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

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

-Kent C., California

The first thing you’ll notice about the Zinger is its unique look. It doesn’t look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum so it weighs only 47.2 lbs. It features one-touch folding and unfolding – when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the Zinger to move forward, backward, turn on a dime and even pull right up to a table or desk.

Available in Green, Black and Blue (shown)

The Zinger folds to a mere 10 inches.

With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your Zinger almost anywhere, so you don’t have to let mobility issues rule your life.

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Please mention code 117765 when ordering.

The Zinger folds to a mere 10 inches.
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ABOUT THE COVER

Nanette Malher, Cumberland Electric Membership Corporation, earned an honorable mention for “Lockertsville Road in Cheatham County.” See the other winners of our “Light and Shadow” photography contest beginning on page 10, and find other finalists online at tnmagazine.org.

THIS PAGE

After heroic service in World War I, Alvin C. York returned to his Fentress County farm, today a state park bearing his name where you can learn more about the man beyond his silver screen depiction. See page 14. Photograph courtesy of Sgt. Alvin C. York State Park.

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Between the Lines

News from your community

Speaking for our communities

Each year the state’s legislative body, the Tennessee General Assembly, convenes on the second Tuesday of January to conduct the business of the state. To ensure that the legislature remains a “part-time” body, the House and Senate are limited to 90 legislative days per two-year term plus 15 days of organizational work at the beginning of each session.

This means that most legislators spend around 60 days a year in the State Capitol. That’s 60 days away from family, 60 days away from careers, 60 days away from neighbors and friends. Politics aside, I am grateful for the sacrifice made by members of the Tennessee General Assembly who give up so much to serve our state. While we might not always agree on the details, it is safe to say that each and every one of these lawmakers is willing to make these sacrifices because they all genuinely desire to make Tennessee a better place.

The decisions they are asked to make can have enormous consequences for all Tennesseans, and that is why Cumberland Electric Membership Corporation works to engage with lawmakers representing our service area. We invite them to visit our offices while they are in the district, and we visit them each year in Nashville.

Connecting with lawmakers is important for a couple of reasons.

Trust matters. During the course of the legislative session, lawmakers meet with hundreds — if not thousands — of visitors who are advocating for or against various issues. It is hard to trust a stranger. Because CEMC has built relationships with our lawmakers, they can trust what we have to say on issues that impact our co-op and the communities we serve.

Knowledge is power. The subjects discussed with legislators can be incredibly complex, and it is unreasonable to expect them to be experts on every issue. Because they know us at CEMC, we are sometimes invited to provide additional context and serve as subject matter experts when discussions are underway that could impact the cost of energy or the ability for us to serve our communities.

Leaders from our co-op join other electric co-op leaders in Nashville during each legislative session for the Tennessee Electric Cooperative Association’s annual legislative conference. Employees and members of our co-op spend time with our lawmakers, discussing energy policy, broadband and other issues important to rural and suburban Tennessee.

CEMC is proud to advocate for the people and places we serve. It is an important part of our work to deliver safe, reliable and affordable energy to our communities.

By Chris A. Davis
General Manager, Cumberland Electric Membership Corporation
When combined with the AK 10 battery, the FSA 57 trimmer gives you more than enough power to tackle your yard.

*Trim up to 3,770 linear feet with the AK 10 battery on a single charge. Usage claim tested and verified by an independent third-party test laboratory. Run time per charge may vary depending on usage and application. ©2023 STIHL/MAS
How many apps?

Before asking how many apps you have on your phone, I decided to answer it for myself. My total is 152. Shopping, banking, reading, listening to books and music, boarding airplanes, taking pictures, reading email, catching up on sports scores, communicating with other people, opening and closing my garage door, watching movies, starting my car, giving me directions and even ordering food from Chick-fil-A — it’s all there in one place.

When my son William got his first iPhone, he was thrilled to finally have his own. For virtually his entire life, everyone around him has been holding a small piece of plastic and metal whose light-up screen transfixes us on a seemingly constant basis. So, it made sense that he felt honored to have joined the club. I enjoyed watching him explore the device, swiping and touching and taking photos of his own. Suddenly, he came running to me. In an excited tone he said to me, “Dad, can you believe it? It even has an app called ‘Phone’!”

Will’s epiphany about the ability to make a phone call aside, 152 apps represent a lot of different ways to use the little handheld computer that we, perhaps only affectionately, call a phone. And did I mention that I recently changed my phone? I used to have even more apps. I’m happy to say that one out of the 152 apps on my phone is the Tennessee General Assembly app. For more than 10 years now, the electric cooperatives of Tennessee have published this helpful tool that gives you an easy way to get in contact with your elected officials in Washington, D.C., and Nashville. The app includes helpful features like district maps, email addresses, committee memberships, links to social media accounts and websites, and more.

I recently heard a speaker give a presentation on the impacts that personal computing has had on the economy. While I won’t bore you with the financial data (it was in the trillions of dollars per year) or number of users involved (it was in the billions of people), the presenter showed an image that stuck with me. On one side of the giant screen in the meeting room were several plain images, including a 35 mm camera, cassette recorder, paper atlas, car-mounted GPSs, record player, corded telephone like the one that probably hung in your parents’ or grandparents’ kitchen, measuring tape, credit card, newspaper, chatty person whispering in another person’s ear, typewriter, mailbox, taxicab and even a doctor.

On the right of the screen was a picture of an iPhone. And nothing else.

It was an amazing visual demonstration of how these electronic devices have changed our culture and the way we live our lives from day to day. So, as the commercial goes, what’s in your wallet? Or, should I say, what’s in your phone?

To order a subscription or change your address, write to The Tennessee Magazine, P.O. Box 100912, Nashville, TN 37224. Cost of subscription for members of participating electric cooperatives is $2.94 per year (24.5 cents per month), plus Periodical Postage Paid from equity accruing to the member. For nonmembers, a subscription is $15 per year plus Periodical Postage Paid from equity accruing to the member. For nonmembers, a subscription is $15 per year or $30 for three years. Single copy, $2.90.

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The Tennessee Magazine reserves the right to refuse advertising.
At just 26 pounds, only one folding mobility chair has the power to change your life.

The Journey Air Elite features the latest carbon fiber technology for the ultimate in portability and performance

Mobility issues affect over 1 in 5 Americans. These individuals, and their loved ones, know how decreased mobility can result in loss of independence, pain and falling hazards. They are often stuck at home, missing out on a variety of activities, in a vicious cycle that diminishes their quality of life. In the past, mobility devices like scooters and power chairs were too heavy and bulky to transport easily. Now, carbon fiber material invented for the aerospace program has been used to create the ultimate mobility device. It's called the Journey Air Elite ... and there's nothing else like it on earth.

At only 26 pounds, the Journey Air Elite combines lightweight portability with world class performance. Its simple to use joystick and powerful dual-motor drive system enables you to zip around quickly and safely. It's easy to maneuver, never tips, fits easily through doorways, and can go right up to a table or desk. Once you are done, just one pull on the seat handle folds it up. There's a fold-down back to make it even easier to stow and store. It features flat-free tires and rear anti-tippers for added convenience and safety.

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Andy York, park ranger and son of Sgt. Alvin C. York 1930-2022

In preparing this month’s feature on Sgt. Alvin C. York State Park (pages 14-16), we were saddened to learn of the passing of the World War I hero’s son, Andy, in September at the age of 92.

His obituary says Andrew Jackson York was a park ranger for 41 years. In a 2005 feature in The Tennessee Magazine, we noted that Andy York shared with park visitors stories of his father and helped maintain the park that today preserves the childhood stomping grounds of Sgt. York as well as his children.

Reader becomes writer

You might recognize the name Sandra Fortune as a frequent winner of our Poet’s Playground poetry contest. She recently published a book of her work. “You are never too old to accomplish your goals,” says Dr. Fortune. “I am delighted that The Tennessee Magazine inspired me to continue my poetry writing.”

“Reflections of the Soul: Poetry that Speaks to Both Heart and Mind” is currently available on amazon.com.

50 YEARS AGO:
MARCH 1973

Among the features in the March 1973 magazine was an article on Middle Tennessee’s newest Lake — Tims Ford. View the entire March 1973 edition online at tnmagazine.org.

MARCH 21
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RESPONDING TO READER QUESTIONS

A reader asked about the tires used in Tennessee State Parks’ award-winning “Tires to Trails” initiative (December 2022) and whether the ground-up pieces could leach harmful substances into the environment. It’s an excellent question, so we asked the Tennessee Department of Environment and Conservation, which sent this response:

“During the use and installation of Flexible Porous Pavement (tire trails), several steps are taken to ensure the safety of the environment and park visitors. When the tires are shredded, they are washed and all metal is removed. During the mixing process, the rubber and stone are mixed with a polyurethane binder that coats each individual piece. This coating is nonreactive to the environment and does not allow any leaching. All Flexible Porous Paving products used in Tennessee State Parks have gone through extensive ASTM (American Society for Testing and Materials) testing, which evaluates a variety of factors, one being leaching. These tests ensure we are taking proper care when creating new trails from used tires.”
Photographers from across the state entered nearly 2,500 images capturing “Light and Shadow” in subjects such as sunrises, sunsets, sunflowers, wildlife, still life, pets and children.

