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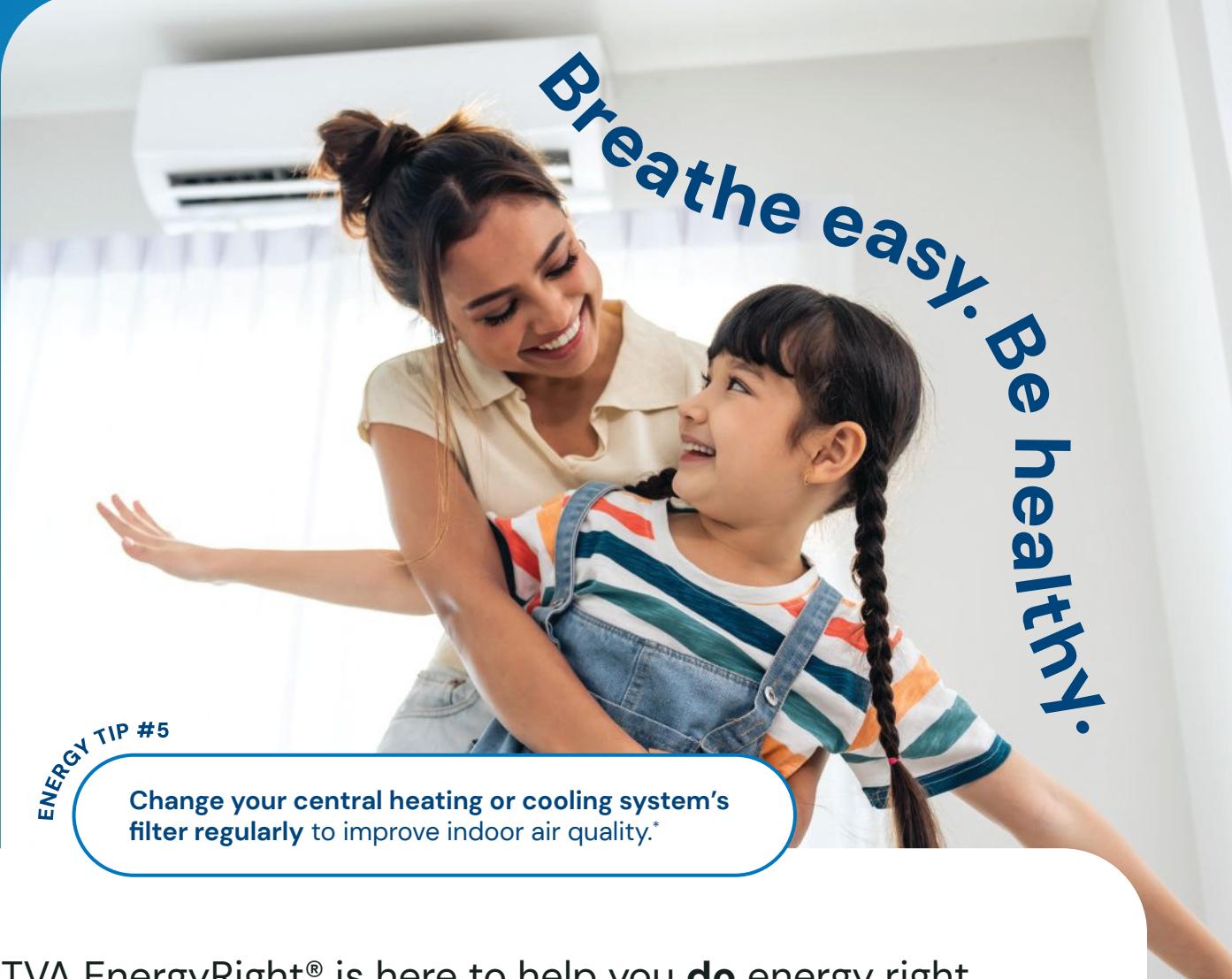
THE TENNESSEE MAGAZINE



**Exploring
Bridges with
Calvin Sneed**

**Celebrating
Music's African
American Roots**

Steaming Sips

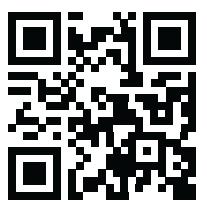


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* SOURCE: <https://www.epa.gov/indoor-air-quality-iaq/air-cleaners-and-air-filters-home>

** SOURCE: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/Improving-Ventilation-Home.html>

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Hikers at Savage Gulf State Park can access the Laurel Gulf Overlook via the Stone Door Trail. See pages 28-30. Photograph by Jessica Reid

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Mission Statement

Corporation provides safe, affordable and reliable services the cooperative way by maintaining a dedicated, highly skilled workforce guided by cooperative values and principles and a commitment to excellence.

The Tennessee Magazine

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Between the Lines

News from your community

Powering Tennessee license plates

In addition to the two standard license plates issued by the state of Tennessee, there are 192 specialty plates available to Tennessee motorists. These plates allow you to show your pride in a school, sports team or career; honor one's military service; or support a cause that matters to you.

While it costs a little more to get a specialty plate, the state returns a portion of that extra money to the cause, school or foundation responsible for the plate. This makes specialty plates a great way to express your support for a group or issue while also contributing to the organization issuing the plate.

In 2019, Tennessee's electric cooperatives worked with state lawmakers to introduce a specialty plate honoring Tennessee's 3,500 electric lineworkers. We appreciate members of the Tennessee General Assembly for choosing to honor lineworkers in this way. Today, more than 5,000 Tennessee motorists have opted for the Powering Tennessee specialty plate. You do not have to be a lineworker — or even work at a utility — to have a Powering Tennessee specialty license plate.

Proceeds from the plates benefit the Tennessee Lineworker Lifeline Fund, a nonprofit foundation established to support Tennessee's



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

electric lineworkers and their families in the event of a serious injury or fatality while on the job. More than \$250,000 has already been raised to support this important effort.

Lineworker is routinely ranked among the most dangerous jobs in America. While safety equipment and training have made the career safer over the years, it is still one in which small mistakes can produce serious consequences. Each day, Cumberland Electric Membership Corporation's lineworkers provide a critical service to our community. Without them, our homes would be cold and dark and everything from healthcare to education to commerce would be impacted.

The next time you renew your license plate, take a moment to consider all of the options available to you. Whether you choose the Powering Tennessee plate or something else, the specialty plate program is a fun way to support the groups and issues you care about.

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
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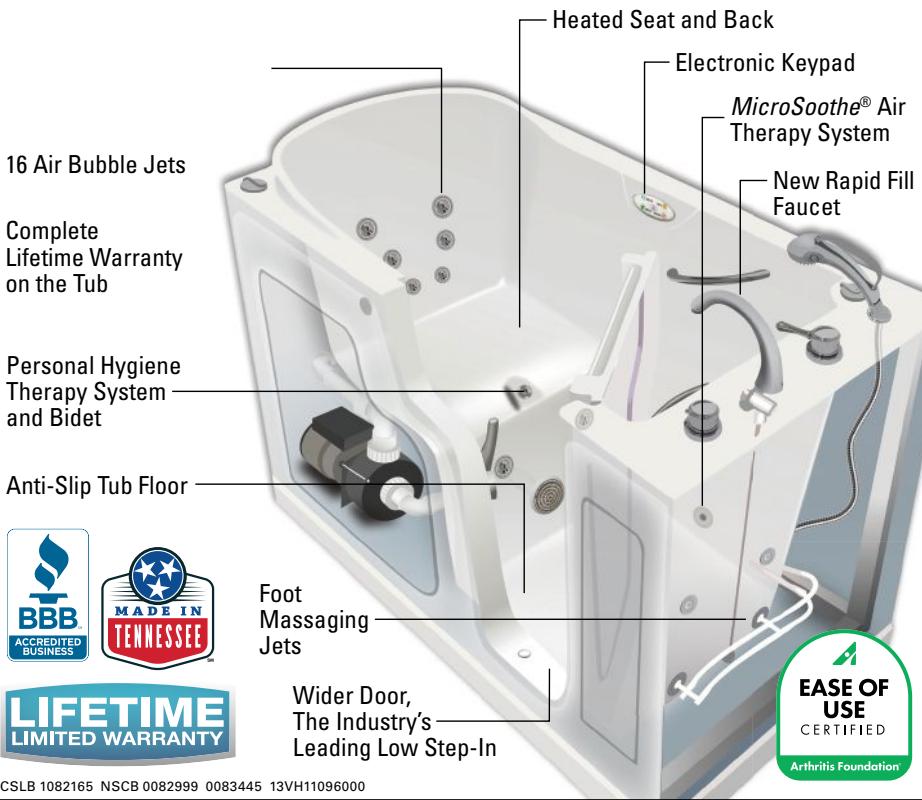
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TENNESSEE TODAY

Viewpoint

Care starts in your community

The old saying goes something like this: Never talk about politics or religion with strangers; it's not polite. Tennesseans largely seem to follow that advice, don't we? Whether it is a part of Southern culture or something more unique to our state, I don't often hear these topics at my local coffee shop. Breakfast at the local Hardee's with the guys might get a little closer to breaking this rule, but I would guess that sports is the root of most of the wisecracks.

Yet, it seems like the voices we indirectly hear don't mind talking about politics to us. It used to come from the local newspaper and three television networks. Where I grew up, there was a morning paper and an afternoon paper. While each tended to have a different slant on the editorial page, the coverage of basic news was generally presented for the purpose of relaying information.

Today, there are countless media that exist to relay information. For instance, on the day I penned this column, I counted 12 different ways I consumed political opinion without even trying to — among them were in-person conversation, cable news networks, newspapers (print and internet-based), email, local radio, satellite radio, websites, a podcast, app notifications on my phone and social media outlets.

Almost all of these are following the same playbook, however. Instead of presenting information to inform you about the happenings of the day, informing you about the happenings of the day is used to present information. See how the order is reversed?

Why is that? The answer lies in human nature. We generally feel more comfortable hearing bad news from someone we trust. We trust a friend but doubt our enemy. So when a news outlet focuses exclusively on bad news or sensational stories, it is more appealing to our nature. And reporting an opinion about current events that aligns with someone's preconceived notions or political beliefs might just cause them to trust that outlet more than the competition.



By Mike Knotts
Tennessee Electric
Cooperative Association

Unfortunately, the manner in which the information is presented has turned into the primary method to influence your opinion or reinforce your beliefs. The presentation of news has become a way to divide and differentiate customers rather than inform and educate the public.

There are exceptions to these trends in the media. *The Tennessee Magazine* exists to celebrate the people, places and things that make our great state special. Tennessee's electric cooperatives have published this magazine since September 1958, and we are proud to bring you stories that warm your heart and relevant information to warm your home.

For an insightful and thought-provoking discussion about current events, try listening to the podcast "You Might Be Right." Hosted by former Tennessee Govs. Bill Haslam and Phil Bredesen, each episode includes asking guests to give an example of a time they realized that the "other" point of view was correct.

Lastly and more importantly, maybe it is time to ditch the old advice and have a conversation about politics with a stranger. Attend an event with your county commissioner, school board member or state legislator and introduce yourself. Ask about the specific ways they have an obligation to serve the public and how they intend to make a difference in their roles. Leave the opinions about former or future presidents for another day, and focus on what's happening in your community. You might find a breath of fresh air. ■

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[†]Using U.S. and imported parts.

TENNESSEE ALMANAC

Bite-sized news, notes and knowledge — February 2024



Rodents make interesting, inaccurate meteorologists

Groundhog Day has been celebrated on Feb. 2 in the U.S. and Canada since the 1700s. Pennsylvania Dutch immigrants brought the tradition with them from German-speaking areas of Europe where the customs can be traced back even further.

According to weather lore, clear skies on Feb. 2 — also the Christian festival of Candlemas — was believed to predict a long winter. In more modern traditions, should a groundhog leave its burrow on this day and see its shadow, winter will last six more weeks. If there is no shadow, spring is expected to come early.

The most popular Groundhog Day event occurs in the small town of Punxsutawney, Pennsylvania, where Punxsutawney Phil takes the stage at Gobbler's Knob to predict whether winter will stick around or spring will come early.

Regardless of what Punxsutawney Phil predicts, don't change your plans. According to Punxsutawney Groundhog Club records, Phil has predicted 105 longer winters and 20 early springs. Historically, he has been accurate less than 40% of the time.

Phil is not the only prognosticating rodent. The Tennessee Aquarium's Chattanooga Chuck also predicted the weather for many years. Sadly, he passed in 2019.



KEEP WINTER FURNACE FILTERS FRESH

The colder it is outside, the more your heating system must run to keep your home comfortable. This is why energy bills often go up during periods of cold weather. It also means that air filters on your heating and cooling system will get dirtier much faster. During times of hot and cold weather, be sure to change your air filters more frequently. This will not only save you money but extend the life of your heating and cooling systems as well.

APP CONNECTS YOU WITH LAWMAKERS

If you have an interest in state government, the free Tennessee General Assembly app developed by Tennessee's electric cooperatives is a great way to find up-to-date contact and committee information. Search "TN General Assembly" in your device's app store to download.





