

September 2023 • tnmagazine.org

THE TENNESSEE MAGAZINE

Shutterbug Winners
'My Hometown'

On Safari in Alamo

State Park Spotlight:
Fort Loudoun

Mangoes on the Menu



Tennessee Voices for Cooperative Power gives you
the power to speak about energy policies that
impact your community and your electric co-op.

Become an advocate today.

JOIN ONLINE

VOICESFORCOOPERATIVEPOWER.COM/TENNESSEE



VCP Voices for
Cooperative
Power

TECA Tennessee Electric
Cooperatives

CONTENTS

FEATURES

10 Shutterbug Showcase

We chose winners from hundreds of entries from across the state for the topic “My Hometown.”

16 History Relived

Fort Loudoun State Historic Park delivers natural beauty, trails, water sports and meaningful history. *by Trish Milburn*

28 Safari Park Takes Flight

Tennessee’s largest safari experience delivers a one-of-a-kind excursion for all ages in Alamo. *by Robin Conover*

PERSPECTIVES

4 Between the Lines

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

6 Tennessee Today

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

42 Point of View

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

DEPARTMENTS

8 Tennessee Almanac

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

20 Co-op News

Information from your electric cooperative or electric membership corporation.

26 Home Energy Q&A

Improve and upgrade your windows to boost your home’s overall efficiency. *by Miranda Boutelle*

32 A Taste of Tennessee

Mangoes are still in their “summer season.”

36 Tennessee History for Kids

In the 1800s, “free persons of color” were anything but free. *by Bill Carey*

38 Tennessee Events

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

40 Community Corner

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

ABOUT THE COVER

A proud peacock displays its plumes for the camera to become this month’s cover model. See “Safari Park Takes Flight,” page 28. Photograph by Robin Conover

THIS PAGE

Fort Loudoun State Historic Park reimagines life, trade, agriculture and warfare in the 1750s, during the French and Indian War. See page 16. Photograph by Robin Conover



Cumberland Electric Membership Corporation

*An equal opportunity provider and
employer*

CEMC Management and Staff

Chris A. Davis, General Manager

David Abernathy,
Engineering and Operations
Division Manager

Annebelle Pittenger,
Administrative Division Manager

Mark T. Cook, P.E.,

Broadband Manager

Michael Blackwell,
District Operations Manager

Jonathan Fielder,
Engineering Services Manager

Seth Roberts,
Member Services Manager

Brad Taylor,
Financial Services Manager

Beau Baggett,
Manager of Member Experience

Mike Neverdusky,
Network Operations Manager

Brandon Hix,
Outside Plant Manager

District Managers

Ashland City office: **Josh Gill**

Clarksville office: **Steve Wofford**

Dover office: **Bobby Joiner**

Gallatin and White House offices:

Travis Akins

Portland office: **Scott Brown**

Springfield office: **Chad Crabtree**

CEMC Board of Directors

Tommy G. Whittaker,
Sumner Co., President

Wesley H. Aymett,
Cheatham Co., Vice President

Shela K. Williams,

At Large, Secretary-Treasurer

K. Jean Beauchamp, Robertson Co.,
Assistant Secretary-Treasurer

Charles R. Hancock, Stewart Co.

Michael A. Mason, Robertson Co.

C. David Morgan, Montgomery Co.

Edward L. Oliver, Montgomery Co.

J. Bryan Watson, Stewart Co.

Eddie Swan, Sumner Co.

Mission Statement

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

The Tennessee Magazine

(ISSN 0492746X), Volume 66, No. 9,

is published monthly by Tennessee Electric Cooperative Association, 2964 Sidco Drive, Nashville TN 37204. Periodicals Postage Paid at Nashville TN and at additional mailing offices. POSTMASTER: Send address changes to *The Tennessee Magazine*, PO Box 100912, Nashville TN 37224-0912.

Between the Lines

News from your community

Join us for CEMC's 85th annual meeting

Cumberland Electric Membership Corporation's 85th annual meeting is scheduled for Saturday, Sept. 23, and you're invited to attend. The meeting will be held at Rossview High School, located at 1237 Rossview Road in Clarksville. It's been five years since we've met at this location, and we are looking forward to returning this year.

Doors will open at 8 a.m. for registration and voting, and the business session begins at 10 a.m. Between times, you are invited to enjoy a complimentary breakfast, browse through the selection of door prizes to be given away and pick up your annual meeting gift (one per registered member, while supplies last). Musical entertainment will be provided by Bluegrass One, and the Youth Corner, which includes inflatables and age-appropriate prizes for the kids, will also be available.

An election to fill four seats on the board will be held, and the results will be announced during the business session. You can learn more about the candidates on pages 20 and 21 of this magazine. A review of the

cooperative's activities during the past fiscal year and a financial report will also be given during the business session.

Early voting will be held Friday, Sept. 22, from 9 a.m. to 4 p.m. at each of CEMC's district offices for those who are unable to attend the meeting. Names of those who vote early will be entered in a drawing at their voting locations for a chance to win \$100 electric bill credits.

The co-op's annual meeting is an excellent opportunity for members to learn more about their electric cooperative, catch up with friends and neighbors, vote in director elections and maybe even win a prize! We hope to see you at Rossview on Sept. 23.



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



Your Touchstone Energy ® Cooperative
The power of human connections





CRUISE CLOSE TO HOME® *along the Columbia & Snake Rivers*

Follow Lewis and Clark's epic 19th-century expedition along the Columbia and Snake Rivers aboard the newest riverboats in the region. Enjoy unique shore excursions, scenic landscapes, and talented onboard experts who bring history to life.

Small Ship Cruising Done Perfectly®



Call
800-459-2596
to request a
★ FREE ★
Cruise Guide



The Tennessee Magazine

Communication for
Electric Cooperative Consumers

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

General Manager
Mike Knotts
mknotts@tnelectric.org
Vice President of Communications
Trent Scott
tscott@tnelectric.org

Editor
Chris Kirk
ckirk@tnelectric.org
Editor Emeritus
Robin Conover
rconover@tnelectric.org

Designer
Ron Bell
rbell@tnelectric.org
Communications Specialist
Nicole Christensen
nchristensen@tnelectric.org

Contributing Writer
Trish Milburn
Communications
Administrative Assistant
Laura Beth Laden
lbladen@tnelectric.org

Advertising inquiries
American MainStreet Publications
611 S. Congress Ave., Suite 504
Austin, TX 78704
Phone: 800-626-1181
Website: amp.coop

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

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

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



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

TENNESSEE TODAY

Viewpoint

Moving over and moving on

I've always looked forward to the fall for lots of reasons — superficial and philosophical alike. But this year, the end of summer just feels a bit different. As a sports fan, some of my favorite games will soon be played. College football season is just around the corner, and we all know that there is something special about a Saturday in the South.

The Major League Baseball playoffs are in sight, and the intensity of each game builds more and more as the window to make it to the Fall Classic gets smaller and smaller.

Relief from the heat of the thick, humid Tennessee summer arrives. Mild fall temperatures with lower humidity seems like an oasis to me, not to mention that shorts and a long-sleeve T-shirt are the most comfortable way to dress, in my humble opinion.

And just as I feel some relief in increased comfort from Mother Nature, your co-op feels a bit of relief as well as the fall brings a respite from the ferocity of summer storms. This year's storm season was particularly tough. Multiple severe systems brought torrential rain and high winds that caused damage to the power grid across many Tennessee counties.

Each time, however, co-op linemen and staff met the challenge and did what they do best. They arose early and stayed late, put on their boots, braved the storms and poured out their sweat to make sure the lights came back on. I am always grateful when I see a bucket truck with its flashing amber lights headed down the highway. I know that means that some special people are about to do honest work to make their community a better place.

Of course, if that bucket truck is on the side of road with lights flashing, there is something else important to remember — move over! If there is no other lane available, then slow down and stay alert for moving people and equipment. Not only is it safe, it is also the law.



By Mike Knotts
Tennessee Electric
Cooperative Association

But another ritual occurs each fall on Tennessee's roadways. Young people pack up cars and head out of their homes to enroll in college. A move into a dorm room or apartment can be stressful — whether across the state, across the country or even just across town.

In years past, I have observed these life changes from the sidelines, helping a friend move out or loading a neighbor's truck as a son or daughter heads off to school. The logistics can be tough, and the young people don't always know what they need to bring. They might be anxious about leaving friends and what the school year will bring. And parents always seemed to experience a mixture of pride and sadness as their children left the nest.

But this fall, I am not on the sidelines but fully in the game. The emotions aren't observed; they are felt. My oldest son has ventured from Middle to East Tennessee and begun his college career. Luckily for us, the logistics weren't too bad. We had more than a one-hour window to move in, and the forgotten items were minimal.

But as I spoke to him on the phone a few days later, I asked when he would be home next. I was a bit shocked when he answered, "I don't know. Maybe fall break?"

That's when it hit me. This isn't a sleepover at a friend's house or a weekend with the grandparents. He has started a new chapter in life. Thankfully, he is a smart, kind, thoughtful and resourceful man who will do very well with the demands of his school commitments. Let's just hope his mom and dad adjust as well as he will. ■

EXPERIENCE THE POWER AND VERSATILITY OF STIHL BATTERY

STIHL

PERFORMANCE-DRIVEN SOLUTIONS

Whether you need the power of STIHL battery to get the job done around the home or the performance of professional-grade tools that are Built for Work and made to take on the toughest tasks, STIHL offers a wide range of battery products that deliver the durability and dependability you've come to expect from a leader in outdoor power equipment.



PERFORMANCE

STARTING AT
\$199⁹⁹



PROFESSIONAL-GRADE

STARTING AT
\$259⁹⁹

VISIT YOUR LOCAL DEALER AND TRY BEFORE YOU BUY!
STIHLDEALERS.COM

SCAN TO FIND A
DEALER NEAR YOU!



©2023 STIHL/MAS

TENNESSEE ALMANAC

Bite-sized news, notes and knowledge — September 2023



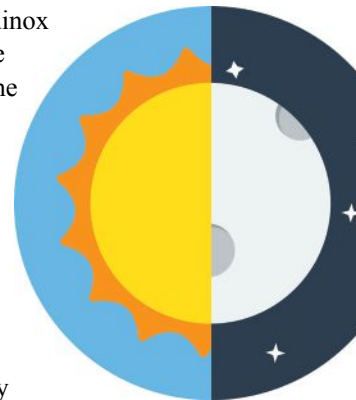
It's Football Time in Tennessee!

At capacity, Neyland Stadium, home of the No. 12 ranked University of Tennessee Volunteers, becomes the seventh most populated city in the state. UT's home opener is Saturday, Sept. 9, against Austin Peay.

SATURDAY, SEPT. 23

Autumnal equinox






The autumnal equinox marks the time in the year that days become increasingly shorter and nights longer. "Equinox" comes from the Latin words *Aequus*, meaning equal, and *nox*, meaning night. On the equinox, day and night are roughly equal in length.



14 million acres

According to research released earlier this year, Tennessee forests cover 14 million acres, or about 51% of the state's landmass. Tennessee ranks 19th in the country in terms of percentage of forested land. Only 1.72% of North Dakota is considered forested, while nearly 90% of Maine is covered in forest. With cooler weather on the way, this is a great time of year to explore Tennessee forests.

