

Journeys with **US**

**YOUR PRE-DEPARTURE
INFORMATION HAS ARRIVED!**



Photo: Save the Children

**THIS SPECIAL PRE-DEPARTURE INFORMATION HAS BEEN
PREPARED JUST FOR YOU BEFORE YOU EMBARK ON THIS
JOURNEY WITH US TO TENNESSEE AND KENTUCKY, USA**



REQUIRED FORMS & COURSES

The following is what is normally required BEFORE any travel arriving in country. If getting on a plane, by now you would have completed the following:

- ✓ Background Check
- ✓ Personal Safety & Security Course
- ✓ COVID vaccination Card/s
- ✓ Child Safeguarding Course
- ✓ Medical/Insurance & Personal details relayed to host



RECOMMENDED PACKING (completed)

- ✓ Clothing for hot weather (see climate/attire below)
- ✓ Closed-toe sturdy shoes
- ✓ Some travel \$ (Cash)
- ✓ A day pack
- ✓ A personal first aid kit
- ✓ Small towel (it's hot & humid!)
- ✓ Insect repellent
- ✓ A good strong water bottle
- ✓ Lightweight jacket
- ✓ A small umbrella
- ✓ Sunscreen
- ✓ Sun hat/cap or cowboy hat (for true southern style perhaps for venturing out on own)
- ✓ Sunglasses
- ✓ Camera (sightseeing only – no photos allowed of children in programs)





ARRIVAL



Prior to arrival, please check the CDC state COVID guidelines and restrictions for most recent updates found here: <https://www.cdc.gov/>

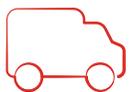
Blue Grass Airport (LEX), Lexington, KY: LEX is a public airport in Fayette County located just a few miles west of downtown Lexington and situated directly across from Keeneland Race Course. LEX is the primary airport serving central and eastern Kentucky and airline counters, baggage check-in areas, and restrooms all have designated space located within the terminal.

Lexington is the second-largest city in Kentucky next to Louisville and is nestled in the heart of Kentucky's famed scenic Bluegrass Region. Surrounded by world-renowned horse farms, and claiming the title of "horse capital of the world," this lively city is filled with numerous historical, natural and cultural attractions to delight.

Once you are out of the airport, you will be met outside of baggage claim by one of our Save the Children staff, who will be your onsite host and guide for the duration of your stay. Please look for staffer with branded Save the Children signage and clothing. Before your experience begins, she will provide you with your emergency contact list while visiting our programs.

Memphis International Airport (MEM), Memphis, Tennessee: MEM is a civil-military airport located seven miles (11 km) southeast of downtown Memphis in Shelby County. Airline counters, baggage check-in area, and restrooms all have designated space located within the terminal. When you exit the airport, you will be met outside of baggage claim by one of our Save the Children staff who will be your onsite host and guide for the duration of your stay.

Memphis is a vibrant, diverse city known as a mecca for rock, soul, bluegrass and country musicians from around the world and its culture and attractions reflect this rich musical heritage. Memphis also offers historical sites as well as natural wonders to enjoy!



TRANSPORTATION

SUV service will be provided to you to and from the airport, to your hotel and to each itinerary destination. Should you wish to venture on your own after Save the Children excursions, taxis and Uber service are available in the larger towns and cities.



ACCOMMODATIONS

After daily excursions to remote areas within TN and KY, guests will travel to retire for evenings at the Hilton Garden Inn in TN and at the historic Boone Tavern while visiting KY.



ITINERARY

Kentucky

- ✓ Lexington Blue Grass Airport
- ✓ Lexington Tourist Attractions (Thoroughbred Park, Keeneland Racetrack, Gratz Park, Mary Todd Lincoln House, Transylvania University, Town Branch Distillery, Buffalo Trace Distillery, Louisville Slugger Factory)
- ✓ Southeastern Region
- ✓ Save the Children Berea Office
- ✓ Rosie The Readiness Tour
- ✓ Home Site Visits
- ✓ SummerBoost Program
- ✓ Local Farmer's Market

Tennessee

- ✓ Memphis International Airport
- ✓ Memphis Tourist Attractions (Memphis Riverwalk, Beale Street, B.B. King's Blues Club, The Blues Cafe, Sun Studios, Graceland, National Civil Rights Museum, Alex Haley Birthsite, Chickasaw Nature Preserve)
- ✓ Western Region
- ✓ Home Site Visits
- ✓ Early Steps to School Success Program
- ✓ Parent Child Group



SAFETY MEASURES

- ✓ If venturing on own, rural or city area, outside of Save the Children itinerary, it is recommended to travel with someone and check with the local hotel staff for guidance for your specific destination.
- ✓ Memphis TN and Lexington KY are generally safe cities for travelers and have police presence (especially around Beale Street in Memphis) both day and night, but do exercise caution in tourist areas, which are known to have a high concentration of panhandlers and avoid poorly lit areas or alleys.
- ✓ SSSSSS is for venomous snakes in both KY and TN! Copperhead, Western Cottonmouth, Timber Rattlesnake and Western Pigmy Rattlesnake can be seen slithering through the Bluegrass. If hiking or walking in mountainous areas, wear sturdy footwear, follow the proper outdoor and park guidelines and stay on clear paths.
- ✓ The northern and the southern black widow spiders make their home both in Kentucky and Tennessee and are usually found in dry barns, sheds, or covered porches, so be extra careful when you're putting on your shoes!
- ✓ Hemlock is a poisonous plant that grows throughout the country, including Tennessee. Touching this plant may cause an adverse reaction to some people's skin, but ingesting it can be fatal. It's believed that Socrates ate this plant in 399 BC and that's what killed him!
- ✓ If feeling ill, contact your hosts/Save the Children state points of contact Chapple Osborne-Arnold (TN), and Alissa Taylor (KY), to get access to the nearest Urgent Care facility. Upon arrival, you will be provided with both cell numbers. If there is a medical emergency, call 911.





YOUR AVP, RURAL EDUCATION, U.S. PROGRAMS

Shane Garver

Shane Garver is Save the Children's Associate Vice President for Rural Education in the U.S. He has been working in various capacities with Save the Children for the past 15 years. In his current role, he oversees Save the Children's portfolio of early childhood education and feeding programs across 200 rural communities in nine states. Shane completed his teacher certification and bachelor's degree in Physical Education and Health at Berea College, where he graduated first in his class. He then earned his master's degree in Physical Education Pedagogy from Western Kentucky University. In his free time, Shane and his wife Sarah run a U-Pick Berry farm in Berea, KY. Together they are raising their two children, Colton (age 9) and Caden (age 5), among the many goats, sheep, ducks, guineas, chickens, and geese that roam their farm.

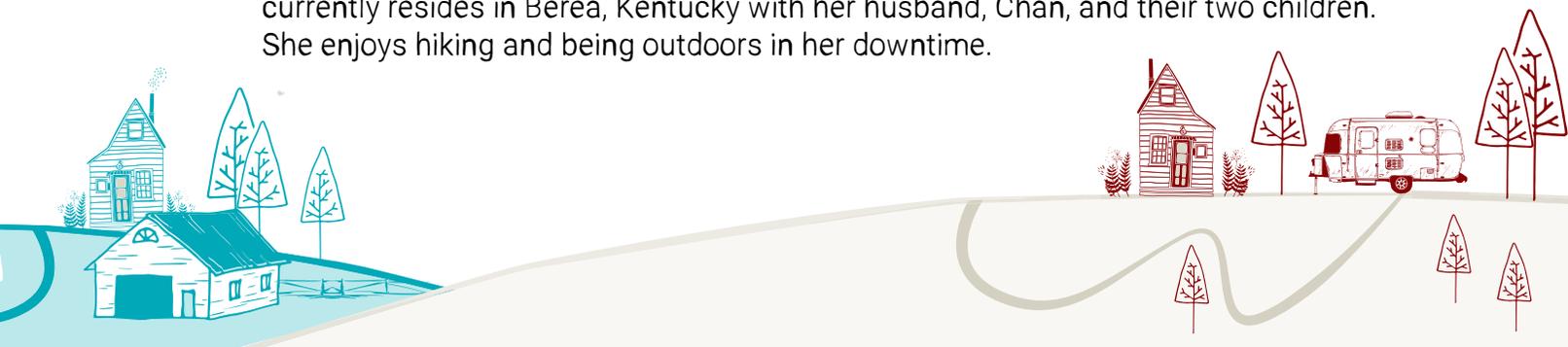
YOUR HOSTS

Chapple Osborne-Arnold, Deputy State Director, TN

Chapple Osborne-Arnold is the Deputy Director of Rural Education programs in Tennessee and brings 10 years of experience providing strategic and programmatic guidance to Save the Children's work in the U.S. She has a deep understanding of the challenges children and families face within rural communities in TN. Chapple uses her educational background and teaching experience to collaborate with Save the Children field staff and local partners, providing training, technical assistance, operational and management support to the rural communities we serve to ensure quality program implementation and positive results for children. Chapple is currently completing her PhD in Education Leadership, Policy, & Advocacy. She resides in East TN with her husband and 5 children and loves to travel in her free time.

