On the Road Again with Washington Youth Tour

The Caverns
Underground Sights and Sounds

State Archaeological Park
Old Stone Fort

History for Kids
Backyard History

Fresh Ginger
Flavor in a Snap
Visit EnergyRight.com to find the QCN member for your project today.

We think making home energy updates should feel like an upgrade. That’s why TVA EnergyRight® and your local power company partner to bring you affordable financing, the TVA-vetted Quality Contractor Network (QCN) and free inspections of your completed project. When you use the QCN, you can rest easy knowing we’ll make sure your job is done right.

Visit EnergyRight.com to find the QCN member for your project today.
CONTENTS

FEATURES

12  Subterranean Tunes
The Caverns in Grundy County is a special venue delivering underground sounds. by Trish Milburn

16  Old Stone Fort
The archaeological park near Manchester was a sacred ceremonial site. by Trish Milburn

PERSPECTIVES

4  Between the Lines
Local leadership lets you know what’s happening at the co-op.

6  Tennessee Today
Electric cooperatives work with local, state and federal officials to address global supply chain issues. by David Callis

42  Point of View
Peer through the viewfinder with an award-winning photographer. by Robin Conover

ABOUT THE COVER

Local delegates pose in front of the U.S. Capitol during this year’s Washington Youth Tour. See your Co-op News section to learn more. Photograph by Chris Kirk

THIS PAGE

European visitors believed the site near Manchester enclosed by earthen mounds was a fort, but archaeological investigation yielded few finds to indicate it was inhabited. The Old Stone Fort was likely a ceremonial space. Photograph by Robin Conover

DEPARTMENTS

8  Tennessee History for Kids
You can literally dig up history in your own backyard. by Bill Carey

20  Co-op News
Stay up-to-date with news and information from your electric cooperative or electric membership corporation.

26  Home Energy Q&A
Whether it’s mechanical or digital, your thermostat is key to reaping energy savings. by Miranda Boutelle

28  Letters to the Editor
Our readers have their say.

30  Tennessee Almanac
This event listing tells what’s happening across the state.

32  A Taste of Tennessee
There’s still plenty of summer left for enjoying ginger’s sweet and zesty spice.

36  Community Corner
Check out Artist’s Palette, see our Find the Flag winners and learn about our monthly poetry contest.

38  Poet’s Playground
Tennessee’s poets share their voices.

39  50 Years Ago
Look inside The Tennessee Magazine from August 1972.

40  It’s Just Stuff
Readers’ antiques and flea-market finds are appraised. by Connie Sue Davenport
Between the Lines

News from your community

Hot weather and high energy bills

In recent months, we have seen prices rise everywhere: the grocery store, the gas pump, restaurants and so on. And as much as I wish it weren’t the case, your energy bill will follow suit. Cumberland Electric Membership Corporation members should expect higher energy bills this summer as a result of extreme summer temperatures coupled with an increase in the Tennessee Valley Authority’s Fuel Cost Adjustment.

You may recall that Tennessee experienced unseasonably hot weather in May and June. In fact, the early summer heat wave led to five of the top 10 June peak power demands in TVA history. Unfortunately, that hot weather has a big impact on energy use. Warmer outdoor temperatures require home cooling systems to operate longer to maintain comfortable indoor temperatures, even if you don’t touch your thermostat.

Also contributing to higher summer bills is an increase in TVA’s Fuel Cost Adjustment (FCA), which is up due to higher natural gas prices. TVA uses a Fuel Cost Adjustment to manage changes in the cost of raw materials used for power generation. These fuels include the uranium, coal, oil and natural gas that TVA must purchase to run its power generation plants. TVA generates 25 percent of our power with natural gas, and the price of natural gas is up globally.

CEMC has no control over the FCA and does not retain any portion of this rate. One hundred percent of the FCA goes to TVA.

Despite the fuel cost increase, CEMC’s residential rates rank among the lowest in the nation and still fall below the national average. Minus the fuel cost adjustment, CEMC has not imposed a rate increase since the fall of 2017.

The good news is that you do have the power to control your power bill. The most effective way to combat increased energy costs is by reducing your energy consumption. It’s important to keep in mind that your bill is based not only on the cost of energy but also on the amount of energy you use. So, by controlling your use, you can control your bill. A few simple changes can make a big difference. Here are a few simple ways to help reduce power use without significantly impacting your comfort:

• Turn your thermostat up just 1 degree, and use fans to circulate air.
• Close the window covering on the sunny side of your home or office.
• If possible, avoid using ovens, dishwashers, clothes dryers and other appliances that generate heat in your home until later in the evening.
• Run ceiling fans counterclockwise, forcing air to move straight down. Even mild air movement can make a room feel 3 to 4 degrees cooler.

In addition to conserving energy to reduce overall costs, you may find that switching from traditional billing to levelized or prepaid billing helps make the increased fuel costs easier to manage.

For members who are having difficulties paying their bills, help is available through local energy assistance agencies, a list of which can be found at cemc.org/assistance. For members who are able and would like to contribute, CEMC also offers Project Help, a program where for as little as $1 per month, you can help someone who is struggling to keep the lights on.

Additional information regarding TVA’s fuel charge as well as more resources to help control your energy costs can be found online at cemc.org.
How can a rechargeable hearing aid that costs only $149.99 be every bit as good as one that sells for $2,400 or more?

The answer: Although tremendous strides have been made in Hearing Aid Technology, those cost reductions have not been passed on to you. Until now...

The MDHearingAid® VOLT uses the same kind of technology incorporated into hearing aids that cost thousands more at a small fraction of the price.

Over 600,000 satisfied MDHearingAid customers agree: High-quality, digital, FDA-registered rechargeable hearing aids don’t have to cost a fortune. The fact is, you don’t need to spend thousands for a hearing aid. MDHearingAid is a medical-grade, digital, rechargeable hearing aid offering sophistication and high performance; and works right out of the box with no time-consuming “adjustment” appointments. You can contact a licensed hearing specialist conveniently online or by phone — even after your purchase at no cost. No other company provides such extensive support. Now that you know...why pay more?

“I was amazed! Sounds I hadn’t heard in years came back to me!”
— Don W., Sherman, TX

**NEW LOW PRICE**

**ONLY $149.99**

Each When You Buy a Pair

PLUS FREE SHIPPING
Limited Time Only!

45-DAY RISK-FREE TRIAL!

If you are not completely satisfied with your MDHearingAids, return them within 45 days for a FULL REFUND!

For the Lowest Price Call

1-800-554-5911

www.MDVolt.com

Use Code **LU21**

and get FREE Shipping
Tackling tough issues

In early May, I was in Washington, D.C., with a group of electric cooperative leaders to discuss the challenges facing our utilities. In every conversation, supply chain concerns were discussed. It’s a common phrase we’re hearing this year: shortages of computer chips, building materials, car parts and more. It impacts all of us to varying degrees. Most often, it usually means just having to wait a few days — or weeks — for needed items.

However, there is one commodity that is a major concern for electric utilities across the country: distribution transformers.

“What is a distribution transformer?” you may ask. When you look outside your home or business, you’ll likely see a large, round “can” hanging on a utility pole. Or you might see a square metal box on the ground somewhere near your home. These devices take very high voltage electricity, usually 7,200 to 14,000 volts, from distribution wires and convert (transform) that electricity down to 240 volts so that it can be safely used in your home.

Every home, farm and business in Tennessee depends on transformers for the reliable and safe delivery of energy.

During one of our meetings, a co-op CEO said that his utility had four pad-mount transformers in stock at its warehouse. He would normally have more than 200 available.

These shortages have delayed new home construction as utilities have tried to manage the shortage. But our bigger fear is that a major storm such as a hurricane could cause so much destruction that the shortage becomes critical and impacts businesses and the normalcy of our daily lives.

Electric co-ops have been sounding the alarm for some time, and we are making progress.

In June, President Joe Biden invoked the Defense Production Act to help address the problem. This action should help shorten lead times for supplies of electric transformers, and it is a much-needed step to support reliability and resilience.

Additionally, in June U.S. Sen. Bill Hagerty — after hearing our concerns — met with Arkansas and Tennessee co-op leaders at the ERMCO distribution transformer manufacturing plant in Dyersburg to discuss global supply chain disruptions, labor shortages and critical infrastructure.

ERMCO produces nearly 400,000 distribution transformers each year. Its 1,700-person team is working hard to increase production to help alleviate the supply chain constraints, but, like other manufacturers, global supply issues and labor shortages have created challenges for ERMCO to meet skyrocketing demand for its products.