FEBRUARY 8

National Kite Flying Day

Just run faster; it'll fly. Celebrate warmer days by flying a kite. Be sure to stay away from power lines. Kites and power lines don't mix.



50 YEARS AGO IN THE TENNESSEE MAGAZINE

The February 1974 edition of *The Tennessee Magazine* was a special issue focused on a severe ice storm that impacted much of the state. Other topics included the Scopes evolution trial, dancing dolls and a Gibson County swap meet. View the entire issue at tnmagazine.org.

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From the editor



I don't know about you, but the cold stretches each February start to get to me. The nip in the air feels novel during college football season and through the holidays, but I always seem to get my fill of cold during January. And February can sneak in a surprise snowfall or snow scare for good measure. The shortest month of the year can seem awfully long.

Before I mope over a gloomy day and icy winds, though, I try to channel that energy into anticipation for the coming thaw. I find myself more frequently tuning in to episodes by my favorite saltwater fishermen, a little vicarious warm-weather wanderlust to stir my excitement for summer vacation and days spent lounging in the sun.

Maybe I'll find something I can do indoors to get in a little activity during this time when it's so easy to laze the days away. It seems like there's always something I need to pick up at the hardware store. I might as well browse all the aisles to see what else I can't live without while getting in my steps.

This month's issue of *The Tennessee Magazine* has plenty of entertaining options whether you enjoy colder-weather activities or you're worn out with winter.

Museums are always a safe choice for entertainment that isn't weather-dependent, and the folks at the National Museum of African American Music in Nashville have curated excellent exhibits celebrating the shared roots of many genres of music. See page 12.

Tennessee's state parks offer limited programming during the winter, but there's still plenty of fun in the scaled-back options. Or start planning for your trips during warmer times. This month we spotlight Savage Gulf State Park beginning on page 28.

In February's food feature, find warmth from a mug. See pages 32-34.

And perhaps your New Year's resolutions included a focus on your health. Whether those goals are still on track or have taken a detour, see pages 36-38 to find tips on pursuing a road to overall wellness.

Welcome to the February 2024 edition of *The Tennessee Magazine*.

Thanks for reading,

Chris Kirk

Editor, *The Tennessee Magazine*

My Tennessee Notebook

Story and illustrations by Antsy McClain

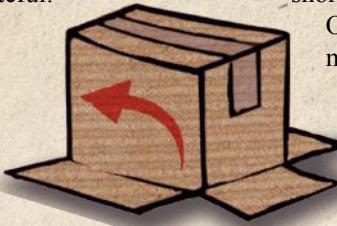
It's winter. It's cold. The days are short. Here is the age-old question: Does shopping help? Absolutely, it does.

We are living in the best time in all of human history. Life can be hard, no doubt, but if we take a minute to look around, there are some amazing things that have changed our lives for the better. It's not just the medical advancements. They are certainly high on my list, but here are three big things, in my opinion, that have improved our quality of life for which I am eternally grateful:

- 1) Food Network*
- 2) Wheels on luggage**
- 3) Online shopping with home delivery

It's simple, really. Buying stuff makes me feel better. And it doesn't take a lot of money. It can just be a quick trip to Goodwill for a set of three cocktail glasses.***

Recently, my rather dull day was positively impacted by the home delivery of a fabric shaver. That afternoon I removed annoying lint balls from my throw pillows, and it was invigorating. I then moved to the couch pillows and



felt something not unlike euphoria. \$8.99 is a small price to pay for euphoria.

They say material things can't bring happiness, but I say buy yourself a fabric shaver, and let's see what happens to any minimalist philosophy you might've had.

Winter is hard for many of us. The days are already short enough, and then one Saturday night in

October, we're told to move our clocks back, making the days even shorter so Benjamin Franklin can keep saving money on candle wax.****

Lucky for me, I live in the shadow of an Amazon distribution center. Chances are, you're not far from one either. Tennessee has a bunch. Mount Juliet in

Wilson county, where I hang my proverbial hat, is home to an 80-acre facility with 3.5 million square feet of warehouse space, employing more than 1,000 full time workers. There's another Amazon facility just a few miles up the road in Lebanon. While the Mount Juliet facility is

Important footnotes

* When America started watching Food Network, we started cooking better, and we started demanding better experiences at restaurants. Nashville in the 1990s, for instance, had some very good restaurants, but it was known mostly for its "meat-and-threes" (one meat, three vegetables) — a solid concept but not terribly adventurous. Now, Music City, like many other cities, is teeming with great cuisine from all around the world.

** Luggage has been around forever. We only started putting wheels on luggage

in the 1970s, and it wasn't widely adopted until the late '90s. What took so long?

*** You will rarely find a full set of glasses at Goodwill. Nice cocktail glasses are at Goodwill because somebody broke one and didn't want to keep an unfinished set. But I'm good with odd numbers, so I'll buy an incomplete set of glasses for \$5, no problem. Chances are good that if you've toasted with me at my house, you were holding a Goodwill glass. And if there were four of us, somebody didn't match.

**** Stories vary, but daylight saving time is said to have come about in order to ration candles, which were quite pricey back in the day. News flash to The Powers That Be: Yankee Candles and others have frequent sales — and, hold on, this is an electric cooperative publication! The electric industry as a whole has quite successfully moved the candle from its previous utilitarian status to something we only see around bathtubs in Hallmark movies. Why are we still moving our clocks around? But that's another story for another day.

dedicated to shipping smaller products — in boxes no larger than 18 inches square — the one in Lebanon is about 1 million square feet and dedicated to larger products.

In news articles published this past December, it was noted that our Mount Juliet facility ranked fourth in the nation in size, just behind Tesla in Fremont, California, and Austin, Texas, and Boeing in Everett, Washington.

As of this writing, Amazon counts 185 distribution centers worldwide. This past October, the retail giant announced Tennessee's most recent center in Alcoa, and another in Clarksville will open later this year, making a total of 20 centers statewide.*****

The first dilemma every online shopper has to face is what to do with all the cardboard. My garage has gotten so full of cardboard boxes, my grandkids built a fort out there over Christmas. I haven't seen the 5-year-old in a couple of weeks. I'm sure he's fine. They're resilient, these kids. And I'm not sure, but I believe I have a second car out there somewhere. An '85 Buick Skylark. I think it's brown.^{ao}

Recently, during a postholiday bout feeling less than social, I cut-and-pasted my grocery list into an online app and had my weekly groceries delivered to my doorstep. Many of us did that out of necessity during the pandemic, but now it's a service offered by every major grocery chain.

For those of us who love people but love them better in smaller doses, home grocery delivery is akin to a religious experience. These days I consider most anything that requires getting out of my bathrobe invasive and unneighborly.

Most days I feel good. I'm happy. I enjoy life. I'm grateful for all the people I have around me who love me and include me in their hearts.

Important footnotes (continued)

***** This number might vary by publishing time because Amazon facilities seem to grow faster than a Gremlin splashed with water.^{aaa}

^{ao} Editor's note: While it's not mentioned in this article, we can say we know the author personally; we've been to his home, and he does, indeed, recycle his boxes. He is a responsible consumer, at least in that regard.

^{aaa} "Gremlins" is a Steven Spielberg film from 1984 in which alien creatures duplicate themselves exponentially when put in contact with water.^{aaaa}

^{aaaa} These footnotes are getting annoyingly tedious. I think I'll stop now.

Recently, my rather dull day was positively impacted by the home delivery of a fabric shaver. That afternoon I removed annoying lint balls from my throw pillows, and it was invigorating. I then moved to the couch pillows and felt something not unlike euphoria. \$8.99 is a small price to pay for euphoria.

For those grayer days, it's nice to curl up under a blanket and browse new books, favorite authors, luxurious red pillow cases with just the right thread count, silky pajamas, a pocket watch that reminds me of my dad.

And a fabric shaver for \$8.99 that somehow changed the course of my day.

Someone invented that! They saw a need for smooth, lint-free fabric, and they just made it. Another person grabbed it from a shelf and put it in a box just for me. Another neighbor picked up the box and drove it to my home. They did the same for several other neighbors on my street. These are all hardworking people who deserve our gratitude and recognition for the roles they play in making our lives a little easier, a little better in this ever-changing, modern age often filled with frustration and anxiety.

Money can't buy happiness, it's true. But it can buy stuff. And that stuff can make us smile.

People form a tribe around us, sometimes invisibly, and they can bring us things in a box that we can open, and it makes an ordinary day feel a little more like a birthday party. And we can do that for others to say we're thinking of them. Sure, it's just stuff. But when it's gray out there — impossibly gray — isn't it nice to open a box and smile? ■

Antsy McClain is a Nashville-adjacent singer-songwriter, author and graphic artist who performs with his band, the Trailer Park Troubadours, around the world and in parts of Wilson County. Find his full bio, music, books, artwork and tour dates at unhitched.com.



A photograph of a person dancing in a vibrant, colorful gallery. The person is wearing a dark jacket and pants, with a glowing green and blue light effect around their body. The background features large, illuminated letters spelling "ONE NATION UNDER A GROOVE" in a stylized font. The letters are set against a brick wall with various neon signs and lights, creating a festive, party-like atmosphere.

ONE NATION
UNDER A GROOVE

NATIONAL MUSEUM OF AFRICAN AMERICAN MUSIC

Music City

Story by LaQuella Bond • Photographs by Robin Conover

Visitors can move and groove to a variety of songs in the interactive dance room of the "One Nation Under A Groove" gallery. It's one of an array of ways visitors can interact with the music and history they are discovering at the National Museum of African American Music.



honors History

“Why Nashville?” In a city full of country music, right across the street from the Ryman Auditorium, sits the National Museum of African American Music. When Noëlle Taylor, director of education and exhibits, talks to a group coming through the museum, she often gets the question, “Why here?” She responds to them, “Why not?”

In the museum lobby, visitors can access the Roots Theater, galleries, lobby case exhibit and museum shop.



“We are at an intersection of what was Fifth Avenue (now Rep. John Lewis Way), where the sit-ins happened, and Broadway, where we historically were not acknowledged, where this story was not told, where so many opportunities to really show the brilliance and creativity were not shown because you just weren’t allowed to,” Taylor said.

“And now we’re here in this physical space of that intersection,” Taylor said. “That is a huge statement. As a native Nashvillian, that’s amazing.”

Francis Guess and Dr. T.B. Boyd III had a vision to start the National Museum of African American Music in 1998. The museum opened in 2021. Dr. Boyd and Mr. Guess’s initial reason for creating the museum wasn’t only to celebrate the music that Black artists have created, but it was also about inspiration, said Dr. Bryan Pierce, museum curator with a Ph.D. in heritage studies with an emphasis on museum studies.

Pierce described the museum, in one word, as “inspirational.”

“It is about inspiration, where those initial beginning stages inspire so many people — to Justin Timberlake, to the Bee Gees — and then trying to find those little connections; I think we are just trying to connect the dots,” Pierce said. “You can see the connections from musician to musician, not Black musician to White musician, it’s musician to musician, so it’s all about inspirations.”

Simultaneously, Pierce said that visitors can make and interact with music using the interactive tables; there are three or four interactive tables found in each of the six museum galleries. He hopes the interactive tables inspire people to continue to create even after they leave the museum.

“We’re not focused on just a label; we’re not focused just on one piece of the history or the heritage or the story,” Taylor said. “We are telling a lot of stories at once. You have that opportunity to really involve yourself and have your curiosity piqued.”

Taylor said the museum offers visitors such a personal experience and that everyone’s going to have a different interaction when they go through the galleries.

“Everyone is going to respond completely differently just based on how they connect and what catches them, whether it’s because of their favorite artists or whether it’s because of their favorite songs,” Taylor said. “There’s no way I can prepare you for that.”

For first-time visitors, Taylor said, “Once you know we’re here, you don’t need to call ahead of time. It’s just knowing we’re here and getting here.”

Curatorial Assistant Daysha Detherage shows the “behind the scenes” activities of museum curation at the National Museum of African American Music.



"Come with zero expectations, and be ready to have an experience," Pierce added. "You're not going to have the same experience anywhere else in Nashville."

One last tip for visitors: For an additional \$5 fee, there is a Radio Frequency Identification (RFID) bracelet that will allow you to download a playlist or save videos as you come across interactive elements throughout the museum.

Taylor's one word to describe the museum: "moving."

"It's a very moving experience," Taylor said. "When you come into the lobby, you have no idea what's going to happen behind those doors."

Visitors start their museum experience by entering the Roots Theater and viewing a short film. Then they enter the main gallery, called "Rivers of Rhythm Pathways," which splits off into five more galleries: "Wade in the Water," "Crossroads," "A Love Supreme," "One Nation Under A Groove" and "The Message."

"They were very intentional when they built the museum about not naming the galleries after genres," Taylor said. "Each gallery is named after a song title or a lyric, and it alludes to a genre."

For example, "Wade in the Water" is a gospel song, and "A Love Supreme" is a jazz song.



In the "A Love Supreme" gallery, visitors can find artifacts like a trumpet owned by Louis Armstrong, left, and the model of microphone Billie Holiday often used during performances, below left.

