Travel Guide
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Shutterbug Winners
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ABOUT THE COVER

“Grandpa’s Hands” earned an honorable mention in our “Summertime in Tennessee” photography contest. See the winners beginning on page 16 and a gallery of more finalists at our website, tnmagazine.org. Photograph by Rheanna James

THIS PAGE

Summer is coming to a close, but there is still time to enjoy typical warm-weather activities like a trip to J. Percy Priest Lake in Nashville. See our Almanac of Events on page 30 for inspiration on ways to enjoy the last days of summer and beginning of fall. Photograph by Robin Conover
Doors will open at 8 a.m. for registration and breakfast, and the business session begins at 10 a.m. Between times, we invite you to browse through the selection of door prizes to be given away, pick up your annual meeting gift (one per registered member, while supplies last), enjoy musical entertainment provided by Rising Creek, view CEMC’s safety demonstration trailer and visit the Youth Corner.

Three directors are seeking re-election this year, and you can learn more about each of the candidates on page 20 of this magazine. Because each incumbent director is running unopposed, the nominated candidates will be appointed to new three-year terms during the business session.

We will also present the financial report and review the cooperative’s activities during the last fiscal year. Members who are unable to attend the meeting will still have an opportunity to win $100 electric bill credits and receive giveaways by attending early registration at one of CEMC’s business offices on Friday, Sept. 9, from 9 a.m. to 4 p.m.

Whether this will be your first annual meeting to attend or your 15th, I do hope you will take advantage of this unique opportunity to learn more about your co-op, catch up with fellow co-op members and maybe even win a prize! We look forward to seeing you in Dover on Sept. 10 for CEMC’s annual meeting!

By Chris A. Davis
General Manager,
Cumberland Electric Membership Corporation
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Manager’s Viewpoint

What does it mean to be free?

My friend Josh Kramer is executive vice president and general manager of the North Dakota Electric Cooperative Association. I’m sharing an article that Josh recently wrote in North Dakota Living that speaks to an issue that has recently been on my mind.

In this issue of North Dakota Living, we feature the Electric Cooperative Youth Tour in which hundreds of electric cooperatives sponsor local students who join other students from across the country for a weeklong experience in Washington, D.C., to learn about their government, history and cooperatives. For these youth, this experience likely impacts how they view their civic responsibilities for a lifetime.

Youthful energy and ideals are to be admired. As we grow older, it never hurts to be reminded of our good fortune to be able to participate in our government.

This reminder came for me recently during a visit with an employee who was moved by her recent jury duty service.

This person hasn’t always been eligible to be an American juror or vote.

Liza Kessel was born, raised and lived part of her adult life in the Philippines. Later, she moved to the United States and, after completing the required waiting period eligibility requirement, earned her U.S. citizenship.

In our visit, Kessel was puzzled. She didn’t understand why people often avoid jury duty or find a way out of it. She was proud to now be able to check voting. When asked by a poll worker if she was a U.S. citizen, she again welled with pride, “Well, YES, I am!” Her eyes lit up recalling that moment to me.

Then, Liza shared a perspective from her experience that struck me. She believes some people living in our “free country” misuse the term “free,” defining “free” as “whatever is good for me,” not “what is good for others or the whole.”

We must not forget how to respect others or how fortunate every American is to live in this country, she says.

I asked Liza what can be done to help us realize the good fortune we have. Travel, she said, and not just to developed countries and places like the United States. Visit third-world countries, where the majority of the population lives — in places of the world that don’t look like America.

What does it mean to be free? Shouldn’t that freedom come with civic responsibilities?

As Liza stated so well, we need to respect others as we enjoy our freedom. And, yes, we have a responsibility to respectfully participate and be engaged in our political process.
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As the leaves begin to turn and temperatures drop, visitors can plan an autumn outing that takes them back to the early and mid-19th century. The state’s three presidential homes comprise Tennessee’s Presidential Trail.
Three U.S. presidents hailing from the early days of Tennessee’s statehood helped shape the United States. Andrew Jackson (1829-37), James K. Polk (1845-49) and Andrew Johnson (1865-69) each held the nation’s highest office in this 40-year span. Each lived a major part of his adult life in Tennessee.

“The people of Tennessee are fortunate to have access to the well-preserved and curated homes of these three former presidents,” says Carroll Van West, Tennessee state historian. “All three of their presidential homes are central points of visitation for heritage tourists — not only to experience an historical perspective of these leaders’ influential presidencies but also to see how people lived in the early days of the Volunteer State.”

**Andrew Jackson’s Hermitage**

Seventh U.S. President Andrew Jackson named his original 425-acre farm The Hermitage. From 1804, he and wife Rachel lived in a two-story log cabin on the property while Jackson worked as a gentleman farmer and lawyer. Within 15 years, they built a brick two-story Greek Revival mansion where they entertained visitors from statesmen to foreign dignitaries and local residents.

Today The Hermitage is 1,120 acres and includes the mansion, gardens, tomb of Jackson and his wife, Alfred’s Cabin, Hermitage Church and the First Hermitage. The site is a National Historic Landmark.

“The Hermitage was Jackson’s primary home from 1804 through his death in 1845,” says Erin Adams, director of education at The Hermitage. “It is very well preserved; 90 to 95 percent of the furnishings are original to Jackson.”

Initially built as a family home, the rectangular house had a central entry hallway, a library and office on the east side and public spaces such as the parlor and dining room on the west side. A grand staircase leads to the second floor’s four bedrooms.

In 1831 while he was in the White House, Jackson added a one-story living space on each side of the central structure: a dining room on the west and a library and
The President James K. Polk Home and Museum
The earliest daguerreotype of a presidential cabinet is among the prized objects at the President James K. Polk Home and Museum in Columbia.

“Our collection of artifacts, furnishings and documents is one of the most significant of any presidential site in the nation,” says Rachel Helvering, executive director of the President James K. Polk Home and Museum. “President Polk influenced our country in so many ways, from bringing in more than one-third of U.S. land — more than 800,000 square miles — to establishing diplomatic ties with other countries. He actually kept all his campaign promises, and he did it in only one term of office.”

Visitors will learn the story of Polk, who lived in the main house from 1818 to 1824. “It belonged to his parents, but it’s the only surviving residence of our 11th president, outside of the White House,” Helvering says. “He had planned to retire in Nashville, but he died only three months after leaving office. His widow, Sarah, along with her adopted daughter Sally and Sally’s daughter Sadie, spent the next 40 years building his legacy.”

Andrew Jackson’s Hermitage
4580 Rachel’s Lane
Nashville, TN 37076
615-889-2941
thehermitage.com

James K. Polk Home and Museum
301 W. Seventh St.
Columbia, TN 38401
931-505-8019 or 931-388-2354
jameskpolk.com

Andrew Johnson National Historic Site
121 Monument Ave.
Greeneville, TN 37743
423-638-3551
nps.gov/anjo

Learn more about these presidents and Tennessee’s history by visiting the Tennessee State Museum in Nashville: tnmuseum.org.
The two-story, L-shaped home is a National Historic Landmark. Close to downtown, it is built in Federalist style with a beige brick façade. For most of his political life, Polk and Sarah lived in Nashville, and several objects from their Nashville home are on display in Columbia, including a fountain and iron gate relocated to the gardens.

Most of the interior of the Polk home has been set up to show Polk’s belongings from the White House and their retirement home in Nashville. The museum room shows artifacts and documents from Polk’s career from Tennessee politics to the U.S. House of Representatives and White House.

Owned in part by the state of Tennessee, the home and museum are operated by the James K. Polk Memorial Association. Docent-led tours of the main house set the scene for visiting the rest of the grounds, which encompass a city block. You’ll find the Polk Sisters’ House/Visitor’s Center, gardens and a reconstructed detached kitchen building. At the back of the property, the Presidential Hall, a former church, was purchased by the James K. Polk Memorial Association in 2010 as expanded exhibition space.

