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The Grand Canyon is one of the natural treasures preserved by the National Park Service. See page 10 for tips on planning your next parks experience. Photograph by Chéré Coen
Between the Lines

The power behind your power

You have likely noticed Cumberland Electric Membership Corporation’s crews out and about, working on power lines and other electrical equipment in our community. It’s no secret that a lineworker’s job is tough — but it’s a job that’s essential and must be done, often in challenging conditions. This month, as we celebrate Lineworker Appreciation Day on Monday, April 11, I thought I’d share with you some interesting facts about electric lineworkers.

The work can be heavy — in more ways than one. Did you know that the equipment and tools a lineworker carries while climbing a utility pole can weigh up to 50 pounds? That’s the same as carrying 6 gallons of water. Speaking of utility poles, lineworkers are required to climb poles ranging anywhere from 30 to 120 feet tall. Needless to say, if you have a fear of heights, this likely isn’t the career path for you.

Lineworkers must be committed to their career — because it’s not just a job, it’s a lifestyle. The long hours and ever-present danger can truly take a toll. In fact, being a lineworker is listed among the 10 most dangerous jobs in the U.S.

Lineworkers often work nontraditional hours, outdoors and in difficult conditions. While the job does not require a college degree, it does require technical skills, years of training and hands-on learning. Did you know that becoming a journeyman lineman can take more than 7,000 hours of training (or about four years)? That’s because working with high-voltage equipment requires specialized skills, experience and an ongoing mental toughness. Shortcuts are not an option, and there is no room for error in this line of work.

Despite the many challenges, CEMC’s lineworkers are committed to powering our local community. During severe weather events that bring major power outages, lineworkers are among the first ones called. They must accept that they might have to unexpectedly leave their families and the comfort of their homes, and they don’t return until the job is done, often days later. That’s why the lineworker’s family is also dedicated to service. They understand the importance of the job to the community.

CEMC’s lineworkers are responsible for keeping power flowing 24/7, 365 days a year. To do this, they maintain more than 8,200 miles of power lines across five counties. In addition to the highly visible tasks lineworkers perform, their job today goes far beyond climbing utility poles to repair a wire. Today’s lineworkers are information experts who can pinpoint power outages from miles away. Line crews now use laptops, tablets, drones and other technologies to map outages, survey damage and troubleshoot problems.

Being a lineworker may not seem like a glamorous job, but it is absolutely essential to the life of our community. Without the exceptional dedication and commitment of these hardworking men and women, we simply would not have the reliable electricity we need for everyday life.

So, the next time you see lineworkers, please thank them for the work they do to keep power flowing regardless of the time of day or weather conditions. After all, lineworkers are the power behind your power. Please join us as we recognize them on April 11 and follow “#ThankALineworker” on social media to see how others are recognizing lineworkers.
The Invention of the Year

The world’s lightest and most portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . The Zinger.

Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven’t been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who’s developed one of the world’s most popular products created a completely new breakthrough . . . a personal electric vehicle. It’s called the Zinger, and there is nothing out there quite like it.

“What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!”

–Kent C., California

The first thing you’ll notice about the Zinger is its unique look. It doesn’t look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that’s up to 275 lbs! It features one-touch folding and unfolding – when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the Zinger to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your Zinger almost anywhere, so you don’t have to let mobility issues rule your life.

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TENNESSEE TODAY

Manager’s Viewpoint

Planning for the Future

Last month, more than 8,000 electric co-op leaders from across the country gathered in Nashville for the National Rural Electric Cooperative Association’s PowerXchange. This event also serves as the annual business meeting of the 900 electric cooperatives across the nation — much like the annual meeting your cooperative holds each year. The gathering is the largest convention to be hosted in Tennessee since the COVID-19 pandemic began in 2020.

Tennessee’s electric co-ops were honored to host industry leaders. It felt good to be together again. We picked up where we left off as though time had frozen since our last meeting in March of 2020. However, time hasn’t frozen, and much has changed during the pandemic. Changes in energy use as well as how and where we work are in parallel with continued growth of renewable energy sources and the need for a reliable electric grid.

The conversations about energy policy will have an impact on America’s rural and suburban communities long into the future. Electric cooperatives also face the same challenges as other industries: fuel costs, material shortages and a shrinking pool of qualified employees.

As work strategist Heather McGown states, “The last 20 months have forever changed where we work, who works, how we work and measure work, what we do for work and, most importantly, why we work.”

There was a multifaceted focus to PowerXchange. While rural broadband has been a major discussion item over the past few years and remains incredibly important, it is by no means the only transition going on in our industry.

As future unfolds, it takes leadership to have a steady hand on the tiller as we face challenging seas of change. That is the primary reason co-op leaders gathered to discuss an ever-changing industry and cultivate future-focused thinkers.

Trends in our industry are having an impact on our planning today and will shape the coming decades: generation sources, energy storage systems, autonomous drones, advanced data analytics, and electric vehicles and charging stations, just to name a random few things.

NRECA Board President Chris Christensen talked about the importance of continued collaboration to face an uncertain future. Christensen is a rancher and former teacher who serves as a director at NorVal Electric Cooperative in Glasgow, Montana.

“It’s that diversity of experience that allows us to work together to tackle common challenges,” he said. “Somewhere specific to the electric cooperative network. Others are consistent across the entire electric sector, and we can share common solutions just as broadly.”

As NRECA’s president, Christensen said he has visited co-ops throughout the country to see firsthand how they build on shared ideas.

“Apply what you’ve learned here,” Christensen said at PowerXchange. “Take ideas you get today back to your co-op, and put them to good use. Continue to educate yourself and share your experiences with your fellow leaders back home.”

Tennessee’s electric cooperative leaders take our dedication to our communities seriously. Decisions we make that help our communities grow benefit not only today’s residents but also future generations. And as not-for-profit corporations, we always put the needs of the rural communities first.

As NRECA CEO Jim Matheson said, “There’s always something more we can do to keep our communities moving forward.”

We agree, and we lead by example.
Bad to the Bone

Full tang stainless steel blade with natural bone handle —now ONLY $79!

The very best hunting knives possess a perfect balance of form and function. They’re carefully constructed from fine materials, but also have that little something extra to connect the owner with nature.

If you’re on the hunt for a knife that combines impeccable craftsmanship with a sense of wonder, the $79 Huntsman Blade is the trophy you’re looking for.

The blade is full tang, meaning it doesn’t stop at the handle but extends to the length of the grip for the ultimate in strength. The blade is made from 420 surgical steel, famed for its sharpness and its resistance to corrosion.

The handle is made from genuine natural bone, and features decorative wood spacers and a hand-carved motif of two overlapping feathers—a reminder for you to respect and connect with the natural world.

This fusion of substance and style can garner a high price tag out in the marketplace. In fact, we found full tang, stainless steel blades with bone handles in excess of $2,000. Well, that won’t cut it around here. We have mastered the hunt for the best deal, and in turn pass the spoils on to our customers.

But we don’t stop there. While supplies last, we’ll include a pair of $99 8x21 power compact binoculars and a genuine leather sheath FREE when you purchase the Huntsman Blade.

Your satisfaction is 100% guaranteed. Feel the knife in your hands, wear it on your hip, inspect the impeccable craftsmanship. If you don’t feel like we cut you a fair deal, send it back within 30 days for a complete refund of the item price.

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This spring, escape to Jackson County where warmer weather brings more opportunities to explore the natural beauty of the NC mountains. Kick back and relax on the porch or hike to the peak and take in the fresh mountain air. With longer days ahead, you can bask in possibilities that will take your breath away.

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Travel abruptly ground to a halt during the COVID-19 outbreak and subsequent lockdowns, except for one bright spot: People ventured to parks to find peace and fresh air — especially America’s national parks, monuments and recreation areas.

“In 2021, the National Park Service saw record-setting visitation,” says Kathy Kupper, National Park Service public affairs specialist. “While 50 percent of total recreation visits occurred in the 23 most-visited parks, we’ve been spreading the word that there are 423 sites in the National Park Service — at least one in every state — and they all are well worth a visit.”

Tennessee’s 13 national parks offer destination attractions, camping, hiking, historic and cultural sites, battlefields, parkways and commemorative trails managed by the National Park Service (NPS). Here are some don’t-miss landmarks.

National Parks Bring Recreation and History to Life

By Pamela A. Keene and Cheré Coen

Oconaluftee Valley Overlook, Great Smoky Mountains National Park. Photograph by Robin Conover
Great Smoky Mountains National Park

The nearly 522,000 acres that make up the park are shared almost equally between Tennessee and North Carolina. It is the most visited of the NPS parks, attracting more than 14 million visitors in 2021, its largest number since the NPS started tracking visitation in 1931. The next-closest is the Grand Canyon, which logged 6 million visitors in 2021. People from around the world visit this park that encompasses one of the largest and oldest mountain ranges in North America. Elevations within the park range from 875 feet above sea level to its tallest peak, Clingmans Dome at 6,643 feet. The Great Smokies was named a World Heritage Site in 1983.

