Passport to the Past

Tennessee History for Kids
Social Studies Standards

Home Improvement Guide
Trends with the Future in Mind

State Park Spotlight
T.O. Fuller

Call for Entries
‘My Hometown’ Photos

Muffin Mania
F

 ROM small, rural farming communities to bustling city centers, each community across our great state has interesting stories to tell — and we want to hear them. Show us the interesting people, events and sites that give your hometown the local flavor that sets it apart.

Our next Shutterbug Photography Contest tasks entrants to capture their hometown pride — and that hometown can be where you’re living currently or a place from your past that had a major impact on shaping the person you are today. Winning photographs will show a strong grasp of technical skills such as use of light and composition as well as captivating subject matter.

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

Contest rules

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

2. Photographs must have been taken by you.

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

4. All entries must be made online. We won’t accept prints for this contest. Sign on to tnmagazine.org and click on “Entry Forms” under “Contests.” Complete the form and upload your photograph(s).

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

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

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

Shutterbug assignment
“My Hometown”

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

Deadline
Entries must be entered online by midnight (Central Daylight Time) on Monday, July 17. Winners will be published in the September issue.

Prize packages:
Judges will select a first-, second- and third-place winner in each division and age group. These prizes will be awarded: First place wins $150, second place $100 and third place $50.
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ABOUT THE COVER

Greenbrier Road offers access to the section of the same name in the Great Smoky Mountains where opportunities abound for fishing, viewing spring wildflowers and hiking. Springtime is a great time to explore; read tips for photographing what you find in “Point of View” on page 42. Photograph by Robin Conover

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THIS PAGE

The Tennessee State Museum in Nashville chronicles all eras of state history, including settlers’ journeys westward and their interactions with the native people of those lands. The museum is one of four stops where you can get your Passport to Tennessee History stamped. See page 10 for information on the program. Photograph by Chris Kirk
Between the Lines

News from your community

Growing season

Sharpen your blades — it’s grass-growing time in Tennessee! By the end of the summer, I’ll be over it, but at this point in the year, I still get excited about getting out and cutting the grass. I appreciate the immediate gratification for a job well done.

Grass isn’t the only thing that starts growing at this time of year. Trees, brush and other vegetation also have growth spurts, and that can have a big impact on the power grid. Here at Cumberland Electric Membership Corporation, trimming trees and other vegetation is an important part of our work to provide you with safe, reliable and affordable energy.

Here’s why maintaining a clear right-of-way is so important:

Safety. We care about our members and put their safety and that of our lineworkers above all else. If trees are touching power lines in our members’ yards, they can pose serious danger to families. If children were to climb those trees, they could potentially come into contact with power lines. A proactive approach also diminishes the chances of severe weather events bringing down branches or trees, making it more complicated and dangerous for lineworkers to restore power.

Reliability. Of course, one of the biggest benefits of a smart vegetation-management program is reliability. Strategic tree trimming reduces the frequency of downed lines causing power outages.

Generally speaking, healthy trees don’t fall on power lines, and clear lines don’t cause problems. Proactive trimming and pruning keep lines clear to promote reliability.

Affordability. Maintaining our right-of-way is expensive. While our efforts to keep trees and other vegetation away from power lines are costly, not trimming trees would cost even more. When trees grow too close to power lines, the potential for expensive repairs increases significantly. Effective tree trimming and other vegetation-management efforts keep costs down for everyone.

Our team works hard to minimize the impact we have on property owners while also keeping vegetation away from our infrastructure. Our community is a special place. We appreciate the beauty trees afford, but we also know that you depend on us to provide reliable energy. Through vegetation management, we are better able to keep the power lines clear, prepare for future weather events and secure the reliability of the grid. To learn more about CEMC’s vegetation management program, visit our website, cemc.org/electric-service/vegetation-management/.

Mission Statement

Cumberland Electric Membership Corporation is committed to meeting the needs of our membership by delivering safe, affordable and reliable services the cooperative way.

The Tennessee Magazine

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Grin and bear it  
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It has been a difficult couple of months for Tennesseans. After springing forward an hour in early March, we were once again reminded of the darker side to the age-old adage, “Spring showers bring May flowers.”

Mother Nature dealt many of our friends and neighbors a heavy hand on the evening of March 31. Straight-line winds, severe thunderstorms and tornadoes struck hard and caused serious damage across the state. Many homes and buildings were destroyed. Trees and power poles were snapped like toothpicks.

While property can be insured and buildings can be rebuilt, both the direct and indirect tolls on human beings are much more sinister. The randomness of a tornado’s path and the sheer power of the winds are difficult to comprehend. I can only imagine the fear that one must feel as their own safety and mortality are removed from their control. This type of fear is traumatizing and will remain with those who experience it for years to come. It will change their lives forever.

Sadly, 10 of our fellow Tennesseans lost their lives. Many others were injured. Family, friends, co-workers and neighbors of these victims will grieve mightily and experience their own trauma.

My co-worker’s home was destroyed. Trees and power poles were snapped like toothpicks. It has been a difficult couple of months for Tennesseans. After springing forward an hour in early March, we were once again reminded of the darker side to the age-old adage, “Spring showers bring May flowers.”

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...
When combined with the AK 10 battery, the FSA 57 trimmer gives you more than enough power to tackle your yard.

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May is Military Appreciation Month, a time to recognize and thank the men and women who have served and continue to serve our country. Specific celebrations this month include Military Spouse Appreciation Day, Armed Forces Day, VE Day and Memorial Day. It’s a time to honor the sacrifices and contributions of our military personnel and their families. There are many ways to show support for our military such as donating to organizations that support veterans and active-duty military, sending care packages to troops and simply thanking veterans or military members for their service.

MAY 8

Iris Day

Celebrate Tennessee’s official state cultivated flower on Iris Day. Irises come in more than 170 varieties and many different colors.

IS YOUR A/C UNIT READY FOR SUMMER?

Now is a great time to schedule an inspection of your home’s cooling system. Air conditioning and heating account for nearly half of your home’s annual energy use. If your unit isn’t operating properly, it can make your home uncomfortable and increase your electric bill.
As we rely more and more on electricity in our daily lives, it’s important to take steps to protect ourselves and our families from electrical hazards. Here are some tips to keep your family safe:

- **Keep electrical cords and appliances away from water.** Water and electricity don’t mix. Always keep appliances away from water sources, and never use electrical devices in or near water.

- **Keep electrical outlets and switches covered.** Young children are naturally curious and might try to stick their fingers or other objects into electrical outlets. Covering unused outlets and switches with childproof covers can prevent accidents.

- **Don’t overload outlets.** Overloading outlets with too many devices can cause the circuit to overload and result in fires. Use power strips and extension cords wisely, and don’t plug too many devices into one outlet.

- **Hire a licensed electrician.** If you need electrical work done in your home, hire a licensed electrician. These professionals have the expertise to ensure that the work is done safely and up to code.

By following these simple tips, you can help keep your family safe from electrical hazards. Remember: Electrical safety is everyone’s responsibility.
Passports take people on journeys to faraway places. But what if there is a special kind of passport right in your very state that can take you on a journey through time and Tennessee history right in the heart of the Tennessee State Capitol neighborhood?

The Passport to Tennessee History, launched in fall 2021, is a collective effort of all four sites that are a part of the passport’s journey — the Tennessee State Capitol, Bicentennial Capitol Mall State Park, Tennessee State Museum and Tennessee State Library and Archives — in the hopes that the passport will encourage more visitors to immerse themselves in state history and area activities.

Among the sites highlighted by the Passport to Tennessee History program are the State Capitol, left, and Tennessee State Museum, below. Above, a view from the Capitol offers a glimpse over the other passport sites: the Tennessee State Museum to the left, State Library and Archives to the right and Bicentennial Capitol Mall State Park in between.
“It’s just a perfect little area for a family to come to Nashville, learn Tennessee history and experience all that there is to see here, and the best part about these buildings is that it’s all free,” said Jeff Sellers, director of education and public programming at the Tennessee State Museum.

