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# THE TENNESSEE MAGAZINE

## Exploring Fall in Tennessee

Tennessee's Historic Cemeteries

Middle Tennessee Paranormal Investigators

Seven Islands State Birding Park

Bachelor Tax? • Fall Menu





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Flowers bloom around the Swallows in the Window Barn at Seven Islands State Birding Park. See page 36. Photograph courtesy of Seven Islands State Birding Park

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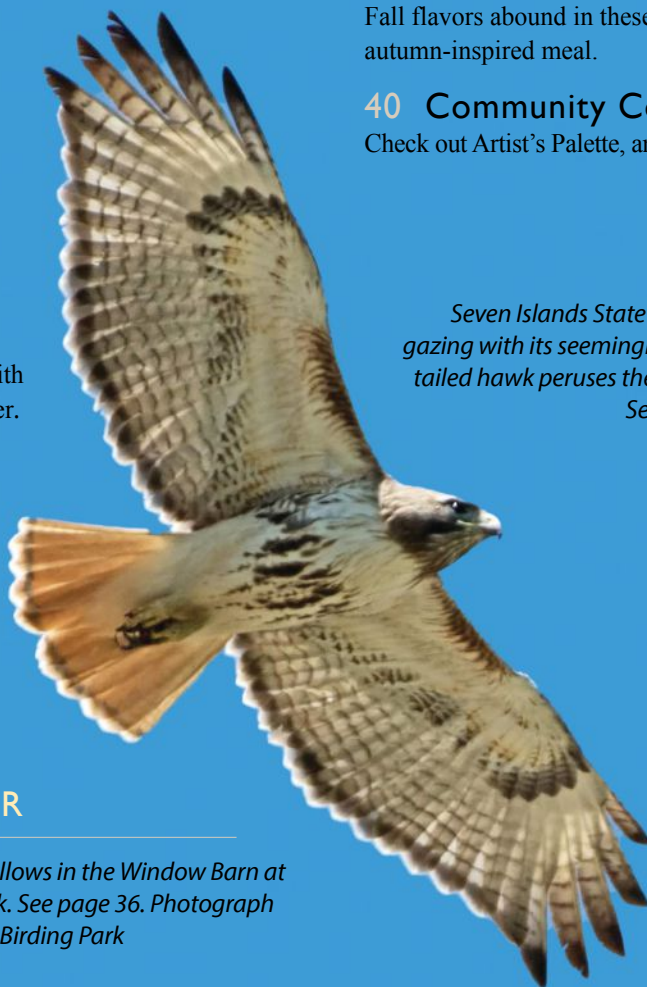
Fall flavors abound in these dishes that together present an autumn-inspired meal.

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*Seven Islands State Birding Park offers hours of bird gazing with its seemingly endless list of species. This red-tailed hawk peruses the ground below for its next meal. See page 36. Photograph courtesy of Becky Boyd Photography.*



## Cumberland Electric Membership Corporation

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

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## Between the Lines

*News from your community*

### Co-ops connect

October is Co-op Month — a time to celebrate the unique spirit of electric cooperatives and the profound connections they forge. It is a great time to consider the important role Cumberland Electric Membership Corporation plays in empowering our community — fostering opportunities, connecting us to the world and paving the path from today to a brighter tomorrow.

Co-ops connect energy and community: At the heart of CEMC's mission lies the commitment to power homes, schools, factories and businesses in our community. Our energy powers education, healthcare, commerce, connectivity and even transportation.

Co-ops connect people and opportunity: CEMC is working to create new opportunities for the people and places we serve. From creating jobs through economic development to inspiring students through our educational programs, electric co-ops connect individuals with opportunities they might not otherwise have.

Co-ops connect small towns and global knowledge: Thanks to our investments in broadband, we are connecting the communities we serve with the world. Co-ops bring the latest advancements in technology to the heart of our communities, ensuring that the benefits of progress are accessible to all.

Co-ops connect today and tomorrow: The world is changing rapidly, and CEMC is investing today to prepare for a brighter tomorrow. We're building a robust and resilient electric grid to ensure that our communities are prepared for whatever lies ahead.

This Co-op Month, let's embrace the deep-rooted connections that our electric cooperative fosters. Let's celebrate the power in our homes, the opportunities that brighten our futures, the connectivity that enriches our local communities and the commitment to innovation.

This Co-op Month, let's remember that the very essence of our electric cooperative is to connect — energy and community, people and opportunity, small towns and global knowledge, today and tomorrow. Together, we are not just a utility; we are a vital link in the chain that makes our community thrive. Let's celebrate the power of connection and the cooperative spirit that keeps our lights shining brightly.



**By Chris A. Davis**  
*General Manager,  
Cumberland Electric  
Membership  
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# How a Safe Step Walk-In Tub can change your life

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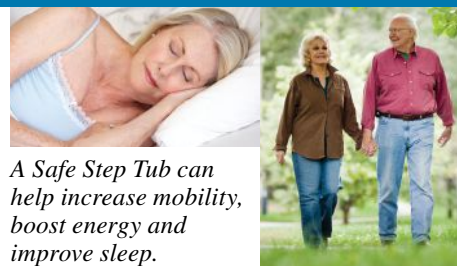
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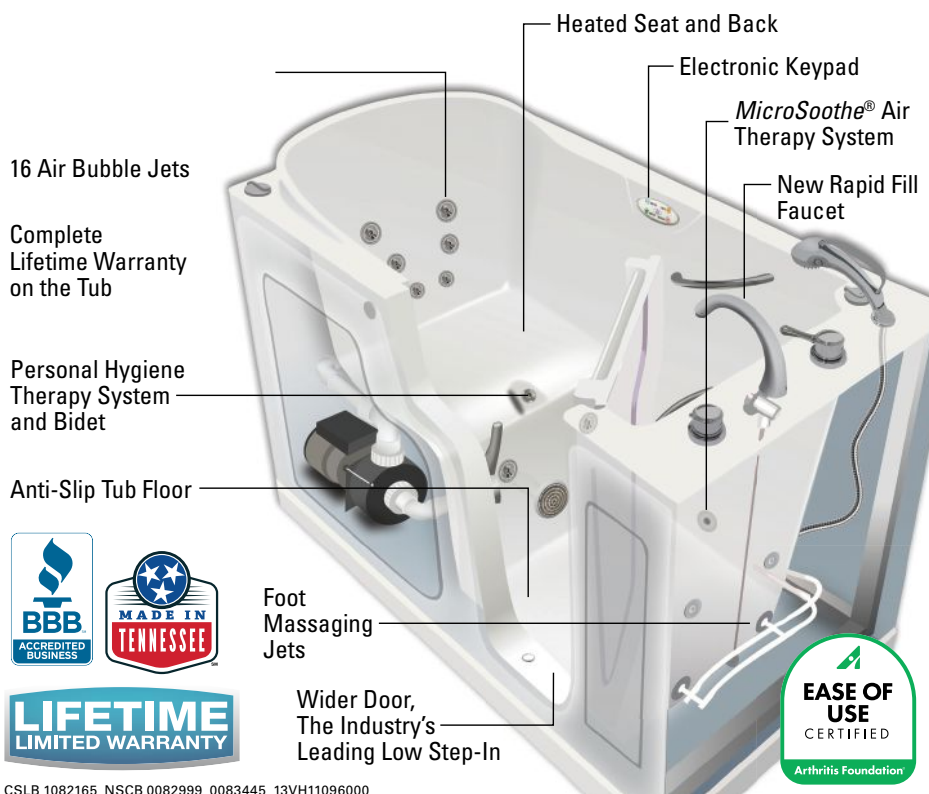
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## TENNESSEE TODAY

Viewpoint

### The beauty of change

According to research performed last year by Morning Consult, fall is America's favorite season. More than 40% of respondents selected fall as their top choice, with spring and summer each receiving 24% and winter coming in last with 11% of the vote. I have to say amen to that — fall is my favorite as well.

There's college football, playoff baseball, hayrides and bonfires with friends to enjoy in the fall. I also really appreciate holidays that involve quality time spent with family. And with our oldest son away at college for the first time, my family is looking forward to the upcoming holidays with a little more enthusiasm than before.

Fall is also unique because it is a period of rapid change in the weather. Last year in Nashville, the last 100-degree day of the summer occurred on Sept. 21, and the first frost occurred only 29 days (about four weeks) later on Oct. 20. While it's unusual for the weather to shift that rapidly, fall does tend to usher in changes much faster than the other seasons.

While most people claim to dislike change, I believe there is something exciting about it. The same survey I mentioned earlier found that respondents frequently used terms like "excited," "optimistic" and "happy" to describe the fall season. So, perhaps our tolerance for change is better than we give ourselves credit for.

In fact, I am someone who thrives on it. To me, change represents the

end of something old and beginning of something new. A fresh start — new opportunities and challenges to stimulate and motivate the mind. As the old saying goes, "The only thing constant in life is change."

Not unlike the changing season, your co-op is experiencing a period of rapid change as well.

**Tennessee is growing.** People are moving to Tennessee (sometimes just to enjoy all four of our amazing seasons, including the fall), and businesses are expanding to make new products and serve new markets. To support this growth, co-ops are making sizable investments to ensure that our communities have adequate power.

The pace of this growth can be daunting, but that also means that our state's economy is thriving. New investments bring with them new jobs and new opportunities for you, your neighbors and your children to build their lives right at home in your community. Tennessee's co-ops are supporting this rapid growth in the economy, and I am excited about the positive impact this will have on generations of Tennesseans.



**By Mike Knotts**

Tennessee Electric

Cooperative Association



### Technology is advancing.

Keeping up with the progress of technology is essential, and co-ops are protecting against new threats to the grid that didn't exist that long ago. But advances in technology also bring with them new opportunities. We can operate the grid much more efficiently than ever before, which means lower costs and higher reliability for us all. And that is a good thing.

### Reliability matters.

Power outages have always been inconvenient, but we live in a time where the costs of the lights going out can be catastrophic to some businesses. From education to healthcare to commerce to manufacturing — even transportation — massive sectors of the economy depend on always-on electric power. The pressure to maintain a reliable grid has never been higher, and your co-op works hard to prevent outages from happening.

Sure, change can be scary sometimes, and I know how difficult that can be. But might I suggest that you not allow fear to blind you to the positives that accompany change? I hope you find some enthusiasm for the future and the excitement, optimism and happiness that it just might bring. ■

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# TENNESSEE ALMANAC

Bite-sized news, notes and knowledge — October 2023

## Rare spotless giraffe born at Tennessee zoo

On July 31, Brights Zoo in Limestone welcomed a new addition to its reticulated giraffe herd — a beautiful, healthy female. While every birth at the family-owned zoo is exciting, this one stood out. The giraffe was born with no spots.

The last known patternless giraffe in captivity was born in 1972 in Tokyo, and only two others have ever been recorded.

“She was immediately accepted by the entire giraffe tower,” said David Bright, director of Brights Zoo. “They treat her as they see her no different than any other giraffe born here at the zoo.”