FOLLOW US ONLINE

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

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

Remember when...

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

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

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

Check all the conditions that apply to you.

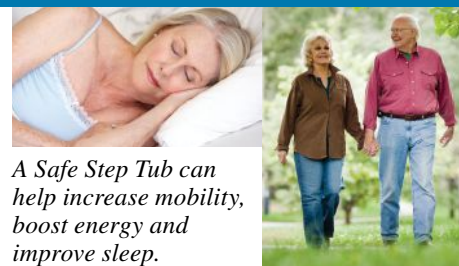
Personal Checklist:

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

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

Feel better, sleep better, live better

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



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

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

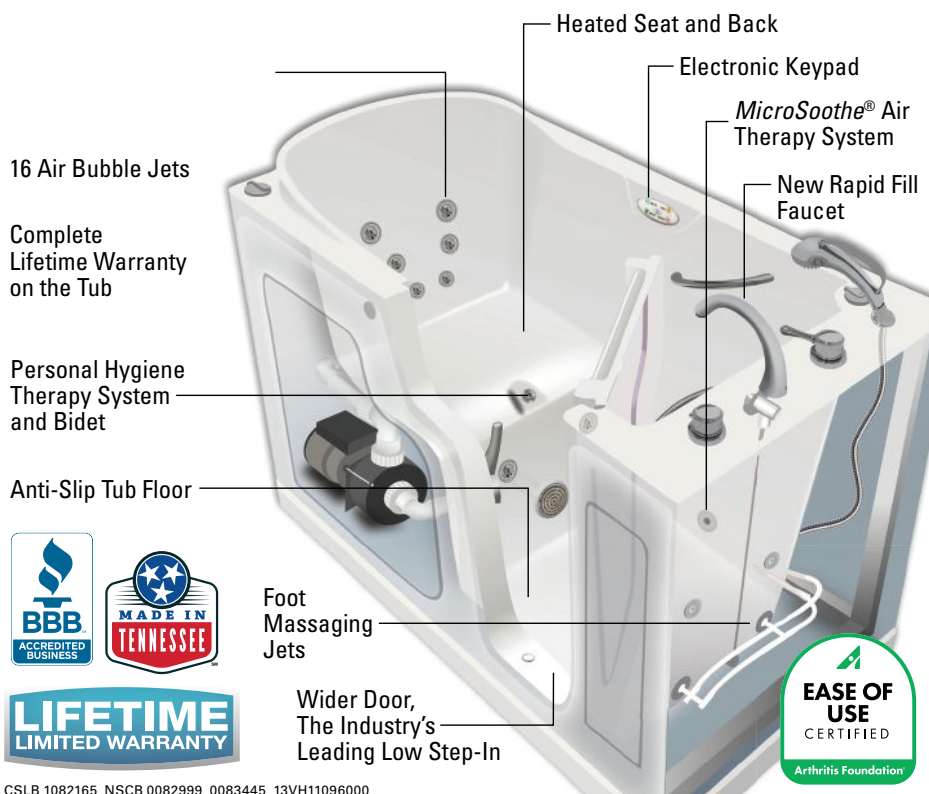
- Heated Seat – Providing soothing warmth from start to finish.
- *MicroSoothe*® Air Therapy System – helps oxygenate and soften skin while offering therapeutic benefits.
- Pain-relieving therapy – Hydro massage jets target sore muscles and joints.
- Safety features – Low step-in, grab bars and more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

Call now toll free

1-800-993-7092

for more information and for our Senior Discounts.
Financing available with approved credit.

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



FREE SHOWER PACKAGE

PLUS \$1500 OFF

FOR A LIMITED TIME ONLY

Call Toll-Free 1-800-993-7092

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.

safestep
www.BuySafeStep.com



◀ Scan me

✓ SECOND PLACE, ADULT, "Carnival Flight," Philip Tulumieri, Brentwood, Middle Tennessee Electric



SHUTTERBUG SHOWCASE

Shutterbugs from across the state entered more than 700 images relating to our latest contest theme, "My Hometown." These captivating photographs introduced us to the people, landscapes and pastimes of the places you call home.

Guest judges Lacy Atkins and Robin Conover, both award-winning photographers, helped our staff select the winners in each of our three categories: Junior, Professional and Adult Shutterbugs. Thank you to everyone who submitted photographs. Be sure to visit tnmagazine.org to view these winning entries and additional images recognized as finalists.

< HONORABLE MENTION, ADULT, "Survivor," Patti Damesworth, Waverly, Meriwether Lewis EC



FIRST PLACE, PROFESSIONAL, "Generations," Howard Litvack,
Franklin, Middle Tennessee Electric

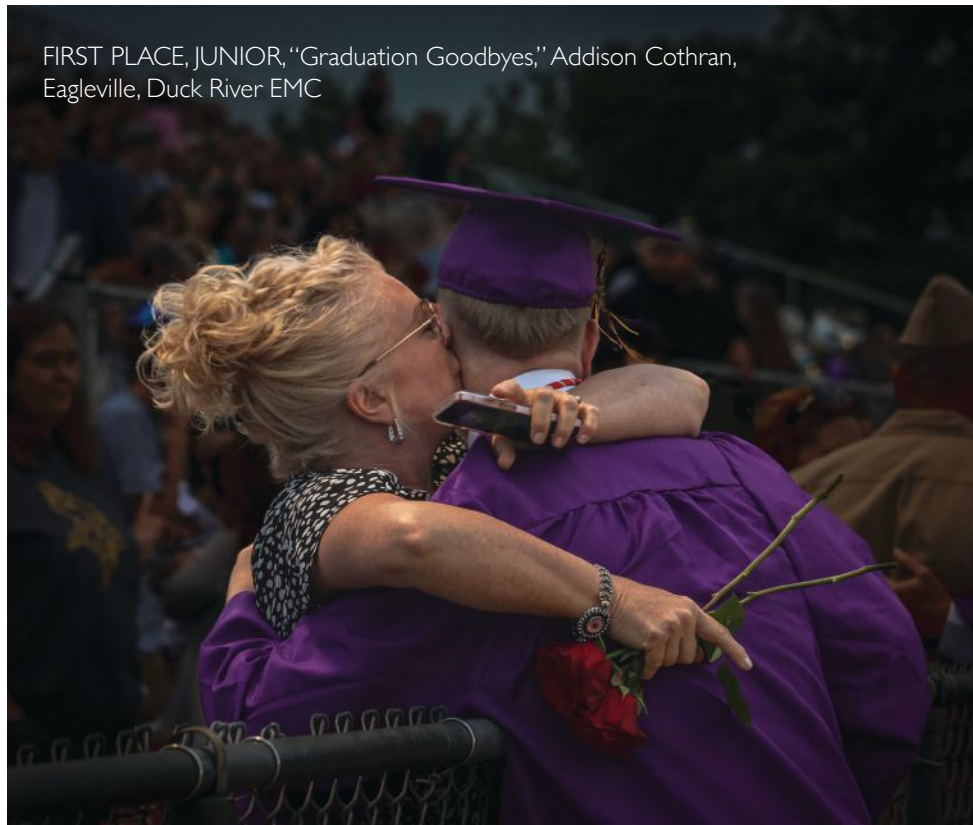


^ HONORABLE MENTION,
ADULT, "Cumberland State Park
Dam," William Gelsleichter, Crossville,
Volunteer Energy Cooperative



^ HONORABLE MENTION, ADULT,
"Let Freedom Ring," Kristen Garland,
Bon Aqua, Meriwether Lewis EC

✓ FIRST PLACE, ADULT, "Three-Legged
Race," Stanley Long, Norris



FIRST PLACE, JUNIOR, "Graduation Goodbyes," Addison Cothran,
Eagleville, Duck River EMC

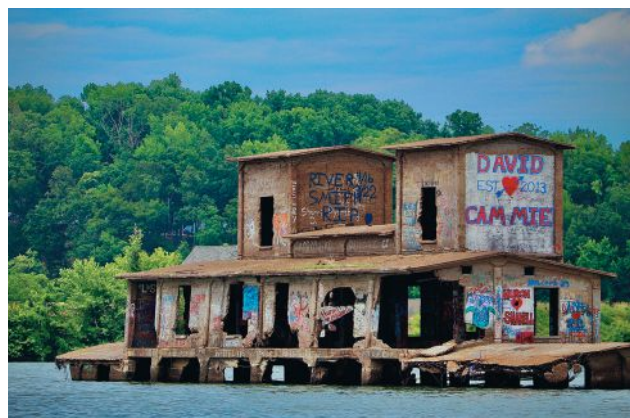


^ SECOND PLACE, PROFESSIONAL,
"Dawn Breaks," Boone Thomson, Franklin,
Middle Tennessee Electric

✓ HONORABLE MENTION, ADULT, "Christmas at the Battlefield," Shane Blythe, Smyrna, Middle Tennessee Electric



HONORABLE MENTION, ADULT, "Romantic Sunset," Matthew Lucas, Brentwood, Middle Tennessee Electric



△ HONORABLE MENTION, JUNIOR, "Hometown Hangout," Owen Stonecipher, Jackson, Southwest Tennessee EMC

▷ HONORABLE MENTION, PROFESSIONAL, "Home," Sarah Elizabeth Walker-Jones, Dunlap, Sequachee Valley EC

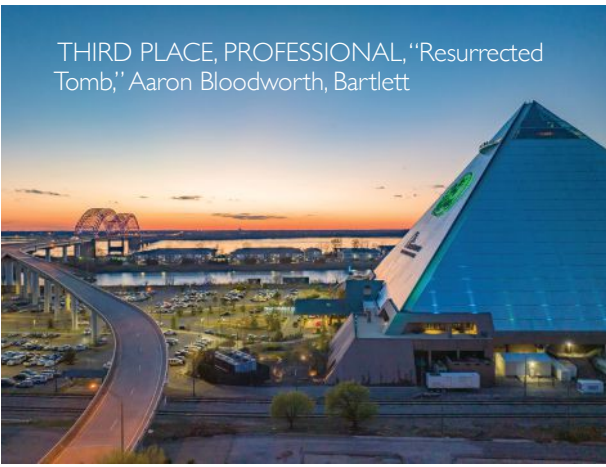


△ SECOND PLACE, JUNIOR, "Backyard Baseball," Beckett Smith, Winfield, Plateau EC

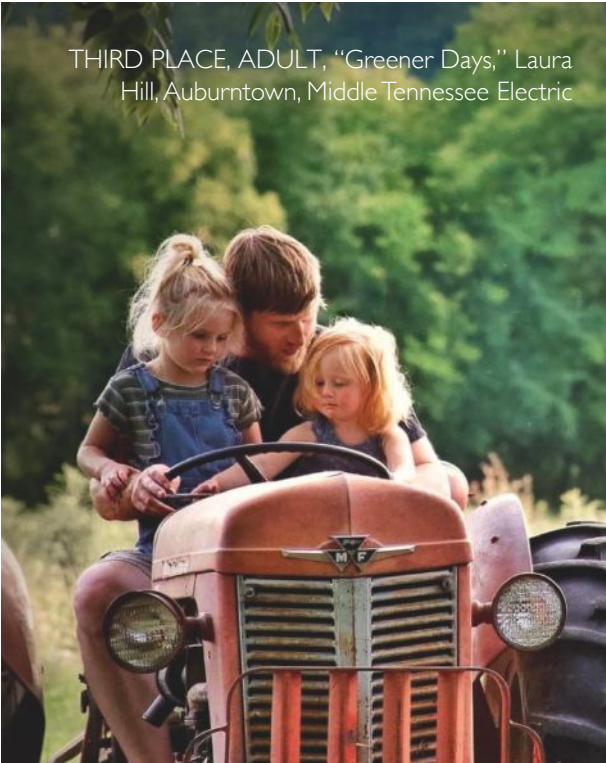
▷ THIRD PLACE, JUNIOR, "Sliding in Safe," Addison Cothran, Eagleville, Duck River EMC



