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Water is the focus at Rock Island State Park in Warren County. See page 14 to learn more about this incredible destination. Photograph by Robin Conover

ABOUT THE COVER

The holidays are here, and it’s prime gift-buying season. Baked goods such as these lovely snacks from the Moonshine Mountain Cookie Company make excellent gifts. See page 8 for more Tennessee-tinged gift ideas. Photograph by Moonshine Mountain Cookie Company
Between the Lines

News from your community

The power of preparation

With severe weather events occurring more frequently, it makes sense now more than ever to be prepared. During a prolonged power outage or other emergency, this means having enough food, water and supplies to last at least a few days.

While you don’t have to achieve a “doomsday prepper” level of preparedness, there are several practical steps you can take to keep you and your family safe.

Even at a modest level, preparation can help reduce stress and anxiety and lessen the impact of an emergency event. We recommend starting with the basics.

Here are general guidelines recommended by the Federal Emergency Management Agency:

- Assemble a grab-and-go disaster kit. Include items like nonperishable food, water (1 gallon per person, per day), diapers, batteries, flashlights, prescription medications, first-aid kit, battery-powered radio and phone chargers.
- Develop a plan for communicating with family and friends (i.e., via text, social media, third party, etc.).
- Have some extra cash available; during a power outage, electronic card readers and cash machines may not work.
- Store important documents (birth certificates, property deed, etc.) in safe place away from home (for example, a bank safe deposit box).
- Keep neighbors and coworkers apprised of your emergency plans.
- Fill your car with gas.
- Organize your supplies so they are certain that you have ample formula, diapers, medications and other supplies on hand to weather an outage lasting several days or more.

For families with pets, having a plan in place in the event of a prolonged outage or an emergency will help reduce worry and stress — especially if you need to make a decision during an emergency.

- Bring pets indoors at the first sign of a storm or other emergency. Pets can become disoriented and frightened during severe weather and may wander off during an emergency.
- Microchip your pet and ensure the contact information is up to date.
- Store pet medical records on a USB drive or in an easy-to-remember location.
- Create an emergency kit for pets (include shelf-safe food, bottled water, medications and other supplies).

At Cumberland Electric Membership Corporation, we care about your safety. Planning for an emergency situation today can give you more confidence to deal with severe weather and potential outages in the future.
At FARM BUREAU HEALTH PLANS, we have Medicare plans made with you in mind. We offer a range of Medicare plan options to meet your needs and budget, including Medicare Advantage, Medicare Supplement plans, Part D plans and dental and vision coverage. Want to learn more?

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VISIT YOUR LOCAL OFFICE FOR TRUSTED MEDICARE ADVICE.

Farm Bureau Health Plans is a Medicare Advantage HMO and a Prescription Drug Plan (PDP) with a Medicare contract. Enrollment in Farm Bureau Advantage HMO or PDP depends on contract renewal. FBHP Medicare Advantage (MA) is not available in all Tennessee counties. Please refer to the Tennessee county list on our website to confirm eligibility. Medicare Supplements insured by TRH Health Insurance Company, Columbia, Tennessee. Supplements not connected with or endorsed by the U.S. or state government. This is a solicitation of insurance. A representative of Farm Bureau Health Plans may contact you.
Thankfulness

On Oct. 15, I attended Caney Fork Electric Cooperative’s annual meeting. On the morning drive to McMinnville from Nashville, the fall foliage provided proof that the hot days of summer are firmly in the past. It was a beautiful, relaxing drive to the nursery capital of the world.

As I drove, I thought about the number of electric cooperative annual meetings I’ve attended over my career. It’s a big number. Despite my background as an accountant, I didn’t get too involved in the calculation. I’ve found it’s reasonably important to pay attention as you drive the roads, at least according to my insurance company.

My best guess is that I’ve attended well over 200 annual meetings, dating back to my time working at Tri-County Electric Cooperative’s annual meeting. On the morning drive to McMinnville from Nashville, the fall foliage provided proof that the hot days of summer are firmly in the past. It was a beautiful, relaxing drive to the nursery capital of the world.

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My best guess is that I’ve attended well over 200 annual meetings, dating back to my time working at Tri-County Electric in Lafayette and continuing in my current role. That’s a lot of hot dogs, hamburgers and barbecue sandwiches — as evidenced by my waistline. I have attended meetings in high schools, churches, theaters and tents; quite a few on co-op office loading docks; and even one inside a cave.

The venues and the food are secondary to the purpose of the meetings, of course. Electric cooperatives are owned and operated by the people we serve, and those meetings are business meetings. As I’ve said many times before, it is important for you as a consumer-owner of your co-op to stay informed.

As I look back at the past, I’ve been honored to work for the men and women of Tennessee’s electric co-ops and for the 2.5 million Tennesseans who get their electricity from a cooperative.

For that opportunity, I thank you.
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Dutch Maid Bakery
109 Main St., Tracy City, TN 38387
931-592-3171
dutchmaid.net

Cakes and treats from Dutch Maid Bakery, celebrating its 120th anniversary this year.
This holiday season, remember to shop local as you’re choosing the perfect gifts for loved ones. Tennessee is blessed with countless businesses, artisans, museums and galleries that offer heartfelt, practical and fun gifts for everyone on your list.

We love our treats in Tennessee, so that’s a natural place to start. Bakers, candy-makers, grill masters and farmers are among the innovative creators offering fantastic gift options. TruBee Honey of Eagleville is but one example. A recent addition to the popular offerings is the sweet heat of the “Tennessee Snow” creamed honey line of spreadable products combining honey with habanero and cayenne peppers. Visit truebeehoney.com.

Consider gifting experiences at museums, zoos, aquariums and galleries. The Tennessee Aquarium in Chattanooga, for example, offers gift memberships that include unlimited access to the River Journey and Ocean Journey buildings for an entire year beginning when the recipient redeems the certificate. Deluxe Memberships also include unlimited admission to 45-minute IMAX films. And for a limited time (Nov. 14-Dec. 19), each gift membership purchase includes a complimentary Tennessee Aquarium coloring book. Visit tnaqua.org/members/gift-memberships.

Similarly, the Nashville Zoo offers gift memberships as well as Backstage Pass tours and Adopt-an-Animal packages that can include plushes, animal fact cards and even meet-and-greets with the symbolically adopted animals. See nashvillezoo.org for gifting options.

There are plenty of locally crafted options for the art lovers in your life. The Johnson County Center for the Arts in downtown Mountain City offers a gift shop and gallery with handmade goods, including pottery, wood, jewelry, paintings and so much more. Learn more and even shop online at jocoartcenter.org.

Tennessee Craft echoes the “buy local” advice, urging gifters to stimulate the local economy and keep alive Tennessee’s crafting heritage. Visit tennesseecraft.org to see where you can “buy local and handmade.”

We couldn’t possibly list all the amazing Tennessee-made products and crafts, but we have highlighted just a few on the following pages to get your gifting juices flowing. Visit these and seek out local options near your hometown.
Local artists

Support local artists and find one-of-a-kind gifts for your friends and family. In addition to the resources listed below, ask your local chamber of commerce about the names of artists in your own community.

Discovery Park of America
830 Everett Blvd., Union City, TN 38261
731-885-5455
discoveryparkofamerica.com

Frist Art Museum
919 Broadway, Nashville, TN 37203
615-244-3340
fristartmuseum.org

Knoxville Zoo
3500 Knoxville Zoo Drive, Knoxville, TN 37914
865-637-5331
zooknoxville.org

Memphis Museum of Science and History
3050 Central Ave., Memphis, TN 38111
901-636-2362
moshmemphis.com

Museum of Appalachia
2819 Andersonville Highway, Clinton, TN 37716
865-494-7680
museumofappalachia.org

Tennessee Aquarium
1 Broad St., Chattanooga, TN 37402
800-262-0695
tnaqua.org

A gift card or annual pass to one of Tennessee’s many museums, zoos or aquariums makes a great gift that can be enjoyed all year long.

Culture and science

Talent members of Tennessee Craft can help you fill stockings this season. Learn more at tennesseecraft.org. Tennessee Craft photographs by Sally Bebawy Photography
Reflections on Veterans Day from a guy who used to be in the Navy

For the first time since 2006, this column will be something other than history.

I was an officer in the U.S. Navy from 1987 until 1992, but I’m ambivalent about Veterans Day. With each passing year, I become more uncomfortable with the routines we associate with the holiday.