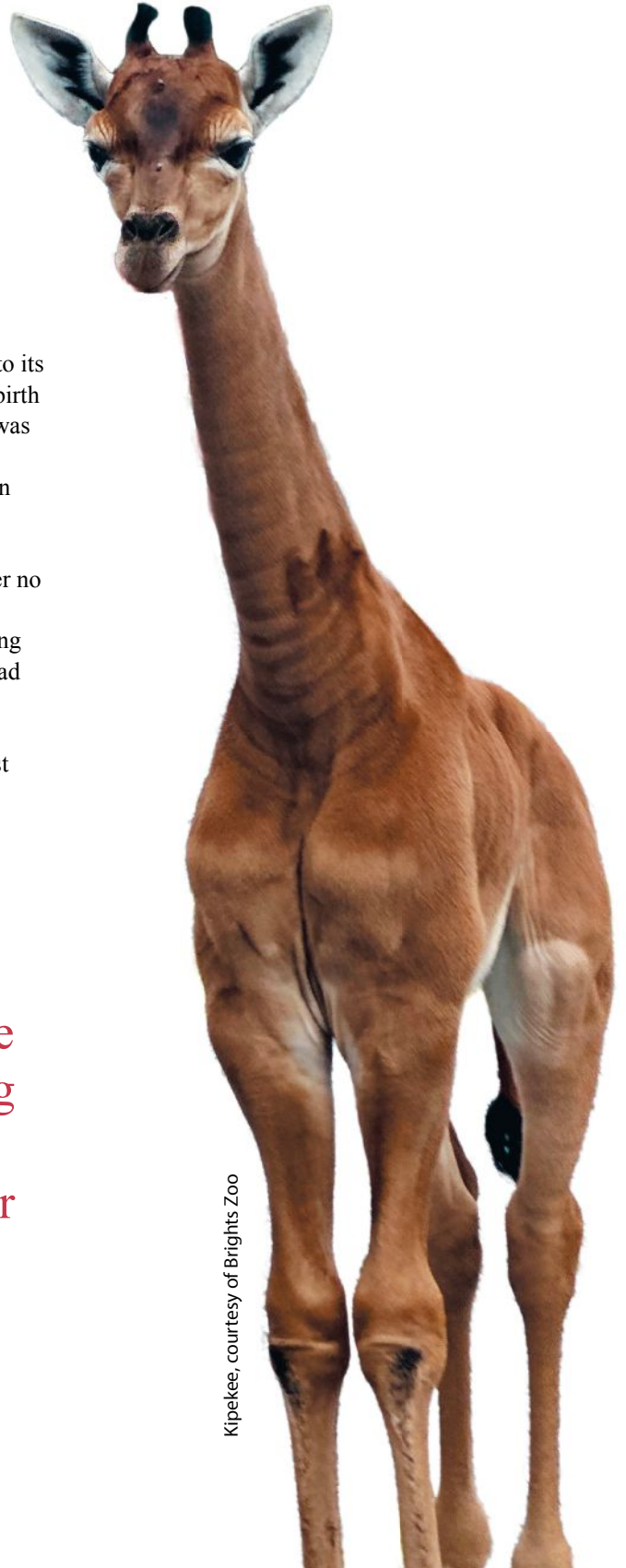
The zoo invited the public to help name the newborn. After tallying nearly 40,000 votes, the zoo announced on Sept. 5 that “Kipekee” had been chosen. The word means “unique” in Swahili.

If you are interested in seeing Kipekee, Brights Zoo is located in Limestone. Officials recommend visiting early in the day for the best chance to see the giraffes up and about.

“

“Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale.”

LAUREN DESTEFANO



Kipekee, courtesy of Brights Zoo



## Fall foliage forecast






The Volunteer State's vast diversity of tree species makes it an incredible place to enjoy an explosion of fall color. The 2023 Farmers' Almanac predicts that autumn color will peak between Oct. 12 and 28 statewide. Our friends at [tnvacation.com](http://tnvacation.com) have provided a more detailed forecast by region, predicting that the Appalachian and Smoky Mountains area will peak around the first two weeks of October. Middle Tennessee color will peak the last two weeks of October, and West Tennessee will see its peak in late October or early November.

### OCTOBER 28

#### National First Responders Day

Take a moment on Oct. 28 to celebrate Tennesseans who protect, provide aid and run toward danger. National First Responders Day is an opportunity to recognize and thank police, firefighters, EMTs and 911 operators who stand prepared to assist when trouble strikes.

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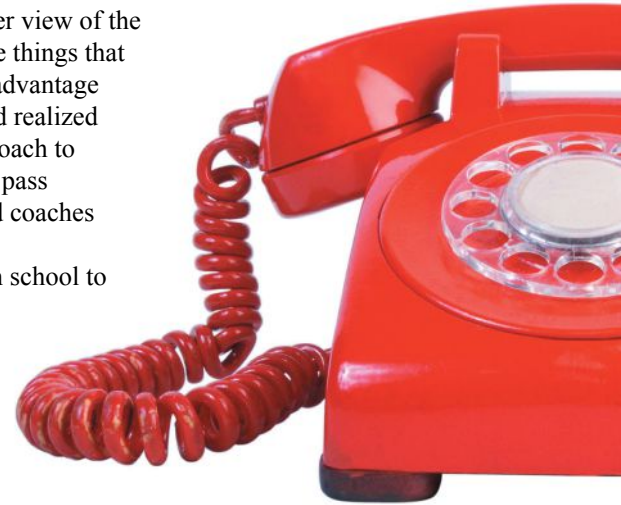
## UT's Gen. Neyland invented the sideline phone

As head football coach of the University of Tennessee from 1926 to 1934, 1936 to 1940 and 1946 to 1952, Gen. Robert Reese Neyland led the Volunteers to four national championships.

Neyland's dominance is often credited to his innovative play calling, but his innovations were not limited to the football field.

If you watch much college football this fall, you're sure to notice players and coaches alike having phone conversations from the sidelines. Coaches high in the boxes above the stadium have a much better view of the field, and they often notice things that can give their team a big advantage in the game. Gen. Neyland realized this, and he was the first coach to utilize a sideline phone to pass information to players and coaches on the sidelines.

Today, teams from high school to the NFL utilize Neyland's sideline phone to improve their performance on the field.



### 50 YEARS AGO: OCTOBER 1973

The cover of the October 1973 magazine featured a beautiful painting by wildlife artist Ralph McDonald. View the entire October 1973 edition online at [tnmagazine.org](http://tnmagazine.org).



# Taking a Walk Through Tennessee's Historic Cemeteries

Story and Photographs by Cheré Coen

Cemeteries tell stories — not only of those who are buried beneath the soil but of the city's history, its demographics and the challenges the community faced over time.

**Elmwood Cemetery in Memphis** is a good example, a municipal resting place containing both free people and enslaved, local and international residents and victims of crime, wars and yellow fever epidemics.

"Elmwood has always been open to all people from all walks of life," said Kimberly Bearden, executive director of Elmwood. "So, it's been open to the richest and the poorest. It represents the whole history of the city. I think that Elmwood is absolutely a perfect patchwork quilt of our history."

The cemetery was founded in 1852, its name pulled from a hat and its 80 acres a couple of miles from city limits. Inside its boundaries lie soldiers, politicians, musicians, brothel madams and a few notorious criminals. There's Robert Church, the South's first black millionaire; suffragette Lide Smith Meriwether, who founded suffragette chapters throughout Tennessee; Marion Scutter Griffin, Tennessee's first licensed female attorney; and Civil Rights leaders the Rev. Dr. Benjamin Hooks and Maxine Smith.

The cemetery also became the burial place of hundreds during the yellow fever epidemics of the late 19th century, which decimated the city.

"Memphis was on track to become the biggest city in the South until yellow fever hit it in the 1870s," Bearden said. "It nearly wiped the city off the map. Half of the city's citizens fled, so the taxing base left. We lost our charter, and it became known as a taxing district under Nashville."

Naturally, being the city that gave birth to rock 'n' roll, Elmwood includes many musicians. Willy Bearden, filmmaker, music historian and Kimberly's co-author on the book "Elmwood Cemetery, Memphis," gives music tours to point out the burials of the famous. His tour is one of many offered, covering topics from those who have died in shipwrecks to African American history.

"We also do a huge event called Soul of the City," Kimberly Bearden said, adding this year it's Oct. 13-14. "It's where we have actors who come dressed in costume, and the public meets the people who are buried in the cemetery. We hang bistro lighting in the cemetery, play music and have food trucks."

In addition to the 80,000 graves, the cemetery is home to 1,400 trees, 13 private mausoleums and unique Victorian cradles that resemble tiny bathtubs. Volunteers have adopted the cradles — up to



The Forest Hills grave of Prague-born violinist Joseph Cadek, founder of the Cadek Conservatory that was later merged with the University of Chattanooga.





Local actors bring the dead to life in graveside tours at Elmwood Cemetery. Photograph courtesy of Elmwood Cemetery

200 — for use as specialty gardens that are yet another attribute of the cemetery.

“So many people have told Kim and me that the cradle gardening program kind of saved their lives during the pandemic because it was somewhere to go,” said Willy Bearden. “They were meeting people in a safe place. And so many people made connections during that time, so on the human level, it was very important and continues to be important.”

Elmwood is one of many historic cemeteries in Tennessee. Here are a few others:

#### **Shiloh National Cemetery, Shiloh**

It’s a peaceful walk today through Shiloh National Military Park, and it’s hard to imagine that three battles occurred here in 1862 with more than 20,000 dead. Immediately following the Civil War, the U.S. government established the cemetery along the banks of the Tennessee River. Around 4,000 Civil War dead are interred here, with 2,359 of them unidentified. Tall granite gravestones mark those who are named while short stones mark the unknown.



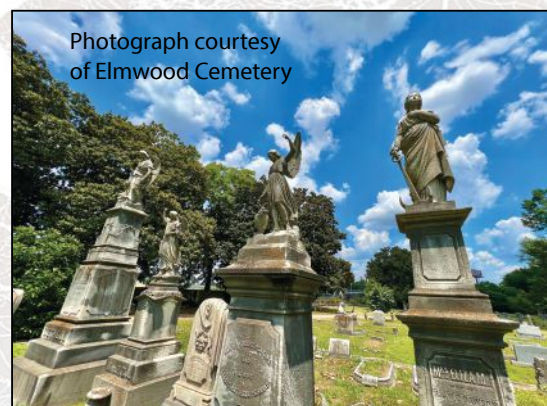
The Wheat Community’s 1850s slave cemetery lies on the side of the Oak Ridge Turnpike.

#### **Stones River National Cemetery, Murfreesboro**

Another national cemetery within a national park is the Stones River National Cemetery at Stones River National Battlefield near Murfreesboro. More than 6,000 Union soldiers are buried at this Civil War site, with 2,562 unidentified. Other veterans and family members have been allowed to be interred here as well.

#### **Wheat Community, Oak Ridge**

Oppenheimer may have built his World War II atomic bomb in New Mexico as part of the Manhattan Project, but the uranium fuel was developed in Oak Ridge. In 1942, the U.S. Army Corps of Engineers purchased thousands of acres to build a city where civilians and military would enrich uranium. Part of that property was the Gallaher-Stone Plantation and the Wheat Community, which included an 1850s slave cemetery. The cemetery of 90 or more unmarked graves and a historical marker can be found on the side of the Oak Ridge Turnpike.



Photograph courtesy of Elmwood Cemetery

#### **Forest Hills Cemetery, Chattanooga**

Forest Hills is the final resting place for many of Chattanooga’s politicians but also several Major League Baseball players. Among them is Joseph “Joe” Engel who played for the Washington Senators and later purchased the Chattanooga Lookouts and built the team’s stadium,





The McGavock Confederate Cemetery in Franklin contains graves from the 1864 Battle of Franklin. Photograph courtesy of the Tennessee Department of Tourist Development

which now bears his name. Known as the “King of the Minor Leagues,” Engel was inducted into the Baseball Hall of Fame in 1994.

A baseball great lost in time — no doubt because of her gender — is Virne “Jackie” Mitchell who played professional ball for the Lookouts. Her pitching took down two baseball legends at an exhibition game between the Lookouts and the New York Yankees when she was only 17.

“On April 2, 1931, in an exhibition game witnessed by more than 4,000 Chattanooga fans, Mitchell struck out both (Babe) Ruth and (Lou) Gehrig,” writes Gay Morgan Moore in “Chattanooga’s Forest Hills Cemetery.” “Shortly after the game, baseball commissioner



Above, architect Samuel Patton designed many homes and buildings in Chattanooga. He’s honored with a statue in Forest Hills Cemetery. At right is the Shiloh National Cemetery at the Shiloh National Military Park. Shiloh photograph courtesy of the Tennessee Department of Tourist Development

Kenesaw Landis voided her contract, stating that the game of baseball was ‘too strenuous for women.’”

#### **Jonesborough cemeteries, Jonesborough**

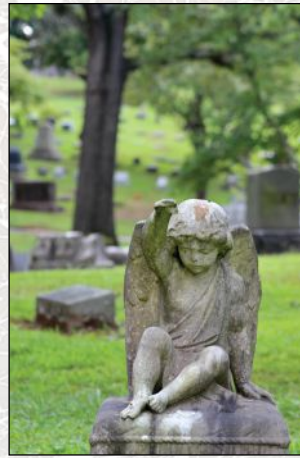
Civil War Confederate Brig. Gen. Alfred Eugene Jackson and early 19th century U.S. Rep. John Blair are among those buried at the **Jonesborough City Cemetery**.







Above left, Hattie Ackerman died tragically from yellow fever after administering to patients suffering from the epidemic. She's buried in Forest Hills Cemetery in Chattanooga. Created in the 1870s, Forest Hills Cemetery in Chattanooga is the final resting place for about 45,000 area residents.