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

First Place, Professional, “Snowy Barn,” Howard Litvack, Franklin, Middle Tennessee Electric

Third Place, Junior, “Day Ending ...” Shay Simpson, Hohenwald, Meriwether Lewis EC

Second Place, Adult, “Golden Sunrise,” Boone Thomson, Franklin, Middle Tennessee Electric

Honorable Mention, Adult, “Hilton Head Sunrise,” Karl Houglum, Franklin, Middle Tennessee Electric

Honorable Mention, Adult, “Trust,” Alyna Bloecher, Trenton, Gibson EMC

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Second Place, Adult, “Golden Sunrise,” Boone Thomson, Franklin, Middle Tennessee Electric

Honorable Mention, Adult, “Hilton Head Sunrise,” Karl Houglum, Franklin, Middle Tennessee Electric
SECOND PLACE, PROFESSIONAL, “Lemon Stand;” William Smith, Jamestown, Volunteer EC

HONORABLE MENTION, ADULT, “Bear and His Little Buddy on the Lake,” Deana Seymour, Beech Bluff, Southwest Tennessee EMC

FIRST PLACE, JUNIOR, “Kerfuffle,” Caleb Hoover, Livingston

SECOND PLACE, JUNIOR, “My Dog, Ember,” Timnah Roberts, Franklin, Middle Tennessee Electric

HONORABLE MENTION, ADULT, “All Eyes on You,” Marcella Yukniewicz, Camden

FIRST PLACE, ADULT, “Flip,” Drew Elliott, Franklin, Middle Tennessee Electric
HONORABLE MENTION, ADULT, “Looking Up,” Heather Hix, Smyrna, Middle Tennessee Electric

HONORABLE MENTION, ADULT, “The Twist,” Chad Canupp, Brentwood, Middle Tennessee Electric

HONORABLE MENTION, ADULT, “Standing Apart,” Karl Houglum, Franklin, Middle Tennessee Electric

HONORABLE MENTION, PROFESSIONAL, “Looking Sharp,” Laura Horton, Tullahoma

HONORABLE MENTION, PROFESSIONAL, “Time to Heal,” Jenny Parker, Franklin, Middle Tennessee Electric

THIRD PLACE, ADULT, “Backlit Spoonbill,” William Gelsleichter, Crossville

HONORABLE MENTION, ADULT, “Looking Sharp,” Laura Horton, Tullahoma

HONORABLE MENTION, ADULT, “Standing Apart,” Karl Houglum, Franklin, Middle Tennessee Electric
THIRD PLACE, PROFESSIONAL,
“Reluctant Ballerina,” Jenny Parker, Franklin, Middle Tennessee Electric

HONORABLE MENTION, JUNIOR,
“Golden Shadows,” Whitley Barbier, Murfreesboro, Middle Tennessee Electric

HONORABLE MENTION, JUNIOR,
“Swinging in the Sunset,” Chloe Hieber, Ashland City, Cumberland EMC

HONORABLE MENTION, PROFESSIONAL,
“Sunrise on Sand Dunes,” JR Eldridge, Kelso, Fayetteville Public Utilities

HONORABLE MENTION, ADULT,
“September Evening Dragonfly,” Richard Avery, Crossville, Volunteer EC

HONORABLE MENTION, ADULT,
“Picture Window,” Mary Hatcher, McEwen, Meriwether Lewis EC

HONORABLE MENTION, ADULT,
“Raven,” Timnah Roberts, Franklin, Middle Tennessee Electric
Among Tennessee’s 57 state parks, it’s common to see a focus on natural beauty, outdoor recreation and slices of history. Not quite as common are parks that tell the story of an individual, but Sgt. Alvin C. York State Park in Pall Mall is such an attraction. York was a hero of World War I who likely couldn’t have imagined that someday there would be a state park dedicated to preserving his life story.

Park Manager Nathaniel Dodson says that the park is unique because “it is singularly focused on telling the story of one man, Alvin C. York, a Medal of Honor recipient from the Great War of 1918. With such a narrow focus, our site is able to interpret York’s story in a number of interesting ways. Guided house tours tell his life story in great detail, a sprawling 1920s-era farm stands as a monument to his post-war years and a replica World War I trench immerses visitors in life as a doughboy on the frontlines.”

York’s story
York was born in what is still the small, unincorporated town of Pall Mall in Fentress County, one of 11 children. Prior to being drafted for service, he worked as a farmer and blacksmith. When he did receive his draft notice, he initially applied for exemption as a conscientious objector because of his religious beliefs, but the application was denied, so he joined the 82nd Division of the U.S. Army and shipped off to France in 1918.

In October of that year, Pfc. (acting Cpl.) York and 16 other U.S. soldiers were ordered to infiltrate German lines to silence a machine gun position during the Meuse-Argonne offensive. Six of the Americans were killed, and three more wounded. York and the others still able to fight killed or captured several German soldiers and secured the surrender of others, eventually marching back to their command post with more than 130 prisoners.

For his efforts, York was awarded the Medal of Honor and became a hero not only in the U.S. but throughout all the allied countries. In fact, he was awarded more than 40 medals, many from several of those other countries, including the French Croix de Guerre.
Gen. John J. Pershing, commander of the American Expeditionary Forces, presented York with his Medal of Honor and said that York was “the greatest civilian soldier of the war.”

When he returned home after the war, the Nashville Rotary bought a farm for York and his new wife, Gracie. The farm presented some financial trials, though, as he had to borrow money to equip it and nearly lost it during the postwar farming depression.

He refused, however, a great many offers to profit from appearances, product endorsements and the movie rights to his life story. Instead, he worked to get a road built into his part of the state and form the Alvin C. York Foundation to bring educational opportunities to the children of the area.

The eventual park named in his honor wasn’t York’s first tie to Tennessee’s state parks, however. While working as a project superintendent for the Civilian Conservation Corps, he oversaw construction of the Byrd Lake reservoir at Cumberland Mountain State Park in Cumberland County and went on to serve as the park’s superintendent for several years.

**On the silver screen**

If York couldn’t have imagined a park being named after him, it was probably equally as surprising if not more so that Hollywood chose to make a movie about his wartime accomplishments. Despite his earlier resistance to having a movie made about him, he finally relented in 1940 when he was in need of funds to start a Bible school.

“This is simply not the case. As with any person, York was a complex, multifaceted individual with strengths, weaknesses and a story no movie could fully portray. While he does become one of the most famous Tennesseans to come out of World War I, he lived a very full life and had many experiences outside of his wartime fame.”

The real-life York and his wife, like his parents before him, had a large family — 10 children in all, two of whom, unfortunately, died within a few days of birth. York himself suffered from a number of ailments throughout his postwar life and passed away in 1964. He is buried in the Wolf River Cemetery in Pall Mall, located just outside the park, alongside his wife, who died 20 years after her husband.

**The park today**

Opened in 1922, the park is home to York’s two-story house, a gristmill, the York Bible School and a visitor center modeled after York’s general store. Here you can see vintage store displays and interpretive exhibits about World War I. Also available is a short film about York and the park narrated by legendary journalist Walter Cronkite.

Visitors can also get a glimpse at the grueling reality of trench warfare with a reproduction trench behind the York house.

Daily guided walking tours last 45 minutes. If you’re interested in a driving tour of the Wolf River Valley, the park offers those on the weekends with advanced booking.

As far as other types of park activities, there is one hiking trail (the 0.6-mile, moderate-difficulty York Grave Site Trail), picnic areas and bank fishing on the Wolf River.

Like parks throughout the state, Sgt. Alvin C. York State Park has seen an increase in visitation during the pandemic, and numbers have remained higher than prepandemic totals.

“That seems in large part due to the increased number of people relocating to Tennessee,” Dodson says. “A visitor can expect to learn more than what they thought on a visit here, understanding the true story of Sgt. York as compared to Hollywood’s portrayal in the 1941 film.”

Dodson says many people visit the park assuming that what they saw in the “Sergeant York” film is completely factual, and the war is all that happened to York throughout his life.

A reproduction of a World War I trench behind the York homeplace gives visitors a taste of life as a doughboy.
So many stories

Dodson, who has been the park manager since 2019, says that the stories park staff share with visitors align with his own personal interests.