“Well, that and all the Tennessee history you get, so maybe the Tennessee history is the best part, and free is the second-best part.”

“All of these places are great, and they’re here for Tennesseans,” Sellers said. “They’re also places that Tennesseans can be proud of. People visit Nashville from all over the world and are really, really impressed by this area.”

If someone wants to embark upon their Passport to Tennessee History journey, all they have to do is visit the information desk at any of the four sites and pick up a passport.

“And you get a stamp at your first venue, so there you go,” Sellers said. “You’re already on your way!”

He said that a lot of times people won’t know about the passport until they pick one up at the first venue they go to, and then they take on the challenge to get a stamp from each place and visit the other sites to see around the area.

“What people don’t realize is how much the state has invested in its heritage and its history here in this location,” Sellers added. “We have some of the most beautiful buildings and locations devoted to our state’s history, art and culture and natural resources. We have the state-of-the-art State Museum that’s brand new, we have the state-of-the-art State Library and Archives and we have a wonderful mall and natural park in the middle of it all: Bicentennial Capitol Mall State Park. It’s all crowned with the historic Tennessee State Capitol. And there’s just so much to see and do.”

Sellers said one of the biggest misconceptions many people have about the Passport to Tennessee History is they think they have to pay for it, when in reality the

Each Passport to Tennessee History site offers a unique perspective on Tennessee’s history

The **Tennessee State Capitol** gives visitors the history of the building and a chance to see government in action. Looking down from the Capitol building is also a great vantage point over the Bicentennial Mall.

**Bicentennial Capitol Mall State Park** is a 19-acre outdoor attraction that has a timeline of Tennessee and “one of the most beautiful views of the State Capitol,” said Jeff Sellers, director of education and public programming at the Tennessee State Museum. It also has a 95-bell carillon, World War II Memorial, water fountains and a giant map of Tennessee that people can walk across.

The **Tennessee State Museum** offers a look into 10,000 or more years of Tennessee history from when the first people entered the state all the way up to modern age — with thousands of artifacts from different eras in history.

The **Tennessee State Library and Archives** keeps all the paper documents and treasures of Tennessee, including the three state constitutions, and has some interactive exhibits with important historical state documents.
passport itself and admission to all four program locations are completely free.

Passports to Tennessee History are not just useful for collecting the colorful stamps, though. The passports themselves contain useful information on each of the four locations, including a short description of the site, address, hours of operation, phone number and even website.

Passport completists will also receive a 10% discount for the gift shops at the Tennessee State Museum and Bicentennial Capitol Mall State Park as a reward for visiting all four sites, Sellers said.

The Passport to Tennessee History is especially popular to do during the summer months, Sellers added. “It’s something to do in the summertime with your kids that’s educational, gets them outside, it’s free and it’s a family project they can work on together.”

If someone is looking for an upcoming date that would be a good time to complete the Passport to Tennessee History alongside another celebration, Sellers recommended Statehood Day on Thursday, June 1. He said there will be events going on all day at all four locations with games, crafts, cupcakes and other family-friendly fun.
Does this passport have to be done in one day? The answer is no, and often people will not visit all the sites at once, but Sellers has some tips for those who want to complete that feat.

“If you’re going to do it, get here early,” Sellers said, adding that people will have an easier time parking and crowds are smaller earlier in the day.

 Speaking of parking, there is free parking available at both the Tennessee State Museum and Tennessee State Library and Archives, which is a bit of a rarity in downtown Nashville. For those wanting to complete the passport in one day, Sellers recommended they plan to park at and start their passport journeys at one of those two venues since it makes the most sense logistically (although they could also end their passport adventure at the venue where they parked if they want to make for less of a journey to their car in the end).

One more pro tip from Sellers: Do some online investigating before planning to make your visit. Especially over the summer when there are more concerts and festivals in the area, he recommended checking out what is going on at Bicentennial Capitol Mall State Park, the Tennessee State Museum and Nashville Farmers’ Market right by the museum. A big event could be the reason for passport-goers to stay away or a reason for them to come on a specific day, but either way, research is key.

Sellers also mentioned some “don’t-miss areas” for people to make sure to see on their Passport to Tennessee History journeys. Those include the exhibits at the Tennessee State Museum; the legislative library and the House Chamber at the Tennessee State Capitol; the interactive research tables and important state documents, including the three Tennessee State Constitutions, at the Tennessee State Library and Archives; and the big Tennessee state map at Bicentennial Capitol Mall State Park. He added that during the summer months, the water fountains at the state park are a popular spot for kids to bring their bathing suits to play in the fountains and beat the heat.

Sellers said one of his favorite things about the Passport to Tennessee History is seeing the excitement on kids’ faces when they get the passport. He also loves seeing people’s enthusiasm about visiting another location and getting that last stamp.

“They accomplished a Passport to Tennessee History, and maybe they’re a Tennessee history expert now,” Sellers said.

“I think, at the end of the day, it’s just a fun way to learn about and experience Tennessee history, its culture, its art and its nature,” Sellers said. “It’s just a great interactive way to experience all of that and learn about it, and it’s a fun way to come and enjoy what the state is providing you.”

The Passport to Tennessee History is available now at any of the four locations. For more information, visit tnmuseum.org/passport or tnvacation.com/local/nashville-passport-tennessee-history.
Many people love Tennessee history. Tennesseans are proud of David Crockett, they visit Shiloh, they boast that the suffrage amendment became part of the Constitution in their Capitol and they like to learn about Tennessee’s chapters in the Civil Rights Movement. Many take visits to historical attractions such as the Carter House in Franklin and the Cumberland Homesteads in Crossville.

But if you are interested in public education, you might be surprised to learn that the Volunteer State devotes only one semester to Tennessee history, and that semester is in fifth grade. A new proposal would move that semester from fifth to third grade (see page 21 for more).

Comparable states devote far more time and resources to teaching their state histories. Georgia, North Carolina, South Carolina, Texas, Louisiana, West Virginia and Minnesota require a full year of state history in middle school. Arkansas, Mississippi, Kansas and Oklahoma require a semester of state history in middle or high school, but most of these states don’t specify the grade. Florida, Alabama, Indiana, Colorado and Virginia devote a full year of “state studies” in fourth grade, then “embed” state history into U.S. history when it is taught later.

Missouri, Kentucky and Tennessee are outliers.

A few years ago, Missouri moved its state history to a full year in third grade — although the social studies coordinator there says they also bring up Missouri topics when they cover U.S. history in later grades.

Teachers attend an inservice at the re-created French and Indian fort known as Fort Loudoun, which will be removed from the social studies standards under a current proposal.
Kentucky stopped teaching a required state history course several years ago. According to the standards document found on the state’s website, public schools in the Bluegrass State are supposed to “embed” state history into U.S. history classes (more on what that word means shortly).

How Tennessee ended up with a fifth-grade semester of its history is a bit of a long story.

Before 2002, Tennessee taught two “units” of state history — in fourth and seventh grades. Then the Tennessee Department of Education shifted to “embedding” under which state history would no longer be taught as a separate subject but theoretically woven into U.S. history classes taught in grades four, five, eight and 11. Under embedding, for example, students were supposed to learn about the migration of the Donelson Party in 1779-1780 while they were learning about the Revolutionary War. Students were supposed to learn about Tennessee’s Civil War battles such as Stone’s River and Fort Donelson when they cover the Civil War. (Most national Civil War textbooks downplay the war in Tennessee and focus only on Virginia and Maryland.) Under embedding, Tennessee students were supposed to learn about Civil Rights events in Tennessee such as the Highlander Folk School and the integration of Clinton High School when they learned about the movement elsewhere.

