

July 2024 • tnmagazine.org

THE TENNESSEE MAGAZINE

BEST of TENNESSEE

Nominate Your Favorites

Endangered Historic Buildings:
Rescued, Razed and Waiting

Middle Tennessee Employees
Help Electrify Guatemala

David Crockett Birthplace State Park

Tropical-Tasty Pineapple

Temperatures are high. Is your AC letting you down?

Summer heat and a failing HVAC system are a dangerous combination. Upgrade your system for a more comfortable home and lower energy bill.



Find rebates up to \$1,500 on HVAC upgrades.

3 signs it's time to replace your system:

- More than 10–15 years old.
- Struggles to maintain your desired temperature.
- Needs frequent repairs.

Prevent an emergency situation. If your system fails, turn it off and contact a TVA-vetted HVAC professional from our Quality Contractor Network.



Helping you do EnergyRight.

Find HVAC system rebates from \$50–\$1,500.
EnergyRight.com/Rebates

TVA EnergyRight®

Terms & Conditions apply. All TVA EnergyRight rebate-eligible upgrades must be installed by an approved member of the Quality Contractor Network. All measures, except window replacement, are eligible for program financing.

CONTENTS

FEATURES

16 Letting Light Shine

Middle Tennessee Electric lineworkers braved the unknown to bring electricity to a village in Guatemala. *by Amber Weaver*

30 Best of Tennessee

Nominate your favorites and help them stake their claims among the Best of Tennessee.

36 Frontier Legend

David Crockett Birthplace State Park celebrates America's first folk hero. *by Trish Milburn*

43 Shutterbug Call for Entries

We are partnering with the Wilson County-Tennessee State Fair for our next photography contest.

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*

ABOUT THE COVER

The sun rises on the Great Smoky Mountains as seen from the Foothills Parkway, a favorite for countless Tennesseans. We want to know your favorites across the state. See our Best of Tennessee guidelines on page 30. Photograph by Robin Conover

DEPARTMENTS

8 Tennessee Almanac

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

10 My Tennessee Notebook

A Nashville-adjacent singer-songwriter shares his observations on life. *by Antsy McClain*

12 Tennessee History for Kids

We follow up on Tennessee's endangered places, giving updates on buildings saved and lost. *by Bill Carey*

20 Co-op News

Information from your electric cooperative or electric membership corporation.

26 Home Energy Q&A

Learn the signs that might tell you that your HVAC needs maintenance or replacement. *by Miranda Boutelle*

28 Tennessee Events

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

32 A Taste of Tennessee

Enjoy the many ways pineapple can enhance a meal.

40 Community Corner

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

THIS PAGE

Columbia's Union Station Depot has been rescued from ruin and renovated. Learn more about this and other endangered historic places on pages 12-15. Photograph by Chris Kirk



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

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

Shelia K. Williams,

At Large, Secretary-Treasurer

K. Jean Beauchamp, Robertson Co.,

Assistant Secretary-Treasurer

Charles R. Hancock, Stewart Co.

C. David Morgan, Montgomery Co.

Edward L. Oliver, Montgomery Co.

J. Bryan Watson, Stewart Co.

Eddie Swan, Sumner Co.

Rodney Swearingen, Robertson Co.

Mission Statement

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

The Tennessee Magazine

(ISSN 0492746X), Volume 67, No. 7, is published monthly by Tennessee Electric Cooperative Association, 2964 Sideo Drive, Nashville TN 37204. Periodicals Postage Paid at Nashville TN and at additional mailing offices. POSTMASTER: Send address changes to *The Tennessee Magazine*, P.O. Box 100912, Nashville TN 37224-0912.

Between the Lines

News from your community

10 things you might not know about power restoration

At Cumberland Electric Membership Corporation, we sometimes get questions about power outages and why it can take time to get the lights back on. This month, I'd like to shed light on our restoration process to help our members understand what could be happening behind the scenes. Here are 10 things you might not know about restoration:



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

1. We need you. When your power goes out, it might be just at your home or a small section of a neighborhood, so it's important for you to notify us. Outages can be reported through SmartHub, text alerts or by calling 800-987-2362.

2. Our employees might be affected too. Because CEMC is a local electric cooperative, our employees are local as well. When you're without power, our people might be too.

3. It's a team effort. When your power goes out, our employees all work together to restore your power as quickly and safely as possible.

4. We assess the situation first. Every outage is different, and we don't know how dangerous it is or what equipment might need to be replaced. When responding to outages, we first need to see what happened, then figure out what materials we need and form a plan for how to fix the problems without compromising electric flow for the rest of our members.

5. Restoration is normally prioritized by the largest number of members we can get back on in the shortest amount of time. Our crews focus on responding first to public safety issues and critical services like hospitals. Then we complete work that impacts the largest number of people first.

6. Our employees face many dangers. Besides working around high-voltage electricity, our crews are on alert

for wild animals, weather elements, falling trees and fast-moving cars. (If you ever drive past one of our vehicles, please do so slowly.)

7. Flickering lights are a good thing. Some folks mistake flickering lights for outages, but these "blinks" are important because they indicate our equipment worked and prevented a possible outage likely caused by wayward animals or stray tree limbs on the lines.

8. You need a backup plan. We do our best to help those who need it, but if you depend on electricity for life support purposes, you must have a backup plan — remember, we don't always know how long restoration efforts will take.

9. Our employees have to plan and eat. If you ever see our trucks in a restaurant parking lot while your power is out, know that sometimes our employees huddle in a safe, common area to map out their plan for getting your power back on. Also, our crews work long, hard hours during outages and need to take time for meals just like everyone else.

10. Sometimes it's a waiting game. Our portion of the power grid is connected to other electric utilities, and we maintain positive relationships with power providers interconnected to our system. If our outage is due to an issue from their feed into our system, we must let them do their repairs and be mindful of what they're going through to fix it.



RENEWAL
by
ANDERSEN
FULL-SERVICE WINDOW & DOOR REPLACEMENT

Get a **FREE** consultation!
Call **844-501-2570**

WINDOW AND DOOR SALES EVENT

Save Big on Replacement Windows and Doors!

Buy One, Get One

40% OFF

All Windows and Doors¹

NO Money Down

AND

NO Monthly Payments

NO Interest for 12 months¹

MINIMUM PURCHASE OF 4 – INTEREST ACCRUES FROM THE DATE OF PURCHASE BUT IS WAIVED IF PAID IN FULL WITHIN 12 MONTHS



TESTED, TRUSTED, AND TOTALLY PROVEN.²

Offer Ends 7/31/2024

Call for your **FREE** consultation.

844-501-2570

FINDYOURWINDOW.COM



¹DETAILS OF OFFER: Offer expires 7/31/2024. Not valid with other offers or prior purchases. Buy one (1) window or entry/patio door, get one (1) window or entry/patio door 40% off, and 12 months no money down, no monthly payments, no interest when you purchase four (4) or more windows or entry/patio doors between 7/1/2024 and 7/31/2024. 40% off windows and entry/patio doors are less than or equal to lowest cost window or entry/patio door in the order. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky[®] consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender, or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License numbers available at renewalbyandersen.com/license. Some Renewal by Andersen locations are independently owned and operated. ²Based on testing of 10 double-hung units per ASTM E2068 20 years after installation. ¹It is the only warranty among top selling window companies that meets all of the following requirements: easy to understand terms, unrestricted transferability, installation coverage, labor coverage, geographically unrestricted, coverage for exterior color, insect screens and hardware, and no maintenance requirement. Visit renewalbyandersen.com/nationsbest for details. ²Review aggregator survey of 5-star reviews among leading full service window replacement companies. January 2024 Reputation.com. "Renewal by Andersen" and all other marks where denoted are trademarks of their respective owners. © 2024 Andersen Corporation. All rights reserved. RBA13747

*Using U.S. and imported parts.

The Tennessee Magazine

Communication for
Electric Cooperative Consumers

Official publication of the
Tennessee Electric
Cooperative Association
Executive, editorial and
advertising offices:
2964 Sicode 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

Designer
Ron Bell
rbell@tnelectric.org

Field Editor and Senior
Communications Specialist
Nicole Christensen

nchristensen@tnelectric.org
Writer and Content Creator

Amber Weaver
aweafer@tnelectric.org

Contributing Writer
Trish Milburn

Communications Support Specialist
LaQuella Bond
lbond@tnelectric.org

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

The Tennessee Magazine is the official publication of Tennessee Electric Cooperative Association and its member electric cooperatives. It is published and distributed monthly to communicate electrical use and safety, economic development and educational and community interests of more than 1 million Tennessee families and businesses who own, operate and control the tax-paying, business-managed, locally owned electrical distribution and service systems of the Tennessee Electric Cooperative Association. Copyright 2024. 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 Sicode 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

Power in participation

Early this month we will pause to celebrate the 248th anniversary of our nation's independence. I hope the coming days will be filled with family, food and fireworks. I also encourage you to take a moment to reflect on the history of our nation and the values that make it distinct.

On Independence Day, we honor the courage and vision of our Founding Fathers who fought for freedom and the right to self-governance. Establishing an independent nation was no small undertaking.

America's founders had to balance diverse viewpoints, address deep-seated fears of tyranny and etch out a framework that allowed for both unity and individual liberty. The value of a representative republic, as envisioned by these leaders, lies in its core promise: the power to shape one's own destiny through active participation and representation.

What does it mean to be "active" in government? It is an important question to consider, especially in an election year.

In the 2020 U.S. presidential election, despite a record turnout, about 80 million eligible Americans did not vote. This means that roughly one-third of eligible voters sat on the sidelines during the election. This would be a painful statistic to those who fought so hard for democracy.

If you are not registered to vote, I encourage you to do so. Tuesday, July 2, is the deadline to register for the Aug. 1 primary election, and Sunday, Oct. 6, is the deadline to register for the Nov. 5 general election. Registering is easy. You can learn how to or even register online at govoteTN.gov or by downloading the



By Mike Knotts
Tennessee Electric
Cooperative Association

GoVoteTN app. Learn about candidates and the issues they represent, and be prepared to cast an informed vote during the next election.

As I have mentioned before in this column, being active in democracy means more than just voting in national contests. It includes participating in local elections as well — school board, county commission and your electric cooperative board.

Like our nation, democracy is a core value of your electric co-op. Consumers have the opportunity to vote for the people who represent them on the co-op's board of directors. These directors have the responsibility to represent their neighbors and friends, and this structure ensures that co-ops remain focused on the people they serve.

Many electric co-ops will have an election in the coming months. Just like with local, state or national elections, I challenge you to learn about the issues and candidates and be prepared to cast an informed vote.

The Founding Fathers had a unique vision for our nation that focused on democracy and self-governance. These values are not only the foundation of our nation but are also at the heart of your electric cooperative.

Have a safe and happy Independence Day. ■

AFFORDABLE LIFE INSURANCE

The Best Idea For ... Personal Insurance - Business Insurance - Mortgage Protection



Copyright 2011 All Rights Reserved

NON-TOBACCO RATES

MONTHLY RATES

Issue Age	\$100,000		\$250,000		\$500,000		\$1,000,000	
	Male	Female	Male	Female	Male	Female	Male	Female
30	8.96	7.80	9.77	8.61	13.03	10.86	17.68	15.11
36	9.12	8.21	10.32	9.44	14.03	12.33	21.07	17.72
37	9.21	8.47	10.52	9.81	14.79	12.97	21.91	19.41
38	9.21	8.60	11.69	10.16	15.63	13.80	23.63	20.22
39	9.46	8.73	12.35	10.56	16.47	14.31	24.48	21.72
40	9.63	8.96	12.94	11.01	17.32	15.16	26.15	23.62
41	10.05	9.19	13.66	11.61	19.38	16.77	29.55	25.98
42	10.47	9.26	14.21	12.46	21.07	18.19	32.93	28.33
43	10.98	9.39	14.72	13.25	23.23	19.76	37.91	30.96
44	11.58	9.73	15.67	14.10	25.26	21.40	40.73	33.69
45	12.25	10.15	16.86	15.16	27.90	23.57	45.55	37.08
46	12.84	10.65	17.85	15.87	29.57	24.91	48.77	39.99
47	13.43	11.16	19.14	16.84	32.11	26.59	53.23	43.42
48	13.48	11.88	20.44	17.77	34.21	28.42	57.54	47.02
49	13.71	12.33	21.77	18.77	37.13	30.30	62.62	51.36
50	14.46	12.99	23.41	20.00	39.68	33.30	68.66	56.27
51	15.38	13.75	25.38	21.18	44.27	34.98	77.39	61.15
52	16.37	14.88	28.02	22.76	49.00	37.94	86.81	66.80
53	17.46	15.88	30.95	24.81	54.33	43.09	100.55	76.04
54	18.69	16.72	33.99	26.20	59.70	45.15	111.53	82.80
55	20.70	17.51	37.13	27.86	66.68	49.42	121.67	89.56
56	22.69	19.48	41.67	31.07	73.22	52.92	139.32	96.36
57	24.69	20.63	45.59	33.43	80.39	57.15	153.54	106.88

