Cumberland Electric Membership Corporation — Your Touchstone Energy Cooperative

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THE TENNESSEE MAGAZINE

Washington Youth Tour



On Point at Musgrave Pencil

Alex Haley's Hometown Roots

Sun Studio Still Shines

Picnic Staple Pasta Salads











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ABOUT THE COVER

Delegates visited sites in and around our nation's capital in June as part of the Washington Youth Tour. See your Co-op News section beginning on page 20 to learn more about this "trip of a lifetime." Photograph by Chris Kirk

THIS PAGE

Multicolored shavings from a Musgrave pencil made in Shelbyville showcase the versatility in the company's offerings. See page 10. Photo by Emily Dorio, courtesy of Musgrave Pencil Co.

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Mission Statement

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

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Between the Lines

News from your community

Investing in the future of our communities



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

In June, Cumberland Electric Membership Corporation sent 12 students to Washington, D.C., for the 2023 Washington Youth Tour. Delegates on the trip explore our nation's capital, make lasting friendships and learn about history, public policy and leadership. You can learn more about this experience on pages 22-23.

We frequently make long-term investments at CEMC. Much of the infrastructure we build is designed to last for multiple decades. We construct substations and string power lines before there is load to serve. We connect subdivisions before homes are completed. We energize industrial parks before factories are operating. Often we put time and resources into projects today, and we don't see the benefit of those investments for months — or, in some cases, years — to come.

It is critical that we make wise decisions today to ensure the future of our communities.

In my opinion, we can make no wiser investment than preparing young people to lead and serve. Soon, today's students will be the leaders of our communities, and we do them — and ourselves — a tremendous disservice if we fail to prepare them for the leadership roles in which they will soon serve.

CEMC supports our local schools because we understand the transformative power of education. By investing in education, we invest in the growth and prosperity of our communities. Education empowers individuals, breaks barriers and opens doors of opportunity. It equips young people with the skills, knowledge and values they need to become active contributors to society and agents of positive change.

The Washington Youth Tour is just one of several programs that we provide to schools in our service area. You can learn more about these important programs on our website, cemc.org.

It is important to remember that students will not be the only ones returning to classrooms this month. To the teachers, administrators, home school parents and others who put in time and effort to serve students, we applaud you. Your work is critical to the future of our entire community.

We owe it to our young people to champion education, bridge the gaps and ensure that everyone has access to quality learning opportunities. Together, we can create a community that thrives on knowledge and innovation.

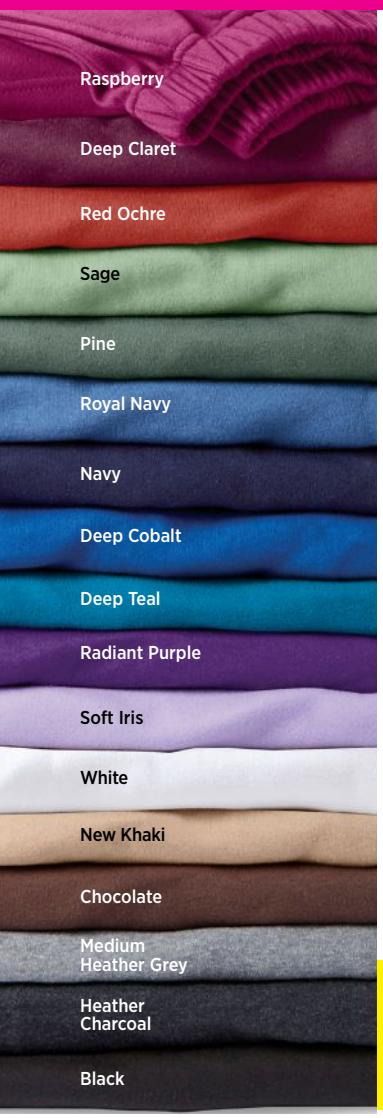
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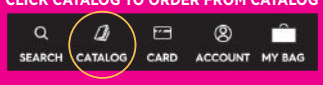
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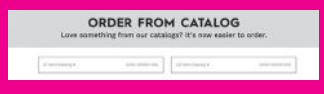
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Viewpoint

More omelets than eggs?



By Mike Knotts
Tennessee Electric
Cooperative Association

There are some things in life that are just plain nice to not have to worry about. I am certain that I have never walked into my local grocery store and thought, "I wonder if they have eggs today?" They are always on the shelf. Because of the fine people who pick up my trash, I know that twice a week, the can outside my house will be empty.

When my kids go to school, the door will be open and some amazing people are waiting to teach them — unless it's a snow day, in which case the teachers are happier than the kids!

There is an amazing amount of hard work by good people that goes into making everyday life happen. Friends and neighbors, relatives and strangers, pipefitters and PhDs alike — we all depend on our fellow man and the contributions each individually makes so we can collectively take a breather and focus on what is important to us.

Your co-op is no different. Delivering reliable, affordable electric power to you is one of the most complicated engineering feats of all time. An army of hard-working folks labor around the clock to make sure you don't have to think about it when you turn on the light or plug in your phone. And while everyone appreciates a pat on the back once in a while, those same everyday heroes know that your lack of attention is a sign of a job well done.

But the job is getting harder and harder. Remember what you learned in high school about basic economics? Supply and demand of a product drive the price. For electricity, price has remained remarkably stable over decades even as demand has increased. In the years after World War II, for instance, Americans started using a lot more electricity after installing central air conditioning in their homes. But the price of electricity didn't drastically increase because more power plants were built, and supply kept pace with demand.

Here in 2023, we face an interesting problem. Demand for electricity is increasing faster and faster each year. Internet-connected smartphones, digital currency, cloud computing, data storage and increasingly automated manufacturing processes are among many examples of increasing demand for electricity. And while your home's appliances use less energy than they used to, how many things do you use in a day that plug in or require a charge? And for more and more of us, the new item that needs to be plugged in the most will be our car.

But supply is not growing fast enough — or in some cases, supply might actually be reduced. As the last of the plants that were built to power the first generation of air conditioners back in the 1940s and 1950s are at the end of their useful lives, we don't have many practical options to reliably replace them.

In economics class, the outcome to this situation would mean scarcity and higher prices. But in the real world, the outcome of growing demand for power and not enough supply is blackouts first and higher prices later. And in a society that demands always-on electric power, that is not acceptable.

Solving these complex problems will require that you notice what your co-op is doing from time to time. The good news is that we are your neighbors. Your cooperative is locally owned and operated by people you can trust. So when it comes time to talk about electricity, you'll be among friends and people who care just as much as you do about this great place we call home.

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Bite-sized news, notes and knowledge — August 2023



Lake sturgeon restoration effort hits milestone in 2023

Poor water quality and overfishing led to the local extinction of the lake sturgeon from Tennessee waterways in the early 1970s.

As river conditions improved in the 1990s, a collaborative partnership among government and non-profit organizations formed the Lake Sturgeon Working Group, a concerted effort to bring the species back to the Tennessee and Cumberland rivers. This year marks the 25th anniversary of the effort, an important milestone for this unique species that doesn't begin reproducing until they are 17 to 25 years of age.

To date, more than 330,000 lake sturgeons have been reintroduced into Tennessee waterways.

The Lake Sturgeon Working Group was led by the Tennessee Aquarium, Tennessee Valley Authority, Tennessee Wildlife Resources Agency and other state and federal agencies.

113°

The highest temperature ever recorded in Tennessee was 113 degrees on Aug. 9, 1930, in Perryville.

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50 YEARS AGO: AUGUST 1973

The August 1973 magazine featured articles about a unique group of people living in the Appalachian Mountains, egg automation and appliances. View the entire August 1973 edition online at ***tnmagazine.org***.



GIVE CREDIT WHERE IT IS DUE

In the story on McNairy County's Big Hill Pond State Park in the July issue, the information provided to us about the photo below included an incorrect photo credit. This stunning sunset was captured by Canon Smith.



Tips to make this school year the best one yet

As summer comes to a close, it's time for kids to prepare for a new school year. Transitioning from a relaxed summer routine to a structured academic environment can be challenging. To ensure a smooth and successful return to school, here are some valuable tips for kids to embrace:

Prioritize sufficient sleep. Getting enough sleep is crucial for academic success and overall well-being. Aim for at least eight to 10 hours of sleep each night.

Establish good homework habits. Developing effective homework habits is essential for managing workload and staying organized. Create a designated study space that is free from distractions, and set aside a specific time for homework each day.

Foster time-management skills. Learning to manage time efficiently is a valuable life skill. Prioritize tasks and allocate time wisely to avoid last-minute rushes and unnecessary stress.

Cultivate strong relationships. School is not just about academics; it's also an opportunity to build friendships and social skills. Participate in group activities, clubs or sports that align with your interests, and be a supportive friend to others.

Embrace healthy habits. Maintaining good physical and mental health is vital for academic success. Eat nutritious meals, stay hydrated and engage in regular exercise to keep your mind and body in top shape.

Returning to school is an exciting time full of learning, growth and new experiences. Remember to stay positive, embrace challenges and make the most of the opportunities that come your way. Here's to a successful and fulfilling school year.



To the Point

100 years and millions of pencils later, Musgrave Pencil Co. of Shelbyville is going stronger than ever



Story by Nicole Christensen
Photographs courtesy of Musgrave Pencil Co.

For over 200 years, the wooden pencil has been a writing utensil synonymous with back-to-school season, learning and education. It allows us to make mistakes and fix them; it allows us to brainstorm ideas and scribble down streams of consciousness; and it allows us a small reprieve from such a digital-centric world, if only for a moment while writing down a grocery list.

There are only three pencil factories left in the U.S., and Musgrave Pencil Co. is one of them. It has been in business for over 100 years, founded in 1916. Musgrave makes 72 million pencils a year and roughly 325,000 pencils a day from its factory in "The Pencil City." That is a "small drop in the pond," as many pencils in the industry these days are made overseas. But it has a large impact on the entire Bedford County community.

"The pencil is ultimately a wonderful form of expression, and we use the word expression in many different scenarios. It's an expression of learning, expression of creativity, expression of thought, expression of art; it's actually even an expression of construction."

Musgrave Pencil Co. founder James Raford Musgrave began his pencil-making journey by bartering with farmers, offering to replace their old cedar fence posts for metal fencing. Doing so provided him with a supply of Eastern red cedar, an ideal wood to make into quality pencils.

Today, Musgrave Pencil Co. continues to be a family business, now on its fourth generation of family involved in the company. Musgrave President Scott Johnson said that being family-owned is a very important part of Musgrave Pencil Co.'s success and is how the company has continued to stay in business while many publicly or shareholder-owned pencil companies in the U.S. sold, went out of business or transitioned overseas in the 1990s and early 2000s.

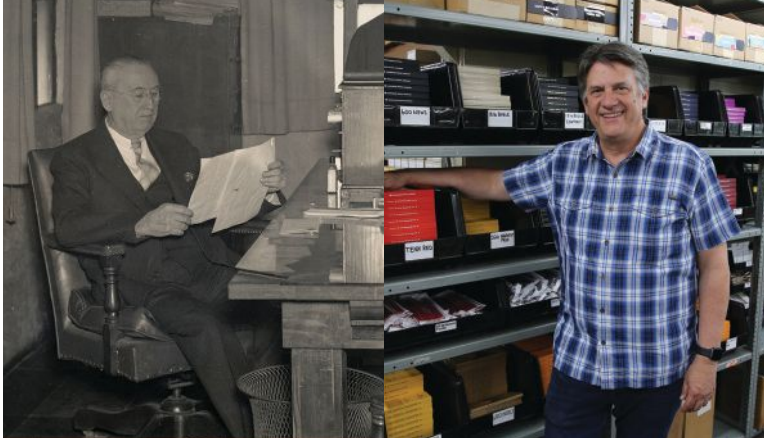
There are over 100 steps in the process of making a pencil, from harvesting materials to the finished product, but the general process involves grooving wood, gluing, shaping, painting, imprinting, tipping and quality control, a process gone into some detail in the "How a Pencil is Made" blog post and videos on the Musgrave website.

Johnson said every step is important to make the finished product, but he particularly highlighted the first three steps done within Musgrave's pencil factory — the wood department's grooving, gluing



and shaping of the pencils.

"I think the wood department is not only interesting, and not only embodies a great deal of precision, it's also the most critical because if you don't get that right, nothing else gets right," Johnson said.



Left: James Raford Musgrave founded Musgrave Pencil Co. in 1916. Right: Current President Scott Johnson has been with Musgrave since July 2021.