Visitors who want to learn more, including 1800s burial customs, can join tours of the town's **Rocky Hill** and **College Hill cemeteries** by the Heritage Alliance of Northeast Tennessee & Southwest Virginia. Proceeds from ticket sales help fund the ongoing preservation and maintenance of the cemeteries. The Heritage Alliance will offer a tour of the cemetery on Oct. 7 and present a play inside the cemetery titled "A Spot on the Hill" Oct. 13-14 and 20-21. Tickets to both events are available by visiting [heritageall.org](http://heritageall.org).

Country music stars buried at Mount Olivet are Grand Ole Opry's Del Wood, Rufus Thibodeaux, members of The Stonemans, Bob Moore, Jim Denny and Vern Gosdin, known as "The Voice."



### Nashville National Cemetery, Madison

This 64-acre cemetery opened in 1866 to bury Union troops who fell at the Battle of Nashville and other Tennessee skirmishes. U.S. Maj. Gen. George H. Thomas chose the site along the Louisville and Nashville Railroad so that "no one could come to Nashville from the North and not be reminded of the sacrifices that had been made for the preservation of the Union." A tunnel beneath the railroad tracks connects the cemetery's two sections, and the main entrance is enhanced by a limestone archway built in 1870. Buildings on the grounds date to the 1800s, and monuments are placed to honor Civil War troops, including the United States Colored Troops.

### Mount Olivet, Nashville

Thousands are buried in the state capital's historic resting place created in 1856, many of whom are community leaders, politicians and country music legends. Some of the lesser-known but interesting graves are those of Confederate spy Fannie Battle, Civil War photographer Carl Giers and astronomer Edward Emerson Barnard who discovered 14 comets and the fifth moon of Jupiter.

### McGavock Confederate Cemetery, Franklin

After the 1864 Battle of Franklin, about 1,500 Confederate dead were buried adjacent to the 1826 Carnton antebellum mansion that was used as a hospital during the conflict. Today, the McGavock Confederate Cemetery is the largest private Confederate cemetery in the country, and both the cemetery and mansion are open to the public for tours.

In the nearby town of Franklin, the **Franklin City Cemetery**, listed on the National Register of Historic Places, contains four American Revolutionary War veterans.





# BREACHING THE BEYOND



**Middle Tennessee's Southern Innovative Paranormal  
investigates abnormal phenomena in haunted locales**





In a cold October evening a week before Halloween, a cluster of people convened at Ravenswood Mansion in Brentwood. As the mansion is usually not open to the public, this was a special event. Suddenly, a small group of people wearing identical shirts with logos that say “S.I.P.” emerged from the mansion, holding equipment for an investigation of the paranormal kind, but what could not immediately be seen was the years of experience they hold from many public and private paranormal investigations.

This is Southern Innovative Paranormal.

Southern Innovative Paranormal, or S.I.P., is a paranormal investigative group based out of Middle Tennessee that has been conducting investigations for over 12 years. S.I.P. members Connie O’Loughlin, Troy and Monica Clark and Braxton and Autumn Teal all joined the group at different points over the years. Braxton and Autumn are members of Duck River Electric Membership Corporation, and Connie is a member of Middle Tennessee Electric.

The two-night event that was held at the end of October 2022 was called Murmurs at the Mansion, a partnership among S.I.P., the city of Brentwood, the Brentwood Historic Commission and Ravenswood Mansion to benefit the historic commission.

After the S.I.P. members introduced themselves to the Ravenswood tour group, they set the tone and expectations for the group on how they run things, Braxton said. This included introducing some of the methods and gear they use for investigations along with letting people know there were no trapdoors, hidden mirrors or tricks during the investigation.

“It’s very much a real style of investigation, and we can’t just make things happen, but we’re going to do our best to make sure everybody enjoys the time they spend with us,” Braxton said.

The S.I.P. members split the tour group into two, and one group stayed in Ravenswood Mansion, touring the



S.I.P. sometimes splits into groups during investigations to cover more ground, taking equipment like audio recorders and EMF detectors with them. Opposite page, among S.I.P. members are, from left, Connie O’Loughlin, Monica and Troy Clark and Autumn and Braxton Teal.

“When we go on-site somewhere, we’re always trying to debunk everything.”

figure out why something’s happening. And, even with that, just because I can’t explain it doesn’t necessarily mean that it’s paranormal.”

One common debunk they come across is with electromagnetic field (EMF) detectors that are designed to make a noise when some kind of interruption in the EMF is in close proximity to the device. The EMF detectors commonly make sounds as police cars drive by, detecting the police scanners. Explanations like this are what S.I.P. pays attention to during their investigations.

After around an hour, the groups switched places, and the first group went down into Ravenswood Mansion’s basement where they all sat in a semicircle in the dark, unfinished basement only illuminated by the red light of a laser grid. Participants took turns putting on noise-cancelling headphones and listening to a spirit box, trying to pick out any words that might come through the static noise — all while having no idea of what was going on in the room. Participants were encouraged to ask questions in the hopes of initiating conversation.

S.I.P. usually begins investigations by introducing themselves and asking a question like, “Is anyone here with us?” and then, once they get a response, they try to

downstairs and upstairs rooms, while the other group spent time in the basement.

The first group went through the mansion as the S.I.P. members discussed the history of the house and shared some of the audio evidence they’ve discovered while investigating the mansion.

After playing the audio clips, they then verbally went through their process. They explained whether they heard the evidence at the time of investigation or when going through the footage later and how they try to debunk audio clips to make sure the sources of captured noises aren’t one of the group members, a creak made by an aging house or an outside force.

“When we go on-site somewhere, we’re always trying to debunk everything,” Troy said. “I mean, not everything is paranormal. We go through every explanation as to try to



ask more specific questions based on the location's history to try to figure out who might be speaking to them.

Troy said that when you're sitting in a silent room, you're so aware of every sound, even ones you don't normally hear, so it's important to investigate and think critically about each noise you believe to be an anomaly.

"If you don't go and look for the source, then you're not investigating; you're just there, you know, selling tickets and everything else," Troy said. "And it's not about that."

The Murmurs at the Mansion public event was a relatively quick, two-hour look into Southern Innovative Paranormal's reality as paranormal investigators. For them,



you're going to commit to record when you go somewhere, you have to commit to listen to it."

Troy said that when they record one night's session, they each use two audio recorders for the eight-hour investigation; some are kept on their persons, and some are placed in different parts of the property. That's 16 hours of audio for each of them to go through. "And you get to relive every piece of it."

S.I.P. was founded around 2010 and is a small group of paranormal investigators. Troy is one of the founding members, and his wife, Monica, joined in after helping him listen to audio recordings from investigations and to spend more time with him.

The group's passion is investigating historic properties. On top of public events like Murmurs at the Mansion, S.I.P. also takes on private, residential cases free of charge.

S.I.P. was originally based out of Rippavilla, a historic house museum in Spring Hill that has had its share of paranormal activity, where they held regular public investigation nights for many years. That's how Connie, Autumn and Braxton joined the group. S.I.P. raised funds that were used for restoration projects at Rippavilla.

"It's definitely a camaraderie; it's a team atmosphere," Braxton said. "I mean, outside of just investigating, we



S.I.P. uses lots of equipment for investigations, including cameras (above), a laser grid to detect shadow movement (below), EMF detectors (opposite page) and more. Above right, during investigations, one S.I.P. member often studies camera footage while the others investigate.

the investigation is usually four times as long, with eight-hour nights where they later must meticulously review audio footage they recorded on multiple devices.

Connie said that the paranormal investigations you see on TV are completely different than the reality.

"We try to tell our guests that it's not like you see on TV," Connie said. "It's obviously embellished, and they run screaming and do things that are just not the reality of paranormal investigating. It's actually a lot quieter than you would think. For long periods of time, nothing happens."

"It's a lot of waiting, talking, listening — it's just hours of nothing happening — and then it's many hours of audio review," Connie said. "If



spend a lot of time together, whether it's team Christmas parties or going out to eat and things like that. It's grown into more of a family than just investigating."

"We work really well together," Troy said about S.I.P. "We're like-minded and levelheaded. Doing this for a while, it's hard to find people who are not over the top and tuned in to the TV episode where everything (that comes up in investigations) is paranormal."

Braxton said he and his wife, Autumn, had investigated with other paranormal groups in the past and emphasized that Southern Innovative Paranormal has always been the gold standard: having a scientific basis and relying on concrete evidence on top of researching the history of each place to be as prepared as possible for investigations.

"We've had a lot of cool experiences," Connie said. "We've all seen things, heard things, been touched in various locations. Things that cannot be explained."

Braxton added that he thinks every member in the group has had an audio recording come back with an electronic voice phenomenon of a spirit calling them specifically by name, which he thinks is cool.

Monica said she once said "Monica in the house" to tag the audio recording for the noises she was making as she entered, and when she reviewed the audio footage later, she heard the voice of a little girl mimicking her, repeating back, "Monica in the house."

"We've spent so many hours listening to audio recordings," Connie said. "We've captured so many interesting things over a long period of time and over the years that, to me, that's the best part of what we do: hearing things that were not caused by us or getting a direct answer back to a question we asked."

"That just makes me want to keep going," Connie said. "We've had a lot of validation over the years in a lot of different areas, and it's just something you have to be there to experience."

## S.I.P.'s tips for beginners

Southern Innovative Paranormal has some tips for people who are just starting out doing paranormal investigations.

Troy said there are two pieces of equipment that are the best ones to invest in and use during investigations.

"The first one is yourself," Troy said. "That's the best indication that something's not right, something's going on. And your second piece is a digital recorder. (And, for Monica, it's a flashlight as well)."

"A digital recorder, in our group's opinion, is going to be the easiest way to get concrete evidence," Braxton said. "You can spend thousands of dollars on equipment, but probably the cheapest and easiest way to get started would be a digital recorder."

"You have to be open minded," Braxton said. "You have to be ready to hear, see, be in the moment and use your senses."

"My advice would be that you do not investigate alone," Connie said.

"It might even be helpful to go with somebody who runs slower in case you do have to run," Troy joked, adding that having someone there adds validation if something happens and both investigators witness it, and there's safety in numbers.

"Do your homework, do the research on where you're going and always be respectful," Connie said. "And don't trespass; there's no need to trespass in places you're not allowed to be. There are plenty of public locations that accept investigations."

Southern Innovative Paranormal has investigated haunted locations in Tennessee, Kentucky and Alabama as a team. Places they have investigated in Tennessee include Rippavilla, Brushy Mountain State Penitentiary, Old South Pittsburg Hospital, the Thomas House Hotel, the Bell Witch area in Adams and many more.

For more information on Southern Innovative Paranormal or to contact the group with inquiries about doing private investigations or public events, email [southerninnovativeparanormaltn@gmail.com](mailto:southerninnovativeparanormaltn@gmail.com) or visit the S.I.P. Facebook page, "Southern Innovative Paranormal." ■





# TENNESSEE EVENTS

*Festivals, celebrations and other happenings around the state*

## 42nd Annual Indian Education Tennessee Pow Wow

**Oct. 20-22 • Long Hunter State Park, Nashville.**  
**615-232-9179 or [naiatn.org](http://naiatn.org)**

**J**ourney to Nashville for a three-day festival where you can personally experience the culture and spirit of the American Indian people. This spirited event is not just for the reunion of family and friends but open to anyone who would like to witness the spectacle and join in the celebration of the culture that is nurtured by more than 20,000 Native American Indians who call Tennessee home today.

Treat yourself to the delights of traditional native food such as fry bread, Indian tacos and hominy made the “Indian way.”

Find convenient parking at Long Hunter State Park. Seating will also be provided, but guests can also bring along their own lawn chairs.



