

WK&T

MARCH/APRIL 2025

CONNECTION



**Lights,
Camera,
Action!**

Mayfield on the
big screen

SKYLINE AID

OUTDOOR WI-FI



By Shirley Bloomfield, CEO
NTCA-The Rural Broadband Association

Broadband Built to Last


How the Universal Service Fund Helps Keep Americans Connected

When we're connected, America thrives, and for rural communities, the federal Universal Service Fund (USF) helps community-based providers deliver broadband built to last for generations. This fund is critical for ensuring high-quality, affordable broadband services are available for families, schools, libraries, health care facilities and so much more.

The idea behind the USF is that all Americans should have reliable access to communications services at a reasonable cost—it's been a national objective for over a century and was codified into law in the 1996 Telecommunications Act. Today, the USF enables providers to make a business case to invest in many rural areas, sustain networks once they are built and keep service rates affordable.

Unfortunately, the USF is at risk of disruption. Last summer, a federal circuit court declared that the way the USF is funded is unconstitutional, and the case is now before the Supreme Court for review.

According to an August 2024 survey of more than 200 NTCA members across 35 states, the loss of USF support could be catastrophic for rural consumers. Respondents reported that rural consumers could see their monthly bills increase by \$72. And 68% of respondents said they may need to cancel over \$1 billion in deployment projects.

These survey results highlight the importance of the USF in both getting and keeping rural consumers connected to high-quality, affordable services. You can learn more at ntca.org/universalservice. 



Adobe Stock illustration by Julien Eichinger

The Buzz

An internet roadmap

The online world moves fast, and it's a rich, helpful place. In fact, there are so many opportunities and so many resources that keeping up with the latest can prove daunting. Here are a few hot topics:

VIDEO SHORTS

These bite-sized videos usually last a few seconds. They're often lighter in tone. Many are great for showing fun or helpful ideas quickly, such as cooking tips, telling a joke or sharing engaging facts. Others are simply silly fun. Most social media services offer some version of these videos.

ARTIFICIAL INTELLIGENCE OR AI

AI is appearing in more and more places. It may help complete a text message, edit and sort photos on a smartphone or even create an image from scratch. And that's only the beginning. Think of AI as a smart, learning system capable of processing tremendous amounts of information—and it's changing and growing daily.

CRYPTOCURRENCY

This digital currency is stored and managed on secure systems. Bitcoin is a famous example, but there are many others. Some people use cryptocurrency to buy goods or services, and others consider it an investment. It's another growing, diversifying part of the digital world.

VIRTUAL REALITY OR VR

With the right hardware, such as VR goggles, virtual reality can be like stepping into a video game or movie. It's also a rapidly growing technology, expected to become more affordable and accessible over time.

Wading Into the Stream

Catch the current to entertainment

The arrival of streaming entertainment services brought the promise of simple, affordable access to deep, rich libraries of content.

So, how are these increasingly popular

services, ranging from Netflix to YouTube TV, doing? Seemingly endless content? Check. Simple and affordable? Well, that gets a little complicated.

With care, though, you can find the

services that not only meet your needs but also your budget. Live sports, ad-free options, high-definition streams and so much more are a few clicks away. 📺

DEFINE YOUR PRIORITIES

With so many possibilities, first consider what you generally want to watch. Do you love original dramas? Perhaps classic sitcoms and movies are your favorites? Are live sports or kids' programming your go-to shows? Or maybe it's a mix of all of the above. Here are a few options:

For exclusive originals: Netflix, Hulu and Max—formerly HBO Max—are standouts. They mix fresh shows and movies with a wealth of older favorites. And Hulu gives access to TV episodes the day after they air on traditional TV.

For family and classics:

Disney+ shines. And Peacock and Paramount+ serve up plenty of long-time favorites, as well as new shows.

AD TIERS

When it comes to pricing, streaming services increasingly offer a range of options—along with some tradeoffs.

