From Nutbush to the World
Remembering Tina Turner

State Park Spotlight
Exploring Big Hill Pond

Call for Entries
‘My Hometown’ Photos

Hush Puppy Recipes
You Won’t Keep Hush-Hush

Cool Off with These
Summer Getaways

Tennessee
History for Kids
Gatlinburg’s Origins
as a Tourist Attraction
From 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

The Greenbrier area of the Great Smoky Mountains National Park is popular among readers every year in our Best of Tennessee awards. We’re accepting entries now for the 2023 awards. See page 33. Photograph by Robin Conover

THIS PAGE

A dugong swims with golden trevally in “Secrets of the Sea 3D,” playing at the Tennessee Aquarium’s IMAX 3D Theater this summer. Find more ideas for cool-off activities on pages 10–13. Photo credit: MacGillivray Freeman
Between the Lines

News from your community

We’re here to serve you

“We’re here to serve you.” We’ve all heard this phrase countless times. These words may sound generic, but to us — your local electric cooperative — they mean everything.

Cumberland Electric Membership Corporation was created to serve our community. Back in 1938, neighbors banded together and formed our co-op for the common good. In our case, it was the only way the community could bring electricity to the area where there was none. In doing so, CEMC helped the community thrive. That mission-focused heritage is the golden thread that is woven throughout our history.

Today, we are continuing to power the community. While our focus has remained steady on providing reliable energy to our members, today’s energy landscape and consumer expectations are far different than they were decades ago. That’s why we’re adapting: to keep pace with changing technology, evolving needs and new expectations. The launch of Cumberland Connect, our broadband subsidiary, is one such example.

Serving as your trusted energy advisor means we want to help you save energy (and money) and provide advice and information on a broad range of energy topics. For example, if you’re looking for ways to save energy, check out ceme.org for energy-saving tips and ideas to increase the energy efficiency of your home. Consider scheduling an energy audit with one of our energy experts to identify ways you can save energy at home. Understanding how your home uses energy can help determine the best ways to modify energy use and thereby keep more money in your wallet.

If you’re considering a rooftop solar installation, our energy advisors would be happy to give you an unbiased view of the pros and cons. Investing in a solar system is a major decision, and it’s important to fully understand the costs, responsibilities and potential energy savings. Unlike a solar company that has one objective — to sell their products and services — we will look at the total energy picture and help you determine the best options for your home. We understand that homeowners must undertake their due diligence, and we’re here to help you through that process.

So, the next time you hear CEMC use the phrase, “We’re here to serve you,” we hope you know that we mean it. Service is deeply ingrained into who we are. We continue to evolve with the times, and in return, we’ve found additional ways to serve you and provide more options for you to power your life.

We’re here when you need us. Connect with us online, in person, through the SmartHub app or on our social media channels. However you choose to connect, just know we’re here for you.
Like millions of older Americans, I struggle with mobility. For years, I watched my quality of life slip away, as I was forced to stay home while friends and family took part in activities I’d once enjoyed. I thought I’d made some progress when I got a mobility scooter, but then I realized how hard it was to transport. Taking it apart and putting it back together was like doing a jigsaw puzzle. Once I had it disassembled, I had to try to put all of the pieces in the trunk of a car, go to wherever I was going, and repeat the process in reverse. Travel scooters were easier to transport, but they were uncomfortable and scary to drive, I always felt like I was ready to tip over. Then I found the **So Lite™ Scooter.** Now there's nothing that can hold me back.

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

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Please mention code 601936 when ordering.
Slow down. Move over.

Electric lineworker is consistently ranked among the most dangerous jobs in America. While its exact position on various lists of “the most dangerous jobs” fluctuates, it typically lands somewhere between nine and 12. There are obvious reasons for this ranking that include working high above the ground near high voltage.

It might surprise you, however, to learn that these are not necessarily the riskiest parts of lineworkers’ jobs. Their work frequently takes place along the side of the road, placing them only feet from passing vehicles.

Duck River Electric Membership Corporation’s Tommy Campbell knows these dangers all too well. In January of 2006 Tommy was a lineman for the co-op when he was struck by a vehicle in Decherd. Tommy was thrown onto the hood and windshield of the passing car and then up into the air.

The accident required major surgery to his left ankle and foot, including four pins, two screws and a 6-inch rod. “I was very concerned about being able to continue line work,” said Campbell. “I knew my foot was severely injured. Line work has been in my family for years. My dad was a lineman. That’s what I loved doing.”

Fortunately, Tommy recovered and today manages the co-op’s office in Sewanee.

In 2006 Tennessee became the 30th state in the nation to enact a Move Over Law to create a zone of protection around first responders like police officers, firefighters and paramedics. In 2011, a coalition of Tennessee’s electric utilities advocated for the state’s Move Over Law to be expanded to include electric utility workers.

The requirements of the law are fairly simple. When passing a roadside utility crew, slow down and move over into the farthest lane when possible. And if there is no lane available or it unsafe to move over, reduce your speed.

Lineworkers perform a vital service to our communities. They literally risk their wellbeing to ensure our own. Slowing down and giving them room to work is not only the law of Tennessee, it is common courtesy and a way to show respect for those who serve us each day.

By Mike Knotts
Tennessee Electric Cooperative Association

The Tennessee Magazine
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*With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase. Other restrictions may apply.
Energy-saving tip for July: Wait a little while

When summer heat is at its peak, it’s wise to steer clear of heat-generating appliances to keep your home cool and energy use down. Swap out indoor cooking with outdoor grilling to take advantage of the pleasant weather. You can also consider using smaller countertop appliances like toaster ovens or electric grills, which produce less heat than full-size ovens. Reduce indoor humidity by washing clothes and dishes in the evening instead of the afternoon. By making these simple adjustments, you can beat the heat while saving energy.

July is National Ice Cream Month

It’s the perfect time to beat the summer heat and indulge in delicious frozen treats. From classic flavors like chocolate and vanilla to unique concoctions, ice cream brings joy to all ages. Whether you enjoy a cone, cup or sundae, take a moment to savor the creamy goodness and create lasting memories with friends and family. Find more tips to stay cool this summer on page 10.

“Everything good, everything magical happens between the months of June and August.”

JENNY HAN
Odd record still stands

On July 6, 2013, Rachel and Rebecca Cox attached 15 bobbers to a fishing line in 30 seconds, earning themselves a place in the Guinness Book of World Records. The record was broken at the Guinness World Records Museum in Gatlinburg, and it remains unbroken 10 years later.

Oops ...

Several sharp-eyed readers alerted us to an error in last month’s edition of the Almanac in which we incorrectly said that Tennessee was to celebrate its 223rd birthday this year. Tennessee became a state on June 1, 1796, making this year the 227th anniversary of statehood. We apologize for the error.

Vanderbilt startup receives funding to build nuclear-powered satellite

Zeno Power, a startup initiated through the Wond’ry, Vanderbilt University’s Innovation Center, has received a total of $30 million from the U.S. Department of Defense and private investors to develop and build a flight-ready radioisotope-powered satellite by 2025. It is expected to be the first launch of a commercially developed space nuclear system in history. Zeno Power’s mission is to provide clean, plug-and-play power anywhere in the universe.

50 YEARS AGO: JULY 1973

The July 1973 magazine featured articles about Lester Hamm’s rose garden, the impact of the 4-H program and cash crop ideas for young people. View the entire July 1973 edition online at tnmagazine.org.
With temperatures nearing the triple digits in the peak of summer, on some hot Tennessee days, all you want to do is cool off, searching for any kind of a short reprieve from the sweltering heat. This is by no means a comprehensive list of Tennessee attractions where you can beat the heat. Make plans to visit these suggestions, or use them as starting points for planning your own refreshing escapes near your home or across the state.