Acclaimed for its diversity of wildlife, plants and stunning views, the park offers dozens of named hiking trails rated from very easy to extremely difficult. Among the hardwood forests, waterfalls such as Laurel Falls with its 80-foot drop and Ramsey Cascades that tumbles 100 feet down giant boulders bring hikers to see these timeless wonders.

It’s free to visit the Smokies, and since it’s in Tennessee’s backyard, what’s the reason to wait?

Natchez Trace: One name, two experiences

Officially, there are two Natchez Trace units in the Tennessee collection of national parks: the Natchez Trace Parkway and Natchez Trace National Scenic Trail.
Here’s why: The Natchez Trace Parkway is a drivable 444-mile scenic route that traverses three states—Tennessee, Mississippi, and Alabama. Named an All-American Road, the Volunteer State’s 101-mile portion goes through Middle Tennessee to the border of Alabama. It begins south of Nashville near Franklin and connects through Leipers Fork, Columbia/Centerville, Hohenwald/Summertown and down to Waynesboro/Collinwood.

The parkway roughly aligns with the Natchez Trace Scenic Trail, distinguished because five designated sections of hiking trails comprise approximately 60 miles of the historic corridor. Flanked by swamps, wetlands, hardwood forests and plenty of history, hikes along the trails tell the stories of American settlers headed southwest in the late 1700s and the forced migration of Native American people along the Trail of Tears between the 1830s and 1850s.

The main Tennessee trail section, the 20-mile Highland Rim, is open for hiking and horseback riding. No bicycles are allowed on the trail. Sights to see include the Northern Terminus Trailhead at Garrison Creek, War of 1812 Memorial, Tennessee Valley Divide and Shady Grove Trailhead off Highway 50/Southern Terminus.

**Cumberland Gap**

Two national parks along the Cumberland Gap and Cumberland River boast scenic views across gorges and bluffs.

**Big South Fork National River and Recreation Area**’s 125,000 acres along the Cumberland Plateau bring together history, nature and outdoor recreation. Park rangers lead hikes and stage events that highlight special features of the area. Hiking; kayaking; whitewater paddling; and stream floats along the river, its tributaries and streams take visitors deep into the area.

Big South Fork’s natural bridges and arches such as the South Twin Arch in Scott County and Needle Arch near the Sawmill Trailhead on Fork Bridge Road give the area bragging rights as possibly having the most natural bridges and arches in the Eastern United States.

Known as the first great gateway to the West, the break in the mountains at the Cumberland Gap was the route bringing together buffalo, Native Americans, hunters, pioneers and westward-bound settlers.

**Cumberland Gap National Historical Park** touches three states: Tennessee, Kentucky and Virginia. The smallest portion is in Tennessee, but from Pinnacle Overlook, you can see all three states. In total, the park encompasses 24,000 acres with 85 miles of trails for hikers plus 25 miles for horseback riding and seven miles for mountain biking.

Cumberland Gap is the closest town to the park in Tennessee and offers some fun travel destinations. The town’s Little Congress Bike Museum features an exhibit of bicycles collected over 40 years. The Artists Co-op Gallery sells local Appalachian creations from fine art and handmade quilts to wooden bowls and pottery.

Tennessee’s 13 national parks are just part of the NPS story in the state. Add together all the national monuments, historic sites, battlefields, parkways and commemorative trails managed by the National Park Service, the list is expansive for day-trips, long weekends or even weeklong itineraries built around varying themes.
Western parks

While Yellowstone and Yosemite national parks might be some of the best-known Western national parks, Glacier and Zion shouldn’t be missed.

Glacier National Park

At more than 1 million acres, Montana’s Glacier National Park encompasses soaring mountain peaks — many that remain snow-covered all year — plus hundreds of waterfalls and more than 350 structures listed on the National Register of Historic Places. Called the Crown of the Continent, it shares acreage with Canada as Waterton Lakes National Park north of the border.

One of the more popular routes, the 50-mile Going-to-the-Sun Road, crests Logan Pass at 6,646 feet and allows certain vehicles as well as bicycles in the offseason and offers expansive views and glimpses of wildlife. Lake McDonald, the largest lake in the park, offers boat tours, and visitors can hike or go horseback riding.

Check in at one of the three visitor centers to learn about astronomy programs, ranger-led activities and special events as well as what roads and trails are open. While July through September is the ideal time to visit, that’s also when its most crowded.

Zion National Park

The southwest Utah park is a study in color and contour, with the sheer sandstone canyon walls ranging from near-white to orange, pink and deep red. Thousands of years of erosion from the Virgin River created the diverse topography, and the park’s varied ecosystems provide homes for many species of plants and wildlife.

Natural bridges, mesas, towers and expansive views attracted photographer Ansel Adams to the park where he captured some of his most memorable scenes.

Zion is located near Springdale, Utah. Camping, hiking, wildlife viewing, bicycling, river trips and stargazing keep visitors coming back to the historic park.
Here are a few other sites worth a visit

**Lesser-known parks**

“If you are open to places that do not have ‘National Park’ in their titles, there are many national monuments, recreation areas, etc., that are pretty spectacular,” Kupper says. “Lesser-known parks include Dinosaur, Chiricahua, Colorado and Craters of the Moon national monuments as well as Chaco Culture National Historical Park and Assateague Island National Seashore.”

**The remote**

Dry Tortugas consists of Fort Jefferson and the visitor center on Garden Key and seven other small islands, all only accessible by boat or seaplane. Located 70 miles west of Key West, Florida, visitors can camp, tour the fort or explore the emerald-blue waters and coral reefs surrounding the islands. (nps.gov/drto/index.htm)

On the other end of the country, Gates of the Arctic National Park and Preserve in Alaska sits above the Arctic Circle and is only accessible by Dalton Highway and then by hiking inside. Gates receives about 10,500 visitors a year to its glacier-rich lands and caribou migrating trails, offering a true back-to-nature experience. (nps.gov/gaar/index.htm)

**World War II**

The National Park Service consists of numerous historic sites such as the Tuskegee Airmen Park in Alabama where African Americans were trained to be pilots, radio operators, dispatchers and more during World War II. Women were also included in the “Tuskegee Experience,” working alongside their male counterparts. (nps.gov/tuai/index.htm)

In California, Tule Lake National Monument recognizes the removal of Japanese Americans into internment camps during the war. (nps.gov/articles/000/getaway-tule.htm)

Pearl Harbor National Memorial pays tribute to those who died in the Japanese attack on Dec. 7, 1941, forcing the United States to enter the war. The visitor center and museum are free to peruse. (nps.gov/perl/index.htm)

**About the authors:** Pamela A. Keene is an Atlanta-based journalist and photographer who writes about travel, personalities, features and gardening. She writes for about a half-dozen co-op magazines in the Southeast. Cheré Dastugue Coen, originally from New Orleans, is a food and travel writer now living in the Atlanta area. A huge parks fan, she’s the author of several travel books and Southern-based novels under the pen name Cherie Claire. Both are regular contributors to PUR publications, particularly Florida and Louisiana magazines.
Six in one

It is said that privateer Jean Lafitte left buried treasure throughout south Louisiana, but several national parks in his name offer treasures of the natural and cultural variety.

Jean Lafitte National Park and Preserve is composed of six sites, including the French Quarter Visitor Center in New Orleans. Visitors learn all about Cajun and Creole culture at three Acadian cultural centers: Acadian Cultural Center in Lafayette, Wetlands Acadian Cultural Center in Thibodaux and Prairie Acadian Cultural Center in Eunice, which includes the weekly radio show “Rendez-vous des Cajuns.”

Connecting directly with Lafitte is the Barataria Preserve in Marrero, where Lafitte and his men hid out, and the Chalmette Battlefield, where Lafitte helped Andrew Jackson fight “the bloody British” in the Battle of New Orleans in January 1815. (nps.gov/jela/index.htm)

Before you go

To acclimate to the features of these national parks, make sure to first stop by their respective visitor centers where many offer introductory videos, printed materials and staff to provide background and highlights of each.

For more information about national parks and historic sites in Tennessee and across America, visit nps.gov or download the official NPS app.
I didn’t know what to expect, but it sure wasn’t what I anticipated when I arrived in Huntsville,” observed Ryan Murphy, President and General Manager of the city’s new ORION Amphitheater. “My wife and I had made a pact that we wouldn’t move south of the Tennessee border. Yet here we were, feeling more at home by the minute as we drove past rolling farmland into downtown Huntsville. It was more than the natural beauty though; it was a feeling I couldn’t put a finger on.”

The Murphys were not alone in sensing this undefined quality. As of the 2020 U.S. Census, Huntsville moved up to the number one spot as Alabama’s largest city, having overtaken Birmingham, which held onto that claim for decades. Sure, some visitors still arrive with preconceived notions about state history, but once here, they discover a vibrant, prosperous city with so much to offer.