Before I go further, I need to point out that I only speak for myself. I’m not a Vietnam vet; I didn’t serve in Afghanistan; I didn’t serve on the ground in Iraq. I’m not disabled. The Navy paid my way through college and put me together with some of the best people I’ve ever met. So take my outlook for what it is — the opinion of one former officer in the West Coast P-3 squadron known as VP-40.

I remember one of my first “Veterans Days” after I got out of the Navy. I was a reporter at the Tennessean in the fall of 1993, and as such I helped another reporter write a story about the Nashville Veterans Day parade. What do I remember about that day? I remember seeing men much older than me in the parade and realizing I had almost nothing in common with them. I remember seeing men much older than me in the parade and realizing I had almost nothing in common with them. I remember shaking my head as I saw floats go by with politicians on them who I knew had never been in the military. I remember that neither the other reporter nor the editor who assigned me to do the story even knew I’d been in the Navy.

I’ve not attended a Veterans Day parade since, but over the years, the holiday has gotten more commercial and more political. Restaurants started offering discounts to veterans, and the state started issuing special license plates for veterans. College and pro football teams started having “military appreciation” games in early November. People started saying, “Thank you for your service,” to people they don’t know.

My reactions to all of these trends might surprise you.

First of all, on the discounts: When I see them, I often laugh. The only proof I have that I was in the Navy is a folder filled with evaluations and my DD-214 discharge paperwork. All these documents have my Social Security number on them, so I’m not going to carry them around. I’m sure I’m not the only one; large numbers of veterans don’t carry anything that proves they are veterans. Do people not know this?

I’m aware that in 2015, the VA started making it possible for veterans to get ID cards. But why should I get one?

Don’t I have enough ID cards? And, honestly, why do I need a restaurant discount? After all, I got paid more in the Navy than I did when I taught public high school (and teaching was more stressful than flying in the Navy).

On military appreciation sporting events: I’ve attended pro and college football games with “military appreciation” themes. There were military flyovers. The coaches got free flight jackets like the one I earned when I got my wings in 1988. There was a lot of patriotism. But at no point in either of the “military appreciation” games I attended did they actually recognize veterans in attendance. So even though Veterans Day is what led to “military appreciation” games, the games have morphed away from honoring former military people and moved toward expressions of American nationalism.

Then there’s the whole “thank you for your service” thing.

The first time someone said this to me, I was talking to someone in a crowded elevator and mentioned that I’d been in the Navy. A person I didn’t know turned to me, said, “Thank you for your service,” and walked away. I was confused. “Why was he thanking me?” I thought. “He doesn’t even know what I did. For all he knows, I got kicked out of the military.” (I didn’t, by the way.)
For a few months, I was afraid to tell anyone that being thanked for my service made me uncomfortable. Then I read that the Cohen Veterans Network polled more than 2,000 veterans and found that about half of them felt the same way I did.

So if “thank you for your service” is the wrong thing to say to a veteran, what’s the right thing to say?

Try asking them what they did in the military. “You were in the Navy? What did you do?” Or, “You were in Vietnam? How long were you there?” Or, “You were in the Air Force? Did you get to fly?”

The wording is unimportant. The idea is to start a conversation rather than end one that never occurred.

Finally, I’d like to state the following four opinions about how Veterans Day is publicly celebrated:

1: Veterans Day is not re-enactor day. A Veterans Day parade is not the place for people dressed as soldiers from long ago — especially Confederate ones. I’m fine with re-enactments, but a parade is not a re-enactment.

2: Veterans Day is not Memorial Day. A few years ago, my son’s school asked parents to submit photos of veterans related to students (brother, father, mother, etc.) because they were going to show a slideshow at a big assembly. I went to the assembly and was dismayed to see that more than three-fourths of the photos in the slideshow were of people long deceased. I felt bad for my son because he thought his dad was going to stand out in the slideshow since only some of the students had dads who were in the military. But my photo was hardly noticed since the slideshow included Confederate Pvt. Sam Watkins and a lot of World War II soldiers.

3: Veterans Day is not politician day. If a civic organization wants to commemorate Veterans Day and the mayor was never in the military but the custodian of the local elementary school was, then invite the custodian to speak — not the mayor.

4: Veterans Day parades should be apolitical. This one has been violated a lot in recent years, and it bothers me tremendously.

So what would I recommend we all do on Veterans Day?

In my opinion, veterans should get Veterans Day off. All former military people should migrate to the nearest bar to meet, drink and swap exaggerated stories about what they did in the service. Police would need to be on standby for the inevitable shoving matches between former Air Force pilots and former Naval aviators (like me).

The rest of you have to work.
Mother Nature’s Magic

Rock Island State Park feeds the nature-loving soul

Story by Trish Milburn • Photographs by Robin Conover

“If there is magic on this planet, it is contained in water.”
— Loren Eiseley, American anthropologist

There is something that instinctually attracts humans to water. Maybe it’s because water is essential to our existence or the fact that more than half of our bodies are made up of water. Whatever the reason, we love the peaceful sound of water in gentle streams as it burbles over rocks. We love it as salty ocean waves. We love the sound of rainstorms and the rush of waterfalls. So it’s no surprise that water is often one of the things that attract visitors to Tennessee’s state parks, and one of the best places to go for this purpose is Rock Island State Park in the small community of Rock Island in Warren County.
The 883-acre park is perfectly located to be a destination for water lovers. It sits at the headwaters of Center Hill Lake where the Caney Fork, Collins and Rocky rivers meet. “Our many waterfalls and river gorge section are quite unique,” says Park Manager Damon Graham. “The park is constantly changing during the seasons, and in different water flow periods throughout the year a visitor can have a totally different experience. In heavier rainfall seasons, we could easily have over 20 waterfalls scattered throughout the park.”

Among the park’s many waterfalls is 30-foot Great Falls, a horseshoe-shaped set of cascades that sits below part of the park’s mammade history — a cotton textile mill that the water powered in the 1800s.

The park is a great place to visit if you enjoy canoeing or whitewater kayaking. And if you enjoy fishing for walleye, you’re in luck: The Blue Hole on Center Hill Lake is the spawning ground for walleye. But anglers can also catch catfish, bluegill, crappie and muskellunge.

Safety first
While Rock Island offers a beautiful outdoor experience for visitors, Graham, who has been the park manager for 12 years, points out that because of that rugged beauty people sometimes put themselves in danger.

“Most visitors have an appreciation for risks in outdoor recreation, but we have seen trends with visitors trying more high-risk activities that are often against park laws,” he says. “Overall, parks are safe places, but when you tempt fate in the outdoors, Mother Nature sometimes throws you a curveball. Younger generations attempting to get that selfie or video the backflip off a waterfall could land themselves with life-altering injuries, not to mention the risk to rescue personnel.”

When visiting the Caney Fork Gorge part of the park, you must always be alert for the potential of rapidly rising water caused by weather or generation at the Tennessee Valley Authority’s Great Falls Dam. Listen for the warning sirens that indicate an impending rise in water, but as you leave the gorge, be careful not to fall on slick rocks or be swept away by swift currents. Also pay attention to where swimming is prohibited.

Being cautious helps ensure that you’ll get to enjoy the full scope of what this beautiful park has to offer.

Camping
The park has two campgrounds with a total of 60 camp-sites ranging from tent-only spots to RV sites with full hook-ups. The main campground is open year-round, but the tent-only sites are closed from Nov. 2 to March 15 each year.

If you prefer staying in cabins, the park has 10 three-bedroom cabins conveniently located near various park activities and situated amidst a natural setting that will offer different views depending on the season during which you visit.

A stay at Rock Island — whether in the cabins or the campgrounds — also provides easy access to other state parks in the area, including Burgess Falls, Fall Creek Falls and Edgar Evins.

Hiking
If you are like this writer and enjoy water only as a backdrop — being water adjacent, not on or in it — you can put on your hiking boots or sturdy shoes and take to any of the nine trails that wind throughout the park. Ranging from half a mile to 3 miles in length, these trails will also have you reaching for your camera to snap shots of a river, four-footed wildlife, various birds, wildflowers, waterfalls, rock formations, trees and many other of nature’s little nooks and crannies.

