









By Shirley Bloomfield, CEO NTCA-The Rural Broadband Association

World Wide Web Day

Celebrate decades of digital innovation

Aug. 1. It's a celebration of a 1993 internet milestone that transformed our society, changing everything from work and health care to communications and entertainment.

Before the web, accessing information and resources on the interconnected computers spanning the globe required specific software and skills. Email use was even limited—in business, fax machines still ruled. Then, researchers in Switzerland, including Tim Berners-Lee, developed the World Wide Web. Not only was information easier to share, but the freely distributed tools that made it possible fueled decades of innovation.

Now, rural internet service providers like yours manage the high-speed networks unlocking the modern web. NTCA's 2024 Broadband/Internet Availability Survey Report showed that 89% of rural customers served by providers responding to the survey have access to speeds of at least 100 Mbps.

That's a dramatic change compared to 1993, when connecting was slow and noisy, reliant on dial-up modems and copper lines. Back then, a speed of 14.4 Kbps was great—nearly 7,000 times slower than a 100 Mbps connection today.

Students can now access endless resources online and attend virtual classes. Telemedicine brings services and specialists otherwise unavailable in rural communities. Farmers monitor crops, manage resources and keep livestock healthy with internet-connected tools. And that's only the beginning.

NTCA members across rural America make it all possible. So, let's take a moment to celebrate not only World Wide Web Day, but also the communications professionals in your community.

Thank you for all you do. 🗅



Help your community thrive

Local businesses are a cornerstone of the United States' economy, particularly in rural communities. You need to look no further than your local utility providing a fast, reliable internet network. Companies like these are not only committed to providing excellent service but also uplifting their communities.

A report last year by Capital One Shopping, a site operated by the banking and credit card company, highlighted the importance of local retailers.

- In one week, **91% of American consumers** shop at small and local stores.
- 68%, or \$68 out of every \$100, spent at local stores remains in the local economy.
- American shoppers spent an estimated \$4.51 trillion at local stores in 2023, equivalent to 54.3% of all retail sales.
- The average person shops locally 213 times per year or once every 1.7 days.

Community Benefits to Shopping Local

- · Shopping small keeps dollars local.
- Dollars spent at an independent business may **recirculate** in the local economy **an average of six to 15 times**.
- Small businesses make up to 136% more charitable donations per employee than businesses with 500 or more employees.
- Residents of communities with more independent businesses drive three-quarters fewer miles than their neighbors who have less access to small local shops.











A Sunshine Shield in Your Pocket Apps to protect your skin

ong days outdoors are a joy of summer. A little sun can even increase your vitamin D levels, which has a range of health benefits. On the other hand, bathing in too much sunlight is not good for the skin, raising the potential for skin cancer. And some people are more susceptible than others.

So, it just makes sense to track and manage sun exposure. Think about all the things we already monitor—steps, sleep and even what we eat. Why not also track exposure to ultraviolet light, the rays produced by the sun?

In fact, your phone's weather app may already offer a forecast for expected sun exposure at your location. Other apps though can ramp up the details. Early UV apps were basically glorified timers with general advice tacked on. Today's versions

are more sophisticated, providing information on everything from cloud cover to how much sun is reflecting off surfaces around you.

These apps often have easy-to-understand color-coded displays that show your risk level. Most will customize their recommendations based on your skin type, which means you're getting advice that's relevant to you specifically.

Some of the more advanced options do more than track UV exposure. They can use your smartphone's camera to analyze your features and suggest proper levels of sun protection. Many will even send timely reminders when it's time to reapply sunscreen based on your activity level and which products you're using.

The more comprehensive sun safety apps don't only monitor UV rays. They

include educational content about sun damage and skin cancer prevention.

Some even track vitamin D production, helping you balance protection with healthy sun exposure.

Family-friendly versions allow users to set up profiles for multiple family members with different skin types, making it much easier to manage sun protection during group outings like beach days or picnics.

Of course, no apps replace a proper checkup with your dermatologist, but they do offer daily reminders about a danger we can't always see. So, next time you're heading outdoors for a day in the sun, check the app store for your favorite device and see if there's an app that provides the details you need to stay safe. At minimum, the apps can keep the importance of skin protection top of mind.

Hearts and Home

Making connections that matter

always enjoy these long, sunny days, which are perfect for spending time with the people who matter most. It's an opportunity to unplug and enjoy the outdoors, and at Farmers Mutual and Federated Telephone we believe the communications services we provide can help connect us in person and online.