MONTHLY RATES

Issue Age	\$100,000		\$250,000		\$500,000		\$1,000,000	
	Male	Female	Male	Female	Male	Female	Male	Female
58	29.07	21.98	50.43	36.04	88.64	61.59	168.78	116.18
59	31.60	23.51	55.50	38.76	97.94	67.13	187.74	128.85
60	34.14	24.28	59.98	41.71	108.51	72.34	206.17	139.28
61	37.60	25.65	66.43	47.11	121.89	83.65	235.75	155.05
62	41.49	27.91	73.90	51.33	135.77	92.10	264.90	170.34
63	44.70	34.39	85.55	59.61	151.36	101.40	286.97	186.91
64	48.23	38.53	93.16	64.39	168.32	111.96	322.16	205.24
65	53.18	41.15	100.34	70.37	187.54	124.63	355.74	228.60
66	59.15	44.62	115.74	75.41	208.45	134.77	391.94	247.94
67	65.66	49.09	130.13	83.65	230.15	147.28	435.97	271.62
68	74.33	59.65	145.11	112.92	261.19	173.71	490.41	321.07
69	82.98	65.91	161.68	129.33	292.32	187.50	547.39	351.10
70	93.20	73.30	181.25	148.72	329.12	203.80	614.73	386.58
71	102.45	82.71	204.38	159.34	373.07	234.59	701.44	442.89
72	113.68	94.13	232.46	172.23	426.44	271.99	806.74	511.27
73	127.55	108.24	267.15	188.15	492.36	318.18	936.81	595.73
74	142.08	123.01	303.50	204.84	561.42	366.57	1073.07	684.22
75	159.25	140.48	346.45	224.56	643.04	423.76	1234.11	788.80
76	200.03	174.92	418.29	276.67	784.08	529.52	1488.28	981.25
77	249.54	216.74	505.52	339.94	955.35	657.94	1796.92	1214.92
78	310.70	268.40	613.27	418.11	1166.92	816.58	2178.16	1503.59
79	374.78	322.52	726.16	500.00	1388.55	982.78	2577.57	1806.01
80	450.51	386.48	859.57	596.78	1650.49	1179.18	3049.60	2163.40

Call Wiley Maddox Today to Request an Application:

(203) 637-1544 or (800) 645-1544

Monday - Friday 8 am to 5 pm EST

Premiums illustrated represent 10 year level term insurance with guaranteed level premiums for 10 years. \$100,000 - \$1,000,000 rates are Select-A-Term [policy form no. 07007] Preferred Plus Non-tobacco. This coverage features a level death benefit with fully guaranteed level premiums for the first 10 years with coverage to expire at age 95. The policy may be continued on Annual Renewable Term at the end of the level premium period without evidence of insurability until the anniversary nearest the insured's 95th birthday. The underwriting risks, financial and contractual obligations and support functions associated with products issued by **American General Life Insurance Company (AGL)** Houston, TX are its responsibility. AGL does not solicit business in the state of New York. All terms, conditions and limitations of any policy issued shall govern. American General Life Companies is the marketing name for a group of domestic life insurers including American General Life Insurance Company and The United States Life Insurance Company in the City of New York. Policies and riders not available in all states. Premium rates current as of May 2024; rates may vary by state. Premiums available for other rate classes, ages and payment plans. Premium charges depend on evidence of insurability. Premiums increase at the end of the guaranteed term if policy is renewed. Death benefit remains level. The policy may be contested for two years from the date of issue for material misstatements or omissions on the application. Death benefit is limited to return of premium paid in the event of suicide within first two years. Rates subject to change. Standard Marketing Services represents AGL and other fine insurance companies. All companies identified above are wholly owned subsidiaries of Corebridge Financial, Inc. Corebridge Financial and Corebridge are marketing names used by subsidiaries of Corebridge Financial, Inc.

TENNESSEE ALMANAC

Bite-sized news, notes and knowledge — July 2024



Statistically, July is the hottest month of the year in Tennessee. The average high temperature for the month across the state is 90.4 degrees, followed closely by August at 89.9 degrees. Temps vary by region, with July's average temperature in Memphis at 91.9 degrees, Nashville at 90.9 degrees and Knoxville at 88.4 degrees. Take heart. Once we get past August, average high temperatures fall fairly quickly.

90.4°

TENNESSEE'S AVERAGE
HIGH TEMPERATURE
IN JULY

JULY

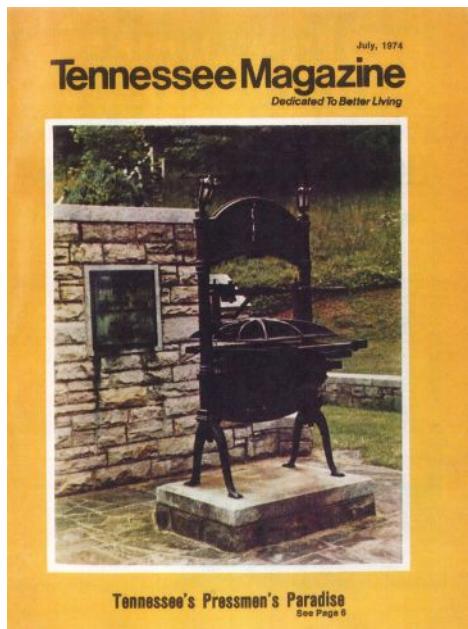
National Grilling Month

Fire up the grill and shine up that special oversized spatula. July is National Grilling Month, so head outside and cook up a platter of steaks, burgers, chicken breasts, ribs, vegetables, even fruit — the options are endless!

Not only does grilling produce great-tasting meals, but it can help ease your electricity consumption. You'll give your oven a break, and cooking outside won't add additional heat in the kitchen that your HVAC system will have to overcome.

Similarly, July is also National Blueberry Month, National Hot Dog Month, National Ice Cream Month and National Picnic Month. Indulge in the outdoors!





50 YEARS AGO IN THE TENNESSEE MAGAZINE

The July 1974 edition of *The Tennessee Magazine* featured an article on the Pressmen's Home community of Hawkins County. View the entire issue at tnmagazine.org.



Be certain that your outdoor electrical outlets are equipped with ground fault circuit interrupters (GFCIs) to prevent shocks. Keep electrical devices and cords away from pools and sprinklers, and avoid using them with wet hands. Regularly check for frayed wires and replace damaged cords to prevent electrical fires, ensuring a safe and enjoyable summer season.

FOLLOW US ONLINE



Find us at [@theTNMagazine](https://www.instagram.com/theTNMagazine) on your favorite social media platforms or visit our website at tnmagazine.org.



From the editor

The heat is on.

Summer has certainly arrived in Tennessee. According to several almanac sources, the dog days of summer officially set in shortly after the first of July. I'm writing this a couple of weeks prior to that, but I'm confident in my prediction that by the time this edition of *The Tennessee Magazine* arrives in your mailbox, highs somewhere near 90 degrees are the daily norm.

Just thinking about it makes me want to reach for a back-of-the-refrigerator-cold can of Coke. I'll dream of breathing in the cool air beside a flowing spring like this one captured by Robin Conover in the Great Smoky Mountains National Park a few weeks ago.

I hope you'll find a cool place near the air conditioner, under your favorite shade tree or beside a fan, and flip through the pages of this latest issue of our little magazine.

In May, a group of lineworkers from Middle Tennessee Electric and cooperatives in Alabama traveled to Guatemala to electrify the village of Las Peñas. Amber Weaver, our new writer and content creator, has done a great job telling their story. See page 16.

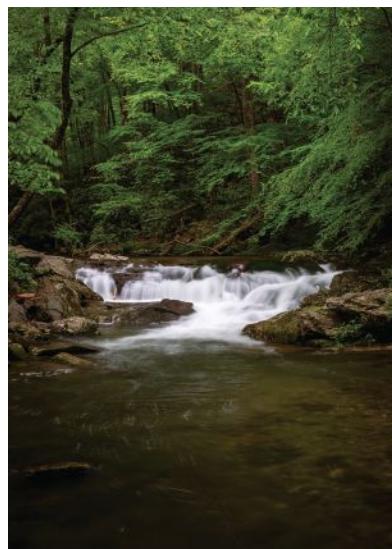
History columnist Bill Carey provides updates on several buildings found on the "Tennessee's Endangered Historic Places" poster he produced in 2013 with the Tennessee Historical Commission. Some have been saved and renovated. Some, unfortunately, have been lost to development or time. A few are still waiting for their futures to be determined. Learn more beginning on page 12.

You thought they were gone, but the cicadas live on — for one more magazine issue, at least — in Antsy McClain's latest dispatch. In all the noise and chaos of their "invasion," Antsy found the silver lining and enlisted the cicadas to contribute to a new song. See page 10.

And in this month's Taste of Tennessee food feature, we offer refreshing recipes featuring pineapple. Clip pages 32-34, and keep them handy for the next time you need a sweet, tropical cooldown.

Thanks for reading,

Chris Kirk
Editor, *The Tennessee Magazine*



My TENNESSEE Notebook

by Antsy McClain

Zombie Apocalypse Journal, May 23, 2024, 2:25 a.m.

To whomever reads this, I'm calling this "My Zombie Apocalypse Journal," although I don't know exactly what this is. I just know something strange is going on out there.

My neighbors are going through some kind of "happening." I'm writing this journal entry in the hopes that if something were to happen to me, my notes might be of some help to authorities and, dare I say it, last responders.

I've watched all the zombie movies, and nothing ever starts suddenly. It starts off with a few weird, isolated events and builds gradually until everything is utter chaos.

I first noticed my neighbors walking their dogs and wearing noise canceling headphones, those large, bulbous contraptions usually worn by airport employees to drown out the sound of jet engines. The headphones are so tightly vice-gripped to their heads, I can barely recognize them. Their faces are squeezed like they've been caught in elevator doors.

"But it's still no use," mumbled my neighbor, Jen. "There's no escaping this noise."

I think it was Jen. The headphones had compressed her features into Picasso-esque proportions, but it sounded like her — if she were talking through elevator doors — so I just went with it.

"Oh, come on," I said. "It's not that bad!"

"He's fine," she said. "I'll tell him you said hi."

Jen didn't understand me, but I gave her a thumbs up.

"Yeah, tell Kyle I said hi," I replied. "Yes, please."

"Not too bad," she answered, "He should be all healed up in a few days."

I had no idea what Jen was referring to, but I smiled and waved as I headed back to my yard. She waved back as she pulled the strap to her airport headphones tighter and hurried back to her house, her eyes darting about madly. Daisy, her Jack Russell terrier, resisted the leash and glared menacingly in all directions, not quite knowing where to focus her territorial inclinations. She was clearly outnumbered — she could feel it — but by what?

Last night, as I walked to my mailbox, I waved at a passing car. It was the mild-mannered father of a nice family up the road, a sweet, Clark Kent type. He didn't see me wave. His eyes were

fixed blankly on the road. I heard/felt the chest-rattling bass notes of Guns N' Roses' "Welcome to the Jungle" as it pounded mercilessly from the inside of his pearl-gray minivan. I watched him pull into his driveway and sit there for the longest time, still staring blankly ahead. The last thing he wanted to do was open his door to the cacophony of countless mating insects.

Yesterday, I was attacked by a bluebird. Unprovoked. A bluebird! You know it's getting bad when even characters from "Snow White" are wanting a piece of you.

This noise is affecting everyone.

Backyard grills, once smoking intensely on any given weekend, sit abandoned, unused. A jovial, barrel-chested neighbor whose barbecued ribs can usually be smelled for blocks around on summer Saturdays stood lifeless in his garage this morning with his hands over his ears. I think he was crying. He was in Desert Storm, four deployments, but this might be his breaking point.

The gaunt faces of children are pressed sadly against the windows of neighboring homes. They look out at the trees with a distorted expression usually reserved for

watching confusing sci-fi movies.

The cicada is one of the closest things to sci-fi I think I have ever encountered in nature, so I get it. I have always suspected that cicadas came here long ago from some distant galaxy or alternate universe. They seem like they could be another planet's butterflies. They're quite similar to butterflies, if you think about it. They morph from one thing to another, they emerge from a chrysalis, of sorts, just like butterflies. Yet, when they emerge, they look like something out of Stan Winston's special effects studio.¹

The outside buzz is so relentless, I can almost forget that it's there. And like most musicians of a certain age, I have a touch of tinnitus, so what's another layer of white noise in an already busy, buzz-addled brain?

But I have a small recording studio in my home. It's mostly for making demos of my songs and recording my podcasts, but I have some very sensitive microphones. They pick up everything. After layering multiple tracks of harmonies over a particularly quiet, acoustic guitar tune the other day, the buzz became very



Cicada shells, called exuviae, are the exoskeletons left behind after the long incubation period. You'd be screeching loudly, too, if you had just spent the last 13 to 17 years underground, attached to a tree root, living on sap.

present, layered as it was six-to-eight times. Divided by closed doors and windows, the outside cicadas are a distant drone, but when recorded multiple times and stacked on top of each other, it gets quite noticeable.

At first, I was annoyed. But as they² say, if you can't beat 'em, join 'em. And join 'em, I did.

I grabbed my cellphone and headed for the backyard, waving at a neighbor wearing big headphones and walking a large dog. He just looked back at me blankly. The dog looked exhausted, like it hadn't slept in days.

I opened my Voice Memos app and pushed "record." What happened after that, I'm still trying to understand. I'll do my best to put it into words.