Sharing the space
If you visit the park’s website, you might encounter a pop-up window that lets you know that Rock Island State Park can sometimes experience high visitation numbers. The increase in visitors began during the height of the pandemic — as it did for other state parks — and has had both positive and negative effects.
“COVID proved to be very challenging on the park and our staff,” Graham says. “Record visitation approached 800,000 in 2021. We were glad to offer respite to our community during the COVID restrictions as a part of the overall healing process. While we have slowed some, we are still tracking around 650,000 visitors during the past year. The surge in demand makes it difficult for frontline staff to keep up some days. We have also seen negative impacts to our trails and habitat. Erosion problems and trampling of sensitive plants have increased. Our park rangers also saw increases in law enforcement and medical rescue scenarios with the surges in visitation. We always suggest now for visitors who want a better experience to plan on visiting at nonpeak times. Holidays and summer weekends are not the best times to get that next-to-nature experience, unfortunately.”

One of the biggest positives to come out of seeing so many people visit the park is witnessing a budding appreciation for public lands and spending time outdoors among children.

“Now we begin to see second, third and fourth generations that have a love for just simply being outdoors — the same as their parents did,” Graham says. “It is such a major struggle now with smartphones, but if you can ever get them to unplug, we see it doesn’t take long for kids (or adults) to start seeing the outdoor world differently, more purposely, more appreciatively. It doesn’t take a grand adventure to expose kids either. Even staying in a developed campground, sitting around the fire and riding bicycles or hiking can make that spark to the younger generation. With appreciation comes protection for the generations ahead of us. Unfortunately, having wild lands to recreate on regardless of your wealth status will continue to be an issue in the future. Tennessee, thankfully, values public wild lands, and it is great that our park system plays a huge role in that effort.”

As Graham says, Rock Island has nearly everything a park-loving visitor would want — all in a quaint and rustic setting. You’ll want to stop by the park’s cute gift shop to pick up a shirt, mug or other souvenir to remember your time here and to serve as a visual reminder to come back again.

**Rock Island State Park**

For more information, visit tnstateparks.com/parks/rock-island or call 931-837-4770.
It was a perfect late autumn day in the northern Rockies. Not a cloud in the sky, and just enough cool in the air to stir up nostalgic memories of my trip into the backwoods. This year, though, was different. I was going it solo. My two buddies, pleading work responsibilities, backed out at the last minute. So, armed with my trusty knife, I set out for adventure.

Well, what I found was a whole lot of trouble. As in 8 feet and 800-pounds of trouble in the form of a grizzly bear. Seems this grumpy fella was out looking for some adventure too. Mr. Grizzly saw me, stood up to his entire 8 feet of ferocity and let out a roar that made my blood turn to ice and my hair stand up. Unsnapping my leather sheath, I felt for my hefty, trusty knife and felt emboldened. I then showed the massive grizzly over 6 inches of 420 surgical grade stainless steel, raised my hands and yelled, "Whoa bear! Whoa bear!" I must have made my point, as he gave me an almost admiring grunt before turning tail and heading back into the woods.

I was pretty shaken, but otherwise fine. Once the adrenaline high subsided, I decided I had some work to do back home too. That was more than enough adventure for one day.

Our Grizzly Hunting Knife pays tribute to the call of the wild. Featuring stick-tang construction, you can feel confident in the strength and durability of this knife. And the hand carved, natural bone handle ensures you won’t lose your grip even in the most dire of circumstances. I also made certain to give it a great price.

After all, you should be able to get your point across without getting stuck with a high price.

But we don’t stop there. While supplies last, we’ll include a pair of $99 8x21 power compact binoculars FREE when you purchase the Grizzly Hunting Knife. Make sure to act quickly. The Grizzly Hunting Knife has been such a hit that we’re having trouble keeping it in stock. Only 1,337 are available at this price, and half of them have already sold!

Knife Specifications:
• Stick tang 420 surgical stainless steel blade; 7 ¼” blade; 12” overall
• Hand carved natural brown and yellow bone handle
• Brass hand guard, spacers and end cap
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Stauer, 14101 Southcross Drive W., Ste 155, Dept. GHK197-02, Burnsville, MN 55337 www.stauer.com
Quality light is an essential ingredient in successful photography. Harsh and directly overhead, it can lead to overexposed images or fine details lost in the shadows. But skillful use of light and patience behind the shutter yield compelling images. A slight change to light’s direction or intensity can alter a photograph’s mood, draw the eye’s focus or create captivating first-glance illusions.

Our next Shutterbug Photography Contest tasks entrants show their grasp of “Light and Shadow.”

In addition to striking use of light, composition and subject matter will be considered in choosing the winners.

Images can include people or not, and they can be selfies. They do not have to be taken in Tennessee. As you accept this challenge, please stay safe. We don’t want anyone to take a tumble in the name of the Shutterbug contest.

Contest rules
1. The contest is open to amateur and professional photographers. For the purposes of this competition, you are considered a professional if you regularly sell your images or garner more than 50 percent of your income from photography.

2. Photographs must have been taken by you.

3. A photographer can enter no more than three photographs. There is no cost to enter.

4. All entries must be made online. We won’t accept prints for this contest. Sign on to tnmagazine.org to complete the form and upload your photograph(s).

5. Employees of Tennessee’s electric cooperatives and their immediate families are not eligible to win.

6. Please include the name of each recognizable person, if any other than yourself, in your photograph. It is the photographer’s responsibility to have the subject’s permission to enter his or her image in the contest. You must include the subject’s name and contact information with your submission. Omitting any of this information can result in disqualification.

7. By entering the contest, photographers automatically give The Tennessee Magazine permission to publish the winning images in print and digital publications, to social media and on websites.

Shutterbug assignment
“Light and Shadow”

Submissions — online entries only
Visit our website to enter at tnmagazine.org.

Deadline
Entries must be entered online by midnight (Central Standard Time) on Monday, Jan. 16. Winners will be published in the March issue.

Prize packages:
Judges will select a first-, second- and third-place winner in each division and age group. These prizes will be awarded: First place wins $150, second place $100 and third place $50.
When our buyer received the call, he nearly fell out of his chair. In his 19 years in the coin business, he had never seen a hoard like this. 20,000 coins—all 1943 Lincoln Steel Cents!

He quickly secured as many as he could, and now you can secure full rolls of this historic World War II-era coin at an incredible price.

What is a Steel Cent?
When the United States entered World War II, copper quickly became a coveted material. Required for our communications as well as munitions, every major supply of copper needed to be turned over to the war effort. That included the large supply of copper used by the U.S. Mint to strike Lincoln Cents!

The Lincoln Cent is the U.S. Mint’s longest-running series, sitting in the pockets and piggy banks of Americans for more than 100 years. But for one year only—1943—the Lincoln Cent was struck in steel-coated zinc instead of copper. This unique, historic mintage is now one of the most coveted in U.S. history!

Authentic Pieces of WWII History
Each 1943 U.S. Steel Cent is an authentic piece of World War II History—an example of America’s dedication to aiding the Allies and winning the war.

Buy a Full Roll and SAVE!
Look elsewhere for these coveted World War II Steel Cents in this same condition, and you could wind up paying as much as $2.25 per coin, or a total of $112.50 for a full 50-coin roll’s worth! But while our supplies last, you can secure a 50-coin roll of authentic World War II 1943 Steel Cents for Only $39.95—a savings of over $70! Buy multiple rolls and SAVE EVEN MORE!

In addition, you’ll also receive a BONUS Replica WWII newspaper, reprinting front-page news!

There’s no telling when or if another hoard of these historic WWII coins will be found. Don’t wait—secure your very own piece of the Allied victory now!

1943 U.S. Steel Cent 50-Coin Roll
1-2 Rolls- $39.95 ea. + s/h
3-4 Rolls- $38.49 ea. + FREE SHIPPING
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Limit 10 rolls per customer
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Limited time special, normally free shipping applies to orders of $149. Product total over $99 before taxes (if any). Standard domestic shipping only. Not valid on previous purchases.

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The 84th Annual Member Meeting of Cumberland Electric Membership Corporation was held Saturday, Sept. 10, at Stewart County High School in Dover. Some 400 members attended the event, which was held in Stewart County for the first time in CEMC’s history. This year also marked the return of the co-op’s in-person annual meeting after a two-year hiatus due to the COVID-19 pandemic.

Members who attended received attendance gifts and complimentary grab-and-go breakfasts, had a chance to visit the youth corner and see a safety demonstration, and were treated to musical entertainment provided by Rising Creek.

Three incumbent directors, each of whom ran unopposed, were appointed new three-year terms on CEMC’s board of directors during the business session: Wesley H. Aymett, who represents Cheatham County; K. Jean Beauchamp, who represents South Robertson County; and C. David Morgan, who represents South Montgomery County.

