Calling It a Career
Conover Retires

State Park Spotlight
Red Clay

You Are Not Alone
Suicide Helpline — 988

History for Kids
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A blue heron, belly full of fresh-caught fish, roosts on a limb after its meal. See page 42 to learn how the great bird, vibrant fall foliage and setting sunlight combined to yield this stunning image. Photograph by Robin Conover

THIS PAGE

Fall colors reflect in rippling waters, creating a bright, abstract show of the season. Capturing Tennessee’s natural beauty has been a hallmark of Robin Conover’s photography. See page 8 for some of her thoughts upon her retirement. Photograph by Robin Conover
Between the Lines

News from your community

Power in purpose

Vince Lombardi, famed coach of the Green Bay Packers, once said, “Success demands singleness of purpose.” The purpose of Cumberland Electric Membership Corporation — the reason we exist — is to provide safe, affordable and reliable services the cooperative way while improving the lives of the people we serve.

October is National Co-op Month, which is the perfect time to consider how our purpose impacts almost everything we do.

Co-ops are consumer-owned. Electric co-ops like CEMC are owned by the people we serve, not by the government or investors. Co-op members elect directors to represent their interests and set policy and procedures for the co-op. This focus on our consumers makes co-ops far more responsive to the people and places we serve.

Co-ops are not-for-profit. Co-ops serve their communities instead of shareholders. We distribute and sell energy to our members at cost and invest excess revenues back into the electric system. All of this means that our members pay less for energy — 15 percent below the national average.

Co-ops are community focused. Electric co-ops work to improve everyday life in our rural and suburban communities. We do this through reliable energy and investments in education and community development.

Later this month we will participate in the Tennessee Electric Co-op Day of Service, an intentional effort for the state’s co-ops to get our hands dirty by serving our communities. This is a small but real example of the many ways our co-op impacts the communities we serve.

According to Coach Lombardi, if you wish to be successful, you need to first identify your one true purpose.

CEMC is successful because we have identified that one true purpose. It is not serving shareholders in another state. It is not making a profit. It is not pushing a political agenda.

CEMC’s business model is unique. It is pragmatic, mission-oriented and people-focused.

Our one true purpose is serving our members, and I hope that is seen in everything we do.
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Editor’s Viewpoint

Large shoes to fill in my next steps at ‘the family business’

You won’t see my face permanently placed on this page usually reserved for David Callis’ viewpoint. No, I’m just crashing here this month as I move into my new digs as editor of The Tennessee Magazine.

I joined the staff fresh out of the University of Tennessee, Knoxville, in May 2005 as field editor, and I was most recently associate editor. Along the way, it has been my pleasure to celebrate this most special place we get to call home.

Among the people I’ve beenprivileged to meet are small-business owners, park rangers, museum curators, historians and veterans — simply, some of the finest folks with whom a man can sit and swap stories. I’ve become more familiar with the electric utility industry, wondered at the complexity of the distribution grid and scoured storm-ravaged areas to track down tough-as-nails linemen who traveled hundreds of miles to work dawn to dusk replacing destroyed poles and lines.

I step into an immense void left with the retirement of Robin Conover under whose leadership the magazine grew — in circulation and page count — so we can more completely tell the stories of rural and suburban Tennessee. Her award-winning photography and storytelling have delighted readers for more than 30 years, and I’m honored to call her a friend and mentor.

But this isn’t a farewell to Robin. I wouldn’t be fit for duty were I to let her ride off into the sunset (camera and tripod slung over her shoulders). She’ll get to focus on special projects for the magazine and our family of electric cooperatives, and her monthly Point of View column will remain so readers can still get glimpses through her viewfinder.

Another mentor who deserves recognition is my dad, Jerry Kirk. You might remember him as editor of The Cooperator, member publication of Tennessee Farmers Cooperative. Dad also served a stint as editor of The Tennessee Magazine back in the late 1980s before his love of our state’s agricultural heritage drew him back to The Cooperator. I’m mostly joking when I tell people I’ve been working in the family business, but I can’t begin to express how proud I am to be following in his footsteps. I vividly remember getting ready for school one morning years ago and thinking, “Man, Dad has a really cool job,” as I reflected on all the interesting things he’d done.

And I got to confirm that thought myself.

If anyone is wondering, Dad is still in the game, so to speak, helping us edit The Tennessee Magazine each month.

Don’t expect major changes to your next editions of this magazine. As far as I’m concerned, I step into this new role as a steward of the quality, informational, entertaining publication that for 65 years has been telling the stories of Tennessee’s electric cooperatives and the communities they serve. Though The Tennessee Magazine is the state’s most widely circulated monthly periodical, we’ll always be that friendly magazine from the electric co-op. You’ll still get plenty of recipes, history lessons, personal profiles and impactful electric industry news — and, of course, we’ll keep hiding the flag.
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New Focus

After 34 years of service, Robin Conover retires as editor of The Tennessee Magazine

Story by Robin Conover

Time flies so fast. It just doesn’t seem possible that 34 years have passed since I joined the staff of The Tennessee Magazine as a communications specialist and photojournalist. I remember the day I walked into the office at Spence Lane to interview with Tennessee Electric Cooperative Association (TECA) General Manager Frank Perkins.

I had just been in LaVergne a week prior to interview for a job at The Cooperator, a tabloid distributed by Tennessee Farmers Cooperative. My college suitemate, Sandi Wiseman White, had already landed her first job at The Cooperator and had let me know they were in need of another entry-level journalist to specialize in photography.

Nervously walking in with my newly earned journalism degree from Murray State University and a portfolio of black-and-white prints I had printed myself in a makeshift darkroom at home, I interviewed with The Cooperator’s editor, Jerry Kirk. This was my first real job interview, and I left thinking it had gone well. Much to my dismay, Jerry would call a day or two later to let me know I didn’t get the job.

In my best professional voice, I told Jerry I understood but was obviously disappointed. In the next breath, he helped set my career course by explaining that though I wasn’t the best fit for The Cooperator, he also served as the editor of another publication, The Tennessee Magazine, and they were looking for a photographer.

He scheduled an interview for me with Mr. Perkins the next week, and the rest, as they say, is history. I was hired and began working for TECA in October 1988.

When I look back, it’s a miracle we were able to produce a magazine every month with the technology that was available then. It really was a different world. I didn’t have a cell phone. There were no personal computers in our office, only typewriters, mimeograph machines and a dinosaur of a contraption called a Compugraphic.

We had an actual typesetter who keyed in the code and text for our stories, and the Compugraphic would output a sheet of paper with columns of type. These sheets were then literally cut with X-ACTO knives and the strips pasted with hot wax onto layout boards. Once a page was completed, it would be sent out to Ron Thweatt at ProLith to have negatives made.

Each set of negatives was returned to us with bluelines, or color proofs, which we then shipped overnight in a large box to the printer. It was always a nerve-wracking wait until the printer called to say the box had been received.

While I’ve always enjoyed the production part of the magazine pages, the true loves of my job quickly became photographing and writing feature assignments and working with the dedicated communicators and member services employees of Tennessee’s electric cooperatives.

The Tennessee Magazine exists because of our cooperative business model that values communication with members. It has always been our job at the statewide cooperative association to produce a professional publication with entertaining human-interest features from across the state. Your local electric cooperative can then opt to use the magazine to deliver news directly to members. Local features cover topics such as board elections, governance, safety and energy efficiency, to name a few.

Our statewide features serve as bookends to your local electric cooperative news section, which is printed in the center pages of the magazine today. Just last month, our team produced more than 190 pages for 17 different cooperative versions of the September edition.

Our average monthly circulation is nearly 700,000, giving The Tennessee Magazine the largest monthly circulation in the state.

