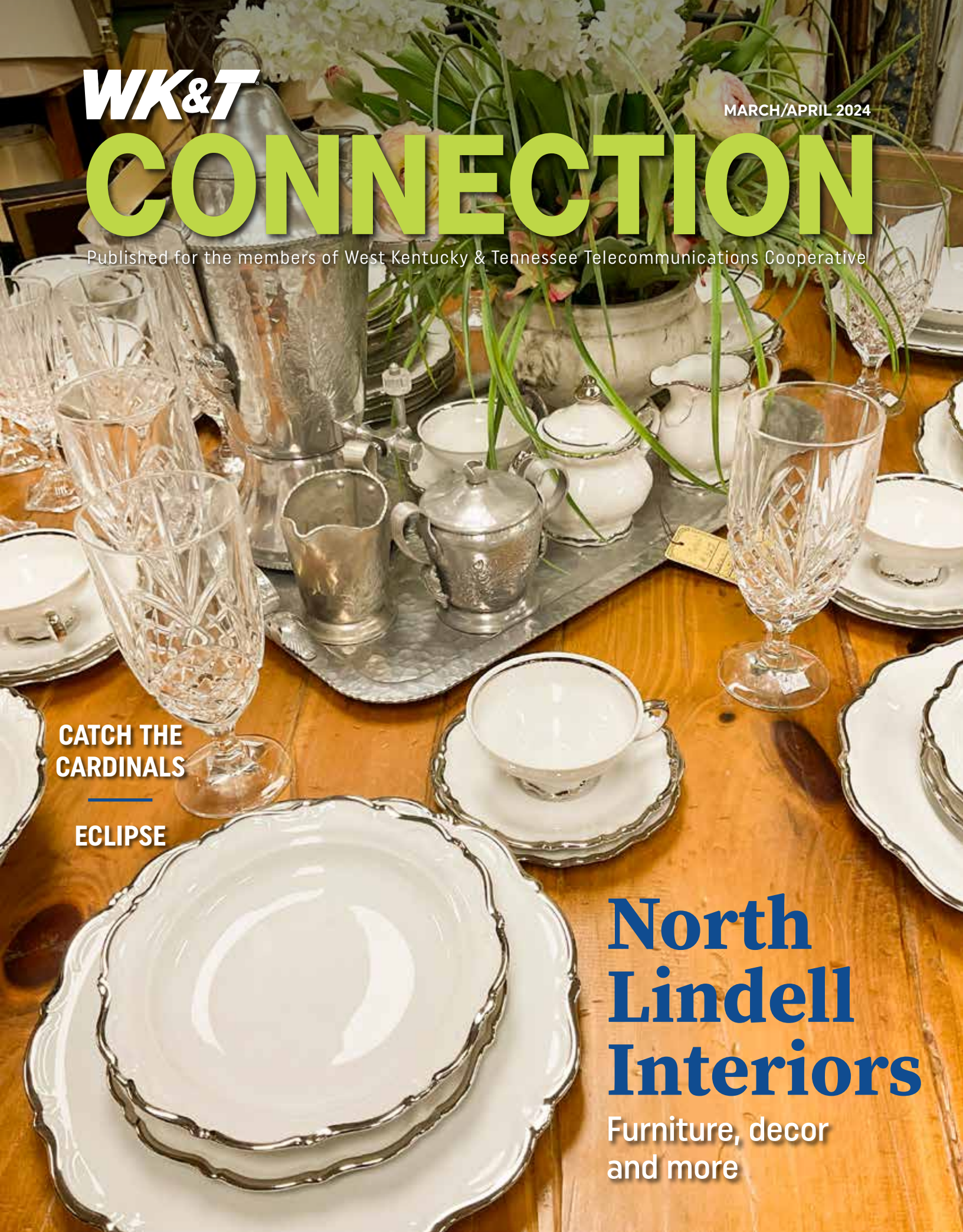




WK&T

MARCH/APRIL 2024

CONNECTION

Published for the members of West Kentucky & Tennessee Telecommunications Cooperative

**CATCH THE
CARDINALS**

ECLIPSE

**North
Lindell
Interiors**

Furniture, decor
and more

By SHIRLEY BLOOMFIELD, CEO
NTCA-The Rural Broadband Association

Agriculture thrives with broadband

Every day I hear examples of how the fast, reliable internet service provided by NTCA members brings telemedicine, rich entertainment resources, educational opportunities, jobs and far more to rural communities like yours.

But that's just the beginning. These internet networks also create a vital foundation needed by a range of industries critical to the nation's economy. While agriculture might not immediately come to mind when considering the internet, the \$4.4 billion ag tech market is a showcase for how broadband can bring farms and ranches the internet-connected tools that make agriculture more efficient, productive and sustainable.

Smart irrigation systems, farm management and automation software, drones and sensors that can remotely monitor factors such as soil moisture are just a few of the innovations used in modern agriculture. They make a real difference, too.

