

**WK&T**

MAY/JUNE 2026

# CONNECTION

## Whippoorwill Manor

Elegance and charm  
in Mayfield

TRILIGHT  
TESTIMONIAL

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INTERNET  
OPTIONS

# Get the Support You Need and Avoid Tech Support Schemes



Adobe Stock image by keppinon

**T**hese days, you don't have to be a technophobe to get fooled by scams. As criminals become more sophisticated, their messages and approaches have become convincing enough to fool anyone.

That's especially true if you think your computer might be at risk. Tech support scammers often tell elaborate stories to convince people they need to hand over their financial information or remote access to their digital devices.

The Federal Trade Commission offers advice for times you're unsure about someone claiming to offer technical support and provides steps you can take to protect yourself.

Real tech companies aren't in the habit of reaching out by phone, email or text message every time your computer might have a problem. If someone does, that's a red flag.

Legitimate security pop-ups and messages will never tell you to call a phone number for help. If your computer's security software detects a legitimate problem, it will likely recommend a virus scan and walk you through the process.

Look out for language telling you to move money to "protect it." Scammers may suggest depositing money in a "federal safety locker" or buying gold to give to someone. These protections are fake, and a real government employee will not demand payment in gold or cash. 📧

## Plan a StayCation

**T**aking a break doesn't necessarily mean long drives or booking a flight and a pricey hotel. Often, there are a wealth of adventures close to home, which means there's an affordable summer staycation right outside your door.

Here are a few tips to consider:

### BE A TOURIST

Pop online and check out travel sites like TripAdvisor for your area. Are you overlooking destinations closest to you? Make a short list of nearby stops and plan a visit. You may be surprised by what you find.

### GEOCACHING

Check your preferred app store for a geocaching app and prepare to enjoy real-world puzzle solving. Often, you'll be guided to a nearby state or national park where clues will challenge you to find hidden caches.

### VIRTUAL CONCERTS

Find a cozy spot and enjoy a virtual concert—as a bonus, there are no crowds. Options include YouTube Live Concerts or NPR's Tiny Desk Concerts. Both serve a range of musical tastes. And look for genre

specific options like K-Love OnDemand, which features Christian artists. All are typically free.

### A FAMILY OLYMPICS

Do you need to keep the kids moving? Organize a family Olympics. Go to a local park and choose events to suit all ages and abilities. Then, post your results on your favorite social media and challenge family and friends to join the fun. 📧



Adobe Stock image by master1305

# Hit the Books

## Online troves await digital bookworms

Story by DREW WOOLLEY

**T**here are few better ways to escape the heat and humidity than with a classic summer read. Finding your next great adventure has never been easier with the vast digital libraries available on the internet. Whether you're looking to relax with your favorite e-reader or find an audiobook for a long road trip, you can start reading and listening today.

### PROJECT GUTENBERG

Since 1971, a veritable army of volunteer book nerds has been expanding and maintaining this digital archive of classic reads as they enter the public domain. Today, the Project Gutenberg library includes over 75,000 free e-books that you can download and read in a web browser or on most mobile devices. While you won't find the latest best-sellers on Project Gutenberg, it is an excellent place to return to classics like "Pride and Prejudice" or "Moby Dick" without paying a cent.

### LIBBY AND HOOPLA

Your library card is already a passport to free reads, but did you know it may also hold the key to a treasure trove of digital books and audiobooks? Apps like Libby and Hoopla let you borrow books and audiobooks from participating libraries around the world simply by linking your card to an account. Check out popular reads on your phone, tablet or browser, but don't take too long. Just like with your local library, you can only borrow them for a limited time.

### LIBRIVOX

If you prefer to sit back and let someone read to you, or if you just

don't have the time to sit down with a book, LibriVox is your friend. You can find audiobooks, in various languages, recorded by volunteers worldwide. Much like Project Gutenberg, all LibriVox audiobooks are in the public domain. Audio quality and reading styles can vary widely from one title to the next, but if you're looking for a free repository of classic audiobooks read by real people, LibriVox has you covered.