“Embedding” was not successful in Tennessee in part because its implementation was based on the idea that four full grades of social studies teachers needed to be trained to teach Tennessee history (they weren’t). Between 2003 and 2014, the late State Sen. Douglas Henry repeatedly proposed bills that would have required the state to go back to teaching Tennessee history separately. His bills were rejected every time.

In 2017 the General Assembly finally passed a law requiring the state to teach a Tennessee course. Sponsored by Sen. Ferrell Haile and by then-Rep. Art Swann, the law did not specify the length of the course or where it would be placed in the scope and sequence. Haile and Swann wanted their course to be a year in length and in eighth grade. But after their bill became law, the Department of Education carved out a Tennessee history semester in fifth grade.

Here are summaries of what other states do today. In cases where a social studies coordinator is not cited, the information was obtained from the official state department of education website.

North Carolina has a full year of North Carolina studies in fourth grade and another year of state history in eighth grade. The Tar Heel State also has a six-person social studies team (Tennessee no longer has a state social studies coordinator).

Georgia law requires a full year of Georgia history in eighth grade, according to Joy Hatcher, social studies program manager for the Georgia Department of Education. In addition, all of second grade is devoted to basic Georgia content such as geography and products of the state.

Arkansas law requires a semester of Arkansas history in middle or high school. According to social studies coordinator Jeffrey Davidson, most students take it in
Tennessee is in the middle of revising its social studies standards, a process that occurs every six or seven years.

A committee of teachers chosen by the Tennessee Board of Education met at length last fall and wrote a rough draft of the future social standards. This draft was released to the public on February 27.

The committee recommended that the semester of Tennessee history that now occurs in fifth grade be moved to third grade. It also recommended that many of the Tennessee-specific topics that now appear in the eighth and 11th grade U.S. history classes — Fort Loudoun, the names of Nathan Bedford Forrest and David Farragut, and the Coal Creek Wars, for instance — be deleted entirely from the mandated curriculum. (However, these topics would still appear in the elective Tennessee history class, which is offered in a minority of public high schools.)

Members of the public were allowed to give feedback on these proposed standards in March. Next, the rough draft of the standards and the public feedback will be forwarded to a 10-member Standards Review Committee, the members of which are being appointed by the governor and two legislative speakers.

The Standards Review Committee can make changes to the proposed rough draft of the standards. After several meetings, they are due to be finished with their work by around September, when their recommendation is forwarded to the Tennessee Board of Education for final approval.

The new standards would go into effect in the 2026-27 school year.
long-standing practice to an “embedding” arrangement, under which U.S. and Texas history would be taught simultaneously, was rejected by the Texas board of education. “If we put Texas history together with U.S., Texas gets watered down or ignored,” state board member Will Hickman said, according to the online news source Texas Tribune.

Florida does a full year of its history in fourth grade and embeds Florida history into U.S. history classes that come later. According to John Duebel, director of social studies for the Florida Department of Education, “I used to be a social studies teacher here, and I loved the fourth grade Florida studies classes. That’s the year where a large number of students in this state visit St. Augustine, for example.”

Louisiana requires a full year of its history in eighth grade.

Mississippi requires a semester of its history that some students take in middle school and others in high school, depending on the system and school. Also, the entire fourth grade is devoted to Mississippi geography, culture, arts and a small amount of basic state history.

Oklahoma law requires a semester-long high school-level course in Oklahoma history — a lot of which involves the histories of Native American tribes since so many of them have reservations there.

Kansas law requires a “course” be taken in Kansas history in seventh grade or above, but (like in Tennessee) the word “course” is not defined. According to Nate McAlister of the Kansas Department of Education, however, “90% of the school systems devote at least a semester to Kansas history, with the other part of the year being world geography.”

The sixth-grade social studies year is all state history in Minnesota. “We used to teach it in fifth grade, but we moved it to sixth because we wanted it taught by social studies specialists,” says Brittany Rawson-Haeg of the Minnesota Department of Education, adding that some Minnesota studies are included in fourth grade. “State histories are important because if you aren’t careful, history feels far away. But when has happened in your backyard or your hometown, that makes it seem special and interesting.”

According to the standards posted on their state websites, Virginia, Indiana and Colorado devote a full year of fourth grade to their state histories and, in history classes taught in higher grades, put special emphasis on their states’ connections to U.S. history.

In Maryland, fourth and fifth grades are devoted to a curriculum that is best described as “Maryland history within the framework of U.S. history.” This is appropriate, according to Leah Renzi of the Maryland Department of Education, because “Maryland history and U.S. history are so closely connected. Maryland was an original colony; Washington, D.C., is located here; and huge parts of the Civil War happened here. If you were to try to separate Maryland history, that would be hard to do.” Fourth and fifth grades are the grades where students typically take field trips to places such as Antietam battlefield and the Baltimore & Ohio Railroad Museum.

Up North, many states are in the “local control” category, including Ohio, New York, New Hampshire, Maine and Wisconsin. “We do not have statewide curriculum,” says Kristen McDaniel, social studies consultant for the Wisconsin Department of Instruction. “All decisions about what is taught in what grade are made at the district or local level.”

Chalmette National Battlefield in Louisiana, where students take a full year of Louisiana history in eighth grade.
T. O. Fuller State Park is a place of historic firsts. When it opened during the Great Depression, it became the first state park for African Americans east of the Mississippi River. And when Jessica Gossett became the park’s manager last year, she also became the first female African American park manager in Tennessee State Parks history.

Gossett’s connection to parks started at a young age as her family visited them a lot. Outdoor time was a priority for them, and many church picnics were held at T.O. Fuller State Park.

During college, Gossett studied anthropology and archaeology. Following, she held a number of service-oriented positions. It was during a return trip to Pinson Mounds State Archaeological Park that it suddenly struck her that she wanted to bring all of her experience under the umbrella of being a park ranger. After time as a seasonal ranger at T.O. Fuller State Park, in the Tennessee State Parks central office and then a full-time ranger position at Bicentennial Capitol Mall State Park in Nashville, she returned to the familiar environs of T.O. Fuller, where she served as a ranger before being selected as the new park manager.

Visitors can enjoy a meal in nature at picnic sites across T.O. Fuller State Park.

**Park’s historic past**

As is the case with many state parks, the early construction was undertaken by the Civilian Conservation Corps (CCC), the work relief program that put young men to work during the hard years of the Great Depression. The CCC camp stationed here was made up of African American workers.

When the park was first named in 1938, it was known as Shelby County Negro State Park. Four years later, the name was changed to honor Dr. Thomas O. Fuller, an African American educator, Baptist minister, author, civic leader and community advocate. A national historic landmark, T.O. Fuller State Park is a place of historic firsts.
Tennessee Voices for Cooperative Power gives you the power to speak about energy policies that impact your community and your electric co-op.

Become an advocate today.

JOIN ONLINE VOICESFORCOOPERATIVEPOWER.COM/TENNESSEE
Co-ops tell story of rural Tennessee during day on the hill

Electric cooperative leaders from across the state, including directors and staff from Cumberland Electric Membership Corporation, gathered in Nashville on Tuesday, Feb. 28, and Wednesday, March 1, for the Tennessee Electric Cooperative Association’s 2023 Legislative Conference. More than 150 electric co-op members and employees were in attendance to learn about pressing legislation that will impact electric co-ops and the rural and suburban communities they serve.

Paul Bailey, chairman of the Senate Commerce and Labor Committee, and Kevin Vaughan, chairman of the House Commerce Committee, welcomed attendees to Nashville and discussed opportunities facing the state.

“You are the backbone of Tennessee’s success story,” said Sen. Bailey.

During meetings with legislators on Capitol Hill, co-op leaders stressed the important role co-ops play in their communities and briefed lawmakers on issues that impact rural and suburban Tennessee.

