

the tennessee magazine

September 2026

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SHUTTERBUG SHOWCASE:

Red, White or Blue

There's a Place: Roan Mountain | Savory Salmon

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Celebrating the Extraordinary Nature of Everyday Life

SEPTEMBER 2026

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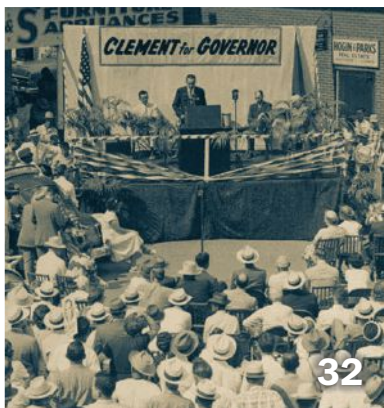
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the
tennessee
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Celebrating the Extraordinary
Nature of Everyday Life

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**Executive, editorial and
advertising offices:**

2964 Sidco Drive, P.O. Box 100912
Nashville, TN 37204

Phone: 615-367-9284

Email: thetennmag@tnmagazine.org

General Manager

Mike Knotts

mknotts@tnelectric.org

Senior Vice President of Communications

Trent Scott

tscott@tnelectric.org

Editor

Chris Kirk

ckirk@tnelectric.org

*Field Editor and Senior
Communications Specialist*

Nicole Christensen

nchristensen@tnelectric.org

Communications Strategist

Amber Weaver

aweaver@tnelectric.org

Communications and Advertising Coordinator

LaQuella Bond

lbond@tnelectric.org

Creative Director

Shane Read

sread@tnelectric.org

Advertising inquiries

LaQuella Bond

P.O. Box 100912

Nashville, TN 37224

Phone: 615-367-9284

Email: lbond@tnelectric.org

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David Abernathy, Assistant General Manager

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Administrative Division Manager

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Broadband Division Manager

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Mission Statement

Cumberland Electric Membership 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.

Between the Lines

News from your Community



Chris A. Davis

CEMC General Manager

Electricity brings everyday value

When it comes to electricity, we rarely think twice when we flip on a light switch, brew coffee in the morning, charge our phones or adjust the thermostat. We simply expect the power to be there — and that's how it should be because you are a member of Cumberland Electric Membership Corporation and reliably powering your life is our mission.

We know that many families across our local communities are feeling the impact of rising costs for everyday expenses. Groceries, gasoline, insurance and other necessities cost more than they did just a few years ago. And because of that, we understand that every household is carefully considering where each dollar goes.

That's why I think it's important to occasionally step back and consider the value electricity provides.

The average CEMC household uses about 1,500 kilowatt-hours (kWh) of electricity each month. At approximately 12 cents per kWh, that amounts to an average bill of about \$180 per month, or about \$6 per day. When you consider what that \$6 provides, electricity remains an exceptional value. For less than the cost of many everyday purchases, it powers the essentials of modern life. A fast-food combo meal can easily cost more than \$9, and a single movie ticket can cost around \$13.

For about \$6 a day, your refrigerator keeps food fresh around

the clock. Your heating and cooling system helps keep your family comfortable through the seasons. Lights brighten your home after sunset. Appliances make cooking and cleaning easier. Devices stay charged so you can work, learn, communicate and stay connected with loved ones. When you think about everything electricity makes possible, it remains one of the greatest values in the average household budget.

Even with electricity's exceptional value, we know every dollar matters. If you're looking for ways to lower your energy use, CEMC is here to help. Whether you need efficiency advice from our energy advisors, information about rebates and efficiency programs or answers to questions about your monthly bill, our team is always available.

CEMC is proud to be more than your electric provider. Because we're a cooperative, we're locally owned by you, the members we serve. That means every decision we make is guided by what's best for our community, not by outside shareholders. Thank you for trusting us to power your home and your life. We're committed to providing everyday value for you and your family, with reliable, affordable power so you can make the most of every energy dollar.



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HISTORIC SAVANNAH TROLLEY EXPLORATION SHORE EXCURSION ★ SAVANNAH, GA

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THE WRIGHT BROTHERS

In 1903, the Wright brothers achieved the first powered, sustained, and controlled airplane flight in Kitty Hawk, NC. Two years later, they surpassed their own milestone when they built and flew the first fully practical airplane.

NAVAL ACADEMY SHORE EXCURSION ANNAPOLIS, MD

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Ocean Springs

Mobile

Pensacola

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New Orleans

FORT MASSACHUSETTS ★ SHIP ISLAND, MS

Fort Massachusetts is a historic brick fort located on West Ship Island, Mississippi. It was built by the U.S. government in the mid-1800s as part of a coastal defense system following the War of 1812.



SEAPLANE ADVENTURE TO DRY TORTUGAS SHORE EXCURSION ★ KEY WEST, FL

Seventy miles west of Key West, Florida lies one of North America's most inaccessible National Parks—Dry Tortugas. The park is renowned for its marine life, pirate legends, and sheer unspoiled beauty.

Key West

Baltimore

MARYLAND

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Williamsburg

Yorktown

Norfolk

Kitty Hawk

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By Mike Knotts

Tennessee Electric Cooperative Association

A good plan makes for success

For more than half of American families, working at your job includes dedicating some of your paycheck to an account like a 401(k) or a pension. Millions more people do it on their own. The goal is to save some money now — and allow compounded interest and overall growth in the market to create a much larger amount of money to draw from later.

That used to mean taking big risks and paying large fees. Without limited access to information, most investors relied only on their stockbrokers to tell them what to buy. Then huge transaction fees were charged every time you bought and sold. So, it is no surprise that just two generations ago, less than 5% of Americans owned stocks.

This changed in large part because of one very determined and very insightful man. Jack Bogle founded a company called Vanguard with the belief that there was a different way to save for the long term. And his vision might look familiar to you.

Jack has been famously quoted about picking stocks, “Don’t look for the needle in the haystack ... just buy the haystack!” He believed in index funds, which are designed to match or track the components of a specific financial market index. And he was right. Since 1980, the S&P 500 index has outperformed almost any other portfolio of stocks. If you had invested \$100 that year, it would be worth \$20,800 today.

But that’s not the whole story. Jack Bogle also believed in the power of lower costs. He had another famously simple way of illustrating how lower transaction fees left more money in your pocket: “You get what you don’t pay for.”

Because of these powerful ideas, Vanguard now manages over \$12 trillion for more than 50 million investors. The real crown-

ing achievement, though, is that its average expense ratio is only 0.07% — when decades ago it was common to pay 10% or more of the value of an investment in transaction fees.

Vanguard accomplished this because of an important choice Jack Bogle made — mutual ownership. Just like your electric co-op, mutual ownership means that there are no external owners of the company. Those who purchase its products are the owners of the company, and the company should exist to serve its customers.

And this was Jack’s plan along. “Strategy follows structure,” he was fond of saying. He meant that the mutual ownership design naturally requires a low-cost, outcome-oriented strategy because no outside owners demand corporate profits. And the result of this, according to numerous researchers, is that Vanguard has transferred over \$1 trillion of wealth to everyday Americans — the sum total of investment fees that were never charged. Because of this, financial writer Morgan Housel even called Jack Bogle “the greatest philanthropist of all time.”

Take note, however, that these principles were not new when Vanguard implemented them in 1976. Even if they were revolutionary on Wall Street, they go back to the Fenwick Weavers Society founded in Scotland in 1761. Low costs and mutual ownership form the core of the cooperative business model, which is exactly what guides your local electric co-op today. I’m glad to say that I love my co-op and take heart knowing it makes my community a better place each and every day.

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?

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|--|---|
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| ☐ Lower Back Pain | ☐ Poor Circulation |

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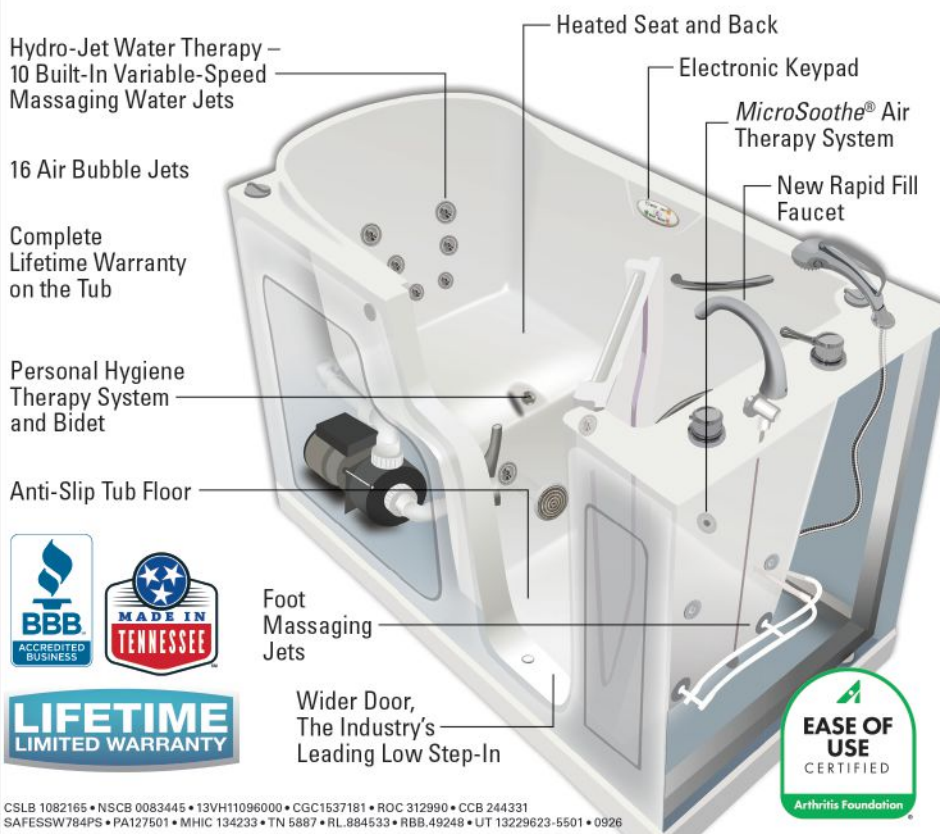
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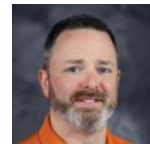
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By Chris Kirk

Editor, *The Tennessee Magazine*

Reminiscing in red, white and blue

I'm sure most of our readers can relate. Sometimes the words just don't come so easily. I found myself stuck at the starting point when it came time to write my column this month.