At the crossroads of Alabama’s past and future, Huntsville is more focused on creating a “high quality of life” than looking back to yesterday. “Quality of life” for everyone isn’t just a slogan. City leaders have made it the city’s mantra and filter through which decisions have been made for years.

At the crossroads of Alabama’s past and future, Huntsville is more focused on creating a “high quality of life” than looking back to yesterday. “Quality of life” for everyone isn’t just a slogan. City leaders have made it the city’s mantra and filter through which decisions have been made for years.

I sat down with Mayor Tommy Battle to learn more about Huntsville’s popularity and explosive growth. Our conversation revealed a great deal about Huntsville’s long-term mayor as well
as the city. Between shouts of “Hey Tommy” by passersby and occasional interruptions from well-wishing constituents, it became obvious that he is quite popular and one of the guiding forces behind Huntsville’s growth. However, he is quick to give credit to others. “We have a large team of committed business and civic leaders who have been working together a long time to transform Huntsville into one of the nation’s fastest-growing cities,” he said. “Our leaders don’t always agree on what and how things should be done. But we all agree on finding solutions and moving forward rather than allowing problems to go unsolved,” Mayor Battle added.

While some cities may have chosen to demolish the old to make room for the new—not Huntsville. Old buildings have been repurposed to appeal to the area’s growing young adult population. An out-of-date high school was converted into a library and recreation center. A former elementary school was transformed into Campus No. 805, an indoor-outdoor events center featuring restaurants, retail, and award-winning microbreweries. Dilapidated downtown buildings have been restored, and a vibrant retail, dining and entertainment scene has revitalized the historic city center. A boutique luxury hotel, 106 Jefferson, opened last year replacing an old furniture store.

Known as “The Rocket City” for its unique role in the nation’s Space Race, Huntsville is home to the U.S. Space and Rocket Center, a Smithsonian Institute affiliate and the largest space museum in the world, attracting more than a million visitors a year. The Rocket City Trash Pandas tips a cap to that historic legacy as the Minor League Baseball team draws crowds to home games. Along with the Von Braun Center, a performing arts and cultural venue, and the Huntsville Museum of Art, featuring rotating exhibits and a permanent collection of art of the Southeast USA from the 19th and 20th centuries, Huntsville is a well-rounded has long been at the intersection of science, sports, culture, and the arts.

The ORION Amphitheater, slated to open in mid-May, is the latest example of the city’s arts and cultural transformation. This 8,000-seat, state-of-the-art outdoor music venue ushers in a new phase of Huntsville’s evolution. The theater and festival grounds will become a multi-use destination featuring acres of green space for picnicking, hiking trails, a food truck court and entertainment center designed to host local community events year-round.

“Everything about the ORION is top-notch, even down to the acoustic-improving IPE wood benches used for seats,” Ryan Murphy noted. “The backstage area will be a paradise for performers. Displays will highlight north Alabama’s rich music history, and décor will feature real artifacts from Huntsville’s space history. Entertainers who may have once overlooked Alabama will want to play here now,” said Ryan. “There’s really nothing like this anywhere.”

As Ryan explained, he has a better sense about that feeling he couldn’t identify. “High quality of life is not just talk; it’s real. You feel it everywhere you go. Everyone is proud of Huntsville and is eager to share our city with others,” Ryan said. He’s proud, too, that the ORION will be a perfect showcase for a city that is truly a star of Alabama.

Scott Baker is an internationally published photojournalist based in Alexander City, Alabama. He is a contributing photographer to The New York Times and has been published in The London Sunday Times Magazine, Drift Magazine and many other regional publications. You can follow his work on Instagram: @scottbakerphotos.
TENNESSEE ALMANAC
Events and happenings around the state

West Tennessee

April 1-3 • 160th Shiloh Re-Enactment, Shiloh Community, Michie. 731-925-8181 or tourhardincounty.org
April 6-10 • 160th Shiloh National Park Service, Shiloh National Military Park. 731-689-5696 or nps.gov/shil
April 9 • Lawn and Garden Expo, Brighton High School. 901-476-0231 or tiptoncountymastergardeners.com
April 23 • Fayette Cares Plant Sale, Oakland Elementary School. 901-465-3802, ext. 223, or fayettemcares.org/plants
April 30 • BBQ Cookoff, Good Hope Baptist Church, Adamsville. 731-632-0379 or goodhopesecretary@gmail.com
April 30 • McNairy County BBQ Festival, Selmer City Park. 731-646-1055 or bigdSQTN@gmail.com

Middle Tennessee

April 1-30 • Spring Arts and Craftsmen Trail, Granville. 931-653-4151 or granvilletn.com
April 2 • Vietnam-Era Veterans Honors Parade Walk and Ceremony, Veterans of Foreign Wars Post 10904, Manchester. 931-728-6995 or vfwpost10904.com
April 3 • Vocal Arts Nashville Chamber Choir, Grace Lutheran Church, Clarksville. 931-647-6750 or grace-lutheran-church.org
April 8-10 • Trails and Trilliums, DuBose Conference Center, Monteagle. friendsofsouthcumberlandland.org
April 9 • Mayberry — I Love Lucy Day, Historic Granville. 931-653-4151 or granvilletn.com
April 9 • Watertown Spring Mile-Long Yard Sale Excursion Train, Tennessee Central Railway Museum, Nashville. 615-241-0436 or tcry.org
April 9 • Adventures in Agriculture, Lane Agri-Park Community Center, Murfreesboro. facebook.com/adventuresinagriculture
April 9 • Pack the Park 11th Semiannual Car and Truck Show, John L. Sanders Park, Decherd. 931-308-6977 or facebook.com/packtheparkcarclub
April 9 • Heroes and Villains Crafts Show, Coffee County Fairgrounds Starnes Exhibition Building, Manchester. 931-841-5584 or facebook.com/oliverswoodandfabric
April 10 • Spring Fling Vendor Event with the Easter Bunny, Big Creek Winery Tasting Room, Christiana. 615-785-2124 or facebook.com/bigcreekwinerytastingroom
April 10 • The Buttercup Festival, Nolensville Historic District. 615-776-1200 or thevillageantiquesandgifts@yahoo.com
April 15-16 • Summer County Master Gardeners Plant and Flower Sale, UT Extension Building, Gallatin. 615-452-1423
April 16 • Easter Bunny Excursion Train, Tennessee Central Railway Museum, Nashville. 615-241-0436 or tcry.org
April 16 • Southern Shopping Shindig Spring Spectacular, Lane Agri-Park Community Center, Murfreesboro. southernshoppingshindig.com
April 21-23 • Antiques, Collectibles and Garden Show, Nolensville Historic School Building. 615-405-5451 or nolensvillehistoricalsociety.org
April 23 • Seventh Annual Cruisin’ for a Cure for Huntington’s Disease, Rock Family Worship Center, Fayetteville. facebook.com/cruisinforacureforhuntingtonsisease

Submit your events!
Complete the form at tnmagazine.org or email events@tnelectric.org. Information must be received at least two months ahead of the event date, and we accept submissions up to a year in advance. Due to the great demand for space in each month’s Almanac, we cannot guarantee publication. Find a complete listing of submissions we’ve received at tnmagazine.org/events.
April 23 • 2022 WCMGA Garden Festival and Plant Sale, Williamson County AgExpo Park, Franklin. 615-790-5721 or wcmga.net

April 23 • Shabby Lane Ladies Day Out Shopping Event, Lane Agri-Park, Murfreesboro. 615-305-5954 or shabbylaneshoppingevents.com

April 23 • Pioneer Days, Cannonsburgh Village, Murfreesboro. 615-890-5333 or cityofmurfreesborotn.gov

April 23 • Belvidere Volunteer Fire Department’s Spring Fish Fry, Belvidere Community Center. 931-580-0708

April 30 • Annual Herb and Plant Sale, The Fairgrounds Nashville. herbsocietynashville@gmail.com or herbsocietynashville.org

April 30 • Second Annual Spring at the Barn, Head2Head Stables, Lewisburg. 931-246-9057 or thunderrunevents.com

April 30 • Paws for a Cause 5K/1 Mile Fun Walk, Calsonic Arena Pavilion, Shelbyville. mtsnc@mtsnc.org or reg2run.com

April 30 • 21st Annual Ragin’ Cajun Crawfish Boil, Walk of Fame Park, Nashville. 239-248-8235 or nashvillejuniorchamber.org

April 7 • Sammy Kershaw, Palace Theatre, Crossville. 931-484-6133 or palacetheatre-crossville.com

April 22-24 • Spring Thyme with the Appalachian Renaissance Faire, Rose Center for the Arts, Morristown. 423-581-4430 or rosecenter.org

April 23 • Sweet Tea and Sunshine Festival and Craft Fair, Greenway Park and Pavilion, Cleveland. 423-650-1388 or touchtheskyevents.com

April 23-24 • 25th Annual National Cornbread Festival, downtown South Pittsburg. nationalcornbread.com or facebook.com/nationalcornbreadfestival

April 29-May 6 • Sheep Shearing Days, Museum of Appalachia, Clinton. 865-494-7680 or museumofappalachia.org

April 30 • 22nd Annual Spring Planting and Music Festival, Big South Fork National River and Recreation Area, Oneida. 423-286-7275 or nps.gov/biso

April 30 • 30th Annual Ralph Stanton Memorial Bass Tournament, Quarryville Boat Ramp, Mooresburg. 423-272-2695 or hawkinscorescuesquad.org

April 30 • Last Saturday in April Antique, Art and Craft Show, downtown Cumberland Gap. 423-869-7311 or 423-869-0501
Co-ops tell story of rural Tennessee during day on the hill

More than 140 electric co-op leaders from across the state, including directors and staff from Cumberland Electric Membership Corporation, were in Nashville on Tuesday and Wednesday, Feb. 15 and 16, for the 2022 Tennessee Electric Cooperative Association’s Legislative Conference. During meetings with legislators on Capitol Hill, co-op members and employees stressed the important role that co-ops play in their communities and briefed lawmakers on issues that impact rural and suburban Tennessee.

