



THE SEWANEE MOUNTAIN MESSENGER

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Friday, Aug. 16, 2019



St. Thomas Mobile Health Unit volunteers and staff, Carol and Bill Titus, Dr. Deseree Prentice and driver Jeff Patterson

Health Care for Free

by Leslie Lytle, Messenger Staff Writer

The second Saturday of every month, the St. Thomas Health Foundation Mobile Health Unit pulls into the parking lot at Morton Memorial United Methodist Church to offer free health care to anyone and everyone. No insurance is needed, and there is no income qualification screening.

"Many hospitals are closing in Tennessee," said St. Thomas Foundation volunteer Carol Titus. "It's a way to get health care to places that don't have much else."

At last year's area Hunger Walk, Titus met Community Action Committee Director Betty Carpenter and the Rev. Jodi McCullah, pastor at Morton Memorial. The CAC and Morton Memorial both host food distribution programs for those in need. Carpenter suggested the monthly Food Ministry at Morton Memorial would be a great venue for the St. Thomas Mobile Health Unit. The mobile unit began hosting second-Saturday clinics at Morton Memorial in January.

"The Food Mission clients often don't have cars and need to work out transportation," said volunteer Bill Titus, explaining the advantage of the two events coinciding. Titus pointed to a free St. Thomas medical clinic in Grundy County several years ago as "solidifying awareness of the need" in the area as well as the importance of addressing "the transportation component."

"We served 160 families today," said McCullah at the Aug. 10 Food Ministry. "People start arriving at six in the morning." The mobile health unit offers services from 9 a.m.-1 p.m., sufficient time for the physician on staff to see eight to 12 patients. No appointment is necessary.

McCullah stressed most Food Ministry clients are "the working poor or the retired on a fixed income caring for grandchildren."

Since the Food Ministry receives free USDA food from the Chattanooga Food Bank, clients must be below 130 percent of the poverty line or be enrolled in a government assistance program, said volunteer Rich Wyckoff.

However, since the mobile health unit is funded by a private donation to the St. Thomas Health Foundation, services are available to everyone free of charge. If a patient has insurance, St. Thomas will file the claim, but will cover all deductibles, copays, and related expenses.

Called "Ministry in Motion," the mobile health project served primarily Rutherford County before expanding its service area to include most of middle Tennessee. St. Thomas also operates a free mobile mammogram unit, which travels to 26 counties, according to driver Jeff Patterson.

For patients needing prescriptions, an affiliated program Rx Outreach provides free medications by mail.

In October, the mobile clinic will offer flu shots, but Bill Titus stressed, "There are limits to what the doctor can do on the mobile unit." The mobile unit is not equipped to do blood draws, for example. "The mobile unit can't replace a patient's existing primary care relationship or assume that role."

In July, the mobile clinic had three emergency visits. August was calmer. Dr. Deseree Prentice did several well-child exams for children starting school, as well as seeing adult patients with mental health issues and diabetes symptoms. Prentice scheduled follow-up appointments for the adult patients at the St. Louise clinic in Murfreesboro, which serves the uninsured and underinsured at little or no cost. She made sure the patients had "reliable transportation" and that the appointment time fit their schedule "to increase the chance they'll show up."

"Diabetes patients need blood work done at least every six months," Prentice explained. "People with high blood pressure need regular visits to make sure the medication they take isn't having any side effects."

"Once a patient is in the system we can determine how often they need to visit, adjust their medications, and that sort of thing," Prentice said. "The important thing is to get people plugged into the system."

College Students Are Arriving in Sewanee This Week

Following summers working, studying, or interning in locations across the U.S., as well as from Germany to Ghana, and from China to the Caribbean, Sewanee students have begun to arrive back on the University of the South campus. Almost 250 athletes, along with proctors and other student leaders, were among the first groups to return.

New international students arrived Aug. 11, and other first-year students joined them Aug. 14 for Finding Your Place; 115 students are participating this year in that interdisciplinary program. Almost 200 more first-year students will be on campus for PRE (Aug. 21), and all 450+ new students will be in Sewanee by the time Orientation begins Aug. 24. All students will be back on campus when classes begin in the College on Aug. 28.

Finding Your Place allows new students to discover and become connected to Sewanee and the larger community, and to begin developing strong relationships with classmates, student mentors, and professors. Participants will enjoy plenary sessions, smaller individual sections, and numerous field trips around middle Tennessee.

PRE-Orientation offers incoming students the opportunity to spend three days making friends and familiarizing themselves with Sewanee's 13,000-acre Domain through activities such as rock climbing, canoeing, or community service.

Beersheba Springs Arts and Crafts Festival

The 53rd annual Beersheba Springs Arts and Crafts Festival will be Aug. 24 and 25, at the Beersheba Springs Assembly Grounds. The hours on Saturday are 10 a.m.-6 p.m., and on Sunday, 10 a.m.-5 p.m. Parking and admission to the show are both free.

More than 200 exhibitors from several states will feature many exciting arts and crafts. Food booths will be on the grounds with a variety of tasty offerings, and the hotel dining room will serve meals both days.

All proceeds from the festival are returned to the community. The proceeds help fill food baskets for needy families as well as benefiting the Beersheba Springs Library, Beersheba Springs Rescue Squad, Beersheba Springs Community Center, Grundy County Center for Exceptional Citizens, local nursing homes, and North Elementary School.

Beersheba Springs is located on U.S. Hwy. 56, 25 miles from Monteagle.

New Menu Items at the Blue Chair Café

by Bailey Basham, Messenger Staff Writer

A local favorite just got a bit of a makeover.

The Blue Chair Café and Bakery, which has been on the Mountain since 2000, debuted a new menu this month. Jimmy Wilson, who owns and operates the business with wife Sarah Wilson, said the partnership with Keri Downing of Octorpi is something he had been hoping for through the years.

Blue Chair favorites such as the Domain, the Tiger Bowl, the YSR! Omelet and the award-winning chicken salad are still available, but through a partnership with Downing, the menu has expanded to include homemade sweet cream biscuits and homemade gluten-free buckwheat waffles.

"To me, this collaboration is about keeping an establishment open that's been open since 2000 that was started to help a social enterprise, The Blue Monarch. Our biggest competitor is the University, and the Blue Chair is kind of our Cheers here," he said. "Now, the menu is more breakfast and brunch, rather than breakfast and lunch."

Wilson said maintaining that Cheers vibe is important to him. The Blue Chair's tagline is "Where Our Community Gathers," but more importantly, it is crucial to the community.

"It costs a lot of money to have a place where everybody knows your name. We have been trying to survive in the Village and we are collaborative. We've lost Crust, Julia's, Crossroads. The ones that

are still here, we're all hanging on by our nails until the bookstore opens up," he said.

The community feel is important to Downing as well — she said the work is half cooking and half community, and without that aspect, she is not as interested.

"I started cooking at seven when my mom taught me how to fry and boil an egg and make toast — then she abandoned me in the kitchen. I love my mother, and she will tell you she cannot cook. I like to think I like to cook through sheer force of will," she said.

"The biscuit came to use from me playing around with it and we had to do something with it. I wanted to see what we could do with a biscuit. In February, we decided we were coming up with something seasonal. I had never made a biscuit before, and that is exactly why I wanted to try. We sat down and tried that biscuit, and we knew we had something special."

In addition to the community feel, Downing said to be able to honor the area's Southern roots through the addition of dishes built around homemade sweet cream biscuits was exciting.

"The Blue Chair has always been this traditional southern place. You don't want to mess with those roots. This is a place where the southern community gathers around southern food, and that is the heart of it. To give into that and explore it was what got me excited about this menu," she said. "I was really

(Continued on page 6)



Jimmy Wilson said one of his favorites is the Music City Yard Bird, which is a boneless Nashville Hot Chicken thigh, homemade pimento cheese, spring mix and tomato atop a sweet cream biscuit and served alongside homemade ranch dressing.

P.O. Box 296
Sewanee, TN 37375

Letter

LOCAL PRODUCTS AVAILABLE AT MOONEY'S

To the Editor:

To the people who want a small Whole Foods market in Sewanee, are you aware that we already have one? Just 2.5 miles from the main intersection in downtown Sewanee, Mooney's Market opened its doors over 7 years ago with a mission to bring good things to the mountain so that we don't have to drive off the mountain every time we need a hard-to-find ingredient and to provide a bridge between local products and local citizens.

Joan works hard to keep the shelves and coolers stocked with the products we want, most of them organic, and many of them gluten-free or vegan. Because the store is so small, and demand for many items is so low in our rural area, Joan will special order anything you want. Just let us know.

Do we really need another natural foods market in Sewanee? Will our economy be able to support it?

Please come check out Mooney's, support the wonderful business we have, and let Joan know how best she can provide what is missing in your pantry.

*The ladies at Mooney's:
Sarah, Elizabeth, Mary Ann, Claire, Carole, Diane*

University Job Opportunities

Exempt Positions: Assistant Director, Early Student Engagement, Career Center; Assistant Farm Manager, University Farm; Assistant Softball Coach, Athletics; Associate Dean of Students, Student Life Administration; Business Analyst, General, Strategic Digital Infrastructure; Deputy Title IX Coordinator-Student Reports, Title IX; Digital Technology Leader & Project Administrator, Southern Studies/Mellon Grant; Director, Counseling and Psychological Services, University Wellness Center; Director, Wellness Commons, University Wellness Center; Employer Engagement and Internships Coordinator, Career Center; Processing Archivist, Southern Studies/Mellon Grant; Project Manager, Facilities Management Administration; University Chaplain and Dean of All Saints' Chapel, Chaplain's Office; Wellness Coordinator, University Wellness Center.

Non-Exempt Positions: Catering Assistant Manager, Sewanee Catering; Catering Attendants (on call), Sewanee Catering; Custodian (multiple positions), Facilities Management; Faculty Technology Coordinator, Technology Access & Support; Food Service Worker-Catering (multiple positions), Sewanee Catering; Food Service Worker (Temporary), Sewanee Dining.

For more information call (931) 598-1381. Apply at <jobs.sewanee.edu>.



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Community Chest Applications Available

Since 1908, the Sewanee Civic Association (SCA) has overseen the distribution of grants to non-profit organizations across the Cumberland Plateau. Sponsored by the SCA, the Sewanee Community Chest (SCC) is pleased to announce the beginning of the 2019-20 grant cycle. All nonprofits that benefit the community are encouraged to apply.

The 2019-20 funding application can be downloaded from the website at <www.sewaneeccivc.org>. Interested nonprofits may also request an application by emailing the SCC at <sewaneecommunitychest@gmail.com>. The deadline for submission is Monday, Sept. 16.

The SCC is a nonprofit organization and relies on funding from the community in order to support charitable programs throughout the greater Sewanee area. As the 2019-20 grant cycle begins, the SCC is also kicking off its yearly fundraising campaign.

The SCA urges everyone who benefits from life in this community, whether you live, work, or visit, to give generously. Donations are tax deductible. Contributions, payroll deductions and pledges are accepted at any time at P.O. Box 99, Sewanee, TN 37375.

Community Funding Project Application

The Sewanee Community Funding Project Committee in conjunction with the Sewanee Community Council is again seeking proposals for physical improvements and amenities on the Domain. When completed these improvements should enhance the community and improve the quality of life of residents and possibly visitors as well. We welcome projects both big and small from individuals as well as organizations. The total funding available is \$20,000. To apply please complete items 1 through 5 (or all required fields on the online form); complete items 5 through 7 (or optional fields on the online form) if the scope of the project allows. To access our online application, please email <sewaneeccfproject@sewanee.edu> and a link to the form will be emailed to you. Copies can be picked up at various locations in Sewanee. Mail those paper forms to Pixie Dozier at 133 Carriage Lane, Sewanee, TN 37375 by Nov. 1, 2019.

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.

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@sewaneeemessenger.com>. —KB



— THE SEWANEE MOUNTAIN — MESSENGER

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Legal Help Clinic at GCHS

Legal Aid Society of Middle Tennessee and the Cumberland is offering a free legal help clinic on the morning of Saturday, Aug. 17, in the Library at the Grundy County High School located at 24970 SR 108 in Coalmont. People who want to meet with a lawyer should come at 9:30 a.m. The clinic will be held until noon.