Musgrave Pencil Co.'s predominant supply of wood right now comes from basswood, but it still offers some specialized pencils like the retail option of "Tennessee Red" pencils made from Eastern red cedar, a nod to Musgrave's beginning bartering with farmers for a type of wood that is prevalent in the Southeast.

In the wood department, the process starts with simple slats that run through a machine called a "groover," which provides the foundation for the graphite. The cores are then laid down in the grooves, with another slat added on the top like a sandwich. They're clamped together, and once the glue is dry, the pencil slats are shaped, one side at a time, into individual pencils, prepped and ready to be painted. Musgrave makes a variety of shapes of pencils: Some are round, some are hexagonal and some are even more rectangular like the carpenter pencils.

Pencils are coated up to seven times with either paint or varnish, and they go round and round on a painting machine until those coats are done. Some pencils get wrapped in a design, a process that Johnson said is very intricate and requires a lot of precision since it's easy to misalign the designs. Imprinting can also add to the pencil's visual appeal, with pencils often sporting words and logos made from a hot foil stamping machine.

Tipping is the next step, and it's really three steps in one: the ferrule (metal part that holds the eraser) is added, then the eraser is added and the ferrule crimped to ensure the eraser won't fall out.

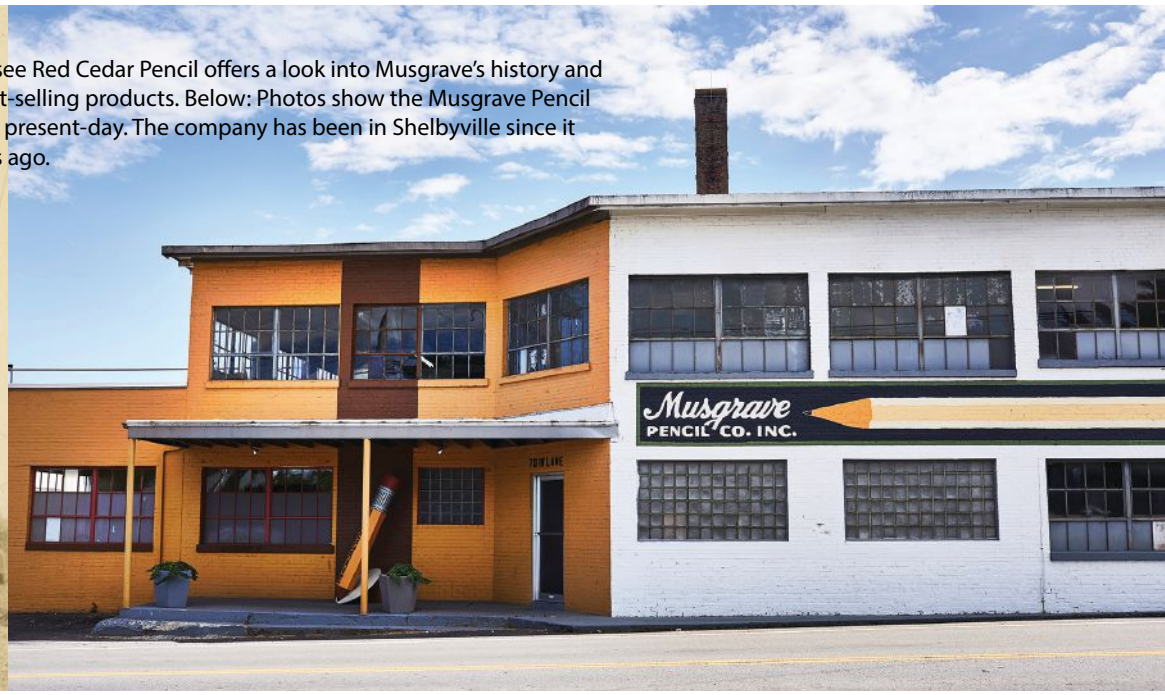
"As the basic building block, the success of every step is a prerequisite for the next step," Johnson said.

With each step, there is a margin for error, and Musgrave Pencil Co. knows this and does its best to catch potential errors as early as possible. After each step of the process, an employee performs quality-control checks before the batch of pencils moves to the next step. Quality is an integral part of Musgrave Pencil Co., and, while Johnson admits that it isn't always perfect, Musgrave works hard to create a high-quality product.

"We stay true to our identity, and the parallel there is staying true to processes that work well," Johnson said. "There's the old adage, 'If it's not broke, don't fix it.' It's also a reflection of the commitment of the staff."

Musgrave Pencil Co. employs around 100 people at any given time, with around 80 in the plant and roughly 20 in administrative and supervisory roles.





Opposite page: The Tennessee Red Cedar Pencil offers a look into Musgrave's history and is one of the company's best-selling products. Below: Photos show the Musgrave Pencil Co. building in the past and present-day. The company has been in Shelbyville since it was founded over 100 years ago.

Johnson said that most of the international pencil industry makes pencils the same way Musgrave does, but, in staying true to being a local family business, Musgrave is small and nimble enough to be able to pay close attention to quality and be adaptable with products.

Customized pencils are a trend that Johnson has noticed in recent years, and, as he called it, pencils are the "world's smallest billboard," a potential for a business to advertise.

A significant percentage of Musgrave Pencil Co.'s business comes from making customized pencils for a wide variety of clients, some being big-name businesses that are household names.

"In a small way, we're part of their journey, and that's really gratifying," Johnson said.

Another industry trend Johnson has noticed is scented pencils, and Musgrave has worked with Melissa Bernstein, from the toy company Melissa & Doug, to help her make a customized order of essential-oil-scented colored pencils with rub-and-sniff technology on the pencil wraps for her Lifelines collection focused on well-being and stress relief using all senses, according to the Lifelines website.

Looking to make a customized pencil with Musgrave? The average customized order size is 18,000 pencils, but the minimum quantity is 100; while that small of an order does come with some customization limitations, the ability to do so truly is a testament to this smaller, family-owned business being able to accommodate a wide variety of clients and needs for those who want to support Musgrave's American-made products.



Musgrave sells more than pencils: There are also notebooks (above), pencil sharpeners, pens and apparel on the e-commerce store. Photo credit: Emily Dorio

"The pencil is ultimately a wonderful form of expression, and we use the word expression in many different scenarios. It's an expression of learning, expression of creativity, expression of thought, expression of art; it's actually even an expression of construction," Johnson said, referencing Musgrave's carpenter pencil, which is a popular product in the lineup.

Johnson said despite newer technology like artificial intelligence, ChatGPT and iPads, there is a basic need to be able to freeform create, and the pencil is at the center of that.

"I believe we're here to stay, and that there's a lot of opportunity for the pencil to play a big role in our culture and mindset," Johnson said.

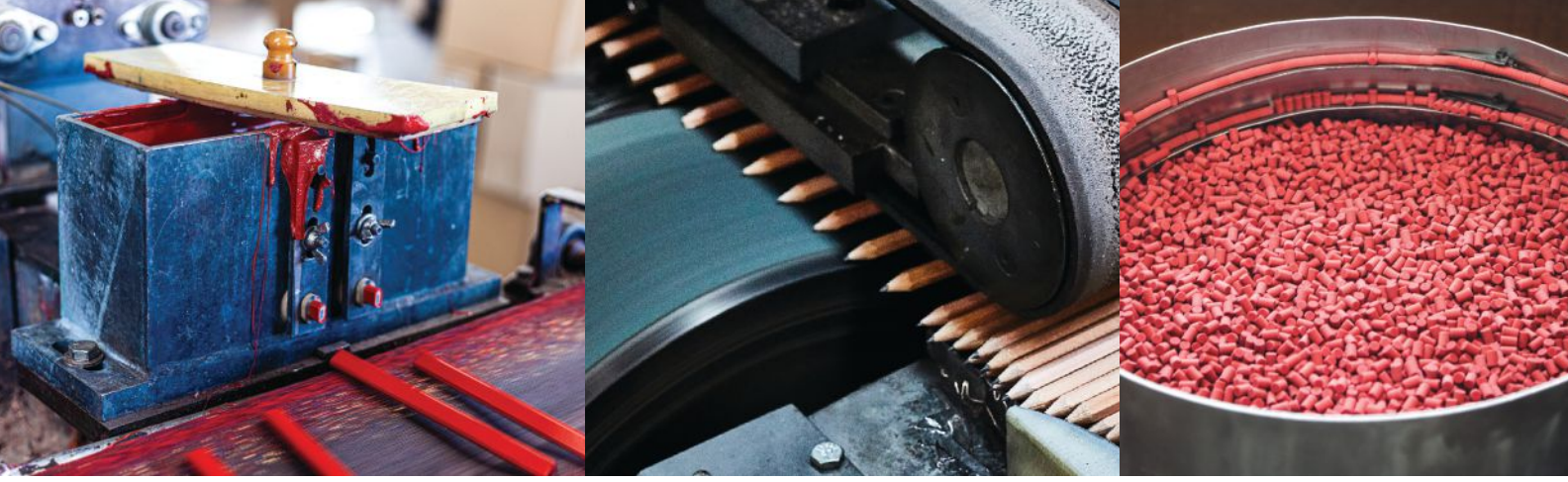
Pencils are a popular symbol used when it comes to education and back-to-school season.

"Back-to-school involves learning, and learning involves making mistakes and correcting them. So what better appliance than to have a pencil and eraser to be able to navigate learning?" Johnson asked.

Musgrave's first steps to becoming a pencil manufacturer were cutting Eastern red cedar into pencil slats in the mill, below left, and selling them overseas to European pencil manufacturers, according to the Musgrave website. Below right, the pencil-making process at Musgrave today begins with pencil slats, which go through many processes to become finished Musgrave pencils.







Above: There are over 100 steps in the process of making a pencil, from harvesting materials to the finished product. Some of the steps done within Musgrave's walls include painting, sharpening and topping off each pencil with an eraser.
Below: A wide array of Musgrave pencils suited for different needs is found on the company's e-commerce store, from the classic classroom pencil like these to a more specialized carpenter pencil. Musgrave also fills custom pencil orders, which currently account for a lot of its business. Photo credit: Emily Dorio

Pencils aren't just used in a school setting or for professionals like carpenters, though. Johnson said there are many reasons why adults should pick up a pencil instead of a pen, beyond doing so out of nostalgia for school days past. Pencils are flexible and versatile, offering the option to sketch lightly or write in bold, dark letters.

Sustainability is a huge piece of the argument for using pencils over their alternatives; there is a lot of single-use plastic waste involved with pens.

Nicole Delger, founder and CEO of Studio Delger who works with Musgrave Pencil Co. on graphic design and product development, said that sustainable practices are a through-line that continues to be part of Musgrave's story today.

Musgrave's Greenbelt pencils are even more environmentally friendly than the average pencil; they come with a Forest Stewardship Council certification that guarantees each pencil comes from a sustainably harvested source.

Musgrave also has sustainable practices within its factory; manufacturing creates 3.5 tons of sawdust each day, and the factory has partnered with a local equine supply store that provides bags to be filled with sawdust that the supply store can sell to horse stalls and farms in the area rather than the sawdust ending up in a landfill.

"There's actually a really beautiful tie-in to our origin story because that's how Mr. Musgrave started. He was upcycling, taking old fences down and using that to create a new product," Delger said.

This back-to-school season, Johnson recommends looking under the "School Line" section of the Musgrave e-commerce website to see the different fun-themed and holiday pencil packs, finger fidget pencils and the standard classroom pencil.

Delger said the 60-count pencil pack is the best seller among teachers and also recommends the sustainable Greenbelt pencils; both are currently on sale on Musgrave's website.

And you can't go wrong with the Tennessee Red pencils, of course.

Johnson said, "We're committed to the timeless product of the past as a way to create expression in various forms and to be a great alternative to the digital age while also embracing the digital age in our presence as a company."