For example, consider just one part of the agricultural equation — water. Leveraging these high-tech tools can reduce water use by 4%. When considering the scope of the industry, that's a tangible difference, the equivalent of filling 750,000 Olympic-sized swimming pools.

Without reliable internet access, these tools wouldn't be possible, nor would the benefits to consumers. When agricultural production is less expensive and yields are higher, we can all enjoy more favorable prices.

So, when you think about all your internet service provider does for you personally, take a moment to appreciate they're making a difference for all of us, nationwide. 📶



Illustration by Olga Strelnikova/Adobe Stock

Internet-connected technology makes a bottom-line difference in agriculture, responsible for as much as an **8% increase** in the value of corn crops alone. That's an attention-getting result, and it makes it worth a closer look at ag tech.

THE DETAILS:



Ag tech includes smart irrigation farm management software, drones, remote sensing, biotech, automation and more. Many of these tools rely on the internet to share access and store and share data.

Value of the U.S. ag tech market:
\$4.4 billion

Value of agriculture, food and food-related industries:
\$1.26 trillion

Agriculture supports **43 million jobs**, **\$2 trillion** in wages and generates **\$718 billion** in taxes.

CURRENT AG TECH OFFERS:



9% reduction
in chemical use



6% reduction
in fossil fuel consumption



4% reduction
in water use — enough to fill 750,000 Olympic-sized swimming pools



30-million-pound
decrease in herbicide use

THE BOTTOM LINE: Ag tech enables farmers to lower costs while increasing yield and productivity.

Truly personal fitness

Online fitness offerings bring workouts to wherever you are

Story by SARA D. PATTERSON

After an exhausting workday, heading to that boring fitness class that's way too expensive to skip sounds like about as much fun as a root canal. What if you could just click an app or website and join a class from home? Think of the time, energy and frustration you could save.

With live and prerecorded classes and a fast and reliable internet connection, it's easy to turn any space into a gym. Thanks to apps and an array of online workout programs, you have the ability to exercise whenever, wherever and with whomever you want.

Some apps create personalized daily workout programs, while others provide a library of on-demand classes. Take a live class and become part of a community where everyone feels the burn.

PICKING THE PERFECT PLAN

As the popularity of online exercise programs continues to grow, so does the number of available options. Before choosing one, here are some factors worth considering.

Cost: Pricing can vary widely, but many apps and programs offer a free trial before requiring a subscription or financial commitment.

Instructors: Check their credentials to make sure they're certified in whatever they're teaching.

Variety: You'll maximize your results by

finding a program that keeps you interested while increasing the difficulty over time.

Devices: Make sure the program you choose works across all your devices. Compatibility is important since one of the biggest benefits of online fitness is the ability to take it with you anywhere.

FITNESS TO GO

While the at-home workout might seem isolating, it's actually a gateway to a digital community of like-minded fitness enthusiasts. The classes can provide a connection to a new whole world.

Onepeloton.com: Most famous for its much-advertised, in-home bike revolution, the Peloton digital app features on-demand and live classes of all kinds — no equipment needed.

Nike.com/ntc-app: This free app provides a variety of classes and styles for folks with busy schedules.

Apple.com/apple-fitness-plus: These classes, including yoga and Pilates, are personalized and perfected for Apple Watch users.

DailyBurn.com: This site offers the opportunity for one-on-one instruction. You can discover a favorite series or search for a specific workout depending on your mood.

Beachbody.com or BODi: This platform features '80s-style bootcamp classes, progress-tracking and nutrition hacks. 📱

Moving and grooving

Some mobile fitness fans are turning to more creative ways to work out at home. Harkening back to the days of Richard Simmons and Jazzercise, online dancing is fast becoming a personal fitness staple.

Online dance classes can be less expensive than in-person sessions and offer more style options. And, many people feel more comfortable staging a dance party in their own living rooms rather than in a studio full of strangers.

Zumba.com: The Latin-inspired cardio workout has motivated millions around the world to get moving since dancing into the spotlight in 2001.

Obefitness.com: With more than 8,000 classes and 20 different class types to choose from, there's something for everyone. Up to 22 live classes are available, seven days a week, starting at 6 a.m. Eastern time.

Dancio.com: Here you'll find hundreds of recorded classes covering various dance styles.

Steezy.co: Work out while learning a variety of urban dance moves.

Ready for the leap?

Internet performance speeds forward

There was a sound, unforgettable for those who experienced it, that greeted every connection to the internet when services like AOL first arrived in homes — the whistle, buzz and hiss of a modem making a digital handshake.



TREVOR BONNSTETTER
Chief Executive Officer

Typically, there was a single home desktop computer capable of going online. No other devices could connect because, well, there were no other devices. And the capabilities of that lone computer were meager by today's standards. Really, the World Wide Web, what most of us think of as the internet, didn't blossom until the mid-1990s.

Speaking of the early days of the web, did you know the site considered to be the first to sell directly to consumers? Ty Inc. brought Beanie Babies to the masses in 1995. Even with the internet speeds available at the time — a fraction of what's available today — the possibilities of the internet were obvious.