The Grundy County Legal Help Clinic is supported by the Office of Civic Engagement of the University of the South, the law firm Burr & Forman LLP, and local lawyers. The lawyers will assist with many civil legal issues, including custody, landlord/tenant, employment, debt collection, bankruptcy, benefits (such as TennCare, Food Stamps, and Families First), auto accident or neighbor disputes. The Grundy County High School has generously donated space for the event.

For more information about the clinic call Legal Aid Society of Middle Tennessee and the Cumberland at (931) 455-7000.

Legal Aid Society of Middle Tennessee and the Cumberland advocates for fairness and justice under the law. The nonprofit law firm offers free civil legal representation and educational programs to help people in its region receive justice, protect their well-being and support opportunities to overcome poverty. It serves 48 counties from offices in Clarksville, Columbia, Cookeville, Gallatin, Murfreesboro, Nashville, Oak Ridge and Tullahoma. Legal Aid Society is funded in part by United Way. Learn more at <www.las.org>, or by following the firm on Facebook.

SERVING WHERE CALLED

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

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Mark Gallagher
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Steven Tyler Jeffery
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Troy (Nick) Sepulveda
Zachary Sherrill
Nick Worley

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.

MESSENGER CONTACTS

Phone: (931) 598-9949

News and Calendar

Tuesday, 5 p.m.
Kiki Beavers
news@sewaneeemessenger.com

Sports

Tuesday, 5 p.m.
sports@sewaneeemessenger.com

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Monday, 5 p.m.
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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

American Legion

American Legion Post 51 will meet at 9 a.m., Saturday, Aug. 17, in the Legion Hall on University Avenue in Sewanee.

United Daughters of the Confederacy

The UDC Kirby-Smith Chapter 327 Sewanee will meet at the Oak Restaurant in Manchester, on Saturday, Aug. 17, beginning at 11:15 a.m.

STHP Meeting

The Sewanee Trust for Historic Preservation will meet at 4 p.m., Monday, Aug. 19, in the Otey Adult Education Room. Everyone is welcome to attend.

Franklin County Commission

The Franklin County Commission will meet in a special called meeting at 7 p.m., Monday, Aug. 19, at the Courthouse.

Laurel Lake Garden Club

The Laurel Lake Garden Club will meet Tuesday, Aug. 20 at 1:30 p.m. for a tour of Mark Preslar's apple and pear orchard in Sewanee. Prior to the meeting, we will have our lunch and meeting at 11:45 a.m. at McClurg Dining Hall. Members and guests are welcome to attend.

FCDP Monthly Meeting

The Franklin County Democratic Party will meet at 5:30 p.m., Tuesday, Aug. 20, at 201 Kentucky Ave., Sewanee. Join us for a meet and greet and cookout with some announcements about upcoming events. There will be a corn hole game. Child care will be available.

Area Rotary Club Meetings

The Grundy County Rotary Club meets at 11:30 a.m., Tuesdays at Dutch Maid Bakery in Tracy City. The Monteagle-Sewanee Rotary Club will meet at 8 a.m., Thursday, Aug. 22, at St. Mary's Sewanee. Neil Alexander will speak on the School of Theology.

Caregivers Groups

The Folks at Home's Caregivers Group meets weekly on Thursday, 1-2:30 p.m., in Otey Parish's St. Mark's Hall. Contact Folks at Home at (931) 598-0303 or <folksathomesewanee@gmail.com> for more information.

Town of Monteagle

The Monteagle City Council will meet at 6 p.m., Monday, Aug. 26, at City Hall.

Cowan Commercial Club

The Cowan Commercial Club will meet at 6 p.m., Monday, Aug. 26, at Simpler Times, 104 E. Cumberland St., Cowan.

SUD Meeting

The Sewanee Utility District of Franklin and Marion Counties Board of Commissioners will have its regular meeting at 5 p.m., Tuesday, Aug. 27, at the utility office on Sherwood Road. If a customer is unable to attend but wishes to bring a matter to the board, call 598-5611, visit the office, or call a board member. Your board members are Art Hanson, Randall Henley, Ronnie Hoosier, Charlie Smith and Paul Evans.

Fall Heritage Festival is Coming to Cowan

The Fall Heritage Festival returns to Cowan, Sept. 20-22, filling the town with art, history, music, food, and free activities for kids of all ages.

The Fall Heritage Festival is a celebration of life in the foothills of the Cumberland Plateau, engaging regional communities through the educational and inspirational experience of history, music, arts, and civic involvement.

The festival will also include fireworks, a celebrity corn hole tournament, and classic and antique Cruise-In.

The fun starts Sept. 20 from 5-9 p.m., and continues Sept. 21, 10 a.m.-9 p.m., and Sunday 11 a.m.-5 p.m. There will be fireworks at 8:30 p.m. on Friday and Saturday.

For more information go to <www.FallHeritageFestival.info>, <Facebook.com/FallHeritageFestival> or call (931) 563-3868.

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Director Voting Leads to 2019 Duck River EMC Membership Meeting

DREMC Director voting for Zone 5 including Marshall and Giles counties began Aug. 12.

The DREMC Nominating Committee has named incumbent John Moses as a candidate, and R. L. Williams has submitted a petition to also have his name added to the ballot. Only co-op members holding a membership in Marshall or Giles counties may cast ballots.

Consumer-members are encouraged to cast their ballots at the voting machines located in the lobbies of the Lewisburg and Chapel Hill offices. Hours of voting are Friday, Aug. 16, 7 a.m.-4 p.m.

Four sitting directors were opposed in this election cycle. They include Baxter White, Zone 1 (Coffee and Warren counties); Laura Willis, Zone 2 (Franklin County - University of the South); Buford Jennings, Zone 3, (Moore and Lincoln counties); and Dana Salters, Zone 6 (Maury, Hickman, Lawrence, Lewis and Williamson counties).

Election results will be announced Saturday, Aug. 17, during the 2019 Duck River EMC Annual Membership Meeting at the Franklin County High School. Registration starts at 8:30 a.m. with the business session scheduled for 9:30 a.m.

The first 300 co-op members to register will receive special attendance prizes. DREMC employees will be on hand to assist with energy efficiency questions and provide other information related to the cooperative. This year's grand prize is a portable generator.

Duck River EMC, a Touchstone Energy® cooperative, is a not-for-profit, member owned organization providing electric and other services to more than 76,500 homes and businesses in southern Middle Tennessee. Duck River EMC serves an area of approximately 2,500 square miles in Bedford, Coffee, Franklin, Giles, Grundy, Hickman, Lawrence, Lewis, Lincoln, Marion, Marshall, Maury, Moore, Rutherford, and Williamson counties in southern Middle Tennessee.

Bookstore Hours

The University Bookstore is operating under summer hours. It will be open Monday-Friday from 9 a.m.-5 p.m., 10 a.m.-4 p.m., Saturday, and closed on Sunday. The Bookstore is located inside the Bishops Common on Georgia Avenue.

Special Dinner

Saturday, Aug. 24, at 6 pm

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EQB Club to Meet Aug. 21

The Ecce Quam Bonum Club, or EQB Club, was founded in 1870, at Sewanee's Rebel's Rest. The name Ecce Quam Bonum means "Behold how good" and is taken from Psalm 133, "Behold, how good and pleasant it is for brethren to dwell together in unity." Historically, faculty met regularly in members' homes to hear presentations—preferably on subjects outside the speaker's academic field of study.

Now EQB meets most Wednesdays of the school year at St. Mary's Sewanee and welcomes new members from the community. We gather for wine at 11:30 a.m. and serve a delicious lunch at noon. Frequently there is a speaker, called a "lead," at 12:30 p.m. This semester's topics range from the CCC and the South Cumberland Plateau to opera singing and an artist's life; from student outreach to WWII's first Christmas; from the Sewanee choir to "modern" symphonic music.

Lunch for members costs \$15 and reservations are required by the previous Sunday afternoon with Anne Lorenz at <alorenz@sewanee.edu>. We welcome old and new members to make a reservation by Sunday, Aug. 18 for our first meeting on Wednesday, Aug. 21, at noon at St. Mary's Sewanee.

Emeritus Group Announces Semester Meetings

Plans are well underway for this year's monthly meetings of the Sewanee Emeritus group. Meetings are held the second Thursday of the month in the Torian Room of DuPont Library. They begin at 3:30 p.m., and a social hour follows each presentation.

On Sept. 12, kicking off the season with a timely look at our campus, now and in the future, will be two speakers: Frank Gladu, Vice President for Administrative Services, and Sara Boykin, Director of Campus Planning Design and Construction.

On Oct. 10, Carolyn Hoagland, University Farm Manager, will speak on her duties and responsibilities at the farm, and its interaction with the rest of the campus.

On Nov. 14, David Shipps, Director of the Babson Center, will speak on his work there and on a proposed School of Business.

The public is invited to attend all of these presentations.

Hospitality Shop Reopening Date Correction

The Hospitality Shop previously announced it would reopen on Thursday, Aug. 15. The correct date for the reopening is Thursday, Aug. 22. The Shop is located at 1096 University Ave., Sewanee, and will be featuring new items in all departments. Hours of operation are from 9:30 a.m.-1 p.m. on Tuesdays, Thursdays and Saturdays. Come see! Come shop! Proceeds are used for scholarships for area high school graduates pursuing medical education, and for continuing education for the physical therapists at our local hospital.

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Church News

Book Group Discussion of ‘The Second Mountain’

John Hille and Gerald Richardson will lead discussions on Monday and Wednesday evenings from 6–8 p.m. starting on Aug. 19 and continuing through Aug. 28. Sessions will be held at the Wesley House located beside the Morton Memorial Fellowship Center. Part I of “The Second Mountain” will be discussed Monday, Aug. 19. Parts II and III will be discussed on Wednesday, Aug. 21, with other parts to follow. Brooks, a New York Times columnist, is also the author of “The Road to Character” and appears on NPR and PBS weekly. Participants should purchase and read in advance “The Second Mountain: The Quest for a Moral Life.” For more information, email <johnhille@live.com>.

Christ Church

The Ninth Sunday after Trinity Sunday will be kept at “the yellow church with the red doors” due West of the Smokehouse on Aug. 18. Light humor like this has kept us going during the repairs and restoration of Christ Church Monteagle. The new lap boards arrived with a yellow primer and some people thought this was our

“new look.” We are truly grateful for all of the local support, which so many have expressed through this whole project. We have had several guest preachers and a good many summer visitors, and now many schools have begun their year and we look forward to welcoming back travelers and celebrating various days some of which are in August. In June, we hosted the ecumenical affairs bishops of the Anglican Church in North America. On Aug. 27, we will host the appointed bishops from the ecumenical affairs of The Charismatic Episcopal Church. By that time Christ Church should be painted blue again!

We do not take for granted all the people who mow the grass along the Mountain Goat Trail or the City of Monteagle, which maintains areas not on the list of TDOT. One of our ministries has been to provide food for shut-ins on Sundays, some of which may have visited or been members and some of which are simply known to us by Facebook or Social Media.

Our Sunday service starts around 10:30 a.m. Lunch follows and an informal time of visiting and fellowship flows into that. Our music ranges from the traditional to songs from other countries, and

also just melodies, which come into our organist’s head.

Otey Parish

This Sunday, the Lectionary Class will explore Sunday’s gospel, in the Claiborne Parish House, Hethcock Room. Youth Sunday School meets in Brooks Hall. Infants 6 weeks to children 4 years old are invited to the nursery beginning at 8:30 a.m. There will be nursery for both services and the Sunday School Hour.

The Adult Forum returns on Aug. 25.

Tullahoma Sangha

Tullahoma Sangha, a Zen Buddhist meditation and study

group, meets each Wednesday at 6 p.m. at Unitarian Universalist Church of Tullahoma. Newcomers are welcome; please call ahead and we will have a short orientation at 5:45 p.m. For more information, or if you would like to be added to the email group, call (931) 455-8626.

Wings of Hope

The Wings of Hope Widows Ministry will host “Popcorn and a Movie” at 1 p.m., Monday, Aug. 19, at Winchester First Cumberland Presbyterian Church. For more information go to <www.wingsofhopewidowsministry.com>. Winchester First Cumberland Presbyterian Church is located at 200 2nd Ave. NW, Winchester.

Otey Welcome Picnic

Join the fun at Otey Parish’s annual Welcome Picnic and Ministry Fair. It is a time to reconnect with friends, greet newcomers and learn about Otey’s lay ministries. The event will be after the 11 a.m. service on Aug. 25.

Bring a dish to share. Parish Life will provide fried chicken, bread, tea and lemonade.