Looking for inspiration from the talented writers and photographers who contributed to this September edition of *The Tennessee Magazine*, my engine still wasn't humming after a flip through this issue, so I took a break to scroll through the photos on my phone.

This month, we announce the winners of our "Red, White or Blue" Shutterbug Photography Contest (see pages 12-17). That theme still on my mind, I relived the past few months through those filters.

From early in the summer, I noticed my family's sun-kissed red faces. My wife, Anna, and I as well as our daughters, Sloan and Caroline, spend much of our weekends in the summer at our neighborhood pool with our many sun-bum friends. Early in the season, we were eager to soak up the rays and didn't pay close enough attention to SPF.

From the end of summer, there's a photo of Sloan in her little white car. She turned 16 this year, and she has begun driving herself and Caroline to school. It's an exciting milestone for her — and an

anxious one for me and Anna. But we're so proud of Sloan, and she's doing great.

Finally, I see Tanner's blue collar in a photo of him curled up on our couch. Tanner was our golden retriever mix and came to work with me nearly every day at the Tennessee Electric Cooperative Association. He was basically a co-worker in addition to the most loving, gentle family dog. We enjoyed 11 happy years with him after adopting him from the Middle Tennessee Golden Retriever Rescue, now called Adopt a Golden Nashville. We sadly had to say goodbye to him just a week before I wrote this. Maybe his passing is the reason I've stumbled through these 350 words this month.

It's been quite a summer — quite a couple of years, really — for the Kirks. It's easy lose perspective and get bogged down marking items off the to-do list. But times for reflection can present themselves unexpectedly — like during a scroll through your camera roll when you've run aground with writer's block.

Thanks for reading,

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Confessions of an indoor enthusiast

Finding my way back from social distancing hasn't been easy

It's been three years since our masks came off.* How are you doing, dear reader? It seems a lot longer than that, doesn't it? We went through so much, and everything is different now. I'm different. You're likely different. The world is certainly different.

And there's a phrase I keep hearing, one I didn't hear much, say, 10 years ago: "too peopley."

I use it a lot. It has become part of our everyday speech. When someone says, "It's too peopley here," it's used to describe a place or event that is crowded or socially overwhelming. It's slang, which means Ivy League scholars didn't invent the word. We did. Scholars were forced to insert it into our dictionaries because everyone started saying it so much.** The internet claims it has been in use since around 2010. But it got used a lot during and after the COVID-19 pandemic.

The common use of "too peopley" is a tell-tale sign of the changes we've had to endure in the world around us. Our view of other people has changed. We have been conditioned, through the pandemic, to see others as germ-carriers, outsiders who could easily, invisibly infect us. Introverts have multiplied faster than the baby boom.

We closed our eyes one night and opened them the next morning to a different world.

Our tribal instincts to protect and defend ourselves rose up anew, tendencies we first felt collectively when we stood erect and threw spears at presumed predators.

Those tendencies, these days, only arise in times of duress or calamity, when a community is under siege or at war.

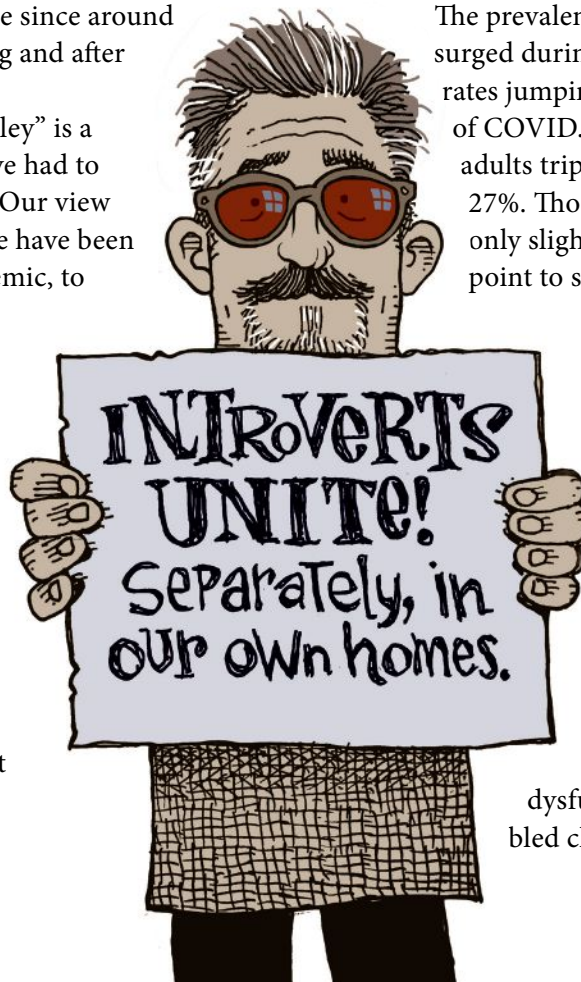
We are more sensitive now to large crowds and busy events. After years of social distancing, the outside world got too peopley. We stay in our homes more; we travel less. We cocoon more; we socialize less. We shutter ourselves in; we engage less.

Not long ago, less than 10% of Americans worked from home. Now, permanent work-from-home employees are over 30% and climbing. Many others are working from home part time and commuting the rest of the week. The pandemic did that, and that's not a bad thing. But there are plenty of challenges as we continue to deal with the aftermath.***

The prevalence of anxiety and depression surged during the pandemic, with global rates jumping by 25% during the first year of COVID. Rates of depression among U.S. adults tripled, leaping from 8.5% to over 27%. Those numbers have come down but only slightly. Mental health professionals point to simple cause-and-effect analyses, saying that a lack of social interaction can definitely lead to depression and anxiety.

"Others" have become more "other" than ever. I've seen arguments break out between strangers in grocery stores and restaurants because someone coughed without a mask on. The pandemic didn't unite us, but it divided us in ways we are still calculating.

The human family is now a dysfunctional family living in a troubled climate of "us and them."



These footnotes have been tested to be industrial-strength and weapons-grade. Please be careful.

* I know, I know. We all took them off at different times, and some never put them on at all. And some are still wearing them today in public places. But it was May 2023 when the World Health Organization announced the COVID-19 pandemic was officially over. Most of us took the masks off, freely breathed a sigh of relief and exhaled into the air around us. It was exhilarating. It was frightening. It was complicated.

** Do you remember the big controversy over the word “ain’t”? Scholars stubbornly refused to insert it into our modern dictionaries because they thought it was an ignorant use of the more properly conjugated “isn’t” or “aren’t.” My fourth-grade English teacher docked my grade on a paper I wrote reviewing

“Where the Red Fern Grows” by Wilson Rawls. I used the word “ain’t” three times. Ms. Fritz drew big, red circles around each instance of the offending verbiage. I was understandably upset because Rawls, the author of the book I was reviewing, had used the word dozens of times!

Over the next 20 years, I noticed writers and columnists quietly revolting, using the word as often as they could. The scholars eventually folded, albeit reluctantly, first using disclaimers informing us that it was not actually a real word. Well, it is now! We common folk invented our own word, and the elitists have to deal with it.

First used by England’s lower class as early as the mid-1700s, the word “ain’t” wasn’t canonized in English dictionaries until the 1980s. Although there are still

some snobbish holdouts, most in the world of English literature now give it a pass. I ain’t gonna spend any more time on this matter. Carry on.

*** The pandemic brought about another phenomenon called “bed rotting.” It became a challenge for some to see how long they could stay in bed. I remember one 30-something woman proudly exclaiming on Facebook that her personal best was nine weeks. She worked in bed, ate in bed, watched TV in bed, only getting up to use the bathroom and shower. If you lived through the pandemic, you strangely understand this. Others will scratch their heads in disbelief. But it was a thing and probably is for many, even still. This has been a strange time to live through.

The pandemic is over, but social distancing seems to be the virus that just won’t die. I can’t believe it will last forever, but I fear its effects will be felt for a while.

I look in the mirror and see my father these days. And I think of him a lot. He was known as “the life of the party.” He “never met a stranger.” He was that guy. I once thought of myself the same way — so did others — but I got used to the quiet, the still and the solitude.

Having removed myself from the noise and commotion of restaurants at happy hour, of large concert venues and airport terminals, it’s been hard to dive back in. In some ways I feel like I’ve been on a meditation retreat — for years — and now it’s time to come back home. Maybe some of you feel the same way.

But I see hope as I venture out beyond my driveway. I love people, and I really love small, quiet groups of people. So, that’s a start. I was once described as a people person, and I liked the label very much. I am trying to be that guy again, and I think I can do it. There are so many good people in the world, and I come in contact with them daily. How hard can it be?

I was talking with my wife, Michelle, the other day about this very thing, and she said something that stopped me in my tracks.

“We just have to remember that we’re all sand painters,” she said.

“Sand painters?” I asked.

“Yes,” she replied. “The monks who paint with colored sand, they labor every day for months.”

“Oh, yes,” I remembered.

“They make these beautiful mandalas,” she continued. “And when they are done, they take a good look at their work, and they smear it over with their hands and start over.”

“Aah, the art of impermanence,” I nodded.

“That’s right,” Michelle said, and we both sighed together and remained quiet for a long time.