Many services have lower-cost plans, but they come with ads. If you don't want interruptions, be prepared to pay extra. Similarly, Netflix offers a more expensive choice for high-definition content. Meanwhile Disney+ emphasizes the ability to bundle added services like Hulu.

Netflix: A lower-priced ad tier was introduced in 2023 to go along with the more expensive ad-free option.

Disney+ and Hulu: The price difference between ad-supported and ad-free versions is significant, so be aware when considering such services.

Amazon: Members of Amazon Prime must now pay an extra fee to remove ads from streaming content.

So, the price considerations of comparing streaming services to traditional cable television is more complex. But the system offers consumers greater choice—after all, many people don't mind ads. Pricing and offers can change quickly, so check each service for the current rates and offers.

LIVE SPORTS

Traditional TV networks are still the biggest player in the live sports world, but services like YouTube TV and Sling allow you to tap into many of those channels. However, the streamers are catching up.

Services like ESPN+, Peacock and Paramount+ have exclusive sports content. Amazon Prime hosts NFL games on Thursday nights. Even Netflix recently showcased a live night of boxing.

Then, there are also the direct-to-consumer options, like the NFL's Sunday Ticket or MLS Season Pass on Apple TV. Fans can binge-watch their favorite leagues.

Springing Forward

A new season brings new opportunities for WK&T

As the seasons change and spring brings new life and growth, WK&T finds itself in a similar season of transformation and opportunity. In my 9 years here at WK&T, I've had the privilege of witnessing firsthand the dedication and innovation that defines this member-focused cooperative. Each day brings new insights into how we can better serve our members and position WK&T for continued success.



KAREN JACKSON-FURMAN
Chief Executive Officer

I am excited about the opportunity to lead our cooperative into a new era. As we grow and evolve, so do the needs of our members, and it is our duty to ensure that we meet those needs effectively and efficiently.

This brings us to an important milestone in our journey: the coming transition and expansion of our Murray office. For many years our Murray office has been a vital hub for existing members in Calloway, Weakley, and Henry counties. It has provided a centralized and convenient space for paying bills, engaging with our customer service representatives, and connecting with WK&T.

As our membership continues to expand into Henry, Calloway, Marshall, and Benton counties, the limitations of our current rented space have become increasingly evident. To better serve our members—we have invested in property ownership, in a new office

that will support our growing community and our mission to deliver exceptional service. This decision is not merely logistical; it reflects our commitment to the long-term success and sustainability of this cooperative.

The new Murray office will provide enhanced resources and a modernized environment, ensuring that we can continue to deliver the reliable, high-quality service you expect. Just as importantly, it will offer our dedicated team members the space and support they need to thrive in their roles and address your needs with excellence. We are excited about this move and cannot wait to share more information soon about our new Murray location.

Spring is a season of renewal, and this move symbolizes a fresh start for WK&T in Calloway County. It is an opportunity to build on the strong foundation we've established, embrace growth, and reaffirm our dedication to serving you. We look forward to welcoming you to our new space soon, where we will continue to foster strong relationships that are the cornerstone of your cooperative.

At WK&T, our guiding principles ensure that every decision we make is centered on our valued members. We are excited to embark on this next chapter together and are grateful for your trust and support as we navigate this journey.

Thank you for being an integral part of the WK&T family. Together, we will continue to grow, innovate, and build a brighter future for our community. 📞

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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.

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

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On the Cover:



Photo courtesy of the city of Mayfield

The Emmy award "Mayfield—Town of Heroes" won is displayed at its Mayfield premiere. The documentary highlights the town's rebuilding efforts after an EF4 tornado hit Western Kentucky on Dec. 10, 2021, killing nearly 90 people. See story Page 8.

WELCOME WK&T'S NEWEST EMPLOYEES:



Sherry Lynn Dzurko, executive assistant

Where are you from?

Burlington, New Jersey

What do you like to do when you are not working?

