

WK&T

JULY/AUGUST 2025

CONNECTION

High-Tech Hens

Local Family Farms



HELPING VETS

SUMMER FOODS



By Shirley Bloomfield, CEO
NTCA—The Rural Broadband Association

World Wide Web Day

Celebrate decades of digital innovation

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

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

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

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

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

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

Thank you for all you do. 📺



Help your community thrive

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

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

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

Community Benefits to Shopping Local

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





A Sunshine Shield in Your Pocket

Apps to protect your skin

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

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

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

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

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

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

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

include educational content about sun damage and skin cancer prevention. Some even track vitamin D production, helping you balance protection with healthy sun exposure.

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

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

Hearts and Home

Making connections that matter

I always enjoy these long, sunny days, which are perfect for slowing down and spending time with the people who matter most. It's an opportunity to unplug and enjoy the outdoors, and at WK&T we believe the communications services we provide can help connect us both in person and online.



KAREN JACKSON-FURMAN
Chief Executive Officer

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

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

In our area, you don't have to look any farther than the numerous local campgrounds and lake resorts. There are more than 25 in our area that are already powered by WK&T fiber internet. These local escapes are an excellent way to slow down and catch up with family and friends without giving up access to your connection to the rest of the world. While exploring the Kentucky Lakes area and campgrounds, you can find new opportunities to make connections by meeting neighbors in person, shaking hands and catching up.

Also, thanks to affordable streaming services for music, video and premium outdoor Wi-Fi, families can gather outside for movie nights. Perhaps some things that start small can grow into monthly traditions where eventually neighbors can become friends.

At WK&T, we don't just support fiber-fast, industry-leading internet service. We believe these resources can create paths to new possibilities. Your stories of connection and success fuel our passion—grandparents who video chat with grandkids, local businesses that ship to customers around the nation or young artists sharing digital creations with the world.

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

The best communities blend new technology with cherished traditions. At WK&T, our investment in this community allows us to use technology to make our ties to one another stronger.

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

The WK&T Connection is published by West Kentucky and Tennessee Telecommunications Cooperative, © 2025. 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.

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

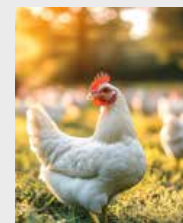
David Griffo

Bill Hainaut

Produced for WK&T by:



On the Cover:



Local poultry farmers, McClain Family Farms and Ralph Brothers Farms, use WK&T broadband service to grow their business. See story Page 8.

Adobe Stock image by Anoo

Meet WK&T's Newest Employees



LUKE WELCH
ACCOUNTING INTERN

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

Watch sports, spend time with friends and family.

What is your favorite use of technology?

Communicating with others.



COURTNEY TERRY
CUSTOMER SERVICE
& SALES ASSOCIATE

Where are you from?

Originally from Lowes, Kentucky. Currently living in Dresden, Tennessee.

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

I spend most of my spare time with my 10-year-old son, Dawson. I absolutely love watching him play baseball.

What is your favorite use of technology?

Streaming TV, keeping up with family and friends on social media.



KALYN O'DANIEL
HR ADMINISTRATOR

Where are you from?

I'm from Mendon, Missouri, but my husband is from Calvert City, Kentucky, and that is where we live now.

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

In my spare time, I love spending time with my family. I'm a proud mom of three amazing kids—ages 15, 6 and 2—who keep me busy and bring so much joy to my life. My husband is the head baseball coach at Marshall County High School, so we also love supporting his team and spending time at the ball field. Staying active is important to me, too. I enjoy working out and finding time for fitness whenever I can.

What is your favorite use of technology?

My favorite thing about technology is its ability to keep me connected. With family spread across different states, being able to Face-Time, send instant messages and stay updated through social media is incredibly important to me. It allows us to share moments, check in and feel close despite the distance.

HAPPY RETIREMENT



ELLEN THOMAS
31 YEARS

I would love to travel and see the world, but honestly, I just want to enjoy the freedom—sleep in, enjoy friends and family and take each day as it comes without stress and deadlines.



STACY "DOWNTOWN" BROWN
28 YEARS

Right now, I'm farming 128 head of cattle. It was a great 28 years at WK&T. I'm enjoying retirement, but I do miss my co-workers!

HAPPY LABOR DAY!

Our offices will close Monday, Sept. 1, in observance of the holiday.



SPACE AVAILABLE AT TECH PARK

Looking for a state-of-the-art facility for business or industry? Check out the WK&T Tech Park off U.S. Highway 45, just 3 miles from I-69.

The 23-acre campus is situated conveniently between Mayfield and Paducah and offers access to four major cities, interstates, highways and more. The sprawling campus includes beautiful views, plenty of parking and cutting-edge infrastructure.

For more information, visit wkttechpark.com, or contact Ellen Thomas at 207-856-9987 or ethomas@mywkt.coop.



