

# Mix it Up!

## Menu

Our New Cable is Here!  
**Digital Basic & HD**

### **Features**

- Whole Home DVR
- Lots of High Definition
- Digital Music
- Movie Multiplexes

## Menu

Add  
**Digital Basic & HD**  
Get it

**FREE**  
*for 1 Month*

## Menu

Sign up for Any  
**New Service**  
Get a

**FREE**  
*Cooking Utensil*



## *Recipe Contest*

Let's have some fun - drop off your best recipe to METC and we'll enter your name into a drawing for a KitchenAid Mixer. Recipes will be featured on our website.

**Winner will receive:**  
**A KitchenAid Mixer!**



**Marne Elk Horn**

YOUR LOCAL CONNECTION TO IT ALL

712-764-6161

888-764-6141

[www.metc.net](http://www.metc.net)