Why are we feeling nostalgic? We're on the cusp of another leap in online performance, driven not only by innovation and robust technology, like our fiber optic network, but also by how you use

the internet today and the expectations for the near future.

Wi-Fi, which brought convenience and performance, unlocked the potential of the wealth of modern devices so many people enjoy. Smartphones, tablets and, yes, computers all still take center stage. But there are plenty of other devices taking advantage of the fast, reliable connections.

Home security systems, baby monitors, gaming rigs, smart TVs and even some kitchen appliances connect to the internet and phone-based apps. Also, the number of such devices is growing.

What does that mean for you? Well, your home may have a surprising number of bandwidth hogs gobbling up some of your capacity. For example, that smart TV in the living room might send data to update software or to prepare for voice commands even when you're not watching a show or movie. Similarly, a gaming system or a computer in need of a software update can use bandwidth rapidly even if it's otherwise not in use.

You see, each connected device claims a part of your connection's capacity. Add enough devices and everything slows down, which is important to consider as we're finding new ways to use the internet.

Devices that provide a virtual reality experience, particularly with gaming, are expected to grow in popularity. Also, high-definition movies are increasingly available through streaming services. And then there is the abundance of smaller devices connecting, as well as a growing number of people who work from home.

We're once again changing how we use the internet and, fortunately, our fiber optic network is prepared not only for your needs today but also in the future.

Already our 1-Gig plan offers performance unavailable in larger cities but, as you can see, times are changing. Soon, customers on our fiber network will have access to 2-Gig plans — we're doubling the capacity so your internet service can keep pace with how you, and your devices, rely on the internet.

We're excited about the future and how we serve you. Let's leap into the future together. [🔗](#)

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WEST KENTUCKY AND TENNESSEE
TELECOMMUNICATIONS COOPERATIVE

is your cooperative serving West Kentucky and Northwest Tennessee across nearly 21,000 network connections. The company is dedicated to using technology to keep its members connected through local and long-distance calling, high-speed internet, digital television and beyond.

WK&T is an equal-opportunity employer and provider.

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UTILITY RESOURCES

On the Cover:



Inviting displays at North Lindell Interiors showcase the unique furniture and home decor pieces the business sells. See story Page 8.

Annual TV Subscriber Notice

WK&T provides this notice as a service to our customers and in accordance with applicable federal law and FCC regulations. We encourage you to review the following information and to contact WK&T with any questions:

The Federal Cable Communications Policy Act of 1984 contains certain provisions regarding the collection and disbursement of personal identifiable information by cable television operators. In accordance with these provisions, WK&T collects and maintains personal identifiable information concerning customers.

That information includes, among other things, your name, address, telephone number and billing records, service maintenance and repair records, premium services subscription information, marketing information and customer complaints.

Personal identifiable information is generally used for the normal business purpose of offering and rendering television service and other services to you. WK&T employees have access to such information, as necessary, in connection with our business or when otherwise desirable. Access may be on a day-to-day basis.

As a customer, you may review any personal information held by WK&T that pertains to you. Preparation time for this information varies because it is necessary to avoid disclosure of information regarding other customers. Please contact us by letter or by telephone to arrange for a review.

The review will be at the WK&T business office. You may request the correction of any errors in personal information that we collect and maintain pertaining to you.

Federal law prohibits collecting any personally identifiable information other than information necessary to carry on your business or to detect theft of service unless you consent.

WK&T does not disclose personally identifiable information without your consent unless we are required to do so by court order.

Billing Complaints and Inquiries

WK&T's customer service representatives are available during regular business hours to answer your billing questions.

Call 877-954-8748.



For more information about WK&T's TV products and services, please visit our website at www.mywkt.net or scan the QR code.



PRICING

WK&T TV SERVICE

Basic Service - \$43.90/mo.

Expanded Service - \$114.90/mo.

ADD-ONS

DVR - \$9.90/mo.

Upcharge of \$3/mo. for each additional 50 hours.

PREMIUM CHANNELS

Variety Channel - \$7.95/mo.

HBO - \$16.95/mo.

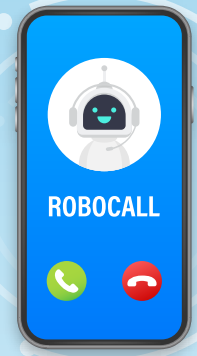
Starz/Encore - \$16.95/mo.

Showtime/TMC - \$16.95/mo.

Hispanic Channels - \$12.95/mo.

Service Call Fee - \$99

Connect Care Plan - \$9.90/mo.



How we're fighting illegal robocalls

WK&T is helping to reduce the number of illegal robocalls that may come from our network by identifying any suspicious activity. Data we gather will be used to identify suspected illegal robocalls based on key factors as reported to the Federal Communications Commission, Federal Trade Commission and other carriers.

WK&T will investigate any suspicious telephone numbers deemed fraudulent and suspend or terminate the originating telephone number, per WK&T's terms of service. The terms of service apply to all new and existing WK&T customers. Visit www.mywkt.net for more information.