“There is a wide array of stories to tell concerning York’s life, with history involving the Civil War, World War I, the Civilian Conservation Corps, World War II, farming, logging, music, folklore, traditional skills and art forms, and so much more,” he says. “I enjoy learning from previous generations about what life was like for them, the hardships they faced, the work they did and the joy they were able to get out of difficult situations. The people of the Wolf River Valley were very isolated and rugged individuals, and while that life can be romanticized, these are the type of stories I enjoy learning about and teaching others about at the park.”

The park was honored last year with the Excellence in Innovation Award from the Tennessee Department of Environment and Conservation during the annual Tennessee State Parks Awards of Excellence for efforts in sharing part of that rich history.

“That award was for a project we have at the park concerning Sgt. York’s blacksmith shop,” Dodson says. “York grew up learning the trade of blacksmithing from his father and continued this work later in life as he operated his own farm. A replica shop now stands across the street from the York home and has been stocked with working blacksmithing tools, many of which were original to the farm. Due to our smaller staff, the shop wasn’t open for demonstration as much as desired, so we sought out an artist in residence position through the Association for Living History, Farm and Agricultural Museums. With partnership and funding from the Tennessee Arts Commission, we were able to secure a stipend and materials for this position and hosted our resident artist for three months in the York blacksmith shop. This artist kept the shop open to the visiting public daily, demonstrating to them the type of work that Sgt. York did his whole life.”

“We are always looking for innovation at our state parks to serve visitors in the best ways possible,” said David Salyers, TDEC commissioner, at the time of the award presentation. “Sgt. Alvin C. York State Park has shown an ability to do that. This award recognizes the work to find innovative ways to meet an important need.”

Dodson’s passion for telling the many varied stories associated with York and this area is evident. When asked to share a special recollection from his time at the park, it’s no surprise that what he remembered had to do with sharing an aspect of York’s life that has nothing to do with his wartime exploits.

“Sgt. York was a big fan of music,” Dodson says. “He loved the Grand Ole Opry specifically. He would reportedly turn on the radio after suppertime each evening to listen in to a faraway station playing the popular songs of the day. He purchased a Recordio record-cutting machine in the 1940s and would record some of these radio shows, local musicians and even his kids singing and playing piano in their home on record discs. Fast forward to 2019, and this Recordio machine was still in the York home but had fallen into disrepair. Dust had covered the components, and the turntable wouldn’t turn anymore. With a passion for music and a few good connections, I had the Recordio machine restored back to working order, and after purchasing some blank 78 rpm discs, the machine was able to cut records again! The quality of the recordings is scratchy and unpolished but provides a window into the past in the York home when music was played on a daily basis.”

Staff at the park recently recorded folklorist and Cumberland Trail Park Manager Bobby Fulcher playing banjo on the machine. Fulcher was responsible for securing interviews and recordings with many old-time musicians of the Cumberland Plateau during the 1970s and ’80s, some of whom had connections to York’s Recordio machine.

“This recording session with Bobby, conducted in the living room of the York home, was a very special moment for me, being the first time since Sgt. York himself had friends and family gathered around, singing and playing music into the old Recordio machine,” Dodson says.

The real Sgt. York

Dodson says that when visitors come to the park, “We encourage them to watch the Hollywood portrayal of York, but realize that this particular image of York was a product of its time and place, premiering just before Pearl Harbor was bombed in 1941, and served as a wartime propaganda piece throughout World War II. As when studying the life of any famous individual, the real Alvin C. York is difficult to find, but oftentimes, when we do find that these figures are simply people like ourselves, we can walk away realizing the potential that we all have to be great.”

Sgt. Alvin C. York State Park

Visit the park’s website at tnstateparks.com/parks/sgt-alvin-c-york or call the park office at 931-879-6456.
Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing with Safe Step Walk-In Tub’s FREE Shower Package!

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We’re searching for Tennessee’s most talented and gifted poets for our Poet’s Playground contest.

**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 submitted online or postmarked by Friday, March 31. First-place poems will be published in the June issue.

**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 local electric cooperative.
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. Our first release of more than 1,200 SOLD OUT in TWO DAYS! After months of waiting on our artisans, we’ve finally gotten some knives back 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
- FREE genuine tooled leather sheath included (a $49 value!)

The Grizzly Hunting Knife $249 $79* + S&P
Save $170

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

*Special price only for customers using the offer code.

1-800-333-2045
Your Insider Offer Code: GHK234-02

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CEMC now offering text outage alerts

Cumberland Electric Membership Corporation offers its members three convenient ways to report power outages: by calling 800-987-2362, via SmartHub (online or through the mobile app) and now through the newly launched text alerts service.

How does the text alerts service work?
Once subscribed to outage text alerts, you can text CEMC (using the command OUT) when there is a power outage affecting you. And if we discover an outage before you do, we will inform you via text (from 800-987-2362).

What are the available text commands?
Get the outage information you need by texting the following commands to 800-987-2362:
- Text OUT to report an outage
- Text HELP for help with our text alert system.
- Text QUIT to unsubscribe from outage text alerts.

How do I sign up for text alerts?
Simple. We must have your mobile phone number on file. To add or update a mobile number on your CEMC account, call us at 800-987-2362 during business hours or use the SmartHub app. Keep in mind that the subscription process is not immediate, so don’t wait until your power is out to update your mobile number. If your mobile phone number is already associated with your CEMC account, you don’t need to do anything! You will be added to our text alert service automatically and receive a text confirming that you are subscribed to outage text alerts. If you no longer wish to receive outage alerts via text, you can unsubscribe at any time by texting the command QUIT.

Do I need to report my outage?
CEMC is alerted when a main transmission line, substation or circuit has been damaged. However, if it’s an isolated incident, you might need to report it.

If you do not receive an outage alert text, play it safe and text the command OUT to 800-987-2362.

Will I receive nonoutage-related texts?
CEMC will occasionally text you information regarding important co-op events or changes as well as any CCFiber information from Cumberland Connect that affects your area. Text communication will come from one of these three areas: Electric — electric outage communication; Fiber — CCFiber information from Cumberland Connect; and General — general information from CEMC. You can unsubscribe at any time by texting the command QUIT if you no longer wish to receive these alerts. You will be prompted to choose one of these areas (QUIT electric, QUIT fiber, QUIT general or QUIT ALL).

To learn more about CEMC’s text alert system, visit us online at cemc.org/text.
Play it safe: 10 do’s and don’ts when using portable generators

Storm season is upon us, which means greater potential for power outages. If you’re planning to use a portable generator in the event of an outage, Cumberland Electric Membership Corporation reminds you to play it safe.

With proper use and maintenance, portable generators can provide great convenience during an outage. However, when generators are used incorrectly, they can be extremely hazardous. In a 2022 report, the Consumer Product Safety Commission estimated that 85 U.S. consumers die every year from carbon monoxide (CO) poisoning caused by gasoline-powered portable generators.

Here are 10 do’s and don’ts to keep in mind when using portable generators:

1. **DO:** Install backup CO alarms.
2. **DO:** Keep children and pets away from portable generators at all times.
3. **DO:** Position generators at least 25 feet outside the home and away from doors, windows and vents that can allow CO to enter the home.
4. **DO:** Ensure your generator is properly grounded. Use a portable ground fault circuit interrupter (GFCI) to prevent electric shock injuries.
5. **DO:** Use three-pronged extension cords that are rated to handle the load of the generator. Inspect extension cords for cuts, frays or other damage before use.
6. **DON’T:** Operate a generator inside your home or an enclosed (or partially enclosed) space. Generators produce high levels of CO, which can be deadly.
7. **DON’T:** Open windows or doors while the generator is running.
8. **DON’T:** Rely on generators as a full-time source of power. They should only be used temporarily or in emergency situations to power essential equipment or appliances.
9. **DON’T:** Overload generators. They should only be used to power essential equipment. Make sure your generator can handle the load of the items you plan to power.
10. **DON’T:** Connect generators directly into household wiring unless you have an appropriate transfer switch installed. If a generator is connected to a home’s wiring without a transfer switch, power can backfeed along power lines and electrocute utility lineworkers making repairs.

While generators provide convenience during power outages, they can quickly become hazardous — even deadly — if improperly operated. Before you operate a portable generator, be sure to thoroughly read the owner’s manual for important safety information and tips.

If you have questions about proper use of portable generators, we’re here to help. Give us a call at 800-987-2362 or visit us online at cemc.org.
Want to save energy?

There is a number of reasons why people are interested in cutting back on energy consumption — some are primarily motivated to save on their monthly energy bills while others might be more concerned about reducing their personal carbon footprint.

Actively practicing energy efficiency and conservation provides multiple benefits. For parents, being more conscious about energy use can be utilized as a tool to teach kiddos about sustainable habits for the future. Conserving energy also means fewer carbon emissions, which results in better air quality and a healthier environment. And surely everyone can agree that saving money on our monthly utility bills is a great reason to monitor home energy use.

Regardless of why you’re interested in using less energy, there are several smartphone apps that can help you do just that!

