



THE SEWANEE MOUNTAIN MESSENGER

Volume XXXVI No. 14

Published as a public service since 1985

Friday, April 17, 2020



Posters to celebrate Earth Day were created by community children and adults, SAS students, and University students. Artists' ages ranged from 3 to 70. Earth Day will be celebrated the week of April 20-24, with the annual Arthur Knoll Memorial Clean Up. All residents in the surrounding communities are asked to walk around their yards and neighborhoods at safe distances and collect trash to add to their weekly trash collection. In Seawanee, the University will pick up the trash bags from the Mountain Goat Trailhead.

Gov. Lee Announces Aggressive Statewide COVID-19 Testing Effort

Unified-Command Group to spearhead multi-week plan to expand testing capacity

Tennessee Governor Bill Lee announced free COVID-19 testing will be available for any Tennessean, regardless of traditional symptoms, as the Unified-Command group ramps up an aggressive effort to expand testing capacity across the state.

"As we look to reboot our state's economy, we must have a greater understanding of how this virus is operating in Tennessee," said Gov. Lee. "Expanding our COVID-19 testing capacity allows more Tennesseans to have improved access to testing which will empower citizens to make informed health decisions."

In recent weeks, states across the country have grappled with the availability of tests and supplies needed to conduct COVID-19 tests, as well as the backlog for processing tests. Rapid improvements to the testing apparatus allowed the Unified-Command Group, comprised of the Tennessee Department of Health, Tennessee Department of Military and Tennessee Emergency Management Agency (TEMA), to develop expanded capacity and offer targeted testing across the state.

"Our clinical understanding of COVID-19 is changing rapidly and we need every Tennessean who isn't feeling well, even outside of the traditional COVID-19 symptoms of cough, fever or difficulty breathing, to come out and get tested," said Tennessee Department of Health Commissioner Dr. Lisa Piercey.

The expanded testing effort launches this weekend, April 18-19, 2020, with the Tennessee National Guard popping up 15 drive-through testing sites across the state. Drive-through testing sites will also be available during the weekends of April 25-26 and May 2-3.

A full list of sites can be accessed <<https://www.tn.gov/health/news/2020/4/15/covid-19-drive-through-testing-locations-open-this-weekend-statewide.html>>. In addition to drive-through sites, all rural county health departments across the state offer free COVID-19 testing 5 days a week.

Currently there is free drive-through testing available from 9 a.m. until noon local time, Monday through Friday, at the health departments in Bradley, Franklin, Grundy, McMinn, Rhea, and Sequatchie.

Residents in Bledsoe, Marion, Meigs, and Polk counties may also call their local health department during regular business hours for assistance in getting testing.

Starting this weekend, Saturday's event will be held in Marion County at the Chattanooga State campus in Kimball, TN at 2100 Main Street, from 9 a.m. until noon central time. Sunday's event will be held at Athens Regional Park, in Athens, TN at 101 Regional Park Drive, from Noon until 3 p.m. eastern time. At these events, there will be multiple personnel ready to test all interested residents.

Tennessee Department of Health Nurses and Tennessee National Guard medics will perform tests at each site and results are projected to be delivered to participants within 72 hours of testing.

"Until there is a vaccine for COVID-19, quickly detecting this illness, isolating if ill and practicing social distancing are the most powerful tools we have to stop the spread and help our state return to work," said Dr. Piercey. "I encourage every Tennessean to remember: 'when in doubt, get a test' as we work to identify COVID-19 cases and keep our neighbors safe."

Telemedicine Available from STRHS

*by Bailey Basham
Messenger Staff Writer*

For the past few years, telehealth has been bridging the gap that exists between rural communities and dependable healthcare providers. In addition, these services are more important than ever.

In Franklin County, a quick internet search yields a handful of results for primary care and family medicine practitioners. While internet access and cell phone signals in the area are not always reliable, for those in need of specialists, mental healthcare or alternative, more accessible methods, telehealth might be the answer.

Telehealth is a means of conducting clinical healthcare visits by phone or videoconference. Services offered can include patient education, direct care plans, medication administration and the facilitation of support groups and peer meetings.

On April 13, Southern Tennessee Regional Health System's owned Southern Tennessee Medical Group announced that it has added telemedicine to its practices.

"As the situation with COVID-19 continues to evolve, telehealth capabilities enable our clinical team to practice social distancing to further reduce the spread of illness while still meet-

(Continued on page 6)

Summer Programs at the University of the South

Because the coronavirus has yet to peak in Tennessee and in many parts of the U.S., the University of the South has made the difficult decision to cancel or move online all summer programs this year. This includes hosting non-university groups and programs that use university facilities. We understand that this will be a disappointment to many who have planned to spend a part of the summer in Seawanee—as well as to those who have invested time and energy in planning these programs—but we believe this is the only responsible course of action in these uncertain times.

Recent coronavirus modeling by Vanderbilt University predicts that if the Tennessee outbreak continues to spread at its current rate, the virus will not peak in the state until June. The health and well-being of the entire University community—students, faculty, staff, and neighbors, as well as summer participants—are our primary concerns, and this decision is necessary to safeguard, as much as possible, the health of our community and the many other communities to which we are connected.

The University looks forward to connecting online where possible, and to hosting its usual programs and events next summer.



The students at Seawanee Elementary School raised \$5,833 for the American Heart Association during the Kids Heart Challenge in March. The school had 58 students participate in collecting donations during the annual fundraiser to support the fight against heart disease and stroke. This is the 23rd year SES has participated in this event. Over that time, \$98,000 has been raised for the American Heart Association. SES thanks students, parents, family and community members for their continuing support of this great event. Pictured are the top school fundraisers, front, Harry Reinhard (top student fundraiser); back row, Gillian O'Connell, Fred King, Noah Barnes, Clara Guess, and Sara Margaret Roberts.

F@H Can Help: "We Don't Say No"

by Leslie Lytle, Messenger Staff Writer

With a founding mission of enabling elderly community members "to live at home with dignity," Folks at Home has expanded its horizons to meet the challenge of the COVID-19 crisis. According to the CDC, older adults and people with underlying health conditions are being hit hardest by the illness COVID-19 causes. "To the degree that we saw this coming, we closed regular programs and started focusing on how people could get food," said F@H Executive Director Wall Wofford. That effort has expanded into the Community Cooperative project. The F@H Community Cooperative provides an array of pickup and delivery services which are available not only to F@H members, but to anyone in the community at high risk of contracting the disease.

To begin with, F@H pointed those needing groceries to the Instacart grocery delivery service. They offered help with setting up accounts and pickup and delivery to areas not served. The response was minimal, perhaps because Instacart charged a fee. Then two Seawanee area Good Samaritans contacted Wofford, Bill Harper and Geoff Badgley.

Harper had tried to encourage the Piggly Wiggly in Monteagle to offer delivery, but the grocery store lacked the staff to coordinate the effort. Badgley had experience with disaster relief from his military service years. In the structure the three men devised, F@H functions as the central contact point with Harper and Badgley coordinating volunteers. Steve Simpson from Monteagle also joined the team helping with volunteer management.

When the Seawanee Senior Citizens' Center stopped offering meal delivery, the F@H Community Cooperative jumped in and kept the meals coming to shut-ins. The Cooperative has also been delivering mail three days a week to at-risk individuals who would otherwise need to venture out to P.O. boxes. The cooperative, of course, responds to requests for delivery of groceries and medications. In addition, F@H has a supply of gloves and homemade CDC-compliant masks available for delivery to those at risk, just a phone call away.

"We're working from home, but we're available 24-7," Wofford said. To request help phone (931) 598-0303. Counting the coordinators, the Community Cooperative has a staff of 24 volunteers, and at this point, can meet the needs of the community.

How can people help?
"We have a long history of helping non-members, but we don't always know who the people in need are," Wofford said. "We need help in reaching people. Our mission in the crisis is to keep people at risk out of harm's way."

Wofford recalled the parting words of founding F@H Executive Director Kathleen O'Donohue, "Remember Wall, we don't say no to anybody."

P.O. Box 296
Seawanee, TN 37375

Letter

'WHO'S TO BLAME?'

"So now whose rules order your days?

Who exactly decides your ways?
Where to go, who to see.

Dare to talk, dare to breathe.

Everything you once held dear:

Your job, your home, social events,

Sports, vacations, common sense,

Have all been lost to rising fear.

So, who's to blame for all this mess?

"Foreign devils," or domestic unrest?

Perhaps it's merely happenstance, or

Vengeance wrought by ancient gods or

Ancient curses foretold by bards.

Who's to say what grand plan or

Twist of fate began this Plague

That stalks our land?

So, who do we blame for all this mess?

Take your pick...anyone's guess."

Don Shannonhouse, Monteagle

*We're glad you're
reading the Messenger!*

SVEConnect WiFi Hotspots

Families and individuals are facing great challenges as growing numbers of people are forced to work and attend school from home. As a result of these efforts to increase social distancing during the Coronavirus (COVID-19) pandemic, the need for high-speed internet has never been greater. To help families through this difficult time, SVEConnect will temporarily deploy free WiFi hotspots at several locations throughout Marion County. The service will be available daily from 6 a.m. until 10 p.m. while the pandemic is ongoing. The sites will offer high-quality wireless signals utilizing SVEConnect's high-speed fiber network. Individuals parked near the hotspot will be able to connect to the service.

The hotspot sites are:

South Pittsburg: SVEConnect WiFi trailer parked in gravel parking lot next to Dollar General on Cedar Avenue

New Hope: Fire station at 2615 Highway 156, New Hope

Kimball: Chattanooga State at 2100 Main Street, Kimball

Jasper: Marion County High School, between school and football field

Powell's Crossroads: Fire station at 138 Alvin York Highway, Powell's Crossroads

Whitwell: Christian Worship Center at 208 East Spring Street, Whitwell.

In order to access the WiFi service, look for the Wireless SSID named "Student" and choose "connect". This service will work with laptops, tablets, cell phones and other WiFi enabled devices. The free WiFi hotspots are available to SVEC members.