Whether you want to dig into a timeless classic, settle in with the latest thriller or listen to a new favorite while tidying up, there have never been more ways to find free books online. Happy reading! 📖

### THE WIDE WORLD OF PODCASTS

It's easy to see why podcasts have become so popular in the last decade. Most are free, they're easy to find and the variety of topics means you're bound to find something that speaks to you.

If you aren't sure where to start, platforms like Apple Podcasts, Spotify and iHeartRadio host thousands of podcasts that explore science, business, comedy, narrative fiction and so much more. Try top-ranked shows or go searching for deep dives on your favorite topics.

# New Horizons, New Connections

## WK&T Annual Meeting set for July 11

**W**hen this time of year rolls around, our team is busy preparing for our annual meeting—reviewing reports, gathering updates, and putting together the information we look forward to sharing with you.



**KAREN JACKSON-FURMAN**  
Chief Executive Officer

The Annual Meeting is one of my favorite events of the year because it gives us the chance to reflect on the work WK&T does in our local communities. From supporting local schools and volunteer fire departments to investing in our internship program, I'm proud of the impact we make together. And I'm proud that, as a cooperative, we set aside time each year to speak directly with you, our members.

WK&T was established in 1951 to bring telephone service to rural communities that larger companies overlooked. Seventy-five years later, we've grown into a provider that offers more ways to stay connected than ever before. From dependable landlines and high-speed internet to digital television, home security, and now Trilight Mobile, our mission has always been the same: to help our members live life connected.

This year's Annual Meeting theme, *New Horizons, New Connections*, reflects the exciting direction our cooperative is heading. Over the past several years, WK&T and our subsidiary company, ATC, have continued expanding our networks, investing in new technologies, and finding new ways to better serve the communities that rely on us. As our reach grows and our services evolve, we are taking thoughtful steps to ensure our organization is positioned for the future.

While our technology and services continue to grow, our commitment to our members remains the same. The work we do every day is centered on serving our communities, supporting local organizations, and making sure families and businesses have the reliable communication services they depend on.

Our annual meeting remains one of the most important ways we stay connected with our members across West Kentucky, Northwest Tennessee, and Southern Illinois. Your participation, and your support of leadership, help guide the decisions that shape our cooperative's future. I hope you will join us on July 11 as we reflect on the progress we've made and look ahead to the opportunities on the horizon. 📱

**WK&T**  
**CONNECTION**

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**WK&T**  
WEST KENTUCKY AND TENNESSEE  
TELECOMMUNICATIONS COOPERATIVE

is your cooperative serving West Kentucky, Northwest Tennessee and Southern Illinois across nearly 27,000 network connections. The company is dedicated to using technology to keep its members connected through local and long-distance calling, mobile, high-speed internet, digital television, security and beyond.

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

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UTILITY RESOURCES

### On the Cover:



Photo courtesy of  
Whippoorwill Manor

Scott and Kellie Wilferd transformed a piece of Mayfield history into Whippoorwill Manor, a stunning event venue. *See story Page 8.*



## SAVE THE DATE! WK&T Annual Meeting

Saturday, July 11, at 10 a.m.

The meeting will be held virtually through our website at [www.mywkt.net](http://www.mywkt.net).

Registration is Friday, July 10, at one of these locations: Graves County, Calloway County, Carlisle County and Marshall County high schools, the WK&T Martin office and the WK&T office at the Southern Illinois Electric Cooperative in Dongola.

## Welcome OUR NEWEST TEAM MEMBER



Daniel Heath

**Where are you from?**

Mayfield, Kentucky.

**What is your job title?**

Facilities maintenance technician.

**What do you do in your spare time?**

I like to spend time with my wife, Claire, my son, Jack, and other family members. I also work on my cattle farm and play golf.