“Demand is simply outpacing our ability to manufacture transformers,” says Tim Mills, president and CEO of ERMCO. “2020 and 2021 were both record years in terms of production, but we are turning away about 40 percent of our orders because we don’t have the capacity to fulfill them.”

“Labor is our greatest need,” says Jeff Hammons, ERMCO chief operating officer. “We have 70 unfilled positions on our production line now. We have
space to add additional lines, but we are not confident that we can find qualified labor to run them."

During his visit, Sen. Hagerty toured the ERMCO facility and participated in an extended conversation about supply chain issues and their impact on the power grid.

“As was made strikingly clear by my visit to ERMCO, stable supply chains are key to secure critical infrastructure, including electric distribution,” says Sen. Hagerty. “The gravity of the supply chain-electric distribution relationship affirms the need for legislative solutions that address today’s supply chain crisis and prevent new disruptions going forward.”

We appreciate the efforts of the Biden administration and legislators like Sen. Hagerty who are working with us to develop meaningful solutions.

We are also grateful for the efforts of ERMCO and other partners, suppliers and vendors.

So far, Tennessee’s electric co-ops have navigated these supply chain disruptions with limited impact to our consumers. We’ll continue to seek out real solutions to these and other issues impacting our economy and industry.

Regardless of the challenges we face, it remains our goal to ensure that the lights come on when you flip the switch.

Power behind the power

Every home, barn and building in Tennessee that receives power from an electric cooperative needs a transformer. These humble gray canisters are the workhorses of the power grid, converting dangerous high voltage into a usable tool that we welcome into our homes. Utilities around the world need millions of transformers each year, and many of them are built right here in Tennessee. The ERMCO plant in Dyersburg is one of the world’s largest transformer manufacturers.
I recently set out to trace the history of the acre on which my house sits — back to its Revolutionary War-era land grant. When I started, I knew little about what I’d find. I knew my address and when I’d bought the house, and I had heard a story or two from some of my older neighbors. But that’s about it.

I’ll tell you some of the high points I learned and some of the myths I dispelled. Then I’ll give you some tips that might help if you ever want to do such a thing.

The land on which my house now sits in Williamson County was part of a land grant issued by the state of North Carolina in 1793 to brothers John Gray Blount and Thomas Blount. These speculators apparently obtained land grants from Revolutionary War veterans who didn’t want to move to Tennessee. They then sold land a few years later, reaping profits in the process. The Blounts, siblings of Southwest Territory Gov. William Blount, did this sort of thing all over the state and at one time owned hundreds of thousands of acres.

In October 1817, the Blount brothers sold most of this particular land grant for a total of $800 to a man named Burwell Temple. Subsequently, I’ve found four different transactions between 1818 and 1827 in which Temple sold parts of the property — those being 55 acres, 100 acres, 130 acres and 67 acres. Those four transactions added up to $1,500, so Temple knew what he was doing.

Based on what he knows now, it is likely that the stone walls in the woods behind Carey’s house were built by enslaved people. Photograph by Bill Carey
I’ll admit that I’m not exactly sure when the land on which my house sits sold between 1817 and 1850. But I do know that by 1850, my yard was part of a 166½-acre farm owned by John B. Craighead — whose wife Lavenia was the 10th of Nashville founder James Robertson’s children. After J.B. Craighead died, (according to a newspaper item) his widow Lavenia “farmed out for hire” her 50 slaves through her late husband’s estate. Three years later, she ran an advertisement in an attempt to sell her land, pointing out that the property had “about 700 yards of stone fence.”

Speaking of historical mysteries: In my backyard is a sunken pathway that my late neighbor once told me was “an old Civil War road.” A few years ago, I was so excited about this possibility that I bought a metal detector. On a wonderful day in December 2019, we dug up a lot of farm waste such as several plow spokes.

However, in the process of researching the history of my land, I found (on a topographical map from 1901) that there was a driveway cutting through what is now my backyard, leading to a farm building. So the sunken path was probably not a public road, nor as old as my neighbor thought. It was just a farm road, apparently a place where they dumped trash.

Back to the history: In 1867, Lavenia Craighead’s daughter, Georgiana Hill, sold the farm to Henry Potts, whose family operated a livestock farm here for the next 55 years. At least one member of the family died in the process: John T. Potts bled to death in 1928 from an accident in which a large hog severed an artery in Potts’ thigh.

The Potts family sold the farm to Flaud Burnett in the 1920s. Burnett’s family ran the farm for nearly 40 years, and in the 1930s and 1940s specialized in the breeding of prized mules — the most famous being a 1,150-pound specimen called General Logan Again (the mule’s father was called General Logan). When Burnett passed away in 1967, the property was put in a

Don’t be misled by oral history. You may have a sunken roadbed in your backyard, but that doesn’t mean it’s the Natchez Trace. You may have bloodstains on the staircase of your old house, but that doesn’t mean they’re from a Civil War battle. Truth is more meaningful.
trust, and his three sons hired a developer to subdivide it into residential lots. My house was built in 1972, and my wife and I are its third owners.

More discoveries about the land I now call mine

I live close to the northern terminus of the Natchez Trace Parkway. However, the original Natchez Trace (or “road to Natchez,” as it was called in the early 1800s) was at least 4 miles east of both the parkway and my land. The real “road to Natchez” left Nashville heading south toward Franklin, along what is now known as Hillsboro Road (Highway 431). It then either veered southwest at present-day Highway 46 or went all the way to Franklin and veered southwest there. Why the federal government extended the Natchez Trace Parkway to the Bellevue section of Davidson County is a great mystery.

The land on which my house sits was originally in Williamson County. Sometime in the 19th century, it was annexed by Davidson County, and sometime in the early 20th century, it was moved back to Williamson County. Neither I nor anyone in the Williamson County or Davidson County Registry of Deeds offices have been able to ascertain why.

Finally, the earliest detailed map of this area is the 1878 one made by Beers & Company. It shows hills, roads and driveways and labels each house with the name of the family who lived there. It struck me as I looked at this map that just about every house, bridge and road on it is gone or has moved. However, the 1878 map shows where the creek behind my house forks, and today it forks in the exact same spot as it did then. History comes and goes, but the creek stays the same.

Tips to help you on your backyard journey

Whether you have a half-acre yard, 5-acre estate or 300-acre farm, here are some helpful words to dig by:

• Be nice to the folks at your county registry of deeds office. You’re going to need their help.
• Be prepared to translate cursive writing.
• Start with the most recent deed, which should cite the book and page number of the previous deed. Then look that one up, and it will cite the book and page number of the one before that. Eventually, you will reach the era before deeds cited the page numbers of previous deeds. That’s where it gets challenging.
• When you look at deeds from the 1800s, you may find that borders are practically impossible to determine. The 1867 deed on the farm that included my yard cites a creek, a sycamore tree, J.T. Green’s property, a stake, Coston Sawyer’s property, a stone and another stake!
• Websites such as ancestry.com, findagrave.com and newspapers.com will greatly help you. Ancestry.com helped me trace the various members of the Potts family. Through findagrave.com, I discovered that many of the people who lived on the livestock farm are buried in the cemetery adjacent to a nearby church. Thanks to newspapers.com, I learned about Lavenia Craighead.
• Don’t get discouraged. You may not be able to answer every question, but you should be able to find out something you didn’t already know.
• Finally, don’t be misled by oral history. You may have a sunken roadbed in your backyard, but that doesn’t mean it’s the Natchez Trace. You may have bloodstains on the staircase of your old house, but that doesn’t mean they’re from a Civil War battle. Truth is more meaningful — even if it consists of land speculators, a stone wall built by enslaved people and a mule farm on a creek that never moves.
“I haven’t been this excited since I got my first bicycle!”

Introducing ZOOMER!

The portable, folding, battery-powered chair that offers easy one-handed operation

Remember when you were a child and got your first bicycle? I do. It gave me a sense of independence . . . I felt like I could go anywhere, and it was so much easier and more enjoyable than walking. Well, at my age, that bike wouldn't do me much good. Fortunately, there’s a new invention that gives me the freedom and independence to go wherever I want . . . safely and easily. It’s called the Zoomer, and it’s changed my life.

My Zoomer is a delight to ride! It has increased my mobility in my apartment, my opportunities to enjoy the out-of-doors, and enabled me to visit the homes of my children for longer periods of time. The various speeds of it match my need for safety, it is easy to turn, and I am most pleased with the freedom of movement it gives me.