Users of these temporary sites are to be respectful of the areas surrounding the hotspots, as these organizations have been generous in offering their premises for this purpose. Please do not block fire station doors, refrain from depositing trash, creating a noise disturbance or any other activities that might infringe on others' use of the service. Please do not try to enter the premises at any of these locations. The WiFi hotspots are only available in the parking lot at each location.

For more information call SVE-Connect technical support, available 24/7 at (423) 837-8605.


WiFi Hotspots Available

The following locations have complimentary WiFi hotspots (open 24/7) for all area residents:

Ben Lomand Connect's Technology Centers located at 2721 Gnat Hill Road (Pocahontas Community) and 3375 Jump Off Road (Sewanee)

Ben Lomand Connect's Mc-Minnville Corporate Office (lower parking lot) at 311 N. Chancery Street

Go to <<https://benlomandconnect.com/covid-19-health-safety-response/>>



— THE SEWANEE MOUNTAIN —
MESSENGER

Published as a public service to the community since 1985, this newspaper is printed on Fridays, 46 times a year. Free of charge, copies are distributed to 100 locations, including businesses and post offices across the Plateau. This publication is made possible by the patronage of our advertisers and by contributions from the University of the South (print production) and the Sewanee Community Chest.

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Solid Waste to Offer Extended Hours

Franklin County Solid Waste Department will be open through Saturday, April 18 of this week from 8 a.m. to 4 p.m.. On Monday, April 20, we will return to normal posted hours. We are still restricting waste to household waste only. If you are cleaning out your house, shed, garage, property, hotel room, neighbors house, etc. . please continue to use the transfer station located in Estill Springs to discard this material. Please call (931) 967-1139 if you need more information. Stay safe and maintain social distancing at all our facilities for your safety and the safety of our workers.

Go to <<http://www.franklin-county.us>> for more information

SERVING WHERE CALLED

Please keep the following individuals, their families and all those who are serving our country in your thoughts and prayers:

Blaze Cassidy Barry
James Gregory Cowan
Mark Gallagher
Nathaniel P. Gallagher
Peter Green
Zachary Green
Steven Tyler Jeffery
Cheyenne N. Kelly
Gabriel Lloyd
Forrest McBee
Andrew Midgett
Jose D. Ramirez III
Troy (Nick) Sepulveda
Zachary Sherrill
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If you know of others in our Mountain family who are serving our country, please give their names to American Legion and Auxiliary member Louise Irwin, 598-5864.



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We are in business to serve our clients and team. These are a few of the many precautions that we have implemented

1. Anyone who is sick, around sick family members, or thinks they maybe getting sick must stay home. This is a mandatory protocol.
2. We have ramped up hand washing and germ-fighting protocols on job sites and in the office. We have installed portable hand washingsinks on jobsites.
3. We will avoid shaking hands, hugging or sharing food and drinks. :(
4. All team members will wipe down shared tools, steering wheel, knobs, switches, ipads and cell phones several times a day with sanitizing wipes.
5. Gloves and or hand sanitizer are to be used when pumping gas.
6. We will avoid crowds, and try to maintain a distance of 6' from our colleagues as we work.

Sincerely with appreciation for our clients, team, and community,
Joseph and Alyssa Sumpter

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Letters to the Editor Policy

Letters to the editor are welcome at the Sewanee Mountain Messenger and are a vital part of our community's conversation. Letters need to be no longer than 250 words and may be edited for space and clarity. We make exceptions from time to time, but these are our general guidelines. We strive to print all letters we receive, but publication is not guaranteed. Letters should be factually accurate. Letters that are deemed unsuitable for publication shall not be printed elsewhere in the newspaper, including as a paid advertisement.

Letters and/or their author must have some relationship to our community. We do not accept letters on national topics from individuals who live outside our print circulation area. Please include your name, address and a daytime telephone number with your letter. You may mail it to us at Sewanee Mountain Messenger, P.O. Box 296, Sewanee, TN 37375, come by our office, 418 St. Mary's Ln., or send your email to <news@sewaneemessenger.com>. —KB



MESSENGER CONTACTS

Phone: (931) 598-9949

News and Calendar
Tuesday, 5 p.m.
Kiki Beavers
news@sewaneemessenger.com

Sports
Tuesday, 5 p.m.
sports@sewaneemessenger.com

Display Advertising
Monday, 5 p.m.
ads@sewaneemessenger.com

Classified Advertising
Wednesday, noon
April Minkler
classifieds@sewaneemessenger.com

MESSENGER HOURS

Monday, Tuesday and Wednesday
9 a.m.—4 p.m.

Thursday—Production Day
9 a.m. until pages are completed
(usually mid-afternoon)

Friday—Circulation Day
Closed

Upcoming Meetings

Sewanee Community Council

The following items are on the agenda for the Sewanee Community Council meeting scheduled for Monday, April 20, 2020, at 7 p.m. via Zoom.

Approval of the February Minutes; proposed Constitution Changes (second reading and vote), Berner; EMET and Community Coordination, Keen; Left-over Grant Funds for Immediate Community Needs, Potter; Community Council Meeting Dates for 2020-21, Berner; Parks Committee Nominations/Elections, Berner; announcements and/or questions.

Meeting connection information:

Join Zoom Meeting <<https://zoom.us/j/93292589968>>. Meeting ID: 932 9258 9968. Dial by your location, +1 312 626 6799 US.

Franklin County Commissioners

The meeting scheduled for Monday, April 20, has been canceled.

Sewanee Utility District

The meeting scheduled for Tuesday, April 21, has been canceled.

SCCF Spring Grant Cycle Deadline is Today

The deadline for applying for a spring grant from South Cumberland Community Fund is Friday, April 17 at midnight. Go to <www.southcumberlandcommunityfund.org> and click on the button in the far right square on the home page to access the application online. Please note: Due to the COVID-19 crisis SCCF is offering a one-time opportunity to submit grant proposals for emergency needs and/or operational expenses.




Tea on the Mountain

We are taking to go orders for lunch and Afternoon tea.

11:30 to 4 Thursday through Saturday

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www.StMarysSewanee.org

Note from the Editor

The information in this issue is current as of Thursday, April 16, at noon, which is the time we send the newspaper to the printer. If there are any major updates, we will post those on our website <<http://sewaneemessenger.com>> and on our Facebook page. Understanding that many do not have reliable internet service or even email, those updates will also be printed in the next regular issue.

In this issue, for church news, go to page 4. For community and school news, please start on page 5.

If your organization, business or church is operating on a different schedule and is not listed in this issue, please get in touch by phone (931) 598-9949 or via email <news@sewaneemessenger.com>. We need to work together to keep our community up-to-date and informed.

Please follow the recommendations from the **Centers for Disease Control and Prevention** <<https://www.cdc.gov>>.

Quick Links

Government Info

Centers for Disease and Prevention Control <<https://www.cdc.gov>>
Internal Revenue Service <<https://www.irs.gov>>
Tennessee Department of Economic & Community Development <<https://www.tn.gov/ecd/rural-development/tennessee-broadband-grant-initiative/tnecd-broadband-covid-19-resources>>
Tennessee Health Department <<https://www.tn.gov/health/cedep/ncov.html>>
Tennessee Small Business Resources <<https://www.tn.gov/ecd/covid-19-small-business-resources>>
U.S. Census <<https://2020census.gov>>

Local Governments

Franklin County Government is currently closed to all in-person business. You may call the offices, email, or pay online <<http://www.franklincountynet.us>>.

The **Franklin County School Board Central Office** will be closed to any non-Central Office employees until April 27. Open hours are 9 a.m.-3 p.m..

If you need to meet or talk with someone, or make a delivery please call 967-0626. If no answer call 967-7182 or 7656.

Grundy County Government is currently closed to all in-person business. You may call the offices, email, or pay online <<http://www.grundycountynet.net>>.

Marion County Government is closed to all in-person business. You may call the offices, email, or pay online <<http://marioncountynet.net>>.

Monteagle City Hall is open to drive-thru service only and we are here to answer phones. If any one needs anything please give us a call. (931) 924-2265.

Public Utilities

Public Utilities offer online payment options, and drive-thru services. Duck River Electric Membership Corporation, (931) 598-5228. <<http://www.dremc.com>>
Sewanee Utility District, water and sewer, (931) 598-5611. <<https://www.sewaneutility.org>>
Elk River Public Utility District, natural gas, (931) 967-2110. <<https://erpud.com>>
Sequachee Valley Electric Cooperative offices are currently closed. Call us at (423) 837-8605. <<http://svalleyec.com>>



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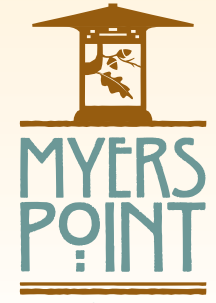
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Legal Aid Society to Offer Free Legal Advice by Telephone

Legal Aid Society of Middle Tennessee and the Cumberland, Tennessee's largest nonprofit law firm, announced today that it will be offering free legal advice over the phone in the wake of the COVID-19 pandemic.

"This is a challenging time for many in Middle Tennessee who are facing unexpected changes to their lives, such as the sudden loss of a job or overwhelming debts," said DarKenya W. Waller, executive director of Legal Aid Society. "In addition to our regular legal services, which have continued uninterrupted through this period, we are providing a convenient new way for residents to get free, qualified legal advice without having to leave their homes."

Middle Tennessee residents facing a civil legal issue, such as questions about housing and renters' rights, bankruptcy, medical bills, debt collection, domestic violence, applying for SNAP benefits and applying for unemployment benefits can call a dedicated phone number during any of the following times:

Saturday, April 18, 8:30-11 a.m. (call 1-800-238-1443)

Tuesday, April 21, 4-6 p.m. (call 1-800-238-1443)

Thursday, April 23, 3-4:30 p.m. (call 1-800-238-1443)

Saturday, April 25, 8:30-11 a.m. (call 1-800-238-1443)

Monday, April 27, 4-6:30 p.m. (call 1-800-238-1443)

Additional times will be open to veterans only, through a partnership with Operation Stand Down, on April 15, 22 and 29 from 11 a.m. to 1 p.m. (Call 1-800-238-1443.)

After a short eligibility screening, callers will receive a call from a volunteer attorney within 30 minutes who will be able to offer assistance for their specific questions.