“One of my favorite pieces, aside from the daguerreotype, is a marble-topped table gifted to President Polk from the consulate of Tunisia,” Helvering says. “It features the presidential seal in marble from the ruins of Carthage; it was given to him after he opened a consulate there. And as a wedding gift, Andrew Jackson presented the newlywed Polk couple with a pair of portraits of themselves. It’s interesting to see that these great men had these types of relationships.”

**Andrew Johnson National Historic Site**

As a part of the National Park Service, the Andrew Johnson National Historic Site in Greeneville captures the life and times of 17th U.S. President Andrew Johnson.

“Becoming president after the assassination of President Abraham Lincoln, Johnson was faced with a country in a time of extreme change,” says Shawn G. Gillette, chief of the site’s Division of Interpretation/Education. “The Civil War was still raging in the South, there were 4 million newly freed African American enslaved people, and the dilemma of how to restore a nation torn apart by war was emerging. Yet, Johnson, who was born in the South, pledged to carry out Lincoln’s plan for reunification ‘with malice toward none.’ It made for a difficult presidency.”

The 16-acre site in Greeneville features the historic Andrew Johnson Homestead, a visitor center and museum, his early home and his tailor shop. The president and his family are interred at the 13-acre Andrew Johnson National Cemetery, also a unit of the National Park Service, which is 1 mile away.

The main house, called the Homestead, was Johnson’s home from 1851 until his death in 1875. During the Civil War, it was separately occupied by Union and Confederate soldiers.
“Before he returned to Greeneville, in 1869 Johnson sent his daughter Mary to restore and enlarge the home for the returning family,” Gillette says. “The home she restored is, with very little change, the home visitors see today.”

The National Park Service restored the Homestead to how it appeared in 1869, the year President Johnson and his family returned to Greeneville from Washington, D.C., following his presidency.

Exhibits in the Visitors Center and Early Home Museum not only reveal his complicated presidency, they also trace the timeline of a common man who started life as a highly skilled tailor and rose to become president of the United States.

“Visiting these two sites shines the spotlight on a president whose policies and actions are still relevant today,” Gillette says. “It is a testament to the American Dream, showing how a man, born into poverty, rose to prosperity and then became president. Though Johnson has the distinction of being the first president to be impeached and acquitted, his life and legacy reflect more than that.

“Visitors to the site discover that Johnson, though faced with adversity, never wavered in his faith in the U.S. Constitution and the American people.”

Travel in presidents’ footsteps
Over the centuries, Tennesseans have played meaningful roles in the development of the United States, and to have three presidential homes within the state’s borders is especially important. The Tennessee Presidential Trail makes it easy to learn more about these three presidents and their impact on the state, the country and the world.

The Tennessee Presidential Trail, a self-guided driving trail, explores the life and service of presidents James K. Polk, Andrew Jackson and Andrew Johnson. The trail includes all three presidential homes, the Tennessee State Museum and Tennessee State Capitol. Learn more at visitcolumbiatn.com/tn-presidential-trail.

“Visiting these presidential sites gives us insights that you never achieve from just reading a book or watching a documentary,” Van West says. “While we can’t literally ‘walk in their shoes,’ we can walk where they walked, stand where they stood, look at the objects they saw and experience the spaces where they lived. We can visit their place, a real place, and from there think about who they were and what they achieved in the context of where they came from.

“Tennesseans played a remarkable, impactful role in the history of the United States as it struggled to understand that a union of independent states could become a powerful nation that shapes the world. Jackson stood down the first threat of disunion, Polk expanded the nation to the West Coast, and Johnson picked up the pieces left by a terrible civil war and began to knit the nation together again. All three were controversial, then and now. But their significance cannot be denied.”

Did you know?
The three U.S. presidents who lived their adults lives in Tennessee
were born in the Carolinas. Andrew Jackson, James K. Polk and Andrew Johnson each served in the nation’s highest office over a span of 40 years.

Seventh President Andrew Jackson was born on March 15, 1767, in the Waxhaw area of the Carolinas, and most historians list his birthplace as South Carolina. He died on June 8, 1845, and he and his wife, Rachel, are buried on the grounds of The Hermitage.

Eleventh President James K. Polk was born in Pineville, North Carolina — near Charlotte — on Nov. 2, 1795. Polk died on June 15, 1849; he and his wife, Sarah, are buried on the grounds of the Tennessee State Capitol.

Seventeenth President Andrew Johnson was born Dec. 29, 1808, in Raleigh, North Carolina. His childhood home is now located in Mordecai Historic Park in Raleigh. Johnson, who died on July 31, 1875, and wife Eliza are buried in the Andrew Johnson National Cemetery, 1 mile from the Andrew Johnson National Historic Site in Greeneville.

Pamela A. Keene is a freelance journalist living in Flowery Branch, Georgia.
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Photographers from across the state entered nearly 900 images capturing “Summertime in Tennessee.” Subjects included sunrises, sunsets and sunflowers. Man’s best friend and fond feathered friends. Catching bass on the lake and catching air over wake. Toiling on the farm, tending backyard gardens and finding beauty among colorful, pesky weeds.

Guest judge Lacy Atkins, an award-winning photographer, helped our staff select the winners in each of our three categories: Junior, Professional and Adult Shutterbugs. Thank you to everyone who submitted photographs. Be sure to visit tnmagazine.org to view these winning entries and additional images recognized as finalists.

† THIRD PLACE, PROFESSIONAL, “Summer Dugout Days,” Amanda Johnson, Murfreesboro, Middle Tennessee Electric

† THIRD PLACE, ADULT, “Summertime Painted Skies,” Jennifer McNatt, Brownsville, Southwest Tennessee EMC

< HONORABLE MENTION, ADULT, “Grandpa’s Hands,” Rheanna James, Dandridge, Appalachian EC
FIRST PLACE, JUNIOR, “Little Bluebird,” Emma Hamsley, Springfield, Cumberland EMC

SECOND PLACE, JUNIOR, “Nature’s Gold,” Kelsey Wix, Hohenwald, Meriwether Lewis EC

HONORABLE MENTION, PROFESSIONAL, “Crossing Roads,” J.C. Jones, Hermitage, Middle Tennessee Electric

FIRST PLACE, ADULT, “A Perfect Summer Day,” Michael Mitchell, Brentwood

SECOND PLACE, ADULT, “Harvest Road,” Marsha Sensing, Erin, Meriwether Lewis EC

HONORABLE MENTION, PROFESSIONAL, “Foggy Tennessee Sunrise,” Michael Poe, Murfreesboro, Middle Tennessee Electric
HONORABLE MENTION, PROFESSIONAL, “Tennessee Wildflower in Early Summer,” J.C. Jones, Hermitage, Middle Tennessee Electric

HONORABLE MENTION, JUNIOR, “Fish Out of Water,” Piper Shephard, Jackson, Southwest Tennessee EMC

HONORABLE MENTION, ADULT, “Normandy Lake Lightning,” Joe Ladendorf, Manchester, Appalachian EC

HONORABLE MENTION, ADULT, “Summer Sunsets,” Dillon Lee, McMinnville, Caney Fork EC

HONORABLE MENTION, ADULT, “Summer on the Farm,” Jennifer Rooker, Smyrna, Middle Tennessee Electric

HONORABLE MENTION, ADULT, “Nostalgia,” Kate Baker, Columbia
HONORABLE MENTION, JUNIOR, “Summertime Sunset,” Christopher Stonecipher, Jackson, Southwest Tenn. EMC

HONORABLE MENTION, ADULT, “Fishing and Fireflies,” Daniel Schafer, Murfreesboro, Middle Tennessee Electric

SECOND PLACE, PROFESSIONAL, “Pure Joy,” Amanda Johnson, Murfreesboro, Middle Tennessee Electric

HONORABLE MENTION, ADULT, “Fishin’ Buddies,” Liz Orme, Nunnelly, Meriwether Lewis EC

THIRD PLACE, JUNIOR, “Pop! Goes the Chicken,” Shay Simpson, Hohenwald, Meriwether Lewis EC

HONORABLE MENTION, PROFESSIONAL, “Thistle Sunset,” Debbie Karnes, Fairview, Tennessee Valley EC

HONORABLE MENTION, ADULT, “Fishin’ Buddies,” Liz Orme, Nunnelly, Meriwether Lewis EC
Incumbent directors seek new three-year terms

Three seats on the board of Cumberland Electric Membership Corporation will be filled during the cooperative’s 2022 annual member meeting Saturday, Sept. 10, at Stewart County High School in Dover.