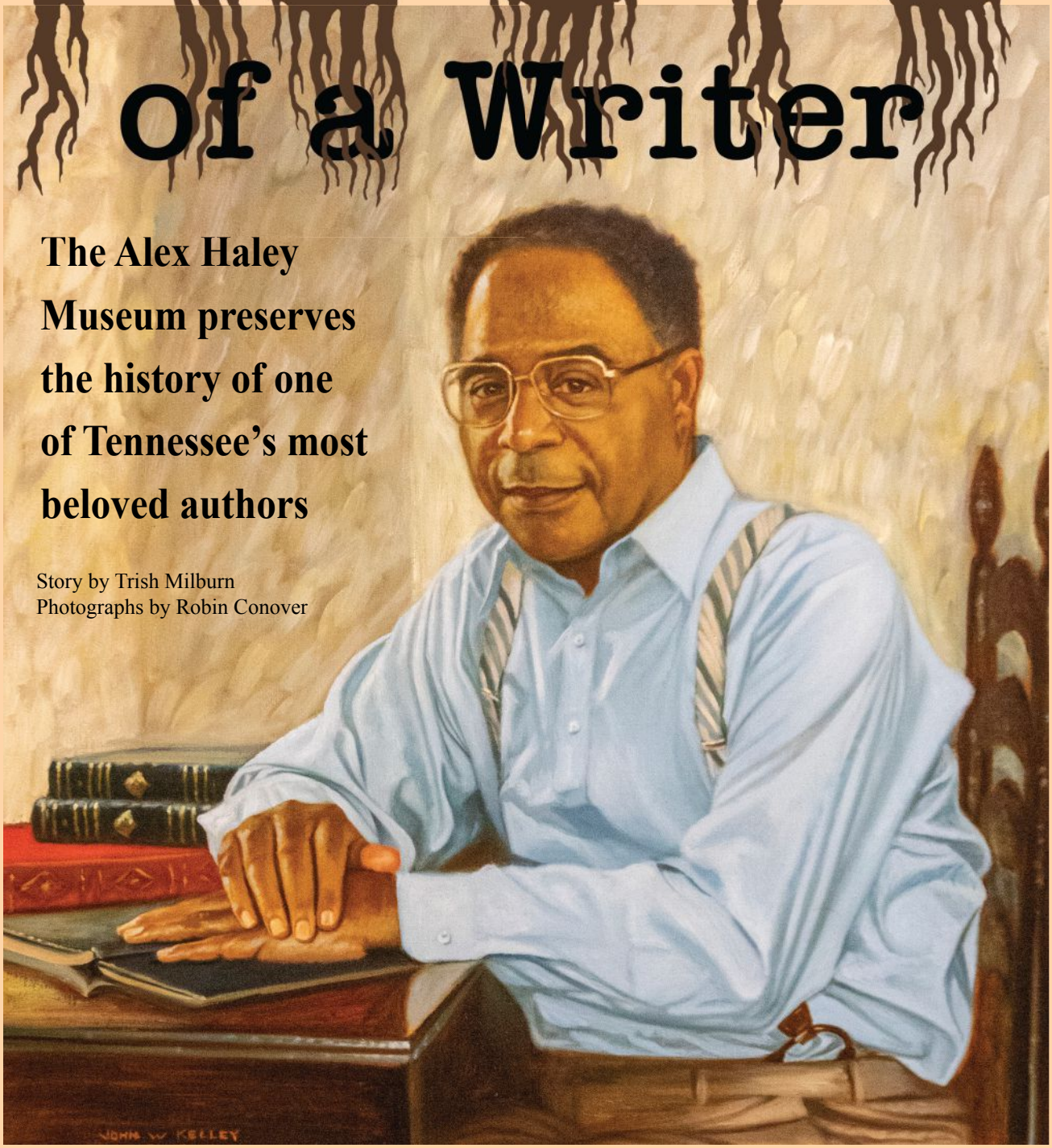
The best way to purchase a Musgrave pencil or start a customized pencil order is through the company's retail website, musgravepencil.com. You can also follow @musgravepencil on Facebook or Instagram for updates on Musgrave Pencil Co.



ROOTS of a Writer

The Alex Haley Museum preserves the history of one of Tennessee's most beloved authors

Story by Trish Milburn
Photographs by Robin Conover





Exploring the Alex Haley Museum offers visitors an intimate look at several personal items, including Haley's director's chair from the movie set of "Roots," left, and a portrait painted by John Kelley, opposite page, that once hung in Haley's bedroom in Norris. The author's final resting place, below, is located just a few feet from the front porch. Haley sat for hours on this porch, listening to his grandmother, Aunt Liz and Cousin Millie tell their treasured family stories. Haley would later weave these stories together to become his Pulitzer Prize-winning book, "Roots."

Throughout the history of television, there have been a lot of big moments — the introduction of color TV in the 1950s, the broadcast of the moon landing in 1969, the historic win of the U.S. men's hockey team against the Soviet Union in the 1980 Olympics, the 1983 finale of the show "M.A.S.H." One other television event that captivated the nation has a strong tie to West Tennessee.

In January 1977, the miniseries "Roots: The Saga of an American Family" aired over eight consecutive nights on ABC. The story follows a Black family from the time Kunta Kinte is kidnapped from Africa and sold into slavery through seven generations of his descendants in America. The miniseries, based on the book by the same name by Alex Haley, drew a huge audience of 130 million viewers.

Despite Haley later settling a plagiarism lawsuit involving some passages from the novel "The African" by Harold Courlander, the reach of the miniseries shed light on Black history in America and spawned a tremendous increase in the interest in genealogy and family history.

Haley's own family history is interwoven with the town of Henning and the home where he grew up, which is now the focal point of the Alex Haley Museum and Interpretive Center.

"It's the shining gem in Henning," says Richard Griffin, site manager for the museum. "People of every age, race and ethnic background come here."

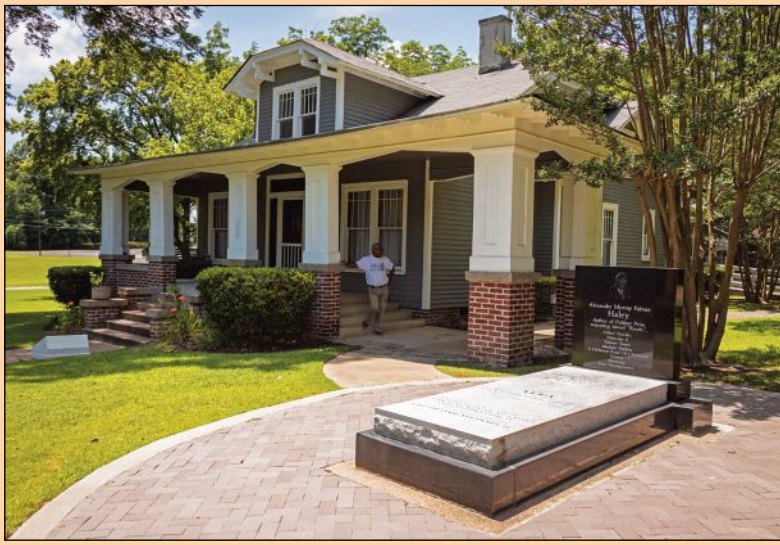
Griffin says visitors range from people who grew up with Haley who come back home to Henning to visit family to the ladies from London, England, who enjoyed a visit very far away from their homes.

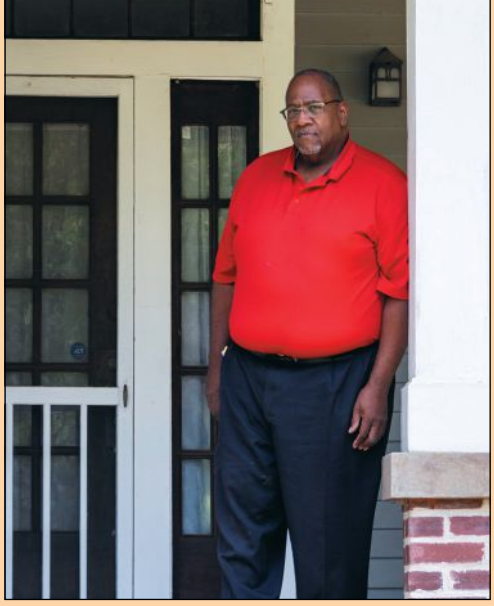
Pieces of a life

The home that houses the museum was built between 1918 and 1919 by Haley's maternal grandfather, Will E. Palmer. Haley lived for several years with his grandparents, Will and Cynthia, and the home was known simply as the Palmer house. It was on the front porch of this home that young Haley heard the stories of his ancestors that eventually led him to writing "Roots." What became known as the Alex Haley House was added to the National Register of Historic Places in 1978.

In addition to a focus on Haley's most famous work, other parts of his life are showcased at the museum and interpretive center. You'll see family photos and mementos, furniture original to the home, paintings and even Haley's mother's wedding dress. One area is devoted to his time in the Coast Guard, which was actually his first career and where he began writing. He initially enlisted in 1939 as a mess attendant. While later serving as a steward in the Pacific theater during World War II, he taught himself how to write stories. Other sailors paid him to write love letters to their girlfriends for them.

Following the end of the war, he petitioned the Coast Guard and was granted a transfer that would allow him to work as a journalist. He served for 20 years until his retirement from service in 1959. Because of his apparent





Richard Griffin, site manager for the Alex Haley Museum, stands on the front porch of Haley's boyhood home. Haley spent hours with his cousin Millie "Sis" Brooks, grandmother Cynthia Palmer and aunt Elizabeth Murray listening to their family history reaching all the way back to "the African" named Kunta Kinte. Below, a commemorative print given to Haley of some of the cast and production team of Roots. Below left, a birthday celebration will be held in August at the museum and interpretive center.

literary talents, the position of chief journalist had been created for him. He has the distinction of being the first African American member of the Coast Guard to reach the rank of chief petty officer. The Coast Guard also has a ship among its fleet named after Haley, the U.S. Coast Guard Cutter Alex Haley, the home port of which is Kodiak, Alaska.

Though Haley traveled around the world and lived other places than Henning, it is here, on the grounds of the museum, that he was buried after his death in 1992.

Griffin notes that though the museum and interpretive center have a great tour guide, often visitors' memories of Haley and their questions about the history showcased here add as much to tours as what is prepared by staff.

"I get to hear many stories," he says.

Griffin says that sites showcasing Black history, such as the Alex Haley Museum, are important because they preserve the stories not only of what has been and what Black Americans have suffered but also that, "This is a way to remind people of who we are — all of us."

He adds that Black Americans like himself have just wanted to be "a part of the American fabric" like Chevrolet, baseball, apple pie and the Boy Scouts, the last of which Griffin was a member as a boy.

Planning a visit

Though you can take a guided tour of the museum during regular hours, you might want to plan to visit Saturday, Aug. 26, during Alex Haley's birthday celebration. Various activities will include live music, health screenings, food trucks and a projected keynote address (though not yet confirmed as of this writing) by Mayor Jaylen Smith of Earle, Arkansas, the youngest Black mayor in the nation at just 19 years old.





If you can't make it that day, regular hours are Monday-Saturday, 10 a.m.-5 p.m., last tour beginning at 3:30 p.m. Admission ranges from $8 for ages 5-18 to $10 for adults. Seniors age 60 and older are $9. Group rates are available for parties of 15 or more.

Griffin says that one of the new offerings in the planning stages is a traveling exhibit being compiled by Haley's family.

An improvement that Griffin projects will come to fruition either next year or possibly in 2025 is a parking lot upgrade that will add more spaces overall as well as larger spots for bus and RV parking and easier access for senior citizens and those with mobility issues.

Alex Haley Museum

For more information, visit alexhaleymuseum.org or call 731-738-2240.



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Help us recognize Tennessee's best

No one knows Tennessee better than our readers, and that's why we need your help in selecting the Best of Tennessee for our 2023 Readers' Choice Awards. The program highlights readers' favorites in 25 individual categories — from food and drink to entertainment and outdoor activities.

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

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

> "Let your voice be heard, and help us shine a spotlight on the places and experiences that make Tennessee truly special."

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

Don't wait — head to **tnmagazine.org/BOT23** to submit your nominations today and be entered in the sweepstakes for a chance to win some fantastic prizes. Together, we can celebrate and recognize the best of Tennessee and all the amazing places and experiences it has to offer.

FOOD • TRAVEL • ARTS • SHOPPING

BEST of TENNESSEE

READERS' CHOICE AWARDS

ENTER ONLINE AT TNMAGAZINE.ORG/BOT23.

Scan the code above or visit **tnmagazine.org/BOT23** to enter. All entries must be submitted online by Friday, Sept. 1.

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

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

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

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

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

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

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

WHY ALL THIS EXCITEMENT?

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

Poor blood flow in the legs and feet is one of the common problems that develops as we age. Millions of Americans suffer from neuropathy and chronic venous insufficiency (CVI), edema, and other leg/feet problems – millions have these but are undiagnosed.