**What is your favorite use of technology?**

My golf simulator.



WK&T remembers all who made the ultimate sacrifice for our country. WK&T offices will operate on a limited basis on Memorial Day, **Monday, May 25.**

## HATS OFF TO THE CLASS OF 2026!

Congratulations to our local graduates! Our community is proud of your hard work and excited to see the difference you'll make in the future.



### BATTERY BACKUP

WK&T's broadband network requires electric power to operate a member's home phone and/or broadband service. To avoid disruption of home phone (dial tone) service during a power outage—and to maintain the ability to connect to 911 emergency services—WK&T offers customers a battery backup for \$135.90.

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

For more information, call WK&T at 877-954-8748.

# RV There Yet.

## Step off the beaten path at a campground

Story by DREW WOOLLEY

**W**ith remote work becoming more mainstream, it has never been easier to hit the road in a recreational vehicle. As more Americans realize the appeal of making their office a national park one day and a beach the next, 16.9 million households are interested in buying an RV in the next five years, according to the RV Industry Association.

“There are so many great things happening this year, from America’s 250th birthday to the World Cup,” says Monika Geraci, a spokesperson for Go RVing. “People are discovering that RVing is one of the best and most affordable ways to be a part of the action and see incredible places across the country.”

### GETTING STARTED

When it comes to choosing an RV, there are options. At its most basic, you can pack a car with gear and head out. If you’re ready for more, renting an RV is a possibility. Of course you can also buy your own. About 90% of all RVs produced are towable, which can be an affordable solution.

When planning your first trip, Monika recommends staying close to home. Pick a destination just 30 or 40 miles away so you can learn how to work the water and power hookups in a low-stakes environment. The one challenge new campers shouldn’t stress about is backing up the RV.

“Everyone is a beginner once,” she says. “Most people in the RV community are incredibly helpful. If you’re struggling, a neighbor will likely offer to spot you.”

### MAKING CAMP

Once you’re on the road, you’ll have plenty of pit stops to choose from. Deciding where to pull over and stretch your legs will mostly depend on the camping experience you want.

**RV parks and resorts:** These are the best sites for beginners and families. With amenities like pools, Wi-Fi and full hookups for your utilities, you’ll have everything you need to keep everyone comfortable and happy.

**State and national parks:** The place to be for anyone looking to get away from it all and enjoy some incredible scenery. Just don’t expect the same amenities and ease of use you’ll find at an RV park.

**Off the beaten path:** There are plenty of apps and online platforms that can help you find low-cost or even free “boondocking” options, meaning a dry camp without utility hookups. These can range from sites on private and public land to secluded spots that provide truly one-of-a-kind experiences. 📱



Adobe Stock image by dVande



Adobe Stock image by Non

### THE 2-2-2 RULE

Burnout on long drives is a real concern for beginners and veterans alike. A good rule of thumb to keep from overdoing it is to travel in twos:

- Drive no more than 200 miles at a time.
- Arrive at your destination by 2 p.m.
- Stay for at least two nights.

Following the 2-2-2 Rule can help drivers stay fresh and ensure everyone has time to enjoy the destination, rather than watching the world through a windshield.

### CAN'T-MISS STOPOVERS

**Anchor Down RV Resort** sits on Douglas Lake in Tennessee with views of the Great Smoky Mountains. Full-service sites with access to boating, paddling, fishing and scenic drives make it a perfect base for exploring the area.

If you're longing for something more coastal, don't skip **Topsail Hill Preserve State Park** in the Florida Panhandle. With a combination of dune lakes, beach access and convenient RV hookups, it blends natural beauty with biking, bird-watching and swimming excursions.

# Creating Memories to Last

## Southern hospitality defines Whippoorwill Manor

Story by LISA SAVAGE

Sometimes vision leads the way to a clear path. Other times, that guiding light takes a while to materialize. In 2021, when Scott and Kellie Wilferd purchased a piece of Mayfield history once belonging to the Galloway family, they only knew they wanted to give the place new life. However, as they bought more of the surrounding land, a wonderful plan took shape.

