

Tennessee CONNECTIONS

SPRING 2022 | CUSTOMER FOCUSED ⚡ COMMUNITY DRIVEN

Prepare for Storm Season

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INSIDE

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Move Over for Safety

When the lights go out, so do Tennessee lineworkers. Crews work day and night in all kinds of weather and conditions.

Power crews can be seen working near city streets or on the roadside in out-of-the-way rural areas even when the lights are on. When that happens, we need your help.

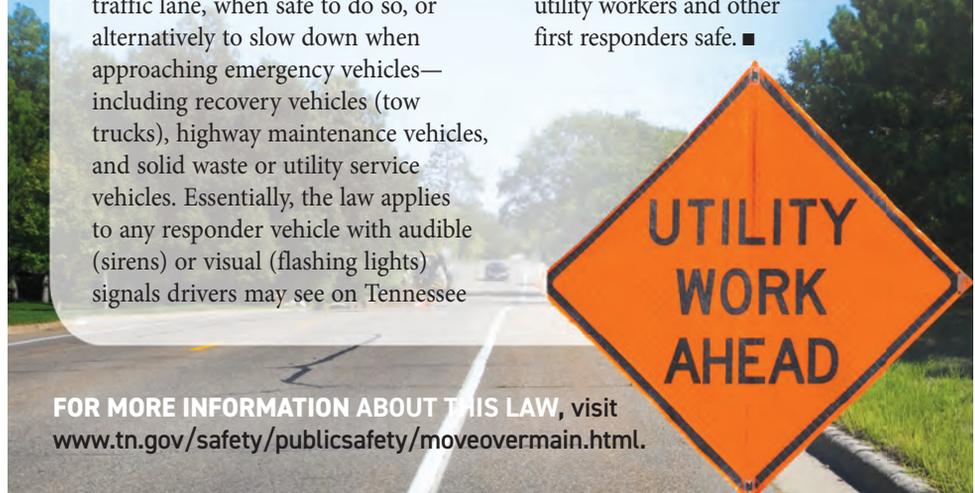
If you are traveling and see crews on the side of the road, please move over and give them extra room to work. Handling high-voltage electricity is dangerous work. When drivers pass too closely to lineworkers and their trucks, the danger increases.

Tennessee's Move Over Law requires motorists to move into an adjacent traffic lane, when safe to do so, or alternatively to slow down when approaching emergency vehicles—including recovery vehicles (tow trucks), highway maintenance vehicles, and solid waste or utility service vehicles. Essentially, the law applies to any responder vehicle with audible (sirens) or visual (flashing lights) signals drivers may see on Tennessee

roadways. Obeying the law protects our first responders and helps them return home safely to their families.

- When approaching workers and vehicles, move over a lane to give them more room.
- If you can't move over—such as on a two-lane road—slow to a speed that is 20 mph less than the posted speed limit.
- If the speed limit is 20 mph or less, slow down to 5 mph.

When you fail to move over, you put others at risk. The penalty for violating the law in Tennessee is a maximum fine of up to \$500 and possibly up to 30 days in jail. Together, we can keep utility workers and other first responders safe. ■



FOR MORE INFORMATION ABOUT THIS LAW, visit
www.tn.gov/safety/publicsafety/moveovermain.html.

ADOBE STOCK PHOTO BY SCANDAMERICAN



Prepare for Storm Season

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Making a DIFFERENCE

Each year, our combined efforts make a positive difference in the community we serve and are at the core of the public power model: serving people to make life better.

CDE Lightband focuses our efforts on several initiatives, including partnerships and community involvement.

Employee engagement in the community is an important part of our values as a company. Whether we are coordinating a giving campaign for United Way, raising money for Project Help or volunteering with local nonprofits, we are plugged into the community and its needs.

In partnership with Tennessee Valley Authority, we gave more than \$105,000 to

several local organizations by matching donations through the Community Care Fund.

CCF was launched to bring relief to those experiencing hardships from COVID-19.

We are a proud Partner in Education with the Clarksville-Montgomery County School System. We connect with local schools by providing career day discussions, donation drives, teacher externships, and electric and broadband demonstrations focusing on STEM

(science, technology, engineering and math) principles.

We are committed to helping teachers make concrete connections to standards taught in the classroom and helping students explore potential career paths.

With the growth of the Clarksville community, we remain engaged and focused on promoting our great city. Our employees live and work here, too, as we proudly call Clarksville, Tennessee, our home and service area. ■



Chief Customer Care Officer Jim Manning volunteers for Second Harvest and Manna Cafe.



Community Affairs Coordinator Lindsey Pease provides lunch for teachers and staff at Kenwood High School for Teacher Appreciation Day.



Summer externship program STEM teachers—from the Clarksville-Montgomery County School System—visit Tennessee Valley Authority's Cumberland Fossil Plant.



CDE Lightband employees educate children for career day at a local child care center.



Electrical Engineering Specialists Chris Williams and Jaden Anglin speak to a group of students at Clarksville-Montgomery County School System's eighth grade Career Exploration Day, showing how electricity works on CDE Lightband's Powertown display.



Each year, CDE Lightband enters the community Christmas parade in the government/civic category. Employees and their families are invited to ride on the float.



Louie the Lightning Bug rides the CDE Lightband electric go-kart at The City Forum.



Foreman Journeyman Lineworker Scott Deese and Chief Operations Officer Keith Cutshall present Christmas gifts purchased by electric lineworkers for the United Way: Adopt-A-Family.



Energy Services Manager John Jackson and Energy Services Specialists Levon Gibson and Rob Denson talk about the Power Partners program during the Clarksville Juneteenth Festival.



Imagination Library receives its \$30,000 matching donation through the Community Care Fund.



At the Mayor's Summer Night Lights event, Energy Services Manager John Jackson helps a child try on lineworker personal protective equipment.