“Electric co-ops are important to the communities we serve,” says Ryan King, vice president of government affairs for the Tennessee Electric Cooperative Association. “In order to successfully serve our communities, it is important to tell the electric cooperative story and educate lawmakers about the impact of proposed legislation. Keeping rates low is a major priority for electric co-ops. It is critical that we monitor the impacts of legislation and regulatory actions in order to remain good stewards of the resources with which we have been entrusted.”

“This event is an important part of CEMC’s mission to provide safe, reliable and affordable energy to the communities we serve,” says CEMC General Manager Chris Davis. “We go to Nashville to help lawmakers understand the real-world impacts of legislation and to advocate for our co-op members and our communities. We appreciate our legislators who took time to hear from us.”

More than 100 legislative visits were made during the conference, and many legislators from across the state attended a reception honoring members of the Tennessee General Assembly.

Attending this year’s conference from CEMC were directors Jeannie Beauchamp, Charlie Hancock, Eddie Swan and Shela Williams along with General Manager Chris Davis, Engineering and Operations Division Manager David Abernathy, Administrative Division Manager Annebelle Pittenger, Engineering Services Manager Jonathan Fielder and Executive Assistant Stephanie Lobdell.
Local young leaders learn about government during co-op event in Nashville

Greenbrier High School student Connor O’Brien and Sycamore High School student Brooklyn Hager were in Nashville March 13-15 for the Tennessee Electric Cooperative Association’s annual Youth Leadership Summit. The juniors were chosen and sponsored by Cumberland Electric Membership Corporation.

While in Nashville, delegates visited the State Capitol Building where they were welcomed by Secretary of State Tre Hargett and members of the Tennessee General Assembly. Summit attendees held a mock legislative session in the Senate Chambers, debating and voting on a bill they developed. In addition to lawmakers, students heard from leaders like Miss Tennessee’s Outstanding Teen, Jane Marie Franks, and trooper Shane Moore and K-9 officer Sumo with the Tennessee Executive Protection Detail.

The Youth Leadership Summit also included a day of leadership training at the Joe C. Davis YMCA Outdoor Center and a behind-the-scenes tour of Bridgestone Arena prior to a Nashville Predators hockey game.

Delegates to the Youth Leadership Summit are encouraged to be leaders in their hometowns and use their talents to improve rural Tennessee. “The Youth Leadership Summit gives the brightest students in rural and suburban Tennessee the opportunity to expand their leadership skills,” says Todd Blocker, Tennessee Electric Cooperative Association vice president of member relations and director of the Youth Leadership Summit. “These young people will be the next generation of leaders in rural Tennessee, and I commend electric co-ops for supporting this effort to prepare young people for the future.”

“These students will soon be our community leaders — and electric cooperative member-owners,” says Community Relations Coordinator Susie Yonkers. “We want them to share our passion for rural Tennessee, so it is an honor for CEMC help prepare them for the opportunities that are ahead. The future of our rural communities depends on a new generation of strong leaders like these.”

From left, Hager, O’Brien and CEMC Community Relations Coordinator Susie Yonkers visit the State Capitol Building.
Sign up for bank draft for a chance to win a $250 electric bill credit

All members of Cumberland Electric Membership Corporation who are enrolled in bank draft prior to Wednesday, May 31, will be entered into a drawing to win one of five $50 electric bill credits. As an added bonus, members who sign up for bank draft any time during the month of May will be entered into a second drawing with a chance to win a $250 electric bill credit.

Bank draft is a convenient way to make electric bill payments automatically. With bank draft, your bill is securely drafted from your checking or savings account each month on your due date, eliminating late fees. You will continue to receive your electric bill each month — in your mailbox or your inbox — and we’ll take care of the rest.

To sign up for bank draft, give us a call at 1-800-987-2362, stop by your local CEMC office or enroll via SmartHub online or in the mobile app. When signing up by phone or in your local office, you will be required to sign an authorization form and provide a voided check.

Please note: This contest is open to members enrolled in bank draft payments only. It does not apply to members enrolled in Auto Pay recurring credit/debit card payments.

May is Electrical Safety Month

May is National Electrical Safety Month and a good time to sweep your home for electrical safety risks. Here are five that many homeowners overlook:

1. Unplug and store all extension cords. They are not designed for prolonged use. If yours are hiding under carpets, they could overheat or get stepped on and damaged, and that can start a fire.

2. If you have more than one power strip plugged into an outlet, chances are good that you are overloading your circuits, especially if you live in an older house. If you don’t have enough outlets, ask a licensed electrician to add more.

3. Kitchen countertop appliances should be plugged into three-prong, GFCI receptacles. Any electric appliance that you use near water could shock or even electrocute someone.

4. Change the batteries in your smoke alarms twice a year, and test them monthly to make sure they’re operating properly.

5. Did you know table lamps and overhead light fixtures are designed for specific lightbulb wattages? Check yours and change any lightbulb whose wattage exceeds the fixture’s capacity.
Save the date: CEMC’s 2023 annual meeting is Saturday, Sept. 23, in Clarksville

Cumberland Electric Membership Corporation is preparing for its 2023 annual meeting, which will be held Saturday, Sept. 23, at Rossview High School in Clarksville.

Doors open at 8 a.m. for registration, and the business session will begin at 10 a.m. Join us for a complimentary breakfast, browse the selection of door prizes to be given away, enjoy musical entertainment and hear co-op news. And if you have kids, be sure to visit the Youth Corner.

Watch for additional information on our social media pages, on our website and in future issues of The Tennessee Magazine.

CEMC employees greet members attending the 2022 annual meeting.

Join us at your local CEMC office on Thursday, May 11, for Member Appreciation Day!

We’ll be serving free hot dogs, chips, cookies and soft drinks from 10:30 a.m. to 1:30 p.m. at the CEMC offices in Dover, Clarksville, Ashland City, Springfield, White House and Portland.

Members in attendance can also register for a chance to win an electric grill!

We hope to see you there!
Summertime is just over a month away — and it’s never too early to be on the lookout for local events and businesses to check out this season. Look no further! The Cumberland Connect team has gathered a short list of iconic locations and can’t-miss events in each county of our service territory — and we’ll even tell you how you can find more local events happening near you each week so that you never run out of things to do this season.

Stewart County — Eagle Fest
On the third weekend in May every year, the town of Dover hosts a patriotic celebration to honor past and present military servicemen and women. Eagle Fest is a parade and festival that is free to attend, and it is packed with tons of activities for people of all ages. At Eagle Fest, you’ll find live music from local bands, arts and crafts, great food trucks, free kids’ activities such as bouncy houses and even a fireworks show! The Cumberland Connect team attended last year’s Eagle Fest and had a blast — it’s a must-see for anyone who enjoys quality local food and browsing products made by local vendors or for anyone who is looking for kid-friendly activities. Eagle Fest is scheduled to take place May 19-20 this year, and you can find more information on the Town of Dover’s website: www.dovertn.com/parks_rec.html.

Montgomery County — Clarksville Downtown Farmers Market
When it comes to local artisan products and farm-fresh produce, nothing beats visiting your local farmers market — and you’ll find one of the best in downtown Clarksville! The Clarksville Downtown Farmers Market is an outdoor market open on Saturdays from 8 a.m. to noon (weather permitting). You’ll find items from local farmers and artisans, and the market is a great opportunity to connect with local vendors in the area and partake in everything the community has to offer. You might even meet the market mascot, “Corny the Cob” — and the market also has special events on select weekends. Market season begins Saturday, May 13, so mark your calendar! Be sure to follow the Downtown Market’s Facebook page for more information: www.facebook.com/clarksvilledowntownmarket.