**Frozen treats**

What’s a better way to cool off than ice? Cotton and Snow in Nashville takes snow cones to a new level by not only serving up unique flavors like lavender and maracujá but by also offering a wide variety of unique toppings like cotton candy, ice cream and boba pearls. If shaved ice isn’t your thing, there’s an array of other treats like the line of SnoBall drinks. Where else can you get cotton candy on your snow cone or a snowball in your lemonade?

**Stay safe around water**

If you’re taking to Tennessee’s waters, remember that all boats, including canoes and kayaks, must be equipped with one wearable personal flotation device for each person on board or for each person being towed. Find the state’s boating regulations at tn.gov/twra/boating and more safety tips at weather.gov/safety/safeboating. The American Red Cross offers a wealth of water safety information at redcross.org. Topics include drowning prevention and facts; home pool and hot tub safety; and safely swimming at the beach and in lakes, rivers and streams. Visit redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html or search for “Red Cross Water Safety” in your web browser.

Finally, Tennessee’s electric cooperatives remind you that water and electricity never mix. Keep electrical devices away from water, ensure that all outlets near water sources are equipped with ground fault circuit interrupters and never swim near a marina or running boat because they could energize the water. Find more tips at esfi.org.
Waterparks

Waterparks are a great way to slide into summer. Nashville Shores has over 20 attractions, including a wave pool, lazy river, lakeside Aqua Park, multiple slides and pools and the newest Riptide Racer, the longest ride of its kind that is over five stories tall and longer than a football field! Nashville Shores is celebrating its 25th anniversary this year and continues to be a staple when it comes to beating the heat in Tennessee’s capital city.

Nashville Shores
4001 Bell Road, Hermitage • 615-889-7050, nashvilleshores.com

Lake Winnie SOAKya Water Park
1730 Lakeview Drive, Rossville, Georgia • 706-866-5681, lakewinnie.com/chattanooga-water-park

Wave Country
2320 Two Rivers Parkway, Nashville • nashville.gov/departments/parks/water-activities/wave-country

Dollywood’s Splash Country Park
2700 Dollywood Parks Blvd., Pigeon Forge • 1-800-DOLLYWOOD, dollywood.com/waterpark

Splash pads

Splash pads are another cooling water destination, and there are many (usually free) options popping up all over the state! Some are in iconic locations like Chattanooga’s Coolidge Park, which has installed a circular fountain splash pad area with seven large animal fountains. Make sure to check the times and dates of operation because many splash pads are seasonal; Coolidge Park’s splash pad runs from Memorial Day to Labor Day, and the park is open from 6 a.m. to 9 p.m.

Mud Island Park
125 N. Front St., Memphis • 901-312-9190, facebook.com/MudIslandRiverPark

Coolidge Park
150 River St., Chattanooga • visitchattanooga.com/listing/coolidge-park/1271

Eiffel Tower Park
1020 Maurice Fields Drive, Paris • paristn.gov/splash-park

World’s Fair Park
963 World’s Fair Park Drive, Knoxville • 865-215-4311, worldsfairpark.org/worlds-fair-park/splash-pads

Photographs courtesy of Nashville Shores

Splash pad photographs courtesy of Coolidge Park
Museums

Museum visits are great ways to continue education into the summer months while also keeping out of the hot summer weather altogether. The Memphis Museum of Science and History has natural history and cultural history collections with over 42,000 items along with the historic Pink Palace Mansion. This summer, the museum has two exhibits that resonate in a musical city like Memphis: “America at the Crossroads: The Guitar and a Changing Nation” and “Grind City Picks: The Music That Made Memphis.” Museum exhibits cover a wide variety of educational topics; look up your local museum to see what kinds of exhibits it is offering this summer!

Aquariums and zoos

Aquariums and zoos are ideal places to beat the heat while also appreciating the wonderful wildlife around us. Tennessee Aquarium visitors can take a peek into marine life from all over the world in the Ocean Journey exhibit and also on the big screen in “Secrets of the Sea 3D” in the IMAX 3D Theater. Meanwhile, the River Journey exhibit celebrates the freshwater ecosystems of the Southeast, with interactive exhibits like the opportunity to pet a lake sturgeon. Visitors can be sure to leave with a deeper understanding of what can be found in the depths of our Tennessee rivers and lakes.
Caves

Caves are not only among the coolest places — temperature-wise — people could visit while exploring the outdoors during Tennessee summers but are also interesting areas to learn about Tennessee history, geology, biology and more. Dunbar Cave in the Clarksville state park of the same name is a great cave to visit because of its unique prehistoric significance — it has Mississippian Native American cave art from as early as the 14th century. Visitors are allowed to take scheduled tours in the cave May through September.

Stargazing

There’s nothing quite like reaching the end of a hot summer day and watching as countless stars fill the sky. Pickett CCC Memorial State Park is known for its night sky; it was the first park in the Southeast to earn a Silver-Tier International Dark Sky Park designation in 2015 and has a night sky similar to those found in many Western states. The park has an astronomy field open to the public year-round for stargazing. It’s good to note that most other state parks close around sunset and only allow overnight camp or cabin guests to stargaze on their grounds, so this activity might require some extra planning.
It can be hard to pin down exactly when a place became a major tourist attraction, but I recently discovered the month and year it happened to Gatlinburg.

In the early part of the 20th century, not many people visited Gatlinburg because it was so hard to get there. The road that led from Knoxville to Gatlinburg was a dirt path south of Sevierville. It was in such bad condition that the few people who had cars were reluctant to risk the drive.

In August 1920, an apple farmer named H.H. Oakley made the occasional journey from Gatlinburg in a wagon led by mules. “It takes him a day and a half to get here and the same time to return home,” the Knoxville Sentinel said.

Around that time, a reporter drove the route and had this to say about it: “From Sevierville we wound thru the mountains to Gatlinburg, being compelled to wait until the
car ahead of us had passed over bridges, lest the rickety things might give way."

In 1924, the biggest story out of Gatlinburg was when a man named Matt Ogle shot and killed Henry Owenby in an argument connected to a moonshine still. The news item about the crime spoke volumes about what the town consisted of at that time. “The shooting occurred on the store porch at Gatlinburg Wednesday afternoon,” reported the article. In other words, Gatlinburg had at least one still — and only one “store porch.”

The movement to turn the Smoky Mountains into a national park was turning the corner by this time, so it was obvious that the Sevierville-to-Gatlinburg road would be improved as part of Gov. Austin Peay’s road-building plan. However, the event that immediately caused the road to be hurried along took place about a hundred miles to the south.

In July 1925, national attention focused on Dayton and the trial between the state of Tennessee and substitute teacher John Scopes. To encourage the people attending the trial to visit the proposed national park, the new Tennessee Highway Department rushed to pave the road between Pigeon Forge and Gatlinburg. “The improvements were ordered on account of the visit expected to be made by the scientists, visitors and attorneys in the Scopes trial at Dayton, to the proposed national park area in the Great Smokies,” the Knoxville Journal reported on July 19, 1925.

So it was that, in July 1925, a road crew of about 40 men blasted rocks, widened and leveled the bed, and paved the road along the Little Pigeon River in Sevier County. They made such progress that, on Aug. 8, the Journal declared that “for the first time in history something worthy of the name of a road exists between Knoxville and Gatlinburg.”