Here a few apps that can help you achieve meaningful energy savings:

1. **SmartHub mobile app**: CEMC’s SmartHub mobile app allows access to a host of account management tools, one of which being the ability to view your actual daily electric use. You can also see how your use is trending over time, which will allow you to take steps to reduce your consumption and lower your bill. The SmartHub app is free and available in the iTunes App Store and the Google Play Store.

2. **Smart thermostat apps**: Yes, to use a smart thermostat app, you must purchase a smart thermostat. But heating and cooling make up a large portion of the average home’s energy consumption (and cost!), so saving on heating and cooling can make a big impact on bills. Smart thermostats and their accompanying apps are handy and promote energy-efficient behavior — and these devices have become much more affordable over the years. You can purchase an Energy Star-certified smart thermostat for as low as $100, and it could save you 8% on annual heating and cooling costs, about $50 per year. The device will quickly pay for itself, and you’ll gain insight into better ways to heat and cool your home. Plus, the ability to control the thermostat from anywhere can equate to real savings. Choose trusted brands and devices like Google’s Nest Learning Thermostat and Ecobee’s Smart Thermostat.

3. **Energy cost calculators**: If you’re wanting to reduce energy use at home, it’s important to know where your consumption is going. Energy cost calculators can help pinpoint your energy use with a few simple steps and identify areas to save. The concept is pretty simple: Just plug in the wattage of your various appliances and how often you use them to see which are using the most energy. Most energy cost calculator apps are free and can be downloaded to any Apple or Android device. If you browse the app store, you’ll find multiple energy cost calculator apps,
There’s an app for that!

but most are similar in functionality. Be sure to read each app’s reviews, and download the one that best aligns with your energy-efficiency goals.

4. JouleBug app: If you’re competitive and enjoy gamifying, well, everything, the JouleBug app is right up your alley. JouleBug makes energy conservation simple and fun through personal tasks and badges earned within the app, group challenges you can tackle with friends and communities you can join to learn about local sustainability efforts. The JouleBug app is free and can be downloaded to Apple or Android devices, and it’s an easy tool to make saving energy fun.

These are just a few apps that can help you find new ways to save energy. Smart lightbulbs are typically paired with apps for convenient control of home lighting; smart plugs also come with apps to help you control how you power everyday devices and electronics.

Go green this St. Patrick’s Day

Want to go green this St. Patrick’s Day? Start by saving energy, which is a great way to be kind to the environment.

Here are 10 easy, zero-cost ways to add a little “green” around the house:

1. Turn off lights when you leave a room or tuck yourself in for the night. Lighting an empty room is a waste of resources and money.
2. Load up the dishwasher before turning it on. You’ll use less energy if you run the appliance only when it’s full. A caution, however: Don’t overload the dishwasher, as water needs room to get between the plates, glasses and silverware to do its best work.
3. Wash clothes in cold water. Most of the energy your washing machine uses is for heating water.
4. Take showers, not baths. Showers use less water than filling a bathtub does. And keep your showers to 10 minutes to save even more water.
5. Unplug appliances when you’re not using them. Appliances continue to use small amounts of electricity when they’re plugged in, even if they’re turned off.
6. On warm spring days, turn the heat off and open the windows.
7. Lower the thermostat on your water heater to 120 degrees. That’s the safe temperature recommended by manufacturers.
8. Close the damper of your wood-burning fireplace when you’re not using it. An open damper in an unused fireplace sends heated air from your home up the chimney.
9. Move furniture away from heating and air-conditioning vents. If you block them, your HVAC system has to work harder to heat or cool your house. The harder it works, the more energy it uses.
10. Switch the directions your ceiling fan blades spin: counter-clockwise for summer; clockwise for winter.

For more tips on how to save energy around your home, visit us online at cemc.org.
Account management made simple

At Cumberland Electric Membership Corporation, we know that our members’ time is valuable. That’s why your local electric cooperative offers convenient account management options tailored to meet our members’ budgets, styles and schedules.

Mobile app
CEMC’s SmartHub mobile app allows members to make payments; track daily electric use; view billing history; update contact information; report outages; sign up for fiber internet services through our broadband subsidiary, Cumberland Connect; and more, all from a smartphone. The app is free and is available in the iTunes App Store and the Google Play Store.

Website
Manage your account online, read the latest CEMC news and events, view CEMC’s outage map, chat with a customer service representative or view current and past issues of The Tennessee Magazine on CEMC’s website, cemc.org.

Payment methods
CEMC offers a number of ways to pay your electric bill, including:
• Bank draft payment: Bills are automatically drafted from your checking/savings account each month on your due date.
• Credit/debit card by phone: Pay your bill by phone using your credit card or debit card. There is no fee for this service.
• Mail: Mail your payment in the return envelope included with your monthly statement.
• SmartHub: Pay your bill through the app or online with a credit/debit for no additional fee.
• District offices: You can make payments at our district business offices. Our district offices are open 7:30 a.m.-4 p.m. each day (except for weekends and holidays or when posted otherwise). For your convenience, each district office is equipped with a payment kiosk station that is available 24/7 and accepts cash and credit/debit cards. Please note: effective Sept. 30, 2022, our Gallatin office is no longer open to the public but is equipped with a 24/7 payment kiosk station.
• Cash payments at participating retailers via Vanilla Direct: Use the barcode on your bill or in SmartHub to pay your bill while you get groceries, gas, etc. There is a $1.50 convenience fee to use this service.

Prepaid billing
Prepaid billing is a great option for members on a budget. With prepay, members can avoid large deposits and manage their accounts in a way that suits their individual needs. Prepaying members can view their electric use as it occurs daily rather than seeing and paying bills all at once at the end of the month. Prepaying members are often more aware of their use and find ways to stretch their energy dollars.

Levelized billing
CEMC offers a levelized billing program that helps make electric bills more predictable each month and allows members to budget more carefully. Bills are calculated by finding the average of the current month and previous 11 and multiplying by the current residential rate — so payments will vary slightly from month to month.

Preferred due date
Preferred due date is a monthly budgeting program that allows residential members to select their due date. Members can choose from the following available due dates: 5th, 10th, 15th, 20th or 25th.

CEMC is always looking for ways to pair innovation and technology to meet the evolving needs of our members. We know your time is valuable and will continue to strive to offer options to help make life easier for you!
Making the most out of your network: Get the ultimate ‘Peace of Mind’

Having internet access can make life much simpler and more convenient. From having instant access to information and entertainment to smart home automation to telemedicine — a reliable, fast home Wi-Fi network provides virtually endless applications and opportunities. However, without the proper experience and precautions, this new online world can open the door to online threats you might not want in your home. Cumberland Connect wants to provide its subscribers with the peace of mind that their network is safe, secure and optimized for their needs through our Peace of Mind Package.

If you already have a high-speed internet connection, chances are you have some sort of smart home device — such as a video doorbell, a smart TV or streaming stick, or a voice assistant like Amazon Alexa. Smart home devices are designed to make your day-to-day more convenient by allowing you to automate certain tasks, monitor your home remotely and more. However, smart home devices can be tricky to protect from intrusions and viruses because you can’t equip them with traditional antivirus software. That’s where Peace of Mind steps in — enrolling in the Peace of Mind Package enables the ProtectIQ service on your home network. ProtectIQ is a network-level layer of added security that works automatically in the background to help protect all of your connected devices from network intrusions, threats and viruses.

ProtectIQ is not a replacement for antivirus software — rather, it compliments it by quarantining threats at the network level. It even covers devices that can’t be protected by antivirus software, which means you can have extra peace of mind that your smart cameras, voice assistants and TVs are covered from intrusions. Since we launched Peace of Mind in 2021, ProtectIQ has already shielded our subscribers from over 25,000 threats, intrusions and viruses!

In addition to protecting your devices, the Peace of Mind Package can help protect and monitor your kids. Ask any parent — keeping an eye on your child’s internet and gaming use is a full-time job on its own. But with the power of ExperienceIQ, a service included with Peace of Mind, you can build custom content filters, website restrictions, time limits, use schedules and device priorities right into your home network. ExperienceIQ brings ease and automation into monitoring your child’s internet activities so you can help them develop healthy use habits. Any use schedules or content restrictions you create can be applied to all devices for a specific user or even across your entire Wi-Fi network.

We launched this service specifically with parents in mind. In fact, a story that one of our subscribers shared with us inspired ExperienceIQ’s features. One member shared his experience about how his children would wake up late at night after everyone had gone to bed so they could play video games and get online. To keep them from using the internet past their bedtime, the subscriber would unplug his router every night and keep it at his bedside while he slept — so his children couldn’t have any internet access until he plugged it back in the next morning. While this seemed to do the trick, we wanted to give our subscribers an option that would make controlling internet usage more seamless and convenient.