“It kept snowballing,” Kellie says. “Then Scott said, ‘Why don’t we move your flower business here and make a wedding venue?’” And with those words spoken, it seemed like it was always meant to be.

Now, after a lot of planning and hard work, Kellie and Scott—along with Kellie’s sister, Natalie Morgan, and a dedicated team—have opened Whippoorwill Manor.

### HISTORY AND SYMBOLISM

The name pays tribute to Kellie’s roots. She and Natalie grew up on Whippoorwill Way—the former name of State Route 2205—and the name carries that nostalgia, along with deeper family meaning. The connotation behind the “W” is for Whippoorwill Way and Kellie’s married name, Wilferd. The “M” in Manor represents Morris—the sisters’ maiden name—as well as Natalie’s married name, Morgan. Whippoorwill Manor is nestled between the homes of Kellie and Natalie and their families.

“It’s between the two of us,” Kellie says, acknowledging both the physical placement of the property and the larger role it plays in their lives.

Whippoorwill Manor began with a dream to honor family and legacy, inspired in part by Kellie’s childhood memories, some of which took place inside the house. “I have always loved this property,” she says. “I remember playing there as a child and going to Girl Scout meetings, when I was older visiting my friend, Gloria, who lived there and just always being fascinated with the home.”

Those memories, along with family reunions and milestone celebrations, inspired her vision of a place where others could experience that joy and connection while making their own memories.

### FULFILLING THE VISION

From restoring the historic 1894 Victorian manor house and existing barn to adding smaller buildings and enhancing original structures, creating Whippoorwill Manor was a true labor of love. “The house had been empty, except for a family of raccoons



Scott and Kellie Wilferd opened Whippoorwill Manor in 2026.

living there for around six to eight years, so there were a lot of smells and loads of stuff we had to remove to get it where it is today,” Kellie says.

“One project often led to another. We thought, ‘What if it rains? How would we be able to host a reception for 100 or more guests?’” After lots of research and gathering estimates, they ended up purchasing a used orangery tent from Kansas City to create a lakeside open-air space for outdoor receptions up to 300 guests.

For one additional gathering space, Kellie bought an old greenhouse frame from a local couple for \$500. After having some concrete walls fabricated to sit the frame on and a trip to Round Top, Texas, to purchase some European windows and doors, it became another striking feature of the property. The Greenhouse can now be used for indoor ceremonies in case of rain.

When Kellie and Scott first purchased the land, their full vision wasn’t yet clear. Still, she knew her family had the experience needed to create something special.

# a Lifetime

## A SKILLED TEAM

Kellie and Natalie grew up helping their mother, Patricia Morris, in her flower shop in Wingo. In 1992, Scott and Kellie purchased the shop from her parents, and Natalie continued to work there until they sold it in 1995. In 2018, Kellie, with help from Natalie and their mother, started Petals and Posies, a floral design business. The company goes beyond simple arrangements, focusing on weddings, receptions and large-scale events. Kellie and Natalie have also worked with event planners near and far executing large floral installations and centerpieces for corporate retreats and numerous weddings.

With more than 15 years of personal and professional experience in event planning, Kellie brings extensive knowledge and dedication to events of all sizes. Although she now serves as property manager for Whippoorwill Manor, she still enjoys working with flowers on-site at Petals and Posies, where Natalie leads the floral design team. Another connection that weaves the storylines together is several of the flowers currently used by Petals and Posies are grown on the grounds of Whippoorwill Manor.

Scott serves as the logistical counterpart to Kellie's creative vision and planning expertise. He brings building and renovation experience, strong land management skills and business knowledge from managing Wilferd Farms, a nearly 3,000-acre operation that produces corn, soybeans, wheat and canola.