CEMC’s nominating committee met July 6 and recommended incumbent directors Wesley H. Aymett, Dr. K. Jean Beauchamp and C. David Morgan for re-election for new three-year terms. Each director is running unopposed.

Wesley H. Aymett of Ashland City is the nominee from Cheatham County. Aymett has represented Cheatham County on the CEMC board since October 2000 and currently serves as vice president. He is a Credentialed Cooperative Director and holds a Board Leadership certificate from the National Rural Electric Cooperative Association (NRECA).

Aymett is the retired agency manager of the Cheatham County Farm Bureau in Ashland City. He holds a bachelor’s degree in animal science and an associate degree in meteorological technology from Western Kentucky University. He has also served on the board of Robertson Cheatham Farmers Cooperative.

Dr. K. Jean Beauchamp of Coopertown is the nominee from South Robertson County. Beauchamp has represented South Robertson County on the CEMC board since June 2012 and currently serves as assistant secretary-treasurer. She is an NRECA Credentialed Cooperative Director and holds a Board Leadership certificate and a Director Gold certificate.

Beauchamp is a board-certified pediatric dentist who owns Robertson County Pediatric Dentistry and Clarksville Pediatric Dentistry. She received her degree from the University of Tennessee in Memphis. She is past president of the Tennessee Dental Association and past president of the American Academy of Pediatric Dentistry. She is involved in several community and dental organizations and is active in her church, including a yearly mission trip to Haiti.

C. David Morgan of Cunningham is the nominee for South Montgomery County. Morgan has represented South Montgomery County on the CEMC board since April 2004. He holds Board Leadership, Credentialed Cooperative Director and Director Gold certificates from NRECA.

Morgan is president of Morgan Contractors Inc., a Clarksville contracting firm. He attended Austin Peay State University and is a member of the Clarksville Area Chamber of Commerce, Central Civitan Club and Salem Community Church.
Nominating committee recommends new terms for incumbents

2022 Nominating Committee — CEMC’s nominating committee met July 6 and recommended incumbent directors Wesley H. Aymett, Dr. K. Jean Beauchamp and C. David Morgan for re-election for new three-year terms. Above, committee members are, from left, back row, Ken Spradlin, Montgomery County; Dale Binkley, Montgomery County; Robert Lyle, Montgomery County; and Joe Henry, Cheatham County; and front row, Connie Rosson, Montgomery County; Sandra Saunders, Montgomery County; Lisa Collins, Stewart County; and Daniel Smiley, Cheatham County.

MORE WAYS TO PAY

Use your barcode in SmartHub and pay your bill while you get groceries, gas or more in three easy steps:

1. Find a participating location near you in the SmartHub app.
2. Find your barcode in the app or print it from CEMC.org.
3. Visit the participating location, scan the code at the checkout and make a cash payment, which is posted to your account immediately.
Here's a sneak peek at some of the prizes to be given at this year's annual meeting:

**The Backyard Fun Package** includes a Blackstone 17-inch Electric Tabletop Griddle, Blackstone grilling accessories and a yard game.

**The Grand Prize** is a “create-your-own” energy-efficiency makeover from Lowe's. The winner will receive a Lowe's gift card.

**The Gatlinburg Getaway** includes a Visa gift card for lodging, tickets to Dollywood, a gas card and a Peddler gift card.

**The Pick Tennessee Products Package** includes a quilt made by Bona Perry, two Hinkle rocking chairs and Lodge cast iron skillets.

**The Home Security Package** includes a Ring Alarm Home Security System and a Ring Video Doorbell.

**The Youth Corner** will feature age-appropriate prizes for kids, including bikes and various gift cards.

**Multiple bill credits valued between $50 and $250 will be given away!**

**Six college scholarships worth $500 each will be given away!**

**The Explore Outdoor Package** includes a Pelican kayak and paddle and an adult universal life vest.
You’ve just crashed into a utility pole. Now what?

At first, it seems like the situation could hardly be worse. Your vehicle has skidded off the road and struck a utility pole. But even if you’ve been injured as a result of the crash, things could suddenly get even more dangerous — unless you’re aware of how to safely exit your vehicle.

The force of the collision might have brought down the pole or power lines. If they fall on your vehicle or nearby, the area around the accident could have become electrically charged. Sometimes you can tell that downed lines are “live” because they are sparking, but this is not always the case. Power lines don’t always show signs that they are still energized, but they are still just as lethal. If you step out of your vehicle under those circumstances, your body can become the “path to ground” for the electrical energy, and you could be electrocuted.

Our first instinct is to get out of there, but that’s exactly the wrong thing to do. The safest place after a collision with a power pole is inside the vehicle. Call 911 for help, tell the dispatcher that you’ve been in an accident involving electrical equipment, warn others who stop to check on you to stay well away and wait for word from Cumberland Electric Membership Corporation — or the local power company if you are out of town — that it’s safe for you to exit the vehicle.

The only exception to this guidance is when the accident results in a fire. In that case, you should keep your feet together and jump clear of the vehicle without touching it and the ground at the same time. Then shuffle or hop away from the scene while keeping your feet close together; this way, there won’t be a voltage difference between your two feet, which would give electricity the chance to flow through your body. Keep shuffling or hopping until you are at least 35 feet away from your vehicle and any downed power lines.

Is it OK to switch between AC, heat during fall?

Warm late summer and early fall days can turn chilly once the sun goes down — enough that you might be tempted to run your air conditioning during the day and then turn on the heat at night.

If it’s hot enough during daylight hours for the AC and cool enough overnight for the heat, there’s really no harm in using both on the same day.

It’s a good idea to ease one system off before switching on the other, however. Here are a few tips for a good transition:

• Air conditioning systems run in cycles. Once the house reaches the temperature you have set on your thermostat, it will cycle off. You’ll hear it when that happens. Before you turn your AC off, listen for it to complete its cycle. Short-cycling can cause the AC compressor to lock up.

• Wait five minutes after you turn the AC off before you switch on the heat. This grace period will give the refrigerant in the AC a chance to normalize, and that could prevent any circuits from tripping if the transition to the heater is too abrupt.

• Avoid drastic thermostat changes. Once the AC is off, raise the temperature just a few degrees and then wait for the heat to rise to that temperature before raising it anymore. This prevents your heating system from overworking, which is inefficient.
What It Means to Be a Part of a Cooperative: Being a Part of Something Bigger Than Yourself

When Cumberland Electric Membership Corporation embarked on bringing electric service to rural, middle Tennessee back in the late 1930s, we did so under the cooperative model with a commitment to putting people first and acting in the members’ best interests. Fast-forward to 2019, when CEMC created its broadband subsidiary, Cumberland Connect, we began working to achieve a similar goal — providing fast, reliable Internet services to these same rural communities because nobody else would. Today, Cumberland Connect continues this mission while leaning on the same seven cooperative principles that built the foundation for decades of CEMC service.