Nothing lasts forever. Not pandemics. Not the aftermath. This too shall pass.

But I’m making progress. I’ve graduated to medium-sized restaurants at happy hour. If my gate at the airport is packed, I sit close by at a less populated gate. I have even been known to shop at Publix when school has just let out. I’m doing the work. I’ll get there.

But until then, from one sand painter to another, I wish you joy in your journey and peace at home. [tn](#)

I think of my father a lot these days. He never met a stranger and was the life of every party. I used to think of myself that way. The pandemic is over, but social distancing seems to be the virus that just won’t die.

Watch Antsy’s video for the song, “Stay in Touch”

Antsy McClain is a Nashville-adjacent singer-songwriter, author and graphic artist. Go to unhitched.com for more. Use this QR code to watch his video, “Stay in Touch,” written during the pandemic as a love song to the friends and family he missed so dearly. It remains one of his favorite songs, despite never having been “properly” recorded or included on an album. One day, maybe.





Shutterbug Showcase

Red, White or Blue

America celebrates our nation's 250th birthday this year, and judging from the entries in our latest Shutterbug Photography Contest, Tennesseans and communities across the state have been enjoying all the star-spangled splendor.

We partnered with the Wilson County-Tennessee State Fair on our summertime competition again this year. Reflecting the fair's "Tennessee Voices and Volunteers Celebrating America 250" theme, we asked our reader-photographers to feature "Red, White or Blue" in their entries.

Guest judges Lacy Atkins and Robin Conover, both award-winning photographers, returned to help select the winners in each of our three categories: Junior, Professional and Adult Shutterbugs.

Thank you to everyone who submitted photographs. Be sure to visit tnmagazine.org to view these winning entries and additional images recognized as finalists.

Check future issues of *The Tennessee Magazine* for details on our next Shutterbug Photography Contest.

Above:

1ST PLACE, ADULT

"Happy 250th, America,"

Cynthia Desrosier, Kimball,
Sequachee Valley EC

Top Right:

1ST PLACE, JUNIOR

"All American Breakfast,"

Bella Telfer, Jackson,
Southwest Tennessee EMC

Bottom Right:

1ST PLACE, PROFESSIONAL

"Horse with American Flag,"

Patricia Drach, Bell Buckle,
Duck River EMC



**2ND PLACE,
PROFESSIONAL**

"Flying High for America's 250th,"
Carl Banks, Belvidere,
Duck River EMC



2ND PLACE, JUNIOR

"It's the Real Thing,"
Luca Ferrer, Spring Hill,
Duck River EMC



**3RD PLACE,
PROFESSIONAL**

"Tractor Sunset,"
Joe West, Rockvale,
Middle Tennessee Electric



2ND PLACE, ADULT

"Fireworks in the Back Pasture,"
Jennifer Kuhle, Gallatin



3RD PLACE, ADULT

"The Fabric of Time,"
Carolyn Grasse, Lewisburg,
Duck River EMC



3RD PLACE, JUNIOR

"Twilight's Anthem,"
Paulina Trout, Columbia,
Duck River EMC



**HONORABLE MENTION,
ADULT**

"Red, White & A Bit of Blue,"
John Hunt, Franklin,
Middle Tennessee Electric



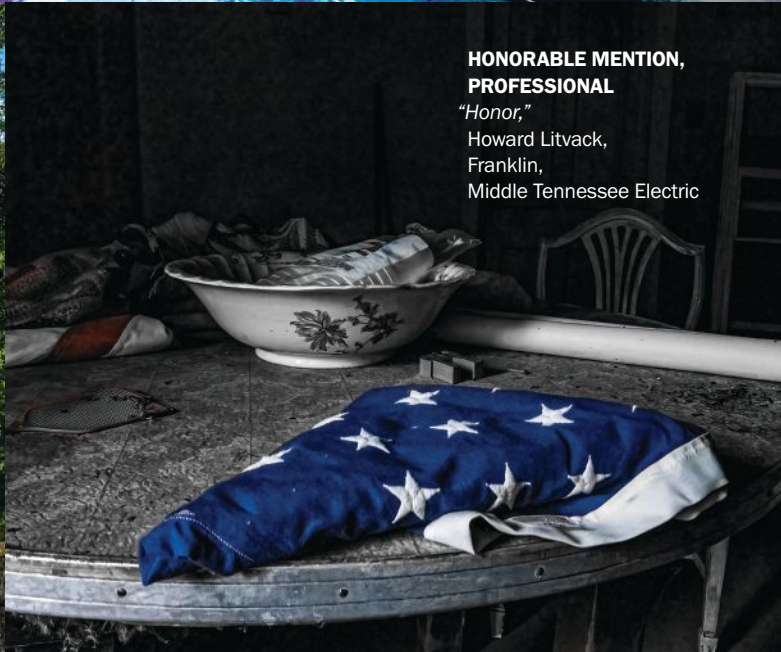
**HONORABLE MENTION,
PROFESSIONAL**

"Honor,"
Howard Litvack,
Franklin,
Middle Tennessee Electric



**HONORABLE
MENTION,
ADULT**

"Sweet Summertime,"
Brooke Choate,
Jamestown,
Volunteer EC



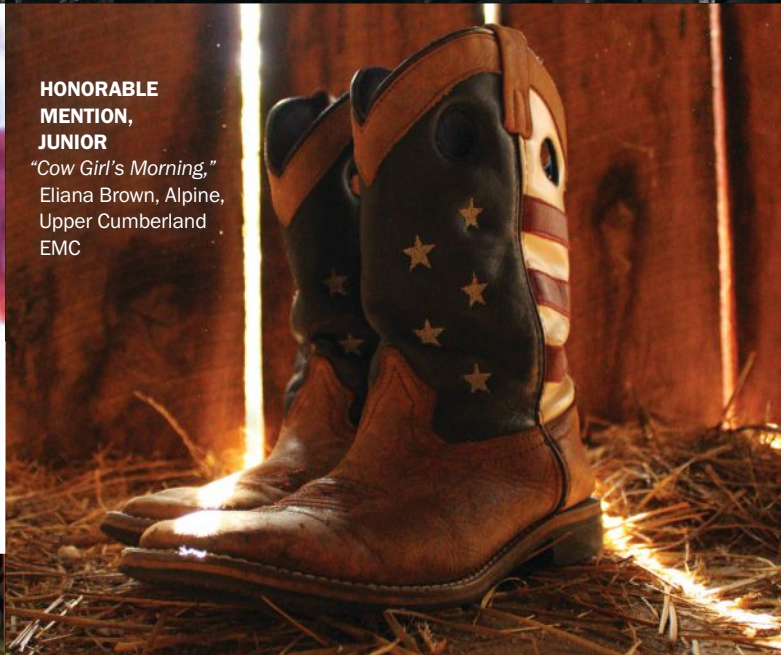
**HONORABLE
MENTION,
JUNIOR**

"Cow Girl's Morning,"
Eliana Brown, Alpine,
Upper Cumberland
EMC



**HONORABLE MENTION,
PROFESSIONAL**

"Patriotic pup,"
Melissa Lawlor,
Bradyville,
Middle Tennessee
Electric





**HONORABLE
MENTION,
ADULT**

"Fireworks,"
Robert Maurer,
Murfreesboro,
Middle Tennessee
Electric



**HONORABLE MENTION,
JUNIOR**

"Red, White, and Bloom,"
Eliza Allen, Rogersville,
Holston EC



**HONORABLE
MENTION,
JUNIOR**

"Celebrating 250,"
Brynlee Scott,
Harrison,
Volunteer EC



**HONORABLE MENTION,
ADULT**

"Red Boats,"
Lane Rohling,
Lawrenceburg



**ELSEWHERE, TOURISTS IN
A LANDLOCKED STATE ARE
ENJOYING THE WORLD'S
BEST SEAFOOD, BECAUSE
THE SIGN SAID SO.**

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📍 Wilmington

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North Carolina adventure.



For Real, Visit





Coming next month: CEMC's 88th Annual Meeting

Don't miss next month's issue of *The Tennessee Magazine*; it will contain everything you need to know about Cumberland Electric Membership Corporation's 88th annual membership meeting.

Save the date and make plans to join us **Saturday, Oct. 24**, at **Portland High School** for

our cooperative's biggest event. CEMC's business meeting and director elections will be held, a complimentary breakfast will be served, musical entertainment will be provided and some valuable prizes — including bill credits and youth prizes — will be given away. **Early voting will be held at district offices on**

Friday, Oct. 23, for members who are unable to attend the meeting.

We hope you'll join us as we celebrate 88 years of serving our members! Please visit our website, cemc.org, and make sure you're following us on social media for additional information and reminders.



Enjoy musical entertainment provided by Rising Creek at CEMC's 88th annual meeting.

Oliver retires, Harper appointed to CEMC board

Edward (Ed) Oliver of Clarksville recently announced his retirement from Cumberland Electric Membership Corporation's board of directors, effective June 2026.

Oliver, who represented North Montgomery County, joined the board in 2013.

"Ed's dedication and leadership have made a lasting impact on CEMC, and we are truly grateful for the time and commitment he has given over the years," says General Manager Chris Davis.

Ryne Harper of Clarksville has been appointed to fill the remainder of Oliver's term, which will be up for election in October.

A graduate of Austin Peay State University, Harper has worked as a real estate agent with Byers & Harvey, since 2022. Before

beginning his career as a Realtor, he played professional baseball for 11 years and is a member of the Major League Baseball Alumni Association.

"As a lifelong resident of Clarksville, I have a strong interest in supporting the continued growth and success of our community. Serving on the CEMC board provides an opportunity to contribute to an organization that plays a vital role in the daily lives of local families and businesses," says Harper. "I am honored to help ensure reliable, affordable



Edward Oliver



Ryne Harper

services while representing the interests of members and supporting the cooperative's long-term vision."