Cheatham County — Sheyegirl Coffee Co.
Do you like great coffee, vintage shopping and live music? How about all of that in one awesome spot? Sheyegirl Coffee Co. is a one-of-a-kind coffee shop located in Ashland City where you can grab a cup of hand-crafted coffee, shop around for vintage merchandise and catch some live music from a variety of talented artists. In addition to live music events, Sheyegirl also hosts other unique events like Vintage Movie Nights! To read more about Sheyegirl Coffee Co., check out who is playing next and see upcoming events, visit Sheyegirl’s Facebook Page at www.facebook.com/sheyegirlcoffee. You can also watch the company’s full Business Highlight on our YouTube channel by scanning this code:
Robertson County — Summer Concert Series
Speaking of live music, the summertime is truly when downtown Springfield comes alive with the sounds of summer during the Summer Concert Series! Beginning in June and taking place on the first Friday of each month through October, the Summer Concert Series is a can’t-miss event where you can catch some awesome artists from the Middle Tennessee area. In addition to the concert, you’ll also be able to shop with a variety of local vendors during the Friday Night Market. It’s a great opportunity to experience everything downtown Springfield has to offer — just remember to bring a lawn chair! Mark your calendars because the first show of the year is June 2 at 6:30 p.m. You can view this year’s full concert schedule online at www.springfieldtn.gov/703/Sunset-Concert-Series.

Sumner County — Middle Tennessee Strawberry Festival
Last but certainly not least is the Middle Tennessee Strawberry Festival, which takes place each year in Portland. The Strawberry Festival is one of the most anticipated events of the year — and people come from all over to experience the great food, live music and products from local vendors. The festivities begin on Friday, May 12, with a concert and fireworks show. The festival begins the next day at 9 a.m. and features over 250 local vendors, live music on two stages, magic shows, a carnival and more! This is truly one of the biggest events of the summer, and you won’t want to miss it. To find more information and view the full schedule for this year’s festival, visit www.middletennesseestrawberryfestival.net.

This list is a great place to start if you’re looking for ideas on what to do this summer, and there are more where that came from on Cumberland Connect’s Facebook page! Each Friday from May through September, we post a list of upcoming local events happening in each county. So if you’re looking for even more awesome events to check out each week, we’ll have you covered with plenty of local events to choose from. Be sure to follow our Facebook page and keep an eye out each Friday for our Weekend Picks list! www.facebook.com/GetCCFiber
HOME ENERGY Q&A

by energy expert Miranda Boutelle

Necessary steps for solar commissioning

Q: I’m interested in adding solar panels to my house. What steps do I need to take?

A: Getting a solar photovoltaic (PV) system installed and operational on your house or property involves working with several parties to ensure a safe and functional system. You need to work with your electric utility, local building department and a solar contractor.

Here are the solar commissioning steps you need to take.

Do your research
If you are considering a solar PV installation, I recommend starting with research. The cost of a residential solar photovoltaic system varies based on your location, the type of components used and the size of the system. With average costs ranging from $16,000 to $36,000, installing a solar system is a significant investment for most homeowners.

In my experience, people decide to install solar panels for financial benefit, environmental impact or a combination of the two.

The financial benefit of generating your own electricity is dependent on your energy use, the cost of the system, electric rates and the specific rules and regulations for your state and electric utility. Your electric utility can help you understand electric bill rate structures.

The environmental benefit of installing a solar system is based on the reduction of greenhouse gas emissions. This benefit is dependent on the type of electricity generation that powers your home. You can check with your utility to learn about its energy sources. This information provides you a better understanding of the type of power your PV system will offset.

You should also reach out to your local building department to learn about the permitting and inspection process.

Solar proposals
To find out potential costs and estimated energy production, you need a proposal from a solar contractor. I recommend getting two or three proposals from different contractors to compare system design and cost. You can also request a reference from a previous customer in your area.

Solar contractors work in multiple utility service territories and might not be familiar with the requirements in your state or at your electric utility. I always recommend reaching out to your electric utility before signing a solar installation contract. You want to understand your monthly electric bill costs as well as the monthly solar system costs after installing solar.

Interconnection agreement
If you commit to a home solar installation, you will sign an interconnection agreement with your electric utility. This contract between you and your utility stipulates the terms of connecting a distributed generation system such as a solar PV system.

Permits and inspections
You or your contractor will work with the local building department for the necessary permitting prior to installation. Once the system is installed, you likely will need final
Utility employees compare readings with the solar analytics data on a member’s phone app. Working with your electric utility is essential to a successful solar installation.

Inspections from the building department and the electric utility. Your utility will grant permission to operate prior to energizing your system. Don’t assume your local building department will communicate with your electric utility. In my experience, this doesn’t always happen.

Because the solar installation process involves multiple parties, preapproval and postinspections, it is important to check with your local utility and building department before committing to a solar PV installation.

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.

A valuable step to take when considering solar is contacting your electric utility to learn about solar offerings, rate structures and interconnection agreements.

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Admittedly, some of our residences are more up-to-date than others, featuring modern touches as well as the latest trends and designs. But what about those to come? What does it take to live in your future home now?

Experts say there are a variety of things to make your residence “future-ready” — everything from the appliances we choose to the spaces we create.

Andrew Brindley, owner of H-E Homes in Indianapolis, says the way people look at their homes and their function have changed. As a byproduct of the COVID-19 pandemic, he said people are seeing their homes as more important than ever, and they are spending more time in them.

“Where a home historically might have been just a stopping point for people, we’ve seen a change to where now people are putting a much larger importance on prioritizing families and people being together,” he says, adding one caveat: “Don’t get me wrong. Everybody still wants their own space and a place to be apart, but they also want to have an opportunity to be together.”

Multiple generations and a variety of spaces

In fact, a desire for togetherness has even spurred a shift toward designing homes as intergenerational residences, Brindley says.

“Homeowners are asking for more spaces for their mother-in-law to come and stay with them or for their son to come home for a couple of years after college to save up money,” he says. “These are things that up until the last few years might have been seen as a little bit negative or even a bit taboo, but they are becoming a sense of comfort for families to have the ability for everyone to be together and to take care of their family.”

That means wider hallways, bigger doors and fewer stairs are often included in new designs, explains Gregg Kissel of Home Design Group...
in Evansville, Indiana. “We’re planning for potential additional family members moving in.”

Others are dedicating spaces for specific activities. Brindley says home theater rooms and areas for singular activities are popular. “We’re seeing homeowners create dedicated spaces for some of their hobbies and interests. They actually are giving time, energy and effort to the things that give value to their families’ lives,” he says.

In a postpandemic world, home offices are extremely valuable, adds Kissel. He says especially with more and more people working remotely from home or in hybrid arrangements, dedicated workspaces are a must.

**Less square footage but more living**

At the same time, however, new homes are more compact. That’s the opinion of Jack Milarch Jr., executive vice president and CEO of the New Mexico Home Builders Association. “Spaces are just getting smaller,” he says. “It might be a function of interest rates, but sizes are coming down, and builders are trying to be more efficient with space.”

That means the open concept floor plan continues to be popular. “Open concept lends itself to being more comfortable in a small home,” he says. “Some of the designs I’ve seen are very appealing, and the industry is able to do more with smaller homes.”

He also says lot sizes are getting smaller, leading many people to what is called zero-lot-line parcels. These residences are built very close to a property line, allowing for more space for the home. “This is so that the home, which often is toward the very front of the lot, isn’t taking up all of the property, and you’re not wasting a lot of space by having these big side yards,” he says. “When you walk into one of these houses, you can have all the bedrooms, living room and kitchen all with lots of glass, and you can see outside onto a large side yard. It brings the outdoors in and is very appealing.”

**Kitchens**

Even in smaller homes, kitchens are growing. “The kitchen continues to be the gathering space — people tend to congregate in the kitchens,” Kissel says. “Instead of
With more and more people working from home, flexible spaces, including offices, are gaining in popularity.