Overnight, Gatlinburg went from a difficult-to-reach mountain village to a tourist destination. “Gatlinburg is now a suburb of Knoxville,” declared enthusiastic residents of the little summer resort, nesting at the foot of the great mountain divide between North Carolina and Tennessee,” the
Within weeks, the paper was filled with small items about families, church groups, Boy Scout troops and others visiting the place.

A year after the road was improved, a YMCA official named Barnett Napier stationed boys along the road between Pigeon Forge and Gatlinburg and instructed them to count cars. The findings? “Gatlinburg was visited by 510 cars last Sunday afternoon between the hours of 1 and 5 p.m,” the Journal reported on July 1, 1926. “Not more than 10 cars visited Gatlinburg on Sunday afternoon two years ago.”

The word “Gatlinburg” only appeared 11 times in Knoxville’s two daily newspapers in 1920. It was mentioned 180 times in 1925 and 227 times in 1926.

During the next few years, some of the stories published nationally about Gatlinburg made it sound like outsiders had found aliens from another planet. “It is only very recently that the children of the western Smokies have learned to play,” a travel writer for the Oakland (California) Tribune wrote in 1928. “Because of their shut-in existence the mountain people did not show their feelings and their children were sombre-looking little things who did not smile and laugh like ordinary children.” However, the article went on to say, “most of those same solemn faced boys and girls now know how to sing, run
and play and laugh.” The once-remote Gatlinburg “now boasts a fine new church, two excellent summer hotels, many new homes, three general stores, a barber’s shop, two small gift shops, and two antique shops.”

Gatlinburg’s first two hotels were the Mountain View Hotel (built by Andy Huff in 1919) and the Riverside Hotel (built by Dick Whaley in 1923). In the 1920s and for some years after that, these hotels reflected a different culture and lifestyle than we experience today. Their rooms had porches, rocking chairs and (of course) no air conditioning. Guests at the Mountain View Hotel hiked all day and sat down at family-style tables to dinners of fried chicken, boiled ham, creamed potatoes and fresh (but overcooked) vegetables.

After the road was paved, Huff and Whaley added new rooms and built new hotels. And I think it is safe to say that they and others like them haven’t stopped building hotel rooms in Gatlinburg since.

Finally, a personal note: Among the many Knoxville residents who made day trips to Gatlinburg during these early years was my grandmother, who graduated from Knoxville High School the same year the road was paved. Louise Dempsey liked the place so much that she moved into a small apartment there after she was widowed, which is why I spent so much of my teenage years there.

The following realization is staggering for me to contemplate: When I was wandering around Gatlinburg in 1974 — going to the Space Needle and Wax Museum and playing putt-putt golf — the year 1925 was as far removed (49 years) as the year 1974 is now. As much as Gatlinburg has changed in the last half century, it changed far more in the previous half century.

We’re searching for Tennessee’s most talented and gifted poets. Enter our next 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, Sept. 1. First-place poems will be published in the December 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.
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
CEMC area schools awarded $19,000 in TVA STEM grants

Five schools from Cumberland Electric Membership Corporation’s service area were recently awarded grants from the Tennessee Valley Authority, in partnership with Bicentennial Volunteers Inc. (BVI), a TVA retiree organization, to develop science, technology, engineering and math education projects to help spark student interest in future careers in STEM-related fields.

Teachers across TVA’s seven-state region applied for funding of up to $5,000 for projects, and a total of 238 applications were selected.

Schools that are awarded grants must receive their power from a local power company served by TVA. Receiving STEM grants from CEMC’s service area in 2023 were:

- Dover Elementary School — $5,000
- East Robertson Elementary School — $5,000
- Oakmont Elementary School — $5,000
- East Cheatham Elementary School — $2,500
- Portland Gateview Elementary School — $1,500

“TVA is committed to supporting STEM education to help develop today’s students into tomorrow’s engineers, scientists and IT professionals,” says Jeannette Mills, TVA executive vice president and chief external relations officer. “It’s inspiring to be able to contribute to the innovators of the next generation.”

Since 2018, TVA and BVI have awarded nearly $5 million in STEM grants to support local education. A full list of grant recipients and information on how to apply for future STEM grants can be found online at tvastem.com.
2024 CEMC calendar to showcase talented young artists

Cumberland Electric Membership Corporation’s 2024 Calendar Art Contest concluded this spring, and once again, we received numerous exceptional entries from talented students within our service area. Judging the contest is always a challenging task, and this year was no different! The winners have been chosen, and although the calendars won’t be accessible until November, we couldn’t resist providing a preview of some of our winning entries.

The contest winners will receive cash prizes, and their artwork will be featured in one of three distinct 2024 calendars that will be available for free at each CEMC district business office starting in November.

We extend our gratitude to all the talented students who submitted their artwork as well as the teachers and parents who encouraged their participation. We are already looking forward to next year’s entries!

Overall winner — Morgan Chancey
Clarksville High School

Maximilian Goldsmith
Stewart County High School

Joshua Williams
Jo Byrns High School
Director candidates must meet July 25 deadline

Members of Cumberland Electric Membership Corporation who are interested in serving on the board of directors can obtain petitions from the general manager’s office. Each petition must be signed by at least 15 members. The petition must be completed and turned back in by the deadline of Tuesday, July 25, which is 60 days prior to the 2023 annual meeting. This year’s meeting will be held Saturday, Sept. 23, at Rossview High School in Clarksville. An election will be held for the following director positions: North Stewart, North Montgomery, South Sumner and Director at Large. Anyone with a valid membership in good standing as of July 25 can vote in director elections. Those applying for membership after July 25 will not be eligible to vote in this year’s election but are welcome to attend the meeting and register for prizes. (CEMC Bylaws Article 3 — Section 3.05)

Notice to electric system consumers of investment in commercial broadband

The Tennessee Valley Authority has authorized Cumberland Electric Membership Corporation to loan an additional $23.6 million to Cumberland Connect to facilitate the final phases of fiber deployment, which in total is projected to cost $225 million. The loaning of these funds is not anticipated to have any rate impact, and CEMC will be repaid in full, with interest, over the next 14 years. This notice is being provided to CEMC’s members pursuant to TVA’s regulatory transparency requirements. Any questions regarding this broadband investment should be directed to: Mark Cook, Manager, Broadband Division, 1940 Madison St. P.O. Box 3300 Clarksville, TN 37043 931-645-2481, ext. 1117, or mcook@cemc.org.

CEMC/Cumberland Connect sponsor Portland’s Strawberry Festival

Thank you to everyone who stopped by the CEMC/ Cumberland Connect booths at the 82nd Annual Middle Tennessee Strawberry Festival May 13 in Portland. CEMC and Cumberland Connect are proud sponsors of the Strawberry Festival, and we look forward to this fun event every year. If you missed seeing us this year, be sure to look for us in 2024!
CEMC Member Appreciation Day draws record crowd

Cumberland Electric Membership Corporation’s annual Member Appreciation Day was held Thursday, May 11, and this year’s event was the largest one yet! Despite the rain, more than 1,800 members and guests joined us for a free lunch of hot dogs, chips, cookies and soft drinks across all district offices. In addition to lunch, members also received giveaways as a token of our appreciation for their business.

A drawing was also held at each location, and each of these members won an electric grill:

- Ashland City — Grady Toler
- Clarksville — Michael Vicars
- Dover — Pennie Byard
- Portland — Patricia England
- Springfield — Seth Hudson
- White House — John Pink

Be sure to watch future issues of The Tennessee Magazine as well as CEMC’s website and social media pages for information regarding next year’s event. We hope to see you there!
Keep fireworks away from power lines

Whether you’re in charge of a fireworks display for your community or just having fun with your kids and some sparklers, put safety above all else this Fourth of July.