Attorneys interested in signing up for the clinics can contact Kendra Cheek at Legal Aid Society with the times they are available (kcheek@las.org), the types of cases about which they feel comfortable providing counsel and the phone number at which clinic patrons can reach them. Additionally, attorneys can visit Legal Aid Society's Pro Bono Matters website <las.org/volunteer/pro-bono-matters> at any time to find Middle Tennesseans in need of a volunteer attorney.

The Legal Aid Society staff is currently working remotely and is also available to accept client calls Mondays through Fridays from 8 a.m. to 4:30 p.m.

For more information, call Legal Aid Society of Middle Tennessee and the Cumberland at (615) 244-6610 or visit <www.las.org>.

Marion County Curfew

Marion County Mayor David Jackson has announced a county-wide curfew. The curfew will be enforced from 8 p.m. until 5 a.m. in the morning, until Thursday, April 23.

If you have to work during that time, have your employer give you a letter stating you must be at work.

He also asks the businesses to close at 8 p.m.

Go to <www.marioncountynet.net>.

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Obituaries

Columbus James Green

Columbus “James” Green, age 76 of Sewanee, died on April 8, 2020, at his home. He was born in Sewanee on May 3, 1943, to Columbus and Sallie Green. He worked for CSX railroad from 1981-2008. He served in Vietnam, Desert Storm and Iraqi Freedom, and was a retired member of Tennessee Army National Guard of Tullahoma. He was preceded in death by his parents; and sisters Martha Gilliam and Sarah McGregor.

He is survived by his wife of 48 years, Janice Johnson Green of Sewanee; daughters, Sallie (Tim Jacobs) Green and Shellie (Scott Coker) Green, both of Sewanee, Sarah (Jeff) Gore of Sherwood, Savannah (Michael Ryan) Green of Cowan; brothers, Herman Green, John Green and Joe Green, all of Sewanee; sisters Mary Green and Kathy Owensby, both of Sewanee, Barbara Byers of Pelham and Susie Kilgore of Monteagle; six grandchildren, many nieces and nephews, and devoted little companion CJ, a Rat Terrier.

A Celebration of his life will be held at a later date. In lieu of flowers, the family requests donations to the Alzheimer’s Association, <<https://www.alz.org/>>. For complete obituary go to <www.cumberlandfuneralhome.net>.

Irene Ruth Dorothy Johnson Hamer

Irene Ruth Dorothy Johnson Hamer, age 90 of Sewanee, died on March 6, 2020, at her home. She was born on June 29, 1929, in Boston, Mass., the youngest of six children, in a Swedish immigrant family. She was a world traveler, witnessed the rebuilding of Germany, France and Austria after World War II. After retirement, she and her husband moved to Sewanee in 1991. She was a longtime member of the Cumberland Center for Justice and Peace, served as a regular volunteer at the Hospitality Shop and assisted with Sewanee’s July Fourth celebrations. She was preceded in death by her parents; her husband, John and grandson, Cameron Lisse.

She is survived by her children, Fritz, (Jane Britton) of Columbia, S.C, Linnea, (Darren Lisse) of Alexandria, Va., And Richard (Nese Sen) of Suleymankoy, Turkey, and four grandchildren.

A memorial service will be at 1:30 p.m., Saturday, June 27, 2020, at Otey Parish Church, with a reception following interment. This is a change from the original date. In lieu of flowers, the family suggests contributions to Animal Harbor, Winchester, TN. For complete obituary go to <www.moorecortner.com>.

Church News

During these turbulent times, the staff of **All Saints’ Chapel** brings you a series of unique services. The plan is to continue through Easter (and beyond). Online services during the COVID-19 pandemic <<https://new.sewanee.edu/campus-life/believing/all-saints-chapel/all-saints-chapel-services/online-services/>>.

Christ Church Monteagle has a Facebook page, and this is only one way that we are trying to encourage people through this period of “Shelter in Place.”

Cowan Churches: In response to health and travel directives during the COVID-19 outbreak, church services and large group gatherings are suspended through the month of April and until further notice.

The links below will help you find live-stream and video services, online meditations, news and updates.

Abundant Life Assembly of God <<https://www.facebook.com/abundantlifeaog/>>. Cowan Cumberland Presbyterian Church <<https://www.facebook.com/cowanpcchurch/>>. Cowan First Baptist Church <<https://www.facebook.com/CowanFirstBC>>. Goshen Cumberland Presbyterian Church <<https://www.facebook.com/goshencpc/>>. St. Agnes’ Episcopal Church <<https://www.facebook.com/saintagnescowan1899/>>.

Good Shepherd Catholic Church and **St. Margaret Mary Catholic Church** have canceled all church services and activities for this week through April 24.

Monteagle First Baptist Church will have FaceBook live videos for the following services until further notice. These services are Sunday at 11 a.m. and Wednesday at 6 p.m.

Morton Memorial UMC has announced the suspension of all activities on the MMUMC campus through the end of April. Our website address is <www.mortonmemorialumc.com>. We also have a Facebook page and we will work to keep everyone informed.

The Mountain of God Tabernacle, 331 King St., Monteagle, offers online worship services via Zoom. For info call (931) 924-5339 or go online to <www.WildfireOnTheMountain.com>.

Sunday worship services will be online at the **Otey Memorial Parish** Facebook Page and YouTube channel starting at 8:30 a.m.

The Forum “Finding Ways to Pray during a Pandemic” will be offered via Zoom at 9:45 a.m. on Sunday. Christian Formation for children and youth is being offered online, as well. For more information on how to participate, please contact <oteyformation@gmail.com>.

CAC continues to serve the needy while observing sensible precautions, 9-11 a.m. Monday through Friday. Please call (931) 598-5927.

The parish office is closed and staff are working remotely. The office phone (598-5926) and email <oteyparish@gmail.com> are being monitored and messages responded to.

Please join us in praying for our community, our nation and our world. **St. James** is suspending public worship until further notice.

Services for the **Unitarian Universalist Church** of Tullahoma and the Tullahoma Sangha will be canceled until the first week of May due to the coronavirus. Visit <Tullahomauu.org> for more information.

Please note almost all churches have either canceled services, or are offering services online.

Church Calendar

All Saints’ Chapel

(Services canceled until further notice)

8 a.m. Holy Eucharist, Sunday
8:30 a.m. Morning Prayer, Monday–Friday
4 p.m. Evening Prayer, Monday–Friday

Go to <<https://new.sewanee.edu/campus-life/believing/all-saints-chapel/all-saints-chapel-services/online-services/>>)

Bible Baptist Church, Monteagle

10 a.m. Worship Service, Sunday
5:30 p.m. Evening Service, Sunday
5:30 p.m. Evening Worship, Wednesday

Chapman Chapel Church of the Nazarene, Pelham

9:30 a.m. Sunday School, Sunday
10:45 a.m. Morning Worship, Sunday
6 p.m. Evening Worship, Sunday
7 p.m. Bible study, Wednesday

Christ Church, Monteagle

(services online Facebook)

10:45 a.m. Holy Eucharist, Sunday
noon Holy Eucharist, Wednesday

Christ Episcopal Church, Alto

(services canceled until further notice)

10 a.m. Stations of the Cross, Sundays in Lent

Christ Episcopal Church, Tracy City

(services canceled until further notice)

10 a.m. Adult Bible Study, Sunday
11 a.m. Holy Eucharist (child care provided), Sunday

Christ the King Anglican Church, Decherd

(services available on CtK’s FB page)

9 a.m. Sunday Service, Sunday
11 a.m. Bible Study, Wednesday
6:30 p.m. Bible Study, Wednesday

Cowan Fellowship Church

10 a.m. Sunday School, Sunday
11 a.m. Worship Service, Sunday

Cumberland Presbyterian Church, Cowan

(www.facebook.com/cowanpcchurch/)

10 a.m. Sunday School, Sunday
11 a.m. Worship, Sunday

Cumberland Presbyterian Church, Monteagle

9:30 a.m. Bible Study, Sunday
11 a.m. Worship Service, Sunday

Cumberland Presbyterian Church, Sewanee

9 a.m. Worship Service, Sunday
10 a.m. Sunday School, Sunday

Decherd United Methodist Church

9:45 a.m. Sunday School, Sunday
10:50 a.m. Worship Service, Sunday

Epiphany Mission Church, Sherwood

(services canceled until further notice)

10:30 a.m. Holy Eucharist, Sunday

First Baptist Church, Cowan

9:15 a.m. Sunday School, Sunday
10:25 a.m. Worship, Sunday
6 p.m. Worship, Sunday

Good Shepherd Catholic Church, Decherd

(all masses/gatherings canceled)

10 a.m. Mass, Sunday
2 p.m. Spanish Mass, Sunday
9 a.m. Communion, Monday, Wednesday
9 a.m. Mass, Tuesday, Thursday, Friday
7 p.m. Spanish Mass, Thursday
4 p.m. Confession, Saturday
5 p.m. Mass, Saturday

Grace Fellowship Church

10:30 a.m. Sunday School/Worship Service, Sunday

Harrison Chapel Methodist Church, Midway

(FB Live service below)

8 a.m. Radio Show, Sunday (WSGM 104.7 FM)
11 a.m. Worship Service, Sunday (FB Live)

Hobbs Hill Community Church, Tracy City

(will hold services until further notice)

10 a.m. Sunday School, Sunday
11 a.m. Morning Service, Sunday
5 p.m. Evening Service, Sunday
6 p.m. Evening Service, Wednesday

Midway Baptist Church

9:45 a.m. Sunday School, Sunday
10:45 a.m. Morning Service, Sunday
6 p.m. Evening Service, Sunday
6 p.m. Bible Study, Wednesday

Midway Church of Christ

10 a.m. Bible Study, Sunday
11 a.m. Morning Service, Sunday
6 p.m. Evening Service, Sunday

Monteagle Church of Christ

11 a.m. Morning Service, Sunday
6 p.m. Bible Study, Wednesday

Monteagle First Baptist Church

(FB Live services until further notice)