Alissa Taylor, State Director, KY

Alissa Taylor is the State Director of Rural Education programs in Kentucky and West Virginia and brings 14 years of experience providing strategic and financial guidance to Save the Children's work in the U.S. She has a deep understanding of the culture, challenges, and opportunities found in rural America and a diverse perspective that drives our work forward. Her business management and financial experience includes supporting a Rural Education field office, national-level finance and operational support, and actively participating in the startup processes, procedures, and infrastructure for Save the Children Action Network, a 501 (c) 4 organization. Alissa currently resides in Berea, Kentucky with her husband, Chan, and their two children. She enjoys hiking and being outdoors in her downtime.





PROGRAM INFORMATION

Since 1932, Save the Children has helped rural communities across the U.S. invest in the greatest resource they have to create a better future: their children. We are committed to addressing children's unmet needs – going where others cannot, filling critical gaps in services and delivering scalable solutions to the challenges children and families face. Our programs work to ensure that children in America's rural communities have a healthy, strong foundation that will enable them to thrive as learners and in life.

In the United States, we concentrate our work in some of the most rural and under-resourced areas, where economic barriers are intensified by limited resources, geographic isolation and ever-growing disparities. In addition, we are the national leader in protecting children after emergencies and natural disasters, among the first to respond and the last to leave as we implement long-term recovery programs.



EDUCATION

Save the Children is a national early education leader with deep experience in helping rural communities build success among their children. We accomplish this by advancing rural education. We deliver child-level results through a continuum of high-quality educational programs. From KinderBoost to Early Steps to School Success, we work with parents to build social and emotional, language, literacy and numeracy skills in children ages 0-5 through home visits, book exchanges and parent support groups – and help children prepare and transition smoothly to kindergarten. For elementary school-aged children, our in-school, afterschool and summer literacy and math programs strengthen foundational skills to accelerate academic achievement. We currently partner with nearly 100 schools in Kentucky and Tennessee to provide early learning programs and resources to more than 46,500 children.



FOOD SECURITY

Studies have shown that hunger can negatively affect children's academic performance and behavior in school, preventing them from developing to their full potential. For this reason, Save the Children launched new food security initiatives during the pandemic to ensure rural children have access to the food they need to keep their bellies full and their minds actively learning. This is accomplished through meal distributions, advocacy efforts aimed at strengthening child nutrition programs, and innovation projects that design and test new solutions to address rural child hunger. This past year, in Kentucky and Tennessee, we provided nearly 160,000 children with food and access to learning materials and hygiene supplies.



RURAL COLLECTIVE IMPACT

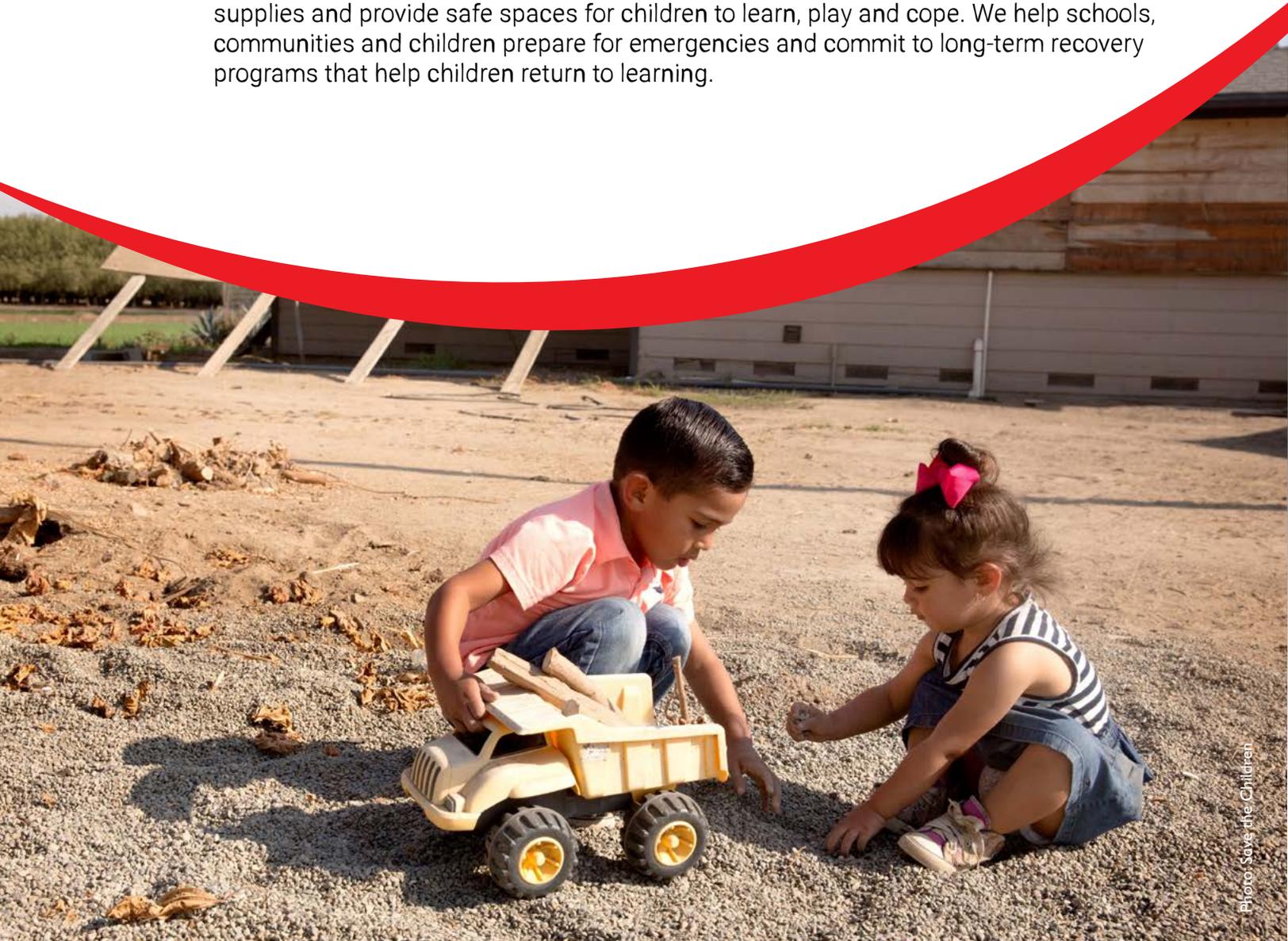
Our work brings together diverse stakeholders – including local churches and businesses, health professionals and other community members – to share data, align resources and shape joint strategies for driving real and lasting change for rural children and families. We are currently doing this work in Perry and Whitley Counties in Kentucky, Cocke County in Tennessee and the Yakima Valley in Washington State, with expansion planned for communities in Mississippi and South Carolina.

We also lead the Kentucky Out of School Alliance (KYOSA), providing children with enriching extracurricular activities with our 100+ partners – and we mobilize community engagement programs with partners across the state to promote the importance of early childhood development and build capacity within communities to support their youngest learners.