As one who makes music, I have had several unforgettable encounters with nature. One spring day as I was playing my guitar and singing, working on a new song, I noticed a pair of robins outside my open window, a male and female. They were singing along with me. Their warbling notes grew louder and more lively when I played, and they softened when I played lighter. Over the next several minutes, I changed the tempo and volume of my playing, rising and falling to make sure I was hearing what I thought I was hearing. Virtuosos that they were, they kept right up with me. I've played with some amazing singers, but that was, without a doubt, the most magical trio I have ever been a part of.

There are bullfrogs on my 2005 release, "The Beige Album."³ I recorded them myself, sticking a microphone out my window toward the creek one sleepless night to capture their rhythmic "ribbits." I wrote an instrumental guitar piece to go along with them and called it "Bull Frog Blues."

The album was mixed by my friend, Dale, in his Chico, California, studio. There is a creek on the property.

Late one night, as Dale finished mixing "Bull Frog Blues" — mixing requires listening to a song repeatedly on big speakers — he stepped outside to see a large bullfrog on his welcome mat.

"He was looking up at me," Dale recalls, "like, 'I'm here for the party, man!'"

My Tennessee bullfrogs had made a friend. I wish they could have met. I have always wondered if that California bullfrog detected an accent in the "ribbits" of his Tennessee cousins.

And now I can add this cicada encounter to these stories.

When standing in my backyard, surrounded by this wall of sound, I was overwhelmed with emotion. Similar to the feelings

The cicada is one of the closest things to sci-fi I have ever encountered in nature.

I had when watching the total eclipse on an Arkansas side road back in April, I felt a deep appreciation to be here now, on this rare occasion when lives collide and nature colludes to create such simple serendipity.

I put my annoyances aside and found empathy and understanding for these amazing creatures.

The story of the cicada is rich with allegory. The insects we are now hearing spent 13 long, dark years underground, waiting for these five short, glorious weeks to sing, to fly, to make love. And then, they are gone. Their eggs will lie in the ground, and this explosion of sound will happen again 13 years from now.⁴

I can relate to a creature who has had to wait such a very long time for love, for freedom, for life to get better. And then only to see it change, to die after a very short time. I've had to start over, again and again, to emerge out of a shell so slowly, it seemed like I might never crawl out. And I've done all of this recently, opened my wings and my heart to new love, to a new dawn after a long, measureless night, underground, unseen.

"I'll be darned," I thought, as I stood there among the noise. "I'm a cicada!"

I took my phone to my studio, opened my recording software and added the cicadas to a new session. The drone created by these competing cicadas just so happened to be in the key of E — not even a little flat, not even a little sharp — it was a solid E major.

I picked up my guitar, put on my headphones, closed my eyes and, well, just played along.

Some 20 minutes later, I had a song. The words and music came so easily, like pulling a favorite old sweater over my head and sliding my arms in.

I'm fortunate to have had more than a few muses in my life. They've always been women. This is a first.

I think I might enjoy this apocalypse thing after all. ■

Listen to the song, "Cicada Blue," here:

Antsy McClain is a Nashville-adjacent singer songwriter, author and graphic artist who has a touch of tinnitus. Go to unhitched.com for his books, music and events. Use this QR code to download Antsy McClain's new song, "Cicada Blue," **FREE** to readers of *The Tennessee Magazine*.



Footnotes for your enlightenment and education. It cannot be overstated how enlightening these footnotes are.

¹Stan Winston is the genius behind such monstrous wonders as "Aliens," "The Terminator" and "Edward Scissorhands." My personal favorite, "Dracula's Dog" (1977), should be watched late on a Friday night with a roomful of "nerdy" friends, thin crust pizza, Fritos, adult beverages and — I'm spitballing here — Creamsicles.^{1a} Along with his countless film credits, Winston answered the question on the minds of so many: "If Dracula had a dog, what kind of dog would it be?" And I, for one, am eternally grateful.

^{1a}My movie/food-pairing skills are well known within my social circle. I have to say the night we watched "Little Big Man" (Dustin Hoffman, 1970) while enjoying buffalo hot wings, corn liquor and fry bread is perhaps my personal best. A close second would be watching "Donnie Darko" (Jake Gyllenhaal, 2001) while foraging through small, variety bags of chips like a pack of raccoons.

²"They" are a largely anonymous group who get referred to anytime a writer doesn't want to take the time to do actual research.

³The Beatles have "The White Album," Metallica has "The Black Album," and I felt the color beige was a long-neglected color in rock 'n' roll. Plus, I was simply running out of names for my albums.

⁴Experts have told us the reason this year is so loud is that another species of cicada, the 17-year incubating cicada, is also emerging at the same time, so it's as if the Oscars and Golden Globes were scheduled on the same night, and we all have a red carpet.

A look back at the 'Tennessee's Endangered Places' poster

Eleven years ago, Tennessee History for Kids and the Tennessee Historical Commission produced 10,000 copies of a poster called "Tennessee's Endangered Historic Places." It featured photographs of 29 old structures (mostly buildings) that were in danger of being torn down or falling down. We gave the posters to teachers to hang in their classrooms, and they were snatched up in a matter of weeks.

This article will update what has happened to many of these old buildings. Some have been renovated, some are being worked on as we speak, some have been torn down and some are still sitting in much the same state that they were in 2013.

Starting in East Tennessee and moving west, here are buildings from the poster that can be placed in the "saved" category:

There's an old house across from the Cedar Bluff Home Depot in Knoxville. For lack of a better name, it is known as the **Kennedy-Baker-Walker-Sherrill House** and was built in the 1840s. Since the poster came out, a Knoxville developer bought and restored the house, and a business called Knox Wellness is now operating there.

The night before he died, three-time Democratic presidential nominee William Jennings Bryan slept in downtown Chattanooga's **Ross Hotel**. The hotel was built in 1888, remained open until about

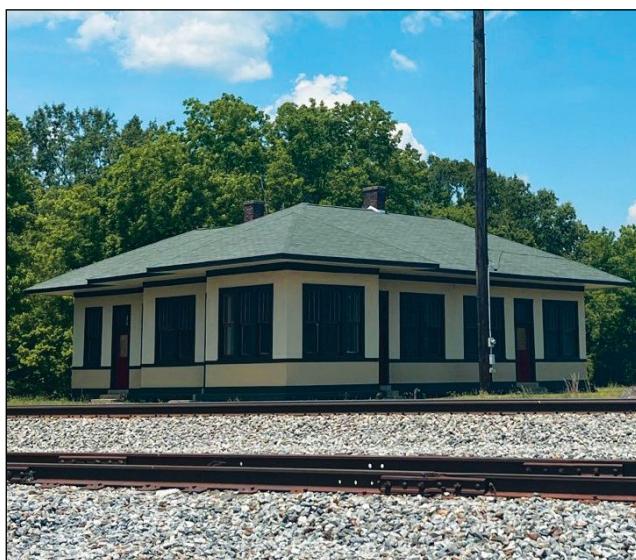
1979 and was mostly or completely empty for several decades after that. I'm happy to report that the four-story, 40,000-square-foot structure has been renovated and is used as a combination of restaurants and apartments called the Tomorrow Building.

For many years, I walked past the skinny, six-story, empty **Utopia Hotel** building in downtown Nashville and wondered what would become of it. Today, the structure

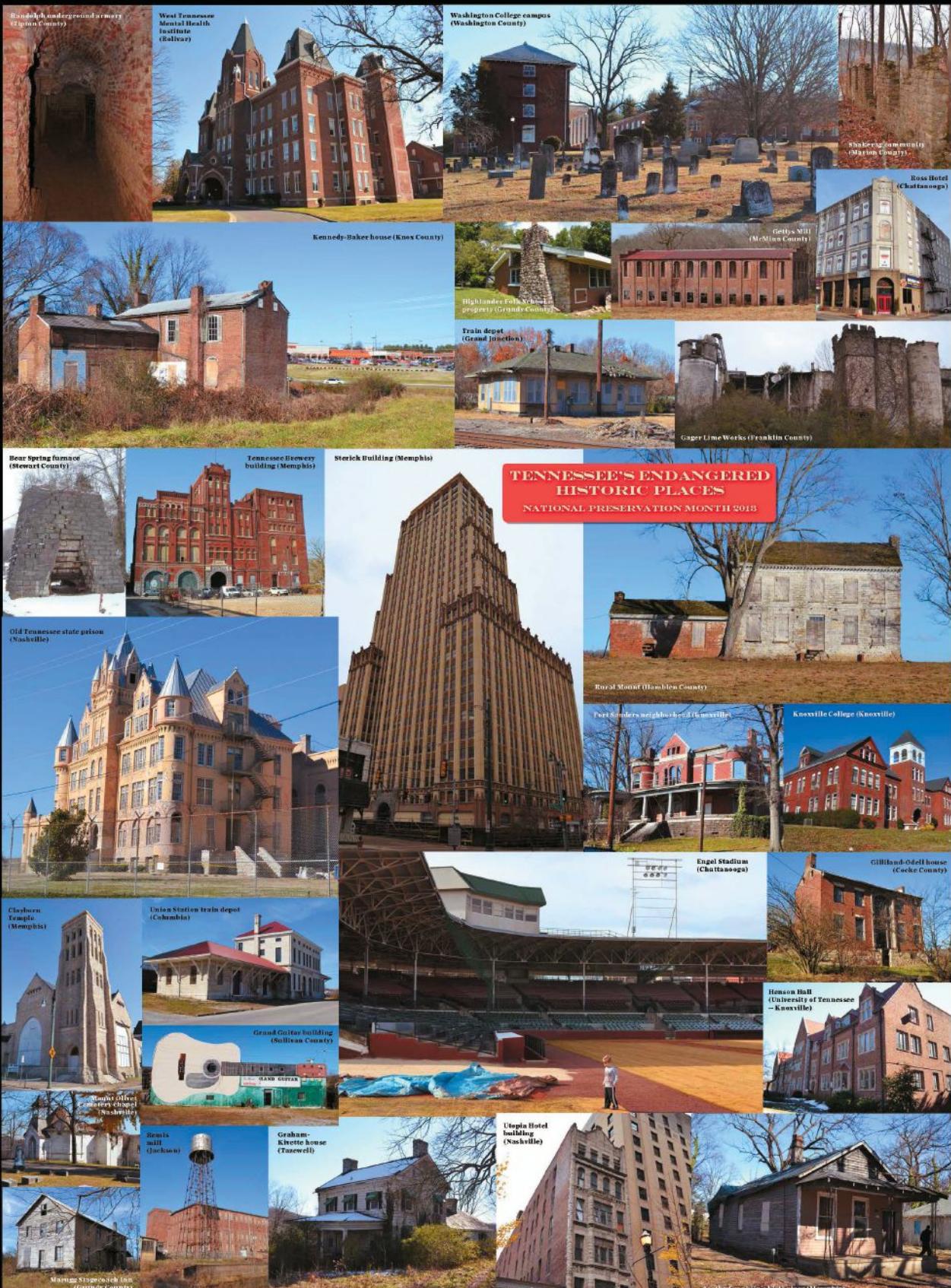
(built in 1891) is part of the Dream Hotel in downtown Nashville, which consists of not only the Utopia Hotel building but also the Climax Saloon building next door. The Dream Hotel is one of Nashville's "downtown boutique" hotels. (If you have to ask how much a room costs, you probably can't afford one.)

Columbia's **Union Station Depot** (built in 1902) has been renovated by David Hill, president of a Maury County company called WireMasters. "I grew up in Maury County and hate to see so many old historic properties disappear," he explains. "The architecture and craftsmanship on display in the train depot are skills that are no longer used or even remembered." The depot is private property, with the public invited to the occasional open house. If you want to see some beautiful photos of its interior, go to hillhistoricproperties.com.

In West Tennessee, when locals learned the **Grand Junction Train Depot**



The Grand Junction Train Depot was falling apart in 2013 (top photo), but citizens have banded together to save it (above). Tennessee History for Kids and Grand Junction Depot Museum Corp. photos



A Proud Sponsor of
Tennessee History for Kids



www.tnhistoryforkids.org

The state of Tennessee is the subject of this publication and has been licensed in part with the federal funds from the National Park Service, Department of the Interior. However, the contents and opinions do not necessarily reflect the views or policies of the Department of the Interior, nor does the mention of trade names or commercial products constitute an endorsement or recommendation by the Department of the Interior. Requests for a review copy should be addressed to the National Park Service, Department of the Interior, Washington, D.C. 20580-0277. Public Notice: Any person who believes his or her copyrighted material is being reproduced in this program, or is being or will be used in a manner that infringes upon his or her rights, may file a claim for injunction and/or damages with the U.S. Copyright Office, Washington, D.C. 20580-0277. Public Notice: All rights, including ownership, are reserved by the Creative Media side of the Creative Media/History for Kids! project. Any such rights as are held by the Creative Media shall be approved by the Creative Media.

was scheduled to be razed, concerned citizens formed a nonprofit entity dedicated to saving the structure called the Grand Junction Depot Museum Corp. (GJDMC). The group purchased the depot from the railroad and has spent an estimated \$50,000 to restore its exterior. “There were trees growing inside the building when we started,” says Kathy Ledbetter, chair of GJDMC. “But now it looks great and is structurally sound.” The group intends to turn the depot into a museum and public space. “We have a lot ahead of us — fundraising, installing modern plumbing, bathrooms, electrical work, woodwork,” she says. “We’ll get it done.”