11 a.m. Worship Service, Sunday
6 p.m. Bible Study, Wednesday

Monteagle Seventh-Day Adventist

11 a.m. Worship, Saturday

Morton Memorial United Methodist, Monteagle

(services/meetings canceled until further notice)

9:30 a.m. Book discussion, Wesley House, Sunday

9:45 a.m. Sunday School, Sunday

11 a.m. Worship Service, Sunday

5:15 p.m. Wednesday Suppers, Wednesday

6 p.m. Bible Study, Wednesday

Mountain of God Tabernacle, Monteagle

(online worship services via Zoom. Info: call

(931)924-5339 or go online, <[www.WildfireOn-](http://www.WildfireOnTheMountain.com)

TheMountain.com>)

11 a.m. Worship Service, Sunday

New Beginnings Church, Monteagle

10:45 a.m. Worship Service, Sunday

5 p.m. Worship Service, Sunday

New Beginnings Church, Pelham

9:45 a.m. Worship Service, Sunday

New Creations Ministries

4 p.m. Prayer Meeting, Sunday

New Hope Church of God in Christ, Cowan

11 a.m. Sunday Service, Sunday

6 p.m. Sunday Service, Sunday

Otey Memorial Parish Church

(FB online services until further notice; Christian

Education FB/Zoom)

8:30 a.m. Holy Eucharist, Sunday

9:45 a.m. Christian Formation, Sunday

11 a.m. Holy Eucharist, Sunday

7:30 a.m. Morning Prayer, Monday–Friday

4:30 p.m. Evening Prayer, Monday–Friday

7 p.m. Centering Prayer, Monday

Pelham United Methodist Church

(services online)

9:45 a.m. Sunday School, Sunday

11 a.m. Worship Service, Sunday

St. Agnes’ Episcopal Church, Cowan

(www.facebook.com/saintagnescowan1899)

10 a.m. Sunday School, Sunday

11 a.m. Holy Eucharist, Sunday

St. James Episcopal Church

(services canceled until further notice)

9 a.m. Holy Eucharist, Sunday

10:30 a.m. Adult Education, Sundays in Lent

St. Margaret Mary Catholic Church, Alto

(all masses/gatherings canceled through April 24)

8 a.m. Mass, Sunday

Sewanee Church of God

10 a.m. Sunday School, Sunday

11 a.m. Morning Service, Sunday

6 p.m. Evening Service, Sunday

Sisters of St. Mary’s Convent

(Convent and Chapel closed until further notice)

8 a.m. Holy Eucharist, Sunday

5 p.m. Evensong, Sunday

7 a.m. Morning Prayer, Tuesday–Friday

7:30 a.m. Eucharist, Tuesday–Friday

noon Stations of the Cross, Friday

5 p.m. Evening Prayer, Tuesday–Sunday

7:45 p.m. Compline, Tuesday–Friday

7:30 a.m. Morning Prayer, Saturday

8 a.m. Eucharist, Saturday

St. Mary’s Sewanee

(all activities canceled until further notice)

Tracy City First Baptist Church

(services canceled until further notice)

9:45 a.m. Sunday School, Sunday

10:45 a.m. Morning Worship, Sunday

6 p.m. Evening Worship, Sunday

6:30 p.m. Gospel Project for Children, Wednesday

6:30 p.m. Youth, Wednesday

7 p.m. Adult Bible Study, Wednesday

Tracy City First United Methodist Church

(services canceled until further notice)

8:30 a.m. Early Service, Sunday

9:45 a.m. Sunday School, Sunday

11 a.m. Morning Worship, Sunday

6 p.m. Evening Bible Study, Sunday

5:30 p.m. Youth Fellowship, Wednesday

Trinity Episcopal Church, Winchester

(services canceled until further notice)

9:15 a.m. Adult Forum, Sunday

10:30 a.m. Holy Eucharist, Sunday

United Pentecostal, Monteagle

10 a.m. Sunday School, Sunday

11 a.m. Worship, Sunday

7 p.m. Worship, Wednesday

Unitarian Universalist, Tullahoma

(services canceled until May)

10 a.m. Service, Sunday

6 p.m. Tullahoma Sangha, Wednesday

*“Yesterday is not ours
to recover, but tomorrow
is ours to win or lose.”
Lyndon B. Johnson*

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**BLUFF - MLS 2063145 - 185 Turning Point Ln.,
Sewanee. 12+acres. \$698,000**



283 Green's View Rd., \$389,000



MLS 2136495 - 222 Lily Ln., Jasper. \$99,500



**MLS 2101257 - 149 Gudger Rd., Sewanee.
5 acres. \$269,000**



**MLS 2138387 - 1528 Monteagle Falls Rd., six rental units.
\$190,000**



**MLS 2115779 - 375 Caldwell Rd., Sewanee.
4 acres. \$264,500**



**MLS 1983502 - 174 Carpenter Cir., Sewanee.
\$460,000**



**BLUFF - MLS 1923054 - 1833 Laurel Lake Dr.,
Monteagle. \$429,000**



**MLS 2112396 - 1020 Sherwood Rd.,
Sewanee. \$192,000**



MLS 2134567 - 83 Bryan Dr., Winchester. \$315,000



Browbend overlooking TN River - \$54,000



**MLS 2133351 - 112 Maple St., Sewanee.
\$223,000**



**MLS 2111402 - 15344 Sollace Freeman Hwy., Sewanee.
3 acres. \$297,000**



MLS 2024156 - 1573 Carter Rd., Decherd. \$225,500



**BLUFF - MLS 1974844 - 1613 Laurel Lake Dr.,
Monteagle. 5.3 acres. \$445,000**

LOTS & LAND

Roarks Cove Rd. E, 15+ ac	2136490	\$42,500
Roarks Cove Rd. E, 17+ ac	2136512	\$32,500
Bear Ct., .51 ac, #18	2130056	\$29,000
Bear Ct., .5 ac, #19	2130059	\$29,000
Bear Ct., .58 ac, #20	2130058	\$29,000
13 Browbend Dr., 1.9ac	2130040	\$54,000
14 Browbend Dr., 1.5 ac	2130051	\$54,000
8 Jackson Pt. Rd. 5 ac	2115740	\$36,000
1159 Sassafraas Ct., 5.27 ac	2072615	\$59,000
57 Edgewater Ct. Win.	2062210	\$28,900
Lake Lot, Goby's Rift	2090148	\$76,000
0 Gipson	2089624	\$499,500
Will divide into tracts, 15 acres +		

BLUFF TRACTS

9 Jackson Pt. Rd. 12.66 ac	2105112	\$159,000
0 Partin Fa	2094774	\$64,500
36 Long View Ln. 2.57 ac	2073074	\$75,000
1639 Jack	2066610	\$69,000
2 Jackson Pt. Rd. 8.63 ac	2014037	\$88,000
16 Laurel Lake Dr.	1989467	\$97,500
14 Jackson Pt. Rd 18.6 ac	1803643	\$129,500
3 Horseshoe Ln. 5.6 ac	1608010	\$60,000
15 Saddletree Ln. 6.12 ac	1978549	\$68,000



**MLS 2116520 - 394 Dykes Hollow Rd. 10+/- acres.
\$250,000**

Using Zoom for Meetings

by Bailey Basham, Messenger Staff Writer

Over the last few weeks, adaptability has been crucial, as meetings, workshops and day-to-day work functions have moved from in-person to behind-the-screen.

As COVID-19 infiltrates cities big and small across the U.S., alternatives like the video conferencing software Zoom have allowed us to maintain some sense of normalcy with continued team check-ins, town hall meetings and classroom lectures.

Some have even gotten creative and hosted cocktail hours and surprise parties through the site.

To get started on Zoom, create an account on their desktop site <zoom.us/signup> or on their mobile app, which is available for download both from the Apple and Android stores.

Zoom is a cloud-based service that enables its users to meet using video or audio-only sessions. Through the cloud-based service, users can conduct meetings, either video or audio-only, engage in live chats and record sessions for archival or viewing purposes.

A Zoom account is not needed to join a meeting, but to host a meeting and send invites to others, an account is necessary.

To use Zoom, a broadband connection of at least 600kbps is recommended. For improved function, Zoom recommends a connection of 1.5 Mbps. A microphone and webcam, whether built into the computer or connected separately, are also required. A headset or pair of headphones is also recommended to improve sound quality. The company has recently come under fire for privacy concerns following a recent release from research by consumer advocacy organization Consumer Reports <<https://consumerreports.org>>.

Consumer Reports found that it is written into Zoom's privacy policy that the software will collect

and store personal data, such as videos, transcripts that can be generated automatically, documents shared on screen, and the names of everyone on a call. The privacy policy also states that the company may share that personal data with third parties such as advertisers.

Additionally, some users have reported having their sessions hacked and bombarded with disturbing images, profanity and racial epithets.

Organizers of Zoom meetings have the ability to remove a participant at any time. In the case of these hackers, however, it can be difficult to pinpoint exactly which accounts are causing trouble, as there may be several "Zoom bombers" in a single meeting bouncing between multiple false profiles.

The company announced April 2 that all new feature updates were put on pause for the next 90 days in order to focus on privacy and security. The company's CEO Eric S. Yuan told CNN on April 5 that he and his team were prepared to work to earn back the trust of its nearly 200 million daily users.

When opting to use Zoom to host meetings, protect your session by keeping the meeting ID private, enabling a password and installing the latest software updates that may include bug fixes and modifications to privacy settings. Those who need to host meetings can update their settings so that only the meeting organizer has the ability to share their screen.

Additional privacy settings to check are the auto-saving chat and attention tracking features. The waiting room feature, which requires that the host approve each user before they join the meeting, can also help in keeping your meeting secure.

For more information about Zoom, visit <www.zoom.us>.

Telemedicine (from page 1)

ing our patients' health needs. We look forward to the many ways this new offering will further advance our mission of Making Communities Healthier," said Lisa Bradford, STRHS's Physician Services Director.

In small communities like Sewanee, telehealth provides much needed access to patients with mobility issues, a lack of transportation or a need to see a specialist. The International Pediatric Research Foundation reported in 2016 that around 20 percent of the U.S. lives in rural areas, and according to the American Hospital Association, from 2010 to 2017, the percent of patients utilizing telehealth services more than doubled.