THIRD PLACE, PROFESSIONAL, "Resurrected Tomb," Aaron Bloodworth, Bartlett



THIRD PLACE, ADULT, "Greener Days," Laura Hill, Auburntown, Middle Tennessee Electric



HONORABLE MENTION, ADULT, "A Little Dirt Don't Hurt," Anniston Jones, Hampshire, Duck River EMC

✓ HONORABLE MENTION, ADULT, "So God Made a Farmer," Danielle Head, Cedar Hill, Cumberland EMC

HONORABLE MENTION, ADULT, "Summer Nights," Brett Church, South Pittsburg, Sequachee Valley EC





**ELSEWHERE, THE ONLY
LIGHTHOUSE TRAVELERS
SEE IS ON A BAG OF
POTATO CHIPS.**

📍 Outer Banks

For Real, Visit **NC**

Plan your trip to North Carolina at [visitnc.com](https://www.visitnc.com)



**Come for smooth sailing.
Stay for historic charm.**

Discover the best of the
Carolina coast all in one place.



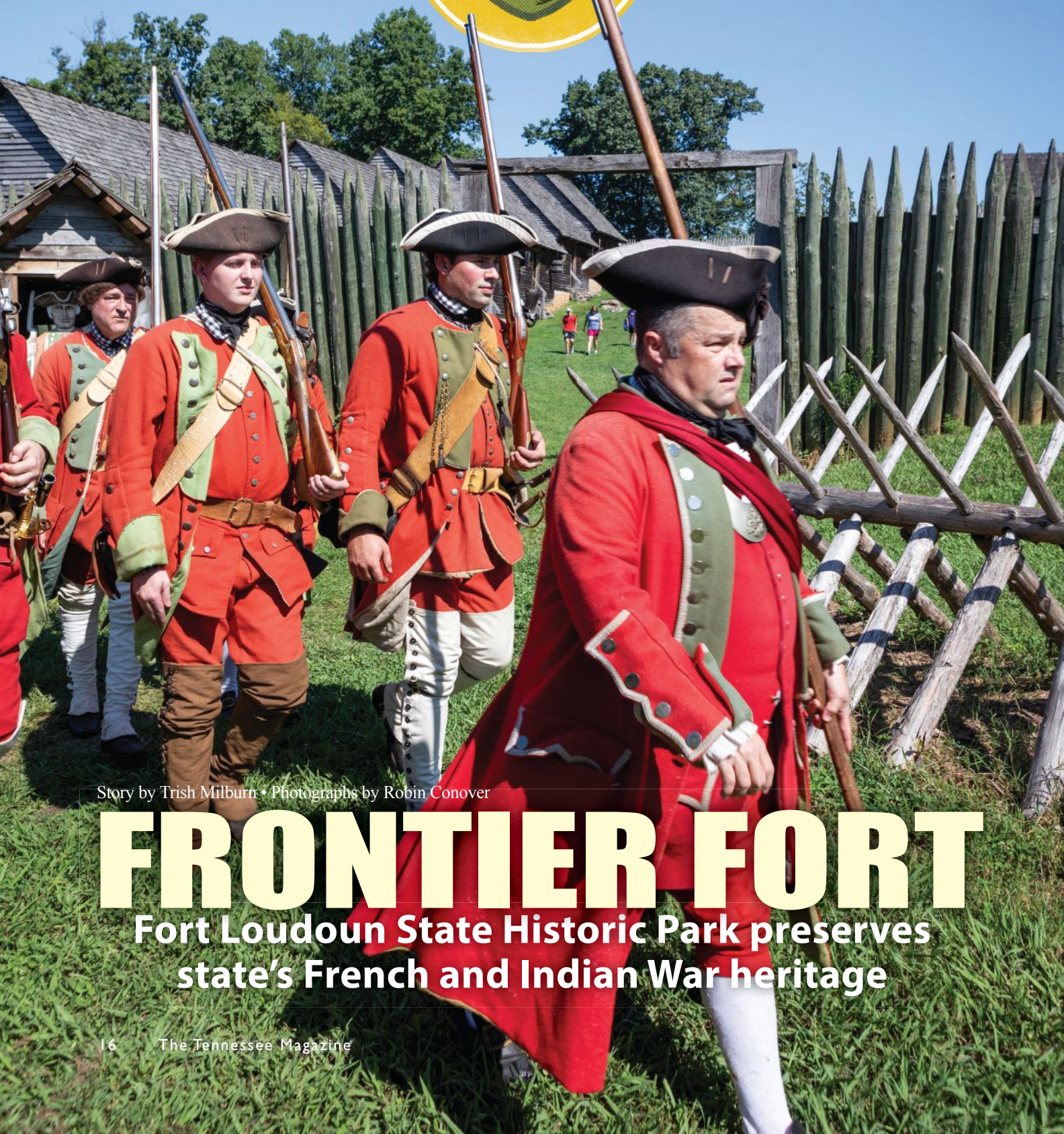
Wilmington.C.
River District & Island Beaches
WilmingtonNCBeaches.com

HAYWOOD You Like To
GO TO NEW HEIGHTS?

HAY NOW →

Adventure awaits at
VisitNCsmokies.com.





Story by Trish Milburn • Photographs by Robin Conover

FRONTIER FORT

Fort Loudoun State Historic Park preserves
state's French and Indian War heritage



During garrison weekends at Fort Loudoun State Historic Park, re-enactors bring history to life. At left, Park Manager Eric Hughey leads his troops during military drills. Across the river from Fort Loudoun, visitors can also explore the original site of the Tellico Blockhouse. Below, re-enactors portray what life was like for Native Americans during the British occupation of the area.

When asked what makes Fort Loudoun State Historic Park unique among Tennessee's many state parks, Park Manager Eric Hughey half-jokingly responds with, "A big fort helps."

Hughey's response is humorous but also true. Fort Loudoun does stand out because of the reconstructed fort but also because it highlights a part of history that might be surprising to some. While the state and the rest of the South are filled with Civil War sites galore, Fort Loudoun is the state's only French and Indian War park.

Unlike most state parks that are focused on their natural wonders and providing outdoor recreation, Hughey says his staff is focused on history.

"We have lots of history-based programming," he says.

A visit to the park should perhaps start at the interpretive center where you can explore exhibits about that history, including items excavated during the reconstruction of the fort, and a view a short film.

What war?

If it's been a while since you were sitting in an American history classroom, you might need a wee bit of a refresher about the period of history that Fort Loudoun helps to preserve.

The original fortification at this site was built on what was then the western frontier in 1756, two years into the French and Indian War. This war became a theater in a bigger global conflict known as the Seven Years' War, though it started a couple of years before that larger-scale war that was basically Great Britain and France trying to become the dominant world power. Each had allies on its side in various conflicts in Europe, Asia and the Americas. As you might expect from the name, in the French and Indian War those allies were Native American tribes. For instance, the Iroquois, Catawba and Cherokee sided with the British while the French were aided by the Abenaki, Algonquin, Ojibwa, Shawnee and others.

The spark that ignited the French and Indian War was a dispute over land, as is common throughout human history.

In this case, it was the confluence of the Allegheny and Monongahela rivers, site of the French Fort Duquesne. You might know this spot as present-day Pittsburgh, Pennsylvania. In the battle that ensued, the Virginia militiamen who attacked a French patrol were under the command of a very young George Washington. He was only 22 at the time, still 35 years away from becoming the first president of a country that didn't yet exist.

A couple of years later, the British colony of South Carolina didn't like the French goings-on in the Mississippi Valley and sent a military unit to what is now East Tennessee to build a fort where present-day Vonore in Monroe County is located.

Short lived but a lasting legacy

Fort Loudoun was only occupied by the British for four years before relations with their Cherokee allies went seriously downhill. The Cherokee captured the fort and sent the British packing. Speculation is that the Cherokee actually burned the original fort not long after the soldiers left.

It likely wasn't long before the ruins were overtaken by Mother Nature. More than 170 years passed before the Fort Loudoun Association bought the site in 1933, later transferring





From left, re-enactors Jack Poltrok, Kathy Hughes, blacksmith Anthony Smith and soldier Chris Stauser portray life in the fort during the 1750s. Below, the park is surrounded by the Tennessee River and the Loudoun Lake reservoir. Boaters, kayakers and paddleboarders like Shelly Baker of Nashville enjoy countless hours on the lake.

it to the state in 1978. Fort Loudoun became a state park in 1977, a year after the nation's bicentennial.

Today, thousands of people visit the park each year — touring the reconstructed fort and Tellico Blockhouse site, learning about this perhaps unfamiliar but very interesting part of the state's history. Hughey, who has been with Tennessee State Parks for 26 years, the last 10 as manager of Fort Loudoun, says sometimes people will ask questions about which side the fort served in the Civil War. He and his staff will explain that Fort Loudoun wasn't even a fort then, that it had ceased to exist a century before that conflict began. They explain why programming includes a celebration of King George II's birthday.

Living history

Explaining and even re-creating what life was like in that early frontier fort more than two decades before the U.S.



became an independent country are woven into the fiber of Fort Loudoun State Historic Park, the people who work there, volunteers and history buffs. Special garrison weekends are held at different points over the course of the year. The next one, set for Oct. 7, is actually the first one to be held at the Tellico Blockhouse site where a peace treaty was signed with the Cherokee in 1794. It will be brought to life for this event, enabling visitors to get a small taste of what life was like during those long-ago days.

The next garrison weekend at the fort will be Nov. 18-19. During this event, you can witness costumed re-enactors going about their 18th century days as soldiers, blacksmiths, a surgeon and more. Getting a richer experience about what fort life was

like is aided by how much work went into fully reconstructing the fort by park rangers, maintenance staff and the Youth Conservation Corps, mainly high school students who helped out for a year ahead of the 250th anniversary of the fort's surrender.

"It was awesome to work with them and see how hard they worked," Hughey says. "We taught them hands-on techniques such as timber framing."

Dec. 2 will see the only garrison where you can visit the fort at night.

Moving beyond the fort

While the reconstructed fort and the events held there are the centerpieces of the park's offerings, Hughey is proud of the work being done to uncover and present other aspects of the site's history.

McGhee-Carson Wildlife Management Area sits where a pre-Civil War home and farm owned by the McGhee family once stood. With the help of archaeologists from Lee University and Yale University, this area's history is being uncovered. Hughey says work is being done to mark gravesites at a slave cemetery.