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

HOW IT WORKS

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



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

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

WHAT DOCTORS ARE SAYING

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

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

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

95% Reduction in LEG SWELLING, Verified in Clinical Study

Says Dove Medical Press & Development and Therapy

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



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



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

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

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

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

50% OFF FOR THE NEXT 10 DAYS

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

All you have to do is CALL TOLL FREE **1-888-201-0472** and provide the operator with the special 50% OFF discount approval code: **NEF158**.

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

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Results based upon averages. Models are used in all photos to protect privacy.

Coming next month: CEMC's 85th annual meeting

Be sure to look for next month's issue of *The Tennessee Magazine* because it will contain everything you need to know about Cumberland Electric Membership Corporation's 85th annual membership meeting.

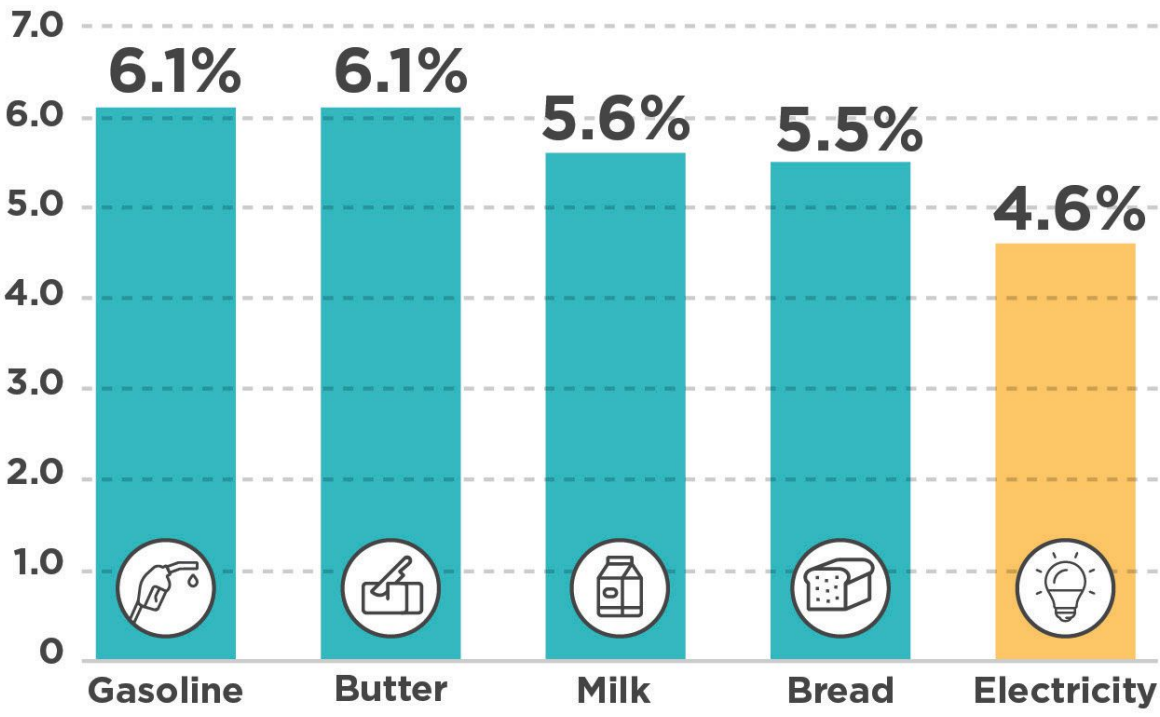
Save the date and make plans to join us **Saturday, Sept. 23**, at Rossview High School in Clarksville for our co-op's biggest event. CEMC's business meeting and director elections will be held, a complimentary breakfast will be served, musical entertainment will be provided and some valuable prizes — including various electric bill credits and youth prizes — will be given away. Early voting will be held at each district business office on Friday, Sept. 22, for members who are unable to attend the meeting.

We hope you will join us as we celebrate 85 years of serving our members! Please visit our website, cemc.org, and follow our social media pages for additional information and reminders.

ELECTRICITY REMAINS A GOOD VALUE

Although inflation has led to increasing costs in many areas of our lives, the cost of powering your home rises slowly when compared to other common goods. Looking at price increases over the last five years, electricity remains a good value.

Average Annual Price Increase 2017-2022



Source: U.S. Bureau of Labor Statistics Consumer Price Index

Lineworkers show skills at 2023 Lineman Rodeo

Sixteen expertly trained lineworkers from Cumberland Electric Membership Corporation participated in the 26th Annual Tennessee Valley Lineman Rodeo June 2-3 in Clarksville. Lineworkers from cooperatives and municipal utility systems across the Tennessee Valley competed in the two-day event.

The rodeo, which was started in 1998 by and for the employees of Tennessee Valley Authority power distributors, includes competitive events for apprentices, individual linemen, teams and senior individuals. The competition recognizes and rewards excellence in safety, skill and knowledge in the field.



From left are, back row, Cole Freeman, Trace Crockett, Todd Hesson, Jake Perry, Justin Bradley, Joe Gomez, Austin White and Collin Richards; and front row, Barron Ladd, Micah Hagan, Trevor Brown, Jared Hesson, Hunter Harris, Tyler Jenkins and Peyton Martin. Not pictured is Dylan Ruffin.

Representing CEMC in the Apprentice events were **Austin White**, Gallatin District; **Peyton Martin**, Gallatin District; **Micah Hagan**, Portland District; **Collin Richards**, Springfield District; and **Dylan Ruffin**, Ashland City District.

CEMC's competitors in the Individual events were **Jake Perry**, Gallatin District lineman; and **Cole Freeman**, Construction Crew lineman.

Three teams from CEMC participated in the rodeo's team events. **Trevor Brown**, Gallatin District working foreman; **Jared Hesson**, Gallatin District working foreman; and **Todd Hesson,** safety and training coordinator, made up the first team. The second team consisted of Portland District employees **Joe Gomez**, lineman; **Barron Ladd**, working foreman; and **Justin Bradley**, working foreman. Clarksville District employees **Hunter Harris**, lineman; **Trace Crockett**, lineman; and **Tyler Jenkins**, working foreman, made up the third team.

CEMC placed in the individual and team categories this year. Gallatin's **Jake Perry** placed second in the Hurtman Rescue event, and Portland's team consisting of Joe Gomez, Barron Ladd and Justin Bradley placed fourth overall in the team division. Full results are available online at tnrodeo.com in the archives section.



Jake Perry, center, receives an award for his second-place finish in the Hurtman Rescue event.



From left, Barron Ladd, Justin Bradley and Joe Gomez accept awards for their fourth-place overall finish in the team division.

CEMC takes local students to Washington, D.C.

Twelve students from Cumberland Electric Membership Corporation's service area spent a week in the nation's capital as delegates on the 2023 Washington Youth Tour. **Allison Finn**, White House High School; **Kelsey Fitzgerald**, Greenbrier High School; **Gracie Gibbs**, Portland High School; **Micayla Harrison**, Springfield High School; **Bradley Hughes**, Montgomery Central High School; **Micah Kibbey**, Portland High School; **Alexis Mazzola**, Montgomery Central High School; **Gabrielle Meguiar**, White House High School; **Caroline Moles**, Greenbrier High School; **Tucker Phaneuf**, Rossview High School; **Rebecca Quaye**, White House High School; and **Nick Suttle**, Portland High School, joined 116 other students from across Tennessee on the weeklong trip that began on Friday, June 16.

This annual event is sponsored by CEMC and the Tennessee Electric Cooperative Association. The students were selected for the trip by writing short stories titled "Co-ops Connect" that explain how co-ops connect Tennessee communities with energy, education, broadband, economic development and more.

"Youth tour delegates are the future leaders of the region," said CEMC Community Relations Coordinator Susie Yonkers. "Through the Youth Tour, these young people are given an extraordinary chance to explore history and public policy in a direct way, cultivate their leadership skills and acquire knowledge that will be valuable for their communities down the road."

"The Washington Youth Tour is more than just a trip," says Todd Blocker, vice president of member relations for the Tennessee Electric Cooperative Association and tour director. "It's a transformative experience that ignites a love of history, inspires leadership and empowers young minds to shape the future. By witnessing awe-inspiring monuments, engaging with our nation's leaders and connecting with a community of peers, youth tour can cultivate a lifelong passion for active citizenship."

While in Washington, D.C., Tennessee's Youth Tour delegates saw the White House and memorials



CEMC's 2023 Washington Youth Tour delegates and chaperones visit the Franklin Delano Roosevelt Memorial. From left are, back row, Seth Roberts, Bradley Hughes, Tucker Phaneuf, Susie Yonkers, Brayden Yonkers, Caroline Moles, Kelsey Fitzgerald, Nick Suttle and Micayla Harrison; second row, Alexis Mazzola, Gracie Gibbs and Rebecca Quaye; and front row, Allison Finn, Gabrielle Meguiar and Micah Kibbey.

to past presidents Thomas Jefferson, Abraham Lincoln and Franklin Delano Roosevelt as well as monuments honoring the sacrifices of veterans of World War II and the Vietnam and Korean Wars. During visits to the museums of the Smithsonian Institution, the touring Tennesseans saw and experienced natural, historical and artistic treasures. Other fun stops included historic homes of former presidents — George Washington's Mount Vernon and Jefferson's Monticello — as well as the National Harbor, Washington National Cathedral and a boat cruise down the Potomac River. The group also paid a solemn and sobering visit to Arlington National Cemetery where the delegates laid a wreath at the Tomb of the Unknown Soldier.



2022 Washington Youth Tour delegate Ernee Webb was the recipient of a $10,000 Cooperative Youth Ambassador Scholarship. A recent graduate of Stewart County High School, Webb will attend the University of Tennessee at Martin in the fall.

Delegates were welcomed to the U.S. Capitol by Senators Marsha Blackburn and Bill Hagerty, as well as other members of the Tennessee congressional delegation. The students had the opportunity to take photos with them and ask them questions.

While in D.C., winners were announced in the statewide competition for the Robert McCarty Memorial Scholarships. Livia Benefield from Sequachee Valley Electric Cooperative, Cole Coffman from Southwest Tennessee Electric Membership Corporation and Claire Townley from Tennessee Valley Electric Cooperative were awarded scholarships of $3,000, $2,000 and $1,000, respectively, for writing the first-, second- and third-place stories of the thousands submitted across the state for this year's contest. The scholarships are named in memory of Robert McCarty, an employee of Volunteer Energy Cooperative and longtime chaperone on the annual Youth Tour.

Ernee Webb, a recent graduate of Stewart County High School and a 2022 CEMC Youth Tour delegate, was awarded a $10,000 Cooperative Youth Ambassador Scholarship. Delegates who remain engaged with their sponsoring cooperatives during their senior year and complete certain community service requirements are eligible for the scholarship. Webb's name was randomly selected among the 25 delegates from across the state who completed the requirements.

"Investing in these young people not only nurtures their potential but is an investment in the future of rural and suburban Tennessee," said Mike Knotts, CEO of the Tennessee Electric Cooperative Association. "It is exciting to consider the impact these talented young people will have on their communities, and electric cooperatives are honored to support their academic journeys."

The Washington Youth Tour was inspired by President Lyndon B. Johnson in 1957 when the then-senator encouraged electric cooperatives to send young people to the nation's capital. Since then, more than 6,000 young Tennesseans have participated in the Washington Youth Tour as delegates.



CEMC delegate Tucker Phaneuf, red shirt, holding wreath, and fellow Tennessee cooperative delegates participate in a wreath-laying ceremony at the Tomb of the Unknown Soldier at Arlington National Cemetery.

On the cover: Pausing on steps in the Russell Senate Office Building are, from left, front row, Alexis Mazzola and Allison Finn; second row, Seth Roberts, Rebecca Quaye, Gabrielle Meguiar, Caroline Moles and Susie Yonkers; third row, Kelsey Fitzgerald, Gracie Gibbs, Micayla Harrison and Tucker Phaneuf; and back row, Bradley Hughes, Micah Kibbey, Nick Suttle and Brayden Yonkers.

2023 4-H Electric Camp 'Connecting YOUth to the future'

Cumberland Electric Membership Corporation sent a group of rising seventh- and eighth-grade students to the University of Tennessee, Knoxville's campus to attend 4-H Electric Camp June 26-29. CEMC's campers joined hundreds of other students from across the state in exploring the world of energy, electricity, energy conservation, electrical safety and other basic sciences in fun-filled, "hands-on" learning activities. This year's learning centers were:

Electric lamp — Electric lamps give us light. In this learning center, students took lamp kits and some electric insulators to make electric lamps for their rooms.

