

December 2023 • tnmagazine.org

THE TENNESSEE MAGAZINE

Prize-Winning Poetry

State Park Spotlight: Hiwassee/Ocoee Scenic River

Call for Entries: "Selfie" Shutterbugs

Recipes for Your Holiday Feast



Readers Select Best of Tennessee

Get better energy efficiency at a better price with home energy rebates.

From HVAC systems to air sealing and insulation, home energy rebates from TVA EnergyRight® increase the affordability of upgrades that lower utility bills and boost your indoor comfort.



Find a contractor.

Search our Quality Contractor Network to find a TVA-vetted licensed and insured contractor to perform your home energy upgrade.¹



Complete upgrade.

Once your upgrade is complete, your contractor will submit your rebate to TVA EnergyRight for processing.



Claim your rebate.

Look for an email from TVA EnergyRight with your redemption code to claim your rebate.



\$50 rebate on
HVAC tune-ups²



Up to \$1,500 rebates on
qualifying HVAC systems³



\$500 rebate on heat
pump water heaters³



Scan for even more home energy rebates.

EnergyRight.com/Rebates
Questions? Call 1-855-237-2673
or email support@mytva.com.

TVA EnergyRight®
AND YOUR LOCAL POWER COMPANY

¹ All TVA EnergyRight rebate-eligible upgrades must be completed by a member of the Quality Contractor Network.

² Claim a \$50 rebate on a tune-up for an existing heat pump or central air conditioning system. One HVAC tune-up per system per year. Electric systems only. ³ Must replace existing unit(s) and existing primary electric heat source.

CONTENTS

FEATURES

10 Best of Tennessee

We asked our readers, and you responded with your favorite events, restaurants, stores and more.

16 Poet's Playground

Tennessee wordsmiths present their ponderings on the world around them.

18 Shutterbug Call for Entries

We want to see your most creative self-portraits.

36 Adventure Awaits

Get active outdoors at Hiwassee/Ocoee Scenic River State Park. *by Trish Milburn*

PERSPECTIVES

4 Between the Lines

Local leadership lets you know what's happening at the co-op.

6 Tennessee Today

The latest from a statewide perspective. *by Mike Knotts*

42 Point of View

Peer through the viewfinder with an award-winning photographer. *by Robin Conover*

THIS PAGE

The barn at the Grundy County town of Gruetli-Laager is decorated with flags in advance of the Swiss Heritage Festival in July. Learn more about immigration societies of Tennessee's past beginning on page 28. Photograph by Matt Morrison

DEPARTMENTS

8 Tennessee Almanac

Stay up-to-date with quick tips and news nuggets.

20 Co-op News

Information from your electric cooperative or electric membership corporation.

26 Home Energy Q&A

Learn how you can be a responsible part of the grid that powers our region. *by Miranda Boutelle*

28 Tennessee History for Kids

Immigration societies established after the Civil War tried to convince Europeans to move to Tennessee. *by Bill Carey*

30 Tennessee Events

What's happening across the state this month and beyond.

32 A Taste of Tennessee

Holiday recipes that will take the stress out of your kitchen.

40 Community Corner

Check out Artist's Palette, and see our Find the Flag winners.

ABOUT THE COVER

White Chocolate Mousse with Raspberry Sauce rounds out a menu crafted to leave you prepared for the holiday season so you can enjoy this special time of year. See page 32. Photograph by Robin Conover



Cumberland Electric Membership Corporation

*An equal opportunity provider and
employer*

CEMC Management and Staff

Chris A. Davis, General Manager

David Abernathy,
Engineering and Operations
Division Manager

Annebelle Pittenger,
Administrative Division Manager

Mark T. Cook, P.E.,
Broadband Manager

Michael Blackwell,
District Operations Manager

Jonathan Fielder,
Engineering Services Manager

Seth Roberts,
Member Services Manager

Brad Taylor,
Financial Services Manager

Beau Baggett,
Manager of Member Experience

Mike Neverdusky,
Network Operations Manager

Brandon Hix,
Outside Plant Manager

Mike Neverdusky,
Network Operations Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Brandon Hix,
Outside Plant Manager

Between the Lines

News from your community

'Tis better to give than receive

Back in October, Cumberland Electric Membership Corporation participated in the annual Tennessee Electric Cooperative Association Day of Service. This was our seventh time participating in the event. Our employees give back to their communities every day, but the Day of Service provides them the opportunity to hang up their hard hats and climbing gear and serve some real and immediate needs in their communities.

This year, our team chose to work with Judy's Hope, a nonprofit organization in Clarksville that provides alternative, safe housing options for women and children in difficult situations. It is incredible to see the passion our employees have for helping their neighbors. Throughout the event, their commitment to making lives better was clearly evident. For more information on the project and to view photos from the event, please see pages 20-21 of this magazine.

Why is it important for CEMC to give back to our communities in such ways? The answer lies in the principles that define the co-op business model, particularly the significance of community involvement and consumer engagement.

We've got roots here — not just our co-op but our employees as well. From the members of our board to our member service reps to our lineworkers, we all call this area home. Our team members deeply care about their families, neighbors and friends who live here, too. Hands-on engagement strengthens the bonds of trust and the sense of shared purpose between our co-op and the community.

Community service has a unique way of instilling a culture

of responsibility. When our employees participate in these events, it cultivates a strong sense of responsibility that extends beyond our primary mission of providing reliable and affordable electric service. Our volunteers left with a profound feeling of pride and a deeper connection to our co-op's mission and values.

CEMC is unique because we are owned by our consumer-members. Participating in community service events underscores the fact that we are accountable not only financially but also socially. It demonstrates our commitment to the democratic principles on which we were founded, ensuring that our community's interests remain at the forefront of everything we do.

Projects like the one we completed back in October exemplify our dedication to the communities we serve, our commitment to enhancing lives and our profound sense of responsibility. The impacts of these projects go beyond simple charity; it's about building stronger communities, empowering individuals and making a lasting difference. The way I see it, our involvement in such events is not just important — it is essential.



By Chris A. Davis
*General Manager,
Cumberland Electric
Membership
Corporation*

Mission Statement

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

The Tennessee Magazine

(ISSN 0492746X), Volume 66, No. 12, is published monthly by Tennessee Electric Cooperative Association, 2964 Sidco Drive, Nashville TN 37204. Periodicals Postage Paid at Nashville TN and at additional mailing offices. POSTMASTER: Send address changes to *The Tennessee Magazine*, PO Box 100912, Nashville TN 37224-0912.



– MAKES A –
GREAT GIFT

PERFECTLY AGED, TENDER STEAKS

ACHIEVE GIFTING GREATNESS

Gift-giver of the year, guaranteed!
Eliminate guesswork by sending the
best steaks of their life. Just a little
gift-giving wisdom from Omaha Steaks.



THE BEST STEAKS
OF YOUR LIFE OR
YOUR MONEY BACK



The Ideal Gift

- 4 Bacon-Wrapped Filet Mignons (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (4 oz.)
- 4 Omaha Steaks Burgers (4 oz.)
- 4 Gourmet Jumbo Franks (3 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)
- 8 FREE** Omaha Steaks Burgers (4 oz.)

74086WXA separately \$251.93 **\$99⁹⁹**
SPECIAL INTRODUCTORY PRICE

Limited Time
**8 FREE
BURGERS**



\$23 VALUE!

**ORDER
NOW!**

OmahaSteaks.com/GiftGreat7743 | 1.800.811.7832

Ask for your FREE burgers with offer 74086WXA

Savings shown over aggregated single item base price. Photos exemplary of product advertised. Limit 2. 8 free 4 oz. burgers will be sent to each shipping address that includes 74086. Standard S&H added per address. While supplies last. Items may be substituted due to inventory limitations. Some products may not be available for sale in your area. All products, prices, and sales are subject to Omaha Steaks, Inc. Terms of Use: OmahaSteaks.com/terms-of-use. Expires 02/29/24. | SRC0715

Scan Now



OmahaSteaks.com/GiftGreat7743

The Tennessee Magazine

Communication for
Electric Cooperative Consumers

Official publication of the
Tennessee Electric
Cooperative Association
Executive, editorial and
advertising offices:
2964 Sidco Drive, P.O. Box 100912
Nashville, TN 37204
Phone: 615-367-9284
Email: thetennmag@tnelectric.org

General Manager

Mike Knotts

mknotts@tnelectric.org

Vice President of Communications

Trent Scott

tscott@tnelectric.org

Editor

Chris Kirk

ckirk@tnelectric.org

Editor Emeritus

Robin Conover

rconover@tnelectric.org

Designer

Ron Bell

rbell@tnelectric.org

Communications Specialist

Nicole Christensen

nchristensen@tnelectric.org

Contributing Writer

Trish Milburn

Communications

Support Specialist

LaQuella Bond

lbond@tnelectric.org

Advertising inquiries

American MainStreet Publications

611 S. Congress Ave., Suite 504

Austin, TX 78704

Phone: 800-626-1181

Website: amp.coop

The Tennessee Magazine is the official publication of Tennessee Electric Cooperative Association and its member electric cooperatives. It is published and distributed monthly to communicate electrical use and safety, economic development and educational and community interests of more than 1 million Tennessee families and businesses who own, operate and control the tax-paying, business-managed, locally owned electrical distribution and service systems of the Tennessee Electric Cooperative Association. Copyright 2023. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Subscriber services — To order a subscription or change your address, write to *The Tennessee Magazine*, P.O. Box 100912, Nashville, TN 37224. Cost of subscription for members of participating electric cooperatives is \$3.84 per year (32 cents per month), plus Periodicals Postage Paid from equity accruing to the member. For nonmembers, a subscription is \$15 per year or \$30 for three years. Single copy, \$2.50.

Executive and editorial offices

Tennessee Electric Cooperative Association executive,

editorial and advertising offices:

2964 Sidco Drive, P.O. Box 100912

Nashville, TN 37204 Phone: 615-367-9284

Email: thetennmag@tnelectric.org



Advertising — carried in this magazine does not necessarily reflect the beliefs, opinions or attitudes of *The Tennessee Magazine* or your local rural electric system and does not imply product or service endorsement. *The Tennessee Magazine* reserves the right to refuse advertising.

TENNESSEE TODAY

By Mike Knotts,

Tennessee Electric Cooperative Association

Connecting changes everything

Long before one of the major cellphone companies starting using “connecting changes everything” in its catchy commercials, your electric co-op lived it. Connecting your home, your work, your church and even the lights on your street to electric power is what we do. But your co-op is about much more than that.

Just a few weeks ago, I spent a beautiful fall Saturday morning in Decatur. I was there to connect with people just like you who had gathered to connect with their cooperative. What I didn’t know, however, is that I would connect with great memories, a new understanding of some things that mattered to me and a lot of smiles.

Growing up with my last name, folks would often ask if I was a fan of “The Andy Griffith Show.” With big smiles, they would often tell me about their favorite episodes. Kerosene pickles. Citizen’s arrest. Nip it in the bud. The fun girls from Mt. Pilot. But when I shared that my father’s name is actually Don Knotts, well, the smiles always got bigger.

To this day, I can’t help but stop and watch when I see the black-and-white images of Mayberry on my television and smile during the opening theme song when my dad’s name appears on the screen, just like I did when I was a kid. In those days of phone books and prank calls, the line at my parents’ home would sometimes ring with callers asking if we had a date with Thelma Lou that night or if our bullet was in our pocket. The jokes about Barney Fife were easy because the character is so memorable and so funny, and there was only one Don Knotts in the white pages.

So I was surprised those few Saturdays ago when I arrived at the co-op annual meeting in Decatur. I was greeting a nice woman who asked me about my columns



Mike Knotts, left, and David Browning, “The Mayberry Deputy”

here in *The Tennessee Magazine* and then walked around the corner only to come face to face with Barney Fife himself — sort of. He was busy issuing citations (probably for jaywalking) to other attendees of the meeting with the same seriousness that Barney had those many years ago. But I soon had the opportunity to say hello myself.

A longtime Tennessee treasure and resident of Bristol, David Browning has been appearing as “The Mayberry Deputy” for over 32 years. For much of that time, Mr. Browning was opening for Don Knotts at venues across America as Don toured and performed his own stand-up comedy. When he took the photo with me you see on this page, for just a moment I felt like perhaps we were in Mayberry.

