

WK&T

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CONNECTION

Published for the members of West Kentucky & Tennessee Telecommunications Cooperative

Fall Festivities

Don't miss out on the fun!



**CELEBRATE
SOYBEANS**

**SCHOLARSHIP
CHASE**





By Shirley Bloomfield, CEO
NTCA-The Rural Broadband Association

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

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

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

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

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

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

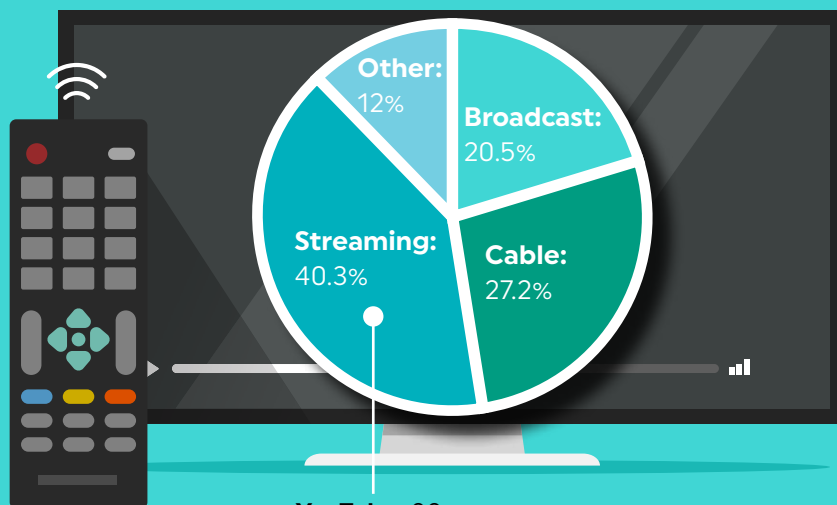
Streaming Remains Strong

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

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

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

A SUMMER STREAMING SNAPSHOT



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

Source: Nielsen The Gauge



A Web for All

Technology assists those with diminished sight

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

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

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

BROWSER BY BROWSER

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

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

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

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

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

remove ads and distractions.

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

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



Influence That Matters

Connect locally to make a difference

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

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



TREVOR BONNSTETTER
Chief Executive Officer

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

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

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

In fact, a commitment to helping others is a core part of our mission at WK&T. Naturally, it begins with the services we provide—we want our community to have the best communications resources anywhere. But it's also about doing whatever we can to support the people we serve.

Every year, we give back. One of our guiding principles is that you benefit not only from the services we provide but also through direct contributions of time and money invested into our community. We support school programs, our local heroes in the police and fire departments, as well as organizations that promote a brighter, healthier future for everyone.

We also love putting on cooperative-powered events like Pumpkins in the Park that are free for everyone. WK&T is always there at the Soybean Festival, Iris Parade and Martin Christmas Parade to give out T-shirts and provide fun goodies for the kids. And we never miss out on chamber of commerce events or local fairs.

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

As always, it's a pleasure serving you, and I hope WK&T remains a positive influence in your life. 🗨️

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 24,000 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.

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On the Cover:



Pumpkins in the Park is a popular feature of Haunted Graves, a weekslong Halloween Celebration in Graves County.

See story Page 8.

Photos courtesy of
Mayfield-Graves County
Tourism Commission

START STREAMING LIVE TV TODAY!

WK&T offers two channel packages and a variety of add-ons to cover all your entertainment needs.

BASIC

\$45.90 per month
30-channel lineup

EXPANDED

\$119.90 per month
145-channel lineup

These prices effective Oct. 1.

ADD-ONS:

Variety tier—\$7.95 per month
Hispanic—\$12.95 per month
Premium channels—\$16.95 per month
Cloud DVR Service—\$9.90 per month

*Plus applicable taxes and fees



CALL BEFORE YOU DIG

Just one call gets your utility lines marked and helps protect you from injury and expense.

Safe digging is no accident.

Always
call 811
before
you dig.



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

Meet WK&T'S NEWEST EMPLOYEES



SKYLER WINSETT
TECH TEAM INTERN

Where are you from? Benton.

What do you do in your spare time when not working? I enjoy fishing, playing video games and spending time with friends.

What is your favorite use of technology? I have my own rack server at home. I enjoy experimenting and playing with the Virtual Machines on it.



MOLLY MILLER
TECH TEAM INTERN

Where are you from? Graves County.

What do you do in your spare time when not working? Coach volleyball.

What is your favorite use of technology? Using my phone.



WILL ROGERS
TECH TEAM INTERN

Where are you from? Mayfield.