Providing interesting stories for our readers has always been a challenge — but a challenge our team gladly accepts.
Speaking of our team, I would be remiss if I didn’t mention the editors I learned the trade from after Jerry returned to The Cooperator. Rod Guge, Mary Ellen Glasco Taylor and Cathy Cope Swiney all served in that role prior to my being named editor in 2002. I appreciate all of their hard work and their willingness to pass on their expertise to their staff. When TECA’s then-general manager, Tom Purkey, gave me the opportunity to become editor, I truly felt a debt of gratitude to each of the former editors who helped me grow into a career that I dearly love.

Other team members and contributors who helped me along the way include Mary Woodard, Trish Milburn, Susan Pilgreen, John Johnson, Bill Carey, Connie Sue Davenport, Tammy Algood and Cynthia Kent. While several of them have either moved to other careers or have retired, they each played a much appreciated role in my career.

Our team today includes David Callis, Trent Scott, Ron Bell, Chris Kirk, Nicole Christensen and Laura Beth Laden. David, Ron, Chris and I have been together as a communications team for more than 17 years. Other TECA team members I’ve deeply appreciated include Walter Haynes, Joe Jackson, Tina Smith, Amy Jordan, Mike Knotts, Todd Blocker and Celia Trevathan. I have full confidence that the Tennessee Electric Cooperative Association and The Tennessee Magazine won’t miss a beat as I step away.

Chris took over as editor for this edition. If that name sounds familiar, he is Jerry Kirk’s son. I can’t imagine leaving the magazine in better hands.

Looking back, I’ve realized that some of my favorite features have been the result of severe storms. That may sound odd, but I’ve always loved being in the field with linemen as they rebuild entire electric systems that have been destroyed by tornadoes, hurricanes or ice storms. The men and women working for your electric cooperatives truly have servants’ hearts and work diligently to restore power as quickly and safely as possible in a storm’s aftermath. Documenting that work has been a pleasure.

While I am retiring from full-time work at TECA, I plan to return to my roots as a magazine contributor — writing and photographing features in the months and years to come.

Of all the people I’ve thanked, no two did more for me than my parents, Toni and Robert. Both have passed in recent years, and I miss them terribly, but I know they are watching over me and wishing me the best on this new phase of life. Their love and support made me the person I am, and I am forever indebted to them.

I’ve been fortunate in my career traveling thousands of miles across the state from Memphis to Bristol, documenting the people and places of Tennessee. Telling their stories has been much more than a job — it’s been an honor.
Call or text the National Suicide Prevention Lifeline at 988

The National Suicide Prevention Lifeline number recently changed to 988, which was launched nationwide, including in Tennessee, on July 16. To reach the Lifeline, people can call or text 988 or chat online at 988lifeline.org.

“988 is more than a number; it is a message: We’re there for you,” said U.S. Department of Health and Safety Secretary Xavier Becerra in a news release. “Through this and other actions, we are treating mental health as a priority and putting crisis care in reach for more Americans.”

The Suicide and Crisis Lifeline’s website states that 988 is an easier number for people to remember to access help. The previous number, 1-800-273-TALK (1-800-273-8255), remains available for those needing help and reroutes to 988.

More people die by suicide than in car accidents each year in the U.S., according to a “by the numbers” section at 988lifeline.org. Suicide is the second-leading cause of death in young people and was the 10th-leading cause of death in the U.S. pre-pandemic. There was one death by suicide every 11 minutes in 2020.

The 988 Suicide and Crisis Lifeline has a network of more than 200 call centers across the nation. Six are in Tennessee, with a few more providers in pursuit of Lifeline certification. Nationwide, the Lifeline has received over 23 million calls since it began operation in 2005, and 2.5 million calls were received in 2021 alone.

In Tennessee, there were 162,161 calls to different crisis and suicide prevention lines in state between July 1, 2021, and June 30, 2022. Of those, 35,000 were placed to the National Suicide Prevention Lifeline and 20,000 to the Tennessee Statewide Crisis Line (855-CRISIS-1); the rest of the calls were to community-based crisis providers.

Tennessee has been working on building capacity through grant funding for the National Suicide Prevention Lifeline since October 2019 and was well prepared in July 2022 for the phone number change to 988.

“The 988 Suicide and Crisis Lifeline really is a game-changer for Tennessee,” said Matt Yancey, deputy commissioner...
for community behavioral health programs at the Tennessee Department of Mental Health and Substance Abuse Services. “Our state has an amazing network of crisis services and community mental health providers, and 988 is going to unlock the door to mental health help that so many people need right now.”

What happens when someone calls 988? Each county in Tennessee is designated a local primary call center to which all calls from the area are routed, and counties are also assigned backup call centers in case a call is not answered. If neither center answers within the specified time period, calls are routed to the Lifeline’s nationwide backup call center. This design reflects one of the Lifeline’s goals, which is to be locally based so call centers can provide local services and support to those who need them.

There are three crisis centers that cover 988 texting and chatting options 24/7 for Tennessee’s 95 counties. Someone texting 988 or starting a chat on 988lifeline.org is first given a quick survey and then connected with a trained crisis counselor who can provide helpful information and resources along with support.

“People call or text 988 with any number of things going on in their lives. It can be anything from stress at school or work to feelings of depression or thoughts of suicide.”

“People call or text 988 with any number of things going on in their lives,” Yancey said. “It can be anything from stress at school or work to feelings of depression or thoughts of suicide. 988 call takers are caring and compassionate trained professionals who want to help and have the local resources to make a difference.”

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat online at 988lifeline.org. Visit that website for more information about the 988 Suicide and Crisis Lifeline, and see tn.gov/988 to find Tennessee-specific resources and more information on 988 in Tennessee.
As you walk through Red Clay State Park in Bradley County today, it’s a peaceful way to spend a day enjoying sunshine, chirping birds and breeze in the trees and learning about the area’s history. But for the Cherokee people, this spot is more than a segment in a history book. While it served as the seat of their government from 1832 until 1837, hosting 11 general councils during that time, it was also the site of profound heartbreak. It was here that the Cherokee learned that they were going to be forcibly removed west via what became known as the Trail of Tears. Imagine being told that the beautiful mountains and valleys that you, your family and your friends had called home were being taken away from you simply because someone else wanted the land.
History preserved

Though most of the Cherokee in this area were relocated, they still have a strong tie to Red Clay.

“We have a beautiful, blue, limestone spring called the Council Spring that is still utilized by the Cherokee today for ceremonial purposes,” says Erin Medley, park manager for Red Clay State Park. “They are the only ones we allow access into this area.”

Visitors are able to see the lovely Blue Hole Spring, however. The water that comes up from beneath a limestone ledge was once used by the Cherokee during their stays for council meetings, and the pool really is as blue as its name suggests. It also has an impressive depth of about 14-15 feet. There is a fair amount of folklore attached to the spring, including that it might be a portal to another world like ours only with opposite seasons.

Natural features aren’t the only parts of Cherokee history preserved here, however. Within the park’s 263 acres lies a Cherokee homestead. Here you can examine a farmhouse, barn and corn crib. Nearby are sleeping huts for visitors, the Council House, the Seven Clan Masks wood sculpture and the Eternal Flame, a fire that commemorates the people who suffered and died on the Trail of Tears and the reuniting of the Eastern and Western Cherokee nations in 1984.

“In 2009, we celebrated the 25th anniversary of bringing the Eternal Flame to Red Clay,” Medley says. “During that time, I had the privilege of meeting Wilma Mankiller, the first female chief of the Cherokee Nation. It was such an honor. Now you can find her on the new U.S. quarters.”

Throughout the park you’ll also notice that signs are often written in Cherokee as well as English. The Cherokee language is notable because it uses a syllabary created by Sequoyah in the early 1800s rather than an alphabet. A syllabary uses symbols to represent the syllables that make up words. Other syllabary examples are Japanese, the Creole language Ndyuka, the Vai language in Liberia and some other languages in East Asia. Spoken Cherokee has been classified as an endangered language because the number of speakers continues to decline. The Cherokee have put in place efforts to preserve their language so that it’s not lost as so many other Native American languages have been.
Fun for everyone

While the park’s deep ties to the Cherokee continue to be important today and will be into the future, Red Clay is a park that can be enjoyed by everyone — as was discovered by many when parks were a haven during scary and stressful times. Like other state parks across Tennessee, Red Clay experienced a jump in visitation during the first two years of the pandemic despite being tucked away in a mountain valley in southeast Tennessee near the Georgia state line. Visitations numbers doubled, though those numbers have now settled back toward normal.