With Scott's farming background, diversifying into flower production was a natural step, and the sisters use many of these blooms on-site.

Over the years, Scott and Kellie have taken on many renovation projects, but this has been their largest undertaking. With Whippoorwill Manor and Wilferd Farms, they are grateful for the ongoing help from family. Their daughter, Madison, provides

digital support for the venue while their son, Preston, a diesel mechanic, works at the farm. Scott's sister, Sabrina Wilferd, joins in by helping with inventory and working events.


## A DEEPER CONNECTION

Kellie hopes guests sum up their experience with two words—Southern hospitality. "I want everything to be taken care of the way I would want it to be taken care of. If someone forgets a cake stand, we've got you covered. If you need linens, steamers, beverage dispensers or umbrellas, we have them. We've tried to think of everything."

Whippoorwill Manor relies on WK&T to access the internet for online business operations. WK&T's extended Wi-Fi provides a strong signal on the property to allow guests to share their special day through social media posts or streaming.

In many ways, Kellie is fulfilling her dream of creating joy and connection at Whippoorwill Manor, experiences much like the ones she cherished as a child. "At Whippoorwill Manor, hospitality is more than a service. It's a calling," Kellie says.

The team ensures every detail of each celebration is thoughtfully planned and executed. From the first tour to the final farewell, they walk alongside guests, creating moments that feel effortless, personal and unforgettable.

"Every time I leave there, I'm left with this feeling that we've created something special," Kellie says. 



342 State Route 2205, Mayfield, Kentucky

270-447-9447

[whippoorwillmanor.com](http://whippoorwillmanor.com)

Follow Whippoorwill Manor on Facebook and Instagram.

Photos courtesy of Taylor Hunter Photography



With 1,000 square feet of space, the Great Ballroom is the elegant centerpiece of the venue.



The historic Galloway home anchors Whippoorwill Manor in Mayfield.

# Wiener take all!

## Dash to a dachshund race for a howling good time

Story by SARA DIAMOND PATTERSON

**C**an you see a wiener dog and not smile? Most people can't. With their extra-long bodies, wide smiles and constantly wagging tails, dachshunds just look silly. And they know it.

"Dachshunds make people smile because they're tiny dogs with huge personalities," says Debbie Kiker, dachshund enthusiast and director of Alabama's Hueytown Chamber of Commerce. "Watching them waddle and wiggle, it's impossible not to laugh—it's pure happiness on four short legs."

Developed in Germany to hunt badgers, dachshunds' powerful, slinky build, strong jaws and distinctively loud voices were perfect for that calling. Some 300 years later, they're more adept at burrowing into the covers and hunting down snacks. Today they're seeing success in a different sort of sport.

### SPEED DEMONS

When you think of dachshunds, speed likely doesn't come to mind, but they can run up to 15-20 mph for very short distances. Some folks in Australia noticed this, and in the 1970s began what evolved into today's dachshund racing.

More chaos than competition, there's no official standard, but most race-courses are 50-100 yards long. Each dog has a two-person entourage. One handler waits at the starting line with a pup to send flying to the other, who motivates the racer with a squeaky toy, snack or just love at the finish line.

The Hueytown Chamber brings the doxies to town as part of PAW Palooza, a full day celebrating all things canine.

"What I love best about the weenie dog races is the smiles, and it brings the community together," Debbie says. "The dogs steal the show, and it's all just good, lighthearted fun. Just being involved is the fun of it all, seeing the dogs run, or wander, and the crowd cheering. Everyone is just enjoying the moment. Some dogs sprint, and some stop and sniff. Every run is a surprise."

The chamber is considering moving PAW Palooza to April, as September can be a little steamy for tiny-legged racers so close to the ground. For updates, find PAW Palooza & Wiener Dog Race on Facebook. [📱](#)



AI-generated image by Brandon Pomrenke/FreePik



## DOXIE FACTS AND FANS

National Dachshund Day is June 21, the longest day of the year.