The need is there, it is growing and along with it grows the possibilities of what telehealth can provide. The practice of telehealth makes it possible for a dermatologist to discuss critical lab results with patients, for a gynecologist to provide live birth control counseling, for a mental health counselor to provide remote support and coping strategies to patients in distress. Of course, there are limitations, but with an increase in access to healthcare comes an increase in the promotion and maintenance of overall public health.

Patients can request a telehealth visit by calling their provider's office, just as they would for an in-person visit. Each provider will determine if a telehealth visit is appropriate based on the patient's health condition.

Patients who are concerned they may be experiencing symptoms of COVID-19 are encouraged to consider telemedicine appointments to help further reduce the spread of respiratory illness.

While approved services vary from provider to provider, most insurance companies offer plans that accommodate telehealth visits. Medicare telehealth services include office visits, psychotherapy and consultations, and TennCare is required to provide coverage for telehealth under the state's parity law.

Blue Cross Blue Shield of Tennessee and Cigna are among the largest providers in the state, and both companies offer policies that include the use of telehealth services.

Contact your individual insurance provider to discuss coverage of telehealth services.

If you think you may have been exposed to the coronavirus, contact your doctor and self-isolate. You should get help immediately if you have trouble breathing, persistent chest pain or pressure, new confusion or bluish lips or face, according to the CDC.

To stay up-to-date, visit the department of health's COVID-19 landing page at <<https://www.tn.gov/health/cedep/ncov.html>> and follow the Tennessee Department of Health at <www.twitter.com/tndeptofhealth>.



Like the Messenger?
Let us know on Facebook!

MAKE
SOME
NOISE!
SUNDAY
APRIL 19
5:00 PM



Show your support of our hospital and EMS employees by making some noise this Sunday!

Step out at 5:00 pm and ring bells, blow a whistle, or just make some joyful music! The plan moving forward would be to do this every Sunday.

Maintain all precautions and stay six feet or more from your neighbors and wear your masks if you have them. This is also a great way to wave from a distance to your neighbor and do a quick check in.

SEWANEE
NEIGHBORS HELPING NEIGHBORS

Support Local Food Banks and Farms

Here's a win-win opportunity. Make a donation to purchase local meat and fresh produce for area food banks and help local farmers struggling from loss of wholesale buyers.

Local food banks are experiencing peak demand, and due to restaurants and the University operating at greatly reduced levels, local farmers have seen a sharp drop in orders. South Cumberland Farmers Market has implemented an online gift-certificate donation option to help area food banks and farmers. Contributors can select what food bank they want to donate to and determine the amount. Any amount from \$1 up is welcome. The Community Action Committee (CAC), Sewanee, Morton Memorial Food Bank, Monteagle, and Grundy County Food Bank, Tracy City are participating.

To donate, customers simply need to log in to their account at <www.sewanee.locallygrown.net>, open the Market, and choose "Food Bank Donations." There customers can choose which food bank to donate to and the amount.

Customers who want to pay by Venmo should email market manager Emily Heid at <cumberlandfm@gmail.com>. Donations can also be mailed to 696 Garner-town Rd., Sewanee, TN 37375. Please make the check payable to the South Cumberland Farmers Market and designate the food bank earmarked for the donation.

SCFM has waived the market-manager fee associated with gift certificate purchases. All donations designated for area food banks are tax-deductible. The food banks will receive notice of who donated and what amount.

"During this time when many growers have product to sell and limited wholesale buyers, these donations can serve an important function for farmers as well as food banks and the folks they serve," said SCFM market manager Heid.

With people out of work and household budgets strained, area food banks are experiencing an uptick in clients and need. As CAC Director Betty Carpenter wisely observed, "Our mission is to provide for those in need. Need is different now."

In the few days the program has been in effect, SCFM has received a large number of donations for the CAC. SCFM hopes donors will consider extending their generosity to the other area food banks, as well.



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The Plateau Salutes AmeriCorps VISTAs Sonderman and McBee

The South Cumberland Plateau AmeriCorps VISTA Project wishes to recognize VISTA members Laura Sonderman and Julianna McBee for their outstanding service and dedication to our community. Both have worked tirelessly to alleviate poverty in the tri-county area of the South Cumberland Plateau. Laura and Julianna end their year-long service assignments in April and May respectively.

As VISTA Leader, Laura Sonderman supported the plateau's VISTA members overseeing programs that improve health, economic well-being, early childhood and family social connectedness, and overall resilience of low-income residents.

During her tenure as VISTA Leader, Laura helped recruit eight full-time VISTAs who now serve with partner organizations across the plateau. In 2019 she helped recruit an additional 17 Summer Associate VISTAs to deliver the popular South Cumberland Summer Meal Program and to provide support for summer programming at sites such as schools, libraries, summer camps and social service agencies. In this capacity, Laura scheduled and managed the Summer Associate VISTAs as they served more than 4,000 hours with more than twenty community partners in Grundy, Marion and Franklin counties.

Laura assisted the Monteagle-Sewanee Rotary Club in organizing their fifth annual Hunger Walk in September 2019, which resulted in thousands of dollars in donations to three local food banks. Laura additionally collaborated with the VISTA team to plan and implement the 9/11 National Day of Service with the Monteagle Fire Department, and the 2020 Martin Luther King National Day of Service with the Cumberland Center for Justice.

Fortunately, Laura calls the plateau home and will remain an integral contributor to our community following her VISTA service. "Beyond Laura's exceptional service achievements, she developed many new systems and processes, which have helped our team operate more efficiently. The VISTA Project will benefit indefinitely from Laura's significant contributions. We will long be grateful to Laura and we will miss her too," said VISTA Manager, Katie Goforth.

A lifelong resident of Grundy County, Julianna McBee has served at the Grundy County Board of Education as the Attendance and Academic Success VISTA since graduating from Lee University in May, 2019. In this role Julianna developed attendance outreach programs aimed at reducing chronic absenteeism and improving educational outcomes for students. During her service, Julianna supported children and their families at all seven Grundy County Schools.

Julianna's outreach work included visits to all pre-k and kindergarten classrooms in Grundy County Schools, ultimately reaching 287 young children with a critical message about the importance of school attendance. Together with Family Engagement VISTA Leslie Wright, Julianna created attendance outreach materials for families and teachers. The collaboration also produced

an attendance-improvement campaign that significantly increased compliance with the county's tier one attendance policy.

Beginning in mid-May Julianna will replace Laura Sonderman as the South Cumberland Plateau VISTA Leader, which means continuity for our VISTA program and the plateau community. "I'm very pleased that Julianna will continue as VISTA Leader. Julianna is an experienced VISTA who knows both our VISTA program and our plateau community well," said VISTA Manager, Katie Goforth. "I am confident Julianna will continue to strengthen and grow our program. Please join me in welcoming Julianna to her new role and in thanking both Julianna and Laura for an extraordinary year of service."

The plateau's AmeriCorps VISTA partners include BetterFi, DuBose Conference Center, Folks at Home, Franklin County Prevention Coalition, Grundy County Department of Education, Grundy County Mayor's Office, Grundy Safe Baby Court, Grundy County Sheriff's Office, Grundy EMS, Grundy Recovery Alliance Community Endeavor (GRACE), Grundy Safe Communities Coalition, Grundy UT Extension, Marion County Mayor's Office, Mountain T.O.P., SETHRA CASA, Sequatchie Valley Head Start, South Cumberland Community Fund, South Cumberland Health Network, South Cumberland Meal Program, University of the South Farm, and the University of the South Office of Civic Engagement.

The South Cumberland Plateau (SCP) AmeriCorps VISTA Project is a partnership between the University of the South and South Cumberland Community Fund (SCCF). Through their efforts, the SCP VISTAs expand the scale, reach, efficiency, and effectiveness of programs and organizations that work to alleviate poverty on the plateau. VISTA capacity building activities expand services, enhance delivery of services, and generate additional resources for these programs and organizations. These activities achieve lasting positive outcomes for those served by these program organizations.

For information about becoming a VISTA member or enlisting a VISTA to join your organization, please visit <<https://tinyurl.com/scvista>> or contact Vicki Borchers at <vmborchers@sewanee.edu>.

CDC on Homemade Cloth Face Coverings

The CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Go to <<https://www.cdc.gov>> for more information.

Stay Healthy

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60 percent alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands. Avoid close contact. Avoid close contact with people who are sick.

Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Stay home if you are sick, except to get medical care. Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

Southern Tennessee Medical Group Launches Telemedicine Services

Virtual visits connect patients and providers beyond the clinic setting. Southern Tennessee Regional Health System's owned Southern Tennessee Medical Group announced on April 13, that it has added telemedicine to its practices and clinics offerings in its communities at First Choice Health-Tullahoma, Winchester and Huntland, Southern Tennessee Orthopedic & Spine, Southern Tennessee Neurology, Winchester Surgeons, Winchester Pediatrics, Southern Tennessee Primary Care, Southern Tennessee Heart & Vascular, Southern Tennessee Internal & Family Medicine Specialists, Family Physicians of Estill Springs, Mountain Medical Clinic, Monteagle Internal Medicine, Premier Family Health Care, Southern Tennessee Psychiatry, Wellstream Family Medicine and Southern Tennessee Ear Nose and Throat.

"We are pleased to offer convenient telemedicine solutions to help connect patients and providers, and ensure the continued delivery of high quality care," shared Lisa Bradford, STRHS's Physician Services Director. "As the situation with COVID-19 continues to evolve, telehealth capabilities enable our clinical team to practice social distancing to further reduce the spread of illness while still meeting our patients' health needs. We look forward to the many ways this new offering will further advance our mission of Making Communities Healthier."

For patients who meet certain clinical criteria, Southern Tennessee Medical Group physicians are offering two types of telehealth visits: telephonic and televideo. A telephonic visit is simply a patient phone call with a provider, and a televideo visit is a virtual, face-to-face visit with a provider using a video conferencing service. Virtual visits may not be available in all cases and will be evaluated based on a patient's specific clinical needs.