“Our gift shop revenue went down, but our visitation was busier than I have ever seen in my 16 years of being here,” Medley says.

The park is a wonderful place to have a picnic, whether you need only one of the 18 individual picnic tables scattered about or the larger pavilion that can accommodate up to 100 people.

An amphitheater seating 500 can be reserved for musical or theatrical performances.

Three trails — ranging in length from the 0.2-mile Blue Hole Trail to the 1.7-mile Council of Trees Trail — meander through the park. The latter takes you past an overlook tower.

To examine more about the park and its rich history, you’ll want to allot time to check out the park museum with exhibits on the preremoval Cherokee, the Trail of Tears, Cherokee art and more. The visitor center is also where you can pick up souvenirs at the gift shop.

In addition to regular ranger-led activities such as talks on Cherokee home life during the early 1800s and hikes to learn about the plants and animals that call Red Clay home, the park will be hosting the Cherokee Cultural Celebration Nov. 12-13.

“This event is made up of all Cherokee citizens who come to Red Clay to demonstrate their art, music, storytelling and dance,” Medley says. “This is an educational event so that our visitors can better understand the Cherokee culture through their eyes. We encourage everyone to come out and join us.”

The cost to attend is an affordable $5 per vehicle.

When asked what she wished more people knew about the park, Medley says, “The Cherokee People are still here. Through their persistence and perseverance, they are a thriving nation today.”

Red Clay State Park

For more information, call the park office at 423-478-0339 or visit Red Clay’s website, tnstateparks.com/parks/red-clay.
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.

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.
Presidential homes

Although I don’t usually care for free magazines, I read one or two pieces in every issue of The Tennessee Magazine. So, thank you for the magazine. The most recent issue (September 2022), though, was a bit of a disappointment. The “travel feature” “Three Presidents: Forty Years of Change” is really unacceptable in its current form.

I fully understand that a travel feature has to focus on the beauty of the houses and the gardens, and The Hermitage — more so than the other two sites — certainly delivers on both counts. That said, it is still a bit jarring to celebrate a place that was a slave plantation without even mentioning that. Indeed, the Greek Revival architecture and the beautiful gardens were a way of camouflaging the actual purpose of the place. That the article has nothing to say about that — or about Jackson’s involvement in the Trail of Tears — is particularly odd since The Hermitage itself now includes the experience of enslaved persons in its various displays.

What really irks me, though, is that the few references to the historical context included in the feature seem deliberately obtuse. Andrew Johnson, usually considered one of the worst presidents in U.S. history by professional historians, is said “to have pledged to carry out Lincoln’s plan for reunification ‘with malice toward none.’” That he opposed the 14th Amendment could have been mentioned, that he was impeached might have merited a mention, and that he was determined to carry out “Lincoln’s plan” doesn’t strike me as a reasonable perspective on his presidency. In other words, that’s a bit too much presidential whitewashing.

We’re in 2022, and we can do better. I say this as an old white man.

Best wishes,
Alfred Lutz

Editor’s response:

Thank you for sharing your thoughts. Re-evaluating our past leaders can bring us to complex, conflicted, even jarring conclusions about their legacies. James K. Polk doesn’t escape scrutiny: He has been criticized over his pursuit of war with Mexico, among other controversies.

In the end, our travel feature was meant to focus on visiting these historic homes. Articles exploring these presidents’ lives would certainly require critical looks that more deeply examine the effects of their policies and decisions.

Subscriptions

My wife and I just sold our property in Wilson County supplied by Middle Tennessee Electric and are about to sell our property in Coffee County supplied by Duck River Electric. We have so enjoyed the information and articles published in your magazine. They are so well done, and we always look forward to reading each month.

Our permanent residence is supplied by NES and with the sale of these two properties we will no longer receive your magazine.

We are saddened by that and wonder if there is a way to subscribe to your magazine without being a member of the co-op?
If not, we will sorely miss your creativity and useful information about Tennessee.

Thank you.

John and Marie Golden

Hi, I haven’t been getting my magazine. Can you please make sure I get it?

Linda Stankard,
Upper Cumberland EMC

I used to receive The Tennessee Magazine every month until May, and then they stopped! I’d really like to continue receiving the magazine.

Christine Smith,
Southwest Tennessee EMC

Editor’s response:

The Tennessee Magazine is distributed through Tennessee’s electric Cooperatives. The publication schedule varies by co-op as to whether members receive it monthly, bimonthly or quarterly.

If you are a member of an electric cooperative and are not receiving the magazine, please check with your local cooperative office to get back on the mailing list. If you are not a member of an electric cooperative in Tennessee, you can purchase a one-year or three-year subscription. Please visit our online shop at tnmagazine.org.
Announcing the
Tennessee Pollinator Database & Map Tool

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

www.tnpollinators.org
Connecting communities ... it’s what we do. Over the past 84 years, we have built an electric infrastructure that delivers safe, reliable and affordable electric service to more than 109,000 homes and businesses in rural Stewart, Montgomery, Cheatham, Robertson and Sumner counties.

Since 2019, our broadband subsidiary, Cumberland Connect, has been working diligently to build a fiber-to-the-home network that will provide our rural members with the same reliable, high-speed internet, phone and video services enjoyed by our nation’s largest cities. We recognize that in today’s connected world, broadband services have become as vital as any other utility. As of Fiscal Year 2022, Cumberland Connect has made fiber services available to more than 50,000 homes and businesses in our area.

CEMC works hard every day to connect members to their best lives by providing the services upon which our communities rely — electricity and broadband. From our morning alarms to the ways we work, educate, entertain and care for ourselves throughout the day, access to these services is essential to our modern way of life.

Through it all, CEMC will always work to help fulfill our mission of connecting you, our members, to your best life.
Cost-efficient, safe, reliable electric service

CEMC is focused on providing cost-efficient, safe and reliable electricity to our members as we spent a busy year making improvements throughout our five-county system.

- Improvements to the Shady Grove Substation were completed. This $2.8 million project will improve reliability and handle future growth in that area.
- Upgrades to the Greenbrier substation were completed, converting the substation to a two-transformer 25kV station.

In other work, we made system upgrades throughout our service territory.

- CEMC inspected 13,491 utility poles and replaced aging poles when needed. This ongoing inspection process of the 138,495 poles we maintain is important for safety and reliability.
- We added 3,177 permanent electric services (79.5 percent underground).
- To accommodate our growth, CEMC crews continued to convert, upgrade or multi-phase more than 90 miles of line across our service territory.

Our ongoing vegetation management efforts are essential to providing reliable electric and broadband service. To keep vegetation out of our lines and equipment, we trim and remove trees, cut back overgrown vegetation and apply herbicides to woody vegetation. CEMC alternates right-of-way trimming and targeted herbicide application to maintain our rights-of-way on a six-year rotation.

Additionally, we continue to see strong economic growth and development in our area. Since October 2021, capital investments of $125 million have been made, and an additional 1,200 jobs have been created and retained in the CEMC service area.

Finally, safety in our workplace is always a priority. Earlier this year, CEMC completed the Rural Electric Safety Achievement Program (RESAP), a national program that uses a framework for continuous improvement to advance safety performance and culture.

The safety of our employees is fundamental to our business success.
Access to gigabit-speed, fiber internet services continues to be a reality for CEMC members as we finished an exciting third year in the buildout of a 100 percent fiber network in our five-county service area.

Cumberland Connect employees and contractors completed nine additional fiber hub sites this past year and have constructed 3,122 miles of mainline fiber to date, making Cumberland Connect fiber services available to more than 50,000 homes and businesses in the area.