If you have any questions, about robocall mitigation services or need to report any illegal/unwanted calls or incorrectly blocked calls, please contact WK&T at 877-954-8748.



Spring forward

Don't forget to set your clocks ahead! Daylight saving time starts at 2 a.m. on Sunday, March 10. Also, remember to change the batteries in your smoke detectors.

Celebrating Easter!

Wishing you and yours a wonderful Easter! WK&T offices will be closed for Good Friday on March 29.



TOTALLY AWESOME

APRIL ECLIPSE WILL WOW!

Story by KATHY DENES

The Southeast boasts plenty of beautiful scenery, but the heavens get credit for two of the region's most spectacular sights in a span of less than six months. For three hours on Oct. 14, an annular eclipse created a "ring of fire" visible along its path from Oregon down through Texas. April 8 will bring yet another eclipse, this time plunging all beneath its route from Texas up to Maine and beyond into total darkness.

Except for Southwest Kentucky, very little of the Southeastern U.S. will be in the path of totality. The shadow will barely hit the northwest corner of Tennessee as it cuts through the Kentucky Bend region, skims Mayfield and then darkens Paducah and Henderson around 2 p.m. EDT.

For those not in the path of totality, even the partial eclipse will be awesome to behold. Starting around 1:55 p.m. in areas east of totality, the orbiting moon will obscure the sun's bottom-right section and make it look like a crescent by around 3 p.m. By about 4:20 p.m., the sun will again be a complete ball of fire.



Photo by Aditi/Adobe Stock

Illustration by James Thew/Adobe Stock

*“And the moon
in haste eclipsed
her, and the sun in
anger swore.”*

— Aristophanes, Greek writer, 450-385 B.C.,
after observing an eclipse

ECLIPSE 101

TOTAL ECLIPSE: When the moon passes between the Earth and the sun and briefly covers the sun’s disk completely, areas within the narrow path of the moon’s shadow will experience total darkness. Those outside the path of totality will see a partial eclipse. Go to greatamericaneclipse.com or eclipse2024.org to see how the eclipse will look in your area and to find loads of other information.

VIEWING AN ECLIPSE: The only time it is safe to look at the sun with the naked eye is during the brief totality phase of a total solar eclipse, so that only applies to those directly in its path. At all other times, eclipse phases and locations, direct viewing of the sun is only safe through special solar filters and viewers. Look for the ISO 12312-2 standard, and make sure they are free of scratches or flaws. No. 13 or 14 welder’s glass also provides protection.

EVENTFUL OPTIONS

Events for seeing and celebrating the eclipse include Paducah’s two-day downtown street fair and a viewing party at its National Quilt Museum. Louisville’s Kentucky Science Center is chartering buses to take eclipse fans to Evansville for a riverfront view of totality.

U.S. Space & Rocket Center in Huntsville, Alabama, home to the INTUITIVE planetarium, is setting up solar telescopes. Many educational activities are planned, including NASA’s livestream of the eclipse which will be shown throughout the center.



Photo by supertramp8/Adobe Stock

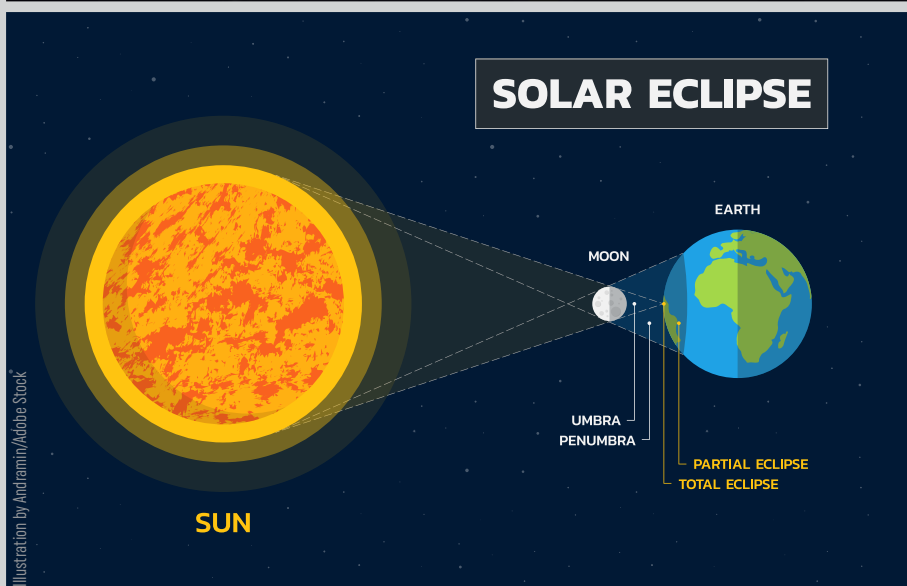


Illustration by Andramini/Adobe Stock

Of the 350-plus permanent planetariums in the U.S., six are in Alabama, eight in Kentucky, four in South Carolina and five call Tennessee home. Find one near you at go-astronomy.com/planetariums.htm.