KEVIN BEYER Chief Executive Officer

Have you ever noticed how we can all get stuck looking at our phones? Even though our internet connects thousands of homes and businesses, the best connections often happen when we look up and see each other face to face. This summer, I invite everyone to find that sweet spot, using our internet to make your real-life get-togethers even better.

Think about that family reunion you're planning. Group texts make organizing easy. Video calls let you chat with relatives who moved away. When everyone finally gets together, your phone can capture precious moments and then store, edit and share those images online. Fast reliable internet makes it all possible.

Similarly, our local markets and festivals thrive because vendors can easily process card payments without the need for expensive and complex systems. And they can keep potential customers updated by posting online about sales and new products. But being out and about shopping is still an opportunity for connections where neighbors meet in person, shake hands and catch up.

Also, thanks to rich and affordable streaming services for music and video, families can gather indoors or outside for movie nights. Perhaps some things that start small can grow into monthly traditions where neighbors become friends.

At Farmers Mutual and Federated Telephone, we don't just support a fast, industryleading internet service, we believe these resources can create paths to new possibilities. Your stories of connection and success fuel our passion—grandparents who video chat with grandkids, local businesses that ship to customers around the nation or young artists sharing digital creations with the world.

This summer, try using technology with purpose. Create a shared family photo album that relatives can add to from anywhere. Use social media to organize a park cleanup day. Stream music for an impromptu block party. Record video interviews with town leaders to save and share their stories.

The best communities blend new technology with cherished traditions. At Farmers Mutual and Federated Telephone, our investment in this community allows us to use technology to make our ties to one another stronger.

As we enjoy summer, remember that our most important connections will always be with each other. We are proud to provide the technology that helps those connections grow. Let's make this a summer of real connection, both online and in person.

CONNECTI

Connection is a bimonthly newsletter published by Farmers Mutual and Federated Telephone, © 2025. It is distributed without charge to all of our customers.



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On the Cover:



Dani Kangas grew up loving the great outdoors. In 2012, she started Dani's Nature Camp to help others have outdoor adventures. See story Page 8.

Dani's Nature Camp

Congratulations Scholarship Winners!





Zack Dietz, Morris Area High School

Brady Cronen, Hancock Public School

Farmers Mutual and Federated Telephone are thrilled to award two scholarships to recent graduates who live in our service area and are making the most of their broadband connection to the world.

Brady Cronen, from Hancock Public School, earned a \$3,000 Jon Tollefson Technology Scholarship from the Minnesota Telecom Alliance Foundation. Out of 117 applicants across the state, Brady's hard work and potential stood out.

Zach Dietz, from Morris Area High School, is a 2025 Foundation for Rural Service Scholarship recipient. Out of more than 2,000 FRS Scholarship applicants from rural communities across the country, only 50 students were chosen. Zach's application stood out for his academic excellence and deeprooted pride in his rural roots.

Know What's Below

Summer is officially here, and that means it's time to tackle backyard projects. If your to-do list includes a job that involves any digging, the first step is to call 811.

Minnesota's excavation laws require homeowners and contractors to call 811 before digging. Starting a digging project without first knowing where underground utility lines are buried can result in damage to expensive infrastructure and put lives at risk. Gopher State One Call notifies all utilities based on the caller's address, allowing those stakeholders to safeguard their facilities.

Find out more at gopherstateonecall.org.



We wish everyone a spectacular Fourth of July weekend. Our offices will be closed on Friday, July 4, in observance of Independence Day. Have a fun and safe holiday.

Capital Credits Are Coming

Farmers Mutual and Federated Telephone will distribute capital credit dividends soon.

Current members with a refund of less than \$500 and an active billing account will have their capital credit dividend applied directly to their account. Any member with a refund of more than \$500, or an inactive billing account, will receive a capital credit dividend check by mail.

Acira July/August 2025 | 5



These water parks are built for thrill, not chill

Story by KATHY DENES

f summer has a signature scent aside from freshly mowed grass, it's the chlorine of swimming pools and water slides. Water parks are the ultimate hot-weather attractions, and some have been popping up lately that go far beyond splash pads and lazy rivers. These parks lure the adventurous with endless waves and whitewater for rafting, kayaking, canoeing and even surfing-no wild oceans or rivers required.

The first of these parks in the country, the U.S. National Whitewater Center in Charlotte, North Carolina, is home to a whitewater river that challenges even the most experienced wave riders. Touted as the world's largest artificial river, its recirculating treated water flows along dual concrete channels offering rapids

varying in intensity from Class II to Class IV.