Harper and his wife, Carson, have two children: Rush and Remington. Outside of work, he enjoys giving back to the community and supporting local schools and Austin Peay.

CEMC board names Abernathy assistant general manager

In preparation for the upcoming retirement of General Manager Chris Davis, Cumberland Electric Membership Corporation's board of directors recently selected David Abernathy to fill the temporary position of assistant general manager. Abernathy will work alongside Davis until his retirement in August 2027, then assume the role of general manager on Sept. 1, 2027.

Since joining CEMC in 1996 as an oiler, Abernathy has advanced through a variety of roles during a career spanning three decades.

After completing the Lineman Apprenticeship Program, he advanced to journeyman lineman and journeyman serviceman before moving into engineering and leadership positions, including Clarksville District engineer, project engineer, supervisor of district engineers and supervisor of engineers. In 2016, Abernathy became manager of operations division and was later named manager of engineering and operations division in 2020, a position he held for six years before being named assistant general manager.



David Abernathy

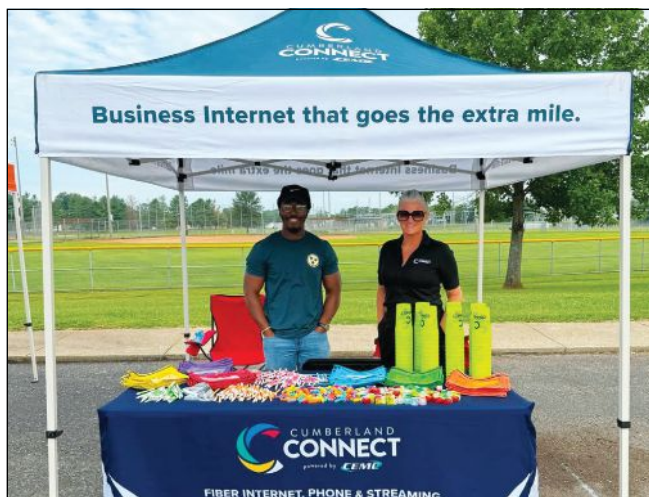
Community connections: Back-to-school support

As students prepared to head back to the classroom this fall, Cumberland Electric Membership Corporation was proud to support several back-to-school bashes and school supply drives across the communities we serve. These events helped ensure local children had the backpacks, notebooks, pencils and other essentials they needed to begin the school year with confidence.

At CEMC, we're committed to more than delivering reliable electricity and broadband services, we're dedicated to strengthening the

communities we call home. By partnering with local schools, community organizations and volunteers, we were able to help make a positive difference for hundreds of families preparing for a new school year.

We're grateful to everyone who organized, donated to and participated in these events. Your generosity and community spirit helped students begin the school year ready to learn while reinforcing the power of neighbors working together to make a lasting impact.



Above, CEMC + Cumberland Connect was a proud sponsor of the Portland Chamber of Commerce's annual Back to School Bash on Saturday, July 25, at Richland Park. Bottom left, co-op employees prepare to hand out supplies at the Cheatham County Chamber of Commerce's Back to School Bash. Bottom right, employees helped sort supplies and prepare teacher bags for the Clarksville-Montgomery County Education Foundation's Teacher Warehouse.





Building a smarter home — one device at a time

Smart home technology is constantly evolving, with new devices designed to make everyday life easier and more energy-efficient. If you're considering smart home devices, Cumberland Electric Membership Corporation is here to help.

Here are a few options for every area of your home that can improve convenience while helping lower your energy use.

Entryway

Device: Motion-sensing porch lights

Benefit: Porch lights add safety and curb appeal, but they often stay on for 10 to 12 hours each night. Motion-sensing lights turn on only when they detect movement, reducing operating time while providing added security. Many models also use energy-efficient LED bulbs.

Living room

Device: Smart thermostat

Benefit: A smart thermostat helps reduce energy use throughout your home. It can automatically adjust temperatures while you're asleep or away, learn your routine over time and avoid heating or cooling an empty house. You can also control it remotely if your schedule changes. If you're looking to install a smart thermostat, be sure to visit energyright.com/residential/rebates/smartthermostat/ for information on TVA's Smart Thermostat Program, including available rebates.

Kitchen

Device: Smart dishwasher

Benefit: Running your dishwasher only with a full load is still one of the best ways to save energy. A smart dishwasher makes it even easier by delaying the start time so you can run it during off-peak hours. Many models also detect how dirty dishes are and use only the water and energy needed to get them clean.

Bedroom

Device: Smart plugs

Benefit: Smart plugs let you create schedules for lamps, fans and other electronics, so they aren't left running when no one is home. Instead of leaving a lamp on all day, you can program it to turn on only during the evening.

Bathroom and laundry room

Device: Smart water heater

Benefit: Water heating is typically the second-largest energy user in many homes. A smart water heater heats water only when it's needed and often includes a vacation mode to reduce energy use while you're away.

Smart devices don't automatically lead to energy savings. The greatest benefits come from using automation to eliminate waste. Technology that adjusts to your schedule, turns off when it's not needed and helps your heating and cooling system run more efficiently can reduce energy use without sacrificing comfort.

Harvest season: Safety starts with looking up

Harvest season is one of the busiest times of the year for Tennessee farmers. Long hours, large equipment and changing field conditions can make it easy to overlook potential hazards. One of the greatest risks is working around overhead power lines. A few simple precautions can help prevent injuries, equipment damage and power outages during one of the year's most demanding seasons.

Look up before you move

Today's combines, grain augers and other farm equipment are taller than ever, increasing the risk of contacting electrical lines. Before moving equipment or raising an auger, look up and identify nearby power lines. Always maintain at least 10 feet of clearance and lower raised equipment before traveling between fields or along roadways. Taking a few extra seconds to check your surroundings can help prevent a serious accident.

Work together

A spotter can help guide equipment safely around overhead lines and other obstacles that might be difficult to see from the operator's seat. Good communication between

equipment operators and ground crews helps everyone stay aware of their surroundings. Before harvest begins, review electrical safety procedures with family members and employees so everyone knows how to recognize hazards and respond safely.

Be prepared

Inspect electrical equipment, machinery and extension cords regularly for signs of wear or damage, and address any issues before heading into the field. Keep first-aid supplies and emergency contact numbers readily available so you're prepared if an emergency occurs.

If equipment comes into contact with a power line, stay inside the cab if it is safe to do so and call 911 and Cumberland

Electric Membership Corporation at 800-987-2362 immediately. Warn others to stay away from the equipment, and only exit if there is an immediate danger such as fire. If you must leave the equipment, jump clear with both feet together and shuffle away without lifting your feet.

Harvest safely

A successful harvest is about more than bringing in the crop. It's about making sure everyone gets home safely at the end of the day. By maintaining clearance from power lines, using a spotter, inspecting equipment and being prepared for emergencies, you can help reduce the risk of accidents and enjoy a safe, productive harvest season. From all of us at CEMC, have a safe and successful harvest.



5 Tips for a Safe Harvest

Electrical safety during harvest season requires vigilance and proactive measures. Follow these tips to reduce the risk of electrical accidents.

1. Maintain at least a 10-foot distance from power lines when operating equipment like grain augers, elevators and other tall machinery.
2. Use a spotter to navigate safely around power lines and other electrical equipment.
3. Ensure all farm workers are trained on electrical safety procedures.
4. Regularly inspect all electrical equipment and machinery for signs of wear and damage.
5. Keep first aid kits and emergency contact numbers in an easily accessible location.

CEMC CUMBERLAND ELECTRIC MEMBERSHIP CORPORATION



Dove season safety

Protect yourself and your neighbors' connections

For many Tennesseans, the first day of September means the start of dove season. Fields fill with hunters before sunrise, making it one of the busiest hunting weekends of the year. Before you make your way to the field this weekend, make safety your first priority. Shooting power lines or fiber optic lines can disrupt electric service and internet or phone service for hundreds or thousands of your neighbors.

Know your surroundings. Before opening day, scout the fields you intend to hunt. That way you can keep yourself safe by identifying fences, ditches and uneven ground. While you're scouting, note the location of power poles and overhead lines too. Look for both the electric lines up top and the smaller fiber and communications lines often strung below them. Keeping the power and internet on for your family and neighbors is as simple as avoiding setup and shooting near any of these lines.

Watch for all the lines, not just the big ones. When you're all set up and ready to go, keep those lines in mind. Never

shoot toward power lines, fiber lines or any electrical equipment. Fiber lines might look thin and harmless compared to power lines, but they carry the internet, phone and even 911 service that members rely on every day, and they're just as easy to damage with a stray shot. If a bird lands on any line or piece of equipment, do not attempt to retrieve it. Attempting to do so can bring you or your firearm too close to energized equipment, which could result in serious injury or death.

Leave utility equipment alone. Never climb on poles, transformers or equipment cabinets. Utility boxes aren't seats or tables, and fiber pedestals and junction boxes aren't decoy stands either. Never place decoys or gear on utility equipment of any kind. Beyond the safety risk, damaging a line or piece of equipment can leave the responsible party or property owner on the hook for the repair costs, which can easily run into the thousands of dollars depending on what's damaged. It's a steep price to pay for a careless shot that could've been avoided.

Be mindful of hunting dogs. No

hunting trip is complete without man's best friend, but unfortunately man's best friend can't read this safety article. Keep dogs away from substations, fenced utility areas and equipment cabinets for the same reasons you should stay away. If a dog becomes trapped near energized equipment, call CEMC and do not attempt a rescue yourself.

Put your safety skills to the test by playing CEMC Dove Hunt

Want to sharpen your eye for what to shoot — and what to leave alone — before opening day? Try **CEMC Dove Hunt**, our new online game built just for members. (It's fun for all ages, so be sure to have the kids check it out too!) Take aim at incoming doves, rack up points for safe hits and watch how fast things go wrong if you hit a bird sitting on a power line or piece of equipment. It's a fun, quick way to make line safety second nature before you head to the field.