Gov. Bill Lee welcomed attendees to Nashville on Wednesday morning. “The services you provide to rural Tennesseans are incredibly important,” said Lee. “It is important that lawmakers understand how the bills that are being considered will impact the people back home,” says CEMC General Manager Chris A. Davis. “We go to Nashville to help lawmakers understand the real-world impacts of legislation and to advocate for our members right here in Middle Tennessee. Electric co-ops are complex and heavily-regulated businesses, and the decisions made by legislators can have a significant impact on the affordability and reliability of the energy we provide.”

Broadband was a topic discussed during visits with legislators. “We’ve invested heavily in broadband expansion, and you’re key to that,” said Gov. Lee. “Unless every Tennessean has access to opportunity — every kid in the urban center and every kid in the farthest reaching rural communities — then we have not done our job. The ways we do that in large part is through the services and technology that you make possible.”

More than 100 legislative visits were made during the conference, and many legislators from across the state attended a reception honoring members of the Tennessee General Assembly.

Attending this year’s conference from CEMC were directors Wes Aymett, Jeannie Beauchamp, Charlie Hancock, Ed Oliver, Eddie Swan and Bryan Watson along with General Manager Chris Davis, Engineering and Operations Division Manager David Abernathy, Broadband Division Manager Mark Cook and Executive Assistant Stephanie Lobdell.
Switch to paperless billing, and you could win a $100 electric bill credit!

Interested in a simple way to manage your monthly electric bill while cutting down the amount of paper cluttering your countertops? Try paperless billing!

Paperless billing from Cumberland Electric Membership Corporation is an easy way to receive your monthly bill without the hassle of sifting through piles of mail, keeping up with paper bills, writing and mailing checks and missing payment dates due to delivery delays.

To sign up, visit cemc.org, log in to your SmartHub account and choose “Yes” when prompted to turn off paper bills. You can also turn off paper bills through the SmartHub mobile app. Once you’ve signed up, you’ll receive an email notification when your bill is ready each month, allowing you to take care of business without having to wait until a paper bill arrives in the mail.

In honor of Earth Day, CEMC is offering an incentive for members who participate in paperless billing. All CEMC members enrolled in paperless billing prior to Friday, April 22, will be entered in a drawing for $100 electric bill credits! A total of five lucky members will win! Members who are already enrolled in paperless billing will be entered into the contest automatically.

Good luck, and thank you for going green with paperless billing!
CEMC and TVA extend Community Care Fund

Cumberland Electric Membership Corporation is continuing its partnership with the Tennessee Valley Authority in addressing hardships created by the COVID-19 pandemic by participating in the Community Care Fund program in 2022. CEMC will be matching funds offered by TVA to selected charitable organizations throughout its five-county service area.

Since the program began in April 2020, the Community Care Fund has helped more than 637 local charitable organizations across the Tennessee Valley region provide assistance to those most impacted by the ongoing pandemic.

“Although we were hoping the impacts of the pandemic would be behind us by now, many people in our community are still experiencing challenges and are still in great need,” says CEMC General Manager Chris Davis. “I am glad we have this opportunity to partner with TVA to continue the support offered through the Community Care Fund in 2022.

According to TVA Executive Vice President and Chief External Relations Officer Jeannette Mills, local power companies have the best understanding of the immediate needs of the people they serve, so TVA is partnering with them to select local organizations for the matching donations.

TVA will be providing $5 million in matching funds through fiscal year 2022. Since the program began in April 2020, TVA and local power companies have contributed nearly $9 million in funds.

Second Harvest Food Bank of Middle Tennessee receives a $22,000 Community Care Fund grant from CEMC and TVA. From left are Seth Roberts, CEMC Member Services Manager; Dick Brown, Second Harvest senior director, corporate engagement and grants; Susie Yonkers, CEMC community relations coordinator; Marian Eidson, Second Harvest director, donor relations; and Tracey Alderdice, Second Harvest senior director, community outreach.
Cumberland Electric Membership Corporation is happy to announce the return of its annual Member Appreciation Day!

Join us at your local CEMC office on Thursday, May 12, from 10:30 a.m. to 1:30 p.m. for a **free** picnic lunch consisting of grilled hot dogs, chips, cookies and soft drinks.

**After a two-year hiatus due to the COVID-19 pandemic,** Cumberland Electric Membership Corporation is happy to announce the return of its annual Member Appreciation Day!

Members who attend Member Appreciation Day can also register for a chance to win electric grills, one of which will be given away at each of these locations: Ashland City, Clarksville, Dover, Gallatin, Portland, Springfield and White House. (Only one entry per household, please. Members must be present to register.)

We hope to see you there!

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Cumberland Electric Membership Corporation is preparing for its 2022 annual meeting, which will be held Saturday, Sept. 10, at Stewart County High School in Dover.

Doors will open at 8 a.m. for registration, and the business session will begin at 10 a.m. Join us for a complimentary breakfast, browse through the selection of door prizes to be given away, enjoy musical entertainment, hear co-op news and be sure to take the kids to check out the Youth Corner.

Watch for additional information in future issues of *The Tennessee Magazine.*
Don’t miss Portland’s 81st Annual Strawberry Festival

The Portland Chamber of Commerce is preparing a fun-filled week of activities and entertainment for the whole family during the 81st Annual Middle Tennessee Strawberry Festival. This year’s event, themed “All Aboard the Strawberry Express,” will include a free concert featuring Resurrection — A Journey Tribute on Friday, May 13, at 7 p.m. with a fireworks show to follow at 8:30 p.m.

For more information about the 2022 Strawberry Festival and a complete schedule of events, visit MiddleTNStrawberryFestival.com or call 615-325-9032. Check out the following lineup of events, and make plans to join the fun! And be sure to pick up some of Portland’s famous fruit while you’re there!

May 6-May 7: Strawberry Quilt Show at Richland Park Gym.

May 7: Middle Tennessee Strawberry Festival Pageant at Portland High School.

May 7: Strawberry Slam Wrestling Event at 7 p.m. at Portland High School

May 10: Annual Four-Person Golf Scramble at Kenny Perry’s Country Creek Golf Course in Franklin, Kentucky. Entry fee is $500 per team and includes breakfast, lunch, mulligans and games package.

May 10-14: Come enjoy the carnival all week long at Richland park.

May 13: Free Strawberry Jam Concert featuring Resurrection — A Journey Tribute at 7 p.m. on the Old Hickory Credit Union Stage. Live music and vendors begin at 5 p.m. Bring a lawn chair or rent one for $5 while supplies last. A fireworks display immediately follows the concert at 8:30 p.m. (Free parking and shuttle at Portland High School from 4:30 to 9:30 p.m.)

May 13: Classic Car Cruise-In on Main Street at 5 p.m.

May 14: Festival Day!

• Portland Rotary Club Pancake Breakfast — 7 a.m. at First Baptist Portland.

• Strawberry Stride 5K and Fun Run sponsored by Portland Athletics — 8 a.m. at Portland High School.

• Kid Town USA, where it’s all about the kids. Main Street is full of inflatable jumps, obstacle courses and more. Play all day for $5 beginning at 9 a.m.

• Strawberry Jam Live Entertainment from 10 a.m. to 4 p.m. on Market Street and Section C stage.

• Strawberry Lane: Strawberries for sale — while supplies last — beginning at 10 a.m.

• Mechanical bull rides — $5 per ride, cash only.

• Magic Shows on the North Russell stage at 11 a.m., 1 p.m. and 3 p.m.

• Meet-and-greet with Robocars.

• Visit more than 175 vendors in five locations.