Illustration by Jiva Core/Adobe Stock

North Lindell Interiors

UNIQUE
CONSIGNMENT
SHOP OFFERS
FURNITURE,
DECOR AND
MORE

Story by LISA SAVAGE

When Christie Grooms and Deanna Peevyhouse met while working together in an antique mall, their approaches to design clicked. So, it was an easy decision to team up and open North Lindell Interiors in Martin four years ago. “We wanted to create something special, and we didn’t necessarily want vendor booths,” Christie says.

North Lindell Interiors focuses on furniture and charming home decor sold on consignment — more than 500 contributors have supplied goods. The shop also offers a wide selection of Dixie Belle paint

and other items needed for do-it-yourself furniture projects. “We have a motto, ‘Bring us your stuff, and we do all the work,’” Christie says.

The 8,000-square-foot building supplies the perfect space to spread out. “We wanted to create an open floor layout to display the furniture and decor,” Christie says.

The styles of furniture dictate the settings for the items. “There might be some brassy bronze or a little Victorian style,” Christie says. “I like for my vignettes to tell stories.”

FURNITURE AND HOME DECOR

While Christie and Deanna spruce up items — everything from a minor wipe down to a major cleaning — they don’t repair or paint furniture. They accept all furniture and home decor. Styles range from traditional and Victorian to midcentury modern and farmhouse. And there’s just about everything in between.

“We take almost anything that’s for the home except bedding,” Christie says. “We do not restore or repair items and, they need to be floor ready. Not everything’s perfect, but it can’t be broken or in bad shape.”

They photograph the items as they come in and then often share pictures of the store’s displays on Facebook, which works well for getting out the word about new offerings and special events. “We just enjoy doing this,” Deanna says.



Deanna Peevyhouse, left, and Christie Grooms opened North Lindell Interiors in 2020 in Martin, Tennessee.



“Some days we can use our creativity and throw in some flair, and some days we’re just moving furniture.”

When a piece sells, North Lindell Interiors gets 50% of the sale price, and the owner gets the other half. If something doesn’t sell in six months, it’s donated to charity. They donate to Hometown Walk of Hope, a local nonprofit organization that raises money for those battling cancer. “We know people don’t want it back,” Christie says. “Most people are like us. If it’s out of my house, I don’t want to see it again.”

A WINNING TEAM

Both women have always had a flair for design.



CLOCKWISE FROM LEFT: Christie Grooms, left, and Deanna Peevyhouse look over some china on display at their shop.

Each piece of furniture is thoughtfully staged.

Unique furniture and decor pieces of all styles are for sale.

The shop features china and other decor items.

years ago. She always loved painting and restoring furniture, and she had a knack for taking something old and giving it a whole new life. "I see something and think, 'Oh, I can make that look good,'" Deanna says. "And I enjoy that."

When Christie first had the idea to open her own business, she thought of Deanna. "We talked about it, and we knew we wanted a consignment-type shop with an open floor plan," she says. "We didn't want to do booth rental, and then this building opportunity came up, and it just took off from there."

North Lindell Interiors opened in June 2020. "Even though we were in the middle of a pandemic, we didn't have any worries," Christie says. "We knew if the Lord opened the door, it would all work out."

The ladies rented the space for two years, sharing it with the classic cars the owner kept in the rear of the building. "You might be looking at some fine china and you'd hear the roar of a 1950s Corvette," Christie says.

When the owner decided to sell the building, North Lindell Interiors bought it to expand. "Now we have so much more floor space," Christie says. "We are here for the long haul." 📞

Christie, who grew up in Greenfield and still lives there, credits her mother for her love of designing. "My mom always had beautiful things, and we loved to redo and rearrange," she says. Christie worked in retail clothing for quite some time and then for several years in the restaurant business with her sister at Wimpy Burgers.

She found her way back to her love for designing and beautiful furniture, and that's when she met Deanna. "It was funny how well we worked together," Christie says. "We just clicked when it came to decorating. We just bounced ideas off each other."

Deanna grew up in Water Valley, Kentucky, and married later in life. She and her husband moved to Martin a few

NORTH LINDELL INTERIORS

310 N. Lindell St.
Martin, Tennessee

Phone: 731-281-4818

Hours: 9 a.m.-5 p.m.,
Monday-Saturday

Follow North Lindell Interiors on
Facebook.

FUNKY CHICKENS

Ornamental poultry are not your basic backyard birds



Light Brahma bantams are Turner's favorite chickens to breed and show.

Story by SARA D. PATTERSON



Joe, Meagan, Turner and Kaiser Holland have found a home in the world of exhibition poultry.

Seven-year-old Turner Holland wanted to keep busy outside of school, but he knew he wasn't athletic and couldn't stand sports. That's when his dad, Joe, brought home a half-dozen baby chickens from Tractor Supply.

Those first six chicks led to hundreds more as Turner and his family jumped into the world of backyard poultry at their home in Harrodsburg, Kentucky. Now known as Chicken Hill Farm, they are a go-to source of the rare blue Araucana, as well as several other breeds of ornamental chickens.