Patients can request a telehealth visit by calling their provider's office, just as they would for an in-person visit. The provider will determine if a telehealth visit is appropriate based on the patient's health condition. If the virtual visit is deemed clinically appropriate, the patient will be given an appointment time and instructions for the best way to connect given the available platforms. Then, instead of coming to the office, he or she would call back at the scheduled time and be "checked in" by a nurse or front desk personnel, and then transferred to the provider for the call or two-way video.

A few restrictions on telephonic visits may apply, including that they cannot be utilized to treat patients for a condition that the patient has been seen for in the previous seven days, and they cannot be used to treat a condition that the patient is already coming in for within the next 24 hours.

Patients who are concerned they may be experiencing symptoms of COVID-19 are encouraged to consider telemedicine appointments to help further reduce the spread of respiratory illness. Leveraging telemedicine also conserves personal protective equipment (PPE) and other clinical resources that are needed when treating a patient with suspected COVID-19 in the clinic or hospital setting.

The Southern Tennessee Medical Group is a group of medical professionals established at different practices throughout southern middle Tennessee. Each practice and provider is proud to be a part of Southern Tennessee Regional Health System. The group has grown significantly in the past several years and continues to expand to meet the healthcare needs of the community and surrounding areas. There are practice locations all over the Tennessee valley to help serve the health care needs of you and your family. To schedule, please call 800-424-DOCS or visit <southerntennesseemedicalgroup.com>.

Senior Center Closed

For the safety and well-being of the staff, volunteers, and lunch participants at the Sewanee Senior Center and adherence to Governor Lee's Stay-at-Home order, the Sewanee Senior Center will be closed through April 30, 2020. The Center is grateful for the support of the community and will let everyone know as soon as lunch service is available again.



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COVID-19 Bulletin #18 - April 15, 2020

On April 15 Governor Bill Lee provided an update on Tennessee's efforts regarding COVID-19 relief.

Gov. Lee's daily press conferences can be viewed live this week Monday through Thursday at 3 p.m. CDT < <https://sts.streamingvideo.tn.gov/Mediasite/Catalog/catalogs/mediasiteadmin-covid-19-media-briefing>>. Gov. Lee has also established a website specific to COVID-19 updates which can be found <<https://www.tn.gov/governor/covid-19.html>>.

School Closure

Gov. Lee has called on schools to remain closed through the end of the school year. Students have lost significant learning time in their classrooms and the administration is committed to continuing to provide resources that keep our students engaged.

Time lost in the classroom also has implications on overall wellbeing, especially for at-risk and vulnerable student populations. Tennessee Department of Education Commissioner Penny Schwinn will convene a COVID-19 Child Wellbeing Task Force to engage communities and provide support for students.

Expanded Testing Capacity

Gov. Lee has directed the Unified-Command group to rapidly expand Tennessee's COVID-19 testing capacity to enable more Tennesseans to have improved access and make informed health decisions.

The expanded testing effort launches this weekend, April 18-19 with the Tennessee National Guard establishing 15 drive-through testing sites across the state. Drive-through testing sites will also be available during the weekends of April 25-26 and May 2-3. A full list of sites is available <<https://www.tn.gov/health/news/2020/4/15/covid-19-drive-through-testing-locations-open-this-weekend-statewide.html>>, and additional information is available <<https://www.tn.gov/governor/news/2020/4/15/gov-lee-announces-aggressive-statewide-covid-19-testing-effort.html>>.

Tennessee Department of Health nurses and Tennessee National Guard medics will perform tests at these drive-through sites and results are projected to be delivered to participants within 72 hours of testing. In addition to drive-through testing sites, Tennesseans can get a test free of charge, five days a week at every rural county health department in the state.

Every Tennessean who isn't feeling well – even outside of the traditional COVID-19 symptoms of cough, fever or difficulty breathing – should get tested.



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A Collective Practice in Meditation: A Manifestation of Love & Healing from the Cumberland Plateau in Tennessee to the World

From the residents atop the Cumberland Plateau spanning Grundy, Marion and Franklin Counties of Tennessee:

In this time of global suffering and uncertainty, we are being called to confront our collective fear and meet this historic opportunity with presence, courage, compassion and love. We are being challenged now to raise our consciousness in order to bring healing through the power of love for not only ourselves but each other.

We are asking everyone to enter into a collective meditative mindset each morning or evening beginning at 7:00-7:15 until COVID-19 is eradicated.

We ask that you approach this meditation however you choose but from your heart space. You may choose to pray, sit in silence or find a quiet place to be alone and center your focus by exhaling a few deep breaths allowing your heart space to open and send love and healing energy to the world. You must also be willing to accept those same energies into your heart space, as well, in order to help the global population heal and recalibrate our future.

Together, we can help eradicate a common enemy. But, we must each do our part - please join us in our efforts to help heal the suffering with loving compassion and heartfelt support.

Peace,
The residents of the Cumberland Plateau

Author's note - The idea for the aforementioned collective meditation is from Adam Randolph of Monteagle, TN, a concerned resident and Tennessee licensed clinical therapist and social worker.

Wording and composition provided by Nancy Oliver, also, of Monteagle, TN, a concerned resident and local small business owner at Sweeton Home Restoration.

COVID-19 Bulletin #17

On April 13, Governor Bill Lee provided an update on Tennessee's efforts regarding COVID-19 relief.

Gov. Lee's daily press conferences can be viewed live this week Monday through Thursday at 3 p.m. CDT < <https://sts.streamingvideo.tn.gov/Mediasite/Catalog/catalogs/mediasiteadmin-covid-19-media-briefing>>. Gov. Lee has also established a website specific to COVID-19 updates which can be found <<https://www.tn.gov/governor/covid-19.html>>.

Stay at Home Order Extension

In cooperation with the guidance from the White House, Tennessee's Stay at Home Order is extended through April 30. The updated executive order is available here.

The Unified Command Group will continue to consult with experts, analyze all available data, and monitor CDC recommendations for the remainder of this month. Beginning in May, a phased reboot of the economy is planned.

Creation of Economic Recovery Group

Gov. Lee announced the development of the Economic Recovery Group to focus on a phased reboot of the state economy. The group will be led by Tourism Commissioner Mark Ezell and will work in coordination with legislative leadership, local mayors, health care professionals, and representatives of impacted industries. The Economic Recovery Group will issue industry-specific guidance so that businesses can be prepared to operate safely and protect their employees and customers.

By formalizing an economic recovery specific group, this will ensure the Unified Command Group will continue their focused efforts of disease management, improving hospital and testing capacity, and increasing our PPE supply chain. The Unified Command Group will also be making recommendations to Gov. Lee about when and how to begin the phased-in reopening of the economy.



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TDOE Releases Schedule and Resources for Video Lessons Airing Statewide on PBS

The Tennessee Department of Education is partnering with PBS stations across the state to offer first–eighth grade students up to 30 hours of standards-aligned instructional lessons per week during times of COVID-19 school closures.

The 30-minute segments will air from 10 a.m. to noon CST each weekday on the main channels of each of the six PBS stations across the state: WNPT Nashville, East Tennessee PBS, WCTE Upper Cumberland, WKNO Memphis, West TN PBS, and Chattanooga WTCI. Additionally, viewers can watch or record up to four more hours of content that will be broadcast overnight.

Broadcast programming, developed by the Tennessee Department of Education in partnership with teachers across the state, will cover English language arts (ELA) and math for first through sixth grades. For seventh and eighth graders, recorded video lessons will be available online starting April 13.

Accompanying lesson plans and work packets will be posted on the department's website for teachers and families to use, adapt, and build upon. Access the lesson plans and student work packets at www.tn.gov/education/pbsteaching.

The department will also make all videos available on its YouTube channel after they air.

This partnership builds upon several preexisting partnerships that some school districts have with their local PBS station. Local listings will reflect individual station schedules and include programming for additional educational content.

Daytime Schedule:

Monday— first and second grade ELA and Math Lessons

10 a.m. CST- first grade ELA

10:30 a.m. CST- first grade Math

11 a.m. CST- second grade ELA

11:30 a.m. CST- second grade Math

Tuesday— third and fourth grade ELA and Math Lessons

10 a.m. CST- third grade ELA

10:30 a.m. CST- third grade Math

11 a.m. CST- fourth grade ELA

11:30 a.m. CST- fourth grade Math

Wednesday— fifth and sixth grade ELA and Math Lessons

10 a.m. CST- fifth grade ELA

10:30 a.m. CST- fifth grade Math

11 a.m. CST- sixth grade ELA

11:30 a.m. CST- sixth grade Math

Thursday—first and second grade ELA and Math Lessons

10 a.m. CST- first grade ELA

10:30 a.m. CST- first grade Math

11 a.m. CST- second grade ELA

11:30 a.m. CST- second grade Math

Friday— third and fourth grade ELA and Math Lessons

10 a.m. CST- third grade ELA

10:30 a.m. CST- third grade Math

11 a.m. CST- fourth grade ELA

11:30 a.m. CST- fourth grade Math

Overnight Schedule:

Recorded videos covering ELA and Math for grades first through sixth will stream from 1 a.m.- 5 a.m. CST Monday through Friday.

Online:

Lesson plans and student work packets: <www.tn.gov/education/pbsteaching>

Seventh grade- ELA and Math Lessons starting the week of April 16

Eighth grade- ELA and Math Lessons starting the week of April 16

Other guidance documents and resources developed specifically for district and school leaders are available on the Tennessee Department of Education's coronavirus webpage <<https://www.tn.gov/education/health-and-safety/update-on-coronavirus.html>>.

From the CDC

Need to replenish items in your refrigerator? Try to limit your exposure in public places like the grocery store. Here are some tips:

Send one person per household

Wipe down your groceries once home & wash produce before consumption

Wash your hands thoroughly once done.



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Honors List for St. Andrew's-Sewanee

The following students from Franklin, Coffee, Grundy, and Marion counties were named to the Honors Lists at St. Andrew's-Sewanee School for Quarter 3 of the 2019-20 school year. Overall, 81 students, including 26 boarding and 55 day students, achieved academic distinction for the third quarter.