This will be a time to sign up for vital and rewarding programs for lay people. At the Ministry Fair, representatives will have more information.

To RSVP email <oteyparish@gmail.com> or call (931) 598-5926.

Church Calendar

Weekday Services Aug. 16–23

- 7 a.m. Morning Prayer, St. Mary’s Convent, (Tu–F)
- 7:30 a.m. Morning Prayer, Otey (M–F)
- 7:30 a.m. Holy Eucharist, St. Mary’s Convent, (Tu–F)
- 9 a.m. Centering Prayer, Taylor’s Creek Greenway, Estill Springs (W)
- 9 a.m. Communion, Good Shepherd, Decherd (M,W)
- 9 a.m. Mass, Good Shepherd, Decherd (T/Th/F)
- 11:30 a.m. Prayer/Healing, Morton Memorial (1st and 3rd Th)
- 3:30 p.m. Centering Prayer, St. Mary’s Sewanee (T)
- 4 p.m. Centering Prayer, McRae Room, adjacent to Anna’s House, St. Mary’s Sewanee (W)
- 4:30 p.m. Evening Prayer, Otey (M–F)
- 5 p.m. Evening Prayer, St. Mary’s Convent, (Tu–F)
- 7 p.m. Centering Prayer, St. Paul’s, Otey (M)
- 7 p.m. Spanish Mass, Good Shepherd, Decherd (Th)
- 7 p.m. Worship Service, Christian Tabernacle, Decherd (Tu)

Saturday, Aug. 17

- 7:30 a.m. Morning Prayer, St. Mary’s Convent
- 10 a.m. Sabbath School, Monteagle Seventh Day Adventist
- 11 a.m. Worship Service, Monteagle Seventh Day Adventist
- 5 p.m. Evensong, St. Mary’s Convent
- 5 p.m. Mass, Good Shepherd, Decherd

Sunday, Aug. 18

All Saints’ Chapel

- 8 a.m. Holy Eucharist
- Bible Baptist Church, Monteagle**
- 10 a.m. Worship Service
- 5:30 p.m. Evening Service
- Chapman Chapel Church of the Nazarene, Pelham**
- 9:30 a.m. Sunday School
- 10:45 a.m. Morning Worship
- 6 p.m. Evening Worship
- Christ Church, Monteagle**
- 10:30 a.m. Holy Eucharist
- Christ Episcopal Church, Alto**
- 10 a.m. Holy Eucharist
- Christ Episcopal Church, Tracy City**
- 10 a.m. Adult Bible Study
- 11 a.m. Holy Eucharist (child care provided)
- Christ the King Anglican, Decherd**
- 9 a.m. Sunday Service
- Christian Tabernacle, Decherd**
- 10 a.m. Worship Service
- 6 p.m. Evening Worship
- Cowan Fellowship Church**
- 10 a.m. Sunday School
- 11 a.m. Worship Service
- Cumberland Presbyterian Church, Monteagle**
- 9:30 a.m. Bible Study
- 11 a.m. Worship Service
- Cumberland Presbyterian Church, Sewanee**
- 9 a.m. Worship Service
- 10 a.m. Sunday School
- Decherd United Methodist Church**
- 9:45 a.m. Sunday School
- 10:50 a.m. Worship Service
- Epiphany Mission Church, Sherwood**
- 10 a.m. Holy Eucharist Rite II
- Good Shepherd Catholic Church, Decherd**
- 10:30 a.m. Mass
- 2 p.m. Spanish Mass
- Goshen Cumberland Presbyterian Church**
- 11 a.m. Worship Service
- Grace Fellowship Church**
- 10:30 a.m. Sunday School/Worship Service

Harrison Chapel Methodist Church

- 10 a.m. Sunday School
- 11 a.m. Worship Service
- 5 p.m. Worship Service

Midway Baptist Church

- 9:45 a.m. Sunday School
- 10:45 a.m. Morning Service
- 6 p.m. Evening Service

Midway Church of Christ

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

Monteagle First Baptist Church

- 10 a.m. Sunday School
- 11 a.m. Worship Service
- 6 p.m. Evening Worship

Morton Memorial United Methodist, Monteagle

- 9:45 a.m. Sunday School
- 11 a.m. Worship Service

New Beginnings Church, Monteagle

- 10:30 a.m. Worship Service

New Beginnings Church, Pelham

- 9:45 a.m. Worship Service

Otey Memorial Parish Church

- 8:30 a.m. Holy Eucharist
- 9:45 a.m. Christian Formation
- 11 a.m. Holy Eucharist

Pelham United Methodist Church

- 9:45 a.m. Sunday School
- 11 a.m. Worship Service

St. Agnes’ Episcopal Church, Cowan

- 11 a.m. Holy Eucharist

St. James Episcopal Church

- 9 a.m. Holy Eucharist Rite II (Bp. Bauerschmidt visits)
- 10 a.m. Potluck brunch

St. Margaret Mary Catholic Church, Alto

- 8 a.m. Mass

Sewanee Church of God

- 10 a.m. Morning Service

Sisters of St. Mary Convent

- 8 a.m. Holy Eucharist
- 5 p.m. Evensong

Tracy City First Baptist Church

- 9:45 a.m. Sunday School

- 10:45 a.m. Morning Worship

- 5:30 p.m. Youth Group

- 6 p.m. Evening Worship

Trinity Episcopal Church, Winchester

- 9:30 a.m. Christian Formation

- 10:30 a.m. Holy Eucharist Rite II

Valley Home Community Church, Pelham

- 10 a.m. Sunday School, Worship Service

Wednesday, Aug. 21

- 6 a.m. Morning Prayer, Cowan Fellowship
- 7 a.m. Morning Prayer, St. Mary’s Convent
- 7:30 a.m. Holy Eucharist, St. Mary’s Convent
- 9 a.m. Communion, Good Shepherd, Decherd
- 10 a.m. Bible Study, Sewanee C.P. Church
- Noon Service, Christ Church, Monteagle
- 5 p.m. KAs/Bible study/meal, Monteagle First Baptist
- 5:30 p.m. Worship, Bible Baptist, Monteagle
- 5:45 p.m. Youth Bible study/meal, Monteagle First Baptist
- 6 p.m. Bible study, Monteagle First Baptist
- 6 p.m. Prayer and Bible study, Midway Baptist
- 6 p.m. Evening Prayer, Trinity, Winchester
- 6:30 p.m. Community Harvest Church, Coalmont
- 6:30 p.m. Prayer Service, Harrison Chpl, Midway
- 6:30 p.m. Youth group, Tracy City First Baptist
- 7 p.m. Adult Formation, Epiphany, Sherwood
- 7 p.m. Bible study, Chapman’s Chapel, Pelham
- 7 p.m. Evening Worship, Tracy First Baptist



Obituaries

Jeffrey Dale Gudger

Jeffrey Dale Gudger, age 63 of Deland, Fla., formerly of Jacksonville, Fla., died on Aug. 7, 2019. He was born on Sept. 18, 1955, in Winter Haven, Fla., to Joe and Dorothy Gudger. He was preceded in death by his father, Joe Gudger.

He is survived by his mother, Dorothy Gudger; wife, Julie Gudger; children, David (Jennifer) Card and Julie Anne (Marc) Myers; siblings, Eric (Paule) Gudger, Laura Gudger, and Leah (Ralph) Meder; two grandchildren; three great-grandchildren; and friends, Ray and Lisa Steinsouer.

A Celebration of Life service will be on Aug. 17 at Deltona Memorial Gardens, Orange City, Fla. For complete obituary or online condolences go to <www.DeltonaMemorialFuneralHome.com>.

Adolphis Henley

Adolphis Henley, age 91 of Sewanee, died on Aug. 9, 2019, at STRHS Sewanee. He was born on April 24, 1928, Franklin County, to General Joe Henley and Grace Marie Layne Henley. He was preceded in death by his parents; sons Ray and Boris Henley; brothers, Parker and Owen Henley; sister Elwanda Sain; and the mother of his children, Lillian Graves Henley. He was retired from The University of the South as a painter; he loved the outdoors, deer hunting and flea markets, where he met many friends and enjoyed talking and trading.

He is survived by sons Richard (Terri) Henley and Mickey (Emma) Henley; sisters Sue Hill and Jean Harold; 10 grandchildren; 14 great-grandchildren; and numerous nieces and nephews.

A service to celebrate and honor his life will be at 2 p.m. on Saturday, Aug. 17, 2019, from the Cumberland Funeral Home chapel with Bro. Claude Hoback officiating. The family will receive friends at the funeral home from 1–2 p.m. For online condolences and complete obituary go to <www.cumberlandfuneralhome.net>.

Linda Elaine Martin Nelson

Linda Elaine Martin Nelson, age 71 of Murphy, N.C., died on Aug. 7, 2019. She was born in Benham, Ky., to Donald and Beulah Gilley Martin Sr. She was preceded in death by a brother, Donald Phillip Martin Jr.

She is survived by daughters, Melissa (Ty) Burnette of Monteagle, Jennifer Loflin of Winston-Salem, N.C. and Andrea (Dennis) Epperly of Aiken, S.C.; 11 grandchildren; and three great-grandchildren.

No services are planned at this time. For online condolences go to <www.towson-rose.com>.



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a series of small things
brought together.”
Vincent van Gogh*

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MLS 2060991 - 240 Maple St., Sewanee.
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1 Jackson Pt. Rd. 12.45 ac	1911600	\$125,600
11 Jackson Pt. Rd. 19+ ac	1911497	\$120,000
7 Saddletree Ln.	1954791	\$75,000
15 Saddletree Ln. 6.12 ac	1978549	\$68,000
9 Saddletree Ln. 2.01 ac	1948632	\$66,000
37 Jackson Pt. Rd. 3.97 ac.	1965687	\$85,000
12 Saddletree Ln. 2.15 ac	1960834	\$79,500



MLS 2042359 - 2120 Lakeshore, Clifftops.
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BLUFF - MLS 1974844 - 1613 Laurel Lake
Dr., Monteagle. 5.3 acres. \$445,000



MLS 1983502 - 174 Carpenter Cir., Sewanee. \$496,000

Blue Chair *(from page 1)*

excited about the Head Honcho because I love the idea of a barbecue biscuit. As the menu actually came together, the Here Kitty Kitty is definitely my favorite.”

The Here Kitty Kitty is a sweet cream biscuit, a stone ground grit-crusted catfish filet, homemade coleslaw and orange marmalade. Wilson said one of his favorites is the Music City Yard Bird, which is a boneless Nashville Hot Chicken thigh, homemade pimento cheese, spring mix and tomato atop a sweet cream biscuit and served alongside homemade ranch dressing.

“There’s such a wonderful explosion of flavors and textures. It’s just a really special dish, and it’s a little less spicy than somewhere like Prince’s or Hattie B’s so more folks can enjoy it,” she said. “With most of my food, the inspiration comes from ADD and just being obsessed with food. I spend way more time than any human should thinking about food, and I wouldn’t have it any other way.”

The Blue Chair is currently operating from its new menu and invites the community to come sample the new creations. The Blue Chair is proud to provide the cafe and tavern facilities, as well as financial support, to Coffee with Coach, Tuesday Night Trivia, Sewanee Spoken Word, Thirst for Knowledge, Sewanee Business Alliance, Village Development Update and more. The Blue Chair is operated in support of The Blue Monarch and The OUTsideIN.

For more information or with any questions about the new menu, call (931) 598-5434.

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Reverse Raffle Tickets Available

The Sewanee Business Alliance is sponsoring a reverse raffle with the grand prize awarded of up to \$5,000. Tickets are \$100 each and no more than 500 tickets will be sold. Proceeds benefit Sewanee Angel Park, Community Action Committee and Housing Sewanee.

Tickets for the reverse raffle are for sale at the following local businesses: Beauty by Tabitha, Big A Marketing, The Blue Chair, Fine Arts at the Mountain and the Lemon Fair. Tickets may also be purchased online at <www.sewaneeangelpark.com>.

The winning ticket will be drawn at the ninth annual Angel Fest on Friday, Oct. 4. The celebration begins late afternoon with children’s games and vendors. The concert begins at 7:30 p.m. The reverse raffle drawing will take place during the concert.

For more information go to <sewaneevillage.com>.

Schools Policy Changes; Cell Phone Policy Unchanged

by Leslie Lytle, Messenger Staff Writer

At the Aug. 12 meeting, the Franklin County School Board approved 14 of 16 Tennessee School Board Association policy recommendations. The board will take up the student-cell-phone-use policy pending committee review. The board also discussed budget concerns, the Sherwood community center renovation, and progress on the new middle schools.