• Bingo beginning at 1 p.m.

• Mascot meet-and-greet at 3 p.m. followed by Mascot Race at 3:45 p.m.

• Parade begins at 4 p.m. Applications for entry are available online.

• FREE parking and shuttle at Portland High School beginning at 10 a.m.

Don’t miss this opportunity to join the fun and help celebrate the rich history of the Strawberry Festival! Use hashtags #VisitSumnerTN and #MidTNStrawberryFest on social media to share your posts.
Unlike a satellite connection, a CCFiber Internet connection is a hard-wired connection that goes all the way to your home or business. Fiber is much less likely to be affected by rain, storms, or interference compared with satellite or copper delivery methods. With CCFiber, you'll be able to enjoy fast, reliable fiber services — rain or shine!

Solve the puzzle below by matching the color of each line to the letters in each raindrop above. After completing the puzzle, visit our website using the link at the bottom of this page and share your answer with us. When you fill out the online form with the correct answer, you'll be entered to win a Cumberland Connect Umbrella and a Swag Bag!
I’m planning to buy a new home this year, and I want to know how efficient it is. What questions should I ask my home inspector?

Many factors go into buying a home. For most people, energy efficiency does not top the list, and, unfortunately, houses don’t typically come with energy efficiency ratings. It can be difficult for a buyer to know how efficient a home is when viewing the listing online or taking a tour. But your home inspector can help you identify potential energy costs and energy-efficiency upgrades.

Some homes may already be efficient, while other homes may need improvements. There’s nothing wrong with buying an inefficient home, but you will want to know what you’re getting into and that you can afford the energy costs once you get the keys.

Here are five questions to ask your home inspector:

1. **What is the condition of the electrical panel and wiring throughout the home?**
   A panel upgrade or rewiring can be a costly endeavor. An older panel and wiring aren’t inefficient, but they can delay or make some energy-efficiency projects more expensive. In several homes I have worked on, older wiring had to be replaced before insulation could be added. Make sure the panel can accommodate any new appliances you might want to add such as air conditioning or an electric vehicle charger.

2. **How old is the HVAC system, and how efficient is it? Has it been maintained?**
   The typical lifespan of an HVAC system is 15 to 25 years. As the largest energy user and often the most expensive equipment in the home, you will want to know the energy, maintenance and replacement costs. If the HVAC system is old, consider the cost for a replacement.

3. **How old is the water heater?**

You’ll want to know the age and efficiency of the home’s HVAC system, the largest energy user and often the most expensive equipment in the home. Photo source: Mark Gilliland, Pioneer Utility Resources
The lifespan of a storage water heater is about 10 years. The cost to replace a water heater ranges from $400 to $3,600, depending on the unit type and installation costs. If an older water heater is in a finished space or on a second floor, replace it before it fails and potentially causes water damage.

4. What are the levels and conditions of insulation in the attic, walls and floor?

Insulation is one of the easiest and most beneficial energy-efficiency upgrades you can make. It isn’t as pretty as new countertops, but it can make a home more comfortable, waste less energy and reduce outdoor noise.

To cut down on drafts and make insulation more effective, air seal before insulating. Seal cracks, gaps or holes in the walls, floors, ceiling and framing between heated and unheated spaces.

If your new home needs insulation and air sealing, make this your efficiency priority. The sooner you do it, the more energy you will save over time. Recommended insulation levels vary by location. You can find information about insulation and air sealing at energy.gov.

5. Are there any extras in this home that will increase my utility bills?

Any motors in the home or on the property should be assessed, including pumps for wells and septic systems. When it comes to extras, remember that life’s luxuries aren’t free. You will want to be able to afford the cost of operating amenities such as pools, hot tubs and saunas.

Electric rates vary across the country. If you are moving to a new city, be sure to check the rates at the local electric utility.

When buying a home that checks all your boxes, ask your home inspector the right efficiency questions. Understanding the condition of appliances, features and building materials can save you from hidden surprises in your home and on your first utility bills.

Miranda Boutelle is director of operations and customer engagement at Efficiency Services Group in Oregon, a cooperatively owned energy efficiency company. She also writes on energy efficiency topics for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56 percent of the nation’s landscape.
BEST OF BOTH WORLDS

Outdoor recreation and history equal partners at Harpeth River State Park

Story by Trish Milburn
Tabletop Falls
Photograph by Robin Conover
When early residents of what became Middle Tennessee utilized the Harpeth River to help settle and grow the area, they had no clue that someday hundreds of thousands of people would visit the river each year just for fun. But that’s exactly what has happened. An average of between 500,000 and 700,000 people flock to the Harpeth annually to kayak, canoe, fish, hike trails and learn about the area’s rich history.

While many parks have a focus on either some aspect of the state’s history or outdoor recreation, Harpeth River State Park in Kingston Springs has both.

“We’re a historic park that has a tremendous amount of hiking and river recreation visitation,” says Gary Patterson, who has been the park’s manager since 2009.

Patterson says that river recreational visitors might not realize the park is home to some historical gems and lots of hiking trails, and those who come to learn about the history may not know about all the peaceful, day-on-the-river opportunities.

A slideshow of history

Parks throughout Tennessee are dedicated to specific time periods and what those eras and their people contributed to the development of the state. A visit to Harpeth River State Park, however, is like walking through an immersive slideshow of the past. In fact, three sites in the park are listed on the National Register of Historic Places.

One of those preserved moments is actually prehistoric. Mound Bottom, a Mississippian prehistoric site, contains 14 Native American mounds that were likely used for political and ceremonial purposes. Based on the age of artifacts recovered from the area, it’s believed Mound Bottom was founded in the early part of the 11th century. This area is preserved and protected as Mound Bottom State Archaeological Area. Visits to the mound complex require reservations.

Leaping ahead to the early 18th century, the park also preserves the former site of Pattinson Forge that was operated by Montgomery Bell, the iron industrialist and namesake of nearby Montgomery Bell State Park. The only visible remaining evidence of this iron mill operation is the Montgomery Bell Tunnel, the 200-plus-yard diversion tunnel that was cut out of solid rock to power the mill. Built in the early 1800s, this tunnel is now listed as a Historical Civil Engineering Landmark. The tunnel and mill area are located at the Narrows of the Harpeth unit of the park.

The ruins of a different type of mill can be visited via a short walk at Newsom’s Mill, a gristmill dating back to the early 1860s.

Moving into the first half of the 20th century, the lovely Hidden Lake unit of the park contains what little remains of a 1930s-1940s family resort. As you visit the remnants of the old marble dance floor, you can almost hear the laughter, dancing feet and big band music of that era.

Patterson says the time span the park preserves is noteworthy. “We have sites all the way from before Columbus was even born until the 1920s and 1930s,” he says.

Outdoor recreation

During the first year of the pandemic, state parks all across the state experienced record levels of visitation. Patterson says that not only did Harpeth River State Park see an increase, but it was also unmanageable at times. The park’s proximity to Nashville made it a popular destination for people needing to safely get out of their houses.

“Our visitation was probably four to eight times higher than the year before,” he says. “Even on weekdays, when we used to only have a car or two in the parking lots, they were overflowing.”

Those visiting to enjoy Mother Nature have their pick of kayaking or canoeing the river, which is designated Class I in parts and Class II in others. There are nine river access points managed by the park, and the distances between these points range from around 2 miles to 9 miles. The river is attractive because everyone from beginners to advanced paddlers can enjoy an outing. Visitors can bring their own canoes and kayaks or rent from one of the area outfitters.

It’s important for river users to know that the park access points are day-use only, much of the land along the river is private property, and camping and overnight parking are not allowed. From April to September, the park is open 7 a.m. to 7 p.m.

While it’s obvious that canoeing, kayaking and fishing would be popular in a park with “river” in its name, you won’t want to miss out on the hiking to be found at Harpeth River. Several miles of trails exist throughout the park, ones that will give you views of the Harpeth Valley, the river and Hidden Lake, the mound complex, the Montgomery Bell Tunnel, forested land and meadows full of wildflowers. Lengths of these trails range from 0.2 mile for the Newsom Mill Fisherman Trail and Mace Bluff Trail to the 3 mile Hidden Lake Trail.

The park’s combination of river, forest and meadow means that birders can spy a diverse collection of species such as goldfinches, great blue herons and everything in between.

Plan your visit

The wide variety of offerings at Harpeth River State Park is precisely the reason Patterson likes his position so much and why he thinks it’s a great place for people to visit. Unlike many other parks, Harpeth River doesn’t currently have an office or visitor center, though both are hopefully on the horizon.

**Harpeth River State Park**

To find out more about the park, visit tnstateparks.com/parks/harpeth-river or call 615-952-2099.
HISTORY LESSON

by Bill Carey, the Tennessee History Guy

Sultana was America’s deadliest maritime Disaster

The deadliest shipwreck in American history happened a few miles north of Memphis

On April 27, 1865, the steamboat Sultana was heading upstream on the Mississippi River, carrying more than 2,000 Union Army prisoners on their way home from Confederate prisoner-of-war camps. The boat exploded at about 2 a.m. About three-fourths of the passengers burned to death, drowned or died of hypothermia — the worst death toll for a maritime accident in American history.