Human Resources Administrators Holli Shearon and Yolanda Davis deliver gifts for the Nia Association's Angel Tree Project.



Two children participate in the Lineworker Skill Challenge at Austin Peay State University.



In collaboration with CDE Lightband, Parks and Rec and Clarksville Visitors Bureau, F2CON is a three-day event consisting of gaming competitions, casual gaming and fun for all ages. It is scheduled again in September.



As a solution to COVID-19 restrictions, a virtual electric demonstration was presented to third grade students at Woodlawn Elementary School.



Employees donate with Blood Assurance to help with the region's low blood supply.



CDE Lightband Customer Service coordinated a fundraiser for Montgomery County Animal Care and Control.



Business Development Coordinator Alayna Mixon delivers Angel Tree gifts for The Salvation Army.

Prepare for STORM

Make your disaster plan today and discuss it with your family because you may not be together when implementing it

By Pam Blair

Many disasters strike without warning. If separated, how will you get in touch with your family? Will you have the supplies you need? Will everyone know what to do?

Preparing for emergencies starts at home. Developing and implementing a plan involves every member of the family.

It's important to make a plan now, ahead of when you need it most. Write it down, review it with all household members and test it out before confronted by an emergency.

No area of the country is immune from severe weather. Hazards vary by region but include flooding, thunderstorms, damaging winds, tornadoes, hurricanes, and winter storms with snow, sleet and freezing rain.

Tailor your plan to the disasters most likely to affect your area and your family's unique characteristics and needs.

Step 1: Develop the Plan

Determine how you will receive emergency alerts and warnings. Wireless Emergency Alerts are received like text messages and require no signup.

National Oceanic and Atmospheric Administration Weather Radio All Hazards works with federal, state and local emergency management officials and connects to the Emergency Alert System. It requires special equipment.

Next, create a family communication plan. Know how you will reconnect with one another if separated. Pick someone out of town that everyone should contact. They may be easier to reach in a disaster. Text rather than call—phone lines may be tied up during an emergency.

Establish a family meeting place that is safe, familiar and accessible. If you have pets or service animals, think about animal-friendly locations. Consider areas in your house, neighborhood and outside your town where you can take shelter.

Identify multiple evacuation routes. Your preferred path may be blocked. Keep a full tank of gas in your vehicle. Some disasters may require you to depart on foot.

Finally, put your family emergency plan and contacts in writing. You can download a guide from [ready.gov](https://www.ready.gov) or create your own.

Step 2: Build Your Emergency Kit

Being prepared for an emergency isn't just about staying safe. It's also about how to keep clean, fed, healthy and comfortable when a disaster has knocked out electricity.

If you lose power, how will you eat? The refrigerator won't keep your food cold. The microwave won't warm things up. You might not have access to clean water. The grocery store or bank may be closed.

Keep in mind the ages of family members, medical and dietary needs, and pets or service animals. Supplies should last at least three days—longer if you are in a remote or hard-to-access area.

Store the following items in airtight plastic bags in easy-to-carry containers, and replace expired items as needed:

- Water—1 gallon per person per day for drinking and sanitation (extra for pets).
- Battery-powered or hand-crank radio, preferably an NOAA Weather Radio.
- Flashlight and extra batteries.

SEASON

CDE Lightband Apprentice Lineworker Brandon James works to restore power after a damaging windstorm moved through Clarksville. PHOTO BY ALAYNA MIXON

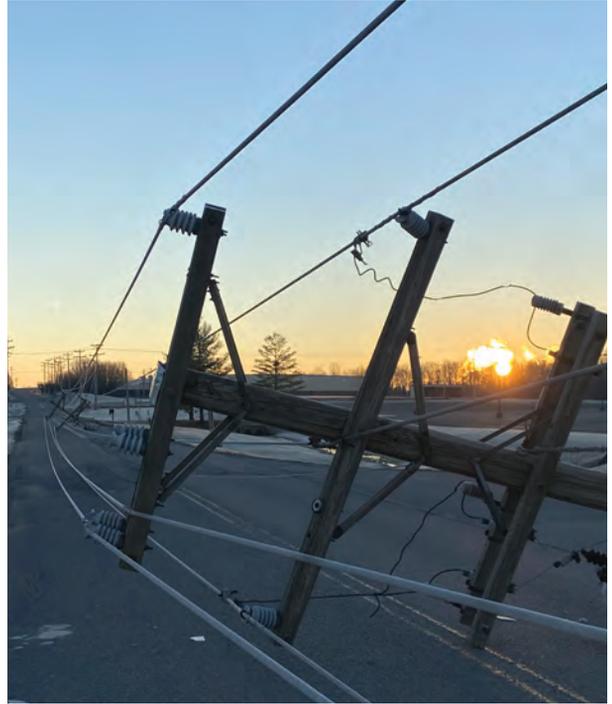
- Nonperishable food and a manual can opener; infant formula and bottles.
- Mess kits, paper cups, plates, paper towels and plastic utensils.
- First-aid kit, prescription and nonprescription medications such as pain relievers, antacids and laxatives.
- Eyeglasses and contact lens solution.
- Pet food and supplies.

Our customers have come to expect and rightly deserve a dependable and reliable source of electric power. However, when the unexpected does happen, I'm extremely proud to say that our employees always step up with the manpower and equipment needed to quickly restore service in the safest, most efficient manner possible.

— Keith Cutshall, CDE Lightband Chief Operations Officer



LEFT: Jonathan Sims repairs a transformer as rain pours down. PHOTO COURTESY SPARTA ELECTRIC & PUBLIC WORKS
BELOW: Dickson Electric System received a blow from a tornadic storm in early December 2021. Many customers were without power for several days as crews worked quickly and safely to rebuild portions of the system and reenergize the lines. PHOTO COURTESY OF DICKSON ELECTRIC SYSTEM



- Hygiene items, diapers, diaper rash cream, feminine supplies, wipes, garbage bags and plastic ties.
- Sleeping bag or warm blanket for each person; change of clothing and shoes.
- Whistle, to signal for help.
- Cash or traveler's checks.
- Matches and fire extinguisher.
- Dust mask, plastic sheeting, duct tape, and wrenches or pliers to turn utilities off.
- Cellphone, charger and backup battery.
- Copies of essential documents such as insurance policies, identification and bank account records saved electronically or in a waterproof, portable container.