Donna Youngquist, owner of R&D Custom Homes in Lincoln, Nebraska, says it is not uncommon for some of her clients to spend almost as much money on an “outdoor remodel” as one inside the home. “I’ve seen people put $50,000 or more toward an outdoor living space,” she says.

“Outdoor covered areas are very popular,” Kissel explains. “Even screened porches make great outdoor entertaining areas that can be used in many parts of the country at least three seasons in the year.”

**Smart homes**

With all the technology in our offices, cars and pockets, it is no surprise that our homes are becoming tech savvy as well. In this sense, the homes of the future are being built now, says Youngquist.

“We’re doing a lot of smart homes with security systems, sound systems and LED lighting. People just really want all of this as well as smart appliances in the kitchen,” she says. “They want smart thermostats and smart doorbells. Honestly, they want to be able to do everything with their phones.”

And by everything, Youngquist means everything. She says that with apps on their phones, consumers now are able to dim the lights, raise the window blinds, start the dishwasher, answer the door and lower the thermostat — “even turn on the sprinkler system in the yard,” she adds.

Homes — and the electronics in them — are becoming so smart that some builders are even leaving things out. Just a few years ago, it was not uncommon to wire the home with Category 5 internet networking jacks and to make sure coaxial cables for televisions were in practically every room. Not anymore, thanks to wireless internet technology. “We’re not even putting television outlets in now because so many people are streaming everything,” Youngquist says.
With more people staying home with their families and entertaining, flexible spaces are needed more. This includes rooms that could serve as an entertaining area to watch the game and space to practice music.

“Smart homes mean different things to different people, but people are seeing the added value of these things like smart doorbells and smart thermostats and other convenience items,” Brindley says. “These things have become an expectation of homebuyers. They want to be able to look on an app and see if their garage door is opened or closed, for example, and if they forgot, they want to be able to close it remotely.”

Even little things make homes future-ready. Kissel gives an example. “If I were building a home today, I’d have USB outlets throughout the home instead of the little adapter blocks everywhere, especially in bedrooms, living spaces and the kitchen.”

Some designers are even including “technology closets” in homes as places for modems, routers and whatever other technological bases come along, explains Casey Ennis, owner of Dale Peer Home Design in Springfield, Missouri.

Energy consumption and solar

All that technology requires electricity, and consumers are keeping energy efficiency in mind as they look to build, remodel or replace existing appliances and even lighting. “Consumers simply are asking for the most energy-efficient products and appliances they can afford. They love the idea,” Milarch says, adding that solar power continues to pique homeowners’ interest. “Solar is probably closer to being mainstream than it’s ever been before. I would say it is getting more industry support all the time, and the costs are coming down.”

Ennis says even if clients are not utilizing solar power now, he encourages them to plan for later adoption by considering the orientation of their home and by making their rooflines ready for solar panels. Experts still stress more traditional approaches to reducing energy use.

“Honestly, energy efficiency is not as ‘sexy’ as solar energy, so I think it gets overlooked a lot,” says Milarch’s colleague, Jim DesJardains with the Renewable Energy Industries Association of New Mexico. “There is a lot of low-hanging energy fruit — from windows to LED lightbulbs. A lot of those things can be done yourself, and you will benefit from a lower energy bill.”

It is all part of making homes future-ready, Brindley adds. “Homeowners are planning spaces not only for now but also for the future,” he says.

Adds Ennis, “People have to remember that they are going to live in whatever choices they are making.”

Les O’Dell is a professional journalist, multimedia reporter and frequent contributor to many home- and energy-related publications.
Whether you make them for a special Mother’s Day breakfast or just for yourself, these tasty recipes will brighten anyone’s morning.

Carrot Cake Muffins
Recipes by Tammy Algood
Photograph by Robin Conover
May means Mother’s Day, graduation days and bridal teas, plus day after day of working a little too hard and a little too long outside in beautiful springtime weather. Muffins are the most delicious and practical little packages possible to celebrate the best mother, the best graduate, the best friends — or just yourself, doing your best day after day to make the world a little more beautiful. Here, have a muffin!

**Carrot Cake Muffins**
Yield: 24 muffins
3 cups all-purpose flour
1 teaspoon ground cinnamon
1 teaspoon baking soda
1 teaspoon salt
½ teaspoon ground nutmeg
2 cups granulated sugar
3 eggs
¼ cup vegetable oil
3½ teaspoons pure vanilla extract, divided
1 (8-ounce) can crushed pineapple, undrained
2 large carrots, peeled and finely grated
1 cup golden raisins
1 cup chopped toasted pecans
1 cup powdered sugar
2 tablespoons milk

Preheat the oven to 350 degrees. Grease 24 muffin cups, or line and grease the liners. Set aside. In a separate bowl, stir together the powdered sugar and the remaining extract along with 1 tablespoon of the milk. Add the remaining milk a bit at a time until the desired consistency is achieved. Drizzle over the cooled muffins.

**Bittersweet Chocolate & Orange Muffins**
Yield: 12 muffins
1 ½ cups all-purpose flour
1/2 cup sugar
2 tablespoons cocoa powder
2 teaspoons baking powder
¼ teaspoon salt
1 egg
½ cup buttermilk
½ cup orange juice
½ cup vegetable oil
1 teaspoon orange extract (or 1 teaspoon pure vanilla extract plus 1 teaspoon finely grated orange zest)
½ cup bittersweet chocolate, chopped

Preheat the oven to 375 degrees. Grease 12 muffin cups with nonstick cooking spray, or place liners in the cups and lightly spray the liners. Set aside.

In a mixing bowl, stir together the flour, sugar, cocoa powder, baking powder and salt. Set aside. Place the egg, buttermilk, orange juice, oil and extract in the bowl of an electric mixer. Beat until well blended. Add to the flour mixture and stir until just moistened. Fold in the chocolate and fill the muffin cups two-thirds full.

Bake 17-20 minutes or until a tester inserted in the center comes out clean. Cool in the pan for 10 minutes on a wire rack. Remove from the pan and cool completely or serve warm.

**Buttermilk Biscuit Muffins**
Yield: 12 muffins
2 cups all-purpose flour
2 ¾ cups all-purpose flour
3 tablespoons sugar
1 1/2 teaspoons baking powder
¼ teaspoon salt
10 tablespoons unsalted butter, slightly softened
1 cup buttermilk

Preheat the oven to 375 degrees. Grease or line a muffin pan with 1/3-cup measure. Bake 40-45 minutes or until crusty and golden-brown. Serve warm.

**Sunflower Seed Muffin**
Yield: 12 muffins
1 cup all-purpose flour
1 cup whole wheat flour
2 ½ teaspoons baking powder
½ teaspoon salt
½ cup dry roasted sunflower seed kernels
1 egg
¼ cup half-and-half
½ cup honey
¼ cup buttermilk
¼ cup unsalted butter, melted

Preheat the oven to 375 degrees. Grease 12 muffin cups with nonstick cooking spray, or place liners in the cups and lightly spray the liners. Set aside. In a medium bowl, stir together both of the flours, baking powder and salt. Add the sunflower seeds and stir gently to coat. Set aside. In a separate bowl, whisk together the egg, half-and-half, honey, buttermilk and butter. Add to the flour mixture, stirring just until moistened. Evenly spoon into the muffin cups, filling two-thirds full. Bake 20-22 minutes or until golden-brown. Cool in the pan for 5 minutes on a wire rack. Remove from the pan and cool completely on a wire rack.

**Applesauce Streusel Muffins**
Yield: 12-14 muffins
4 cups plus 3 tablespoons all-purpose baking mix, divided
½ cup plus ¼ cup granulated sugar, divided
2 ¼ teaspoons ground cinnamon, divided
¼ teaspoon ground nutmeg
½ cup chunky applesauce (unflavored)
½ cup milk
¼ cup vegetable oil
2 eggs
¼ cup firmly packed light brown sugar
2 tablespoons unsalted butter, melted
Preheat the oven to 400 degrees. Grease at least 12 muffin cups, or line and grease the liners. Set aside.