Paint by number, listen to Audible books, ride in our Can-Am and play with our animals.

What is your favorite use of technology?

I love the DVR. I like watching television but hate the commercials. I also love Bluetooth. We can listen to our favorite music virtually anywhere.



Lucas Murphey, combo technician

Where are you from?

Wingo, Kentucky

What do you like to do when you are not working?

I like to hang out with my wife and enjoy the outdoors whenever I can.

What is your favorite use of technology?

My phone. I use it the majority of the day, for work and to communicate with others.



Robert Thomasson, Tech Team intern

Where are you from?

Fancy Farm, Kentucky

What do you do in your spare time when not working?

Play golf and work out.

What is your favorite use of technology?

Social media.



ANNUAL WK&T TV PRIVACY NOTICE

WK&T provides the WK&T TV privacy notice as a service to our customers and in accordance with applicable federal law and FCC regulations. We encourage you to review the information at www.mywkt.net/tv-privacy-policy and to contact WK&T with any questions.

2025 TENNESSEE IRIS FESTIVAL

The 47th Annual Tennessee Iris Festival is scheduled for May 2-7, 2025. Please visit tennesseeirisfestival.net or Facebook for all event information.



CELEBRATING EASTER

Wishing you and yours a wonderful and joyous Easter! WK&T offices will be closed for Good Friday on April 18.



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 tele-

phone 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.

ALONG FOR THE RIDE

Roller coasters take thrill-seekers to the limit

Story by KATHY DENES

It's a rite of passage—a child in the roller coaster line steps up to the mark, stands up straight and finally hits that magical measurement, tall enough to be welcomed aboard for a lifetime of adventure.

The thrill of roller coasters never grows old, whether they're modern rockets of cold, sleek steel or creaky, wooden rides that are a nostalgic nod to yesteryear. Around 1,000 coasters in the United States and thousands worldwide offer limitless options for destination vacations.

"At this point, I've been on just under 1,200 unique coasters at over 300 different amusement parks," says James Nocito, a CoasterNerds contributing writer whose hobby of "chasing down rides" has taken him to 38 countries on four continents.

"Sometimes, I do actually think the hobby is ridiculous, but it's also given me a chance to visit all sorts of places I probably wouldn't have otherwise, like all 50 U.S. states. I guess I've always compared it to people who try to see a baseball game at every Major League Baseball stadium or such."

Roller coaster fans seeking out the fastest ride, wildest twists and turns or just a new experience have created a community. Numerous websites, like coaster101.com, and social media pages, like Facebook's CoasterNerds, are dedicated to informing and connecting enthusiasts.

"There's this whole community within the parks and coasters fandom, and some of the best people I met from internet chatrooms or online message boards when I was a teenager are people I know 20-plus years later, now hanging out in person," James says.

He hesitates to cite one roller coaster as his favorite, "but if I were going to suggest to someone some of the biggest, baddest or craziest rides in the U.S., I'd probably start with Fury 325." That ride at Carowinds in Charlotte, North Carolina, is North America's tallest, fastest and longest giga coaster—one with a height or drop of at least 300 feet. 🚂

IF YOU'RE GOING

- For a selection of the country's top 100 coasters, consult coasterbuzz.com/rollercoasters/top100.
- If taking younger travelers along, be sure to check height requirements for the coasters you hope to experience.
- To check real-time waits before you go, visit queue-times.com.
- Concerned about motion sickness? Snack on something fairly bland 30 minutes to an hour before jumping in line.





PLANNING A COASTER VACATION?

Consider visiting these thrill rides:

The Beast broke all records when it opened at Kings Island in Mason, Ohio, in 1979, and it still reigns as Guinness World Records' longest wooden roller coaster.

The Voyage at Holiday World in Santa Claus, Indiana, is the world's second-longest wooden coaster, running for 1.2 miles and featuring a world-record five underground tunnels.

It's always coaster weather at the Mall of America in Bloomington, Minnesota, where the 7-acre center court offers five unique options.