Their clientele is a growing group that finds joy in raising chickens. More than 12 million people — about twice the population of Arizona — share their yards with a flock, according to The American Pet Products Association's most recent national pet owner survey. The number of households with chickens rose from 8% in 2008 to 13% in 2020.

Many people choose to keep them as pets or as a steady source of fresh eggs.

But exhibition chickens like the Hollands' are often inconsistent layers. Instead, these flashy fowls have a different job — strutting their stuff.

The Hollands' signature Araucana chickens are recognizable by their poof of feathers — known as tufts — that grow at their ears instead of at their “rumpless” tail ends. While the “hilarious, friendly girls,” known for their pastel blue eggs, are Chicken Hill Farm's stars, they share the spotlight with many other funky chickens. There's the Muppet-like jet black Polish with their explosion of fluffy, white head feathers that often obscure their eyes. The Brahmas have abundant, soft feathers that cover their legs and feet. And then there are the small silkies, the most unique of all. Lacking the barbicels that hold a feather's shape, they look — and feel — like they're covered with fur rather than feathers.

Maintaining the chickens' genetics is fascinating, says Turner's mom, Meagan.

At first, she and Turner focused on breeding, but then they discovered the exhibition part of fancy poultry. They took a few of their favorites to a local county show in June 2022 and then to another one a week later. Turner is now 11 and a rising star on the exhibition poultry circuit.

"After that, it just snowballed, and he's all in," Meagan says. "He just fell into it and is obsessed. This is such a great activity for him and for us to do as a family."

The family now spends most weekends in the summer and fall traveling to exhibitions where Turner is making a name for himself. Meagan handles the birds. Joe, an Army veteran, drives. And younger son, Kaiser, is beginning to join his brother in the show ring.

"I don't know if my husband was as excited about our new lifestyle," Meagan says with a laugh. "He's not into the breeding like Turner and I are. But he enjoys the birds and the time we spend together as a family." 🗨️



ABOVE: Turner's light Brahma bantam cockerel won champion of the Feather Legged Class in the junior show at the Ohio National Poultry Show.

LEFT: As more people become involved with raising fancy chickens at home, the number of exhibition poultry shows and entrants continues to grow.



Photo by Sara D. Patterson

Are you ready for backyard chickens?

Saving money and healthier eggs are the intent of many people who raise chickens, but those goals are often difficult to reach, says Gregory Archer, associate professor and extension specialist for Texas A&M Department of Poultry Science.

"I tell people it should be more about self-satisfaction and the desire to know exactly how and where your eggs came from. Chickens are also fun, and kids love them."

Possible challenges include bird medical care, waste management or strategies for excess eggs. Similarly, predators can quickly be an issue.

Also, there are geographic-specific considerations. "Often, people don't manage heat or get the correct breeds for Texas heat," he says. "You need to make sure you have fresh water, shade and maybe some fans."

A little research will help identify birds suitable for heat, cold or any environment.

CHICKEN CONSIDERATIONS



If you're contemplating backyard chickens, consider these points before adopting the chicken lifestyle.

LOCAL LAWS AND NEIGHBORHOOD REGULATIONS

- Check for the latest rules on chicken ownership in your town and county. Many cities limit the number of chickens allowed per household and prohibit roosters entirely.
- Often, cities require chickens to be kept enclosed and that the coop is well maintained and cleaned frequently.
- If you decide to sell your eggs, ensure it's legal where you live.

EXPENSES

Even small-scale chicken farming requires ongoing expenses after buying or building a coop and fencing.

- A 40-pound bag of feed can cost \$25 or more, depending on the brand, nutritional value and other factors.
- Dietary supplements are typically needed, so budget for extra proteins and treats, like dried insects — a 5-pound bag can cost at least \$50.
- Chickens require fresh bedding, like pine shavings or chopped straw, every time the coop is cleaned.

CARE

While caring for chickens isn't a full-time job, do expect to invest time.

- Most people adopt a daily or twice-daily routine for feeding and watering.
- Many times, chickens need to be let out of a small coop in the morning and herded back in at night for safety.
- Remember, chickens can fly. Some people prefer to clip their wings regularly, while others choose a run with fencing or netting overhead.

Source: Osceola County Extension Agent Jessica Sullivan



Go Cards!

WK&T Streaming TV offers best choice for watching St. Louis baseball live

Anyone who follows professional baseball knows it's not always easy to watch your favorite team due to games being blacked out in your area or not having the right streaming channels.

That's why WK&T Streaming TV is a great choice when it comes to baseball or any of your other viewing preferences. If you're a diehard St. Louis Cardinals fan, you get a dedicated channel for their games. You can watch the Cards play baseball on Channel 77 or 78, if the game is not televised on major networks like ESPN or other national TV partners.

Watching the Cardinals without the worry of a blackout is possible because of an agreement between Bally Sports Midwest, the television home of the Cardinals, and WK&T Streaming TV.

Bally Sports usually televises about 15 spring training matchups and 150 regular-season games. Opening Day for the Cards' season is March 28 against the Dodgers in Los Angeles. WK&T Streaming TV will air the game live on Bally Sports Midwest.