_Sincerely, A. Macon, Williamsburg, VA_}

After just one trip around your home in the Zoomer, you'll marvel at how easy it is to navigate. It is designed to maneuver in tight spaces like doorways, between furniture, and around corners. It can go over thresholds and works great on any kind of floor or carpet. It's not bulky or cumbersome, so it can roll right up to a table or desk– there's no need to transfer to a chair. Its sturdy yet lightweight aluminum frame makes it durable and comfortable. Its dual motors power it at up to 3.7 miles per hour and its automatic electromagnetic brakes stop on a dime. The rechargeable battery powers it for up to 8 miles on a single charge. Plus, its exclusive foldable design enables you to transport it easily and even store it in a closet or under a bed when it’s not in use.

Why spend another day letting mobility issues hamper your lifestyle? Call now and find out how you can have your very own Zoomer.

_Call now toll free and order one today! 1-888-690-0241_
Music venues the world over do a variety of things to stand out from the crowd, but one of the most successful at doing so has to be The Caverns in Pelham. As you might gather from the name, this unique venue brings musical artists and fans together inside a cave — not your typical place to see a show. And that these high-quality concerts are staged far outside an urban area, surrounded by natural beauty, is no small feat.
A gentle slope leads to the gaping entrance to The Caverns music venue in Grundy County. Held in appropriately named Big Mouth Cave, concerts can accommodate up to 850 seated guests or 1,200 standing. Photograph by Michael Weintrob
Music in the mountains

The Bluegrass Underground shows, which were started by owner Todd Mayo in 2008 and are the subject of an Emmy-winning PBS series of the same name, moved in 2018 from another cave to the current location — Big Mouth Cave, which has likely been used for human shelter for up to 25,000 years. It gets its name honestly. According to Jeff Meltesen, marketing director for The Caverns, you could place the Leaning Tower of Pisa on its side in the entrance to the cave.

“We opened The Caverns with a show by Billy Strings, a popular jamgrass artist,” Meltesen says.

And since then, the schedule has been increasingly full with 75 underground shows this year along with another 10 at The Caverns Above Ground Amphitheater, which opened in October 2020 to bring back live music shows in a safer environment when the pandemic made underground shows impossible. A full season of outdoor shows was staged in 2021. The concert season typically runs March through December with multiple events every weekend.

The variety of musical types represented at shows has expanded beyond bluegrass, though that is still a favorite among show attendees.

General Manager Joe Lurgio notes that The Caverns now hosts acts ranging from bluegrass, country and gospel to EDM, rock, hip-hop and even classical. A look at upcoming shows offers something for a wide variety of musical tastes: rock band Drive-By Truckers; reggae and pop band UB40; indie rock group Copeland playing with the Sewanee Symphony Orchestra; and even the I Love the ‘90s tour with familiar names Vanilla Ice, Tone Loc, Coolio, Young MC, Rob Base and All-4-One.

Some notable past performers are Arlo Guthrie, Los Lobos, Molly Hatchet, Jason Isbell and The 400 Unit.
Old Crow Medicine Show, John Anderson, Wyclef Jean and Steve Earle & The Dukes.

Don’t let the fact that the shows are held in a cave fool you. This is a well-equipped venue with state-of-the-art sound and lights that can accommodate 850 seated guests or 1,200 for standing-room-only shows. There are restrooms and food and beverage service inside the cave, and its gentle slope makes it both good for viewing a show and easily accessible to music fans with mobility issues.

“A wild cave was turned into a state-of-the-art music venue,” Meltesen says.

Music fans love the venue, and they used that love to help propel The Caverns to the winner’s circle of Garden & Gun magazine’s 11th annual competition for best Southern music venue.

In addition to the parade of shows available throughout the year, The Caverns is hosting its first Cavefest two-day music festival Oct. 8-9. Headliners include Sam Bush Band, Leftover Salmon, The Infamous Stringdusters and Yonder Mountain String Band with more than a dozen other acts scheduled to perform. In true music festival spirit, there will also be primitive car camping, cave tours, food trucks, vendors, cave yoga and more fun activities. Tickets are already on sale on the venue’s website, thecaverns.com.

Lurgio notes that Sequachee Valley Electric Cooperative and CEO/President Mike Partin have been wonderful partners and friends to The Caverns.

“We have a great relationship with them,” Lurgio says. “They ran three-phase power out to us, something that’s normally only available in urban areas. They went above and beyond and have been great partners when we need it.”

A great destination

Situated where it is, The Caverns offers a great destination for several days of vacation fun when you pair a cave tour and a show or festival with the many hiking, rock climbing and other outdoor recreation opportunities throughout Grundy County. “Stay and Cave” packages are available for those who want to stick around and play a little longer.

According to Meltesen, some 125,000 visitors will make their way to The Caverns this year.

“And that number is going to continue to grow,” he says. Lurgio says that the combination of natural beauty and musical beauty makes The Caverns such a great place to visit.

“There’s nothing else like it,” he says.

For more information

Visit thecaverns.com or call 931-516-9724.

Natural wonders

While the music venue is a big draw to The Caverns, those who enjoy visiting caves will want to put a trip to this Grundy County spot on their to-visit lists. Visitors can go on guided tours of the caves either alone or in combination with music show tickets.

Daily guided tours take visitors not only through Big Mouth Cave and a behind-the-scenes look at the music venue but also Big Room Cave, which is also appropriately name since it is, indeed, big — three football fields long. Not only will you get to explore the history and geology of the caves but also hear more about cave lore and Grundy County at large. Tours last about an hour.

For the more adventurous spelunkers, the three- to four-hour adventure cave tours are challenging, tight in spots and may very well get you muddy. But a benefit is seeing sights such as an underground river before maneuvering your way back out. These tours are led by experienced cavers.

For the youngsters, Camp Caverns is a residential summer program catering to children ages 8-13. Hosted at the historic DuBose Center in Monteagle, the camp involves programming in the caves. Topics covered include various aspects of history, geography, arts and teamwork.
There are places where the connection between manmade structures and the natural world can be felt at a deep level, places where ancient humans attuned to the rhythms of Mother Earth and incorporated those rhythms into structures they built with their hands.

One such place is Old Stone Fort State Archaeological Park near Manchester.
The irony is that Old Stone Fort isn’t a fort at all. Rather, it was a ceremonial gathering spot during the Middle Woodland Period. Scholars have gathered that the Native People were aware of exact days the seasons changed because the original entrance to the “fort” faced the precise spot on the horizon where the sun rose on the summer solstice.

Much of the site’s history is shrouded in mystery since it was abandoned long before European settlers arrived. Theories about its past as well as the people who used the site are among the topics explored in the park’s museum. Excavations at the site of the stone-and-earthwork fort have helped piece together part of the story, and the items found during these excavations are also on display in the museum. From 1966 to 1971, a firmer picture of the fort’s builders and users emerged thanks to radiocarbon dating, excavations and the discovery of five Middle Woodland settlements within 20 miles of Old Stone Fort.

Despite the misnomer, the excavation team determined that it was not a defensive structure based on several facts: It was built gradually over centuries, the walls aren’t high enough and the site didn’t yield the type of cultural artifacts that are found in areas that are inhabited.

After White hunters and settlers began to come into the area of the fort, it was an important landmark. And it’s believed that the fort was a campsite for the Nickajack Expedition, a group of American frontiersmen under the command of Maj. James Ore who were engaged in a battle with the Chickamauga Cherokee over the course of late summer and fall 1794.

As time moved into the first half of the 19th century, the fort’s location near the confluence of the Duck and Little Duck rivers made its surroundings popular for water-powered mills and then later factories that made rope and powder. In fact, you can still see the stone foundations of the long-gone Stone Fort Paper Company.

The site is so historically significant that it’s been listed on the National Register of Historic Places for nearly 50 years.

**Becoming a park**

Old Stone Fort’s more recent history dates back to 1966 when the state purchased 400 acres of land that belonged to the Chumbley estate, a bit less than half of the total acreage that is now part of the park. Over the years since, the park has developed numerous offerings that state park visitors have come to enjoy.

While the park has a lot of historical significance, it’s also a natural beauty. Visitors can explore on any of the eight trails that range in length (0.8 to 1.65 miles) and difficulty. You can also try

Above, a dam holds back the Duck River, which flows by the archaeological site. Below, trails run alongside the mounds circling the area that is believed to have served ceremonial purposes. Opposite page, the remnants of the Main Mill stand as testament to the site’s industrial significance.
your luck angling for largemouth bass, bream and catfish in the Duck or Little Duck River. Birders and nature photographers will also find plenty to delight them at Old Stone Fort. The rangers also lead a variety of programs and hikes that highlight the various aspects of the park from the fort itself and the human history to the wildlife that call the park home.

Like other state parks, visitation has seen a big jump at Old Stone Fort since the beginning of the pandemic. Even as life began to return somewhat to normal, the people who have discovered that they like visiting state parks have helped keep the numbers climbing.