Two record-breaking coasters—the nation's first tilt coaster, the Circuit Breaker, and Palindrome, a one-of-a-kind infinity coaster—are set to open in Texas this year at Austin's COTALand.

Also opening this year at Cedar Point in Sandusky, Ohio, is the Siren's Curse, expected to break records for height, speed and longest tilt.



Photo courtesy of Lake Winnepesaukah



Adobe Stock photo by Panosk18

TOP: The Cannon Ball at Lake Winnepesaukah is the oldest wooden roller coaster in Georgia.

ABOVE: The Six Flags family of parks is known for exciting roller coasters, like the Joker at Six Flags Great Adventure in Jackson Township, N.J.

LEFT: Southern California's mild weather means rides like the roller coaster and Ferris wheel at Pacific Amusement Park on the Santa Monica Pier can be enjoyed throughout the year.

FIND YOUR THRILL

Look for CoasterNerds on Facebook and visit these websites for more information: coasterforce.com, aceonline.org, coaster101.com and coasterbuzz.com.



Adobe Stock illustration by Wasun

Town of Heroes

Mayfield stars in documentary about 2021 tornado

Story by DREW WOOLLEY



Illustration by Adobe Stock/Evolect

When country music star Trace Adkins came to Mayfield, Kentucky, in May 2023, it had already been a year and half since the devastating tornado he was there to memorialize. The long-track EF4 tornado tore through Western Kentucky on the evening of Dec. 10, 2021, taking the lives of 22 people in Mayfield and nearly 90 across the region.

Originally, Adkins planned to shoot a music video in Mayfield, using it as the backdrop for his song “Somewhere in America.” In exchange for footage of the town’s continued efforts to rebuild and interviews with local leaders and residents affected by the tornado, he put on a free concert for more than 7,000 fans at Mayfield High School’s War Memorial Stadium.

“I didn’t realize it then but what he did for us was he gave us a party,” says Mayfield Mayor Kathy O’Nan. “All over town for the next two weeks or so people would say, ‘Oh my gosh, it was so much fun.’ And that’s what we needed. We just needed an uplifting night to dance and sing.”

That connection between Mayfield and Adkins lingered. The musician and his team stayed in touch with O’Nan and other leaders in the community. Several months after the concert, the mayor received a call from the videography team informing her that they had so much footage from their visit they decided to turn it into a short documentary titled “Mayfield—Town of Heroes.”

“I was just so impressed by that whole team,” O’Nan says. “They were just so caring and concerned about us. And I think when they came to Mayfield and saw what we’ve known—the resilience of these people, the heart of these people—they came to know us and wanted it to be more than just the backdrop for the video.”

ZOOMING IN

For O’Nan, that connection was clear from the start of the filming process. She initially met Adkins at an old warehouse, where the singer was interviewing first responders who had been on the scene the night of the storm.

“He’s a very good interviewer,” O’Nan says. “It was very easy to talk to him about a difficult



Trace Adkins and Mayfield Mayor Kathy O’Nan show off the Emmy award won by the “Mayfield—Town of Heroes” documentary.

subject, about what we all went through on that night. And it was fascinating to see how a music video comes together.”

Those interviews took place on Friday and Saturday, leading up to the concert on Saturday, May 20. But Mayfield stayed on Adkins' mind even after he left. A week later, after a Memorial Day concert in Jackson Hole, Wyoming, O'Nan received word that a booking agent Adkins told about his experience in Mayfield was so moved that he wanted to make a \$10,000 donation toward the creation of a new park.

That wasn't the last attention the town received following Adkins' visit. Last summer, after the news spread that the music video footage was expanded to a documentary, O'Nan learned the film had been submitted for an Emmy Award and won. Once again, people were moved by the warmth and resilience she and other Mayfield residents have long known about.