The **Tennessee Brewery Building** in downtown Memphis was built in 1890 and sat vacant after 1981. In 2014, Memphis business leader (and cellphone tower builder) Billy Orgel paid \$825,000 for it. The next year he began converting it to residential use, and it has been an urban residential success story since. For photos of it, go to atthebrewery.com.

Now for some currently being renovated:

Washington College in Washington County has not been a degree-awarding institution for about a quarter-century, but many of the buildings on its campus are still standing. These structures are cared for by a nonprofit called Washington College Academy, and the former campus is now used for art classes, festivals, bluegrass jam sessions and early voting. “We focus our resources to keep up and restore Harris Hall (built in 1842), Temple Carnegie Hall (built in 1909) and President’s House (built in 1842),” says



The massive Bemis Bag factory building was torn down in 2017, and now a public park sits on the land it once occupied. Tennessee History for Kids photos

secured funds and have put up a new roof and repaired the stonework, so now the building is absolutely solid and waterproof,” says Karen Clark of the heritage center. The plans for the 1810 building include a wing, yet to be financed. “This is a matter of when we complete the project — not if.”

Memphis’ **Clayborn Temple** featured heavily in the Civil Rights Movement and the sanitation strike of 1968. Built in 1892, it sat empty for decades but is now about halfway through a complete restoration that will, by its end, cost about \$25 million. “We’ve already restored the exterior of the building, which includes the roof, stonework and replacing stained glass windows that had been destroyed,” says Brooke Sarden, managing director of Historic Clayborn Temple. “Recently we had the original organ removed from the building to be



spokesperson Debra Lewis. The organization had a setback a couple of years ago when a windstorm took out the roof of the campus gym, requiring a \$50,000 repair. But the bottom line is that the once-abandoned campus is being used, and there are capable people on the board of Washington College Academy looking out for it.

Thanks to a \$750,000 grant from the state, Claiborne Heritage Center announced last year that it was restoring the **Graham-Kivett House** to be its future home. “We

Thanks to the nonprofit called Washington College Academy, the once-abandoned college campus is used for bluegrass music (left, top) and student events (left, bottom). Washington College Academy photos

completely restored and then put back in.” The African American Cultural Heritage Action Fund, a national entity, is financing most of the renovation. When completed, Clayborn Temple will be open to the public and used for live performances and speeches.

Two large and important things whose fates are yet to be sealed:

Engel Stadium is a beautiful place for baseball and even has covered bleachers in its infield. But it hasn’t had a tenant since the Chattanooga Lookouts moved to AT&T Field 25 years ago.

The good news is that the stadium is now the property of the University of Tennessee at Chattanooga. The less-than-good news is that UTC hasn’t decided what it can, and can’t, afford to do with it, says university spokesman Chuck Wassertrom. “The recent campus master plan contemplates a historically appropriate use of the site,” he says, “but that’s all I can say right now.”

When it opened in 1930, Memphis’ **Sterick Building** was the tallest building in the South, at 29 stories and 365 feet high. It’s been empty since 1986.

However, the Sterick Building has a champion in its corner, that being developer Stuart Harris. Tennessee has never seen an old building of the Sterick’s size and magnitude renovated to date — but don’t tell Harris that. Harris’ business (Constellation Properties) owns the building and has publicized plans to renovate it — much like it did the eight-story, century-old Commonwealth Building in downtown Memphis a few years ago.

Like the Commonwealth Building, Harris hopes to bring back the Sterick Building with a myriad of uses. “We’re looking at a combination of residential, hospitality and offices — like coworking space,” he says. “The residential component would need to be rented, at least at first, because the building is on the national register, and we would be using federal historic tax credits.”

When you are renovating a 340,000-square-foot building, you have to raise a lot money through different sources. Harris says that if all goes well, the renovation will begin in 2025, and people might move back in two years after that. Stay tuned!

Finally, here are some of the structures on the poster that have been torn down:

The **Grand Guitar** building on Interstate 81 in Bristol (which was shaped like an acoustic guitar) was torn down by its owner in 2019.

Pickle Mansion in Knoxville’s Fort Sanders neighborhood was torn down around 2015. Like other former houses in that once-proud area, its lot is now used for parking and will probably one day become student apartments.

In recent weeks, **Henson Hall** at the University of Tennessee was razed to make way for an expansion to the Haslam College of Business.

The **chapel building at Nashville’s Mount Olivet Cemetery** burned down in January 2015.

Last but not least, the main **Bemis Bag Factory** building in Madison County was torn down in 2017, an event that broke the collective hearts of everyone in the Bemis Historical Society. The society’s longtime chairman, Joel Jackson, says there was no alternative.

“Three different companies came out and gave a price on stabilizing it and fixing the roof, and those bids came in at \$600,000 or \$700,000,” he says. “At the same time, the company was offered a large amount of money by a salvage company for the estimated 5 million bricks in its walls.”

The Bemis factory building site has been converted to a public park. Meanwhile, the Bemis Auditorium — a historic building in its own right — is now property of the Bemis Historical Society. It also contains a small museum, but it is open by appointment only (see bemishistory.org for more information). ■



Kennedy-Baker-Walker-Sherrill House in Knoxville was boarded up and overgrown in 2013 (top), but today a business is located in the renovated building (above). Tennessee History for Kids photos

LETTING LIGHT shine IN GUATEMALA

A team of Middle Tennessee Electric lineworkers braved the unknown to bring electricity to the village of Las Peñas

Story by Amber Weaver • Photographs by Ean Collins, Cody Hamlet and Dylan Tubb

21 lineworkers from Middle Tennessee Electric and Alabama Rural Electric Association of Cooperatives have made their way back to the States after a trip of a lifetime to Guatemala. The men flew four and a half hours to get there and spent more than two weeks in constant work, but what they left behind was a timeless gift.

“She said over and over that we were heaven-sent,” said Burnes Lyons, 28-yearlong journeyman lineworker from MTE, about getting the lights turned on for one of the women who worked at the church in the village.

NRECA International

The National Rural Electric Cooperative Association International works to provide access to safe, reliable and affordable electricity. Since 1962, the association has supplied a better quality of life for more than 220 million people and established 250 electric utilities and electric cooperatives in 48 countries, with the latest development being in Las Peñas, Guatemala.

Electric cooperatives across the state of Alabama helped raise the money and flew 11 lineworkers to help complete the job. MTE also participated and sent 10 employees along, marking the first trip of the kind for the Volunteer State.

“We have been wanting to make an NRECA International trip for many years,” said Chris Jones, MTE

president and CEO. “We’re honored to be the first from Tennessee.”

Challenge accepted

While the reward was indescribable for all on the trip and those in the village, it was no easy task.

“The purpose was to get power to a village of people who have never had power and were never going to have the option to get power unless a project like this came through,” said Jonathan Prichard, a nearly 10-year lineworker from MTE who volunteered on the trip. However, Lyons said when the team first arrived and even after the first days there, no one thought this would be possible.

“Nobody wanted to give up, but in the back of our minds, everyone was thinking that we’re not going to get these lights on,” Lyons said.

Brad Nattress, a foreman with MTE, has been in the business for 24 years. He said he took the opportunity to lead the crew because he wanted to use the skills he had learned to help those in need. He soon learned that they had to take it one day at a time.

“The terrain, the planning and the communication were really different,” Nattress said. “Anytime you tried to plan something, it seemed like it went south, and you had to start again.”



Dylan Tubb, left, and Jonathan Prichard work atop a pole set to bring electricity to the Guatemalan village of Las Peñas.

Time traveling

The crew stayed in Jalapa. The village they were working in, though, was a 30-minute drive from the bottom of the mountain all the way to the last hut. Prichard had never traveled out of the U.S. and said he had never been anywhere like Las Peñas that was so far in the past.

“I would say it was almost like time traveling — no running water, no electricity and they lived in nothing much more than mud and stick shacks,” Prichard said. “It was amazing to see.”

Las Peñas did have its own local electric company, but the way it operated was different than what MTE’s crew was used to, especially with having no access to digger and bucket trucks. The crew even had to dig holes and set poles by hand.

“It was pretty much the old-school way of everything,” Nattress said. MTE did bring necessities, though, including hand tools and climbing gear.

Climbing for electricity

On top of the different work style, the lineworkers were experiencing terrain and elements they had never worked in before, and no amount of exercise or water could have prepared them for it.

“They warned us about the elevation that was pretty high up in the mountains and that there would be a lot of hiking up the ravines and down the hillsides,” Prichard said. “Some of the hillsides, you had to crawl on all fours to get up.”

The challenge was almost too much for Lyons, who is a few years out from retiring, but he wanted to use this opportunity as an exclamation point on his career.

“It got to the point where the steep hills and air changes made me think I was going to have a heart attack,” Lyons said. “I really began to question my volunteering at this point, but I saw some of the team coming over the mountain to help, and I knew then the meaning of, ‘The cavalry has arrived.’”



Above, MTE and Alabama electric cooperative employees gather with their Guatemalan counterparts for a group photo. From left are, front row, Cody Hamlet, John Mims, Jeremy Hicks, Bradley Phillips, Jonathan Prichard, Brad Nattress, Josh Shew, Travis Sharber, Hunter Sparks, Burnes Lyons, Ted Stellar, Dylan Tubb, Braden Hubbard and Las Peñas employees; and back row, Terence Floyd, Ean Collins, Josh Till, Billy Huffaker and Las Peñas employees. Below left, MTE's Hamlet and Floyd and Hubbard of Coosa Valley Electric Cooperative in Alabama meet villagers. Below right, Tubb snaps a selfie with Prichard as they rig a pole.

The average elevation for Jalapa, where the crew stayed, is well over 4,000 feet above sea level, and the lineworkers said their drive to the village continued to go up. To put that number in perspective, Tennessee's average elevation is just 900 feet, with the highest point being 6,643 feet above sea level at Clingmans Dome.

Thankfully, Mother Nature cooperated even during Guatemala's rainy season.

"It was humid, muggy and dusty, but temperature-wise, it was as good as Tennessee (in May)," Nattress said.

Let there be light

Despite the challenges and learning curves, light was brought to Las Peñas. The team, along with the local electric company, built the primary power line up the mountain. They did so by setting poles, running and pulling wire across giant ravines, and setting and running wire from the transformers to the huts. The wire ended up being 4.5 miles long up a mountain, providing electricity to 17 huts and a church.



"Everybody got four lightbulbs, two light switches and two receptacles," Nattress said.

Accomplishing this mission and simply making the trip was a proud moment for everyone at MTE.

"They brought everything MTE is about — electricity, service and care for community — to the good people of this area," MTE CEO Jones said. "They brought light in every sense of the word."

Meeting the goal was Nattress' favorite part of the trip, especially since they wondered whether turning the lights on was going to be possible.

Prichard's favorite part was a tie between the work and the beauty. "It isn't

normal for us to be running wire across giant canyons," Prichard said. "It was neat to see their scenery. I mean, we were up in the clouds!"

For Lyons, the experience was something he will never forget. "Just to see the smiles on their faces when we were able to turn the lights on," Lyons said. "We were able to give them something they would have never had, and that was the most rewarding thing."



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

1-800-996-2339

for more information and for our Senior Discounts.

Financing available with approved credit.

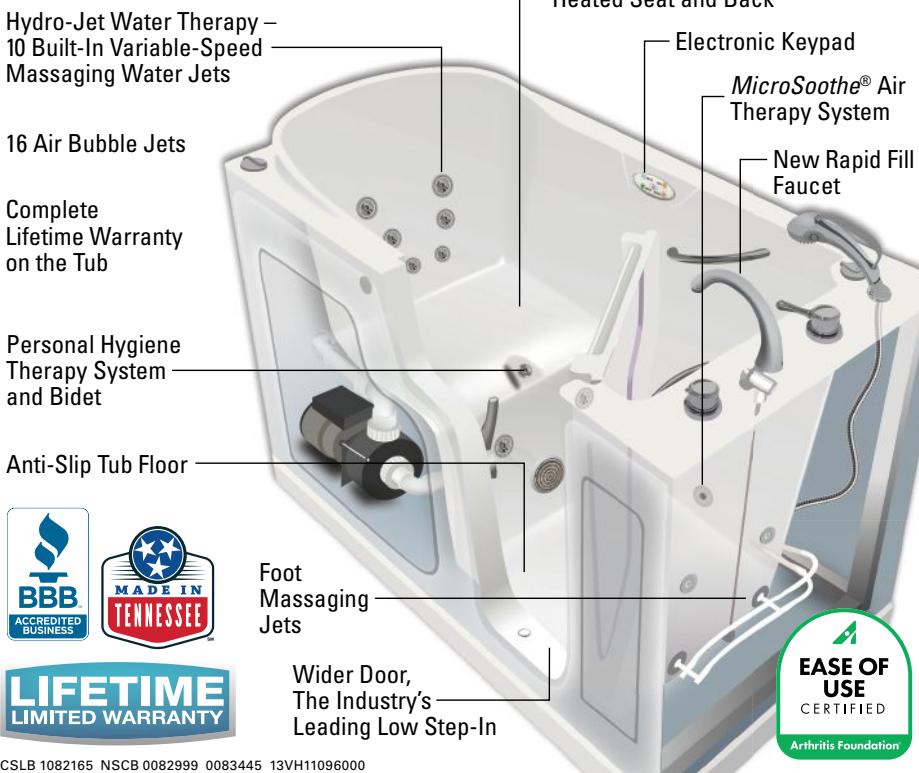
FREE SHOWER PACKAGE PLUS 15% OFF

FOR A LIMITED TIME ONLY

Call Toll-Free 1-800-996-2339

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.