And the feeling lasted as The Mayberry Deputy took the stage and performed for the very large crowd that had come for the meeting. The jokes were wholesome, the laughter was loud and Mr. Browning had the imitation down pat. What I didn’t know, however, was that this might have been the last performance of a long career. David actually retired in 2021 but felt so strongly about the co-op that he donned the uniform and put the single bullet in his shirt pocket one last time.

Here is to a job well done — not just to Mr. Browning but to Volunteer Energy Cooperative for connecting us to our community, our co-op and some great memories. ■

How a Safe Step Walk-In Tub can change your life

Remember when...

Think about the things you loved to do that are difficult today — going for a walk or just sitting comfortably while reading a book. And remember the last time you got a great night's sleep?

As we get older, health issues or even everyday aches, pains and stress can prevent us from enjoying life.

So what's keeping you from having a better quality of life?

Check all the conditions that apply to you.

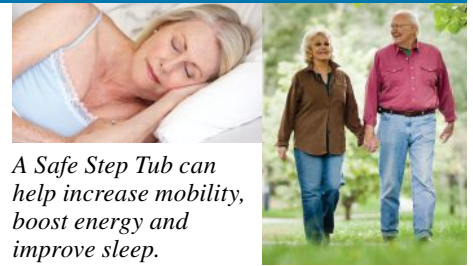
Personal Checklist:

- | | |
|--|---|
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> Dry Skin |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Mobility Issues |
| <input type="checkbox"/> Lower Back Pain | <input type="checkbox"/> Poor Circulation |

Then read on to learn how a Safe Step Walk-In Tub can help.

Feel better, sleep better, live better

A Safe Step Walk-In Tub lets you indulge in a warm, relaxing bath that can help relieve life's aches, pains and worries.



A Safe Step Tub can help increase mobility, boost energy and improve sleep.

It's got everything you should look for in a walk-in tub:

- Heated Seat – Providing soothing warmth from start to finish.
- *MicroSoothe*® Air Therapy System – helps oxygenate and soften skin while offering therapeutic benefits.
- Pain-relieving therapy – Hydro massage jets target sore muscles and joints.
- Safety features – Low step-in, grab bars and more can help you bathe safely and maintain your independence.
- Free Shower Package – shower while seated or standing.

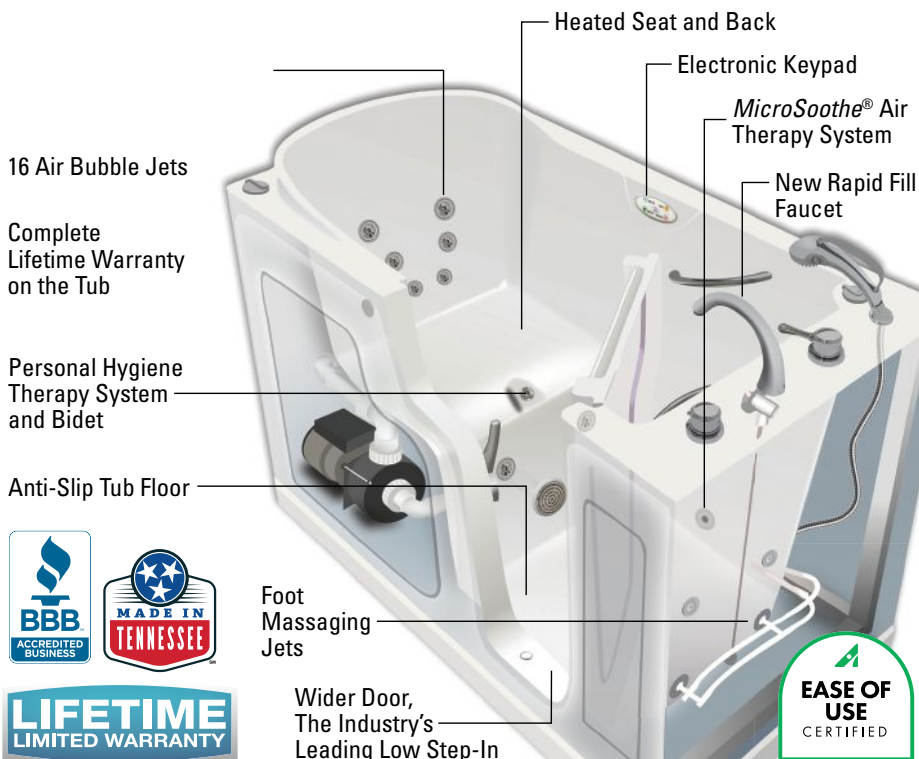
Call now toll free

1-800-903-5547

for more information and for our Senior Discounts.

Financing available with approved credit.

Safe Step includes more standard therapeutic and safety features than any other tub on the market, plus the best warranty in the industry:



FREE SHOWER PACKAGE

PLUS \$1600 OFF

FOR A LIMITED TIME ONLY

Call Toll-Free 1-800-903-5547

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.

safestep
www.BuySafeStep.com



◀ Scan me

TENNESSEE ALMANAC

Bite-sized news, notes and knowledge — December 2023



Photograph courtesy of Wreaths Across America

SATURDAY, DEC. 16

National Wreaths Across America Day

Volunteers across the state of Tennessee are working in support of national nonprofit Wreaths Across America as preparations are made for National Wreaths Across America Day — this year on Saturday, Dec. 16.

Some 90 separate cemetery locations in Tennessee will take part in this national event. Local sponsorship groups registered through the national program are helping raise the necessary sponsorships to honor all service members laid to rest in all these participating locations.

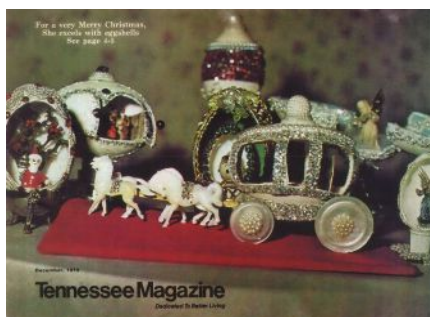
For \$17, you can sponsor a wreath to be placed on a veteran's grave. To find a participating

location or registered group to support in Tennessee, visit wreathsacrossamerica.org/About/LocationAndGroupSearch and use the search function to look up your area. A good rule of thumb: When sponsoring a wreath online, always ensure the website includes the wreathsacrossamerica.org URL in the link. Checks should always be made out to Wreaths Across America directly.






To sponsor a veteran's wreath and honor an interred American hero on Wreaths Across America Day or to learn more about Wreaths Across America, visit wreathsacrossamerica.org.

50 YEARS AGO IN THE TENNESSEE MAGAZINE

View the entire December 1973 edition of *The Tennessee Magazine* at tnmagazine.org.



FOLLOW US ONLINE

-  facebook.com/theTNmagazine
-  instagram.com/theTNmagazine
-  twitter.com/theTNmagazine
-  pinterest.com/theTNmagazine
-  tnmagazine.org

Begin your holiday shopping with us.

Name _____

Address _____

City, State, ZIP _____

Phone number _____ Email _____

Send order form and payment to: The Tennessee Magazine, c/o Orders, P.O. Box 100912, Nashville, TN 37224. For more information, call 615-367-9284 or email subscriptions@tnelectric.org. Credit card orders also can be placed by phone or by going to our website, TNMagazine.org.



Payment (make checks payable to Tennessee Electric Cooperative Association):

Check ☐ MasterCard ☐ Visa ☐

Credit card number _____ Expiration date _____

2024 Calendar — in stock and ready to ship (limited supply)

Number of copies _____ x \$12.50 each \$ _____

Book — "Barns of Tennessee"

Number of copies _____ x \$48.90 each \$ _____

(Tax = \$3.90; S&H = \$5. Total cost = \$48.90)

The Tennessee Magazine subscriptions

one-year subscription — \$15 \$ _____

three-year subscription — \$30 \$ _____

(If gift subscription, please include name and address of recipient.)

TOTAL \$ _____

2024 Calendar — Featuring photos by Robin Conover, these 2024 calendars are in stock and ready to ship immediately!

"Barns of Tennessee" — This 160-page hardback book highlights more than 350 images of Tennessee barns, with most photos taken by readers of *The Tennessee Magazine*.

The Tennessee Magazine subscription — It's a gift that never goes out of style! Keep family and friends entertained with the people and places of Tennessee.

Seal It Once... **FOREVER!**

Decks • Fences • Driveways • Walkways
Pools • Log Cabins & much more!
Services can be applied year-round in any weather conditions.

PARTIAL PROTECTION



Lasts 1-3 Years

COMPLETE PROTECTION



PERMANENT

EVER-SEAL INC

Call for your free estimate today

615.903.0903

ever-seal.com

Pressure Free Guaranteed Onsite Consultations.
We hate those pushy sales guys too.

PRESENT THIS
AD AND GET
35% OFF
when booked at
time of estimate

Better than pressure washing!

Our Trucks carry state-of-the-art restoration systems that clean & permanently seal all the way through.



FOOD • TRAVEL • ARTS • SHOPPING

BEST of TENNESSEE

READERS' CHOICE AWARDS

Once again this year, *The Tennessee Magazine* asked readers to identify their favorites across the state — everything from milkshakes to scenic drives to flea markets — and the answers came pouring in. Without further ado, we present the winners of the 2023 Best of Tennessee Readers' Choice Awards.

Bakery

West

Tiny Baker LLC
411 S. Third St.,
Union City • 731-507-0080
facebook.com/tinybakeruc

Middle (Tie)

Julia's Homestyle Bakery
1911 Medical Center
Parkway, Murfreesboro
615-890-2253
borobakery.com



Tiny Baker LLC, Union City

Middle (Tie)

Merridee's Breadbasket
110 Fourth Ave. S.,
Franklin • 615-790-3755
merridees.com

East

Niedlov's Bakery and Café
215 E. Main St.,
Chattanooga • 423-756-0303
niedlovs.com

Barbecue

West

Central BBQ
6201 Poplar Ave.,
Memphis • 901-417-7962
eatchbq.com

Middle

Martin's Bar-B-Que Joint
410 Fourth Ave S.,
Nashville • 615-288-0880
martinsbbqjoint.com

East

Trotter's Whole Hog BBQ
127 Bruce St.,
Sevierville
865-263-2103
trottersbbq.com



Calfkiller Brewing, Sparta

Catfish

West

Boyette's Dining Room
10 Boyette Road/Highway
21, Tiptonville
731-253-7307
reelfoot.com/boyettes

Middle

The Catfish House
3424 Tom Austin Highway,
Springfield
615-382-1382
thecatfishhouse.net

East (Tie)

Uncle Larry's Restaurant

736 E. Martin Luther King
Blvd., Chattanooga
423-757-5894
unclelarrysrestaurant.com

East (Tie)

Huck Finn's Catfish
3330 Parkway, Pigeon
Forge • 865-429-3353
huckfinnsrestaurant.com

Craft Beer Brewery

West

Hub City Brewing
250 W. Main St., Jackson
731-240-1168
drinkhubcity.com



Huey's Restaurant, Memphis

Middle
Calfkiller Brewing Company
 1839 Blue Springs Road,
 Sparta • 931-739-2337
 calfkilkerbeer.com

East
Yee-Haw Brewing Co.
 126 Buffalo St., Johnson
 City • 423-328-9193
 yeehawbrewing.com

Hamburger
West (Tie)
The Grind Mac and Cheese Burger Bar
 112 Lovelace Ave.,
 Martin • 731-587-6912
 facebook.com/eatthegrind

West (Tie)
KC Finn's
 1027 S. Highland Ave.,
 Jackson • 731-693-2550
 kcfins.com

West (Tie)
Huey's Restaurants
 10 locations, original
 location: 1927 Madison
 Ave., Memphis
 901-726-4372
 hueyburger.com

West (Tie)
Hops and Barley
 615 E. Reelfoot Ave.,
 Union City • 731-599-9730
 731hopsandbarleyuc.com