### *West Tennessee*

**Oct. 5-6 • 2023 Fall in the Gardens,** West Tennessee AgResearch and Education Center, Jackson. 731-424-1643 or [westtn.tennessee.edu/other-events](http://westtn.tennessee.edu/other-events)

**Oct. 7 • Barktober Fest,** Saddle Creek, Germantown. [hnoordtvedt@trademarkproperty.com](mailto:hnoordtvedt@trademarkproperty.com) or [shopofsaddlecreek.com](http://shopofsaddlecreek.com)

**Oct. 7 • Parkway Christian Auto Club Fall Car Show,** AutoZone Auto Parts, Jackson. 731-217-3130 or [facebook.com/parkwaychristiancarandtruckclub](https://facebook.com/parkwaychristiancarandtruckclub)

**Oct. 14-15 • Self Reliance Festival,** Special Operations Equipment, Camden. 386-878-3679 or [selfreliancefestival.com](http://selfreliancefestival.com)

**Oct. 28 • Art Crawl Vendor Pop-Up Market,** Beale Street, Memphis. [bealestartcrawl@gmail.com](mailto:bealestartcrawl@gmail.com)

**Nov. 3 • Country Music Star Mark Chesnutt,** Williams Auditorium, Henderson. 731-435-3150 or [williamsauditorium.com](http://williamsauditorium.com)

**Nov. 4 • Sip TN Mid-South,** Agricenter International, Memphis. [info@tennesseewines.com](mailto:info@tennesseewines.com) or [siptnmid-south.eventbrite.com](http://siptnmid-south.eventbrite.com)

**Nov. 5 • Veterans' Day Program,** Veterans' Museum, Halls. 731-836-7400 or [vetmuseumhalls@outlook.com](mailto:vetmuseumhalls@outlook.com)

### *Middle Tennessee*

**Sept. 30-Oct. 29 • Shuckle's Corn Maze and Pumpkin Patch,** The Barn at Fiddle Dee Farms, Greenbrier. 615-669-6293 or [shucklescornmaze.com](http://shucklescornmaze.com)

**Oct. 6-8 • CaveFest,** The Caverns, Pelham. 931-516-9724 or [thecaverns.com](http://thecaverns.com)

**Oct. 7 • Old Timers Day Festival,** historic downtown Manchester. 931-570-0370 or [oldtimersday@hotmail.com](mailto:oldtimersday@hotmail.com)

**Oct. 7 • 15th Autumn in the Country Arts and Crafts Fair,** Centerville Courthouse Lawn. 931-242-0428 or [hickmanartsandcraftsguild.org](http://hickmanartsandcraftsguild.org)

**Oct. 7 • Old Time Harvest Days,** downtown Wartrace. 931-240-0300 or [wartracechamber.org](http://wartracechamber.org)

**Oct. 7-8 • 2023 National Banana Pudding Festival,** Hickman County Ag Pavilion, Centerville. 931-994-6273 or [bananapuddingfest.org](http://bananapuddingfest.org)

**Oct. 14 • Eighth Annual Gr8t Chase 5K,** Gateway Island, Murfreesboro. 615-495-3922 or [thegr8tchase.org](http://thegr8tchase.org)

**Oct. 14 • 12th Annual Craft and Gift Fair,** Almadale Volunteer Fire Department, Smyrna. 615-355-0903 or [almadalefire.org](http://almadalefire.org)

# How to Be Cut Off From Civilization

When it's you against nature, there's only one tool you need:  
the stainless steel River Canyon Bowie Knife—now **ONLY \$49!**

You are a man of the wilderness. The only plan you have is to walk up that mountain until you feel like stopping. You tell your friends that it's nothing personal, but this weekend belongs to you.

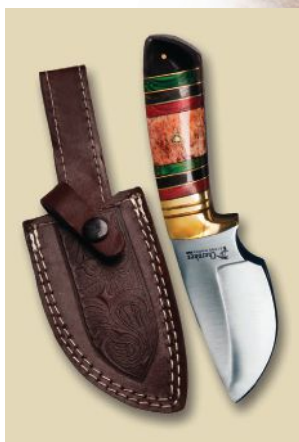
You've come prepared with your **River Canyon Bowie Knife** sheathed at your side. This hand-forged, unique knife comes shaving sharp with a perfectly fitted hand-tooled leather sheath. The broad stainless steel blade shines in harmony with the stunning striped horn, wood and bone handle. When you feel the heft of the knife in your hand, you know that you're ready for whatever nature throws at you.

This knife boasts a full tang blade, meaning the blade doesn't stop at the handle, it runs the full length of the knife. According to Gear Patrol, a full tang blade is key, saying "A full tang lends structural strength to the knife, allowing for better leverage ...think one long steel beam versus two."

With our limited edition **River Canyon Bowie Knife** you're getting the best in 21st-century construction with a classic look inspired by legendary American pioneers. What you won't get is the trumped up price tag. We know a thing or two about the hunt—like how to seek out and capture an outstanding, collector's-quality knife that won't cut into your bank account.

This quintessential knife can be yours to use out in the field or to display as the art piece it truly is. But don't wait. A knife of this caliber typically cost hundreds. Priced at an amazing **\$49**, we can't guarantee this knife will stick around for long. So call today!

**Your satisfaction is 100% guaranteed.** Feel the knife in your hands, wear it on your hip, inspect the craftsmanship. If you don't feel like we cut you a fair deal, send it back within 30 days for a complete refund of the sale price. But we believe that once you wrap your fingers around the **River Canyon's** handle, you'll be ready to carve your own niche into the wild frontier.



**BONUS!** Call today and you'll also receive this genuine leather sheath!

## What customers are saying about Stauer knives...



"First off, the shipping was fast and the quality is beyond what I paid for the knife. Overall I am a satisfied customer!"

— D., Houston, Texas

**River Canyon Bowie Knife** ~~\$79~~\*

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**1-800-333-2045**

**Your Insider Offer Code: RCK481-01**

You must use the insider offer code to get our special price.



Not shown  
actual size.

**Stauer®** 14101 Southcross Drive W., Ste.155, Dept. RCK481-01  
Burnsville, Minnesota 55337 [www.stauer.com](http://www.stauer.com)

\*Discount is only for customers who use the offer code versus the listed original Stauer.com price.



Rating of A+



• Full tang 4 1/4" stainless steel blade, 9" overall length • Genuine horn, wood and bone handle • Polished brass guard and spacers • Includes leather sheath

*Smart Luxuries—Surprising Prices™*



# ANNUAL REPORT 2023



## CONNECTING YOU TO YOUR BEST LIFE!

Connecting communities ... it's what we do. Over the past 84 years, we have built an electric infrastructure that delivers safe, reliable and affordable electric service to more than 110,000 homes and businesses in rural Stewart, Montgomery, Cheatham, Robertson and Sumner counties.

Since 2019, our broadband subsidiary, Cumberland Connect, has been working diligently to build a fiber-to-the-home network that will provide our rural members with the same reliable, high-speed internet, phone and video services enjoyed by our nation's largest cities. We recognize that in today's connected world, broadband services have become as

vital as any other utility. As of fiscal year 2023, Cumberland Connect has made fiber services available to more than 73,000 homes and businesses in our area.

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

Through it all, CEMC will always work to help fulfill our mission of connecting you, our members, to your best life.



# COST-EFFICIENT, SAFE, RELIABLE ELECTRIC SERVICE



**2,813**  
NEW OR REPLACED  
POLES INSTALLED

CEMC remains focused on providing cost-efficient, safe and reliable electricity to our members as we spent a busy year making improvements throughout our five-county system. Here's a look at some of the most important activity in fiscal year 2023.

Crews installed more than 62 miles of new primary wire as well as 57 miles of new service wire.

In fiscal year 2023, CEMC made system updates throughout our service territory. Crews inspected 13,288 utility poles and replaced aging poles when needed. This ongoing inspection process of the 139,575 poles we maintain is important for safety and reliability. We also added 3,086 permanent electric services, with 91% of those being underground service.



Our ongoing vegetation management efforts are essential to providing reliable electric and broadband service. In fiscal year 2023, CEMC spent more than \$13 million clearing rights-of-way through tree trimming and herbicide management, covering more than 786 miles of territory. CEMC strives to maintain our right-of-way for safety and reliability. Maintained rights-of-way play a key role in providing safe and reliable power and high-speed internet to our members.

# CONTINUED ECONOMIC GROWTH



**\$291**  
MILLION  
IN CAPITAL  
INVESTMENTS

Additionally, we continue to see strong economic growth and development in our area.

In fiscal year 2023, more than \$291.5 million in capital investments has been made and an additional 800 jobs have been created and retained in the CEMC service area from industries such as Dongwha Electrolyte, LG Chem and Kewpie Corporation.





# CUMBERLAND CONNECT CONTINUES TO GROW

  
**25k+**  
**CCFIBER SUBSCRIBERS**  
**AS OF AUGUST 2023**

Access to gigabit-speed fiber internet services continues to be a reality for CEMC members as we finished an exciting fourth year in the build out of a 100% fiber network in our five-county service area.

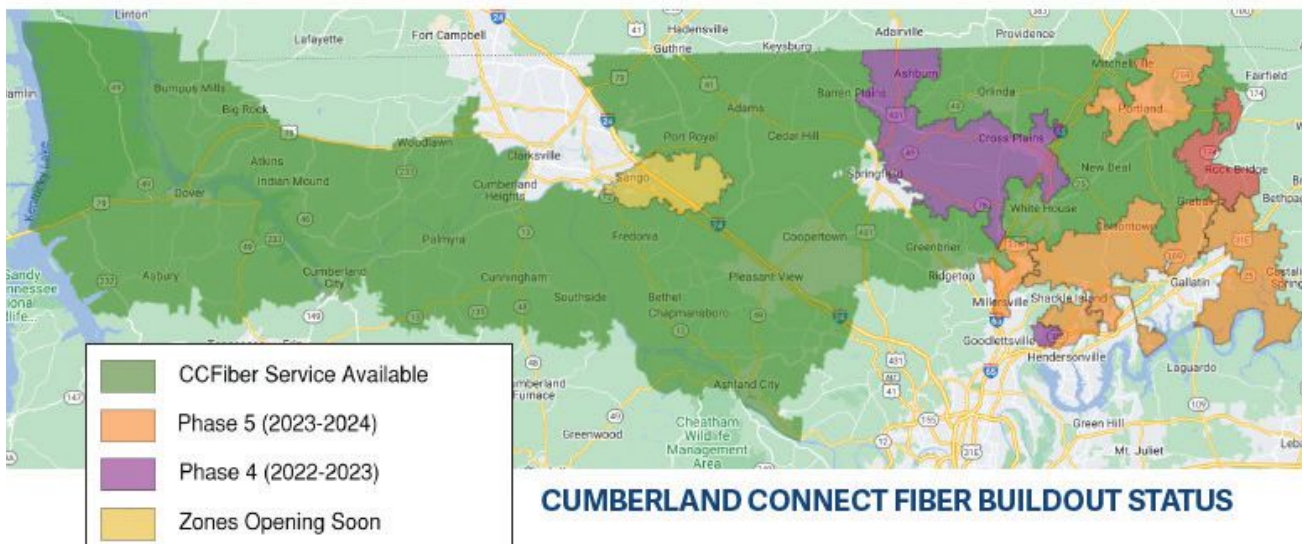
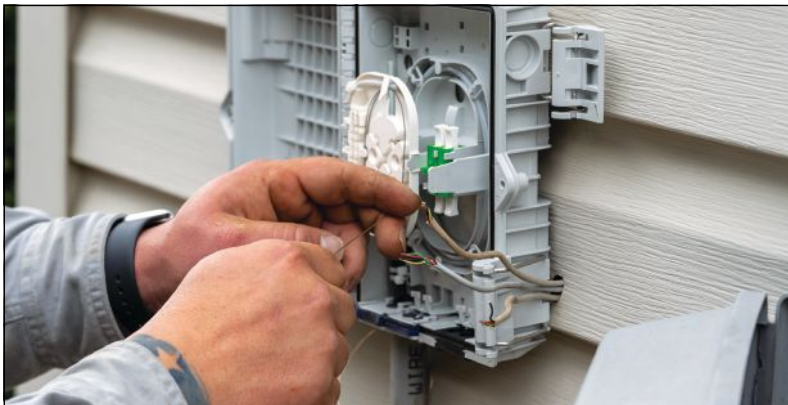
Cumberland Connect employees and contractors have constructed 4,297 miles of mainline fiber to date, making our fiber services available to more than 73,000 homes and businesses in the area.

As of August 2023, more than 25,000 members have signed up for the high-speed fiber internet service.

Cumberland Connect continues expanding CCFiber network services availability during Phase 4 and will soon offer speeds even faster than 1 Gbps with multigig internet.

In 2022, Cumberland Connect developed the Win-Win Referral Program, allowing current subscribers to earn unlimited bill credits for referring new customers to CCFiber services. There is no cost to enroll or participate, and the referral program is open to all current residential and business subscribers.