Several door prizes, youth prizes and bill credits — as well as the Grand Prize — were given away during the meeting. In addition to the major door prize winners shown on these pages (not pictured among the door prize winners is Wyatt Wilburn of Dover who won the Pick Tennessee Package), 12 members were awarded bill credits valued between $50 and $250. Bill credit winners are:

$250 winners: John Bryant, Dover; and Brandon Wynn, Dover.

$100 winners: Brian Davis, Springfield; Rick Dybata, Dover; Robert Smith, Springfield; David Bjelic, Clarksville; and Lisa Herndon, Dover.

$50 winners: James Link, Dover; Janie Scalf, Dover; Carl Thompson, Dover; Dotson Luffman, Dover; and Henry Maupin, Springfield.

Electric bill credits of $100 were also awarded to the following members who attended early registration Sept. 9 at CEMC district offices: Evelyn McDaniel, Clarksville District; Maury Sterry, Springfield District; Carolyn Kennedy, Portland District; Ethel Workings, Gallatin District; Kenneth Overstreet, Ashland City District; Christopher Swartz, Dover District; and Tony Brown, White House District.

Congratulations to all of this year’s winners and thanks for your participation at our annual meeting!

The grand prize was awarded to Sheila Brothers of Clarksville. She won a $1,000 Lowe’s gift card.

Karen Houser of White House claimed the Ring Home Security Package.
Pail Borkowski of Woodland took home the Gatlinburg Retreat Package.

Winners of $500 scholarships are, from left, David Trotter, Cunningham; Mrs. Shawn Heflin, Indian Mound; Ronald Maupin, White House; Henry Maupin Jr., Springfield; Tim Colovos, Portland; and Terry Jones, Cumberland City.

Winner of the Explore Outdoor Package was Heather Stowe of Clarksville.

The Backyard Fun Package went to Daniel Schussler of Greenbrier.

David Caira of Cedar Hill, above left, and Harold Chester of Indian Mound, above right, were the recipients of six months of free GIG-speed internet service provided by Cumberland Connect.

The Backyard Fun Package went to Daniel Schussler of Greenbrier.

Pail Borkowski of Woodland took home the Gatlinburg Retreat Package.
Annual Meeting highlights, continued

From left, Youth Corner prize winners are: Hannah Swaffer, Melody Mann, Andrew Borkowski and Hayden Merchant. Not pictured are Rayburn Keagy, Allison Borkowski and Lilly Atkins.

ALL CEMC OFFICES WILL BE CLOSED

THURSDAY, NOV. 24
FRIDAY, NOV. 25

FOR THANKSGIVING

CEMC personnel will be available in the event of an emergency by calling 1-800-987-2362
CEMC offers Home Energy Workshops

**Learn how to save on energy costs at home**

Join Cumberland Electric Membership Corporation for a FREE do-it-yourself energy-efficiency workshop and learn easy energy-efficiency improvements that anyone can do at home.

These two-hour workshops will cover how electricity is consumed and billed and offer suggestions on low- to no-cost upgrades that can be completed by homeowners to lower energy costs. Hands-on training will teach how to properly caulk, replace weather stripping, install spray-foam sealant and more.

Each household that attends will receive a FREE energy-saving tool kit to help you get started. All attendees will also be entered in drawings for FREE Home Energy Evaluations of their homes! Visit cemc.org for more information.

**Financing for home upgrades!**

**Learn easy ways to reduce energy use for FREE!**

**Receive a FREE energy-saving kit!**

**Win a FREE Home Energy Evaluation!**

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Tuesday, Nov. 8
6-8 p.m.
Springfield CEMC
1201 Fifth Ave. W.
Springfield

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Thursday, Nov. 10
6-8 p.m.
Ashland City CEMC
315 N. Main St.
Ashland City

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Tuesday, Nov. 15
6-8 p.m.
CEMC Operations
1810 Ashland City Road
Clarksville
Streaming Video 101

Streaming is becoming more and more popular these days — especially compared to traditional TV services such as cable. Streaming has so many benefits, such as cost savings, convenience, and only paying for the content you actually want to watch. But as awesome as streaming is, it can be overwhelming if you don’t know where to start. Luckily, our team at Cumberland Connect is here to provide you with helpful guides and resources to get you started with streaming! Read on to learn just how easy it is to start streaming and achieve TV freedom.

What is streaming video?
Streaming video refers to entertainment delivered via the Internet rather than a traditional cable TV connection.

What equipment do I need?
To enjoy streaming video, you need:

1. Fast and reliable Internet from Cumberland Connect.
2. A streaming device such as:
   - an Amazon Fire TV Stick, Apple TV, or Roku Streaming Stick that is connected to your TV and Wi-Fi. Streaming devices usually include a universal remote control to sync with your TV.
   - a Smart TV that is connected to the Internet. A TV that can download and use apps when connected to the Internet is considered a Smart TV.
   - a tablet, laptop, or smartphone that is connected to Wi-Fi or data.
3. A subscription to a streaming service or channel such as Netflix, Disney+, Hulu, YouTube TV, HBO Max, Prime Video, ESPN Plus, etc.

How do I subscribe?
Subscribing to new streaming channels and services is simple. Once you have your streaming-capable device connected to the Internet and have set up an account, you can then simply navigate to the app menu on your device and select the desired service or channel to preview. Information such as a description of the service and monthly cost will be included. To subscribe, you select the desired service, enter your information, pay for the service (if applicable), and agree to subscribe.

Have questions? We offer FREE streaming workshops where our team can help you one-on-one with your questions about streaming services, equipment & more! Scan this QR code to view our workshop schedule or visit CumberlandConnect.org/Workshops.
What channels or TV shows are included with a streaming service?

There are hundreds of streaming services available that cater to different interests. Luckily, Cumberland Connect has partnered with MyBundle.TV to provide you with a suite of free tools that make it simple to view channels and shows included in each streaming service. You can check out these great tools by visiting streaming.cumberlandconnect.org.

How do I know which streaming services are the right fit for my household?

Simply visit the link above and click “Find My Bundle” at the top menu bar. There, you can enter basic information such as who is watching, your zip code, preferences, and favorite channels — and MyBundle will make personalized recommendations on the services that have the content you want to watch. You can even search for your favorite TV show to find new ways to watch it via streaming. You can also visit the website of specific streaming TV providers such as YouTube TV or Hulu Live and browse the individual channel lineups.

What are the benefits of streaming video?

- **Cost savings.** One of the main reasons people switch to TV streaming is to cut costs. Many free streaming channels are available such as Peacock Free, Pluto TV, and Crackle. Netflix is less than $20 per month and is the most popular choice for movies and binge-watching TV. Disney+ is a highly rated service for family-friendly content and is less than $10 per month. Services with a channel lineup similar to traditional TV are also available, including YouTube TV, Hulu Live, and Sling. These services are generally $20–$30 less per month than similar offerings from cable TV providers.

- **Convenience.** Streaming TV lets you enjoy the services you subscribe to in multiple places and on multiple devices. Unlike traditional TV, with most subscription streaming services, you can start a movie on your Smart TV at home, continue watching it on your smartphone while working out at the gym, and then finish it on your tablet out on the patio.

- **Skip the commercials.** Many of the most popular subscription streaming services let you watch your favorite shows whenever you want and are completely commercial-free!

What types of streaming services are available?

- **On-Demand streaming.** On-Demand streaming allows the subscriber to watch a selected movie or TV show whenever they want. Many On-Demand providers allow viewers to pause, play, fast-forward, rewind or rewatch shows as often as they like. Popular On-Demand providers include Netflix, Disney+, HBO Max, and Amazon Prime Video.

- **Live streaming.** Live video streaming lets subscribers watch live entertainment like local news, sports, and TV shows. Features such as video recording, pause, and rewind vary by provider. Popular live streaming platforms include Twitch, YouTube TV, and Hulu Live.

- **On-Demand and live streaming.** Many providers with live streaming also offer On-Demand content. This means you can watch live shows as they are broadcast, go back and watch them later, or browse the library of On-Demand content to watch whenever you like.
How can I save energy at home during the holiday season?

The holidays are a magical time when we come together with our loved ones to share food, gifts and quality time. It’s also the most expensive time of year for many of us. Along with the expense of gifts, meals and travel come colder weather and darker nights that lead to more electricity use and higher bills.

One way to reduce the financial burden of the most wonderful time of year is by implementing efficiency tips to use less energy at home and lower your monthly bills.