Step 3: Practice, Practice, Practice!

Make sure everyone in the family has copies of your plans and contacts and keeps them in a safe space, like in a backpack, wallet or taped in a notebook. Also put them in your cellphone.

Meet regularly as a household to review and practice your plan. ■

Safely Operate Your Generator

- ✓ Use an appropriately sized extension cord—usually 10, 12 or 14 gauge. The lower the number, the thicker the cord and the more electricity it can carry. Do not run it under a rug. Heat can build up and spark a fire.
- ✓ Do not run a generator indoors or in an enclosed space. Internal combustion engines produce deadly carbon monoxide gas.
- ✓ Use the correct amount and type of oil. Refer to the engine manual included with your generator. Check the oil level before starting.
- ✓ Allow the generator to run about two minutes before plugging in extension cords, appliances or equipment. Do not start a generator with items already plugged in.
- ✓ Check fuel levels periodically to be sure you have adequate fuel for emergencies.
- ✓ Start items from the largest power user to the smallest. Keep in mind many items—especially those with electric motors, such as well pumps, refrigerators, freezers, air conditioners and plug-in space heaters—require a surge of power to get them started.
- ✓ To avoid the possibility of a voltage surge, unplug all cords in the reverse order they were plugged in, then wait about two minutes before shutting down the generator.
- ✓ Diligently perform manufacturer's suggested maintenance or checkups on the system. If necessary, hire a professional.
- ✓ Fill your generator with clean, fresh fuel in a well-ventilated area while it is turned off. Keep the fuel level 2 inches below the top of the fuel tank to allow expansion in hot weather and prevent overflow.
- ✓ Place the generator on a level surface. Otherwise, fuel may leak from the fuel cap.

How Power Is Restored

When the power goes out, we expect it to be restored within a few hours. But when a major storm or natural disaster causes widespread damage, extended outages may result. Line crews work long, hard hours to restore service safely to the greatest number of consumers in the shortest time possible.

1 High-Voltage Transmission Lines

Transmission towers and cables that supply power to transmission substations—and thousands of members—rarely fail. But when damaged, these facilities must be repaired before other parts of the system can operate.

2 Distribution Substation

A substation can serve hundreds or thousands of consumers. When a major outage occurs, line crews inspect substations to determine if problems stem from transmission lines feeding into the substation, the substation itself or if problems exist farther down the line.

3 Main Distribution Lines

If the problem cannot be isolated at a distribution substation, distribution lines are checked. These lines carry power to large groups of consumers in communities or housing developments.

4 Tap Lines

If local outages persist, supply lines—also known as tap lines—are inspected. These lines deliver power to transformers—either mounted on poles or placed on pads for underground service—outside businesses, schools and homes.

ADOBE STOCK ILLUSTRATIONS BY SENTAVIO & MERGGY

Celebrate Safety in May

The same electricity that powers our modern lives causes thousands of injuries every year—and 20% of those injured are children. Many of these injuries could be avoided with education and a quick look around the home for hazards.

May is National Electrical Safety Month, but that doesn't mean consumers shouldn't take a few minutes to look around their homes regularly.

Extension Cord and Power Strip Safety

According to the Electrical Safety Foundation International, 50 people die every year from more than 3,300 fires caused by extension cords. Extension cords can overheat if used inappropriately.

- Buy cords approved by an independent testing laboratory.
- Make sure extension cords are appropriately rated for their use—indoor or outdoor—and meet or exceed the power needs of the device being used.
- Do not plug extension cords into one another. Extending the length of your cord—or daisy chaining—is the most common cause of overheating. It overloads the cord and creates a serious fire hazard.
- Inspect extension cords before plugging them in. Look for tears along the insulated cord, and check your sockets for bare wiring, metal parts and loose connections.
- Do not use an extension cord or power strip with heaters or fans, which could cause cords to overheat and result in a fire.



- Do not staple or nail extension cords to any surface. This could damage the cords. Do not run extension cords through walls, doorways, ceilings or floors. Keep the cords uncovered so heat can escape.
- Keep outdoor extension cords away from standing water.
- Never use three-pronged plugs with outlets that only have two slots. A thing in contact with the loose prong could catch fire.
- Never cut off the ground pin (the third pin on a three-pronged plug) to force your cable fit a socket. It could lead to electrical shock or worse.
- Use only surge-protected power strips. This helps prevent fires and protects your electrical equipment from surge-related damage.
- If your home is littered with extension cords and power strips, hire an electrician to install additional wall outlets.
- Remember that power strips only add outlets; they do not change the amount of power received from the outlet.

Avoid Overloading Circuits

Do not overload your electrical system. Overloaded circuit warning signs are flickering, blinking or dimming lights; frequently tripped circuit breakers or blown fuses; warm or discolored wall plates; cracking, sizzling or buzzing from receptacles; a burning odor from receptacles or wall switches; and a mild shock or tingle from appliances, receptacles or switches.

To prevent electrical overloads:

- Never use extension cords or multi-outlet converters for appliances.
- All major appliances should be plugged directly into a wall receptacle outlet. Plug only one heat-producing appliance into an outlet at a time.
- The Consumer Product Safety Commission estimates more than 50% of electrical fires that occur every year can be prevented by arc-fault circuit interrupters.
- Use the appropriate-watt bulb for lighting fixtures. Using a larger-watt lightbulb may cause a fire.

Watch for Overhead Power Lines

Checking for overhead power lines before starting work on household projects is a fundamental safety measure.