The Cumberland Connect team believes that if you have access to a high-speed fiber internet connection, you should also have access to tools that help you make the most of it — and that means having the peace of mind that your network is safe, protected and optimized for your needs. To learn more about the many great benefits of the Peace of Mind Package and learn how to enroll, scan the code below or visit CumberlandConnect.org/PeaceOfMind.
Save money with a heat pump water heater

Q: I’m looking for options to replace my old water heater. What should I choose to make my home’s water heating more efficient and save money?

A: Consider upgrading to an energy-efficient heat pump water heater. Heat pump water heaters — also called hybrid water heaters — use heat pump technology to heat water more efficiently than a standard electric storage water heater.

Some models offer Wi-Fi connectivity to be controlled by a smartphone from anywhere. Other helpful features include leak detection and automatic shutoff.

Installation considerations

A heat pump water heater uses heat from a room to heat water. It tends to make the space about 2 degrees cooler, which is something to consider before installation. Ideal placement is in an unconditioned space such as a garage or unheated basement. A heat pump water heater requires enough space around the unit to supply the air needed for efficient operation — about 750 cubic feet.

Heat pump water heaters tend to be slightly taller than storage water heaters and require additional clearance above the unit to access the filter for cleaning. If your water heater is in a conditioned space or a room smaller than the unit requires, venting might be a solution for your installation.

Another consideration is noise. A heat pump water heater generates about as much noise as a modern dishwasher, so it might not be a good solution if the water heater is located where sound could be a nuisance.

Installing a heat pump water heater is much like installing a standard electric water heater, except for the location of the cold-water inlet, which is located at the bottom of the unit.

Because moisture in the air condenses when it is drawn through the heat pump, it also requires a condensate drain that must be routed to a drain or pumped outside the home.

Heat pump water heaters can replace electric, gas or propane water heaters. They typically require a 240-volt circuit, which might necessitate an electrical upgrade by a licensed electrician.

When to replace an old water heater

The life expectancy of a standard water heater is about 10 years. If your water heater is older than that or showing...
signs of failing, you might want to consider replacing it with a heat pump water heater before it fails.

It’s easier to find the product you want when it is not an emergency replacement. It also can be more expensive to replace a water heater during an emergency. While heat pump water heaters are sold at a higher price than standard water heaters, the cost savings over time can offset the purchase and installation cost — and will result in a more energy-efficient home.

You also are likely to save by taking advantage of sales, rebates or tax credits. Check with your electric utility, state department of energy and federal tax information before purchasing a new water heater.

I installed a heat pump water heater in my home. I love it and can see how my energy use has decreased since installation. Now, if I can only figure out how to get my children to take shorter showers.

Miranda Boutelle is vice president of operations and customer engagement at Efficiency Services Group in Oregon, a cooperatively owned energy efficiency company. She also writes on energy efficiency topics for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.
Growing tomatoes can be a challenge, especially if you are new to the game. Even seasoned gardeners are caught off guard from time to time, and that’s OK as long as we learn in the process.

If you want to grow your own delicious tomatoes this year, simply focus your attention on these three stages of gardening: planning, preparing and protecting.

Stage 1: Plan
Planning for a successful tomato harvest starts with choosing the right varieties to grow in your garden.

Many gardeners claim that if you want great flavor, you’ll need to plant heirloom varieties. People selected these landrace tomato plants long ago for traits such as shape, size and taste, so the claim has a basis. In pursuit of a better-tasting tomato, however, significant factors like resistance to insects and disease resistance were overlooked.

If you’ve grown heirlooms, you know how challenging the process can be. This bittersweet truth has left many gardeners wondering if old-timey taste is a thing of the past. Well, there’s good news. Consumer demand for resilient, flavorful tomatoes has not fallen on deaf ears. Plant breeders have brought us a number of improved tomato varieties, but with so many options available, how do you make the best choice?

A nonprofit organization called All-America Selections (AAS) could have the answer. The group tests new varieties before they hit the market, and the trial notes will tell you everything you need to know.

There’s more online!
Learn more about tomatoes — including recommended species for Tennessee, container gardening strategies and blight defenses — on our website, tnmgazine.org.
How does it work? Professional horticulturists across the country volunteer to grow test plots of new tomato varieties and compare notes on disease resistance, yields and taste alongside established varieties.

“Our judges rate taste and texture first, then everything else second,” says Diane Blazek, executive director of All-America Selections and the National Garden Bureau. “You can have the most prolific, cute, unique new tomato, but if it doesn’t taste good, nobody wants it.”

For names of seed suppliers and garden centers that carry AAS winners and other AAS-recommended varieties, visit all-americaselections.org/buy-winners.

Stage 2: Prepare

Proper site selection and planting techniques are vital to tomato gardening success.

Your tomato garden needs access to full sun (6 to 8 hours a day) and should have good drainage. Tomato plants hate wet feet and often succumb to root rot when left in waterlogged soils. They do, however, need regular watering throughout the growing season, so select a spot with easy access to water. Irrigating deeply but infrequently strengthens plants and encourages deep, healthy root systems for hot summer days.

Avoid using a place where tomatoes, potatoes, peppers, eggplant and other solanaceous crops have been grown within the past three years. Many pests overwinter in the soil adjacent to plants and will terrorize unsuspecting gardeners.

Once you’ve selected the right spot, make sure to test your soil and amend the ground as indicated. Your local Extension agent can help you arrange a test and interpret the results. Tomatoes are nutrient hogs that require a good supply of nutrients from start to finish, so you’ll likely need to fertilize before and during the growing cycle.

Adequate moisture is necessary for nutrient uptake. Drip irrigation works well and doesn’t soak leaves, which often leads to disease issues.

And don’t forget to deal with weeds. They are an often-overlooked source of tomato pests. After clearing the site of any weeds, spread mulch 3 to 4 inches deep, and keep it a palm-width away from the bases of tomato stems.

Planting should only begin after the last frost date for your area. If you’re unsure when it will be safe to plant, reach out to your local cooperative Extension office for help.

Stage 3: Protect

Like the rising of the sun, pests — insects and diseases — are to be expected in every garden. The good news: They can be controlled or even avoided using a process known as Integrated Pest Management (IPM), a commonsense approach to gardening that treads lightly on the environment and minimizes use of garden chemicals.

Monitor and identify. Get to know your garden and what lives in it. Talk to your local Extension agent for a precise understanding of the insects and diseases to watch out for. Remember that beneficial insects like praying mantis and lady beetles naturally keep damaging insects in check. Don’t resort to pesticides at the first sign of something that flies or crawls.

Make an evaluation. If you do spot harmful pests or damage on tomatoes, evaluate whether real damage is being done to the landscape.

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They may be annoying, but small pest populations can often be tolerated. Set thresholds to guide your treatment decisions. For example: You might decide there’s little benefit to treating a pest problem if there is less than 10% damage to the plant.

**Choose a wise treatment.** If treatment is necessary, use the least toxic measure first. Cultural methods such as proper watering, plant spacing and fertilization can help prevent or reduce the number of pests. Mechanical means that require the physical removal of pests and can be useful for small populations. For example, hornworms are easily removable by hand-picking, and aphids are often washed away by a good squirt from a water hose.

If these approaches fail, reach out to your local Extension agent for advice on pesticides, and follow all label directions. Pesticide labels are the law, and many chemicals might be unethical or even illegal to use on fruit-bearing plants. Err on the side of caution.

**Enjoy the pursuit**

Gardening should be an enjoyable escape from the fast-paced world we live in. It’s an opportunity for us to serve as good stewards of the land, so when the time comes, we pass on something a little better to the next generation. If you really want to experience all that gardening has to offer this summer, focus on using it to produce memories instead of a crop. If you do, you’ll find everything begins to taste a little sweeter along the way.

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Chase Smoak is a Clemson University Cooperative Extension agent who specializes in plant propagation. He writes gardening columns for multiple publications and frequently appears on South Carolina Educational Television’s award-winning program “Making It Grow.”

David Clark is an award-winning illustrator with more than 30 years of experience and the co-creator and illustrator of the nationally syndicated comic strip “Barney & Clyde.” His work has been featured in The Washington Post, National Geographic, and Air and Space among many others.

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**Handling the Holiday Freeze**

By Natalie Bumgarner, Jim Brosnan, Amy Fulcher, Lucas Holman, Lee Rumble, Taylor Reeder, Jason Reeves, Celeste Scott and Justin Stefanski with University of Tennessee Extension

The 2022 holiday season blew in with a winter storm that will not soon be forgotten. Rapid temperature drops combined with prolonged cold temperatures had a significant impact on our landscapes. As you begin the 2023 spring gardening season, here are some suggestions for assessing and addressing the impact of our wild winter:

Woody shrubs and trees will be important to inspect and care for in the landscape this spring. Some species might have dead above-ground tissue right now but produce new growth from the trunk or near the base of the plant. However, some “borderline” woody plants might have been killed outright. It is even possible that some evergreen plants considered hardy were lost.