First, steer clear of power lines. A fireworks display, no matter how grand or how modest, should take place only in an open area where there are no power lines at all. Fireworks that come into contact with power lines can start a fire, injure spectators and leave nearby homes without electricity.

But the kind of fireworks that you shoot into the sky aren’t the only ones that can start fires. Even sparklers burn hot enough to start a fire; in fact, they can burn up to nearly 2,000 degrees.

Officials advise parents not to give sparklers to their children and to keep the kids far away from the site of a fireworks display. Never let them help set up a fireworks show or light the fireworks.

Cumberland Electric Membership Corporation wishes you and your family a safe and happy Independence Day. Our offices will be closed for the holiday on Tuesday, July 4; however, CEMC personnel will be available in the event of an outage by calling or texting “OUT” to 800-987-2362 or by using the SmartHub mobile app.

Six ways to cool off a hot room

1. Keep heat and sunlight out of indoor rooms during the day by closing windows and window coverings.

2. Open those same windows overnight to let cool, nighttime air into your house.

3. If some windows are naturally shaded by trees or shadows, open them during the day. Opening more than one can create a cross-breeze that will quickly cool off the house.

4. Switch the direction of ceiling fan blades. In the summer, blades should spin counterclockwise to push cool air down into the room. Turn the fans off when nobody is in the room.

5. Add an energy-efficient portable dehumidifier to a room that tends to be too warm. Humidity can make a hot room feel even hotter. Removing the humidity makes the room feel cooler.

6. Use the microwave or outdoor grill to cook dinner. Heat-producing indoor appliances like the stove, dishwasher and clothes dryer lose a lot of heat to the air in the room. Wait until after dark when it’s cooler outdoors to turn on appliances.
One of the most incredible things about the internet is how it gives everyone access to new technologies and services previously available only to some. Telemedicine and virtual healthcare are prime examples, and these innovations have become more commonplace in recent years — particularly in light of the COVID-19 pandemic. Virtual healthcare has many advantages compared to traditional in-person care, especially for those in rural communities who might not have care facilities close to home. Read on to discover the benefits of telemedicine and how it can change the way you receive healthcare.

One of the primary benefits of telemedicine and virtual healthcare is convenience. Patients can receive medical care from the comfort of their homes without traveling to a doctor’s office or hospital. Not having to travel for healthcare access is particularly beneficial to patients with mobility issues who live in rural areas or have busy schedules that make it difficult to see a doctor in person. Many virtual healthcare apps even allow you to connect with a care provider within the hour for minor issues, eliminating the hassle of waiting hours for an appointment. Your online provider can also write and issue prescriptions directly to your pharmacy. And because you can use your mobile device to connect with your care provider, you have the convenience of receiving healthcare from practically anywhere, anytime.

Another benefit of telemedicine and virtual healthcare is cost savings. Remote consultations are often less expensive than in-person visits, particularly when it comes to follow-up appointments or routine check-ups. This can be particularly helpful for patients on tight budgets or with limited access to healthcare services. Many telemedicine apps will work with your health insurance or do not require insurance at all (make sure to look at the pricing before booking an appointment). Your health insurance might already have a specific telemedicine service tied to it, making it even easier to get started with remote healthcare.

Healthcare professionals can also use telemedicine and virtual healthcare to provide specialized care. For example, patients with chronic conditions or rare diseases could have difficulty finding specialists in their areas. Many of the communities in our area do not have a hospital nearby, and patients who require care from a specialist would ordinarily need to drive to another town or even longer distances to receive care. However, with telemedicine, these patients can receive care from specialists anywhere in the world without traveling.

Finally, telemedicine and virtual healthcare can help improve patient outcomes. Consistency is vital when it comes to staying healthy, and patients who have access to care through simple, convenient means like telemedicine are more likely to follow through with treatment plans and attend follow-up appointments. This can lead to better health outcomes and overall higher quality of life.

Overall, telemedicine and virtual healthcare offer many benefits for patients and healthcare providers alike. From convenience and cost savings to specialized care and improved patient outcomes, these technologies have the potential to revolutionize the way we receive and provide medical care. As long as you have a reliable internet connection, you can always have access to healthcare that keeps you and your family happy and healthy.
HOME ENERGY Q&A

Save money by finding and fixing air leaks

Q: I like the style of my front door, but it is drafty. Can you recommend ways to fix the drafts and make it more energy efficient?

A: The front door of your home has a lot of meaning. It sets the stage for the home and is the first impression for your guests. Beyond curb appeal, the front door is a good place to look for energy savings.

Efficient exterior doors seal tightly and don’t allow air to pass through. Limiting airflow from exterior doors can result in lower heating and cooling costs. Throughout the years, the construction of exterior doors has improved to increase their efficiency. If your door is older, it likely is not insulated.

There are two strategies to address an inefficient front door: Purchase a new one or work with what you have.

If you want to replace your front door for aesthetic purposes, make it more functional or improve its efficiency, consider upgrading to an Energy Star-certified model. The Energy Star certification ensures the door you buy meets efficiency criteria for your local area. It also means the National Fenestration Rating Council independently tested and verified the door.

Certification requires any windows in the door to be double or triple pane to reduce heat flow, which results in a more efficient home. While windows in doors offer aesthetics, more glass means less efficiency. Energy Star offers different criteria based on the amount of glass the door has. That means that the bigger the windows in a door, the lower the efficiency. The most efficient doors have no glass or windows in them.

U-factor is the primary rating for efficiency on doors and windows. U-factor is the inverse of R-value, which is the rating used for insulation. Unlike R-value where higher is better, the lower the U-factor, the more energy efficient the door. Check the U-factor on Energy Star doors at your local hardware store or online to help choose the most efficient door in your preferred style.

Energy Star-certified doors are made of the most efficient materials such as fiberglass, wood cladding and steel with polyurethane foam core. They are built to fit snugly into their frames, reducing drafts and airflow.

When it comes to doors, you don’t have to sacrifice style for efficiency. There are many styles available to match the architecture, whether your home is historic or modern.

When completely replacing a door and the frame, you can use expanding foam or caulk to fill the space between the door jamb and structural framing. Energy Star doors have specific installation instructions to ensure the desired efficiency.

If a new door isn’t in your budget, there are less expensive options to reduce air leakage and improve your home’s efficiency.

All of that coming and going throughout the years can wear out weather stripping. If you can see daylight around the edges of the door or underneath it, it’s time to stop those air leaks.

Weather stripping around the door jamb can be adjusted to make a snug seal or replaced if it’s too far gone. Apply one continuous strip along each side, and make sure it meets tightly at the corners.

There are many different types of weather stripping products on the market, so shop around for what’s right for you. Don’t forget the door sweep at the bottom of the door.

Replacing or improving your front door can help you save without compromising the aesthetics of your home. Photos by Mark Gilliland, Pioneer Utility Resources
Adding a storm door can also help and is less expensive than replacing the entire door. Most storm doors have options for using a screen or glass. Swapping the screen for the glass insert can help save energy in both the winter and summer if you use air conditioning. Consider a storm door that’s easy to switch between glass and screen so you can maximize the benefits.

Open the door to energy savings by improving the efficiency of your exterior doors — without compromising the aesthetics of your home.

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.

If you can see daylight around the edges of the door or underneath it, seal in those air leaks with weather stripping and a door sweep.

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We hate those pushy sales guys too.
On May 24, the world lost a legend. But West Tennessee lost a native daughter who went from picking cotton with her family as a child to the top of the musical world as a multiple Grammy Award winner and inductee into the Rock & Roll Hall of Fame. The mere mention of her name possibly has caused “Proud Mary” or “What’s Love Got to Do with It?” to start playing in your head as you read this.