“The cell phone policy now is ‘no cell phones,’” stressed Director of Schools Stanley Bean. “The policy needs to be enforced.” Bean said some teachers allowed cell phone use in their classes creating controversy.

Bean will convene a committee to access where the cell phone violations occur, when, and how many students were sent to Alternative School for cell phone violations. Board member Linda Jones will serve on the committee.

Board Chair Cleijo Walker said according to students she met with, “The violations are overwhelmingly occurring in the cafeteria.”

Board member Chris Guess predicted an increase in cyber bullying with a more lenient cell phone policy.

Most of the TSBA policy recommendations were verbiage clarification or involved only minor changes said Assistant Superintendent Linda Foster. Foster provided an overview of significant changes and additions.

The Testing Programs policy now calls for career assessment testing in the seventh or eighth grade. The policies addressing Separation Practices for tenured and non-tenured teachers provide for the board requesting suspension of a teacher’s license. The Family and Medical Leave policy added “paternity leave.” The new Students from Military Families policy provides for special circumstances related to relocation and deployment. The Attendance policy added a clause allowing attendance to factor into credit or promotion denial.

Taking up the Bus Safety and Conduct policy, the board discussed possible ramifications in allowing parents to view video footage from bus cameras when used. Confidentiality agreement laws require the schools to protect the identity of other students in the video, Foster pointed out. “I’m not sure how we’ll deal with this.”

The Graduation Requirements policy added the requirement of passing the civics test. Secondary Supervisor Diane Spaulding said students would be allowed to take the exam until they passed.

In discussion about the Emergency Preparedness Plan policy, Guess suggested removing the word “armed” from the requirement for “armed intruder” drills. Foster will research the legality of removing the word “armed.”

“We’ve never done a drill with an armed intruder,” said Athletic Director Mark Montoye.

The Fundraising policy requires the board to approve all fundraisers. Foster will research whether approval could be assigned to the director of schools.

Turning to enrollment for the 2019-20 school year, Foster said an additional teacher would probably be needed at Decherd Elementary.

Bean pointed out that when making budget cuts, “We took out the \$200,000 for hiring additional teachers.”

“We don’t have any elementary applicants,” Foster added. “It’s really scary.”

The school board plans to hold a workshop in October to look at possible budget cuts for the 2020-21 school year.

Guess said he expected the percent of property tax money the schools received would probably decrease again next year.

Kathy Pack addressed the board on behalf of the Sherwood Crow Creek Community Center board. Pack said Don Spanos who was overseeing the renovation was taking care of the surveying requirements. Bean said the lease contract would also need to address maintenance of the well, which serves both the community center and convenience center. The community center was formerly the Sherwood Elementary School. The county drilled the well when the school was built.

Updating the school board on the progress of the new middle schools, Construction Manager Gary Clardy said addressing sinkhole problems at South Middle School “was an expensive process. Fortunately we have money set aside for things like this.”

Clardy said the project was “on budget and on schedule.” He acknowledged getting the gyms ready by mid-October “will be a struggle because we had to wait on things.”



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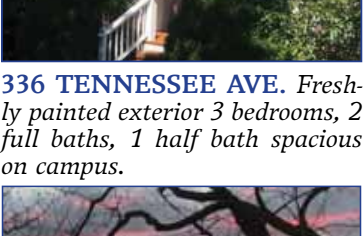
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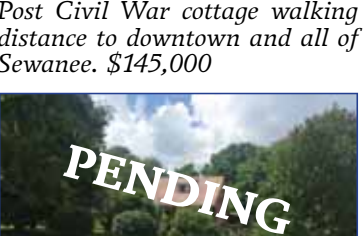
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Morton Memorial Benefits from the Hunger Walk

by Bailey Basham, Messenger Staff Writer

Reverend Jodi McCullah is just beginning her second year with Morton Memorial United Methodist Church, but despite the security she now feels on the Mountain, she said it wasn't long ago that she needed help.

"For a lot of people, it's easy to see yourself in a person that needs help and easy to recognize the potential for being there yourself. Most of us know we're not that far from being in that position, and I hope to God if I need it, there's someone who could help me. I'm not there right now, but I've been there. I've used food stamps, and it was very difficult to admit that I was working but still needed help," she said. "There was a lot of shame involved in that, but there doesn't have to be."

McCullah came to MMUMC last year when the food pantry was in full swing. Morton Memorial United Methodist Church is one of the benefactors of the fifth annual The Hunger Walk, a fundraiser that supports local food assistance programs. Last month, the food pantry served 178 families.

"Almost everybody that comes in here is a working person, they just don't make a living wage," she said. "It's rare that we don't have at least 20 new folks a month. Each month, some folks fall away and new ones come, and especially for the new ones and really young ones, it's very upsetting the first time or two because you don't like the idea that you need help."

But McCullah said the community aspect of visiting with neighbors and catching up with

others at the church provides a crucial aspect that normalizes the process and removes the shame that can be associated with needing food assistance.

"People from the church seem to have a way of making people feel welcome," she said. "They sit in our sanctuary for a couple of hours, and for a lot of them, it's a social time. They catch up with us or with each other, or one or two of them may know about something others need to know about or they may be in similar situations. It's a good chance to get together to talk about life, what they're needing and where they are finding other resources as well."

In years past, the Hunger Walk has raised upwards of \$20,000. For the folks that come to visit with friends and shop MMUMC's food pantry each month, that money can go a long way.

"Last month, we had a woman who said if it wasn't for us, she wouldn't have been able to afford to get new glasses. She was having to make a choice, but because she was able to come get groceries, she could spend the money to get her new glasses so she could see to drive," she said. "We're all in this together — someone may need help this month and not the next month, or maybe they need help for a long while. It's here. We're here."

For more information about the food pantry, call (931) 924-2192, and to get involved with the fifth annual Hunger Walk, which is scheduled for September 28, visit <<http://www.thehungerwalk.com/>>.

Oehmig to Lead Labyrinth Retreat at St. Mary's Sewanee

"When external events compel us to look outward, it is precisely the time when we need to look inward," according to Margy Oehmig, who will lead the retreat, "A Labyrinth Journey: Connecting Your Creativity through Walking and Writing," Sept. 6-8, at St. Mary's Sewanee. Joining her to lead the retreat will be Terry Price.

Through a blend of walking the St. Mary's Sewanee labyrinth, creative writing and journaling, and time for quiet and reflection, the retreat will help participants learn new ways to incorporate the labyrinth into their life. Although no writing experience is necessary, seasoned writers will learn how the labyrinth can enhance their practice.

The labyrinth is a meditative tool, Oehmig said, that offers healing and transformation within its path toward integration and wholeness. Unlike a maze which is designed to block the way and cause confusion, the labyrinth has a single, circuitous path that leads to the center and back out. A metaphor for life and the spiritual journey, it is full of twists and turns as it, time after time, winds its way close to the middle before returning to the outer perimeter.

This retreat is a chance to "come together with others of like mind, to get away in an idyllic setting, away from the routine, the requirements, the numbing repetition of existence, to find and reclaim our art and, therefore, ultimately our lives," Price said.

Oehmig, who lives in Chattanooga, received her training as a labyrinth facilitator at Chartres Cathedral under the tutelage of Lauren Artress, author of "Walking a Sacred Path." She has long been drawn to the labyrinth as a contemplative tool and uses it in combination with her Centering Prayer practice to quiet the mind, still the body, and listen to the quiet voice within. She holds a master's in fine arts in art history.

Price is a writer, photographer, and labyrinth facilitator who holds a master's in fine arts in writing from Spalding University in Louisville. His writing has appeared in many publications including The Trunk, The Tennessee Writer, the Timber Creek Review, New Southerner, The Best of New Southerner and 2nd & Church. His essays have been nominated twice for the Pushcart Prize.

"A Labyrinth Journey" begins at 5 p.m., Friday, Sept. 6 and ends at 11 a.m., Sunday, Sept. 8. For more information or to make reservations, call St. Mary's Sewanee at (931) 598-5342, email <reservations@stmarys-sewanee.org>, or go online to <www.stmaryssewanee.org>.



Margy Oehmig

World Honeybee Day Aug. 17

Mooney's Market is partnering with Mary Priestley to celebrate World Honeybee Day on Saturday, Aug. 17.

Priestley has donated 100 copies of her book "William's Wildflowers" to commemorate this special day and to honor the essential honeybee. The book's narrator is Bea, a honeybee, and features the beautiful botanical illustrations of William Crutchfield as a way to introduce children to our native wildflowers and the importance of bees.

Mooney's will be giving away copies of "William's Wildflowers" to the first 100 customers on World Honeybee Day. There will also be a donation jar for contributions to The Honeybee Conservancy. Check out their work at <<https://thehoneybeeconservancy.org>>.

Drop into Mooney's from 10 a.m. to 6 p.m., Saturday, Aug. 17, and pick up your free signed copy of "William's Wildflowers."

Mooney's Market is located at 1265 W. Main St., Monteagle (just across from the Sand Plant).



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Register for the Fifth Annual Hunger Walk

Food insecurity exists in every county and congressional district in the United States. Food insecurity is defined as not having reliable access to adequate nutritious food. Those that experience food insecurity may not necessarily be insecure at all times during the year—often times families are forced to choose between paying bills or other expenses like buying medicine, and buying groceries to feed themselves and their families.

Hunger issues that people face are intertwined with many other prominent issues in this country. Hunger and access to healthy foods play a large roll in rates of chronic health problems such as diabetes and heart disease, as well as many more. Minorities, children, the elderly, and those living in rural areas are statistically more likely to suffer from food insecurity.

Seventeen percent of rural households are food insecure. Compared to an average of 15.4 percent food insecure nationwide overall, rural areas are more highly affected.

There are numerous organizations dedicated to addressing the problem of food insecurity in the community, including the Grundy County Food Bank, Morton Me-

morial Church and the Community Action Committee. Through a joint effort in the fifth annual Hunger Walk, the Monteagle-Sewanee Rotary Club and Grundy Rotary Club hope to raise awareness about these hunger issues as well as raise money to help end them.

The best way to support The Hunger Walk is to be a community partner through sponsorships. By donating \$250, businesses and individuals can become a partner and have their logo/name featured on Hunger Walk posters and participant T-shirts.

Another way to help out is to walk, showing your support. Registration is free for children under 12, \$15 for students and \$25 for adults. Register to walk at www.thehungerwalk.com.

Registration may also be completed on the day of the walk, Saturday, Sept. 28, at Angel Park in Sewanee. Registration begins at 8 a.m. with the walk starting at 9 a.m. Each walker will receive a T-shirt and a "Hunger is not a Game" sticker.

For more information, go to www.thehungerwalk.com or www.facebook.com/Sewanee-HungerWalk/.

MCCSN 26th Annual Walk-A-Thon

For the past 26 years the Multi-County Cancer Support Network (MCCSN) and its team of volunteers have helped families in the eight-county Middle Tennessee area including Bedford, Coffee, Franklin, Grundy, Marion, Lincoln, Moore and Warren counties who have been affected by cancer, with financial, educational and emotional support.

MCCSN's primary annual fundraiser is the Walk-A-Thon, which will be 6 p.m.–11 p.m., Friday, Sept. 13, at the football stadium, 801 Dinah Shore Blvd., beside the Franklin County Annex building in Winchester.

Teams need to be a minimum of six walkers contributing \$50 each. Luminary candles in memory of or in honor of cancer victims can also still be purchased, as well as quilt raffle tickets.

To form teams, purchase luminary candles, or for any other information regarding MCCSN or the Walk-A-Thon, go to www.MCCSN.org or call (931) 967-0904. Everyone is warmly urged to attend and share a great night full of food, fun and fellowship.

Rotaract Club Relay for Life

The Rotaract Club of Sewanee is sponsoring an American Cancer Society Relay for Life. Relay for Life represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one day cancer will be eliminated.

Last year's event raised \$37,490. This year's goal is \$50,000.

This event will take place from 4 p.m.–9 p.m., Saturday, Oct. 26, at the Hardee-McGee Field at Harris Stadium. For more information on how to donate, form a team or get involved, go to www.monteaglesewanee-rotary.org or email amasock0@sewanee.edu.