The seventh of these principles is **Concern for Community**: While focusing on member needs, cooperatives work for the sustainable development of communities through policies and programs accepted by the members. We want our members to know that Cumberland Connect is committed to investing in our local communities in ways that go beyond building our fiber network. We strive to foster positive, measurable development that helps promote the local economy and improves the lives of our members — and by being a member of the cooperative, you are helping to fuel the impact that Cumberland Connect has on our local communities.

Our passion for serving our CEMC membership carries over into serving our local communities through our participation in numerous events and programs throughout the year that aim to leave a positive impact on all those involved. “We strive to support organizations whose efforts are focused on serving the same communities we do. Our team finds it very rewarding to be involved at a greater level within the areas we serve,” says Creative Director Kaitlyn Bonds. “There is no substitute for truly knowing and connecting with the people you serve, and that is one of the many reasons Cumberland Connect is different from other service providers. We are local and purposefully present in our communities.”

Some of our team’s favorite events from this past year include the Back to School Bash in Portland — during which backpacks, school supplies, games, and more were donated to over 800 families in the Portland area. In 2021, our team also visited several middle schools in each of the five counties that we serve, and provided school supplies, treats, and a warm welcome to students and teachers on their first day back to school. We were so glad to have this opportunity to start off the school year by showing appreciation for our teachers and giving students a boost of encouragement.

CEMC & Cumberland Connect employees participate in the Back to School Bash in Portland. From left are, Nick Hyams, Robert Leggett, Kaitlyn Bonds, Mycal Patterson, and Steve Wilson.

At Cumberland Connect, we believe volunteering is essential to building a strong community. As a local company, our employees are a part of the neighborhoods that we serve, and they are passionate about spending their personal time making a positive impact on their local communities. “We are a locally-owned
and operated business,” says Broadband Manager Mark T. Cook, “Our employees genuinely care about the well-being of the local community because they are a part of the community themselves! The dedication our employees have to serving their friends and neighbors is something you’ll only see at a local company, and their passion helps us better serve our CEMC members.”

A recent cause our employees supported was the Great American Cleanup Event in Clarksville. A group of our employees from Clarksville spent a fulfilling Saturday afternoon cleaning up roadside litter to help keep their city clean. Several employees also volunteer and contribute to charitable organizations like FCA, YoungLife, the Manna Café, and more. “It’s an honor to take these extra steps to be more involved in serving our communities. We find joy in each opportunity we have to make a difference in the lives of our friends and neighbors,” says Bonds.

In addition, several of our employees are involved in the Chambers of Commerce throughout our service territory, and Cumberland Connect also sponsors and attends community events and festivals hosted by the local chambers. These efforts and devotions of employees’ personal time align with two of Cumberland Connect’s foundational goals: fostering economic growth and improving the livability of our local communities.

By being a CEMC member, you are an integral part of our mission and can take ownership of these initiatives and their positive impact within our communities.

We want to go beyond being just a broadband service provider — and by being a cooperative member, you can take ownership of these impactful initiatives over the past year. Your membership and support enable us to truly make a difference and create positive, measurable change in the areas that we serve. By supporting your local cooperative, you can take pride in being a part of something bigger than yourself — your CEMC membership impacts individuals and communities all over Middle Tennessee.

We sincerely thank each of our members for being an integral part of our mission and for fueling our passion for serving our membership and building up the areas we call home.

At left, CEMC & Cumberland Connect employees welcome teachers and students back on the first day of school at Greenbrier Middle School.
Q: I’m a firm believer that saving energy helps the environment as well as the pocketbook. So, how can I help others improve their energy savings at home?

A: Helping people feels good. Supporting community is sewn into the fabric of your electric co-op, which is guided by the Seven Cooperative Principles that put the needs of members first.

On National Good Neighbor Day, which is Sept. 28 — or any day this month — join in the cooperative spirit, and help your neighbors, friends and family save at home with these do-it-yourself energy-saving tips.

Tips range in physicality and cost, providing options based on your ability.

**Change lightbulbs.** Prioritize changing lights that are used the most such as incandescent porch lights left on all night. LEDs use about 75 percent less energy and last up to 25 times longer than incandescent bulbs. Some neighbors can’t climb step stools or ladders, so help them out if you are able. Be sure to check for overhead power lines when using ladders outside.

**Swap the filter.** Furnace filters should be checked regularly and replaced when they are dirty. Simply writing down the dimensions of the furnace filter can help your neighbor, who can pick up a pack of new ones at the store or order online.

If you find a really dirty furnace filter, don’t remove it until you have a replacement. Operating your system without a filter allows dirt and dust in the system to go directly to the heating and cooling components, which can damage the system and necessitate costly repairs.

**Open the dampers.** Register dampers allow heated and cooled air to properly circulate throughout the home. If you have a central air heating or cooling system, dampers should be left open. The idea that closing registers saves energy is a common misconception. If furniture is on top of dampers, move it to a new permanent spot so each piece does not block airflow.

**Adjust the water heater.** Check the water heater, and set it to 120 degrees. Use a kitchen thermometer to test the water temperature. At the faucet nearest the water heater, turn on only the hot water, and wait until it gets hot. Let the hot water run into a glass, and place a kitchen thermometer in it. Wait until it registers the highest temperature. If the water heater is set too high, you can save energy by lowering the setting.

**Keep outdoor units clear.** Clean brush and debris from around the air conditioner or heat pump. If leaves or brush pile up around the outdoor unit of a heat pump or air-conditioning system, it can reduce the airflow, making the system work harder than it should. That uses more energy and can shorten the life of the unit.

**Remove the window AC.** By removing the unit before wintertime, the window can close properly. This prevents heat from escaping and wasting energy. It also keeps the room more comfortable. Window AC units are heavy and awkward. This project is best done with a buddy. Get that person to commit to helping put the unit back next spring.

**Share energy-saving programs.** Information is a great way to help, and it’s free. Look into programs your co-op offers, and share that information with your neighbor. Don’t forget to check the U.S. Department of Energy for federal tax credits for upgrades.

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.
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I’d like to devote this, my 200th column, to an interesting example of why even the best of columns can be right at the time but wrong in the long run.

Here’s an excerpt from the first edition of one of the fourth-grade booklets I wrote for my nonprofit organization, Tennessee History for Kids, called “Long March to Tennessee”:

“In 1994, workers were digging in Williamson County when they found a large bone. The workers brought in archaeologists who could tell that the bone belonged to a mastodon that died thousands of years before. They found many other bones, along with pieces of 34 stone tools.

“This dig site became known as Coats-Hines.

“Archaeologists believe that Native Americans were using the stone tools to remove meat from the dead mastodon. They believe this happened in the Paleo Period, which means it happened more than 10,000 years ago. This makes the people who were using the tools at Coats-Hines some of the first known Tennesseans!”

The reason I wrote about the Coats-Hines site in “Long March to Tennessee” is because it’s mentioned in the fifth-grade social studies standards. “Identify the cultures of the major indigenous settlements in Tennessee,” says the standard, including “Paleo (Coats-Hines Site), Archaic, Woodland (Old Stone Fort, Pinson Mounds) and Mississippian (Chucalissa Indian Village).”

However, this is a good time to point out that paleontologists, archaeologists and historians are learning new things all the time. What I wrote about Coats-Hines in “Long March to Tennessee” was accurate at the time (to the best of everyone’s knowledge). But a few years ago, another team of scientists led by a prehistoric archaeologist (and Middle Tennessee State University alum) named Jesse Tune re-examined the Coats-Hines site and came to a different conclusion.

You see, archaeology isn’t easy. As anyone who has spent time at an archaeological dig can attest, it can be difficult to tell the difference between a curiously shaped stone fragment and a stone that was intentionally formed into a tool. Furthermore, when you do find a stone that was intentionally formed into a tool, it isn’t easy to determine how old it is.