"We're working to bring that history into the park," he says.

There's nature, too!

Even though Fort Loudoun's main focus is on the history of this important site, there is certainly plenty of nature to enjoy as well. The fort sits on the shore of beautiful Tellico Lake, which provides abundant opportunities for boating, fishing, paddleboarding, kayaking and swimming. There's even a water trail to enjoy. The Island Loop Water Trail might provide you with views of islands at low pool as well as wildlife such as bald eagles, great blue herons, loons and deer, not to mention the beautiful mountains in the distance.

Hikers can take to one of four moderate trails ranging from 0.1 mile to 2.5 miles. All four together total about 5 miles.

Whether you visit to indulge in history, sample the natural offerings or a little bit of both, a trip to Fort Loudoun State Historic Park is well worth your time. ■

Fort Loudoun State Historic Park

For more information, call 423-420-2331 or visit the park's website at tnstateparks.com/parks/fort-loudoun.



Now, THIS is a Knife!

This 16" full tang stainless steel blade is not for the faint of heart —now **ONLY \$99!**

In the blockbuster film, when a strapping Australian crocodile hunter and a lovely American journalist were getting robbed at knife point by a couple of young thugs in New York, the tough Aussie pulls out his dagger and says "That's not a knife, THIS is a knife!" Of course, the thugs scattered and he continued on to win the reporter's heart.

Our Aussie friend would approve of our rendition of his "knife." Forged of high grade 420 surgical stainless steel, this knife is an impressive 16" from pommel to point. And, the blade is full tang, meaning it runs the entirety of the knife, even though part of it is under wraps in the natural bone and wood handle.

Secured in a tooled leather sheath, this is one impressive knife, with an equally impressive price.

This fusion of substance and style can garner a high price tag out in the marketplace. In fact, we found full tang, stainless steel blades with bone handles in excess of \$2,000. Well, that won't cut it around here. We have mastered the hunt for the best deal, and in turn pass the spoils on to our customers.

But we don't stop there. While supplies last, we'll include a pair of \$99, 8x21 power compact binoculars, *and* a genuine leather sheath **FREE** when you purchase the **Down Under Bowie Knife**.

Your satisfaction is 100% guaranteed. Feel the knife in your hands, wear it on your hip, inspect the impeccable craftsmanship. If you don't feel like we cut you a fair deal, send it back within 30 days for a complete refund of the item price.

Limited Reserves. A deal like this won't last long. We have only 1120 **Down Under Bowie Knives** for this ad only. Don't let this beauty slip through your fingers at a price that won't drag you under. Call today!

Down Under Bowie Knife \$249*

Offer Code Price Only **\$99** + S&P **Save \$150**

1-800-333-2045

Your Insider Offer Code: **DUK382-01**

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



Rating of **A+**



Stauer® 14101 Southcross Drive W., Ste 155, Dept. DUK382-01
Burnsville, Minnesota 55337 www.stauer.com

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

California residents please call 1-800-333-2045 regarding Proposition 65 regulations before purchasing this product.

• Etched stainless steel full tang blade ; 16" overall • Painted natural bone and wood handle • Brass hand guards, spacers & end cap • Includes genuine tooled leather sheath

**EXCLUSIVE
FREE**

**Stauer® 8x21
Compact
Binoculars**

**-a \$99 value-
with purchase of
Down Under Knife**



What Stauer Clients Are Saying About Our Knives



"This knife is beautiful!"

— J., La Crescent, MN



*"The feel of this knife
is unbelievable...this
is an incredibly fine
instrument."*

— H., Arvada, CO



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



Stauer... *Afford the Extraordinary.®*

CEMC's 2023 director candidates

Four seats on Cumberland Electric Membership Corporation's board of directors will be filled during the cooperative's 2023 annual meeting Saturday, Sept. 23, at Rossvie High School. Members will elect directors to fill the North Stewart, North Montgomery, South Sumner and Director at Large positions.

CEMC's Nominating Committee met July 6 and recommended incumbents Charles Hancock, Edward Oliver, Eddie Swan and Shela Williams for re-election for new three-year terms. Nominated by petition is Dr. William R. Moore, who is vying for the North Montgomery County seat.

Contested — North Montgomery County



**Edward L.
Oliver**

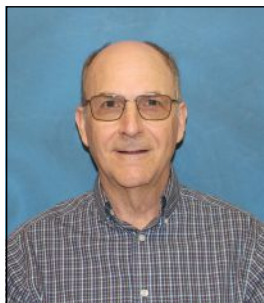
Edward L. "Ed" Oliver is the director from North Montgomery County, a position he has held since joining the board in 2013.

Oliver is retired executive vice president of Clarksville Department of Electricity where he worked for 35 years. Prior to his employment at the electric department, Oliver served in the U.S. Air Force.

He has earned the advanced certified power executive designation from the Tennessee Valley Public Power Association and the National Rural Electric Cooperative Association Credentialed Cooperative Director, Board Leadership and Director Gold certifications. Oliver attended Community College of the Air Force, Austin Peay State University, Nashville State Community College and the University of Tennessee Electric Meter School. He is also a graduate of Leadership Clarksville.

"I have been involved in the electric industry for more than 40 years. I bring first-hand knowledge not only from a member perspective but from the business side of the industry as well," says Oliver. "Customer service is my strength, and I feel that enables me to be a good representative for the members and the co-op."

Oliver and his wife, Melissa, live in Clarksville.



**William R.
Moore**

Nominated by petition for the North Montgomery County seat is **Dr. William R. "Bill" Moore**.

Dr. Moore is a retired pediatrician who served in the medical field for more than 30 years. He held positions at Fort Worth Pediatric Clinic in Texas and The Children's Clinic and Premier Medical Group in Clarksville.

He graduated with a Bachelor of Science in electrical engineering from the University of Memphis and earned an M.D. from Vanderbilt University School of Medicine, where he also completed a pediatric residency, serving as chief resident at Nashville General Hospital.

Moore was a founding member of Premier Medical Group, where he served for 24 years, including three years as president, 18 years on the board, 16 years on the Finance Committee and five years on the Investment Committee. He has also held various leadership roles and advisory positions within the community.

"I believe we have reached a transformational time for the electricity generation and delivery systems in the United States of America, and my experience and expertise will help guide CEMC through that transformation," says Moore. "My experience serving on several different boards and finance committees gives me knowledge on how to work through tough challenges on boards and what work is required to drive results. Taking great care of our community's future is what I have always done as a pediatrician, and I believe I can continue that work on the CEMC board of directors."

He and his wife, Genie, live in Clarksville. They have one adult son and two young grandchildren. He is a member of Grace Community Church. He has a solar powered home and drives an electric car.

Uncontested — North Stewart County



**Charles R.
Hancock**

Charles R. “Charlie” Hancock is the director from North Stewart County, a position he has held since joining the board in 2013.

Hancock resides in Bumpus Mills and is a first-generation farmer. He and his wife, Jennifer, have three adult daughters. Hancock attends Bumpus Mills Church of Christ where he serves as an elder.

He has earned the National Rural Electric Cooperative Association Credentialed Director certification. Hancock served as president of the Stewart County Farm Bureau for over 30 years and is currently a state director for Tennessee Farm Bureau. He is also district director for the Stewart County Soil Conservation District.

Uncontested — South Sumner County



**Edgar E.
Swan**

Edgar E. “Eddie” Swan is the director from South Sumner County. Swan was appointed to fill the unexpired term of Joe H. Whitaker in 2021.

Swan recently retired from Gallatin Optical where he was the owner and a state-licensed optician for 45 years. He now enjoys working on the farm.

Swan is a member of the Gallatin Sertoma Club and the Quarterback Club. He also serves on the board of the Sumner Farmers Co-op and is chairman of the board for the Gallatin Volunteer Fire Department.

He and his wife, Laurie, reside in Gallatin. They have two children — a son and a daughter — and one grandson.

Uncontested — Director at Large



**Shela K.
Williams**

Shela K. Williams of Stewart County holds the Director at Large seat on the 10-member board of directors. Williams, who joined the board in 1999, holds Director Gold, Board Leadership and Credentialed Cooperative Director certificates from the National Rural Electric Cooperative Association and has served as secretary-treasurer on CEMC’s board since 2004.

Williams recently retired from F&M Bank in Clarksville where she served as senior vice president of marketing/branch administrator. She is a graduate of Leadership Clarksville, Tennessee School of Banking, Southeastern School of Sales Leadership at Vanderbilt University and American Institute of Banking.

She and her husband, James S. Williams, live in Bumpus Mills. They have one grown son and one granddaughter.

What you're missing at CEMC's annual meeting



Bring the kids and join the fun Saturday, Sept. 23, at Rossview High School for CEMC's annual meeting!

Did you know every cooperative is required to conduct an annual meeting of the membership? The purpose is to hold the election for the board of directors, share important financial information and, of course, we can't forget the great door prizes!

Cumberland Electric Membership Corporation's annual meeting is a community gathering where neighbors can meet new neighbors or catch up with old acquaintances. As our lives get busier with the demands of life and more of our interactions with others are online (via social media), we must remember the value of face-to-face human connections. Very few organizations are uniquely positioned like CEMC to bring together all members of our local communities.

While rural Americans probably do a better job of staying connected to our neighbors (in part because we need to), it is not something we should take for granted. The simple act of smiling, saying hello and shaking someone's hand truly can't be replaced.

CEMC's annual meeting is designed to take care of the important business of your co-op, but we're going to have a lot of fun, too! We'll have a tasty free breakfast, activities and prizes for the kids at the Youth Corner, musical entertainment provided by Bluegrass One, electrical safety demonstrations and lots of exciting prizes that will be given away throughout the meeting. (Take a peek at some of the prizes on page 23.)

This year's meeting will be held Saturday, Sept. 23, at Rossview High School in Clarksville. Doors open at 8 a.m. for registration and breakfast, and the business session begins at 10 a.m.

If you've never attended before, join us this year to find out what you're missing. There truly is something for everyone at CEMC's annual meeting! We'll see you on Sept. 23!



During a safety demonstration at the 2022 annual meeting, CEMC lineman Hunter Harris shows what happens when an animal such as a squirrel comes in contact with electrical equipment.

Here's a sneak peek at some of the great prizes we'll be giving away at this year's annual meeting



The Pick Tennessee Products Package includes a handmade lap quilt, two Hinkle rocking chairs and Lodge cast-iron skillets.

Multiple CEMC bill credits valued between \$50 and \$250 will be given away!

Six and 12 months of FREE Cumberland Connect internet packages will be given away!

GRAND PRIZE



The Grand Prize is a "create-your-own" energy-efficiency makeover from Lowe's. The winner will receive a Lowe's gift card.



Six college scholarships worth \$500 each will be given away!

The Fire and Ice Package will include a smokeless fire pit, cooler, two tumblers and two camp chairs.

The Grilling and Chilling package will include an electric grill, grilling utensils, a cooler and a \$100 grocery gift card.



The Youth Corner will feature age-appropriate prizes for kids, including bicycles and various gift cards.