The sprawling facility is geared to all sorts of outdoor recreation and is still evolving nearly 20 years after opening. Guided rafts and kayakers with whitewater experience ride the same rapids U.S. Olympic athletes use for training and team trials. The Wilderness and Competition channels provide varying intensity and length before ending in the tranquil pool where riders steer their boats onto a conveyor belt and ride back to the start for another go.

"The USNWC was the first whitewater channel specifically designed for family-level fun at an Olympic-standard facility," says course lead designer Scott Shipley, an engineer, kayak champion

and three-time Olympian who holds four world titles. "Until Charlotte, every whitewater channel in the world was an Olympic channel first that was later adapted for commercial rafting. We created a channel for family recreational rafting first and then added a competition channel. We focused on the church and school groups that will be using it as a way to help get them active."

SURF CITY

At Riversport OKC in Oklahoma City, Olympic and Paralympic athletes train in rowing as well as canoe and kayak. In fact, it is slated to be the canoe slalom venue for the 2028 Los Angeles Olympics. Its whitewater center offers rowing, kayaking and surfing lessons,



ABOVE: Progressing from bodyboarding to kneeboarding takes very little time with FlowRider's perpetual waves.

OPPOSITE PAGE: Rafting can get pretty wild on Riverpark Rapids in downtown Oklahoma City.

along with tubing, paddleboarding, highspeed slides and even fun on dry land.

Riverpark Rapids whitewater rafting and kayaking center is in Riversport Adventure Park, in the Boathouse District along the Oklahoma River. Whitewater kayaking and guided rafting start at the top of the artificial river, reached via a conveyor belt. From there, it's an easy slide into the river to start a memorable ride.

Those ready to Surf OKC can catch a wave, no previous skill needed. Starting with bodyboarding, the staff teaches all the basics to help visitors hang 10. Wipeouts are inevitable, but there are no sharks in the nonstop waters of the FlowRider surf machine. Found all over the world, these compact wavemakers keep endless, shallow water flowing atop a trampolinelike surface.

TEST THE WATERS

Riverpark OKC is open daily 10 a.m. to 5 p.m. in the summer and on weekends in the late spring and early fall. Day passes and memberships are available. Each Thursday through Aug. 7, Riverpark offers NightWater Evening Rafting from 6-8 p.m. riversportokc.org

The Charlotte Whitewater Center will

celebrate Independence Day by hosting a free two-day festival, July 3 and 4, with live music and more. Evening events those days include illuminated rafting and kayaking on the river's Competition Channel, but this requires purchase of an activity pass. See the center's website for schedules, pass information and events, plus details about any required gear and skill prerequisites. whitewater.org. 🗘

INDOOR WAVES

With a half-day or full-day pass, visitors can enjoy the indoor water park in Bloomington's Great Wolf Lodge year-round. Its Wolf Rider Wipeout offers endless FlowRider waves for bodyboard rides, either prone or kneeling. Other attractions range from relaxing pools and a leisurely float on Crooked Creek to swift water slides. Access to the water park is free for overnight guests.

Learn more at greatwolf.com/minnesota.



High above Riversport, a young visitor secured with a safety harness navigates one of the six levels of SandRidge Sky Trail.



In the hills above Charlotte, North Carolina, the U.S. National Whitewater Center caters to whitewater enthusiasts ranging from novice paddlers to Olympic athletes.



Perpetual waves at Riversport make surfing a breeze.



Morris woman turns passion for nature into summer events

Story by JAMIE BIESIADA | Photos courtesy of Dani's Nature Camp



Dani Kangas hits the bike trail with Noa Strei and her brother, Leif.

ani Kangas always loved spending time in the great wide open. When she wasn't playing sports, the Morris resident was probably camping. "I just loved being outside with my family," Dani says.

A three-sport high school athlete in volleyball, softball and hockey, Dani graduated in 2011 and studied health and business at college in Superior, Wisconsin. She kept up with sports and played hockey, spending her spare time hiking and skiing.

After college, she spent a few years in Duluth before moving to Colorado for a summer to work with 5- and 6-year-olds as a camp counselor. "We hiked, biked and kayaked," Dani says. "We were getting them outside, and I just loved it."

That experience planted a seed of an idea in her mind. While she was living in Bozeman, Montana, Dani's Nature Camp was born. "I was just so excited about it," she says.