Upon extensive study by Jesse Tune’s team, as the Coats-Hines Wikipedia page now explains:

“All flake fragments recovered from within the bone bed lacked distinctive physical traits which would conclusively demonstrate that they resulted from human manufacture rather than natural processes.”

In other words, the stone tools that archaeologists originally found near the mastodon bones were either just curiously shaped stones or stone tools that were not associated with the mastodon remains. “We thought we’d found evidence of Tennessee’s first barbecue,” says Aaron Deter-Wolf, prehistoric archaeologist for the Tennessee Division of Archaeology. “But at this point, we just think that we found mastodon bones.

“Mastodon bones are very cool things, and they are very old — between 25,000 and 32,000 years old. But mastodon bones alone don’t make it a Paleo Indian site.”

So in my most recent edition of “Long March to Tennessee,” I revised what I said about Coats Hines:

“Archaeologists are always finding new things and learning more about what we thought we knew. A few years ago, archaeologists discovered what they thought were Paleo-Indian relics and mastodon bones at a site called Coats-Hines in Williamson County. But extensive studies later proved that these human ‘relics’ were only pieces of broken stones. ‘I’m afraid Coats-Hines wasn’t a Paleo Indian site after all,’ Deter-Wolf says. ‘The bones of the mastodon were real but thousands of years older than the Paleo Indian period. We didn’t find evidence that humans were there using stone tools as we at first thought.’”

In any case, I find this to be an interesting example of why social studies standards, textbooks and history booklets have to change sometimes. I often meet people who are unhappy because, for whatever reason, textbooks and history books don’t contain the exact same information that they used to. But we are learning new things all the time — from journals no one found before, newspaper articles and advertisements no one dug up before and even archaeological data no one fully understood before. We who write articles, booklets and books have to do the best we can to keep up. When there are changes, new revelations and new theories, we can’t hide from them. We explain them, we move on and we keep digging.
Like millions of older Americans, I struggle with mobility. For years, I watched my quality of life slip away, as I was forced to stay home while friends and family took part in activities I’d once enjoyed. I thought I’d made some progress when I got a mobility scooter, but then I realized how hard it was to transport. Taking it apart and putting it back together was like doing a jigsaw puzzle. Once I had it disassembled, I had to try to put all of the pieces in the trunk of a car, go to wherever I was going, and repeat the process in reverse. Travel scooters were easier to transport, but they were uncomfortable and scary to drive, I always felt like I was ready to tip over. Then I found the So Lite™ Scooter. Now there’s nothing that can hold me back.

Years of work by innovative engineers have resulted in a scooter that’s designed with seniors in mind. They created Electronic Stability Control (ESC) that makes it virtually impossible to tip over. If you try to turn too quickly, the scooter automatically slows down to prevent it from tipping over. The battery provides powerful energy at a fraction of the weight of most batteries. With its rugged yet lightweight aluminum frame, the So Lite™ Scooter is the most portable scooter ever—but it can hold up to 275 pounds—yet weighs only 40.8 pounds without the battery! What’s more, it easily folds up for storage in a car seat, trunk or even on an airplane. It folds in seconds without tools and is safe and reliable. Best of all, it’s designed with your safety in mind, from the newest technology and superior craftsmanship. Why spend another day letting your lack of mobility ruin your quality of life? Call now and find out how you can get a So Lite™ Scooter of your very own.

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### West Tennessee

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<th>Event</th>
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<tr>
<td><strong>Sept. 2-3</strong> • Town of Obion Sesquicentennial Celebration, Indian Park. 731-536-6242 or obiontn.com/150th-anniversary</td>
<td>Ends Sept. 30 (Fridays) • Farmers Market, downtown pavilion, Bell Buckle. bellbucklechamber.com</td>
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<td><strong>Sept. 3</strong> • Sunset Symphony, Cherry Mansion, Savannah. 731-925-8181 or tourhardincounty.org</td>
<td>Sept. 3 • Fall Harvest Bootique Craft and Vendor Event, Manchester Coffee County Conference Center. 931-273-4158 or <a href="mailto:kelleyfelice74@gmail.com">kelleyfelice74@gmail.com</a></td>
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<tr>
<td><strong>Sept. 8-9</strong> • Singer-Songwriter Night 2022 Featuring Phillip and Friends, Discovery Park of America, Union City. 731-885-5455 or discoveryparkofamerica.com</td>
<td>Sept. 3 • UB40, The Original Wailers, Maxi Priest and Big Mountain, The Caverns, Pelham. 931-516-9724 or thecaverns.com</td>
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<td><strong>Sept. 9</strong> • Seventh Annual Science of Wine, Memphis Museum of Science and History. 901-636-2362 or moshmemphis.com</td>
<td>Sept. 3 • An Afternoon Chamber Series, St. Paul’s Episcopal Church, Murfreesboro. mtsinфонietta.com</td>
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<td><strong>Sept. 10</strong> • Annual Road Sale, Dry Hill Road East and West, Ripley. 731-635-0281</td>
<td>Sept. 3 • Bluegrass Festival, Historic Watertown Public Square. 615-237-0270 or watertowntn.com</td>
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<tr>
<td><strong>Sept. 10</strong> • 2022 Cotton Festival Charity Car, Truck and Cycle Show, downtown Somerville. 901-233-2567</td>
<td>Sept. 3-10 • 165th Coffee County Fair, Coffee County Fairgrounds, Manchester. 931-723-1546 or coffeecountyfairtn.org</td>
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<td><strong>Sept. 10</strong> • High Cotton 5K/1K Benefiting Fayette Cares, Somerville First United Methodist Church. 901-465-3802, ext. 221, or fayettecares.org</td>
<td>Sept. 3, Oct. 29 • The Herbal Heath Series, Cragfont State Historic Site, Castalian Springs. 615-452-7070 or historiccastaliansprings.org</td>
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<td><strong>Sept. 10</strong> • Music on Main, Savannah Market. facebook.com/savannahmarket</td>
<td>Sept. 4 • Switchfoot, The Caverns, Pelham. 931-516-9724 or thecaverns.com</td>
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<td><strong>Sept. 10</strong> • Hunter Dee Stafford Memorial Wildlife Supper, Holly Grove Cumberland Presbyterian Church, Brighton. 901-268-9252</td>
<td>Sept. 9 • Summer Owl Prowls, Owl’s Hill Nature Sanctuary, Brentwood. 615-370-4672 or owl士hill.org</td>
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<td><strong>Sept. 10</strong> • The Farmhouse at Two Trees, Fayetteville. facebook.com/TwoTreesUniqueGifts</td>
<td>Sept. 9 • Diana Singing, Diana Road, Cornersville. 931-363-3204, 931-309-7602 or dianasinging.com</td>
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<td><strong>Sept. 10</strong> • 27th Annual Heritage Festival, downtown Covington. 901-476-9727 or covington-tpiptoncochamber.com</td>
<td>Sept. 10 • Sherry’s Run 5K Run/Walk, Main Street, Lebanon. 615-925-2592 or sherrysrun.org</td>
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<td><strong>Sept. 10</strong> • Chester County BBQ Festival, downtown Henderson. 731-989-5222 or chestercountychamber.com</td>
<td>Sept. 10 • Bankin Festival, Run-A-Muck Outfitters, Adams. bankinfestival.com</td>
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<td><strong>Sept. 10</strong> • 50th Annual Pink Palace Crafts Fair, Audubon Park, Memphis. 901-636-2362 or moshmemphis.com</td>
<td>Sept. 10 • 20th Annual Smyrna Rotary Wings of Freedom Fish Fry, Smyrna-Rutherford County Airport. 615-459-2651 or wofsmymrna.com</td>
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<td><strong>Sept. 10</strong> • Hayden’s Hope Craft Fair, The Farmhouse at Two Trees, Fayetteville. facebook.com/TwoTreesUniqueGifts</td>
<td>Sept. 10 • Share the Love, Central City. 931-465-3802, ext. 16, or fayettecares.org</td>
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### Middle Tennessee