Students who earn an average of 93 or above with no grade below 83 are named to the High Honors List for academic achievement. Students with average ranges between 83 and 92 and who have received no grade below 80 are named to the Honors List. Satisfactory completion of after-noon programs is required for students to be eligible for the Honor Roll.

High Honors

Porter Neubauer, Belvidere
Hannah Warmbrod, Belvidere
Riley Burnette, Monteagle
Chloe Fontenelle, Monteagle
Ryan Ostrowski, Monteagle
Sarah Grace Burns, Sewanee
AJ Clements, Sewanee
Mac Croom, Sewanee
Myers Gorrell, Sewanee
Harrison Hartman, Sewanee
Nathan King, Sewanee
Erin Mattingly, Sewanee
Tim Nelson, Sewanee
Iliana Pate, Sewanee
Verena Pate, Sewanee
Tyler Rodgers, Sewanee
Justine Rogers, Sewanee
Tessa Shackelford, Sewanee
Kenneth Simmons, Sewanee
Aidan Smith, Sewanee
Gabriel Pongdee, Tracy City
Michael Pongdee, Tracy City
Breezy Rollins, Tracy City
Ethan Drey, Whitwell

Honors

Eli Thompson, Belvidere
Noah Henley, Cowan
William Barron, Manchester

Honors, continued

Isaac Pauley, Manchester
Kathleen Perkins, Monteagle
Anna Post, Monteagle
Cate Bachman, Sewanee
Emily Bailey, Sewanee
Jenna Black, Sewanee
Alex Brewster, Sewanee
Annabett Bridgers, Sewanee
Kyler Cantrell, Sewanee
Sophia Carlos, Sewanee
Lucy Carroll, Sewanee
Abi Cassell, Sewanee
Evan Fox, Sewanee
Huxley Hume-Allingham, Sewanee
Tanner King, Sewanee
Zolon Knoll, Sewanee
Caroline Lamborn, Sewanee
Luca Malde, Sewanee
Caleb Palmertree, Sewanee
Isabella Randolph, Sewanee
Cecilia Schutz, Sewanee
Madeline Sumpter, Sewanee
Payton Zeitler, Sewanee
Madalyn Cleveland, South Pittsburg
Curtis Gill, South Pittsburg
Kendale James, Tracy City
Meredith Foster, Winchester
Saje Mangru, Winchester

Protect Yourself from COVID-19 Scams

The State Attorney General's Office has some tips to avoid scams related to the coronavirus < <https://www.tn.gov/attorneygeneral/working-for-tennessee/consumer/scams-schemes-swindles/coronavirus-scams.html>>. You can also visit the Federal Trade Commission website, another source for information about COVID-19 scams. Go to <<https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>>.



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A-1 CHIMNEY SPECIALIST

Sewanee Elementary Announces Honor Rolls

Sewanee Elementary School principal Kim Tucker announced honor rolls and award recipients for the most recent nine-week period.

First Honor Roll

Third grade—Flynn Allen, Fred King, Konrad Knoll, Myles McLaurin, Gillian O'Connell, Jaxon Rudder, Genevieve Schutz, Annanoel Sparacio, Rosalind Thompson, and Samuel Troutman;

Fourth grade—Lily Camp, Sam Frazier, Adeline Pond, Will Roberts, Maggie Lu Rudd, and Mason Sparacio;

Fifth grade—Miren Colbert, Arthur Glacet, Clara Guess, Theo Michaels, Jimmy Monahan, Callista Palagi, Theo Schrader, Trinity Sparacio, and Harper Thompson.

Second Honor Roll

Third grade—Odyssey Alvarez, Kaitlyn Cockburn, Porsche Haney, Rivers Kelleher, Kyla Kilgore, Emmelia Leffler-Mitchell, Sara Roberts, Jane Shealy, Cabell Thompson, Hudson Vaughan, and Luke Watters;

Fourth grade—Dylan Bruscato, Grayson Clark, Isabella Gilliam, Addy Knight, Max Leffler-Mitchell, Ben Lu, Samson McClain, Drake Nayeem, Timi Stefanut, and Anara Summers;

Fifth grade—Brady Hall, and Dalayna Marshall.

Meal Pick Up for School Children

All meals will be picked up and not consumed onsite. These are free meals that will continue until the public schools resume classes at the school.

In Franklin County, this service will be provided until school reopens, from 10 a.m.–1 p.m., Mondays and Thursdays at the following locations:

Clark Memorial – drive-thru by kitchen
Cowan Elementary – front drive-thru
Decherd Elementary – back drive-thru
Franklin County High School – front drive-thru
Huntland – back drive-thru
Sewanee Elementary – front drive-thru

Grundy County Schools Grab and Go Meals will be offered on Mondays, 10 a.m.-noon, with drive-thru and curbside pickup at the following locations: Coalmont Elementary, North Elementary, Palmer Elementary, Grundy County High School, Pelham Elementary, Swiss Elementary, Tracy City Elementary. Five breakfast meals and five lunch meals will be distributed.

Marion County Grab and Go Meals will be available Monday–Friday, 9 a.m.–10:30 a.m., with drive-thru or pickup at the following schools, Jasper Elementary, Monteagle Elementary, South Pittsburg Elementary, Whitwell Elementary.

Access to Materials from duPont Library

The Jessie Ball duPont Library building is closed to the public. The library will offer a weekday pick-up service for library materials requested in advance.

To request library materials from the collection, please email the following information to our circulation staff by noon each day. These items will be available for pickup from 2–4 p.m. the same day. To make a request, email <reserves@sewanee.edu>, or call the circulation staff at (931) 598-1664.

Ring to Honor Frontline Workers

The Sewanee Community COVID team is asking the Sewanee community to ring bells, bang pots and pans, or otherwise make a joyful noise (while respecting social distancing requirements) on Sunday, April 19 and each subsequent Sunday from 5-5:15 p.m. to honor our frontline healthcare workers and first responders.



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NATURENOTES

by Yolande Gottfried



Photo by Laura Blackman

Wild Azalea

This is the perfect time to take a walk on the wild side—wild azalea, that is, which is blooming abundantly in our woods. It seems to prefer slopes of a watershed drainage area, like the intermittent streams in our mostly dry woods. The particular wild azalea that is common in the Sewanee area has been identified as *Rhododendron canadense* or Southern Pinxter Azalea (or Mountain Azalea or Piedmont Azalea). Yes, it is the same genus as our evergreen rhododendrons, but, of course, it is deciduous. Locally, it is sometimes called honeysuckle, and a whiff of the blossoms will tell you why. Those blossoms can range in color from a deep pink to white, with all shades between.

Robin Gottfried reports hearing the barking tree frog in his pond last week. This frog is endemic to the southeastern U.S. and is the largest tree frog in the U.S. It really does sound like a dog barking!

Tennessee State Parks Extend Closure

Tennessee State Parks announced it will extend the closure of all 56 state parks as officials at the Tennessee Department of Environment and Conservation continue to monitor health and safety guidance related to COVID-19.

The announcement extends Tennessee State Parks' current closure beyond the previously announced April 14. Officials are closely monitoring the COVID-19 situation and will notify the public when parks reopen.

"We are grateful for the cooperation and understanding of Tennesseans during this difficult period," Jim Bryson, deputy commissioner of the Tennessee Department of Environment and Conservation, said. "We are extending closure of the parks in the interest of safety for everyone."

Tennessee has one of the top state park systems in the country. As the weather grew warmer, state parks saw staggering increases in visitor traffic, including from out of state visitors. While normally desirable, this increased visitation presented situations where it was difficult for park visitors and staff to maintain safe distances from each other.

"We want to make sure that when we do reopen, visitors and our park staff can feel confident in their safety," Bryson said. "With health and safety at the forefront, we look forward to getting people back into the outdoors – beyond their backyards and neighborhoods – to experience the natural wonders our state has to offer."

Keep up with the latest updates on the Sewanee Messenger Facebook



Astrid



Hendrix

Pets of the Week Meet Astrid & Hendrix

Astrid is a beautiful white, blue eyed cat approximately one-year-old. Upon coming to the shelter, she was very shy, as many cats are when they are surrendered to the shelter. With much care and gentle persuasion, she is warming up to the staff- so much so that she rubs her body up to the kennel bars yearning for love and attention. From once meek and afraid and only coming out of her hiding place to eat, to now coming to the front of the kennel when she hears someone coming her way, we can say she has definitely come a long way! She is confident in finding a new loving home that understands her special needs for extra patience and security. Can you be that home she needs? Astrid is FIV/FelV negative, up-to-date on vaccinations, spayed, and microchipped. Let Astrid be the "star" of your life!

Hendrix is a sweet and lively two-year-old mixed breed. He was alone and living as a stray, until brought in by a young woman who hunted for his owner to no avail. Her last resort for someone to care for him was Animal Harbor, which turned into a new beginning for Hendrix. He is super sweet and with a confident leader, we are sure he will flourish and become a wonderful forever companion. A large fenced in yard would be a great asset for Hendrix. At this time we are not confident he would be good for a family with young children, but older children or teenage kids would be great. Hendrix is up-to-date on all vaccinations, heartworm-negative, neutered, and microchipped, so he can go to his forever home once and for all! Contact the harbor to learn more about the adoption process and to meet Hendrix.

Animal Harbor is located at 56 Nor-Nan Rd., off AEDC Road, in Winchester. Call Animal Harbor at 962-4472 for information and check out the other pets at www.animalharbor.org. Enter their drawing on this site for a free spay or neuter for one of your pets. Help Animal Harbor continue to save abandoned pets by sending your donations to Animal Harbor, P.O. Box 187, Winchester, TN 37398.

COVID-19 and TN State Parks

Tennessee State Parks are currently closed. This is a complete closure of trails, facilities, and access to all Tennessee State Parks and Designated State Natural Areas. The health and safety of Tennessee citizens is our top priority right now. We are continuing to monitor the situation and are working closely with public health officials. We look forward to reopening our state parks as soon as possible.

All trails and public spaces are closed. This includes: trails and scenic overlooks; public restrooms and bathhouses; parking lots; picnic areas and picnic shelters; playgrounds; open areas, fields, forests, and all undeveloped areas; boat ramps managed by Tennessee state parks; visitor centers; park offices; assembly halls or recreational buildings; marinas;

camper check-ins; seasonal operations; leased operations; and overnight accommodations temporarily closed.