Middle
Jiffy Burger
 1001 Hillsboro Blvd.,
 Manchester • 931-728-4452

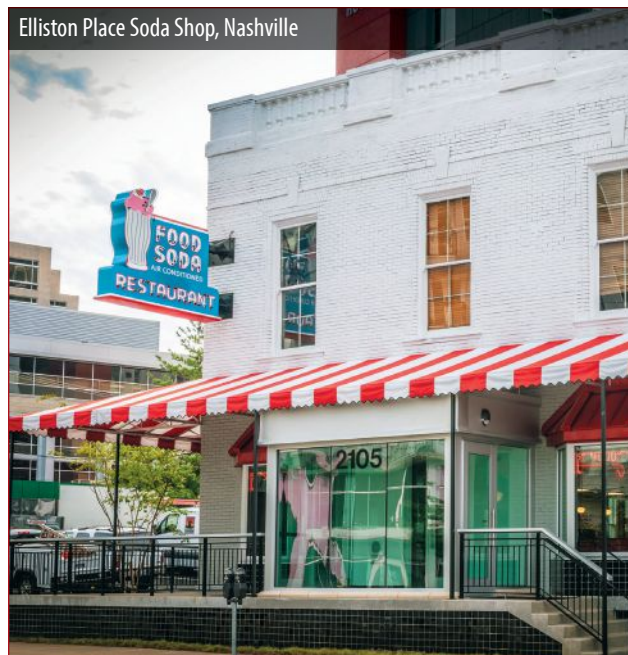
facebook.com/
 JiffyBurgerTN

East (Tie)
Litton's Market, Restaurant and Bakery
 2803 Essary Drive,
 Knoxville • 865-688-0429
 littonsdirecttoyou.com

East (Tie)
Frostee Freeze Drive-In
 1617 N. Broad St.,
 Tazewell • 423-626-3522
 facebook.com/
 frosteefreezein

Home/Country Cooking
West
Brooks Shaw's Old Country Store
 56 Casey Jones Lane,
 Jackson • 731-668-1223
 caseyjones.com

Middle (Tie)
The Loveless Cafe
 8400 Highway 100,
 Nashville • 615-646-9700
 lovelesscafe.com



Elliston Place Soda Shop, Nashville

Middle (Tie)
Puckett's
 120 Fourth Ave. S.,
 Franklin • 615-794-5527
 puckettsgro.com

East
The Farmer's Daughter
 7700 Erwin Highway,
 Chuckey • 423-257-4650
 facebook.com/
 farmersdaughterrestaurant1

Milkshake
West
The Grind Mac and Cheese Burger Bar
 112 Lovelace Ave.,
 Martin • 731-587-6912
 facebook.com/eatthegrind



Miller's Grocery, Christiana

Middle
Elliston Place Soda Shop
 2105 Elliston Place,
 Nashville • 615-219-2704
 ellistonplacesodashop.com

East
Frostee Freeze Drive-In
 1617 N. Broad St.,
 Tazewell • 423-626-3522
 facebook.com/
 frosteefreezein

Place for Dessert
West
Dumplings Bistro and Bakery
 31C Wiley Parker Road,
 Jackson • 731-664-4959
 dumplingsbistro.com

Middle (Tie)
Five Daughters Bakery
 230 Franklin Road,
 Suite 11J, Franklin
 615-933-9332
 fivedaughtersbakery.com

Middle (Tie)
The Bell Buckle Cafe
 16 Railroad Square E.,
 Bell Buckle • 931-389-9693
 facebook.com/
 TheBellBuckleCafe

Middle (Tie)
Miller's Grocery
 7011 Main St.,
 Christiana • 615-893-1878
 millersgrocery.com

East
City Café Diner
 901 Carter St., Chattanooga
 423-634-9191
 thecitycafemenu.com

Woodland Hills Golf Club, Pinson



Winery

West

White Squirrel Winery
4385 Highway 45 W.,
Kenton • 731-796-1713
facebook.com/WhiteSquirrelWinery

Middle

Arrington Vineyards
6211 Patton Road,
Arrington • 615-395-0102
arringtonvineyards.com

East

Stonehaus Winery
2444 Genesis Road #103,
Crossville • 931-484-9463
stonehauswinery.com

Agritourism

West

Green Acres Farm
158 Medina Highway,
Milan • 731-686-2004
greenacresmilan.com

Middle

Batey Farms
5331 Baker Road,

Murfreesboro • 615-410-1070
bateyfarm.com

East

Mayfield Dairy Farms
4 Mayfield Lane, Athens
423-649-2653
mayfelddairy.com

Campground

West

Reelfoot Lake State Park
2595 Highway 21 E.,
Tiptonville • 731-253-9652
tnstateparks.com/parks/reelfoot-lake

Middle

Fall Creek Falls State Park
2009 Village Camp Road,
Spencer • 423-881-5298
tnstateparks.com/parks/fall-creek-falls

East

The Ridge Outdoor Resort
1250 Middle Creek Road,
Sevierville • 865-505-3111
theridgeoutdoorresort.com

Fishing Spot

West

Reelfoot Lake State Park
2595 Highway 21 E.,
Tiptonville • 731-253-9652
tnstateparks.com/parks/reelfoot-lake

Middle

Center Hill Lake
DeKalb County
615-597-5175
dekalbtennessee.com/center-hill-lake.html

East

Cherokee Reservoir
Grainger, Hamblen,
Jefferson and Hawkins
counties • 423-587-7037
tn.gov/twra/fishing/where-to-fish/east-tennessee-r4/cherokee-reservoir.html

Middle (Tie)

Willow Brook Golf Club
6751 McMinnville
Highway, Manchester
931-728-8989
golfwillowbrook.net

East

Woodlake Golf and Lodge
330 Woodlake Blvd.,
Tazewell • 423-626-6010
woodlakegolf.com

Historic Site

West

Shiloh National Military Park
1055 Pittsburg Landing
Road, Shiloh
731-689-5696
nps.gov/shil/index.htm

Natchez Trace Parkway, Tupelo, Mississippi, to Nashville (NPS photo)



Golf Course

West

Woodland Hills Golf Club
2 Club House Dr.,
Pinson • 731-988-5311
woodlandhillsgolfcourse.com

Middle (Tie)

Henry Horton Golf Course
4358 Nashville Highway,
Chapel Hill • 931-364-2319
tnstateparks.com/golf/course/henry-horton

Middle

Andrew Jackson's Hermitage
4580 Rachels Lane,
Nashville • 615-889-2941
thehermitage.com

East

Sycamore Shoals State Historic Park
1651 W. Elk Ave.,
Elizabethton • 423-543-5808
tnstateparks.com/parks/sycamore-shoals

Rhododendron Festival, Roan Mountain





Frist Art Museum, Nashville

Sporting Event

West

Memphis Grizzlies
191 Beale St., Memphis
901-888-HOOP
grizzlies.com

Middle

Tennessee Titans
1 Titans Way, Nashville
615-565-4200
tennesseetitans.com

East

University of Tennessee Volunteers football
1600 Phillip Fulmer Way,
Suite 201, Knoxville
800-332-VOLS
utsports.com

State Park

West

Reelfoot Lake State Park
2595 Highway 21 E.,
Tiptonville • 731-253-9652
tnstateparks.com/parks/
reelfoot-lake

Middle

Fall Creek Falls State Park
2009 Village Camp Road,
Spencer • 423-881-5298
tnstateparks.com/parks/
fall-creek-falls

East

Roan Mountain State Park
1015 Highway 143, Roan
Mountain • 423-547-3900
tnstateparks.com/parks/
roan-mountain

Art Gallery

West (Tie)

West Tennessee Regional Art Center
1200 Main St., Humboldt
731-784-1787 • wtrac.tn.org

West (Tie)

Memphis Brooks Museum of Art
1934 Poplar Ave., Memphis
901-544-6200
brooksmuseum.org

Middle

Frist Art Museum
919 Broadway, Nashville
615-244-3340
fristartmuseum.org

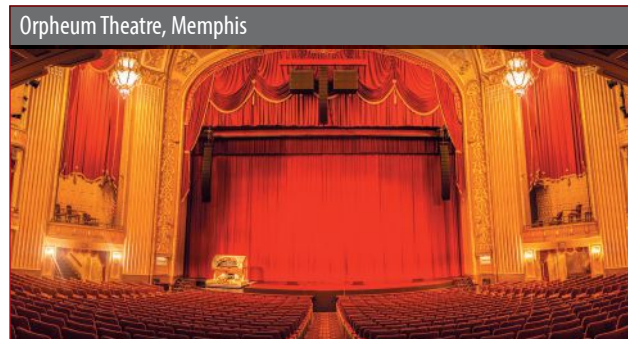
East

Hunter Museum of American Art
10 Bluff View, Chattanooga
423-267-0968
huntermuseum.org

Museum

West

Discovery Park of America
830 Everett Blvd., Union
City • 731-885-5455
discoveryparkofamerica.com



Orpheum Theatre, Memphis

Middle

Tennessee State Museum
1000 Rosa L. Parks Blvd.,
Nashville • 615-741-2692
tnmuseum.org

East (Tie)

Abraham Lincoln Library and Museum at Lincoln Memorial University
120 Mars-Debusk Parkway,
Harrogate • 423-869-6235
lmunet.edu/abraham-
lincoln-library-and-
museum

East (Tie)

Creative Discovery Museum, 321 Chestnut St.,
Chattanooga • 423-756-2738
cdfun.org

Performing Arts Venue

West

Orpheum Theatre
203 S. Main St., Memphis
901-525-3000
orpheum-memphis.com

Middle

Tennessee Performing Arts Center
505 Deaderick St.,
Nashville • 615-782-4040
tpac.org

East

Cumberland County Playhouse
221 Tennessee Ave.,
Crossville • 931-484-5000
ccplayhouse.com

Place to Take the Kids

West

Discovery Park of America
830 Everett Blvd.,
Union City • 731-885-5455
discoveryparkofamerica.com

Middle

Nashville Zoo at Grassmere
3777 Nolensville Pike,
Nashville • 615-833-1534
nashvillezoo.org

East

Dollywood
2700 Dollywood Parks
Blvd., Pigeon Forge
800-DOLLYWOOD
dollywood.com

Dollywood, Pigeon Forge



Scenic Drive

West

The Great River Road
4575 S.R. 21 E., Tiptonville

Middle

Natchez Trace Parkway
2680 Natchez Trace
Parkway, Tupelo,
Mississippi, to Nashville
662-680-4027
nps.gov/natr/index.htm



Gatlinburg Craftsmen's Fair

East

Cades Cove

Great Smoky Mountains National Park, 107 Park Headquarters Road, Gatlinburg • 865-436-1200
nps.gov/grsm/planyourvisit/cadescove.htm

Middle

Nashville

Nashville Convention and Visitors Corp., 500 11th Ave. N., Suite 650, Nashville • 615-259-4700
visitmusiccity.com

East

Gatlinburg

Gatlinburg Convention and Visitors Bureau, 811 E. Parkway, Gatlinburg 865-436-4178
gatlinburg.com

Antiques Store

West

Carriage House Antique Market and Cafe

195 Carriage House Drive, Jackson • 731-664-6678
carriagehouseantiquemarket.net



Gibson County Fair, Trenton

Weekend Getaway

West (Tie)

Memphis

Memphis Convention and Visitors Bureau, 47 Union Ave., Memphis 901-543-5300
memphistravel.com

West (Tie)

Reelfoot Lake

2595 Highway 21 E., Tiptonville • 731-253-9652
tnstateparks.com/parks/reelfoot-lake

Middle (Tie)

Franklin Antique Mall

251 Second Ave. S., Suite 100, Franklin 615-790-8593
thefranklinantiquemall.com

Middle (Tie)

Hylabrook Antique Mall

204 Chaffin Place, Murfreesboro • 615-907-6066
facebook.com/hylabrookantiquemall

East (Tie)

The Homestead Shoppe

401 Richmond St., Church Hill • 423-357-5400
facebook.com/the-homestead-shoppe-230494330280

East (Tie)