The Gatlinburg Retreat includes a \$250 gift card for lodging, \$200 Dollywood Parks and Resort gift certificate, gas card and gift card to The Peddler Steakhouse.

Correction

Regrettably, the Washington Youth Tour photo shown below, which was featured in the August issue of *The Tennessee Magazine*, was mistakenly mislabeled.

CEMC sincerely regrets the oversight and apologizes for the error. Please find the photo along with the accurate names of each individual properly labeled below.



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.

Sweater weather: a good time to save energy at home

As the weather transitions from summer heat to more moderate fall temperatures, perhaps you're using the air conditioner less frequently, but it's not quite time to crank up the heat. In fact, autumn is one of the best times of the year to save energy.

Here are some ideas:

- Layer your clothing. A sweater and a pair of socks can keep you warm enough without turning on the heat, probably for longer than you would expect.
- Throw extra blankets on the bed.
- Open the curtains during the day when the sun is up and close them at dark to keep cold air outside where it belongs.
- Stop drafts by caulking around windows, doors and holes in exterior walls for cable and phone lines.
- Set a date for turning on the heat for the first time — perhaps Halloween. And pay attention to your family's tolerance. If you need to wear gloves and a ski cap to stay warm while you watch TV, it might be time to activate the thermostat.



The Power of Symmetry:

How Symmetrical Speeds Boost Connectivity

When it comes to internet connectivity, you probably already know about download speeds. But there is another side to your internet speeds that is not as widely recognized — upload speeds. While many traditional internet service plans offer faster download speeds than upload speeds, only fiber internet service can provide symmetrical speeds for your connection. Here are some use cases for symmetrical internet speeds and why they are essential to giving you the best online experience.

To start, what are upload speeds, and why do they matter? While download speeds measure how quickly your connection can pull data from the internet, upload speeds measure how quickly you can send data to the internet. For example, download speeds come into play when downloading a video game, while upload speeds determine how quickly you can upload an album of photos to social media. Most traditional internet plans can offer decent download speeds but typically leave the upload speeds lacking in comparison.

For an optimal internet experience, symmetrical speeds are essential. Having symmetrical speeds means that your upload and download speeds are equal, meaning you can download music, movies and games as fast as you can stream or upload large files. Symmetrical speeds are hugely beneficial to all sorts of users, and they unlock the potential for a smoother user experience.



One of the benefits of symmetrical internet speeds is the ability to work from home more effectively. With symmetrical internet speeds, you can easily upload and download large files, attend video conferences and use cloud-based software without worrying about

slow upload speeds holding you back. This is especially important for those who work in industries that require large file transfers or real-time collaboration. Small home businesses can also benefit from symmetrical speeds, especially those with online storefronts or that use online services to ship their products.

Another important use case for symmetrical internet speeds is online gaming. Gamers require a fast, stable internet connection with low latency, and symmetrical speeds can provide just that. With symmetrical internet speeds, gamers can enjoy a smoother online gaming experience with less lag and better real-time performance.



Symmetrical internet speeds can also benefit those who regularly stream and upload content to the internet. For example, vloggers, podcasters, musicians and photographers can easily upload high-quality video and audio content without experiencing buffering or slow upload speeds. This is important for those who make a living creating online content, as they need to ensure their content is available to their audience without delays or interruptions.

In conclusion, symmetrical internet speeds are becoming the new standard of internet connectivity in today's digital world. From working from home to online gaming and content creation, symmetrical internet speeds offer many benefits for those who rely on fast, reliable internet connections — and they provide an incredible online experience that you can only get through fiber internet.





Q. My windows are old and drafty, and I'm thinking about replacing them. Can you recommend a few options I should consider?

A. Upgrading or improving your windows is an important component of your home's energy efficiency. According to the Department of Energy, heat gain and loss through windows consumes 25% to 30% of residential heating and cooling energy use.

Start by identifying the kind of windows you have. Are they single pane or double pane? Looking closely at the window's edge, you can see the number of windowpanes. Are the frames metal, wood or vinyl? Some manufacturers etch the make and model numbers in a corner of the glass so you can look up the manufacturer for more information.

Single-pane windows and double-pane windows with metal frames are the least energy efficient. The lower the efficiency of your existing windows, the higher the potential for energy savings.

Above, maintain your existing windows by ensuring the sashes lock properly, adding caulk around the trim and replacing worn weather stripping. Right, windows add to the aesthetic of our homes. Ensure they also add comfort year-round by maintaining or replacing old windows.

There are several options for improving your windows — ranging from replacement windows to storm windows to budget-friendly repairs.

Window efficiency

Several components can make windows more efficient. High-quality frame materials insulate and reduce heat transfer. Two or more panes of glass with space in between (filled with air or gas) improve the window's insulation capability. Warm edge spacers hold the panes of glass the proper distance apart and help insulate the edges of the panes. Low-emissivity coatings applied to the glass can reflect infrared light, keeping the heat in during the winter and out during the summer.

Window efficiency is rated in U-factor and Solar Heat Gain Coefficient, or SHGC. U-factor measures heat transfer through the window, which relates to how well it insulates. The lower the U-factor, the more efficient the window. The SHGC measures how effectively the window blocks heat from the sun.

Replacement and maintenance

If you want to replace your existing windows, I recommend shopping for



Photo by Alpen High Performance Products

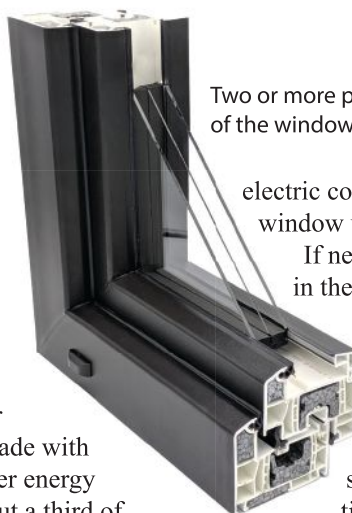
Energy Star-certified windows. Energy Star sets specific U-factor and SHGC requirements based on your geography so you get the best fit for your location. Replacement windows offer additional benefits like improved operability and aesthetics. As with many industries, the window industry has been impacted by price increases over the past few years, so keep in mind that this can be an expensive upgrade.

Storm windows are a lower-cost solution for some homes. Traditional storm windows are made with clear glass. Low emissivity storm windows offer energy savings similar to replacement windows at about a third of the cost.

Storm windows are mounted to the interior or exterior and are available in operable styles so you can still open and close your windows. Look for Energy Star-certified models.

If you want to maintain the historic architecture of your existing windows, low-e storm windows are a great option. Some companies can refit your existing window frames with custom double-pane glass and weather stripping.

As with any home improvement project, be sure to get multiple quotes to compare pricing and scope of work. You might find additional savings with rebates from your



Two or more panes of glass improve the insulation capability of the window. Photo by Alpen High Performance Products

electric co-op or state or federal tax credits for window upgrades.

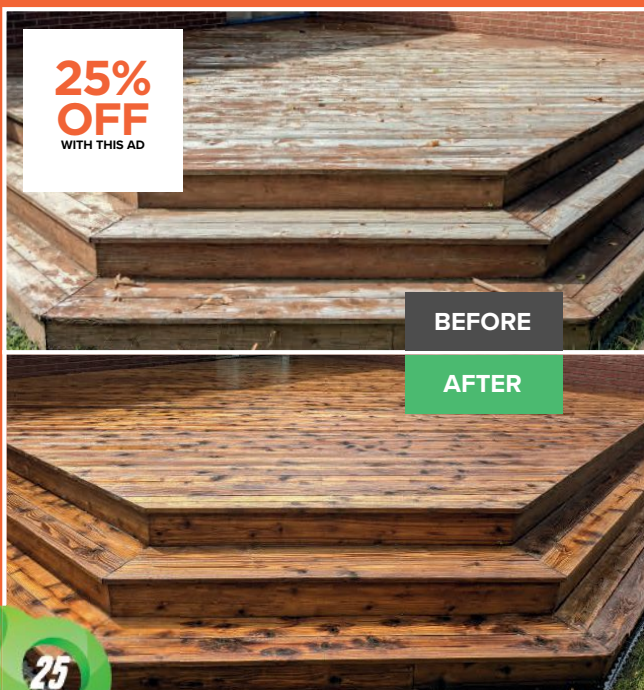
If new windows or storm windows are not in the budget, your best bet is to maintain your existing windows. Keep the paint and caulking on the exterior in good condition. That will help prevent damage from the elements. Caulk around the inside trim, and ensure sash locks are installed properly and seal tight when locked. There are a variety of weather stripping types for windows to keep drafts at bay.

Whether you replace or make improvements to what you have, adding efficiency to your windows will add year-round comfort to 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.



**25%
OFF**
WITH THIS AD



BEFORE

AFTER

**25
YEAR
GUARANTEE**

PERMANENTLY SEAL YOUR WOOD AND CONCRETE

PERMANENT ONE-TIME SOLUTION

Free Estimates

844.481.6862

PermaSealUSA.com



Safari Park takes flight

The Conley Century Farm
is home to some intriguing
animals ready to meet you

Story and Photographs by Robin Conover

Have you ever wanted to look an ostrich in the eye from less than 2 feet away, touch the velvety soft nose of a camel or feed a carrot to a curious giraffe named Jackson? If so, then the Tennessee Safari Park needs to be on your short list of places to visit.



Located in West Tennessee on the Conley Family Century Farm in Alamo, the park gives visitors an up-close opportunity to have all three of these experiences and many more.

With more than 2,600 exotic animals and 250 acres to explore, most visitors begin by purchasing several buckets of feed for their own self-guided driving tour.

The road leads you through four distinct safari areas, each with an array of animals, including camels, ostriches, cranes, many varieties of deer and antelope, wildebeest, alpacas, buffalo, rhea and giraffes.

As you slowly drive through the farm at a speed limit of 5 miles per hour, you can stop anywhere on the road anytime. Animals will approach your vehicle, some out of curiosity but mostly in search of feed. Visitors are instructed to carefully hold the outside of the buckets, keeping fingers out of the way as animals feed. Only animals in the petting zoo may be fed and touched by hand.

The adventure begins as soon as you pull into the first drive-thru area and are welcomed by a menagerie of animals. Riding along with the Fowler family on a hot summer day in July, it was easy to see why the park is a favorite. As

Beckett Fowler's dad, Brett, carefully drove through the park, Beckett's brother, Aaron, and sisters, Cadence and Paisley, all joined in the adventure.

"I want to go back to the Safari Park and feed them," says Beckett Fowler after his first visit. "They make me happy."

Seeing and feeding the animals up close seems to make everyone happy — especially Beckett, who is a patient at St. Jude Children's Research Hospital.

"The Safari Park was the perfect place to go to get a break from the treatments that Beckett has been going through," says his mother, Tammie Fowler. "The amount of laughs and memories we made while his brother and sisters were here for just a short time made the long trip from St. Jude definitely worth it!"

In addition to the drive-thru experience, guests can explore the 20-acre walk-thru area of the park to find more animals such



Beckett and Tammie Fowler feed an ostrich during a family visit to the Tennessee Safari Park. If you want to learn more about Beckett and his family's battle, please follow Beckett's Warriors on Facebook.



