

A person wearing a blue helmet with 'CVA' on it, a blue long-sleeved shirt, and blue jeans is climbing a wooden rock wall. The wall is made of horizontal wooden planks and has various colored climbing holds (blue, red, yellow, black) attached to it. The person is secured by a blue rope. The background shows a clear blue sky and some bare tree branches.

# DISCOVER

February 2023 - Volume 3 - Issue 3

**TENNESSEE  
TOURISM**

*Outdoor Adventures*

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**ON THE COVER -**  
Rock climbing at Rafting in the Smokies in Gatlinburg, Tennessee. Copyright: Rafting In the Smokies



# DISCOVER

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**ELVIS PRESLEY: '68 COMEBACK SPECIAL**  
*Sun., Feb. 26 at 8:30 p.m.*  
*Mon., Feb. 27 at 9 p.m.*

**SEVEN AGES OF ELVIS**  
*Mon., Feb. 27 at 7 p.m.*



*Mountain biking at Baker Creek Preserve in Knoxville, Tennessee. Copyright: Tennessee Tourism*

# TENNESSEE

## *Outdoor Adventures*

The Great Outdoors, the kind that looks like a postcard and feels like a playground; where every adventure and every turn on a trail dares you to come back to Tennessee for more.

### *Hiking*

Invest in astounding adventures and experience the beauty of Tennessee as a lifetime memory. Tackle the Appalachian Trail. Pit your strength against gentle giants such as Clingmans Dome, Chimney Tops and Abrams Falls. The lake trail at Standing Stone State Park is brilliantly abloom in spring. Glimpse an early morning great blue heron on a shoreline hike. Trek the six-mile loop in T.O. Fuller State Park, with historic

Chucalissa Indian Village and wetlands as a bonus. Tennessee's lush landscapes offer endless opportunities for avid hikers and climbers.

Great Smoky Mountains National Park is the most visited national park in America and is a treasure trove for hikers. From its tallest peaks that reach more than 6,000 ft. to its cool, rocky streams, through the forested slopes and shady glens, anywhere the interconnected web of hiking trails; this is the place to experience Appalachia in its wild and beautiful splendor.

Hike Andrews Bald, where the steep, paved path to the Clingmans Dome Observation Tower veers off to the right, the unpaved Forney Ridge Trail drops down to the left. It is an approximately 3.6-

mile out-and-back trail. It's a relatively easy hike to the bald, but considerably more strenuous getting back. Alum Cave Bluffs Trail winds out to the rocky overhang and is a popular day-hike in the park. This 4.6-mile out-and-back trail is moderately difficult with only a handful of short, steep grades to tackle, and well worth the exertion.

Travel to Big South Fork National River & Recreation Area and experience Twin Arches in Oneida. Hike from Pickett Park Highway to these double sandstone arches. Follow the trail to Charit Creek Lodge, located on the six-mile loop, and cool off in the rocky stream. In Knoxville, hikers can explore more than 50 miles of trails and four historic Civil War sites at Baker Creek Bottoms.

Montgomery Bell State Park in Burns features natural beauty and family hikes. Various hiking options are open to every guest. The longest hiking trail is 10.4 miles and is destined as an overnight trail. Choose a short day hike ranging from 0.2-mile hikes to 1.7-mile hikes that bring you up close to Made in Tennessee natural beauty. Big Hill Pond State Park in Pocahontas has nearly 15.5 miles of a single track trail with a tower to climb and a swamp boardwalk almost a half-mile across.

Pinson Mounds State Archaeological Park with more than 1,200 acres is home to at least 15 Native American mounds that were used as both burial and ceremonial locations. Hiking trails give guests access to the mounds. Choose from the 2-mile Mounds Great Outer Loop Trail along a paved surface, or any of the natural surface hikes: Nature Trail, Earthworks Trail and Hudson Branch Trail.

Fort Pillow State Park in Henning offers a moderate 9-mile hike along the Red Trail. Learn the history of the area thanks to the well-preserved breastworks and reconstructed inner fort. Transport through history as the park offers Civil

War artifact viewings along with a cannon and interpretive displays related to the Fort.