After Gen. Robert E. Lee surrendered at Appomattox Courthouse, the Civil War quickly drew to a close. At the time, there were thousands of POWs held on both sides. Under the terms of the surrender agreement, POWs were to be freed and sent home as soon as possible.

In the South, an estimated 5,500 prisoners at the Cahaba POW camp in Alabama and the Andersonville POW camp in Georgia were marched to Vicksburg, Mississippi. There they waited to be loaded onto boats heading north.

The U.S. Army commanders ordered these freed prisoners of war on civilian steamboats heading up the Mississippi River. The government offered to pay boat owners $5 per enlisted man and $10 per officer transported.

The first boat that took freed prisoners north from Vicksburg was the Henry Ames, which took about 1,300 men. Then a boat called the Olive Branch headed north with 700 freed prisoners.

What happened next makes no sense. The Sultana steamed into Vicksburg at about the same time as two other boats. After a couple of days, the Sultana left with more than 2,300 freed prisoners, plus an additional number of crew and passengers and a large shipment of sugar. The other two boats left Vicksburg with no freed prisoners on board but plenty of empty space.

At the time, many people raised questions about the disparity among the vessels. A former prisoner named James Brady, who was on the Sultana, said that he and his fellow troops had been “packed in more like hogs than men.” Meanwhile, the Sultana also had an official capacity of fewer than 400 people — about one-sixth its total passengers and crew!

To make matters worse, the Sultana had a leaky boiler. A Vicksburg mechanic patched it but warned ship’s captain, J. Cass Mason, that it might not hold. Mason ignored the warning.

The Sultana left Vicksburg on April 24, fighting the swollen current of the Mississippi River. The boat made stops in Helena, Arkansas, and Memphis before pulling out late on the evening of April 26.

At 2 a.m. on the 27th, the Sultana’s boilers exploded. The explosion threw many passengers and crew into the water, destroyed a large part of the boat and started a fire that quickly destroyed the rest of it.

You can read the horrible accounts of some of the survivors in books about the disaster. Some people...
burned to death, others drowned and many froze to death from exposure after jumping into the Mississippi River. Since few soldiers could swim at the time, most of the people who survived did so because they were able to grab parts of the floating wreckage and hold onto them until they reached shore.

No one is certain exactly how many people were killed in the Sultana explosion. Memphis attorney Jerry Potter, author of “The Sultana Tragedy: America’s Greatest Military Disaster,” estimates the number of deaths at 1,800, which exceeds by 600 the number killed when the Titanic sank in the Atlantic Ocean in 1912.

Those who did live through the experience later admitted they were very lucky. Samuel Washington Jenkins was a Union soldier from Bryson City, North Carolina, who had enlisted in the U.S. Army in Maryville. Jenkins grew up playing in some of the mountain swimming holes in the Smoky Mountains, which is why he knew how to swim. Jenkins was asleep near the boiler when the explosion blew him into the Mississippi River. Most of his fellow soldiers drowned, but Jenkins “swam as much as he could to the bank, till he could get ahold of a tree to pull himself out,” his daughter, Glenna Green, said many years later.

Jenkins eventually made it back home and eventually had 20 children, the first born in 1868 and the last in 1924. He became a doctor, practicing medicine in the Chattanooga area until his death in 1933. “He made up his mind (in the prisoner-of-war camp) that it didn’t matter what it took, he was going to work to make a doctor so that he could help humanity,” Green said.

Capt. Mason died in the accident. Frederick Speed, a U.S Army officer, was found guilty of grossly overcrowding the Sultana. His verdict was overturned by the Army, so the U.S. government never punished anyone for the disaster.

About 195 of the soldiers killed in the Sultana explosion were East Tennessee residents who fought for the Union cause. That’s why there’s a Sultana monument at the Mt. Olive Baptist Church Cemetery in Knoxville.
Hop into the fresh foods of spring

Healthy Silky Garlic Spread
Recipes by Tammy Algood; photographs by Robin Conover
Spring is finally here, and local spring crop favorites are back — right on cue. Get in on the first of the new growing season with a mix of tender lettuces and vegetables! Try one of these recipes focused on the crunchiest and most colorful of garden delights, and it’ll put a hop in your step!

**Healthy Silky Garlic Spread**
Yield: 2 cups
1 (15-ounce) can cannellini beans, drained and rinsed
½ cup drained soft silken tofu*
3 garlic cloves, peeled and minced
2 teaspoons dried Italian seasoning or herbs de province
½ teaspoon onion salt
¼ teaspoon black pepper
¼ teaspoon paprika or cayenne pepper (select paprika for less heat and cayenne for more)
½ cup freshly squeezed lemon juice
1 tablespoon olive oil

Fresh vegetables such as celery sticks, carrots, broccoli florets, button mushrooms and cauliflower florets

In a food processor, combine the beans, tofu, garlic, seasoning, salt, pepper and paprika or cayenne. Add the lemon juice and oil through the chute, and process until smooth. Transfer to a serving dish and cover. Allow to stand at room temperature for 30 minutes before serving. Or cover and refrigerate until ready to serve with fresh vegetables. Remove from the refrigerator 35 minutes before serving.

*Substitute ½ cup (half of an 8-ounce package) of cream cheese for the tofu if desired.

**Spiced Stuffed Peppers with Specialty Lettuce**
As you cut into the peppers, the juices and stuff-

ing make the perfect green salad “topping!”

Yield: 6 servings
1 tablespoon canola oil
1 medium onion, peeled and chopped
1 tablespoon ground coriander
1½ teaspoons ground cumin
¼ teaspoon red pepper flakes
1 pound ground turkey or chicken
1 teaspoon salt, divided
1¼ cups quinoa
6 large red, yellow, orange or green bell peppers (or a mixture)
3 ripe tomatoes, cored and peeled
2 garlic cloves, peeled
1-inch piece fresh ginger, peeled

Specialty assorted lettuce

Meanwhile, preheat the oven to 375 degrees. Cut the tops off the peppers and use a teaspoon to remove the seeds and ribs. Take a very thin slice off the bottom of each pepper to stabilize them, and arrange them in a 13-by-9-inch baking dish. Purée the tomatoes, garlic, ginger and the remaining salt in a blender until smooth. Stir into the ground meat mixture and pack into the peppers.

Cover the baking dish securely with aluminum foil and cook until the peppers are fork-tender, 35 to 40 minutes. Allow to cool 5 minutes before serving over lettuce leaves.

Heat the oil in a large skillet over medium-high heat. Add the garlic and sauté 30 seconds. Add the spinach and cook 3 minutes or until the spinach is wilted. Sprinkle with the salt and pepper and use tongs or a slotted spoon to serve immediately.

**Skillet Poached Mushroom Salad**
Yield: 4 servings
24 small button mushroom caps
½ cup olive oil
½ cup white wine vinegar
½ cup dry white wine
2 garlic cloves, peeled
1 bay leaf
1 tablespoon chopped fresh tarragon or oregano
1 teaspoon kosher salt
½ teaspoon black pepper

Assorted salad greens

Place the mushrooms in a deep skillet. Add enough water to barely cover the mushrooms. Add the oil, vinegar, wine, garlic, bay leaf, tarragon or oregano, salt and pepper. Do not stir.

Place the skillet over medium heat and slowly bring to a boil. Reduce heat to low and poach 10 minutes or until the mushrooms are tender when pierced with a fork.

Cool in the liquid and transfer to a covered dish. Refrigerate at least 8 hours or overnight. When ready to serve, strain from the poaching liquid and serve over assorted salad greens.

**Garlic Spinach Sauté**
Yield: 4 servings
1 garlic clove, minced
1 (10-ounce) bag fresh spinach leaves
¼ teaspoon kosher salt
¼ teaspoon black pepper

Heat the oil in a large skillet over medium-high heat. Add the garlic and sauté 30 seconds. Add the spinach and cook 3 minutes or until the spinach is wilted. Sprinkle with the salt and pepper and use tongs or a slotted spoon to serve immediately.
Preheat the grill to medium-high heat (375 degrees). Drizzle the asparagus with the oil. Grill, covered, for 2 minutes on each side or until crisp-tender.

While the asparagus is grilling, combine the juice, salt and pepper in a small bowl. When the asparagus is done, drizzle with the juice mixture. Serve immediately or cover and refrigerate at least 2 hours before serving.