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



safe step®
www.BuySafeStep.com



Scan me

CEMC director candidates must meet July 30 deadline

Members of Cumberland Electric Membership Corporation who are interested in serving on the board of directors should contact the general manager's office to obtain a petition.

Petitions must be signed by at least 15 members and returned to the general manager's office by the deadline of Tuesday, July 30, which is 60 days prior to CEMC's 2024 annual meeting. This year's meeting will be held Saturday, Sept. 28, at White House Heritage High School in Robertson County.

An election will be held for the following director positions: South Stewart, North Robertson and North Sumner.

Anyone with a valid membership in good standing as of July 30 can vote in director elections. Those applying for membership after July 30 will not be eligible to vote in this year's election but are welcome to attend the meeting and register for prizes.

(CEMC Bylaws Article 3 — Section 3.05)

CEMC and Cumberland Connect employees participate in career days

Cumberland Electric Membership Corporation and Cumberland Connect were honored to have been invited to attend career days at several local schools this academic year. Our employees enjoy the opportunity to interact with our young members, explaining their daily responsibilities, the challenges they face and the essential role they play in maintaining power in the communities they serve.

One of the highlights of these visits is the demonstration of electrical safety gear. Children get an up-close look at the specialized equipment that keeps lineworkers safe performing their high-risk jobs such as hard hats, rubber insulating gloves, fire-resistant clothing, safety harnesses



and more. During career days, students often have the opportunity to try on some of the gear like the thick rubber gloves used by lineworkers, which is always a favorite among the kids.

Electric cooperative lineworkers' visits to schools are not just about career exploration; they're about safety, inspiration and community. Through these engaging and educational sessions, children learn to appreciate the hard work that goes into keeping our world electrified, all while gaining valuable lessons in safety and the possibilities of their future careers.



Left, CEMC lineworkers demonstrate the use of electrical safety gear and allow students at East Cheatham Elementary to try on their gloves. Above, Cumberland Connect fiber technicians show students how they perform fiber optic cable splicing.

2025 CEMC calendar will feature local students' artwork

Cumberland Electric Membership Corporation's 2025 Calendar Art Contest was held this spring, and once again, we were blown away by the entries we received from talented young artists throughout our service area. Judging this contest is never an easy task, and this year was no exception.

The winners have been selected and notified, and although the calendars will not be available until the end of the year, we wanted to share a sneak peak of some of our winning entries.

Contest winners receive cash prizes, and their artwork will be featured in one of three different calendars offered this year. As always, calendars are free and will be available at each CEMC district business office beginning in November.

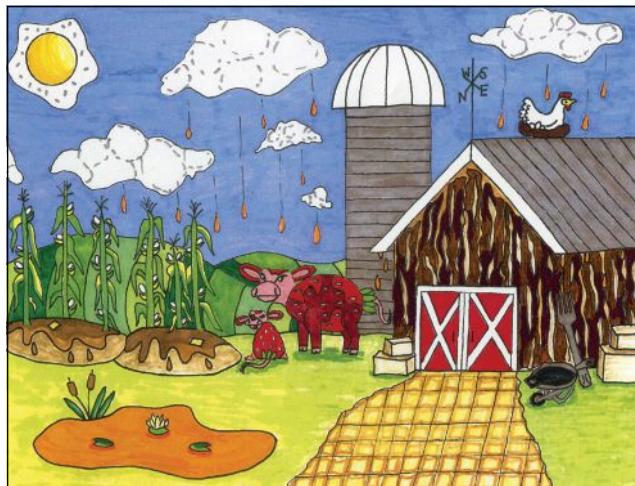
Thank you to all the talented students who submitted entries and the teachers and parents who encouraged participation. Be sure to check out the January 2025 issue of *The Tennessee Magazine* for details on how to enter next year's contest. We are already looking forward to next year's entries!



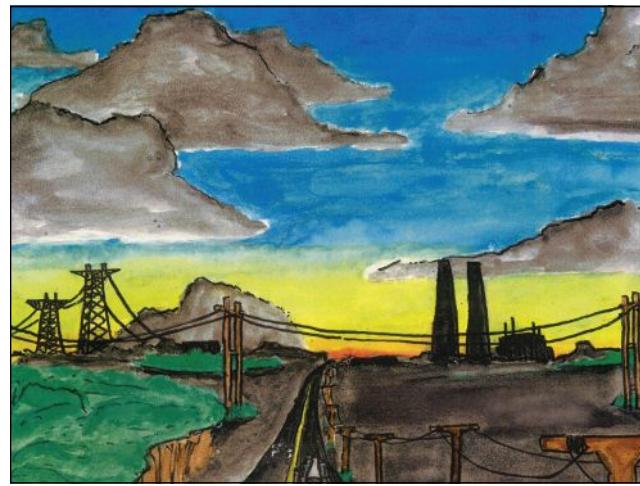
Overall winner — Karley Sugg
Clarksville High School



Cover — Sarah Jane Lee
Stewart County High School



East Pocket Calendar Cover — Lily Bloodworth
White House Heritage High School



West Pocket Calendar Cover — Sam Smith
Stewart County High School

CEMC appreciates its members

Cumberland Electric Membership Corporation hosted its annual Member Appreciation Day at district offices on Thursday, May 16. This springtime tradition is our way of thanking our members for putting their trust in us to provide the safe, reliable and affordable electric and fiber services upon which they rely.

Around 1,500 members and guests joined us for a free lunch of grilled hot dogs, chips, cookies and soft drinks. Members in attendance also received small giveaways, and a drawing was held at each location for an electric grill.



Around 271 members visited the Springfield office for CEMC's Member Appreciation Day.

Congratulations to these grill winners:

- Ashland City — Edwin Hogan
- Clarksville — Eric Gunden
- Dover — Antoinette Calvey
- Portland — Grace Morris
- Springfield — Dean Bertram
- White House — Brent MacKenzie

At CEMC and Cumberland Connect, our members are at the heart of what we do, and we enjoyed this opportunity to show our appreciation. If we missed seeing you this year, we do hope you'll make plans to join us next year!



Employees served 360 hot dogs during Member Appreciation Day in Clarksville.



Nearly 250 members attended the event in Portland.



Members, employees and retirees enjoyed food and fellowship in Dover.

Stay cool and save energy: How shade can help your home this summer

As summer temperatures soar, keeping your home cool without driving up energy costs can be a challenge. One of the simplest and most effective ways to achieve this is by utilizing shade. By strategically shading your home, you can reduce indoor temperatures, minimize the workload on your air conditioner and save energy. Here's how you can harness the power of shade to stay cool and cut costs this summer.

Plant trees and shrubs

Planting trees and shrubs around your home is a long-term investment that pays off in comfort and savings. Deciduous trees, which shed their leaves in winter, are ideal for providing summer shade while allowing sunlight to warm your home in winter. Positioning trees on the south and west sides of your home can significantly reduce heat gain. Additionally, planting shrubs and vines close to your walls can create an insulating layer of air, further reducing heat absorption. Be sure to visit Cumberland Electric Membership Corporation's website, cemc.org/help-center/vegetation-management, for recommendations on where to properly plant your trees to avoid any potential collisions with power lines.

Install awnings and overhangs

Awnings and overhangs are effective shading solutions that can be tailored to your home's architecture. Awnings can block up to 77% of solar heat gain on south-facing windows and 65% on west-facing windows. Choose retractable awnings for flexibility, allowing you to enjoy sunlight in cooler months. Fixed overhangs, designed with the angle of the sun in mind, provide year-round shading benefits.

Use window treatments

Inside your home, window treatments like blinds, shades and curtains can make a significant difference in temperature control. Reflective blinds and shades can reduce heat gain by up to 45%. Close blinds and curtains during the hottest parts of the day to block direct sunlight. Consider installing insulated cellular shades, which trap air and provide additional insulation, keeping your home cooler.

Employ exterior shades

Exterior shading devices such as roller shades, shutters and solar screens are highly effective in blocking heat



Stay cool and save energy by strategically shading your home this summer.

before it enters your home. Solar screens, for instance, can reduce heat gain by up to 70%. These devices are particularly useful for large windows and glass doors that receive direct sunlight. They also offer the added benefits of reducing glare and protecting indoor furnishings from UV damage.

Create shade with pergolas and trellises

Pergolas and trellises can add aesthetic value to your outdoor spaces while providing functional shade. Covered with climbing plants like wisteria or grapevines, these structures create a natural canopy that cools the air around them. Position pergolas and trellises near windows or outdoor living areas to maximize their cooling effects.

Benefits beyond cooling

Shading your home not only reduces indoor temperatures but also lowers your air conditioning costs by reducing the need for mechanical cooling. This translates to significant energy savings over the summer months. Moreover, effective shading can enhance your home's curb appeal and provide pleasant outdoor spaces for relaxation and entertainment.

By incorporating these shading strategies, you can create a cooler, more energy-efficient home environment this summer. Embrace the power of shade to stay comfortable and cut energy costs, making your home a haven from the summer heat.

Safety tips for charging devices outdoors

As summer arrives, we find ourselves spending more time outdoors, whether it's camping, lounging in the backyard or enjoying a picnic at the park. While we relish these outdoor activities, our need to stay connected remains constant, prompting us to charge our devices outside. However, charging electronics outdoors presents unique electrical safety challenges. Here are some essential tips to keep you and your devices safe while enjoying the great outdoors.

Use outdoor-rated equipment

When charging devices outdoors, always use extension cords, power strips and charging stations rated for outdoor use. These products are designed to withstand the elements, including moisture and temperature fluctuations, reducing the risk of electrical hazards. Look for equipment labeled with a UL (Underwriters Laboratories) certification, ensuring they meet safety standards.

Avoid water and moisture

Water is one of the biggest threats to electrical safety. Keep all electric equipment and devices away from pools, sprinklers and any other sources of water. If you're charging devices on a patio or deck, ensure the area is dry. Consider using waterproof covers for your charging stations and extension cords to provide an extra layer of protection.

Inspect equipment regularly

Before using any electric equipment outdoors, inspect it for signs of damage. Frayed wires, cracked insulation or

damaged plugs can pose serious safety risks. If you find any defects, replace the equipment immediately. Regular maintenance checks help prevent accidents and ensure your devices charge safely.

Mind the weather

Weather conditions can change rapidly during the summer. If you anticipate rain or storms, unplug and store all electric equipment indoors.

Properly store cords and chargers

When not in use, store all extension cords, power strips and chargers in a dry, safe place. Avoid leaving them outside where they can be exposed to the elements or become tripping hazards. Neatly coiled cords and organized storage not only prolong the life of your equipment but also ensure safety when setting up next time.

Educate family members

Ensure that all family members, especially children, understand the importance of electrical safety outdoors. Teach them to recognize safe practices and the dangers of mixing electricity with water. Supervision is key to preventing accidents and maintaining a safe environment.

By following these tips, you can enjoy the outdoors without compromising on safety. Staying connected while basking in the summer sun is possible when you prioritize electrical safety. Remember, a few precautions can go a long way in preventing accidents and ensuring a safe, enjoyable summer for everyone.



Smart Summer Gadgets



As summer approaches, many of us are already making plans to make the most of the season. Summertime is a perfect opportunity to get out of the house, put the phones down and reconnect with those who matter most — but that's not to say that a few smart gadgets can't help enhance your summertime plans. Whether you're planning to head to a sunny beach, explore a new city or have a staycation in the backyard, here are some neat gadgets that can take your summer fun to a new level.

Kicking off our list of smart summer gadgets is a solar-charging power bank — a perfect choice for a sunny summertime excursion. In addition to keeping your devices charged when you're on the go, a solar-charging power bank can keep itself charged as long as strong, direct sunlight is available. This gadget is perfect for anyone planning a long hike or camping trip this summer. You never know when you'll need that extra juice while away from home!

Another emerging piece of smart tech that's perfect for summer is a pair of smart sunglasses. Most everyone appreciates a pair of sunglasses on a clear, sunny day — and now you can add functionalities such as hands-free audio and music, a high-quality camera and even an AI assistant to your shades. Even designer brands such as Ray-Ban are taking a crack at making their own versions of smart sunglasses. This one is definitely worth checking out for those looking for the convenience of smart technology without picking up their smartphone.

If you thought smart sunglasses were an out-of-the-box idea, we have an even lesser-known piece of smart

tech for you to consider — smart water bottles. That's right, the Internet of Things never stops surprising us! The latest smart water bottles can light up throughout the day to remind you to hydrate and can also connect to apps on your phone to help you track the amount of water you're drinking and set daily hydration goals. Some bottles can even integrate with fitness trackers like Apple Health and Fitbit, making it a great addition to your fitness gear.