Tennessee's waterfall hikes are some of the most popular in the state. Burgess Falls in the Upper Cumberland region is 1.5 miles and classified as moderately strenuous. Greeter Falls is located within South Cumberland State Park in Palmer. The natural area is one of Tennessee's most scenic wildernesses.

The 90-foot Bald River Falls makes its roaring home in the Cherokee National Forest in Tellico Plains and is hailed as one of the greatest waterfalls in the region. The Great Falls in the 883-acre Rock Island State Park is a cascading 30-foot horseshoe. Fall Creek Falls in Spencer is one of the highest waterfalls in the eastern United States at 256 feet. The waterfalls are located in Tennessee's largest and most visited state park with 26,000 acres.

### *Water Adventures*

Whether you are in need of a soothing float down the river, or in the mood for a rip-roaring whitewater rafting adventure, the scenic rivers of Tennessee never fail

to provide an inspiring experience. More than 50,000 miles of winding, enchanting rivers and streams, along with more than a half million acres of pristine lakes and eco-diverse marshes make the Volunteer State a paradise for those drawn to the wonders of water.

In West Tennessee, you'll find the Mississippi River with its endless water adventures. Along the Mississippi River Corridor, you can try your hand at hiking, biking, camping, fishing, canoeing, kayaking and boating. Among the most scenic, Reelfoot Lake, nestled in northwest Tennessee, is famous for its year-round fishing, eagle-viewing and lakeside dining. Chickasaw National Wildlife Refuge in Ripley lies in the Lower Mississippi River floodplain along the Chickasaw Bluff. Other places for paddling are the Beech River Watershed in Lexington, Natchez Trace State Park in Wildersville and the big water of Kentucky Lake, where canoeing, kayaking and rafting are part of the fun.

Middle Tennessee and the Upper Cumberland are rife with opportunities for adventure. Center Hill, Dale Hollow and Cordell Hull Lakes are great spots for fishing, boating, canoeing and swim-

*Kids hiking at Big Hill Pond State Park in Pocahontas, Tennessee.  
Copyright: Tennessee State Parks*





*Canoeing the Ghost  
River in Moscow, Tennessee.  
Copyright: Tennessee Tourism*

ming. Several state parks like Cumberland Mountain, David Crockett and Rock Island have plenty of water options. Tim's Ford State Park and Dam, on the headwaters of the Elk River, is another great spot for adventure.

The 125-mile Harpeth River Blueway and the Floating Mill Recreation Area, which runs 64 miles up the Caney Fork River, are both wonderlands for outdoor adventurers. The Duck River Blueway has the only Class II rapids on the lower portion of the river.

The lakes, rivers and mountains of East Tennessee are a paradise for boaters, bikers, hikers and climbers, with a nice dose of horseback riding and zip-lining thrown in. Try the Obed Wild and Scenic River: the name says it all. The Big South Fork, Caney Fork and Clinch Rivers are other beautiful and exciting places for testing the waters. Boone Reservoir in Northeast Tennessee, is one of the best places for kayaking, suitable for all levels of paddlers. Lakes like Chickamauga and Norris are great for a calm day on the lake, while the Hiwassee and Ocoee River Recreation Areas have some of the most famous whitewater in the nation, called

one of "America's Best Adventures" by National Geographic. You'll find Class III and IV rapids in several spots, including the Tellico ledges, the middle prong of the Little Pigeon and the Tremont River.

Check out the caves at Cumberland Gap National Recreation Area, try a zip line in Pigeon Forge, or explore the hang gliding and rock climbing opportunities in spots like Lookout Mountain or Great Smoky Mountains National Park. If winter sports are your thing, don't forget the skiing and snowboarding at Ober Gatlinburg. Whatever type of outdoor thrills you seek, Tennessee has it all.

## *Cycling*

Cycling in Tennessee means fantastic vistas for leisurely riders and long-distance cyclists alike. With the highest elevation in Tennessee at 6,643 feet and the lowest point at 178 feet, our varied terrain will keep you guessing.