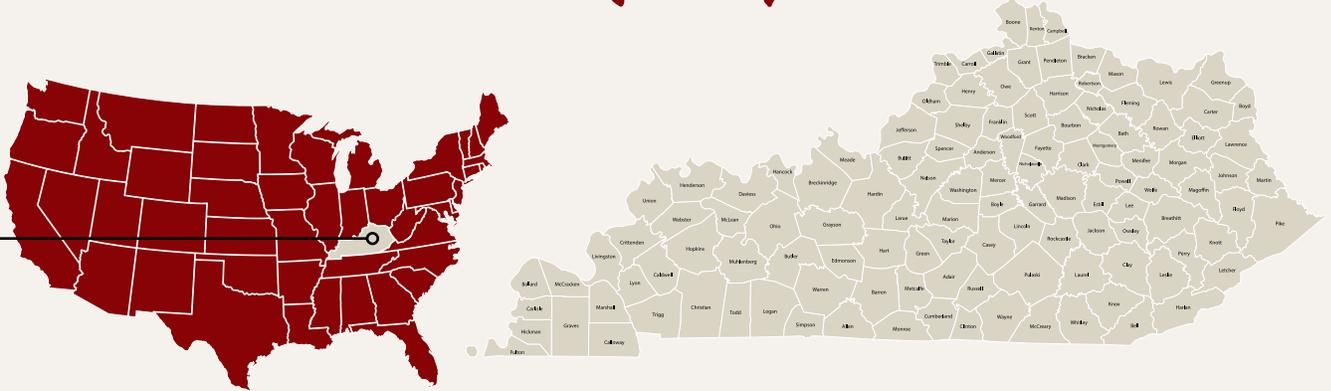


EMERGENCIES

We have been on the ground protecting America's children in every major disaster since Hurricane Katrina and are working to support the immediate humanitarian needs of newly-arriving children and families at the U.S. southern border. In the immediate aftermath of disasters, we send emergency responders, deliver essential relief supplies and provide safe spaces for children to learn, play and cope. We help schools, communities and children prepare for emergencies and commit to long-term recovery programs that help children return to learning.



ALL ABOUT KENTUCKY (KY)



HOW DID KENTUCKY GET ITS NAME?

The name "Kentucky" is of Native American origin and has been attributed to several different languages with several different possible meanings, including the Iroquois word "ken-tah-ten," which means land of tomorrow. It is said that other possible meanings for the name Kentucky are: prairie, meadow lands, cane and turkey lands, or dark and bloody ground.

Kentucky is known as "The Bluegrass State," a nickname based on Kentucky bluegrass, a species of grass found in many of its pastures, which has supported the thoroughbred horse industry in the center of the state and does have a hint of blue.

WHERE IS KENTUCKY LOCATED?

Kentucky is located in the Upland South region of the United States, bordered by Illinois, Indiana and Ohio to the north; West Virginia and Virginia to the east; Tennessee to the south and Missouri to the west. The Bluegrass Region in the central part is where its capital Frankfort is located, as well as its two largest cities, Louisville and Lexington. Kentucky is the only U.S. state that is bordered by rivers on three sides, and its terrain includes forests, wetlands, prairies, and several caves.

Kentucky can be divided into five primary regions: the Cumberland Plateau in the east, which contains much of the historic coal mines; the north-central Bluegrass Region, where the major cities and the capital are located; the south-central and western Pennyroyal Plateau, the Western Coal Fields; and the far-west Jackson Purchase.





KEY STATE FACTS

- **Population:** 4.6 Million (estimated)
- **Capital:** Frankfort
- **Area:** 40,408 square miles
- **Major religions:** Protestant, Baptist, Methodists and Roman Catholics. There are also smaller groups of Jewish, Muslim and Eastern religious groups
- **Life expectancy:** 75 (average)
- **State Bird:** Cardinal
- **State Flower:** Goldenrod
- **State Song:** "My Old Kentucky Home"
- **State Flag:** The flag of Kentucky features the state's seal.



The design of the seal features a pioneer and a statesman in an embrace. It is believed by many that the pioneer is supposed to be Daniel Boone, while the statesman is Henry Clay.



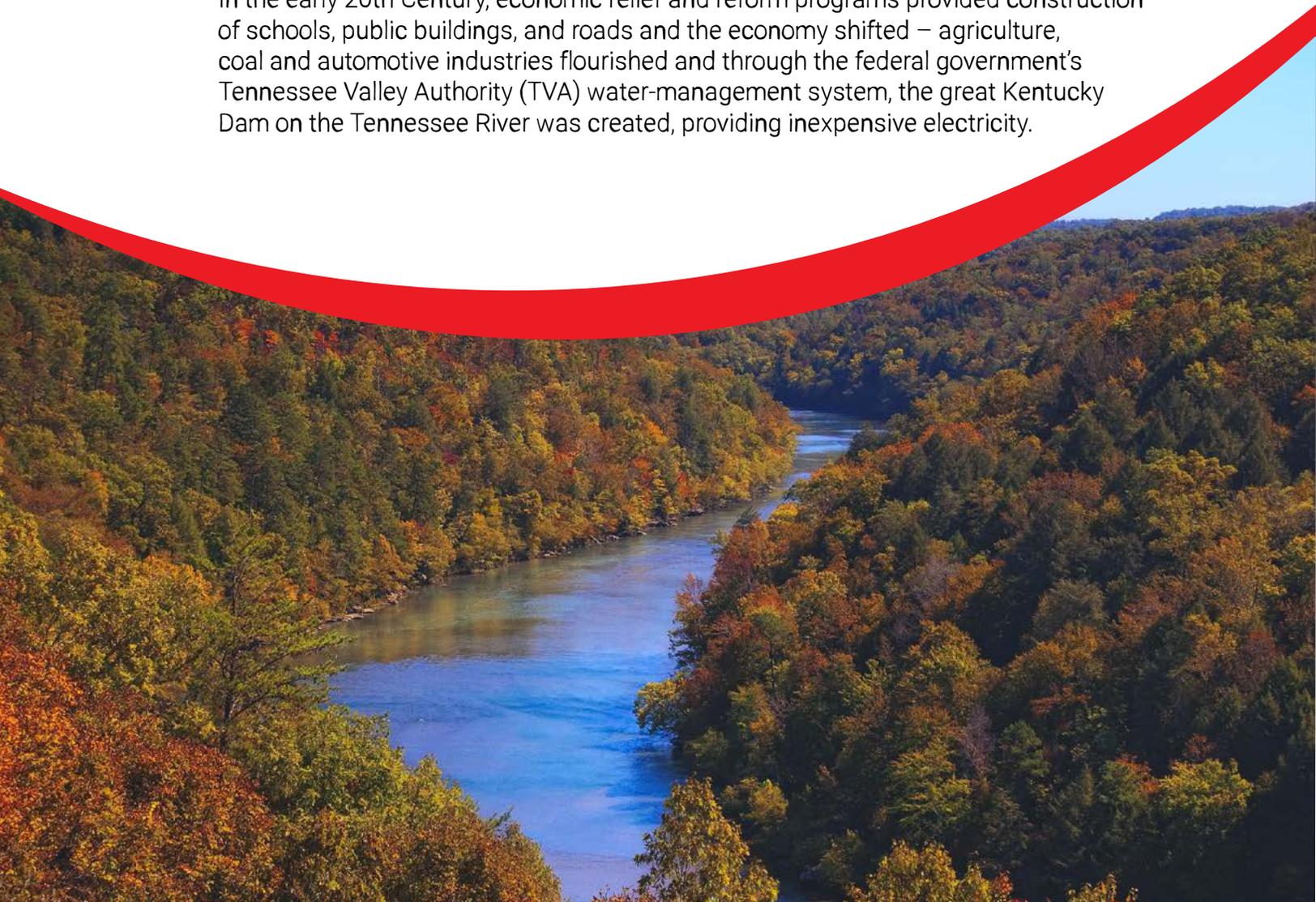


HISTORY

Kentucky's history dates back to indigenous and hunting peoples followed by Native American tribes: Cherokee, Chickasaw, Mosopelea, Shawnee and Yuchi. As French and Spanish explorers later came to Kentucky via the rivers of the Mississippi, they were hindered due to rough terrain and native resistance. It was not until 1775, when frontiersman Daniel Boone, one of Kentucky's most prominent explorers, opened the first road into what was to become Kentucky. Following the Revolution, many immigrants followed Daniel Boone's trail through the Cumberland Gap, also known as Wilderness Road. "Fort Boonesborough" was a frontier fort in Kentucky, founded by Daniel Boone and his men following their crossing of the Kentucky River on April 1, 1775. The settlement they founded, known as Boonesborough, Kentucky, is Kentucky's second oldest European-American settlement. Kentucky was admitted into the Union as the 15th state on the date of June 1, 1792.