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SENIOR CENTER NEWS

The Sewanee Senior Center serves lunch at noon Monday through Friday. The suggested donation is \$4, regardless of your age. Please call 598-0771 by 9 a.m. to order lunch. Menus follow:

Monday, Aug. 19: Grilled chicken salad, crackers, dessert.

Tuesday, Aug. 20: Meatloaf, white beans, turnip greens, cornbread, dessert.

Wednesday, Aug. 21: Sub sandwich, chips, dessert.

Thursday, Aug. 22: BLT soup, pimento cheese sandwich, dessert.

Friday, Aug. 23: Roast beef, gravy, mashed potatoes, green beans, roll, dessert.

Menus may vary. For information call the center at 598-0771.

Regular Activity Schedule

Chair exercises, Mondays and Wednesdays, 10:30–11:15 a.m.; Tuesdays at 10:30 a.m., the group plays bingo, with prizes; Wednesdays at 10 a.m., the writing group gathers at 212 Sherwood Rd.; Fridays at 10 a.m. is game time.

The Sewanee Senior Center does not charge any membership fee. All persons 50 or older who take part in any of the activities are considered members.

Food Available at Area Markets

The Sewanee Gardeners' Market is open every Saturday, 8–10 a.m. in the summer. The Market is located on Hwy. 41A, next to Hawkins Lane and the Mountain Goat Trail.

The South Cumberland Farmers' Market has breads, fruits and vegetables, eggs, coffee and meats available. Learn more online at <http://sewanee.locallygrown.net>.

The Franklin County Farmers' Market is open 7 a.m.–1 p.m., Tuesday, Thursday and Saturday on Dinah Shore Boulevard, Winchester, next to the Franklin County Annex building. Call (931) 967-2741 for more information.



Next gallery reception on Aug. 22nd, 2:30-4 pm featuring Diane Gifty

SCHEDULE through Aug. 27
Mon–Fri, 7:30 am–4:30 pm;
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SES MENUS

**Monday–Friday,
Aug. 19–23
LUNCH**

Monday, Aug. 19: Steak, gravy, mashed potatoes, green beans, veggie cup, roll, fruit.

Tuesday, Aug. 20: Breakfast for Lunch (chicken or sausage, scrambled eggs, potato side-winders, salsa, cherry tomatoes, biscuit) or PBJ, fruit.

Wednesday, Aug. 21: Chicken fajita, taco/cheese cup, potato smiles, salsa, garden salad, Texas ranchero beans, Spanish rice, fruit.

Thursday, Aug. 22: Macaroni/cheese, Sloppy Joe, pinto beans, potato wedges, garden salad, dinner roll, fruit.

Friday, Aug. 23: Pizza, yogurt/cereal bag, buttered corn, cheesy broccoli, veggie juice, cookie, fruit.

BREAKFAST

Each day, students select one or two items.

Monday, Aug. 19: Cheese stick, popart, oatmeal or sausage/pancake stick, 2-pk. popart.

Tuesday, Aug. 20: Biscuit, chicken or sausage or breakfast bar.

Wednesday, Aug. 21: Cheese stick, muffin, popart or yogurt parfait or 2-pk. popart.

Thursday, Aug. 22: Biscuit, chicken or sausage, scrambled eggs or mini donuts.

Friday, Aug. 23: Cereal bar, popart, yogurt, or peanut butter Graham bar or 2-pk. popart.

Options available every breakfast: assorted cereal, assorted fruit and juice, milk varieties.

Menus subject to change.

SCHOOL CALENDAR

Aug. 16-26, Orientation, School of Theology

Aug. 24-27, Orientation For New Students, College of Arts & Sciences

Aug. 26, Quiet Day, School of Theology

Aug. 27, First Day of Classes, School of Theology

Aug. 28, First Day of Classes, College of Arts & Sciences

Aug. 30, Half Day, Professional Development, Grundy County



Participants from the K-3 teacher training.

SCCF Sponsors First Plateau-wide K-3 Teacher Training

On July 23, approximately 45 professional educators comprised of K-3 teachers, classroom coaches, and administrators from Monteagle Elementary, Sewanee Elementary, and Grundy County's six elementary schools gathered for a two-day workshop titled "Unpacking the Standards to Elevate Student Success." Sponsored by South Cumberland Community Fund (SCCF) and held at Monteagle Elementary, this workshop covered concepts that included peer-to-peer support, coaching, and mentoring.

"During the two-day workshop I witnessed eager professionals, dedicated to life-long learning and to their students, enthusiastically engage in activities to improve classroom practices and support each other's professional growth," said Nicky Hamilton, Director of Community Development for SCCF and the University of the South.

The workshop was led by Amanda Leggett, an educational consultant with 15 years of experience as a classroom teacher, team leader, literacy coach, and reading coach mentor and consultant. "By using the newly released TNReady Assessment Blueprints to guide our focus, educators across the Plateau were able to capitalize on unpacking English Language Arts standards to gain an increased understanding of the depth of the standards," Leggett said. "Our theory of action remains that, if educators engage in continued professional learning to lift the content students need, in turn we will have consistent high quality instruction, and achieve an increase in on-grade level readers and writers."

"The two days gave our teachers the opportunity to collaborate and learn new methods for understanding and teaching standards. The training also provided our teachers with tools that will greatly impact student learning. We are so appreciative of SCCF for organizing the training and look forward to other collaborations," said Kathy Hill Moon, Director of K-6 for Grundy County School System. The workshop received excellent reviews from teachers as well, who described their experience as "eye-opening" and "very informative with great collegiality and collaboration with three counties." A follow-up training is scheduled for Oct. 25, from 3:30–6 p.m. at Monteagle Elementary School.

As one classroom coach noted, "The workshop was very beneficial, and the follow-up piece will be a great opportunity for collaboration, sharing, and next steps." Moon said that "The two days gave our teachers the opportunity to collaborate and learn new methods for understanding and teaching standards. The training also provided our teachers tools that will greatly impact student learning. We are so appreciative to SCCF for organizing the training and look forward to other collaborations."

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Contact Information for Your Local Elected Officials

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Anna Palmer: (817) 229-7426

District 2

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Louise Irwin: 598-5864

District 3

Pixie Dozier: 598-5869

Eric Keen: (321) 626-5285

District 4

Phil White: 598-5846

At-large Representatives

Charles Whitmer: 636-7527

Cindy Potter: 598-5773

Kate Reed: 598-3271

Theresa Shackelford: 598-0422

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Helen Stapleton: 598-9731

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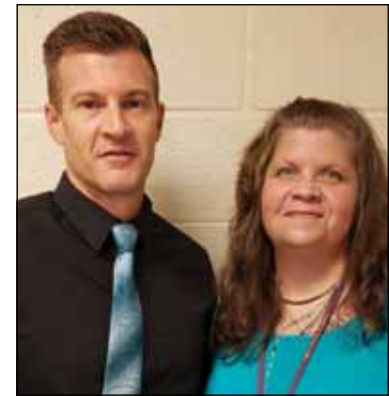
Phone: (931) 967-2905 • Fax: (931) 962-0194

TCE and the Rural STEM Collaborative

Tracy City Elementary School is proud to announce that Michelle Wright was selected to participate in the 2019-20 cohort of the TN Rural STEM Collaborative. With the support from Principal Paul Conroy, Wright will be working with teachers from across the state and with the Tennessee STEM Innovation Network <TSIN.org>. This will help her build skills to lead work in her classroom and the districts that implement STEM best practices for all learners, while developing a network of like-minded educators from around the state.

TCE has teamed with TSIN to begin the process of becoming a TN STEM Designated School. Currently 26 schools in Tennessee hold this honor. TCE is working diligently to become a part of this prestigious list. Wright will be leading the effort, but everyone at TCE has accepted this challenge with eager determination. This is a completely school-wide endeavor.

"We are working hard to move TCE students and Grundy County students to the top of employment opportunities that are higher paying and are in high demand. Our students are worth our hard work," said Wright.



Principal Paul Conroy and Michelle Wright

Opening of School at SAS

St. Andrew's-Sewanee School welcomes a new school year with opening activities. On Friday, Aug. 16, new boarding students move on to campus and all students new to the upper school begin orientation. Returning boarding students move in on Saturday, Aug. 17. Senior parents meet that morning with new Director of College Counseling Dan Monahan to kick off the college application season. Also on Saturday, all students, middle school parents, and returning parents will be on campus for presentations and advisory meetings. Orientation activities continue for students on Saturday afternoon.

All parents are invited to attend a reception at Ayres House on Friday, Aug. 17, from 3–4:45 p.m.

Orientation and opening activities for parents include meetings with their child's house parents and

advisors, training on the school's learning management system and other school technology, and information on health services, private music lessons, Sewanee Symphony Orchestra participation, afternoon programs, and learning resources.

On Monday, Aug. 19, the student body will gather at 8 a.m. for its first all-school Eucharist in St. Andrew's Chapel.

SAS is excited to welcome more than 50 new students this year. Students considering mid-year or 2020-21 are encouraged to contact the Admission Office <admission@sasweb.org>. The fall admission open house will be Sunday, Oct. 6.

Information on preparing for the academic year and the complete schedule of Orientation and Opening Weekend events are available at <www.sasweb.org/parents/2019-2020>.

Michael A. Barry

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2nd Ave Redbuds by Emily May Ragland

Local Art Teacher Show at FC Arts Guild

The Franklin County Arts Guild announces an Art Show of the work of the Art Teachers of Franklin County.

The show, open now, will run through Sept. 1.

There will be a meet the artists reception beginning at 5 p.m., Friday, Aug. 16, held in conjunction with the opening of the latest Community Show "All Creatures."

Participating artists include Kyle Nagel from Rock Creek Elementary, Tiffany Watson from Clark Memorial Elementary, Jaimie Olsen from Decherd Elementary, Emily May Ragland from North Middle School and Vangie Holsted from Franklin County High School.

The Artisan Depot is operated by the Franklin County Arts Guild. Gallery hours are from noon to 5 p.m., Thursday, Friday and Sunday and 11 a.m. to 5 p.m. on Saturday.

For more information about the Artisan Depot or the Franklin County Arts Guild call (931) 313-5686 or email <franklincoarts@gmail.com>.

FC Senior Citizens Craft Fair

The Franklin County Senior Citizens, Inc. will be holding their annual craft fair from 8 a.m. to 3 p.m. on Saturday, Oct. 26, at the Franklin County Annex Building. Vendors for the fair are needed. Tables and booth space are available for \$30.

For more information or a registration form, call (931) 967-9853 or email <fdirector@fsc.Comcastbiz.Net>.

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Upcoming Retreats at ST. MARY'S SEWANEE

A Labyrinth Journey :: Sept. 6-8

Join Margy Oehmig & Terry Price for a weekend away from the distractions of modern life to learn about the history and practice of labyrinth walking.

One River Wisdom :: Sept. 6-8

Rami Shapiro & Gordon Peerman will lead this three-day retreat about Living the Surrendered Life and the gift of grace this surrender offers.

Calm & Clear Meditation :: Sept. 13-17

Join Art Giacalone for a five-day retreat to learn the simple yet elegant techniques for the development of a Calm-Abiding meditation practice.

Celtic Christianity :: Nov. 8-10

Paul John Martin will lead this three-day retreat that will explore Celtic Christianity: A Way to Live.

For more information or to register, go online to <www.stmaryssewanee.org> or call (931) 598-5342



Art Wednesdays at Artisan Depot

The Franklin County Arts Guild invites community members interested in the visual arts to come to the Artisan Depot Gallery & Gift Shop for Art Wednesdays. Anyone can participate. Age and skill level do not matter.

The group meets every Wednesday from 10 a.m. to 12:30 p.m. Everyone brings their own art supplies and projects. Sometimes everyone works on individual projects and sometimes we get one of the members to do a mini-workshop for anyone interested. Wednesday Art is a great place to seek advice on technique, supplies, and get input on projects from the group. There are no fees.

Artisan Depot Gallery is located at 204 Cumberland St. E, Cowan.

At the Galleries

Artisan Depot

A member show by Julie Barnett Cataldo will be on display through Sept. 8. The community show "All Creatures" will be on display through Oct. 27. The opening reception is at 5 p.m., Friday, Aug. 16.

The Artisan Depot is located at 204 Cumberland Street in Cowan. Gallery hours are from noon to 5 p.m., Thursday, Friday and Sunday and 11 a.m. to 5 p.m. on Saturday.

The Frame Gallery

The Frame Gallery will feature works by the Broad Mountain Rugers through August.

