

WK&T

MAY/JUNE 2024

CONNECTION

Published for the members of West Kentucky & Tennessee Telecommunications Cooperative

KY Lake Glamping

Camping in Style

**BLUE OAK
OYSTER BAR**

**RETIRING
THOROUGHBREDS**

**The
glamping
life**

Luxury camping
on Kentucky Lake



By SHIRLEY BLOOMFIELD, CEO
NTCA—The Rural Broadband Association

Seven decades of service

Supporting rural communities through better communications

NTCA proudly represents more than 850 telecommunications companies across rural America as they provide a variety of services including robust broadband, landline, wireless, data, video and IT support. June 1 marks our 70th anniversary, and it's a perfect opportunity to reflect upon how far this life-changing industry has traveled.

The independent telephone industry began to develop throughout rural America in the 1890s, largely because these regions were ignored by large national providers.

After World War II, as the telephone's popularity surged and the value of connectivity was recognized, Congress passed legislation to extend loans to bring telephone systems to rural communities.

With funding on the way, the need for an independent national organization to represent small telephone companies was at an all-time high and, in 1954, NTCA was born.

Eight rural telephone systems in seven states became the original members and got to work advocating to grow the industry.

Over the last few decades, NTCA has focused on the evolution of our members from telecommunications to broadband providers as well as numerous key priorities for rural America, including building a sustainable future for universal service, building Smart Rural Communities, providing cybersecurity tools, being the catalyst for policy engagement and so much more.

As NTCA celebrates its platinum anniversary, we are excited to see what is next for this vibrant industry as it supports rural America and beyond. 📶

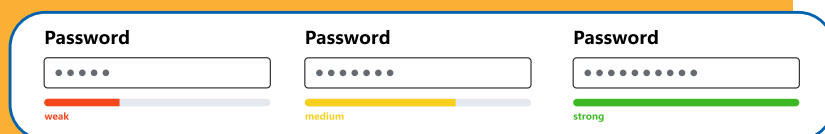
3 tips for password security



Illustration by origami8/Adobe Stock

Passwords are everywhere. From health care and school to work and play, software, websites, essential services and more, most of our daily online activities require a secure login.

The U.S. Cybersecurity and Infrastructure Security Agency offers three tips to better password security — and a good password follows all three.



1 MAKE THEM LONG

At least 16 characters — longer is stronger!

2 MAKE THEM RANDOM

Option 1: Use a random string of mixed-case letters, numbers and symbols. For example:
cXmnZK65rf*&DaaD or Yuc8\$RikA34%ZoPPao98t

Option 2: Create a memorable phrase of five to seven unrelated words. Then, get creative with spelling and the addition of a number or symbol.

- » Strong: HorsePurpleHatRunBaconShoes
- » Stronger: HorsPerpleHatRunBayconShoos
- » Strongest: HorsPerpleHat#1RunBayconShoos



3 MAKE THEM UNIQUE

Use a different strong password for each account. For example:

- » **Bank:** k8dfh8c@Pfv0gB2
- » **Email account:** LmvF%swVR56s2mW
- » **Social media account:** e246gs%mfS#3tv6



Fortunately, password managers can help you keep up with these longer, more complex codes. Options range from tools already in your web browser to commercial software.



The 30-second commute

Photo by StockPhotoPro/Adobe Stock

Remote work can be a wonderful opportunity

To those who spend long hours in an office, on the road or in the field, working from home might sound like a dream. And, for some, it is.

It's estimated that by 2025 about 22% of the U.S. workforce — or 32.6 million people — will work remotely. A 2023 study by Forbes Advisor found 12.7% of the nation's full-time employees work from home, while another 28% work a hybrid model, dividing the work week between home and the office.

Working from home can help save money on gas, as well as wear and tear on vehicles. The flip side, however, is being face to face with household chores all day. The isolating nature of solo work can also be a challenge, as can establishing the distinction between work and home life.

TOOLS FOR SUCCESS

- It makes sense that fast, reliable internet is the first component to remote work success. If your link to the working world is compromised, you can't get anything done. A backup location is another must, just in case a storm

knocks out the electricity or your peace and quiet is temporarily disturbed.