Wind energy generation — Wind energy will be essential in future electricity supplies. This learning center taught campers how to design wind turbines to harness the energy in the wind to generate electricity efficiently.

Robotics — Robots were once only seen in science fiction movies; however, today robots are used to complete many tasks. In this center, students were able to see the latest robot technology and then had the opportunity to program robots to perform specific tasks.

Home energy conservation — We use electricity to light our homes, cook our food, play music and more. But as we use more electricity in our homes, our electric bills rise. In this activity, campers learned how conserving electricity in their homes not only helps lower their electric bills but also helps conserve our natural resources.



4-H Electric Camp attendees visiting the electric lamp learning center make lamps from electric insulators and lamp kits.

Electric vehicles — Many car makers today are producing electric vehicles (EVs). Some EVs have batteries instead of gasoline tanks and electric motors instead of internal combustion engines. Others use a combination of gasoline and an electric motor to power the vehicle. In this learning center, students learned about the latest technology in EVs.

Electrical safety — Electric power does a tremendous amount of work for us, but because it is such a powerful force, we must be careful around it. This learning center taught campers how to play it safe around high-voltage power lines.

The 4-H Electric Camp is a joint venture of the Tennessee Electric Cooperative Association and its member cooperatives, including CEMC; University of Tennessee Extension; Tennessee Municipal Electric Power Association and its municipal power systems; and the Tennessee Valley Authority.



CEMC campers from Stewart and Robertson counties get an up-close look at Cumberland Connect's electric car, a Tesla Model 3, while attending the electric vehicle learning center.



Back to school:
Empowering education with smart tech

As the summer sun sets and the scent of fresh textbooks fills the air, it's time to gear up for another exciting academic year. The back-to-school season is upon us, and with it comes the opportunity to enhance our learning experiences with the latest smart tech innovations. From AI-powered study tools to virtual reality classrooms, the future of education is here, and it's smarter than ever.

The rise of AI in education

Artificial intelligence (AI) has revolutionized various sectors, and education is no exception. AI-powered study tools like Quizlet, Socratic and Duolingo are transforming the way students learn. These platforms use machine learning algorithms to personalize study materials based on the user's learning pace and style, making education more accessible and efficient.

AI is also making strides in assisting teachers. Tools like Bakpax can automate grading, providing instant feedback to students and saving teachers valuable time. Meanwhile, AI-powered platforms like CENTURY Tech use data to understand a student's strengths and weaknesses, helping teachers tailor their instruction for each student.



The virtual classroom

The COVID-19 pandemic has accelerated the adoption of virtual classrooms, and this trend shows no signs of slowing down. Platforms like Google Classroom and Microsoft Teams have become essential tools, allowing students and teachers to collaborate in real-time — regardless of their physical locations. Moreover, the rise of virtual reality (VR) and augmented reality (AR) in education offers immersive learning experiences that were once the stuff of science fiction. With VR headsets like Oculus Rift, students can take virtual field trips to historical sites or explore the vastness of outer space, making learning more engaging and interactive.

Smart devices for smarter learning

Smart devices are becoming increasingly common in classrooms, providing students with a wealth of information at their fingertips. Tablets and laptops are essential, but the tech doesn't stop there. Smart speakers like Amazon's Echo Dot or Google's Nest Mini can answer students' questions, set assignment reminders and even help with language learning.

Keeping students focused at home

With all kinds of technology at our disposal, students can easily get distracted from their studies at home. It's important for parents to equip themselves with the proper tools that help their kids stay on track, keep them focused and manage the smart tech on their home Wi-Fi network.

Cumberland Connect subscribers have the option to enroll in our **Peace of Mind Package**, which adds enhanced functionality to the CCFiber SmartIQ app that allows parents to control their kids' internet use — from specific times to the content itself. These new features include ExperienceIQ, which lets parents set time limits for their kids and teens on specific devices, apps or websites. With ExperienceIQ, setting time restrictions on distracting apps like Facebook or TikTok is simple — giving students a distraction-free block of time to focus on homework or studying.

As we step into another academic year, it's clear that smart tech is not just a trend — it's the future of education. These tools are not only making learning more engaging and personalized but also preparing students for a world where digital literacy is as essential as reading and writing. As you get ready for the back-to-school season, you might want to consider the ways smart tech can enhance your student's educational journey. The future of learning is here!

CUMBERLAND CONNECT powered by CEMC

This institution is an equal-opportunity provider and employer.

Learn more about our Peace of Mind Package by scanning this code or by visiting us online at **www.CumberlandConnect.org/PeaceOfMind.**

by energy expert Miranda Boutelle

Teach your children well

Q: I'm making an effort to reduce my energy use, and I want my kids to start energy-saving habits as well. How can I encourage them to use less electricity at home?

A: When I was a kid, I dreamed of one day having a home where I could pay my own electric bill ... said no one ever. While it's not the most fun way to spend money, people typically want to live in a home with electricity. Educating kids on energy use and costs can help engage them in your family's goal to use less electricity. They can be electric conservation champions if you ask them to help. Here are some ways you can teach kids to use less electricity.

Show them how to read the electric bill. Focus on what you can control: kilowatt-hour use. If they are old enough, teach them how to do the math. You can calculate kWh use by multiplying wattage by hours used and dividing by 1,000. Multiply this by the kWh rate found on your electric bill to estimate how much you spend on power for each household appliance.

For example, if you have a space heater that uses 1,500 watts and is on for four hours a day for a month, it uses 180 kWh. With an average kWh rate of 13.7 cents in the United States, the space heater costs about $25 a month to operate. That same space heater costs about $74 a month if it is on for 12 hours per day. Your kWh rate might be lower or higher depending on where you live.

For household appliance wattage, look for the amount stamped on the bottom, back or nameplate. If the nameplate does not include wattage, figure it out by multiplying the voltage by the amperage.

To teach children the impact of saving energy, have them help you conserve with the household's biggest energy-consuming appliances: heating and cooling equipment. Teach kids to dress appropriately for the seasons, even when they are indoors, which allows you to set the thermostat to balance comfort and savings.

In the warmer months, you can leave the house during the hottest times of the day to go for a swim or play outside. Before you go, nudge up the thermostat a few degrees to avoid wasted energy cooling an empty house. Turn off fans when you leave a room.

The second-highest use of electricity is typically the electric water heater. Use a shower timer so bigger kids can monitor how long they are in the shower. Teach them to wash their clothes with cold water. If you have a gas water heater, look at the gas bill to find opportunities to save.

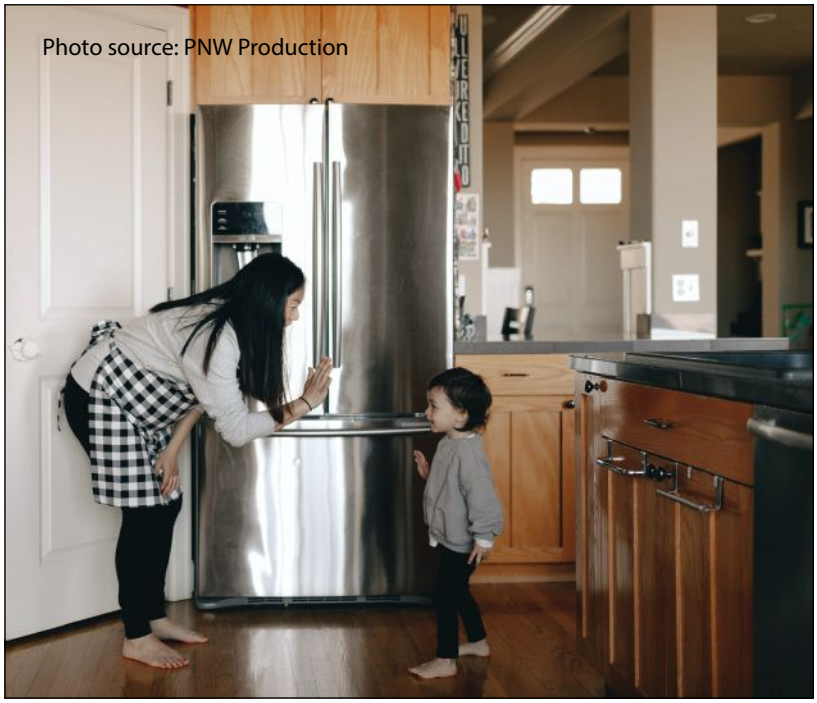


Photo source: PNW Production

Other ways to save include turning off the lights when you leave the room. The more we switch to LED lighting, the associated savings are lower, but even little changes can add up throughout the year. If your child needs to sleep with a nightlight, make sure it uses an LED bulb.

Powering down gaming stations and computers is another way to save. In the kitchen, keep the refrigerator door shut. Teach kids to take a quick peek and shut the door while they think about their snack options.

After teaching your kids about electric bills and showing them how to save electricity, make a game out of your family's energy conservation efforts. Challenge the family to use less energy than last month or the same month last year. Use the savings to reward them with a treat or let the winner pick the game night activity or film for family movie night.



In the kitchen, keep the refrigerator door shut. Teach kids to take a quick peek and shut the door while they think about their snack options. Right, teach kids to dress appropriately for the seasons, even when they are indoors, which allows you to set the thermostat to balance comfort and savings. Photos by Mike Teegarden, Pioneer Utility Resources

You can also teach children where the electricity for their home comes from. Check out your electric co-op's website or give them a call to find out what energy sources power your home.



Miranda Boutelle is vice president of operations and customer engagement at Efficiency Services Group in Oregon, a cooperatively owned energy efficiency company. She also writes on energy efficiency topics for the National Rural Electric Cooperative Association, the national trade association representing more than 900 local electric cooperatives.







King of the Wild Frontier

David Crockett State Park highlights famous native son

Story by Trish Milburn • Photographs by Rachel Lee

Among the many notable figures in American history, one whose name is synonymous with the early frontier is Davy Crockett. So large is his stamp on our history that he has been played by dozens of actors in films and on TV, dating back to the 1909 silent film "Davy Crockett — In Hearts United." Perhaps the most famous portrayal was that of Fess Parker in the "Davy Crockett" TV series from the 1950s and the subsequent two films that are compilations of that series. These gave posterity to the famous theme song "The Ballad of Davy Crockett."

Before he became a nicknamed folk hero wearing a coonskin cap, however, David Crockett wore a lot of other hats — hunter, storyteller, soldier, politician and, when he moved to Lawrence County in 1817, industrialist. It was here, in what today is David Crockett State Park, that he built and ran a powder mill, gristmill and distillery along the banks of Shoal Creek. Unfortunately, a flood washed all those structures away only four years later, and Crockett moved to West Tennessee where he was elected to Congress.

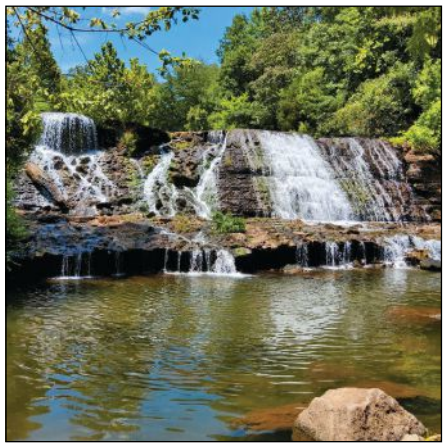
Protecting a legacy

There are several sites where you can trace Crockett's migration through and impact on Tennessee before his death defending the Alamo Mission in San Antonio, Texas, in 1836.

David Crockett Birthplace State Park near Limestone in Greene County highlights, as you might expect from the name, where Crockett was born 10 years before Tennessee became a state.

The Davy Crockett Cabin Museum in Rutherford is a restored version of Crockett's last home.

And in between sits the beautiful David Crockett State Park in Lawrenceburg, a bit of a "just right" Goldilocks of a park.



"David Crockett State Park is in close proximity to the city of Lawrenceburg, making it have a unique feel to be so close to town, and yet it seems like you are way out in the woods," says Park Manager Rachel Lee. "The park is large enough to feel like you could lose yourself but not too big to get really lost. The park itself is a great mix of outdoor recreation, nature, history and amenities."

Visitors can learn more about Crockett's time in this area at the park's museum, which is staffed during the summer months.

Lee points out that while the park honors Crockett, there are a lot of non-Crockett historical ties located in and around the park.

"Although we are David Crockett State Park, our park holds many stories and important chapters from history within its boundaries," Lee says. "The last contingent of the Trail of Tears passed though here in 1838. Other Native Americans had camped and hunted throughout this area before that. There was a CCC camp and a prisoner-of-war camp within eyesight of the front of the park, and those German POWs from World War II helped clear roadways for what would become this park years later. So many stories and glimpses into the past, all while being surrounded by some of the prettiest land around."