One way to reduce the financial burden of the most wonderful time of year is by implementing efficiency tips to use less energy at home and lower your monthly bills.

Home practices

If you are hosting guests, your household will consume more electricity than normal. Be prepared with efficiency basics:
• Have your thermostat programmed at 68 degrees when you are home and dialed back 8 to 10 degrees when you leave the house or go to sleep.
• Run the clothes washer on cold with full loads.
• When not in use, turn off lights and the TV; fully shut down computers and gaming systems instead of putting them in sleep or standby mode.
• Lower the thermostat when guests are over or cooking food. Most gatherings happen in the center of the home, so save energy by turning the heat down in areas you are not using.

Cooking efficiency

Whether you are making holiday treats or a feast, here are a few tips to help lower energy use in the kitchen.

Use the oven light to check food. Every time the oven door is opened, the temperature inside is reduced by up to 25 degrees, according to the Department of Energy (DOE). When possible, make use of a slow cooker, microwave, toaster oven or warming plate, which use less energy than an oven and stovetop. According to DOE, a toaster oven can use up to half the energy of the average electric stove over the same cooking time.

Let hot food cool to room temperature before placing it inside the refrigerator. This ensures you don’t increase the
temperature inside your fridge and cause it to use more energy to cool down. You can also take some of the stress and expense out of your holiday cooking by asking guests to bring a dish.

Holiday lighting
This year, make the switch to LEDs for all your holiday lighting. LED holiday lights consume 70 percent less energy than incandescent light strands. For example, it costs 27 cents to light a 6-foot tree for 12 hours a day for 40 days with LEDs compared to $10 for incandescent lights.

Pick up a few light timers so you don’t have to remember to unplug your lights every evening. You can also choose to upgrade to smart holiday lights that offer a wide range of app-controlled options, including time, colors, music and modes.

Out-of-town efficiency
If you’re visiting family and friends during the holidays, prepare your home to use less energy while you’re away.

Water-heating is the second-largest energy expense in your home, accounting for about 18 percent of your utility bill, according to DOE. Switching your water heater to vacation mode will reduce wasted energy by keeping the water at a lower temperature. If your water heater does not have vacation mode on the dial, you can adjust it to the lowest setting.

Set your thermostat to around 55 degrees so you’re not wasting energy to heat the home while you’re away.

Instead of leaving lights on all day, consider upgrading a lamp or fixture to a smart lightbulb. This allows you to control lights from afar and set a schedule for the light to go on and off. Another option is to repurpose your holiday light timer for one of your living room lamps.

Lower your energy bills this holiday season with these simple efficiency tips. Happy holidays!

Miranda Boutelle is vice president of operations and customer engagement at Efficiency Services Group in Oregon, a cooperatively owned energy efficiency company.
Smart appliances typically rely only on Wi-Fi (paired with a custom smartphone application) while others can work with common smart home systems like Google Home or Amazon Alexa. Smart home systems establish routines based on our activity like when we return home from work. You can set smart devices to begin a programmed routine to turn on lights, adjust the thermostat and other tasks.

For smart kitchen appliances, routines could include preheating an oven or turning on a coffee maker. Let’s take a look at a few smart appliances for the home chef.

**Cooktops and ranges**

Induction cooktops are an innovation in themselves. Induction cooking works by delivering energy directly to cookware, using a magnetic field that warms the inside of cookware specifically made for induction cooking. Induction cooktops are 32 percent more energy-efficient than gas cooktops and about 75 percent more efficient than electric cooktops.

Like other smart cooktops, smart induction models recognize when a pan is placed on an element and automatically turn off when a pan is removed from the cooktop. Brands like Samsung and Bosch offer additional smart functions like synchronization of the cooktop with a (brand-matched) smart ventilation hood. The smart hood activates as soon as cooking begins and adapts to cooking intensity on the fly. Smart ranges can also include this function and often feature a barcode scanning system that allows you to scan store-bought foods, prompting the oven to start based on the instructions.

Smart ranges can be controlled remotely to preheat, change and monitor temperatures through the companion app or an integrated home system. A few brands offer a Wi-Fi connected cooking thermometer to allow remote monitoring, leaving the home chef free to do other things while an app keeps an eye on cooking progress.

For novice chefs, many smart ovens and cooktops have guided step-by-step recipes within the app to help control the cook time and temperature.

**Countertop ovens**

Manufacturers are adding smart functionality to their countertop cooking options as well. The June Oven includes an in-oven camera that allows progress to be tracked from its app. The app also provides progress monitoring with push notifications to your phone when cooking is complete.

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Smart coffee makers like this Hamilton Beach model can connect to Amazon Alexa or Google Home with smart functions to set brew schedules and brew strength. Photo by Hamilton Beach

**Smart appliances for the smart chef**

*By Katherine Loving*

Whether you’re a master chef or a culinary novice, smart appliances add convenience to any kitchen. Smart kitchen appliances can guide you step-by-step or even perform the cooking themselves.
Tovala also offers a smaller countertop oven for ready-to-cook meals. These ovens use barcode scanning technology for both Tovala meals and those from the grocery store. The Tovala app also uses push notifications to track progress.

Like Tovala, the Breville smart oven offers guided recipes and an app that directs cooking temperature and function such as air fry or bake as the recipe advances. The Breville smart oven also uses its on-board chip to monitor and stabilize temperature from all sides for more efficient cooking.

**Microwaves, multicookers and other gadgets**

Other common kitchen appliances and small devices are getting smart, too. However, these devices feature a smaller set of functions.

Microwaves from manufacturers like LG, Whirlpool, GE, Sharp and Toshiba include the barcode scanning function to allow product-specific cooking instructions to be sent to the appliance.

Smart kitchen scales, air fryers and pasta makers are also all available to connect to your phone for guided measuring and cooking.

If you’re looking for a smart kitchen gadget that won’t break the bank, try a smart meat thermometer. These handy little devices work with an app to specify optimal cook time and temperature, and they notify the chef when the meat is ready.

As our appliances and kitchen gadgets get smarter, home chefs will have more options for convenience and functionality. Bon appétit!

Katherine Loving writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association.
West Tennessee

Nov. 4-5 • Hee Haw Hootenanny, Williams Auditorium, Henderson. 731-989-5222 or chestercountychamber.com

Nov. 4-6 • Fieldaze 2022, Wiseacre Brewing Downtown, Memphis. memphisadventures.com/fieldaze

Nov. 5 • A Night of Southern Elegance, 16280 Highway 64, Somerville. 901-465-3802 or fayettecares.org/gala

Nov. 5 • Christmas in the Village, Shoppes of the Nolensville Historic District. 615-776-1200 or thevillageantiquesandgifts@yahoo.com

Nov. 5 • Ladies Aid Fall Bazaar, Highland Chapel Union Church, Ridgetop. 615-218-2145 or highlandchapel.org

Nov. 5-6 • Artists and Artisans Studio Tour, studios throughout Sumner County. 615-351-3780 or sumnercountystudiotour.com

Nov. 5 • Christmas Open House and Auction, Hylabrook Antique Mall, Murfreesboro. 615-907-6066 or facebook.com/hylabrook.antiquemall

Nov. 5 • Fourth Annual Harvest Marketplace Craft Fair, Smyrna First United Methodist Church. 615-459-2826 or smyrna1stumc.org

Nov. 5 • Open House and Train Show, Tennessee Central Railway Museum, Nashville. 615-241-0436 or tcry.org

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Nov. 5 • Annual Bazaar, Lambuth United Methodist Church, Gallatin. 615-452-3715

Nov. 5 and 12 • Christmas Sampler, The Center, Springfield. 615-415-1947 or christmassampler.org

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Nov. 5 and 12 • Fall Color Hikes, Owl’s Hill Nature Sanctuary, Brentwood. 615-370-4672 or owlshill.org/fall-color-hikes

Nov. 5 and Dec. 10 • Hidden History- A Behind-the-Scenes Tour, Cragfont State Historic Site, Castalian Springs. 615-452-7070 or historiccastaliansprings.org

Nov. 10 • 2022 Veterans Day Concert, Grand Ole Opry House, Nashville. opry.com or medicalmusical.com

Nov. 10 • Boro Art and Craft Festival, historic downtown square, Murfreesboro. 423-503-2705 or boroartandcraft@gmail.com

Nov. 12 • Holiday Open House, Foothills Crafts and Gift Shop, Manchester. 931-728-9236 or foothillsdrafts@gmail.com