“We know that we are a town that’s like a family going through this horrible disaster. I taught for a long time at Mayfield High School, and I know that,” O’Nan says. “But for other people to recognize it when they come here, I think it speaks volumes for the people who live in Mayfield, their reaction to this disaster and how they are so resilient to build back this community.”

RED CARPET MOMENT

In the wake of the documentary's Emmy win, the filmmakers set up an exclusive screening for Mayfield residents in late



The documentary was screened three times in Mayfield, with one showing reserved for residents featured in the film.

October. The local Princess Theaters hosted a premiere night featuring three screenings, with the first reserved for people included in the film.

“They brought the big posters to go in the frames outside the theater. That was a very emotional event,” O’Nan says. “I had watched it numerous times before, but to see it on the theater screen absolutely blew me away. When the first viewing ended there was just complete silence for a period of time because that was our lives up there.”

While the film has not yet been made available to the public, O’Nan hopes it will be distributed soon so that others can share that experience. After all, it wasn’t just people who lived through the tornado who were moved by the documentary. Adkins himself attended the premiere and was left wiping tears from his eyes when the lights came up.

“He said, ‘I always cry when I come to Mayfield,’” O’Nan says. “And I talked with his wife later and she said he’s exactly right. He doesn’t cry, but he always cries when he comes here. It’s not a sad cry, it’s just that he gets it. He gets that story, and we’re so grateful to him and his team.” 📺

Empowerment Through Sports

Adaptive competitions and

Story by DREW WOOLLEY and JEN CALHOUN



ADAPTIVE CLIMBERS FESTIVAL

After Shane Farver's lower-level spinal cord injury, the rock-climbing enthusiast realized he needed to learn new ways of moving through the world, whether scrambling up rocks or making his way through shopping malls and office buildings.

"Early on in my recovery, a friend of mine said, 'A cool thing about climbing is the problem-solving aspect of it. You have to figure out how to get from this hold to that hold as efficiently as possible using your body as it is and kind of figuring those things out,'" Shane says.

It's the same for people with disabilities, he says. "We have to be problem-solvers, because—very often—the world is not made for us."

Today, Shane is communications director and a member of the organizing committee for the Adaptive Climbers Festival. The three-day event offers people with disabilities a chance to learn rock climbing and other outdoor skills while camping and communing in Eastern Kentucky's Red River Gorge.

"We really emphasize the notion that we do not take people with disabilities rock climbing," Shane says. "We teach people with disabilities how to rock climb. The nuance there is we're not here to take you on a ride. We're here to empower you and help you see what's possible in rock climbing and hopefully provide some confidence elsewhere in your life."

SWEET SETUP

The idea for the Adaptive Climbers Festival came about during a hot tub hang with a few adaptive climbers and their allies. "They were talking about the fact that outside of the competitive environment, there aren't a lot of opportunities for people with disabilities to rock climb," Shane says.

The first Adaptive Climbers Festival was in 2018 at a climbing area in northwest Alabama, but by 2022 the event found its home at Lago Linda Hideaway, a 410-acre wonderland that offers cabins, RV sites and campgrounds surrounding a 5-acre lake.

"We have our run of the place," Shane says. "Once we figured out that setup, we didn't want to hold it anywhere else. We also have other partners who help us out, including the local search and rescue folks. It's a huge coordinated effort."

MOVING MOUNTAINS

The event offers about 30 clinics, including courses on rappelling and anchor-building, which shows attendees how to set up their ropes for climbing. Most of the courses are led by people with disabilities.

"That's kind of our ethos—the idea that we're here to empower people and to give people opportunities to grow and lead," Shane says.

The Adaptive Climbers Festival has grown from about 30 participants to about 150 in 2024, including attendees from across the country, as well as some from Australia, New Zealand, Canada and Spain. 🌍

events shatter barriers



Photos courtesy of Beth King



ABOVE: Training to succeed in new sports, like javelin, cycling, powerlifting and rowing, gives Beth King the confidence to overcome life's other challenges.