Picker's Paradise — Antique Vendors Market

527 Main St., New Tazewell • 865-585-6702
facebook.com/pickersparadisemarket

Farmers Market

West

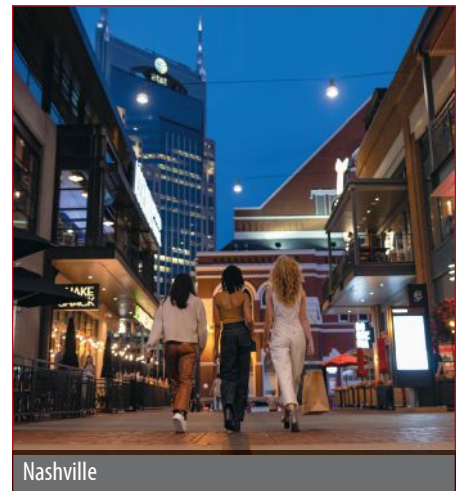
West Tennessee Farmers' Market

91 New Market St., Jackson 731-425-8308
jacksontn.gov/residents/arts_entertainment/farmers__market

Middle

Nashville Farmers' Market

900 Rosa L. Parks Blvd., Nashville • 615-880-2001
nashvillefarmersmarket.org



Nashville

East

The Chattanooga Market

1801 Reggie White Blvd., Chattanooga 423-565-9130
chattanoogaamarket.com

Flea Market

West

Hilltop Flea Market

3465 US Highway 64, Crump 731-926-6180
facebook.com/williamrbridges

Middle

The Nashville Flea Market

401 Wingrove St., Nashville 615-862-5016
thefairgrounds.com/fleamarket

East

Great Smokies Flea Market

220 W. Dumplin Valley Road, Kodak 866-785-3532
greatsmokiesfleamarket.com



The Chattanooga Market

Arts and Crafts Show

West

Reelfoot Arts and Crafts Festival

2595 Highway 21 E.,
Tiptonville
731-694-9283
reelfootartsandcrafts.com

Middle

Webb School Art and Craft Festival

4 Railroad Square, Bell
Buckl
931-808-7640
bellbucklechamber.com/
webb-school-art-craft-show

East

Gatlinburg Craftsmen's Fair

234 Airport Road,
Gatlinburg • 865-436-7479
craftsmenfair.com



Wilson County-Tennessee State Fair, Lebanon

County/Regional Fair

West

Gibson County Fair

1242 Manufacturers Row,
Trenton
731-470-0705
gibsoncountyfairtn.org

Middle

Wilson County-Tennessee State Fair

945 E. Baddour Parkway,
Lebanon • 615-443-2626
wilsoncountytntatefair.com

East

Tennessee Valley Fair

3301 E. Magnolia Ave.,
Knoxville
865-215-1471
tnvalleyfair.org

Festival

West

West Tennessee Strawberry Festival

1200 W. Main St.,
Humboldt • 731-784-1842
strawberryfestivaltn.com

Middle

Tennessee Renaissance Festival

2135 New Castle
Road, Arrington
615-786-0198
tnrenfest.com

East

Rhododendron Festival

Roan Mountain State Park,
1015 Highway 143,
Roan Mountain
423-547-3900
roanmountain.com/
rhododendron-festival



Reelfoot Arts and Crafts Festival, Tiptonville



Congratulations to our grand-prize winners

Each winner, drawn from all qualifying entries, will receive certificates from Tennessee State Parks for up to a four-night stay at any state resort park inn, \$250 to spend while enjoying his or her visit and a basket of farm-direct, locally made artisan foods from Pick Tennessee Products.

Ann Butler,
Forked Deer
EC

Gregory Newsome,
Cumberland
EMC

David Thomas,
Holston
EC

POET'S PLAYGROUND



Inspiring words from your neighbors

Age 8 and younger

Extreme Beauty

If I could love something more than Tennessee,
It'd need to have more than extreme beauty!
Oh, the beauty of flowers, and tall maple trees,
The majesty of nature, the beautiful breeze
The lakes and the rivers, the mountains ashore
The open wide skies, the smells I adore
Yes, other states are not nearly as good,
That's what I've learned throughout my short childhood!
And if you want a beautiful vacation,
But don't know where to be, if you ask me,
I'll tell you to go to Tennessee!
So, if I could love something more than Tennessee,
It'd need to have more than extreme beauty!

— *Rahela Ward, Southwest Tennessee EMC*

Age 9-13

Tennessee River

A girl at the Walnut Street bridge,
the wood creaks a smidge,
as she looks over the side,
she finds herself tied
as she sees people battling for freedom,
fighting to overthrow a kingdom,
the making of country music,
guitars twanging as they lick.
She feels the soil rich by the waters,
there lay the graves of ancestors,
then sprouts without shyness,
an enchanting purple-hued iris.
She'll soon realize she's seen her reflection,
an idea that's escaped detection.
When the girl leaves,
a gasp she'll heave
she sees in people no mystery,
each of us Tennesseans
contains such history.

— *Adeline Pond, Duck River EMC*

Read more finalists' prose at tnmagazine.org.

Age 14-18

Lifting the Mask

Outcast
Thief
Foul
That's what they're called
Feral beasts that dig through waste
Their fangs and claws keen to fight
Their eyes glitter dangerously in the night

But when you shift your gaze
And lift the mask
A new face is revealed

Resilience
They not only survive
They thrive

Spirit
Created to play no matter the terrain
They frolic through the fields as the old sun slumbers

Wisdom
Their knowledge and skill can even best the friend of men

They're the master of these three things

In 1971 the masked animal was chosen
May the raccoon forever oversee Tennessee

— *Melinda Cai*

Age 19-22

Silver Dreams

When summer rests in peaceful death,
And the autumn breeze starts blowing,
Remember me in silver dreams
With passions still now flowing.

When waters are dotted with flower petals,
And winged birds take their flight,
Think of me softly, reading saccharine letters
Penned when for you my heart sighed.

When browning leaves grow old and weak,
And you adorn your hat and coat,
Recall my gentle hand and speech,
That once warmed you in the cold.

When nature's colors begin to fade
Into the start of something new,
Remember that change is beautiful,
Even if I'm gone from you.

— Erin Cogdell, *Southwest Tennessee EMC*

Age 23-64

Tennessee to Me (Ode to My Grandfather)

A mesh trucker's cap rests upon his head
Above snow-white hair and a face tanned red
From days spent beneath the blistering sun
Tilling his garden and pulling the weeds
This is Tennessee to me
Overalls, denim, over a buttoned shirt
Sleeves, never rolled, as he works
With hands calloused and exposed
Plucking tomatoes and shelling peas
This is Tennessee to me
A cigarette dangles from his lips
A tendril of smoke, to the sky, lifts
In a chair by the plot, shucking corn, he sits
Beneath the shade of an old oak tree
This is Tennessee to me

— Ethan Long, *Southwest Tennessee EMC*

Age 65 and older

The Palace of Nature

When day turns to eventide
Another unusual sunset builds aura
Indian summer contributed radiance

And a dazzling blue sky charmer
Winked as prismatic colors unfolded
Lanterns of magic blushed unguarded
Radiant hue enhanced the atmosphere
Tincture rose with alluring fascination
Pampered with showers of crimson glow
Evening's fireball danced the equation

Cords of exotic played as violins
Bloody Mary dripped from the sun's red lips

Intoxicated on currents of wind.

Dusk swallowed illusions of enchantment
Shooting holes through the sun's red light
The firmament liked spellbound charisma
Refractions had slipped into slumber of night.

— Jane G. Sullivan, *Middle Tennessee Electric*

Do you have a way with words?

We're searching for Tennessee's most talented and gifted poets. Enter our next Poet's Play-ground 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 Thursday, Feb. 1. First-place poems will be published in the April 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.

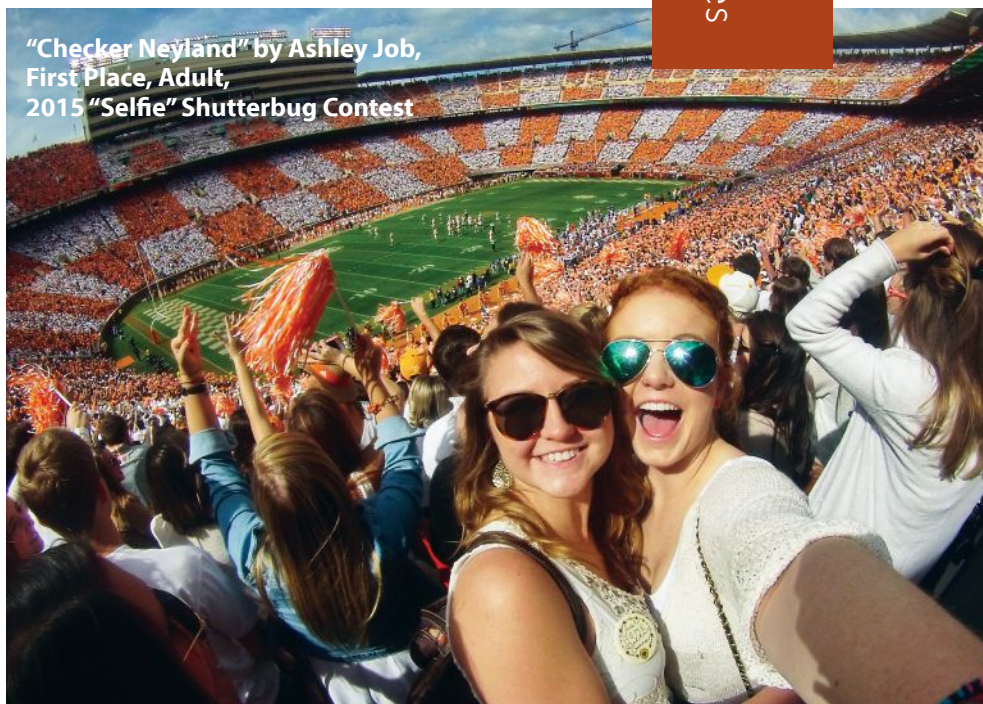
All entries must include the following information, or they will be disqualified: your name, age, mailing address, phone number and the name of your local electric cooperative.

SHUTTERBUG SHOWCASE

In the next installment of our Shutterbug Photography Contest, we're reviving a favorite theme from several years ago. We received so many great entries in our "Selfie" contest in 2015, we're bringing it back for another round.

Most selfies are simple, straightforward shots, but we at *The Tennessee Magazine* are looking to expand the definition of the selfie. Your photographs could be autobiographical, representing who you are. The art of the self-portrait has been approached in countless ways by artists over the centuries. We are excited to see what you come up with.

As you accept this challenge, please stay safe. People have injured themselves in search of the perfect self-portrait, and we don't want anyone to take a tumble in the name of the Shutterbug contest.



"Checker Neyland" by Ashley Job,
First Place, Adult,
2015 "Selfie" 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 "Selfie"

Submissions — online entries only

To enter, visit tnmagazine.org and click on "Entry Forms" under the "Contests" tab.

Deadline

Entries must be entered online by the end of the day on Tuesday, Jan. 16. Winners will be published in the March 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.



Survive Just About Anything for Under \$20

On any outdoor adventure, Mother Nature's job is to present you with challenges. Some days she's more demanding than others. And on those days, you'd better come prepared. **The Stauer Survival Box is a near-guarantee you'll be up to the challenge.** The stainless steel multitool offers wire cutters, knife, bottle opener, file, a set of screwdrivers, a pair of pliers and much more. The powerful flashlight has three different settings, and the tactical loop watch is a reliable, water-resistant timepiece that clips to your hip and never leaves your side. All told, opening the Survival Box gives you instant access to nine different tools for **JUST \$19.50**.

Regularly sold for \$99, we're offering this collection of survival essentials to you for **A FIFTH OF THE NORMAL PRICE!** Why? Because we've had an incredible year and we feel like giving back to our valued customers. As this kit has proven to be one of our all-time best sellers, we can only extend this offer while supplies last. Of our initial run of 1,737, **more than half have already sold.** Your move, Mother Nature.

Survival Box Specifications:

- Multitool: 3 1/4" x 1" folded
- Flashlight: 3 1/2" x 1", 260 lumens, takes AA batteries (not included), three LED light modes: strong, medium and caution flashing
- Watch: 2 3/4" x 1", battery type SR626SW (included)

Survival Box ~~-\$99-~~ \$19.50* + S+P *Save \$79.50*

***You must use Insider Offer Code: SVB162-01 to get this price.**

California residents please call regarding Proposition 65 regulations before purchasing this product.

1-800-333-2045

Your Insider Offer Code: SVB162-01

Regularly priced at \$99, take advantage of this special offer while supplies last!



Praise for Stauer's Survival Box



"[It] has everything!"

— Carol T.,
Anaheim, CA

Box includes flashlight, watch and multitool with wire cutters, knife, bottle opener, file, screwdrivers, pliers and more!