- Never touch a power line. Contact with an energized line can injure or kill you.
- If you see a downed power line, stay at least 35 feet away, call 911 immediately and warn anyone nearby of the danger.
- Always stay at least 10 feet away from overhead power lines. Do not assume the lines are for cable or telephone service.
- Tree branches can become electrical conductors. If a tree is in contact with or near a power line, call your utility and make arrangements to de-energize the line before trimming branches.
- Do not assume a power line is insulated. Often, what appears as insulation is only a soft covering to protect energized metal wires from the weather.
- Carry ladders and other long equipment horizontally to avoid contact with power lines.

Other Home Safety Tips

- Place safety caps on unused outlets to prevent children from accidentally placing items in the socket, which may cause a fire or injure them. It will also help you save energy by eliminating drafts.
- Consider installing tamper-resistant receptacles on all outlets.
- Do not yank electrical cords from the wall. Pulling cords can damage the wall, socket and insulating material surrounding the wire.
- Make sure your electrical cords are tucked away. Electrical trip hazards can cause fire, electrocution and other injuries.
- Never stick nonelectrical items in outlets. ■

A Taste of *Spring*

By Anne Braly

Like many vegetables of today, asparagus knows no season. Once thought of as a spring crop, the world's garden allows it to be grown and shipped to markets year-round.

Among vegetables available year-round from the supermarket, few show as drastic a change in flavor as asparagus between what is imported and what is grown closer to home, picked and shipped fresh from the earth in spring.

Asparagus contains a lot of sugar at the time of harvest. As it sits around waiting to be cooked, this sugar rapidly forms starch molecules, turning a once-tender sweet stalk into a bland and starchy vegetable.

Picking a bundle of asparagus in spring—asparagus that has not had to travel far from field to market—almost guarantees a mouthful of flavor that does not compare to what is sold in winter.

When shopping, look for asparagus that appears moist but not

wet, with a bright green color and tight petals. As asparagus ages, the petals on the tip slowly open and dry out or fall off, rendering a tough, colorless, tasteless product.

The thickness of asparagus spears has nothing to do with its age. Pencil-thin spears have an intense flavor but are a bit tougher than the fat ones. They are best for stir-frying or serving blanched and cold. Some spears can be as thick as your thumb and are more tender than their small counterparts but get a little watery if you steam them. They are best for pan-searing, broiling and braising.

Asparagus is a versatile vegetable that may be cooked in a variety of ways. Here are some examples:

BROILED ASPARAGUS WITH GARLIC AND COTIJA CHEESE

- 1 pound thick asparagus spears, trimmed and cut into 2-inch pieces
 - 1-2 garlic cloves, minced
 - 2 tablespoons extra-virgin olive oil
 - 2 ounces cotija cheese, grated or shredded, divided (see cook's note)
 - 1 lime, cut into wedges
- Kosher salt and freshly ground black pepper

Preheat broiler to high. Toss asparagus, garlic, olive oil and two-thirds of the cheese in a large bowl. Season with salt and pepper. Transfer to a foil-lined rimmed baking sheet. Broil 2 inches from heating element until tender and well charred, 4 to 6 minutes total, shaking occasionally. Transfer to a bowl. Toss with remaining cheese and serve with lime wedges.

COOK'S NOTE: If you cannot find cotija cheese—a mild cow's milk cheese popular in Mexico—substitute Parmesan. It will have a sharper flavor but pairs beautifully with fresh asparagus.



COLD POACHED ASPARAGUS WITH VINAIGRETTE

- 1 pound fresh thin asparagus, tough lower ends snapped off
- 2 teaspoons salt

VINAIGRETTE:

- 1 tablespoon freshly squeezed lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon finely chopped shallots
- ½-1 teaspoon Dijon mustard or to taste
- Dash of hot sauce such as Tabasco
- Sea salt and freshly ground black pepper to taste

Bring water and salt to a boil in a shallow pan. After tough ends have been removed, add asparagus. Turn heat to low and cook about 4 minutes, or until asparagus is crisp-tender, taking care not to overcook.

Immediately plunge the asparagus in an ice-water bath to stop the cooking and retain the green color. After a minute or two, remove the asparagus and dry well with a towel.

Dress with vinaigrette and serve, garnished with lemon slices, if desired. To make vinaigrette: Place all ingredients in a jar with a tight-fitting lid and shake well. The mustard is used to emulsify the vinaigrette and keep it from separating. The shallot and hot sauce bring added flavor. The recipe is easily doubled or tripled. This vinaigrette stores well in the refrigerator for a day or two.

BAKED ASPARAGUS DIP

This is a lovely dip to add to your springtime table.

- 1 pound fresh asparagus
- 1 cup Parmesan cheese, grated
- 1 cup mayonnaise
- 1 garlic clove, minced
- ¼ teaspoon ground pepper

Steam or microwave asparagus until soft. Process in food processor, leaving some larger pieces for texture. Blend with remaining ingredients. Bake at 350 degrees for 15 minutes, or until top is golden brown and mixture is hot and bubbly. Serve with crackers or buttery crisp crostini. ■



ASPARAGUS STIR-FRY

This stir-fry has a lively crunch that adds a touch of spring to any meal or can be enjoyed as a vegetarian meal.

- 1½ pounds pencil-thin asparagus
- 1 tablespoon vegetable oil
- 3 garlic cloves, minced
- 1 tablespoon grated ginger
- 1 chile pepper, seeded and finely chopped

Salt and pepper

A large handful of basil, mint or cilantro leaves

Snap off and discard the tough bottoms of each asparagus spear. Cut the asparagus into 2-inch lengths.

In a wok or cast-iron skillet, heat the oil until nearly smoking. Add the asparagus. Season generously with salt and pepper. Stir well, making sure the asparagus is coated and glistening with oil. Continue to stir-fry over high heat for about 1 minute, until the asparagus looks bright green and is barely cooked. Add the garlic, ginger and chile pepper. Stir-fry for 30 seconds more. Transfer to a serving platter and scatter with desired toppings. Serve immediately.