To learn more or sign up for CCFiber services, visit Cumberland Connect online at [CumberlandConnect.org](https://CumberlandConnect.org).





# REACHING OUT TO HELP OUR COMMUNITIES

Cost-efficient, reliable electric service and high-speed, dependable internet are important to our members, but our mission doesn't stop there. It is also important to be active in our communities to have strong schools, develop leaders and provide assistance to those who need it.

The Washington Youth Tour, sponsored by CEMC and the Tennessee Electric Cooperative Association, provides 12 high school juniors from our service area with an opportunity to explore Washington, D.C., and learn about government.

Other youth programs that CEMC participates in include the annual 4-H Electric Camp, Student Calendar Art Contest, Youth Leadership Summit, student scholarships

and Read Across America.

The Tennessee Electric Co-op Day of Service is an annual opportunity for CEMC employees to use their time, skills and expertise to have a positive impact on the communities we serve.

CEMC, once again, partnered with the Tennessee Valley Authority in fiscal year 2023 to award more than \$73,000 in Community Care Fund grants to 13 organizations, aiding our communities after the COVID-19 pandemic.



## AD VALOREM AND PROPERTY TAX PAYMENTS

Each year, CEMC pays ad valorem and property taxes to the cities and counties in which we have infrastructure. The amount of taxes paid is based on the assessed value of the infrastructure, including buildings, substations, transformers, poles and lines.

The ad valorem and property taxes paid for the last three years are in the table at right.

	2021		2022		2023	
			Counties			
Cheatham	\$	381,356.00	\$	347,353.00	\$	398,132.00
Dickson		5,017.00		4,539.00		5,063.00
Montgomery		1,399,676.00		1,432,894.00		1,731,188.00
Robertson		825,926.00		930,196.00		840,410.00
Stewart		336,598.00		464,072.00		459,423.00
Sumner		827,168.00		805,749.00		896,302.00
County Total	\$	3,775,741.00	\$	3,984,803.00	\$	4,330,518.00
			Cities			
Adams	\$	5,964.00	\$	6,718.00	\$	5,608.00
Ashland City		16,978.00		16,281.00		23,810.00
Cedar Hill		1,694.00		1,822.21		1,548.91
Clarksville		123,729.00		140,157.00		150,641.00
Coopertown		5,945.00		6,302.00		5,647.00
Cumberland City		2,564.00		3,545.45		3,353.58
Dover		45,596.00		52,646.00		55,950.00
Gallatin		23,556.00		21,805.00		22,703.00
Greenbrier		48,329.00		59,100.00		65,580.00
Hendersonville		24,620.00		23,054.00		19,110.00
Millersville		11,283.00		10,869.00		11,665.00
Mitchellville		4,870.54		4,820.38		4,976.89
Portland		83,068.00		79,553.00		81,372.00
Ridgetop		8,563.00		8,896.00		10,484.00
Springfield		16,933.00		17,325.00		14,472.00
White House		44,812.00		55,189.00		51,732.00
City Total	\$	468,504.54	\$	508,083.04	\$	528,653.38
Grand Total	\$	4,244,245.54	\$	4,492,886.04	\$	4,859,171.38



# THE CONSOLIDATED FINANCIAL STATEMENTS

(The Consolidated Financial Statements include the operations of CEMC and Cumberland Connect.)

## ASSETS

Electric Plant	\$ 679,512,500
Depreciation	(206,091,800)
Net Plant	473,420,700
Reserve & Cash Fund	38,115,300
Current & Accrued Assets	61,747,200
Deferred Debits	8,754,600
<b>Total Assets</b>	<b>\$ 582,037,800</b>

## EQUITIES AND LIABILITIES

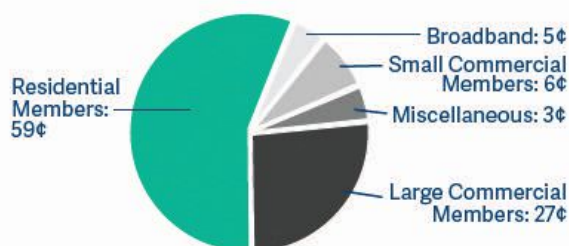
Current & Accrued Liabilities	\$ 45,018,700
Deferred Credits	20,051,600
Membership Investment	1,315,100
Long-term Debt	272,046,500
Earnings Reinvested in System Assets	243,605,900
<b>Total Equities &amp; Liabilities</b>	<b>\$ 582,037,800</b>

## REVENUE AND EXPENSE STATEMENT

Electric Sales Revenue	\$ 324,953,500
Cost of Services	(242,990,200)
Operations Expense	(37,331,700)
Maintenance Expense	(25,716,600)
Depreciation Expense	(20,261,200)
Debt Expense	(7,625,900)
<b>Net Margin from Electric Sales</b>	<b>\$ (8,972,100)</b>

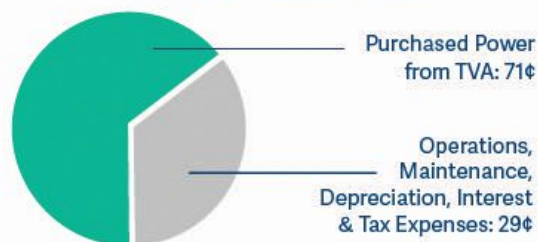
Connect Operating Income	5,435,700
Rent	5,272,000
Forfeited Discounts	1,852,300
Miscellaneous Services	1,742,900
Other Income	3,212,300
<b>Net Margin</b>	<b>\$ 8,543,100</b>

## 2023 REVENUE PER \$1



CEMC received \$351,296,900 in revenues in the fiscal year that ended June 30, 2023. Our revenues came from several sources: Residential Members; Large and Small Commercial Members; Broadband; and Miscellaneous Income, which includes Rent, Forfeited Discounts and Street and Outdoor Lights.

## 2023 EXPENSES PER \$1



CEMC buys power from the Tennessee Valley Authority. In the fiscal year that ended June 30, 2023, we spent 71% of our annual expenses to pay our TVA power bill. The other 29% was used for operations, maintenance, depreciation, interest and tax expenses.

To view the full version of the 2023 Annual Report of Cumberland Electric Membership Corporation, visit us online at [cemc.org](http://cemc.org).





## STATISTICAL INFORMATION

	2021	2022	2023
Member Count	106,444	109,017	111,227
Long-Term Debt	207,006,869	249,917,709	281,041,539
Interest Paid	5,177,100	5,870,201	7,625,881
Total Kilowatt-Hours Sold	2,759,131,859	2,833,968,391	2,778,936,562
Average Monthly Residential Kilowatt-hour Consumption	1,434	1,435	1,357
Members per Mile	13.0	13.1	13.2
Miles of Line	8,204	8,323	8,420
Plant Investment per Meter	5,218	5,638	6,107
Wholesale Power Cost as % of Electric Sales Revenue	70.2%	71.5%	74.7%

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

## Coming to SmartHub®

### New Look, Same Services



Billing & Payments



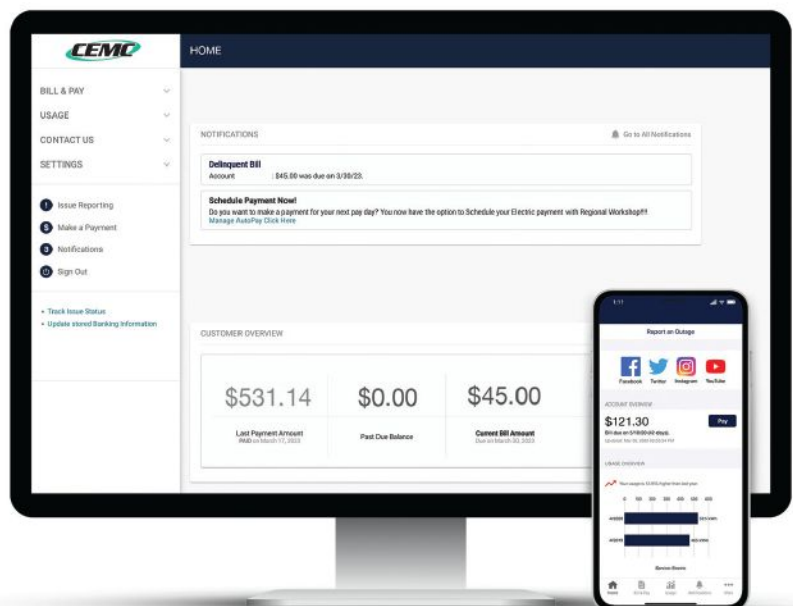
Alerts & Notifications



Paperless Billing



Usage Monitoring



This fall, we are updating the look of SmartHub®, while keeping all of the functionality you have come to expect from CEMC and Cumberland Connect.



# How to insulate your attic hatch

**Q:** I've noticed a draft coming in around my attic hatch, and it makes the room uncomfortable. Can you offer any tips for this?

**A:** You can eliminate drafts and reduce energy waste by properly sealing and insulating your attic hatch. Attic hatches are often overlooked, even if the rest of the attic is properly insulated. It should be noted that if your attic access is located in an area you are not paying to heat

recommend replacing it because it is difficult to properly insulate and seal drywall hatches. They often crumble and crack around the edges, leading to more air leaks.

Ready-made insulated hatches are available online or at home improvement stores, or you can insulate and seal your existing attic hatch. Either way, measure carefully to ensure you create an effective seal.

To improve your existing hatch, replace drywall attic hatches with  $\frac{3}{4}$ -inch plywood cut to fit. If you have loose-fill insulation in your attic — as opposed to fiberglass batts — install a dam or barrier that extends 2 inches above the level of insulation to prevent it from spilling into the house when you open the hatch. Use unfaced fiberglass batt insulation or plywood to hold back the loose fill insulation.

To insulate the hatch, use rigid foam insulation cut slightly smaller than the plywood attic hatch. Use screws and fender washers to secure the first layer of rigid foam to the hatch. Add layers of rigid foam by taping the edges together one at a time using foil tape. Always wear gloves when using foil tape to prevent cuts. Keep layering the rigid foam until you reach the desired R-value.

Remember to seal any gaps between the drywall and trim, using caulk for smaller gaps and foam sealant for larger ones. Finish the job by applying adhesive weather stripping around the hatch perimeter. Install the weather stripping on the hatch itself or on the trim supporting the hatch.



This standard attic hatch has been insulated and weather stripped to reduce energy waste. Photo source: EnergySmart Academy

or cool such as your home's exterior or garage, there's no need to insulate it.

For attic access points inside the home, it's important to seal them properly with durability and functionality in mind. Attic hatches should be insulated close to the same R-value as the rest of the attic. (R-value is the insulation's capacity to resist heat flow.)

Attic access types vary, but here are a few tips on how to insulate standard and ladder attic hatches.

## Standard attic hatches

A standard attic hatch is typically a covered rectangular hole cut into the ceiling. If your hatch is drywall, I

If buying materials or ready-made kits is not in your budget, inexpensive weather stripping provides a minimal level of protection. Photo source: EnergySmart Academy

## Ladder attic hatches

For attic hatches with dropdown ladders, you'll follow the same instructions: Install a dam, air seal and insulate. Be sure to account for the space of the folding ladder.







When insulating a home, attic hatches are often overlooked. Save energy and eliminate drafts by insulating attic hatches inside your home. Photo source: Abby Berry, National Rural Electric Cooperative Association

underside of the frame to form a tight seal when closed.

There are several commercially available options for insulating ladder hatches. Remember to check the product's R-value and measure carefully.

