as well as landscaping services, like building and mulching flower beds, filling in river rock and trimming shrubs and small trees.

All that growth didn't come overnight, though. For most of its history, the lawn business had been a part-time job Jason

ran on the side while working full-time as a quality technician for Polaris. He didn't decide to focus fully on Lawn & Order until 2020. "That's when it really took off," he says. "I think in the last four years we went from about 100 customers to where we're at now."

The biggest challenge to that momentum has been the weather. With 25 to 30 yards to cut each day, a couple days of rain can put the workload behind 50 yards or more. Fortunately, the positive word of mouth from happy customers has kept the business rolling rain or shine.

Jason also credits his internet service from Ardmore Telephone Company, which powers Lawn & Order's website, vickerslawn.com, as well as the company's billing and scheduling software. "If we didn't have internet, we'd be down and out on trying to get paid a lot," he says. "It would be almost as bad as the rain."

Last year, Jason's son-in-law, Joshua Schrimsher, bought into the business. With his new partner, Jason looks forward to keeping Vickers Lawn & Order in the family and enjoying the smell of freshly cut grass for years to come. "I've probably cut most of my customers' yards more than I've cut my own," Jason says. "I guess I just like to see something go from looking bad to looking nice." 🗨️

“If we didn't have internet, we'd be down and out on trying to get paid a lot. It would be almost as bad as the rain.”

— Jason Vickers, owner of Vickers Lawn & Order



Joshua, left, and his father-in-law, Jason Vickers, prepare to get to work on a customer's lawn.



Joshua Schrimsher plans to keep the business in the family.



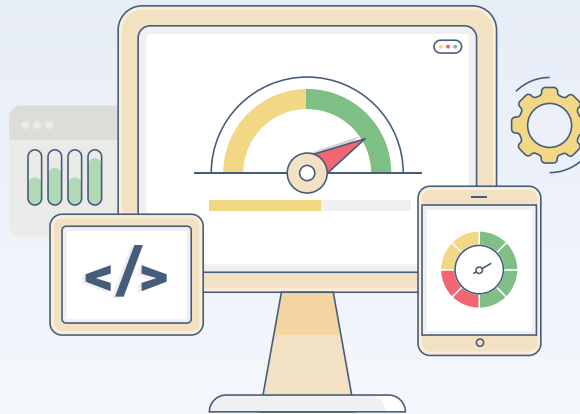
Vickers Lawn & Order tends to hundreds of lawns each year.

Photography courtesy of Vickers Lawn & Order

THE PERFECT MATCH

Why symmetrical speeds make a difference

Most of us know the power of lightning-quick download speeds. Streaming our favorite shows without buffering, browsing the internet without waiting for pages to load and snappy download times even for large files are increasingly the expectation. But, if your upload speeds aren't just as fast, they could be holding back your experience.



DOWN VS. UP

Your download speed determines how quickly you can retrieve information from the internet, and upload speeds determine how quickly you can send or share information online. While fast

download speeds tend to get the most attention, rapid uploads can make a huge difference with day-to-day activities like:

Videoconferencing — A fast download speed will help you see and hear others loud and clear, but fast upload

speeds ensure you can be seen and heard without lag.

Sharing files — Quick uploads help photographers, videographers or small-business owners save time when sharing large files.

Livestreaming — Whether you're streaming on YouTube, Twitch or Facebook Live, fast uploads are essential to producing high quality content.

Security — Many security and doorbell cameras rely on speedy uploads to save or back up footage to the cloud.

AHEAD OF THE PACK

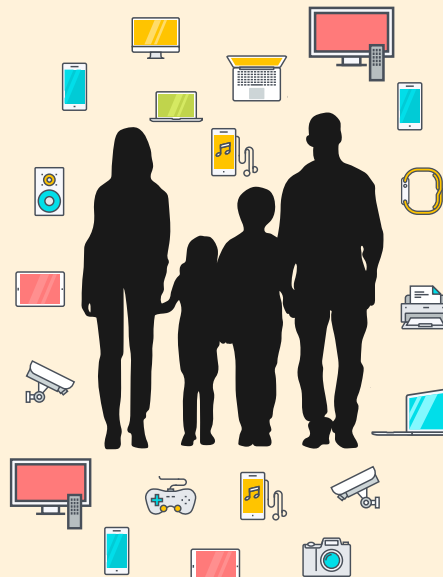
Many internet providers emphasize deals with fast download speeds that can hide much slower upload speeds. Ardmore Telephone Company is different. Our fiber network not only offers download speeds up to 1 Gig but also supports symmetrical upload speeds. That means you never have to worry about your upload speeds struggling to keep up with your download speeds. 📶

WHAT UPLOAD SPEED DO YOU NEED?

Many of ATC's competitors have upload limits of 10-15 Mbps, but how does that really stack up to the number of users and devices in your household?

To calculate your own upload needs, add 5 Mbps for each active internet user. A family of four would already exceed a 15 Mbps limit, leading to poor performance for everyone.

Add another 5 Mbps for each smart device in your home. For most customers, the total number of smartphones, tablets, computers, TVs and smart appliances they use daily makes symmetrical upload speeds essential.



Experiencing internet issues? LET US HELP!

If you're having any issues with your internet, please call us so we can work through any service issues together. We are committed to making your connection an outstanding experience.

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

 **Ardmore**
TELEPHONE COMPANY

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Note: Fiber internet is not yet available in all ATC service areas.

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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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.



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. 🥗



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.



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