“Our visitation in 2019 was 328,409 and increased to 346,007 in 2020, even with being closed for three weeks, and increased even more to 360,067 in 2021,” says Park Manager Keith Wimberley.

He adds, however, that he believes “that a vast majority of our visitors come here for the natural environment and don’t pay much attention to the cultural features that the park was established for and that we are charged to preserve. This site has been expertly recognized as ‘perhaps the most spectacularly sited Woodland Period site.’ The Native Peoples built their sacred ceremonial enclosure here because of the natural setting, so it is an attraction, for sure. However, the overuse of the site for the natural aspects is at a detriment to the cultural features, especially the 2,000-year-old mounds.”

Stay and shop

Served by Duck River Electric Membership Corporation, the park’s campground has 50 sites that can accommodate RVs, pop-up campers and tents. Each site has water and electric hookups, picnic tables and grills, and there is a nice bit of separation between each wooded site to afford campers some privacy. Two restroom facilities, one with showers, and a dump station are also available.

For things you might need during a park stay — such as fishing or camping supplies, snacks and other necessities — visit the camp store. To grab that commemorative coffee mug, hat or T-shirt or books on a variety of relevant topics, the gift shop in the visitor center is where you want to go.

“Just please be mindful of the namesake of the park when visiting,” Wimberley says. “Take in and appreciate the history of the area, and help us preserve this wonderful ancient site.”
Announcing the

Tennessee Pollinator Database & Map Tool

The Tennessee Department of Transportation invites you to use this free, in-depth database of native Tennessee Pollinator flora and fauna for your projects. Perfect for use by designers, educators, students, government agencies, NGO’s, beekeepers, gardeners and anyone interested in pollinators!

www.tnpollinators.org
Coming next month: CEMC’s 84th annual meeting

Don’t miss next month’s issue of The Tennessee Magazine; it will contain everything you need to know about Cumberland Electric Membership Corporation’s 84th annual membership meeting.

We hope you will join us at Stewart County High School in Dover on Saturday, Sept. 10, for our co-op’s biggest event. CEMC’s business meeting and director elections will be held, a complimentary breakfast will be served, musical entertainment will be provided by Rising Creek and some exciting prizes — including various electric bill credits — will be given away.

After missing the past two meetings due to the COVID-19 pandemic, we are looking forward to returning to our traditional annual meeting this year. Mark your calendars for Sept. 10, and make plans to join us as we celebrate 84 years of serving our members! As always, early voting will also be available at each district office on Friday, Sept. 9, for members who are unable to attend the meeting.

Be sure to check out our website, cemc.org, and follow our social media pages for additional information and reminders.
Cumberland Electric Membership Corporation sent a group of expertly trained lineworkers to participate in the 2022 Tennessee Valley Lineman Rodeo held June 3-4 in Sevierville. Lineworkers from co-ops and municipal systems across the Tennessee Valley competed in this two-day event.

The rodeo — which includes events for apprentices, individual linemen, journeyman teams and senior individuals — recognizes and rewards excellence in safety, skill and knowledge in the field.

Representing CEMC from the Gallatin District were Jake Perry, lineman; Trevor Brown, working foreman; Jared Hesson, working foreman; Ryan Clayton, serviceman; Tyler Wilson, fourth period apprentice lineman; Austin White, second period apprentice lineman; and Peyton Martin, second period apprentice lineman.

Competitors from the Portland District were Justin Bradley, working foreman; Joe Gomez, lineman; and Barron Ladd, lineman.

From the Clarksville District was Hunter Harris, fourth period apprentice lineman.

From the Springfield District was Collin Richards, second period apprentice lineman.

Representing CEMC from the Ashland City District were Brandon Weaver, working foreman; Jared Hesson, left, and Trevor Brown, both of whom are working foremen in CEMC’s Gallatin District, compete in an event at the 2022 Tennessee Valley Lineman Rodeo.

Brent Parker, lineman; and Dylan Ruffin, second period apprentice lineman.

Gallatin District Lineman Jake Perry received second place in two Individual Journeyman events: A1 Pole Framing and Hurtman Rescue. Perry also finished third in the Overall Journeyman category. Full results are available online at tnrodeo.com in the archives section.

From left are, back row, CEMC Lineworkers Ryan Clayton, Austin White, Jake Perry, Trevor Brown, Hunter Harris, Barron Ladd and Safety Coordinator Todd Hesson; and front row: Tyler Wilson, Jared Hesson, Justin Bradley, Dylan Ruffin and Peyton Martin.
Twelve students from Cumberland Electric Membership Corporation’s service area spent a week in the nation’s capital in June as delegates on the 2022 Washington Youth Tour. Lilly Atkins, Stewart County High School; Meagan Blackwell, Clarksville High School; Katalyn Blake, Sumner County Middle College; Michael Carter, Portland High School; Christina Colovos, Portland High School; Karlye Dillard, Portland High School; Sarah Hefty, Greenbrier High School; Cameron Jenkins, Greenbrier High School; Emily Rye, Montgomery Central High School; McKenzie Smith, Greenbrier High School; Cooper Thurman, Portland High School; and Ernee Webb, Stewart County High School, joined 37 other students from across Tennessee on the weeklong trip that began on Friday, June 17.

The annual event, sponsored by CEMC and the Tennessee Electric Cooperative Association, provides young leaders with an opportunity to explore the nation’s capital, learn about government and cooperatives and develop their leadership skills. Students were selected for the trip by writing short stories titled “Electric Cooperatives — Building a Brighter Tennessee” that explain how co-ops like CEMC are investing in the future of the communities they serve.

“These young people are the future leaders of our region,” says CEMC Community Relations Coordinator Susie Yonkers. “The Youth Tour is a unique opportunity for them to experience history and public policy up-close and personal and to develop leadership skills and knowledge that will serve our communities for years to come.”

“The Youth Tour recognizes the best and brightest from across Tennessee,” said Todd Blocker, vice president of member relations for the Tennessee Electric Cooperative Association and tour director. “By honoring their accomplishments through programs like the Washington Youth Tour, we show these young people that they have an important role to play in the future of Tennessee. We want these young people to come home with a better understanding of history, stronger leadership skills and a passion to serve their communities.”

While in Washington, D.C., Tennessee’s Youth Tour delegates saw the White House and memorials to past presidents Thomas Jefferson, Abraham Lincoln and Franklin Delano Roosevelt as well as monuments honoring the sacrifices of veterans of World War II and the Vietnam and Korean wars. During visits to the museums of the Smithsonian Institution, the touring Tennesseans saw and experienced natural, historical and artistic treasures. Other fun

stops included historic homes of former presidents — George Washington’s Mount Vernon and Jefferson’s Monticello — as well as the National Museum of the Marine Corps, Washington National Cathedral and a boat cruise down the Potomac River. The group also paid a solemn and sobering visit to Arlington National Cemetery where the delegates laid a wreath at the Tomb of the Unknowns.

The group was welcomed to the U.S. Capitol by Sens. Marsha Blackburn and Bill Hagerty as well as members of the Tennessee congressional delegation who posed for photos and answered questions.

While in D.C., CEMC delegate Katlyn Blake was selected to represent Tennessee on the NRECA Youth Leadership Council, earning another trip to D.C. to attend a leadership workshop focusing on the electric cooperative industry.

Camden Robertson, a senior from Southwest Tennessee Electric Membership Corporation, was awarded a $10,000 Cooperative Youth Ambassador Scholarship. Robertson was a 2021 winner of the Electric Cooperative Creative Writing Contest. Delegates who remain engaged with their sponsoring cooperative during their senior years and complete certain community service requirements are eligible for the scholarship. Robertson’s name was randomly selected from among the 14 delegates from across the state who completed the requirements.

“An investment in these young people is also an investment in the communities we serve,” said David Callis, CEO of the Tennessee Electric Cooperative Association. “These are exceptional students, and our hope is that their Youth Tour experience empowers them to return home and make a difference in their communities.”

President Lyndon Johnson inspired the Washington Youth Tour in 1957 when he encouraged electric cooperatives to send youngsters to the nation’s capital. In the years since, more than 6,000 young Tennesseans have been delegates on the Washington Youth Tour.

On the cover: In front of the U.S. Capitol are, from left, Susie Yonkers, John-Paul Wood, Lilly Atkins, Cameron Jenkins, Katlyn Blake, Cooper Thurman, Karlye Dillard, Michael Carter, Christina Colovos, Meagan Blackwell, McKenzie Smith, Ernee Webb, Emily Rye, Sarah Hefty and Stephanie Lobdell.