As of Aug. 9, 2022, a total of 17,355 members have signed up for the high-speed fiber internet service.

Cumberland Connect continues expanding CCFiber network service availability during Phase 3 and recently announced the areas to be included in Phases 4 and 5 of the fiber network buildout.

High-speed internet is more than a utility; it is critical to the advancement of our communities and, more than ever, an essential part of our everyday lives. And, everyone should have access to reliable high-speed internet services. Therefore, Cumberland Connect is proud to participate in the Lifeline federal program and the FCC’s Affordable Connectivity Program. Learn more about the programs at CumberlandConnect.org/acp.

Cumberland Connect continues to offer fast, reliable internet services to rural communities, following the cooperative model that CEMC was founded on in the 1930s ... putting people first and acting in our members’ best interests at all times.

To learn more or sign up for services, visit Cumberland Connect online at CumberlandConnect.org.
Cumberland Electric Membership Corporation, in partnership with the Tennessee Valley Authority, is pleased to announce that it has awarded $170,000 to 23 local organizations aiding our communities during the ongoing COVID-19 pandemic in 2022.

Funding through CEMC was matched by TVA's COVID-19 Community Care Fund, which was launched in April 2020 to help local power companies meet immediate needs in their communities by providing matching funds for local initiatives addressing hardships caused by this pandemic.

As a local, nonprofit, member-owned cooperative, CEMC cares deeply about the communities we serve. Our board and employees live and work alongside our members, and we are proud to do our part to help our communities thrive.

Reaching out to help our communities

CEMC employees present a Community Care Fund check to Second Harvest Food Bank, which serves those in need across Middle Tennessee.

<table>
<thead>
<tr>
<th></th>
<th>2020</th>
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<tbody>
<tr>
<td>Counties</td>
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<td>Cheatham</td>
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<td>Stewart</td>
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<td>Sumner</td>
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<td>$6,303.00</td>
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<td>Greenbrier</td>
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<td>White House</td>
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<td>City Total</td>
<td>$470,566.43</td>
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<td>Grand Total</td>
<td>$4,254,331.43</td>
<td>$4,244,245.54</td>
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Ad Valorem & Property Tax Payments

Each year CEMC pays ad valorem and property taxes to the cities and counties in which we have infrastructure. The amount of taxes paid is based on the assessed value of the infrastructure, including buildings, substations, transformers, poles and lines. The ad valorem and property taxes paid for the last three years are in the table at right.
The Consolidated Financial Statements
(The Consolidated Financial Statements include the operations of CEMC and Cumberland Connect.)

Assets
Electric Plant $ 614,687,700
Depreciation (185,078,500)
Net Plant 419,609,200
Reserve & Cash Fund 38,154,700
Current & Accrued Assets 94,286,000
Deferred Debts 7,832,200
Total Assets $ 559,882,100

Equities and Liabilities
Current & Accrued Liabilities $ 63,354,500
Deferred Credits 19,388,800
Membership Investment 1,033,800
Long-Term Debt 241,041,800
Earnings Reinvested in System Assets 235,062,800
Total Equities & Liabilities $ 559,882,100

Revenue and Expense Statement
Electric Sales Revenue $ 304,550,300
Cost of Services (217,924,400)
Operations Expense (36,482,500)
Maintenance Expense (23,420,500)
Depreciation Expense (18,250,100)
Debt Expense (5,870,200)
Net Margin from Electric Sales $ 2,602,600

Connect Operating Income 2,924,800
Rent 5,306,900
Forfeited Discounts 1,695,700
Miscellaneous Services 1,772,700
Other Income 994,900
Net Margin $ 15,257,400

CEMC received $325,962,100 in revenues in the fiscal year that ended June 30, 2022. Our revenues came from several sources: Residential Members; Large and Small Commercial Members; Broadband; and Miscellaneous Income, which includes Rent, Forfeited Discounts, and Street and Outdoor Lights.

CEMC buys power from the Tennessee Valley Authority. In the fiscal year that ended June 30, 2022, we spent 70% of our electric sales revenue to pay our TVA power bill. The other 30% was used for operations, maintenance, depreciation, interest and tax expenses.
### Statistical Information

<table>
<thead>
<tr>
<th></th>
<th>2020</th>
<th>2021</th>
<th>2022</th>
</tr>
</thead>
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<tr>
<td>Member Count</td>
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<td>Long-Term Debt</td>
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<td>Interest Paid</td>
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<td>Total Kilowatt-Hours Sold</td>
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<td>Average Monthly Residential Kilowatt-Hour Consumption</td>
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<td>1,434</td>
<td>1,435</td>
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<td>Members per Mile</td>
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<td>Miles of Line</td>
<td>8,099</td>
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<td>Plant Investment per Meter</td>
<td>4,781</td>
<td>5,218</td>
<td>5,638</td>
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<tr>
<td>Wholesale Power Cost as % of Electric Sales Revenue</td>
<td>72.5%</td>
<td>70.2%</td>
<td>71.5%</td>
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</tbody>
</table>

**Auditor’s Statement:** Cumberland Electric Membership Corporation's financial statements are audited by the firm of Stone, Rudolph & Henry PLC. Copies are available online at cemc.org.

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**BIG NEWS ABOUT CCFIBER TV VIDEO SERVICE**

As the broadband subsidiary of CEMC, a member-owned cooperative, we believe in transparent communication with our members regarding when significant changes happen in their cooperative and why.

Scan this QR code or visit the link below to read an update regarding the recent changes impacting CCFiber TV.

[www.CumberlandConnect.org/CCFiberTV-Update](http://www.CumberlandConnect.org/CCFiberTV-Update)

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**COMING SOON**

Outage reporting, updates and more on your mobile phone.
Insulation made easy

Q: What cost-effective improvements will make my home comfortable year-round?

A: It isn’t pretty, but insulation and air sealing typically provide the biggest bang for your buck when it comes to home energy efficiency improvements. When installed together, they can save you money and make a big difference in comfort and energy use.

**Insulation rating**

Insulation is rated in R-value. The R stands for resistance to heat transfer. The higher your R-value, the slower the heat transfer, or less wasted energy. There are several different types of insulation, including fiberglass batts, blown fiberglass, cellulose and foam. Each has its own R-value listed on the packaging. To determine the R-value of your existing insulation, multiply the number of inches by the R-value per inch for the type of insulation.

Insulation level recommendations are based on your geographic location. Generally, the colder the climate, the higher the recommended R-value.

**Where to insulate**

The typical locations for insulation are the attic, walls and floor. If you have a forced-air heating or cooling system, your ductwork should be insulated, too. You want a consistent thermal barrier around your home for maximum efficiency. A bonus to insulation is it can reduce noise from the outside of your home.

Attic insulation minimizes energy waste and can help maintain a more consistent temperature throughout your home. Combined with air sealing, it also can prevent ice dams from forming on your roof in colder climates.

Attics can be insulated using batts or blown-in insulation. Recommend R-values range from R-30 to R-60. If you use your attic for storage, you can build a raised platform with room for insulation underneath. Add
There are different types of insulation, including fiberglass batts, blown fiberglass, cellulose and foam. Each has its own R-value, which is listed on the packaging. Photo credit: Mark Gilliland, Pioneer Utility Resources

insulation and weather stripping to access doors or hatches.

Exterior walls and walls separating heated and unheated areas of the home — such as garages or enclosed porches — should be insulated to an R-value ranging from R-13 to R-21, based on your location and wall construction.

Wall insulation can be installed during construction or a remodel. If your home wasn’t insulated when it was built, you can have the insulation blown in by a contractor. Blown-in options include cellulose, fiberglass and foam.

Your home should also be insulated between the floor and crawlspace or unheated basement. If your basement is heated, install insulation in the box sills — the area between the foundation and floor of the home’s main level.

Consider insulating the exterior walls in the basement or installing foam insulation on foundation walls. Check your local building code requirements. Recommended R-values for floor insulation range from R-13 to R-30. Also insulate heating and cooling ductwork located in unconditioned spaces to prevent energy waste.