Eight Ways to Simplify Your Life

By Robin Howard

The pandemic forced many of us to slow down and listen, rethink what we consider normal and question what's essential. What would it mean to live life on your terms? To have the time and energy to pursue what interests you?

Living a simplified life still requires us to be engaged with the world and our communities, but removing nonessential elements—including the extravagances that aren't all that satisfying—can help us focus resources on what matters most.

Of course, not everyone has the luxury of making changes right now, but here are eight suggestions to inspire you to embrace simplicity where you can:

Commitments

Psychologist Seth Meyers writes that many people had more time to slow down last year—although for others, it was the

opposite. Whether you permitted yourself to sleep because there was nowhere to go, indulged a little more or binge-watched Netflix, you may have learned to value a slower pace. If you find yourself in that camp, you can maintain a simpler life by letting go of the time commitments that don't line up with what you value most.

Stuff

Naturalist Henry David Thoreau is famous for living simply in a small, spare cabin on Walden Pond in Concord, Massachusetts. "A lady once offered me a mat, but as I had no room to spare within or without to shake it, I declined it, preferring to wipe my feet on the sod before my door. It is best to avoid the beginnings of evil."

Having a doormat isn't evil, but too much stuff makes life complicated. Thoreau's point in not accepting a free rug is that he would have to make a time

commitment to cleaning it. Whatever we own demands we pay attention to it at some point. We have to store, clean, repair and move around our things. Declutter your stuff, or pare down to only what you need, and you'll instantly have a simpler life.

Goals

Having goals can help us intentionally direct our actions toward achievements and experiences that make us happier. However, having a mile-long list of goals you are trying to achieve at once can be exhausting and end in frustration. Psychologist Catherine Moore writes the trick to achieving goals is not to get overwhelmed by having too many at once. She suggests writing down all of your goals, ranking them by importance on a scale of 1 to 5, then tackling them in order. The most important thing to realize is every goal represents a measure of energy

you will have to expend. Simplify your goal list so you can focus your energy and you'll achieve faster results.

Screen Time

How much time and energy could you reclaim if you weren't doom-scrolling or arguing with strangers on social media? What could you accomplish if you weren't stuck in a constant cycle of receiving feedback, posting or commenting?

The average adult spends 2.5 hours a day on social media, and it's addictive by design. Posting content that gets interactions boosts self-esteem, creates a sense of belonging and activates dopamine, the feel-good chemical. The possibility of having that reward just a click away is too hard to resist. However, our search for validation also increases the risk of depression and anxiety.

One of the best ways to truly simplify your life is to cut out digital distractions.

Finances

Working hard to get out of debt isn't fun, but it is satisfying. Simple-living experts advocate having one checking account, one savings account, one zero-interest credit card and one retirement account.

If you want to invest, use a low-cost robo-advisor such as Vanguard or Fidelity Go that automates investing and manages trades for you. Eliminate as many subscription services as you can, automate bill paying and make a budget.

Food

Simple-living advocates have a secret: Taco Tuesdays. Even if you don't institute Taco Tuesday or Meatloaf Monday, choose a few recipes you enjoy consistently, plan a week of simple meals, then put them on repeat for the month.

This will allow you to make one shopping list, order online for pickup or delivery if you can, then use the same shopping list the following week or month. One of the proven benefits of having a food routine is it can help you reduce calorie intake and lose weight.

Clothes

Having a capsule wardrobe or a "uniform" helps eliminate decisions about what to wear every day, reduces clothing expenses and takes the stress out of the morning



rush. A capsule wardrobe is a limited selection of interchangeable pieces you can mix and match.

The uniform approach can help you simplify even further. Find the outfit you feel most confident and comfortable in, then buy it in exact multiples or slight variations. Celebrities who are masters of the uniform include Vera Wang, Adele, Kanye West, Ellen DeGeneres, Mark Zuckerberg and the late Karl Lagerfeld.

Negativity

One of the main reasons we get sucked into spending time and money on things—and people—that don't truly make us happy is we don't want to be alone with our thoughts.

Decluttering your mind can clear the way for everything else to fall into place.

Set boundaries with toxic people, notice when you feel resentment, jealousy, judgment or other negative emotions, and replace them with positive thoughts. If you have past trauma you need to process, find someone to talk to who can help you let go of it for good.

Simplifying life is essential because everything takes up space. Whether it is physical, mental or calendar space, you only have so much room to spare. Having less stuff, more time and fewer obligations gives you the freedom to create a more rewarding life than being an overworked, over-scheduled custodian of things. ■

CLOCKWISE FROM OPPOSITE PAGE: A few ways to simplify your life include decreasing your number of commitments, getting rid of unnecessary clothing and avoiding negativity.



PLANNER

It's time to come out of hibernation. With breathtaking scenery, thrilling outdoor activities and iconic food, Tennessee is the place to experience spring.