Napoleon Bonaparte was very fond of his dachshunds. The last four he owned are reportedly buried with him in the four pedestals holding his sarcophagus at Les Invalides in Paris.

John Wayne's dachshund, Blackie, alerted his family to a house fire in 1958 in Encino, California, while the actor was filming on location in Japan.

"Being the owner of dachshunds, to me a book on dog discipline becomes a volume of inspired humor. Every sentence is a riot."

—"Charlotte's Web" author E.B. White

"Nothing will turn a man's home into a castle more quickly and effectively than a dachshund."

—Queen Victoria

### FAMOUS DACHSHUNDS

#### **Crusoe**

A miniature black and tan from Canada, Crusoe enjoys internet fame for his pet blog, New York Times' bestselling book and YouTube videos in homemade costumes. More than 3 million people follow him and his brother, Oakley, on Facebook.

#### **Slinky Dog from 'Toy Story'**

Part metal, part dog, all heart, Slinky Dog is quite possibly the most famous doxie of all, introducing generations of children to the breed.

#### **Lump**

Pablo Picasso was, by all accounts, smitten with his dachshund, Lump, and incorporated the pup into many of his later pieces.

# When Local Customer Service Matters

## Fancy Farm business owner thrilled with WK&T's Trilight Mobile

For Jordan Redmon, reliable mobile phone service is a must-have.

Based in Fancy Farm, Jordan owns Redmon's Lawn Care and Redmon's Land Management. Both companies depend on being able to communicate with customers by phone. "I live on my cellphone," Jordan says. "It is in my hand 24/7."

Jordan made the decision to switch his mobile service to WK&T's Trilight Mobile in early January, shortly after it launched. Previously, Jordan was with one of the major national carriers. "I had been with them forever," he says.

Jordan was often frustrated when he needed help from his former provider. "I didn't like trying to deal with their customer service when I had a problem or had questions," he says. "I would call and get transferred to different people. I couldn't get a straight answer."

All that changed when he learned about WK&T's new Trilight Mobile service. As a WK&T internet subscriber for years, he already knew about the company and its

local customer service. This was a key factor in his decision. "With WK&T, I can talk to a real person. I can go into their office, and they are always so helpful," he says. "Customer service means a lot to me."

Jordan had been looking to change

“  
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so helpful.*”

—JORDAN REDMON,  
TRILIGHT CUSTOMER

his mobile service for a while but was struggling to get information from other national carriers. "The timing was right for me to switch. Things had slowed down with my work during the winter. And when I saw the Trilight plan from WK&T, it just made sense," he says.

When making the switch, Jordan decided to get a new phone, but he kept his same phone number. This was important to him since it was the number his customers knew. He describes the switching process as simple and straightforward. "I'm not a big techie person, but the people at WK&T made the process easy for me," he says.

Jordan is very pleased with Trilight's service. "I have never had a dropped call since I switched," he says. "And when I need to talk with someone, it is personal. I don't feel like a number. My whole family is going to switch soon, and I've been telling people about it." 📞

### TRILIGHT MOBILE FROM WK&T

Finally, you can enjoy nationwide coverage and hometown reliability.

Learn more about the reliable coverage, smart features and local support of Trilight Mobile from WK&T. View plans, special offers and details at [www.mywkt.net/trilight-mobile](http://www.mywkt.net/trilight-mobile), or call 877-954-8748.

FIRST  
LINE  
FREE\*



\*Restrictions apply



The Redmon family includes, from left, Colby, Myles, Jaxon and Jordan.

Photo courtesy of Jordan Redmon

# One Size Doesn't Fit All



## Living Connected

Fiber for the speed of life!

### Find the right WK&T internet plan for your lifestyle



Power User



Pro User



Practical User

As your family grows, you may need a larger SUV for everyone's comfort. After the kids leave the nest, a smaller car might make more sense.