For larger groups, the Tennessee Safari Park offers an open-sided shuttle that is just the right height for camels. Below, Ashley Dunkerson holds a carrot in her mouth to feed Jackson, a 5-year-old giraffe.

as a wallaby, lemurs, Nigerian dwarf goats, giraffes and parakeets, to name a few.

Having a fun family experience for everyone is one of the guiding principles at the park — as are wildlife conservation and education. Zoos and parks like this one are at the forefront of trying to keep many of these exotic breeds from the brink of extinction.

This family farm began in 1858. The land owned by Tolbert and Cornelia Conley was known as Hillcrest. For more than 100 years, the farm operated as a traditional Crockett County farm with cattle and row crops that included cotton and corn, according to Claude H. Conley II. His father, Claude M. Conley, began to transform the farm in the early 1960s.

As a child, about the same age that his grandkids are today, Claude Sr. had a couple of peacocks and a dream of running his own zoo someday.

“Dad started out in 1963 with his first buffalo, then got some elk and deer,” says Claude H.

Conley II. “He had the first privately held buffalo herd in Tennessee. Then as he added more and more, it became something like a petting zoo with zebras and antelope, things like that.”

Today, the farm management is still a family affair. Claude Sr. and his sons, Claude H. and Jon Wesley Conley II, manage the park with several other family members, including Jon’s wife, Whitney. They are the fifth generation of Conleys to do so, and they hope to pass it on to their children.

“My boys, Claude H. III and Caleb, and my brother’s girls, Ava and Sophia, are the sixth generation to grow up here,” says Claude H., a Gibson Electric Membership Corporation member.

The Tennessee Safari Park opened in 2007 with a more limited drive-thru experience. “We had about 2,500 people come through that first year,” says Claude H. “By 2020, with COVID, we had about 500,000.”

Today, visitors’ experiences include the safari drive-thru, a





Clockwise from top left, Claude H. Conley II feeds a camel as it stretches its nose into the vehicle; from left, seated, Claude Conley Sr. and grandson Caleb, and standing, Claude H. Conley II and Patsy Conley stand on the front porch of the original log cabin homeplace; this white buffalo is a descendant of the original herd which began in 1963; and visitors feed nilgai and eland antelopes.

walk-thru petting zoo, aviary and even a new drive-in theatre. Other park amenities include restrooms, snacks and drinks, a gift shop and a picnic area.

The Tennessee Safari Drive-In Theatre is open seasonally with concessions. The 40-by-60-foot screen is near the gift shop. Movies will begin again in October on Friday and Saturday nights. Movie listings can be found by following the Tennessee Safari Drive-In Theatre Facebook page.

The park is solely funded through sales of tickets, which are \$24 for adults and \$16 for children. “We don’t receive any tax dollars, donations or outside funding,” explains Claude H. “None of it would be possible without our park visitors. Our feed bill alone is over \$1 million a year.”

“We hope each visitor leaves here with a better sense of how special these animals are and that they have enjoyed the opportunity to see them up close,” says Claude H. Conley II. ■



At a glance

Tennessee Safari Park
618 Conley Road
Alamo, TN 38001
731-696-4423
tennesseesafaripark.com

Monday-Saturday:
Gates open at 10 a.m.
Last car in at 4 p.m.
Park closes at 5 p.m.

Sunday:
Gates open at noon.
Last car in at 4 p.m.
Park closes at 5 p.m.

Please note that no outside animals or pets are allowed at any time.



Tennessee Safari Park

Clip this coupon for a \$4 discount for each person in the vehicle.
One coupon per vehicle.

Tennessee Safari Drive-In Theater

Clip this coupon for a \$2 discount for each person in the vehicle.
One coupon per vehicle.

*No duplication is allowed.
Copies will not be accepted.
Expires 12/31/2023*

SWEET SEPTEMBER



Make-Ahead
Chilled Mango Soup
Recipes by Tammy Algood
Food styling by Cynthia Kent
Photographs by Robin Conover

The official end of the summer season lands in September, but Tennesseans know that sweltering temps can reach all the way into October. Lucky for us that mangoes are still in their summer season, too! Try these recipes to find out how truly versatile this sweet tropical fruit can be. With both savory and sweet options, you'll be ready for whatever weather September brings.

Mango Barbecue Sauce

Yield: 3 cups

2 mangoes, peeled and pitted

¼ cup lime juice

½ cup frozen orange juice concentrate, thawed

½ cup tomato paste

½ cup soy sauce

¼ cup honey

¼ cup hoisin sauce

Place the mangoes, lime juice, orange juice concentrate, tomato paste, soy sauce, honey and hoisin sauce in a food processor or blender. Process until smooth. Use immediately or refrigerate for later use. Store up to 10 days in the refrigerator.



An array of mango products: nectar and slices that are fresh, frozen, dried and rehydrated.

Mango Dressing — *Serve with pork or on a green salad topped with crabmeat!*

Yield: around 1¾ cups

1 tablespoon vegetable oil

1 sweet onion, peeled and chopped

2 teaspoons peeled and chopped fresh ginger

1 large garlic clove, peeled and minced

1 cup sweet white wine

2 mangoes, peeled, pitted and diced

1 tablespoon lime juice

1 teaspoon finely grated lime zest

1 teaspoon soy sauce

Pinch of red pepper flakes

Place the oil in a large skillet over high heat. When hot, add the onions and cook without stirring for 5 minutes. Stir and cook 5 more minutes

without stirring. Repeat this process once more until the onions are caramelized. Add the ginger and garlic and sauté 2 additional minutes. Stir in the wine and cook for 4 minutes to reduce. Remove from the heat to cool. Place the cooled onion mix-

ture, mangoes, lime juice, lime zest, soy sauce and red pepper flakes in a food processor or blender. Process until smooth. Use immediately or refrigerate for later use.

Easy Mango

Drizzle —

Great with toasted slices of

pound cake or angel food cake!

Yield: 4 to 6 servings

1 large mango, peeled, pitted and coarsely chopped

2 teaspoons chopped candied ginger

¼ cup brown sugar

Juice of 1 large lime

In the bowl of a food processor, place the mangoes, ginger, brown sugar and lime juice. Process until smooth. Cover and refrigerate up to 2 days.

Mango Nectar Butter Sauce — *Perfect for a tropical fruit salad topping!*

Yield: 2 cups

1 (10-ounce) can mango nectar

¼ cup sugar

1 cup unsalted butter, softened

In a medium saucepan over medium heat, combine the mango nectar and sugar. Bring to a simmer and reduce to 1 cup, stirring occasionally. Remove from the heat and slowly stir in the butter, whisking until smooth. Use slightly warm or refrigerate for later use. Reheat cold sauce in the microwave on low power for 2 minutes, stirring halfway through.

Make-Ahead Chilled Mango Soup — *Serve with grilled pork and a green salad.*

Yield: 6 servings

6 ripe mangoes, peeled, pitted and chopped

1 small or ½ medium purple onion, peeled and roughly chopped

2 garlic cloves, peeled

2 teaspoons peeled and chopped fresh ginger

1 cup chicken stock

½ cup mango nectar (from can)

1½ tablespoons rice vinegar

1 scant tablespoon curry powder

1 teaspoon sunflower oil

2 tablespoons sweet chili sauce plus more for garnish

½ teaspoon soy sauce

Sour cream for garnish

3 fresh chives, sliced

Place the mangoes, onions, garlic, ginger, stock, nectar, vinegar, curry powder, oil, chili sauce and soy sauce in a blender and purée until smooth. Transfer to a bowl, cover and refrigerate



for at least 2 hours or overnight. Serve cold in chilled soup bowls with a garnish of sour cream, chili sauce and chives.

Fresh Mango Salsa — *Serve with chicken and black bean tacos or as an appetizer with blue corn chips.*

Yield: 3 cups
4 ripe mangoes, peeled, pitted and diced
1 small red bell pepper, seeded and finely chopped
1 small jalapeño pepper, seeded and finely minced
½ medium purple onion, chopped
Juice from 2 limes
¼ cup coarsely chopped fresh cilantro
¼-½ teaspoon salt according to taste

Place 1 mango in a food processor and purée. Transfer to a mixing bowl and toss with the remaining mangoes, bell peppers, jalapeños, onions, lime juice, cilantro and salt. Cover and allow to meld for 1 hour. Stir again and serve.

Tipsy Mangoes — *Easiest dessert ever!*

Yield: 8 servings
5 large ripe mangoes, peeled, pitted and sliced
Juice from ½ lime
2 cups sweet white wine

Place the mango slices in a shallow dish and sprinkle with the lime juice. Pour the wine around the mangoes, cover and refrigerate 3 hours. Serve with crisp sugar cookies if desired.

Mango Coulis — *Serve over coconut ice cream, fruit salads or sorbets.*

Yield: 1¼ cups
1 large ripe mango, peeled, pitted and coarsely chopped
½ cup water or mango nectar (from can)
2 tablespoons sugar
1 tablespoon lime juice

Place the mangoes, water or nectar, sugar and lime juice in a blender or food processor. Purée until smooth. Use immediately or cover and refrigerate for later 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.



Rich writes: “I love fresh mango but struggle with cubing it for recipes. I feel like I am wasting much of it, and the result isn’t pretty. Can you please help?”

Rich, it can be frustrating, but keep in mind that the majority of your fruit is on the sides of the seed. Place it on a cutting board with the stem end up. Don’t attempt to slice it

in the center but on each side of the center to avoid the seed. For large pieces, you can peel each half with a paring knife. If you want it cubed, leave it unpeeled and score each half with a knife. Don’t cut through the skin but go down the length of the fruit, then across the width. Then push the fruit with your fingers on the outside by making the half con-

Tips and tricks

Mango notes

Unripe whole mangoes can be stored at room temperature for about a week and in the refrigerator for about two weeks.

Ripe whole mangoes can be stored at room temperature for around three to four days depending on how ripe they are. In the refrigerator, you can count on a week.

Freezer storage is your best bet if you want to have them available year round. Slices can be stored for around six months and mango puree up to a year. Before freezing, make sure to remove as much air as possible from the container, then label and date.

Ripe mangoes turn from green to yellow with a red hint, and they soften like a peach.

The large flat seed in the center must be carefully removed with a sharp knife before using.

Pick fresh mangoes that are larger rather than small.

Mango nectar can be found canned and in the juice section of the supermarket.

Dried mango slices can easily be rehydrated. Place in water or mango nectar for 20 minutes, then drain and use as fresh.

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

cave. You can loosen the cubes with a knife.

Carolyn asks: “What is happening when fresh mangoes start getting a few black spots on the skin? Are they going bad?”

Carolyn, actually that’s just the sugar from the fruits coming to the top, so it’s a sign that the mangoes are ripe and ready to enjoy.

MARKETPLACE

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

Call for specials!

NATIONAL BARN COMPANY
EASTERN DIVISION

STORAGE BUILDINGS
HAY BARN
HORSE BARN
GARAGES

*Custom building shown. Call for pricing.



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

MELCROY METAL

Ask about our do-it-yourself materials kits.

www.nationalbarn.com

1-888-427-BARN (2276)

Steel Mobile Home Roofing

Leaks? Roof rumble?
High energy bill?