Roasted Cauliflower (or Broccoli)
Yield: 6 servings
1 head cauliflower or broccoli
2 tablespoons olive oil
½ teaspoon salt
¼ teaspoon black pepper

In a large saucepan over medium-high heat, combine the vinegar, water and sugar. Bring to a boil, stirring until the sugar completely dissolves. Add the carrots, dill seeds and garlic and return to a boil. Cover and reduce heat to low. Simmer 8 minutes. Cool completely, cover and refrigerate at least 8 hours before serving. To serve, pour through a fine mesh strainer and discard the liquid and garlic cloves.
How to Win at Love

A classic tennis bracelet serves up over 10 carats of sparkle for a guaranteed win

It was the jewelry piece that made the world stop and take notice. In the middle of a long volley during the big American tennis tournament, the chic blonde athlete had to stop play because her delicate diamond bracelet had broken and she had to find it. The tennis star recovered her beloved bracelet, but the world would never be the same.

From that moment on, the tennis bracelet has been on the lips and on the wrists of women in the know. Once called eternity bracelets, these bands of diamonds were known from then on as tennis bracelets, and remain the hot ticket item with jewelers.

We’ve captured this timeless classic with over 10 total carats of DiamondAura®, our signature diamond alternative stone. This sparkling marvel rivals even the finest diamonds (D Flawless) with its transparent color and clarity, and both are so hard they can cut glass. Don’t believe me? The book “Jewelry and Gems – The Buying Guide,” praised the technique used in our diamond alternative DiamondAura®: “The best diamond simulation to date, and even some jewelers have mistaken these stones for mined diamonds,” it raved. For comparison, we found a similarly designed 10 carat tennis bracelet with D Flawless diamonds from another company that costs $57,000!

Want to look like a million bucks without stressing over losing or damaging something that cost you a fortune? The Love Wins Tennis Bracelet is a simple strand of glittering gems in precious sterling that epitomizes elegance.

The first time we offered this bracelet, we sold out literally in minutes. It was our fastest selling product of 2021. It took six months to get it back in stock — Get yours before we run out!

Jewelry Specifications:

• 10 ¾ ctw of the Ultimate Diamond Alternative®, DiamondAura®
• Rhodium-finished .925 sterling silver setting
• Fits wrists to 7 ½”

Love Wins Tennis Bracelet (10¾ ctw) $399 *$39’S&PP

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COMMUNITY CORNER

Find the Tennessee flag

We have hidden somewhere in this magazine the icon from the Tennessee flag like the one pictured here. It could be larger or smaller than this, and it could be in black and white or any color. If you find it, send us a postcard or email us with the page number where it’s located. Include your name, address, phone number and electric cooperative. One entry per person. Three winners will be chosen from a random drawing, and each will receive $20.

Note that the icon we hide will not be on an actual flag or historical marker, will not appear on pages 20-26 and will not be placed in any ads. This month’s flag will not appear on this page (that would just be too easy). Good luck!

Send postcards only (no phone calls, please) to: The Tennessee Magazine, Find the Flag, P.O. Box 100912, Nashville, TN 37224. Entries must be postmarked or received via email by Monday, May 2. Winners will be published in the June issue of The Tennessee Magazine.

February Flag Spotters

Thanks for the postcards and emails again this month identifying the correct location of the flag, which was found on the shirt on page 14.

Winners are drawn randomly from each month’s entries. February’s lucky flag spotters are: Janet Browder, Bethel Springs, Pickwick EC Grayson Paulson, Fayetteville, Fayetteville Public Utilities William Anderson, Sneedville, Powell Valley EC

Artist’s Palette

Assignment for April

Three age categories: 1 to 9, 10 to 14 and 15 to 18 years old. Each group will have first-, second- and third-place winners.

Media: Drawing or painting on 8½-by-11-inch unlined paper, canvas or board. We encourage the use of color.

Entry: Send your original art to: The Tennessee Magazine, Artist’s Palette — April, P.O. Box 100912, Nashville, TN 37224. (Please make sure you include the month on the outside of the envelope!) Only one entry per artist, please.

Deadline: Art must be postmarked by Monday, May 2.

Include: Your name, age, address, phone number, email address and electric cooperative. Leaving anything out will result in disqualification.

Artwork will not be returned unless you include a self-addressed, stamped envelope with your submission. For best reproduction results, do not fold artwork. Each entry needs its own SASE, please. Siblings must enter separately with their own envelopes. Attention, teachers: You may send multiple entries in one envelope along with one SASE with sufficient postage.

Winners will be published in the June issue of The Tennessee Magazine. First place wins $50, second place wins $30 and third place wins $20. Winners are eligible to enter again after three months. Winners will receive their checks, artwork and certificates of placement within 30 days of publication.

Call for Entries

Poet’s Playground

Are you a poet at heart? If so, we would like to see your efforts in The Tennessee Magazine’s monthly poetry contest. Please limit your poem to no more than 100 words. Your work must include a Tennessee theme. Winning poems will be printed in our June issue.

Subject: While the theme of your poem must include something Tennessee-related, including the word “Tennessee” is not required.

Age categories: The competition has six age divisions — 8 and younger, 9-13, 14-18, 19-22, 23-64 and 65 and older. Each group will have first-, second- and third-place winners. First place wins $50 and will be printed in the magazine, second place wins $30 and third place wins $20. Poems capturing first-, second- and third-place honors will be published online at tnmagazine.org.

What to enter: A poem of 100 words or fewer pertaining to the theme. One entry per person, and please give your entry a title.

Deadline: Entry must be emailed or postmarked by Monday, April 25.

Please note: By entering, you give The Tennessee Magazine permission to publish your work via print, online and social media.

Please enter online at tnmagazine.org or mail handwritten entries to: Poetry Contest, The Tennessee Magazine, P.O. Box 100912, Nashville, TN 37224. Make sure to print your poem legibly, and be sure to keep a copy of your poem as submissions received via mail will not be returned.

All entries must include the following information, or they will be disqualified: your name, age, mailing address, phone number and the name of your electric cooperative.
WINNERS, 15-18 AGE GROUP: First place: Maya Merrifield, age 16; Upper Cumberland EMC; Second place: Sara Kertai, age 15, Middle Tennessee Electric; Third place: Maritsa Gonzalez, age 16, Middle Tennessee Electric

WINNERS, 10-14 AGE GROUP: First place: Alexandra Chetyrkina, age 11, Middle Tennessee Electric; Second place: Natalya Anderson, age 14, Chickasaw EC; Third place: Malia Timmons, age 14, Middle Tennessee Electric

WINNERS, 1-9 AGE GROUP: First place: Kanshikaa Vijayakumar, age 8, Middle Tennessee Electric; Second place: Chase Ward, age 8, Southwest Tennessee EMC; Third place: Aubry Thacker, age 8, Pickwick EC
**Age 8 and younger**

**Dark Nights in Mount Juliet**
I lay in bed
Quietly.
I’m trying to fall asleep.
I look at the ceiling
Thinking
Scary thoughts.
I see a shadow in the window!
I grab my stuffy and hug him
Tight.
I lay in bed
Quietly.
I hear a
Crashing noise.
It’s coming from the door!
I roll on the other side.
Still holding my stuffy
Very tight.
I lay in bed
Quietly.
I try to close my eyes.
My dog slowly comes in.
I hug my stuffy tight.
It’s a
Scary
Night.
— Lauren Scott,
Middle Tennessee Electric

**Age 9-13**

**Tennessee Tornado**
Bones crippled
Spirit strong
carry us in your whippin’ wind
And into your upward spiral,
Capture our hearts with your speed, Wilma
And steal our breath with your desire
A challenged child you were born
A roaring tornado, you transformed
Show Tennessee your battered body
And shattered past
Sweep us all to victory at very long last
rise from your feet
from the track you will grow,
A mighty woman with a talent to behold
Carry your town, your state and your nation
In your gale
And illustrious triumph will prevail
With bones and spirit, strong as a tempest
— Reagan Westbrook, Cumberland EMC

**Age 14-18**

**Tennessee to Me**
From mountain tops
To forest’s deep
From raindrops
To river’s creek
From multi-colored Autumn hills
To Springs of Hunny-suckle gold
From icy Winter chills
To Summer’s sunny heat so bold
From the city’s music bones
To a Predator’s icebox
From the humble country roads
To the corn and crops
From a batman skyline
To how the Smokies feel
From waterfalls so fine
To the blues of Beale
From the downtown lights
To the town, we roam
From the cool country nights
To where we call our home
— Lilly Kapanka

**Age 19-22**

**The Attic**
Mothballs, musty trunks, and heat
— A courtesy of August — greet
Our band of young descendants.
We touched with gentle reverence
Boxes full of memories,
Of love, and quick apologies.
Crate by crate, the canning jars
And quilts were carried down to cars.
On the stairs they nearly broke
The clock our grandpa carved from oak.
By noon they’d left, satisfied.
All that stayed was a planting guide,
An ugly vase, letterhead,
And address labeling that read
Grandpa Ron & Grandma Dee
And residence in Tennessee —
The same that now belongs to me.
— Ashley Freckleton,
Middle Tennessee Electric