- Experts advise setting up a dedicated workspace — not in an area like your living room or bedroom — free from distractions, preferably with a door. While it might be tempting to work from the bed or couch, soft surfaces don't provide proper support and can lead to headaches, strains and arthritis. It's also important to consider how your workspace will appear to your co-workers and clients during on-screen meetings.
- Creating a routine is vital for remote work. If your family and neighbors know your schedule, they'll be less likely to present distractions.
- The opportunities for remote jobs are out there, you just need to know where to look. Computer tech jobs continue to be the most common opportunities, as are marketing, accounting, HR/recruiting and customer service.

REMOTE WORK RED FLAGS

When searching for work-from-home opportunities, it's important to avoid pitfalls. If the job sounds too good to be true, it usually is. Be wary if:

- The ad says things like, "unlimited earning potential," "investment opportunities and seminars" or "quick money."

- The job requires upfront expenses from you.
- You're asked for personal information — Social Security number, birthdate, banking account numbers, etc. — early in the interview process or as part of your initial application.
- You are offered a job without an interview or anyone contacting or asking for references. 🗨️



Pros of working from home

- Better work-life balance
- More freedom
- Improved employee mindset
- Decreased wardrobe budget
- Comforts of home
- No commute, less wear and tear on vehicle
- Self-regulated hours
- Flexible schedule

The spirit of exploration

Now that summer planning is in full swing, I know many of you are thinking about hitting the highway or heading to the airport for vacation. Whether it's a short trip or a weekslong adventure, WK&T's services can help you get there.



TREVOR BONNSTETTER

Chief Executive Officer

Maybe you're planning to enjoy a staycation a little closer to home with a Kentucky Lake Glamping experience, which you can read more about in this issue. Join some friends for a drink at the Full Throttle S'loonshine Distillery in Trimble, Tennessee, or eat your way through the Western Kentucky BBQ Trail to get a taste of some local restaurants and festivals.

That's not to mention the scenic trails and boating at Land Between the Lakes, Lake Barkley, Realfoot Lake and many other beautiful locations nearby. Map out the perfect leisurely hike with WK&T's high-speed internet service or pull up your favorite bird-watching app to spot some local rarities.

Working in the telecommunications industry, I can't help but notice the similarities between a well-planned vacation and building out a reliable fiber network. Just as the perfect trip includes some hidden gems that are off the beaten path, the route to our customers often takes our crews to some out-of-the-way corners.

They might need to clear a path through dense woods and heavy underbrush just to bring that important connection to a few people in a remote part of our service area. But, just like the best views and meals might take a little extra effort while traveling, the result is worth it.

Travel and high-speed internet probably go together more than you might think. Digital tourism tools make it easier to plan out the perfect trip ahead of time while also promoting more sustainable practices from visitors to keep rural areas like ours special. Meanwhile, a fiber connection makes it easier for travelers to work remotely, so they don't have to worry about staying in the loop on their visits.

Maybe most exciting of all, internet speeds up to 2 Gigs mean visiting far-off places and catching up with distant loved ones are no longer out of reach for people with health or financial limitations. You don't even need to leave your home.

With 2 Gigs, you can take advantage of virtual reality to explore cities, national parks or even outer space up-close from the comfort of your living room, or just get a feel for your next destination. It's enough bandwidth for multiple devices to download and upload files at the same time. That means you'll be ready for video calls with friends and family anywhere in the world without the frustration of a lagging connection even if several other devices are online in your home at the same time.

We at WK&T are excited to see how these technologies continue to develop while embracing the same spirit of exploration and adventure that drives us to see more of our world. I'm confident that every new connection made will help us build a stronger, more vibrant rural community. Just like the best travel experiences, that connection can be transformative for the place we call home. 📶

WK&T CONNECTION

MAY/JUNE 2024

VOL. 16, NO. 3

The WK&T Connection is published by West Kentucky and Tennessee Telecommunications Cooperative, © 2024. It is distributed without charge to all members of the 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.

Send address corrections to:
WK&T Telecommunications Cooperative
100 WK&T Technology Drive
Mayfield, KY 42066
Telephone: 877-954-8748
www.mywkt.net

BOARD OF TRUSTEES

Tony Goodman
President

Ricky Littleton
Vice President

Jerry Holloway
Secretary/Treasurer

Kate Bynum

Jeff Davis

David Griffo

Bill Hainaut

Produced for WK&T by:



On the Cover:



Twin sisters Sydney Vance, left, and Whitney Vitt, along with their families, own Kentucky Lake Glamping. See story Page 8.