Stay and play

Birders will have ample opportunities to spot a variety of species: woodland birds throughout the pines, oak and hickory forest; lovelies such as bluebirds and sparrows in the nonforested areas; and waterfowl such as Canada geese, ducks and herons in the Lake Lindsey area.

And speaking of the 35-acre lake, you might want to try your luck at catching some bass, bluegill, catfish or crappie. Rowboats are available for rental.

Canoes, kayaks, paddleboards and pedal boats also can be rented at the park from Memorial Day through the second weekend in August.

With so much forest land within the park's boundaries, hiking is popular. More than a dozen trails ranging in length from a short 0.1 campground connector to the 2.5-mile Trail of Tears are all rated either easy or moderate.

A three-mile, paved bicycle trail is also available.

With so many fun things to do at David Crockett State Park, you might want to stay overnight or for a few days. Lodging options include the park's cabins or campgrounds, the latter of which has both primitive sites and ones with hookups.

Dining options include the ever-popular picnic, preparing your own meals in the cabins or campgrounds, or a yummy meal at Crockett's Mill Restaurant that overlooks the lovely Lake Lindsey.

Special events

David Crockett Days is right around the corner, scheduled for Aug. 25-27. This celebration of Crockett's life is presented through the combined efforts of the park and the Davy Crockett Longhunters, a black powder muzzle-loading shooting and living history club. The event consists of demonstrations on Crockett-era skills in the Longhunter Camp, traders selling wares and competitions among the re-enactors. Park hours are 7 a.m. until sunset, and the Longhunter Camp is usually open for business 9 a.m–5 pm. For more information about the club and David Crockett Days, visit davycrockettlonghunters.com/crockett-days.

Other special events held throughout the year at the park are a Halloween History Trail, the Winter Speaker Series, the Glow in the Park 5K and weekly programs during the summer months, the details of which can be found in the "Upcoming Events" section of the park's website.

A precious place

Lee, who will celebrate 20 years with Tennessee State Parks in October, sees about 600,000 people visit the park each year. Her hope for all of them is that they enjoy their time there and leave with special memories and a deeper connection to the place.

"When you come to visit our park or any Tennessee State Park, come with an open mind and spirit to make a connection — a connection with a time, a space, an idea," she says. "Our goal is to help you create an experience for yourself by the work our staff does every day to protect these precious places so that we can continue to share them for generations to come."

David Crockett State Park

For more information, visit tnstateparks.com/parks/david-crockett or call 931-903-2323.



TENNESSEE EVENTS

Festivals, celebrations and other happenings around the state

Williamson County Fair

Aug. 4-12 • Williamson County Agricultural Expo Park, Franklin



The Williamson County Fair returns for "nine days of fun" at the Williamson County Ag Expo Park, kicking off with a ribbon-cutting on Friday, Aug. 4, at 5:30 p.m. Locals and visitors are invited to enjoy top-quality attractions, educational exhibits, thrilling rides and more through Saturday, Aug. 12.

This year's "Livin' for the Ribbon" theme represents more than just rides and games but the heart of the Williamson County Fair: its competitive events. From livestock to pageants and everything in between, there's something for everyone to enter.

Exciting rides and games will fill the upper and lower midways. Fireworks begin at 10 p.m. on Friday and Saturday nights; however, the midway fun continues until midnight.

The gates open at 6 p.m. on Friday, Aug. 4, following the 5:30 p.m. ribbon-cutting.

For directions, tickets, daily schedules and other information, visit williamsoncountyfair.org.

Make a note of these events in your neck of the woods:

West Tennessee

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

Aug. 12 • Nightrain International Guns N' Roses Tribute Band, Williams Auditorium, Henderson. 731-435-3150 or williamsauditorium.com

Aug. 24 • Black Jacket Symphony, Graceland Soundstage, Memphis. 877-777-0606 or gracelandlive.com/blackjacketsymphony

Aug. 26 • RSVP Barbershop Chorus 10th Anniversary Show, Houston High School, Germantown. rsvpchorus.com

Sept. 2 • Sunset Symphony, Cherry Mansion, Savannah. tourhardincounty.org

Sept. 9 • High Cotton 5K/1K benefiting Fayette Cares, Somerville First United Methodist Church. 901-465-3802, ext. 221, or fayettecares.org/5k

Middle Tennessee

Aug. 6 • End of Summer Sip and Shop, The Public House, Readyville. 931-952-0207 or facebook.com/RusticLaceEvents

Aug. 19 • Return of the British, downtown historic Rugby. 256-486-8605 or dprainey@att.net

Aug. 20 • Brews for Brave, Wilma Rudolph Event Center, Clarksville. 913-907-9985 or greenberetfoundation.org/event/6th-annual-brews-for-the-brave

Aug. 25-27 • Sweet Tea and Southern Arts, Houston County Fairgrounds Building, Erin. 931-764-0473 or houstoncountyartscouncil.com

Aug. 26-27 • Arts and Crafts Fair, Beersheba Springs Assembly. beershebacrafts@gmail.com or facebook.com/BeershebaCrafts

Aug. 29-Sept. 2 • South Central Area Fair 100 Year Celebration, Lewis County Memorial Park, Hohenwald. 931-628-1611 or scafair.org

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**.*



Sept. 9 • Hayden's Hope Craft Fair, The Farmhouse at Two Trees, Fayetteville. facebook.com/HaydensHopeCraftFairatTwoTrees or haydenshope44@gmail.com

East Tennessee

Aug. 19 • Springdale Volunteer Fire Department Car Show, Springdale Elementary School, Tazewell. 423-489-7212 or facebook.com/Springdale-Fire-Department-100063572891432

Sept. 1-3 • Long Journey Home Musical Heritage Festival and Mural Unveiling, Mountain City. 423-460-3313 or longjourneyhome.net

Sept. 2 • An Evening with the Steep Canyon Rangers, Blue Ridge Music Center, Galax, Virginia. 866-308-2773 or blueridgemusiccenter.org

Sept. 7-9 • Annual Quilt Show, Greenback Heritage Museum. 865-724-5313 or gbmuseum.webs.com

Sept. 9-10 • Moon River Music Festival, Coolidge Park, Chattanooga. info@moonriverfestival.com or moonriverfestival.com

Sept. 9-10 • Fall Market, Greenway Park and Pavilion, Cleveland. 423-650-1388 or touchtheskyevents.com

Sept. 9-11 • 61st Annual Fall Naturalists' Rally, Roan Mountain State Park. friendsofroan@gmail.com or friendsofroanmtn.org



by Bill Carey, the Tennessee History Guy

The small business that launched rock 'n' roll

In January 1950, an announcer and sound engineer for Memphis radio station WREC started a side business that made records for anyone who walked in the door.

It didn't look like much at first. But Sam Phillips' venture would make history and change American culture.

In 1950, no job was too small for the Memphis Recording Service at 706 Union Ave. In April, Phillips taped a live musical revue, then sold the records of it to the people who sang in it. Two weeks later, he taped the Miss Memphis pageant. Meanwhile, a steady stream of people paid to make 45 RPM records with either a song on each side or a "talking" letter to be mailed to a soldier overseas — whatever it took to make money.

What Phillips really wanted to do was record original music. In March 1951, the Memphis



The Sun Studio in Memphis is rightfully known as "the Birthplace of Rock 'n' Roll." (Tennessee History for Kids photo)



Visitors to Sun Studio are taken on guided tours through the building. (THFK photos)

Commercial Appeal summarized Phillips' business model: "Sam auditions musicians with original songs. When he finds something he's sure will sell, he gets it on the acetate and sends it to one of the (record) companies. He doesn't charge the musicians anything; like them he gets his money from the company. Unproductive auditions are just part of the day's work."

At a time when schools and movie theaters were segregated, Phillips' business catered to all races. It recorded songs for Black singers such as B.B. King and Howlin' Wolf — music that today would be classified as "rock 'n' roll" or "rhythm and blues" but was then referred to in newspapers as "race music."

In March 1951, Ike Turner and the Kings of Rhythm taped a song called "Rocket 88" with the Memphis Recording Service. When the record was later released by Chess Records of Chicago, it was mistakenly credited to Jackie Brenston and his Delta Cats. Nevertheless, many music historians consider "Rocket 88" to be first rock 'n' roll record.

In 1952, Phillips started his own label called Sun Records. From that point onward, the recording service and label were run side-by-side; people would still walk in the door and pay to make a record, but occasionally Phillips would schedule bands and singers at his studio and have them record music that his label would publish and try to get radio stations to play.

During this era, Phillips was on the road a lot — making the rounds at radio stations and record distributors throughout the South. His assistant at the Memphis Recording Service was Marion Keisker, a very capable graduate of Southwestern College.



In July 1953, an 18-year-old Humes High School graduate named Elvis Presley showed up with $4 and said he wanted to tape two songs



In the upstairs of the Sun Studio building is a re-creation of what Sam Phillips' control booth would have looked like in the 1950s. (THFK photo)

for his mother's birthday. Whether Keisker or Phillips (or both) were working at the studio on that fateful day later became a subject of contention. In any case, Presley made a record with a song called "My Happiness" on one side and "That's When Your Heartaches Begin" on the other.

Months passed. At the time, Phillips was spending time promoting the Prisonaires, a doo-wop group of inmates at the Tennessee State Prison who had been allowed to go to Memphis to record songs for Sun Records.

Then, in July 1954, Phillips arranged for Presley to come back to his studio to see if he could make a record with a group of hand-picked musicians, including guitarist Scotty Moore. They tried several songs with limited success, and after a few hours, everyone seemed discouraged. Then, during a break, Elvis picked up a guitar and started singing "That's All Right," a song recorded a few years earlier by Black blues singer Arthur Crudup. "Elvis just started singing this song, jumping around and acting the fool, and then Bill (Black) picked up his bass, and he started acting the fool, too, and I started playing with them," Moore later told author Peter Guralnick.

Phillips got them to perform the song again and again and taped it each time. A few days later, Sun released Presley's first 45 RPM — "That's All Right" on one side and his version of "Blue Moon of Kentucky" on the other.

Phillips then took the record to radio stations and distributors from Houston to Nashville. A surprising number of people in the music business didn't think much of it at first since "That's All Right" sounded like it was performed by a Black person, and "Blue Moon of Kentucky" was a country anthem played faster than people were used to. But the public thought otherwise; whenever radio stations would play the songs, people called in and requested they be played again. Within a few weeks, distributors across the country were ordering it. On July 28, 1954, the Memphis Press-Scimitar did a story about the man who sang the song everyone was talking about. "Elvis, son of Mr. and Mrs. Vernon Presley, 462 Alabama, is a truck driver for Crown Electric Co.," the story said. Not for long, he wasn't.

Presley's stardom was a turning point for Sun Records. For the next year and a half, Presley made about two dozen other records in the Sun Studio, including "I Forgot to Remember to Forget," his first No. 1 hit. Elvis became so popular that, in November 1955, Phillips sold Presley's contract to RCA. Phillips then turned his efforts to finding and recording other musical acts, which by 1957 included Carl Perkins, Johnny Cash, Jerry Lee Lewis and Roy Orbison. Phillips also used the money from selling Presley's contract to start WHER, the nation's first all-female radio station.

Phillips continued to make records at the Sun Studio building at 706 Union Ave. until about 1968. A decade later, after Presley died, the building was reopened as a tourist attraction.

Today you can tour the studio building during the day and book a recording session at night. You, too, can record a song in the room where Elvis picked up a guitar and started belting out his rendition of "That's All Right."

(If you're really interested in Sun Records, I recommend the 750-page book by Peter Guralnick called "Sam Phillips: The Man Who Invented Rock 'n' Roll," published in 2015.)