Most of her campers were the children of people she coached at a local CrossFit gym. They spent the summer hiking and biking together during weeklong day camps.

BACK TO HER ROOTS

After that summer, Dani moved back to Minnesota and brought Dani's Nature Camp to Alexandria and Morris. Thanks to Minnesota's many lakes and rivers, she added kayaking to the mix of activities. "What I found out is a lot of kiddos didn't actually have access to kayaks," Dani says. "They probably had their own bikes, but they didn't have kayaks, so the kayaking thing was huge in Minnesota."

Life has changed quite a bit for Dani in recent years. She and her husband, Mike, moved to a 20-acre property to raise their two boys, a 3-year-old and a newborn. Dani and Mike are both real estate agents, and together they have taken on many fixer-upper projects.

But through all the moves and major life events, nature still calls Dani. Her family enjoys the outdoors and being active. She's often contacted by local groups and schools to lead snowshoeing and kayaking activities, and she also runs free community biking and kayaking events.

The community events aren't going anywhere. Dani says she will continue offering those, and she's also considering running biking events on a 40-acre plot she and Mike own in Hibbing, home to a large mountain biking community.

She's considering other ways to keep Dani's Nature Camp alive and well. "I would one day like to do a women's long weekend, go somewhere and camp," she says. "It doesn't have to be all moms, but us getting together and going to do something for ourselves for once. I think it'll always be a part of who I am."

The best way to keep up with Dani's outdoor activities is through her Facebook page, Dani's Real Estate Adventures.







How teenagers navigate digital communication

Story by DREW WOOLEY

orn into the world of smartphones and social media, today's teenagers spend more time communicating online than any of their predecessors. While that familiarity with the online world builds skills with digital platforms, it also affects how they experience adolescence.

"We see that a lot of their development is shaped through their interactions with technology," says Kaitlyn Burnell, director of research for the University of North Carolina at Chapel Hill's Winston Center for Technology and the Developing Mind. "It's not just reflecting those aspects of development but also fundamentally changing how they're going through those experiences."

10 | July/August 2025

Experts say the key to making sure those changes are positive is understanding how teens are communicating online and giving them the knowledge to shape their own experiences.

SOCIAL MEDIA

Social media is often the most public form of online communication for young people and an easy way to communicate on a large scale. While social status and approval from peers has always been important for adolescents, Burnell says that influence is amplified by social media's ability to track those reactions in real time.

"Adolescents place a lot of importance on the number of likes and the quality of the comments they're getting," she says. "There's no real counterpart of that in the past. The best thing I can come up with is maybe the number of yearbook signatures or something old school like that. But it's very, very different."

That isn't always a bad thing. While image-heavy platforms like Instagram can lead some to struggle with body image, recent studies show a well-curated social media feed can inspire young people more than discourage them. Many teens understand how their feeds work.

"To adolescents' credit, they're pretty sophisticated in tailoring their algorithms," says Michaeline Jensen, University of North Carolina at Greensboro associate professor. "If they're not liking what they're getting, they game it—unfollow some stuff or press the thumbs down to try and steer toward different content. They're pretty sophisticated with trying to make their online spaces a place that's affirming and positive for them."

DIRECT MESSAGING

Direct messaging is reserved for more personal interactions. Private messages are the go-to way to express love, get emotional support or just check in with a parent.

"It's how they talk to people who really matter to them," Jensen says. "Things like day-to-day logistical stuff can make parenting easier, so you can check in and get work done. But it does seem like when teens have those more emotionally supportive conversations over text, those seem to be perceived positively by the kids."

Written chats proved to be more popular than video chats even during periods of separation like the coronavirus pandemic. While video calls can be an authentic way to communicate with faraway family, the interface can prove distracting when talking to other teens.

"Hypothetically, video communication should be more enriching because it's as close to a face-to-face conversation as you can get," Burnell says. "However, the problem that we've identified is that

the default for most software is that you see yourself and that isn't always great. If you're occupied with how you look, then that's going to impede those social benefits."

SOCIAL GAMING

Teens often spend social time gaming online, whether with local friends or players across the world. While there are concerns about this hurting offline relationships, Sophie Janicke-Bowles, an associate professor at California's Chapman University, found the opposite can be true.

"When it comes to kids hanging out with friends, social gaming is taking that over," she says. "And it can actually increase both the online and offline connection when hanging out with friends.

So, it can be a contributor to more social interaction rather than less."