"You know, they straightened out the Mississippi River in places, to make room for houses and livable acreage," Morrison said. "Occasionally the river floods these places. 'Floods' is the word they use, but, in fact, it is not flooding; it is remembering. Remembering where it used to be. All water has a perfect memory and is forever trying to get back to where it was."

"I like to think of this museum in terms of that, like we're just trying to find our way back to where the story was," Taylor said.

Don't forget to stop by the lobby case exhibit before you leave! Taylor said it is her favorite part of the museum. The exhibit spotlights Nashvillians and Tennesseans and changes quarterly. The current exhibit honors the founder and curator of the Jefferson Street Sound Museum with "Living Legends: Lorenzo Washington."

Pierce said the National Museum of African American Music logo represents an equalizer on a mixer.

"The mix is the most important thing when you're trying to finalize the album, trying to find the balance of how to tell the story and doing it in a way to where it makes sense to every person who comes in," Pierce said.

"I think, personally, that's what the mixer means to me," Pierce said. "As far as with the museum, we're trying to find a sweet spot as far as telling the story that relates to all people who come through the doors."

The National Museum of African American Music is around 60,000 square feet and has six galleries.

Approximately 400,000 people have visited the museum since its doors opened in 2021.

The first Wednesday of every month is Nissan Free Wednesday, where people can visit the museum for free. February's Nissan Free Wednesday has extended hours, from 10 a.m. to 8 p.m. (instead of the usual 5 p.m.). Keep an eye on the calendar at nmaam.org for more upcoming events.

The National Museum of African American Music is located at 510 Broadway in Nashville. For more information, visit nmaam.org, email info@nmaam.org or follow [@thenmaam](https://www.instagram.com/thenmaam) on Instagram. ■



"I always tell people that each gallery takes a piece of the next, and there's this back and forth — this tension — between all of the galleries," Taylor said.

Taylor said there is a Toni Morrison quote that she thinks of when looking at the way the museum galleries are structured.

Dr. Bryan Pierce, left, and Noëlle Taylor stand across the street from the National Museum of African American Music, located right in the heart of downtown Nashville.



Bridge buff on a mission to raise awareness and restore old structures

Calvin Sneed's lifelong passion educates Tennesseans about the history and importance of this particular infrastructure

You might have seen him out there — tromping through the woods in his reflective vest, armed with nothing more than a camera. Then again, you probably haven't seen him because the places Calvin Sneed wanders are mostly vacant, and the things he photographs are often abandoned.

We know about Civil War buffs who re-enact and attend Civil War antique shows. In Great Britain, there are so many railroad enthusiasts that they are called by a name, which is trainspotters. There are TV shows, online forums and books devoted to trainspotting.

Calvin Sneed is a bridge buff. He collects information about bridges all over the United States, especially in the Southeast, and has taken photos of about 1,200 of them. He's written three coffee-table books on the subject, the latest of which is "Building Bridges: The Iron and Concrete Wings of America." He writes a monthly column about bridges for the Johnson City Press and Kingsport Times-News. He maintains and updates a website (ilovebridgesandtunnels.com). And he speaks to historical



societies and civic clubs about how important bridges are to our history.

Two months ago, Sneed spoke to about 40 teachers at an online teacher training event for Tennessee History for Kids. His topic was toll bridges — when they were built, how they were financed, what they looked like, how much they changed our lives and what happened to them.

"Usually, at first, people don't think that bridges are a subject they want to hear about," he says. "But then that person will start talking about one bridge that is ingrained in their memory, from their childhood or something, and how much it meant to them. So it turns out that it does."

What's odd about Sneed is that he isn't a civil engineer and never was. He's a semiretired news anchor for WTVC, the ABC television affiliate in Chattanooga.

Left, Calvin Sneed snaps a selfie at the Panther Creek Bridge near Owensboro, Kentucky. Photograph by Calvin Sneed. Above, The men who built the Clinch River Bridge near Clinton pose in front of their handiwork around 1900. Tennessee State Library and Archives photo.





Above, a Baptism is conducted near a steel truss bridge across the Holston River in Jefferson County in 1917. Tennessee State Library and Archives photo. Below, Sneed poses at the Dobbs Ford Bridge in Cleveland, Tennessee, which Sneed believes to be the oldest highway steel truss bridge in the state still standing. Photograph by Calvin Sneed.

“There is no way I could have been an engineer because I wasn’t good enough at math,” he says. “I got into TV because I didn’t know how to count.”

Sneed says his passion for bridges started when he was a child visiting his grandmother in Marshall County. “My grandmother’s farm was on one side of the Duck River, and my uncle’s farm was on the other side of that river,” he says. “There was a steel truss bridge that crossed that river that I remember crossing over and over.

“I was 10 years old, in the back of a pickup truck, with the shadows of the steel beams passing over me and the river passing under me. I fell in love with that experience.”

That particular bridge was torn down in the 1960s. By that time, Sneed had already begun taking pictures of bridges, using the Kodak S-10 camera that his grandfather bought him. Young Calvin was especially fascinated with steel truss bridges, which are bridges that use steel beams that are connected into triangular units above and below the road path. “There is something about steel truss bridges,” he says. “I’m fascinated by the fact that you are surrounded by all that steel and by the fact that your weight is distributed across the whole frame.”

Because of his love of steel truss bridges, Sneed is a big fan of the Walnut Street Bridge across the Tennessee River in Chattanooga, the Shelby Street Bridge across the Cumberland River in Nashville and the Edward Talley Bridge across the Clinch River in Hancock County. All three of these are now in the “preserved” category, and Sneed says their salvation shows that the preservation push paid off. “The saving of these old steel truss bridges plays a big part in why people love downtown Chattanooga and Nashville,” he says.

Other steel truss bridges that Sneed raves about are the South Chickamauga Creek Bridge in Chattanooga and the Dobbs Ford Bridge across Candies Creek in Bradley County. In fact, Sneed’s research was instrumental in

the Dobbs Ford Bridge being preserved, which is why he received an award from the Daughters of the American Revolution for that project.

However, Sneed is not just a “steel truss bridge” sort of guy. Near the top of his list of favorite bridges is the three-arch Hammond Bridge across the Holston River in Sullivan County.

“The Hammond Bridge is a local legend in Kingsport where I’m from,” he says. “The lanes are quite narrow for a two-lane bridge, and it’s quite high over the South Holston River flood plain beneath it.”

And don’t get him started on the concrete stone arch bridge across Byrd’s Creek at Cumberland Mountain State Park. “It’s the largest masonry structure ever built by the Civilian Conservation Corps,” he says. “It is also a work of art.”

Sneed hopes that his photos, columns, books, talks and Facebook posts will help people appreciate bridges as an important part of our legacy. He has become more passionate about this over the years because old bridges are being torn down and replaced by structures that he says “are not elegant, have no character and have no class.”

“Most of the bridges being built today are monuments to mediocrity. Their only purpose in life is to get you across a body of water — preferably in a way that you won’t even notice the body of water. These new bridges aren’t supposed to impress you or make a statement about a place.”

Sneed also says that bridges are an important but overlooked part of the landscape of cities such as Nashville and Memphis. “If you look at any picture of the downtown of a city, they are all going to have a steel truss bridge somewhere in that picture,” he says. “These are a part of every city’s DNA, and when you take that bridge down, you eliminate some of its history and take away some of its dignity.”

In recent years, Sneed has seen a lot of bridges torn down. He is still mourning over the razing of the Veterans





Memorial Bridge across the Tennessee River on U.S. Highway 41 in Marion County. “There was a beautiful steel truss bridge there that was built in 1929, but in 2015, the Department of Transportation replaced it with a modern bridge that has no notable features at all. Bridge enthusiasts all over the South were mourning over that one.”

The stone arch bridge at Cumberland Mountain State Park is so beautiful that it is not unusual to see someone creating a painting of it. Tennessee History for Kids photo.

“The truth of the matter is that for every one bridge that is saved, about eight are torn down,” he says. “There were 18 toll bridges built in Tennessee in the late 1920s, and of those 18, only two survive.”

However, Sneed points out that there are a few old bridges yet to save. Among the bridges he lists in the “endangered” category are the South Hook Five-Arch Bridge across Bigby Creek in Maury County, Kingsport’s Hammond Bridge, the South Chickamauga Creek Bridge in Chattanooga, the O&W Bridge over the Big South Fork River in Scott County and the Old Stone Fort Bridge across the Duck River in Coffee County.

“Someone at TDOT once told me that it was the state’s mission to replace every steel truss bridge in Tennessee, and they ended up just about doing it,” he says.

“But if I have to go to every bridge on the planet for people to understand how important they are, I will,” says Sneed. “My car has 578,000 miles on it and isn’t giving out anytime soon.” ■

Feb. 7 is ‘Bridge Liberation Day’ in Tennessee

Feb. 7 is the 77th anniversary of an important event in Tennessee transportation history.

In the late 1920s, the Volunteer State began a major upgrade to its road system that included the construction of dozens of bridges. These bridges were originally financed by tolls, which were the fees paid by people to cross them. In most places, these bridges were located near or adjacent to longstanding ferry crossings.

The toll varied based on whether a person was walking, driving a car, driving a truck, carrying passengers or moving livestock. In 1927, it cost a person driving a car 25 cents (plus 5 cents per passenger) to cross most toll bridges in Tennessee.

Twenty-five cents in 1927, adjusted for inflation, is \$4.41 today. So you can see why, in the 1930s and 1940s, it was expensive to attend school or go to church on the other side of a toll bridge from your house. “People hated the tolls,” says Robbie Jones of New South Associates, who did a detailed report about toll bridges in 2014 for the Department of Transportation. “They despised them because it was money out of their pockets, and they hated them because it was inconvenient. I mean, sometimes you had to wait in line behind a lot of other cars just to pay the toll.”

According to Jones’ report, Tennessee had about 20 toll bridges by 1929. By the end of World War II, tolls still existed on only eight of them. All eight were major river

crossings — including bridges across the Tennessee River at Loudon (Loudon County), Haletown (Marion County), Perryville (Decatur and Perry counties), Savannah (Hardin County) and New Johnsonville (Benton and Humphreys counties).

Eventually the state shifted to a program under which roads and bridges were built and maintained by gas taxes. After soldiers and sailors returned home from World War II and started buying cars, gas tax revenues soared, and the toll revenue wasn’t really needed.

On Feb. 4, 1947, the Tennessee General Assembly eliminated toll bridge collections on the state’s remaining bridges. The new law went into effect three days later — a day when every major newspaper in the state proclaimed the story at the top of the front page. “Admission to Chattanooga is now free!” the Chattanooga Daily Times announced. “Paying to cross spans is a thing of the past,” said the Memphis Commercial Appeal.

Drivers were universally happy, although the deletion of tolls did result in the turning of a page of Tennessee history. You see, since toll bridges were often more expensive than ferries, some ferries still existed right beside toll bridges. One of them was the Niles Ferry near Vonore, which shut down immediately on Feb. 7, 1947. “It (the ferry) was here when I was a little girl,” said 80-year-old Loudon resident Augusta Long. “I’m gonna miss the old boat.” ■



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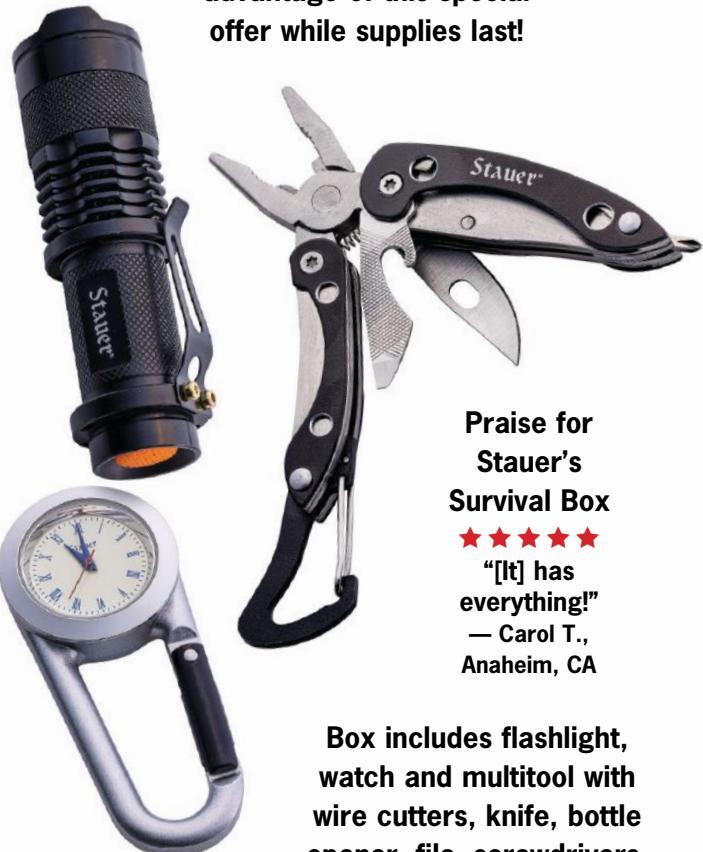
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CEMC youth programs deadline is Thursday, Feb. 29

Students interested in submitting short stories for the Washington Youth Tour Writing Contest, applying for the Senior Scholarship Program or entering the 2025 Calendar Art Contest: Mark your calendars for Thursday, Feb. 29, which is the deadline for each of Cumberland Electric Membership Corporation's youth programs.