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

PERMA-ROOF
from Southern Builders



Mobile Home Roofover Systems
Since 1983

Arco Steel Buildings
1-800-241-8339

BBB A+ rating for 40+ years!



Highest Quality



All sizes available!
www.arcosteel.com

44 **Arco** Years

Arco Building Systems

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

YOU COULD BE LOOKING
AT AN AD FOR YOUR
BUSINESS INSTEAD
OF THIS ONE.

LEARN MORE ABOUT
ADVERTISING YOUR BUSINESS IN
THE TENNESSEE MAGAZINE
TNMAGAZINE.ORG/ADVERTISE

THE TENNESSEE
MAGAZINE

MOVEOVER

for utility workers in Tennessee. It's the law.

LEARN MORE AT MOVEOVERTENNESSEE.ORG

'Free persons of color' weren't free by today's standards

There were 4,510 free African Americans in Tennessee in 1830 — a number that grew to 7,300 by 1860. In recent years, we've learned more about these "free persons of color" — as they were known at the time. There are even historical markers to celebrate them such as the one at the Sevier County Courthouse that honors brickmason Isaac Dockery.

However, we need to put in context the word "free" when we refer to African Americans who lived in Tennessee before the Civil War. Black Tennesseans who were not enslaved

had to abide by many laws that would have affected their lifestyles, relationships, career choices and quality of life. For instance:

"Free persons of color" could not vote in Tennessee, under the 1834 Constitution.

"Free persons of color" were required to register with the clerk of the county in which they lived. He or she was required to register their name, age and color, along with "any apparent mark or scar on his or her face, head or hands." The county clerk would make two copies of the certificate verifying that the person was free — one to remain at the courthouse, the other for the Black person to carry as proof that they were not enslaved. Without the certificate, "free persons of color" were in danger of being mistaken for runaways.

"Free persons of color" were not allowed to have in their homes any enslaved person at night or Sunday "without permission of the owner or employer of such slave." If, for instance, a free Black person had a child or parent who was enslaved, they pretty much couldn't

have this family member as a guest at their house.

"Free persons of color" were not allowed to marry enslaved people without permission of their slaveholder. A free Black man who married an enslaved Black woman and who took her away from her slaveholder was guilty of "negro stealing" — a

crime punishable by two years in the state penitentiary.

"Free persons of color" weren't allowed to marry people who were not also "of color," since Tennessee law forbade a "white person to marry a negro, mulatto, or other person of mixed negro blood."

"Free persons of color" weren't allowed to give or sell alcoholic beverages. So, free Black people couldn't own or work in an inn or store that served beer or whiskey, at least in a role that involved selling or serving the beer or whiskey.

"Free persons of color" were not allowed to "buy from or sell to a slave any goods or commodities or other things without written permission from the master, setting forth the articles to be bought or sold." So, if an enslaved person was a craftsman and made things out his or her hands, it was illegal for a free

The Feb. 11, 1854, (Nashville) Republican Banner contained this advertisement for a horse-drawn taxicab service called Napier & Shepherd. Carrol Napier and Simon Shepherd were both free Black men.

Black person to purchase from that enslaved person something he or she had made.

“Free persons of color” were not allowed to write anything that could possibly be interpreted as encouraging enslaved people to rebel. “No person shall, in this State,” Tennessee law said, “may write, print, paint, draw, engrave or aid or abet in writing, printing, painting, drawing or engraving on paper, parchment, linen, metal or other substance with a view to its circulation, any paper, essay, verses, pamphlet, book, painting, drawing or engraving, calculated to excite discontent, insurrection or rebellion amongst the slaves or free persons of color.”

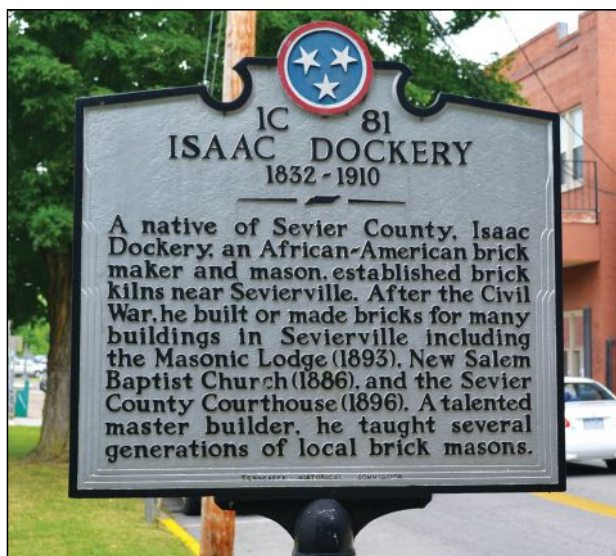
“Free persons of color” from other states were not allowed to move to Tennessee, with the maximum visit time being 20 days.

“Free persons of color” could be jailed for “refusing to work” — a clause that referred to the act of going on strike.

“Free persons of color” were forbidden from owning businesses that engaged in the act of “peddling and bartering.” As best I can tell, this law (which went into effect in April 1856) would have prohibited free Black people from owning businesses that sold products of any kind and traveled from place to place.

As for education, laws varied by date and location. There were, obviously, some free Black people (and some enslaved Black people) who could read and write. However, the legality of schools for African Americans varied by date and location. In 1850, the Nashville Union reported that there were “several schools for free negroes” in Nashville, and the paper saw no harm in their existence. However, after the November 1856 slave rebellion in Stewart County, the Nashville City Council passed a law outlawing schools for Black children.

Then there is the matter of assembly. In 1823, the Nashville Whig said it was the job of the local authorities was to “keep the streets clear of all assemblages of Negroes” — without specifying whether this meant just enslaved ones. In 1846, the Clarksville



There is a historic marker beside the Sevier County Courthouse for Isaac Dockery, a free Black man who lived in that part of the state around the time of the Civil War. Photograph by Keith Hall

Weekly Chronicle said it was the duty of the town constable to disburse immediately any “unusual assemblage of negroes.”

In any case, the 1856 Nashville law that outlawed schools for Black children included this clear provision:

“There shall be no assemblage of negroes at any time after sundown for the purpose of attending preaching, and no free black or colored person, or slave, shall be permitted to act as a preacher to any assemblage of slaves; and no white man shall be permitted to preach to slaves or free negroes after night.”

All this begs the question: If free Black people in antebellum Tennessee couldn’t vote, choose any job that a white person could choose, have over for dinner who they wanted, marry who they chose, go on strike or go where they pleased, what could they do?

Free African-Americans could testify in court, and they could file lawsuits. They could attend church, during the day, with other free Black people — so long as the preacher didn’t speak against the institution of slavery. They could own certain types of businesses; among the prominent Black-owned businesses in Nashville were the caterer Sarah Estell and the livery stable Napier & Shepherd. Free Black people could own land. They could even own slaves (in fact, a free Black man in Rutherford County named Sherrod Bryant did own slaves)!

However, after studying Tennessee’s antebellum laws, I’ve concluded that “free persons of color” would have had a tendency to remain close to their domiciles, rarely gone out at night, avoided congregating publicly with other Black people and tried hard to remain on good terms with their local sheriff and county judge.

More than 100 years ago, a Tennessee historian named Douglas Anderson had this to say about the status of “free persons of color” in Tennessee before the Civil War: “Compared with slaves, the free Negro was a freeman. Compared with white men, he was not.” ■

TENNESSEE EVENTS

Festivals, celebrations and other happenings around the state

Fall Folk Arts Festival

Sept. 23-24 • Exchange Place Living History Farm, Kingsport

The Fall Folk Arts Festival is the last full weekend of September. Harvest time activities on an 1850s farm are prominently featured, with an emphasis on high-quality, handmade pioneer handicrafts, baked goods, and harvest produce and plants. A highlight is always the demonstration of specific fall activities, especially the harvesting and cooking of sorghum. Traditional music, old-fashioned foods, children's activities and visits with the farm's animals are important parts of the event. The event began in 1972, and organizers say it's the oldest fall festival in the region.

Admission is \$5 for those over the age of 12 and free for ages 12 and under.

For more information on the Exchange Place Living History Farm and the event, go to exchangeplace.info.



West Tennessee

Sept. 9 • Outdoor Expo, Reelfoot Lake State Park, Tiptonville. 731-253-2007 or reelfoottourism.com

Sept. 9 • Annual Road Sale, Dry Hill Road East and West, Ripley. 731-635-0281

Sept. 12-17 • West Tennessee State Fair, Fairgrounds Park, Jackson. 731-424-0151 or wtsfair.com

Sept. 16 • Depot Days, historic U.S. 51 Highway (now TN SR 211), Newbern. newberndepotdays.org

Sept. 22-23 • 45th Annual Chester County BBQ Festival, Chester County Courthouse Square, Henderson. 731-989-5222 or chestercountybbqfestival.com

Sept. 22-23 • White Squirrel Festival Fall Days, downtown Kenton. 731-414-6929 or facebook.com/whitesquirrelwinery

Sept. 22-24 • 51st Annual Pink Palace Crafts Fair, Memphis Museum of Science and History. 901-636-2362 or moshmemphis.com

Sept. 23 • Jackson International Food and Art Festival, Fairgrounds Park. 731-214-1738 or jifaf.com

Sept. 23 • Heritage Festival, Huntingdon Court Square. 731-986-2100 or facebook.com/huntingdonheritagefestival

Sept. 30-Oct. 1 • Thunder Over Fayette County Airshow, Fayette County Airport, Somerville. 901-466-7007 or fayettecountytynairport.com

Oct. 1-7 • 56th Davy Crockett Days, Rutherford. davycrockettdays@outlook.com

Middle Tennessee

Sept. 8-17 • The Nashville Fair, The Fairgrounds Nashville. 615-313-3247 or nashfair.fun

Sept. 9 • Second Annual Fall Postcard and Paper Memorabilia Show, Fly Arts Center, Shelbyville. rjedwards1406@att.net or flyartscenter.com

Sept. 9 • Smyrna Rotary 21st Annual Wings of Freedom Fish Fry, Smyrna-Rutherford County Airport. 615-459-2651 or wofsmymrna.com

Sept. 16 • 15th Annual Hammer Down for Habitat Poker Run, Mayday Brewery, Murfreesboro. 615-890-5877, ext. 110, or rchfh.org/hammer-down

Submit your events

Complete the form at tnmagazine.org or email events@melectric.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. 16-17 • Autumn Blaze Arts Festival, Waverly First United Methodist Church. 931-296-9126 or facebook.com/humphreyscountyarts

Sept. 16-23 • Lincoln County Fair, Lincoln County Fairgrounds, Fayetteville. lincolncountyfairtn.com

Sept. 22-23 • Papadosio's Subterranea Festival, The Caverns, Pelham. 931-516-9724 or thecaverns.com

Sept. 23 • Centerville's 200th Birthday Celebration, Centerville. 931-729-5300 or hickmancountychamber@gmail.com

Sept. 23 • Fall Festival, Eagleville. 615-274-2922 or eaglevilletn.com

Sept. 23 • 13th Annual Art in the Park, J. Travis Price Park, Springfield. 615-380-8071 or willowoakarts.org/artinthepark