Play it free by visiting cemc.org/dove-hunt or scan this QR code.



Join us for our free digital literacy workshop

Cumberland Connect is hosting a free digital literacy workshop on Tuesday, Sept. 29, from 10 to 11:30 a.m. at our Clarksville Annex building (1820 Ashland City Road). We'll cover the basics of streaming, plus

tips on staying safe online, from spotting scams to picking better passwords. You'll even get hands-on time with Roku and Fire Stick devices to see just how easy they can be to use. Whether you're a current

member, considering a switch or helping a parent or loved one navigate technology, this workshop is for you. Light refreshments and door prizes are provided. We hope to see you there!



[CEMC.org](https://cemc.org) • CumberlandConnect.org



Cool days, smart savings: Fall home tuneups that matter

Get your home set for maximum winter comfort and savings

Q: After a hot, humid summer, we're welcoming chillier temps with open arms. But as the weather cools outside, is there anything we can do to prepare our home for comfort and efficiency inside?

A: There's nothing like crisp fall air and flannel shirts to remind us that winter is on its way. As you fire up the slow cooker, tick off this winter prep list to get your home ready for colder months ahead.

Keep the HVAC intact

Your home's year-round VIP is your heating and cooling system. One of the simplest things you can do to keep it maintained is to replace or clean your HVAC air filter.

That extra strain can reduce efficiency and increase energy use.

It's also a good idea to schedule routine maintenance if your system hasn't been inspected recently. A professional can check electrical connections, inspect moving parts, verify proper airflow and see small issues before they become larger problems.

Even if your system is running normally, preventive maintenance



helps improve performance and extend its life.

Check your water heater

Water heating is one of the largest energy expenses in many homes, often second to heating and cooling.

Fall is a great time to inspect your water heater for signs of wear, leaks or corrosion. If you have a traditional tank water heater, flush sediment buildup to improve efficiency.

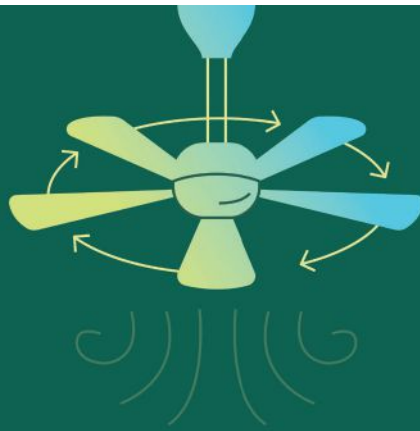
You might also want to check the temperature setting. Many manufacturers recommend setting water

heaters to around 120 degrees, which can provide plenty of hot water while reducing unnecessary energy consumption.

One more tip: If your water heater lives in an unheated space like your garage, basement or crawl space, insulating exposed hot water pipes can help reduce heat loss and improve efficiency throughout the winter.

Insulate air leaks

One of the biggest sources of wasted energy isn't always obvious. Small gaps and cracks around doors



Did you know?

During winter,
a clockwise rotation
at a low speed helps
push warm air that
naturally gathers
near the ceiling back
into the living space.

and windows can allow heat to escape and outdoor air to creep in. As temperatures cool, those leaks make your heating system work harder and use more energy.

Walk around your home and look for drafts near windows, exterior doors, attic access points and areas where pipes or cables enter the house.

Applying weather stripping or caulk to seal openings is an inexpensive weekend project that can make the indoor temperature noticeably more comfortable.

Mind the attic

While homeowners often focus on windows and doors, the attic plays a major role in energy efficiency.

Heat naturally rises, and poor attic insulation can let valuable warmth escape through the roof during winter. Fall is a good time to check insulation levels and look for areas that might have shifted, settled or become damaged.

Proper insulation helps maintain more consistent indoor temperatures, reduces strain on heating equipment and can contribute to

lower energy bills throughout the year.

Check detectors

Energy efficiency is important, but home safety deserves equal attention.

As furnaces, fireplaces and other heating equipment return to regular use, fall is an excellent reminder to test smoke alarms and carbon monoxide detectors throughout your home.

Replace batteries as needed, and make sure all devices are functioning properly. These small steps take only a few minutes but give you big peace of mind.

Reverse ceiling fans

So simple, but often overlooked: Most ceiling fans have a small switch that allows the blades to rotate in the opposite direction.

The result is a more comfortable temperature throughout the room — and less work for your heating system.

Small steps add up

Preparing your home for winter doesn't require major upgrades or expensive projects. In many cases, routine maintenance and a few simple efficiency improvements can make a meaningful difference.

By inspecting your HVAC system, checking your water heater, sealing air leaks, improving insulation and addressing basic safety measures, you'll be better prepared for whatever winter brings.

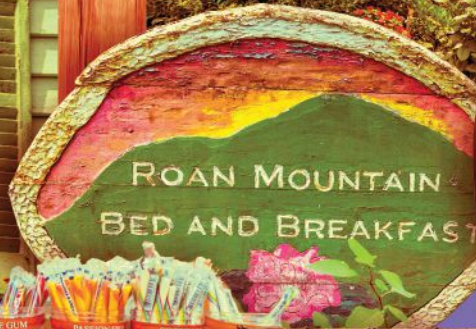
A little attention this fall can help keep your home comfortable, efficient and ready for cozy winter nights. [tn](https://www.tvaenergyright.com)

A dirty filter restricts
airflow, forcing your
system to work harder
to heat your home.



Brad Wagner is a programs operations manager at TVA EnergyRight, and he's committed to helping people make informed decisions and lower their energy costs. Visit [EnergyRight.com](https://www.energyright.com) for more energy-saving tips and recommendations.

IN HONOR OF:
THE OVER-MOUNTAIN
MEN
AND THEIR MARCH
TO VICTORY,
SEPTEMBER 1780



APPALACHIAN TRAIL
Carvers Gap, TN 3512 Feet

PEG LEG IRON ORE MINE

Visiting this area over 100 years ago, you would have found these mountains to be logged and pastured. During the later half of the 1800's a new industry found its way to East Tennessee and Western North Carolina.

An iron ore mine was operated here by the Crab Orchard Mining Company with a spur from the East Tennessee and Western North Carolina railroad coming in to carry the raw ore to Cranberry, N.C. for refining.

Below where the mill now sits was a trip hammer forge operated with a 500 lb. hammer which was connected to a water wheel. The hammer was lifted up a few feet, tripped, then fell on the ore.

Across the river a smelter sat which melted ore by using charcoal from American Chestnut trees. Ingots were made by pouring the hot ore into molds dug in the sand.

A two story commissary sat where the mill now sits. Dry goods and supplies were sold to the miners with sleeping quarters located on the 2nd floor.

As you walk the trail to the mine, take a step back in time, reminiscing on the lives of the folks that once worked the iron ore mines of these mountains.



ROAN MTN.



Carvers Gap
ELEVATION 5512 FT

PISGAH-CHEROKEE
National Forest

Miller
Farmstead

Only authorized tour guests may enter the farmstead. For availability, visit any park office, or:
423-337-3900
www.pisgah-nc.com

S.B. WOOD 1888

Roan Mountain

God's country

The rural living and spectacular vistas of Roan Mountain might be the envy of Tennessee

Story by Mark Johnson • Photographs by Robin Conover

There's a place in East Tennessee called Roan Mountain. Actually, there's two places: Roan Mountain, the mountain, and Roan Mountain, the unincorporated town, both in Carter County. And if I'm being entirely accurate, Roan Mountain, the mountain, is not really a mountain — it's a massif.

What the heck is a massif?

Good question. A massif is a collection of peaks joined by a central land mass rather than one obvious peak by itself. Roan Mountain is a massif composed of five peaks — Roan High Bluff, Roan High Knob, Round Bald, Jane Bald and Grassy Ridge Bald. At the foot of all these strange names, some 3,700 feet below, is Roan Mountain, the town.

Clear as mud?

I visited both the mountain and the town in late April, approaching from the west on Highway 19E, which is the only reasonable way to access Roan Mountain if you live in Tennessee — unless you're a bird. For wintertime adventurers, the town is only a half hour west of the Sugar Mountain and Beech Mountain ski resorts of Avery County, North Carolina.

The hamlet of Roan Mountain, served by Mountain Electric Cooper-

As a massif of fact ...



Friends of Roan Mountain
Contact: 423-543-7576
elizabethtonchamber.com/business/friends-of-roan-mountain

ative, is like hundreds of others that make up the backbone of Tennessee — quiet places situated along a two-lane road that was likely once a wagon trail. People usually travel through these anonymous towns on their way to somewhere else — probably big, booming cities like Knoxville or Nashville — and never have a clue of the rich history of tragedies and triumphs that have played out there.

My first day in Roan Mountain was, frankly, incredible. Arriving in early afternoon, I turned south off 19E onto Shell Creek Road, a narrow, newly paved ribbon of asphalt that snaked its way through small-plot farms and homesites — more of a roller-coaster path and less of a street — in search of my Airbnb. For several miles, I wound farther into the countryside until finally locating

the entrance to “Gram’s Place” on Teaberry Road. My lodging was a mother-in-law suite connected to a lovely home flanked by a garden of blooming purple rhododendrons, Japanese maples, hostas and a variety of carefully manicured shrubbery. Inside, I found a welcome basket containing s’mores fixings, a loaf of fresh zucchini bread and a friendly note from my host, Holly.

“Yep,” I said out loud. “Roan Mountain is gonna be alright.”

After grabbing a short nap, I decided to start my adventure by first visiting the mountain. I backtracked down Shell Creek Road and 19E and connected with Highway 143, which led me south through outrageously beautiful Roan Mountain State Park and zigzagged upward into the highlands.