Speaking of fitness trackers, we thought we would throw in some honorable mentions you might have already heard of. Fitness tracking watches are an excellent fit for those looking to partake in summertime exercise activities such as hiking or swimming since many popular watches are waterproof and include heart rate and step tracking features. No backyard barbecue, pool party or beach day is complete without music, so a waterproof Bluetooth speaker is an essential summer pick. Finally, if you're looking to have some summer fun in your own backyard, a portable projector (along with a large inflatable screen) can help you host a backyard movie night. Some projectors even allow HDMI inputs, so you can plug in a streaming stick and stream all your favorites right at home. You won't need to take a trip to the movie theater to have the big-screen experience!

While summertime can be the perfect time to get outdoors, unplug and connect with family and friends, it never hurts to have a few smart gadgets to take your summer plans to the next level.



This institution is an equal opportunity provider and employer.

Scan to learn more about
Cumberland Connect internet
service for your home.



Signs your HVAC is in trouble

Q. How do I know if my HVAC system is malfunctioning?

A. Your heating, ventilation and air conditioning system is one of the most important and expensive systems in your home. Detecting issues early can help you plan for repairs or equipment replacement.

Equipment functionality issues can affect your electricity use, which could result in higher energy bills. The age of your equipment can be a major factor in function. The lifespan of a heating and cooling system ranges from 15 to 20 years.

Proper maintenance and lower use can increase the life of the equipment. To find out the age of your system, look for the manufactured date printed on the unit's nameplate. If you can't find it, search online using the model number or call the manufacturer.

Being thrifty by nature, I typically subscribe to the notion of, "If it ain't broke, don't fix it." That said, I also believe



Are you concerned that your heating, ventilation and air conditioning system might be malfunctioning? Look for the warning signs noted in this article. Photo Source: Mark Gilliland, Pioneer Utility Resources



The lifespan of a heating and cooling system ranges from 15 to 20 years. Proper maintenance and lower use can increase the life of the equipment. Photo source: Mark Gilliland, Pioneer Utility Resources

in being prepared for the inevitable. If your system is approaching or past the 20-year mark, start saving for a new system and get replacement estimates.

There are a few warning signs to watch out for if your heating and cooling system needs to be repaired or replaced:

- **Air conditioning is not as cool as usual.** If the air from your air conditioner is warm or not as cool as it usually feels, the equipment has an issue. It could be a problem with the compressor or a refrigerant leak. Contact a professional to get the issue checked. Many refrigerants, especially the ones used in older systems, are harmful to the environment. Fix leaks before adding more refrigerant. Special certifications are required for handling refrigerants, so hire a professional to ensure the work is done properly.

- **Low airflow.** If you aren't getting good airflow, it could be an easy fix such as filter replacement or opening closed dampers. If you've made these fixes and airflow is not at normal levels, contact a professional. There could be a bigger problem with a motor, fan or something else.

- **Bad odors.** Heating and cooling systems sometimes smell when you first start them up for the season. Those smells should be minor and dissipate quickly. Any serious smells — such as burning metal, melting plastic or noxious odors — are signs that your system is in trouble. If you smell those odors, turn your system off immediately and contact a professional.

- **Strange noises.** There is typically noise associated with the fans and motors in heating and cooling systems. Take note of any excessive or new noises. If your system is making any clunking, clanging or whistling noises, turn it off and check the filter. If that doesn't solve it, reach out to a pro.

- **Running frequently.** Your system needs to run more to keep up on extreme weather days, but there might be an issue if it runs too often. Short cycling is when a system cycles on and off before completing the heating or cooling process. Contact a professional to diagnose this issue.

Several factors come into play when deciding to fix existing equipment or invest in new equipment. Consider the severity of the issue, repair costs, likelihood of additional repairs, equipment lifespan and your budget.

The efficiency of your existing system is also a consideration. Heating and cooling technology improvements have come a long way in the last 20 years. Lower operation costs can offset the cost of a new system over time.

Consider your options before you are in desperate need. I recommend getting estimates from at least three contractors. Ask the contractor, "If this was your home, what type of system would you install and why?" The best solution for your home might be a different type of equipment. ■



The best solution for your home might be a different type of equipment. This high-efficiency, dual-fuel heat pump system heats and cools. Photo credit: Midwest Energy Efficiency Alliance

Miranda Boutilie 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.



**WARRANTY
25
YEARS**

BEFORE **AFTER**

BEFORE **AFTER**

BEFORE **AFTER**

BEFORE **AFTER**

BEFORE **AFTER**

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

Seal It Once... FOREVER!

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

PARTIAL PROTECTION

Top Coats

Lasts 1-3 Years

COMPLETE PROTECTION

EVER-SEAL
Seal It Once... FOREVER!

PERMANENT

EVER-SEAL
INC

Call for your free estimate today

615.903.0903

ever-seal.com

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

Better than pressure washing!

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

EVER-SEAL
Seal It Once... FOREVER!

TENNESSEE EVENTS

Festivals, celebrations and other happenings around the state

The 2024 Antique Tractor Show at Discovery Park of America will be held Friday and Saturday, Aug. 2 and 3, for all tractor enthusiasts and guests to enjoy. During the show, participants from all over the United States load up their vintage and collectible tractors and bring them to display on the beautiful grounds of Discovery Park in Union City.

The event ends with the tractors lining up for a parade around the park on Saturday as guests line the road and cheer for their favorites.

Visit discoveryparkofamerica.com for more information.



West Tennessee

July 4-6 • All-American Weekend, Graceland, Memphis. 901-332-3322 or graceland.com

July 12 • 1964 The Tribute, Graceland Soundstage, Memphis. 877-777-0606 or gracelandlive.com

July 10-13 • Jackson Sings
The Gospel, Carl Perkins Civic Center, Jackson. 941-756-6942 or billbaileyconcerts.com

Aug. 3 • Pulling for Prevention Truck and Tractor Pull, Cobb Parr Park, Covington. 901-476-1515 or carlperkinscenter.org

Aug. 9-17 • Elvis Week 2024, Graceland, Memphis. 901-332-3322 or graceland.com/elvis-week

Ends Aug. 11 • Southern Artist Showcase: The Art of Jubie
Henderson, Discovery Park of America, Union City. 731-885-5455 or discoveryparkofamerica.com

Middle Tennessee

July 3 • Third of July Street Dance, Sewanee Angel Park. info@sewaneevillage.com or sewaneevillage.com

July 4 • Fireworks Display, Dillon Park, Woodbury. 615-563-2222 or cannontn.com

July 5-6 • Fiddlers' Jamboree and Craft Festival, Smithville. 615-597-8500 or smithvillejamboree.com

July 13 • Mid-Tennessee Record Fair, UAW Local 1853 Union Hall, Spring Hill. 615-302-8080 or midtennesseerecordfair@gmail.com

July 18-27 • 46th Annual International Pleasure and Colt Championship Show, Tennessee Miller Coliseum, Murfreesboro. 615-494-8822 or walkinghorseowners.com

July 20-21 • 23rd Annual Elegant and Depression Glass Show and Sale, Gallatin Civic Center. 615-856-4259 or fostoria-tennessee.com

July 24-27 • James D. Vaughan Quartet Festival, Crockett Theatre, Lawrenceburg. 931-762-4231 or lawrenceburgtn.gov

July 26-27 • 2024 Tennessee Book and Paper Fair, Tennessee State Library and Archives, Nashville. 423-921-4445 or tennaba.org

July 27 • Upper Cumberland Family History and Genealogy Festival, historic Granville. 931-653-4151 or granvilletn.com

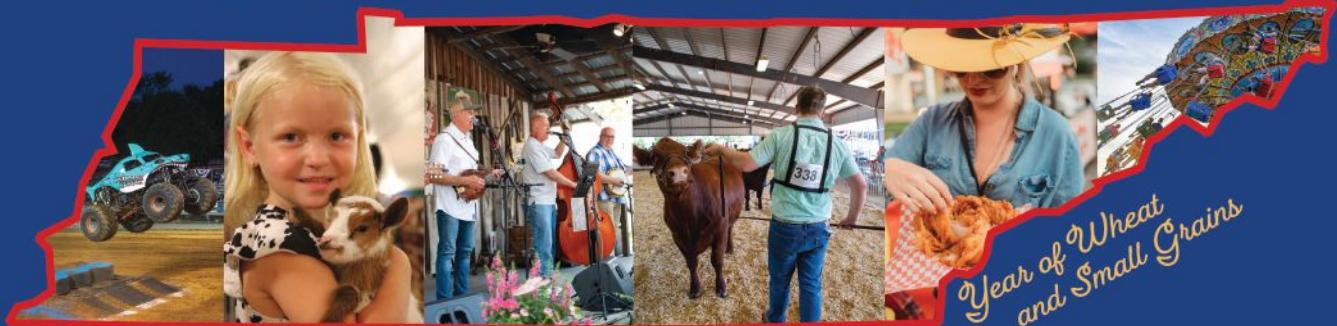


TENNESSEE STATE FAIR

Presented by your  Mid-South Ford Dealers

AUGUST 15 - 24, 2024

Sow the Fun ~ Harvest the Memories



Year of Wheat and Small Grains

WILSONCOUNTYTNSTATEFAIR.COM

Follow us on Social Media



July 27 • 116th Annual Lone Oak Picnic, Central Civitan Club Building, Cunningham. 931-980-1646 or centralcivitan2020@gmail.com

East Tennessee

July 4 • Independence Day Anvil Shoot Celebration, Museum of Appalachia, Clinton. 865-494-7680 or museumofappalachia.org

July 13 • Sunflower Festival, Main Street, Mountain City. 423-291-9029 or sunflowerfestivalmctn.com

July 13 • Truck Fest 2024, Highland Park Ruritan Club, Lenoir City. polborones4ms@gmail.com or pol-bo-ro-nes.com/truck-fest-2024

July 13-14 • Crafts And Vendors Event, Surgeonsville River Front Park. 423-327-8026 or moorevendorevents0421@gmail.com

July 20 • Run Santa Run Christmas in July, Camp Jordan, East Ridge. 865-300-6722 or raceroster.com/events/2024/88251/christmas-in-july

July 21 • Farmfest, Exchange Place Living History Farm, Kingsport. 423-288-6071 or exchangeplacen.org

July 27 • Swiss Heritage Celebration, Stocker-Stampfli Farm Museum, Gruetli-Laager. info@swisshistoricalsociety.org or swisshistoricalsociety.org

July 27 • The Tennessee Hillbuddies, Heritage Hall Theatre, Mountain City. 423-727-7444 or heritagehalltheatre.org/event/the-tennessee-hillbuddies

July 27-28 • 65th Annual Mountain Market for Arts and Crafts, Hannah Pickett Park, Monteagle. info@southcumberlandchamber.com or southcumberlandchamber.com/mountain-market

Aug. 1-4 • 127 Yard Sale, various locations along U.S. Route 127. 127yardsale.com

Submit your events

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

FOOD • TRAVEL • ARTS • SHOPPING

BEST of TENNESSEE

READERS' CHOICE AWARDS

We're searching for the Best of Tennessee

VOTING NOW OPEN FOR ANNUAL READERS' CHOICE AWARDS

Our readers are the foremost experts on all things Tennessee, and that's why we need your help naming the Best of Tennessee for our 2024 Readers' Choice Awards. This year, we have revamped our categories to make voting easier. The program highlights readers' favorites in 14 individual categories from travel and art to food and shopping.

There are two ways to enter. Simply visit tnmagazine.org/BOT24, or use the form in this magazine. (Online entries will be entered in a drawing for an additional \$250 prize!) Fill out the nomination form with your choices for each category. You can nominate as many businesses and attractions as you like.

"Tennessee is an incredible and unique place, and no one knows that better than our readers," says Chris Kirk, editor of *The Tennessee Magazine*.

"Cast your vote, and help us honor Tennessee's most unique eats and destinations."

Don't wait — submit your nominations today, and be entered in the sweepstakes for a chance to win some fantastic prizes.

Help us honor your community's local businesses that serve you and your neighbors each day. Join us in recognizing Tennessee's best.

"Cast your vote, and help us honor Tennessee's most unique eats and destinations."



NOMINATE YOUR FAVORITES.
ENTER ONLINE AT [TNMAGAZINE.ORG/BOT24](http://tnmagazine.org/BOT24).

Official rules: No purchase necessary. One entry per person. Ballot must be postmarked or submitted online no later than Friday, Aug. 30. • To be eligible for the prize drawings, ballots must have a "Best of Tennessee" vote in at least five categories. You can cast votes in any or all of the regions. • Drawing to be held on Friday, Sept. 13. Must be at least 18 years old to win. Grand-prize winners will be notified by mail. • Best of Tennessee results will be published in the December edition of *The Tennessee Magazine*. • Electric cooperative employees and their immediate families are not eligible for the prize giveaways.

BEST of TENNESSEE

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: (H) _____ (W) _____

Email: _____

Electric cooperative: _____

The division of the state in which you live: West _____ Middle _____ or East _____

All entries must be postmarked by Friday, Aug. 30. Return the completed forms to:

Best of Tennessee
The Tennessee Magazine
P.O. Box 100912, Nashville, TN 37224

Complete your ballot online
for a chance to win \$250!

ENTER FOR A CHANCE
TO WIN ONE OF THREE
GRAND PRIZE PACKAGES
THAT INCLUDE:



A \$200 gift certificate to be applied toward a stay at a park cabin or lodge.



A basket of locally made artisan foods from Pick Tennessee Products.