Students from co-ops across the state gather at the U.S. Capitol for a group photo. Forty-nine students represented Tennessee on the 2022 Washington Youth Tour.
Cumberland Electric Membership Corporation sent a group of rising seventh- and eighth-grade students to the University of Tennessee Knoxville’s campus June 27-30 to attend 4-H Electric Camp. CEMC’s campers joined hundreds of other students from across the state in exploring the world of energy, electricity, energy conservation, electrical safety and other basic sciences in several fun-filled, hands-on learning centers. This year’s learning centers included:

**Wiring an extension cord** — In this learning center, campers learned basic wiring techniques used by electricians every day. Campers wired extension cords with USB charging capabilities that they were able to take home.

**Biomimetic robot** — Students learned about the engineering design process, biomimetics and robotics while building a biomimetic robot, which is a robot inspired by nature.

**Robotics** — Robots were once only seen in science fiction movies; however, today robots are used to complete many tasks. In this center, students were able to see the latest robot technology and then had the opportunity to program robots to perform specific tasks.

**Home energy conservation** — We use electricity to light our homes, cook our food, play music and more. But as we use more electricity in our homes, our electric bills rise. In this activity, campers learned how conserving electricity in their homes not only helps lower their electric bills but also helps conserve our natural resources.

**Electric vehicles** — Many car makers today are producing electric vehicles (EVs). Some EVs have batteries instead of gasoline tanks and electric motors instead of internal combustion engines to power the vehicles. Others use a combination of a gasoline and an electric motor to power the vehicle. In this learning center, students learned about the latest technology in electric vehicles.

**Electrical safety** — Electric power does a tremendous amount of work for us, but because it is such a powerful force, we must be careful around it. This learning center taught campers how to play it safe around high-voltage power lines.

The 4-H Electric Camp is a joint venture of the Tennessee Electric Cooperative Association and its member cooperatives, including CEMC; University of Tennessee Extension; Tennessee Municipal Electric Power Association and its municipal power systems, and the Tennessee Valley Authority.

At left, 4-H Electric Camp attendees visiting the home energy conservation learning center learn how easy energy-efficiency improvements like caulking can help conserve energy and lower electric bills. Above, campers get an up-close look at Cumberland Connect’s electric car, a Tesla Model 3, while visiting the electric vehicle learning center.
Cumberland Connect Announces Phase 4 of Fiber Construction

Cumberland Connect, the broadband subsidiary of CEMC, recently announced the areas included in its fourth phase of fiber construction. Having reached the halfway point in constructing its 100% fiber-optic network – which will deliver gig-speed fiber internet, phone, and video services to CEMC members’ homes and businesses – the team at Cumberland Connect is excited to share its upcoming construction plans.

While Phase 3 construction is still ongoing at a strong pace, Phase 4 preparations have already begun. This fourth phase of fiber construction will encompass the areas depicted in purple on our Status Map pictured above — including communities in eastern Montgomery County, northern Cheatham County, central and eastern Robertson County, and a portion of Sumner County.

Phase 4 construction will pass an additional 20,800+ locations in these communities, and fiber services are projected to be made available to these additional homes and businesses by the end of 2023. Cumberland Connect crews will construct 965+ miles of fiber throughout this phase — that is further than the distance between Nashville, TN, and San Antonio, TX!

All remaining areas beyond Phase 4 fiber construction will be included in Phase 5. Throughout the network planning, each area has been carefully evaluated and selected based on the necessary preparations, including vegetation management, that are required before fiber construction can begin. The team at Cumberland Connect has been very strategic with their planning with the goal of completing their initial fiber network build-out in the shortest amount of time possible. Cumberland Connect currently projects that all five phases of their fiber network build-out will be complete by the end of 2024.

“We are continuously humbled by stories from our members about how our CCFiber services have impacted their lives. That’s what this project is all about — improving life for our CEMC members,” says Mark T. Cook, P.E., Broadband Manager. “While we have reached the halfway point in our fiber construction, there’s no way we are slowing down now because we know many of our members still have a great need for reliable Internet services. These services have been a long time coming for our members, and we will continue working as fast as possible. Our team greatly appreciates all the continued support from our members and communities.”

Readers can learn more about Cumberland Connect fiber services and register for monthly email updates on construction and CCFiber service availability by clicking Check Availability at CumberlandConnect.org.
How do I operate my thermostat to use less energy and still be comfortable?

Heating and cooling account for about half the energy used in a typical home, so it’s a great place to use less energy. When used wisely, your thermostat can help reduce wasted energy.

Here’s some information on thermostat types, common operational misconceptions and best practices you can start today:

Types of thermostats

Mechanical thermostats are easy to control by adjusting a dial or sliding switch. The downfall is you must make temperature adjustments manually, which is easy to forget. They are inefficient because they typically heat or cool the home beyond the set point.

If your cooling is set to 72 degrees, a mechanical thermostat may actually cool your home to 70 degrees before it turns off, wasting energy. Then it might not come on again until the home reaches 74 degrees. That 4 degree temperature change is noticeable and can lead people to adjust the thermostat setting down even more, which wastes more energy.

Also, some mechanical thermostats contain mercury. You can determine that by removing the front plate and looking for small glass bulbs. If your thermostat contains mercury, replace it and find a way to properly recycle it.

Digital thermostats are more accurate and efficient, and some are programmable, which is a great option for people who don’t have internet or don’t want their thermostat data tracked.

Smart thermostats — which require an internet connection — are Wi-Fi-enabled and can be controlled using a smartphone app. Programming is easier, and you can track and manage use and temperature data. However, that data is shared with the manufacturer.

Smart thermostats can learn your preferences and set a schedule that automatically adjusts the temperature. Some have geofencing, which adjusts the temperature based on the distance your smartphone is from home.

Smart thermostats are easy to program, can learn your preferences and set a schedule that automatically adjusts the temperature.
Misconceptions about thermostats

A common misconception is that the higher you turn your thermostat up or down, the faster your home’s temperature will change. Turning your thermostat down to 55 degrees to cool your home faster is like repeatedly pushing the elevator button and expecting it to come faster. It’s likely you will forget you adjusted it and waste energy by overheating or overcooling the home. Set your desired temperature for heating and cooling, or program your thermostat so you don’t make extreme adjustments.

Many people believe it takes more energy to heat or cool a house instead of leaving it the same temperature. The larger the temperature variance between inside and outside, the more energy your system uses. Setting your thermostat 7 to 10 degrees from its normal setting for eight hours a day can save up to 10 percent a year on your energy bill, according to the U.S. Department of Energy (DOE).

Best practices

Use these heating and cooling tips from the DOE to add efficiency and savings to your home:
• Set it to 78 degrees in the summer when you are home and awake and warmer at night or when away. Set your thermostat to 68 degrees in the winter when you are home and awake and cooler at night or when you are away.
• Upgrade to a programmable or smart thermostat that automatically adjusts the temperature throughout the day and when you leave the house.
• When on vacation, set your thermostat to 85 degrees in the summer and 55 degrees in the winter.
• In the summer, fans allow you to set your thermostat about 4 degrees warmer without sacrificing comfort. Remember that fans cool people, not rooms, so turn them off when you leave a room.

We want our homes to be comfortable year-round. Once we understand how to optimize our thermostats for energy efficiency, we can find the balance between comfort and affordability.

Miranda Boutelle is director of operations and customer engagement at Efficiency Services Group, a cooperatively owned energy efficiency company in Oregon. 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.
Past poetry
I enjoy perusing through the “50 Years Ago” issues sometimes. How far back do your archives go? My mother submitted a poem I wrote called “The Bug Eyed Fish” by Judi Knight, and I vaguely recall it being published. When did you start having the “Poets Playground” feature? And since I am now 68, I may have it confused. Maybe it was published in our little hometown newspaper, Portland Leader.
Just wondering. Thanks!
— Judith Hartbarger, Middle Tennessee Electric

Editor’s response:
“You Poet’s Playground” has been a regular monthly department in The Tennessee Magazine since 2015. The magazine did also stage poetry contests before that, but they were infrequent and did not follow a specific schedule. To see if your poem was a winner of one of these contests, we’ll need to conduct more detailed research because not all of our archives are digitized and searchable. The Tennessee Magazine was first published in September 1958.