Explore the sights and sounds of Memphis on wheels. Explore Bike Share has 60 stations and 600 bike share systems to downtown, South Memphis, Cooper Young, Orange Mound, Overton Square

and Crosstown. The Mississippi River Trail runs 185 miles from wildlife-rich Reelfoot Lake to Memphis. Ride along the Highland Rim. The scenic roads around Lake Watauga are among the best mountain biking routes in the country. Try bike paths at Chickasaw State Park and mountain trails on the Natchez Trace. Experience the Tweetsie Trail in Johnson City, and for mountain bikers, experience the thrill of off-roading on biking trails on 40 acres of wooded terrain at the city's Tannery Knobs Mountain Bike Park within riding distance from downtown's shops, breweries and restaurants.

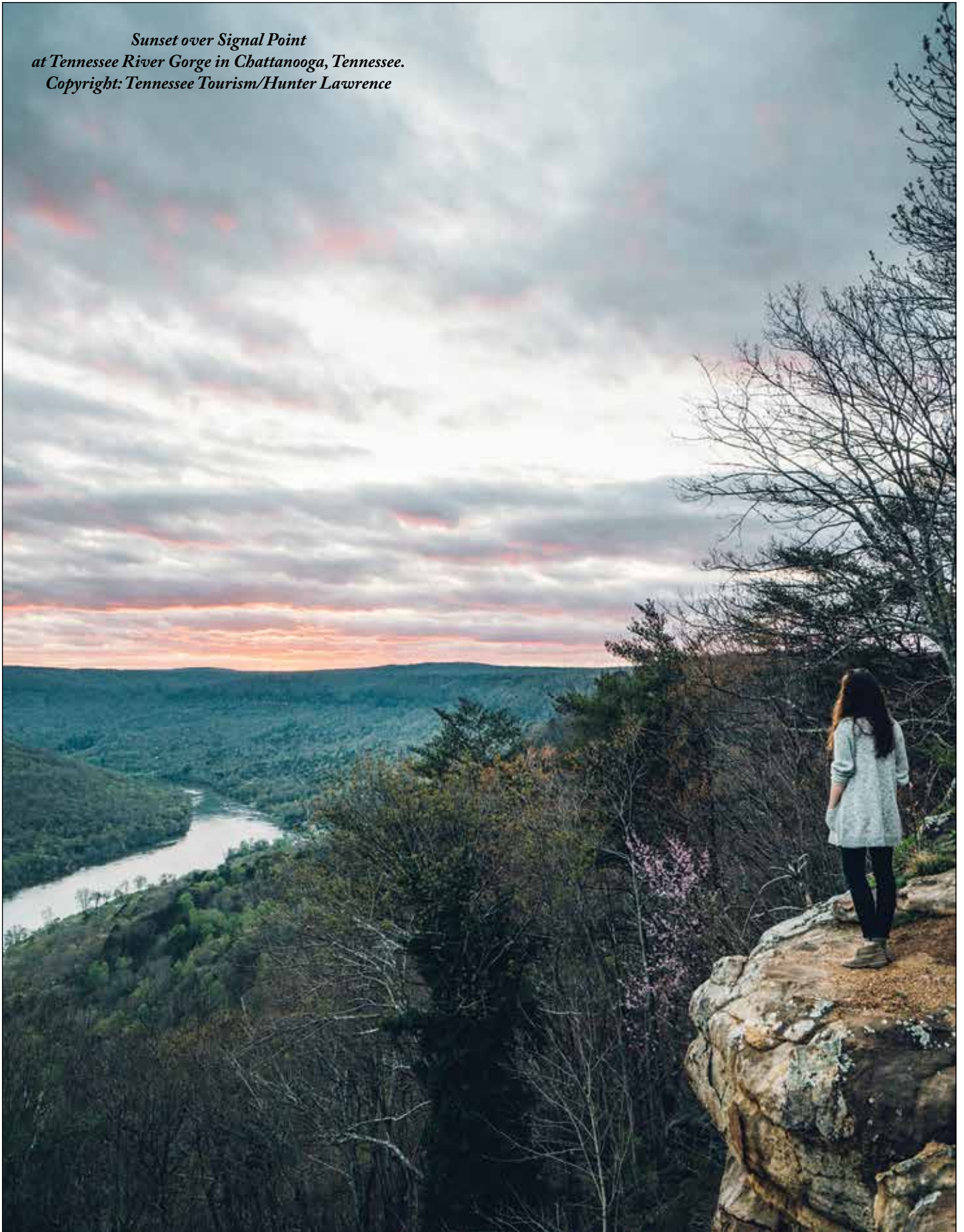
Run through woods filled with wildlife in David Crockett State Park and Fall Creek Falls. Booker T. Washington State Park's six-mile loop features both long uphill climbs and fast downhill. Off-road biking is allowed in Great Smoky Mountains National Park in several spots. The tranquil Cades Cove Loop encourages bikers, and rentals are available. Along the way, take in churches, pioneer cabins, and other historic structures.