After 20 minutes of constant elevation gain, I topped the ridge at Carver’s Gap, a parking area no more than 200 feet from the North Carolina line. There were only a few cars in the lot, which wasn’t surprising; the day was spectacular but chilly — around 45 degrees with a steady wind. Also, I was there nearly two months before the much-anticipated Roan Mountain Rhododendron Festival, always



Exploring Roan Mountain State Park and the surrounding area will give visitors the opportunity to see panoramic vistas from Carver's Gap, visit the Roan Mountain Riding Company, explore a historic district on Main Street and relax next to the Doe River.

held in late June. Then, this parking area would be packed, with the surrounding mountain forests ablaze in purples and pinks of blooming rhododendrons.

Today, though, the only “rhodies” showing off were down in the valleys. Winter had only recently given way to spring.

This didn’t diminish the beauty of Carver’s Gap in the least. I pulled on a few warm layers of hiking gear, wriggled into my backpack and started up a wide, manicured trail toward Round Bald, only about a mile’s hike. (In case you’re unfamiliar with the term, a “bald” is a high-elevation natural clearing, usually on a mountain summit or ridge, devoid of trees. Balds are ecological mysteries found in the Southern Appalachians.) The trail led me into a dense Fraser fir forest — dark and sheltered from the wind — but soon, I was back in the bright, blustery sunshine approaching Round Bald, elevation 5,826 feet.

Stunning, 360-degree views greeted me, looking east into North Carolina and west back into Tennessee with Virginia to the northwest. I imagined being a member of the Overmoun-

tain Men, a group of Revolutionary War soldiers from the Appalachian frontier, who would’ve experienced this exact view on their way to fight heroically in the 1780 Battle of Kings Mountain. In the 1870s, Roan Mountain founder and former Union Gen. John T. Wilder would’ve stood here as he surveyed the area for mining opportunities. His home still stands in the village below.

I considered continuing up to Grassy Ridge Bald, but the sun was getting low, and I talked myself out of it. I reasoned that the vistas couldn’t be improved upon, anyway.

After driving back down to the valley, I stopped off at Frank & Marty’s Pizza shop to grab a takeout dinner. Nothing about the nondescript restaurant suggested that I would enjoy one of the best pizzas of my life, but that turned out to be exactly the case. Never judge a book by its cover, I reminded myself.

The next morning, I met my host for the day, Amy Thurmond, at Whiteway Grill for breakfast. As publisher and editor of the excellent Roan Mountain Magazine, Amy was a font of information about the place.

“I’ve only lived here for less than three years, but this is my forever home,” Amy told me as we waited for our omelets. “I’d lived in the Savannah, Georgia, area for 30 years and was ready for a change. In Roan Mountain, I found a place that was more rural, has traditional values and where you can leave your doors unlocked at night. It’s exactly what I was looking for.”

As we talked, I noticed that with the exception of one table of travelers passing through, every single person in the crowded dining room seemed to know each other. Every one! Conversations weren’t limited to tables but were had across the room. Old-timers needled each other while their wives discussed the progress of spring gardens. Our server, Leslie, flitted from one table to another, engaging each patron by first name. It was a scene that plays out each breakfast time across small-town America.

After the meal, Amy took me on a tour of Roan Mountain proper. The town, with a population of only around 1,000, is focused around Highway 19 and its ever-present neighbor, the Doe River. Small, rural roads branch off in every direction into the surrounding hollows, coves and ridges. Some roads seemed sketchy at best and downright scary at worst, with Dark Hollow Road topping the list. Dark Hollow, it turns out, has skeletons in its closet.

“Legend has it that back in the old days, a beautiful young woman named Delinda lived on this road and was having affairs with married men, including one named Jankins,” Amy explained as we snaked along the narrow road. “When Jankins died of mysterious causes, the local wives supposedly killed Delinda in revenge and buried her in the same casket as Jankins. To this day, it’s rumored that Delinda haunts Dark

Hollow Road. Some say if you dust your bumper with baby powder, you'll find a handprint after driving through here. Others say Delinda might even jump into your vehicle as you drive past!"

I quickly locked my door and silently hoped that Delinda wouldn't take a shine to me.

The spooky tour complete, we headed into the residential and civic area that comprises the downtown of Roan Mountain and is referred to as the "village." Many of the homes there had either been rebuilt or updated following the devastation wrought by Hurricane Helene in September 2024, among those the original John T. Wilder residence that fronts Main Street.

By now, it was past lunch, and I was hungry. After letting Amy off the hook with a hearty thank you, I decided to stop back at Frank & Marty's for a sub sandwich. This time, owner Marty Church was able to take a minute to visit with me.

"I've been here all my life," said Marty, who retired last year after 30 years of delivering mail to his Roan

Mountain neighbors. "I can go to the beach and have a good time, but after three days, I'm ready to come home."

Among other things, we discussed the tight-knit community and the resilience of the locals in the wake of Helene.

"We just banded together and got to work," Marty told me. "There was no time spent arguing over things — we simply got on with it. You can see why people want to live in a place like this, not to mention our four seasons and the beauty of the mountains. Honestly, you wouldn't be able to run me out of Roan Mountain."

That evening, I met Amy and several of her friends and family members for dinner at Mountain Harbour Bed and Breakfast, an open-air restaurant and entertainment venue with hostel designed mainly for through-hikers of the nearby Appalachian Trail. While enjoying The Kitchen's famous Reuben sandwich and listening to a local acoustic musician, I was reminded of why mountain living is so special: fresh air, good people and the beauty of God's creation.

What's not to love? [tn](#)



The Whiteway Grill on Highway 19E is the perfect place to find some local flavor and great country cooking. The menu includes city and country ham!



Photograph by Daniel Wagner



The Roan Mountain area is diverse in flora and fauna. Whether you are a wildflower enthusiast, bird watcher or hiker, you will find plenty to enjoy. Above, Daniel and Anna McGraw of Athens celebrate their 14th wedding anniversary with a hike.

Learn about the Roan Mountain Rhododendron Festival

roanmountain.com/rhododendron-festival





Gov. Winfield Dunn signs a bill while Sen. Douglas Henry (Democrat), Sen. Curtis Person (Republican) and Rep. W.K. Weldon (Republican) look on. *Tennessee State Library and Archives photo*

‘Kept’ campaign promises made by Tennessee governors

Times have changed.

In the old days, candidates running for governor had huge rallies in small town squares all over Tennessee, where they made long speeches full of promises, amusing anecdotes and criticism of the other candidates. After the candidates made speeches, they answered tough questions posed to them by newspaper reporters.

This column is not a complete history of gubernatorial campaign promises. But I'd like to make a partial list of things that people who got elected governor promised when they were running.

In 1868, when Dewitt Senter successfully ran for Tennessee governor,

he vowed to restore the right to vote to former Confederates. (Gov. Senter did, in 1869.)

In the 1882 gubernatorial race, candidate William Bate promised to end state government's debt problem. (According to the *Tennessee Encyclopedia of History and Culture*, "Under Bate's administration, the state debt controversy, which had divided the [Democratic] party since 1877, ended with a compromise agreement that funded the debt at fifty cents on the dollar with 3 percent bonds.")

In 1892, candidate Pete Turney said he would end the Coal Creek War in Anderson County by letting the convict leasing system expire and by building a new state prison. (Gov. Turney ended the practice of convict leasing, but the state later built a prison in Morgan County called Brushy Mountain where inmates mined coal.)

In 1902, candidate James Frazier pledged to pass laws making coal mining safer in the wake of the Fraterville Coal Mining disaster of May 19, 1902, which killed 216 men and boys. (Coal mining was eventually made safer — not by state government, but through a federal organization called the U.S. Bureau of Mines.)

When he successfully ran for governor in 1922, Austin Peay promised that if elected, he would reorganize state government and institute a road building program. (Gov. Peay reorganized state government from 64 departments to eight departments. When he took office, Tennessee had 244 miles of paved roads, and when he died in office in October 1927, Tennessee had more than 4,000 miles of paved roads.)

In 1932, candidate Hill McAlister promised to trim state government, support New Deal programs such



A rally for Peter Turney for governor in 1892 in the Marshall County community of Chapel Hill. Tennessee State Library and Archives photo

as the Tennessee Valley Authority and help businesses recover from the Great Depression. (Gov. McAlister did trim state government and support TVA, but there was only so much he could do about the economy in the 1930s.)

In September 1948, candidate Gordon Browning said that he was "unalterably" opposed to certain proposals in the civil rights "program" and that he believed that "both races want to live separately." (Gov. Browning never did come out in favor of desegregation, although his successor, Frank Clement, did after the U.S. Supreme Court's *Brown v. Board* decision.)

In 1952, when Frank Clement ran for governor, he promised free textbooks for public school students and improved treatment for people with physical disabilities or mental illnesses. "I favor the furnishing of free textbooks to all pupils in all the counties of the state in grades one through 12," Clement told a massive crowd in front of the Sumner County Courthouse on May 31, 1952.

(Gov. Clement would later make free textbooks and the creation of the Tennessee Mental Health Department major accomplishments of his administration.)

In 1958, candidate Buford Ellington said he stood for segregated schools and promised "a four-year holiday on tax increases while I am your governor." (The sales tax rate was 3% when Gov. Ellington took office in 1959 and 3% when he left office in 1963. However, in spite of Gov. Ellington, the desegregation of public schools continued, as mandated by the U.S. Supreme Court.)

When he successfully ran for governor in 1970, Winfield Dunn vowed to appoint people of both parties to his cabinet and to commissions. "Dunn has pledged an administration free of partisanship," newspapers reported in October 1970. (Gov. Dunn did just that and told me about 20 years ago that he was very proud of it.)

In 1974, candidate Ray Blanton pledged to appoint women and Black people to his administration. (He did,

but a woman named Marie Ragghianti, whom Gov. Blanton appointed chair of the Tennessee Board of Pardons and Paroles, later accused his administration of selling pardons. That led to a scandal that resulted in Blanton's successor being sworn in three days earlier than scheduled.)

