



SPIRIT OF

TENNESSEE

It says something that Tennessee has 10 state songs—nine more than most places. They vary in beat and lyrical approach, ranging from a country ditty to a bicentennial rap. Visit the music-centric cities of Memphis and Nashville and the reason becomes clear: There's no shortage of homegrown talent or surrounding inspiration to draw on.

By Tommie Ethington

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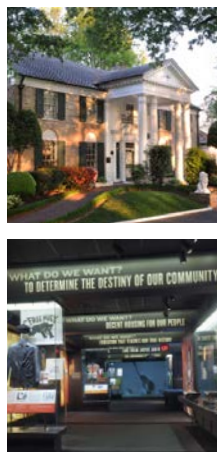
Music legends and the blues ballads of Beale Street come alive at the Memphis Rock 'n' Soul Museum.

MEMPHIS

The state's largest city claims two coveted titles: "Home of the Blues" and the "Birthplace of Rock 'n' Roll."

DO

Discover the origins of Tennessee's fine-tuned traditions at the Memphis Rock 'n' Soul Museum. Seven exhibitions, curated in part by the Smithsonian Institute, highlight early pioneers like B.B. King and Elvis Presley, as well as their role in shaping future music genres. After learning about iconic locations (think Sun Studio and the Heartbreak Hotel), hop on the free Sun Studio Shuttle to snap a photo in person.



STAY

As any Elvis devotee will tell you, a pilgrimage to Graceland is a Memphis must. Add to the experience with a stay at The Guest House at Graceland, a newly opened luxury hotel just

History buffs will enjoy visits to Graceland and the National Civil Rights Museum.

PHOTOGRAPHY COURTESY OF MEMPHIS ROCK 'N' SOUL MUSEUM (LEGENDS), GRACELAND.COM (GRACELAND), NATIONAL CIVIL RIGHTS MUSEUM (EXHIBIT), AND TENNESSEE ATHLETICS (COACH)

steps from the mansion's gates. Relax in one of 450 rooms—some of which were designed with input from Priscilla Presley—or take in a show at the on-site theater. Another reason to be closer to the action is Elvis Presley's Memphis, a 200,000-square-foot entertainment complex featuring interactive exhibits, a museum of The King's favorite cars, and his custom jet, still in its original '70s splendor. The complex opens this month across the street.

SEE

The National Civil Rights Museum details the movement through oral histories, hundreds of artifacts, more than 40 films, and the former Lorraine Motel, the site of Dr. Martin Luther King Jr.'s assassination in 1968. In the lead-up to the 50th anniversary of his death, the museum has planned MLK50, a year-long program beginning April 4. Events will focus on King's lasting legacy and his efforts to bring about social change.



THE INSIDE SCOOP WITH COACH PHIL FULMER

The College Football Hall of Famer and former University of Tennessee head coach talks about his home state.

Q: Where did you grow up?

A: I'm a small-town guy from Winchester. Everybody knew everybody.

Q: What was it like to coach at your alma mater?

A: When I returned to UT as the offensive line coach, I had a senior, a true freshman, and three red shirt freshmen who had never played in the offensive line. You talk about an

adjustment; we were horrible. My wife and I had just bought a house, and I said, "Vicky, don't buy drapes because they're going to fire me." But the team made it through and grew up together. We're still friends today.

Q: When you look back, what's the highlight of your coaching career?

A: Truthfully, it's the experience that you have with the young men you coach. You get them as kids and they leave ready for the world.

Q: Where do you go to grab a bite to eat in Knoxville?

A: The Northshore Brasserie is a great place for everything from a cheeseburger to lamb chops.

Q: What are you up to now?

A: I help with the football program at East Tennessee State and am part of the President's Counsel at UT. I'm also a partner at Natural Solutions for Life, which produces a supplement to help with joint pain. After playing football like I have and then coaching for 36 years, I've worn out my knees. I tried their Synodrin capsules and it really made a difference.

COME...

The National Civil Rights Museum at the Lorraine Motel will pay tribute to Dr. Martin Luther King, Jr., the ultimate organizer, strategist, movement maker and most prolific humanitarian, during the 50th anniversary of his assassination. The focus? What he dealt with in his final years - poverty, jobs, housing, education, justice and nonviolence - as a method of achieving positive social change today.

Together we seek to answer the question, "Where do we go from here?"

Join us.

mlk50.civilrights-museum.org
#mlk50 #MLK50NCRMuseum

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The grounds at Arrington Vineyards are perfect for a spring picnic.

NASHVILLE

The state capital is known for its spirited honky-tonks, modern art, and laid-back attitude. It's also a gateway to Tennessee wine country.

SIP

Set in a converted stable behind the funky Urban Cowboy B&B, Public House Bar & Kitchen is a favorite among visitors and locals alike. Grab a seat by the outdoor fireplace while you choose from the spirit-forward cocktail menu. Hungry? Order the house chili and cornbread.

SEE

The Frist Center for the Visual Arts is a study in juxtaposition. *Secrets of Buddhist Art: Tibet, Japan, and Korea* and *Irving Penn: Beyond Beauty*, both on view until May, are the perfect example. One exhibition focuses on ancient Asian artifacts, while the other features work by a prolific 20th-century fashion photographer. Whether you're an art expert or an amateur, the Frist is inviting and kid-friendly. Don't miss the 30 interactive art stations.



The Frist's art deco architecture contrasts with its contemporary collection.

DO

Arrington Vineyards is 25 minutes south of downtown Nashville, but the scenic views make the drive a rewarding one. Upon arrival, head straight for the tasting room, set in an old farmhouse on 75 rolling acres. The staff greets visitors with pours of the Red Fox Red or Stag's White. Visit between April and November for the Music in the Vines series, curated by co-owner and country music artist, Kix Brooks.

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