In a mixing bowl, stir together 4 cups of the baking mix, ½ cup of the granulated sugar, 2 teaspoons of the cinnamon and the nutmeg. Make a well in the center and set aside.

In a separate bowl, whisk together the applesauce, milk, oil and eggs. Set aside.

In another small bowl, stir together the remaining baking mix, granulated sugar and cinnamon. Add the brown sugar and butter, stirring until well blended and crumbly. Set aside.

Add the applesauce mixture to the flour mixture and stir just until moistened. Evenly spoon into the prepared muffin cups, filling nearly full. Bake 18-20 minutes or until a tester inserted in the center comes out clean. Cool in the pan on a wire rack for 5 minutes. Remove from the pan and cool completely on a wire rack.

Ham and Swiss Corn Muffins
Yield: 12 muffins
2 cups self-rising cornmeal mix
1 tablespoon sugar
1½ cups buttermilk
2 tablespoons Dijon mustard
1 egg
3 tablespoons unsalted butter, melted
1 cup diced cooked ham
1 cup shredded Swiss cheese

Place a 12-cup muffin tin in the oven and preheat to 425 degrees. Meanwhile, in a mixing bowl, stir together the cornmeal mix and sugar. Make a well in the center and set aside.

In a separate bowl, whisk together the buttermilk, mustard and egg until well blended. Add to the cornmeal mixture, stirring just until moistened. Add the butter, ham and cheese, blending well. Set aside. Remove the muffin tin from the oven and grease each cup with cooking spray. Spoon the batter evenly into the hot cups, filling each nearly full. Bake 16-18 minutes or until golden brown. Remove from the pan and cool for 10 minutes on a wire rack before serving warm.

Muffin Tips:
Muffins should have rounded, almost pebbly tops. If your muffins have peaks, you overmixed the batter.

Unless you are instructed differently by the recipe, stir muffin batter just until the dry ingredients are moistened.

Muffin tins are made with a variety of different cup sizes. These range from miniature to standard to jumbo sizes. There are even shallow ones to emphasize the crusty tops. Most recipes call for standard sizes.

Muffins that are not glazed can be frozen well. Just package in a labeled and dated heavy-duty zip-top bag and pull out the amount you need. They thaw quickly or can be microwaved on low power for a faster thaw.

If your batter doesn’t fill all the cups in your tin, put a couple of tablespoons of water in the empty cups. This helps keep the pan from warping and adds moisture to the oven.

Unless your recipe calls for it, don’t allow the muffins to cool completely in the warm pan. Even if it is placed on a wire rack, the muffins will, in essence, steam as they cool. This leads to soggy bottoms!

Always preheat the oven and bake the muffins immediately after mixing.

Position the rack in the center of the oven.
To make sure muffins are uniform in size, use a ¼-cup measure to fill the cups. This allows for even baking.

To make sure muffins are uniform in size, use a ¼-cup measure to fill the cups. This allows for even baking.

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.

Katy asks, “Would you please give me the proper instructions for poaching? I am new to cooking but am trying to teach myself. I appreciate your help.”

Katy, good for you! Poaching is a great way to cook a variety of foods, and you really just need to be mindful of the temperature. Poaching is done by cooking the food in liquid that is below boiling. The food is added just as the surface of the liquid begins to quiver. Maintain that movement by turning down the heat so the liquid simmers but doesn’t boil. The liquid will vary. Eggs are poached in salted water, fruit usually poached in a sugar water solution and meats are poached in stock. Poaching doesn’t take long and helps impart flavor into the food while keeping it moist.

William writes: “I love shrimp and am boiling it now rather than frying for health reasons. I have bought several brands of shrimp boil, but they are expensive. I would love to have a recipe for making my own if you have one to share. I have looked at the back of the purchased containers, but the measurement of each ingredient poses a challenge! Thank you very much.”

William, this is a great and easy recipe I have been using for decades. It is perfect for boiling one batch of shrimp. Once you have all the ingredients, you’ll save money and can pull it together in a flash. I add a couple of bay leaves to the water along with this mixture.

Shrimp Boil Seasoning
6 tablespoons salt
3 tablespoons celery seeds
2½ teaspoons red pepper flakes
2½ teaspoons dry mustard
2 teaspoons paprika
1 teaspoon ground allspice
1 teaspoon ground cloves
1 teaspoon ground ginger
½ teaspoon ground cardamom
½ teaspoon ground cinnamon
½ teaspoon black pepper

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

May 12-13 • downtown Carthage

Travel to Carthage and be transported back in time to relive the World War II maneuvers held in Tennessee to train troops before they were sent to Europe. Highlights of this year’s event are the Blue vs. Red Battle and USO Style Mother’s Day Dance.

Displays and activities include military/period vehicles, 1940s entertainment, education/demonstration booths, artifact/sweetheart displays and a plane flyover.

Learn more at smithcountyhistoricaltourism.org and the Smith County Historical Tourism Society Facebook page.

History columnist Bill Carey wrote about the maneuvers in the May 2022 issue of The Tennessee Magazine. Read his article at tnmagazine.org/tennessee-in-training/.

West Tennessee

Ends May 6 • Artificial Intelligence: Your Mind and the Machine, Memphis Museum of Science and History. 901-636-2362 or moshmemphis.com

May 6 • Tipton County Extension Master Gardeners Lawn and Garden Expo, Brighton High School. 901-476-0231 or tiftoncountymastergardeners.com

May 6 • Blue Suede Shoes and Red Hot Rides Car and Truck Show, AutoZone, Jackson pkwychristianautoclub@gmail.com or facebook.com/parkwaychristiancarandtruckclub

May 14 • Mother’s Day Tea, Magnolia Manor and Chapel, Humboldt. 731-337-5367 or magnoliamanorandchapel.com

Middle Tennessee

May 2-7 • “Disney’s Aladdin,” Tennessee Performing Arts Center, Nashville. 615-782-4040 or tpac.org

May 5-6 • Hohenwald Springfest 2023, Lewis County Memorial Park, Hohenwald. 931-295-6736 or hohenwaldspringfest.com

May 12-13 • Tennessee Maneuvers Remembered, downtown Carthage. smithcountyhistoricaltourism.org

May 12-13 • Cannon County Good Ole Days, Woodbury Courthouse Square. 615-563-5304 or cannoncountygoodoledays.com

May 12-13 • 82nd Annual Middle Tennessee Strawberry Festival, downtown Portland. 615-325-9032 or middletnstrawberryfestival.net

May 12-Oct. 27 (Tuesdays and Fridays) • Rutherford County Farmers’ Market, Lane Agri-Park, Murfreesboro. 615-898-7710 or rutherford.tennessee.edu/farmers-market-2

May 13 • Maury County Master Gardeners Annual Plant Sale, Baker Building, Columbia. 931-486-0980 or maurycountymastergardeners.org
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](http://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](http://tnmagazine.org/events).