Artists of the hooked textiles include Cass Gannaway, Charlie Dalton, Karin Knoll Money, Elizabeth Core, Sheila Whiteman, Celia Wallace and Christi Teasley.

The Frame Gallery is located at 12569 Sollace M. Freeman Hwy., Sewanee. Hours are 10 a.m. to 5 p.m., Tuesday through Friday, and 10 a.m. to 2 p.m. on Saturday.

Stirling's Coffee House

Stirling's Coffee House will present collages by artist Diane Getty through August.

Stirling's is located on Georgia Avenue. Current summer hours are Monday-Friday, 7:30 a.m.-4:30 p.m., and closed Saturday and Sunday, through Aug. 27.

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ALOOKBACK

*from the pages of the Sewanee Mountain Messenger
 Sewanee Now and Then by Elizabeth N. Chitty*

Sewanee Summers from the June 23, 1989 issue

Many of the current Sewanee summer programs had precursors. Very little "under the sun at Sewanee" has not been tried before, except, perhaps, the sessions on St. Catherine's Island in Georgia.

Until 1908 the school year ran from March to December, with a long winter vacation. The College was in regular session in the summer, as well as the other departments, theology, medicine, grammar school (academy) and law. Commencement came in August, and later in June. Finally, beginning in 1908, the summer vacation was abandoned in the hope that an academic calendar like those of other colleges would bolster the failing enrollment. Enrollment eventually recovered but there were several lean years with less than 20 in the seminary, while medicine and law were abandoned entirely. One theory about the football success of the first decade of the century was that the team had been on the Mountain all summer before the season.

Some summer programs bore college credit with the students considered matriculants, but others did not provide credit or matriculation status.

The first summer music school was held in 1896, with 10 students of 1896 including at least two women, first to appear in a Sewanee catalogue though not as matriculants. An organ student was Huger W. Jervy, later dean of the law school at Columbia University. The next effort at summer music instruction was Roy Harris's Cumberland Forest Festival in 1950-51, held jointly with Peabody College, with concerts in Nashville and Sewanee. Loren Maazel, who received an honorary degree at May's special convocation, was a 20-year-old guest conductor of the Pittsburgh Symphony to which he had just returned. The Sewanee Summer Music Center is now in its 33rd season, with Martha McCrory involved from the beginning. It is the largest annual summer program of all, with about 250 faculty and students, some working for academic credits.

The first summer instruction for clergy began in 1888 and continued for three years. Another effort in 1904 lasted for three years including in 1906 six current or future bishops. In 1947 Dr. Royden Keith Yerkes opened the Graduate School of Theology which except for the war years 1942-46 continued until it was succeeded by the current Doctor of Ministry program.

Summer program in Christian education sponsored by the Province of Sewanee (southern dioceses east of the Mississippi River) included the Sewanee Summer Training School in 1910 which lived to celebrate its 50th anniversary. In the 1920s an annual conference brought young people from all over the South. Mrs. M. Bowyer Stewart of Tennessee Avenue met her husband at one of those. The flowers on the All Saints' altar in June in memory of the Rev. Gardiner Tucker (field secretary of the provincial board of religious education), the inoperative water fountain on the side of Guerry Hall, and a tablet in All Saints' bearing the words of his "Towered City" are physical reminders of those summer programs. An annual provincial layman's conference brought a large attendance in the 1940s and 50s. Diocesan conferences and camps are now the sites of such gatherings.

Other summer schools thrived for a while but were discontinued. Greek in 1886-88 with Professor Basil Gildersleeve of John Hopkins (an uncle of Mrs. Mary Gibson Kirby Koski) had such distinguished students as future bishops Gailor and Guerry, Dr. William Porcher DuBose, and future vice-chancellor William B. Hall. There were summer lectures in English in 1890 and one on Principles of Dramatic Construction in 1889. The French School for graduate and undergraduate students was held in 1937 and 1938, at which the students included Father Flye from St. Andrew's, Mrs. R.M. Kirby-Smith, Gen. James P. Jervy, professor of mathematics, and Mrs. George Reynolds, mother of the present Bishop of Tennessee.

The Sewanee Summer Institute of Science and Mathematics in the 1960s was sponsored by the National Science Foundation. The first women to earn degrees from the University were graduates of that program. There was a parallel program for high school students called SSI which provided some later matriculants in the College.

The nearest thing to the present Sewanee Summer Seminar were courses of lectures in 1908-12 given by the University Extension Department and directed by William Norman Guthrie, later rector of St. Mark's in the Bouwerie in New York. A design for his house on the Degen site appears in the list of Frank Lloyd Wright's work. It was later built but not in Sewanee.

The annual meeting of Delta Kappa Gamma sorority now has a longevity record for non-academic gatherings.

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Tillinghast at FYP Poetry Reading

Poet Richard Tillinghast (C' 64), will present a variety of his poetry, including parts of "Sewanee When We Were Young" in Sewanee Poems and "Sewanee and the Civil War" in Journeys into the Mind of the World at 1:30 p.m., Sunday, Aug. 18. The event is free and open to the public. The reading is part of the University's first-year program, Finding Your Place (FYP), which is in its seventh year. Tillinghast has been an integral supporter of the program from day one and as such has donated his time and inspiration to over 1,000 students through these years.

The reading will be held in Convocation Hall.

F@H Art Classes for Elders

Join Diane Getty and Folks at Home for this four-part series of Art classes for Elders centered on capturing the State of Tennessee through various artistic mediums!

Classes will be held at the Sewanee Senior Center on Tuesdays and Thursdays in October from 2 to 4 p.m., Oct. 1 through 24.

The deadline to register is Tuesday, Sept. 24.

The classes are "Tennessee Collage and Prints," "Tennessee Trees

and Treasures," "Our State in Stitches," and "Exploring Maps."

There is no charge for these classes. They are generously-funded through the Tennessee Arts Commission, The South Cumberland Community Fund and a private donor. Seating is limited, so please contact Folks at Home to register in advance.

For more information call (931) 598-0303 or email <adminfolk-sathomesewanee@gmail.com>

Apprentice Program with Tennessee Craft

Tennessee Craft, in partnership with the Tennessee Arts Commission, announces the opening of the 2020 Master Artist/Apprentice Program (MAAP) application process. This mentoring program offers emerging artists a unique opportunity to learn traditional and contemporary craft skills firsthand from master craft artists.

All artists in the program choose challenging goals that will advance their skills and knowledge as craft artists. The MAAP was created to boost artists to the next level of their professional development during an intensive six-month one-on-one mentorship, not typically available in most learning environments.

Blaque Reily, a jewelry artist from Nashville, was paired as an apprentice with Master Jeweler Renee Ford of Franklin during the 2019 MAAP program. Reily said, "Having an open line to a master in my craft over a period of six months was really the gem of this apprenticeship. It is rare for a newer craftsperson to have timely access to a seasoned professional's wealth of knowledge, which is compounded by the fact that this is often sensitive or proprietary information that people are less willing to share. The MAAP program, and Renee's mentorship have broadened my horizons in terms of what is technically possible, and how I might go about it."

Awarded apprentices receive a \$1,800 stipend to work with their chosen master from Dec. 1, 2019 to June 15, 2020. Deadline for applications is Nov. 1. For more information, email <info@tennesseecraft.org>.

Festival Planned for Baggenstoss Farms

Baggenstoss Farms announced the first-ever blues music festival planned for Tracy City, Tenn. The inaugural Bigfoot Blues Festival, a two-day music festival to be held on Oct. 18 and 19. The festival will be headlined by renowned blues rock guitarist/songwriter Kenny Wayne Shepherd Band who will delight music lovers and outdoor enthusiasts along with a lineup of celebrated artists and exciting activities.

Sponsors of the event include the Chattanooga Market, KZ106 FM, Jim Oliver's Smoke House, Mountain Goat Market, Shenanigans Restaurant, Songbirds and Woody's Bicycles. A portion of proceeds will be donated to regional initiatives to address mental health issues and suicide prevention.

The venue can accommodate 25,000 attendees. Ticket prices begin at \$60 for a single day pass. Tickets are available in three tiers for one or both days. Tent and car camping prices begin at \$20. RV camping spaces cost \$125. Tickets are available for purchase now on <www.bigfootbluesfest.com>. Additional information about the event will be released in the coming weeks.

Bigfoot Blues Festival will be the region's first blues-centric event to be held on the grounds of Baggenstoss Farms. More information may be found online at <www.bigfootbluesfest.com> or on Facebook at <https://www.facebook.com/BigfootBluesFestival/>.

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Shop and dine locally.



Collage by Diane Getty

Collages on Display at Stirling's

Diane Getty's collages are on display at Stirling's Coffee Shop during the month of August. A reception will be held from 2:30-4 p.m., Thursday, Aug. 22. Come and meet the artist and see a range of both fabric and paper collages.

Of her art Diane says, "I enjoy exploring many topics from serious to humorous in many media." She and her husband Kelly divide their time between Sewanee and Baltimore, Md.

'Mamma Mia!' Comes to Cannon County

More than 60 million people worldwide have fallen in love with the characters, the story and the music that make "Mamma Mia!" the ultimate feel-good show. "Mamma Mia!" will run from Aug. 16-31.

ABBA's hits tell the story of a young woman's search for her birth father. This sunny and funny tale unfolds on a Greek island paradise. On the eve of her wedding, a daughter's quest to discover the identity of her father brings three men from her mother's past back to the island they last visited 20 years ago.

The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show. A large cast, non-stop laughs and explosive dance numbers combine to make "Mamma Mia!" a guaranteed smash hit. A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget.

The Arts Center is located on 1424 John Bragg Hwy., just west of the town of Woodbury, approximately 20 minutes from Murfreesboro, Manchester and McMinnville and one hour southeast of Nashville. Office hours are 10 a.m. to 4 p.m., Tuesday through Saturday. For more information call (615) 563-2787 or visit <www.artscenterofcc.com>.

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Sophomore Cecilia Schutz of Sewanee, practices her ballhandling skills during pre-season soccer practice at St. Andrew's-Sewanee School.

SAS Kicks Off Fall Athletics Season

More than 130 students, over half the student population, will participate in interscholastic athletics at SAS this fall. Fall athletics at SAS include mountain biking, golf, football, girls' soccer, varsity volleyball, and cross country. St. Andrew's-Sewanee's education-based athletics program is known for the breadth of its offerings, for cultivating and challenging student athletes regardless of their starting skillset, and for encouraging student-athletes to participate in multiple sports. Last year, six of the school's athletes qualified for state competitions.

The cross country team will host the Mountain Lion Invitational on Sept. 27 and the mountain biking team will host the state mountain biking championship on Nov. 2.

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Facilitated by Cissy Mynatt: An experienced nonprofit, government, and business consultant.

Join us for a meal and thoughtful Plateau-wide conversation on how to build upon successes, find common goals, and determine how we can work together for the well-being of our communities.

Please RSVP at southcumberlandcommunityfund.org

<p>OCTOBER 15TH 12:00 - 2:00 PM OR OCTOBER 15TH 6:00 - 8:00 PM</p> <p style="font-size: small;">DuBose Conference Center Coalmont Community Center</p> <p style="font-size: small;">Lunch Provided Dinner Provided</p>	<h2 style="margin: 0;">CHILD CARE PROVIDED</h2>
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Volleyball Announces 2019 Schedule

Announced by second-year head coach Nancy Mueller-Culver, the Sewanee volleyball team's 2019 schedule has been announced.

Sewanee will face four new opponents in the program's history since the 1991 season, and they will take on three ranked opponents based on last year's coaches poll by the American Volleyball Coaches Association (AVCA).

The Tigers will open the season with the Emory Invitational Aug. 30-31. Sewanee will face Guilford (N.C.), Johnson & Wales (R.I.), Piedmont (Ga.) and defending national champion Emory (Ga.).

The next weekend, Sept. 6-7, the Purple and Gold are in Bloomington, Ill. on the campus of Illinois Wesleyan for the Holiday Inn Express Classic I.

The three opponents the Tigers will face, Otterbein (Ohio), Illinois Wesleyan and Millikin (Ill.) will be the first time the teams square off with each other.

Additionally, Illinois Wesleyan finished 10th in the final AVCA poll and a regional finalist a year ago.

Sewanee will next host the Sewanee Invitational Sept. 13-14 inside Juhan Gymnasium. Centre, LaGrange (Ga.), Mississippi University for Women and Agnes Scott (Ga.) join Sewanee for the two-day event.