Relish new sights as you cycle through Tennessee.



*Machine Falls in Tullahoma, Tennessee.  
Copyright: Journal Communications Inc. - Jeff Adkins*

*Sunset over Signal Point  
at Tennessee River Gorge in Chattanooga, Tennessee.  
Copyright: Tennessee Tourism/Hunter Lawrence*







## Dynamix Physical Therapy and The Sideline Physical Therapy Join to Bring the Best Physical Therapy Services to Martin, Tennessee

Dynamix Physical Therapy has just announced its acquisition of The Sideline Physical Therapy in Martin, Tenn., making this the 14th Dynamix location in West Tennessee.

Both Russ Huffstetler and Heath Ladd, co-owners of Dynamix, are in agreement that joining forces with Brian Smith, owner of The Sideline, is a great move.

"We have known Brian for a long time, and we are beyond grateful and excited for Brian and his team to be part of our Dynamix family," said Huffstetler. "With his knowledge, skills and the incredible community involvement, we know he will be a great fit for Dynamix."

The Sideline has been serving the community of Martin for over 20 years with physical therapy and fitness. Community members and patients will still have access to the same equipment, building and gym facilities they are used to with The Sideline.

"I have known Brian along with members of The Sideline team in multiple capacities over the last 10 plus years," said Ladd. "Joining forces is a natural fit and gives us the opportunity to continue to serve the people of West Tennessee at a higher level."

Brian Smith comes to Dynamix with 25 years of physical therapy and clinic compliance experience. Smith will join Dynamix as the VP of Clinical Compliance as well as remain the clinic director for Dynamix of Martin.

"Russ, Heath and the leadership team at Dynamix have created a culture for clinical excellence and have great vision for growth and patient care," said Smith. "Our companies are very like-minded and complement each other well. This transition will strengthen our client relationships and enhance patient care."

Dynamix will slowly transition into The Sideline building, making sure every patient is taken care of as well as the team members who are joining in this transition.

The address will remain the same at 104 Oxford Street in downtown Martin. This will be in effect mid-January 2023.

Dynamix continues to serve the communities of West Tennessee with the most elite physical therapy and sports medicine services. For more information about Dynamix, services offered or to find the closest location near you, visit [dynamix.life](http://dynamix.life).

### About Dynamix Physical Therapy

*Dynamix Physical Therapy is West Tennessee's leader in elite physical therapy and sports medicine, and is the recipient of the 2022 Ascend National Practice of the Year Award. With the mission of being the bright spot in customers' day while pursuing excellence in healthcare and service, Dynamix offers multiple services, including manual therapy, a hands-on based treatment unique to this area, sports medicine, occupational therapy, fitness, free injury assessments and work conditioning. Follow Dynamix on Facebook and Instagram for the latest news.*