History lessons
As a transplant from Wisconsin to West Tennessee more than 15 years ago, I always enjoy reading about the history of Tennessee in the magazine. The articles are always well written and researched. I have to note, however, that the recent (July 2022) “History Lesson” about the first steamboats to arrive in Tennessee had an error in the very first paragraph. Not every river beyond the Appalachian Mountains “flowed west and south to the Gulf of Mexico.” In fact, many northern states of the U.S. have rivers that flow northward, ultimately feeding into the Pacific or Atlantic oceans. Among them are Bighorn River in Wyoming and Montana, Red River in Minnesota and North Dakota, Fox River in Wisconsin, Illinois River in Illinois and Saginaw River in Michigan, to name only some.
— Mark Dodge, Southwest Tennessee EMC

More copies
My family and I were wondering how we could go about getting more copies of this last issue. It has a lot of historical places that I grew up going to, and I would like to be able to share with some of my family out of state if possible. Thank you
— Jennifer Jones, Middle Tennessee Electric

The Tennessee Magazine contact information:
For questions or concerns about specific departments, please contact staff members listed below. To enter Almanac events or our contests, including Poetry and Shutterbug, please do so via our website at tnmagazine.org.

Letters to the Editor
Robin Conover
rconover@tnelectric.org
615-515-5516

Almanac of Events
Chris Kirk
ckirk@tnelectric.org
615-515-5528

Artist’s Palette
Ron Bell
rbell@tnelectric.org
615-515-5535

Poetry
Laura Beth Laden
lbladen@tnelectric.org
615-515-5525

Subscriptions and Orders
Laura Beth Laden
lbladen@tnelectric.org
615-515-5525

Shutterbug Photography Contest
Robin Conover
rconover@tnelectric.org
615-515-5516

Editor’s response:
Please contact your local electric cooperative for additional printed versions of the magazine. You can also find all of our content plus a few web extras at tnmagazine.org.

Subscriptions
I received your magazine for years, but recently I no longer receive it. Can you let me know how to continue to receive The Tennessee Magazine?
— James Combs, Gibson EMC

Is there a printed magazine subscription available?
Thank you.
— Brian Kelso, Irvine, California

Editor’s response:
The Tennessee Magazine is distributed through Tennessee’s electric cooperatives. The publication schedule varies by co-op as to whether members receive it monthly, bimonthly or quarterly.
If you are a member of an electric cooperative and are not receiving the magazine, please check with your local cooperative office to get back on the mailing list. If you are not a member of an electric cooperative in Tennessee, you can purchase a one-year or three-year subscription. Please see page 35 or visit our shop at tnmagazine.org.
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.

**Limited Reserves.** A deal like this won’t last long. We have only 1120 Huntsman Blades for this ad only. Don’t let this beauty slip through your fingers. Call today!

**Huntsman Blade $249**

**Offer Code Price Only $79 + S&P Save $170**

1-800-333-2045

Your Insider Offer Code: HUK820-01

You must use the insider offer code to get our special price.

Stauer® 14101 Southcross Drive W., Ste 155, Dept. HUK820-01

Burnsville, Minnesota 55337 www.stauer.com

*Discount is only for customers who use the offer code versus the listed original Stauer.com price.

California residents please call 1-800-333-2045 regarding Proposition 65 regulations before purchasing this product.

- 12” overall length; 6 ½” stainless steel full tang blade • Genuine bone handle with brass handguard & bolsters • Includes genuine leather sheath

Stauer... **Afford the Extraordinary.**
The Williamson County Fair runs Friday, Aug. 5, through Saturday, Aug. 13. The fair is tagged “the official end of summer” and offers nine fun-filled days and nights for all ages. The Williamson County Fair provides educational, agricultural and entertaining exhibits along with livestock shows, agricultural crops and competitions throughout the week. Included in the admission price are additional fun things to do, including sea lion shows, magic shows, dinosaur shows, circuses, safety demonstrations from Middle Tennessee Electric and weekend fireworks displays. For hours and admission details and specials, visit williamsoncountyfair.org.

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.
Aug. 26-28 • 18th Annual Father-Son Adventure Weekend, Deer Run Camps and Retreats, Thompson’s Station. 615-794-2918 or deerrun.camp

Aug. 27 • Park Summer Concert Series, downtown Bell Buckle. bellbucklechamber.com

Aug. 27 • Shabby Lane Ladies Day Out Event, Lane Agri-Park Community Center, Murfreesboro. 615-305-5954 or shabbylaneshoppingevents.com

Sept. 3 • Bluegrass Festival, Historic Watertown Public Square. 615-237-0270 or watertowntn.com

Sept. 10 • Hayden’s Hope Craft Fair, The Farmhouse at Two Trees, Fayetteville. facebook.com/TwoTreesUniqueGifts/

Sept. 10-11 • White Oak Craft Fair, The Arts Center of Cannon County, Woodbury. whiteoaktn.org

East Tennessee

Ends Sept. 3 • Summer 2022 Concert Series, Blue Ridge Music Center, Galax, Virginia. 866-308-2773 or blueridgemusiccenter.org

Now-Oct. 30 • Washed Ashore Art Exhibit, Tennessee Aquarium, Chattanooga. 800-262-0695 or tnaqua.org

Aug. 5-6 • 41st Annual Quilt Show — Smoky Mountain Quilters of Tennessee, Knoxville Expo Center. 865-213-2335 or smokymtnquilters.com

Aug. 6 and 20 • The Dinner Detective Interactive Mystery Dinner Show, Hotel Indigo Chattanooga Downtown. cht.info@thedinnerdetective.com or thedinnerdetective.com/chattanooga

Aug. 6, 20 and 27 • The Dinner Detective Interactive Mystery Dinner Show, Hilton Knoxville. thedinnerdetective.com/knoxville

Aug. 20 • Blue Ridge Artisan Days, Freedom Hall Civic Center, Johnson City. 423-373-2232 or blueridgeevents.com

Aug. 27 • Cherokee Heritage Day, Sycamore Shoals State Historic Park, Elizabethton. 865-607-9427 or indiancreekproductions.com

Sept. 1 • Creative Social Day, Tennessee Army National Guard Armory, Rogersville. 407-883-2036
Give your summer recipes that snap with ginger
Ginger is a native of Southeast Asia that is available fresh, dried, ground, sliced, candied, green or mature. Every iteration of this root brings a different flavor or texture forward, making ginger as compatible with savory entrees as it is in desserts. Its flavor is both peppery and sweet, warm but also bright and zesty. Let ginger bring its special “snap” to your summer with this sampler of outstanding recipes.

Ginger Dipping Sauce — A nice alternative for chicken fingers!
Yield: 4 servings
1 cup low-sodium soy sauce
2 tablespoons lime juice
2 teaspoons freshly grated ginger
2 teaspoons hot sauce
1 teaspoon sesame oil
2 garlic cloves, peeled and minced

Place the soy sauce, lime juice, ginger, hot sauce, sesame oil and garlic in a jar with a tight-fitting lid. Cover and shake to emulsify. Use immediately or refrigerate until ready to use. If refrigerated, bring to room temperature for at least 20 minutes then shake and use.

Garlic and Ginger Chicken
Yield: 4 servings
4 inches fresh ginger, peeled
6 garlic cloves, peeled
½ cup white wine or white wine vinegar
1 teaspoon sugar
1 teaspoon paprika
½ teaspoon ground cumin
½ teaspoon mustard powder
¼ teaspoon ground cinnamon
5 boneless, skinless chicken breasts, cut in chunks
2 tablespoons vegetable oil
1 small sweet onion, peeled and chopped
1 tablespoon tomato paste
½ teaspoon salt
¼ teaspoon black pepper
Cooked rice

In a small food processor, puree the ginger, garlic, wine or vinegar, sugar, paprika, cumin and cinnamon. Place the chicken in a large zip-top bag and add the spice mixture. Seal and refrigerate at least 4 hours.

Remove the chicken from the refrigerator and allow to stand at room temperature for 30 minutes. Meanwhile, place the oil in a Dutch oven over high heat. Add the chicken and cook about 5 minutes. Stir occasionally to evenly brown.

Ginger Beef with Asparagus
Yield: 4 servings
¾ pound flank steak, cut into thin strips
3 tablespoons reduced-sodium soy sauce, divided
1 tablespoon red wine or red wine vinegar
1-inch piece fresh ginger, peeled and minced
1 teaspoon cornstarch
⅛ teaspoon black pepper
1 cup coleslaw mix
3 green onions, trimmed and sliced
Fresh parsley leaves for garnish
3 tablespoons sesame seeds, toasted

Place the flank steak in a large zip-top bag. Place 2 tablespoons of the soy sauce along with the wine or vinegar and ginger in a jar with a tight-fitting lid. Shake to emulsify, then pour over the steak. Seal the bag and refrigerate at least 2 hours in the refrigerator.