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**May 13 • Hidden History — A Behind the Scenes Tour of Cragfont, Cragfont State Historic Site, Castalian Springs.** 615-452-7070 or historiccastaliansprings.org

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**May 13-21 • 36th High on the Hog Festival, Winchester City Park.** info@highonthehogfestival.com or highonthehogfestival.com

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**May 19-20 • Gallatin Coin and Currency Show, Gallatin Civic Center Gym.** 615-451-9511

**Fridays and Saturdays in May • Scenic City Shakespeare in the Park — “As You Like It,”**

**Greenway Farms, Chattanooga.** 423-401-0508 or sceniccityshakespeare.org/inthepark

**May 5 and 12 • Sheep Shearing Days 2023, Museum of Appalachia, Clinton.** 865-494-7680 or museumofappalachia.org

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**May 6-7 • Chattanooga Bacon Festival, Camp Jordan, East Ridge.** 423-650-1388 or touchtheskyevents.com

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**May 13 • East Tennessee Spring Makers Market, Maryville College McArthur Pavilion.** easttnmakersmarket@gmail.com

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**May 13-14 • British Spring Festival, historic Rugby.** 423-628-2441 or historicrugby.org

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**May 20-21 • 28th Annual Iris Festival, Greene County Chamber of Commerce, Greeneville.** 423-638-4111 or greenevilleirisfestival.com

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**East Tennessee**

Fridays and Saturdays in May • Scenic City Shakespeare in the Park — “As You Like It,”
leader and politician. When he was elected to the North Carolina Senate in 1898, he was the only African American in that body. For nearly three decades he also served as the principal of the Howe Institute, which eventually merged with LeMoyne College and Owen College to create what is today known as LeMoyne-Owen College, the only historically Black college in Memphis.

During the excavation for a swimming pool in 1940, CCC workers discovered evidence of a prehistoric village. This Mississippian-era site dates to about 1000 A.D. and has long been known as Chucalissa Indian Village. The C.H. Nash Museum at Chucalissa, operated by the University of Memphis, allows visitors to see well-preserved architectural and archaeological remains, including a mound complex. It has been designated a National Historic Landmark since 1994.

**Nature in an urban setting**

Though T.O. Fuller State Park sits inside the city limits of Memphis, a mere seven miles from Graceland, you’ll be able to enjoy many things Mother Nature has to offer here. Within its more than 1,100 acres, there are forested areas, wetlands and bluffs overlooking the Mississippi River floodplain.

It’s an ideal location for birders since it sits along the Mississippi Flyway, the path that more than 300 species of migratory birds take each year from their breeding grounds in Canada and the Northern states to their wintering areas along the Gulf Coast and in Central and South America. About 140 species of birds have been spotted inside the park, including warblers, vireos, flycatchers and even rare black-bellied whistling ducks.

Whether you’re a birder or not, there is lots to enjoy along the park’s trails. For instance, the 4-mile Discovery Trail loop is where you can explore wetlands and areas with grills. Four shelters can seat from 40 to 120 people, perfect for large family gatherings or groups of friends getting together to enjoy the weather, yummy food and good conversations.

For those wishing to camp, the park has 45 campsites. RV and tent campers alike can enjoy an overnight stay with picnic tables, fire rings, grills, electric and water hookups, playground, bathhouse and laundry. For RV campers, there is also a dumping station.

The South can get plenty hot in the summer, so pools are always an attractive way to try to beat the heat. The park’s Olympic-size swimming pool is typically open early summer through Labor Day.

**T.O. Fuller State Park**

For more information, visit tnstateparks.com/parks/t-o-fuller or call 901-543-7581.

Find information on the C.H. Nash Museum at Chucalissa at memphis.edu/chucalissa/ or 901-785-3160.
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.

Says Dove Medical Press & Development

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"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 Neurolo.

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 (CVI), edema, and other leg/feet 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.

95% Reduction in LEG SWELLING, Verified in Clinical Study

Says Dove Medical Press & Development and Therapy

... meaning, discomfort, water retention, leg swelling, tiredness and circulation improved in 95% of test subjects

Swollen legs are a warning sign. They mean blood and fluid is forced out of the blood vessels into the surrounding tissue. This causes non-stop pain. This is where Neuroflo’s active ingredient is such a big help.

50% OFF FOR THE NEXT 10 DAYS

This is the official release of Neuroflo for The Tennessee Magazine readers. Therefore, everyone who calls within the next 10 days will receive 50% OFF their first order. A toll-free hotline number has been set up for local readers to call for this 50% OFF savings. The number will be open starting at 7:00 am today and only for the next 10 days.

All you have to do is CALL TOLL FREE 1-888-840-3822 and provide the operator with the special 50% OFF discount approval code: NEF158.

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.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Results based upon averages. Models are used in all photos to protect privacy.
COMMUNITY CORNER

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 Thursday, June 1. Winners will be published in the July issue of The Tennessee Magazine.

March Flag Spotters

Thanks for the postcards and emails again this month identifying the correct location of the flag, which was found in the Tennessee map on page 36.

March’s lucky flag spotters are:

Nathan Overcash, Oakland, Chickasaw EC
Jackie Randolph, Baxter, Upper Cumberland EMC
Lydia Love, Morristown, Appalachian EC

Artist’s Palette

Assignment for May

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 entries and framed pieces are especially difficult to handle and cannot be returned.

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

Deadline: Art must be postmarked by Thursday, June 1.

Include: Your name, age, address, phone number, email address and electric cooperative. Leaving anything out will result in disqualification.

Artwork will not be returned unless you include a self-addressed, stamped envelope (SASE) with your submission. Only U.S. Postal Service will be used for returns. 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 July 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.
WINNERS, 15-18 AGE GROUP: First place: Katie Kramer, age 15, Middle Tennessee Electric; Second place: Noah Drey, age 16, Mountain EC; Third place: Hannah Knowles, age 17, Caney Fork EC

WINNERS, 10-14 AGE GROUP: First place: Alexandra Chetyrkina, age 12, Middle Tennessee Electric; Second place: Cadence Kauffman, age 14, Sequachee Valley EC; Third place: Sydney Carroll, age 14, Middle Tennessee Electric

WINNERS, 1-9 AGE GROUP: First place: Kanshikaa Vijayakumar, age 9, Middle Tennessee Electric; Second place: Riya Ramineni, age 9, Middle Tennessee Electric; Third place: Asher Juart, age 7, Cumberland EMC
For many of us, spring symbolizes new beginnings and rebirths both spiritually and emotionally. It is no different for outdoor photographers. After being stuck inside most of the winter, I can’t wait to get out on the trail in springtime to soak in nature.

Hints of the season in Tennessee begin in late February as weather patterns start to change. Buds begin to appear, daffodils break through the surface leaf litter and wildlife becomes much more active. The days grow warmer and longer; the landscape and forest floors explode with countless brightly colored blooms. The trees paint their own landscape above with a cloak colored in the hundreds of shades of “spring green.”

For me, it’s almost a sensory overload the first few times I hike in the spring. “What to photograph?” That is the question — nesting birds, migrating warblers, wildflowers, wildlife and its newborns, abstracts or all of the above. I went for an all-of-the-above approach on a hike last spring and found this abstract that tells its own story.

Exploring the Greenbrier area of the Great Smoky Mountains for several hours, I found dwarf crested irises and showy orchids to photograph just after sunrise. Knowing I wouldn’t have much time before the warmth of the sun would create enough of a breeze that the flowers would be moving too much to get a sharp photograph, I worked quickly while the tiny subjects were still. Then I moved on to the nearby mountain stream. As the sun rose, it created the beautiful reflections you see here on the surface.

The river was up at its banks as spring rains had moved through the day before. Pouring over the granite rocks as it has for thousands of years, the river created its own patterns as reflections cast across its surface.

I chose an interesting composition with water moving at different speeds and areas of strong reflections. To capture the energy of the river, I chose a slow shutter speed so the movement of the water would be evident in the image, blurring more where the water moved faster and less around eddies.

After shooting way too many images, I did put my camera down and just sat for a while, soaking in the river and all it had to say.
Eye Doctor Helps Legally Blind To See

High Technology For Low Vision Patients Allows Many To Drive Again

For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastion 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 sunglass.”

“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.
The **CCFiber SmartIQ app**, included free with Cumberland Connect internet service, allows you to easily manage connected devices in your home. From creating a guest network to running speed tests and more — **CCFiber SmartIQ** puts you in control of your network from the palm of your hand.

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