BENEFITS OF WK&T STREAMING TV

About 78% of all American households subscribe to some type of streaming service. That's only possible with high-speed internet.

WK&T's upgraded Streaming TV service, at \$43.90 per month, offers you an enhanced experience and lets you watch live high-definition TV channels, shows, news, sports and much more. All you need is a 300 Mbps or faster WK&T broadband internet connection and a smart TV or streaming device such as a Roku or Amazon Fire TV Stick.

WK&T Streaming TV includes live restart functionality on most channels. The streaming service allows for six mobile devices and six fixed devices at no additional charge. All three included streams have adaptive bit-rate conversion for high-definition streaming.

Subscribers will receive everything WK&T's old TV product offered along with thousands of other options. Add Cloud DVR Service for \$9.90 per month for 50 hours of program storage and never miss new episodes, games or breaking news stories! Add an additional 50 hours

of recording for the low cost of \$3 per month. Content expires after 120 days.

Also, add the following options to enhance your digital entertainment experience:

- **Premium Channels**, \$16.95 per month — includes HBO, Starz/Encore and Showtime/TMC.
- **Variety Channels**, \$7.95 per month — includes popular channels like Fox Sports 2, NFL Network, Nick 2, TeenNick and more.
- **Hispanic Channels**, \$12.95 per month — adds six Hispanic channels, Spanish language only, like Telemundo, Discovery Espanol, Universo and others.

With WK&T's fiber-fast internet, it's also easy to add other streaming platforms such as Netflix and Paramount +.

For more information about WK&T Streaming TV, go to www.mywkt.net.

Find the Cardinals television schedule at www.mlb.com/cardinals/schedule/tv.



Symmetrical speeds

Why it matters

Have you ever seen an ad for high-speed internet with an introductory price that's just too good to be true? In most cases, it is. Buried in the fine print, there's often a disclaimer explaining that the advertised speeds apply only to downloads.

A QUICK RUNDOWN ON SPEEDS

Simply put, download speeds are how quickly you can retrieve information from the internet. Quick download speeds end annoyances like buffering. Upload speeds determine how quickly you can share something on the internet. The quicker the upload speeds, the faster you can share a social media post, upload a file or participate in a video meeting without lags.

FASTER UPLOADS

Upload speeds are quickly becoming the biggest distinction setting WK&T apart from our competitors. Our fiber network not only provides Gig-capable speeds, but our upload and download speeds are about the same. Also known as symmetrical speeds, this makes a

substantial difference in so many daily online tasks.

DON'T MISS OUT

If you're having trouble taking part in the latest trends in digital media content, interacting and communicating online or using devices like video doorbells, smart appliances and cloud-based cameras, the speed of your internet connection might be the reason.

THE SPEED YOU NEED

To estimate the minimum upload capacity your household needs, take the number of active internet users and multiply that figure by 5 Mbps. Then add 5 Mbps per smart device in the household. The result of that equation quickly overwhelms many of WK&T's competitors, which typically have upload limits of 10-15 Mbps, resulting in poor performance for most users.

Symmetrical speeds make a difference for everyone, but especially for those who use videoconferencing platforms or who share documents or large photo or video files online. Matching upload and download

speeds are also vital for livestreamers and digital media content creators using platforms like YouTube and Twitch, which require increased upload speeds to produce higher-quality content. 📺

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!

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TELECOMMUNICATIONS COOPERATIVE

877-954-8748 | www.mywkt.net



Regional Accents

Local favorites are
key ingredient of
America's melting pot

Every local dish has a story behind it, history heaped with flavor. One of the best ways to discover these is by stirring the nation's culinary pot to see what's cooking.

Certain dishes are common to us Americans across the board. We'll fry just about anything. From Twinkies to turkeys, they all go in the deep fryer. But, when it comes to comfort-food classics, states and regions have their own distinct accents. U.S. culinary traditions form a giant melting pot with regional flavors blended in for extra deliciousness.

Regional foods are some of the most fascinating bites one can experience. Here's a look at some of the ones that are favorites across our nation.



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Photography by **Mark Gilliland**
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SMOKED GOUDA MAC AND CHEESE

You'd be hard-pressed to walk into a diner around the South and not see mac and cheese on the menu. This recipe just takes it up a notch.

- 1 pound short pasta, such as elbow macaroni or shells
- 1 pound smoked gouda cheese, grated
- 8 ounces extra-sharp white cheddar cheese, grated
- 1/2 cup (1 stick) unsalted butter
- 4 tablespoons all-purpose flour
- 2 cups heavy whipping cream
- 2 cups whole milk
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon ground mustard
- 1 teaspoon garlic powder
- 1/4 teaspoon ground nutmeg
- Salt, to taste
- 4 slices of bacon, crumbled (optional)

Preheat the oven to 350 F. Cook pasta according to package directions to al dente stage, then set aside.