MARKETPLACE

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

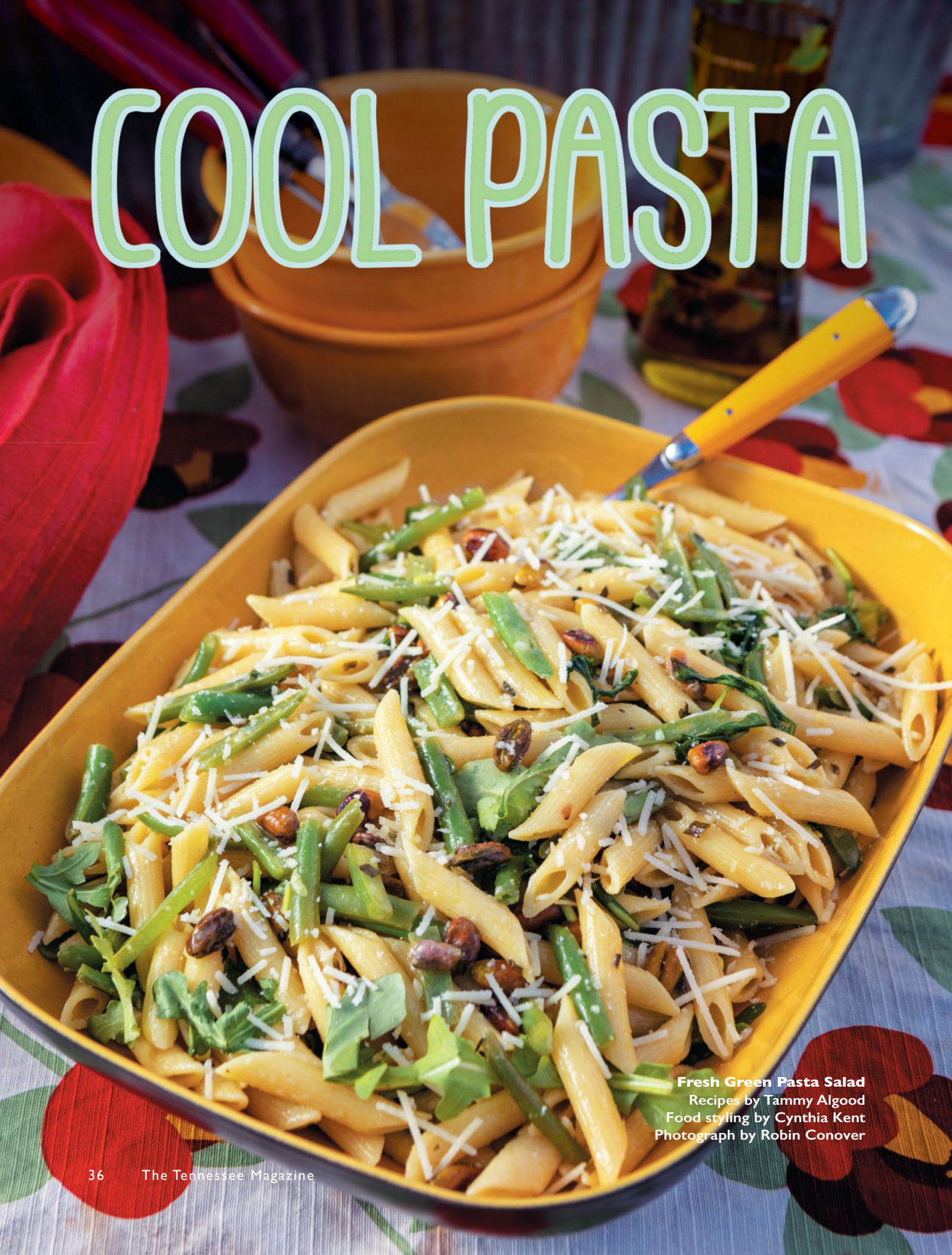








COOL PASTA



Fresh Green Pasta Salad
Recipes by Tammy Algood
Food styling by Cynthia Kent
Photograph by Robin Conover

It's hot. It's SO hot. You know what would be great right now? Something cold that can still be called a good meal … something you don't have to work up a sweat to prepare … something that can incorporate lots of different ingredients, depending on taste and on what you find at the farmers market … something like these cold pasta salads! Whip up one of these delicious options and then you *and* your salad can just … chill.

Fresh Green Pasta Salad
Yield: 6 servings
12 ounces penne pasta
2 cups thin fresh green beans (haricot verts), cut in 2-inch pieces then cut in half lengthwise
1 tablespoon chopped fresh thyme
Zest of 1 lemon, divided
1 large garlic clove, peeled and minced
½ cup roasted and salted pistachios
5 tablespoons olive oil
2 tablespoons white wine vinegar
1 tablespoon chopped fresh chives or 3 tablespoons sliced green onion tops
1 teaspoon salt
1 cup packed arugula
Parmesan cheese for garnish

Place the pasta in a large pot of boiling water and cook according to the package instructions. Add the green beans to the pasta pot during the last 2 minutes of cooking. Drain and rinse quickly in cold water. Drain again and transfer to a serving bowl. Toss with the thyme and half the lemon zest. Set aside. Place the remaining zest and garlic, pistachios, oil, vinegar, chives and salt in a jar with a tight-fitting lid. Cover and shake to emulsify. Drizzle over the pasta mixture and toss well to coat. Add the arugula and toss again. Serve on cold plates with a garnish of Parmesan cheese.

Twisted Greek Salad
Yield: 8-10 servings
1 (16-ounce) package twisted macaroni
½ cup canola oil
1 tablespoon plus 1 teaspoon lemon juice
1 tablespoon plus 1 teaspoon champagne or white wine vinegar
2 teaspoons dried oregano
2 teaspoons garlic salt
¼ teaspoon black pepper
1 green bell pepper, seeded and chopped
3 green onions, sliced
2 tablespoons fresh chopped dill
1 (14-ounce) can chickpeas or garbanzo beans, drained
1 (8-ounce) container whole white or button mushrooms, coarsely chopped
12 pitted large black olives, coarsely chopped
2 ripe tomatoes, seeded and chopped
½ pound crumbled feta cheese

Cook the macaroni in a large pot of boiling water according to the package instructions. Meanwhile, in a jar with a tight-fitting lid, combine the oil, lemon juice, champagne or vinegar, oregano, salt and pepper. Cover and shake to emulsify.

Drain the macaroni and transfer immediately to a large mixing bowl. Toss with the dressing, cover and allow to cool for 35 minutes. Stir in the bell peppers, onions and dill. Cover and refrigerate until ready to serve.

Before serving, stir in the chickpeas, mushrooms, olives, tomatoes and feta. Toss gently and serve on cold plates.

Orecchiette with Baby Spinach — *Add leftover grilled chopped chicken or pork tenderloin if desired!*
Yield: 4 servings
½ pound orecchiette
1 (15-ounce) can cannellini beans, drained and rinsed
½ cucumber, quartered and sliced (do not peel)
1½ cups halved cherry or grape tomatoes
¼ cup olive oil
1 large garlic clove, peeled and minced
2 tablespoons lemon juice
½ teaspoon onion powder
½ teaspoon salt
¼ teaspoon white pepper
1 (5-ounce) package baby spinach, stems removed and discarded
¼ cup capers, rinsed and drained
Fresh chopped parsley for garnish
Parmesan cheese for garnish

Place the pasta in a large pot of boiling water over high heat. Cook 10 minutes or until the pasta is al dente, stirring occasionally. Meanwhile, place the beans, cucumbers and tomatoes in a medium bowl and toss together. Set aside. Place the oil, garlic, lemon juice, onion powder, salt and pepper in a jar with a tight-fitting lid. Cover and shake to emulsify. Set aside. Place the baby spinach in a serving bowl. Drain the pasta and rinse for 10 seconds in cold water. Drain again and add on top of the baby spinach. Shake the dressing jar again and drizzle over the pasta. Allow to sit for 10 minutes, then toss. Add the vegetable mixture and capers, tossing again to evenly mix. Garnish with fresh parsley and Parmesan just before serving.

Roasted Chicken and Pea Pasta Salad
Yield: 6 servings
8 ounces bow tie pasta
½ cup mayonnaise
¼ cup sour cream
1 tablespoon Dijon mustard
½ teaspoon garlic or onion salt
¼ teaspoon black pepper
1½ cups roasted chicken, cut into bite-sized pieces
1 cup fresh English peas or frozen that are thawed
1 cup quartered cherry or grape tomatoes
⅓ cup drained sweet pickle relish or chopped sweet pickles
1 cup shredded Monterey Jack, mozzarella or Swiss cheese
2 tablespoons chopped fresh parsley

Cook the pasta in a large pot of boiling water according to the package directions. Meanwhile, stir together the mayonnaise, sour cream, mustard, salt and pepper in a small bowl. Set aside. Place the chicken, peas, tomatoes and relish or pickles in a large serving bowl and toss to combine. Drain the pasta and rinse with cold water for 1 minute. Drain again and add to the serving bowl, tossing to combine. Gently stir in the mayonnaise mixture, blending well. Cover and refrigerate at least 1 hour. When ready to serve, toss with the cheese and parsley.

Shrimp Pasta Salad
Yield: 12 servings
1 pound fusilli, rotini or farfalle
2 cups cooked edamame or English peas
1 large scallion, peeled and chopped
3 cups halved cherry or grape tomatoes
2 large carrots, peeled and diced
2 green onions, sliced
3 cups cooked small shrimp (not salad shrimp)
½ cup pesto

½ cup Italian parsley leaves
½ cup chicken stock
¼ cup olive oil
¼ cup white wine vinegar
4 garlic cloves, peeled and minced
3 tablespoons sugar
2 tablespoons fresh oregano
1½ teaspoons Dijon mustard
1½ teaspoons salt
1 teaspoon hot sauce
½ teaspoon black pepper

Cook the pasta according to the package instructions in a large pot of boiling water. Drain and rinse under cold water for 10 seconds. Drain again and transfer to a large serving bowl. Add the edamame or peas, scallions, tomatoes, carrots, green onions and shrimp. Toss well and set aside. Place the pesto, parsley, stock, oil, vinegar, garlic, sugar, oregano, mustard, salt, hot sauce and pepper in a food processor and purée. Pour over the pasta mixture and toss well to evenly coat. Cover and refrigerate for 20 minutes before serving.

Tzatziki Pasta Salad — *You can make the yummy sauce up to a day ahead of time! Yield: 8 servings*

1 (16-ounce) container plain Greek yogurt
¼ cup olive oil
3 garlic cloves, peeled and minced
1 tablespoon lemon juice
1 tablespoon freshly chopped dill
1 teaspoon salt
½ teaspoon black pepper
1 (16-ounce) package penne pasta
2 cups cherry or grape tomatoes, halved*
1 cup pitted black olives, sliced
1 cucumber, peeled, seeded and diced
1 (9-ounce) jar marinated artichoke hearts, drained and coarsely chopped
1½ cups crumbled feta cheese

Place the yogurt, oil, garlic, lemon juice, dill, salt and pepper in a food processor and blend for 10 seconds. Chill for at least 1 hour. Cook the pasta according to the package directions, then drain and rinse in cold water. Drain again and transfer to a large serving bowl. Add the tomatoes, olives, cucumbers and artichoke hearts, stirring to blend. Stir in the yogurt mixture and toss until well coated. Gently fold in the cheese, cover and refrigerate at least 1 hour before serving.

*For a more intensely flavored salad or when making outside of the fresh season, substitute ¾ cup of dried tomatoes in oil for the tomatoes. Drain the dried tomatoes and chop before adding to the salad. Save the oil for another use.

*Tammy Algood develops recipes for **The Tennessee Magazine** that feature farm-fresh Tennessee food. Those fresh, local ingredients will always add cleaner, more flavorful foods to your table. We recommend visiting local farms and farmers markets to find the freshest seasonal produce.*

Tips and tricks

Pasta hints

In order for pasta to cook evenly and not stick together, it needs room to roam in the pan. Select a pan large enough to hold 3 quarts of water for every 8 ounces of dry pasta.

Whether you salt the cooking water is up to you. Many eliminate this inclusion if they are watching their sodium intake.

Bring the water to a full rolling boil. Instead of dumping the entire amount of dry pasta immediately into the boiling water, add it a bit at a time so the rolling boil continues.

Start checking the doneness 1 minute before the minimum time listed on the package instructions. Remove a piece and if large, cut a bite from it. It should be firm but tender and chewy but not soggy (al dente).

Dip out a bit of the cooking water before draining. It is sometimes necessary for the sauce if it is too thick. Plus the starch in it helps the sauce cling to the pasta.

Insulated bowls help keep the pasta chilled if you are serving it outside.

Play with the numerous shapes of pasta available at the supermarket. You'll like the look of variety even if you have a tried-and-true recipe you already use.



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

Julie Anne writes: "I am going to be preparing quite a few artichokes for a large event later this fall. Could you give me some advice on how to make sure they don't separate or fall apart while cooking? I need them to stay intact. Thank you for helping."