What do you do in your spare time when not working? I enjoy playing basketball, fishing and hanging out with friends.

What is your favorite use of technology? I like to communicate with people all over the world through Facebook, X and TikTok.

SPIRITS OF THE SEASON

Ghost Tours Scare Up Connections to the Past

Story by KATIE TEEMS NORRIS



Photo courtesy of American Ghost Walks

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

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

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

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

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



Photo courtesy of Bulldog Tours

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



Photo courtesy of Birmingham Historic Touring Company

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



Photo courtesy of Ryo Hamasaki

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

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

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

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

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

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

FUN FACTS

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

SCARING UP A GREAT TOUR

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

CHOOSE A TOUR THAT SUITS YOUR GROUP

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

CHECK THE WEBSITE

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

READ THE REVIEWS

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

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

A SCARY GOOD TIME



Pumpkins in the Park kicks off Haunted Graves 2024



Story by DREW WOOLLEY

In January 2021, the Mayfield-Graves County Tourism Commission had the idea to lift spirits in Graves County by adding something new to the annual Haunted Graves event in October. A committee was established, and its first act was to raise money from local businesses for Halloween streetlight decorations.

"Sometimes at Christmas you'll see snowflakes on the streetlights going through town. We thought nobody else has them for Halloween, so let's see if we can raise some funds for that," says Jennifer Walker, executive director for the tourism commission. "We raised \$14,000 during the pandemic, and I thought, 'Oh my gosh, we're on to something.'"

With so much enthusiasm just for

decorations, Jennifer decided to see if some of those same businesses would sponsor events for Haunted Graves, which at the time occupied a single weekend in October.

No one said no. The event has grown to fill every weekend throughout the month and now includes the last weekend of September to make room for the full schedule. That includes everything from thrills at the Industrial Slaughterhouse in Fancy Farm and Talon Falls in Melber to family fun at Kentucky's largest corn maze at A-Maize-ing Farms.

"If you like the scary stuff, you can come do the scary stuff," Jennifer says. "But if you have younger kids or you just are like me and love fall, you can come in and do it all."

THE TRUTH IS OUT THERE

For local paranormal enthusiasts, the event will also include the Haunted Graves Paracon, an expo for anyone interested in learning about or investigating unexplained phenomena.

Hosted at the Mayfield-Graves Fairgrounds on Oct. 12, this is Paracon's second year, but it has already grown to include 10 speakers and dozens of vendors. After a similar event in Nashville ended last year, organizer Kent Wilson is looking forward to drawing spooky fans from across the region.

"Last year we had 75 or 100 people come to the site. This year we're looking at probably 500 or more," he says. "I'm looking forward to being able to bring an event of this magnitude to this area, because we've never had anything like it."

The lineup includes streaming stars like Aaron Thompson from Netflix's "28 Days Haunted," and Gavin Kelly from shows like "Paranormal Journey" and "Truth or Legends in Your Hometown," as well as authors Steven E. Asher, J.P. Coates and Kelly Shaffer, who joined this year's event as an organizer.

"Paracons are not only for getting the paranormal pushed forward in people's sight, but it's also a chance for all of us paranormal investigators and researchers to come together, network and talk about ideas," Kelly says. "It's basically just like any other conference for people,

it's just that ours is centered around the paranormal."

Kelly plans to speak on the importance of spiritual protection, but she is also looking forward to hearing other speakers, including a priest who will discuss exorcism and Shane Feed, a ghost hunter who designs his own equipment and approaches the discipline from a scientific perspective.

Haunted Graves Paracon partnered with a sponsored charity, Merriman House, to donate 10% of all ticket sales to support its work in fighting domestic violence. And with family entertainment like the Ghost Hunters of Kentucky and face painting, there's bound to be something for enthusiasts and skeptics alike.

"I think the neatest thing is the variety that we have going on. There's going to be something for everybody," Kelly says. "I'm looking forward to seeing the smiles on people's faces and people questioning the speakers because their interest has been perked."

THE SPIRIT OF COMMUNITY

One of the most popular Haunted Graves events is WK&T's own Pumpkins in the Park, which kicks off the festivities on Sept. 28. Now in its third year, the celebration features food, games, costume contests, pumpkin decorating, hay rides and more fun for the whole family.

New activities include a story-telling area, Pictures with a Princess and the WK&T Haunted Biz Box, Fear Factor version. WK&T will sponsor a bring-your-own decorated pumpkin contest in which any one of any age can submit a decorated pumpkin and other attendees vote on their favorite.