Washington Youth Tour Writing Contest

The Washington Youth Tour Writing Contest is open to high school juniors within CEMC's service area. To enter, students are required to write short stories titled "Electric Cooperatives Connect" explaining how electric co-ops connect Tennessee communities with energy, education, broadband, economic development and more. Writers of the top 12 entries will win expense-paid trips to Washington, D.C., in June. Additional details about the 2024 Washington Youth Tour Writing Contest can be found online at cemc.org and youthtour.tnelectric.org.

2025 CEMC Calendar Art Contest

The 2025 Calendar Art Contest is available to students in grades kindergarten through 12 who live within CEMC's service area. Winning entries will receive cash prizes and be featured in CEMC's 2025 calendar.

Entries will be accepted through participating schools, and each grade has been assigned a calendar month to illustrate: **January**, sixth; **February**, seventh; **March**, eighth; **April**, ninth; **May**, 10th; **June**, 11th; **July**, kindergarten; **August**, first; **September**, second; **October**, third; **November**, fourth; and **December**, fifth. Seniors will design the cover.

Senior Scholarship Program

CEMC's Senior Scholarship Program will help graduating seniors pay for college by awarding 12 scholarships of \$1,000 each to qualifying students. Each interested student must submit a completed



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application, including two letters of reference and an original essay of at least 300 words describing what the student most looks forward to about attending college and how a scholarship, in terms of financial assistance, will help in completing his or her education. Applicants must have also attained a minimum 3.0 cumulative grade-point average, enroll or plan to enroll as a full-time student at an accredited Tennessee college (Murray State and Western Kentucky universities are included) and be a graduating senior whose parents or guardians are members of CEMC and receive electric service from CEMC at his or her primary residence. Applications are available online at cemc.org.

For additional information about any of CEMC's youth programs, contact Susie Yonkers, community relations coordinator, at 800-987-2362, or by email at syonkers@cemc.org.



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Project help: neighbors helping neighbors

Cumberland Electric Membership Corporation, in cooperation with local energy assistance agencies, offers a program in which members who

choose to participate can donate \$1 or more each month to help provide some relief to individuals who are struggling to pay their utility bills.

The program, Project Help, allows members to contribute an additional \$1 (or more) on their electric bills each month to help pay the utility bills of the elderly, disabled and/or those who are not economically self-sufficient. Project Help is a completely voluntary program. All money collected from Project Help goes to energy assistance agencies in our communities, which determine how these special funds are distributed.

If you would like to contribute to Project Help, you can do so by marking the box on your bill stub and completing the Project Help section on the back of your bill or by contacting CEMC at 1-800-987-2362. Your donation of \$1 a month will provide some relief to individuals who are struggling to pay their utility bills.



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PROJECT HELP

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TO HELP THOSE IN NEED**

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The power of human connection

How extreme winter weather impacts reliability

By Maura Giles

When outdoor temperatures drop, our electricity use increases. That's because we're doing more activities inside, and our heating systems are running longer and more often to counteract colder outdoor temperatures. Factor in that we all tend to use electricity at the same times — in the morning and early evenings — and that equals a lot of strain on our electric grid.

At Cumberland Electric Membership Corporation, we work closely with the Tennessee Valley Authority in resource and infrastructure planning to ensure you have the power you need whenever you flip a switch, but the electric grid is much larger than CEMC and TVA.

In winter months, when even more electricity is being used simultaneously across the country, it is possible for electricity demand to exceed supply,

especially if an unexpected event like a sudden snow or ice storm or equipment malfunction occurs. If this happens, which is rare, the grid operator for our region of the country might call for rolling power outages to relieve pressure on the grid, and CEMC will inform you about the situation.

CEMC and TVA take proactive steps — including regular system maintenance, grid modernization efforts and disaster response planning — to create a resilient portion of the grid and ensure electric reliability in extreme weather, but it takes everyone to keep the grid reliable.

To help keep the heat on for you, your family and your neighbors, here are a few things you can do to relieve pressure on the grid (and save a little money along the way):

BEST BETS FOR Winter Savings

Energy consumption spikes during winter months as we spend more time indoors and heating systems work overtime. You can help reduce demand and strain on the electric grid by conserving during peak energy times. Reducing energy use will also help lower your energy bills.

UNPLUG WHEN POSSIBLE

Turn off unnecessary lights and electronics when you aren't using them.

ELIMINATE DRAFTS AND AIR LEAKS

Seal air leaks and drafts around windows and exterior doors.

USE APPLIANCES WHEN ENERGY DEMAND IS LOWER

Run large appliances like clothes washers, dryers and dishwashers early in the morning or before you go to bed.

MAINTAIN HEATING EQUIPMENT

Maintain your heating system by replacing dirty, clogged filters and scheduling an annual inspection for necessary maintenance.

LOWER THE THERMOSTAT

Home heating accounts for a large portion of energy consumption. Adjust your thermostat to the lowest comfortable setting (68 degrees or lower).

- Select the lowest comfortable thermostat setting and turn it down several degrees whenever possible. Your heating system must run longer to make up the difference between the thermostat setting and the outdoor temperature.

Pro tip: Seal air leaks around windows and exterior doors with caulk and weather stripping. Air leaks and drafts force your heating system to work harder than necessary.

- Stagger your use of major appliances such as dishwashers, ovens and dryers.

Pro tip: Start the dishwasher later in the evening, and use smaller countertop appliances like slow cookers and air fryers to save energy.

- Ensure that your heating system is optimized for efficiency with regular maintenance and proper insulation.

Pro tip: Make sure your furnace filter isn't clogged and dirty. Replace it as needed.

- When possible, use cold water to reduce water heating costs.

Pro tip: Setting your water heater thermostat to 120 degrees can help you save energy and reduce mineral buildup and corrosion in your water heater and pipes.

- Unplug devices when not in use to eliminate unnecessary energy use. Even when turned off, electronics in standby mode consume energy.

Pro tip: Plug devices into a power strip so you can turn them all off at once with the push of a button.

As we face the challenges posed by winter weather, understanding its impact on energy demand is crucial for maintaining a reliable power supply. By adopting energy conservation practices during periods of extreme cold, not only can you save money on your electric bills, but you can also contribute to the resilience of the power grid, keeping our local community warm and connected.

Maura Giles writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the national trade association representing nearly 900 local electric cooperatives. From growing suburbs to remote farming communities, electric co-ops serve as engines of economic development for 42 million Americans across 56% of the nation's landscape.

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

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Keep warm the natural way

Before you crank up the thermostat on an especially chilly day this winter, reach for a sweater and a pair of thick socks.

Here are four practical alternatives to sending your energy bills through the roof this winter:

1. Dress in layers. Pull a T-shirt on before layering a sweater over it. Choose fleece-lined sweatpants for lounging around the house.

2. Keep your feet warm. Did you know your feet and hands let heat leave your body? So never walk around barefoot indoors during the winter, even if

you have wall-to-wall carpeting. Wear thick socks under your slippers.

3. Put an electric blanket on your bed before you crawl into it, and the sheets and blankets will be toasty warm. Turn the electric blanket off before you fall asleep, or invest in one with an automatic “off” switch.

4. Move around. You’ll be colder if you sit still all day than if you’re active. Use chilly days to clean the house, exercise or play with the kids. The more you move, the warmer you’ll feel.



How qualified is your electrician?

It's tempting to ask your handy brother-in-law or next-door neighbor to make a few quick fixes around your house. But when it comes to repairing anything electrical, call a professional.

Electricity can be dangerous in a home that's improperly wired, has overloaded circuits or has exposed or defective wiring, receptacles or switches. Even if the job seems simple, it's better to call an experienced, licensed electrician to do it. Most electricians have many hours of on-the-job training under the supervision of more-experienced electricians and have passed exams.

Don't leave your electrical work up to a handyman, your brother-in-law or even yourself. The money you spend to hire a pro will more than pay off in peace of mind and a safe home.



Enhance your home internet experience: ExperienceIQ puts you in control

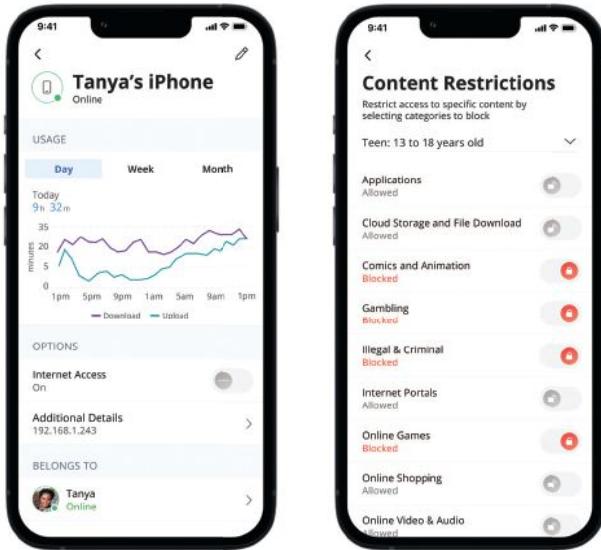
In today's digital age, managing and controlling your home internet has become more critical than ever — especially when all the members of your household have their own connected devices. With the exponential growth of online content, ensuring a safe and productive online environment for your family can be a challenge — but Cumberland Connect has a simple solution.

Introducing ExperienceIQ — the cutting-edge Wi-Fi management tool included in our Peace of Mind Package. Seamlessly integrated into the CCFiber SmartIQ app, ExperienceIQ offers an array of powerful features that empower users to take control of their home network like never before.



One of the standout features of ExperienceIQ is its robust parental controls. Parents can breathe easy knowing they have the ability to set up stringent controls and content restrictions for any device connected to their home network. Imagine being able to manage your child's online screen time effortlessly. ExperienceIQ makes that a reality by allowing you to enforce use schedules, ensuring your kids are offline when they should be sleeping, studying or enjoying family time.

In addition to managing screen time, managing and monitoring internet traffic on connected devices are made simple, too. Gain insights into the websites visited, applications used and time spent online by viewing analytics for each user profile and devices — all from the palm of your hand, using the CCFiber SmartIQ app.



This functionality enables you to make informed decisions regarding what content is consumed in your household. ExperienceIQ allows you to take it a step further and limit or completely block specific types of content. There is even a safe search customization for Google and YouTube that removes inappropriate results. That means you can rest easy knowing that your children are exploring the internet in a secure and controlled environment.

Finally, ExperienceIQ allows users to prioritize network traffic for specific devices. Whether it's ensuring your work laptop gets maximum bandwidth for crucial tasks or optimizing streaming for an immersive entertainment experience, this feature guarantees a tailored internet experience for each device. You can even set prioritization schedules for specific hours and days of the week.

In conclusion, ExperienceIQ includes a game-changing set of features that puts you in control of your home network. You can learn more about ExperienceIQ and the other great benefits of our Peace of Mind Package by scanning the code or visiting the link below.



Efficiency tips for manufactured homes

Q: I live in a manufactured home. How can I keep the inside temperature more comfortable and save on energy bills?

A: There are several tasks you can complete to improve comfort and use less energy in your manufactured home. I started my career in energy efficiency as a weatherization technician in Wisconsin. In this role, I helped people in manufactured homes by air sealing; duct sealing; adding insulation; and installing new windows, showerheads, faucet aerators and lightbulbs.

More than 22 million Americans live in manufactured homes, according to the National Association of State Energy Officials. Manufactured homes represent 15% of housing in rural areas and only 3% in urban areas.

Knowing how manufactured homes are built helps us understand where we can seal in savings around the house. These homes are constructed in factories and then transported and set up on-site. Construction in a factory reduces costs, making manufactured homes an affordable option. That lower price point can come, in part, from the use of less expensive equipment and fewer materials such as lower-efficiency heating equipment or less insulation.

If you are considering buying a manufactured home, Energy Star-certified manufactured homes are 30% more energy efficient than standard models and offer a variety of options that increase the home's energy efficiency.



More than 22 million Americans live in manufactured homes, according to the National Association of State Energy Officials. Photo by Brian Wangenhein, Unsplash

If you already live in a manufactured home, you likely know that they are constructed in sections. One section is a single-wide home, two are combined to make a double-wide home and three make a triple-wide home.

In my experience, the biggest issues were in the duct systems, which deliver heating and cooling throughout the homes. The ductwork is typically located in the cavity between the floor and the transport barrier that protects the underside of the manufactured home while it is transported from the factory to the site. Typically, one long duct runs the length of each section of the home with the registers or vents cut into it.

The first step is making sure all registers are accessible, open and not covered by furniture, rugs, dog beds or anything else.

Next, check your ductwork by removing the registers and looking inside. Anything inside the duct will restrict airflow, so check that it is free and clear. Use a mirror and flashlight to look into the duct or take a picture by sticking a camera or phone inside and snapping some shots with flash in each direction. I've pulled all kinds of things out of ducts over the years — from garbage to toys to shoes.