You can assess damage at any time with a “scratch test” by gently removing (scratching off) a small section of the bark on small stems/twigs to expose the cambium. Green tissue indicates a living stem while dead tissue will be brown. Waiting until plants begin to leaf out (or don’t) this spring will likely give you the best indication of exactly what to prune. Remove any dead or damaged branches or limbs. Observe the pruning cuts as you go, and keep making lower pruning cuts until you see healthy green tissue.

In caring for plants impacted by the winter freeze, it will be important to reduce other stressors in the coming months (manage pests, irrigate if needed, prune carefully). Whether managing your current plants or selecting new ones, connect with your local UT Extension office with questions and check out UThort.com for lawn, landscape and garden resources.
If your tired, achy legs and feet are preventing you from moving easily... Now, a prickly herb has been discovered to....

BOOST BLOOD FLOW TO YOUR LEGS, FEET, AND HANDS WITH A 95% SUCCESS RATE VERIFIED BY CLINICAL STUDY

A re-discovery from the 1600s is causing a frenzy within the medical system. A weird herb has been shown in six clinical studies (and by thousands of users) to be very effective for leg and feet pain, burning and numbness – with no side effects – at low cost – and with no doctor visit or prescription needed.

This weird herb comes from a 12-foot tall tree that grows in Greece and other countries in Europe. In the old days, people noticed that when their horses who had leg and feet problems ate this herb – it was almost like magic how quickly their problems got much better. They called it the 'horse herb'. Then somehow with Europe’s ongoing wars, this herbal secret got lost in time.

"It works for people who've tried many other treatments before with little or no success. Other doctors and I are shocked at how effective it is. It has created a lot of excitement" says Dr. Ryan Shelton, M.D.

Its active ingredient has been put into pill form and improved. It is being offered in the United States under the brand name Neuroflo.

WHY ALL THIS EXCITEMENT?

Researchers have found an herb originally from Greece that has been shown in six placebo-controlled medical studies (543 participants) to be effective and safe. This natural compound strengthens blood vessel walls and reduces swelling to stop the pain and suffering.

Poor blood flow in the legs and feet is one of the common problems that develops as we age. Millions of Americans suffer from neuropathy and chronic venous insufficiency (CIVI), edema, and other leg/foot problems – millions have these but are undiagnosed.

Today’s treatments don’t work for a high percentage of people – and they have side effects that make them hard to tolerate or that people do not want to risk. This includes prescription drugs, over the counter pain pills, surgery and compression.

HOW IT WORKS

Here’s why you have pain now: Your arteries have weakened. Your arteries can’t carry enough blood, nutrients and oxygen down to your legs and feet. This damages your nerves and causes your burning, tingling and numbness.

The herbs in the pill Neuroflo strengthen your arteries that carry blood, nutrients and oxygen to your feet and legs. It improves your circulation so oxygenated blood goes to the nerves and repairs them. This makes your nerves grow stronger so your pain fades away and your legs and feet feel much younger again.

Katerina King from Murrieta, California says, “I had hands and feet tingling and snapping and burning feeling. It made my life very uncomfortable. I had a hard time walking, my legs felt like they each weighed 50 pounds. Once I got in my car and my feet felt so heavy I couldn’t even drive the car. With Neuroflo I have no more tingling, cold or burning painful legs and feet. It went away.”

WHAT DOCTORS ARE SAYING

"Now I finally have a natural solution I can recommend to my patients who suffer from leg and feet problems and pain. I’m delighted because previous treatments were not effective, but Neuroflo has worked for every one of my patients with no side effects” says Dr. Eric Wood, N.D.

Dr. Ryan Shelton, M.D. says "This is new and different. It works for people who've tried many other things before. It is natural with no side effects. Don't give up hope for your leg and feet pain, burning, tingling and numbness. This pill is working for countless people after other treatments have failed them. I highly recommend it."

"Neuroflo is a terrific choice for people with leg and feet issues. The clinical trials in support of this herb show it is very effective for safe and fast relief,” said Dr. Wood, a Harvard trained doctor who has appeared on award winning TV shows.

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Important: Due to Neuroflo’s popularity and recent media exposure on ABC, CBS and FOX NEWS, phone lines are often busy. If you call and do not get through immediately, please be patient and call back. Those who miss the 10 day deadline for 50% OFF will have to pay more for Neuroflo.
Making the CUT(let)

Make these crunchy morsels of protein your family will love

**Crunchy Pork Cutlets**
Recipes by Tammy Algood
Photograph by Robin Conover
A cutlet is a boneless piece of beef, pork or poultry. With veal, pork or lamb, cutlets typically come from leg or rib sections. For chicken and turkey, cutlets are breast pieces. A cutlet is considered less tender than other cuts and can vary in thickness, which is a challenge to cook evenly. This is why cutlets are pounded to an even thickness with a special spiked mallet. Little holes created by the spikes do two favors for cutlets: First, the meat will cook more quickly so that it can remain tender. Second, those pockets are handy for holding on to delicious crunchy coatings. Grab a mallet and get started on these recipes to see for yourself!

**Crunchy Pork Cutlets**

Yield: 4 servings

1 (2-pound) pork loin, sliced into 8 thin pieces

½ teaspoon salt

¼ teaspoon black pepper

2 tablespoons all-purpose flour

2 eggs, beaten

3 cups seasoned panko

½ cup vegetable oil for frying

Cover a cutting board with waxed paper and place 2 slices of pork in a single layer in a large heavy-duty zip-top freezer bag. Pound with a meat mallet so that the pork is no more than ½ inch thick. Place the slices in a shallow casserole dish and repeat with the remaining slices.

When finished, sprinkle the slices with salt and pepper, then evenly with the flour to lightly coat both sides. Allow to stand for 5 minutes, then pour the beaten eggs over the pork. Allow to stand another 5 minutes, turning to evenly coat.

Meanwhile, place the panko in a shallow dish and place a piece of waxed paper on a large baking sheet. Place each cutlet in the panko and press to coat with the crumbs. Transfer to the prepared baking sheet and repeat with the remaining cutlets. Cover with aluminum foil and refrigerate for 20 minutes.

Place half of the oil in a large skillet over medium-high heat. When hot, add as many slices that will fit without crowding the pan. Fry 4 minutes per side, flipping only once, and drain on paper towels. Repeat with the remaining cutlets, adding more oil as needed to the pan. Serve warm.

**Veal Piccata**

Yield: 4 servings

1 pound veal cutlets

1 teaspoon garlic salt

½ teaspoon black pepper

½ cup all-purpose flour

3 tablespoons vegetable or canola oil

3 tablespoons unsalted butter

3 tablespoons lemon juice

2 garlic cloves, peeled and minced

3 tablespoons dry white wine

Chopped fresh parsley for garnish

Cover a cutting board with waxed paper and place the veal in a single layer in a large heavy-duty zip-top freezer bag. Pound with a meat mallet so that each piece is slightly more than ¼ inch thick. Pat dry with paper towels and sprinkle evenly with the salt and pepper.

Place the flour in a shallow container and dredge each piece of veal, shaking off the excess. Meanwhile, place the oil and butter in a large skillet over medium-high heat. When hot, add half the cutlets to the skillet and cook 2-3 minutes on each side, flipping only once. When evenly browned, drain on paper towels and cover loosely with aluminum foil.

Drain the pan drippings and return the skillet to the stove, decreasing the heat to medium. Deglaze the pan with the lemon juice, garlic and wine by cooking for 2 minutes longer. Scrape any bits that have clung to the pan with a wooden spoon as you cook.

When ready to serve, spoon the sauce over the warm cutlets and garnish with chopped parsley. Serve warm.

**Milanese — Meaning “in the style of Milan” and worth every bit of effort!**

Yield: 4 servings

2 boneless, skinless chicken breasts

2 eggs

¼ cup milk

½ cup all-purpose flour

1 cup seasoned panko or breadcrumbs

1 teaspoon onion salt

½ teaspoon black pepper

3 tablespoons unsalted butter

2 tablespoons vegetable or canola oil

½ cup shaved Parmesan cheese

1 small lemon, cut into 4 wedges

Place the chicken breasts in a large heavy-duty zip-top freezer bag and put in the freezer for 20 minutes. Meanwhile, cover a cutting board as well as a baking sheet with waxed paper and set both aside. In a shallow bowl, whisk the eggs, then add the milk and whisk together. Set aside. Place the flour in a shallow container and the panko or breadcrumbs in a separate shallow container and set both aside.

Place the slightly frozen chicken breast on the cutting board and put the palm of your hand on the top. Very carefully, slice the chicken in half horizontally. Then place each piece in a single layer in a large heavy-duty freezer bag. Pound with a meat mallet so that the chicken is no more than ½ inch thick. Repeat with the other chicken breast so you have 4 thin chicken cutlets.