Gaming spaces can still expose players to coarse language or bullying. An awareness of how those platforms are used and who they are exposing adolescents to is crucial for creating a positive experience.

RURAL CONNECTIONS

Building digital literacy can be challenging in rural areas, where the digital divide is closing but schools may not have resources to teach how to make the most of digital communication.

"It makes sense that if families are more spread out from each other you can't just go next door and hang out with your friend," Jensen says. "There might be greater reliance on digital technologies in order to facilitate those social connections, and we don't yet know how kids will adjust to that."

But the upside for rural kids can also be much greater. Digital communication can help them stay in touch with local friends who do not live miles away or even find communities around their personal interests that do not exist nearby. The key is staying aware of how they use those tools, even as they are rapidly changing.

"We know that for everyone, these forms of digital communication are just embedded within our daily lives," Burnell says. "Everyone relies on digital forms of communication for social support. So, it's important to remember it's not just good or bad. It depends on the content, it depends on the person, and it depends on what they're doing."





atie and Joe Schimerowski hit the ground running. In less than a year, the couple transformed the site of a former winery into Dawson's newest multiuse event center.

"When we closed on the winery on July 31st last year, we had to redo everything," Katie says. "The previous owners did a beautiful job building this space, but it was pretty much empty when we purchased it, and it was in need of some repair work. So, we hustled to get it all done before we opened in April."

That repurposed building can now accommodate 99 guests, and the couple is putting the finishing touches on The Vine's new pavilion. Constructed entirely from rich, stained wood, it will provide a covered, outdoor space for up to 500 guests. But the opportunity to enjoy a prepared meal under the beautiful Minnesota night sky draws the most visitors to the picturesque 35-acre property.

As soon as Katie posted the first event offering this spring—Picnic Under the Stars—The Vine's Facebook page went viral. The Vine has nearly 5,000 regular followers, and more than 24,000 people responded to a recent poll seeking suggestions for the next Picnic Under the Stars.

"I keep adding new dates, and they sell out within 24 hours," Katie says. "We have people attending from hours away. It is wild!"

Another popular offering at The Vine is the monthly Beats and Bites, featuring live music and a special menu Katie curates for each event. "We do these once a month, where the public can come out and enjoy some live music and eat some good food and just have a good time," she says.

Katie's rotating pizza lineup includes the Bawk-Bawk-Q, with smoked chicken and a grape chili pepper barbecue sauce Katie developed.

"We have 375 grapevines. We make some wine, and some of the grapes are for juice and jelly," she says. "One day, I was trying to figure out what I could do with all this jelly, and I made some barbecue sauce, ground up some dried chilis and combined it all. It turned out really delicious."

Joe, a regional sales manager for Beck's Hybrid, took on the construction of a new pavilion at the venue this year. He can also be found behind the bar, crafting cocktails or making pizzas. The couple's children, 5-year-old daughter Snow and son Apollo, 3, love to help set up for events and restock the retail area.

The first major wedding in the new pavilion is scheduled for the first weekend in August.

"The local support has been overwhelming," Katie says. "It is such a blessing to have moved here on a whim and fallen into such a welcoming community."



Dawson residents pour into The Vine's bar for its grand opening.



Co-owner Joe Schimerowski delivers a pizza to a table.

Photos courtesy of Matthew Borchert

12 | July/August 2025

CHARGE SMART

Maximize your battery life

hecking the battery meter on a watch, phone, tablet or mobile computer is part of our highly connected world where devices can travel with us just about everywhere. We depend on the availability of services like music, text messages, voice calls and—often most importantly—maps.

Keeping those batteries charged and healthy represents not only convenience but also a way to avoid the expense of replacing a battery or even a device that will no longer hold a charge.

First, keep in mind that the type of device, the software it uses to manage battery life and the batteries themselves vary. Be sure to check the specifics for each of your devices.

Generally, though, modern gear relies on lithium-ion batteries. Apple notes that a battery's lifespan hinges on the care given to the device and the charge cycles, the number of times the battery uses the equivalent of one full charge. Discharging a battery 75% one day, recharging to 100% overnight and using 25% the next day—a total of 100% of use—equals one charge cycle.

Here are a few general guidelines for good battery health:

HEAT: THE SILENT BATTERY-KILLER

Temperature matters.

Consider removing protective cases when charging overnight. They can trap heat around your device, adding warmth that can degrade your battery.

Avoid charging in direct sunlight or hot cars, which can shave months off your battery's life.