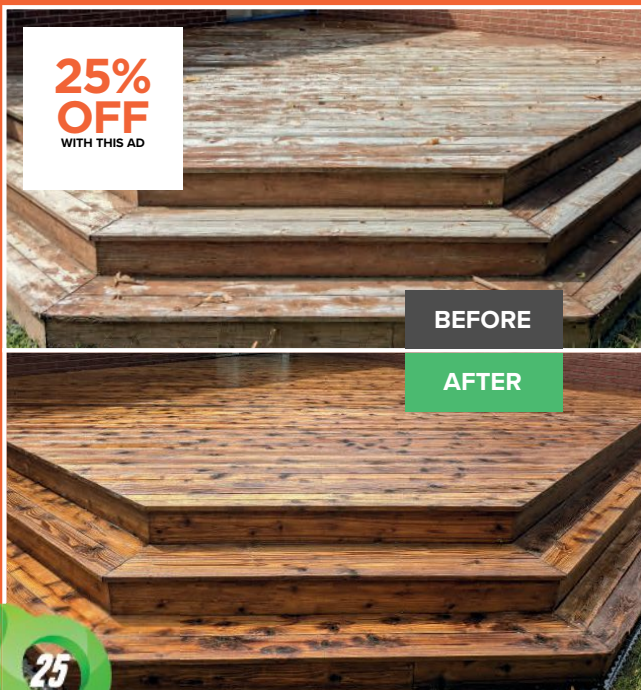
If purchasing the required materials to seal and insulate your attic hatch is not in your budget, I recommend weather stripping the hatch perimeter. While it won't provide the same level of insulation, it's a simple, low-

cost option for blocking air drafts. ■

To insulate, build a box to sit in the attic around the hatch. I suggest using wood for the sides tall enough to accommodate the folded ladder. The top of the box will be rigid foam you can remove to get into the attic. Cut the first piece of foam to fit inside the box and the next layer to fit on top of the box. Keep layering until you reach the desired R-value.

To get a good air seal, you might need to remove the existing trim to seal the gap between the drywall and hatch frame. Add weather stripping to the hatch or the

*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.*



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# Tennessee's long history of debating the 'bachelor tax'

I thought it was a joke when I first heard the phrase. But, as it turns out, generations of Tennessee lawmakers — as well as those in other states — have argued about the bachelor tax.

Before I go any further, let me explain that this column may offend the sensitivities of some current readers. In the 1800s, most women remained in their parents' households until they married. Young ladies who were single were known as "spinsters"; middle aged and older women who remained unmarried were dubbed "old maids." Many in the older generation fretted about the existence of too many bachelors, spinsters and old maids. This fretting led to ideas on

how to create a financial incentive for young men to marry and have children.

In 1821, Missouri became the first state to pass a tax on bachelors — taxing unmarried males 21 and older \$1 a year. Five years later, Tennessee State Sen. Lewis Reneau of Sevier County proposed a much higher bachelor tax here. Reneau favored an annual tax of 25% on the estate of any young man who had not yet taken a wife. "All men who enjoy the liberty and civilized life should conform themselves to the customs by which these blessings are secured," the bill declared. Money raised from the tax would be distributed to the unmarried women in the county in which it was collected.







In 1898, Pluck magazine published a wonderful illustration by S.D. Ehrhart that showed bachelors paying their tax (above) in one line and married men and their wives collecting a refund (opposite page) in the other (Library of Congress image).

Reneau's bill did not pass. However, a generation later, in 1849, another legislator proposed a bachelor's tax. "Our good-looking bachelor friends must look out," the *Memphis Daily Eagle* quipped at the time. "There is manifestly a conspiracy on foot against them." That bill didn't pass either. Bachelor taxes were proposed, and rejected, in 1855, 1875, 1885 and 1895. "The bachelor is a useless sort of animal and he ought to pay a tax for the privilege of incumbering the earth with his uncharming presence," opined the *Knoxville Tribune* in 1895 (tongue in cheek, obviously).

By the turn of the century, the bachelor tax was a frequent topic of discussion across the country. In 1907, the *New York Herald* reported that at least seven states — Illinois, Missouri, Massachusetts, Texas, Wisconsin, Indiana and Iowa — were contemplating some version of a tax on bachelors. "The preamble of the (Iowa) bill declares unmarried men are a menace to society; that the morals of the larger cities are degenerating owing to them," reported the *Herald* (which makes me wonder, how large were the cities in Iowa in 1907, and just how degenerate could they have been?).

I think the last Tennessee state lawmaker who proposed a bachelor tax was Sen. Harry J. Lovelace of Davidson County, in 1939. "It is the duty of every man to marry and support a wife," he said. "If one refuses to assume this obligation, then he should be made to contribute to the support of women left unmarried because he and others like him shun wedlock."

Lovelace's bill didn't get a lot of votes but did get attention. The *Knoxville News Sentinel* published several letters about his proposal, including:

"If there were such a tax, how could a girl be sure her husband hadn't married her just to avoid paying the tax?" asked George Williams of Morristown.

"To tax the bachelor would make celibacy seem like a luxury, when in reality it is a handicap and a hardship. To tax the bachelor would be an insult to the usefulness of womankind!" wrote Mrs. Andrew Jones of Knoxville.

"A great number of males are caught every year and I think that the few who manage to keep clear should be given a special medal by our state to an outstanding achievement," said Elbert Lyle of Knoxville.

Lovelace's bill failed like all the bachelor tax proposals before his. But it would have been interesting to see if Gov. Prentice Cooper — a bachelor himself — would have signed the bill.

When I first learned about this topic, my first reaction was to dismiss the "bachelor tax" as an old-fashioned idea that Tennessee and the United States outgrew after women entered the workforce. But then I pondered the IRS income tax code. Today, couples receive tax advantages when they marry and more tax advantages when they have children. We don't really think of this system as a tax on bachelors, but it kind of is. So in some ways, we do have an unspoken "bachelor tax" today.

Maybe Senator Reneau of Sevier County wasn't so crazy after all. ■



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**Oct. 14 • 25th Anniversary Cruise'n and Music Show — Oktoberfest,** Miller's Pond, Manchester. 931-723-3448 or millerspondlawnandgarden.com

**Oct. 27-28 • Second Annual Fredonia Mountain Craft Fair,** Fredonia Mountains Community Center, Dunlap. lizvan29@aol.com

**Oct. 27-29 • Morgan on the Rim,** Ridgetop Station Park. 615-477-5721 or troopmaster7116@gmail.com

**Oct. 28 • Clarksville Association for Down Syndrome Community C.A.R.E.S Walk,** Wilma Rudolph Event Center, Clarksville. 931-624-1693 or cadstn.org

**Oct. 28 • Belvidere Volunteer Fire Department's Fall Fish Fry,** Belvidere Community Center. 931-580-0708

**Oct. 28 • Fall Festival,** Highland Realm Blueberry Farm, Hampshire. 931-215-8197 or facebook.com/highlandrealm

**Oct. 27-29 • Off the Beaten Path Studio Tour,** studios throughout DeKalb and Cannon Counties. offthebeatenpathtour.com

*On the last full weekend in October, artists in beautiful DeKalb and Cannon counties of Middle Tennessee open their studios for a free three-day event! The tour has grown to include more than 30 artists who will be demonstrating their crafts and offering handcrafted shopping experiences.*



## East Tennessee

**Now-Oct. 31 • Lantern Tours: Ghost Walk Edition,** Ruby Falls, Chattanooga. 423-821-2544 or rubyfalls.com

**Fridays and Saturdays in October • Scenic City Shakespeare in the Park — The Winter's Tale,** Greenway Farms, Chattanooga. 423-401-0508 or sceniccityshakespeare.org

**Oct. 6-8 • 28th Annual Sycamore Stitches Quilt Show,** Sycamore Shoals State Historic Park, Elizabethton. 423-543-5808 or tnstateparks.com/parks/sycamore-shoals

**Oct. 13-14 • Cranberry Festival,** Shady Valley Elementary School. 423-739-2423 or facebook.com/cranberryfestival99

**Oct. 15 • Seven Bridges Marathon,** Coolidge Park, Chattanooga. sevenbridgesmarathon.com

**Oct. 21 • Inaugural Langston Legacy Golf Tournament,** Crockett Ridge Golf Course, Kingsport. 423-360-8637 or leadlhs.org/golf-tournament

**Oct. 21-22 • Chattanooga Apple Festival,** Camp Jordan, East Ridge. 423-650-1388 or touchtheskyevents.com

**Oct. 26 and Nov. 2-3 • 2023 Annual Fall Heritage Days,** Museum of Appalachia, Clinton. 865-494-7680 or museumofappalachia.org

**Oct. 27-28 • Sixth Annual Halloween Bar Crawl,** Alice in Appalachia, Knoxville. crawlwith.us/knoxville/halloween

**Oct. 28-29 • Mountain Makins Festival,** Rose Center Council For the Arts, Morristown. 423-581-4330 or eventeny.com/events/mountain-makins-festival-2023-5678 ■

## List your events in *The Tennessee Magazine*

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

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

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

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

Information must be received at least two months ahead of the event date, and we accept submissions up to a year in advance.

Due to the great demand for space in each month's magazine, we cannot guarantee publication. Find a complete listing of submissions we've received at **tnmagazine.org/events**.





# The FALL of FALL

**Fall Feast**  
Recipes by  
Tammy Algood  
Food styling by  
Cynthia Kent  
Photographs by  
Robin Conover



The trees are still green, and the days are warm. It doesn't really seem like fall. And yet ... we know the busiest time of the year is on the way. In just a few weeks, we'll be ushering in another holiday season that starts with pumpkins and ends with "Auld Lang Syne." Now is the time to take a moment and savor the first quiet moments of the season with these sumptuous recipes.

### Camembert and Toasted Pecan Pate

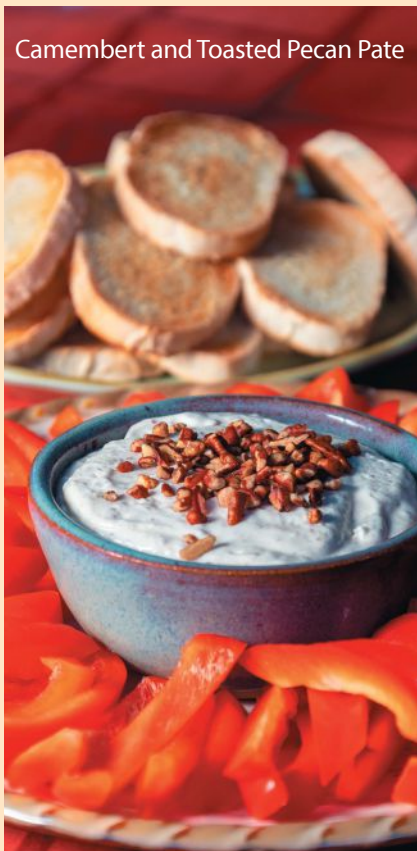
Yield: 8 servings

14 ounces Camembert cheese, rind removed  
8 ounces cream cheese, cubed and at room temperature  
2 tablespoons lime juice  
¼ cup plus 1 tablespoon finely chopped pecans, toasted and divided  
½ teaspoon salt  
¼ teaspoon black pepper  
Red bell pepper strips  
Toasted baguette slices

Place the Camembert, cream cheese and lime juice in a food processor and process until smooth. Transfer to a mixing bowl and stir in ¼ cup of the pecans as well as the salt and pepper. Sprinkle with the remaining pecans and serve immediately\* with red bell pepper strips and toasted baguette slices.

*\*Or for later use: Do not garnish. Cover and refrigerate up to 1 day. Bring to room temperature for 30 minutes before serving.*

Camembert and Toasted Pecan Pate



### Honey Roasted Clay Cooker Chicken

Yield: 4-6 servings

1 (4 to 4½ pound) whole roasting chicken (it will have a pop-up thermometer already inserted)  
2 lemons  
1 teaspoon salt  
½ teaspoon black pepper  
½ cup honey  
1 tablespoon Worcestershire sauce  
1 tablespoon unsalted butter, melted

Soak a clay pot roaster in cold water for 15 minutes. Meanwhile, remove the giblets from the chicken and discard or save for another use. Remove the roaster from the soaking water and dry. Place the chicken with the breast side up in the bottom of the roaster. Cut one of the lemons in half and squeeze all over the chicken. Place the used lemon halves in the cavity and sprinkle the outside with the salt and pepper. Cover and place in a cold oven. Turn the oven on to 400 degrees and cook for 1 hour. After 55 minutes, whisk together the juice of the remaining lemon, honey, Worcestershire sauce and melted butter. Pour the honey mixture over the top of the chicken, cover and cook another 45 to 55 minutes or until the thermometer has popped up and the chicken is done. Allow to rest uncovered for 10 minutes. Slice and serve warm.

Honey Roasted Clay Cooker Chicken



### Roasted Asparagus

Yield: 6 servings

2 pounds fresh asparagus, trimmed and cut in 2-inch pieces or left whole  
1-2 tablespoons olive oil  
1 teaspoon salt  
½ teaspoon black pepper

Preheat the oven to 400 degrees. Place the asparagus on a rimmed baking sheet and drizzle with the oil. Sprinkle evenly with the salt and pepper. Roast for 20-25 minutes or until crisp yet still tender. Serve warm.