Remove the steak from the refrigerator for 20 minutes before using. Meanwhile, whisk together the remaining soy sauce, cornstarch, stock, hoisin sauce, sugar and pepper. Set aside.

Place a tablespoon of the oil in a wok over high heat. When hot, add the beef and stir-fry until no longer pink. Remove from the wok and add the remaining oil to the wok. When hot, add the asparagus and stir fry for 1 minute. Add the garlic and stir fry 1 minute longer. Add the cornstarch mixture, stirring for 3 minutes or until thickened. Return the beef to the wok and heat through. Serve over hot cooked rice.

*Sometimes labeled “Peking sauce”

Ginger Sesame Noodles — If desired, add grilled shrimp or chicken.
Yield: 6 servings
1 pound Japanese soba noodles
2 cups shelled edamame (thawed if frozen)
½ cup reduced-sodium soy sauce
¼ cup firmly packed brown sugar
2 tablespoons rice wine vinegar
2 tablespoons vegetable oil
1 tablespoon minced fresh ginger
1 teaspoon sesame oil
1 large garlic clove, peeled and minced
3 cups hot cooked rice

Cook the noodles and edamame according to the package instructions.
Meanwhile, place the soy sauce, brown sugar, vinegar, vegetable oil, orange juice, ginger, sesame oil, garlic and hot sauce in a jar with a tight-fitting lid. Cover and shake to emulsify and set aside.

Place the coleslaw mix and green onions in a large serving bowl. Drain the noodles and edamame and immediately transfer to the serving bowl. Add the dressing and toss to evenly coat. Garnish with the fresh parsley and sesame seeds. Serve warm.

**Ginger Lime Margaritas**

Yield: 2 large servings

6 tablespoons lime juice

¼ cup agave nectar or simple syrup*

2 tablespoons fresh ginger, peeled and finely minced or grated

¼ cup tequila**

½ cup pineapple juice

1 lime, cut into slices or wedges for garnish

Place the lime juice, agave nectar or simple syrup and ginger in a large cocktail shaker and muddle. Add the tequila, if using, and pineapple juice as well as a few ice cubes if desired. Shake vigorously, and using a fine sieve, strain into ice-filled glasses. Garnish with lime and serve immediately.

**Make a simple syrup by bringing a cup of water to a boil and adding ½ cups sugar. Stir well to dissolve the sugar. Reduce heat, cover and allow to simmer for 6 minutes. Remove from heat and allow to cool completely. Transfer to a canning jar and store in the refrigerator until ready to use.

**To make a nonalcoholic version, substitute ginger ale but add after the other ingredients are shaken.

**Pomegranate Ginger Seltzer**

Yield: 2 servings

2 tablespoons fresh ginger, peeled and finely minced or grated

2 tablespoons agave nectar or simple syrup* or orange juice

Juice of 1 orange

2 tablespoons pomegranate juice

¾ cup chilled seltzer

Fresh mint leaves for garnish

Orange slices for garnish

Place the ginger, agave nectar or simple syrup and orange juice in a large cocktail shaker and muddle. Add the pomegranate juice and ice. Shake vigorously. Using a fine sieve, strain into ice-filled glasses. Top off with chilled seltzer, stir and garnish with fresh mint and orange slices. Serve immediately.

Tammy Algood develops recipes for The Tennessee Magazine that feature farm-fresh Tennessee food. Those fresh, local ingredients will always add cleaner, more flavorful foods to your table. We recommend visiting local farms and farmers markets to find the freshest seasonal produce.

**Fresh ginger tips:**

Select ginger that is firm and almost hard. Avoid those that have wrinkled skins.

Store unpeeled in the refrigerator for up to 3 weeks. Wrap in a dry paper towel and place in a supermarket produce bag in the crisper drawer. Check regularly.

Rhizomes can be frozen for up to 2 months. Cut into sizes that you typically use and wrap tightly in plastic wrap. Then place in a freezer bag, press out excess air, label, date and freeze. No need to thaw before use.

Bursting with spicy-hot flavor, ginger has a tough skin that requires removal before use. A small paring knife works faster and better than a vegetable peeler.

A handy gadget to have is a ginger grater, which has teeth that will quickly and efficiently shred the pulp for use.

Email your cooking questions to

Tammy Algood: talgood@tnelectric.org.

**Ask Chef Tammy**

Joseph writes: “I bought too much fresh horseradish on a recent vacation up North. My friend said to just put it in the refrigerator. I wanted to double check and see if that is correct since I see loads of different suggestions online.”

Joseph, your friend is correct for storage of three weeks max. And it should be placed in a plastic bag in the crisper drawer. For longer storage of up to six months, you’ll want to keep it in the freezer. Wrap it tightly in aluminum foil, then place in a freezer bag that has been labeled and dated.

Monica asks: “What is the difference between a gherkin and a cornichon? I have a bet riding on this!”

Monica, a gherkin is a small cucumber that is grown just for pickle making, with the size being ideal for canning. A cornichon is both a type of cucumber and a pickle. A cornichon is a French version of the pickle. I hope you won!

Lauren writes: “I was given a ‘Dutch oven’ by my grandmother, but every recipe I find for use of it calls for it to be covered. Mine doesn’t have a lid, so is it really a Dutch oven or just a pot?”

Lauren, anything from a grandmother is a treasure. But you are correct that a Dutch oven requires a lid that is tight-fitting so steam cannot easily escape during cooking. These are most often made of cast iron and vital for moist cooking methods such as stewing or braising. My guess is that it is a Dutch oven but the lid was misplaced or your grandmother forgot to give you that part. Ask her if you can look for it!”
NEVER SEAL YOUR DECK AGAIN!

One-Time Permanent Penetrating Sealant

• Wood Decks
• Fences
• Pergolas
• Docks

25% OFF

Deck, Fence or Concrete Restoration

CALL TODAY FOR A FREE ESTIMATE!
(615)499-5668

seal-smart.com/25-year-warranty

WE CLEAN, SEAL & PROTECT • PROTECT AGAINST WATER DAMAGE • ENVIRONMENTALLY SAFE • WE ALSO SEAL CONCRETE

If our work fails to meet the standards within our written statements, we will reapply the sealant without any charge during the warranty period. We will not replace, repair or pay for effected wood, masonry, concrete or related property. We do not warranty color or concrete. Go to our website at www.seal-smart.com/25-year-warranty for more information.

Shop with us!

Name ____________________________________________________________
Address __________________________________________________________
City, State, ZIP ___________________________________________________
Phone number _____________________________________________________
Email ____________________________________________________________

Send order form and payment to: The Tennessee Magazine, c/o Orders, P.O. Box 100912, Nashville, TN 37224. For more information, call 615-367-9284 or email subscriptions@tnelectric.org. Credit card orders also can be placed by phone or by going to our website, tnmagazine.org.

Payment (make checks payable to Tennessee Electric Cooperative Association): Check ____ MasterCard ____ Visa ____
Credit card number ______________________________________ Expiration date __________

Book — “Barns of Tennessee”: Number of copies _________ x $48.90 each $__________
(Tax = $3.90; S&H = $5. Total cost = $48.90)

The Tennessee Magazine: one-year subscription — $15 _______ three-year subscription — $30 ________
(If gift subscription, please include name and address of recipient.) TOTAL $__________
COMMUNITY CORNER
What our neighbors are up to

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. Or email flag@tnelectric.org. Entries must be postmarked or received via email by Thursday, Sept. 1. Winners will be published in the October issue of The Tennessee Magazine.

June Flag Spotters

Thanks for the postcards and emails again this month identifying the correct location of the flag, which was found on the man’s shirt on page 8.

Winners are drawn randomly from each month’s entries. June’s lucky flag spotters are:

Parker Beach, Covington, Southwest Tennessee EMC
Shannon Gulick, McMinnville, Caney Fork EC
RuthAnn Southerlan, Cookeville, Upper Cumberland EMC

---

Artist’s Palette
Assignment for August

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 — August, 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 Thursday, Sept. 1.

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 October 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 October 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, Aug. 22.