Stauer, 14101 Southcross Drive W., Ste 155, Dept. SVB162-01, Burnsville, MN 55337 **www.stauer.com**

Stauer® | AFFORD THE EXTRAORDINARY®

CEMC employees serve community



During the seventh annual Tennessee Electric Co-op Day of Service, employees from Cumberland Electric Membership Corporation/Cumberland Connect volunteer to help nonprofit Judy's Hope prepare for its ribbon cutting-ceremony.

On Monday, Oct. 16, 50 Cumberland Electric Membership Corporation/Cumberland Connect employees, along with seven employees from the Tennessee Valley Authority, participated in the Tennessee Electric Cooperative Association Day of Service. This year, we donated our time and efforts to help Judy's Hope, a Clarksville nonprofit that will allow women to live alone with their children in tiny houses while developing the skills needed to step out on their own.

Volunteers worked together to tackle a long list of projects to help ensure that Judy's Hope was ready for its ribbon-cutting ceremony on Oct. 19. Team members

spent the day assembling playground equipment, planting shrubs, spreading straw and pea gravel, installing appliances, mounting televisions, assembling furniture, pressure washing, trimming weeds, cleaning up inside the tiny homes and much more.

"Each year, our Day of Service project brings CEMC employees together for a good cause," says Susie Yonkers, CEMC community relations coordinator, who organized the Day of Service project for CEMC. "When choosing and carrying out our Day of Service projects, our goal is always to make the wonderful community that we live and work in a better place."

"We partnered with Judy's Hope for Day of Service because they are a valuable part of our community," says Yonkers. "'Concern for Community' is one of our Seven Cooperative Principles, and that goes beyond our concern for providing electricity. We are committed to making a positive impact on our community in any way that we can, and Day of Service is just one way we are able to do that."

The Tennessee Electric Co-op Day of Service is coordinated by the Tennessee Electric Cooperative Association. Twenty-six separate community service

Co-op employees plant shrubs on Judy's Hope property.





Volunteers spend the Day of Service tackling various tasks such as assembling playground equipment, above, spreading pea gravel and straw, right, and installing appliances, below, for Judy's Hope.

projects were completed as a part of this year's event. More than 800 electric co-op employees devoted more than 2,100 volunteer hours across the state.

In the seven-year history of the Day of Service event, 3,500 employees have volunteered more than 8,700 hours to complete 179 individual projects in co-op communities across the state.



Use space heaters with caution

Sometimes, you just need a bit more heat in a room that doesn't heat up as fast as the rest of the house. In that case, a space heater can solve your problem.

Still, use it with caution.

Space heaters are designed as supplemental sources of heat, not as the main source. So you shouldn't use them constantly, especially in rooms that you don't use much. Check your space heaters for an Underwriters Laboratories (UL) seal, and follow these guidelines for safely using them:

- Keep space heaters at least 3 feet away from drapes and furniture that could catch fire.
- Don't use extension cords with space heaters unless absolutely necessary.
- Inspect the heater's cord periodically for frayed wire or damaged insulation. Don't use a space heater with a damaged cord.
- Check periodically for a secure plug-to-outlet fit. If the plug gets hot, the outlet might need to be replaced by a qualified electrician. This could be the sign of a home wiring issue.
- Place your heater on a flat, level surface. Don't place heaters on furniture; they could fall and break or even start a fire.



- Unless the heater is designed for use outdoors or in bathrooms, don't use it in wet areas.



TREES OF GIVING

Now accepting donations of NEW hats, scarves, gloves, socks, coats and non-perishable food items at all CEMC offices

MEMBER DONATIONS WELCOME



DEC 15

Donations should be placed on or under the trees by

FRIDAY DECEMBER 15

ALL CEMC OFFICES WILL BE CLOSED

**FRIDAY, DEC. 22
MONDAY, DEC. 25
MONDAY, JAN. 1**

FOR THE CHRISTMAS AND NEW YEAR'S HOLIDAYS

CEMC personnel will be available in the event
of an emergency by calling 1-800-987-2362



**Your home energy
bills shouldn't break
the bank.**



Extreme weather events, aging or broken appliances, or inefficient energy habits — there can be lots of reasons why your energy bills feel too high. That's why we partner with TVA EnergyRight to offer home energy rebates that improve energy efficiency, lower utility bills and boost your indoor comfort.



Find a rebate.
EnergyRight.com/Rebates



Deck the halls — with energy efficiency

Before you climb on the roof in your quest to have the most outdoor holiday lights in your neighborhood and before you string any bulbs on your tree, take a moment to consider how energy efficient your Christmas decorations are.

Here are five ways to save money on electricity without giving up the holiday glitter this season:

1. Switch to LED lights. If your strands are so old that the bulbs are incandescent, toss them. New holiday lights are made from LEDs — and they're way better than the old-fashioned kind. They shine brighter and last longer, and they're cool to the touch, so they're safer. A bonus: Prices of LED light strands are way lower than they were even a few years ago.

2. Connect your lights to timers. Set the timers to turn the lights on when the sun sets and off at bedtime. There's no need to leave them on all night.

3. Invest in a few good power strips. Plug all of your indoor and outdoor strands and lighted decorations into power strips rather than directly into wall sockets. That way, you can turn everything on and off with the flick of a single switch.

4. Turn off unneeded lights. If the outside of your home is laden with so many lights it looks like daytime after dark, don't turn on the porch lights. Same goes for indoors. In rooms where you have Christmas trees or other lighted decorations, turn off some of the lamps.

5. Go old-school. Instead of decorating your indoor rooms and your tree with lights this year, how about dusting off some family ornaments or organizing an ornament-making evening with your children? Don't skimp on the glitter; along with some tinsel on the tree, your home can sparkle and shine without using any extra electricity at all.



The Power of ProtectIQ: Safeguarding all of your connected devices

It's officially the holiday shopping season, and we'd bet someone you're shopping for has some new smart tech on the Christmas list. Smart home technology adds convenience and automation to your daily routine, and it can even help protect your home. For example, a smart deadbolt can automatically lock your door every night, and smart security cameras can alert you to any activity when you're away from home. But while smart home technology can help protect you, how can *you* help protect your smart home technology from cyber threats?



With the explosion of the “internet of things,” more and more home devices are becoming smart and connecting to our Wi-Fi networks. These interconnected devices might make life more convenient but could also leave users more vulnerable to security issues. As new smart technologies enable data to move more freely across networks and devices, users must be equally smart about defending their data against hackers. Many of these devices have simple or no built-in security considerations, and many IT professionals would tell you that you need to set up a separate home network for everything other than your PCs and smartphones. But for Cumberland Connect subscribers, we have a much simpler solution with **ProtectIQ™** — included in our Peace of Mind Package.

With ProtectIQ, you'll have built-in network security that helps protect all your connected

devices — from your smartphone to your smart fridge. ProtectIQ leverages an extensive cloud database of known virus and ransomware threats and checks your network traffic for any malicious data trying to intrude. By looking for the specific signatures of these threats in real time, ProtectIQ can terminate the transfer of data before a malicious payload is delivered to any vulnerable devices on the network. As new threats are emerging daily, the threat database is continuously updated to offer protection against the latest threats. Network security shouldn't be a hassle, which is why ProtectIQ works quietly and automatically in the background to keep malicious websites, viruses and intrusions away from your home 24/7.

**Throughout the year of 2023,
we protected our subscribers from**



**Thank you for trusting our team & ProtectIQ
to give you Peace of Mind.**

If it's connected, it should be protected! Many of our subscribers have already signed up for Peace of Mind and are using ProtectIQ to help keep their home networks secure. In fact, ProtectIQ has blocked well over 154,000 web threats, intrusions and viruses for our Peace of Mind subscribers in 2023. Don't leave your network vulnerable to cyber threats — enroll in the **Peace of Mind Package** today to safeguard all of the smart home devices on your network!



HOME ENERGY Q&A

Written by energy expert Miranda Boutelle
Photographs by Mark Gilliland, Pioneer Utility Resources

The U.S. power grid is often considered one of the largest machines in the world. As demand for energy continues to grow, electric utilities across the nation are encouraging energy consumers to save by making small changes to daily energy habits.

How energy efficiency contributes to a better grid

Q: What does “peak energy time” mean, and why should I use less energy at home?

A: “Beat the peak” has become a unified message among Tennessee’s electric cooperatives as the demand for electricity grows year after year. Your electric co-op must deliver around-the-clock electricity to power your life. To understand why it is so important for everyone to use less energy when there is high demand for electricity, known as peak times, let’s start with the complex system that delivers electricity to your home.

The U.S. power grid is often considered one of the largest machines in the world. Some could argue it is our country’s greatest achievement because reliable electricity has become essential to our daily lives and our economy.

The U.S. has three main interconnected power grids: the Eastern Interconnection, Western Interconnection and Electric Reliability Council of Texas.

Each interconnection has regional balancing authorities, which are organizations that ensure electricity supply constantly matches electricity demand.

How can you use less energy during peak times? Consider delaying when you’d usually run large appliances such as your washer and dryer to off peak hours.

The interconnections are powered by electric generation in various sources, including hydropower, nuclear, coal, gas, wind, solar and more. Some of these generation sources can supply power constantly or be ramped up or down depending on demand, while others supply intermittent power. The energy produced by these sources connects to the grid and moves along transmission lines that allow power to travel long distances.

Your electric co-op is known as a distribution utility, which operates the power infrastructure connecting transmission lines to the distribution power lines that bring electricity to your home.

This whole system and the more than 2 million people who operate it are continually working behind the scenes so we can take advantage of a 24/7 supply of electricity at the flip of a switch.

Throughout the day, demand for power supply fluctuates. If supply and demand fall out of balance, local or widespread blackouts can occur. To maintain reliable power, especially during peak times, there must be enough power supply to equal demand.

Due to supply and demand, the cost to buy power is higher during peak times. Peak times vary across the country but are typically in the



morning as we start our day and in the evening when we return home.

The demand for power increases every year. The U.S. Energy Information Administration projects that residential consumption of purchased electricity will increase between about 14% and 22% from 2022 to 2050. Industrial, transportation and commercial consumption are also projected to experience increased demand.

As generation, transmission and distribution utilities work to increase production and maintain and protect our grid, it's important for all of us to take steps to use less energy every day. In turn, it will help you save on your monthly electric bill.

To beat the peak, think about how you can use less energy in the morning and evening. Start with the area that uses the most energy by adjusting your thermostat during peak hours, either up or down a few degrees depending on the season. A smart thermostat can do this for you automatically.

Are there certain appliances or devices you can wait to run until after peak hours? For example, start the dishwasher or dryer before you go to bed. If you have an electric vehicle, program it to charge overnight instead of right when you return home in the evening. Smart power strips ensure your devices



To conserve energy, start with manageable changes around your house. Instead of running your dishwasher after dinner during peak hours, start it right before you go to bed.

are not pulling power when they are turned off. These work well for TVs and gaming devices.

If you have appliances that are 10 or more years old, consider replacing them with new, efficient Energy Star-rated appliances.

By embracing energy conservation, we can all make small changes that have a big impact on our community and the intricate system that powers our lives. To learn more about your local peak times and how you can use less energy, contact your electric co-op. ■

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.



Heirloom Seed Kits

VEGETABLES, FRUITS, & HERBS • 100% NON-GMO

Start A Home Garden Or Store Seed Vaults For Years To Come!

Provide for your family with **100% Non-GMO / Non-Hybrid** heirloom seeds that have been passed down from generation to generation.



(125) VARIETY SEED VAULT
(With Ammo Storage Box) Survival seed kit includes 22,000+ seeds & 125 varieties of vegetables, fruits, & herbs, packed in an ammo box, for long-term storage. **\$119**

(50) VARIETY SEED KIT
50 varieties of vegetables, fruits, & herbs, packed in a moisture proof, mylar storage bag. **\$49**

Now Shipping Fresh Seeds for the 2024 Growing Season!







HEARTSGOOD
— FARM —

HeartsgoodFarms.com

(866) 861-7111
Family-owned & operated.
Cave Springs, Arkansas

Tennessee once clamored for immigrants

There was a time when Tennessee was trying to get foreigners to move here.

You see, a lot of former enslaved people left the South during the generation after the Civil War. So many left Tennessee for Midwestern states such as Kansas and Missouri that they have a name, that being the “Exodusters.”