During the American Civil War, Kentucky played a key role as a border state, separating the Confederate States and the Union of the North. Its population divided, Kentucky declared neutrality until the South invaded and they joined the Union. Following the Civil War, there were tumultuous times for Kentucky. Family feuds were common in the mountainous Appalachian area and the bluegrass-based bourbon distillers were fighting back against the government's prohibition movement.

In the early 20th Century, economic relief and reform programs provided construction of schools, public buildings, and roads and the economy shifted – agriculture, coal and automotive industries flourished and through the federal government's Tennessee Valley Authority (TVA) water-management system, the great Kentucky Dam on the Tennessee River was created, providing inexpensive electricity.





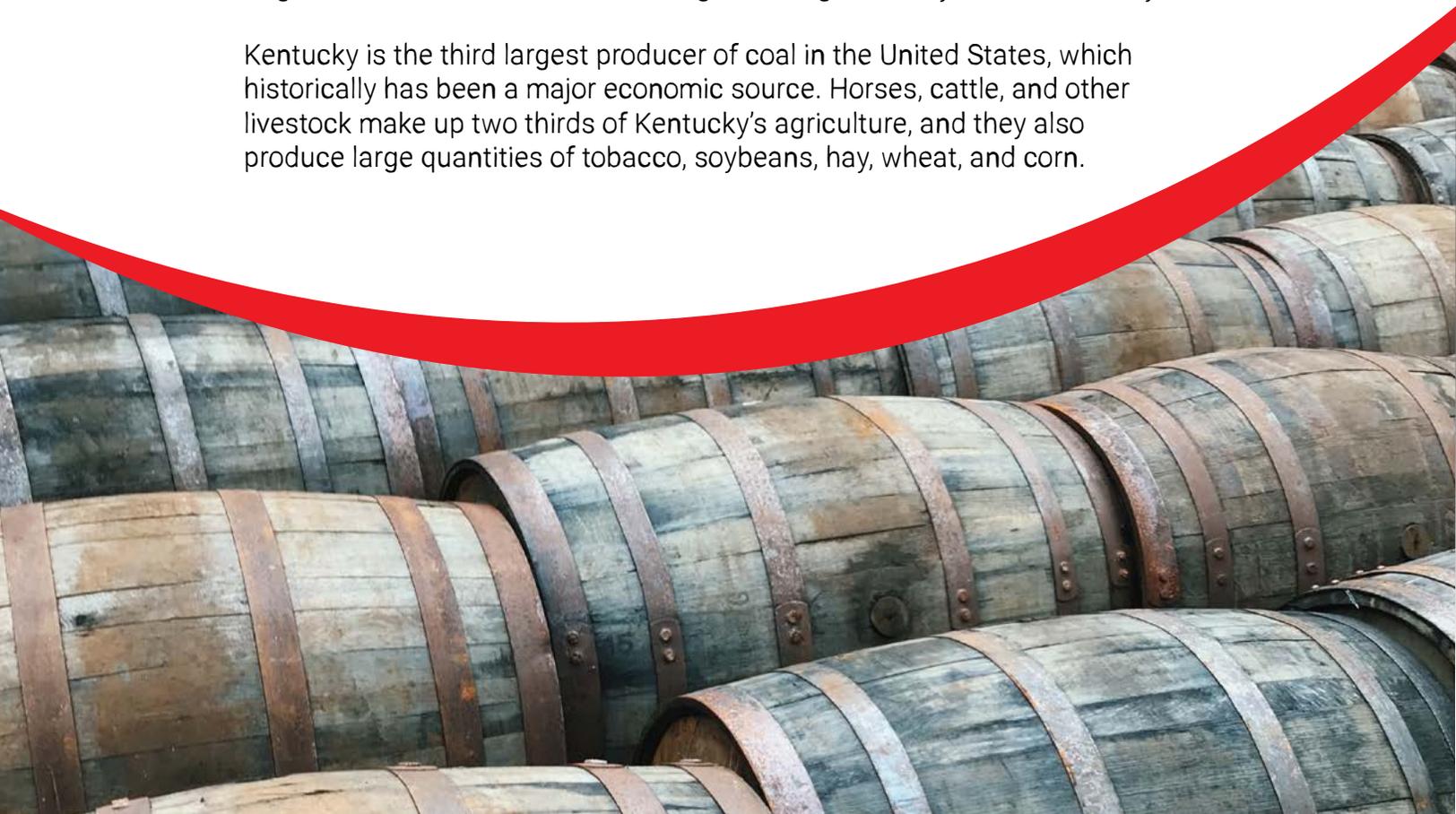
CULTURE & CUSTOMS, INDUSTRY

Mostly known for its moonshine, bourbon, bluegrass music, and acres of gorgeous farmland, Kentucky is a state with both character and soul. Just don't ever call its bourbon whiskey! Although Kentucky's culture is generally considered to be Southern, it is unique in that it is also influenced by the Midwest and Southern Appalachia in certain areas of the state. It offers unpretentious "down-home" folks, even in the big cities like Louisville. Louisville, Lexington, Berea, and Covington have diverse and entertaining scenes and there are historic downtown districts, locally-themed museums, and great food. But Kentucky truly shines in its natural wonders – from caves, rivers and hiking trails to the Appalachian Mountains and the Cumberland Falls. With nature in abundance, people in Kentucky enjoy hiking, fishing, hunting, boating and of course, horseback riding.

Kentucky is mainly associated with coal mines, horse farms and racing, especially with America's most prestigious horse race, the Kentucky Derby, held at Churchill Downs in Louisville annually every May since 1875. For more than 100 years, horse breeding, shows, and racing have made up much of the cultural fabric of Kentucky.

The people of Kentucky are genuine, kind, friendly and helpful – always offering help and southern hospitality. Kentuckians are educated and civilized and true hillbillies are some of the nicest people you will ever meet. You might hear a southern drawl or a few unfamiliar words such as "pop" for soda or living in a "holler," referencing a dirt road, or someone calling you a "feller" or being told "it is up yonder" if asking directions. You will see children playing outside climbing trees, swinging from tires into lakes and looking for crawdads in creeks. The population is mainly of white European ancestry with most of the early white settlers of English or Scotch-Irish decent coming from Virginia, Maryland and Pennsylvania.

Kentucky is the third largest producer of coal in the United States, which historically has been a major economic source. Horses, cattle, and other livestock make up two thirds of Kentucky's agriculture, and they also produce large quantities of tobacco, soybeans, hay, wheat, and corn.





CLIMATE & ATTIRE

Kentuckians enjoy a temperate climate and generally plentiful rainfall. The average annual temperature is between 55 and 60 °F, but extreme temperature exceeding 110 °F and dropping below –30 °F have been recorded! Thunderstorms are frequent and often cause flooding in the eastern parts of Kentucky. Prevailing winds come from the south and southwest, although north and northwest winds often bring the chill of winter (something you do not need to worry about on your journey).

Due to the heat, light breathable clothing is recommended - cotton, linens, shorts, short sleeve shirts and good walking sneakers or sandals (unless hiking)! Be sure to bring a water bottle, sunscreen, and sunglasses.



ARTS, MUSIC, AND SPORTS

Kentucky loves bluegrass, country, and folk. From the Appalachian foothills down to the corner where the Midwest begins, Kentucky is filled with craftspeople, musicians and artists. Located in Owensboro, the Bluegrass Music Hall of Fame is just a few miles from the birthplace of Bill Monroe, the man known as the Father of Bluegrass. Other highlights include the Kentucky Museum of Art and Craft, the Muhammad Ali Center, the Louisville Mega Cavern and the Kentucky Science Center. This state is famous for its quilts, pottery, woodcarvings, dulcimers, hand-woven blankets and other handcrafted products and artisanal crafts including glass.