PHOTO COURTESY OF
MAINSTREETMURFREESBORO.ORG

MAIN STREET JAZZFEST

May 6-7

This annual music event—organized by Main Street Murfreesboro—highlights local student jazz bands and professional talent on the historic public square. JazzFest is a fun and cool contemporary jazz event featuring family entertainment, unique vendors, delicious food and great live music.

mainstreetmurfreesboro.org/jazzfest/

FRANKLIN

March 24-27

Nashville Elvis Festival

An event unlike any other, celebrate the music and legacy of Elvis Presley during a weekend of live music performances, celebrity appearances and an Ultimate Elvis Tribute artist competition.

nashvilleelvisfestival.com

COLUMBIA

March 28-April 3

Mule Day

Join in the fun at one of the world's biggest annual mule celebrations in the Mule Capital of the world. Begun in 1840 as Breeder's Day—a meeting for mule breeders—the event now attracts more than 200,000 people. In addition to mules, traditional Appalachian food, music, dancing and crafts are featured.

muleday.com

MICHIE

April 1-3

Battle of Shiloh Reenactment

Take in the sights and sounds of the Battle of Shiloh. The reenactment of the battle that occurred 160 years ago will take place along Joe Dillon Road in Michie. Next, join

the annual Generals Breakfast on the lawn of the historic Cherry Mansion in Savannah. Hear Generals Grant and Beauregard tell stories of the battle while enjoying biscuits and tours of Gen. Grant's headquarters.

tourhardincounty.org/events/160th-battle-of-shiloh-reenactment/

SALTILLO

April 8-10

Tennessee River History, Heritage and Weaponry Festival

Watch and learn as living history reenactment groups from Native American, Revolutionary War, French Indian War, War of 1812, Civil War and possibly World War II conflicts perform scenes from our past. Historical figures will be represented, including General Sam Houston, General P.G.T. Beauregard and Abraham Lincoln. Other events include cannon and musket firing demonstrations, wood carving, knife throwing, artifact collectors, flint knappers and vendors of all types.

tinyurl.com/TN-River-Festival

GRANVILLE

April 9

Mayberry-I Love Lucy Day

Celebrate these two iconic television shows

with a full day of entertainment and music.

Visitors are invited to visit the Mayberry-I Love Lucy Museum and recall life in simpler times.

www.granvilletn.com

PARIS

April 23-30

Fish Fry

This weeklong festival revolves around the fish tent where—by last count—more than 12,500 pounds of catfish is served with all the trimmings. In addition to all-you-care-to-eat catfish, enjoy parades, a carnival, rodeos, catfish races, dances, and arts and crafts.

www.paristnchamber.com

CLINTON

April 29

Sheep Shearing Day

Students and families are invited to see winter's growth of heavy wool trimmed from the flock. The day of hands-on activities includes demonstrations of carding, spinning, weaving and other ways pioneers used wool.

www.museumofappalachia.org



PHOTO COURTESY OF TENNESSEE PIRATE FEST

TENNESSEE PIRATE FEST

May 21-22, 28-30

Be transported to the fictional pirate town of Port Royale, consisting of interactive street characters—including British red coats, the Governor's household and, of course, pirates. Dress in costume and enter the contest. Sing karaoke, put loved ones in the stocks—great photo opportunity—and play games, such as porthole (corn hole), volleyball, tetherball and limbo. Merchants will sell custom crafts, festival food, and hot and cold beverages. tmfaire.com/

GALLATIN

April 30

Square Fest

This free annual event staged downtown rain or shine has grown to more than 170 vendors and 25,000 visitors. Primarily focused on arts and crafts, the festival also features a variety of food, several nonprofits, two entertainment stages and a large children's area.

www.downtowngallatin.com/square-fest

MEMPHIS

May 1-31

Memphis in May International Festival

The festival features unique events across the city, including the World Championship Barbecue Cooking Contest and the 2022 Salute to Ghana, honoring the history and culture of Ghana.

memphisinmay.org

SEVIERVILLE

May 20-21

Bloomin' BBQ Music and Food Festival

Enjoy toe-tapping tunes, devour the nation's best barbecue or take in the sights and sounds of one of the Southeast's top festivals.

www.bloominbbq.com

SPARTA

May 22

Sonic Cruise-In and Sock Hop

Revisit the '50s with live rock 'n' roll, a street dance and classic car show under the lights of the Oldham Theater on the courthouse square. Dress in the era and dance the night away at the free family event.

spartatn.gov/sonic-cruise-and-sock-hop-2

BROWNSVILLE

May 28-29

Exit 56 Blues Fest

Honor the music of blues pioneers Sleepy John Estes, Hammie Nixon and Yank Rachell—the Brownsville Bluesmen—with all-day music, arts and crafts, a Corvette and classic cruise-in and special exhibits.

exit56blues.com

Include Your Upcoming Event
Want to share a family-friendly event with the readers of Tennessee Connections? Please visit tinyurl.com/TennesseeEvents to submit the details. Thank you.

Due to the coronavirus pandemic, many events have been canceled or revamped. As of press time, these events are still on. However, you are encouraged to verify plans have not changed.

For a complete list of what's happening in Tennessee, visit tnvacation.com/calendar.



84TH ANNUAL WEST TENNESSEE STRAWBERRY FESTIVAL

May 1-7

Gather with 75,000 friends and neighbors for this festival that spans nine blocks and features more than 20 events to entertain the entire family. Celebrate and experience the food, fun and entertainment of West Tennessee in Humboldt.

strawberryfestivaltn.com

Ride into the Sky on Chattanooga's Incline Railway

What Is It?

On the south edge of Chattanooga, hop on board the Lookout Mountain Incline Railway and travel a mile along one of the world's steepest passenger routes.

History

The incline railway climbs 2,400 feet up Lookout Mountain. When it opened in 1895, the railway used wooden cars powered by coal-burning steam engines. The railroad was electrified in 1911. It now uses a pair of 100 horsepower motors to run the cables.

It is Steep

Near the top of its path, the railway has a 72.7% grade. To travel nearly 3 feet vertically for every 4 feet horizontally, the railway is a funicular, meaning it uses a series of cables to move it up and down the hill.

The Ride

The railway has one station at the bottom of the mountain, in Chattanooga. Trains leave every 20 minutes for a 15-minute ride to the station at the top of the mountain. Railcars offer great views.

What a View

On a clear day at the top of Lookout Mountain, you get a panoramic view of the Chattanooga Valley. The mountain sits on the border of Tennessee, Alabama and Georgia, offering great views of the surrounding lowlands.

More Info

Roundtrip tickets are \$15 for adults, and \$7 for children ages 3 to 12. For more information, and to plan your trip, visit ridetheincline.com or call 423-821-4224.