Julie Anne, the best way to achieve what you are needing is to foil wrap the globes individually and bake them. This allows you to take care of all the artichokes at the same time. Make sure to use heavy-duty aluminum foil and drizzle each with some lemon juice, garlic salt and olive oil before wrapping tightly. Bake at 425 degrees for an hour, then allow them to cool in the pan on a wire rack before unwrapping.

Marcus asks: "I frequently suddenly decide to bake something, but many of my recipes call for room temperature eggs. Since I store them in the refrigerator, mine are always cold. Is there a good way to bring these cold eggs to room temperature faster than just letting them sit out?"

Marcus, while you are assembling the other ingredients necessary for your recipe, place the cold eggs in a bowl of lukewarm water. After 5 minutes, they will be ready to use.

POET'S PLAYGROUND

Inspiring words from your neighbors

Poetry Contest

Call for Entries

After entertaining our readers each month for several years, the frequency of the Poet's Playground was changed at the beginning of 2023. We're pleased to present the next call for entries in our poetry contest.

We're searching for Tennessee's most talented and gifted poets. Enter our next Poet's Playground contest!

Subject: While the theme of your poem must include something Tennessee-related, including the word "Tennessee" is not required.

Age categories: The competition has six age divisions — 8 and younger, 9-13, 14-18, 19-22, 23-64 and 65 and older. Each group will have first-, second- and third-place winners. First place wins $50 and will be printed in the magazine, second place wins $30 and third place wins $20. Poems capturing first-, second- and third-place honors will be published online at tnmagazine.org.

What to enter: A poem of ***100 words or fewer*** pertaining to the theme. One entry per person, and please give your entry a title.

Deadline: Entry must be submitted online or postmarked by Friday, Sept. 1. First-place poems will be published in the December issue.

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

Please enter online at tnmagazine.org or mail handwritten entries to: Poetry Contest, *The Tennessee Magazine*, P.O. Box 100912, Nashville, TN 37224. Make sure to print your poem legibly, and be sure to keep a copy of your poem as submissions received via mail will not be returned.

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



Photograph by Robin Conover

Find the Tennessee flag

We have hidden somewhere in this magazine the icon from the Tennessee flag like the one pictured here. It could be larger or smaller than this, and it could be in black and white or any color. If you find it, send us a postcard or email us with the page number where it's located. Include your name, address, phone number and electric cooperative. One entry per person. Three winners will be chosen from a random drawing, and each will receive $20.

Note that the icon we hide will not be on an actual flag or historical marker, will not appear on pages 20-26 and will not be placed in any ads. This month's flag will not appear on this page (that would just be too easy). Good luck!

Send **postcards only** (no phone calls, please) to: *The Tennessee Magazine*, Find the Flag, P.O. Box 100912, Nashville, TN 37224. Or you can fill out the form at tnmagazine.org or email flag@tnelectric.org. Entries must be postmarked or received via email by Friday, Sept. 1. Winners will be published in the October issue of *The Tennessee Magazine*.



June Flag Spotters

Thanks for the postcards and emails again this month identifying the correct location of the flag, which was found on the fair ride on **page 33.**

Winners are drawn randomly from each month's entries. June's lucky flag spotters are:

Beverly J. Wilder, Oakland, Chickasaw EC
Charles Shearon, Pleasant View, Cumberland EMC
Susan Pareti, Sneedville, Powell Valley EC

Artist's Palette

Assignment for August

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

Media: Drawing or painting on **8½-by-11-inch unlined** paper, canvas or board. We encourage the use of color. **Please follow these size guidelines.** Oversized canvas entries and framed pieces are especially difficult to handle and **cannot be returned.**

Entry: Send your original art to: *The Tennessee Magazine*, Artist's Palette — **August,** 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, Sept. 1.

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

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

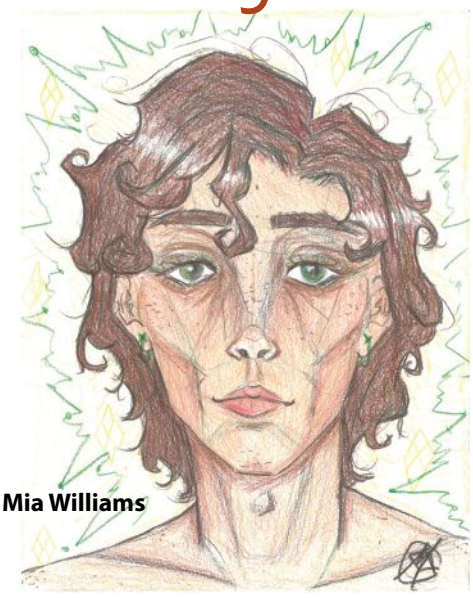
Each entry needs its own SASE, please. Siblings must enter separately with their own envelopes.

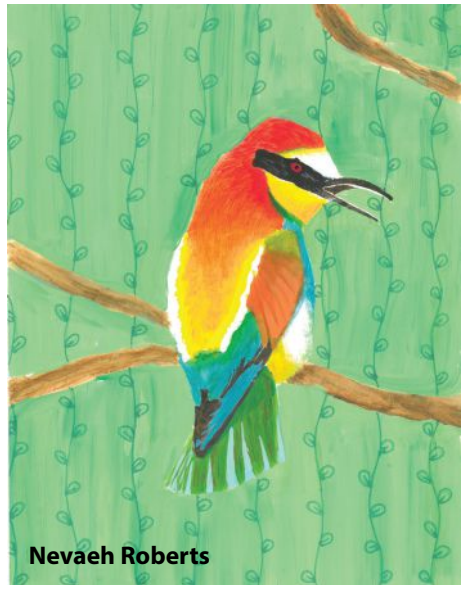
Attention, teachers: You may send multiple entries in one envelope along with one SASE with sufficient postage.

Winners will be published in the October 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 *June Winners*


Lauren Rose


Mia Williams

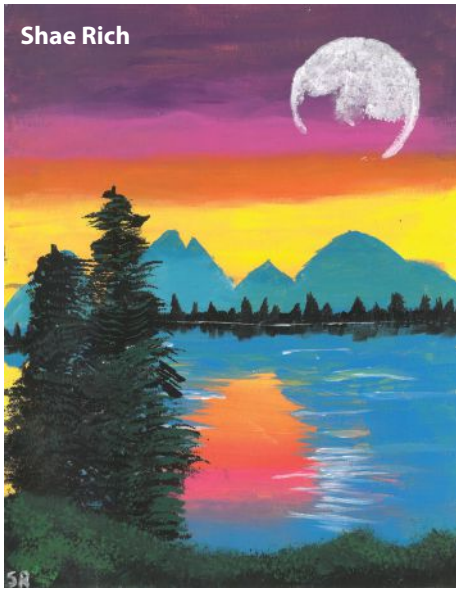

Nevaeh Roberts

WINNERS, 15-18 AGE GROUP: **First place:** Lauren Rose, age 16, Volunteer EC; **Second place:** Mia Williams, age 16, Middle Tennessee Electric; **Third place:** Nevaeh Roberts, age 15, Appalachian EC


Kaylin Boyd

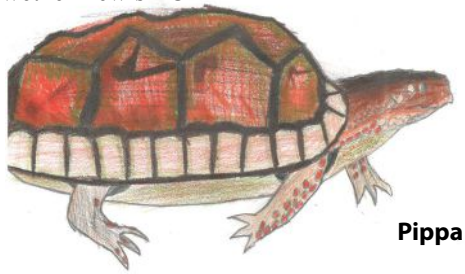

Beckett Smith


Elisabeth Hall


Shae Rich


Sahasra Samala

WINNERS, 10-14 AGE GROUP: **First place:** Kaylin Boyd, age 14, Middle Tennessee Electric; **Second place:** Beckett Smith, age 12, Pickwick EC; **Third place:** Elisabeth Hall, age 11, Meriwether Lewis EC


Pippa Print

WINNERS, 1-9 AGE GROUP: **First place:** Shae Rich, age 9, Middle Tennessee Electric; **Second place:** Sahasra Samala, age 9, Middle Tennessee Electric; **Third place:** Pippa Print, age 9, Duck River EMC



Point *of* View

By Robin Conover

"The Watchman, Zion National Park, Utah" by Robin Conover, Canon EOS 20D, EF 16-35 mm at 24 mm, ƒ2.8 L USM lens, ISO 100, ƒ22 at 1 second, Bogen tripod

The National Park Service in the United States is a treasure filled with discoveries to be made and adventure to be had for all ages. With scenic byways, historic sites and parks in every state, millions of Americans spend at least a few days each year in a national park.

One of my favorite places to spend a few days exploring is Zion National Park in Utah. Some of the highlights of my visit included an incredible hiking opportunity in The Narrows, a slot canyon cut by the Virgin River that can be as narrow as 20 to 30 feet with walls rising some 1,000 feet above the river. Another memorable moment was a sunset creating this dramatic view of The Watchman.

Rising 2,600 feet above the Zion Canyon floor, according to the National Park Service, The Watchman is a favorite for hikers and photographers alike.

On clear days, the sunset dramatically lights the western facing wall. The foreground, however, is in the shade by this time of day as a mountain blocks the sunlight from the canyon floor and river. Having two areas of any subject with such different lighting creates a challenge in capturing the scene correctly. For this image, I exposed for the brightest part of the image and the sky. I knew I faced a challenge to recover detail in the shadow.

In full disclosure, this is an image I shot a few years ago, and I was never happy with how the light varied so much from the foreground to The Watchman. I decided to revisit this image and reprocess with Adobe Bridge and Adobe Photoshop to see how the newer algorithms would handle the variance from light to dark.

The new high dynamic range, or HDR, aspects of the software really improved the image from the first time I processed it about 10 years ago. Shooting in raw format and processing that file with any of the upper-end image editing applications allow you to derive more detail from the highlights and shadows.

I look forward to shooting this scene again one day — not only to see how nature has changed it but also to see how newer camera gear captures it.

To find out more about the National Park Service, please visit nps.gov or download the NPS smartphone app to begin planning your next trip.

ADVERTISEMENT

Eye Doctor Helps Tennessee Legally Blind To See

High Technology For Low Vision Patients Allows Many To Drive Again



For many patients with macular degeneration and other vision-related conditions, the loss of central visual detail also signals the end to one of the last bastion of independence: driving. A Lebanon optometrist, Dr. John Pino, is using miniaturized telescopes that are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

"Some of my patients consider me the last stop for people who have vision loss," said Dr. Pino, one of only a few doctors in the world who specialize in fitting bioptic telescopes to help those who have lost vision due to macular degeneration, diabetic retinopathy, and other debilitating eye diseases.

Imagine a pair of glasses that can improve your vision enough to change your life. If you're a low vision patient, you've probably not only imagined them, but have been searching for them. Bioptic telescopes may be the breakthrough in optical technology that will give you the independence you've been looking for. Patients with vision in the 20/200 range can many times be improved to 20/50 or better.

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

Nine out of 10 people who have macular degeneration have the dry form. New research suggests vitamins can help. The British medical journal BMC Ophthalmology recently reported that



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

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

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

When Elaine, 57, of Kingsport, TN, came to see Dr. Pino she wanted to keep her Tennessee driver's license and was prescribed bioptic telescopic glasses to read signs and see traffic lights farther away. Dr. Pino also prescribed microsope glasses for reading newspapers and menus in restaurants.

As Elaine puts it, "My regular glasses didn't help too much – it was like looking through a fog. These new telescopic glasses not only allow me to read signs from a farther distance, but make driving much easier. I've also used them to watch television so I don't have to sit so close. I don't know why I waited to do this; I should have come sooner."

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

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

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

www.lowvisiontn.com

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

Office located in
Lebanon, TN

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

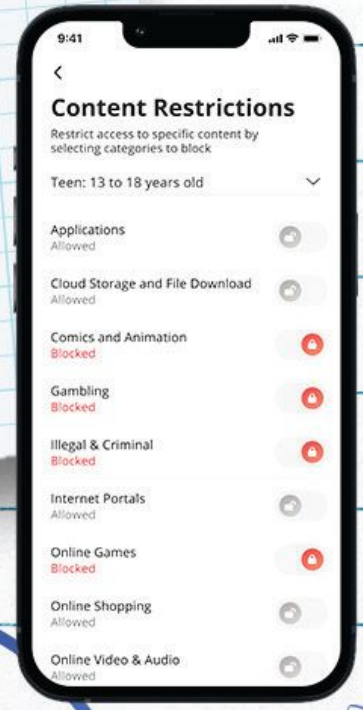
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