OPPOSITE PAGE: Participants in the Adaptive Climbers Festival come from all over the world to enjoy a weekend of rock climbing, fellowship and fun in Eastern Kentucky's Red River Gorge area.

RESTORING FREEDOM

The first time Beth King saw a recumbent tricycle, she thought it was a joke. She rarely left the house for anything other than doctors' appointments after retiring from the military in 2014 due to injuries she sustained three years earlier when a rocket-propelled grenade brought down her Chinook helicopter in Afghanistan.

Then, after battling a traumatic brain injury, rehabbing for permanent damage to her spine and back and undergoing a bilateral joint replacement for severe pain in her jaw, Beth's occupational therapist wanted her to hop on what to her looked like a child's toy.

"When she showed me a picture, it looked like a Big Wheel from when I was a kid," says Beth, who was not happy about the idea. "But halfway through my first ride, I realized I'm out here by myself, no one's running after me to catch me. And I really found that

liberating. I felt a sense of independence I hadn't felt in years."

She then took part in the Wounded Warrior Project's Soldier Ride, introducing her to the world of adaptive sports. Now based in Missouri, Beth has trained in javelin, rowing, discus and powerlifting, even competing at the 2022 Invictus Games in the Netherlands. She hopes to qualify for the Paralympics in 2028.

"It's what saved me. I was really struggling with depression, suicidal thoughts and isolation. I just couldn't deal with anything. And it gave me something to train for, to get out of bed for," Beth says. "Sports made me realize that I could still do all the things that I thought I lost."

FINDING INSPIRATION

Realizing she was losing almost all function in her feet, in 2023 Beth decided to have her right foot amputated, allowing her to begin learning to walk with an artificial one. Last year, she completed her first year of welding school, a goal she set after retiring from the military.

"I think sports really gave me the confidence to advocate for myself. To believe that I didn't really lose as much as I thought I had," she says. "If you had asked me a year ago if I'd be welding right now, I would have said, 'No way.' I couldn't see a life bigger than the box I had put myself in with my injuries."

Once she finishes school, Beth hopes to be able to make adaptive equipment for more people. "I don't think people always understand that it's not just sports equipment. It's freedom," she says. "It's a regular life and feeling like you're a part of things. To have a place where people can go and just have fun and play a sport, even if it might look different. I think people are starting to realize that it really does matter."

Cooperative EFFORT

WK&T splicers aid SkyLine restoration after Hurricane Helene

Story by DREW WOOLLEY

When WK&T fiber splicers Chris Green and Dewayne McCord set out for West Jefferson, North Carolina, on Oct. 9, they weren't exactly sure what awaited them. SkyLine Membership Corporation's service area had just been devastated by Hurricane Helene, knocking out 95% of the system's core fiber network.

Not knowing how long their help might be needed, Chris and Dewayne packed sleeping bags, wet wipes for bathing and other necessities before they hit the road for the Blue Ridge Mountains. When they arrived, they found a training facility full of mattresses where they would be staying and a lot of work to be done.

"I spent one day splicing an 864 fiber, which is huge. Two days later, I was sent on a call and found more damage," Dewayne says. "I spliced 7,000 to 8,000 fibers that week. That's more than I've ever spliced in my career."

Most of the volunteer crews were construction workers repairing structural damage to SkyLine's system. As some of the few fiber splicers on site, Chris and Dewayne had their hands full for the 10-day visit, often working 15 to 22 hours a day.

"This was a great experience to help them," Chris says. "It actually helped me in my job."



WK&T fiber splicers Chris Green and Dewayne McCord make repairs to fiber lines in North Carolina after Hurricane Helene.

Throughout the week and a half, volunteer groups served workers breakfast and dinner, packing sack lunches for them to take on the job. Even local residents were there to support them, routinely stopping to ask if there was anything work crews needed. One person offered to wash Chris and Dewayne's clothes, but SkyLine already had that covered.