Save the date!

WK&T ANNUAL MEETING

SATURDAY, JULY 13, AT 10 A.M.

DON'T MISS IT!

Registration is from 11 a.m.-6 p.m. on Friday, July 12, at Graves County, Calloway County and Marshall County high schools, as well as at the WK&T office in Martin.

The event is held in partnership with West Kentucky Rural Electric Cooperative. Stay tuned for additional details.

IN REMEMBRANCE *of the fallen*

WK&T remembers all those who made the ultimate sacrifice for our country. WK&T offices will operate on a limited basis on Memorial Day, Monday, May 27. The Mayfield location will remain open with limited staff for service and repairs. All other locations will be closed.

Introducing WK&T's newest employee



KEVIN ELLIOTT
OUTSIDE SALES REPRESENTATIVE

Where are you from?
Fancy Farm.

What do you like to do when you are not working?
Work on my truck and spend time with my kids.

What is your favorite use of technology?
Listening to music.

BATTERY BACKUP

A member's home phone and/or broadband service provided by WK&T's fiber optic network requires electric power to operate.

To avoid disruption of home voice service during a power outage — and to maintain the ability to connect to 911 emergency services — WK&T provides a free backup battery. For members who do not have landline service, WK&T has a backup battery power supply available for purchase.

Backup batteries are expected to last up to eight hours on standby power. Additional batteries are available to supply up to 24 hours of standby power.

For more information, call 877-954-8748.

OLD FRIENDS, NEW LIVES

THOROUGHBREDS FIND REFUGE AFTER RACING

Story by KATHY DENES

Two former star athletes — fierce rivals in their youth, when they raced neck and neck to world renown — enjoyed the spotlight together recently during an unbridled celebration of their 30th birthdays. There was no sign of the competitive spirit that once drove them. Instead, they displayed the calm that comes with finding greener pastures on the sprawling Kentucky farm where they both live.

Retired racehorses Silver Charm and Touch Gold are the very definition of Old Friends — which is the name of the group that houses them and more than 250 other thoroughbreds. Visitors to Old Friends' 236-acre Dream Chase Farm in Georgetown, Kentucky, get to meet these majestic retirees. Since its founding in 2003 by Michael Blowen, a former Boston Globe film critic, Old Friends has welcomed about 15,000 visitors for guided tours each year.

Silver Charm, who won the first two legs of the 1997 Triple Crown, enjoys retirement at Old Friends' Georgetown, Kentucky, farm.



Photos by Laura Battles



ABOVE AND LEFT: Guests meet Touch Gold at the Belmont champion's 30th birthday party.

FAR LEFT: Old Friends founder Michael Blowen addresses guests at the birthday celebration for former rival racehorses Touch Gold and Silver Charm.

MEET THE CHAMPIONS

- Go to oldfriendsequine.org/visit to schedule a tour.
- Walking tours, 90 minutes:
 - » General — \$30 per person, up to 20 people, no children younger than 10
 - » Founder's — \$100 per person, up to 15 people, led by Old Friends founder Michael Blowen, no children under 10
 - » Private — By appointment, \$75 per person with volunteer tour guide, \$200 per person with Blowen as tour guide, up to 10 people, no charge for children 11 and under
- Driving option, three hours:
 - » Every Horse on the Farm — \$150 per person, up to five people meet all the equine residents of Dream Chase Farm, led by Old Friends photographer Laura Battles, no children
 - » Buses and groups of more than 10 people, call 502-863-1775 for tour options.

SANCTUARY

The distance between Louisville's Churchill Downs and the Thoroughbred Retirement Foundation Sanctuary Farm at Chestnut Hall in Prospect is only 15 miles. But for the thoroughbreds who call the farm home, it's a very long journey.

This sanctuary and event venue was created in 2021 by the TRF, a national group working to save thoroughbred horses from neglect, abuse and slaughter and providing lifelong sanctuary after their racing days are done. The farm is not open to the public, but tours can be booked through private appointment.

Visit trfinc.org for details about tours and any planned events, like the May Front Porch Summer Concert Series outside the historic Chestnut Hall farmhouse. 📞

RETRAIN, REHOME

Other groups are also hard at work for these animals, rescuing, retraining and rehomeing them after their exit from racing. For the past decade, the Thoroughbred Aftercare Alliance has helped fund the efforts of 86 such groups across the United States, including some based in Lexington, Kentucky.