Sports in Kentucky include amateur and professional baseball, football, horse racing, horse shows, ice hockey, soccer and lacrosse. College basketball and college football are very popular in Louisville, which prides itself on being one of the best college sports towns in America. Baseball is celebrated at the Louisville Slugger Museum and Factory, where Major League bats are produced and a giant baseball “slugger” marks the entrance. The Kentucky Wildcats are the men’s and women’s intercollegiate athletic squads of the University of Kentucky and the fan base is known as the Big Blue Nation!

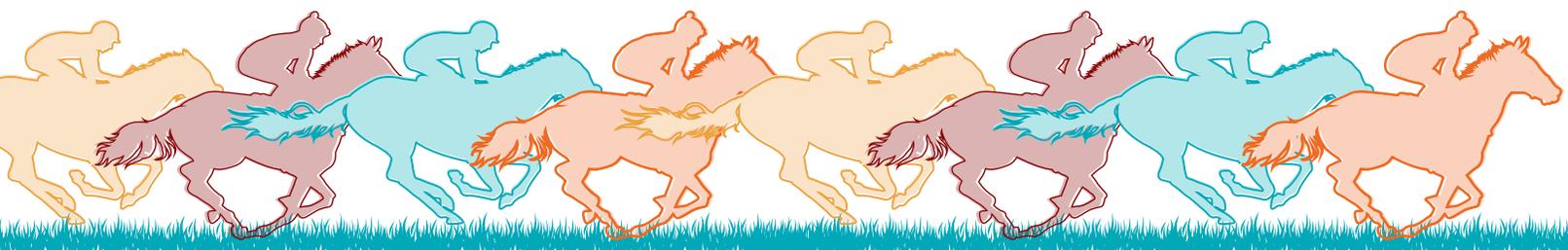
FOR YOUR LISTENING PLEASURE

Kentucky Waltz, Bill Monroe
<https://www.youtube.com/watch?v=RAAnOmUbvyc>

Old Kentucky Home, Boxcar Willie
<https://www.youtube.com/watch?v=56uQg73677c>

Wayfaring Stranger, Rhiannon Giddens
<https://www.youtube.com/watch?v=b1Z4PAZX9Bs>

Remind Me, Brad Paisley & Carrie Underwood
<https://www.youtube.com/watch?v=7qzhngp7jh8>





SOME INTERESTING FACTS AND LEGENDS

- Both Abraham Lincoln, President of the Union, and Jefferson Davis, President of the Confederacy, were born in KY.
- The Mary Todd Lincoln House, a museum in Lexington, was the family home of the wife of 16th President Abraham Lincoln.
- Moon bows (lunar rainbows) can be seen at Cumberland Falls, aka 'Little Niagara' or 'Niagara of the South' on a clear night with a full moon.
- The Kentucky Derby is the oldest continuously held horse race in the country. It is held at Churchill Downs in Louisville on the first Saturday in May.
- Kentucky Burgoo? Not a place – a spicy stew with an elusive recipe. Traditionally made with game meats, like venison or rabbit, but can use chicken, mutton or pork.
- Cheeseburgers were first served in 1934 at Kaolin's restaurant in Louisville.
- Mammoth Cave is the world's longest cave and was first promoted in 1816, making it the second oldest tourist attraction in the United States. Niagara Falls, New York is first.
- The song "Happy Birthday to You" was the creation of two Louisville sisters in 1893.
- The public saw an electric light for the first time in Louisville. Thomas Edison introduced his incandescent light bulb to crowds at the Southern Exposition in 1883.
- Some famous Kentuckians; George Clooney, Johnny Depp, Muhammad Ali, Jennifer Lawrence, Billy Ray Cyrus, Steve Jobs, Loretta Lynn, and Diane Sawyer.

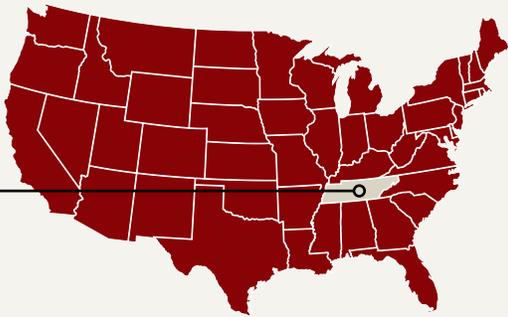


KENTUCKY AND TENNESSEE CUISINE

The cuisine of Kentucky and Tennessee resemble traditional Southern cuisine. Some common dinner favorites are fried catfish with hushpuppies, hot chicken sandwich, country fried steak and fried chicken. These are usually served with green beans, pinto beans, corn bread, fried okra or cheese grits. In addition, Kentucky is known for its own regional style of barbeque – using mutton.

Of course, no Kentucky or Tennessee meal is complete without a glass of sweet tea!

ALL ABOUT TENNESSEE (TN)



HOW DID TENNESSEE GET ITS NAME?

Tennessee was named after the Little Tennessee River. Originally “Tanasi” the river took its name from two Cherokee villages on its banks. The word “Tennessee” originated from the old Yuchi Indian word, “Tana-see,” meaning “The Meeting Place.”

WHERE IS TENNESSEE LOCATED?

Tennessee became a state in 1796 and is known as the “The Volunteer State” located in the Southern Region of the United States. Considered part of Appalachia, a cultural region in the Eastern United States stretching from New York down to Alabama and Georgia, Tennessee borders eight states with Kentucky to the north, Missouri to the northwest, Arkansas to the west/southwest, Missouri, Alabama, and Georgia to the south, North Carolina to the east, and Virginia to the northeast. It is geographically, culturally and legally divided into three Grand Divisions of East, Middle and West with Nashville as the state’s capital and largest city.





KEY STATE FACTS

- **Population:** 6.95 Million (estimated)
- **Capital:** Nashville
- **Area:** 42,129 square miles
- **Major religions:** Protestant, Baptist, Methodists and Roman Catholics. There are also smaller groups of Jewish, Muslim and Eastern religious groups
- **Life expectancy:** 76.1 years
- **State Bird:** Mockingbird
- **State Flower:** Iris
- **State Song:** "My Homeland, Tennessee"
- **State Flag:** Three white stars symbolize the three main regions of Tennessee; the Great Smoky Mountains, the Highlands and the Lowlands





HISTORY

Tennessee's history dates back to the Watauga Association, a 1772 frontier pact regarded as the first constitutional government west of the Appalachian Mountains. Initially part of North Carolina, it later became part of the Southwest Territory before it officially became the first territory to be admitted as a state under the federal Constitution. Its nickname "The Volunteer State" emerged during the War of 1812 for its support of thousands of volunteer soldiers and was adopted as its official nickname in 2020!

During the Civil War, Tennessee's rivers and rails were critical to the Deep South, and both United States and Confederate forces fought hard to control them in major battles such as Fort Donelson, Shiloh, Franklin, and Nashville. Tennesseans faced tremendous hardships during the Civil War, losing property, livelihoods, and lives and many enslaved fled across federal lines for their freedom.

Following the end of the Civil War in 1865, Tennessee became the first secession state to rejoin the United States, marking the beginning of Reconstruction and a century-long effort to reimagine a society in which all people enjoyed the full rights of citizenship.



CULTURE & CUSTOMS, INDUSTRY

Tennessee is known for its beautiful blend of Southern ways and pioneering mountain spirit. As an original frontier to the west, Civil War battleground and an area where thousands of Cherokee Indians were evicted, its population today is a blend of English, Scotch-Irish, and African roots. Together, this culture embraces southern hospitality - laidback, warm, welcoming and most visitors are taken with the friendliness of folks. Located within the Bible Belt, it is also ranked as one of the nation's most religious states – predominately Christian.