This departure created a labor shortage. Before the war, large farms had been assembled with the idea that slave labor would work them. After slavery ceased to exist, the owners of these large farms had to hire new workers or sell some or all of their land. Either option required new residents.

Immediately after the war, Tennessee started trying to recruit Europeans.

In May 1866, the Tennessee Immigration Society was incorporated in Nashville, with its president being former Union Army Gen. George H. Thomas. It immediately started working to create a colony of immigrants near Tullahoma. Two years later, the Davidson County Immigration Society wrote letters to Europe in its attempt



During July's Swiss Heritage Festival in Gruetli-Laager, a lot of folks visit the Stoker-Stampfli Farm Museum (Grundy County Swiss Heritage Festival photo)

to get people to move to Tennessee. At a time when Nashville had a German-language newspaper called the *Demokrat*, Nashville also had a German Immigration Society to entice more hardworking Germans to move to Tennessee.

State government was doing its part. In the late 1860s, Tennessee Commissioner of Immigration Hermann Bokum wrote a book called “The Tennessee Hand-Book and Immigrants Guide.” The book praised Tennessee’s “water-power, timber, soil, climate; its various railroad lines; its adaptation for grape culture; its stock raising, etc., all considered with special reference to the subject of immigration,” the Knoxville Press reported in April 1868. After the handbook was translated to German, the state bought 1,000 copies of it and sent them to Germany to be distributed to prospective immigrants.

Soon counties all over the state were getting into the act. The Washington County Immigration Society was formed in 1875. “We invite farmers, mechanics, artisans, capitalists, educators and all others to make our county the home of their adoption,” the group announced. Two years later, citizens of Coffee County formed an immigration society and began assembling lots for immigrants to buy. In 1879, the Roane County Immigration Society printed and sent brochures to Europe, encouraging people to move



Christ Church in Rugby (Tennessee History for Kids photo)



Rugby resident George Zepp explains a historical display at the visitor center and museum there (Tennessee History for Kids photo)

there. By 1882 there was a Giles County Immigration Society in Pulaski and a West Tennessee Immigration Society in Memphis.

Meanwhile — and I don't know whether these immigration societies played a role in their development — there were some cases of immigrant colonies established in Tennessee. Grundy County got a Swiss colony called Gruetli, while German and Swiss immigrants came to Lewis County and settled in a place called Hohenwald.

Citizens in Lawrence County — working with the Catholic Homestead Association of Cincinnati, Ohio — relocated several hundred German immigrants to Lawrenceburg and Loretto. That's why Lawrence County's foreign-born population increased almost tenfold from 1870 to 1880 (from 58 in 1870 to 456). Today, there are two beautiful Catholic churches in Lawrence County, both built during this era. They are 15 miles apart, and they are both called Sacred Heart.

In East Tennessee, the Knoxville Iron and Coal Company brought Welsh miners to extract coal from the northern part of Anderson County near the communities of Briceville and Coal Creek (now Rocky Top). That's the main reason the number of foreign-born people rose in Anderson County from 64 in 1880 to 218 in 1890.

Also in the 1880s, a group of New York capitalists brought immigrants from Europe to mine coal at a place called Helenwood.

Around the same time, a well-publicized English colony called Rugby was established in Morgan and Scott counties.

Some of these places still celebrate their heritage. The Grundy County Swiss Historical Society has an event every July, while Rugby still has its original church and library and a wonderful visitor center.

The interior of the Sacred Heart Catholic Church in Lawrenceburg (Sacred Heart Church photo)



It's easy to see this list of foreign colonies and get the impression that immigration to Tennessee was a big deal. However, these were small communities, and some of them (Rugby in particular) didn't have much staying power as colonies. Also, keep in mind that immigration societies were critical of each other. "There is to be another German colony planted on the Cumberland Mountains," the Pulaski Citizen reported on March 30, 1882 (referring to a colony that I don't think ever came about). "We protest against this. It brings the South into disrepute to have these strangers cajoled and swindled into buying our commonest lands when the best soil in the world is cheap in Tennessee. Why not quarter these people where they can make a living?"

Finally, do understand that these immigration recruitment efforts did not extend to Africa, Asia or South America. The same newspapers that printed stories about how great it would be to bring in immigrants from Germany and England ran stories about how these same offers didn't extend to all immigrants. "(The Chinese) have grown up a band of lawless vagabonds, more destructive of moral virtue, more poisonous to pure Christianity, more threatening to the life of the American republic than all over evil influences that ever brooded them over our land," the Reverend O.C. Wheeler was quoted as saying in the Feb. 18, 1880, Memphis Daily Appeal. In 1882, Congress passed the Chinese Exclusion Act, putting a 10-year ban on Chinese laborers emigrating to the U.S.

In any case, it is wrong to imply that foreign immigration to Tennessee was a major factor after the Civil War.

According to the U.S. Census Bureau, Tennessee's foreign-born population actually fell from 19,316 in 1870 to 17,746 in 1900. So, despite all the immigration societies and all their press coverage, Tennessee had fewer immigrants at the end of the century than it had just after the Civil War. ■

TENNESSEE EVENTS

Festivals, celebrations and other happenings around the state

Merry and Bright!

Find our list at tnmagazine.org/lights.

Visit tnmagazine.org/lights to find a map of impressive holiday lighting displays across Tennessee. It's just a sampling of special community events, ambitiously decorated private residences and full-blown spectacles like Discovery Park

of America's "Let it Glow" Walk-Thru and Drive-Thru in Union City. As with other events, we encourage you to visit websites or contact organizers to verify hours, learn about any admission charges and get other important information before you go.



Above, Santa and Mrs. Claus will be making appearances at the 2023 "Let it Glow" Walk-Thru. Photo from Discovery Park of America

West Tennessee

Dec. 1 • All Aboard! Holiday Kick-Off, Saddle Creek South, Germantown. 901-605-7473 or shopofsaddlecreek.com/events/all-aboard-holiday-kick-off

Dec. 5 • Christmas Memories, Veterans' Museum, Halls. 731-836-7400 or vetmuseumhalls@outlook.com

Dec. 7-9 • Christmas Village, Sorghum Valley, Dyersburg. 731-285-9388 or dyercofair.com/p/other/sorghum-valley1

Dec. 10 • Holiday Tea, Magnolia Manor and Chapel, Humboldt. 731-337-5367 or magnoliamanorandchapel.com

Dec. 16 • Black Jacket Symphony, Graceland Soundstage, Memphis. 877-777-0606 or gracelandlive.com/bjs

Middle Tennessee

Now-Dec. 21 • Christmas Tour of Trees, First Baptist Church, Clarksville. 931-245-0000 or fbct.org/events/2023/11/27/christmas-tour-of-trees

Dec. 2 • Fifth Annual Christmas Bazaar, Shelton Farms, Pelham. 931-952-0207 or rusticlancevents.com

Dec. 3 • Christmas Cheer Craft and Vendor Event, Manchester Coffee County Conference Center. 931-273-4158 or kellyfelice74@gmail.com

Dec. 8-10 • Nativity Festival, 562 Shangri La Lane, McMinnville. 931-273-0273 or facebook.com/mcminnvillennativity

Dec. 9 • 10th Annual German Christkindlsmarkt, Christ Lutheran Church, Clarksville. 931-326-4366 or clcgermanmarket@gmail.com

Dec. 9-10 • Tchaikovsky's The Nutcracker, Siegel High School, Murfreesboro. mtsinfonietta.com

Dec. 14-16, 20-22 • A Holiday to Remember, Belmont Mansion, Nashville. 615-460-5459 or belmontmansion.com

East Tennessee

Dec. 2 • Christmas in the Country, Exchange Place Living History Farm, Kingsport. 423-288-6071 or exchangeplace.info

Dec. 3 • Nate Bargatz: The Be Funny Tour, Knoxville Civic Auditorium and Coliseum. 865-215-8900 or knoxvillecoliseum.com

Dec. 9 • Kameron Marlowe: I Can Lie Tour w/ James McNair, The Signal, Chattanooga. 423-498-4700 or info@thesignaltn.com

Dec. 9-10 • Mistletoe Market Holiday Craft Show, Bradley Square Mall, Cleveland. 423-650-1388 or touchtheskyevents.com

Dec. 14 • Three Redneck Tenors Christmas Spec-Tac-Yule-Ar, Clayton Center for the Arts, Maryville. 865-981-8590 or claytonartscenter.com

Dec. 19 • Knoxville Jazz Orchestra: A Swingin' Christmas with Pasquale Grasso, Tennessee Theatre, Knoxville. 865-684-1200 or tennesseetheatre.com

Dec. 29 • Rumours ATL: A Fleetwood Mac Tribute, The Signal, Chattanooga. 423-498-4700 or info@thesignaltn.com

Submit your events

Complete the form at tnmagazine.org or email events@tnelectric.org. Information must be received at least two months ahead of the event date, and we accept submissions up to a year in advance. Due to the great demand for space in each month's issue, we cannot guarantee publication. Find a complete listing of submissions we've received at tnmagazine.org/events.

MARKETPLACE

Products and services from our neighbors in Tennessee and across the country

Call for specials!

NATIONAL BARN COMPANY
EASTERN DIVISION

STORAGE BUILDINGS
HAY BARN
HORSE BARN
GARAGES

**Custom building shown. Call for pricing.*

- Fully Insured
- #1 Metal
- 4/12 Roof Pitch
- Engineered Trusses
- Custom Sizes Available
- Local Codes & Freight May Affect Price

Ask about our do-it-yourself materials kits.

www.nationalbarn.com

1-888-427-BARN (2276)

Steel Mobile Home Roofing

Leaks? Roof rumble?
High energy bill?

Contact us at **800.633.8969**
or **roofover.com**

PERMA-ROOF
from Southern Builders

Mobile Home Roofover Systems
Since 1983

Arco Steel Buildings
1-800-241-8339

BBB A+
rating for 40+ years!

Highest Quality

All sizes available!
www.arcosteel.com

44 Arco Years
Arco Building Systems

(Buildings not as shown above) (FOB plant-local codes may affect prices)

SOMETIMES HAVING PEOPLE UP IN
YOUR BUSINESS
IS A GOOD THING.

ADVERTISE IN THE
TENNESSEE MAGAZINE
LEARN MORE AT
TNMAGAZINE.ORG

THE TENNESSEE MAGAZINE

Passport to the South
ing Fall in Tennessee
Tennessee's Historic Cemeteries
Tennessee Paranormal Investigation

Statement of Nondiscrimination

Each rural electric system listed below is a recipient of federal financial assistance from the U.S. Department of Agriculture (USDA). The USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability and, where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Ave. SW, Washington, D.C. 20250-9410, or call toll-free 866-632-9992 (voice), 800-877-8339 (TDD) or 866-377-8642 (relay voice users). USDA is an equal-opportunity provider and employer.

Appalachian Electric Cooperative
New Market, TN

Caney Fork Electric Cooperative
McMinnville, TN

Chickasaw Electric Cooperative
Somerville, TN

Cumberland Electric Membership Corporation, Clarksville, TN

Duck River Electric Membership Corporation, Shelbyville, TN

Fayetteville Public Utilities
Fayetteville, TN

Forked Deer Electric Cooperative
Halls, TN

Fort Loudoun Electric Cooperative
Vonore, TN

Gibson Electric Membership Corporation, Trenton, TN

Holston Electric Cooperative
Rogersville, TN

Meriwether Lewis Electric Cooperative, Centerville, TN

Middle Tennessee Electric
Murfreesboro, TN

Mountain Electric Cooperative
Mountain City, TN

Pickwick Electric Cooperative
Selmer, TN

Plateau Electric Cooperative
Oneida, TN

Powell Valley Electric Cooperative
Tazewell, TN

Sequachee Valley Electric Cooperative, South Pittsburg, TN

Southwest Tennessee Electric Membership Corporation
Brownsville, TN

Tennessee Valley Electric Cooperative, Savannah, TN

Tri-County Electric
Lafayette, TN


Tri-State Electric Membership Corporation, McCaysville, GA

Upper Cumberland Electric Membership Corporation
South Carthage, TN

Volunteer Energy Cooperative
Decatur, TN

GETTING AHEAD *of the* HOLIDAYS

Preparing to take the stress out of celebrating the season



**Smoked Turkey
Breast with Honey
Butter Glaze**
Recipes by Tammy Algood
Food styling by Cynthia
Kent • Photographs by
Robin Conover

The word “advent” refers to something that has arrived — a beginning that should be noticed and prepared for. Perhaps no time of year is as rewarding for those who notice and prepare as the season that lies before us, a season of celebration and gathering. These recipes include appetizers, side dishes, entrees and desserts that can be prepared in advance and used as the season unfolds. Are you ready? Then let’s begin your 2023 holiday menu.