One of those Lexington organizations, New Vocations, has placed more than 8,000 rehabilitated and retrained retired racehorses in adoptive homes since 1992. Another, the all-volunteer CANTER USA, has transitioned more than 25,000 horses. And for 20 years, the thoroughbreds served by the Secretariat Center at Kentucky Horse Park have been placed in new homes and in a range of new jobs, from therapeutic riding programs to mounted police units.

Providing a safe and secure retirement for thoroughbreds past their racing prime is an expensive endeavor, and most organizations doing this kind of work rely heavily, or sometimes exclusively, on donations. Horse sponsorships, monetary gifts, working as a volunteer, shopping at their online stores, fundraiser participation and buying "wish list" items are a few ways to help. Scheduling tours is another way, and it's the most fun!

GLAMOROUS CAMPING

KENTUCKY LAKE GLAMPING OFFERS
RESORTLIKE AMENITIES



Story by LISA SAVAGE

Growing up, twins Whitney and Sydney Carver were inseparable. Now Whitney Vitt and Sydney Vance, the sisters are together again at their family business, Kentucky Lake Glamping.

The Carver family moved to Kentucky Lake when the girls were 4, and they've been there ever since.

With a love for water activities, the family enjoyed waterskiing, wakeboarding and fishing. They boated to local restaurants on the lakeshore every Sunday. "Everything we did involved the lake," Whitney says. "We knew we wanted to share it with the world one day."

Now, Whitney, Sydney, their husbands and parents welcome visitors to Kentucky Lake Glamping, their luxury campground nestled near the Blood River. "This area is one of Kentucky Lake's best-kept secrets," Whitney says. "We have some of the most beautiful sunsets you have ever seen."

Glamping, short for glamorous camping, combines the beauty of nature highlighted by traditional camping with resort-level amenities and services. Kentucky Lake Glamping offers the sisters' version of a fun camping experience. "We have always loved the outdoors, but we are not really campers," Whitney says. "We wanted to have a place that is unique and not like a hotel, but still provide everything someone needs for a great experience."

HARD WORK PAYS OFF

Whitney and Sydney are no strangers to hard work, having started at their parents' restaurant, Sirloin Stockade, when they were 12. After graduating from Murray High School, they went to different colleges — the first time they had been apart for any length of time. Sydney headed off to West Kentucky Community and Technical College where she studied to be a radiology technician. Whitney stayed closer to home at Murray State University, earning a degree in business administration.

◀ Several vintage campers are available to rent at Kentucky Lake Glamping.



▲ Kentucky Lake Glamping's beach has some of the best views on the water.

◀ Modern conveniences and the comforts of home await guests

While working as an X-ray technician, Sydney approached Whitney with the idea of glamping. At the time, Whitney worked at her parents' restaurant. "At first it was going to be a hobby," Whitney says.

After explaining their idea to their parents, Adam and Lisa Carver, the family decided to team up and do something on a larger scale. Now, Whitney and her husband, Austin, and Sydney and her husband, Dustin, handle day-to-day operations of the business. Whitney and Austin live on the property. Lisa and Adam lend a hand when they can, while still running their restaurant in Murray.

In 2018, the family bought vintage campers and began remodeling them. While the campers waited in storage, the sisters looked for property. They found 7.5 acres, nestled in the back part of Blood

River. The land was heavily wooded and needed a lot of clearing.

Following a pause during the early days of the pandemic to help their parents temporarily run the family restaurant as a takeout-only operation, Whitney and Sydney returned to the lake property. Their to-do list included cutting roads, installing utilities and leveling for 22 campsites. Austin and Dustin earned water treatment certifications so the business could chlorinate and treat its own well water. They built a camp store, a luxury bathhouse, a laundry room and a dock.

The first glampers arrived in 2022, and business has been booming ever since. Kentucky Lake Glamping now has seven vintage campers and two modern campers, each equipped with dishes, everything needed for cooking and linens. The campers are situated close to the bathhouse and laundry facility.

"It's set up so that nobody has to bring anything but their clothes and their food to cook," Whitney says. "Everything else is provided."

There are also two tiny homes, a geodesic dome, with another under construction, and four campsites for guests with their

own campers. Visitors can rent boats, golf carts, paddleboards and more, attend paddleboard yoga classes and enjoy fireworks on the Fourth of July.