When he ran for governor in 1978, Lamar Alexander promised to bring better paying jobs to Tennessee. (By recruiting the Nissan plant to Rutherford County in 1980, Gov. Alexander starting the ball rolling to the current situation, where 140,000 Tennesseans make their living manufacturing cars or car parts.)

When he successfully ran for governor in 1986, Ned McWherter promised to connect every county seat with a major interstate via four-lane highway and get Tennessee's prison system out from under a federal court order. (Under Gov. McWherter's administration, the prison system did get out from under the federal court order. Many county seats, but not every single one, got four-lane highways because some counties — Hancock and Moore, for instance — have such mountainous terrain.)

In 1994, candidate Don Sundquist pledged that, as governor, he would “get tough on crime,” institute a welfare reform program and “never” come out in favor of a state income tax. (Gov. Sundquist did propose — and pass — several crime bills and a welfare reform program, but he did not keep his promise on the state income tax.)

When he ran for governor in the summer and fall of 2002, Phil Bredesen vowed to end the income tax debate, which by that time had grown violent. (No Tennessee governor has proposed an income tax since the statewide sales tax was raised from 6% to 7% by the General Assembly in July 2002.)

When Bill Lee ran for governor in 2018, he promised to devote more resources to vocational education. “For a lot of candidates,” he said in a written statement, “vocational education is a starting point. But for the last 35 years, it’s been my life.” (Since Gov. Lee took office, Tennessee has major investment in \$1.5 billion in funding to modernize its technical colleges as well as a generous grant program to support career and technical education.)

Newspapers referenced in this column include the Sept. 25, 1892, Nashville American; the Aug. 5, 1932, Kingsport Times; the Sept. 18, 1948, and July 12, 1958, Memphis Press-Scimitar; the June 1, 1952, Nashville Tennessean; the Oct. 25, 1970, Knoxville News-Sentinel; the Sept. 17, 1974, Jackson Sun; the Sept. 28, 1994, Johnson City Press; and the July 18, 2018, Memphis Commercial Appeal. [tn](#)



Candidate Gordon Browning greets a voter in Franklin while running for governor in 1948. Tennessee State Library and Archives photo



Gubernatorial candidate Frank Clement makes a speech on the town square in Gallatin on May 31, 1952. Tennessee State Library and Archives photo

Tennessee Events

Festivals, celebrations and other happenings around the state

tnmagazine.org/
events



West Tennessee

SEPT. 4-13

Delta Fair and Music Festival

Agricenter International, Memphis. deltafest.com

SEPT. 5

Go Cat Go Rock 'N' Roll Charity Car Show

Living Hope Church, Piperton.

901-476-1515 or aesbid.com/elp/carshow

SEPT. 12

Fayette County Cotton Festival

Somerville Square. 901-465-8690 or

facebook.com/cottonfestivaltn

SEPT. 12

Fayette Cares High Cotton 5K/1K

Somerville Methodist Church.

901-465-3802 or fayettecares.org/5k

SEPT. 15-20

"Clue"

Orpheum Theatre, Memphis. 901-525-3000

or orpheum-memphis.com/events/clue

SEPT. 18-19

Celebration of Native American Culture

Discovery Park of America, Union City.

731-885-5455 or discoveryparkofamerica.com

Middle Tennessee

SEPT. 12-13

White Oak Craft Fair

The Arts Center of Cannon County,

Woodbury. whiteoak@artscenterofcc.com or
artscenterofcc.com/whiteoakcraftfair

SEPT. 16-OCT. 31

Fall Harvest Festival

Lucky Ladd Farms, Eagleville.

615-274-3786 or luckyladdfarms.com/nashville-tn-pumpkin-patch.html

SEPT. 17-18

Houston County Fair

Houston County Fairgrounds Building, Erin.

931-281-3401 or houstoncofair.com

SEPT. 26

Hull's Harvest

Cordell Hull Birthplace State Park, Byrdstown.

931-864-3247 or

tnstateparks.com/events/hulls-harvest

OCT. 1-31

Scarecrow and Artisan Festival

Granville. 931-653-4151 or granvilletn.com

OCT. 3

Fall Celebration

Granville. 931-653-4151 or granvilletn.com

OCT. 3

Old Timers Day

Manchester. 931-952-0472 or

brianna-victory-events.com

OCT. 3-4

National Banana Pudding Festival

Hickman County Ag Pavilion, Centerville.

931-994-6273 or bananapuddingfest.org

East Tennessee

SEPT. 5

Third Annual First Responder Ribfest

Chamber Park, Mountain City.

423-302-9783 or

firstresponderribfest@gmail.com

SEPT. 12-13

Cherokee Fall Festival

Sequoyah Birthplace Museum, Vonore.

423-884-6246 or sequoyahmuseum.org

SEPT. 19

Chatta Town Tasting Festival

Chattanooga Green. 404-437-6320 or

vonzarainc.com/chatta-town-tasting-festival

SEPT. 20

Golden Harvest Half Marathon and 5K/10K

Tennessee River Park Pavilion 2,

Chattanooga. 760-669-6471 or

support@bodiesrc.com

SEPT. 25-26

Dandridge Scots-Irish Festival

Historic Main Street, Dandridge.

865-207-3881 or

scotsirishfestival.com

SEPT. 25-26

Bird and Barn

Black Fox Farms, Cleveland.

423-458-1614 or

projectfree2fly.com/pages/bird-and-barn

SEPT. 26

Fall Folk Arts Festival

Exchange Place Living History

Farm, Kingsport. 423-288-6071 or

exchangeplacetn.org

OCT. 3

Grainger County Fall Festival

Grainger County Park, Rutledge.

865-828-9900 or

graingerparks.com



Savory Salmon

Before the weather turns cold, before we pull out our jackets and before our thoughts turn toward autumn favorites like chili, let us celebrate September with salmon. There's a whole month of hot days ahead just perfect for serving this versatile protein. We can hope for cooler weather and all that comes with it ... but until then, just savor the salmon.

Recipes by Tammy Algood

Food styling by Cynthia Kent

Photographs by Robin Conover



Perfect Air Fryer
Salmon Patties

Perfect Air Fryer Salmon Patties

Yield: 4 servings

- 1 pound salmon, skinned and flaked*
- 1 cup seasoned panko or 24 crushed saltine crackers
- 1 egg
- ¼ cup mayonnaise or sour cream
- ½ teaspoon Old Bay Seasoning
- ¼ teaspoon ground black pepper
- ¼ teaspoon paprika
- Olive oil
- Lemon wedges

Preheat the air fryer to 400 degrees.

Stir together the salmon, breadcrumbs, egg, mayonnaise or sour cream, Old Bay Seasoning, pepper and paprika in a medium bowl. Divide the mixture into 4 equal portions, then flatten each to ¾ inch thick.

Spray the grate as well as the patties with olive oil. Arrange the patties on the grate so they are in a single layer and not touching. Cook for 12 minutes or until golden-brown. Turn halfway through. Remove from the air fryer and allow to rest 5 minutes before serving warm with lemon wedges.

**Substitution: If desired, use 2 (5-ounce) cans of drained lump salmon instead.*

Smoked Salt Salmon Fillet with Lemon Herb Sauce

Yield: 3 to 4 servings

- 2 cups Smoked Salt (recipe on page 38)
- 1 large (around 1¼ pounds) center-cut salmon fillet with skin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Lemon Herb Sauce (recipe on page 38)

Evenly spread the Smoked Salt in a dry 10- or 12-inch cast-iron skillet (with a cover). Place over medium-high heat for 3 minutes to preheat.

Meanwhile, pat the salmon dry with a paper towel and season the skinless

side equally with the salt and pepper. Place the salmon skin side down on top of the preheated Smoked Salt. Cover and cook without disturbing for 9 to 12 minutes or until almost cooked through.

Remove from the heat and allow to stand, covered, for no longer than 2 minutes for the salmon to finish cooking. Uncover and gently slide a spatula between the skin and flesh to remove the skin. Serve warm with the Lemon Herb Sauce.

Salmon Pie with Mashed Potato Crust

Yield: 4 servings

- 6 Yukon Gold potatoes, cut in chunks
- 4 tablespoons tartar sauce
- 1 tablespoon half-and-half or cream
- 1 tablespoon olive oil, divided
- ¾ teaspoon salt, divided
- ½ teaspoon black pepper, divided
- 12 cherry tomatoes, cut in half (assorted colors if possible)
- 2 tablespoons chopped fresh chives
- 1 pound raw cubed skinless salmon
- ½ pound raw scallops or lump crabmeat
- Juice of 1 small lemon
- 1 cup roughly chopped baby spinach

Fill a large oven-safe casserole pan with water and bring to a boil over medium-high heat. Preheat the oven to 400 degrees. Add the potatoes to the boiling water, cover and cook 15 minutes until the potatoes are tender.

Drain and return to the casserole pan. Crush well with a potato masher, then stir in the tartar sauce, half-and-half or cream, and half each of the oil, salt and pepper. Press with a spoon evenly against the sides and bottom of the pan. Drizzle the top with the remaining oil and bake for 20 minutes or until light golden-brown.

Meanwhile, stir together the tomatoes, chives, salmon and seafood and drizzle with the lemon juice.

Sprinkle with the remaining salt and pepper.

Remove the casserole pan from the oven and scatter the baby spinach across the top. Evenly spread the salmon mixture over the spinach. Return to the oven and bake 10 to 12 minutes or until the seafood is done. Allow to stand 5 minutes before serving warm.

Champagne Poached Salmon

Serve with any sauce you desire such as lemon enhanced mayonnaise, herbed yogurt or tzatziki.