HAVE A SAFE AND FUN FOURTH OF JULY!

Our offices will close on **Friday, July 4**, in honor of Independence Day.



CATCH A WAVE

These water parks are built for thrill, not chill

Story by KATHY DENES

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

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

varying in intensity from Class II to Class IV.

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

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

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

SURF CITY

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



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

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

along with tubing, paddleboarding, high-speed slides and even fun on dry land.

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

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

TEST THE WATERS

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

The Charlotte Whitewater Center will celebrate Independence Day by hosting a free two-day festival, July 3 and 4, with live music and more. Evening events those days include illuminated rafting



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



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

Photo courtesy of U.S. National Whitewater Center

and kayaking on the river's Competition Channel, but this requires purchase of an activity pass. See the center's website for schedules, pass information and events, plus details about any required gear and skill prerequisites. whitewater.org. 📱

MAKING A SPLASH

Montgomery, Alabama—Whitewater paddlers of all skill levels can enjoy the thrills of rafting or kayaking at Montgomery Whitewater, complete with a 1,600-foot Competition Channel and 2,200-foot Creek Channel. To open its season, Montgomery Whitewater hosted the 2025 Pan American Canoe Slalom and Kayak Cross Championships. It was the site of the U.S. Canoe/Kayak Slalom Olympic team trials for the 2024 Paris games. For more, go to montgomerywhitewater.com.

Sevierville, Tennessee—Before the 2020 opening of Soaky Mountain, surfer Ben Gravy tested its waters, posted his rides on YouTube and declared the park has the "best manmade novelty wave in America—one of the best on the planet." Soaky Mountain is open daily in July and August and on weekends in September.

Check out soakymountainwaterpark.com.

Rock Hill, South Carolina—Two custom lakes at SouthTown Wake Park await wakeboard riders 7 and older, and there isn't a boat in sight. Boarders hold ski ropes pulled by overhead cables. Beginners can sign up for lessons on the smaller lake, while the larger lake is equipped with jump ramps and other features that let advanced wakeboarders work on extreme moves. There's also Aqua Park for paddleboards, as well as an obstacle course on floating inflatables and onshore games.

Get all the details at southtownwakepark.com.

BIRD'S-EYE VIEW

WK&T fiber helps poultry farmers watch their flocks on the go

The farm and WK&T fiber internet service allow Dustin McClain to support his family while still having time for his ministry work.

Story by DREW WOOLLEY

Dustin McClain grew up more around the family farm than on it. His grandparents started cultivating chickens in Farmington for a large poultry producer in 1989 with two barns. His uncle helped add two more in 1994.

As a teenager, Dustin's experience of the poultry industry was almost exclusively about getting his hands dirty. "Whenever my uncle needed somebody to wash down the chicken barn in between flocks, he would call me because it was nasty work," he says.

When he graduated from the University of Kentucky in 2012, Dustin's first focus was on working in ministry. But it wasn't long before he realized he needed some extra income to support his wife, Allie, and their family. His grandparents were looking to retire, so armed with the confidence he gained from his experience as a teenager, in 2018 Dustin took over McClain Family Farms.

The fundamentals of raising chickens haven't changed that much since Dustin's grandparents' time. The birds still need water, light, feed and room to grow. But what has transformed the way the work is done in his four barns is technology and the high-speed internet service that supports it.

"For my grandparents, everything was very analog," he says. "If one of those things needed to be adjusted, you had to be at the barn right then, hand-cranking something or turning a breaker. Now, I pretty much can control everything from my phone or computer. It's kind of a wild thing."

WATCHING THE ROOST

Online technology has been just as transformative for Justin and Jason Ralph, owners of Ralph Brothers Farms in Farmington. The brothers also followed in their grandfather's footsteps, working alongside him and their uncle before adding poultry barns in 2006 to ensure a more stable income.

"It's been one of the best things I ever did because the poultry industry is more consistent than the row crop side of things," Justin says. "The ups and downs of the grain market and the input costs are overwhelming and unpredictable. Poultry is more predictable. The major inconsistencies are with things like natural gas and electricity prices."

The monitoring technology for all 24 of the brothers' poultry barns runs on fiber internet from WK&T. Knowing he and Jason can keep an eye on how those barns are doing while also tending to their row crops gives Justin a peace of mind he could never have had in the past.

"We have high-speed fiber internet at all of our poultry facilities so they can broadcast to the mobile app on our cellphones," he says. "That way, we can remotely access our chicken barn any time we're away."

That connection allows him to get notifications when variables like feed, water or temperature are out of the ordinary. He can even raise or lower the temperature inside the barns remotely,



The whole family is proud of McClain Family Farms including, from left, Lisa Boyd, Brex McClain, Allie McClain, Dustin McClain, Conlee McClain, Joyce Mathis and Rex Mathis.