Nov. 12 • Art Saturday, downtown Bell Buckle. janiejbecker@gmail.com or facebook.com/bellbucklearts

Nov. 12 • Challenge 22 Walk and Picnic, Harris Park, Dunlap. 407-455-4702 or wgal63.org

Nov. 12 • Boro Art and Craft Festival, historic downtown square, Murfreesboro. 423-503-2705 or boroartandcraft@gmail.com

Nov. 12 • Gaelic Storm, Cumberland Caverns Live, McMinnville. cumberlandcavernslive.com

Nov. 13 • Rustic Country Sip and Shop, The Public House, Readyville. 931-952-0207 or rusticlaceevents.com

Nov. 13 • Williamson County Community Band Fall Concert, Williamson County Enrichment Center, Franklin. 615-790-5719, ext. 2044, or wcparksandrec.com

Nov. 18-20 • Fall Married Couples Romance Weekend, Deer Run Camps and Retreats, Thompson’s Station. 615-794-2918 or deerrun.camp

Nov. 19 • Muletown Flea Market, Glover’s Secondhand, Columbia. 931-374-2030 or gloverssecondhand.com

Nov. 19-20 • Stones River Crafts Association 28th Annual Art Studio Tour, throughout Rutherford County. artiststudiotour@gmail.com or artstudiotour.org

Middle Tennessee

Nov. 1-6 • “Hadestown,” Tennessee Performing Arts Center, Nashville. 615-782-4040 or tpac.org

Nov. 4 • The Mill at Christmas, The Mill at Lebanon. 615-443-6901 or facebook.com/happeningsatthemill

Nov. 4 • The Marvelous Wonderettes, Williamson County Performing Arts Center, Franklin. 615-786-0186 or wcpactn.com

Nov. 4-5 • Quilts in the Boro Quilt Show, Lane Agri-Park Community Center, Murfreesboro. quiltingbees.org

Nov. 4-5 • Eighth White Oak Women’s Exchange Quilt Show, Boutique and Sale, Waverly First United Methodist Church. 931-209-3337 or facebook.com/wowe2012

Nov. 4-5 • Christmas Sampler, The Center, Springfield. 615-415-1947 or christmassampler.org

Nov. 4-11 • Christmas Open House and Auction, Hylabrook Antique Mall, Murfreesboro. 615-907-6066 or facebook.com/hylabrook.antiquemall

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Nov. 10 • 2022 Veterans Day Concert, Grand Ole Opry House, Nashville. opry.com or medicalmusical.com

Nov. 11 • Jake Owen, The Caverns, Pelham. 931-516-9724 or thecaverns.com

Nov. 11-12 • Christmas Open House, Granville. 931-653-4151 or granvilletn.com

Nov. 11-Dec. 31 • Victorian Christmas, Granville. 931-653-4151 or granvilletn.com

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Nov. 19-20 • Stones River Crafts Association 28th Annual Art Studio Tour, throughout Rutherford County. artiststudiotour@gmail.com or artstudiotour.org
Nov. 23-Dec. 3 • David Alford’s “A Holiday to Remember,” Belmont Mansion, Nashville. 615-460-5459 or belmontmansion.com/upcoming-events

Nov. 25-30 • End of the Month Super Sale, Hylabrook Antique Mall, Murfreesboro. 615-907-6066 or facebook.com/hylabrook.antiquemall

Nov. 25-Dec. 31 • Holiday Wonders Drive-Thru Light Show, Bowie Nature Park, Fairview. 615-387-6140 or facebook.com/fairviewtngov

Dec. 1-9 • Mayberry Christmas Dinner Theatre, Granville. 931-653-4151 or granvilletn.com

Dec. 2 • Night Market, downtown Bell Buckle. bellbucklechamber.com

Dec. 2-3 • A Quilted Christmas, throughout Bell Buckle. bellbucklechamber.com

Dec. 2-4 • Minton Sparks’ Spoken Word and Poetry Festival, Tennessee Performing Arts Center, Nashville. 615-782-4040 or tpac.org

Dec. 3 • Third Annual Mistletoe Marketplace, Three Star Mall, McMinnville. 931-247-3318 or threesisterscandlecotn.com

Dec. 3 • Fourth Annual Christmas Bazaar, Shelton Farms, Pelham. 931-952-0207 or rusticlaceevents.com

Dec. 3 • Holiday Marketplace, Stewarts Creek High School, Smyrna. 615-310-8679 or spearse@rcschools.net

Dec. 3 • Old Fashioned Christmas, downtown Bell Buckle. bellbucklechamber.com

Dec. 3-25 • Mistletoe Trail, River Bluff Park, Ashland City. 615-792-1766 or acmistletoetrail@gmail.com

East Tennessee

Nov. 3 • Fall Heritage Days, Museum of Appalachia, Clinton. 865-494-7680 or museumofappalachia.org

Nov. 4 • Collin Raye, Palace Theatre, Crossville. 931-484-6133 or palacetheatre-crossville.com

Nov. 5-6 • Tangled Tinsel Holiday Market, Collegedale Commons. 423-650-1388 or touchtheskyevents.com

Nov. 11-Jan. 1 • Shadrack’s Christmas Wonderland, Smokies Stadium, Kodak. 888-321-7547 or shadrackchristmas.com

Nov. 11-Feb. 20 • Smoky Mountain Winterfest, Sevierville area. 888-738-4378 or visitsevierville.com

Nov. 12-13 • Christmas Village Holiday Market, Greenway Park and Pavilion, Cleveland. 423-650-1388 or touchtheskyevents.com

Nov. 19-20 • Chattanooga Christmas Village Holiday Market, Camp Jordan Arena, East Ridge. 423-650-1388 or touchtheskyevents.com

Nov. 21 • Christmas Tree Lighting, Roan Mountain Community Park. roanmountain.com

Nov. 25-Jan. 1 • Shadrack’s Super-Sized Christmas Adventure, Smokies Stadium, Kodak. 888-321-7547 or shadrackchristmas.com

Dec. 1-3 • 17th Annual Santa Mouse Arts and Crafts Show, Dotson Memorial Baptist Church, Maryville. blountartsandcraftsguild.com

Dec. 3 • 60th Annual Christmas Parade, historic downtown Sevierville. 888-738-4378 or visitsevierville.com

Dec. 3 • Christmas at the Courthouse, Sevier County Courthouse. seviercountytn.gov

Dec. 3-4 • Meigs County Downtown Christmas, downtown Decatur. 423-334-5496 or facebook.com/meigsdecaturchamber

List your events in our Almanac

The Tennessee Magazine publishes event listings as space allows, giving preference to events of regional or statewide interest and those that are annual or one-time happenings. The magazine does not publish recurring events such as those held weekly.

The magazine assumes no responsibility for the accuracy of information submitted for publication and advises calling or emailing ahead to confirm dates, locations, times and possible admission fees.

To be included in the calendar, visit our website, tnmagazine.org, and fill out the submission form. You can also email listings to events@tnelectric.org or send them to Tennessee Almanac, P.O. Box 100912, Nashville, TN 37224.

Please include the name of the event, where it will be held (both town and physical location), a phone number readers can call for more information and an email or website address, if applicable, where readers can learn more.

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.
THE BEST OF BUNDTs
TAKE THE CAKE

Cinnamon Swirled Almond Pound Cake
Recipes by Tammy Algood
Photograph by Robin Conover
The word “Bundt” was made up by the fellow who invented this marvelous cake pan with a hole in the middle. To get a trademark on his invention, he started with the German word “bundkuchen” (think “bundle” plus “cooking”), which just means “food for a gathering,” and tacked the letter “t” onto “bund.” Has there ever been a better word invented for the kind of festive creations made with these generous pans? We are now in the season of gatherings. For your next bundled group of friends or relatives, grab one of these recipes and get “kuchen!”

Cinnamon Swirled Almond Pound Cake
Yield: 12-14 servings
1 ½ cups sliced almonds
2 teaspoons ground cinnamon
3 tablespoons almond paste
1 (18.25-ounce) package white cake mix
1 (3.4-ounce) package vanilla instant pudding mix
1 (8-ounce) container sour cream
4 eggs, lightly beaten
½ cup vegetable oil
⅓ cup amaretto
1 cup buttermilk

Preheat the oven to 350 degrees. Grease and flour a 10-inch Bundt pan and set aside.

Place the almonds and cinnamon in the bowl of a food processor. Process until finely chopped.