If you have a double-wide or triple-wide, you will likely have a crossover duct that joins the ducts in each section. The crossover duct is typically a large flexible duct with an inner liner, insulation and an outer cover to protect



Damaged or disconnected ducts allow the air you pay to heat and cool to escape under the home. Photo source: Efficiency Services Group

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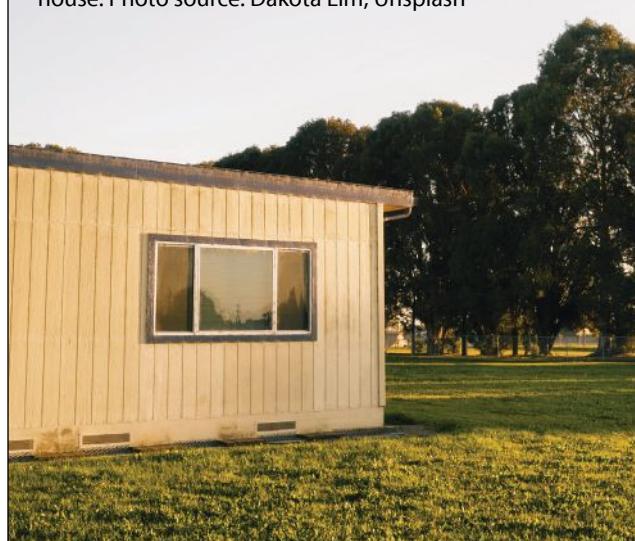
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the insulation. Damaged or disconnected crossover ducts allow the air you pay to heat and cool to escape under the home. Often, damage is done by animals chewing or scratching to get inside the warm area. An inspection of the crossover duct requires crawling under the home.

Knowing how manufactured homes are built helps us understand where we can seal in savings around the house. Photo source: Dakota Lim, Unsplash



That's a dirty job and often a tight spot, so you might choose to hire a professional.

Another place to check is the joint joining the sections of a double-wide or triple-wide together. This is often covered by trim when the home is placed. You can caulk around the trim or remove it and caulk underneath to reduce air leakage.

Weather stripping doors and windows to make sure they seal tightly will also reduce drafts and save energy. Some homes can benefit from additional insulation in the attic or under the floor. Those projects typically require specialized equipment or help from a professional.

Weatherization assistance programs like the ones offered by the company I worked for in Wisconsin provide discounted and no-cost energy-saving upgrades. Check with your county or electric utility for more information. ■

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.





Travel
TENNESSEE STATE PARKS

The New Kid on the Block

*Story by Trish Milburn
Photographs by Jessica Reid*

Savage
Gulf State
Park filled
with awe-
inspiring
beauty

Sometimes Mother Nature just takes your breath away. That is definitely the case when you stand atop the Great Stone Door, a cliff line that overlooks the beautiful Savage Gulf. A gorge branching off from the headwaters of the Collins River near Beersheba Springs, the gulf is filled with countless trees — a sea of hickories, oaks, maples, hemlocks, yellow poplars, pines, shrubs, ferns and more that goes on for miles.

“It’s one of the most beautiful overlooks in the entire state,” says Park Manager Aaron Reid, a native of Sequatchie County who grew up hiking in this area. “It’s untouched wilderness, and there are not many of those anymore.”

An abundance of trees is far from all that Tennessee’s newest state park offers, however. There are also impressive waterfalls, cascades, wildflowers, historic sites and about 60 miles of hiking trails.

The Savage Gulf area has been familiar to hikers and nature lovers for years as Savage Gulf State Natural Area, which remains within the confines of the state park. But as of September 2022, the natural area was joined with some former parts of South Cumberland State Park — land that will be developed with visitor facilities — to become the 57th state park in Tennessee.

South Cumberland had become too large to effectively manage as a single park, and the characteristics of the land that was transferred made it fit nicely with the natural area to become a new state park.

“It’s one of the most spectacular sites in our state, and the new park will serve Tennesseans for many years to come,” said Gov. Bill Lee at the announcement of the park’s creation. “Tennessee State Parks are recognized as one of the best state parks systems in the country, and this park adds to that special standing.”

Hiking

With so many trails available, it’s no surprise that one of the most popular activities at Savage Gulf is hiking. While there are a few trails rated as easy, the hiking experience at Savage Gulf can be a more rigorous one than at many state parks across Tennessee. Many of the Savage Gulf trails are rated at least moderate or intermediate, but about 20 miles of trails are instead marked difficult or strenuous. Visitors should be honest about their hiking abilities before setting off on any trail, especially those that are longer and more difficult. Reid says it’s also important to dress appropriately and bring enough water to stay hydrated, an amount that can vary based on the length of the trail and the weather conditions.

Fortunately, one of the must-see trails is on the easy end of the scale. The Stone Door Trail is an in-and-out hike of 0.9 mile one way, but it takes you past the Laurel Gulf Overlook to the Great Stone Door at the edge of the plateau.



Runners navigate the Stone Door steps during the Savage Gulf Marathon. Below, Fall Creek flows along the Collins Gulf Trail. Opposite page, the Stone Door Overlook offers a snowy view.

The trail begins at the appropriately named Stone Door Ranger Station.

For the more adventurous, the Collins Rim Trail is 6.1 miles long and follows the edge of the plateau along the Collins River Gulf. It is rated difficult because of steep climbs and having to maneuver a suspension bridge and the fording of a stream.

If your goal is to see waterfalls, some of the park’s shorter trails are where you’ll want to go. The Greeter Falls Loop is 0.8 mile long and the Laurel Falls Trail is only 0.3 mile. Both are rated in the middle of the scale of difficulty.

The longest trail, the 7.1-mile North Plateau Trail, is actually rated easy to moderate.

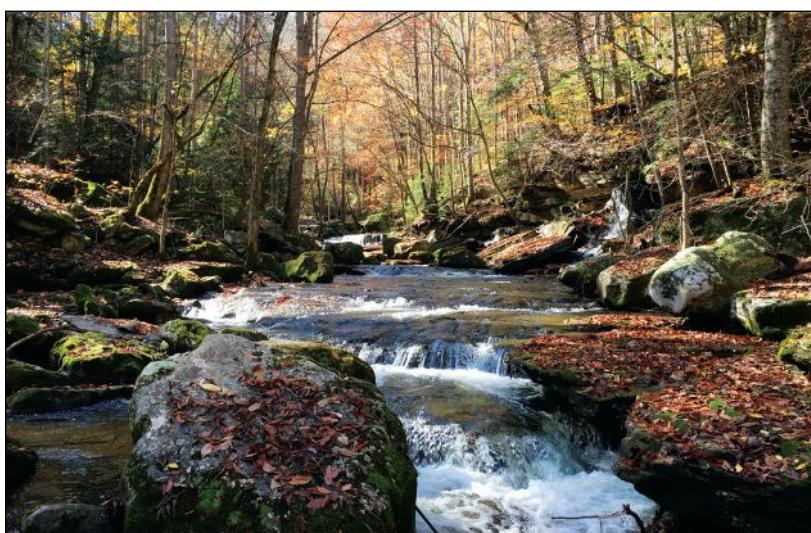
Many of the park’s 17 trails also provide looks into the region’s past. One of the best is the Stage Coach Road Historic Trail, which is 1.6 miles long but rated difficult. For those who are able to manage this trail, however, you’ll get to see a section of a toll road from the 1840s that connected McMinnville to Chattanooga. This section of that old road is on the National Register of Historic Places.

Reid says that something visitors should know is that not all the trails have trailheads with parking. They’re connected like a web, with some only accessible by taking another trail first. Something else that can confuse those trying to

navigate the park is that sometimes you have to leave its boundaries to get to another part because no roads can be built through the 19,000-acre natural area, which makes up the majority of the park.

Waterfalls

Within the park are seven waterfalls that measure 25 feet or taller. Greeter Falls is one of two that measure 50 feet. It first drops over a 15-foot upper ledge, then a 50-foot



lower ledge and into a plunge pool. Greeter Falls and Savage Falls are the only two in the park that have plunge pools deep enough for swimming or wading under normal conditions. In dry conditions, this will not be the case.

It's imperative to remember safety in these areas. There is absolutely no diving off waterfalls because this can prove dangerous or even fatal. Also, do not bring any glass into these areas. No one wants to go wading only to cut their bare feet on glass or other sharp manmade objects.

Rock climbing

For the really adventurous, limited, permitted top-rope rock climbing and rappelling are available in designated sections of the Stone Door area only. You can register for your climb on the park's website.

Picnicking

If long hikes or climbing rock faces aren't for you and you simply want a beautiful place to have a picnic, the Savage Gulf is also perfect for those outdoor meals with a view. There are tables scattered throughout the park. For modest-sized gatherings, you can rent the Stone Door Pavilion at the north entrance to the park in Beersheba Springs. It has five picnic tables and a charcoal grill. It's also located next to the easy Stone Door Trail.

Camping

Like a lot of things at Savage Gulf, the camping is more rugged and primitive. Numerous backcountry campsites are available to reserve as is one backcountry cabin, Hobbs Cabin. Water must be either carried in or filtered from natural sources.

Special events

A state park staple is ranger-led programming for visitors, and Savage Gulf is no different. Because of the nature of the park, these programs typically come in the form of hikes such as full-moon hikes or the Earth Day hike to Three Forks on April 23. Also of interest are special annual events.

This year the park and the community of Beersheba Springs will host the 20th Anniversary Trails and Trilliums



Racers find their marks at the beginning of the challenging Savage Gulf Marathon. Below, Lower Greeter Falls drops into a plunge pool.

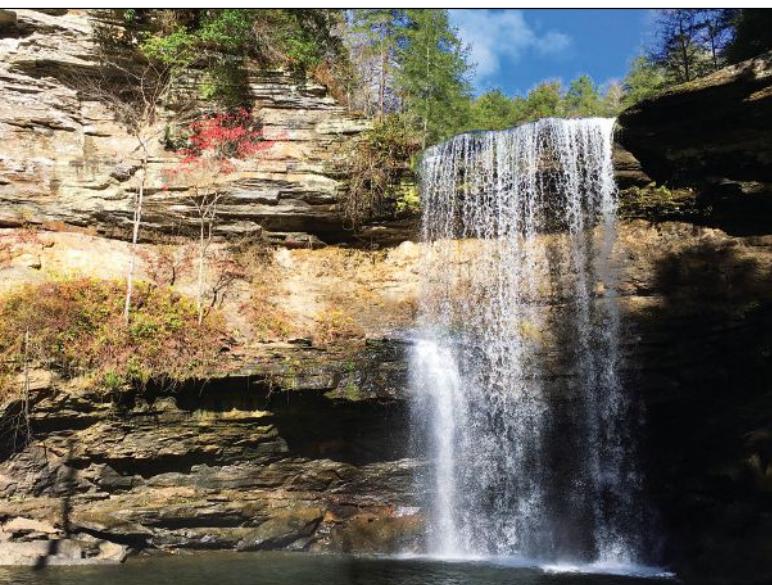
Naturalist Rally April 19–21 — planned and managed by Friends of South Cumberland, which now promotes both South Cumberland and Savage Gulf state parks. The event includes an array of workshops, hikes, a star party, native plant sale, cookouts and more. One of the new offerings this year is a nature photography program with Robin Conover, photographer and former editor of *The Tennessee Magazine*. Registration for Trails and Trilliums opens in mid-February. Visit trailsandtrilliums.org for the full lineup and further information.

The Savage Gulf Marathon is one of the most challenging marathons runners can undertake. It's so tough, in fact, that one of the requirements for participation is having completed a marathon or longer race. The average finish times for the Savage Gulf Marathon are higher than normal — anywhere between 4.5 and 8 hours — because of the rugged terrain and steep climbs. The date of this year's race is March 30. See ultrasignup.com/register.aspx?did=108177 for more information if you are interested in participating.

Plans for the future

Park staff is currently in the first phase of planning the development of parts of the park that lie outside the natural area. First up are a new entrance road to a planned visitor center and RV campground. The estimated completion date is the spring or summer of 2026 but is subject to change. Later on, further development plans include more picnic areas, car/tent camping areas and a trail around a 65-acre lake as well as a boat dock and boat rental.

For now, however, you can make a visit to the ranger station and gift shop at the north end of the park. ■



Savage Gulf State Park

For more information, check out the park's website at tnstateparks.com/parks/savage-gulf or call the park at 931-692-3887.



Don't sacrifice safety for efficiency

Greetings! In reading this particular edition (December 2023), I came across something that concerned me greatly.

The section of this edition on page 26-27, "Home Energy Q&A," contains a caption for one of the photos encouraging energy customers to "start it (dishwasher) right before you go to bed."

My concern stems from a family friend who followed this advice only to have a house fire begin while they were asleep at night. Their dishwasher malfunctioned while running during the night, causing a house fire. They awakened, fortunately, due to the sounding of their home fire alarm, but matters could have turned out much worse.



It is just my opinion, but to prioritize decreasing energy consumption over the safety of human lives is reckless. I don't know many who would ever suggest running household appliances while one sleeps, especially one that utilizes high heat to dry dishes.

Many unsuspecting customers may not critique this article and look to the author, understanding the author's position. The desire of the author is not safety but efficiency.