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<td>Sept. 10 • White Oak Craft Fair, The Arts Center of Cannon County, Woodbury. whiteoaktn.org</td>
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<tr>
<td><strong>Sept. 3</strong> • Fall Harvest Bootique Craft and Vendor Event, Manchester Coffee County Conference Center. 931-273-4158 or <a href="mailto:kelleyfelice74@gmail.com">kelleyfelice74@gmail.com</a></td>
<td>Sept. 16 • Night Market, downtown Bell Buckle. bellbucklechamber.com</td>
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<td><strong>Sept. 8-9</strong> • Singer-Songwriter Night 2022 Featuring Phillip and Friends, Discovery Park of America, Union City. 731-885-5455 or discoveryparkofamerica.com</td>
<td>Sept. 16-17 • Full Moon Pickin’ Parties, Percy Warner Park, Nashville. 615-370-8053 or warnerparks.org</td>
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<tr>
<td><strong>Sept. 9</strong> • Seventh Annual Science of Wine, Memphis Museum of Science and History. 901-636-2362 or moshmemphis.com</td>
<td>Sept. 16-17 • 16th Annual Fall Redneck Rumble, Farm Bureau Expo Center, Lebanon. 615-364-1828 or bothbarrels promotions.com</td>
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<td><strong>Sept. 10</strong> • Annual Road Sale, Dry Hill Road East and West, Ripley. 731-635-0281</td>
<td>Sept. 16-18 • 10th Annual Mother-Daughter Getaway Weekend, Deer Run Camps and Retreats, Thompson’s Station. 615-794-2918 or deerrun.camp</td>
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<td><strong>Sept. 10</strong> • 2022 Cotton Festival Charity Car, Truck and Cycle Show, downtown Somerville. 901-233-2567</td>
<td>Sept. 16-18 • Women Veterans of America National Convention, TownePlace Suites, Adams. 757-814-3438 or <a href="mailto:monica.m.meeks@gmail.com">monica.m.meeks@gmail.com</a></td>
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<td><strong>Sept. 10</strong> • High Cotton 5K/1K Benefiting Fayette Cares, Somerville First United Methodist Church. 901-465-3802, ext. 221, or fayettecares.org</td>
<td>Sept. 17 • Copeland performing with the Sewanee Symphony Orchestra, The Caverns, Pelham. 931-516-9724 or thecaverns.com</td>
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<td><strong>Sept. 10</strong> • Music on Main, Savannah Market. facebook.com/savannahmarket</td>
<td>Sept. 17 • Rocky Fork Fall Market, Hudson Flags and More, Smyrna. facebook.com/hudsonflagsandmore</td>
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<td><strong>Sept. 10</strong> • Hunter Dee Stafford Memorial Wildlife Supper, Holly Grove Cumberland Presbyterian Church, Brighton. 901-268-9252</td>
<td>Sept. 17 • First Responder Alpha Games, Hartsville Trey Park. 615-738-0823 or crossroadmissioncare.com</td>
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<tr>
<td><strong>Sept. 10</strong> • The Farmhouse at Two Trees, Fayetteville. facebook.com/TwoTreesUniqueGifts</td>
<td>Sept. 17 • Autumn Blaze Arts Festival, Waverly First United Methodist Church. 931-296-9126 or facebook.com/autumnblazeartsfestival</td>
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<tr>
<td><strong>Sept. 10</strong> • Hayden’s Hope Craft Fair, The Farmhouse at Two Trees, Fayetteville. facebook.com/TwoTreesUniqueGifts</td>
<td>Sept. 17 • Sewanee Arts and Crafts Fall Fair, Shoupe Park, University of the South. 931-691-3873 or <a href="mailto:infoSacAC@gmail.com">infoSacAC@gmail.com</a></td>
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### Submit your events

Complete the form at [tnmagazine.org](http://tnmagazine.org) or email [events@tnelectric.org](mailto: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](http://tnmagazine.org/events).
Sept. 17 • Reckless Kelly, Cumberland Caverns Live, McMinnville. cumberlandcavernslive.com

Sept. 17-24 • Lincoln County Fair, Lincoln County Fairgrounds, Fayetteville. lincolncountyfairtn.com

Sept. 18 • As Do the Ladies in Tennessee: 19th Century Fashion Show and Tea, Cragfont State Historic Site, Castalian Springs. 615-452-7070 or historiccastaliansprings.org

Sept. 23-24 • First Annual Fall Fest, Milner Recreation Center, McMinnville. 931-247-3318 or threesisterscandlecotn.com

Sept. 24 • Fall Festival, Main Street, Eagleville. 615-274-2922 or eaglevilletn.com

Sept. 24 • Art in the Park, J. Travis Price Park, Springfield. 615-380-8071 or willowoodart.com

Sept. 24 • Fall Pop-Up Market Day, Re-Invintage Home, Murfreesboro. 615-617-5632 or reinvintagehome.com

Sept. 24 • Depot Days, Front Street, Smyrna. 615-396-5185 or simatn.org

Sept. 24 • Talk Like a Pirate Day Crafts Show, Coffee County Fairgrounds, Manchester. 931-841-5584 or facebook.com/oliverswoodandfabric

Sept. 24-25 • 39th Annual WilCo Pow Wow, James E. Ward Agricultural Center, Lebanon. 615-443-1537 or wilcopowwow.com

Sept. 28-Oct. 2 • Kids Clothing Exchange Consignment Sale, Gladeville Community Center, Lebanon. theconsignmentconnection.com

Sept. 30-Oct. 1 • David Dansby Memorial Quilt Show, Hope Church, Centerville. 931-994-9219 or jamesstucker47@hotmail.com

East Tennessee

Sept. 1 • Creative Social Day, Tennessee Army National Guard Armory, Rogersville. 407-883-2036

Sept. 9-11 • Fall Naturalists Rally, Roan Mountain State Park. friendsofroan@gmail.com or friendsofroanmttn.org

Sept. 10 • Fall Market, Collegedale Commons. 423-650-1388 or touchtheskyevents.com

Sept. 10-11 • Moon River Music Festival, Coolidge Park, Chattanooga. moonriverfestival.com

Sept. 16-17 • Bluegrass Festival, Nine Mile Volunteer Fire Department, Pikeville. 423-448-0709 or 9mibluegrass.org

Sept. 17 • 30th Annual Haunting in the Hills Storytelling Festival, Big South Fork National River and Recreation Area, Oneida. 423-286-7275 or nps.gov/biso

Sept. 17-18 • Chattanooga Taco Festival, Camp Jordan, East Ridge. 423-650-1388 or touchtheskyevents.com

Sept. 24 • Harvest Moon Festival, Colwyn Avenue, Cumberland Gap. 423-869-5935 or cumberlandgapartistscoop.com

Sept. 24 • Craft Beer Festival, Farmers Market and Downtown Green, Morristown. 423-586-6382 or morristowncraftbeerfestival.com

Sept. 25-Oct. 1 • National Quartet Convention, LeConte Center, Pigeon Forge. 800-846-8499 or nqconline.com

Sept. 30-Oct. 31 • Corn Maze and Pumpkin Patch, Maple Lane Farms, Greenback. 865-856-3511 or ttnmaplelanefarms.com

Oct. 1 • Fall Festival, Main Street, Pikeville. 423-447-2791 or pikevillefestival.com

The outdoors is really a reflection of you. It’s up to all of us to do our part to help preserve the natural beauty of our state. Join us in following the 7 Outdoor NC Leave No Trace Principles, so our spaces can remain beautiful and enjoyable for years to come.