A PIECE OF THE PIE

With the nearest restaurant about 30 minutes away, the sisters knew it was vital to offer guests food options. Whitney and Sydney decided to add a pizza oven and make their own pies. "We have worked in the restaurant business, and we knew we didn't want a full-scale restaurant," Whitney says.

The resort isn't accessible by water in winter. But in the summer, when water levels are high, boaters can dock and visit the store. Food is available for glamping guests and boaters out on the lake. "They can come to the store and eat, or they can call ahead and we'll deliver it to the dock," Whitney says. "The pizzas have been really popular."

The pizza venture's success led to a second oven, additional seating and an expanded menu.

WK&T's fiber-fast internet provides Wi-Fi throughout the property, and it's a popular feature for guests.

"Even though we're in a rural area, people still want to be connected," Whitney says. "We're fortunate to have such great internet service here while providing all the comforts of home." 📶



Living the HIGH LIFE

Hot Air Balloon Rides Make for a Magical Experience

Story by JEN CALHOUN

As a child growing up in California, Kim McCourt scrambled up hills, cliffs and trees to see the land below. “I had this need to see all those things I never even knew were there,” he says.

But when his family moved to the flatlands of Florida, he had to find a new way to see the world. In 1998, he took his first flight in a hot air balloon. “I learned that ballooning is, well, kind of magical,” says Kim, who is now a licensed hot air balloon pilot in the Orlando region. “There’s the exploration part of it, and you’ve got Mother Nature all around you.”

ULTIMATE ADVENTURE

These days, Kim often travels the skies with tourists who want to experience a ride they can’t find at the region’s theme parks. For many, it’s a way to fly without being contained in the metal tube of an airplane. “In the balloon, you can see so much more, and you can actually feel everything,” Kim says. “You can breathe the air.”

There’s a spiritual component, too, says Mark West, vice president of the Balloon Federation of America. West, a former Navy pilot, also served as president and chief engineer of Aerostar International, which was once the largest hot air balloon manufacturer in the country.

“Ballooning has an incredible amount of magic to it,” Mark says. “Virtually everyone who sees one is enamored with them. I suppose they’re kind of representative of breaking free of the bonds of Earth and floating away.”

UP AND AWAY

Across the country, hot air balloon rides are a popular pastime for families celebrating a special occasion or tourists looking for a new experience. Some passengers want to make memories with their families, while others go to commemorate important events, like marriage proposals, bucket lists and to spread the ashes of loved ones into the sky. “There are all kinds of stories,” Kim says. “The only things that stay the same are the sun coming up and people smiling.”



CLOCKWISE FROM LEFT:
Balloons get ready for a flight.

Most hot air balloons are operated by gas.

Hot air balloons take off during an event.



But as wide-open spaces dwindle, so do the balloon rides. Pilots simply don't have enough space to land. Weather's also been a factor, because unreliable winds can ground a pilot. Kim says he's seen this firsthand. "Over the last 15 years, the weather went from 275 days we could fly to probably 100 days," he says.

He worries other factors could cause ballooning to take a hit, too. "Fabric, wicker, propane, repairs and parts are way more expensive these days, so it takes more money to maintain them," Kim says.

HOPE FLOATS

Despite the challenges, Kim still grins like a kid after an early-morning

flight. "There's nothing like it," he says. "When we lift off and the sun starts to rise, we might rest at the top of a tree and stare clear down to the bottom of a pond. Then we'll take off again and maybe rest right on top of the water where the mist is coming off the surface. It's up and down, up and down — gently. One person said it was like flying in the hand of God while getting a brain massage."

Balloonists enjoy attempting to describe the sensation of floating on — and with — the air, Mark says. "One of my good friends said it was 'having a destiny without a destination.' I think it attracts people who want to enjoy the beauty of the Earth and want to experience that kind of freedom." 🗨️

To catch a ride with Kim McCourt, visit greaterorlandoballoonrides.com. For more information on hot air ballooning and the people who are passionate about it, visit the Balloon Federation of America's Facebook page, or find the group at bfa.net.



1783

THE BIRTH OF THE HOT AIR BALLOON

▶ June 1783 — First unmanned flight

After a year or two of experimentation and invention, brothers Joseph Michel and Jacques Etienne Montgolfier publicly launch their version of a hot air balloon. It held no passengers. The balloon landed in the middle of a vineyard a little over a mile from where it had taken off.