ADOBE STOCK
PHOTO COURTESY OF
BLAIR HOWARD

Home Composting Tips

A popular subject with many home gardening enthusiasts is composting. It is a process where microbes—bacteria, fungi and other organisms—decompose organic materials such as grass clippings, leaves and eggshells.

Added to a lawn or garden, compost helps improve the fertility and physical condition of the soil.

Whether you already compost or are considering it, simple things such as increasing the oxygen and moisture in your compost pile and choosing the proper materials to compost will help make your adventure fun and rewarding.

An important consideration when planning a compost pile is the amount of oxygen and moisture needed to breakdown materials. Microbes are most efficient when they have enough oxygen and water.

The easiest way to introduce oxygen into your compost pile is by turning it frequently and early in the process. That will decrease the time it takes for materials to break down. Without oxygen, the composting

process can take months or years.

It is also important to ensure the microbes have adequate moisture to keep them active, especially during dry periods. While your compost pile may get some moisture from rainfall, it is good practice to water layers as you add them to the pile.

However, avoid overwatering, which can force oxygen out of your pile.

A quick and easy way to check for proper moisture is to squeeze a handful of material and look for drops of water. If you get more than a couple of drops, you may need to reduce watering and turn your pile to help dry it out.

Another important part of having a successful composting system is knowing what should and should not be composted.

Grass clippings, leaves and disease-free plant materials typically produce great quality compost, and most home gardeners have easy access to them. Kitchen materials such

as eggshells, fruit and vegetable waste, and coffee grounds are great additions.

Some of these materials will take longer to break down than others, so it is helpful to mix greens, browns and tans to improve the breakdown process.

Avoid adding human and pet feces, meat, bones, dairy products and diseased plant materials.

Composting is a cheap and easy outdoor activity that not only reduces trips to the dump but improves the overall health of your soil.

It is also a fun way to involve your family, friends and community in your garden.

From turning your compost pile to donating eggshells and coffee grounds, there is a way for everyone to get involved. ■

Rylan Thompson is a Tennessee State University Agriculture and Natural Resources/4-H Extension agent in Knox County. He specializes in residential/consumer horticulture and 4-H, and is the Knox County Master Gardener coordinator.



This article was written using information from the University of Kentucky Extension publication HO-75, "Home Composting: A Guide to Managing Yard Waste."

Tree Talk

Lateral Trimming

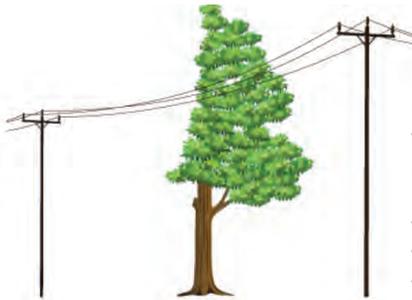
To reduce outages and improve the reliability of electric and broadband services, CDE Lightband implements lateral pruning methods developed by the International Society of Arboriculture and recommended by the Clarksville Tree Board.

Trees, brush and other plant growth near electric and telecommunications lines and equipment will be trimmed or removed to restore proper clearances. Brush or limbs left in yards from our trimming procedures will be cleaned up as soon as possible. We will make every effort to minimize any disturbance to property during this work.

The practice of topping or “rounding over” trees is discouraged, as this can leave a tree susceptible to decay, disease and insects. Weakened trees are more likely to break due to wind, ice or decay.

Lateral—or directional trimming—involves cutting branches back to the trunk or major limbs. This minimizes regrowth in the direction of the electric and telecommunications lines, requiring less trimming to the tree in subsequent years. The branches cut in lateral trimming may be larger than those common with topping or rounding over, but fewer cuts minimize the trees’ susceptibility to decay, disease and insects. ■

SIDE TRIM VS. V-TRIM



SIDE TRIM

Example of what a tree looks like with its branches properly pruned back to the trunk. Future growth will be directed away from the lines.



V-TRIM

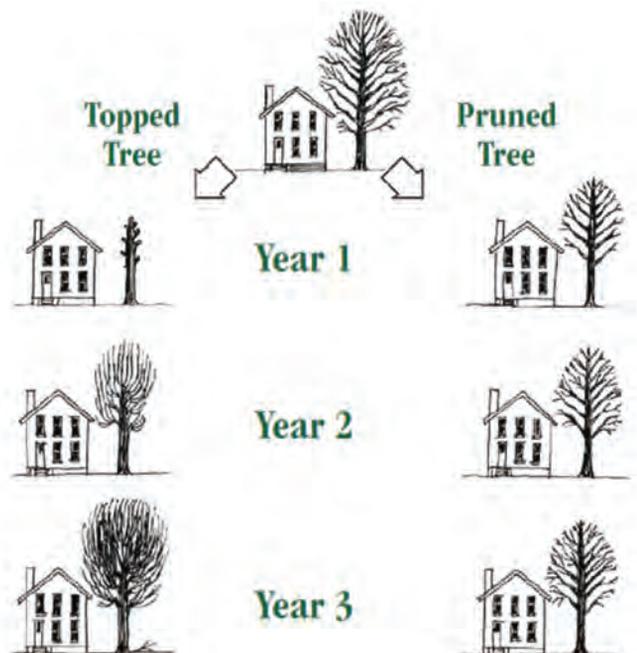
Example of what a road or street-side (front yard) tree looks like with its branches removed below the lines. Future growth will be directed to the side, away from the lines.

LEARN MORE by visiting the International Society of Arboriculture site at isa-arbor.com or the Clarksville Tree Board and City Forester at cityofclarkville.com.

Why Tree Topping is Bad

Tree topping is a way to reduce the canopy by cutting limbs all the way back to the main branches.

It is a misguided practice that causes potentially unsafe regrowth and can increase the number of downed trees. Topping results in ugly trees, costly re pruning and severe injury to the natural support structure of the tree. Please consult with a certified arborist, forester or tree service about the health and shape of your trees.