The ideal charging environment is between 65-75 degrees—what's comfortable for you is likely good for the battery, too.

SMART CHARGING HABITS BY DEVICE

Not all devices are created equal, but some principles apply across the board:

Smartphones—Short, frequent charges are better than long ones. Graze rather than feast.

Laptops—If you work plugged in, consider using software settings to limit charging to 80%. Always check the owner's manual for options on your specific device.

Tablets—Avoid leaving them on the charger when not in use. A rule of thumb is to keep the charge between 20% and 80%.

DISPELLING BATTERY MYTHS

Overnight charging won't immediately kill your battery, but it's still not ideal long term.

Quality matters, but reputable third-party charger options are generally safe.

Fast charging doesn't significantly damage batteries. While it generates more heat, occasional use is fine—just don't make it your only charging method.

TECH THAT HELPS

Modern devices increasingly offer battery-preserving features. Apple's Optimized Battery Charging learns your daily charging routine and delays charging past 80% until you need it. Similarly, Samsung's battery protection mode caps charging at 85% to extend battery lifespan.

The bottom line? Think of your device battery as a marathon runner, not a sprinter. Gentle, consistent treatment wins the long game.





ew things in life are better than a big juicy burger in the middle of summer. Mouths water at the thought. And it takes just a few ingredients to reach perfection.

There's more to making the perfect burger than hand-patting the beef, though that's an excellent start. But before you do that, add a little salt and pepper, a dash of Worcestershire sauce, an envelope of onion soup mix and mayonnaise. Yes, mayo. Ignite the fire, add your burgers to the grill and get ready for a taste explosion.

And since it's summer, add a watermelon salad and finish the meal with a big scoop of easy-to-make peach ice cream—no churning required—and you have a meal fit for a summertime <u>feast</u>.



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

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

MAYO BURGERS

- 1/2 cup mayonnaise
- 1/2 cup plain bread crumbs
 - 1 envelope onion soup mix
 - 2 pounds ground beef
 - 8 hamburger buns

Combine mayonnaise, bread crumbs and soup mix in bowl.

Mix mayonnaise mixture into ground beef. Shape into 8 patties. When forming

hamburger patties, make a shallow indentation or dimple in the middle of each patty. This divot will keep the center from bulging up as it cooks so that the patty will stay flat and even. Even cooking and heat distribution will keep each patty juicy and consistent. Grill or broil until done. Serve burgers on buns with desired condiments.



WATERMELON SALAD WITH BALSAMIC REDUCTION

- 2/3 cup balsamic vinegar
 - 1 tablespoon sugar
 - 1 7- to 8-pound watermelon
 - 2 tablespoons fresh lime juice
 - 2 tablespoons olive oil
- 1/4 cup fresh mint leaves, chopped
- 2/3 cup crumbled feta cheese

In a small saucepan set over mediumhigh heat, combine the balsamic vinegar and sugar. Bring the mixture to a boil and continue cooking, stirring and scraping down the sides as needed, until it has reduced and is the consistency of syrup, about 5 minutes. It will thicken as it cools and only yield a few tablespoons. Set it aside to cool while you prepare the salad.

Cut the watermelon into cubes or use a melon baller to scoop it into balls. Put the melon pieces in a large bowl.

In a small bowl, whisk together the lime juice and olive oil with a pinch of salt and pepper. Pour the dressing over the watermelon, add the chopped mint and feta cheese, and toss to combine. Drizzle the salad with the balsamic syrup and serve immediately.

SUMMER PEACH NO-CHURN ICE CREAM

- 1 pound fresh peaches, peeled, pitted and sliced
- 1 14-ounce can sweetened condensed milk
- 1 8-ounce block of cream cheese
- 2 cups heavy whipping cream
- 2 teaspoons vanilla extract

Using a food processor, pulse the peaches until they are pea-size chunks. Alternatively, dice the peaches by hand and, in a large bowl, lightly mash them to release juices. Cover with a towel and set aside.

In a large mixing bowl or a stand mixer, mix the sweetened condensed milk, cream cheese, heavy whipping cream and vanilla on a medium-high speed until stiff peaks form. Gently fold in the peaches until just combined.

Pour the mixture into a freezer-safe container. Cover with plastic wrap, allowing wrap to lie directly on top of the ice cream mixture. This will keep the ice cream from forming crystals on the top. Freeze at least 4 hours for soft-serve ice cream or 6 hours to overnight for firmer ice cream, then scoop away!