Turner, who became known as the Queen of Rock ‘n’ Roll, was born as Anna Mae Bullock in 1939. She grew up in Nutbush, a tiny community of fewer than 300 people in Haywood County. Turner has been beloved for decades all around the world but perhaps nowhere more than in Nutbush and nearby Brownsville — which is connected to Nutbush by the Tina Turner Highway, hosts the annual Tina Turner Heritage Days and is home to the Tina Turner Museum at the West Tennessee Delta Heritage Center.

“Tina definitely put Nutbush on the map,” says Sonia Outlaw-Clark, director of the West Tennessee Delta Heritage Center. “Her song ‘Nutbush City Limits’ gained international recognition, and although it never had city limits, there are people from all over the world who travel here to walk in her childhood footprints.”

The small farming community still consists of an operating gin and a church, but the school is gone, and the old stores are closed. Visitors will find a sign above the now closed store that reads “Nutbush — Birthplace of Tina Turner.” It’s a popular spot for pictures. State Route 19, now named Tina Turner Highway, is another great photo opportunity for visitors.

“There is a great sense of local pride to be the hometown of a music legend and the Queen of Rock,” Outlaw-Clark says.
Tina Turner Museum

Though the Tina Turner Museum is only one of the impressive offerings at the West Tennessee Delta Heritage Center in Brownsville, it’s an important one. In fact, it’s the only museum dedicated to Turner in the world. The museum is located inside the one-room Flagg Grove School that Turner attended as a child and that was moved to the grounds of the heritage center in 2012. After two years of restoration, it opened in 2014.

“What had originally been planned as a three-year project was completed in two, and we were able to open the school a year earlier than anticipated, largely due to the contributions of Tina, locals and fans who contributed to the restoration,” Outlaw-Clark says.

The Flagg Grove School’s connection to Turner goes back to before she was born. It was built by her great-uncle in 1889. Furnishings such as the desks, benches and chalkboard are original to the school, giving it an even more authentic flavor. Among the exhibits are her high school yearbook, some of her gold records and stage costumes, and other memorabilia.

You’ll also learn about Turner’s respect for education. You can watch a video on the museum’s website in which Turner talks about memories of going to Flagg Grove School and how important she believed education to be.

“We hope people will visit and take away a sense of how important education is; that no matter your circumstances, you can accomplish greatness; and that there is no substitute for determination and perseverance,” Outlaw-Clark says.

You won’t want to miss the other museums available on site while you are visiting. These include the Sleepy John Estes Home, which focuses on the life and musical contributions of the blues pioneer; the West Tennessee Music Museum, where you’ll learn not only about Turner and Estes but also other West Tennessee musicians such as influential rock guitarist and songwriter Carl Perkins and the King of Rock ’n’ Roll Elvis Presley; the West Tennessee Cotton Museum, which explores how this crop has shaped the region; and the Hatchie River Room, dedicated to this wild river and its rich ecosystems.

The museum is open Tuesday through Saturday, 9 a.m. to 5 p.m., and Sunday, 1 to 5 p.m., excluding major holidays.

Tina Turner Heritage Days

The first Tina Turner Heritage Days took place in September 2012 when a group of fans decided they wanted to come and celebrate saving the school. The West Tennessee Delta Heritage Center has kept it going since then.

Typically, the event draws between 100 and 150 people, but Outlaw-Clark anticipates that number being larger this year in light of Turner’s passing. The center is already receiving inquiries, and between 800 and 1,000 people attended a twilight memorial held on the lawn of the Tina Turner Museum May 28, so an increase in attendance wouldn’t be a surprise.

The great thing about Tina Turner Heritage Days, Outlaw-Clark says, is that many people come not knowing anyone and leave a part of what is referred to as the TinaFam.

“There is a great sense of family and closeness that develops as the fans meet each other and begin sharing their love for Tina and their stories of how she has inspired them,” she says. “It’s special, and we hope that feeling continues regardless of the crowd size.”

This year’s event, scheduled for Sept. 22-24, celebrates the 50th anniversary of Turner’s “Nutbush City Limits.” Events include a fan art competition, Tina’oke (karaoke), tours of Nutbush, a concert and Sunday services at Turner’s home church, Woodlawn Missionary Baptist.

Tina Turner Heritage Days: tinaturnerheritagedays.com; Tina Turner Museum at the West Tennessee Delta Heritage Center: 731-779-9000 or westtnheritage.com/ tina-turner-museum
One of the most diverse landscapes in Tennessee is located where you might least expect it. Situated not far from where Tennessee shares a state line with Mississippi in McNairy County, Big Hill Pond State Park is well worth the trip to this rural part of the state.

“The diverse landscape is what makes Big Hill Pond so unique and tranquil,” says Park Manager Justin King. “On a day hike one can start in the low-lying cypress swamps at Big Hill Pond, which looks like a smaller version of Reelfoot Lake, pass through the Dismal Swamp on a half-mile elevated boardwalk and then ascend to some of the highest points in McNairy County, passing through numerous rock outcroppings that would remind you of the mountains in East Tennessee, where you can climb a 70-foot tall observation tower that overlooks the area as well as some of north Mississippi. There are little bits and pieces of the park reflected across the entire state.”

The mixture of swamps, forests and bottomland makes Big Hill Pond a rich environment for visitors to enjoy the outdoors as well as being home to many different species.
The pond
The park’s name is based on, to no one’s surprise, a large pond. In fact, it’s a 35-acre pond. Need help visualizing how big that is? Think of an American football field, something that sits near a large percentage of high schools in Tennessee and across the nation. An acre equals roughly 90 percent of a football field, not including the end zones.

Have that image in your mind? Now multiply it by 35.

Yeah, it’s a really big pond.

It was created in 1853, eight years before the Civil War started, when soil was scooped away to build levees across the Tuscumbia River and Cypress Creek bottomland for the Memphis and Charleston Railroad. More than 100 years later, the pond became the centerpiece of a new state park established in 1977.

The cypress trees that have grown in and around the pond during the many decades since that soil was removed and the hole filled with water is what gives this part of the park its Reelfoot Lake feel. While doing research for park management plans, King has read that Big Hill Pond is the largest pond in the state, though he’s not 100% sure that’s true.

So why is it a pond and not a lake? Though there can be some disagreement, the differentiation between the two bodies of water comes down to size and depth. Lakes are usually larger and deeper.

Fishing and paddling
As you might expect of a park named for a body of water, fishing is popular here. Between the pond and the 165-acre, spring-fed Travis McNatt Lake, the park is an angler’s paradise. In fact, the lake is designated a Bill Dance Signature Lake by the famous fisherman. Bass, bream, catfish and more might find their way to the end of your fishing line.

Access to Big Hill Pond is by boat only because of the swamp that surrounds it, and a four-wheel-drive vehicle is needed to access the steep boat ramp. Boats can only be propelled via electric motors and paddles.

If canoeing and kayaking are more to your liking, you can’t go wrong with doing either here. Between Memorial Day and Labor Day, you can even rent kayaks and canoes in the park on a first-come, first-served basis.

Hiking, biking and riding
If you like having good, solid earth beneath your feet rather than water, there are plenty of ways to enjoy the more than 4,100 acres that make up the park property. A walk in the woods can be restorative and peaceful as well as good exercise. The park has 10 trails to choose from, varying in length from the 0.3-mile Big Hill Pond Access Trail that is rated easy to the 6-mile Horse Trail, which also accommodates mountain bikes.