Roasted Asparagus





### Spinach Risotto with Mushroom

**Medley** — *This will take some time to make the risotto, but it is so worth it! The mushrooms can be made the day ahead if necessary.*

Yield: 6 servings

1 tablespoon olive oil  
3 cups sliced white mushrooms  
3 cups sliced brown mushrooms  
2 cups sliced shitake or oyster mushrooms  
 $\frac{2}{3}$  cup chopped shallots, divided  
 $\frac{3}{4}$  cup dry white wine, divided (or additional chicken stock)  
 $1\frac{1}{2}$  teaspoons chopped fresh rosemary  
 $1\frac{1}{2}$  teaspoons chopped fresh thyme  
1 large garlic clove, peeled and minced  
 $\frac{3}{4}$  teaspoon salt, divided  
 $\frac{1}{4}$  teaspoon black pepper  
1 tablespoon unsalted butter  
2 cups Arborio rice  
48 ounces low-sodium chicken stock  
6 ounces shredded smoked Gouda cheese  
4 cups chopped spinach  
 $\frac{1}{4}$  cup grated fresh Parmesan

Place the olive oil in a very large skillet over medium-high heat. When hot, add the white and brown mush-

rooms and saute 5 minutes. Add the shitake mushrooms halfway through the cooking process. Stir in  $\frac{1}{3}$  cup of the shallots and  $\frac{1}{4}$  cup of the wine. Add the rosemary, thyme and garlic and saute 1 minute or until the wine is absorbed. Remove from the heat and sprinkle with  $\frac{1}{4}$  teaspoon of salt and the black pepper. Cover to keep warm.

Place the butter in a large saucepan over medium heat. When melted, add  $\frac{1}{3}$  cup of the shallots. Cover and cook for 2 minutes. Stir in the rice and cook 2 minutes, stirring constantly. Add  $\frac{1}{2}$  cup of the wine and  $\frac{1}{2}$  teaspoon of the salt; cook 30 seconds, stirring constantly. Add  $\frac{1}{2}$  cup of the stock at a time, stirring constantly until the liquid is absorbed before adding the next  $\frac{1}{2}$  cup. This will take around 30 minutes, so don't rush the process.

Stir in the Gouda and allow to melt before adding the spinach. Cook just until the spinach wilts and remove from the heat. Divide the risotto evenly among 6 individual warmed bowls and stop with the mushrooms. Sprinkle each with the Parmesan and serve warm.

### Gingerbread with Buttermilk Glaze

Yield: 12-14 servings

1 cup unsalted butter, softened and divided  
2 cups granulated sugar, divided  
1 cup sorghum syrup or molasses  
1 egg  
 $2\frac{1}{2}$  cups all-purpose flour  
3 teaspoons baking soda, divided  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon ground cinnamon  
1 teaspoon ground ginger  
 $\frac{1}{4}$  teaspoon ground cloves  
1 cup hot water  
 $\frac{1}{2}$  cup buttermilk  
1 tablespoon light corn syrup  
1 teaspoon pure vanilla extract  
 $1\frac{1}{2}$  cups freshly whipped cream, optional

Preheat the oven to 350 degrees. Grease and flour a 13-by-9-inch baking dish and set aside.

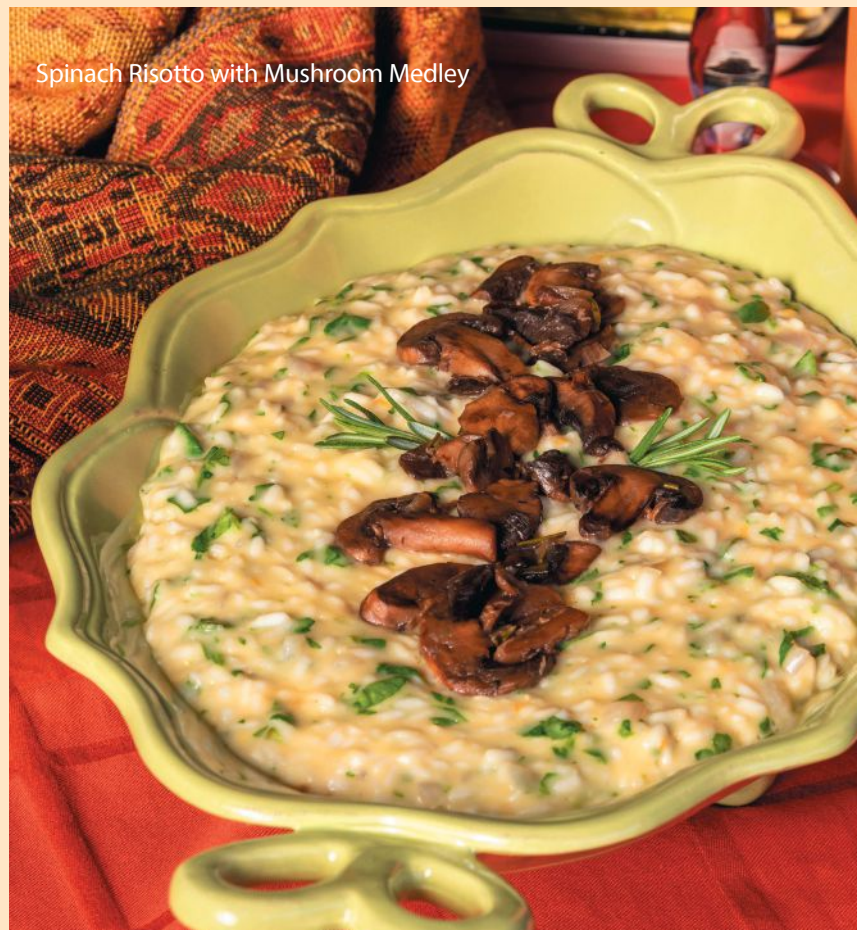
Place  $\frac{1}{2}$  cup of the butter in the bowl of an electric mixer and beat at medium speed until creamy. Gradually add 1 cup of the granulated sugar, beating well. Stir in the sorghum or molasses and egg and beat well.

In a separate bowl, stir together the flour,  $1\frac{1}{2}$  teaspoons of the baking soda, the salt, cinnamon, ginger and cloves. Add alternately to the butter mixture with the hot water, beginning and ending with the flour. Mix on low speed.

Transfer the batter to the prepared pan and bake 35-40 minutes or until a tester inserted in the center comes out clean.

Meanwhile, place the remaining butter, granulated sugar and baking soda in a large saucepan over medium heat. Add the buttermilk and corn syrup, stirring to blend. Allow to come to a boil and cook 4 minutes, stirring constantly until the glaze is golden brown. Remove from the heat and stir in the extract. Set aside to cool slightly.

Remove the cake from the oven and place on a wire rack. Drizzle evenly with the buttermilk glaze. Cool completely in the pan. If desired, serve with a dollop of freshly whipped cream. ■



Spinach Risotto with Mushroom Medley



Gingerbread with Buttermilk Glaze



*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.*



**Virginia asks,** “How can I keep water from dripping all over the counter when I fill up my coffee maker?”

Virginia, it’s a common problem! First of all, don’t pour slowly. When doing so, you all but encourage dripping because the water molecules are clinging to the side surface of your water pitcher. Instead, pour rapidly and hold your water container up higher rather than right on top of the coffee maker water reservoir. This re-

sults in a steadier flow, less dripping and a much neater “cutoff” when you discontinue pouring the water.

**Randle writes,** “I am a spur-of-the-moment cook and often decide quickly that I am going to bake something. I also store butter in the freezer, which means it frequently takes too much time to soften to the point where I can cream it in the mixer. I have tried unsuccessfully to defrost it in the microwave. Do you have a

way I can solve this problem without changing my storage?”

Randle, you are storing it just fine, so bravo for that. Since the butter is frozen, it will be easy to shred with a box shredder, or you can use a vegetable peeler to accomplish the same thing. As you shred it, do so in a slightly warmed bowl, and it will be ready to use as soon as you need it. Just dip or run hot water in the bowl before you begin.

## Tips and tricks

### Keys to clay cooker success

As soon as the juicy yet beautifully browned chicken comes out of the oven, you will be in love with the terra cotta baker. The chicken is incredibly moist and tender to the point that it practically falls off the carcass.

Don’t think you are limited to only chicken with a clay pot roaster. You can bake potatoes and prepare stews, casseroles, lasagna, meatloaf, cobblers and even bread pudding.

The key is to soak the roaster for 15 minutes in cold water before using it.

Key No. 2 is to always place it in a **cold** oven and never a pre-heated one. The shock of placing it in a warm oven can cause your clay baker to crack.

Because it is such a good heat conductor, you can keep food warm for quite some time after removing it from the oven.

Email your cooking questions to Tammy Algood: [talgood@tnelectric.org](mailto:talgood@tnelectric.org).





# One of a Kind

Seven Islands State Birding Park a birdwatcher's paradise



While you can find a variety of bird species in pretty much any state park across Tennessee, there is only one park that was specifically set aside for the protection and enjoyment of birds. In fact, it's right there in the name of Seven Islands State Birding Park

in Kodak, one of the system's newer state parks.

And as you might expect from that name, there are birds aplenty. More than 415 acres of aquatic and natural grassland habitats have made it possible for 222 species of birds to be spotted here.

*Story by Trish Milburn*



“We were set up to intentionally manage habitat for birds, which makes birding here an exceptional experience,” says Park Manager Justine Cucchiara, who has been the park’s one and only manager.

In fact, Cucchiara managed the area even before it became a state park, when it was a wildlife refuge. The land was acquired in 2002 for a refuge through the combined efforts of the Seven Islands Foundation and Knox County Parks and Recreation. After spending time with a machete, clearing weeds as a member of AmeriCorps at the refuge, Cucchiara became the manager. The state later acquired the refuge and made it the 56th state park in 2014, and she transitioned to become the new park’s manager.

A year after the land became a state park, staff began counting annual visitors. That first year, the number was 70,000. At the height of the pandemic, that number had exploded to half a million and remains at about 400,000 a year.

“Birding became one of the most popular pastimes during the pandemic,” Cucchiara says.

That popularity has been aided by phone apps like Merlin and eBird that help even newbie birders identify the birds they are hearing and seeing. You can literally sit on your porch in the morning with your cup of coffee and use the apps to identify the birds you hear greeting a new day.

Cucchiara says that for serious birders, it can be like a competitive sport. They use the phone apps to log the birds they’ve spotted, including “life birds” on once-in-a-lifetime trips.

“The economic impact birders have is incredible,” Cucchiara says. “They spend seven times more than the average tourist. A lot are retired and have disposable income.”

But you don’t have to be retired or wealthy to get into birding. Both the Merlin and eBird apps, offered

by the Cornell Lab of Ornithology, are free. These apps are linked and have a database of more than 1 billion bird sightings. A starter pair of binoculars can be bought for \$15 to \$20.