Sprinkle evenly with salt and pepper. Dredge in the egg mixture, then flour and finally panko or breadcrumbs. Place on the lined baking sheet and press each cutlet so that the breading is even. Place in the refrigerator for 10 minutes.

Meanwhile, place the butter and oil in a large skillet over medium-high heat. When hot, add half the cutlets and cook 3-4 minutes on each side, flipping only once. When evenly browned, drain on paper towels and cover loosely with aluminum foil. Repeat with the remaining cutlets.

When ready to serve, sprinkle each cutlet with a generous portion of shaved Parmesan and a squeeze of lemon juice. Serve warm.
No Breading Turkey Cutlets

Yield: 4 servings
1 pound thin sliced turkey breast or turkey cutlets
1 teaspoon seasoned salt
½ teaspoon black pepper
2 tablespoons vegetable or canola oil
2 tablespoons unsalted butter
2 garlic cloves, peeled and minced
½ cup chicken stock
1 tablespoon lemon juice
¼ cup chopped fresh parsley

Place the turkey on a waxed paper-lined baking sheet. Sprinkle evenly on both sides with salt and pepper. Allow to rest at room temperature for 5 minutes.

Meanwhile, preheat the oven to 250 degrees. Place the oil and butter in a large skillet over medium-high heat. When hot, add half of the turkey slices or cutlets and cook until evenly browned, around 2 minutes on each side. Drain on paper towels and repeat with the remaining turkey pieces.

Remove the waxed paper from the baking sheet and discard. Place the cooked cutlets on the baking sheet and place in the oven to keep warm.

Do not drain the drippings in the pan. Add the garlic, stock and lemon juice and cook, stirring to remove any bits that are stuck to the bottom. Reduce by half and add the parsley. Remove from the heat and adjust seasoning of salt and pepper if necessary.

When ready to serve, drizzle each cutlet with the pan sauce and serve warm. ■

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.

Denise asks: Would you give me instructions for making clarified butter? I see several different methods online but trust what you say!

Denise, thanks for the compliment, and it is actually quite simple to do. Place 2 sticks of butter in a saucepan over low heat. You will notice that the milk solids will sink to the bottom, but the white foamy fat rises. Using a large spoon, skim off the frothy top layer and discard. Then line a colander with a piece of cheesecloth and strain the clear butter into a container.

Again, discard the sediment. Cover and chill the clarified butter until ready to use.

A meat mallet makes quick work of pounding to a nice, thin, uniform size. If you don’t have one, a rolling pin will work as an emergency substitute.

The end result you are going for is to have the meat cut between ¼ inch and no more than ½ inch in thickness. This will give you the quick cooking called for in each recipe.

After pounding, if you are simply coating the meat with flour and no eggs, make sure you pat the meat dry with clean paper towels. This removes excess moisture and keeps “fry splatter” at a minimum.

The oil for frying needs to be sufficiently hot before adding the meat. Medium-high heat is best.

Make sure you don’t crowd the skillet or frying pan when cooking. You want to make sure there is room between each piece to evenly brown and cook. Working in batches is necessary.

James writes: Why does the cake batter I bake overflow from the pan? I am using the designated size called for in my recipe.

James, if you are using the correct-sized pan, then it is because you are overmixing the batter. Mix until smooth and only fill the layer pans slightly more than half-full.
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TENNESSEE MAGAZINE
A look back at Tennessee 200 years ago

This 1826 map published by Fielding Lucas Jr. shows what Tennessee would have looked like in 1823. (Tennessee State Library and Archives)

The history world makes a big deal of anniversaries such as the centennial of the passing of the suffrage amendment and the 150th anniversary of the Civil War. I prefer to look back at years that don’t necessarily jump off the history book pages. Allow me to peruse through 1823 — a year in which the state capital was Murfreesboro and the governor was William Carroll.

In 1823, West Tennessee was only five years removed from its purchase from the Chickasaw. People were moving into every corner of West Tennessee, forming communities such as Memphis, Jackson and Dyersburg. That year, no fewer than eight West Tennessee counties were formed — Dyer, Gibson, Hardeman, Haywood, McNairy, Obion, Tipton and Weakley.

Two hundred years ago, Middle Tennessee was thrilled about the results of the most recent census while East Tennessee was miffed about it. According to the 1820 census, Maury, Williamson, Davidson, Rutherford and Sumner counties each had about 20,000 residents. Knox County, meanwhile, led East Tennessee with only 13,000 people.

Why? It had to do with the limitations of the Tennessee River. Only a few years earlier, the Constitution became the first steamboat to make it up the Cumberland River to Nashville. By 1823, steamboats such as the Rambler and General Robertson regularly brought goods and passengers to and from Nashville. At the same time, merchants of Knoxville were hampered by the fact that steamboats couldn’t make it up the Tennessee River (and wouldn’t for several years). Crozier and Martin, Knoxville’s dry goods merchant, announced that its products came from Philadelphia and Baltimore — which meant they came overland, not upstream.

In desperation, East Tennessee’s business leaders threw their support behind the idea of digging a canal to connect the Ocoee River in southeast Tennessee to the Conasauga River, which flows south into the Coosa River and, eventually, Mobile Bay. The canal venture was doomed for two reasons: One, the federal government didn’t want to pay for it, and two, the Cherokee didn’t want it on their land.

In 1823, newspapers in Middle Tennessee began running ads for a partnership of two lawyers, both of whom would eventually become famous. One was Aaron Brown of Pulaski — later the 11th governor of Tennessee. The other was James K. Polk — later the 11th pres-
ident of the United States.

Speaking of the number 11, that’s how many members of Congress Tennessee had. Andrew Jackson, famous for his military service in the War of 1812, was one of Tennessee’s U.S. senators in 1823. Another veteran of that war, though little known, was elected to the U.S. House of Representatives by the voters of Blount County. His name was Sam Houston. Houston had nothing whatsoever to do with it in 1823, but Texas was very much in the news by then. The phrase “gone to Texas” had entered the state’s vernacular about two years earlier when Stephen Austin first invited people to his colony. In November 1823, newspapers in Tennessee published a letter from Austin, which added to the migration. “I want settlers of respectability, and if you or your friends will join me, I will allow you all the privileges in my power,” he wrote. “The land will cost 12½ cents an acre.”

Speaking of names associated with both Tennessee and Texas, West Tennessee had a state House member named David Crockett who made the news once or twice in 1823. On Sept. 18, Crockett said on the House floor he was “opposed to divorces in general” — which was relevant because back then, the General Assembly granted divorces. Also in that session, Crockett proposed a bill to end the practice of imprisoning debtors.

Two centuries ago, our state got its first history book. John Haywood’s “Geological and Aboriginal History of Tennessee” was released in November 1823. Accurate or not, Haywood’s explanation of some of the early events in Tennessee history remains, in many ways, the official account — the one told on historic markers, for instance. Leather-spined first-edition copies of Haywood’s book can be purchased from book collectors today for prices starting around $10,000.

Two hundred years ago, Greeneville had an abolitionist newspaper. Started by Quaker Benjamin Lundy, the Genius of Universal Emancipation was Tennessee’s second newspaper devoted solely to the cause of anti-slavery. It was inspired by the first — the Manumission Intelligencer, which had been started by Jonesborough’s Elihu Embree a few years earlier. Like Embree’s paper, the Genius of Universal Emancipation did not remain in Tennessee for long. Lundy moved the business to Maryland the next year.

As for the rest of Tennessee’s newspapers, we can safely place them in the “proslavery” category in 1823. The Nashville Whig, Nashville Gazette, Knoxville Register, Jackson Pioneer and every other newspaper in the state ran slave-related ads of all types, including runaway slave ads, “slave for sale” ads, “slave for rent” ads and others. One of the more interesting ads ran in the Nashville Whig in April and offered $100 for the return of three enslaved men named Trouble, Philip and July. It was paid for by the slaveholder — Chickasaw Chief George Colbert, for whom Colbert’s Ferry on the Tennessee River in northwest Alabama was named. “I am disposed to think they will push for some of the free states and may probably attempt to get to the western side of the Mississippi,” said Colbert.

We don’t know whether Colbert ever saw Trouble, Philip and July again. But we do know that, 15 years later, the Chickasaw chief himself moved west of the Mississippi River in the forced migration known as the Trail of Tears.
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 you can fill out the form at tnmagazine.org or email flag@tnelectric.org. Entries must be postmarked or received via email by Friday, March 31. Winners will be published in the May issue of The Tennessee Magazine.

January 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 “CONTENTS” on page 3.

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

Joseph Sexton, Munford, Southwest Tenn. EMC
Anna C. Swingle, Centerville, Meriwether Lewis EC
Watheda Monroe, Morristown, Holston EC

Artist’s Palette

Assignment for March

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. Please follow these size guidelines. Oversized canvas paintings are especially difficult to handle and cannot be returned.