Sesame Cheese Wafers — *Greet guests with a plate of these delicious crackers served with champagne or sparkling cider. Include roasted pecan halves, sliced pears and seedless grapes. (Suggestion: Keg Springs Winery Tickled Muscadine or Beachaven Winery Sparkling Apple Wine)*
Yield: around 3 dozen
⅔ cup sesame seeds
1 cup all-purpose flour
½ teaspoon onion or garlic salt
¼ teaspoon dry mustard
⅛ teaspoon cayenne pepper
½ cup (1 stick) unsalted butter, softened
1 (8-ounce) package extra sharp Cheddar cheese, shredded

Spread sesame seeds on a rimmed baking sheet and place in the oven as it preheats to 350 degrees. Toast for 5-7 minutes, stirring halfway through. Remove from the oven and allow to cool.



Sesame Cheese Wafers

Meanwhile, in a small bowl, stir together the flour, salt, dry mustard and cayenne. Set aside. In the bowl of an electric mixer, beat the butter at medium speed until light and fluffy, around 3 minutes. Stir in the cheese just until blended.

Add half of the sesame seeds to the flour mixture and stir to coat. Place the remaining seeds in a shallow bowl. Gradually add the flour mixture to the cheese mixture, stirring just until a dough forms. Roll the dough into 1-inch balls, then in the reserved sesame seeds.

Place 2 inches apart on ungreased baking sheets lined with parchment paper. Flatten with the bottom of a glass and bake 12 minutes or until the edges have browned slightly. Transfer to a wire rack to cool completely, then store in an airtight container until ready to serve.

Pick Your Filling Parmesan Roll-Ups — *Pesto, sundried tomato spread or olive tapenade (all of which can be purchased at the supermarket) will work beautifully with these easy-as-can-be roll-ups. This recipe utilizes refrigerated pizza crust, so it comes together in a snap.*
Yield: 8 servings
1 (13.8-ounce) can refrigerated pizza crust dough
½ cup pesto, sundried tomato spread or olive tapenade (or another filling of your choice)
½ cup grated Parmesan cheese
1 tablespoon unsalted butter, melted

Preheat the oven to 450 degrees. Lightly grease a 9-inch round cake pan and set aside.

Unroll the pizza dough onto a large piece of waxed paper. Evenly spread the filling of your choice over the dough, leaving a quarter-inch border all around. Sprinkle with the Parmesan.

Starting on the long side, roll up the dough into a cylinder. With a ser-



rated knife, cut into 10 slices that are just over an inch thick. Place in the prepared cake pan and brush the tops with the melted butter. Bake for 15-18 minutes or until golden brown. Serve warm or at room temperature.

Butternut Squash with Pecan Crumble — *You can substitute cooked, mashed sweet potatoes or pumpkin for the butternut squash*
Yield: 8 servings
4½ cups baked, mashed butternut squash
2 eggs
1 cup packed light brown sugar
½ cup half-and-half or whole milk
4 tablespoons unsalted butter, melted
1 teaspoon pure vanilla extract
½ teaspoon ground cinnamon
½ teaspoon salt
¼ teaspoon ground allspice
⅛ teaspoon ground cloves
¼ cup all-purpose flour
3 tablespoons cold unsalted butter, cut in cubes
½ cup chopped pecans

Preheat the oven to 375 degrees. Grease an 11-by-7-inch baking dish and set aside.

In a large mixing bowl, stir together the squash, eggs, light brown sugar, half-and-half or milk, melted butter, extract, cinnamon, salt, allspice and cloves. Blend well and transfer to the prepared baking dish. Set aside. (Note: If desired, you can prep to this step, cover and refrigerate. Then the next day, bring to room temperature for 30 minutes, top and bake as directed).



Butternut Squash with Pecan Crumble

Place the butter in a large skillet over medium heat. When melted, add the mushrooms and cook for 3 minutes, stirring occasionally. Add the lemon juice, onions, garlic, dill, salt and pepper. Cook an additional 3 minutes, stirring frequently.

Add the wine and cook 3 minutes more, stirring frequently. Stir in the cream cheese and stir gently just until melted. Gradually add the sour cream, feta and spinach, stirring to combine well.

Transfer to the prepared casserole dish and bake for 22-25 minutes or until bubbly. Allow to stand 10 minutes before serving warm.

Smoked Turkey Breast with Honey Butter Glaze — *Moist, spiced just right and delicious!*

Yield: 8 generous servings

2 tablespoons Dijon mustard

2 tablespoons mayonnaise

6 pound (bone-in) turkey breast (if frozen, thawed)

2 tablespoons firmly packed light brown sugar

1 teaspoon salt

1 teaspoon paprika

$\frac{3}{4}$ teaspoon garlic powder

$\frac{1}{2}$ teaspoon ground cumin

$\frac{1}{2}$ teaspoon celery salt

$\frac{1}{2}$ teaspoon black pepper

$\frac{1}{4}$ teaspoon onion powder

3 tablespoons unsalted butter, melted

$\frac{1}{4}$ cup sweet potato, apple or pear butter

1 tablespoon honey

Prepare the smoker according to the manufacturer's instructions so that the internal temperature is between 225 and 250 degrees.

Meanwhile, stir together the mustard and mayonnaise in a small bowl. Rub over the top of the turkey breast. In the same bowl, stir together

the brown sugar, salt, paprika, garlic powder, cumin, celery salt, pepper and onion powder. Sprinkle evenly over the mustard mixture on the turkey and press so that it adheres.

Transfer the turkey to the smoker and smoke covered for 3½ hours.

Make sure to maintain the temperature between the range of 225 and 250 degrees.

After 3 hours of smoking, stir together the melted butter; sweet potato, apple or pear butter; and honey until smooth. Baste the turkey with half of the butter mixture. Cover and cook 1½ hours longer or until a meat thermometer inserted in the thickest portion of the turkey registers 165 degrees. During the last 30 minutes of smoking, baste with the remaining butter mixture.

Remove from the smoker, wrap in aluminum foil and allow to stand at least 15 minutes before slicing and serving warm.

White Chocolate Mousse with Raspberry Sauce — *The sauce as well as the mousse can be made early in the day or the night before.*

Yield: 6 servings

1 (10-ounce) package frozen raspberries (with syrup is fine), thawed

2 tablespoons sugar

1 tablespoon frozen orange juice concentrate

1 (6-ounce) package white chocolate baking bar, broken into pieces

2 cups whipping cream

1 teaspoon pure vanilla extract

Dark chocolate ice cream syrup for garnish

Fresh raspberries for garnish

Fresh mint sprigs for garnish

Place the flour in a medium bowl. With a pastry blender or 2 forks, cut in the cold butter until the mixture resembles coarse meal. Fold in the pecans and sprinkle evenly over the squash.

Bake 40 minutes or until the edges have just started to brown. Allow to stand 5 minutes before serving warm.

Creamed Mushrooms — *Another make-ahead wonder! Just remove from the refrigerator for 30 minutes to knock the chill off before baking as instructed.*

Yield: 8 servings

4 tablespoons unsalted butter

1 pound sliced button or cremini mushrooms

2 tablespoons lemon juice

1 green onion, thinly sliced

1 large garlic clove, peeled and minced

1½ teaspoons dry dill weed

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon black pepper

2 tablespoons dry red wine

3 ounces cream cheese, room temperature

$\frac{1}{3}$ cup sour cream, room temperature

4 ounces feta cheese, crumbled

1 (10-ounce) package frozen chopped spinach, thawed and drained

Preheat oven to 375 degrees. Grease a 5-cup casserole dish and set aside.

Creamed Mushrooms





Place the raspberries, sugar and orange juice concentrate in the bowl of a food processor and puree. Strain through a fine-meshed sieve into a bowl and discard the seeds. Cover and refrigerate.

Place the white chocolate pieces and whipping cream in a medium saucepan over low heat. Stir constantly until the bar is melted. Stir in the extract and transfer to a large mixing bowl. Cover with plastic wrap and refrigerate at least 6 hours or overnight. Stir occasionally. Using a hand mixer, beat the cream mixture at high speed until light and fluffy. Do not overbeat!

To serve, drizzle a couple of tablespoons of the raspberry sauce on dessert plates. Spoon mousse in the center and drizzle with the chocolate syrup if desired. Garnish with fresh raspberries and a sprig of mint. Serve immediately. ■

White Chocolate Mousse with Raspberry Sauce

*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.*

Tips and tricks

If you have a hamburger press, it makes the perfect item for mashing down the Sesame Cheese Wafers before baking. Just lightly grease the bottom with cooking spray.

Remember to allow time for a frozen turkey breast to thaw in the refrigerator. A 6-pound one like we used in the recipe will take two days or 48 hours.

The beauty of smoking the turkey is that it keeps several of your guests outside and out of the kitchen while you prepare other items. It can be done the day before but will be best when served the day of.

Keep track of the amount of time food stays out after prep. Two hours is the absolute max before it should be transferred to smaller containers and refrigerated or frozen to enjoy later.

Standing time is essential for recipes to set properly after baking, smoking, roasting or grilling. This also gives you some wiggle room to get other items last-minute ready. Look at it as insurance that all the dishes will be perfect when that first spoon or fork is put in the dish.



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

Melanie asks: I have a recipe calling for orgeat. Could you tell me about it before I purchase it?

Melanie, you will likely find it labeled “orgeat syrup.” It is primarily used to flavor specialty cocktails. The syrup is not alcoholic and was originally made with almonds and barley. Today it is made from almonds, sugar and either orange flower water or rose water. It has the flavor of almonds.

Randy writes: I have some shrimp paste and hesitate to use it due to the strong aroma. Has it possibly gone bad?

Randy, shrimp paste always has a pungent smell, but, luckily, it lessens with cooking. A little goes a long way, so use it sparingly. It is ground, salted, fermented shrimp and can be sold in a soft paste or cake.



ADVENTURE AWAITS

Follow us into the rich woods and waterways winding through Hiwassee/Ocoee Scenic River State Park

Story by Trish Milburn • Photographs by Angelo Giansante

Tucked away in the southeast corner of Tennessee, near where North Carolina and Georgia bump up against the state, is a gem of a state park packed with adventure and stunning views. The natural beauty of Hiwassee/Ocoee Scenic River State Park is right there in its name, the first river managed in the State Scenic River program.

“You can spend a week here and not explore everything,” says Park Manager Angelo Giansante, who has been with the park for 16 years, the most recent six as its manager.

River adventures

While the park has lots of outdoor recreation to offer, the two rivers are definitely the major draws. Whether it’s a relaxing float or a challenging whitewater trip, the Hiwassee and Ocoee have you covered.

Giansante notes that water sports are extremely popular, and like most parks, Hiwassee/Ocoee experienced a tremendous jump in visitor numbers beginning in 2020.

“The lower rivers experienced an increase of over 200% — so much that parking became an issue,” he says.

Those lower rivers are where the gentle floats are offered, better for first-time water adventurers or those with small children. Think tubes and canoes. Even if you’ve been on the water before, Giansante says that those floats can be good for relaxing and alleviating anxiety, something we all need from time to time.



Hiwassee/Ocoee Scenic River State Park is certainly a destination for water recreation and adventure, but there's plenty to enjoy on visits longer than a single day: Mountain sunrises and sunsets are two examples from Park Manager Angelo Giansante.

The park has maintained a lot of that increased visitation, evidenced by how busy Giansante and his dedicated staff have been this summer.

For those seeking more thrills, the upper rivers have all five classes of navigable rapids — everything from Class I (moving water over a shallow riverbed) to Class V (whitewater rapids with large obstacles that are difficult to avoid). The upper rivers are where several commercial river outfitters operate, guiding people safely through their perhaps once-in-a-lifetime adventures.

Giansante says having lots of people utilizing these rivers is what makes their protection possible.