Along both the Turkey Call and Tuscumbia trails, you can climb to the top of a 70-foot lookout tower for some impressive views of the area.

Birding
With such a varied array of habitats within the park, it’s a great place to observe many types of birds. You’ll want to bring your binoculars and camera in case you spy woodland birds such as the Carolina chickadee or tree swallow, water birds such as the blue-winged teal and double-crested cormorant, and birds of prey like bald eagles and osprey.

Camping
While the park does not have a lodge, there are 28 primitive campsites. These gravel sites can accommodate trailers up to 20 feet, but note that there is no dump station or hook-ups — though that will be changing in the future. There is a central bathhouse, and each campsite has a grill and picnic table.

Also available to rent are three primitive group camps and four hike-in shelters, three of which are remote. No backcountry camping is allowed.

Gathering spots
The focal point of the park’s unique, rustic spot to hold an outdoor wedding or other type of gathering is a sandstone chimney dating to the 1800s. There's a modest rental fee, and reservations can be made by calling the park office.

Two picnic shelters are also available for rental up to a year in advance. Equipped with tables, grills and restroom...
access, these pavilions can seat 48 to 96 people, depending on the shelter.

Run, run, run

One of the memorable things to happen during King’s tenure at Big Hill Pond is how something he initially laughed at ended up becoming a big draw for the park.

In the spring of 2017, the McNairy County Chamber of Commerce held a 10K race at the park to help raise money to purchase canoes. A group of guys approached King after the race wanting to do a 50K foot race at the park.

“I laughed and said, ‘Yeah, right. Put a plan together and present it, and we will see.’ A few months later there was a plan with a course and potential sponsors. I saw then I needed to take these guys seriously, and we set a date for Oct. 20, 2018, and the Walking Tall 50/25K race was formed and some great friendships made with Brian Williams, Sean Hilsdon and Tod Pitts. We are on our sixth year and have had over 30 states represented at the park and one runner from Great Britain.”

Silver lining

Not much positive can be said of the pandemic years we’ve all endured, but there has been a bit of a silver lining for Big Hill Pond. Like other parks across the state, Big Hill Pond became a refuge in those dark days and was discovered by a lot of people.

“We met new visitors daily coming out to enjoy the park’s hiking trails and Travis McNatt Lake,” King says. “Our visitation doubled during this time. It was stressful managing so many people in the park at one time with a very small staff, but it was great to see so many people taking advantage of this hidden gem in West Tennessee.”

The increase in visitation did cause some concerns, including first-time hikers who were not aware of their physical limits.

“Big Hill Pond has huge elevation changes on every trail, making most trails moderate hiking. The weekend before parks closed, we had 97 parked cars in one parking area where we usually see 15 to 20 on an average weekend day.”

King says the park has been able to retain a lot of those higher visitation numbers, which has allowed staff to make improvements to the park that keep people coming back.

“Over the past two years, we have installed an 18-hole disc golf course; improved an observation area on Travis McNatt Lake; remodeled our boat house, adding a gift shop; opened a camp store; remodeled the park office and gift shop; installed a new basketball court and a pickleball court; and revamped our park aviary where we house five birds of prey. The greatest achievement was that we received funding for the remodel of the campground and the Dismal Swamp boardwalk. We are very excited about these two projects as the campground is getting hook-ups, and the boardwalk will be 100% replaced.”

Meant to be

For King, being park manager at Big Hill Pond is a dream come true. His ties to Big Hill Pond are strong and deep. A native of McNairy County, his first job at Big Hill Pond came about as a result of helping fight a fire in the park while he was home from college on winter break.

“There was a fire page that went out over my grandfather’s fire department radio that there was a fire at Big Hill Pond,” he says. “We were the first ones on scene where previous Park Manager Jim Harrison had a boat to carry us to a fire on the far side of Travis McNatt Lake. He gave me a backpack blower and asked if I could get around the fire to make a fire line. I ended up putting it out rather quickly, and he then asked if I had a job for the summer.”

Thus began a series of positions at Big Hill Pond — seasonal laborer, maintenance department, interim park manager and eventually park manager beginning in 2019. In the midst of that was some time at Chickasaw State Park in Henderson. King says his time in the maintenance department at Big Hill Pond is when he truly found his passion for serving people.

“I had a great mentor in Wilford Holmes, who taught me how to care for the park and our visitors.”

Some people have to leave home and go far away to chase their dreams, but King had a much shorter journey.

“I grew up less than 2 miles from the park, so I spent a lot of time here as a kid,” he says. “This played a huge role in me wanting to work at Big Hill Pond. Now that I am park manager, I am trying to create and improve things that I saw and wanted as a kid. It’s like living my childhood dream every day as we are meeting a lot of our goals.”

Big Hill Pond State Park

For more information, visit the park’s website at tnstateparks.com/parks/big-hill-pond, or call the park office at 731-645-7967.
No one knows Tennessee better than our readers, and that’s why we need your help in selecting the Best of Tennessee for our 2023 Readers’ Choice Awards. The program highlights readers’ favorites in 25 individual categories — from food and drink to entertainment and outdoor activities.

To enter, simply visit tnmagazine.org/BOT23 and fill out the nomination form with your choices for each category. You can nominate as many businesses and attractions as you like.

“By participating in the Best of Tennessee Readers’ Choice Awards, you are not only recognizing the best of what Tennessee has to offer, but you’re also joining a community of passionate and dedicated individuals who are proud to call this state their home,” says Chris Kirk, editor of The Tennessee Magazine. “So let your voice be heard, and help us shine a spotlight on the places and experiences that make Tennessee truly special.”

Just for nominating your favorites, you’ll be entered in a sweepstakes for great Tennessee-themed prizes. Packages include a gift certificate from Tennessee State Parks for a stay in a cabin or lodge, a basket of locally made artisan foods from Pick Tennessee Products and $250 from The Tennessee Magazine.

Don’t wait — head to tnmagazine.org/BOT23 to submit your nominations today and be entered in the sweepstakes for a chance to win some fantastic prizes. Together, we can celebrate and recognize the best of Tennessee and all the amazing places and experiences it has to offer.
Sit, stay and eat your hush puppies. Fry these summer favorites to perfection with our tasty recipes.
The thing that’s so fun about watching a dog show is experiencing all the different varieties of canines in their most perfect forms. The same can be said about hush puppies. Do you think hush puppies are just those little greasy balls of dough from fast food venues? REAL hush puppies bear little resemblance. These fresh, fun variations fried just long enough at the correct temperature will win Best of Show.

**Crab Hush Puppies**

Yield: 6-8 servings

- Peanut or vegetable oil
- 1 cup self-rising cornmeal mix
- ¾ cup self-rising flour
- 4 green onions (green parts only), sliced
- ½ cup finely chopped red bell pepper
- 1 tablespoon sugar
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- 1 (8-ounce) package fresh lump crabmeat, drained
- 1 egg, room temperature
- ¾ cup beer, room temperature

Cocktail sauce

Pour the oil to a depth of 3 inches in a deep cast-iron pot. Place over medium-high heat and attach a deep fat thermometer. Bring to 350 degrees. Meanwhile, in a mixing bowl, stir together the cornmeal mix, flour, onions, bell peppers, sugar, salt and pepper. Add the crabmeat, egg and beer, stirring just until moistened. Set aside for 10 minutes. Carefully drop batter by tablespoonfuls into the hot oil being careful not to overcrowd the pan. Fry in batches for 3 minutes or until golden brown, turning once. Drain on a platter lined with paper towels. Serve warm.