Add the almond paste to the almond mixture and pulse until well combined.

In the bowl of an electric mixer, combine the cake mix, pudding mix, sour cream, eggs, oil, amaretto and water. Beat on low speed just until blended after each addition.

Fold in the brown sugar. Add the eggs, beating 5 minutes.

Add the buttermilk and beat on high for 1 minute. Transfer the batter to the prepared pan.

Bake 1 hour and 5 minutes or until a tester inserted in the center comes out clean. Cool the pan on a wire rack 15 minutes. Remove and cool completely on a wire rack before slicing and serving.

Buttermilk Pound Cake
Yield: 12-14 servings
½ pound (2 sticks) unsalted butter, softened
2 cups sugar
4 eggs
1 teaspoon pure lemon extract
1 teaspoon pure vanilla extract
3 cups all-purpose flour
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 cup buttermilk

Preheat the oven to 325 degrees. Grease and flour a 12-cup Bundt pan and set aside.

In a mixing bowl, blend the butter at medium speed until creamy, around 2 minutes. Gradually add the sugar, beating 5 minutes.

Add the eggs, 1 at a time, beating just until the yellow disappears. Stir in the lemon extract and vanilla extract.

In a separate bowl, combine the flour, baking powder, baking soda and salt. Add to the butter mixture alternately with the buttermilk, beginning and ending with the flour mixture.

Beat on low speed just until blended. Transfer the batter to the prepared pan.

Bake 1 hour and 5 minutes or until a tester inserted in the center comes out clean. Cool in the pan 10 minutes on a wire rack. Remove and cool completely on a wire rack before slicing and serving.

Brown Sugar Rum Cake
Yield: 12-14 servings
4 eggs, room temperature
¾ cup boiling water
1½ cups sugar
½ cup unsweetened cocoa powder
2¼ cups all-purpose flour
2 teaspoons baking powder
¼ teaspoon salt
1 cup chopped pecans, toasted
¾ cup unsweetened cocoa powder
¼ cup boiling water
2 cups packed light brown sugar
1 teaspoon baking soda
1 teaspoon salt
5 eggs, room temperature
1 cup sour cream
¼ cup unsalted butter, softened

Preheat the oven to 325 degrees.

Grease and flour a 10-inch Bundt pan and set aside.

In a mixing bowl, stir together the flour, sugar, baking powder and salt. Add the eggs, cream and extract. With the mixer speed on medium, beat for 1 minute. Transfer to the prepared pan.

Bake 48-50 minutes or until a tester inserted in the center comes out clean. Let cool in the pan on a wire rack for 10 minutes. Then invert onto a rack to cool completely before slicing and serving.

Whipped Cream Cake
Yield: 12-14 servings
2 cups sour cream
1/4 cup heavy cream
1/4 teaspoon salt
1 teaspoon pure lemon extract
1/2 cup amaretto
3 cups all-purpose flour
1 cup granulated sugar
1 cup packed light brown sugar
1 cup unsweetened cocoa powder
2 teaspoons baking powder
1 teaspoon salt
2 large eggs
1/4 cup whole milk

Preheat the oven to 350 degrees.

Grease and flour a 10-inch Bundt pan and set aside.

In a mixing bowl, blend the butter at medium speed until creamy, around 2 minutes. Gradually add the sugar, beating 5 minutes.

Add the eggs, 1 at a time, beating just until the yellow disappears. Stir in the lemon extract and vanilla extract.

In a separate bowl, combine the flour, sugar, baking powder and salt. Add to the butter mixture alternately with the buttermilk, beginning and ending with the flour mixture.

Beat on low speed just until blended. Transfer the batter to the prepared pan.

Bake 1 hour and 5 minutes or until a tester inserted in the center comes out clean. Cool in the pan 10 minutes on a wire rack. Remove and cool completely on a wire rack before slicing and serving.

Chocolate Ganache Bundt Cake
Yield: 12-14 servings
3¼ cups semisweet chocolate chips, divided
1/4 cup unsweetened cocoa powder
1/4 cup boiling water
2 cups packed light brown sugar
1 teaspoon baking soda
1 teaspoon salt
5 eggs, room temperature
1 cup sour cream
1/4 cup unsalted butter, softened

Preheat the oven to 325 degrees.

Grease and flour a 12-cup Bundt pan and set aside.

In a small bowl, combine the milk, rum and extract. Set aside. In a separate bowl, combine the flour, baking powder and salt. Add to the butter mixture alternately with the milk mixture, beginning and ending with the flour mixture. Beat at low speed just until blended after each addition. Fold in the pecans.

Pour the batter into the prepared pan. Bake 1 hour and 20 minutes or until a tester inserted in the center comes out clean. Cool the pan on a wire rack 15 minutes. Remove and cool completely on a wire rack before slicing and serving.
1 tablespoon plus ½ teaspoon pure vanilla extract, divided
1¾ cups all-purpose flour
⅓ cup heavy cream
1 tablespoon light corn syrup

In a mixing bowl, combine 1 cup of the chocolate chips, cocoa powder and boiling water. Stir until the chocolate is completely melted. Set aside to cool for 20 minutes.

Preheat the oven to 350 degrees. Grease and flour a 10-inch Bundt pan and set aside.

Stir the brown sugar, baking soda, salt, eggs, sour cream, butter and 1 tablespoon of the vanilla extract into the chocolate mixture. Beat at high speed for 2 minutes. Reduce the mixer speed to medium and add the flour. Mix for 1 minute. Scrape the sides of the bowl and beat on high for 1 minute.

Transfer to the prepared pan and bake for 60 minutes or until a tester inserted in the center comes out clean. Let cool in the pan on a wire rack for 10 minutes, then invert onto a rack to cool completely.

Meanwhile, in a small saucepan over medium heat, bring the cream and corn syrup to a simmer. Remove from the heat and add the remaining chocolate chips. Let stand for 2 minutes and stir in the remaining extract. Whisk until smooth and allow to cool for 10 minutes before spooning over the cooled cake.

**Pumpkin Pie Spiced Yogurt Cake**

Yield: 12-14 servings
2¼ cups all-purpose flour
2 cups sugar
1 tablespoon pumpkin pie spice
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
3 eggs, room temperature
1 cup unsalted butter, softened
1 cup plain yogurt
1 teaspoon pure vanilla extract
2 tablespoons powdered sugar

Preheat the oven to 350 degrees. Grease and flour a 10-inch Bundt pan and set aside.

In a mixing bowl, stir together the flour, sugar, pumpkin pie spice, baking powder, baking soda and salt. Add the eggs, butter, yogurt and extract. Mix at medium speed and beat for 1 minute. Scrape the sides of the bowl and increase the mixer speed to high. Beat for 1 minute. Transfer to the prepared pan.

Bake 48-50 minutes or until a tester inserted in the center comes out clean. Let cool in the pan on a wire rack for 10 minutes, then invert onto a rack to cool completely. Just before serving, dust with the powdered sugar.
NOMINATE YOUR FAVORITES
ENTER ONLINE AT TNMAGAZINE.ORG/BOT22

Help us honor Tennessee’s Best. The 2022 Best of Tennessee Readers’ Choice Awards will recognize winners from across the Volunteer State in more than 25 individual categories. Just for nominating your favorites, you’ll be entered in a sweepstakes for great Tennessee-themed prizes. Visit tnmagazine.org/BOT22 for a complete list of rules and to enter.

Scan the code above or visit tnmagazine.org/bot22 to enter. All entries must be submitted online.
Deadline: Wednesday, Nov. 30

ENTER FOR A CHANCE TO WIN ONE OF THREE GRAND PRIZE PACKAGES, INCLUDING

- Winners will receive a $200 gift certificate to be applied toward a stay at a park cabin or lodge. There are 21 Tennessee State Parks with cabins and six with lodges. Visit tnstateparks.com for a complete list.

- Winners will receive a basket of farm-direct and locally made artisan foods from Pick Tennessee Products, a division of the Tennessee Department of Agriculture. Visit picktnproducts.org to learn more.

- The Tennessee Magazine will award $250 to each winner to spend while you’re enjoying your state park visit.

The Best of Tennessee Readers’ Choice Sweepstakes is presented by The Tennessee Magazine. Visit tnmagazine.org/bot22 for complete rules.
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, Dec. 1. Winners will be published in the January issue of The Tennessee Magazine.

September Flag Spotters

Thanks for the postcards and emails again this month identifying the correct location of the flag, which was found in the “O” of “Forty” on page 8.