Denise Hurst

Editor's response:

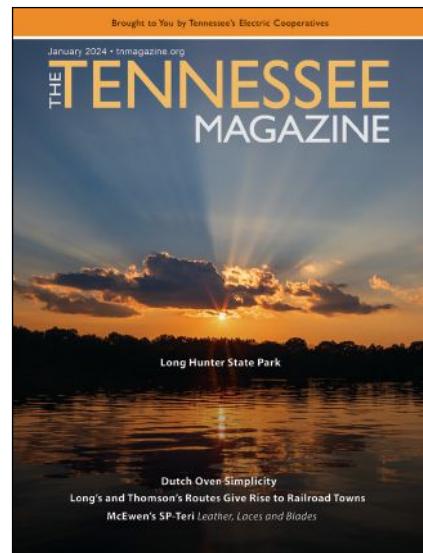
The December efficiency column, "How energy efficiency contributes to a better grid," included tips to save energy during peak energy hours. One of the efficiency tips recommended running major appliances, including clothes dryers and dishwashers, before going to sleep. While running energy-intensive appliances during off-peak hours can help you save energy, we do not recommend running them while you sleep. Newer models with advanced safety features and being sure your appliances are well-maintained and in good working order can reduce the risk of fire, but for maximum safety, it is best to only run appliances when you are home and awake.

Thank you for the important safety reminder.

Subscriptions

What would be the charge to send *The Tennessee Magazine* to

Electric cooperatives recommend shifting use of large appliances like your dishwasher during off-peak hours if possible, but do not run them while you are sleeping or away from home.



a relative in another state for a yearly subscription? I am already a member.

Homer Stewart

Editor's response:

Subscriptions to *The Tennessee Magazine* are \$15 for one year or \$30 for three. You can purchase subscriptions through our online shop at tnmagazine.org/shop, or see page 35 for a form you can mail with payment.

To other readers with subscription questions: *The Tennessee Magazine* is distributed through Tennessee's electric cooperatives. The publication schedule varies by co-op as to whether members receive it monthly, bimonthly or quarterly.

If you are a member of an electric cooperative and are not receiving the magazine, please check with your local cooperative office to get back on the mailing list. ■

WARM *Your* HEART

Hot drinks to beat a cold month



Ginger-Spiked Hot Chocolate

Recipes by
Tammy Algood

Food styling by
Cynthia Kent

Photographs by
Robin Conover

It's February. We might or might not have snow. Nobody knows whether your team will win The Big Game. There's no guarantee that we'll all have the best Valentine's Day ever. But one thing we *do* know: A mug filled with one of these delicious hot drinks will make you feel a little bit better, no matter what February brings.

Ginger-Spiked Hot Chocolate

Yield: 8 servings

4 cups milk, divided and at room temperature
 ½ cup unsweetened cocoa (dark or regular)
 4 cups half-and-half, room temperature
 1½ cups powdered sugar
 2 tablespoons honey or sorghum syrup
 2 teaspoons pure vanilla extract
 ½ teaspoon ground nutmeg
 ¼ teaspoon salt
 3 whole cloves
 3 cinnamon sticks
 1 (2-inch) piece fresh ginger, peeled and slightly crushed
 Miniature marshmallows for garnish
 Ground cinnamon for garnish

In a medium bowl, whisk together 1 cup of milk and the cocoa until smooth. Do not skip this step! Add to the slow cooker along with the remaining milk, half-and-half, powdered sugar, honey or sorghum, vanilla extract, nutmeg and salt. Whisk to blend. Add the cloves, cinnamon sticks and ginger, stirring again. Cover and cook on low heat for 2½ hours.

To serve, stir well and then ladle through a fine mesh sieve into warmed mugs. Top with miniature or decorative marshmallows and a sprinkle of ground cinnamon, if desired. Enjoy immediately.

Kid alternative: Many children don't like much spice, so to make this recipe more appealing to them, omit the nutmeg, cloves, cinnamon sticks and ginger. It will be a more traditional hot chocolate recipe, and since it doesn't need to infuse the spices, it only needs an hour in the slow cooker.



Citrus Mulled White Wine — *You can substitute red wine for the white, but you will lose the citrusy taste.*

Yield: 8 servings

1 bottle (5 cups) dry white wine*
 ½ cup sugar
 1 orange, zested in strips and juiced
 1 lemon, zested in strips and sliced
 1 lime, zested in strips and sliced
 1 apple, cored and cut in wedges
 4 whole cloves
 1 star anise
 2 cinnamon sticks
 1 cup Grand Marnier

Place the wine, sugar, orange juice, lemon slices, lime slices, apple wedges, cloves, star anise and cinnamon sticks in a slow cooker. Cover and cook on low heat for 1½ to 2 hours. Stir in the Grand Marnier and ladle through a fine mesh sieve into warm mugs. Garnish with the zested citrus pieces and enjoy immediately.

Note: If you need to hold the mulled wine longer, decrease the heat from low to warm after 1 hour. But follow the remaining instructions, and don't add the Grand Marnier until serving time.

**Suggestion:* Keg Springs Chardonnay (kegspringswinery.net)

Hot Honey Toddy — *This is medicine in a mug!*

Yield: 1 serving

¾ cup strongly brewed tea (Ceylon is my preference)

2 tablespoons bourbon

2 tablespoons cognac

1 tablespoon honey (or a bit more if you want it sweeter)

1 cinnamon stick

1 lemon wedge

In a warmed mug, stir together the tea, bourbon, cognac and honey with the cinnamon stick until the honey dissolves. Squeeze the lemon wedge to release the juice over the top. Stir again and savor.

Traditional Irish Coffee — *Tastes best enjoyed in front of a roaring fireplace!*

Yield: 2 servings

1 cup strongly brewed coffee
 3 tablespoons Irish whiskey
 1 tablespoon plus 1 teaspoon packed brown sugar*
 Lightly whipped cream (whipped thick but still pourable)

In a heatproof container (Pyrex), stir together the coffee, whiskey and brown sugar. Stir until the sugar has completely dissolved. Pour into 2 warmed mugs. Float the lightly whipped cream over the top by gently pouring it over the back of a spoon. Enjoy immediately.

**Alternative:* If desired, substitute Bailey's Irish Cream for the brown sugar.

Hot Buttered Apple Cider — *Use the larger hole on your zester to have nice long strips of citrus for the garnish. Always zest before juicing.*

Yield: 6 servings

5 cups apple cider (not apple juice)
 6 strips of orange zest and the juice of 1 orange

4 tablespoons unsalted butter

2 tablespoons packed dark brown sugar

1 teaspoon pumpkin pie spice

Pinch of salt

Tips and tricks

Place the apple cider, orange juice, butter, brown sugar, pumpkin pie spice and salt in a saucepan over medium-high heat. Stir occasionally until the mixture comes to a simmer. Remove from the heat. Ladle or pour into warm mugs, and garnish with the orange zest strips. Enjoy immediately.

Alternative for spiked cider: After removing from the heat, stir in 2 tablespoons of spiced rum before serving.

Mexican Hot Chocolate — This is not as sweet as traditional hot cocoa but just as delicious. Don't let the chili powder scare you ... it gives the recipe just a hint of spice.

Yield: 2 servings
2 cups milk
2 heaping tablespoons unsweetened cocoa (dark or regular)

2 tablespoons honey, sorghum syrup or maple syrup
1 teaspoon pure vanilla extract
1 teaspoon ground cinnamon
1/4 teaspoon chili powder
1/8 teaspoon ground cloves
4 ounces bittersweet chocolate, finely chopped
Whipped cream for garnish

Place the milk; cocoa; honey, sorghum or maple syrup; vanilla extract; cinnamon; chili powder; and cloves in a medium saucepan over medium heat. Whisk until the mixture is smooth and simmering. Stir in the chocolate, whisking until it is completely melted and the mixture is smooth. This will take around 3 minutes.

Remove from the heat and ladle into warmed mugs. Top with whipped cream, if desired, and serve immediately. ■

*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.*



Nicole asks: "How much juice can I expect to get from a lemon? Often I see recipes that call for the juice of one lemon, but if I don't have one on hand, I will use bottled juice."

Nicole, you can expect to get about 3 tablespoons of juice from an average-sized lemon. But the most juice will come from one that is at room tem-

perature rather than right out of the refrigerator. Also, rolling it firmly on the kitchen counter before juicing will help extract as much juice as possible from the fruit.

James writes: "Are you a fan of injecting meat before grilling? I would appreciate any tips you have on doing it correctly."

Slow cookers are perfect for maintaining a constant warm temperature for these drinks. Use a medium one rather than a large.

If you want to transport a hot drink to the outside fireplace or to a neighbor's house, transfer it to an insulated carafe, insulated water bottle or traditional thermos. To prepare for the hot drink, first pour some steamy water in the vessel. Let it sit for a couple of minutes, drain and it's ready for your homemade goodness.

The same goes for the mug you are using if staying in your own abode. Warm it first, and the recipe you add will stay hotter longer. An insulated travel mug works perfectly.

Cup koozies are wonderful for keeping the mug at the temperature you want.

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

James, I do like injecting larger cuts of meat as long as it isn't overdone to the point that it masks the natural flavor of the meat. When I inject, I only do so on the top side of the meat cut. This technique accomplishes two things: It prevents you from injecting too much, and it also helps keep the liquid from seeping out during the process of cooking or grilling. ■

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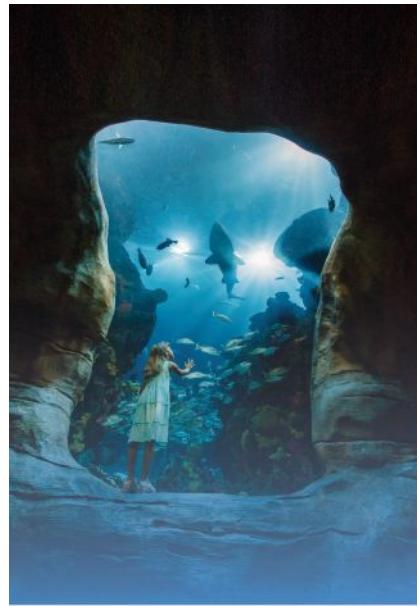
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HEALTH GUIDE



By Pamela A. Keene • Photographs from Pixabay

Small choices can result in big improvements

Although the COVID-19 pandemic has subsided, its effects linger. The pandemic changed the way we interact with each other, how and where we earn a living, how we spend our free time and how we approach the choices we make to keep us healthy. Life today is definitely different than it was five years ago.

“During the pandemic, people faced much more isolation, worry and fear, and this has left residual health and wellness issues,” says Ginger Nicol, M.D., associate professor of psychiatry at Washington University School of Medicine in St. Louis. “People stayed at home more, and their circle of face-to-face relationships shrank. They

became more sedentary, influencing mental and physical health and wellness.”

According to the Centers for Disease Control and Prevention National Center for Health Statistics, approximately 12% of those surveyed aged 18 and older between 2019 and 2022 said they regularly had feelings of worry, nervousness or anxiety.

“These feelings can lead to more serious mental health issues,” Nicol says. “However, there are things that can improve your overall health and wellness — both mental and physical — to result in more day-to-day enjoyment and health and, ultimately, result in a better quality of life.

Choosing to add more movement and activity, increasing time spent with family and taking time for personal reflection can all contribute to better health and happiness.”

The pandemic cannot be wholly blamed for a decline in people’s mental and physical health. Today’s society is less active and exponentially more sedentary than it was several decades ago. As a result, physical and mental health issues have increased.

Even before the pandemic, most Americans sat in front of some type of screen for much of their waking hours. With COVID-19, dependence on screens and technology expanded to fill the boredom.

People didn’t spend time outdoors — nor did they socialize with family or friends — so the feelings of isolation and angst were magnified. Depression, weight gain and other factors contributed to a decrease in physical fitness.

“Physical and mental health are inseparable,” Nicol says. “Research has shown that people who are active tend to have a better mental outlook and lead more enjoyable lives. The reverse is also true. People with a positive outlook are more likely to participate in some sort of regular activity.”

What is wellness?

Numerous factors contribute to a healthy life — from nutrition and being active to getting enough sleep and managing the aging process. Wellness encompasses physical and mental health alike, and taking care of both mind and body promotes a balanced lifestyle.

“Our needs change as we grow older,” Nicol says. “As such, it’s important for us to be aware of these changes and how we can address and adjust to them without compromising our wellness. Being responsible for our aging can help us reduce risk of disease such as diabetes, stroke, heart attack and cardiovascular issues, depression and anxiety.”

Many things can contribute to a longer and more fulfilling life — regular wellness visits with a primary care physician to stay on top of potential health concerns; completing age-appropriate testing such as



colonoscopies and cancer screenings; and being willing to adjust eating, behavior and lifestyle habits.

“Prevention is the best approach to manage aging, and the sooner you can identify an

issue, the better chance you have of making a meaningful change,” Nicol says. “Starting good behavioral practices for physical and mental health can help your body and mind be more resilient and handle more serious challenges.”