**Age 23-64**

**Patchwork of Life**
Life was planned as a beautiful quilt...
But life seldom forms to plan.
Ofttimes we’re left with plans outgrown,
Ambitions never worn, experiences faded,
Fabrics threadbare, their origins
long forgotten.
Scraps, as it were, their purpose discarded
Yet saved, inexplicably,
Tossed in piles of crumpled maybes.
Yet through the threads of Time,
Works of art emerge,
Stitched in leisure, in sunshine,
Sudden storms, and stillness
Of dark, moonless nights.
These remnants still warm,
Still comfort, still evoke emotions,
Becoming unique patchworks,
Priceless tapestries.
More beautiful than ever planned,
They become heirlooms, legacies,
Gifted with love to generations yet to come
— Terry Weaver, Duck River EMC

**Age 65 and older**

**A Beautiful Natural Disaster**
February draped out forest
with diamonds of ice
Growling generators competed
with squawks and chirps of winter birds
weathermen screamed
“The Ice storm cometh” she came
Chunks of moonlight appeared
over snowdrifts
starlings fly through long leaf pines
never missing a beat
smoke from chimneys stretched
across a Windex sky
Breezes shoot down to whisper
In Shiloh’s battlefield
We await the progress of spring
When leaves first blur the willows
Blue butterflies vault and furl
In green pastures
God is a sculptor
Creating mountains and valleys
and a people like us
be thankful.
— Millie Ungren, Pickwick EC

More poetry can be read at
[tnmagazine.org](http://tnmagazine.org). See page 36 for details on how to enter The Tennessee Magazine’s monthly poetry contest.
For more than 50 years, The Tennessee Magazine has been the official publication of our electric cooperatives, keeping consumer-members informed about their co-ops, showcasing the wonders of electric service and highlighting the special events around the state.

The cover of the April 1972 magazine featured a stunning sunset on Reelfoot Lake. Inside, readers learned how to make cleanups more convenient thanks to built-in electrical cleaning systems and found ads inviting them to enter a drawing contest and touting mail-order products harnessing the life-changing power of electricity.

While our fashions, appliances and recipes have significantly changed since our first issue in 1958, our mission to entertain, educate and inform our readers has not. Here’s a glimpse of what members saw 50 years ago in The Tennessee Magazine. View the entire April 1972 edition online at tnmagazine.org.
**Dear Connie Sue,**

I bought this antique percolator from an auction and have no idea who made it. From my research, it seems to have been made around the 1940s. It is stamped on the bottom “Pure aluminum Made in the USA.” I would like to know who manufactured it and its value.

— Owen

**Dear Owen,**

I think the percolator was made by Fire King. If so, the glass cap may have a raised mark to signify the maker. It appears glass percolator tops are collectible as objects of art. Six assorted tops sell for around $20. Your complete, slightly stained (patinated) coffee pot would sell for $12 to $20. Pure aluminum coffeepots were soon replaced by stainless steel.

If you decide to collect early coffee pots and/or lids, the place to look is in the family’s camping boxes at estate sales. In fact, that’s where we keep ours.

— Trisha

**Dear Trisha,**

In the late 1800s and early 1900s, brides often received the same fine china patterns as their matriarchs, thus adding to and amassing large sets. It seems your family was part of this practice.

Havilland China was first produced in France in order to access the fine talc-like clay available there. During Victorian times in the late 1800s, sets of dinnerware with place settings for 24 or more were not uncommon. Designated serving dishes; covered casseroles; and graduated size round, square and oblong bowls and platters were made and used to set and serve a proper, lavish table. Imported out-of-season fresh food, multiple meat offerings and tiny porcelain pretties for salt, bones and seeds were required for respectable fine eating events.

Havilland was a family company that survived world wars, relocations and reordering among heirs. During the import blockades of World War II, Havilland was even made briefly in the United States. All of the change involved adjustments to marks with new designers and colors. Like your family’s accumulation, many sets have the history of the 20th century in marks.

Place setting pieces are plentiful and sell slowly. Serving pieces have a better chance at finding new homes. Heirs of these large sets are often overwhelmed. I advise them to select a few serving pieces, cups and saucers for a special tea party or maybe a covered tureen. Pick something that reminds you of happy times. Distillation is the key to manageable inheritance of stuff.

This is the tag line sent with a picture of a commemorative creamer, below: “1897 Queen Victoria 60th Year Reign Pitcher.”

— Name not submitted

The British seem to describe pitchers as jugs. This colorful jug was made to remember Queen Victoria’s Diamond Jubilee and might sell for $12 to $20.

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Want to learn more about your antiques?

Send your inquiry with photos to the mailing address or email below. Only published appraisals are free. Private appraisals are available for a fee.

**Mailing address:** Connie Sue Davenport, P.O. Box 343, White House, TN 37188

**Email:** treasures@conniesue.com

Connie Sue Davenport makes her living by appraising houses full of antiques for private clients and at appraisal events hosted by businesses and organizations. Her website, ConnieSue.com, describes these services.
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Springtime in the Great Smoky Mountains is such a special time and place for anyone who loves nature. As winter sleeps and spring awakens, the Earth and its creatures are renewed.

One sure sign that winter is ending is when black bear cubs and sows emerge from their dens. Born in hibernation, the cubs will be about 3 months old and weigh between 4 and 8 pounds, according to the National Park Service.

I was driving along the 11-mile loop of Cades Cove in the Great Smoky Mountains National Park when traffic came to a stop. When that happens, you know that people have spotted something. Pulling over in the first designated parking area I could, I walked down to see about 45 people watching a sow and her three cubs.

Taking my longest lens, a 100-400 mm, I positioned my camera and tripod in a clear area about 75 yards from the bears.

I observed them feeding on vegetation and whatever they could scratch up. The cubs ran back and forth across the arch of a downed tree as the mother lounged nearby in the treeline. Keeping a wary eye toward the onlookers, she stood, visibly nervous, as several in the crowd began to approach too closely for her comfort.

Sensing the threat and listening to the warning grunts of their mother, the cubs scurried about 20 feet up a nearby tree to safety. While it appeared to most of the audience that the youngsters were playing, it was actually survival instinct.

Now all on alert, the bears’ behavior changed, and the observation of bears in the wild without human interference ceased as they soon retreated deeper into the treeline. The onlookers, some of whom approached within less than 25 feet, left with pictures on their smartphones and no knowledge that they had ruined the experience while placing themselves at significant risk.

As you are exploring your favorite parks this year, please take care to observe the rules and regulations set forth by the parks. They are there for your safety and that of the wildlife.
Eye Doctor Helps Legally Blind To See

Tennessee

High Technology For Low Vision Patients Allows Many To Drive Again

For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence: driving.

A Lebanon optometrist, Dr. John Pino, is using miniaturized telescopes that are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

“Some of my patients consider me the last stop for people who have vision loss,” said Dr. Pino, one of only a few doctors in the world who specialize in fitting biotic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that can improve your vision enough to change your life. If you’re a low vision patient, you’ve probably not only imagined them, but have been searching for them. Biotic telescopes may be the breakthrough in optical technology that will give you the independence you’ve been looking for.

Patients with vision in the 20/200 range can many times be improved to 20/50 or better.

Macular degeneration is the leading cause of blindness and vision loss in people over 50. Despite this, most adults are not familiar with the condition. As many as 25% of those over the age of 50 have some degree of macular degeneration. The macula is only one small part of the retina; however, it is the most sensitive and gives us sharp central vision. When it degenerates, macular degeneration leaves a blind spot right in the center of vision, making it difficult or impossible to recognize faces, read a book, or pass the driver’s vision test.

Nine out of 10 people who have macular degeneration have the dry form.

New research suggests vitamins can help.

The British medical journal BMC Ophthalmology recently reported that functioning, especially driving,” says Dr. Pino.

When Elaine, 57, of Kingsport, TN, came to see Dr. Pino she wanted to keep her Tennessee driver’s license and was prescribed biotic telescopic glasses to read signs and see traffic lights farther away. Dr. Pino also prescribed microscope glasses for reading newspapers and menus in restaurants.

As Elaine puts it, “My regular glasses didn’t help too much – it was like looking through a fog. These new telescopic glasses not only allow me to read signs from a farther distance, but make driving much easier. I’ve also used them to watch television so I don’t have to sit so close. I don’t know why I waited to do this; I should have come sooner.”

“Biotic telescopes can cost over $2,000,” said Dr. Pino, “especially if we build them with an automatic sunglass.”

“The major benefit of the biotic telescope is that the lens automatically focuses on whatever you’re looking at,” said Dr. Pino. “It’s like a self-focusing camera, but much more precise.”

To learn more about biotic telescopes or to schedule a consultation with Dr. Pino, give us a call at 1-855-405-8800. You can also visit our website at:

www.lowvisiontn.com

For more information and a FREE telephone consultation, call us today:

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