Photos courtesy of Jill Seely Photography

turn lights on or off and operate feed lines without having to be on-site. Justin also relies on WK&T internet for the security cameras that are installed on every barn.

“We’re under security at all times on our poultry operation just because of the protocols,” he says. “But we can also see exactly when the feed truck delivers at any time of day. And we are able to attend our kids’ activities and be home for dinner without stress and worry.”

NEST EGG

Even with all the technology to help, both farming operations still require the hands-on work that Dustin grew up doing. With the rising cost of adding new barns and the volatility caused by weather or markets, it hasn’t always been an easy path. Fortunately, there is nowhere these farmers would rather be.

“Me and my brother always loved farming with my grandfather years ago, and we wanted to come back to the farm that he

started. It’s where I wanted to raise my family. So, I love what I do,” Justin says. “There’s something about planting a seed and watching it grow. It’s the same feeling getting chickens from the hatchery and watching them grow throughout the flock. We are blessed to be able to watch the circle of life unfold.”

Looking back on the last few years, Dustin believes running the farm has helped him understand his grandparents in ways he never could as a child. Between their foresight and new technology, he has been able to continue his ministry work while carrying on the legacy they established more than 30 years ago.

“It takes a little bit of faith and a lot of responsibility to make sure you’re caring for things,” he says. “They took a chance on a dream back then, and it literally changed my life and my family’s life forever. I took that over and have been afforded the opportunity to build on it more. That’s pretty cool, and I’m super grateful for it.” 🐔



The poultry business has helped the Ralph brothers balance out the unpredictability of row crop costs.

Photo courtesy of Ralph Brothers Farms

THE KIDS ARE

How teenagers navigate digital communication

Story by DREW WOOLEY

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

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

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

SOCIAL MEDIA

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

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

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

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

DIRECT MESSAGING

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

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

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

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



online

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

SOCIAL GAMING

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

"When it comes to kids hanging out with friends, social gaming is taking that over," she says. "And it can actually increase both the online and offline connection when hanging out with friends. So, it can be a contributor to more social interaction rather than less."

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

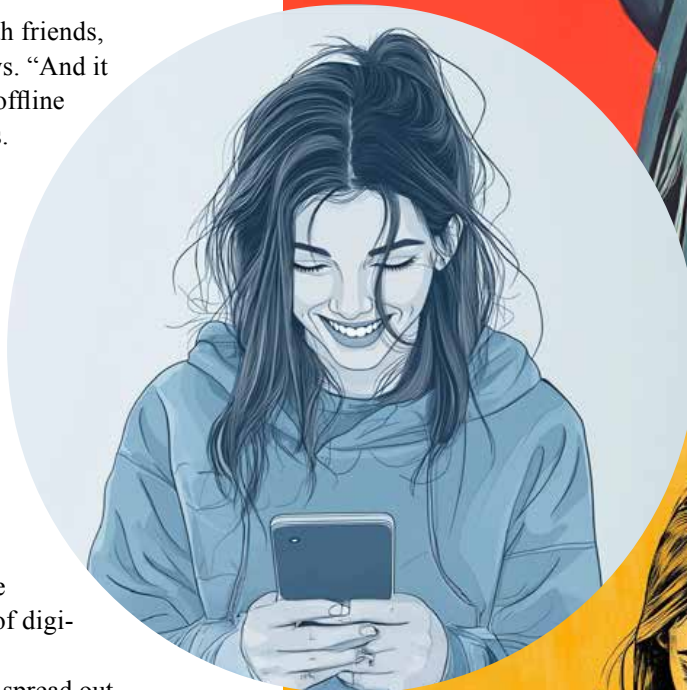
RURAL CONNECTIONS

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

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

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

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



Adobe Stock (altered) AI-generated illustrations by LucyJ



Adobe Stock image by Hamara

Serving Those Who Serve

WK&T offers discount for veterans

At WK&T we salute all the military veterans who served our country and those who still serve. We honor your steadfast and unwavering commitment to freedom, and we work hard every day to bring you the quality of service you deserve.

Now, WK&T is doing even more for our hometown heroes. In gratitude for your service, we are proud to offer a 10% discount on internet service to veterans or active-duty military service members.

Come by our office today or send an email to verify your military service by including a state-issued ID that lists your

veteran status or a state-issued ID and a military discharge record form DD214.

The discount can be applied to any current internet service plan that WK&T offers but may only be applied to one account or location at a time. Because you are a veteran for life, the discount has no expiration date and will apply as long as the veteran is the primary name on the account.

Contact one of our customer service representatives to verify your service and start saving today! 

Discounts are pending application and qualification results and are available only from the date of enrollment in the discount program.



Living Connected

Fiber for the speed of life!

TOTAL CONTROL

Managing your internet is easy with the WK&T Control app

The WK&T Control app puts you in charge of your home's network.