Physical improvements

Making small physical changes to add movement every day is one of the first ways to improve health and fitness. Getting up from a chair can be a revealing way to test physical ability.

“Some people simply cannot rise from a seated position without either using their arms to push themselves up or rocking several times to gain momentum,” Nicol says. “I’ve seen people in their 30s and 40s who have difficulty standing from sitting in a chair or on the sofa. If this is difficult for you, it’s a good idea to practice a little every day until you can rise unassisted.

“As we age, our muscles lose mass and volume, plus our tendons get tighter. By tackling this basic movement, you can begin to increase your physical strength and mobility as well as improve your balance and help prevent falls.”





According to the CDC, one in five falls cause serious injuries. Each year, more than 3 million older people are treated in emergency departments for fall injuries. Falls are the most common cause of traumatic brain injuries.

Falls are one of the main causes of nonfatal and fatal injuries. Whether they're caused by tripping, losing balance, vision problems or a health problem, they can result in broken bones, head injuries, cuts and bruising.

"Simple things — like practicing standing on one foot while you're brushing your teeth or when next to the kitchen counter — can help improve your general core strength," Nicol says. "If you can improve your ability to stand up from sitting and also increase your confidence in your balance, you're making good headway toward a healthier and safer life."

Brain health

Technology is a huge distraction in creating a healthy life. It can prevent people from relaxing, letting go of anxieties or working through challenges.

"Train your brain to let go of external diversions by turning off your smartphone, taking a walk in a park without your iPod or simply finding a quiet place to sit and daydream for a bit," Nicol says. "Daydreaming can be a powerful tool to help your brain slow down to the external stimuli and allow you to notice things you'd ordinarily glance over."

Nicol suggests using a positive trigger to help increase awareness and help with relaxing.

"Perhaps you've gone on a vacation and remember a pleasant sight, sound or feeling that can take you back to that time: the deep blue of the ocean, the sound of the leaves rustling on a chilly fall day or a stunning sunset," she says. "Use that to disconnect you from the worries of the day to reconnect with yourself."

Other ways to unwind can include reading just for fun, spending an hour in the garden, pursuing a favorite hobby or experiencing a new one as a way to give your mind a rest.

"We spend our lives in front of screens, and we just don't get outside enough to simply reflect and be very present in the moment," Nicol says. "Some people meditate, others practice yoga, but the secret is to find a way to slow down your brain waves and clear your mind. Give it time to refresh, and you'll be surprised how much more happy you can be."

Health and wellness are parts of life's journey that require heightened awareness and a commitment to make changes when necessary.

"Adding a bit more movement each day, taking time to build meaningful social connections and allowing yourself to unplug from time to time can do wonders for your mental and physical health," Nicol says. ■



Mental health resources

Provided by the American Psychiatric Association, psychiatry.org

- Reach out to the 988 Suicide and Crisis Lifeline for access to more than 200 local crisis centers across the United States. Dial 988 or go to 988lifeline.org.
- Find a comprehensive list of topics related to mental health — including eating disorders, helping a loved one cope with mental illness and warning signs of mental illness — at psychiatry.org/patients-families.
- Watch YouTube videos that cover topics such as, "What Is Anxiety?" "Overview of Depression," "Social Media and Children's Mental Health" and "What Is Addiction?" on the American Psychiatric Association's YouTube channel.
- Read up on suicide prevention information — from the risk factors and warning signs to action steps to help someone in emotional pain — at psychiatry.org/Patients-Families/Suicide-Prevention.

TENNESSEE EVENTS

Festivals, celebrations and other happenings around the state

Join the 2024 Great Backyard Bird Count

The Great Backyard Bird Count (GBBC) takes place Friday, Feb. 16, through Monday, Feb. 19. Bird and nature lovers everywhere unite in the effort to tally as many of the world's bird species as possible over these four days. Combined with other bird counts, GBBC results help create a clearer picture of how birds are faring — whether individual species are declining, increasing or holding steady in the face of habitat loss, climate change and other threats.

Each participant or group counts birds for any length of time (but for at least 15 minutes) and enters the birds they could identify at each site they visited, whether that be from home, at a local park or in a wilderness area.

People of all ages and skill levels are welcome.

The Great Backyard Bird Count is a joint project of the National Audubon Society, Cornell Lab of Ornithology and Birds Canada.

The GBBC website, birdcount.org, has tools and information to help birdwatching newbies and veterans participate in the count. Those new to the event should read the "How to Participate" instructions.

Find step-by-step instructions for entering your bird lists at these links:

- Merlin Bird ID app: birdcount.org/merlin-bird-id-app
- eBird Mobile app: birdcount.org/ebird-mobile-app
- eBird on a computer: birdcount.org/ebird-on-computer



West Tennessee

Feb. 6-11 • "Les Miserables," Orpheum Theatre, Memphis. 901-525-3000 or orpheum-memphis.com

Feb. 17 • **Annual Black History Program**, Chester County Senior Center, Henderson. croomamie@gmail.com

Feb. 28 • **An Intimate Evening with David Foster and Katharine McPhee**, Graceland Soundstage, Memphis. 877-777-0606 or gracelandlive.com/dfkm

Middle Tennessee

Feb. 1-9 • **Mayberry Valentine Dinner Theatre**, historic Granville. 931-653-4151 or granvilletn.com

Feb. 2-3 • **Southern Motorsports Promotions Indoor Tractor and Truck Pull**, Tennessee Miller Coliseum, Murfreesboro. 615-406-0382 or southernmotorsports.net

Feb. 13-18 • "Tina — The Tina Turner Musical," Tennessee Performing Arts Center, Nashville. 615-782-4040 or tinaonbroadway.com

Feb. 24 • **Hot Chocolate Run**, Bicentennial Capitol Mall State Park, Nashville. hotchocolate15k.com/city/nashville

East Tennessee

Feb. 3 • **Open House: Skyline Loft**, Ruby Falls, Chattanooga. 423-821-2544 or rubyfalls.com

Feb. 22 • **Beethoven Violin Concerto**, Historic Tennessee Theatre, Knoxville. 865-684-1200 or tennesseetheatre.com

Feb. 24-25 • "Annie," Soldiers and Sailors Memorial Auditorium, Chattanooga. 423-757-5580 or tivolichattanooga.com

Feb. 29 • **World Ballet Series: "Swan Lake,"** Knoxville Civic Auditorium and Coliseum. knoxvillecoliseum.com

March 1 • **Twitty and Lynn: A Salute to Conway and Loretta**, The Princess Theatre, Harriman. twittyandlynn.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.

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, mailing 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 Friday, March 1. Winners will be published in the April issue of *The Tennessee Magazine*.

December Flag Spotters

Thanks for the postcards and emails again this month identifying the correct location of the flag, which was found on the barn on **page 3**.

Winners are drawn randomly from each month's entries.

December's lucky flag spotters are:

Aiden Card, Savannah, Tennessee Valley EC

Julia Farris, Greenbrier, Cumberland EMC

Donald Brisson, Crossville, Volunteer EC



Artist's Palette Assignment for April

Three age categories: 1 to 8, 9 to 13 and 14 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 — **April**, P.O. Box 100912, Nashville, TN 37224. (*Please make sure you include the month on the outside of the envelope!*) *Only one entry per artist, please.*

Deadline: Art must be postmarked by Friday, March 1.

Include: Your name, age, mailing 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.

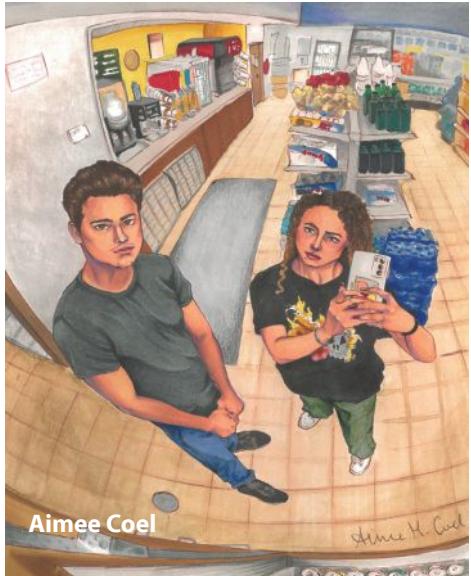
Artwork will not be returned **unless** you include a self-addressed, **stamped** envelope (SASE) with your submission. **Only U.S. Postal Service** will be used for returns. *For best reproduction results, do not fold artwork.*

Each entry needs its own SASE, please. Siblings must enter separately with their own envelopes.

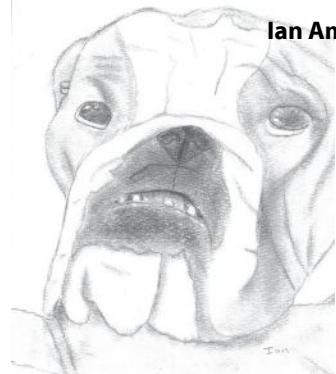
Attention, teachers: You may send multiple entries in one envelope along with one SASE with sufficient postage.

Winners will be published in the April 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.

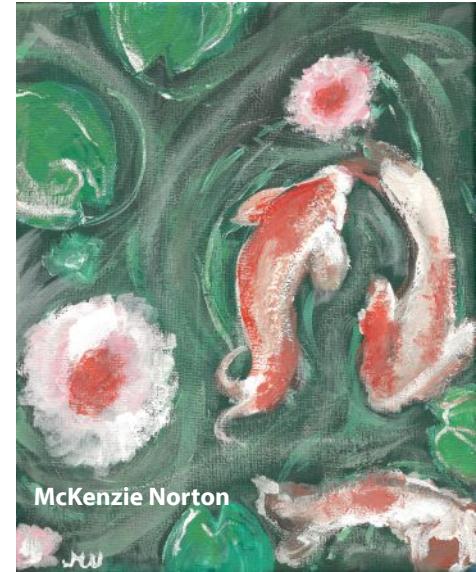
Artist's Palette February Winners



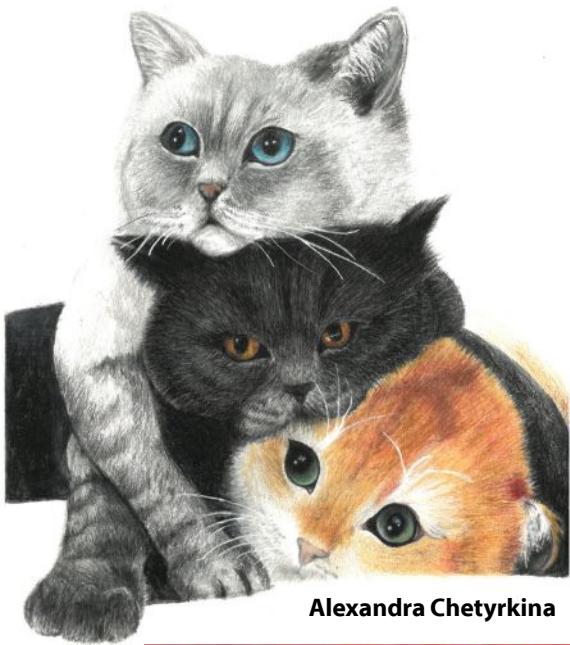
Aimee Coel



Ian Ambrosetti



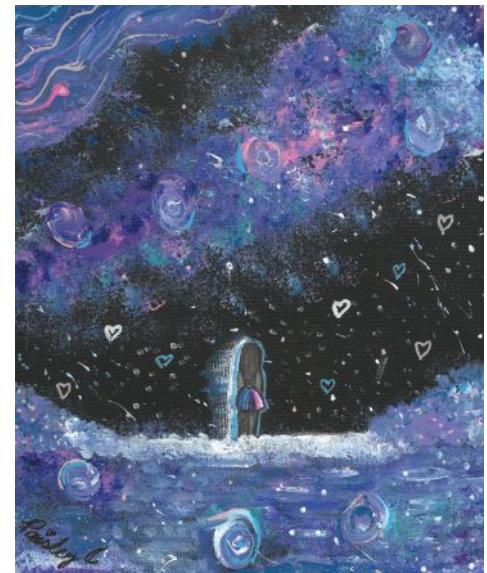
McKenzie Norton



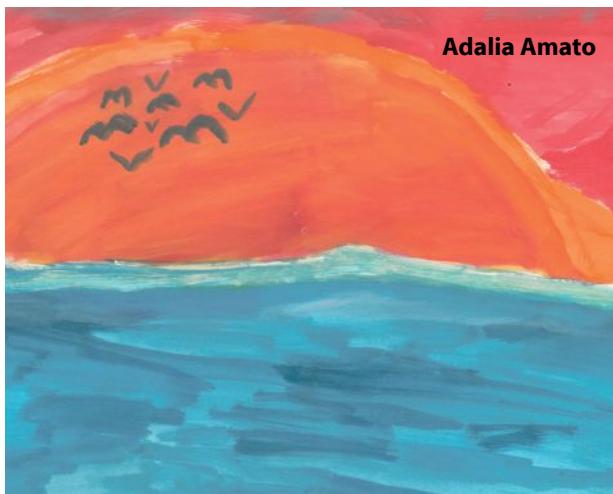
Alexandra Chetyrkina



Angel G. Clark



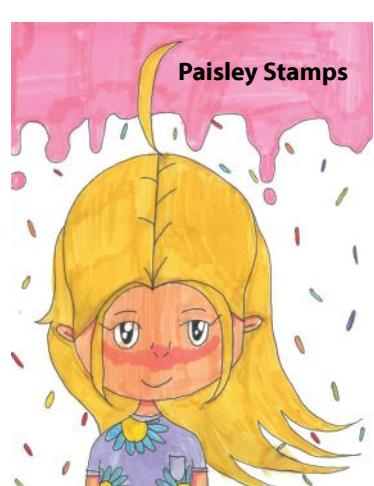
Paisley Moon



Adalia Amato



Ahan Pattewar



Paisley Stamps

WINNERS, 1-9 AGE GROUP: First place: Adalia Amato, age 9, Volunteer EC; Second place: Ahan Pattewar, age 9, Middle Tennessee Electric; Third place: Paisley Stamps, age 9, Upper Cumberland EMC

Point of View

By Robin Conover

For the first time in my life, I experienced a “trip of a lifetime” with a cruise to the Mediterranean Sea last year. The trip had been in the planning stages since 2019 and was postponed twice due to the COVID-19 pandemic.