Yield: 4 servings

- 4 tablespoons unsalted butter
- 2 tablespoons lemon juice
- 2 tablespoons chopped chives
- ½ cup champagne
- 4 (6-ounce) salmon fillets with skin

Place the butter in a large 12-inch skillet over medium heat. When the butter is melted, stir in the lemon juice, chives and champagne. Bring to a boil. Add the salmon and reduce the heat to low. Cover and poach for 10 minutes or until the salmon flakes easily with a fork. Remove from the sauce and serve warm.

Balsamic Glazed Salmon Fillets

Yield: 4 servings

- 1 tablespoon vegetable oil
- 4 (6-ounce) salmon fillets with skin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup balsamic vinegar
- ¼ cup water
- 1 tablespoon + 1 teaspoon lemon juice
- 1 tablespoon + 1 teaspoon light brown sugar

Place the oil in a large 12-inch nonstick skillet over medium-high heat. Meanwhile, sprinkle the fillets evenly with the salt and pepper. When the oil is hot, increase the heat to high and carefully add the salmon



**Smoked Salt Salmon Fillet
with Lemon Herb Sauce**

skin side up to the skillet. Sear for 3½ to 4 minutes.

Meanwhile, stir together the vinegar, water, lemon juice and brown sugar in a small bowl. Turn the fillets and sear another 3 minutes until just cooked through. Transfer to a warmed serving platter.

Carefully add the vinegar mixture to the skillet. It will bubble and steam. Simmer, stirring constantly, for 2 minutes to reduce. Spoon over the salmon fillets, and serve warm.

Preheat the smoker to 200 degrees. Meanwhile, spread 2 cups kosher or sea salt on a rimmed baking sheet in an even layer. Place the baking sheet in the smoker and smoke for 1 hour. Decrease to 180 degrees and smoke another 2 hours, stirring occasionally. Remove from the smoker and cool completely on a wire rack.

- ½ teaspoon salt
- ¼ teaspoon white pepper

In a medium bowl, whisk together the oil, lemon juice, lemon zest, cilantro, parsley, salt and pepper. Spoon over warm salmon and serve.

Note: For a creamier sauce, add a heaping tablespoon of mayonnaise or sour cream to the mixture. [tn](#)

Lemon Herb Sauce

Yield: ⅓ cup

- ¼ cup olive oil
- 2 tablespoons lemon juice
- 1 tablespoon finely grated lemon zest
- 1 tablespoon chopped fresh cilantro
- 1 tablespoon chopped fresh parsley



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.

Smoked Salt

Yield: 2 cups

Tips & Tricks

- The name salmon comes from “saltare” which is the Latin word meaning “to jump.” It was so labeled due to its tendency to leap from water during the mating season.
- Salmon fillets will be labeled either wild or farm raised with wild being the preference of many.
- The three most popular species of wild salmon are sockeye, chinook and coho.
- Thaw frozen salmon in the refrigerator. Once thawed, it needs to be used within a couple of days. Reheat leftovers only once.

Ask Chef Tammy

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

Holly writes, “What exactly is a pinch? Can I use my smallest teaspoon measure for it?”

Holly, although a pinch is not an exact measurement, it is the amount of seasoning (usually salt) that can be held between your index finger and thumb. This is less than the smallest teaspoon measure that usually comes in a set, which is ⅛ teaspoon.

Billy asks, “I want to make my own hot sauce. Which peppers are typically used in commercial sauces?”

Billy, you will find many sauces on the market that utilize any number of peppers. The most common are cayenne and tabasco peppers. Cayenne pepper-based sauces as a whole are a bit milder than tabasco-based ones. Most sauces use a mixture of peppers rather than one type.

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Community Corner

– What our neighbors are up to –

Find the Tennessee Flag

We have hidden somewhere in this magazine the icon from the Tennessee flag like the one pictured above. 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 with the page number where it's located. Include your name, mailing



July's flag location

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/flag or email flag@tnmagazine.org. Entries must be postmarked or received via email

by Thursday, Oct. 1. Winners will be published in the November issue of *The Tennessee Magazine*.

July flag spotters

Thanks for the postcards and emails again this month identifying the location of the flag, left, which was found on the museum visitor's cellphone on page 32.

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

Jackie Ahrens

Adamsville, Pickwick EC

Jamie Cornelius

Savannah, Tennessee Valley EC

Tony Russo

Jasper, Sequachee Valley EC

Artist's Palette Assignment for November

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 — November, 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, Oct. 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 November issue of *The Tennessee Magazine*.

First place wins \$50, second place wins \$30 and third place wins \$20. Winners are eligible to enter again after three months. Winners will receive their awards, artwork and certificates of placement within six to eight weeks of publication.

Artist's Palette September Winners

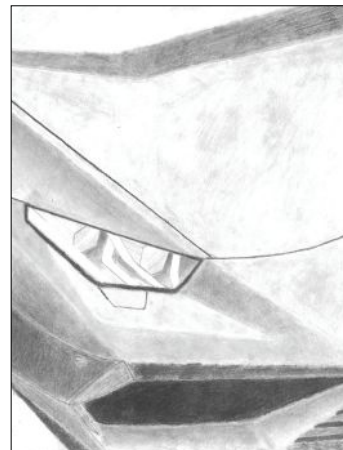
14–18 AGE GROUP WINNERS



FIRST PLACE: Jack Taylor,
16, Holston EC



SECOND PLACE: Xander Hall,
16, Cumberland EMC



THIRD PLACE: John Miller,
17, Middle Tennessee Electric

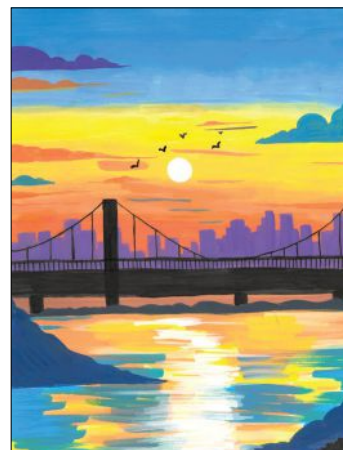
9–13 AGE GROUP WINNERS



FIRST PLACE: Katie Kieffer,
13, Sequachee Valley EC

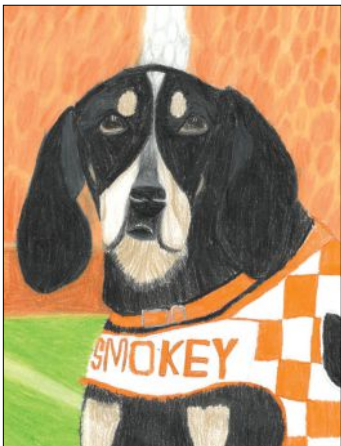


SECOND PLACE: Medna Macha,
13, Middle Tennessee Electric



THIRD PLACE: Hamsini Suryadevara,
13, Middle Tennessee Electric

8 AND YOUNGER AGE GROUP WINNERS



FIRST PLACE: Fiona Love Marshall,
8, Middle Tennessee Electric



SECOND PLACE: Cora Maizan,
8, Middle Tennessee Electric



THIRD PLACE: Abigail Rotondo,
7, Middle Tennessee Electric

Point of View

by Robin Conover



“Blue Dasher on a Brown-Eyed Susan”

Canon EOS R5 Mark II, EF 200-400 mm
f4 L IS USM with 1.4 Ext at 560mm, ISO
800, *f*-6.3 at 1/400 second, Gitzo tripod

Upgrading anything can be a trying and expensive endeavor, and camera equipment is certainly no exception. After considerable research into what the best replacement would be for my Canon EOS 5D Mark IV, I took the plunge and upgraded to the Canon EOS R5 Mark II.

Opening the box was both exciting and intimidating. Taking on an upgrade is daunting, especially after having shot with the 5D since 2018. I knew where every menu and setting was on the 5D and could change most on the fly without even looking. I am now frequently referring to the owner's manual.

So far, the new mirrorless R5 represents a significant upgrade in every way, including megapixels, autofocus, viewfinder and sensor, to name just a few. Wading through the owner's manual is going to take a bit for me to learn the capabilities, find all the bells and whistles and customize the settings I prefer. Straight out of the box, though, the camera is incredible.

The autofocus locks into moving subjects and eyes very quickly, making it a great camera to track any fast-moving subjects. Because the R5 is designed for an RF lens, rather than

the older EF lens mounts, I purchased a Canon EF-EOS R adapter to allow me to use all of my older lenses. Some seem to work better than others with the autofocus settings, but all are vastly faster with the R5.

During my first outing, I found several dragonflies flitting about along the edge of a slough. I spotted a female blue dasher that kept returning to the same flower. The females have dark heads and eyes while the males' heads and eyes are neon green. I focused on the brown-eyed Susan bloom the dragonfly was frequenting and waited. As soon as it came back into the frame, the autofocus nailed it, locking onto the dragonfly and maintaining focus on its head and eyes.

As I shot that afternoon, I was learning the R5 Mark II on the fly. It was more intuitive than I had expected. The camera immediately impressed me with its responsiveness and autofocus capabilities. The rapid view shutter is also off the charts. It will shoot 30 frames a second under the right conditions.

Another feature I love already is the electronic viewfinder, which gives you the ability to see more information while composing the photograph, and

it is a game changer. It previews what the exposure will actually look like as you change the *f*-stop, shutter speed and ISO to set the correct exposure.

From 30 frames a second to the live view to the autofocus, the R5 made photographing dragonflies with my existing lenses so much more successful. The sharpness of the delicate wings and enormous compound eyes also revealed just how well the camera and lens can capture fine detail. Those details and the separation of the blue dasher perched on the yellow flower from the soft green background help to make this a pleasing image.

There is always a learning curve when upgrading camera systems, and I know I have only scratched the surface of what the R5 Mark II can do. But that first shoot reminded me of something else.

Cameras change. Technology changes. Summer turns toward fall, and even the dragonflies and summer blooms will soon disappear from the water's edge.

But the reason we pick up a camera remains constant — to notice a fleeting moment and preserve it before it is gone. [tn](#)



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