▶ September 1783 — Confused farm animals

The first balloon flight with passengers launches in Versailles carrying a duck, a rooster and a sheep. The animals made it out alive. However, sources say the sheep kicked the duck and damaged its wing. King Louis XVI of France was pleased to learn that animals could breathe so high up.

▶ November 1783 — First human flight

Jean-François Pilâtre de Rozier and another passenger take the first untethered, human-occupied flight. The flight, which launched in France, lasted about 25 minutes and reached an altitude of about 500 feet. Less than two years later, de Rozier and his passenger would become the first people to die in a hot air balloon crash during a flight from France to England.

▶ December 1783 — Hydrogen balloon

Jacques Charles, a French physicist who had been experimenting with hydrogen balloons, boards one with a few colleagues. They traveled 25 miles in less than two hours. They also carried a barometer and a thermometer. Afterward, gas balloons became the preferred method of ballooning.

Sources: DragonFly Balloon Adventures, Virgin Balloon Flights, National Balloon Museum

Fresh and refreshing

Blue Oak Oyster Bar and Grill earns rave reviews

Story by LISA SAVAGE

Chris Hayden always wanted to open a restaurant offering a dining experience anyone could afford in a spectacular setting. That dream became reality when he opened Blue Oak Oyster Bar and Grill in Martin four years ago.

Growing up in Kentucky, Chris worked at Hub's Restaurant in Hickman while in high school. He tended bar while in college at the University of Tennessee at Martin and worked as a carpenter after graduating.

Several years later, Chris and a childhood friend decided to become business partners in a restaurant. They found the perfect location in Martin — a century-old brick building that once housed a jewelry store and still had its original tin ceilings. "It had been vacant for about 20 years before we bought it," Chris says. "We put a lot of blood, sweat and tears into renovating."

After about a year, he and his wife, Amanda, bought out Chris' original business partner.

The name Blue Oak Oyster Bar and Grill goes back to Chris' Kentucky roots. He and his friend were fraternity brothers in Phi Kappa Alpha, which has the oak tree as its symbol. Drawing inspiration from Kentucky's Bluegrass State nickname, they decided on Blue Oak Oyster Bar and Grill.

FINE DINING

Chris isn't a fan of oysters himself, but he recognizes their popularity and knew they needed to be included in the name of the eatery and as part of a dish on the menu. "This was my vision, my baby, but I didn't know anything about the restaurant business," Chris says. "But I'm in the people business, and I know good food."

Chris treats his customers like family and visits every table throughout the night. He says it's key to offer a variety of great food and great service. The menu includes steaks, seafood, chicken, burgers and some signature dishes unique to Blue Oak. Chris has fresh seafood brought in twice a week, and he makes his own spice blends, including a 150-year-old recipe used for prime rib.

"From hand-cut steaks to oysters, we have a variety of items affordable for anybody," he says. "We wanted to cater to all, whether it's a family that goes out to eat once a year or someone who goes out to eat every week. We have \$40 steaks, and we have \$17 steaks on the menu."

The restaurant opens from 4-9 p.m. during the week and 4-10 p.m. on weekends. The bar remains open after the kitchen closes. "We have one of the largest bourbon selections of any place in Tennessee," Chris says. ☎



CLOCKWISE FROM ABOVE: The Blue Oak Oyster Bar and Grill menu features several dishes featuring its namesake mollusk.

Seafood dishes are popular with diners.

The menu features a variety of steaks.



Blue Oak Oyster Bar and Grill opened at 301 N. Lindell St. in Martin four years ago.

Photos contributed by Blue Oak Oyster Bar and Grill



Living Connected

Fiber for the speed of life!

Are bandwidth hogs pigging out and slowing you down?

Live in hog heaven with WK&T's fiber connection

At first blush, a bandwidth hog might sound like a bad thing, but that doesn't have to be the case if your internet service is robust enough to keep pace.

Bandwidth hog is a slang term for a device or online activity that gobbles up your internet connection's capacity. You might benefit from the resources bandwidth hogs provide, but they still can cause congestion and slowdowns or keep your programs and applications from performing at their peak.