What you drive is one of the many things you'll evaluate over time, making changes when needed. But when is the last time you stopped to consider your internet service? Is it right for your needs today?

WK&T has plans made for smart home connectivity, productivity and simplicity. The WK&T customer support team is ready to help you find the perfect fit.

### SERVICE WITHOUT SACRIFICE

Choosing the right plan comes with the assurance that you will always receive the key features you need. All plans include:

- 24/7 tech support—Get help anytime.
- Professional installation—Expert setup included.
- Wi-Fi router—Enjoy high-performance service.
- WK&T Control app—Includes easy-to-use Wi-Fi remote control.
- Cybersafe browsing—Enjoy protection from threats, viruses and intrusions.

How your family uses the internet will guide you to the right plan.

### POWER USER PLAN

The Power User Plan is designed to help you power through the day and play through the night without compromise. Enjoy ultrafast 2,000/2,000 Mbps speed built for 4K streaming, gaming and remote work, with low-latency performance that keeps your important video calls and competitive play smooth and interruption-free. Support all your devices at once with reliable coverage. Plus, get built-in security, easy app-based controls and device prioritization for the times when it matters most.


### PRO USER PLAN

Ideal for busy families, the Pro User Plan's 1,000/1,000 Mbps speed delivers smooth video calls, fast uploads and reliable performance for remote work or school. Stream in 4K, scroll social media and connect smart home devices without buffering. Advanced Experience Wi-Fi helps ensure consistent coverage, while

built-in security, parental controls and screen time tools protect your network and manage family use. Easily prioritize devices and manage everything in one app.

### PRACTICAL USER PLAN

The Practical User Plan keeps you comfortably connected with consistent service for streaming, browsing and online shopping. The 300/300 Mbps speed lets you enjoy clear video chats with family. WK&T's local Wi-Fi experts are always available for setup and support. Indoor Wi-Fi is included, with no extra fees for equipment or installation. Protected Wi-Fi adds built-in cybersecurity to safeguard your personal information. Easy sharing lets your visitors connect in seconds.

WK&T has a quick, six-question quiz to make choosing the right internet plan for you easy. Answer a few questions about your lifestyle at [www.mywkt.net/internet](http://www.mywkt.net/internet) and find your ideal plan. The website also provides more information and access to digital literacy training. The customer service team is available at 877-954-8748 or [csr@wkt.net](mailto:csr@wkt.net). 

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.

Fiber-fast internet is the future. And it's here!



877-954-8748 | [www.mywkt.net](http://www.mywkt.net)



# Redemption Recipes

Childhood dinner villains return as comfort-food heroes

**B**russels sprouts, kale and other greens, peas, mushrooms or pickled beets. There's a long list of foods that grossed us out as kids. Sprouts were squishy. Greens were bitter. Peas were pushed to the side. Pickled beets were vinegary, and mushrooms were just strangely mushy.

So why is it that as we age, some of us grow to love those foods?

"As infants and children, we are born preferring sweet tastes," says registered dietitian Danielle Townsend. "As we age, our other taste senses develop, which opens up our palette to foods that we didn't like before."

Here are some ideas using those once-hated ingredients in dishes that just might become part of your regular dinner rotation.



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

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

## TUSCAN SPINACH CHICKEN

- |   |                                   |     |                             |
|---|-----------------------------------|-----|-----------------------------|
| 1 | tablespoon olive oil              | 1   | cup cherry tomatoes, halved |
| 4 | boneless skinless chicken breasts | 1   | teaspoon garlic powder      |
|   | Sea salt, to taste                | 3   | cups baby spinach           |
|   | Ground black pepper, to taste     | 1/2 | cup heavy cream             |
| 1 | teaspoon oregano                  | 1/4 | cup Parmesan cheese, grated |
| 3 | tablespoons butter                |     | Lemon wedges, for serving   |

Heat oil in a skillet over medium heat. Add chicken and season with salt, pepper and oregano. Cook until browned on both sides, about 8 minutes per side. Remove from the skillet and set aside.