**Hoppin’ John Puppies**

Yield: 8-10 servings

- Peanut or vegetable oil
- 1 (15-ounce) can black-eyed peas, drained and rinsed
- 1 cup self-rising cornmeal mix
- ¾ cup all-purpose flour
- 1 cup chopped cooked ham
- 2 green onions (green parts only), sliced
- 2 garlic cloves, peeled and minced
- 1 small jalapeño pepper, seeded and finely minced
- 1 teaspoon baking powder
- ½ teaspoon black pepper
- ½ teaspoon paprika
- ½ cup buttermilk, room temperature
- 2 eggs, room temperature

Pour the oil to a depth of 3 inches in a deep cast-iron pot. Place over medium-high heat and attach a deep fat thermometer. Bring to 350 degrees. Meanwhile, in a mixing bowl, stir together the peas, cornmeal mix, flour, ham, onions, garlic, jalapeños, baking powder, pepper and paprika. Make a well in the center and add the buttermilk and eggs. Stir just until moistened. Set aside until the oil reaches the proper temperature.

Carefully drop tablespoonfuls of batter into the hot oil. Fry in batches so you don’t overcrowd the pot. Fry 4 minutes or until golden brown, turning once. Drain on a platter lined with paper towels. Serve warm.

**Basic Hush Puppies**

*Use this recipe for serving with fish, or use it as the basis for any of the variations listed after.*

Yield: 8-10 servings

- Peanut or vegetable oil
- 1½ cups self-rising cornmeal mix
- ¾ cup self-rising flour
- 1 small sweet onion, peeled and finely diced (⅛ cup)
- ⅓ tablespoons sugar
- 1 egg, room temperature
- 1½ cups buttermilk, room temperature

Pour the oil in a large, deep cast-iron skillet (or Dutch oven) to the depth of 3 inches. Place over medium-high heat and clip a deep fat thermometer to the side of the skillet. Make sure the tip doesn’t touch the bottom of the skillet but is in the oil. Heat to 350 degrees. Meanwhile stir together the cornmeal mix, flour, onions and sugar. Make a well in the center and add the egg and buttermilk. Stir just until moistened. Set aside for 10 minutes. Line a tray with paper towels and set aside. Drop tablespoons of batter carefully into the hot oil. Do not overcrowd the pan. Fry in batches for 2 minutes, then carefully turn with a slotted spoon and fry 2 minutes longer or until brown on all sides. Remove with a slotted spoon and drain on the paper towel-lined tray. Serve warm. If necessary, keep warm in a preheated 200 degree oven until serving.

**Hush puppies with a twist**

**Bacon Hush Puppies:**

Add into the cornmeal mixture 4 bacon slices that have been cooked and crumbled. Proceed with the recipe as directed.

**Beer Batter Hush Puppies:**

Decrease the self-rising flour to ½ cup and eliminate the buttermilk. Add ½ cup beer (add a couple of tablespoons more if the batter is too thick), 1 teaspoon of Worcestershire sauce and a dash of hot sauce. Proceed with the recipe as directed.

**Caramelized Onion Hush Puppies:**

Before preparing the batter, place 2 tablespoons bacon drippings in a large skillet over medium heat. Increase the onion amount to 1½ cups chopped and add to the hot grease. Sauté for 13-15 minutes, stirring only occasionally or until the onions are golden brown. Remove from the heat and allow to cool for 30 minutes before proceeding with the recipe as directed.
Cheesy Hush Puppies:
Add 1 cup finely shredded sharp Cheddar cheese to the cornmeal mixture. Proceed as directed with the recipe. (Great served with tomato soup!)

Chili Powder Hush Puppies:
Add 1½ teaspoons chili powder and ¼ teaspoon paprika to the cornmeal mixture. Proceed as directed with the recipe. (Great served with baked or broiled fish or chicken)

Corn Hush Puppies:
Add 1 small (8.5-ounce) can cream-style corn to the cornmeal mixture. Decrease the buttermilk to ¾ cup and proceed with the recipe as directed.

Hot Pineapple Hush Puppies:
Add ½ cup drained pineapple tidbits (large pieces) and 1 large jalapeño pepper, seeded and finely minced, to the cornmeal mixture. Proceed with the recipe as directed. (Great served with ham or pork)

Shrimp Hush Puppies:
Add 1 cup small salad shrimp (drained well if frozen and thawed) to the cornmeal mixture. Decrease the buttermilk to 1 cup initially, then add the remaining buttermilk if the batter seems too thick. Proceed with the recipe as directed.

Sweet Pepper Hush Puppies:
Add ⅓ cup diced red bell peppers and ⅓ cup diced green bell peppers to the cornmeal mixture. Proceed with the recipe as directed.

Hush puppy hints:
• Rumor has it that hush puppies were originally a dog treat. Supposedly Southern fishermen fried nuggets of batter to toss to begging and barking pups with the command, “Hush puppies!”
• Make sure you pour the oil deep enough to completely submerge the dough balls. Otherwise you can have uneven cooking.
• A deep fat or candy thermometer is a must for heating the oil. Clip it to the side of the pot before you begin and never go higher than medium-high heat.
• Take the oil to 350 degrees. Lower temperatures can give you a greasy end product.
• Bring refrigerated ingredients to room temperature. This lessens the likelihood of pulling the oil temperature down when you add the dough.
• Only stir the batter until combined. Overworking it by excessive stirring can yield a dense hush puppy.
• Don’t overcrowd the frying vessel. You want to make sure the dough has plenty of room to move around and evenly brown.

Tips and tricks

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.

Rosemary writes: “I need your help with making salmon croquettes. My husband loves them and wants me to use his mom’s recipe, but I hate making them. They never seem to firm up for pan frying. Is there something I can do to help this without significantly altering the recipe? Thank you!”

Rosemary, I have the perfect solution for you. In a ½ cup dry measure, add 1 teaspoon unflavored gelatin and soak in 2 tablespoons cold water. While it is soaking, heat ¼ cup water in a glass measuring cup in the microwave until very hot. Place the gelatin mixture over the hot water and allow it to sit for about 5 minutes to dissolve. Stir the gelatin mixture into your croquette mixture and allow it to sit for 15 minutes to firm up. The heat of cooking will dissolve the gelatin. You’ll have a crispy outside and soft inside.

Robert asks: “How can I thicken my vegetable homemade soup that I canned last summer? The taste is excellent, but it isn’t substantial like I want it to be. I don’t like using cornstarch or arrowroot, which seem to be what everything online says to do.”

Roberta, use some of the same ingredients you include in the soup to thicken it up. If you have extra canned or frozen tomatoes, peppers, corn, beans or peas, just puree some of the extra in the food processor and stir into the soup. It won’t change the flavor but will serve as an enhancer. If you don’t have extra of the ingredients, pull some from the soup mixture itself.
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Independence Day
Anvil Shoot Celebration

**July 4 • Museum of Appalachia, Clinton**

While most Americans celebrate Independence Day with fireworks, the Museum of Appalachia marks the occasion with an old-fashioned “anvil shoot.” Every Fourth of July, the museum uses gunpowder to launch a 200-pound anvil hundreds of feet into the air!

Anvil shoots were once a common way for pioneers to commemorate holidays, elections and other special occasions. While the tradition of anvil-shooting is nearly obsolete, the museum has made it a nearly 30-year tradition, striving to keep this piece of history alive for a 21st century audience.

Anvil shoots will occur at 10 a.m., 11 a.m., noon, 1 p.m., 2 p.m. and 3 p.m. The anvil shoot is the centerpiece of an all-day celebration that includes a national bell-ringing ceremony, flag procession, live music, Southern food and demonstrations from blacksmiths, beekeepers, dulcimer makers, spinners, weavers, rail splitters and more.