"It's families everywhere, and I love to see them standing around talking to each other," Jennifer says. "The kids are playing. It's just wholesome. You want to



FAR LEFT: Trick-or-treaters line up at Youngblood RV & Outdoor's Trick or Treat in the RVs event.

TOP: Quality Disposal adds a ghoulish, but fun, Halloween display.

BOTTOM: Frankenstein's monster joins Mayfield's Trick or Treat Scavenger Hunt.

live in a community where families can go out and enjoy themselves and spend time."

The service WK&T provides its members every day is also an important part of helping Jennifer and others continue to build the community they love. "We benefit so much from the services at WK&T," she says. "This community could not be successful without the kind of infrastructure that is available at WK&T."

Ultimately, the biggest challenge for Jennifer is making room for all the great ideas local businesses and organizations have for new ways to

take part. It's hard for her to pick a favorite moment, whether it's the artistic displays on the Jack O'Lantern Trail at Featherstone Farm, enjoying the lights of the Glowing Graves Parade at night or exploring Cartwright Grove's haunted makeover.

"I'm a huge lover of autumn and all the fun fall things," Jennifer says. "The scary stuff isn't for me, but I am happy to tell people they can come here and experience it. There's something for everyone here during the month of October."

For more on Haunted Graves, go to www.visitmayfieldgraves.org/haunted-graves. 📱

Photos courtesy of Mayfield-Graves County Tourism Commission



RUNNING TOWARD THE FUTURE

Rural Athletes Must Overcome Hurdles to Win Scholarships

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

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

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

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

MAKING A SPLASH

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

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

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

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

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

SHOWCASING SKILLS

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



Photo courtesy of Olivia Murphy

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

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

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

MAKING A DECISION

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

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



Photo courtesy of USA Archery

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

SCORING AN OFFER

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



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

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

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

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

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

Hometown Celebration

Annual Tennessee Soybean Festival is right around the corner

Story by DREW WOOLLEY

Thirty-one years ago, the people of Martin, Tennessee, were looking for a reason to celebrate their community. The city didn't have its own annual festival to come together around, so they turned to an important local crop. The University of Tennessee at Martin took the lead on the first Tennessee Soybean Festival, and since then the event has grown into a weeklong party.

"The idea behind it was for the community to get together and celebrate," says Brad Thompson, director of economic, community and tourist development for the city of Martin. "Agriculture really plays an important role in our area, so UT Martin put together our first festival and built it around the Tennessee soybean itself."

TONS OF FUN

This year, the festivities kick off on Sept. 3 with the Soybean Parade marching through historic downtown Martin. Exciting side-shows like motorcycle stunt riders, skiing squirrels and acrobats will also be entertaining visitors throughout the week.

Last year, more than 25,000 people came through to take part in the festival and give the local economy a healthy boost. Brad expects a similar turnout this year, despite the celebration still working out of a post-pandemic slump.

"One of the challenges the past couple of years is that, since the pandemic, people's consumption of entertainment and involvement have really changed," he says. "Figuring out how to get the community reengaged and to come out and enjoy the festival has been challenging. I think we've met those challenges, and we've come out for the better through all of that."



Musical acts, like an Eagles tribute band, country artist Sammy Kershaw and reggae musician Shaggy, will be taking the main stage at the WK&T Amphitheater.

For Brad, WK&T's support for the festival is just another example of how it gives back to the community as a service provider and beyond.

"They have been such a good community partner in general, but specifically to the Tennessee Soybean Festival," he says. "Not only are they providing an essential service on a daily basis, but they also give back to the community in other ways."

For Brad, the festival is the culmination of a full year of planning alongside more than 100 volunteers. Now that the time has finally arrived, he's looking forward to seeing the community and visitors from all over enjoy the fruits of their labor.

"It's a break in people's day and a way for them to escape some of the normal everyday worries of life," he says. "Seeing



TOP: Young visitors enjoy a carousel ride.

BOTTOM: Crowds peruse the festival grounds.

a child's face light up in wonderment and awe is so rewarding. We try to create those 'Wow' moments each year, and that is by far the most rewarding thing for me. It makes it all worthwhile."

For all the details on this year's festival, go to www.tnsoybeanfestival.org and follow the Tennessee Soybean Festival on Facebook. 📱

JUST THE FACTS



Living Connected

Fiber for the speed of life!