\$250 to spend while you're enjoying your state park visit.

EATS

Bakery

West: _____

Middle: _____

East: _____

Barbecue

West: _____

Middle: _____

East: _____

Brewery/Craft Beer/Winery

West: _____

Middle: _____

East: _____

Catfish

West: _____

Middle: _____

East: _____

Hamburger

West: _____

Middle: _____

East: _____

Home/Country Cooking

West: _____

Middle: _____

East: _____

Place for Dessert

West: _____

Middle: _____

East: _____

DESTINATION AND RECREATION

Farmers Market

West: _____

Middle: _____

East: _____

Festival

West: _____

Middle: _____

East: _____

Historic Site

West: _____

Middle: _____

East: _____

Museum/Art Gallery

West: _____

Middle: _____

East: _____

Place to Take the Kids

West: _____

Middle: _____

East: _____

Outdoor Adventure

West: _____

Middle: _____

East: _____

State Park

West: _____

Middle: _____

East: _____

PINFAPPLE

Please

Indescribably sweet,
delightfully fresh and teasingly tart —
pineapple recipes that
will wake up all your taste buds

Pineapple Upside-Down Cake

Recipes by

Tammy Algood

Food styling

by Cynthia Kent

Photographs

by Robin Conover

Pineapple is indescribable: It isn't pine; it isn't an apple. It's sweet, but it's tart; bright and refreshing but rich; an obvious dessert choice but undeniably agreeable with savory dishes. Lucky for us, we don't need to understand pineapple. All we need to do is enjoy it! Let pineapple prove its versatility with these summertime recipes.

Soaked Pineapple — *This is one of my favorite palate cleansers to serve at the end of a meal.*

Yield: 4 servings

4 cups fresh pineapple chunks

Juice and zest of 1 lime

¼ cup sugar

3 tablespoons white rum

Place the pineapple in a serving bowl and sprinkle with the lime zest. In a small bowl, stir together the lime juice, sugar and rum. Drizzle over the pineapple and toss to coat. Cover and refrigerate 4 hours before serving, stirring again after 2 hours. Stir and serve cold.

Fresh Pineapple Colada — *This is the perfect way to cool down on a hot, muggy day!*

Yield: 4 servings

4 cups coarsely chopped fresh pineapple

1 cup orange juice or pineapple-orange juice

½ cup rum or milk

¼ cup coconut milk

2 tablespoons honey

2 cups ice cubes

Pineapple slices for garnish

Place the pineapple, orange or pineapple-orange juice, rum or milk, coconut milk, honey and ice cubes in a blender. Process until smooth. Serve immediately in frosted glasses with a garnish of fresh pineapple.



Pineapple Upside-Down Cake — *No cherries allowed!*

Yield: 8-10 servings

11 tablespoons unsalted butter, divided and at room temperature

¾ cup firmly packed light brown sugar

6 slices fresh pineapple, chopped, or 1 cup drained pineapple chunks

1¼ cups all-purpose flour

1½ teaspoons baking powder

¼ teaspoon salt

½ cup granulated sugar

2 eggs, room temperature

1 teaspoon pure vanilla extract

¾ cup milk

Whipped cream for garnish

Pineapple chunks for garnish

Preheat the oven to 350 degrees. Grease a 10-inch (no smaller!) round cake pan or a 9-by-2-inch square baking pan. Place 3 tablespoons of the butter in the pan and place in the oven as it preheats. When the butter has just melted, remove from the oven and sprinkle evenly with the brown sugar. Arrange the pineapple over the top in an even layer. Set aside.

In a mixing bowl, stir together the flour, baking powder and salt. Set aside.

In the bowl of an electric mixer, beat the remaining butter on medium-high speed until light and fluffy, around 1 minute. Gradually add the granulated sugar. Add the eggs, one at a time, beating well after each addition. Reduce the speed to low and add the vanilla.

Fresh Pineapple Colada

Alternately add the flour mixture and milk and beat until smooth. Spread over the pineapple. Bake for 35-40 minutes or until a tester inserted in the center comes out clean. Cool on a wire rack for 5 minutes. Carefully invert the pan onto a serving plate and allow to continue cooling. Serve at room temperature.

Summer Fruit Salad — *This recipe is a great dessert or brunch offering.*

Yield: 8 servings

1 large fresh pineapple, peeled, cored and chopped

1 medium cantaloupe, peeled, seeded and chopped

1 quart fresh blueberries

2 cups seedless green grapes

1 tablespoon ground cinnamon

1 tablespoon honey

¾ cup frozen orange juice concentrate, thawed

In a large serving bowl, toss the pineapple, cantaloupe, blueberries and grapes. Set aside. In a medium bowl, stir together the cinnamon, honey and orange juice concentrate. Pour over the fruit mixture and toss to evenly coat. Cover and refrigerate for at least 2 hours and up to 3 hours. Allow to come to room temperature for 30 minutes before tossing once more and serving.

Pineapple Sorbet

Yield: 6 servings

1 large fresh pineapple, peeled, cored and cut in chunks (3 cups)*

1 large lime, juiced

1 tablespoon honey

Place the pineapple chunks on a wax-paper-lined baking sheet, making sure the chunks don't touch. Freeze for 3 hours.

Remove from the freezer and place the frozen chunks in a food processor. Pulse to chop, then add the lime juice and honey. Puree until smooth and transfer to a shallow 9-by-11-inch dish. Cover tightly and freeze another 30 minutes until firm. Scoop into chilled bowls to serve.

Tips and tricks

To prepare a fresh pineapple, remove the ends with a large, sharp knife. Stand the pineapple on a cutting board and remove the outer peel in wide strips. Cut down from the top. Use a paring knife to remove the eyes. Slice the pineapple crosswise. Using the tip of your paring knife, cut out the core.

Pineapple is so named due to the resemblance it has to pine cones. It is a native of South America, but Hawaii is the leading producer.

In the Southern U.S., pineapple is the symbol of hospitality.

Keep fresh pineapple refrigerated. The peak season is this month, so take advantage of the abundance and freeze any excess. ■

** If you are pressed for time, you can use frozen pineapple chunks. Just take it straight to the food processor from the freezer.*

Crispy Pineapple Cobbler

Yield: 6 servings

1 large fresh pineapple, peeled, cored and cut in bite-sized chunks (3 cups)*
1 tablespoon cornstarch
3 tablespoons plus $\frac{1}{3}$ cup firmly packed light brown sugar, divided

Preheat the oven to 350 degrees. Grease a 2-quart baking dish (7-by-11-inch) and set aside. In a mixing bowl, toss the pineapple with the cornstarch and 3 tablespoons of the brown sugar. Transfer to the baking dish.

In a separate mixing bowl, combine the remaining brown sugar, oats and flour. Cut the butter into the flour mixture with a pastry blender or 2 forks until crumbly. Evenly place on top the pineapple and bake for 40-43 minutes. The cobbler should be a light golden-brown on top and bubbly around the edges.

Allow to cool at least 10 minutes before serving warm with a scoop of vanilla ice cream.

** If you are pressed for time, you can use frozen pineapple chunks that are thawed. ■*



Pineapple Upside-Down Cake

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.



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

Roseanne writes: "Can you help me with an herb given to me by a relative? She called it alecost and said it was a favorite of my great-aunt. I am not sure how to use it."

Roseanne, the more common name for this herb that is a relative of marigolds is mint geranium. It

has a lemony and mint flavor and is frequently used in fruit salads and to flavor tea. I like it in chicken recipes.

Ages ago, it was called Bible leaf because the long, silvery leaves were used as bookmarks in Bibles.

Nick asks: "What can I do with extra nori other than use it for sushi?"

Nick, I am not sure what color you have, but I love nori when minced and used as a garnish for soups, salads and any pasta or rice dish. You can also use it for wrapping rice balls, also known as onigiri. ■

MARKETPLACE

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

Call for specials!

NATIONAL BARN COMPANY
EASTERN DIVISION



STORAGE BUILDINGS HAY BARNS HORSE BARNS GARAGES

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

Ask about our do-it-yourself materials kits.

www.nationalbarn.com
1-888-427-BARN (2276)

Steel Mobile Home Roofing

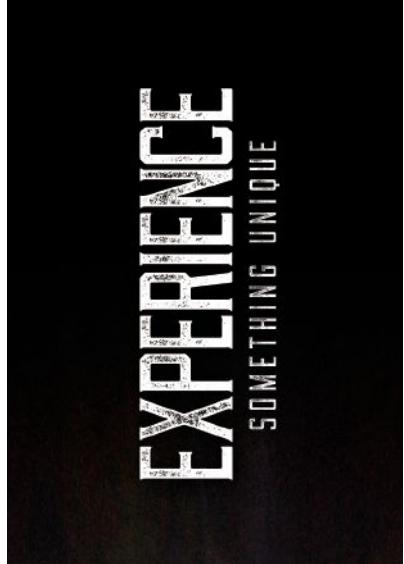
Leaks? High energy bill? Roof rumble?

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

PERMA-ROOF
from **Southern Builders**



Mobile Home Roofover Systems Since 1983



EXPLORE OUR ENTIRE COLLECTION OF BOOKS, CALENDARS AND SUBSCRIPTIONS

TNMAGAZINE.ORG/SHOP

THE TENNESSEE MAGAZINE

VIEW OUR EVENTS CALENDAR

TNMAGAZINE.ORG





FRONTIER LEGEND

*David Crockett Birthplace State Park
celebrates America's first folk hero*

Story by Trish Milburn • Photographs by Danielle Batchelor



Through the 1950s Disney TV program, "Davy" Crockett became almost synonymous with the coonskin cap he might or might not have worn in real life. But David Crockett — the name he reportedly preferred to be called — wore a lot of figurative hats in his life, a life that began in northeast Tennessee near the banks of the beautiful Nolichucky River.

Pioneer. Soldier. Politician. Hero. Legend. Each of these words can be used when referring to Crockett, a man whose reputation became larger than life. It was a life that had its beginning near the present-day town of Limestone in 1786.

"Crockett was America's first folk hero," says Joe Nowotarski, park manager of David Crockett Birthplace State Park. "Part of our primary interpretive focus is to show why northeast Tennessee was important in shaping the man he was, the soil he grew out of."

Crockett embodied what many consider the American spirit. Having no real education, he instead had the grit one needed to survive on the frontier. He ran away from home at a young age after getting in trouble for playing hooky and worked first one job and then another before returning home to work off some of the debts of his father, John. Like his father — who had been one of the Overmountain Men who fought in the Battle of Kings Mountain in the American Revolution and was involved in local politics — David became a soldier and a politician. His political career included time in the Tennessee Legislature and the U.S. Congress, a seat he lost when he opposed President Andrew Jackson's Indian Removal Act. He was the only Tennessee member of Congress to vote against the act, one of many times he famously butted heads with Jackson.

This "King of the Wild Frontier" continued to move westward throughout his life, from East Tennessee to Middle Tennessee and finally West Tennessee before heading to Texas after losing a congressional re-election bid. It was in Texas that he died helping defend the

Above, a re-enactor fires his flintlock from behind "the cabin door." David Crockett Birthplace State Park hosts half a dozen historic flintlock competitions a year. Crockett himself was known to attend such shoots, which were a great chance to show off frontier skills and do some politicking. Right, younger re-enactors frolic through the homestead at Crockett Days. Opposite page, park staff lead a history-themed kayak float down the Nolichucky River. This river was key to the development of the northeast Tennessee frontier.



Alamo against Santa Anna's Mexican troops a few months shy of his 50th birthday.

A visit to David Crockett Birthplace State Park will give you a good look into this American icon. Through the living history farmstead, replica cabin, programs and museum exhibits that are currently being updated, the early frontier comes alive. One of the best times to visit is during Crockett Days, held each year the weekend closest to Crockett's Aug. 17 birthday. This year, his actual

birthday falls right in the middle of the festivities, to be held Aug. 16-18. Historical re-enactors; demonstrations of frontier skills such as tomahawk throwing, fire starting and spinning wool; a flintlock shooting competition; and special speakers are among the offerings during the park's biggest event of the year.

Nowotarski says that despite the park's mission, until last year it didn't have any artifacts from Crockett.

"A local historian, John Neth III, donated an 1834 first edition of David Crockett's autobiography," Nowotarski says. "On it is a notation that it was written by Augustin Smith Clayton, who was a representative from Georgia who served with Crockett in Congress."

This interesting discovery challenges the long-held belief that Crockett's life story was written by Rep. Thomas Chilton from Kentucky.

Adding to the story

Keifer Helle, who was park manager prior to Nowotarski taking on the position in 2021, says that when he worked





Above, local history teacher Aaron Bible leads a hike dressed as famed frontier naturalist Andre Michaux during the Flora Americana Spring Festival. Below, local plant expert Robin Bennett leads an edible and medicinal plant hike through the park.

at David Crockett Birthplace, his experience was that lots of people visited the park to learn something new about Crockett. He suggests adding nearby sites to an overall visit of the area, including Sycamore Shoals State Historic Park in Elizabethton, which is about 45 minutes from David Crockett Birthplace. It was from there that the Overmountain Men headed to Kings Mountain.

Learning about the Lost State of Franklin also helps build on the Crockett family's story as John Crockett was a proponent of the independent State of Franklin.