The conference opener for the Tigers will be a part of this weekend tournament, as they face the Colonels to start the Invitational.

The remainder of Sewanee's home schedule will include Birmingham-Southern and Millsaps (Oct. 5-6), Rhodes and Hendrix (Oct. 12-13) and Berry and Oglethorpe (Oct. 25-26).

The schedule concludes with road matches at Covenant (Ga.) (Oct. 30) and a tri-match at Emory & Henry (Va.) with Salem (Va.) (Nov. 3).

The 2019 SAA Tournament will occur on Nov. 8-10 at the highest seed.

The Tigers finished with a 20-8 record in 2018, recording the third-most wins in the program's history.

Head coach Nancy Mueller-Culver enters the 2019 campaign with 194 career wins over 11 seasons as a collegiate head coach.

Football Releases 2019 Schedule

The 125th anniversary of Sewanee football revs up on Saturday, Sept. 7, as third-year head football coach Travis Rundle releases the 2019 football schedule.

Sewanee opens the season at Historic Hardee-McGee Field at Harris Stadium on Sept. 7 at 1 p.m. with a contest with Southwestern (Texas). It will be the first-ever meeting between the two schools and the 102nd opponent in Sewanee's storied football history.

The team will alternate home and away games throughout the season. Sewanee's conference opener will be over Family Weekend Sept. 21 against Birmingham-Southern. The contest will be under the lights at 6 p.m.

The annual Orgill Cup game will be in September in 2019, as Sewanee battles the cross-state rival Rhodes in Memphis on Sept. 28.

Homecoming will take place on Saturday, Nov. 2 against Millsaps at 1:30 p.m.

Sewanee's bye week will occur on Nov. 9 before wrapping up the regular season the next weekend at Hendrix.

The Tigers finished with a 4-6 record in 2018, recording the most wins in a season since 2013.

Head coach Travis Rundle enters the 2019 campaign with a 7-13 career record with Sewanee as he begins his third season at the helm.

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Sewanee Youth Cleat Exchange

A cleat exchange will be on Saturday, Aug. 17, at the Sewanee Community Center. Donations are accepted from 10-11:30 a.m. Donors get first choice from 3:30-5 p.m. The exchange will be open to all 5-6 p.m.

Bring used/clean cleats to the front porch of the Community Center. The shoes will be labeled by size, disinfected and recorded with the donor's name.

If you donate, there is no guarantee you will get the size you need later.

All extra pairs will go to local programs for kids who need cleats.

The Community Center is located at 39 Ball Park Rd., Sewanee.

MGT Parkrun

The Mountain Goat Trail Parkrun is a free, weekly, timed 5K event. The fun starts on Saturdays at 9 a.m. at Pearl's in Sewanee. All skill levels are welcome and participants can walk, jog or run. Register at parkrun.us/register, print the barcode and show up.

HOME GAMES

Tuesday, Aug. 20

4 p.m., SAS Varsity Girls' Soccer vs. Community School

Wednesday, Aug. 21

3:30 p.m., SAS Golf vs. Collegedale Academy

Thursday, Aug. 22

3:30 p.m., SAS Golf vs. Webb

Tuesday, Aug. 27

3:30 p.m., SAS Golf vs. Silverdale Baptist Academy

4:30 p.m., SAS JV Volleyball vs. Marion County

5 p.m., SAS Varsity Girls' Soccer vs. Boyd Buchanan School

5:30 p.m., SAS Varsity Volleyball vs. Marion County

Thursday Aug. 29

4 p.m., SAS Football vs. Riverside Christian Academy

Saturday, Aug. 31

11 a.m., University Field Hockey vs. DePauw

Sunday, Sept. 1

University Women's Golf, Oglethorpe/Belmont Tri-Match

Tuesday, Sept. 3

4 p.m., SAS JV Volleyball vs. Berean Academy

5 p.m., SAS MS Girls' Soccer vs. Lincoln County

5 p.m., SAS Varsity Volleyball vs. Berean Academy

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Women's Soccer Home Opener, Sept. 4

Announced by 11th-year head coach Patrick Johnston, the 2019 Sewanee women's soccer schedule has been announced. Fifteen matches are on the slate for the season, eight at Puett Field.

Sewanee will start the season on the road with a contest at Emory on Aug. 30.

The Tigers' home opener takes place on Sept. 4 with a midweek battle with Covenant.

The conference opener begins with Berry on Sept. 28 at home.

The Purple and Gold will face two new opponents in 2019: Alabama-Huntsville and Dalton State (Ga.).

Sewanee will have two opponents that they have not faced in recent years. Sewanee and Emory & Henry will play for the first time since 2010 and Washington & Lee is on the schedule for the first time since 2012.

The team will have three chances to reclaim a series lead, as they are tied with Covenant, Washington & Lee and Berry in their respective season series.

The 2019 Southern Athletic Association (SAA) Tournament begins Nov. 2 with quarterfinal matches hosted by the top-four schools in the standings. The semifinals and championship, scheduled for Nov. 8 and 10, will be hosted by the highest remaining seed.

Sewanee finished with a 6-11-2 mark in the 2018 season and a quarterfinalist in the SAA Tournament.

Head coach Patrick Johnston enters his 11th season at the helm of the women's soccer program, recording a 92-73-14 overall record.



Field hockey team.

Field Hockey 2019 Schedule

Announced by first-year head coach Steve Simpson, the 2019 schedule of Sewanee field hockey has been announced.

The Tigers will be on the road for much of 2019, as nine of the 15 games will be away from Puett Field.

Despite the road-heavy schedule, Sewanee will open the season on Aug. 31 at home against DePauw (Ind.).

The Purple and Gold will face one new opponent in Southern Virginia at home Sept. 13 and 14.

The Southern Athletic Association opener will take place Oct. 5 at Rhodes, defending conference tournament champions.

The Tigers will play two games against each conference opponent, but just one game from the season series will count to the conference record.

The 2019 SAA Tournament will occur on Nov. 8-10 on the campus of Transylvania University.

The Tigers wrapped up the 2018 season with a 10-6 record and finished in the opening round of the SAA Tournament.

Head coach Steve Simpson enters his first year as the head coach of the Tigers field hockey program.

Men's Soccer Faces Three New Opponents in 2019

Announced by sixth-year head coach Tony Pacella, the Sewanee men's soccer team has announced the program's 2019 schedule.

Of the 17 matches on the schedule, the team will face three new opponents in 2019: Brevard (N.C.), East Texas Baptist and Dalton State (Ga.).

Sewanee will open the season Aug. 31 with the Berry Invitational in Mount Berry, Ga. with matches against Brevard (N.C.) and DePauw (Ind.).

The battle of the Tigers from the State of Tennessee and the State of Indiana will resume its series on the pitch for the first time since 2010. Sewanee's last win came at Puett Field on Sept. 25, 2009 in a 2-1 double overtime victory. Of the 15 meetings between the two schools, six have gone into extra time.

The Kyle Rote, Jr. Invitational returns on Sept. 6-7 as Covenant (Ga.), Eastern Mennonite (Va.) and Berry will participate in the tournament. The Purple and Gold will face the Royals of EMU in the home opener on Sept. 6 at 6 p.m., and then they will take on the Scots of Lookout Mountain the next day at 4:30 p.m.

The next weekend, the team will make a trip to the Lone Star State Sept. 13-14 to take on East Texas Baptist and LeTourneau.

Other non-conference matches include: Guilford (N.C.), Emory (Ga.), Dalton State and Piedmont.

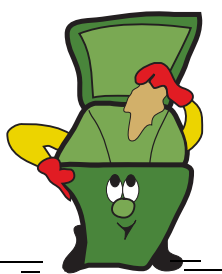
Sewanee will open conference play at home Saturday, Sept. 28 against Berry.

The 2019 Southern Athletic Association (SAA) Tournament begins Nov. 2 with quarterfinal matches hosted by the top-four schools in the standings. The semifinals and championship, scheduled for Nov. 8 and 10, will be hosted by the highest remaining seed.

Sewanee finished the 2018 campaign with a 7-9-1 overall record and a quarterfinal appearance at the SAA Tournament.

Pacella enters his sixth year as head coach of the Sewanee men's soccer program, posting a 33-49-7 career record.

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Restoring 5,400 Acres of Cumberland Plateau Habitat

Through a recently awarded grant, more than 5,400 acres of shortleaf pine forests on the Cumberland Plateau will be restored and enhanced. A collaboration among several organizations will use prescribed fire and strategic plantings to revitalize this vanishing habitat that is critical to several species.

The project will be implemented by The Forest Stewards Guild and Tennessee Wildlife Federation through its Habitat Conservation program. Habitat improvement efforts will also be supported by The University of the South, Berea College, Tennessee Department of Environment and Conservation, Tennessee Wildlife Resources Agency, and The Forestland Group.

The \$200,000 grant was awarded by the National Fish and Wildlife Foundation (NFWF) through its Cumberland Plateau Stewardship Fund and will be matched by the partnering organizations and The Lyndhurst Foundation to double its impact. This grant is one of seven projects recently funded by NFWF.

"We're excited to continue working hand-in-hand with Tennessee Wildlife Federation and other partners on the Cumberland Plateau," said Nick Biemiller, southeast regional coordinator for the Forest Stewards Guild. "This project will increase capacity for prescribed fire and restore shortleaf pine ecosystems across thousands of biologically significant lands in the Cumberland Plateau."

Native pine-oak forests on the Plateau are dominated by a mixture of shortleaf pines and oaks. Both Tennessee and Kentucky have experienced a 70 to 80 percent reduction in shortleaf pine since 1980. Causes of the decline include the absence of fire on the landscape, failure to replant shortleaf pine after management activities, conversion to non-native forest types, and disease.

"Much of the restoration will happen on recently cleared pine plantations and on some of Tennessee's most heavily used public lands for hunting, hiking, and wildlife watching," said Chris Roberts, director of conservation at Tennessee Wildlife Federation.

The project will restore native pine-oak forest habitats on the Plateau by engaging landowners at demonstration forests and creating forest management plans that are compliant with federal cost-share programs. Restoration activities to enhance wildlife habitat will include responsible timber management, prescribed burns, and planting shortleaf pine.

The Federation and the Guild are working with private Tennessee landowners interested in the project.

"It's exciting to see so many landowners interested in restoring forest habitats on the Plateau—to return to its natural state and better support wildlife," said Roberts. "As part of my habitat conservation work with the Federation, I'm encountering more and more landowners interested in taking a more long-term approach to managing their land."

Landowners who believe their property may be a fit for large-scale habitat restoration are encouraged to contact Tennessee Wildlife Federation at <info@tnwf.org>.

In addition to working with landowners, the grant will support projects on large tracts of public land. Already selected for restoration are more than 2,000 acres within Grundy County's Savage Gulf State Natural Area and more than 2,000 acres within the Bridgestone-Firestone Centennial Wilderness in White County.

"We are pleased to see this grant awarded and to be a part of this collaborative effort," said Jim Bryson, deputy commissioner of the Tennessee Department of Environment and Conservation. "As part of South Cumberland State Park and on the Registry of National Natural Landmarks, Savage Gulf State Natural Area is one of our state's most scenic areas and supports a number of high-quality natural communities and rare species. This restoration effort is recognition of the importance of the habitat at Savage Gulf and will meet a significant need."

This latest grant is an expansion of an earlier collaboration among NFWF and these Tennessee and Kentucky partner organizations. For both public and private lands, the first phase restored nearly 1,000 acres and created habitat management plans for more than 14,000 acres. The latest grant funds the implementation of more of these plans.

For more information go to <<https://www.nfwf.org/cumberland/Pages/home.aspx>>.



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NATURENOTES

by Yolande Gottfried



"Punctuation" Butterflies

A striking orange and brown-black butterfly was sunning on our doorstep a few days ago, a Question Mark. This and a very similar one, the Eastern Comma, are fairly common in our area, although their caterpillar host plants are not all that common. Those are elm, hackberry, and nettles. These butterflies are in a genus called anglewings, and indeed their wings have a very scalloped appearance. Their scientific names reflect the "punctuation" aspect - Polygonia interrogationis and Polygonia comma. The question mark is a tiny silver curve and dot on the underside of the hindwing, while the comma is just the tiny curve. Another more conspicuous way to tell them apart is the narrow blue border on the wings of the Question Mark. This group is different from most other butterflies in that they do not nectar on flowers but on rotten fruit and tree sap. Also, they may overwinter as adults in cold areas, sheltering in tree cavities or cracks in human dwellings, and they can be migratory.