Known for more than Nashville and country music – from the southern cooking, BBQ, whiskey, Great Smokey Mountains, 10,000+ caves, Elvis's home, vibrant and soulful cities to rolling farmlands, 50,000+ miles of water and spectacular waterfalls – there is much to see and experience. Tourism is just one of the major industries besides mining, uranium products, automotive, healthcare, banking, food, farming, and country music. Its agricultural products are mainly cattle, livestock, dairy, soybeans, corn, poultry and cotton.

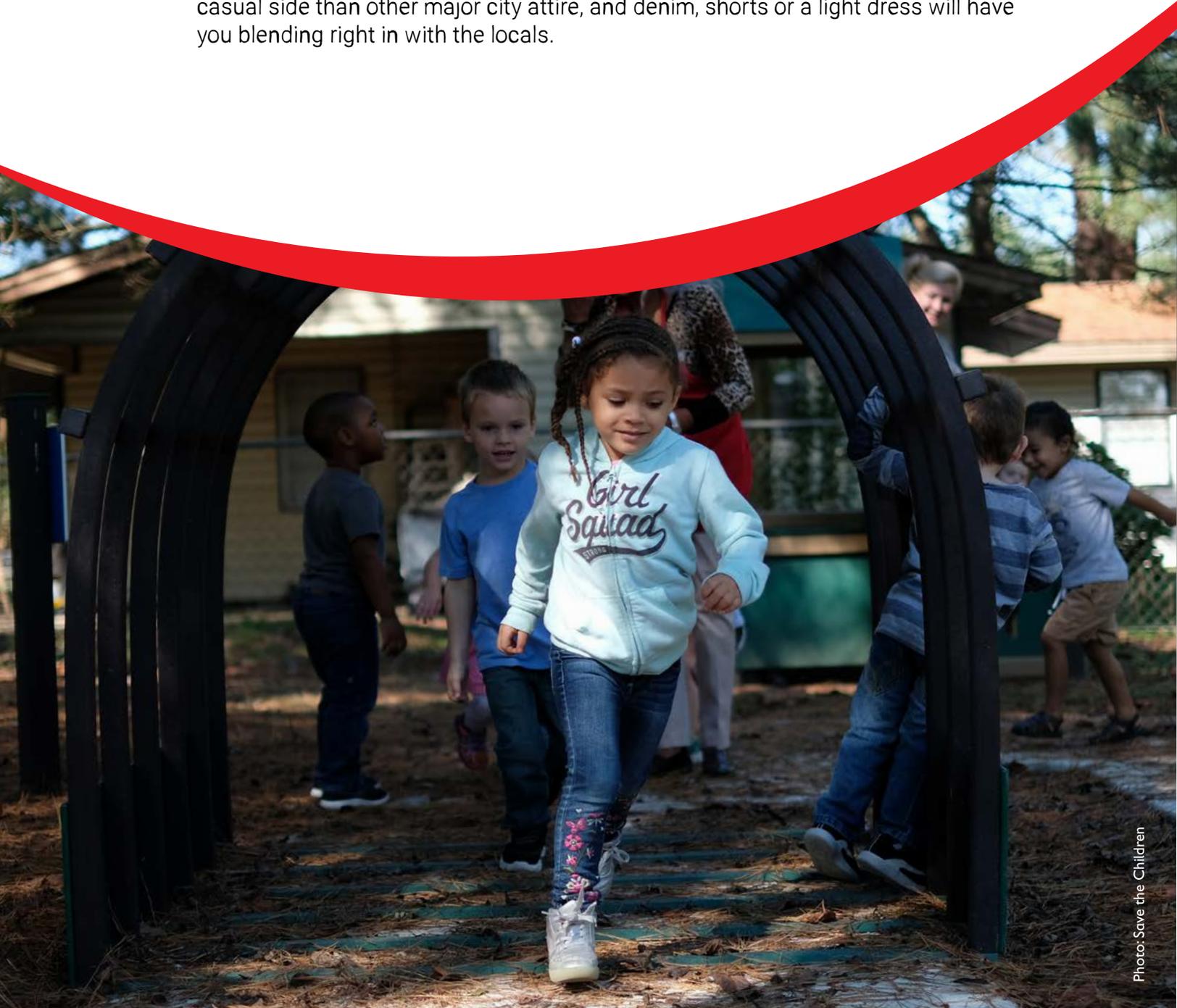




CLIMATE & ATTIRE

Tennessee has a moderate climate featuring cool winters and hot and humid summers. The drop in elevation causes temperatures to rise significantly from east to west. The state averages about fifty days of thunderstorms per year, which can be severe with large hail, damaging winds and possible tornadoes. Winter storms are infrequent “such as the Blizzard of 1993” which had the greatest recorded snowfall amounts at Mount Le Conte with 56 inches of snow. Fog is more of a persistent challenge in some areas, especially in the east region.

As you will be arriving in August, expect some hot and humid weather! Daytime temperatures can soar into the 80s and 90s, so don't step a foot outside until you have your water bottle, sunscreen, and sunglasses on hand. Light clothing is best – cotton or linens, light t-shirts, shorts and good walking sandals (unless hiking in mountains). If venturing out in Memphis or Nashville cities, the dress is more on the casual side than other major city attire, and denim, shorts or a light dress will have you blending right in with the locals.