"There truly is no other industry that I would want to be working in other than this industry that we know and love," SkyLine CEO Kim Shepherd said during the restoration. "We are family and families come together in times of need. The huge amount of support we have received from our sister cooperatives does not go unnoticed. We are humbled by these efforts and our progress would look significantly different without them."

The experience was a valuable one and a reminder for Dewayne of how much people have come to rely on internet service.

"Ten years ago, internet was a convenience," he says. "You played games, checked Facebook, etc. Now it's a



These damaged cables were too short to reach the ground and had to be repaired from a truck's roof.

necessity, it's become something that's more important. Now, it's more of a livelihood. It was good to help that many people." ☑

What is Outdoor Wi-Fi?

Living Connected

Fiber for the speed of life!

Connected devices give you a strong signal

While traditional indoor Wi-Fi networks have been around for years, they often struggle to reach every corner of a sprawling backyard or a large home. An outdoor Wi-Fi system extends your wireless network beyond the confines of your indoor space by providing a robust, reliable signal that ensures you stay connected.

WK&T offers some of the latest technology to expand your outdoor living space, with customization available to expand even further if needed.

Whether it's hosting a backyard party with friends, working remotely from your patio or streaming music while on the boat dock, the benefits of an outdoor Wi-Fi system are clear. It's about freedom, flexibility and staying connected.


Traditional Wi-Fi systems rely on a single device. However, outdoor Wi-Fi using a mesh network joins several small devices that each send their own signal and can extend the signal beyond the router's reach.

This next generation technology, available from WK&T, can give your home the signal boost you need:

- Expanded coverage perfect for patios, pools, porches and docks.
- Outdoor devices that can stand up to rain and extreme temperatures.
- Easy control via the WK&T Control app.
- Supports the latest Wi-Fi technology for improved performance.
- Simple mounting on walls or poles.

EMBRACE THE FUTURE OF CONNECTIVITY WITH WK&T

Outdoor Wi-Fi is not just about connectivity. It's about expanding your digital footprint and enhancing the way you live, work and play. Embrace the power of wireless freedom and stay connected, wherever you are. Trust WK&T to provide you with the best outdoor Wi-Fi solutions tailored to your needs.

Call 877-954-8748 with questions or to find out if outdoor Wi-Fi is a good fit for you. 



Adobe Stock photo by Jukov Studios

**Experiencing
internet issues?
LET US HELP!**

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

Connection Matters

WK&T

877-954-8748 | www.mywkt.net

Pasta Supremo

Italian translates to a great meal

Italian cuisine, with its fresh ingredients and age-old techniques, has woven itself into the fabric of American culture.

Pizza, spaghetti and Alfredo are all favorites, but lasagna may top the list. It's simply hard to resist. Keep the Italian theme going with an Italian chopped salad and a cannoli poke cake. Loosen your belt and get ready to embark on your Italian culinary experience without leaving home.



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

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

ITALIAN LASAGNA

- 1 pound sweet Italian sausage
- 3/4 pound lean ground beef
- 1/2 cup minced onion
- 2 cloves garlic, crushed
- 1 (28-ounce) can crushed tomatoes
- 2 (6.5-ounce) cans tomato sauce
- 2 (6-ounce) cans tomato paste
- 1/2 cup water
- 2 tablespoons white sugar
- 4 tablespoons chopped fresh parsley, divided
- 1 1/2 teaspoons dried basil leaves
- 1 1/2 teaspoons salt, divided, or to taste
- 1 teaspoon Italian seasoning
- 1/2 teaspoon fennel seeds
- 1/4 teaspoon ground black pepper
- 12 lasagna noodles
- 16 ounces ricotta cheese
- 1 egg
- 3/4 pound mozzarella cheese, sliced
- 3/4 cup grated Parmesan cheese

Heat the oven to 375 F.

Cook sausage, ground beef, onion and garlic in a Dutch oven over medium heat until well browned.