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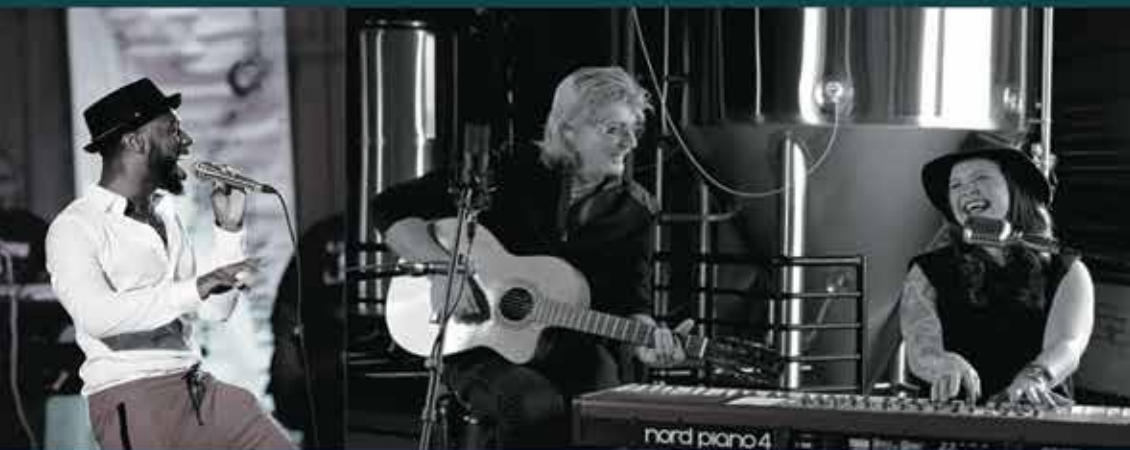


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Can you hear it? It's the beat you can only find in Jackson, halfway between Memphis' Beale Street and Nashville's Broadway in the heart of the Americana Music Triangle. This is where Elvis cut his teeth with Carl Perkins and Rock-A-Billy was born. Blues music flowed throughout the cotton fields of the region and today's talent is an exciting cross between the numerous genres of the region.

The Americana Music Triangle connects you to the people, places and stories of the world's number one music destination!

### *Jackson's AMP at the West Tennessee*

The outdoor amphitheater next to the West Tennessee Farmer's Market hosts free concerts by local and regional artists and movies on a large screen from May to October. Bring your lawn chairs, blankets and a picnic basket for an evening under the stars. Vendors sell food at many of the events.

### *Carl Perkins' Grave*

Music legend and rockabilly pioneer Carl Perkins is buried in

Jackson's Ridgecrest Cemetery. When he died Jan. 19, 1998, people traveled from around the world to attend his funeral. Beatles guitarist George Harrison played Perkins' song, "Your True Love," during the funeral.

### *Carnegie Tennessee Legends of Music Museum*

Built in 1903 as a free library, the Carnegie Center now holds the rich history of Jackson's musical past. It highlights the lives of local artists like Carl Perkins, Wink Martindale and Sonny Boy Williamson, the location of the first Hard Rock Cafe in the United States by founder and Jackson native Isaac Tigrett, and Jackson's role in rock'n'roll and the birth of rockabilly.

### *The Jackson Area Plectral Society's Jam Session at Casey Jones Village*

The Jackson Area Plectral Society holds a free jam session of old-time music from 6-9 p.m. every Thursday.

### *The Ned McWherter Cultural Arts Center*

Attached to Jackson's former City Hall, The Ned is the center of arts attractions downtown. You'll find art shows, Jackson Theatre Guild productions and performers from across the country.

### *John Lee "Sonny Boy" Williamson's Grave Blairs Chapel C.M.E. Cemetery, Blairs Chapel Road*

John Lee "Sonny Boy" Williamson was the first great blues harmonica player — easily one of the most important of the pre-war era. He made the harmonica a worthy lead instrument and opened the door for many famous players, such as Little Walter, Billy Boy Arnold and Junior Wells.



# Give Your Heart a Valentine: A Heart-Healthy Diet.

This time of year, you're probably stocking up on valentines and other cute ways to show your love. Why not give your heart a little love through a heart-healthy diet? After all, February is known as the month of love. You can share your love with your partner, your kids, other family members, and friends. But you can also share a little love with your heart.

## What Is a Heart-Healthy Diet?

Well, let's first rule out a common misconception—there is no single diet that's the heart-healthy diet. It's not about following a rigid diet plan or eating according to a certain schedule. It's about eating using ingredients that are healthy for your heart.

When you're eating for your heart, there are some foods you should eat in abundance and others you should limit. Let's take a deeper dive into the basics of a heart-healthy diet:

**Fill your plate with fruits and vegetables.** In fact, experts recommend filling half of your plate at meals with these healthy foods. Aim for a wide variety of fruits and vegetables in a plethora of colors; each offers a distinct set of nutrients.