MAKE IT YOUR NATURE

September 2022       31
CHILI WEATHER

There’s nothing like a simmering pot of chili to warm your kitchen with the flavors of fall

Brisket Chili
Recipes by Tammy Algood
Photograph by Robin Conover
A after this summer’s heat, you thought you’d never feel chilly again. But you’re wrong. Cool weather is coming. Without fail, September gives way to October, so just focus on the idyllic days to come, and start planning your first pot of chili for the season. These recipes are a great way to chill out until chili weather finally arrives.

**Hot Chuck Chili**  
Yield: 6 servings  
¼ cup vegetable oil  
3 pounds lean beef chuck, well-trimmed and cut into 1-inch cubes  
1 cup chopped purple onion  
3 garlic cloves, minced  
3 tablespoons chili powder  
2 teaspoons ground cumin  
2 teaspoons salt  
2 tablespoons hot sauce  
¾ teaspoon black pepper  
1 (4-ounce) can chopped green chiles, drained  
6 jalapeño peppers, seeded and chopped

In a Dutch oven, heat the oil over medium-high heat. In three batches, brown the beef well, removing each batch with a slotted spoon. Drain on paper towels and set aside.

Add the onions and garlic. Cook 5 minutes, stirring frequently. Stir in the chili powder, cumin, salt, hot sauce and pepper. Blend well and cook 1 minute.

Add the water, chiles and jalapeños. Bring to a boil and return the beef to the pot. Stir well to combine. Reduce heat to low and simmer, uncovered, 1½ hours. Serve warm with additional heat to low and simmer, uncovered, the pot. Stir well to combine. Reduce

**Brisket Chili**  
Yield: 8 to 10 servings  
6 dried ancho servings, stemmed, seeded and coarsely torn  
6 bacon slices, diced  
2 large sweet onions, peeled and chopped  
1 (5-pound) flat-cut beef brisket, cut into 2-inch cubes  
3 teaspoons kosher salt, divided  
6 garlic cloves, peeled  
2 tablespoons chili powder  
2 teaspoons cumin seeds  
1 teaspoon dried oregano  
1 teaspoon ground coriander  
2 (10-ounce) cans diced tomatoes with green chiles  
1 (12-ounce) bottle dark beer or 12 ounces vegetable stock  
¼ cup finely chopped fresh cilantro  
1 (3-pound) butternut squash, peeled, seeded and cut into 2-inch dice  
½ teaspoon black pepper

Cover the chiles with boiling water and soak at least 1 hour and up to 3 hours. Preheat the oven to 350 degrees. Sauté the bacon and onions 1 minute in a large ovenproof pot over medium-high heat. Reduce the heat to medium and cover. Cook 5 minutes or until the onions are tender.

Meanwhile, sprinkle the beef with half the salt. Add to the onion mixture and reduce heat to low. Drain the chiles, reserving the soaking liquid. Add the garlic, chili powder, cumin, oregano, coriander and remaining salt. Puree until smooth, adding more soaking liquid if too thick.

Transfer the puree to the brisket pot and add the tomatoes, beer or vegetable stock and cilantro. Cover and cook in the oven 2 hours. Uncover and cook 1 hour longer.

Stir in the squash and cook 45 minutes longer, uncovered. If necessary, add more soaking liquid. Add the pepper and serve hot.

**Note:** For serving later, let the chili cool, then refrigerate and gently reheat the following day.

**No-Meat Green Chili**  
Healthy!  
Yield: 8 servings  
6 cups mild or medium green chiles, chopped  
1 garlic clove, minced  
1 medium sweet onion, peeled and coarsely chopped  
½ teaspoon ground coriander  
½ tablespoon chili powder  
½ teaspoon ground white pepper  
½ teaspoon cumin powder  
1 tablespoon salt  
10 cups water  
1 (15-ounce) can Northern beans, drained  
1½ cups vegetable stock  
2 tablespoons cornstarch

In a large stockpot, combine the chiles, garlic, onions, coriander, chili powder, pepper, cumin, salt and water. Bring to a boil and cook uncovered 1 hour. Stir in the beans.

In a small bowl, combine the stock and cornstarch. Mix thoroughly. Add to the chili mixture and cook 20 minutes longer. Serve hot.

**Hot Pinto Chili**  
Yield: 12 servings  
2 pounds dry pinto beans, soaked overnight according to package instructions  
1 teaspoon dry mustard  
1 (28-ounce) can diced tomatoes, undrained  
1 pound hot pork sausage  
1 pound lean ground beef  
2 large purple onions, peeled and chopped  
2 tablespoons chili powder  
1 teaspoon cayenne, optional  
¼ teaspoon black pepper

In a large stockpot, cook the soaked beans and mustard in 10 cups water 1 hour over medium heat. Stir in the tomatoes and cook 15 minutes.

Meanwhile, in a heavy skillet over medium heat, cook the sausage and beef until brown. Remove with a slotted spoon and drain on paper towels. Set aside.

Cook the onions in the pan drippings until tender, about 8 minutes. Stir the meat and onions into the cooked beans. Add the chili powder, cayenne (if using) and pepper. Simmer 2 hours or until thickened and beans are tender. Serve hot.
Beef and Beer Chili
Yield: 10 servings
2 pounds ground beef
1 medium yellow onion, peeled and chopped
4 garlic cloves, minced
2 (15-ounce) cans pinto beans, drained and rinsed
3 (8-ounce) cans tomato sauce
1 (12-ounce) bottle dark beer or 12 ounces vegetable stock
1 (4.5-ounce) can chopped green chiles
1½ cups beef stock
2 tablespoons chili powder
1 tablespoon Worcestershire sauce
2 teaspoons ground cumin
2 teaspoons ground red pepper
1 teaspoon paprika
1 teaspoon hot sauce

Place a large Dutch oven over medium heat. Add the beef, onions and garlic. Cook until the meat crumbles and is no longer pink. Drain. Add the beans, sauce, beer or vegetable stock, paste, chiles, beef stock, chili powder, Worcestershire, cumin, pepper, paprika and hot sauce to the meat mixture. Bring to a boil, reduce heat to low and simmer 3 hours or until thickened. Serve hot.

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.

Two-Meat Slow-Cooked Chili
Yield: 6 to 8 servings
1 pound beef chuck steak, cut into 1-inch pieces
1 pound pork tenderloin, cut into 1-inch pieces
¼ cup all-purpose flour
1 tablespoon vegetable oil
2 (10-ounce) cans tomatoes and green chiles, undrained
1 (15-ounce) can pinto beans, undrained
1 (12-ounce) bottle dark beer or 12 ounces vegetable stock
½ cup chopped purple onion
2 teaspoons chili powder
1 teaspoon cumin
1 teaspoon garlic salt
¼ teaspoon ground cinnamon

In a large zip-top plastic bag, combine the beef and pork. Sprinkle with the flour and shake to evenly coat. Heat the oil in a large skillet over medium-high heat. Add the beef and pork and cook until no longer pink, around 7 to 8 minutes. Transfer the meat to a slow cooker and add the tomatoes and chiles, beans, beer or stock, onions, chili powder, cumin, salt and cinnamon. Cover and cook on the low setting 8 to 9 hours or until the meat is fork-tender. Serve hot.

Email your cooking questions to Tammy Algood: talgood@tnelectric.org.

Robbie writes, “I don’t like using tomato paste as a thickener for chili but usually don’t have cornstarch in the pantry. What else can I use? Thanks!”

Robbie, try using flour, but you will need to make a slurry rather than just sprinkling it in. In a measuring cup of ¼ cup of cold water, whisk in 2 tablespoons of all-purpose flour. Stir into the chili during the last 15 to 20 minutes of cooking.

Elaine asks, “My mother always added a teaspoon of sugar to any cooked recipe that called for tomatoes whether the recipe called for it or not. She is not here for me to ask now, but can you guess why she would do that? I appreciate it!”