**Importance of air sealing**

Think of insulation as a cozy sweater and air sealing as a windbreaker for your home.

You know that cozy sweater is no match for winter winds, so you need an extra layer to stop the wind from ripping through. The same goes for your home.

Air sealing prevents drafts and air infiltration from outside. It can improve efficiency, comfort and indoor air quality.

Air sealing can be done as a do-it-yourself (DIY) project, but it is challenging to pinpoint and properly seal air leaks. Consider hiring a contractor to complete a blower door test and seal leaks.

Typically, air sealing is done around plumbing and electrical penetrations with spray foam or caulk. If using spray foam around gas appliances, temporarily turn off pilot lights. Spray foam is extremely flammable.

Sheet metal and high-temperature, heat-resistant caulk should be used to seal gaps between framing, chimneys and metal flues.

**DIY considerations**

If you are considering a DIY approach, protect yourself when going into spaces with insulation. Wear a properly fitted mask or respirator. Wearing a Tyvek suit and gloves also is recommended. Kneepads can come in handy and make the crawling more bearable.

If you are planning a DIY approach for air sealing, do your research about best practices for the proper home ventilation. Before going the DIY route, contact two or three local contractors for a project estimate. Sometimes the contractor can get cheaper bulk pricing on insulation.

Prioritizing insulation and air sealing adds comfort, efficiency and savings to your home.
West Tennessee

Ends Oct. 24 • Southern Artist Showcase: Hattie Marshall-Duncan, Discovery Park of America, Union City. 731-885-5455 or discoveryparkofamerica.com

Oct. 14-15 • Craft Show, District Three Community Center, Counce. 731-926-0215

Oct. 22 • Fifth Annual Paint the Town, 142 E. Main St., Adamsville. 210-326-7578 or harryl@gvtc.com

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

Middle Tennessee

Ends Oct. 28 • Rutherford County Farmers’ Market, Lane Agri-Park Community Center, Murfreesboro. 615-898-7710 or rutherford.tennessee.edu/farmers-market

Oct. 1 • Scarecrow Festival, Bell Buckle Park. bellbucklechamber.com

Oct. 1 • Bacon Festival, Putnam County Fairgrounds, Cookeville. 931-259-3413 or centerhillevents@yahoo.com

Oct. 1 • Old Timers Day Festival, downtown historic Manchester. 931-570-0370 or oldtimersday@hotmail.com

Oct. 1 • Fall Craft Show, Crescent Corner Market, Murfreesboro. 615-890-4452 or cagleb@comcast.net

Oct. 1 • 11th Annual Artisan Craft Fair, Hermitage Presbyterian Church. 615-883-8944 or hermitagepc.org

Oct. 1 • Vetfest, Granny White Park, Brentwood. 844-VETLINX or vetlinx.org

Oct. 1 • Whiskey Runners Cruisin the Hollow, Wiseman Park, Lynchburg. 931-703-2644 or rcookin@gmail.com

Oct. 1-2 • 2022 National Banana Pudding Festival, Hickman County Ag Pavilion, Centerville. 931-994-6273 or bananapuddingfest.org

Oct. 1-29 • Scarecrow Festival, historic Granville. 931-653-4151 or granvilletn.com

Oct. 1-Nov. 12 (Saturdays) • Fall Color Hikes, Owl’s Hill Nature Sanctuary, Brentwood. 615-370-4672 or owlshill.org/fall-color-hikes

Oct. 2 • Choir and Orchestra Concert of Mendelssohn’s “Elijah,” Grace Lutheran Church, Clarksville. 931-647-6750

Oct. 4 • Rutherford County Farmers’ Market Fall Market and Arts Festival, Lane Agri-Park Community Center, Murfreesboro. 615-898-7710 or rutherford.tennessee.edu/farmers-market

Oct. 7-9 • 44th Annual Fall Tennessee Craft Fair, Centennial Park, Nashville. tennesseeccraft.org

Oct. 8 • 24th Annual Homemade Crafters Show, Miller’s Pond, Manchester. 931-723-3448 or millerspondlawnandgarden.com

Oct. 8 • Arts and Crafts Fair, Bowie Nature Park, Fairview. 615-387-6140 or facebook.com/fairviewtngov

Oct. 8 • Fannie Moffitt Autumn Stomp, Altamont. 931-235-1012 or facebook.com/fanniemoffitfallstomp

Oct. 8 • Fall Mile Long Yard Sale, historic Watertown Public Square. 615-237-0270 or watertowntn.com

Oct. 8 • 2022 Whole Hog Family Festival, historic Oaklawn Plantation, Spring Hill. 615-457-2684 or springhillwell.org/john-maher-whole-hog-festival-2022

Oct. 8 • The Crafting Patch, Coffee County Fairgrounds, Manchester. 931-952-0472 or shawntain1998@gmail.com

Oct. 8 • Murder, Medicine and Mourning, Wynnewood State Historic Site, Castalian Springs. 615-452-5463 or historicwynnewood.org

Oct. 8-9 • Cave Fest, The Caverns, Pelham. 931-516-9724 or thecaverns.com

Oct. 14-15 • 41st Annual NAIA Tennessee Indian Education Pow Wow, Long Hunter State Park, Nashville. 615-232-9179 or naiatn.org

Oct. 15 • 100th Year Celebration of the Butterfield House, Humphreys County Museum and Civil War Fort, Waverly. 931-296-2422

Oct. 15 • Muletown Flea Market, Glover’s Secondhand, Columbia. 931-374-2030 or gloverssecondhand.com

Oct. 15 • Haunts at the Font, Cragfont State Historic Site, Castalian Springs. 615-452-7070 or historiccastaliansprings.org

Oct. 15 • Second Annual Car Show — Summitville Volunteer Fire Department, Southern Family Markets Parking Lot, Manchester. 931-728-9730 or svfd8400@gmail.com

Submit your events

Complete the form at tnmagazine.org or email events@tnelectric.org. Information must be received at least two months ahead of the event date, and we accept submissions up to a year in advance. Due to the great demand for space in each month’s Almanac, we cannot guarantee publication. Find a complete listing of submissions we’ve received at tnmagazine.org/events.
Oct. 15-16 • Webb School Art and Craft Show, Bell Buckle. bellbucklechamber.com

Oct. 16 • Symphony Storytime — Middle Tennessee Sinfonietta, Hinton Music Hall, Wright Music Building, Murfreesboro. mtsinfonietta.com

Oct. 18 • Tennessee Valley Winds Annual Fall Concert, Patterson Park Community Center, Murfreesboro. tvalleywinds.org or facebook.com/tvalleywinds

Oct. 20 • Taste of Wilson, Wilson Bank & Trust, Lebanon. 615-444-5503 or tasteofwilsoncounty.com/site

Oct. 21 • Cumberland Winds Jazz Concert, Houston County High School Forum, Erin. 931-289-2787 or houstoncountyarts council.org

Oct. 21-22 • Ghosts of Greenwood Cemetery Tour, Greenwood Cemetery, Columbia. 931-505-8019 or jameskpolk.com

Oct. 21-22 • Ghost Walk, historic Granville. 931-653-4151 or granvilletn.com

Oct. 22 • Creepy Cryptids Monster Market, Coffee County Fairgrounds, Manchester. 931-841-5584 or facebook.com/oliverswoodandfabric

Oct. 22 • Belvidere Volunteer Fire Department’s Fall Fish Fry, Belvidere Community Center. 931-580-0708

Oct. 22 • Fall Vendor Event, McBurg Community Center, Frankewing. 615-969-9132

Oct. 22 • Native Plant Sale, Owl’s Hill Nature Sanctuary, Brentwood. 615-370-4672 or owlshill.org

Oct. 22 • Family Fall Festival, First Baptist Church of McMinnville. 931-473-4416 or fbcmcminnville.com

Oct. 23 • 150th Anniversary Celebration, Smyrna First United Methodist Church. 615-459-2826