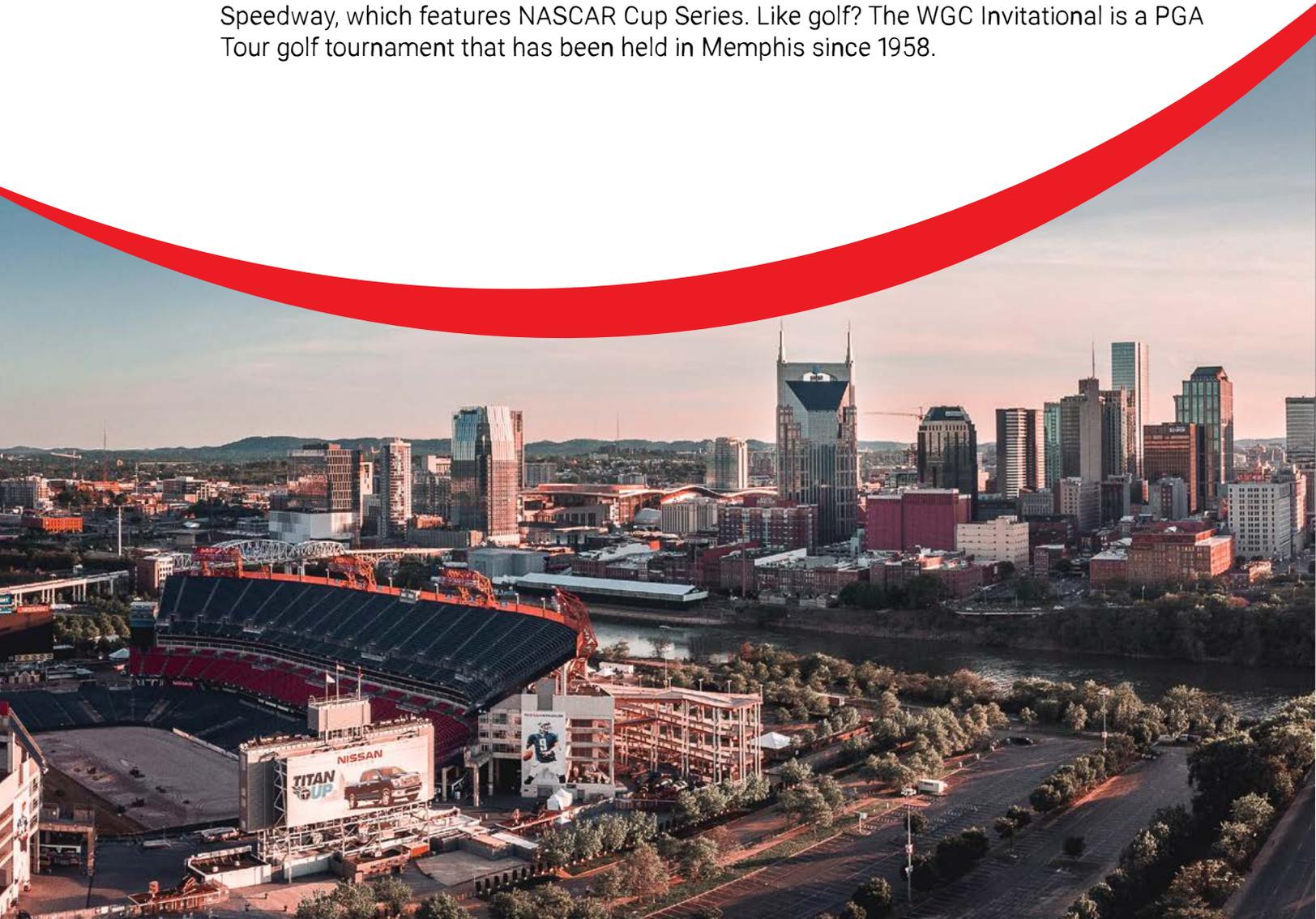




ARTS, MUSIC, AND SPORTS

Lots of folks come to Tennessee for the music and in 1998, U.S. Congress passed a resolution recognizing Bristol as the “Birthplace of Country Music.” In Nashville, it’s all about country western and bluegrass vibes and when [Walking In Memphis](#), you’ll surely hear sounds of blues and rock – even Elvis anthems and the contemporary talents of hopeful musicians along Beale Street and Graceland. Of course, you cannot come to Tennessee without tuning in to or visiting the Grand Ole Opry or the Country Music Hall of Fame and Museum in Nashville. The Country Music Hall of Fame is one of the world’s largest museums and research centers dedicated to the preservation and interpretation of American vernacular music, and the Grand Ole Opry is a weekly American country music stage concert. Founded in 1925 by George D. Hay as a one-hour radio “barn dance” on WSM, Grand Ole Opry is the longest-running radio broadcast in the U.S. If you are more of a Rock’n’roll fan, Sun Studio in Memphis is a must! This location is where Elvis Presley first recorded and is the discovery location of musical legends of the 50s, from B.B. King to Johnny Cash and Jerry Lee Lewis. In addition to the strong music scene, Tennessee also offers plenty of cultural exhibits, art museums, galleries, local street murals and events each year.

If music isn’t your vibe, perhaps you’ll prefer catching a football, basketball or soccer game. Tennessee is home to four major professional sports franchises – NFL, NHL, NBA and MLS – and eight minor league teams. Tennessee is also home to the Bristol Motor Speedway, which features NASCAR Cup Series. Like golf? The WGC Invitational is a PGA Tour golf tournament that has been held in Memphis since 1958.





SOME INTERESTING FACTS AND LEGENDS

- Hattie Caraway (1878-1950), born in Bakersville, became the first woman elected to the United States Senate.
- The Cherokee silversmith, Sequoyah, was the only known man in the history of the world to single-handedly develop an alphabet. His syllabus for the Cherokee Nation resulted in the first written language for a Native American people.
- Dr. Martin Luther King, Jr. was killed outside the Lorraine Motel in Memphis. The motel has now been preserved as the American Civil Rights Museum.
- Alex Haley House and Museum is the actual home where he was born. The writer whose works of historical fiction and reportage depicted generations of African American lives is widely known for 'Roots' and 'The Autobiography of Malcolm X'.
- Oak Ridge was established in 1942 as a production site for the Manhattan Project—the massive American, British, and Canadian operation that developed the atomic bomb. Because of constant energy research, it is known as the Energy Capital of the World.
- The Great Smoky Mountains National Park is the most visited national park in the United States and known as the salamander capital of the world with over 30 different species. The park was named for the smoke-like bluish haze that often envelops these fabled mountains.
- The Memphis Cotton Exchange handles roughly one third of the United States' entire cotton crop.
- One quirky tradition in Memphis is the daily Peabody duck parade, held at the Peabody Hotel where the famous ducks spend their evenings in a luxurious penthouse aviary and every morning at 11 AM, they parade down to the hotel's outdoor fountain.
- Some Famous Tennesseans: Samuel Carter (Navy Admiral & Army General), Davy Crockett (frontiersman), Andrew Jackson, Andrew Johnson, James K. Polk (Presidents), Tennessee Ernie Ford, Aretha Franklin, Amy Grant, Dolly Parton, Justin Timberlake (singers), Minnie Pearl (entertainer), and Dinah Shore.



Let's Enjoy a Meal!

FIRST COURSE
FRIED GREEN TOMATOES

Recipe by Anne Byrne:

<https://www.southernkitchen.com/recipes/appetizer/anne-byrn-s-fried-green-tomatoes>



Hands On Time:
45 minutes

Total Time:
3 hours and 5 minutes

Servings: 4

Ingredients

- 2 to 4 green tomatoes, peeled
- Salt and freshly ground black pepper
- 1/3 cup all-purpose flour
- 1/3 cup white cornmeal
- 1/2 teaspoon salt
- Peanut or vegetable oil, for frying

Instructions: Serve Warm

- 1.** Cut the tomatoes into about four nice slices each.
- 2.** In a large bowl, combine cold tap water with 2 teaspoons salt and a couple of ice cubes. Add the tomato slices and refrigerate for 2 hours or up to overnight.
- 3.** When ready to fry, drain the tomato slices and pat dry with paper towels.
- 4.** Place the flour, cornmeal, 1/2 teaspoon salt and a few grindings of pepper in a shallow bowl or pie plate. Stir to combine.
- 5.** Dredge the tomatoes in the flour mixture, coating well on all sides. Place the tomatoes on a baking sheet and refrigerate or freeze while you heat the oil.
- 6.** Heat the oven to 200 degrees. Place a colander or wire rack on a rimmed baking sheet.
- 7.** In a large cast iron skillet, pour the oil to measure 1 inch up the sides of the pan. Place over medium-high heat and heat the oil to 350 degrees, or until a pinch of cornmeal sizzles when added to the oil.
- 8.** Remove the tomato slices from the fridge, and carefully drop three or four slices at a time into the hot oil. Fry until golden brown, about 2 minutes per side. Transfer to the prepared colander to drain. Transfer the drained slices to a second baking sheet and keep warm in the oven. Repeat with the remaining tomato slices.

MAIN COURSE

NASHVILLE-STYLE HOT CHICKEN SANDWICH

Recipe By Jeff Mauro:

<https://www.foodnetwork.com/recipes/jeff-mauro/nashville-style-hot-chicken-sandwich-2788842>



Prep Time:

40 min

Cook Time:

1 hr. 40 min
(includes marinating time)

Servings: 4

Ingredients

- 5 tablespoons cayenne
- 2 tablespoons dark brown sugar
- 1 teaspoon chili powder
- 1 teaspoon granulated garlic
- 1 teaspoon paprika
- Pinch of Kosher salt and freshly ground black pepper
- 4 boneless, skinless chicken thighs
- 12 cups vegetable oil
- 1 cup buttermilk
- 1 tablespoon favorite hot sauce
- 2 large eggs
- 2 cups all-purpose flour
- 4 Hawaiian rolls
- Butter, for spreading
- Dill pickles, for topping
- Iceberg lettuce, for topping
- Mayonnaise, for spreading

Instructions

- 1.** In a large heat-resistant bowl, whisk together the cayenne, brown sugar, chili powder, granulated garlic, paprika, 1 tablespoon salt and 1 teaspoon black pepper. Sprinkle the spice mixture on all sides of the chicken. Transfer the chicken to a container and refrigerate at least 1 hour and up to 3 hours. Leave the remaining spice mixture in the bowl.
- 2.** In a large Dutch oven, heat the oil until a deep-fry thermometer inserted in the oil registers 350°F. Position a wire rack on a baking sheet.
- 3.** Whisk together the buttermilk, hot sauce and eggs in a shallow bowl. Put the flour in a second bowl and season with salt and pepper. Dunk the chicken first in the buttermilk mixture, then dredge in the seasoned flour and coat thoroughly. Gently drop the chicken into the oil, in batches if necessary, and fry until golden brown, 10 to 12 minutes. Transfer the cooked chicken to the wire rack.
- 4.** Carefully add about 1 large ladleful (6 to 8 ounces) of the frying oil to the reserved spice mixture to let it bloom. Be careful, as it will bubble aggressively. Whisk until smooth. Brush the fried chicken with the bloomed spiced oil as desired.
- 5.** For the sandwich build: Meanwhile, halve the Hawaiian rolls, spread with butter and toast on a griddle. Put the hot chicken on the griddled buns, top with pickles, lettuce and a schmear of mayo.