New broadband labels give you more info at a glance

Broadband Facts	
Provider Name	
Service Plan Name and/or Speed Tier	
[Fixed or Mobile] Broadband Consumer Disclosure	
Monthly Price	\$00.00
This monthly price is an introductory rate	Yes / No
Time the introductory rate applies	YY months
Monthly price after the introductory rate	\$00.00
Length of contract	YY months
Link to Terms of Contract https://www.example.com/terms-of-contract	
Additional Charges & Terms	
Provider Monthly Fees	
Fee description	\$00.00
Fee description	\$00.00
Fee description	\$00.00
Fee description	\$00.00
One-Time Purchase Fees	
Fee description	\$00.00
Fee description	\$00.00
Early Termination Fee	\$00.00
Government Taxes Included/Varies by Location/\$00.00	
Discounts & Bundles	
Visit the link below for available billing discounts and pricing options for broadband service bundled with other services like video, phone, and wireless service, and use of your own equipment. https://www.example.com/discounts	
Speeds Provided with Plan	
Typical Download Speed	000 Mbps
Typical Upload Speed	000 Mbps
Typical Latency	00 ms
Data Included with Monthly Price	
Charges for Additional Data Usage	000 GB \$/GB
https://www.example.com/data-usage	
Network Management Policy	
https://www.example.com/network-management	
Privacy Policy	
https://www.example.com/privacy	
Customer Support	
Phone: (555) 555-5555	
Website: https://www.example.com	
Learn about the terms used on this label. Visit the Federal Communications Commission's Consumer Resource Center. fcc.gov/consumer	
Unique Plan Identifier: F0005937974123ABC456EMC789	

At WK&T, we always strive to give our members a clear understanding of our decisions and the many factors that go into them. In the coming months, you may notice a new graphic on our website and other materials that provides even more details about our services.

Starting in October, the Federal Communications Commission is requiring telecommunications providers like WK&T to include "Broadband Facts" labels anywhere customers might sign up for service. These labels are meant to provide added transparency to help anyone shopping for internet service make a more informed decision.

WHAT IS A BROADBAND FACTS LABEL?

Designed to resemble the Food and Drug Administration's nutrition labels that appear on packaged food, Broadband Facts labels are meant to break down information about internet service in a way that is easy to understand and compare to other providers. The goal is to help consumers find service plans that better fit their individual needs and budgets.

WHAT INFORMATION IS ON THE LABEL?

Broadband labels are required to disclose details like the base monthly price of a plan, whether that price is an introductory rate and, if so, how long that rate lasts, typical broadband speeds, data allowances and any one-time or recurring fees that may

be applied. They also direct customers to important resources like the network management policy and customer support.

WHY ARE THESE LABELS APPEARING NOW?

As part of the Infrastructure Investment and Jobs Act that was signed into law in 2021, the FCC requires all internet service providers to display these labels at any point of sale. The goal is to provide consumer-friendly information about the broadband services offered by each ISP. Large internet companies began displaying the labels in April, while the rest were given until Oct. 10 to begin including them.

WHAT WILL THE LABELS LOOK LIKE?

On this page, you'll find a blank example of a Broadband Facts label like the one WK&T will be displaying with our service. Just look for a graphic similar to the familiar nutrition labels to find all the important information about your WK&T broadband service.

WHAT DO THESE TERMS MEAN?

Broadband Facts labels use the same terminology to avoid confusion when comparing service providers with each other. If you need more clarity on a term, the FCC has provided a glossary at www.fcc.gov/broadbandlabels-glossary. It includes a list of terms you might encounter with detailed explanations of what each one means.

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Kick Off THE SEASON



Healthy Eats for Your Tailgate

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

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



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

WHITE CHICKEN CHILI

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

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

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

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

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

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

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



PARMESAN CHICKEN WINGS

These delicious wings are oven-baked.

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

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

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

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

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

DOUBLE DIP HUMMUS

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

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

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

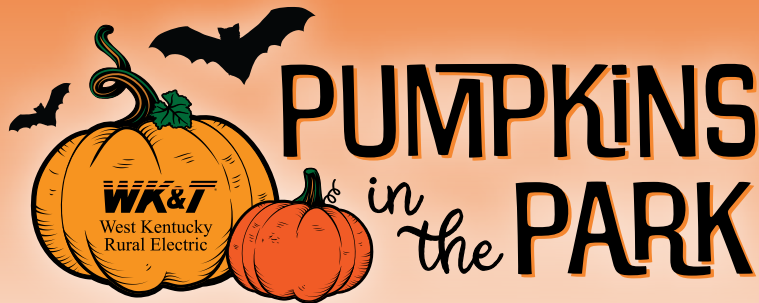
Reserve about 3/4 cup of the cooking water, then drain the chickpeas. Set aside

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

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



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