**Choose healthy proteins.** If you're eating meat, select lean cuts and prepare them by baking, broiling, or grilling them, rather than frying. Legumes, nuts, and low-fat dairy products are healthy sources of protein, which can help keep you energized.

**Add in a dose of fish.** Include a four-ounce serving of fish in your diet a couple times a week. Fatty fish, such as salmon or tuna, contains heart-healthy omega-3 fatty acids.

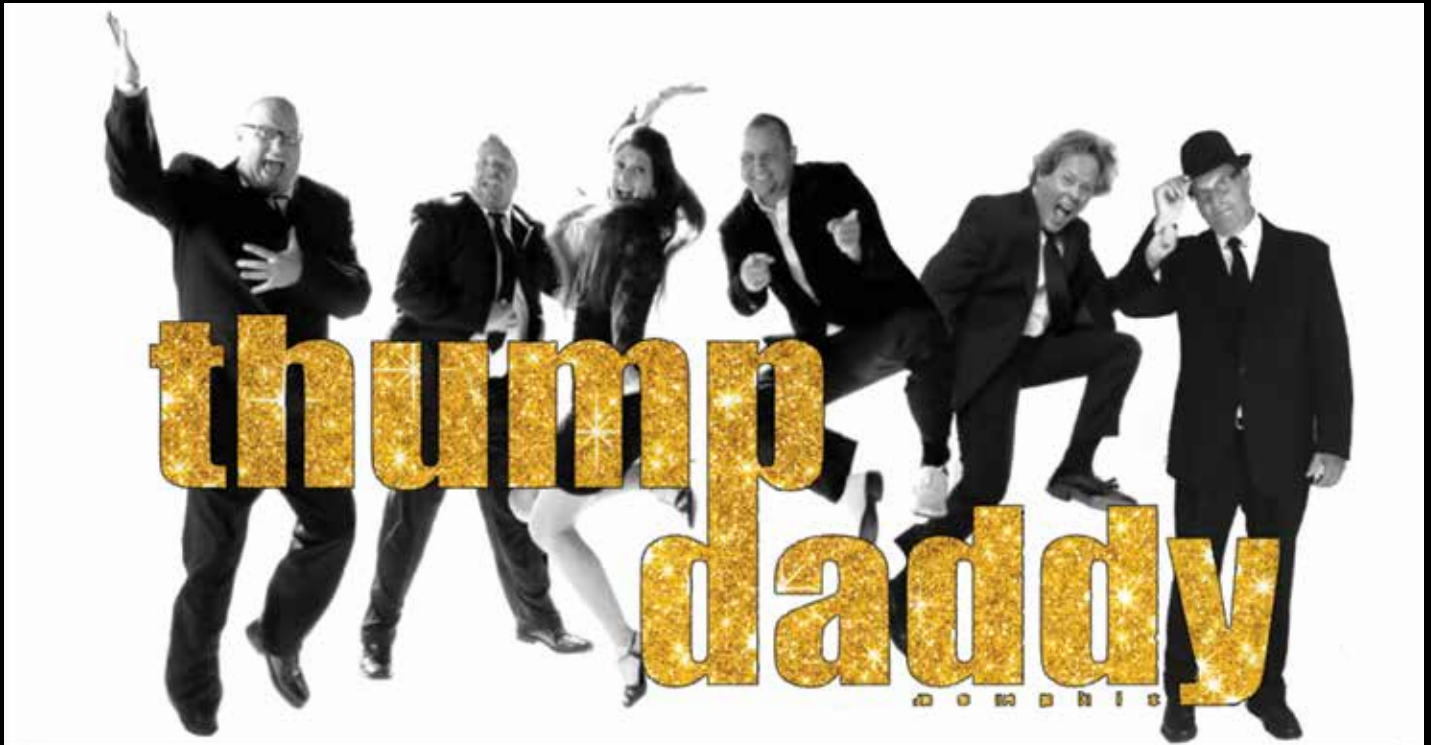
**Watch your sugar intake.** Did you know? According to the American Heart Association, American adults eat an average of 88 grams of sugar per day! Experts recommend getting no more than 24 grams of added sugar per day, so watch those product labels.