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

- Josi Holiman, Atoka, Southwest Tennessee EMC
- Karen Johnson, Murfreesboro, Middle Tenn. Electric
- Nancy Gray, Bean Station, Appalachian EC

Artist’s Palette

Assignment for November

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 — November, 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, Dec. 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 January 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 six to eight weeks of publication.

Changes ahead for Poet’s Playground

Thank you to everyone who entered our “Poet’s Playground” over its successful years-long run. Beginning in 2023, we are making some changes to how we conduct our poetry contest and will no longer be accepting entries each month.

Keep an eye on future issues of The Tennessee Magazine and our website, tnmagazine.org, for details.

Thank you, again, to the dedicated, talented poets who shared their voices with us and readers across the state each month.
WINNERS, 15-18 AGE GROUP: First place: Olivia Cobb, age 16, Cumberland EMC; Second place: Emily Bell, age 16, Upper Cumberland EMC; Third place: Ayesha Mowell, age 18, Holston EC

WINNERS, 10-14 AGE GROUP: First place: Harper Herndon, age 10, Cumberland EMC; Second place: Callie Bradley, age 14, Caney Fork EC; Third place: Eva Katysheva, age 11, Fort Loudoun EC

WINNERS, 1-9 AGE GROUP: First place: Sloane McLaughlin, age 9, Middle Tennessee Electric; Second place: Varalika Sharma, age 9, Middle Tennessee Electric; Third place: Callan McCord, age 8, Upper Cumberland EMC
Age 8 and younger

The Flag
Sometimes the days are windy
And the flags show their faces
In all the places that you can see
And people start thinking of Tennessee
Our dear state
Of volunteers
Red, white, and blue
Just like you-know-who
Three stars and a stripe
Tennessee’s the best, it’s true
Who knows this?
WE DO!
— Emilia Seegmiller,
Middle Tennessee Electric

Age 9-13

Mother Tennessee
Although I love my parents
and Heavenly Father, too,
I was really raised by Tennessee
and her Smoky Mountain view.
She nursed me from her earthy breast
and nurtured me with love.
A child resting at her feet `neath sunset
far above.
Eyes lifted upward into hers.
Better known as sky.
Haven of the soaring birds.
These truthful eyes don’t lie.
Her hair is the billowing wind
Highlighted by the clouds.
Her voice is but a whisper,
Barely an audible sound.
Clothed in stars and stripes.
Her skin shimmers in the sun.
Sweet Mother Tennessee
Her story’s far from done.
— Sara Beth Fouts,
Middle Tennessee Electric

Age 10-18

A Mockingbird Found Guilty
Mockingbird let’s begin your trial.
You’re being tried with the accusation
of scorn. Your ways are deceitful.
Your song is a knockoff. You sing the
song of the birds, not of your heart.
But you sing of innocence. Words
desirable to hear. Your fragile frame
is an admirable sight. How could
aMockingbird ever hurt a worm such
as I?
Mockingbird you’re found guilty. Your
feathers full of lies. Your heart isn’t of
innocence. Your song in disguise. Yet
I bury myself in the earth. Where the
quiet is suffocating. For how could a
worm be on the winning side?
— Mekyland Williams,
Pickwick Electric Cooperative

Age 19-22

October begins
Chilly winds sweep the hills
Trees shed their leaves,
A blanket of shades of
reds, orange and yellow,
Fall where they please.
The scent of pumpkin spice,
cinnamon and wood burning
Fills the air,
The sound of fire crackling
Jack-o-lanterns light the path
To trick or treat in neighborhoods.
September ends
October begins
Next November will come to visit,
But for now we enjoy October’s stay
And Halloween’s spooky spirit.
— Rachel Ramsey, Tri-County Electric

Age 23-64

A Minute With A Mockingbird
Today I heard a bird call,
otherworldly,
so I stopped
and craned my neck
to catch a glimpse
of the artist perched aloft.
For a moment,
it paused to consider me,
puffed its chest
then tipped its chin
and belted a crystal melody
that lifted to the heavens.
The song had wings,
I know it,
undulating high and low,
with enchanting strains
that would fluctuate
from haunting to joyous to plain.
Presently,
I felt embarrassed
for intruding on the show,
so I strolled away,
exultant,
with a new song in my soul.
— Holly Fister, Middle Tennessee Electric

Age 65 and older

Entertaining Angels Unaware
In record numbers newcomers flock
to Tennessee. Not as tourists, but as
settlers. Some are jubilant, some
broken-hearted, some retired,
some in dire straits, some
rolling in dough, some fleeing
mounds of snow, a few just
desperate for change, a couple
innocent, but bloodthirsty.
None of these newbies are bland,
or boring, just in a hurry. In a frenzy
of fresh air, these visitors from the planet
of success are blown hither and yon.
With spontaneous grace, a welcome
mat is placed, a hand extended,
a smile offered.
We are the Volunteer State,
and don’t tolerate hate.
— Kay Fields,
Appalachian Electric Cooperative

Read more poetry at tnmagazine.org.
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 November 1972 magazine featured a painting by Ralph McDonald depicting the mockingbird, Tennessee’s state bird. Inside, readers learned about Rutherford County’s brand-new high schools — Oakland and Riverdale — and found an array of offers for mail-order goodies like TV remote controls and family Bibles.

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 November 1972 edition online at tnmagazine.org.
Hi Connie Sue,

Any details regarding the history of these oak pressed-back chairs?

I bought a set of four, which I stripped and used tung oil to bring out the grain.

— Jeanie

Jeanie,

I think the chairs had a leatherette (hardened, stacked paper made to resemble leather) seat before the pressed cane was added. Typically, pressed-back chairs had vertical spindles. The horizontal slats on the back of your chairs are a bit less fussy but still made circa 1900.

The craze to re-create the family farm kitchens has diminished. The current rush to downsize sets of oak chairs has caused lower prices and languishing sales. Your set of four might bring $100.

— Judy

Dear Judy,

It’s a pocket-size traveling ink well made by Ransome’s Patent and De La Rue & Co. It was marketed to the Victorian traveler. Circa 1910 and made in England, it should sell for around $75.

Thank you for reading and taking the time to encourage me.

— Peg, near Monteagle

Peg,

Your hobnail aqua-green frog was made in Portugal. I found one for sale at $15. I’d say she is midcentury.

Hi Connie Sue,

I am cleaning out items and came across these two flower pots from my grandmother or her family. I have never seen anything like it. If you could tell me about it, I would appreciate it.

— Jolene, Franklin

Jolene,

Anchor Hocking made these Jadeite Fire King Brand glass flower pots. Most of Jadeite’s pale green glassware was made between 1945 to 1975. Your 3.5-inch flower pots sell for $25 to $50 each. Do not tap the drain hole!

— Mary

Mary,

I think this is a primitive wooden bucket with ceramic interior for transporting hot embers from one fire to light another. I’m unable to find a comparable item for sale or one that has sold, so assigning an accurate value is impossible.

— Connie

Connie,

Do you know what this is?

— Judy

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I hereby certify that the statements made by me above are correct and complete.  
— Chris Kirk, Editor

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Visiting the Gulf Islands National Seashore in the fall can be such a treat. On a recent trip, summer’s temperatures had retreated, and the skies were crystal clear but for a few passing clouds. Each day brought the chance of an incredible display of light and color with the rising and setting sun.

I returned to Langdon Beach in the Fort Pickens area of Florida four nights in a row just before sunset. Each time, I hoped to find an interesting composition with a brilliant sunset. Cloudless skies on the first three nights led to somewhat boring photographs. On the fourth, I almost didn’t go. But then I noticed some clouds beginning to form to the south and decided to hustle back to the beach.

As I walked barefoot in the sand, sea oats silhouetted against the empty sky drew my attention. As the clouds to the left were building, I hoped they would be illuminated with a warm sunset glow. The sun quickly dipped below the horizon, and the colors intensified to a golden orange for about 10 minutes before quickly fading into the evening sky.

I loved witnessing and photographing this fleeting moment of the day at its peak — truly “golden hour” light at its best. A few others were on the beach with me to witness this perfect end to the day. Everyone was quiet and still for a few minutes.

As I soaked in the last light of the day, I could only hear the rhythm of the rolling waves, feel the warm sand beneath my feet and see the sea oats on the dunes sway in the ocean breeze.

The sand, waves and sun always provide a place for me to clear my mind and cleanse my soul.
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 microsceo microscopes 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 sun glass." "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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