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

Deadline: Art must be postmarked by Friday, March 31.

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 May 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.
Artist’s Palette January Winners

WINNERS, 15-18 AGE GROUP: First place: Leilani Garcia, age 18, Cumberland EMC; Second place: Maeve Binkley, age 18, Middle Tennessee Electric; Third place: Isaiah Randall age 16, Volunteer EC

WINNERS, 10-14 AGE GROUP: First place: Ava Cartwright, age 14, Middle Tennessee Electric; Second place: Sophie Pavel, age 13, Middle Tennessee Electric; Third place: Madison Donovan, age 12, Upper Cumberland EMC

WINNERS, 1-9 AGE GROUP: First place: Sloane McLaughlin, age 9, Middle Tennessee Electric; Second place: Myra Nazib, age 9, Middle Tennessee Electric; Third place: Kestryl Dickerson, age 8, Pickwick EC
TENNESSEE EVENTS
Festivals, celebrations and other happenings around the state

A wee bit of Ireland in Tennessee's Shamrock City

**March 18 • downtown Erin**

Each year, Erin celebrates its Irish history and traditions during a weeklong celebration that culminates on Irish Day, originally created to honor the sacrifice and heritage of Irish railroad workers who connected Erin with the world. Now celebrating its 61st year, the event continues to grow. From the Grand Parade, leprechauns and banquets to carnival rides, pageants, and arts and crafts booths, there is something for everyone. Relive the spirit of St. Patrick at one of the top 10 celebrations in the United States!

Get more information on the Houston County event by calling the chamber of commerce at 931-289-5100 or emailing houstoncountychamber@gmail.com.

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**West Tennessee**

March 7-12 • Ain’t Too Proud — The Life and Times of The Temptations, Orpheum Theatre, Memphis. 901-525-3000 or orpheum-memphis.com

March 11 • “Passionate Masterworks” Jackson Symphony Classical Concert, The NED, Jackson. 731-427-6440 or thejacksonsymphony.org

March 14, April 8, May 18 • Beyond the Brush, Discovery Park of America, Union City. 731-885-5455 or discoveryparkofamerica.com

March 18 • Kathleen Madigan, Graceland Soundstage, Memphis. 877-777-0606 or gracelandlive.com/kathleen-madigan

March 18 • Patti LaBelle, Orpheum Theatre, Memphis. 901-525-3000 or orpheum-memphis.com

March 25 • BrickUniverse Memphis Lego Fan Expo, Agricenter International, Memphis. info@brickuniverseusa.com or brickuniverseusa.com

March 31 • Big Gun AC/DC Tribute, Williams Auditorium, Henderson. 731-435-3150 or williamsauditorium.com

April 4-9 • “Chicago,” Orpheum Theatre, Memphis. 901-525-3000 or orpheum-memphis.com

**Middle Tennessee**

March 3-4 • Spring All Seasons Craft Show, Faith Baptist Church, Estill Springs. 931-649-5958

March 11 • Naturalist Workshop: Beginning Birding, Owl’s Hill Nature Sanctuary, Brentwood. 615-370-4672 or owlshill.org/naturalist-workshops

March 18 • 61st Annual Irish Celebration, downtown Erin. 931-289-5100 or houstoncountychamber@gmail.com

March 18 • Spring Barn Sale, Shelton Farms, Pelham. 931-952-0207 or rusticlaceevents.com

March 18-19 • Nashville Stamp and Postcard Show, Gallatin Civic Center. 615-833-5161 or nashvillephilatelic.org

March 23-April 1 • Robertson County Players’ Wait Until Dark, Springfield High School Theater. theater@robertsoncountyplayers.org or robertsoncountyplayers.org
March 25 • Spirit of Nations Powwow, Jefferson County High School, Dandridge. indiancreekproductions@gmail.com or indiancreekproductions.com

March 25-26 • Spring Paint Jam, The Walls Art Park, Waverly. 615-346-9558 or thewallsartpark.com

March 27-April 2 • Mule Day 2023, Columbia. 931-381-9557 or muleday.com

April 1 • Banana Pudding Festival, Putnam County Fairgrounds, Cookeville. 931-259-3413

April 1 • Spring Shopping Bazaar, Cannon South Elementary School, Bradyville. 931-952-0207 or rusticlaceevents.com

April 4 • Opening Day, Fiddlers Grove Historic Village, Lebanon. 615-547-6111 or fiddlersgrovetn.com

East Tennessee

March 11-April 8 • I Will Always Love You Celebration and Park Opening for Season, Dollywood Theme Park, Pigeon Forge. 1-800-DOLLYWOOD or dollywood.com

March 13-15 • Banff Mountain Film Festival, The Bijou Theatre, Knoxville. 865-522-0832 or knoxbijou.org

March 16 • Buddy Guy Farewell Tour, Tennessee Theatre, Knoxville. 865-684-1200 or tennesseetheatre.com

March 17-18 • Lucky’s St. Patrick’s Day Crawl, Skybox Sports Bar and Grill, Knoxville. 615-460-0094 or support@crawlwith.us

Select Fridays and Saturdays
March 17-Oct. • Dinner Train, Tennessee Valley Railroad Museum, Chattanooga. 423-894-8028 or tvrail.com

March 25 • Spirit of Nations Powwow, Jefferson County High School, Dandridge. indiancreekproductions@gmail.com or indiancreekproductions.com

April 1-2 • Magnolia Market Days, Bradley Square Mall, Cleveland. 423-650-1388 or touchtheskyevents.com

Select Thursdays and Sundays
April 2-Nov. • Hiwassee Loop Train Ride, Hiwassee River Rail Adventures, Delano. 423-894-8028 or tvrail.com

List your events
in The Tennessee Magazine

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 Events, 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 magazine, we cannot guarantee publication. Find a complete listing of submissions we’ve received at tnmagazine.org/events.
Point of View

By Robin Conover

I have to admit to you all that I don’t know everything about photography, and I wouldn’t consider making that claim. I try to simultaneously keep up with ever-changing technology while remaining true to how I learned the craft. With the slide film I used for the first 15 years of my career, I had to take photos like I wanted them to appear in print with only a few options of changing anything with the exposure after processing the film.

Today, it’s a never-ending learning process just to keep up. With the continual advancements in equipment, software and just general technology, I doubt there is anyone out there who could claim they know it all.

Depending on what new photographic aspect I’m focused on at any particular time, I sometimes give myself an assignment for the day. It helps me focus my creativity and technical abilities to either create or try something new and different.

On this particular day, I knew where to find some waterfowl and thought they could provide excellent subjects. I wanted to push myself and my equipment with a higher ISO setting than normal for me so I could try out a new software — Topaz Labs DeNoise AI.

Because I learned to always shoot at the lowest ISO possible to keep the image from being too grainy or noisy, I struggle to make myself use higher ISOs. The films I once used generally ranged from ISO 50 up to 400. On rare occasions I used Kodak’s 3,200 TMAX black-and-white film to photograph sports.

ISO has a direct relationship to how much light is needed to make a correct exposure. A higher ISO speed requires less light but, in turn, increases the noise and decreases the amount of detail that can be reproduced from a slide or a negative.

Today’s digital cameras generally handle higher ISOs beautifully, and new software is making it much easier to decrease the noise in any image. In layman’s terms, a higher ISO allows a photographer to use a faster shutter speed, which can freeze the action of quickly moving subjects like birds. The tradeoff is that the higher the ISO, the more noisy the image will be. This means you can see the pixels if you look closely or make a large print.

I set up my camera with a 100-400 telephoto and put on a 2x converter. This guaranteed I would have to use a high ISO because a converter requires more light. I used a tripod to keep my movement from shaking the camera.

After initial processing with Adobe Bridge, I proceeded with DeNoise AI. I have to say that it felt a bit like cheating. As with any technology, it’s easy to overuse it and make an image look fake. I slightly overprocessed this image, making the water look too smooth to me — but the wood duck is much sharper and less noisy than in the original.

As I said, it still feels like cheating to me, but I am impressed with the results. Maybe I should view it more as expanding my skill set with new software. It is also exciting to me that the craft of photography is ever-changing. Looks like my “continuing education” won’t end anytime soon.
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 bioptic 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. Bioptic 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 bioptic telescopic glasses to read signs and see traffic lights farther away. Dr. Pino also prescribed microscope glasses for reading newspapers and menus in restaurants.

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

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

“The major benefit of the bioptic 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 bioptic telescopes or to schedule a consultation with Dr. Pino, give us a call at 1-855-405-8800. You can also visit our website at:

www.lowvisiontn.com

For more information and a FREE telephone consultation, call us today: 1-855-405-8800

Office located in Lebanon, TN

John M. Pino, O.D., Ph.D.
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