**West Tennessee**

**Now through July 2 • Disney’s Frozen,** Orpheum Theatre, Memphis. 901-525-3000 or orpheum-memphis.com

**July 1-2 • All-American Weekend,** Graceland, Memphis. 901-332-3322 or graceland.com/july-4

**July 12-15 • Jackson Sings the Gospel,** Carl Perkins Civic Center, Jackson. 941-756-6942 or billbaileyconcerts.com

**July 13 • Summer Celebration,** West Tennessee AgResearch and Education Center, Jackson. 731-425-4751 or westtn.tennessee.edu/summer-celebration

**July 16 • Farmfest,** Exchange Place Living History Farm, Kingsport. 423-288-6071 or exchangeplace.info

**Aug. 4-5 • Antique Tractor Show,** Discovery Park of America, Union City. 731-885-5455 or discoveryparkofamerica.com/event/antique-tractor-show-2

**Middle Tennessee**

**July 2 • Food Trucks and Fireworks,** the Bridge Church, Spring Hill. 931-215-4800 or foodtrucksandfireworks.com

**July 3 • Turning of the Pig BBQ,** Louise Martin Park Ballfields, Greenbrier. greenbrierboosters@gmail.com

**July 4 • Run For Hunger Benefiting The Well Outreach,** Summit High School, Thompson’s Station. 615-302-9355 or july4thrun.itsyourrace.com

**July 8 • Annual Iris Sale — Middle Tennessee Iris Society,** Crievewood United Methodist Church, Nashville. 615-452-1263

**July 8 • Dino Days Crafts Show,** Coffee County Fairgrounds, Manchester. 931-841-5584 or facebook.com/oliverswoodandfabric

**July 14-15 • Scooby Doo Mystery Dinner,** Springhouse Church, Smyrna. 615-751-4030 or specialeventsspringhousesmyrna@gmail.com

Submit your events

Complete the form at tmagazine.org or email events@tnelectric.org. Information must be received at least two months ahead of the event date, and we accept submissions up to a year in advance. Due to the great demand for space in each month’s issue, we cannot guarantee publication. Find a complete listing of submissions we’ve received at tmagazine.org/events.
July 26-29 • James D. Vaughan Quartet Festival, Crockett Theatre, Lawrenceburg. 931-762-4231 or lawrenceburgtn.gov

July 28-29 • 2023 Tennessee Book and Paper Show, Tennessee State Library and Archives, Nashville. 423-921-9017 or tennaba.org

July 29 • Annual Swiss Celebration, Stoker-Stampfli Farm, Gruetli-Laager. 931-235-3029 or swishistoricalsociety.org

July 29-30 • 64th Annual Mountain Market for Arts & Crafts, South Cumberland Chamber of Commerce, Monteagle. 931-924-5353 or southcumberlandchamber.com/mountain-market

East Tennessee

July 1 • Red, White and Boom, historic Tellico Plains Town Square. 423-253-6530 or 615-347-0086

July 1-2 • Big Mouth Bluegrass Festival, the Caverns, Pelham. 931-516-9724 or thecaverns.com/featured/big-mouth-bluegrass-festival

July 14 • Fireworks Friday — Lookouts vs. Braves, AT&T Field, Chattanooga. 423-267-2208 or milb.com/chattanooga

July 14-16 • Footloose, the Musical — the Wordplayers, Bijou Theatre, Knoxville. 865-522-0832 or knoxbijou.org/events

July 15 • ETAC Pop-Up Art Camp, Madisonville Presbyterian Church Family Life Center. 423-404-8175 or easttnartscenter.com

July 22 • Sierra Ferrell, Blue Ridge Music Center, Galax, Virginia. 866-308-2773 or blueridgemusiccenter.org

July 28-29 • 17th Annual Xtreme Roan Adventures Kid’s Naturalists’ Rally, Roan Mountain State Park, Roan Mountain. friendsofroan@gmail.com or friendsofroanmtn.org

July 29-30 • 64th Annual Monteagle Mountain Market for Arts & Crafts, South Cumberland Chamber of Commerce, Monteagle. 931-924-5353 or southcumberlandchamber.com
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 Tuesday, Aug. 1. Winners will be published in the September issue of The Tennessee Magazine.

May Flag Spotters

Thanks for the postcards and emails again this month identifying the correct location of the flag, which was found on the passport on page 10. Winners are drawn randomly from each month’s entries. May’s lucky flag spotters are:

Kay Fultz, Troy, Gibson EMC
Thomas Brandon, Lewisburg, Duck River EMC
John Jaynes, Rogersville, Holston EC

Artist’s Palette

Assignment for July

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 — July, P.O. Box 100912, Nashville, TN 37224. (Please make sure you include the month on the outside of the envelope!) Only one entry per artist, please.

Deadline: Art must be postmarked by Tuesday, Aug. 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 September 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: Gracie Grandi, age 16, Sequachee Valley EC; Second place: Marcus Springen, age 16, Middle Tennessee Electric; Third place: Maritsa Castillo Gonzalez, age 17, Middle Tennessee Electric

**WINNERS, 10-14 AGE GROUP:** First place: Marlee Levesque, age 13, Volunteer EC; Second place: Ethan Pozza, age 13, Sequachee Valley EC; Third place: Rainey Brewer, age 11, Meriwether Lewis EC

**WINNERS, 1-9 AGE GROUP:** First place: Kriti Kakumanu, age 8, Middle Tennessee Electric; Second place: Emery Vogel, age 9, Middle Tennessee Electric; Third place: Annie Cleveland, age 9, Duck River EMC
Photography is all about light and timing. These two things are possibly the most crucial elements of any successful image. Finding good light is half the battle. I often get up about an hour before sunrise to shoot during the “Golden Hour.” This is vital for the opportunity of having great light.

The other half of the battle is being in the right place at the right time to capture the decisive moment. Every day we see and feel decisive moments. It could be the moment when a crying child is scooped up by their mother and, in a few seconds, they break into laughter, and a smile spreads across their face. It could be the moment a wakeboarder hits a boat’s trail just right and goes airborne. Or it could be the moment a fisherman sets the hook in the catch of the day. Pressing the shutter button at just the right moment takes preparation, observation and practice. Finding these moments might begin with locating the light first and then waiting to see what happens.

During a recent trip to the Gulf Coast, I went walking along the beach at sunrise. Just after I had photographed the sunrise, I observed several people fishing. Adding a person to a composition helps set the scene, giving scale to the viewer.

As I watched, the sun was already rising quickly, which created distinct silhouettes of the fishermen working the beach. I chose one in particular who was using a fly fishing setup. I really hadn’t ever seen anyone use fly fishing gear at the beach before, so it intrigued me.

I set my exposure based on the sky behind him and framed the image so the horizon was just above his head, allowing the fishing pole and line to be silhouetted against the morning sky. With each cast, the pole arched as he drew his body back to cast again. The silhouette created a perfect opportunity to capture a decisive moment with great light.

The decisive moment, evident in my eyes, was the second at which the pole arched the most just before he would cast again. I shot several casts that netted no luck. Finally, from his reaction, I could tell he had a bite. As the pole arched more in the sky, I knew he had a catch. As he quickly pulled in a small fish, I knew I had my catch of the day, too.
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 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. Biopic telescopes may be the breakthrough in optical technology that will give you the independence you’ve been looking for. Patients with vision in the 20/200 range can many times be improved to 20/50 or better.

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

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

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

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

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

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

www.lowvisiontn.com

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.
HAPPY INDEPENDENCE DAY!

— From all of us at Cumberland Connect