### The full experience

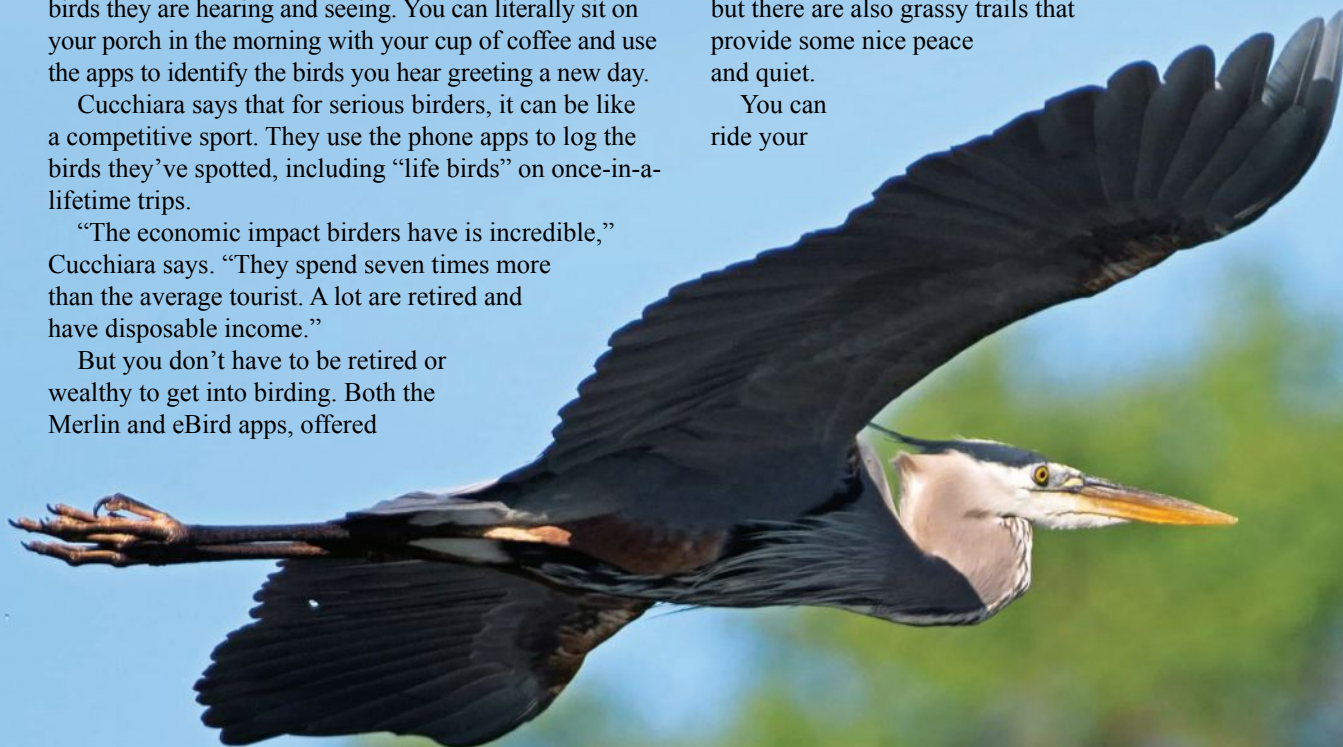
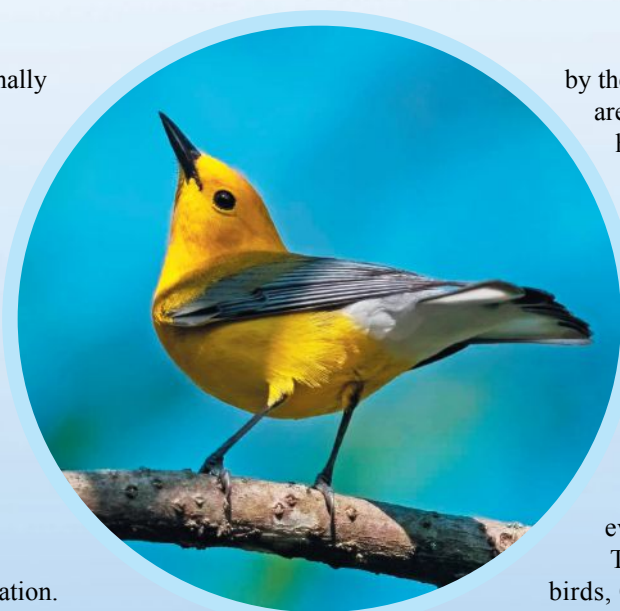
Whether you are a new or experienced birder, this park is for you. Staff conduct beginning birder hikes if you’re newer to the pastime. Public bird-banding events are also held at the park.

Though the main focus is birds, Cucchiara points out that visitors can enjoy the park in other ways. Programs on native and edible plants are offered as are full-moon hikes. She wants to bring in more programming about the French Broad River, which borders the park on three sides, and the history of the area, including Native peoples, cultural resources, traditional uses and river life — all of which played a role in shaping the region.

In October each year, the park plays host to Sturgeon Fest, an event where visitors can reserve a time to release a baby sturgeon into the river as well as peruse the vendors and exhibitors.

Cucchiara would like to see more visitors enjoying the 9 miles of trails in the park. She says most people stick to the paved, ADA-accessible 1.25-mile trail, but there are also grassy trails that provide some nice peace and quiet.

You can ride your







bicycle in the park, but this is restricted to the paved trail and pedestrian bridge.

There is also a small boat launch for fishing in the French Broad River.

### **Management — now and in the future**

The incredible rise in use at Seven Islands does pose challenges, and Cucchiara and her small staff are working hard to ensure that the park's resources aren't being overused and balancing that with making sure visitors have the facilities they need.

"The Northern bobwhite is the species we aim to please," she says.

Doing so helps with the other species. Staff also burn about a third of the property each year to keep the early successional grassland habitat healthy.

Cucchiara says working with people who are really passionate about their jobs is very rewarding.

"It's a purpose-driven profession," she says. "I get to take care of this little piece of East Tennessee. It's such a gift and privilege to be its steward. I see the progress year after year, and this improves the quality of life for the animals and visitors." ■





Clockwise from top left are a American toad, indigo bunting, great blue heron nest and common yellowthroat. Opposite page, bottom, a great spangled fritillary comes to rest on a flower. Photographs courtesy of Becky Boyd Photography. Below and opposite page, top, birdwatching is an accessible hobby that can be enjoyed by experienced adults and first-time adventurers alike. Photographs courtesy of Seven Islands State Birding Park.



## Seven Islands State Birding Park

For more information, visit the park's website at [tnstateparks.com/parks/seven-islands](https://tnstateparks.com/parks/seven-islands) or call the park office at 865-407-8335.





# 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](http://tnmagazine.org) or email [flag@tnelectric.org](mailto:flag@tnelectric.org). Entries must be postmarked or received via email by Wednesday, Nov. 1. Winners will be published in the December issue of *The Tennessee Magazine*.

## August Flag Spotters

Thanks for the postcards and emails again this month identifying the correct location of the flag, which was found on the pencil on **page 10**.

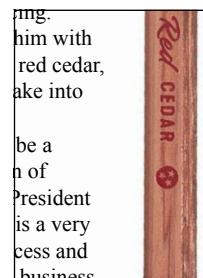
Winners are drawn randomly from each month's entries.

August's lucky flag spotters are:

**Joanne Dial**, Troy, Gibson EC

**Daphne Durham**, Lafayette, Tri-County Electric

**Cathy Elkins**, Cleveland, Volunteer EC



# Artist's Palette

## Assignment for October

**Three age categories:** 1 to 9, 10 to 14 and 15 to 18 years old. Each group will have first-, second- and third-place winners.

**Media:** Drawing or painting on **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 — **October**, P.O. Box 100912, Nashville, TN 37224. (Please make sure you include the month on the outside of the envelope!) Only one entry per artist, please.

**Deadline:** Art must be postmarked by Wednesday, Nov. 1.

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

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

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 December issue of *The Tennessee Magazine*. First place wins \$50, second place wins \$30 and third place wins \$20. Winners are eligible to enter again after three months. Winners will receive their checks, artwork and certificates of placement within six to eight weeks of publication.



# Artist's Palette *August Winners*

Kennedy Endress



Katie Kramer



Amber Childers

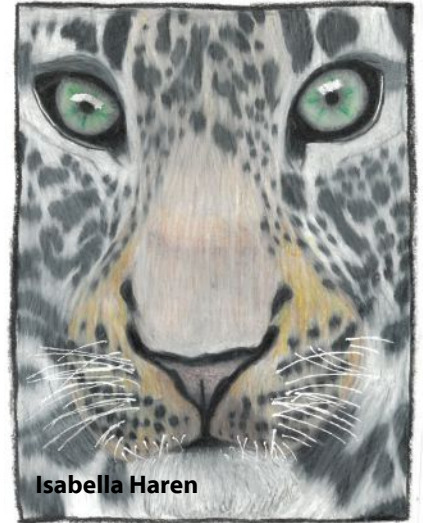
**WINNERS, 15-18 AGE GROUP:** **First place:** Kennedy Endress, age 16, Middle Tennessee Electric; **Second place:** Katie Kramer, age 15, Middle Tennessee Electric; **Third place:** Amber Childers, age 15, Mountain EC



Alexandra Chetyrkina



Reese Kirschenheider

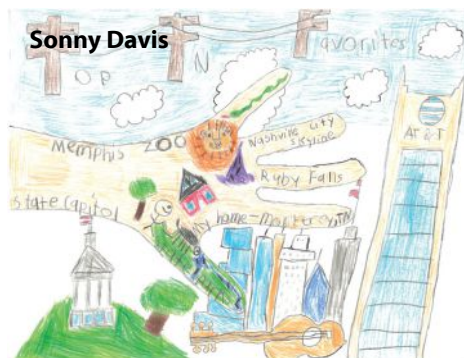


Isabella Haren

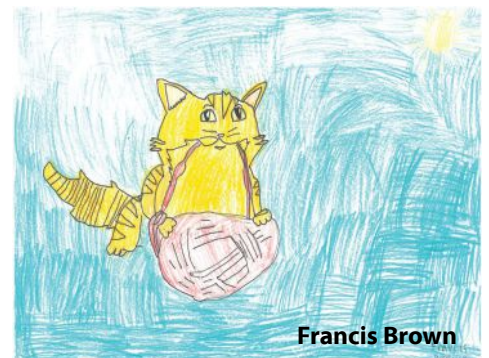
**WINNERS, 10-14 AGE GROUP:** **First place:** Alexandra Chetyrkina, age 12, Middle Tennessee Electric; **Second place:** Reese Kirschenheider, age 13; **Third place:** Isabella Haren, age 13, Volunteer EC



Aryahi Shaw



Sonny Davis



Francis Brown

**WINNERS, 1-9 AGE GROUP:** **First place:** Aryahi Shaw, age 6, Middle Tennessee Electric; **Second place:** Sonny Davis, age 9, Volunteer EC; **Third place:** Francis Brown, age 7, Southwest Tennessee EMC





# Point *of* View

By Robin Conover

Fall is in the air. You can feel it and see it. Soon a tapestry of color will appear as the sweltering temperatures of a Tennessee summer give way to cooler nights and crisp sunny days. The first hints of fall color will appear in the upper elevations of East Tennessee in October and continue through early November in Middle and West Tennessee.

As a photographer, fall is my favorite time of year to be outside, experiencing fall harvest festivals, outdoor hiking adventures, scenic drives and leaf-peeping. I find myself always gravitating to the mountains for fall color.

Planning your trip can be somewhat tenuous as the appearance of fall color depends on the weather. There are several online resources to track the progress of fall color and peak viewing times for specific areas. Some of the best resources are through state or national park websites for the locations you wish to visit.

This time of year also provides great photographic opportunities to capture images of wildlife and migratory birds during your fall color trips. The best times of day to shoot fall color is early in the morning and late in the afternoon. The sun is at a much lower angle and will

"Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves."

John Muir, 1898

cast a warmer light, creating intense colors and interesting shadows. Fog can also be present, especially at sunrise, adding another interesting element to your photographs.

There are always exceptions to every photography rule — as is the image above. I found this during midday light as I was scouting out a location for a sunset shot. It was overcast, so the sky was acting as a giant soft box, evenly lighting the leaves resting on the surface of Radnor Lake in Nashville.

I set up my tripod directly over the area I wanted to capture and made sure it was level. I added a circular polarizer to my lens to cut out a slight glare on the water.

I love the simplicity of this image. To some it might only look like leaf litter that's underfoot. To me it represents the changing of seasons from the greens of summer to the colors of fall and the beginnings of winter as the leaves fade to brown.

To every leaf, to every color, there is a season. ■

Please check [tnmagazine.org](http://tnmagazine.org) for top leaf-peeping locations across Tennessee.

"Fallen Autumn Leaves"

by Robin Conover, Canon EOS 5D Mark IV,  
EF 24-70 mm at 100 mm, f2.8 L USM lens,  
ISO 100, f5.6 at 1/100th second, Gitzo tripod



# Eye Doctor Helps Tennessee Legally Blind To See



High Technology For Low Vision Patients Allows Many To Drive Again



**F**or 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



*A scene as it might be viewed by a person with age-related macular degeneration.*

56% of patients treated with a high-dose combination of vitamins experienced improved vision after six months. TOZAL Comprehensive Eye Health Formula is now available by prescription from eye doctors.

While age is the most significant risk factor for developing the disease, heredity, smoking, cardiovascular disease, and high blood pressure have also been identified as risk factors. Macular degeneration accounts for 90% of new legal blindness in the U.S. While there is currently no cure, promising research is being done on many fronts. "My job is to figure out everything and anything possible to keep a person

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](http://www.lowvisiontn.com)

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

Office located in  
Lebanon, TN

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







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