“The resource depends on the people,” he says. “It’s a symbiotic relationship. More people using the rivers equals more protection. It’s what keeps the rivers alive.”

What does he mean by that? If not for the demand for whitewater and float adventures, the Hiwassee and Ocoee might not be wild rivers anymore.

Adjacent adventures

Even if you are more of a water-adjacent sort of person, don’t let that stop you from visiting Hiwassee/Ocoee. You can watch all those people floating or rafting by on your way to your own natural adventures.

Prefer trying your luck with a fishing pole? The Hiwassee and Ocoee have you covered. In addition to the largemouth bass and catfish you might reel in at other parks, you’ll have the opportunity to catch yellow perch as well as brown and rainbow trout that are stocked by the Tennessee Wildlife Resources Agency.

Hiwassee/Ocoee is also home to some excellent birding. As you might expect of a park focused on rivers, water birds like herons, kingfishers, geese and ducks abound.

But the woods also are home to finches, doves, cardinals, buntings, hummingbirds, woodpeckers, swallows and more. The park can also serve as the first stop in a more extensive birding vacation. Nearby birding sites include Fort Loudoun State Park, Cherokee National Forest and Hiwassee Wildlife Refuge.

Hikers have bountiful options for taking to the trails in this area. In addition to paths in the Hiwassee/Ocoee immediate environs, there are miles and miles of trails in the Cherokee National Forest. A portion of the John Muir National Recreation Trail (not to be confused with similarly named trails in California and Alaska) also runs through the region in nearby Reliance.

Camping at the Gee Creek primitive tent campground can also be part of a longer vacation. Giansante says he’d love to see more people come to the area for more than a single day.

“You could come here every year for vacation and do something different every day,” he says. “If you only come for a day, you miss things like sunrises in the mountains, sunsets in the mountains and so much more.”

Man with a mission

When you talk to Giansante about Hiwassee/Ocoee, you can tell he enjoys taking the time to talk about this park that he loves. He’s passionate about the resource and teaching people about it. The park partners with other agencies to educate all those visitors about the rivers, safety on the rivers and all the natural wonders that surround the rivers.

His efforts and those of his staff were honored in 2021 when the park was recognized as the best in the state for customer engagement by the Tennessee Department

of Environment and Conservation (TDEC).

“Hiwassee/Ocoee Scenic River State Park has found numerous ways to interact with the community, and we are pleased to honor it in this way,” Jim Bryson, deputy commissioner of TDEC, said at the time of the awards announcement. “All of our parks are doing an excellent job at serving visitors, so to stand out in customer engagement says a lot about the staff at this park.”

According to Tennessee State Parks, the Hiwassee/Ocoee staff created or participated in videos to promote responsible camping, used virtual classes and social media posts to keep guests informed about changes at the park and allow them to engage virtually, and adapted quickly to COVID-19 to meet the needs of visitors. A plan was developed that allowed the Ocoee to have a rafting season



There's plenty of adventure to be found at Hiwassee/Ocoee Scenic River State Park. The name correctly indicates it's a world-class destination for paddling, but it and the surrounding areas are excellent for hiking, birding and other outdoor recreation.

Upon his return home, he visited Rock Island State Park. In fact, he spent a summer camping there and even ended up taking other campers on

hikes and giving them information on where to enjoy specific activities. This was all witnessed by Park Manager Joe Moore who encouraged Giansante to become a park ranger. Following a season at South Cumberland State Park, he came to Hiwassee/Ocoee in 2007 and has been there ever since.

Giansante recalls a funny story about his first day at Hiwassee/Ocoee, one that shows the newness of the environment to him. He was riding with Ranger Howard Deverell, and they were discussing people who were out on the river and knowing how to tell when they were in trouble. Giansante said they all looked like they were trouble!

“Now I know exactly what it looks like when someone is really in trouble,” he says.

His years of learning about the rivers are intertwined with his growing love for the area where he's raised his children and has gotten to know the locals and where he now takes part in a wide variety of outdoor activities such as hiking, paddling, cave exploring and rock climbing.

He's quick to point out that his staff and the area's outfitters are big parts of the success and attraction of Hiwassee/Ocoee.

“I have some of the most dedicated staff I have ever seen,” he says. “My main job is to give them the resources they need to accomplish their amazing ideas.”

Knowing that a river trip is often a one-time thing for visitors, he nevertheless works to make it just the first of many.

“We are here to serve,” he says. “We want to be the launch pad to your adventurous life. We want to make it as unintimidating as possible.” ■



despite the pandemic, leading to the busiest August the Ocoee had seen in a decade and bolstering the local economy.

Giansante's road to Hiwassee/Ocoee is an interesting one — and one he didn't expect. Unlike many park employees who grew up in the country or with a nature-focused state park nearby, Giansante's early years were spent in inner-city Nashville. Even though he visited Cedars of Lebanon State Park about once a year, it wasn't until he was half a world away that his true interest in the outdoors was piqued. While serving in the Army in Iraq, he became fascinated by the creatures that called the desert home and with the vast number of stars he could see in the sky.

Hiwassee/Ocoee Scenic River

For more information, visit the park's website at tntateparks.com/parks/hiwassee-ocoe or call the park office at 423-263-0050.



If your tired, achy legs and feet are preventing you from moving easily...

Now, a prickly herb has been discovered to....

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

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

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

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

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

WHY ALL THIS EXCITEMENT?

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

Poor blood flow in the legs and feet is one of the common problems that develops

as we age. Millions of Americans suffer from neuropathy and chronic venous insufficiency (CVI), edema, and other leg/feet problems – millions have these but are undiagnosed.

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

HOW IT WORKS

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



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

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

WHAT DOCTORS ARE SAYING

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

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

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



WORKS IN AMAZING WAY: A prickly plant was used in Europe in the 1600s to revitalize ailing legs. Lost over the centuries, it is now making a comeback as US doctors rediscover its impressive results – sending relief to thousands of users with:

- **Burning, Tingling, Numbness**
- **Swollen, Achy Feet**
- **Painful Legs & Feet**
- **Varicose Veins**

Now you can get a good night’s sleep – peaceful, restful sleep – with no pain, tingling, zinging, itching or zapping. Improve your balance and coordination. No side effects – safe to take with other medications. Enjoy your favorite activities and hobbies again. Be more active, have more fun, enjoy life more. Don’t risk irreversible damage to your feet and hands. Don’t get worse and wind up in the hospital or a nursing home.

Neuroflo is GUARANTEED to work for you – or you will get full refund with a 90-day unconditional money-back guarantee. It is NOT sold in stores or online. No prescription or doctor visit is required.

50% OFF FOR THE NEXT 10 DAYS

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

All you have to do is CALL TOLL FREE **1-888-245-7047** and provide the operator with the special 50% OFF discount approval code: **NEF158**.

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

95% Reduction in LEG SWELLING, Verified in Clinical Study

Says Dove Medical Press & Development and Therapy

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



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

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, email address 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, Jan. 2, 2024. Winners will be published in the February 2024 issue of *The Tennessee Magazine*.

October Flag Spotters

Thanks for the postcards and emails again this month identifying the correct location of the flag, which was found on the ground on **page 11**.

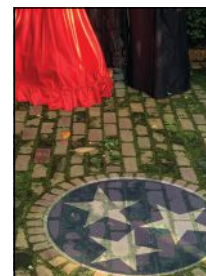
Winners are drawn randomly from each month's entries.

October's lucky flag spotters are:

Sharrye Holder, Arlington, Chickasaw EC

Mary L. Williams, Morrison, Caney Fork EC

Norman Lipe, Rogersville, Holston EC



Artist's Palette

Assignment for December

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 — **February**, 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, Jan. 2, 2024.

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 February 2024 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 *October* Winners



Ansley Waters



Arabella Baldassano



Elijah Ambrosetti

WINNERS, 15-18 AGE GROUP:

First place: Ansley Waters, age 17;
Second place: Arabella Baldassano, age 16, Cumberland EMC; **Third place:** Elijah Ambrosetti, age 18, Volunteer EC



Leah K. McDonald



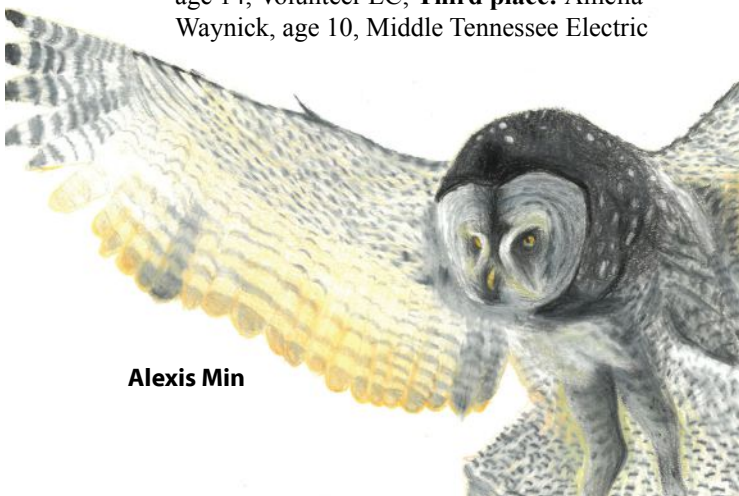
Jaelyn Lavallee



Amelia Waynick

WINNERS, 10-14 AGE GROUP:

First place: Leah K. McDonald, age 14, Fort Loudoun EC; **Second place:** Jaelyn Lavallee, age 14, Volunteer EC; **Third place:** Amelia Waynick, age 10, Middle Tennessee Electric



Alexis Min



Lupita Echeverri



Kinley Quintal

WINNERS, 1-9 AGE GROUP: **First place:** Alexis Min, age 9; **Second place:** Lupita Echeverri, age 9, Sequachee Valley EC; **Third place:** Kinley Quintal, age 8, Middle Tennessee Electric

Point *of* View

By Robin Conover

As this year draws to a close and winter sets in, I find myself taking more time to slow down. Reflecting on the past year full of successes and failures, gains and losses, helps to focus me back to the present and strengthens my resolve for the new year that is fast approaching.

Watching this particular sunset from the deck of my pontoon boat on J. Percy Priest Lake near Nashville gave me the opportunity for some

photographic reflection not long ago. I had been out for a few hours and was heading back to the dock when I saw a bank of clouds beginning to form. The sky had been crystal clear all afternoon, so I wasn't expecting the sunset to be particularly interesting. But things changed quickly as the clouds drifted across the sinking sun.

I wasn't in a rush to leave the lake, so I anchored in a small cove to see how the sunset would develop. In

about 30 minutes, a few more clouds drifted by, and the conditions began to look favorable for an interesting shot.

Shooting directly into the sun creates a few technical issues. Allowing the camera to decide the settings for this particular scene would have led to an overexposed image. The bright light would have confused the camera as it calculated the correct exposure. I switched to manual mode and metered on the blue sky above the sunset to take an initial exposure.

Based on that reading, I chose the lowest ISO speed to allow my *f*-stop to be set at 22 with a shutter speed that would be fast enough to freeze any movement from me holding the camera and the slight movement of the boat. I chose *f*22 so I could capture the starburst of light as the sun broke through the clouds.

The clouds acted as a filter, casting the sun's light into rays. This ever-changing interaction of sunlight and clouds lasted about 10 minutes and ended as the sun sank below the horizon.

Thinking back as I edited this image, I was thankful I wasn't in a rush that day and chose to wait on a shot that might or might not materialize.

Photography has a way of always teaching me something. On this afternoon, I chose to settle in and be patient for a few minutes — and I was handsomely rewarded. I'm planning to practice patience throughout the upcoming busy holiday season and into the new year. I suppose there really is a reason that patience is a virtue. ■

"Sunset on J. Percy Priest Lake"

by Robin Conover, Canon EOS 5D Mark IV, EF 24-70 mm at 35mm, *f*2.8 L USM lens, ISO 200, *f*22 at 1/80 second, handheld



Eye Doctor Helps Tennessee Legally Blind To See



High Technology For Low Vision Patients Allows Many To Drive Again



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

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.



**KEEPING YOU CONNECTED TO LOVED ONES
NEAR AND FAR THIS HOLIDAY SEASON.**



MERRY CHRISTMAS FROM CUMBERLAND CONNECT!