In a large Dutch oven or other deep pot, heat butter over medium-low heat. Once butter has melted, add in flour and whisk until all flour disappears, then slowly add in heavy cream and whole milk. Stir and let mixture come to a slight boil. Add in all spices and stir again. Lastly, add in 8 ounces of smoked gouda cheese and white cheddar cheese. Whisk until all cheese has melted.

Add in pasta and mix everything together to fully incorporate, making sure all pasta is coated with sauce. Add salt, to taste.

Transfer mixture to a large, lightly greased baking dish, then top dish with remaining smoked gouda. Bake for 25 to 30 minutes or until mixture is golden and bubbly.

Let cool for 15 minutes and serve warm topped with crumbled bacon, if desired. Makes 8 servings.



WILD RICE CHICKEN CASSEROLE

Wild rice is found throughout the Midwest, where this recipe originates.

- 1 small onion, chopped
- 1/3 cup butter
- 1/3 cup all-purpose flour
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1 can (14 1/2 ounces) chicken broth
- 1 cup half-and-half
- 4 cups cubed, cooked chicken
- 4 cups cooked wild rice
- 2 jars (4 1/2 ounces each) sliced mushrooms, drained
- 1 jar (4 ounces) diced pimentos, drained
- 1 tablespoon minced fresh parsley
- 1/3 cup slivered almonds

In a large saucepan, saute onion in butter until tender. Stir in the flour, salt and pepper until blended. Gradually stir in broth. Bring to a boil. Boil and stir for 2 minutes or until thickened and bubbly. Stir in the half-and-half, chicken, rice, mushrooms, pimentos and parsley. Heat through.

Transfer mixture to a greased 2 1/2-quart baking dish. Sprinkle with almonds. Bake, uncovered, at 350 F for 30-35 minutes or until bubbly. Makes 6-8 servings.

SALSA ROJAS

Salsa is the condiment of choice throughout Texas and many of the Western states.

- 1 can (28 ounces) whole tomatoes, drained
- 1 can (14 1/2 ounces) diced tomatoes with garlic and onion, drained
- 1 can (14 1/2 ounces) stewed tomatoes (with Mexican seasonings, if you can find them), drained
- 1 can (10 ounces) diced tomatoes and green chilies, drained
- 1 medium onion, quartered
- 2 banana peppers, seeded and coarsely chopped
- 2 jalapeno peppers, seeded and coarsely chopped
- 3 garlic cloves, minced
- 2 teaspoons salt
- 1/4 teaspoon ground cumin
- 1/2 cup minced fresh cilantro
- 1/4 cup lime juice
- 2 ripe avocados, peeled and cubed
- Tortilla chips



Place the first 10 ingredients in a food processor; cover and process until chopped. Add cilantro and lime juice; cover and pulse until combined.

Transfer to a bowl; stir in avocados. Serve with tortilla chips or use as a condiment for your favorite Tex-Mex dishes.

SALMON PICCATA

This is a popular recipe in the Northwest where fresh salmon is easy to find. In other states, try to get your hands on the freshest fish possible to bring out the flavors in this dish.

- 4 salmon steaks, 1 inch thick
- All-purpose flour (for dredging)
- 1/4 cup plus 3 tablespoons butter, divided
- 3 tablespoons onion, finely chopped
- 1 clove garlic, minced
- 1 heaping tablespoon capers, drained
- 1/8 teaspoon dried Italian seasonings, crushed
- 1/2 cup white wine
- 2 tablespoons freshly squeezed lemon juice
- 2 teaspoons beef broth

Preheat oven to 400 F. Rinse salmon steaks under cool water, pat dry and roll in flour.

In a large ovenproof frying pan or saute pan, heat 1/4 cup butter until it melts. Briefly saute the salmon steaks, browning them lightly on both sides.

Bake, covered, 10 to 15 minutes until a meat thermometer registers an internal temperature of 140 F, or until salmon is slightly opaque in the thickest part. You may need to cut to test. During this time the meat continues to cook because the meat temperature will rise 5 to 10 degrees after it is removed from the oven and the juices will redistribute. Remove from oven. Reserve liquid in the pan, and transfer salmon onto a warm serving platter.

Using the same pan over medium heat, stir into the reserved liquid the onion, garlic, capers and Italian seasonings. Simmer for 5 minutes. Add white wine, lemon juice and beef broth. Stir until well blended. Turn off the heat, whisk in the remaining 3 tablespoons butter until blended. Remove from heat, pour sauce over salmon and serve immediately. Makes 4 servings. 🍴

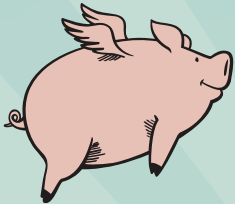
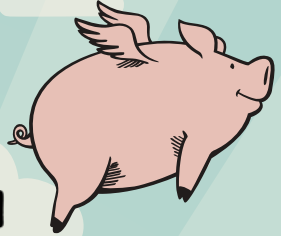


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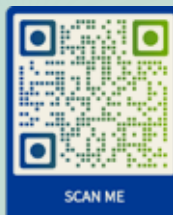


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