"This tour of Sycamore Shoals State Historic Park back to Crockett Birthplace can provide a lot more context on life in this area and how David's father and mother navigated through the good, bad and ugly," Helle says.

Another place to add to your Crockett itinerary is the Crockett Tavern Museum in Morristown (about 50 minutes from the park), which stands on the approximate site of the tavern John Crockett opened in 1794 on a stagecoach route.



A place for recreation

Entwined with the rich history of the park are recreational opportunities. This area was once known as the Nolichucky Settlements. Tennessee's two oldest towns — Jonesborough and Greeneville — grew out of those settlements.

Today the Nolichucky River provides good fishing for largemouth and smallmouth bass, redeye, bluegill, crappie and catfish. Personal kayaks and canoes can also be launched from designated points in the park.

You can enjoy the natural beauty of the park on any of the three short hiking trails or one of the picnic areas.

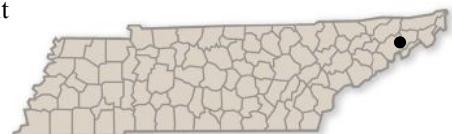
If you're a birder or wildflower enthusiast, check out the various habitats located throughout the park.

Camping is available at the 88 sites within the park, 54 of which have full hook-ups.

"We have a lot to offer in a small package," Nowotarski says of the 105-acre park. "It's nice to be at the helm, captain of the ship, of this great resource and helping determine its long-term trajectory. There's something new and different every day." ■

David Crockett Birthplace State Park

For more information, visit tnstateparks.com/parks/david-crockett-birthplace or call the park office at 423-257-4500.





Tennessee Voices for Cooperative Power is a network of advocates
who support reliable and affordable energy policies.

**Join today and make a difference
for your community.**

[JOIN ONLINE](#)

VOICESFORCOOPERATIVEPOWER.COM/TENNESSEE



Voices for
Cooperative
Power

TECA

Tennessee Electric
Cooperatives

Find the Tennessee flag



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

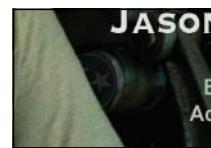
Note that the icon we hide will not be on an actual flag or historical marker, will not appear on pages 20-25 and will not be placed in any ads. This month's flag will not appear on this page (that would just be too easy). Good luck!

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 Thursday, Aug. 1. Winners will be published in the September issue of *The Tennessee Magazine*.

May Flag Spotters

Thanks for the postcards and emails again this month identifying the correct location of the flag, which was found on the hammer and machine on the **cover**.



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

Kenny Autwell, Rives, Gibson EMC

Angela Singer, Joelton, Cumberland EMC

Cheryl Lynn Stafford, Russellville, Holston EC

Artist's Palette

Assignment for September

Three age categories: 8 and younger, 9 to 13 and 14 to 18 years old. Each group will have first-, second- and third-place winners.

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

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 Thursday, Aug. 1.

Include: Your name (*legibly, please!*), age, mailing address, phone number, email address and electric cooperative. Leaving anything out will result in disqualification.

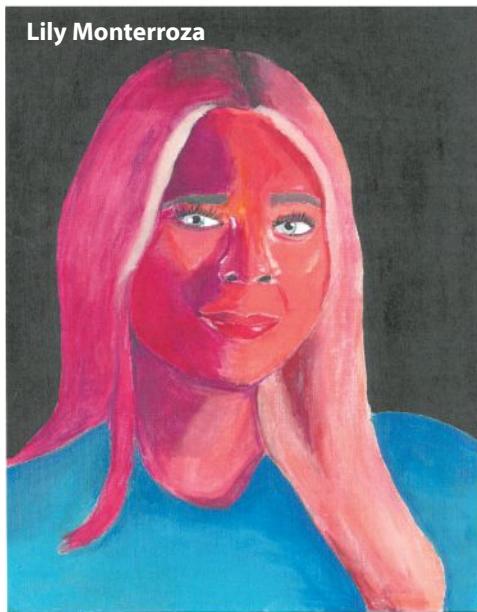
Please note: By entering, you give *The Tennessee Magazine* permission to publish your work in print, online and via social media.

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

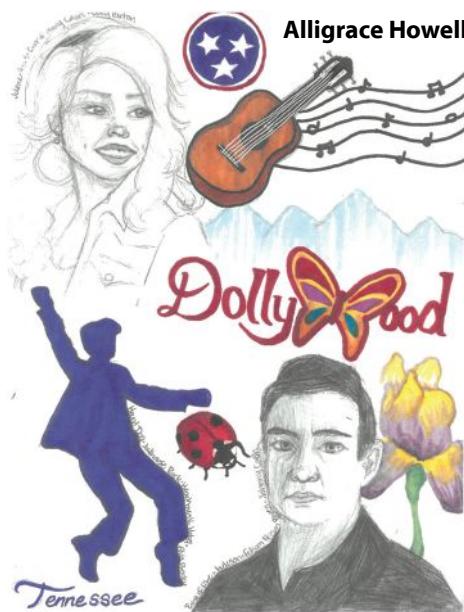
Each entry needs its own SASE, please. Siblings must enter separately with their own envelopes. **Attention, teachers:** You may send multiple entries in one envelope along with one SASE with sufficient postage.

Winners will be published in the September 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 awards, artwork and certificates of placement within six to eight weeks of publication.

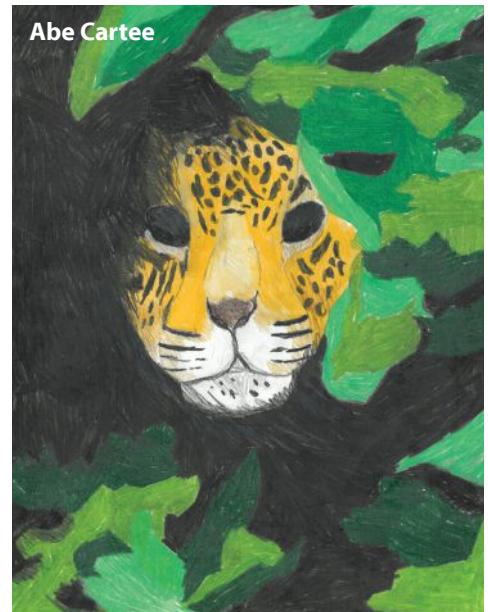
Artist's Palette July Winners



Lily Monterroza

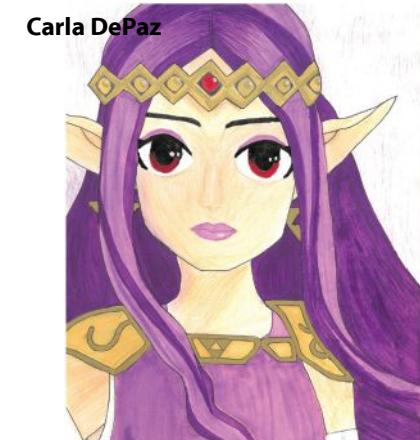


Alligrace Howell



Abe Cartee

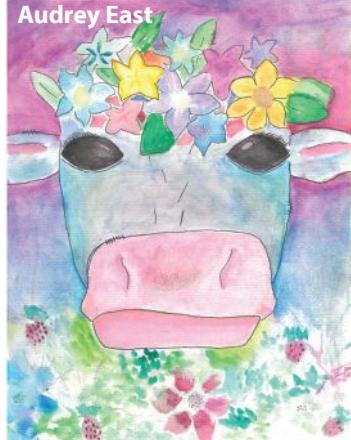
WINNERS, 14-18 AGE GROUP: First place: Lily Monterroza, age 17, Middle Tennessee Electric; Second place: Alligrace Howell, age 16, Southwest Tennessee EMC; Third place: Abe Cartee, Age 14, Middle Tennessee Electric



Carla DePaz



Aurora Porter



Audrey East

WINNERS, 9-13 AGE GROUP: First place: Carla DePaz, age 12, Middle Tennessee Electric; Second place: Aurora Porter, age 9, Duck River EMC; Third place: Audrey East, age 12, Gibson EMC



Drishti Ajmera



Reed Mitchell



Rayleigh Jo Hart-Norris

WINNERS, 8 AND YOUNGER AGE GROUP: First place: Drishti Ajmera, age 8, Middle Tennessee Electric; Second place: Reed Mitchell, age 5, Cumberland EMC; Third place: Rayleigh Jo Hart-Norris, age 8, Cumberland EMC



Point of View

By Robin Conover

Spring in Cades Cove tops my list as one of my favorite photographic excursions. Nestled in the Great Smoky Mountains National Park and surrounded by mountain peaks, this pristine valley is one of the park's most popular destinations. Traversing an 11-mile one-way loop in cars, on bicycles and by foot, visitors can explore several historic locations and numerous trails and observe abundant wildlife year-round.

According to the National Park Service, more than 13.3 million visitors flocked to the area in 2023, with spring and fall being the most crowded. Visitors include countless nature photographers, hikers, bird watchers, cyclists, campers and many other outdoor enthusiasts.

The chance to visit and photograph the nation's most biodiverse national park right in my own backyard is one that I should appreciate more often.

Located along the eastern border of Tennessee and the western border of North Carolina, the park includes more than 800 square miles of the Southern Appalachian Mountains. Scientists have documented more than 19,000 species there, most of which I have not yet encountered.

One very popular species people expect to see is the gregarious black bear. On this particular trip to the park, I stayed primarily in Townsend and Cades Cove, coming away with 15 bear sightings as well as numerous deer, a flock of wild turkeys, one indigo bunting and a nice sunrise opportunity to photograph.

"Yearling Black Bear in Cades Cove" by Robin Conover, Canon EOS 5D Mark IV, 200-400mm, f4 L IS USM EXT lens with built in 1.4x extender at 560 mm, f5.6L II US, ISO 640, f5.6 at 1/400 second, Gitzo tripod

This photograph was one of my favorites of this yearling cub as it explored an open field with a sibling and its mother. They were about 60 yards away from me as I observed it rise up three or four times to check the surroundings — as did the mother when the cubs ventured too far away. A rather large group of photographers and onlookers had gathered at the edge of the road to view the activity. The bears seemed undeterred yet very aware of our presence.

In situations like this, it is imperative to quietly remain at a distance with a long lens or field glasses rather than getting too close and affecting the animals with your actions. Once wildlife is spotted, people always want to get closer. Cars stop, a crowd gathers to observe and then at least one uninformed, ignorant person will try to approach too close to get a better selfie. I see this way too often.

This careless action can cause wildlife to defend their territory, food supply and young by charging or attacking. Sadly, encounters such as this can then result in the animal being put down.

Please be aware that you must observe and photograph animals safely from a distance of at least 50 yards. This is for your protection and that of any wildlife. In addition, feeding and harassing any wildlife in national and state parks are not only dangerous, they are illegal.

To find out more about the Great Smoky Mountains National Park, visit nps.gov/grsm/index.htm.

SHUTTERBUG SHOWCASE

In the next installment of our Shutterbug Photography Contest, *The Tennessee Magazine* is partnering with the Wilson County-Tennessee State Fair to highlight “95 Reasons to Celebrate Tennessee — Sow the Fun. Harvest the Memories,” which is the theme of this year’s fair. The topic is general, giving you plenty of room for creativity; we do want to know the town and county where each photo was taken.

There is much to celebrate across Tennessee,

and we’d love to see each of the state’s 95 counties represented among the entries.
The Tennessee



Magazine will name first-, second- and third-place winners as well as honorable mention recipients in each division — **Adult Shutterbug**, **Junior Shutterbug** (ages 17 and younger) and **Professional**. The fair could bestow additional honors upon entries capturing the spirit of the theme.

Images can include people or not, and they can be selfies. As you accept this challenge, please stay safe. We don’t want anyone to take a tumble in the name of the Shutterbug contest.

Contest rules

1. The contest is open to amateur and professional photographers. For the purposes of this competition, you are considered a professional if you regularly sell your images or garner more than 50% of your income from photography.
2. Photographs must have been taken by you.
3. A photographer can enter no more than three photographs. There is no cost to enter.
4. All entries must be made online. We won’t accept prints for

this contest. Sign on to tnmagazine.org and click on “Entry Forms” under “Contests.” Complete the form and upload your photograph(s).

5. Employees of Tennessee’s electric cooperatives and their immediate families are not eligible to win.
6. Please include the name of each recognizable person, if any other than yourself, in your photograph. It is the photographer’s responsibility to have the subject’s permission to enter his or her image in the contest. You must include the subject’s name and contact information with your submission. Omitting any of this information can result in disqualification.
7. By entering the contest, photographers automatically give *The Tennessee Magazine* and the Wilson County-Tennessee State Fair permission to publish the winning images in print and digital publications, to social media and on websites.

Shutterbug assignment:

“95 Reasons to Celebrate Tennessee — Sow the Fun. Harvest the Memories.”

Submissions — online entries only

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

Deadline

Entries must be entered online by the end of the day on Monday, July 15. Winners will be published in the September issue.

Prize packages:

Judges will select a first-, second- and third-place winner in each division and age group. These prizes will be awarded: First place wins \$150, second place \$100 and third place \$50.





Your Touchstone Energy @ Cooperative 

HAPPY INDEPENDENCE DAY!



*— From all of us at
Cumberland Connect*



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



This institution is an equal opportunity provider and employer.