All park cabins, lodges, group overnight facilities, and campgrounds are closed through April 30. At this time, upcoming reservations will be honored for arrivals beginning on May 1. Online reservations will remain available for trips with arrival dates after May 15.

Group Guests

If you are a group planner, we encourage you to communicate directly with the park at which you have planned your event. This will allow park staff to work directly with you and answer logistical questions pertaining to your particular event. Parks can assist groups with rebooking to a date later in the year. Rentable facilities (like shelters and pavilions) with reservations between now and April 30 will be fully refunded. At this time, rentable facilities with prior reservations after May 1 will be honored.

Park-hosted Event Cancellations

Tennessee State Parks are canceling all park-hosted events through April 30. We do apologize for any inconvenience this poses to you. If you purchased a ticket to a paid event, we are working diligently to cancel and process refunds in our reservation system. As always, thank you for choosing to support Tennessee State Parks.

WEATHER

DAY	DATE	HI	LO
Mon	Apr 06	78	61
Tue	Apr 07	71	60
Wed	Apr 08	78	55
Thu	Apr 09	66	34
Fri	Apr 10	55	37
Sat	Apr 11	68	48
Sun	Apr 12	62	52

Week's Stats:

Avg max temp =	68
Avg min temp =	50
Avg temp =	59
Precipitation =	0.38"

Reported by Sandy Gilliam
Domain Ranger



2020 Grants Cycle Timeline

- April 17: Extended Application Deadline
- April 22- May 1: Interviews with grantees
- May 28: All grant recipients notified
- June 28: Grant Awards

Link to the Grant Application:
<https://forms.gle/jr7FmooxTgLDCWBa>

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Did You Know?

The Sewanee Community Chest raises money annually to support basic needs in the community such as books, food, elder care, animal care, recreational space, children's program and more.

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GLASS RECYCLING GUIDELINES

■ Recycle empty glass containers only. Remove caps and lids.

■ Keep it clean. No food residue. No ceramics, mirrors, lightbulbs, drinking glasses.

■ Glass recycling bins are available on Kennerly Avenue in Sewanee, behind the Facilities Management compound. This effort in landfill waste reduction and glass recovery is provided by the University of the South.

■ Separate by color:
■ BLUE/GREEN
■ BROWN
■ CLEAR

■ Do not leave items outside of bins. Do not leave trash and boxes behind.





BARDTOVERSE

by Phoebe Bates

Again the woods are odorous, the lark
Lifts on upsoaring wings the heaven gray
That hung above the tree-tops, veiled and dark,
Where branches bare disclosed the empty day.
After long rainy afternoons an hour
Comes with its shafts of golden light and flings
Them at the windows in a radiant shower,
And rain drops beat the panes like timorous wings.
Then all is still. The stones are crooned to sleep
By the soft sound of rain that slowly dies;
And cradled in the branches, hidden deep
In each bright bud, a slumbering silence lies.

April, by Rainer Maria Rilke





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Community Calendar

Friday, April 17

- 8 a.m. Walking Program, F@H, Fowler Center, (canceled until further notice)
- 8:30 a.m. Deep Stretch Yoga, Daryllann, Community Center (canceled until further notice)
- 9 a.m. CAC office open, until 11 a.m.
- 10 a.m. Game day, Senior Center (canceled until end of April)
- noon Spinal Spa, Angel Park/Zoom; email <kim_butters59@hotmail.com>

Saturday, April 18

- 8:30 a.m. Free Legal Advice by Phone, Legal Aid Society, (800) 238-1443, until 11 a.m.
- 8:30 a.m. Gentle Yoga, Robie, (\$8), Community Center (canceled until further notice)

Sunday, April 19

- 8:30 a.m. Vinyasa Yoga, Community Center, until 9:45 a.m. (canceled until further notice)
- 2 p.m. Knitting Circle, Mooney's, until 4 p.m. (canceled until further notice)
- 4 p.m. Hatha Yoga, Helen, Community Center (canceled until further notice)
- 5 p.m. Ring to Honor Frontline Workers (ring bells, bang pots, or otherwise make a joyful noise while respecting social distancing requirements) until 5:15 p.m.

Monday, April 20 • Earth Week, through April 24

- 8 a.m. Walking Program, F@H, Fowler Center, (canceled until further notice)
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Body Recall, Judy, Monteagle City Hall (canceled until further notice)
- 9 a.m. Pilates, intermediate, Angel Park/Zoom; email <kim_butters59@hotmail.com>
- 9:30 a.m. Yoga, Daryllann, (\$8), St. Mary's Sewanee (canceled until further notice)
- 10:30 a.m. Chair Exercise, Ruth, Senior Center (canceled until end of April)
- noon Pilates, beginners, Angel Park/Zoom; email <kim_butters59@hotmail.com>
- 5:30 p.m. Gentle Yoga, Robie, DuBose Conference Center, upper room, until 6:45 p.m. (canceled until further notice)
- 6 p.m. Karate, youth, Legion Hall; adults 7 p.m. (canceled until further notice)
- 7 p.m. Sewanee Community Council, via Zoom Join Zoom Meeting <https://zoom.us/j/93292589968>. Meeting ID: 932 9258 9968. Dial by your location, +1 312 626 6799 US.

Tuesday, April 21

- 7 a.m. Qi Gong on the Bluff, Wall, St. Mary's Sewanee (canceled until further notice)
- 8 a.m. GC Food Bank, Tracy City, until 10 a.m.
- 8:30 a.m. Deep Stretch Yoga, Daryllann, Community Center (canceled until further notice)
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Pilates, beginners, Angel Park/Zoom; email <kim_butters59@hotmail.com>
- 10 a.m. SAIL, Community Center (canceled until further notice)
- 10:30 a.m. Bingo, Senior Center (canceled until end of April)
- noon Pilates, intermediate, Angel Park/Zoom; email <kim_butters59@hotmail.com>
- 4 p.m. Free Legal Advice by Phone, Legal Aid Society, (800) 238-1443, until 6 p.m.
- 4:30 p.m. South Cumberland Farmers' Market, curbside pickup, Community Center,

- until 6:30 p.m.
- 5 p.m. Yoga, Daryllann, (\$8), St. Mary's Sewanee (canceled until further notice)
- 6 p.m. Acoustic Jam, Water Bldg., Tracy City (canceled until further notice)

Wednesday, April 22

- 8 a.m. Walking Program, F@H, Fowler Center (canceled until further notice)
- 8:30 a.m. Gentle Yoga, Robie, (\$8), Community Center (canceled until further notice)
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Pilates, intermediate, Angel Park/Zoom; email <kim_butters59@hotmail.com>
- 10 a.m. Senior Writing Group, 212 Sherwood Rd. (canceled until further notice)
- 10:30 a.m. Chair Exercise, Ruth, Senior Center (canceled until end of April)
- noon Pilates, beginners, Angel Park/Zoom; email <kim_butters59@hotmail.com>
- 5:30 p.m. Hatha Yoga, Helen, Community Center (canceled until further notice)

Thursday, April 23

- 7 a.m. Qi Gong on the Bluff, Wall, St. Mary's Sewanee (canceled until further notice)
- 8 a.m. Monteagle-Sewanee Rotary, via Zoom
- 9 a.m. Body Recall, Judy, Monteagle City Hall (canceled until further notice)
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Nature Journaling, (canceled until further notice)
- 9 a.m. Pilates, beginner, Angel Park/Zoom; email <kim_butters59@hotmail.com>
- 9 a.m. Yoga, Daryllann, (\$8), Community Center (canceled until further notice)
- 10 a.m. SAIL, Community Center (canceled until further notice)
- 10:30 a.m. Chair Exercise, Judy, Monteagle City Hall (canceled until further notice)
- noon Pilates, intermediate, Angel Park/Zoom; email <kim_butters59@hotmail.com>
- 1 p.m. F@H Caregiver Group, Brooks Hall, Otey (canceled until further notice)
- 2 p.m. Knitting Circle, Mooney's, until 4 p.m. (canceled until further notice)
- 3:30 p.m. Free Legal Advice by Phone, Legal Aid Society, (800) 238-1443, until 4:30 p.m.
- 4 p.m. Yoga, Daryllann, (\$8), Community Center (canceled until further notice)
- 5:45 p.m. Vinyasa Yoga, Community Center, until 7 p.m. (canceled until further notice)
- 6 p.m. Karate, youth, Legion Hall; adults 7 p.m. (canceled until further notice)
- 6:30 p.m. Reversing Diabetes Seminar, Smoke House, until 8 p.m. (canceled until further notice)
- 7:30 p.m. Candlelight Flow Yoga, Emily, (\$8), Community Center (canceled until further notice)

Friday, April 24

- 8 a.m. Walking Program, F@H, Fowler Center, (canceled until further notice)
- 8:30 a.m. Deep Stretch Yoga, Daryllann, Community Center (canceled until further notice)
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Pilates, golf/tennis, Angel Park/Zoom; email <kim_butters59@hotmail.com>
- 10 a.m. Game day, Senior Center (canceled until end of April)
- noon Spinal Spa, Angel Park/Zoom; email <kim_butters59@hotmail.com>

Local 12-Step Meetings

- Friday**
7 p.m. AA, open, Christ Church, Tracy City
- Saturday**
7 p.m. NA, open, Decherd United Methodist
- Sunday**
6:30 p.m. AA, open, Morton Memorial, Wesley House, Monteagle - canceled
- Monday**
5 p.m. Women's Recovery, Brooks Hall, Otey Parish - canceled
7 p.m. AA, open, Christ Church, Tracy City
- Tuesday**
7 p.m. AA, open, First Baptist, Altamont
- Wednesday**
10 a.m. AA, closed, Clifftops, (931) 924-3493
7 p.m. NA, Decherd United Methodist
7:30 p.m. AA, open, Holy Comforter, Monteagle
- Thursday**
6 p.m. Al-Anon, Morton Memorial, Wesley House, Monteagle - canceled
7 p.m. Al-Anon, First UMC, Winchester



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