**Put down the saltshaker.** The American Heart Association recommends that we get no more than one teaspoon of sodium per day, but most Americans get way more than that. Find alternative ways to season your foods, including fresh herbs, rather than using salt.



Could your heart use a checkup? Make today the day you schedule an appointment with a West Tennessee Medical Group cardiologist!





## PICKWICK

### *Let the Good Times Roll...*

It's time for the annual Friends of Pickwick Landing State Park Wine and Jazz event. The good times will roll on Saturday, February 18 at Pickwick Landing State Park Lodge Conference Center with a mixture of wine tastings, food, and live entertainment.

The fundraiser celebration will be rocking with the dance music of the Thump Daddy Memphis Band. This all-inclusive band features dance music from the 60's through today's up to the minute hits.

For ticket information, contact Caylie Sellers at 731-607-1290. It is a great time to visit the park and stay the weekend on the lake. Pickwick Landing State Park accommodations are online at Tennessee State Parks or by calling locally at 731-689-3135.

Proceeds for the Wine and Jazz event go the Friends group fundraising efforts. The Friends of Pickwick Landing State Park is a 501c(3) charitable organization dedicated to the development

of Pickwick Landing State Park. The mission is to improve the experience for all visitors through the preservation, enhancement, and promotion of our park's cultural, educational, historical, geological, and biological features, resources, and facilities. Projects include the addition of the dog park, aviary, amenities in the conference center, paddling equipment, and future projects include a kayak launch and amphitheater.



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and JAZZ  
EVENT

  
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LANDING STATE PARK

**Hardin County**  
**TENNESSEE**  
*Catfish to Cannonballs*



# TENNESSEE RIVER RENDEZVOUS

April 14-15, (2023) 215 Ashley Rd Saltillo TN

For more info contact:  
Hardin County Convention and Visitors Bureau  
Tour Hardin County

Hours: Friday 4/14 & Saturday 4/15 (8 am - 6 pm)

Free Admission to event site and all activities.

*Everyone* is invited to come out to this family friendly event to help the community honor the rich history of our area and nation!

Living History Reenactors from the following periods will be conducting & demonstrating weaponry and era lifestyle demonstrations throughout the event!

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- French Indian War
- Mountain Men
- War of 1812
- Revolutionary War
- Civil War
- WW2 / WWII

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# Tennessee River Rendezvous

The 3rd annual living history festival in historic Saltillo, Tennessee has grown, moving a few miles from downtown Saltillo to the new location at Smith Farms and has revamped the name. The Tennessee River Rendezvous will feature many eras, including: Native Americans, French Indian war, Revolutionary War, War of 1812, Mountain Men, Civil War, WWI and WWII.

During this family friendly event there will be many demonstrations from historians showing skills used from their eras. There will also be many activities everyone

can participate in such as knife, tomahawk throwing, flint knapping, Native Americans darts, etc.

There are plans to have a 10-15 minute "Battle Skirmish Reenactment " from the Revolutionary War & Civil War era (Weather allowing). Civil War period music will also be played during the festival by the Lost Cause Band. There will also be historic speakers during the event such as President Abraham Lincoln & Tennessee founding father Governor John Sevier.

Along with the historic part

of the festival there will be an abundance of local craft vendors selling their products. (Knives, shirts, candy, artwork, cups, etc.). Not to mention some of the best food vendors around. There will be Cajun food, BBQ, fried pies, fresh made donuts, shaved ice, burgers, Indian fry bread & western style Chuck Wagon cooking.

Updates are happening daily to the planned activities and reenactors encampments! Everyone, make plans to come enjoy this fun filled-family friendly event!!

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## West TN PBS Hosting Annual Writers Contest

### *Students in grades K-5th eligible to participate*

The local PBS station serving families across West Tennessee is once again hosting its annual contest that engages children in grades kindergarten through fifth as part of the West TN PBS Young Writers and Illustrators Contest.

Students are tasked with putting their creativity to work by developing engaging stories and corresponding illustrations for a chance to win prizes donated by local businesses. West TN PBS team members will also record winners reading their “books” for broadcast on the station throughout the year. The broadcasts will be available on the station website at [westtnpbs.org](http://westtnpbs.org).