MAIN COURSE

SOUTHERN FRIED CATFISH WITH HUSH PUPPIES

This catfish recipe uses a simple cornmeal coating. The fish is deep fried to perfection and served along with the optional hush puppies. The fried fish is kept warm in a 200 F oven while the hush puppies are fried.

<https://www.thespruceeats.com/basic-deep-fried-catfish-fillets-with-hush-puppies-3052503>



Prep Time:
25 min

Cook Time:
25 Min

Total Time:
59 Min

Servings: 4

Ingredients

For the Catfish Fillets

- 3 to 4 catfish fillets, about 1 to 1 1/4 pounds
- 3/4 cup cornmeal
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Corn oil, for deep-frying

For the Hush Puppies

- 1 cup self-rising cornmeal mix
- 1/2 cup self-rising flour
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1 large egg, slightly beaten
- 1 cup buttermilk (approximate)
- 1 to 2 tablespoons green onion, finely chopped
- Dash of black pepper
- Dash of Old Bay seasoning (optional)

Instructions

Catfish

1. Gather the ingredients.
2. Place a rack in a rimmed baking sheet. Heat the oven to 200 F.
3. Cut each catfish fillet in half crosswise.
4. Combine the cornmeal, salt, and pepper in a shallow dish.
5. Dredge the fish fillets in the cornmeal, patting to make the cornmeal cling to the fillets.
6. Drop the fillets in deep hot oil at about 370 F. Cook 5 to 10 minutes or until crisp and brown.
7. Remove to the rack in the baking pan and place in the preheated oven to keep warm while you fry the remaining catfish and the hush puppies.

Hush Puppies

1. Gather the ingredients.
2. In a mixing bowl, combine 1 cup of self-rising cornmeal mix with the self-rising flour, 1/2 teaspoon of salt and sugar. Add the beaten egg and enough buttermilk to make a thick batter. We start with about 3/4 cup. The batter should drop slowly but easily from a spoon.
3. Add the green onion and freshly ground black pepper to the batter.
4. Drop by teaspoonful into the hot oil and fry for about 2 to 3 minutes, turning frequently or until golden brown.
5. Drain on paper towels and keep warm with the catfish while you finish frying the remaining hush puppies.

DESSERT

FUDGE PIE

Fudge Pie is a traditional American pie hailing from Tennessee. It's made with a combination of butter, semi-sweet chocolate, salt, sugar, cocoa, eggs, vanilla extract, and evaporated milk. Once mixed, the combination is poured into a pie crust and it's then baked until the crust becomes golden.

If not enough time buy a Moon Pie! (MoonPie is a marshmallow and graham cracker sandwich coated in chocolate, a sweet treat invented by the employees of the Chattanooga Baking Company from Tennessee, founded in 1902.

<https://www.pauladeen.com/recipe/old-fashioned-fudge-pie/>



Prep Time: 5 minutes

Cook Time: 35 minutes

Servings: 8

Ingredients

- 2 (2 oz.) squares semisweet chocolate
- 1/2 cup butter
- 1 cup sugar
- 2 beaten eggs
- 1 (9 inch) unbaked pie crust
- 1 teaspoon vanilla

Instructions

1. Preheat oven to 375 °F.
2. Melt the chocolate and butter together in a heavy saucepan over low heat. Remove the pan from the heat and add the sugar, then the eggs; beat well. Pour the filling into the pie crust and bake for 25 minutes or until just set. Serve warm or cold, with ice cream or whipped cream.

Note from Paula:

If you like a thicker pie, use 1.5x the filling ingredients, and bake at 375°F for 40 minutes. It should jiggle a bit.

BEVERAGES

SWEET TEA

<https://www.pauladeen.com/recipe/sweet-tea/>

MINT JULEP

(OFFICIAL DRINK OF KENTUCKY DERBY)

<https://www.pauladeen.com/recipe/mint-julep/>

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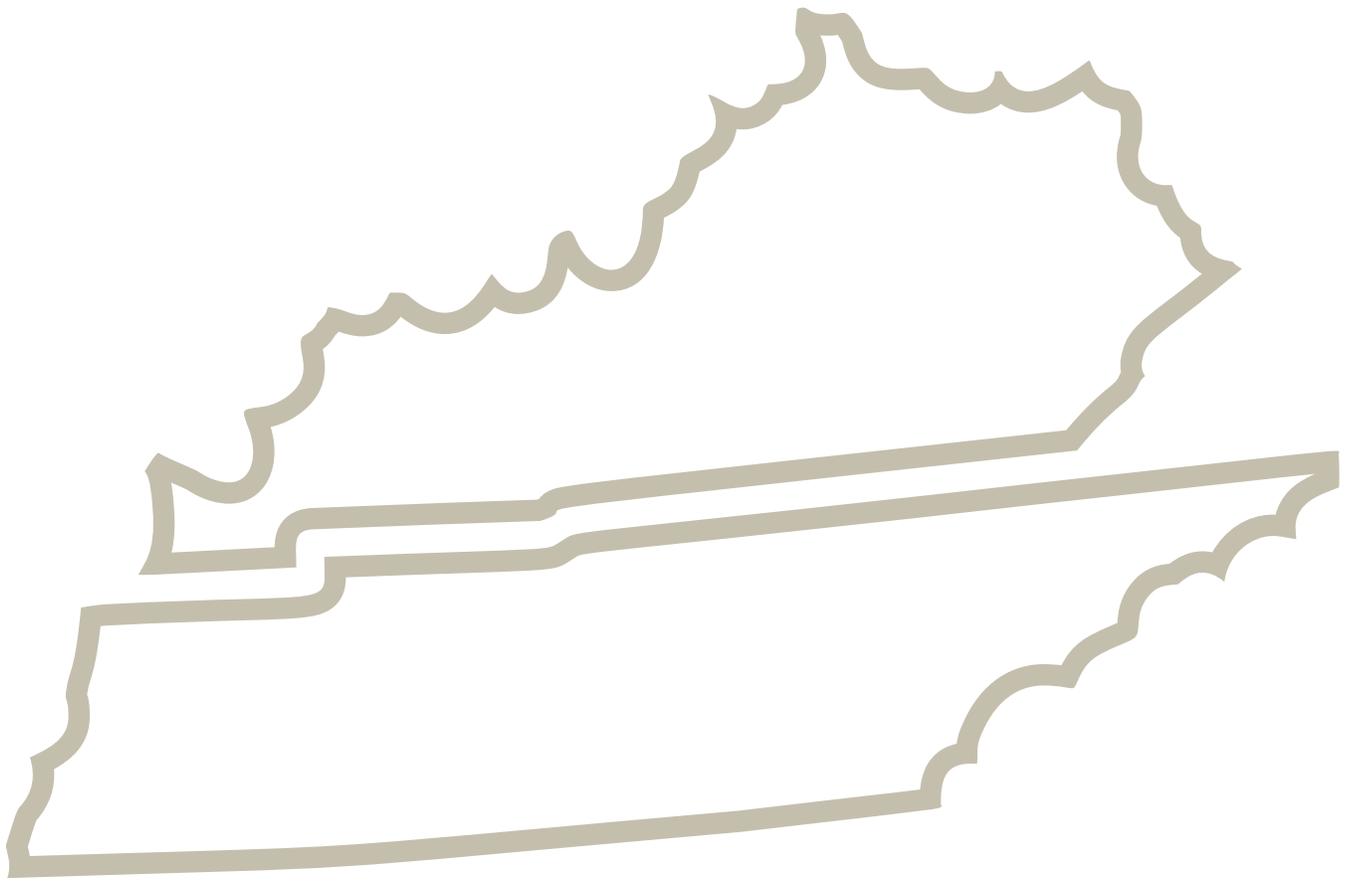
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