Stir in crushed tomatoes, tomato sauce, tomato paste and water. Season with sugar, 2 tablespoons parsley, basil,

1 teaspoon salt, Italian seasoning, fennel seeds and pepper. Simmer, covered, for about 1 1/2 hours, stirring occasionally.

Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water.

In a mixing bowl, combine ricotta cheese with egg, remaining 2 tablespoons parsley and 1/2 teaspoon salt.

To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9-by-13-inch baking dish. Arrange 3 to 4 noodles lengthwise over meat sauce to cover. Spread with 1/2 of the ricotta cheese mixture. Top with 1/3 of the mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese.

Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil. To prevent sticking, either spray foil with cooking spray or make sure the foil does not touch the cheese. Bake for 25 minutes. Remove the foil and bake for an additional 25 minutes. Remove lasagna from oven, and let it rest for 15 minutes before slicing and serving.



CANNOLI POKE CAKE

- 1 (15.25 ounce) yellow cake mix, plus ingredients on box to make the cake as directed

Topping:

- 1 1/2 cups ricotta cheese, well drained
- 2 cups mascarpone cheese
- 1/2 cup powdered sugar
- 1 (3.4-ounce box) instant vanilla pudding mix
- 1 teaspoon vanilla extract
- 1 teaspoon fresh orange zest
- 1/2 teaspoon cinnamon
- 1/8 teaspoon salt
- 1 1/2 cups milk
- 10 ounces mini chocolate chips

Make sure ricotta cheese is well drained—overnight is best, if possible, because it needs to be thick.

Prepare and bake cake according to directions on the package for a 9-by-13-inch baking dish. Remove cake from oven

and poke holes all over it using the handle of a wooden spoon, large wood skewer or a straw. Set cake aside to cool.

In a large bowl, beat the ricotta and mascarpone cheese with an electric mixer on medium speed until well combined. Beat in the powdered sugar and dry pudding mix. Then beat in the vanilla, orange zest, cinnamon and salt. Once well combined, slowly beat in the milk a little at a time.

Spread about 1/3 of the topping over the cake, making sure it gets into holes. Then continue spreading the remaining topping, and sprinkle on the mini chocolate chips. Cover the cake and refrigerate for a few hours or overnight. Cut and serve well chilled.

Note: This cake is especially good with a little chocolate syrup drizzled over the top.

ITALIAN CHOPPED SALAD

Make the dressing in advance to allow flavors to marry.

Lemon Vinaigrette:

- 1/2 cup extra-virgin olive oil
- 3 tablespoons fresh lemon juice
- 2 tablespoons red wine vinegar
- 1 shallot, finely chopped

- 2 garlic cloves, finely chopped
- 2 tablespoons dried oregano
- 1 teaspoon kosher salt
- Freshly ground black pepper

Salad:

- 1 head iceberg lettuce
- 1 head radicchio
- 1 small red onion, thinly sliced

- 1 pint cherry tomatoes, halved or quartered
- 1 can chickpeas, rinsed and drained
- 4 ounces fresh pearl mozzarella, drained
- 4 ounces provolone cheese, diced
- 5 pepperoncini peppers, stemmed and sliced
- Kosher salt and pepper, as needed
- 1 teaspoon fresh oregano, for garnish

Make the dressing. In a small bowl, whisk together the olive oil, lemon juice, vinegar, shallot, garlic, oregano, salt and pepper. Set aside.

Cut the iceberg lettuce in half, then cut out the core. Slice the lettuce lengthwise into 1/4-inch strips. Repeat with the radicchio.

In a large bowl, combine the lettuce, radicchio, onion, tomatoes, chickpeas, mozzarella, provolone and pepperoncini. Drizzle with the dressing and toss gently to coat. You may not need all of the dressing, so serve any leftover vinaigrette on the side. Season salad with salt and pepper and toss again. Garnish with oregano, if desired, and serve. 📖



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