This contest has grown over the years with some area educators making this a classroom project. To support and encourage teachers for undertaking such a task, prizes are now awarded to educators in

the form of local gift cards.

“These teachers dedicate their classroom time and I feel they are just as important as our great students who write these stories,” West TN PBS Manager of Education and Communication Engagement Jennifer Medford said. She is seeking more local sponsors to add to the prize baskets. Any business interested in donating can reach out to Medford at 731-881-7561 or by email to [mece@westtnpbs.org](mailto:mece@westtnpbs.org).

All entries must be postmarked by March 27, 2023.

As part of the contest rules, word counts are a minimum of 100 words and maximum of 500 words for 4th-5th-grade entries; 2nd- and 3rd-grade entries are a 100-word minimum and 350-word maximum and for those in kindergarten and first grade, a minimum of 50 words and maximum of 200 words. All entries must have a minimum of

five graphics.

Graphics include drawings, collages and 3-D and photos taken by the author. Entries must be on 8.5 by 11-inch pieces of paper, using only one side of the paper. Children who can’t write may dictate their story to be printed or typed.

Prize baskets include books, gift cards, SkyZone passes and memberships to Discovery Park of America for winners and educators in the 4th-5th-grade category. Sponsors of the annual contest include Discovery Park of America in Union City, Jackson Energy Authority, SkyZone of Jackson, Regions Bank, Walmart in Union City and McWorth Management (McDonald’s). For more information about the contest, rules and sponsorship, contact Medford at West TN PBS.

This contest is open to every K-5th-grade child in West Tennessee.



# WRITERS CONTEST

West TN



**YOU COULD BE A WINNER!**

Calling all kids kindergarten through fifth grade!

Enter your story for a chance to win cool prizes and have your story published online.

Click here for rules, entry forms and other materials.

Call us at 800-366-9558 or email us at [jmedford@WestTNPBS.org](mailto:jmedford@WestTNPBS.org) for more information.

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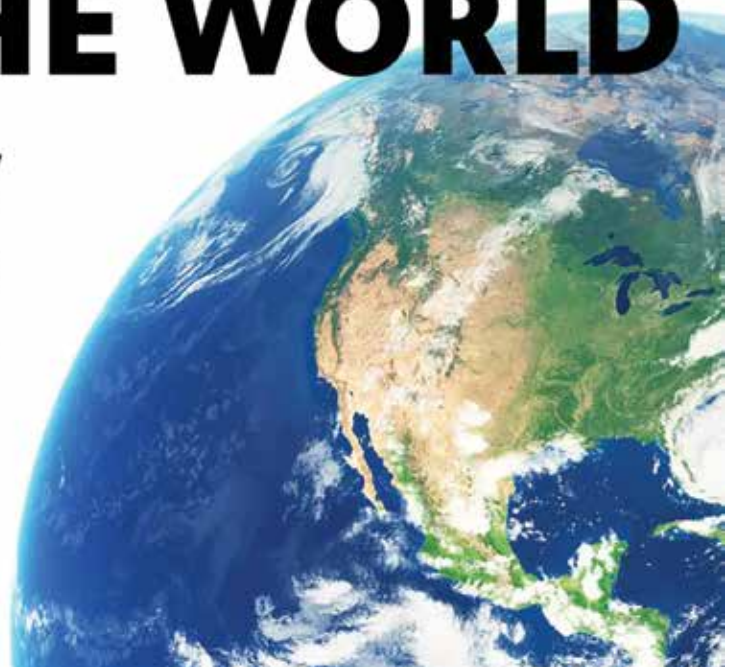
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# Farrell-Calhoun

SINCE 1905

## *What's your color?*



Since 1905, when we first opened our door on Front Street in Memphis, Farrell-Calhoun Paint has been the favorite of professional painting contractors across the Mid-South. And for good reason - we have been dedicated to working with our customers to give them the quality products they need to ensure a superior paint job. Still family owned and operated, Farrell-Calhoun remains focused on producing superior products.

***Superior Products Make the Difference***

## *We've Got Your Color!*

*We Offer Computerized Custom Paint Tinting!  
Bring Us Your Paint Sample & We Will Match It!*

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