Bandwidth is the amount of data traveling through an internet network. It's a measurement of data in bits per second, such as megabits, or Mbps, and gigabits, also known as Gigs. As programs and platforms require increasing amounts of bandwidth, households and businesses with multiple devices and high-intensity apps need even more capacity. That's why WK&T makes sure customers have the bandwidth they need to reach the full potential of all their online activities.

To handle bandwidth hogs, it's important to match the bandwidth of your internet service to all your devices and activities — no one wants to face a slowdown. Perhaps you work from home or create content for YouTube and TikTok. Or

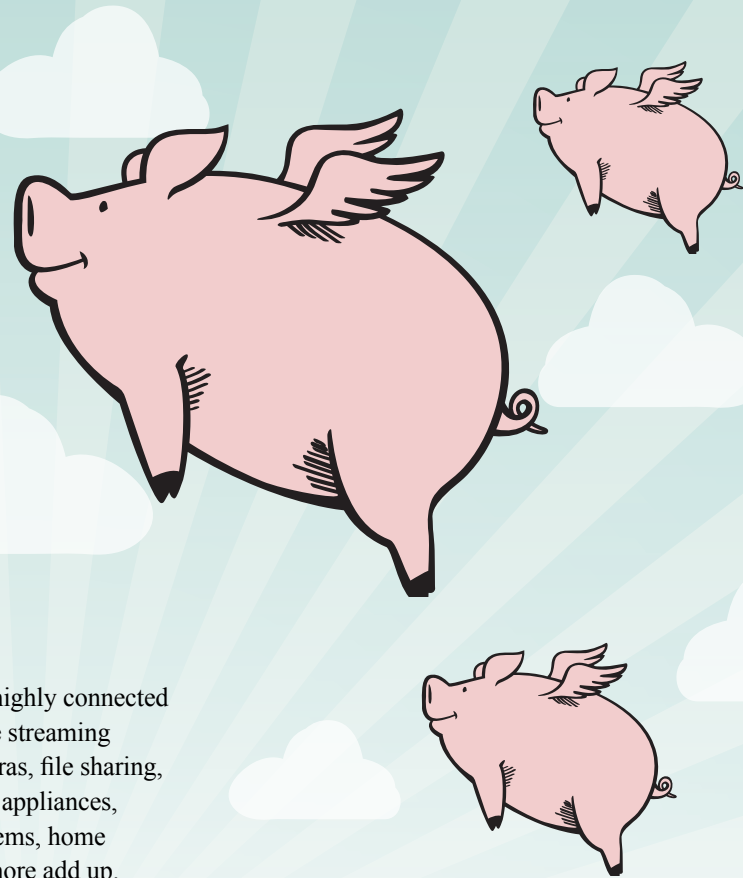
maybe you have a large, highly connected family. Conveniences like streaming services, livestream cameras, file sharing, videoconferencing, smart appliances, thermostats, security systems, home automation devices and more add up.

As our lives become more connected, and our devices and apps are increasingly sophisticated, what was ample bandwidth a few years ago now isn't quite enough.

Also, there are less obvious bandwidth drains working in the background. Cloud backup services, software updates, Voice over Internet Protocol services — which allow phone calls — and much more keep your devices humming. But they come at a bandwidth cost.

Smart TVs, smartphones and connected appliances add up, too, because they use the internet to report data to apps and service providers. Even medical devices, like those that monitor pacemakers, may be online to share critical data.

Today's technology creates seemingly endless uses for internet-connected devices and services. They may be bandwidth hogs, but they're welcome and valuable. WK&T's fiber-fast internet provides enough bandwidth to keep even the hungriest bandwidth hog satisfied. 🐷



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!

WK&T
WEST KENTUCKY AND TENNESSEE
TELECOMMUNICATIONS COOPERATIVE

877-954-8748 | www.mywkt.net

OLDIES

but goodies

Classic recipes create timeless tastes

Although we love creating new recipes in keeping with today's tastes and trends, there's something sweet about a vintage recipe that can still hold its own. Get ready for a trip down memory lane with these old-fashioned recipes we still love.

From classic chicken tetrazzini to a delightful lemon icebox pie, these vintage recipes are worth holding onto. They may have been gone from our culinary repertoire for a decade or two, but they certainly are not forgotten.

Ready for some nostalgia and satisfied smiles at your table? Give these retro recipes a try, and they're sure to stir up good memories.