Sept. 23-24 • 40th Annual WilCo Pow Wow, Wilson County Fairgrounds, Lebanon. 615-443-1537 or wilcopowwow.com

Sept. 24-Oct. 28 • Bell Witch Fall Festival, Adams. 615-696-1300 or bellwitchfallfestival.com

Sept. 28-Oct. 1 • Macon Music and Mules Festival, Celebration Grounds, Shelbyville. maconmusicandmules@gmail.com or maconmusicandmules.com

East Tennessee

Sept. 1 • Riverfront Festival and Block Party, Surgoinsville. 423-327-8026

Sept. 1-2 • Ancient Sounds Celtic and Appalachian Music Festival, historic Ramsey House, Knoxville. 865-546-0745 or ramseyhouse.org

Sept. 2 • Dr. Lyons Festival, Surgoinsville. 423-327-8026

Sept. 4 • Hooray for Harriman, Harriman. 865-882-9414 or cityofharriman.net/event/hooray-for-harriman

Sept. 9 • Bootleg Bash, Ruby Falls, Chattanooga. 423-821-2544 or rubyfalls.com/special-events/bootleg-bash

Sept. 16 • Rock the Ridge, Walden's Ridge Civic League, Walden. fcgeier@gmail.com or visitchattanooga.com/event/rock-the-ridge/18738

Sept. 23 • Cleveland Geekster, Cleveland State Community College Gymnasium. clevelandgeekster@gmail.com or facebook.com/clevelandgeekster

Sept. 23-24 • Fall Folk Arts Festival, Exchange Place Living History Farm, Kingsport. 423-288-6071 or exchangeplace.info

Sept. 23-24 • Homesteads Apple Festival, Cumberland Homesteads Historic Tower, Crossville. 931-456-9663 or facebook.com/cumberlandhomesteads

Sept. 23-24 • Chattanooga Taco Festival, Camp Jordan, East Ridge. 423-650-1388 or touchtheskyevents.com

Sept. 29-Oct. 31 • Corn Maze and Pumpkin Patch, Maple Lane Farms, Greenback. 865-856-3511 or tnmaplelanefarms.com ■



MAKE IT YOUR NATURE

The outdoors is really a reflection of you. It's up to all of us to do our part to help preserve the natural beauty of our state. Join us in following the 7 Outdoor NC Leave No Trace Principles, so our spaces can remain beautiful and enjoyable for years to come.

PLAN AHEAD AND PREPARE
STICK TO TRAILS AND OVERNIGHT RIGHT
TRASH YOUR TRASH
LEAVE IT AS YOU FIND IT
BE CAREFUL WITH FIRE
KEEP WILDLIFE WILD
SHARE OUR TRAILS

OUTDOORNC.COM
#MAKE IT YOUR NATURE



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 Monday, Oct. 2. Winners will be published in the November issue of *The Tennessee Magazine*.

July Flag Spotters

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

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

Kathleen Graham, Bethel Springs, Pickwick EC
Addie Sanchez, Franklin, Middle Tennessee Electric
Sheila Morefield, Laurel Bloomery, Mountain EC



Artist's Palette

Assignment for September

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 — **September**, 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 Monday, Oct. 2.

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

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

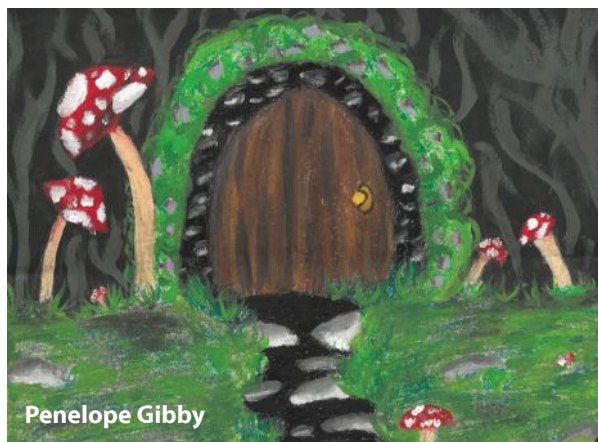
Artwork will not be returned **unless** you include a self-addressed, **stamped** envelope (SASE) with your submission. **Only U.S. Postal Service** will be used for returns. *For best reproduction results, do not fold artwork.*

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

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

Winners will be published in the November 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 *July Winners*



Penelope Gibby

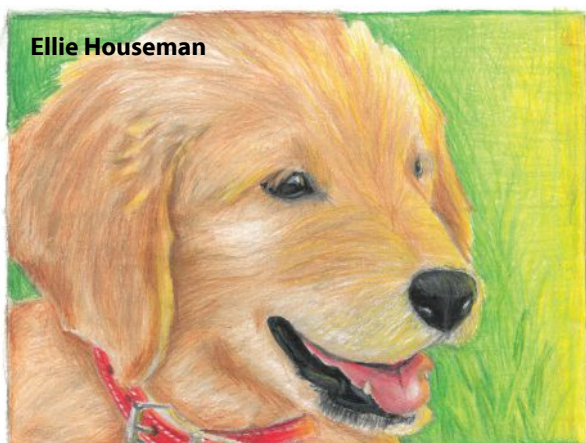
WINNERS, 15-18 AGE GROUP: **First place:** Penelope Gibby, age 15, Middle Tennessee Electric; **Second place:** Faith Coleman, age 17, Middle Tennessee Electric; **Third place:** Caitlyn Collins, age 17, Powell Valley EC



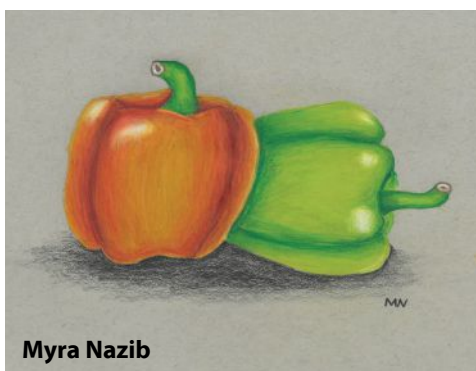
Faith Coleman



Caitlyn Collins



Ellie Houseman



Myra Nazib

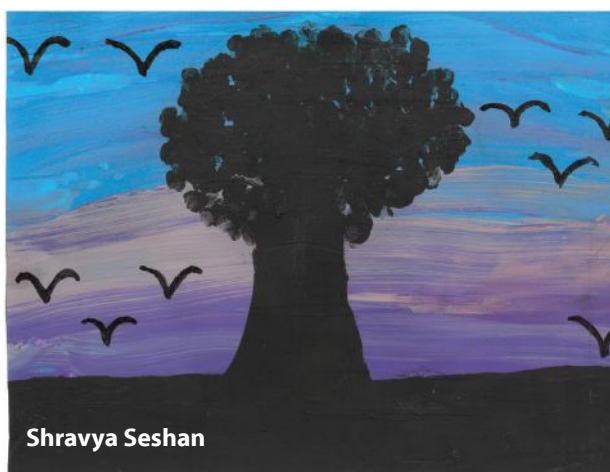
WINNERS, 10-14 AGE GROUP: **First place:** Ellie Houseman, age 12, Middle Tennessee Electric; **Second place:** Myra Nazib, age 10, Middle Tennessee Electric; **Third place:** Melody Mann, age 11, Cumberland EMC



Melody Mann



Ace Morris



Shravya Seshan



Eli Moore

WINNERS, 1-9 AGE GROUP: **First place:** Ace Morris, age 8, Meriwether Lewis EC; **Second place:** Shravya Seshan, age 5, Middle Tennessee Electric; **Third place:** Eli Moore, age 8, Meriwether Lewis EC



Point *of* View

By Robin Conover

During a visit home to West Tennessee last year, I needed to practice with a “new to me” long lens I had just purchased. A friend of mine, Dr. Andrew Lambert, knew of a farm with a good-sized deer herd that had several big bucks. He also knew that each day, at about sunset, the deer would come out of the wood line and graze in the field — so off we went.

I extend my thanks to Glenn and Pat Jenkins who allowed us to come on their farm to photograph the deer. I took a small stool to sit on and tried to wear clothing that wouldn’t stand out as something new to the deer. Fortunately, they noticed me but didn’t run.

Sometimes photography is a lot like hunting but with different outcomes. You study animal behaviors, prepare your equipment, plan for the best locations and times and pack a lot of extra patience for the waiting. My goal is to capture subjects in their natural habitats, behaving as they do with no one around.

With wildlife photography, it’s not ethical to disturb your subject for the sake of a photograph. You must respect all laws, including private property rights, and leave no trace that you were there. Keeping a safe distance between you and your subject is also a must.

“White-Tailed Deer in West Tennessee”

by Robin Conover, Canon EOS 5D Mark IV,
EF 200-400 mm at 560 mm, f4 L IS USM lens,
ISO 2500, f5.6 at 1/200th second, Gitzo tripod

Another friend and hunter, Robbie Holmes, joined me in our hiding spot to teach me how he goes unnoticed by the deer during hunts. We settled in and waited about 150 yards away for about 30 minutes. Deer finally began to appear from the woods.

The rut was just beginning, so there was quite a lot of activity with bucks chasing does. They were all moving nervously and quickly in the late evening light. I focused in on these two deer as they seemed to be sticking close together. They stayed still for a few moments as they observed the chases going on across the sun-bathed field.

As I started “shooting,” the sun appeared to be sinking quickly on the horizon. The low angle of the warm sunlight cast a rim light on the necks of the deer, making them stand out from the fall color in the background even more than they had a few minutes before. The new lens I was testing worked flawlessly, auto focusing on the subject and blurring the background nicely with a low depth of field.

I hope to see these two again this fall for another chance to photograph them. When you are out shooting photographs this fall, please remember: Take only photographs; leave only footprints. ■

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 bastions of independence: driving.

A Lebanon optometrist, Dr. John Pino, is using miniaturized telescopes that are mounted in glasses to help people who have lost vision from macular degeneration and other eye conditions.

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

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

Macular degeneration is the leading cause of blindness and vision loss in people over 50. Despite this, most adults

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

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



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

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

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

functioning, especially driving," says Dr. Pino.

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

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

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

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

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

www.lowvisiontn.com

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

Office located in
Lebanon, TN

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





CCFiber Facts

**Unlimited Data
No Data Caps**



**No Residential Contracts
GIG Internet \$80**

Up to 1,000 Mbps

Fiber 100%

100% Fiber Optic Delivery

Fiber Internet for Homes & Businesses

Standard Residential Installation Free

Local Customer Service

Technical Support 24/7/365

Transparent, Monthly Pricing

No Hidden Fees or Fillers

Includes a Gig-Ready Router

CCFiber Smart IQ App Free

Peace of Mind Package +\$10/month

No Throttled Speeds & No Data Caps

No Endless Fine Print or Surprise Fees

Just Awesome Internet.

**No hidden fees.
No teaser rates.
No gimmicks.**

**Just awesome
fiber Internet.**

**Scan this code to see how
CCFiber is different from
the other guys.**



**Check Availability and Register for Email Updates at
CumberlandConnect.org/Check-Availability.**



This institution is an equal opportunity provider and employer.