Oct. 28 • An Old-Fashioned Haunted Evening, downtown Bell Buckle. bellbucklechamber.com

Oct. 28-29 • Robertson County FCE Club Quilt Show, Robertson County Fairgrounds, Springfield. 615-384-7936

Oct. 28-30 • Morgan on the Rim Civil War Reenactment, Ridgetop Station Park, Ridgetop. 615-477-5721 or troopmaster7116@gmail.com

Oct. 29 • Clarksville Association for Down Syndrome Community CARES Walk and Expo, Wilma Rudolph Event Center, Clarksville. 931-624-1693 or cads@hotmail.com

Oct. 29 • The Herbal Hearth: Herbs of Death, Cragfont State Historic Site, Castalian Springs. 615-452-7070 or historiccastaliansprings.org

Oct. 29 • Rose Hill Cemetery Tour, Rose Hill Cemetery, Columbia. 931-446-0530

Oct. 29 • Friends of Smyrna Library Local Author Fair, Smyrna Public Library. rcltn.org/support-groups

Oct. 30 • Cemetery Tour, Cragfont State Historic Site, Castalian Springs. 615-452-7070 or historiccastaliansprings.org

Nov. 5-6 • 11th Annual Free Art Tour, throughout Sumner County. 615-351-3780 or sumnercountystudiotour.com

East Tennessee

Ends Oct. 30 • Pumpkin Patch and Corn Maze, Flat Top Mountain Farm, Soddy Daisy. thbyard@gmail.com or flattopmountainfarm.com

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

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

Oct. 1 • Aaron Tippin, Palace Theatre, Crossville. 931-484-6133 or palacetheatre-crossville.com

Oct. 8 • Fall-O-Dendron Festival, Roan Mountain State Park, Roan Mountain. roanmountain.com

Oct. 13 • History and Haunts, historic downtown Sevierville. 865-734-3783 or downtowndistilleryandhaunts.com

Oct. 14-16 • 43rd Annual Heritage Days, downtown Rogersville. 423-727-1961 or rogersvilleheritage.org

Oct. 15 • Cranberry Festival, Shady Valley Elementary School, Shady Valley. 423-727-5800 or 423-739-2422

Oct. 15 • Gatlinburg Garden Club Wine Fest, Ripley’s Aquarium of the Smokies, Gatlinburg. 832-349-2054 or marty.pierce@ix.netcom.com

Oct. 22 • AnniversaPARTY, Chambliss Center for Children, Chattanooga. chamblisscenter.org

Oct. 22-23 • Apple Festival, Collegedale Commons. 423-650-1388 or touchtheskyevents.com

Oct. 23 • 200th Anniversary Homecoming, Dandridge First United Methodist Church. 865-397-2730 or dandridgefumc.com

Nov. 3 • Fall Heritage Days, Museum of Appalachia, Clinton. 865-494-7680 or museumofappalachia.org
I interrupt this nonexistent gubernatorial campaign for the following historical tidbit: It hasn’t always been like this.

Before radio and television caused people to stay home all the time, the two nominees for governor traveled together, conducting stump debates in as many as 56 towns along the way.

As best I can tell, we can thank James K. Polk for starting this tradition. In 1839 Polk ran against incumbent Gov. Newton Cannon and repeatedly asked his opponent to join him on his tour of the state. Cannon did so only a couple of times, which may have been why he lost to his young challenger.

When Polk ran for re-election two years later, his opponent was James C. Jones, a man so tall and slender that he was known as “Lean Jimmy.” Jones and Polk agreed on a 30-stop debate schedule.

The “gubernatorial canvass,” as it was known, started on June 7 in Shelbyville. From there the candidates migrated to Manchester, Salem (in Franklin County), Fayetteville, Pulaski, Lawrenceburg and the list went on and on through the rest of June, all of July and until Aug. 4, when they concluded at the Hamblen County community of Panther Springs.

Everyone expected Polk to win the debates, but that’s not exactly what happened. “Tall, unusually homely of features and spare, he (Jones) used his own lack of personal charms,” historian W.T. Hale said many years later. “He twisted Polk’s beautiful sentences into ridiculous jargon and successfully gave them a meaning entirely opposite to that intended.”

There are places in Tennessee where the Polk-Jones debates were the most important thing to have ever happened. Haywood County’s community of Dancyville, for instance, has a historical marker about the debate that occurred there on June 23, 1841. “Lean Jimmy” won the 1841 election. The tour was so popular that the two men did an encore two years later when they were both renominated. This time, Jones and Polk started on May 26 and didn’t stop until July 31, visiting 47 towns in 66 days. That 1843 tour featured several communities that aren’t even incorporated today such as Harrison (Hamilton County), Washington (Rhea), Rheatown (Greene), Miller’s Store (Hawkins), Montgomery (Morgan) and Silver Springs (Wilson).

Jones also won the 1843 gubernatorial election, but (as a consolation prize) James K. Polk became president of the United States two years later.

The Polk-Jones debates started a tradition that stuck. In just about every election for the rest of the century, the two main candidates for governor toured together. Granted, there were times when this didn’t happen — the Civil War being one of those times — but it was expected by the electorate and the voters.

I want to remind everyone what it was like to travel in Tennessee in the mid-19th century. There were no planes, no cars and no well-paved roads. Railroads did start showing up in Tennessee in the 1850s, but many small towns didn’t have rail service as late as 1880. One took the public stagecoach, a private coach or a horse.

Meanwhile, the vast majority of towns in Tennessee had no hotels. It was not unusual for the candidates to have to share a bed and have meals together.

Newspaper articles like this one ran the Gubernatorial Canvass speaking schedule.
Speaking of tradition, debates never occurred on Sunday. When Isham Harris and Robert Hatton conducted a 53-town tour between May 25 and Aug. 3, 1857, they debated every day of the week except Sunday. The same thing happened on the 56-stop gubernatorial stump tour in 1880, the 47-stop tour in 1884, the 40-stop tour in 1898 and the 30-stop tour in 1904.

The most famous gubernatorial campaign in Tennessee history took place in 1886 when Democrat Robert Taylor ran against his brother, Republican Alfred Taylor. The very tone of this election was different than any other in history, with the two candidates playing fiddle on stage in between bits of humorous, lighthearted political banter. Since Robert wore a white rose and Albert wore a red rose, it became known as the “war of the roses” and made the cover of Harper’s Magazine.

The road show arrived in Nashville on Monday, Oct. 18. Some 25,000 people turned out to see the brothers; there were parades, balloons and fireworks — but, unfortunately, no microphone. “Bob attempted to speak,” the Nashville American reported, “but the din of voices was so heavy that it was impossible to do so, and after a few minutes he bade the audience good night. No man could have addressed such a crowd, it was so large.”

So why did this remarkable Tennessee tradition end? In a word, animosity.

James Jones, left, and James K. Polk, candidates for governor in 1941, visited 30 Tennessee communities during the campaign, often traveling together.

In 1908, plans were made for Edward Carmack and Malcolm Patterson to debate 41 times. However, the crowds were so badly behaved and the candidates so uncivil to each other that the events devolved into near riots. On May 1, things got so bad in Fayetteville that, according to the Chattanooga Star, “the candidates stood glowering at each other, about four feet apart, both trembling with excitement, while those seated on the platform jumped to their feet and begged both men not to engage in personal difficulty.” They might have come to blows right then were it not for the presence on the stage of 72-year-old Col. J.H. Holman, who served in the U.S. Army from 1857 to 1861 and the Confederate Army from 1861 to 1865. “Stop that right now!” Holman ordered the candidates, and they did.

The rest of the debates were called off; Patterson won the election. On Nov. 8, 1908, Carmack was shot and killed in Nashville by Duncan Cooper, a son of one of Patterson’s closest advisers.