Elaine, that is a common practice to reduce the acidity of tomatoes. I have actually done it myself. It balances out the flavor beautifully and rounds out the richness of the dish. Some will use a bit of cocoa powder to achieve the same thing.

Tomi writes, “Why is it that dishes such as meatloaf and chili seem to taste better the day after they are cooked?”

Tomi, that has to do with the cooling off process of storing the leftovers. In cooling, it allows all the delicious spices in the dish to permeate and meld completely with any starch in the recipe. In meatloaf, that is typically breadcrumbs, and in chili, it is beans.
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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 Friday, Sept. 30. Winners will be published in the November issue of The Tennessee Magazine.

July Flag Spotters

Thanks for the postcards and emails again this month identifying the correct location of the flag, which was found on the green ticket on page 12.

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

Wayne Roland, Oakland, Chickasaw EC
James Schnell, Clarksville, Cumberland EMC
Kim McWilliams, Rogersville, Holston EC

Artist’s Palette

Assignment for September

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 8 1/2-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 — September, 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 Friday, Sept. 30.

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 November 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 November 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, 14-19, 20-25, 26 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, Sept. 26.

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.
**Artist’s Palette July Winners**

**WINNERS, 15-18 AGE GROUP:** First place: Amelia Babb, age 15, Middle Tennessee Electric; Second place: Maritsa Castillo Gonzalez, age 16, Middle Tennessee Electric; Third place: Lillian May, age 17, Middle Tennessee Electric

**WINNERS, 10-14 AGE GROUP:** First place: Julianna Wanner, age 14, Middle Tennessee Electric; Second place: Melody Mann, age 10, Cumberland EMC; Third place: Siamanto Mouradian, age 14, Meriwether Lewis EC

**WINNERS, 1-9 AGE GROUP:** First place: Pearl Krieg, age 9, Middle Tennessee Electric; Second place: Clara Watson, age 9, Cumberland EMC; Third place: Eshan Dandey, age 8, Middle Tennessee Electric
Age 8 and younger

Tennessee Seasons

Thinkin’ about Tennessee, Seasons making me dizzy.
In spring flowers bloom, It also brings babies very new.
Summer sun likes the sky Watching birdies start to fly
Autumn leaves way up high Daddies want to eat some pie.
In winter there’s little snow On our famous Cumberland Plateau.
Seasons going ’round and ’round, While I’m lying on the ground.
— Anna Westerwelle

The Sky

The starry sky High above Shining bright But none are awake To see them dance The flowers are hiding The birds on their nest Protecting their eggs From the night But the glory up high shining in the sky But none are to see them fly Shooting are the sky When the sun rises In the east The star will disappear Leaving till tonight When the will dance And when they fly And I will be awake this time Looking out my window At the glorious sky
— Paulina Trout, Duck River EMC

Holy Water

I drink the holy water from Tennessee’s outstretched lands. It fills me up from within. The power is in my hands. From its scorching summers to numbing wintertime, these lands knock off the hate
— Nisha Javagal, Middle Tennessee Electric

Age 19-22

Smoky Mountains

Seen at a distance they stand full of pride.
No peers nor rivals stand by their side mighty and precious, wildly untame.
With beauty and majesty no man can claim.
Their height and steel are difficult to climb, with a soul and a spirit hardened by time. Unmoving, unshaken, untouched by the ages.
They have watched the world as it furies and rages. And found men wanting with their impatient minds. They are focused, and steady, models of their kind.
Statues of creation where on the top wisdom stands, God bless these mountains, and God bless this land.
— Deborah Odom, Middle Tennessee Electric

Summer Reign

Crown of clover, coronation complete.
Behold my Tennessee kingdom! Inhaling the fragrance of the fleeting season — honeysuckle bloom. Tongue tingles from sucked nectar. Clinching my scepter, burnt out nectar, fireflies glow. At dusk, cicada’s trumpet sounds. Eyes closed, I reminisce. Stains of grass emblazon my coat of arms — a sundress. Bare feet, cold creek, Clusters of muscadines, Sweet sun tea in Mason jars — butterflies land. Cranked homemade ice cream, sticky chins, chilled watermelon, Spittin’ peach pits at old cotton quilt picnics, Cranked homemade ice cream, sticky chins, chilled watermelon, Spittin’ peach pits at old cotton quilt picnics, Casting a line — America’s Pastime. Salty cheeks, dusty bikes, Bonfire lights, thundering nights, Burning embers signal — my summer reign.
— Deborah Odom, Middle Tennessee Electric

Anonymity

As a child growing up in Tennessee I didn’t know anonymity, but all that ended at a big university When I was introduced officially to Mr. Anonymity. Mr. Anonymity became a constant companion For many years to come. I don’t wish that on anyone It’s not at all fun. Please my friends, let’s pay attention to others And not just those in our group. With open eyes and hearts Be kind, doing our part. Years later, it was back home for me. Mr. Anonymity didn’t make the trip. He wouldn’t dare He’s the one not welcome there.
— Belinda French, 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 September 1972 magazine featured boaters taking in the last days of summertime in Tennessee’s “unequaled scenery and recreational sites.” Inside, readers found stories describing the newest appliances and learned about electrical safety.

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

This is from my grandmother who passed away. She called it “The Holy Cow,” and that’s what all of us kids believed it was. I would like to know the origin of the marks and the value.

— Marty

Dear Marty,

This porcelain is called “Seduction of Europa.” The mythological god Zeus was in love with Europa. He disguised himself as a bull, tricked Europa into riding on his back by sea to Crete where he revealed his true self. There’s more to this story, but ultimately Europa gave her name to the continent of Europe. Truth and women’s rights were not addressed in mythology.

The porcelain was made in Passau, Bavarian Germany, before 1897. The maker is Dressel Kister & Company, which made fine porcelain from 1840 to 1942. Its value is $500 to $1,000.

— Kimberly

Dear Kimberly,

The metal four-drawer Wesco file cabinet will sell for less than $50. The two-piece sad iron will bring around $20. The base was heated on a wood stove. A removable wooden handle kept the sad person doing the ironing from burning their hand.

And, yes, I am aware — there is so much stuff!

— Nelle

Dear Nelle,

Pastel blue and pink pottery planters shaped like baby carriages were used by florists for newborn baby flowers and potted plants. They currently sell for $4 to $10 and were made midcentury in the U.S.

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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Nearly a year ago, a pair of American bald eagles began to increase their presence at one of my favorite state parks in Nashville. Park visitors, birders and photographers began to take notice of the pair’s frequent visits and increased activity at Radnor Lake. The speculation and hope that they might construct a nest ran rampant.

Many of us thought that while the eagles might build somewhere at the lake, they wouldn’t nest where we would be able to see, instead seeking the more remote areas of the park away from the heavily trafficked foot trails. Within a few months, they proved us all wrong by building a nest in quite possibly the best location they could have chosen for everyone to be able to view it.

While the site was hundreds of feet and across the lake from the best vantage points, it was clearly visible from Otter Creek Road in one of the tallest trees at the lake’s edge. It was a perfect location for the eagles to watch over the lake for fish and other prey while the impact they felt from park visitors was minimal.

For the next few months, field glasses, spotting scopes and strong telephoto lenses were a must for visitors to see the action. Park rangers set up scopes daily for onlookers to see the pair bringing in nesting materials, caring for eggs and, finally, feeding the two eaglets in the nest.

It was a challenge to capture the daily activities of the nest site at such a distance. This image was taken just after sunrise as the smaller of the two eagles, which is assumed to be the male, dove toward the lake’s surface and successfully grabbed a small fish in its talons.

Watching these majestic birds fly against a bright blue sky is awe-inspiring to me. Watching them spot a fish from 500 yards away and then swoop to capture it is equally amazing.

With the populations of these apex predators rebounding in recent years, sightings in Tennessee have increased.
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 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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