I was with a group of several friends, and when we finally boarded, I couldn’t wait to experience the cultures, food, sights and sounds of lands I had never seen before in person. Knowing our ports of call would be like speed-dating for a photographer, I had packed fairly lightly on gear, taking only one camera body and lens.

Mykonos, Greece, was our port of call on the next to the last day, and it did not disappoint. We had from about 8 in the morning until 6 that evening to explore the Greek island.

Whitewashed plaster walls and wood-trimmed windows painted with such intense shades of blue adorned several family chapels, public churches and other buildings in the sea port.

Cats are as common there as the ancient buildings and cobblestone footpaths weaving between businesses and homes. They are cared for by the community and seem to strut around with much the same attitude as the cats we have in the United States.

This particular cinnamon tabby was a doppelganger for my cat Tazz back home. The Greek kitty ignored me — much as mine does when she is sunning — and didn’t really want to be bothered. He’d claimed a prime spot on a windowsill in a beautiful church to bask in the warming morning sunlight.

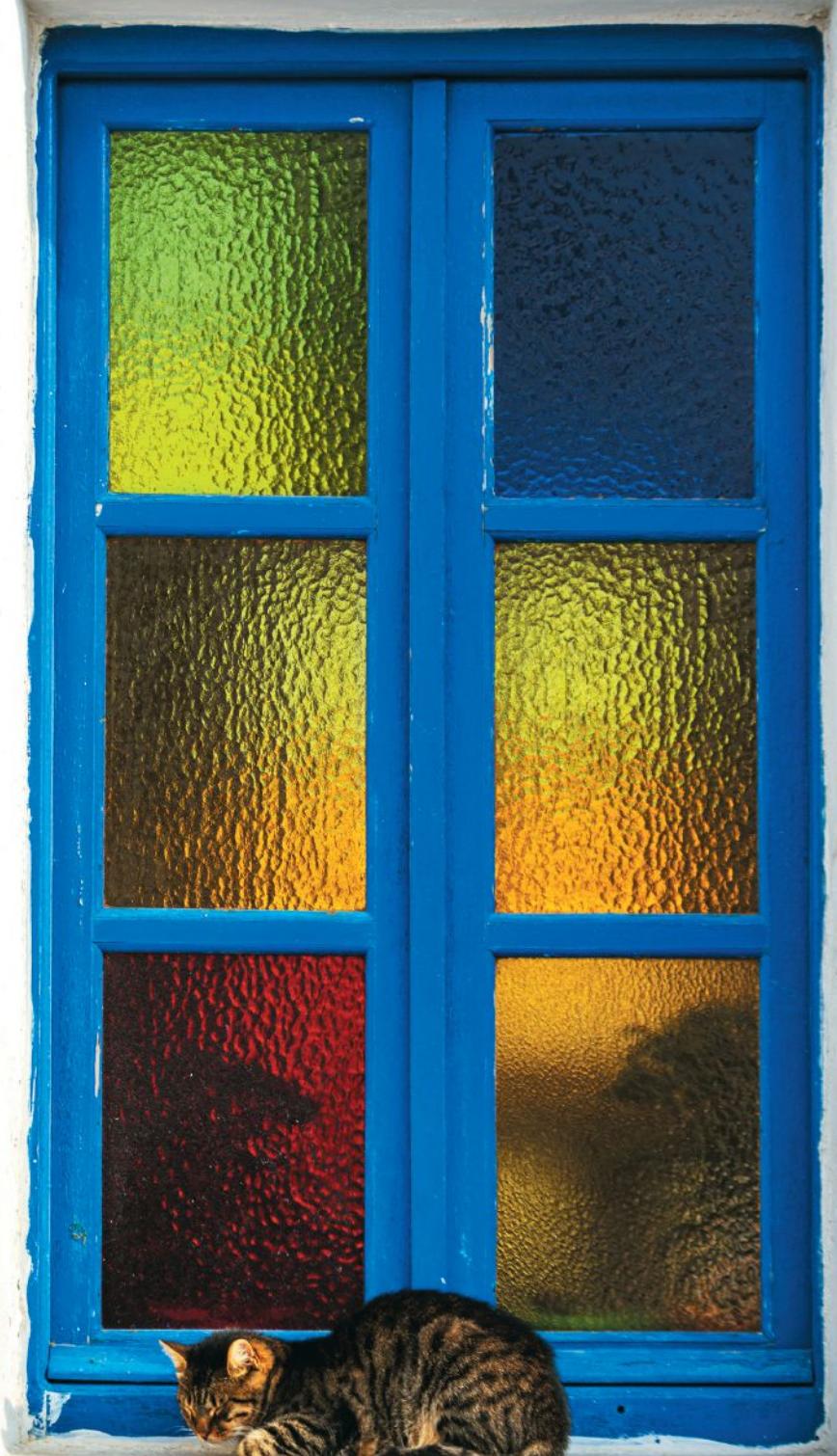
When I first saw this simple composition across a plaza, the intense color contrasting against the white wall caught my eye. I didn’t notice the cat until I approached closer. His presence added an element making for a more interesting composition and story. ■

“Agios Nikolaos Church, Mykonos Greece”

by Robin Conover, Canon EOS 5D Mark IV,

EF 28-300 mm, f3.5-5.6 L USM lens at 100 mm,

ISO 100, f8 at 1/250 second, handheld



"Harvard Doctor Says My New Remedy Worked for 96% of His Patients with Burning, Tingling, Numb Feet, Legs & Hands"

Never in the world did I think a Harvard doctor would say my remedy is the only one that worked for his 96% of patients. All I did was create a natural remedy I hoped would help my wife's foot and leg pain.

By Alex Collins, Inventor

I'm in 7th heaven after reading this...! Harvard trained Dr Eric Wood says, "Now I finally have a natural solution I can recommend to my patients who suffer from leg and foot problems with pain. I'm delighted because previous treatments were not effective, but Neuroflo worked for *every one* of my patients without side effects."

I created Neuroflo and I'm thrilled to tell you about it! My remedy doesn't cost a lot, you don't need a prescription, and 6 blue-chip, clinical studies *verified* its effectiveness. Imagine for a moment if you could...

- Go to sleep and wake up without throbbing pain
- Sooth the tiny nerves in your extremities that *directly* cause pain
- Get the feeling back in your feet, hands and legs
- Increase your blood flow to your hands, legs and feet
- Improve your finger strength—open any jar in seconds



MY SECRET: Science UNLOCKED The Amazing Power Plants Have to Stay Healthy and Repair Themselves

Plants are the healthiest life forms in the world. They stay this way without medicines of any kind. Finally understanding how they repair themselves helped scientists develop this all-natural, self-healing treatments for you and me. We have this miracle from plant life to thank for it.

This God-given gift from nature can now help us all. You can now find this breakthrough "Plant Secret" solution in a new formula under the brand name Neuroflo. The all-natural ingredients in this breakthrough have been shown in six blue-chip, placebo-controlled medical studies involving 543 participants to be effective and safe.



"This remedy really works!"

Meet My 8 Magical Ingredients Could Take Away Your Persistent, Stinging Pain That Never Seems to Go Away...

These 8 ingredients were chosen for their clinically-tested power to help support your cells in the same full-force way nature does for plants:

1. Ruscus aculeatus	6. Aesculus hippocastanum
2. Diosim	7. Ginger root
3. Crataegus	8. Cayenne pepper
4. L-arginine	5. Niacin

Harvard-trained doctor says it "works for every one of my patients."

to make every day the kind of day you can celebrate your life and good health?

By increasing blood flow through your body...banishing the throbbing pain in your hands, legs and feet...staying in a good mood...**retaining more energy** and healthy muscle function...and **kick-up-your-heels vitality**...*It's not too much to ask with Neuroflo*. Here's your next step...

I'm proud to say that this is the official release of NeuroFlo for The Tennessee Magazine readers. 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 1-877-419-7684** and provide the operator with the special 50% OFF discount approval code: **NEF158**. **It works for you or it FREE.**

Very Important: Due to Neuroflo's popularity and media exposure on ABC, CBS and FOX NEWS, please give us a call **right now**. Our friendly operators are standing by. We're open 7 days a week, 24 hours a day.

Those who miss the 10-day deadline for 50% OFF will have to pay more for Neuroflo. **Act now—this offer may NOT be repeated!**

"A Stunning 95% Reduction in LEG SWELLING, Verified in Clinical Study"

Says Dove Medical Press & Development and Therapy



"God bless this remedy."

...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.

Your Neuropathy, Swollen Legs and Feet, Edema, Chronic Venous Insufficiency (CVI) and Other Problems Can Now Be Conquered

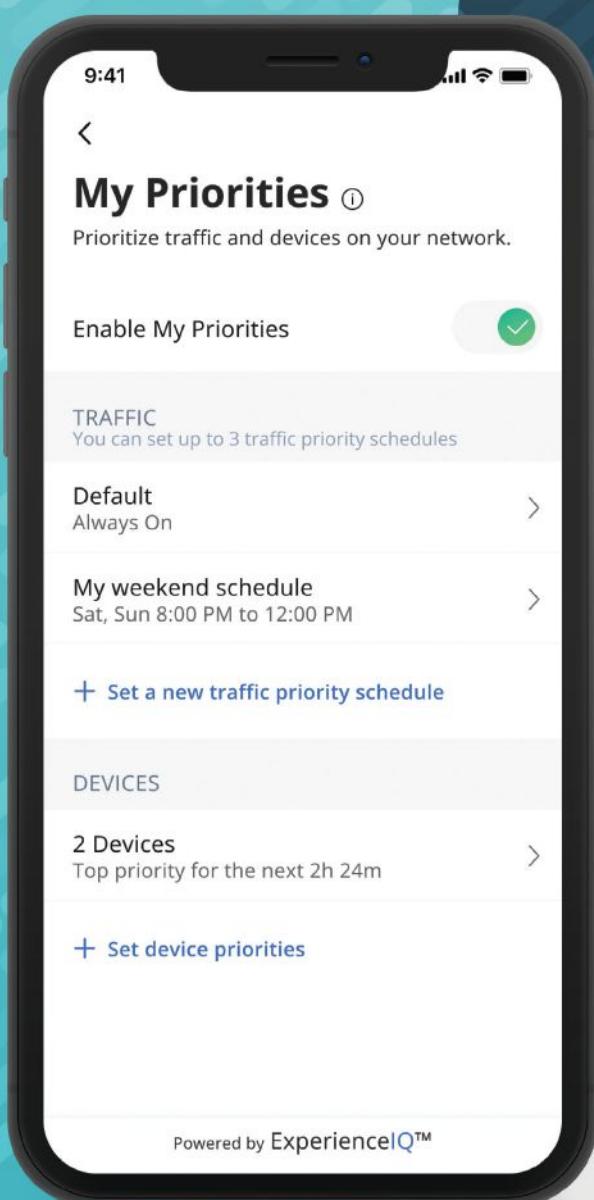
Now you *don't* need drugs with horrible side-effects. The 8 scientifically selected, all-natural ingredients in Neuroflo work by helping to repair your most distressed cells—just like plants do—helping to strengthen your arteries and increase strong blood flow.

The ingredients in Neuroflo improve your circulation so rich oxygen-filled blood gets to your damaged nerves and repairs them. This almost eliminates your pain. Oxygen-starved nerves in your hands, legs and feet *is the major cause of your painful condition.*

You'll quickly experience a new sense of wellbeing when your hands, legs and feet become more nimble and warmer, letting you *feel* them again. Even the *slightest* decrease in blood flow sets off the stinging, aching, swelling and coldness.

Life Can Be a Lot of Fun Again Once Your Aches and Pains Are Gone

What if I told you that it *really* is possible



Direction for your connection

Monitor, prioritize and filter online traffic from all your connected devices with ExperienceIQ®

Included in our Peace of Mind Package

www.CumberlandConnect.org/PeaceOfMind

Scan to learn more about the Peace of Mind Package



This institution is an equal opportunity provider and employer.