In the same skillet over medium heat, melt butter. Add cherry tomatoes and season with salt, pepper and garlic powder. Cook until the tomatoes begin to soften, then add the spinach and cook until it starts to wilt.

Stir in heavy cream and Parmesan and bring mixture to a simmer. Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes. Return chicken to skillet and cook until heated through, 5 to 7 minutes. Serve with lemon wedges.





## PEA SALAD WITH SMOKED ALMONDS

- 2 16-ounce packages frozen peas
- 6 ounces smoke-flavored almonds, finely chopped
- 1/2 sweet onion or more to taste, finely chopped
- 1/2 cup mayonnaise or reduced-fat mayonnaise
- 1/2 cup sour cream or light sour cream
- Ground black pepper, to taste
- 1/2-1 cup cheddar cheese, shredded

Place frozen peas in a colander and rinse under cold water until thawed. Drain and transfer to a large bowl. Add almonds and onions. Mix well. Fold mayonnaise, sour cream and black pepper into the pea mixture until evenly coated. Transfer to a serving container and top with shredded cheese. Cover and refrigerate until serving.

## ROASTED BEET PANNA COTTA WITH CANDIED WALNUTS

- 1 pound beets, scrubbed with stems removed
- 1 teaspoon powdered gelatin
- 2 tablespoons water
- 2 cups heavy cream, divided
- 3 tablespoons sugar
- 2 teaspoons lemon juice

### CANDIED WALNUTS

- 1/2 cup walnuts
- 1/4 cup maple syrup

Preheat oven to 400 F.

Wrap each beet loosely in foil and roast on a baking sheet for 1 hour or until tender. Remove beets from the oven and set aside to cool.

Stir the gelatin and water together in a small bowl. Let soak for 5 minutes.

Peel and discard the beet skins and place flesh in a blender along with 1 cup heavy cream. Puree until smooth.

Combine the remaining cream with the sugar and lemon juice in a large pot over medium heat. Warm until the cream becomes hot to the touch, but not boiling. Add the softened gelatin, remove from heat and stir until dissolved. Add the pureed beet mixture to the pot and stir until combined. Pour into a desired vessel, such as a pie plate. Let chill completely before serving, at least 4 hours.

For the walnuts: Combine the walnuts and syrup in a saute pan over medium heat and cook the nuts, stirring constantly, until the sugar dries and crystallizes, about 5 minutes. Set the nuts aside to cool.

To serve, spoon the panna cotta into individual serving dishes and garnish with candied walnuts.



## CHEESY BAKED BRUSSELS SPROUTS



- 5 slices bacon
- 3 tablespoons butter
- 2 small shallots, finely chopped
- 2 pounds Brussels sprouts, halved
- Kosher salt
- Cayenne pepper, to taste
- 3/4 cup heavy cream
- 1/2 cup Swiss or Gouda cheese, shredded
- 1/2 cup sharp cheddar cheese, shredded



Preheat oven to 375 F.

Cook bacon in a large ovenproof skillet over medium heat, stirring occasionally, until crispy, about 8 minutes. Using a slotted spoon,

transfer to a paper towel-lined plate and let cool slightly. Discard bacon fat.

Return the skillet to medium heat and melt butter. Add shallots and Brussels sprouts. Season with salt and cayenne. Cook, stirring occasionally, until tender, about 10 minutes.

Meanwhile, transfer bacon to a cutting board and finely chop.

Remove skillet from heat and drizzle with cream. Top with Swiss cheese, cheddar and bacon. Bake the casserole until the cheese is bubbly, 12 to 15 minutes.

**NOTE:** If the cheese isn't nicely browned, broil, watching closely, for about 1 minute.





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See Jordan's story on Page 12.