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

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



CHICKEN TETRAZZINI

No roundup of retro recipes is complete without a classic chicken tetrazzini.

- 16 ounces linguini or spaghetti, cooked
- 1/2 cup unsalted butter, softened
- 4 chicken breasts, cooked and diced
- 2 cans cream of chicken soup
- 2 cups sour cream
- 1 teaspoon garlic salt
- 1 tablespoon chopped parsley
- 1/2 teaspoon pepper
- 1 cup chicken broth
- 2 tablespoons Parmesan cheese, grated
- 2 cups mozzarella cheese shredded

Preheat the oven to 350 F. Grease a 9-by-13-inch baking dish and set aside.

Cook noodles to al dente, according to the box instructions. Drain and set aside. Meanwhile, in a large bowl, combine chicken, soup, sour cream, butter, chicken broth, garlic salt, parsley and pepper. Mix well, then stir in cooked noodles. Pour mixture into prepared baking dish. Sprinkle both cheeses on top and bake, uncovered, for 36-42 minutes, until cheeses are melted and casserole is bubbling.

CREAMED CORN

If you can't wait until summer to take advantage of sweet Silver Queen corn, use the sweetest corn you can find.

- 13 ears of fresh corn, husks and silks removed
- 1 cup evaporated milk
- 1 tablespoon unsalted butter
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

Remove silks from corn. Cream the corn by cutting the kernels from the cobs, then scrape the

corn cobs with the back of the knife to get all the "milk" and pulp. Transfer creamed corn to a large skillet. Add milk, butter and salt. Cook over low heat, stirring often, for 30 minutes. If corn becomes too thick, add more milk for desired consistency. Sprinkle with pepper. Makes 6-8 servings.



CLASSIC SOUTHERN CORNBREAD SALAD

- 1 skillet of your favorite cornbread
- 1 cup diced onions
- 1 green or red bell pepper, seeded and diced
- 1 cup diced tomato
- 1 15-ounce can whole kernel corn, drained
- 1 pound bacon, cooked until crisp and crumbled
- 2-3 cups mayonnaise
- 1 package ranch dressing mix

Crumble cooled cornbread into a large bowl. Add onions, bell pepper, diced tomatoes, corn and bacon. Stir until well combined. In a separate bowl, stir together mayonnaise and ranch mix until well-blended. Add mayonnaise dressing mixture to salad and stir until fully mixed. Cover and refrigerate at least 2 hours before serving.



LEMON ICEBOX PIE

Finish your retro meal with a slice of this much-loved pie.

Crust:

- 1 1/2 cups graham cracker crumbs
- 2 tablespoons granulated sugar
- 7 tablespoons butter, melted

Filling:

- 2 14-ounce cans sweetened condensed milk
- 1 cup fresh lemon juice
- 5 large egg yolks
- 1 tablespoon lemon zest
- 1 cup heavy cream
- 2 tablespoons powdered sugar
- 1/2 teaspoon vanilla extract

For the crust: Preheat the oven to 350 F. Combine the cracker crumbs, sugar and butter in a medium bowl. Mix with a fork until the crumbs are well coated and stick together when pinched. Press the mixture into the bottom and up the sides of a 9-inch pie plate. Bake until set, about 10 minutes. Set aside to cool slightly, about 10 minutes.

For the filling: Whisk together the condensed milk, lemon juice, egg yolks and lemon zest in a medium bowl until combined. Pour the filling into the crust and bake until the center is set but still slightly jiggly, about 15 minutes. Let cool for 30 minutes, then refrigerate until chilled, about 2 hours.

Once pie is chilled, beat the heavy cream, powdered sugar and vanilla in a large bowl with a mixer on medium speed until soft peaks form. Spoon onto the center of the pie and serve.

Alternatively: Buy a premade graham cracker crust as a timesaver. 📌



100 WK&T Technology Drive
Mayfield, KY 42066

PRSRT STD
U.S. POSTAGE PAID
HILLSBORO, OR
PERMIT No. 66

WK&T MAKES YOUR LIFE EASIER

You've been with us since we were just a small telephone cooperative.



With WK&T, you get:

- Fiber-fast internet
- Security with smart home automation
- Reliable, crystal-clear voice calls
- Streaming for endless entertainment

Call WK&T to discuss all the ways we can support you!

Live Life Connected.



877-954-8748 | www.mywkt.net