Proper Router Placement

The most common mistake witnessed by CDE Lightband technical support representatives inside customers' homes involves router placement. Do you know if your router is placed in the correct spot for your home? If you're having trouble loading webpages or streaming video services from another room, it might be

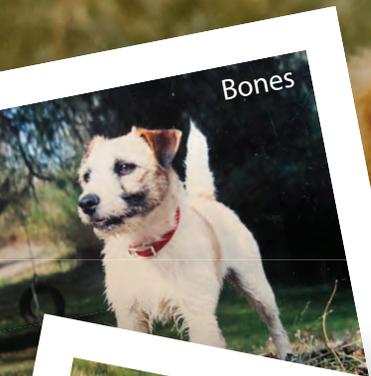
time to examine your router placement.

If you experience other issues with your home router, check out Smartband by CDE Lightband. Smartband users enjoy a whole-home mesh Wi-Fi solution. Our Wi-Fi experts can install Wi-Fi pods powered by Plume technology. Mesh Wi-Fi by CDE Lightband ensures

every nook and cranny of your home is saturated with the highest internet speed available to you. We can help you take the guesswork out of router placement.

For questions about Smartband or home router placement, call or text us at 931-648-8151. You can also visit cdelightband.com for more information. ■





Bones



Pickle



DOG DAYS



Most people are lucky to have had one great dog in their life. I have had three.

The first was a Brittany spaniel named Buster, who joined our family when I was 10 years old. Over the phone, the breeder in Wichita, Kansas, described Buster to my father as being “white as the driven snow” except for his chestnut-colored ears and a brown patch over his right eye.

Buster was 6 months old—still unproven as a bird dog—but Dad loved a good sales pitch and bought him sight unseen.

Years later, he told me it was the best money he ever spent.

This was back in the late 1960s when coveys of quail still inhabited small, unmanicured farms in the Appalachian foothills.

Buster was living proof exceptional hunting dogs are often born, not made. Despite a complete lack of formal training, he learned to hold point and retrieve.

His household manners were better than mine. He became a family member and had the good grace to wait until I went off to college before dying at the ripe age of 14.

Fast forward a few decades. By now, I am married with children of my own. I’m too busy coaching soccer on weekends to chase quail or grouse, both of which seem to have become as rare as unicorns in the hills and valleys of East Tennessee.

I became a Jack Russell terrier enthusiast. I worked them below ground on groundhogs. Dairy farmers loved that I reduced their groundhog population without the use of guns or poisons.

For my dogs to be small enough and tenacious enough to get the job done, I had to breed my own. Before I knew it, my pack consisted of 13 Jack Russell terriers.

My best Jack Russell was a handsome, rough-coated male named Bones.

As good as Bones was at working groundhogs below ground, he was even better at treeing squirrels. He not only would locate them and bark like a fiend; he also followed them from tree to tree, running with his head held high.

Thanks to Bones, I became a dedicated squirrel hunter.

Tennessee has plenty of squirrels. A lot of folks don’t realize that in addition to the regular squirrel season that lasts from late summer to late winter, there is a spring season that starts May 14 this year and runs through June 12.

More than a century ago, farmers hunted squirrels in the spring and summer to help protect their corn crops. Today, biologists say squirrel season could continue year-round without cutting into the breeding population.

Squirrel dogs in Tennessee are often terrier types—commonly called feist dogs—or mountain curs.

“Squirrel Dog Basics: A Guide to Hunting Squirrels with Dogs” by David A. Osborn profiles various breeds used for squirrel hunting. It is a diverse canine collection—everything from Norwegian elkhounds to old-time farm shepherds.

That brings me to my final “dog of a lifetime,” Pickle.

An Australian cattle dog or blue heeler, she is a natural squirrel dog. In the woods, she becomes an extension of my eyes and ears.

Our connection is almost telepathic.

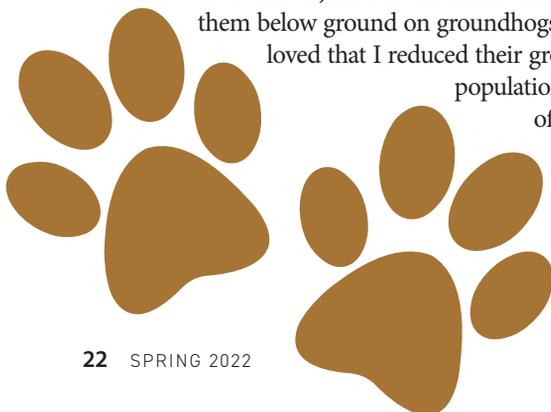
Australian cattle dogs were crossed initially with dingoes, the wild dogs of Australia.

There is a feral quality about Pickle that is undeniable.

She hates dog parks. I kind of admire her for that. ■



Morgan Simmons is the former outdoor editor for the Knoxville News Sentinel and seven-time winner of the Tennessee Outdoor Writer of the Year award. He lives on a farm in Clinton, Tennessee, with his wife, a donkey, six goats, two dogs and several chickens.



Bad to the Bone

Full tang stainless steel blade with natural bone handle —now **ONLY \$79!**

The very best hunting knives possess a perfect balance of form and function. They're carefully constructed from fine materials, but also have that little something extra to connect the owner with nature.

If you're on the hunt for a knife that combines impeccable craftsmanship with a sense of wonder, the **\$79 Huntsman Blade** is the trophy you're looking for.

The blade is full tang, meaning it doesn't stop at the handle but extends to the length of the grip for the ultimate in strength. The blade is made from 420 surgical steel, famed for its sharpness and its resistance to corrosion.

The handle is made from genuine natural bone, and features decorative wood spacers and a hand-carved motif of two overlapping feathers—a reminder for you to respect and connect with the natural world.

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

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The business office is closed **MONDAY, MAY 30**, for *Memorial Day*