I can find no evidence of a multitown gubernatorial canvass ever occurring in Tennessee after that time. There have been debates between candidates, of course, but only a small number each election — nothing like the 50-town stump tours of the 19th century.
Cooking in foil packets customizes any meal with just the right combination of ingredients and spices.
We have entered an era of picky eaters. Accepting that the days are gone when one simply took whatever food was offered and smiled is half the battle. Finding ways to please everyone is the other half.

Foil packet cooking for gatherings of people with varying dietary demands is perfect for this time of year. Your job as host will be simply to supply a large number of ingredients that usually go well together, cut ample sheets of foil to hold the acceptable ingredients for all guests and provide heat in the form of an oven, grill or campfire. Don’t like onions? Leave them out of your packet. Can’t take carbs? Stick with proteins and fats. Foil packet cooking also serves as a terrific group activity — whether your gathering is for antsy children or eager adults who could use an icebreaker project.

Jambalaya Packs
Yield: 4 servings
1 pound smoked andouille sausage, cut in ¼-inch slices
1 pound large or extra large raw peeled and deveined shrimp
1 small sweet onion, peeled and diced
1 green bell pepper, seeded and diced
2 stalks celery, sliced
1 cup tomato sauce
¼ cup chicken stock
1 teaspoon Cajun seasoning
1 teaspoon garlic salt
½ teaspoon black pepper
¼ teaspoon cayenne pepper
1 cup instant rice

In a large mixing bowl, toss together the sausage, shrimp, onions, bell peppers and celery. Add the tomato sauce, stock, Cajun seasoning, garlic salt, black pepper and cayenne. Divide evenly among 4 heavy-duty zip-top bags.

When ready to cook, place the contents of each bag on 2 large (12-by-16-inch) pieces of heavy-duty aluminum foil. Evenly sprinkle the rice among the 4 servings.

Fold the packets by pulling the longest sides of the foil together over the center. Fold and seal the entire length of the pieces, making sure you have at least an inch of foil to fold. Repeat the process with the shorter sides, folding inward to completely seal the packets.

For the oven, preheat to 400 degrees and cook for 22 minutes. For the grill, preheat to 425 degrees and cook 20 minutes. For the campfire, place the packets on a grate, making sure the packets are not directly over the blaze, and cook 20 minutes.

Open each packet carefully with grilling gloves and angle away from your face. Transfer to a serving plate or enjoy in the foil on a sturdy plate.

Fresh Fish and Veggies
Healthy
Yield: 4 servings
4 fish fillets of your choice (no more than 5 ounces each) such as halibut, cod or tilapia
1 tablespoon finely chopped fresh chives
2 teaspoons orange zest
¼ teaspoon salt
¼ teaspoon black pepper
½ pound carrots, peeled and cut in thick matchsticks*
½ pound thin zucchini, cut in thick matchsticks
¼ cup freshly squeezed orange juice
1 tablespoon olive oil

Preheat the oven to 400 degrees. Arrange four 12-inch squares of aluminum foil on the countertop. Spray each with cooking spray and top with the salmon fillet. Drizzle with the orange juice and oil. Fold the foil over the fish and vegetables, crimping the edges tightly to seal. Place each packet on a large rimmed baking sheet. Bake 17-20 minutes or until the salmon flakes. Allow to rest for 5 minutes before carefully opening and serving.

Soy Ginger Salmon
Yield: 4 servings
4 (6-ounce) salmon fillets
4 (2-inch) pieces fresh ginger, peeled and chopped
2 green onions, trimmed and sliced
2 tablespoons soy sauce
1 teaspoon sesame oil
½ teaspoon black pepper

Preheat the oven to 350 degrees. Place each salmon fillet in the center of a 12-inch square of aluminum foil. Evenly distribute the ginger and green onions. Sprinkle evenly with the soy sauce, sesame oil and pepper.

Loosely pull up the sides of each foil square, crimping the edges to seal. Transfer to a 13-by-9-inch baking dish with the seam sides up. Bake 17-20 minutes or until the salmon flakes. Serve each packet on a dinner plate, being careful when unwrapping.

Peppered Pork Chop Packets
Yield: 4 servings
1 (16-ounce) can cannellini beans, drained and rinsed
1 (4.5-ounce) can chopped green chiles
1 yellow bell pepper, seeded and julienned
1 small purple onion, peeled and sliced
1 tablespoon canola oil
1 teaspoon garlic salt
¼ teaspoon chili powder
½ teaspoon black pepper
¼ teaspoon ground cumin

Preheat the grill or oven to 400 degrees. Meanwhile, in a mixing bowl, beat the eggs and stir in the potatoes, cheese, ham, milk, salt, black pepper and cayenne.

Divide the mixture among 4 pieces of 18-by-12-inch heavy-duty aluminum foil that has been coated with cooking spray. Fold tightly around the mixture and seal. Place on the grill or in the oven and cook for 10 minutes. Allow to rest for 5 minutes before carefully opening and serving.
4 (1-inch thick, 8-ounce) boneless pork chops
4 ounces shredded pepper Jack cheese
Chopped fresh cilantro

Preheat the grill to medium heat (375 degrees). Meanwhile, in a mixing bowl, stir together the cannellini beans, chiles, bell peppers, onions and oil. Divide the mixture among 4 pieces of heavy-duty aluminum foil that are cut to measure 12 by 18 inches and sprayed lightly with cooking spray.

In a small bowl, stir together the garlic salt, chili powder, pepper and cumin. Evenly rub over the pork and place on top of the vegetables. Top with the cheese. Loosely pull up the sides of each foil square, crimping the edges to seal. Place with the seam sides up on the grill, cover and cook 10 minutes.

Rotate packets 90 degrees and cook another 10 minutes. Remove packets from the grill and allow to stand 5 minutes. Serve each packet on a dinner plate, being careful when unwrapping. Garnish with fresh cilantro and enjoy.

Lemon Pepper Chicken and Pasta
Yield: 4 servings
4 cups cooked corkscrew pasta
20 cherry tomatoes, cut in half
4 green onions, sliced
1 (4.5-ounce) can chopped green chiles
2 tablespoons canola oil
2 teaspoons onion salt, divided
4 (6-ounce) boneless, skinless chicken breasts
2 tablespoons unsalted butter, softened
1 teaspoon finely grated lemon zest
1 teaspoon lemon juice
½ teaspoon black pepper
¼ teaspoon cayenne pepper
Chopped fresh parsley for garnish

Preheat the grill to medium heat (375 degrees). Meanwhile, cut 4 pieces of heavy-duty aluminum foil that measure 12 by 18 inches and spray lightly with cooking spray. Evenly divide the pasta, tomatoes, green onions, chiles, oil and 1 teaspoon of the salt among the foil pieces. Place a chicken breast on top of each pasta mixture.

In a small bowl, stir together the remaining salt with the butter, zest, lemon juice, black pepper and cayenne. Evenly spread on top of each chicken breast. Loosely pull up the sides of each foil square, crimping the edges to seal. Place with the seam sides up on the grill, cover and cook 10 minutes.

Rotate packets 90 degrees and cook another 10 minutes. Remove packets from the grill and allow them to stand 5 minutes. Serve each packet on a dinner plate, being careful when unwrapping. Garnish with fresh parsley and enjoy.

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.

Email your cooking questions to Tammy Algood: talgood@tnelectric.org.
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COMMUNITY CORNER  What our neighbors are up to

Find the Tennessee flag

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

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

Good luck!

Send postcards only (no phone calls, please) to: The Tennessee Magazine, Find the Flag, P.O. Box 100912, Nashville, TN 37224. Or email flag@tnelectric.org. Entries must be postmarked or received via email by Tuesday, Nov. 1. Winners will be published in the December issue of The Tennessee Magazine.

August Flag Spotters

Thanks for the postcards and emails again this month identifying the correct location of the flag, which was found in the stone wall on page 16.

August’s lucky flag spotters are:
Lyle Tate, Dyer, Gibson EMC
Jason Nabors, Spring Hill, Duck River EMC
Mary E. Martin, Elk Park, N.C., Mountain EC

Artist’s Palette
Assignment for October

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 — October, 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 Tuesday, Nov. 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 December 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 December issue.