But how exactly can it make your daily life simpler? Setting up a guest network, managing parental controls and seeing every device on your network are just a few ways the app—available for free from the App Store and Google Play—puts you in control of your fiber-fast internet connection.

ROLL OUT THE WELCOME MAT

Having friends and family over for a summer BBQ but don't want the hassle of repeating your Wi-Fi password a dozen times? With the WK&T Control app, setting up a guest network has never been easier.

Just choose the "My Network" tab and customize the guest network's name and password. You can even set how long it will be available, so you don't have to worry about strangers connecting to your Wi-Fi after the party is over. Share the login details with everyone by text, email or other messaging services, so everyone can stay connected, and you can relax.

CUSTOMIZE YOUR NETWORK

The "People" tab offers peace of mind for parents. Make sure your youngest only has access to appropriate content,

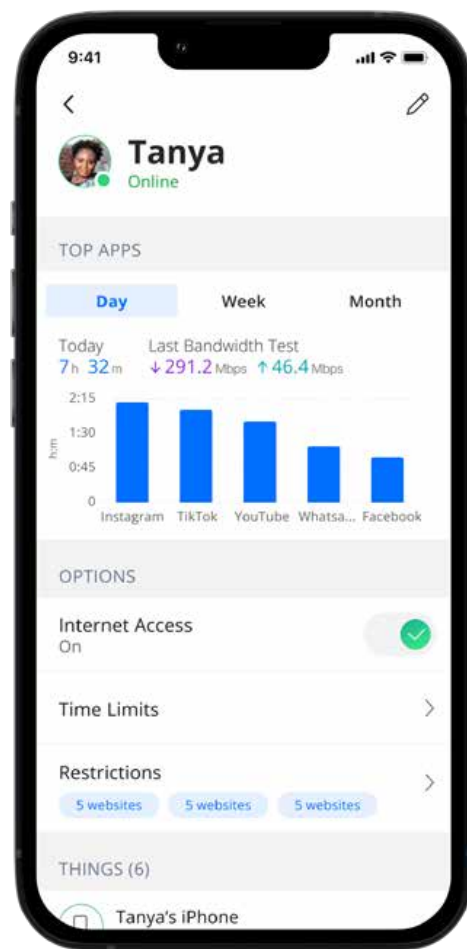
while still giving your teenager the ability to keep up with the latest young adult series and yourself the freedom to browse anything you need. With individualized profiles for everyone in your household, it's easy to set or remove limits for each person as needed.

With the WK&T Control app, you can pause internet access or assign time limits for certain devices so you can rest easy knowing offline time is truly off.

HIT YOUR TOP SPEED

Few experiences are more frustrating than sitting down for the season finale of your favorite show only for the stream to start buffering. It can be even worse when you don't know what's causing the problem.

The WK&T Control app gives you quick access to a bandwidth test by going to the "My Network" tab and choosing the "Bandwidth Test" icon. If your speed doesn't match what you should be getting, the "Things" tab can help you pinpoint the problem in your own home with a list of every device in your home. Filter by signal strength and internet usage to see if your device is getting a clear signal or if other unused devices are taking up unnecessary bandwidth on your network. 📶



**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

Burger Bliss

Create a meal perfect for summer

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

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

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



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

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

MAYO BURGERS

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

Combine mayonnaise, bread crumbs and soup mix in bowl.

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

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



WATERMELON SALAD WITH BALSAMIC REDUCTION

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

In a small saucepan set over medium-high heat, combine the balsamic vinegar and sugar. Bring the mixture to a boil and continue cooking, stirring and scraping down the sides as needed, until it has reduced and is the consistency of syrup,

about 5 minutes. It will thicken as it cools and only yield a few tablespoons. Set it aside to cool while you prepare the salad.

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

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

SUMMER PEACH NO-CHURN ICE CREAM

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

Using a food processor, pulse the

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

In a large mixing bowl or a stand mixer, mix the sweetened condensed milk, cream cheese, heavy whipping cream and vanilla on a medium-high speed until stiff

peaks form. Gently fold in the peaches until just combined.

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





WEST KENTUCKY AND TENNESSEE
TELECOMMUNICATIONS COOPERATIVE

100 WK&T Technology Drive
Mayfield, KY 42066

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



Outdoor
Wi-Fi
Poolside
Selfies
included.

Extend your family fun with
**Outdoor Wi-Fi
from WK&T!**



SCAN ME

FROM MUSIC AND LIGHTS TO ROBOTIC
POOL CLEANERS AND SMART WATER
MONITORS, YOUR POOL TIME JUST GOT A
LOT MORE FUN!

CALL WK&T TODAY AT **877-954-8748** TO
ENHANCE YOUR OUTDOOR EXPERIENCE!



877-954-8748
www.mywkt.net