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: Hadley Deal, age 17, Cumberland EMC; Second place: Lily Brown, age 15, Gibson EMC; Third place: Alayna Foley, age 17, Cumberland EMC

**WINNERS, 10-14 AGE GROUP:** First place: Ella Czerwinski, age 14, Middle Tennessee Electric; Second place: Riley Walsh, age 14, Powell Valley EC; Third place: Meghan Fritschler, age 14, Middle Tennessee Electric

**WINNERS, 1-9 AGE GROUP:** First place: Shrita Shyraj, age 9, Middle Tennessee Electric; Second place: Canon Welton, age 9, Middle Tennessee Electric; Third place: Wyatt Bearden, age 6, Cumberland EMC
The Tennessee Magazine

Poet's Playground

Age 8 and younger

Raccoon's Hidden Mask
I have the best eyesight
At night.
I'll be worry free
When I hang out in my hollow tree.
I have a bushy tail
and a bandit's mask
Which I'll never unmask.
Though I think happy things
about my life,
One question worries me a lot….
If there's nothing to hide, then why wear
a mask?
— Gowtham Krishnaa Anbalagan,
Middle Tennessee Electric

Age 9-13

A Passage Way Out
A passage out of reality
Journeying to a realm
of endless possibility
I once experienced the wrath
of the Greek gods
The next day I bested a beast
in the wizarding world
Next I ventured through a land
of dragons
Then a love story where two
became one
A friend who speaks when you’re down
A friend who never flees your side
A friend who shares their wisdom
And a true friend to their word
The nature of books astonish me still
For one man alone could have
a million friends
Through the pages of this passage
out of reality
— Melinda Cai,
Middle Tennessee Electric

Age 14-18

A Picture
Frozen,
Small moments in time.
Silently calling you
To that long gone feeling.

Age 19-22

Sunrise Stroll
Called to wake
by the first song of the canary,
the cloudless baby blue canopy
now fringed
with pride and prejudice proposal pink.
I hadn’t slept five winks,
but the dawn raised me to life
and whisked me outside to
the gravel road.
Due west for a mile,
I turn back to the light.
Blindness, I’ve been told,
is a small price to pay
for the beauty I behold.
— Anna Moss, Gibson EMC

Age 23-64

Memories Live Here
Encased, though not entombed
In the pavement of Time.
Penned in ethereal ink,
Engraved upon shifting winds,
On imperceptible breezes of
Partly cloudy afternoons.

Age 65 and older

Listen to the Melody
Quietly,
Still the noise surrounding you
Listen to the gentle melody
of your soul
No musical notes on a paper
No musical instruments required
No audience necessary
Just a connection with
your inner being
Listen to the melody
of your soul
Peaceful meditation
Special instant of passion
Joyful moment in time
Quiet thoughtfulness
Allow a connection with your
melody from the inside
Celebrate your jubilation
of happiness
Tap your toe to the tune
Dance…Sing…Shout!
Listen to the melody
of your soul.
— Terry Weaver, Duck River EMC

More poetry can be read at 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 August 1972 magazine featured the high schoolers, teachers and chaperones who traveled to the nation’s capital that summer as part of the Youth Tour. Inside, readers also learned about a special “all seasons campground and family resort” in East Tennessee.

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 August 1972 edition online at tnmagazine.org.
Dear Connie Sue,

I am sending pictures of a tiny doll my father had of his mother. Her grandmother was German, which I think is where this doll may have originated. It has crocheted or knitted clothing and arms and legs that move. As you can see, she fits inside a walnut shell. Anything you can tell me about this little treasure would be greatly appreciated.

— Leslie, Cornersville

Dear Leslie,

You are correct. The doll is German-made. Carl Horn produced these jointed miniature dolls from 1906 to 1930 in Dresden. Many were clothed in crochet. They can sell for $35 to $100. Condition is important.

— Rose Anne

Dear Rose Anne,

In the 19th century, men often received similar lap desks as gifts for important accomplishments and milestones. Some were made of fancy burled wood, and others like this one had intricate marquetry. Many had a hidden “trigger” that opened a secret hiding hole beneath the pen and clip compartment. Some had a fitted space for an inkwell.

Like a 20th-century briefcase, lap desks were used while traveling as well as in the office. A similar lap desk sold recently at auction for $175. Damaged, less intricately decorated lap desks can sell for as low as $20 at liquidation sales.

In the 1970s, local woodworkers made fitted frames with legs for lap desks for use as side tables. Value then was similar to the current values.

— Delores, South Fulton

Dear Delores,

The English names on the canisters indicate they were made for the English speaking countries. They were very popular in the U.S.

Dear Connie Sue,

This was brought to the U.S. in 1952 by my aunt (by marriage). It was her dad’s and purportedly made in the 19th century. Do you have any insight? The inside has a flat board for writing and little compartments for pens, etc. I wish I knew more about it.

— Amanda, Murfreesboro

Dear Amanda,

Sugar chests are treasured heirlooms in this area. I think yours was made by combining two mid-1800s pieces. The top is a six-board chest, possibly made for storing sugar. The base, though, was made by a different woodworker.

I was suspicious of the combination and asked you to send a picture of the back of the piece. That picture revealed the different woods and hand-planing marks. The base has holes at the top of the back, indicating an earlier use. Value is between $500 and $750. I still consider this to be a fine family heirloom. Sometimes people alter or combine things to suit their needs.

— Connie Sue

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.
Advertise in *The Tennessee Magazine*,
and reach more than 680,000 readers!
Call 615-515-5540.

**STEEL MOBILE HOME ROOFING**

Leaks? Roof rumbles?
High energy bill?
Contact us at 800.633.8969
or roofover.com

**PERMA-ROOF.**
from Southern Builders

Mobile Home Roofover Systems
Since 1983

**Call for specials!**

STORAGE BUILDINGS
HAY BARNs
HORSE BARNs
GARAGES

**EASTERN DIVISION**

• Fully Insured
• #1 Metal
• 4/12 Roof Pitch
• Engineered Trusses
• Custom Sizes Available
• Local Codes & Freight
  May Affect Price

Ask about our do-it-yourself materials kits.

www.nationalbarn.com
1-888-427-BARN (2276)

**WALT’S BUILDINGS, INC.**

“Quality... built to last”

• Residential, Agriculture, Commercial • Fully insured
• Garages, Barns, Horse Stables, Equipment & General Storage
• Custom Sizes & many options Available
• All colors by “Valspar” with a 40 year warranty

Contact us today for a FREE ESTIMATE
866-344-4716 (toll free) • 615-666-9231
615-666-9974 (fax)
Email: waltsbuildings@nctc.com
www.walts-buildings.com

**Manufactured and Installed Locally**

Installed Year Round

Carports
Garages • Barns
Green Houses • Storage sheds

Many Sizes and Styles Available

www.HANDI-PORTS.com
All Steel Garages, Carports and Barns
FREE BROCHURE 1-800-615-8222

**MOVE OVER**

for utility workers in Tennessee. It’s the law.

LEARN MORE AT MOVEOVERTENNESSEE.ORG
Driving down the narrow gravel road that leads through the Camden Wildlife Management Area, I knew I took a deep breath and let out a sigh of mixed emotions when I saw the warm afternoon light and the field of basking sunflowers. Having traveled more than two hours to get to this location along Camden Landing Road in Benton County, I was both relieved and excited to see the field in full bloom.

I have traveled to this location twice before without much success. On those visits, the sunflowers were suffering from drought or were well past their prime or the light was flat. This time, I felt like a kid in a candy store!

I arrived about an hour before sunset, and there wasn’t a cloud in the sky. The intense summer sunlight presented this beautiful sight of backlit red and yellow sunflowers.

In many cultures, sunflowers represent happiness and symbolize qualities such as loyalty and adoration. I can attest that these certainly made me feel happy as I photographed them.

The peak blooming season for this area is from mid-July to early August. Of course, this can vary as it is dependent on the summer weather.

With approximately 60 acres of sunflowers, I found it a bit difficult to focus in on an interesting composition. I was reacting to the light and color first but knew I needed to simplify the subject. After driving around the field a couple of times, I chose this composition to highlight just a few sunflowers in the foreground as they stood out against the dark background. The 100-400 mm telephoto lens I chose helped compress the depth of field, keeping just a few flowers in sharp focus and blurring the others.

If you plan to visit, the area is managed by the Tennessee Wildlife Resources Agency and open to the public. TWRA rules and regulations apply and must be followed. From Camden, take Highway 70 east toward New Johnsonville for approximately 5.5 miles, and turn right into the Camden Wildlife Management Area entrance onto Camden Landing Road.
Eye Doctor Helps Tennessee Legally Blind To See

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 biopic 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. Biopic 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 biopic 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.”

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

“The major benefit of the biopic 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 biopic 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:
1-855-405-8800

Office located in Lebanon, TN

John M. Pino, O.D., Ph.D.
When you enroll in Cumberland Connect’s **Peace of Mind Package**, you can enjoy extended control over your network with content restrictions, enhanced parental controls, device prioritization, network usage data, and an extra layer of protection to all devices connected to your home Wi-Fi network — all right from the palm of your hand with the **CCFiber SmartIQ App**.

Scan the QR code to learn more, or visit CumberlandConnect.org/PeaceOfMind