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

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

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

Deadline: Entry must be emailed or postmarked by Monday, Oct. 24.

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

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

All entries must include the following information, or they will be disqualified: your name, age, mailing address, phone number and the name of your electric cooperative.
WINNERS, 15-18 AGE GROUP: 
First place: Hannah Laughlin, age 17, Middle Tennessee Electric; 
Second place: Navy Dobson, age 16, Middle Tennessee Electric; 
Third place: Micheal Castillo, age 15, Middle Tennessee Electric

WINNERS, 10-14 AGE GROUP: 
First place: Ella Czerwinski, age 14, Middle Tennessee Electric; 
Second place: Tikvah Smith, age 14, Meriwether Lewis EC; 
Third place: Leah Moody, age 12, Duck River EMC

WINNERS, 1-9 AGE GROUP: 
First place: Kriti Kakumanu, age 7, Middle Tennessee Electric; 
Second place: Ahan Pattewar, age 8, Middle Tennessee Electric; 
Third place: Gavin Young, age 7, Duck River EMC
Age 9-13
Mind of a Bookworm
One too many,
But never enough.
Shelves too small,
Overcrowded and stuffed.
Getting creative
With stocking and storing,
Time and again,
But it never gets boring.
Getting high
On smelling books,
While adding a shelf
In that one last nook.
Getting distracted
Flipping through my favorite parts,
Read five times —
Still a work of art.
My best friend is an author,
My crush is a character,
My books are my world,
My happily ever after.
— Shay Simpson, Meriwether Lewis EC

Age 14-18
Morning Soliloquy
That feeling.
Early morning fog
Rolling gently,
Across the dew-dropped fields.
A steaming mug of tea.
The soft murmur of birdsong.
A golden sunrise appears,
Cresting the top of the hills,
Turning each drop of dew
Into its own shimmering flame.
Autumn colored trees quiver
In the soft morning breeze,
Their leaves dancing
To a song only heard,
On those Autumn mornings.
The feeling is otherworldly,
Like I’m lost in some fairytale
Or Shakespearean play.
The quiet thrill of the daybreak,
When time stands still,
As I watch the world awake,
And a brand new day begin.
— Reece Turner, Duck River EMC

Age 19-22
Sparrow in the Rain
My flight is interrupted by forceful winds and frozen rain falling like shooting stars down to the earth. The wings I’ve trusted for a lifetime have failed me now in the flashing storm. And the sour taste of desperation fills my scowling mouth. I must now fall as though I’ve been struck by the coursing roots of light above, as though I’ve fallen asleep in midair, my strength has ceased and my hopes have died. The earth is no comfort as it rushes towards me. Perhaps things will be better after I’m gone, at least my struggles will have ceased.
— David Smith, Fayetteville Public Utilities

Age 23-64
Where is Tennessee?
It’s in Little Green rivers
Deep in Priestly lakes
Rooted in every tulip tree
Baked into hummingbird cakes
Planted alongside coneflowers and irises
Dancing in the shadows of fireflies’ swarms
Ducking behind bobwhites’ skirt
Mixed into mockingbirds’ fickle hums
Wrapped in the coils of copperheads
It’s the hook in every smallmouth’s lip
Echoing against limestone cavern walls
It’s the wind that through great red cedars slips
From passionflowers that fleck fescue fields
To dry counties where whiskey’s distilled
It’s the Lookout looking down from mountaintops
Filling a quiet night with a fiddle trill
That’s where Tennessee is.
— R.T. Heath, Middle Tennessee Electric

Age 65 and older
Changing Seasons
Already grown comfortable with the repetitious rhythms of summer, this afternoon I can feel a wrinkle of unease blowing through the trees. A slight shift of received sunlight signals the approach of the subtle subterfuge of winter, an undertow that grows more bold as each afternoon shortens, its flow pulling us smoothly towards the solace of cold thoughts that are waiting to awaken from their warm weather nap. Soon the memory of this summer will drift like an unmoored dream disappearing among a fleet of decrepit vessels becalmed on a sea of abandoned expectations.
— Carl Lowe, Middle Tennessee Electric

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 October 1972 magazine featured a special series of Country Music Hall of Fame portraits made available to readers of The Tennessee Magazine. Inside, readers also learned about the Annual Show of the Hickman County Chapter of the National Chrysanthemum Society in Centerville.

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 October 1972 edition online at tmagazine.org.
Hi Connie,

This piece of furniture belonged to my grandmother. We have always just called it “The Little Thing.” However, I would love to know what it really is, what it is worth and if I should try to restore it.

— Charlotte, Columbia

Charlotte,

“That little thing” is a man’s shaving stand with a swivel mirror to adjust for height. Supplies were stored in the tiny drawers. A shaving mug was stashed behind the door. A small pitcher and bowl for clean/dirty water was stored on the shelf below. It was used in the early 1900s. Similar stands sell for $25 to $100. I’d wax and polish a bit, but trying to restore it is worrisome.

— Paula, Henderson

Dear Paula,

This carved double vase is made of a soft stone called soapstone. It was imported from China in the early 1900s. The colors vary from almost white to variegated browns and corals. Your carved stone is relief carved to form a natural setting with a bird in the forefront. Similar pieces sell for $50 to $175. Poultry is always good.

— Claire

Dear Claire,

Started in 1869, German doll head maker Simon Halbig became the second-largest producer of bisque doll heads at the turn of the century. The market for fancy bisque head dolls was huge. Pretty faces and fancy clothes intrigued parents. The dolls were dressed like upper-class children of the day. The mark Simon Halbig with the star of David between Kramers & Reinhar indicates she was made between 1905 and 1916. She has sleep eyes and open mouth with teeth. Many bisque doll heads included the shoulder. Your doll has a socket head. Values for this doll currently fall within the $50 to $150 range. The clothes are not original.

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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Point of View

By Robin Conover

Last fall I had one of those days that photographers really look forward to. The air was crisp with fall temperatures and lower humidity, the autumn color was near peak and the wildlife at Radnor Lake State Natural Area in Nashville was very active. I observed several deer, great blue herons and otters and numerous birds actively feeding on the mast of acorns, seeds, persimmons and fish. The changing of seasons was obvious, and the light was beautiful.

This particular great blue heron had been wading at the lake’s edge for about an hour, tactically feeding on a school of small fish in the shallow water. After catching its fill, it flew up to a perch about 20 feet off the ground. If you aren’t familiar with these herons, you might think they are found only on the ground, wading near the water’s edge, but, in fact, they spend a good amount of time in trees. They nest and roost on high branches, usually near water, for safety from predators that might easily surprise them on the ground.

This perch was not only a good vantage point for the heron to preen as it digested the day’s catch, but it was a perfect spot for me to photograph it against the brilliant color in the background. I could not have chosen a better place for the bird to land. This scene of bright sun on the fall color and on the heron only lasted about 10 minutes before the sun quickly moved below the ridgeline to my back, leaving the heron in the shadows.

Having some technical knowledge is important for capturing images like this one, but being in the right place at the right time is sometimes more important. Keep the sun at your back this fall as you get outdoors to enjoy the journey. You will be rewarded.
Eye Doctor Helps Tennessee Legally Blind To See
High Technology For Low Vision Patients Allows Many To Drive Again

For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastions of independence: driving. A Lebanon optometrist, Dr. John Pino, is using miniaturized telescopes that are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

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

Imagine a pair of glasses that can improve your vision enough to change your life. If you’re a low vision patient, you’ve probably not only imagined them, but have been searching for them. Biopic telescopes may be the breakthrough in optical technology that will give you the independence you’ve been looking for. Patients with vision in the 20/200 range can many times be improved to 20/50 or better.

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

Nine out of 10 people who have macular degeneration have the dry form. New research suggests vitamins can help. The British medical journal BMC Ophthalmology recently reported that functioning, especially driving," says Dr. Pino.

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

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

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

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

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

www.lowvisiontn.com

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