Sewanee Herbarium Events

Lake Cheston—Saturday, Aug. 17, 9 a.m., with Yolande Gottfried. An easy walk around Lake Cheston to view plants that love the shoreline, such as ladies-tresses orchids and meadow beauty. Meet at the pavilion above the beach area.

Nature Journaling—A group meets for nature journaling Thursdays from 9-11 a.m. Come try it out. Bring an unlined journal (or a few sheets of unlined paper) and a pen or pencil. No experience needed. The group meets in Spencer room 173. As the weather turns pleasant, the group may meet elsewhere. For more information email <mpriestley0150@gmail.com>.

For more information contact Yolande Gottfried at the Herbarium (931) 598-3346, or email <ygottfri@sewanee.edu>.

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Registration Open for Tennessee Naturalist Program

The Friends of South Cumberland are now enrolling students in the 2019-20 Tennessee Naturalist Program (TNP), which begins in September.

TNP is a series of 10 four-hour classes, designed to introduce adult learners to the natural history of Tennessee. Graduates will join a corps group of volunteers who provide nature education, outreach and service to the South Cumberland State Park.

Classes are offered from September to November, and from February to May, and are usually held on Saturday mornings. Classwork is divided between lectures, hands-on activities and many hours of outdoor immersion. Topics include geology, forests, plants, mammals, birds, reptiles and amphibians, aquatic ecosystems, trail building and interpretation. In addition to classwork, 40 hours of volunteer work are required to receive the Tennessee Naturalist certification. The fieldwork portion of the course can be physically demanding, with off-trail hikes on steep hills and rough terrain, and some night activities.

The class of 22 is expected to fill quickly. Registration is on a first-come, first-served basis. Cost of the program is \$250 per person for current Friends members. Non-members may participate for \$275, which includes a year's membership in the Friends. Participants receive a field notebook, hand lens, and a jump drive containing all class materials.

To learn more or to register, visit <https://www.friendsofsouthcumberland.org/tn-naturalist-program.html>.

Join the Arbor Day Foundation

Spruce up your landscape by joining the Arbor Day Foundation in August.

Everyone who joins the Arbor Day Foundation with a \$10 donation will receive 10 free Colorado blue spruce trees or 10 white flowering dogwood trees through the Foundation's Trees for America campaign.

The trees will be shipped post-paid between Oct. 15 and Dec. 10, depending on the right time for planting in each member's area. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge.

"Colorado blue spruce trees truly provide year-round beauty for any landscape," said Matt Harris, chief executive of the Arbor Day Foundation. "Dogwood trees will add color and beauty to your yard throughout the year, with their showy spring flowers, scarlet autumn foliage, and red berries that attract songbirds in the winter."

New members of the Arbor Day Foundation will also receive The Tree Book, which includes information about tree planting and care, and a subscription to Arbor Day, the Foundation's bimonthly publication.

Join online at <arborday.org/august> or send a \$10 membership contribution by Aug. 31 to Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410. Please note if you want 10 free blue spruces or 10 free dogwoods.



Leia



Emerald

Pets of the Week Meet Leia & Emerald

Leia is a one-year-old lab/hound mix with a zest for life and spunky personality. Leia could no longer be cared for in her home, and ended up in the shelter by no fault of her own. Leia enjoys playtime and loves to play with other dogs. She is very social with all the staff members and loves to be the center of attention. We believe Leia would do well in a home with older children and other pets. Leia is up-to-date on vaccinations, heartworm-negative, spayed, and microchipped. Come see Leia today, she will certainly light up your day with her charm!

Emerald is a one-year-old dilute tortoiseshell cat with a very friendly personality. Named for her stunning emerald green eyes, Emerald has a stunning appearance and a fun personality to match. Emerald took several days to warm up in the shelter environment and took refuge in the community room window, but now she is perking up. Emerald rushes to the door each time she hears a human approaching so she can be petted and loved on. She brushes up on your legs with a welcoming purr and loving wink. We think she would do well in a variety of homes where she can be a part of the family like she longs to be. Emerald is up-to-date on vaccines, spayed, FEV/FeLV negative, and microchipped. All she is missing is a nice home and family to cuddle her.

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.

State Park Offerings

Please note: To confirm that these events will occur as listed go to <http://tn-stateparks.com/parks/events/southcumberland/#/?park=south-cumberland> or call (931) 924-2980.

Tuesday, Aug. 20

Trailwork in Collins Gulf (free)—Join Ranger Dan Wescoat at 9 a.m. at Collins West Trailhead, 2689 55th Ave., Gruetli-Laager, for a day of building trail in Collins Gulf, working on a reroute leading to Horsepound Falls. You'll hike approximately 1.5 miles to the worksite through some difficult terrain, and hike back out to conclude the day. Wear sturdy closed-toed shoes, bring plenty of water and snacks, and if you have a favorite pair of work gloves or trail tools, feel free to bring them too.

Saturday, Aug. 24

Denny Cove Volunteer Day (free)—Meet Ranger Ryan Harris at 1:30 p.m. at Denny Cove Trailhead, 5949 Hwy. 150/U.S. 41, for a few hours of trail maintenance. You'll be cutting back vegetation leaning over onto the trail, picking up trash, and removing trees lying across the trail. Bring water, snacks, and a favorite cutting tool if you have one (no chain saws).

Stone Door Geology Hike (free)—Join Ranger Spencer Baxter at noon at Stone Door ranger station, 1183 Stone Door Rd., Beersheba Springs, for a scenic 2-mile roundtrip hike to Stone Door to explore the SCSP geology. You'll see the grand stone staircase and the breath-taking overlooks of Savage Gulf. You will learn about some of the incredible geology in the Park and in the state of Tennessee. Sturdy boots, water, snacks, bug and sun protection are strongly recommended.

The Field Expedient Atlatl (Adults, \$6; 12 and under, \$3)—Join Ranger James Holland at 2 p.m. at the SCSP Visitors' Center, 11745 U.S. Hwy. 41, Monteagle, to learn how to quickly make a basic field expedient atlatl and darts. Instruction will focus on making the atlatl using only limited materials that may be found in a backpack or readily available in a natural environment. Although it may not be a work of art, the field expedient atlatl will be functional and can be improved upon as time permits. All materials will be provided and participants may keep the atlatl they construct during the program.

The South Cumberland State Park Visitors' Center is located on Highway 41 South between Monteagle and Tracy City and is open 8 a.m.-4:30 p.m. seven days a week. For more information call (931) 924-2980.

WEATHER

DAY	DATE	HI	LO
Mon	Aug 05	83	65
Tue	Aug 06	84	67
Wed	Aug 07	83	67
Thu	Aug 08	82	71
Fri	Aug 09	84	71
Sat	Aug 10	86	67
Sun	Aug 11	86	68

Week's Stats:
Avg max temp = 84
Avg min temp = 68
Avg temp = 76
Precipitation = 0.22"

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Sweeton Home Restoration is committed to employing only United States citizens and aliens who are authorized to work in the United States. We will provide equal employment opportunity to all persons regardless of race, color, national origin, religion, gender, age, marital status, veteran status, handicap, disability, sexual orientation, or any other category protected by local, state or federal law.

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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

Back to School

School days school days
Dear old golden rule days
Readin' and 'ritin' and 'rithmetic
Taught to the tune of the hickory stick
You were my queen in calico
I was your bashful barefoot beau
And you wrote on my slate
"I love you, so" When we were a couple of kids

-William Cobb, *School Days* (1907)

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Community Calendar on the go!

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Community Calendar

Friday, Aug. 16

Orientation, School of Theology, through Aug. 26
Opening of School, SAS

- 7 a.m. Curbside Recycling
- 8:30 a.m. Deep Stretch Yoga, Darrylann, Comm. Ctr.
- 9 a.m. CAC office open, until 11 a.m.
- 10 a.m. F@H Tai Ji Quan, Comm. Ctr.
- 10 a.m. Game day, Senior Ctr.
- Noon Spinal Spa, Kim, Fowler Ctr.
- 5 p.m. Reception, Art Teachers of Franklin County show, Artisan Depot, until 7:30 p.m.

Saturday, Aug. 17

- 8 a.m. Sewanee Gardeners' Market open, Hawkins Lane, until 10 a.m.
- 8:30 a.m. Gentle Yoga, Robie, Comm. Ctr. (\$8)
- 9 a.m. Amerian Legion Post 51, Legion Hall, University Ave.
- 9 a.m. Herbarium Lake Cheston walk, Gottfried, meet at pavilion above beach area
- 9 a.m. MGT 5K Parkrun, Pearl's parking lot
- 9:30 a.m. Duck River EMC Annual Meeting, FCHS
- 9:30 a.m. Free Legal Help Clinic, GCHS Library, 24970 S.R. 108, Coalmont, until noon
- 10 a.m. Sewanee Youth Cleat Exchange: intake until 11:30 a.m.; donors get first choice 3:30-5 p.m.; exchange open to all 5-6 p.m., Comm. Ctr.
- 11:15 a.m. UDC Kirby-Smith Chapter 327 Sewanee, Oak Restaurant, Manchester

Sunday, Aug. 18

EQB Reservation deadline for Aug. 21 meeting, email <alorenz@sewanee.edu>

- 1:30 p.m. Poetry reading, Tillinghast, Convocation Hall
- 2 p.m. Knitting circle, Mooney's, until 4 p.m.
- 4 p.m. Hatha Yoga, Helen, Comm. Ctr.

Monday, Aug. 19

First Day of Classes, St. Andrew's-Sewanee Grundy Co. Fair, S.R. 108, Gruetli-Laager, thru Aug. 24

- 9 a.m. CAC office open, until 11 a.m.
- 9:30 a.m. Pilates, intermediate, Kim, Fowler Center
- 10:30 a.m. Chair Exercise, Ruth, Senior Ctr.
- 1 p.m. Wings of Hope, popcorn/movie, Winchester First C. P. Church, 200 2nd Ave NW
- 3 p.m. Girl Scout Troop 2107 registration, Comm. Ctr., until 5 p.m.
- 4 p.m. STHP, Adult Ed Room, Otey
- 5 p.m. Pilates, Golf/Tennis, Kim, Fowler Center
- 6 p.m. Book discussion, Hille/Richardson, "The Second Mountain, Part I," MMUMC Wesley House, until 8 p.m.
- 6 p.m. Karate, youth, Legion Hall; adults 7 p.m.
- 7 p.m. FC Commission special called meeting, Courthouse, Winchester

Tuesday, Aug. 20

- 7 a.m. Qi Gong on the Bluff, Wall, St. Mary's Sewanee
- 7:30 a.m. Godly Play PMO, Otey, until 10:30 a.m.
- 8 a.m. GC Food Bank, Tracy City, until 10 a.m.
- 8:30 a.m. Deep Stretch Yoga, Darrylann, Comm. Ctr.
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Pilates, beginners, Kim, Fowler Ctr.
- 10 a.m. F@H Tai Ji Quan, Comm. Ctr.
- 10:30 a.m. Bingo, Senior Ctr.
- 11:30 a.m. GC Rotary, Dutch Maid Bakery
- 11:45 a.m. Laurel Lake Garden Club, McClurg
- Noon Pilates, intermediate, Kim, Fowler Ctr.
- 5 p.m. FC DAV Chapter 71, FC Country Club
- 5 p.m. Yoga, Darrylann, (\$8), St. Mary's Sewanee
- 5:30 p.m. FCDP, 201 Kentucky Ave., Sewanee
- 6:30 p.m. Ballroom/social dance, Valerie, Comm Ctr.
- 7 p.m. Acoustic Jam, Water Bldg., Tracy City

Wednesday, Aug. 21

- 8:30 a.m. Honoring Military Veterans event, GC Fair, Recreational Park. Hwy. 108, Gruetli-Laager
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Pilates, intermediate, Kim, Fowler Ctr.
- 10 a.m. Art Wednesday, Artisan Depot, until 12:30 p.m.

- 10 a.m. Senior Writing Group, Sherwood Rd.
- 10:30 a.m. Chair Exercise, Ruth, Senior Ctr.
- 11:30 a.m. EQB, St. Mary's Sewanee; lunch at noon
- 2:30 p.m. F@H book discussion, Brooks Hall, Otey
- 5 p.m. Suicide Survivors of Sewanee, Brooks Hall, Otey
- 5:30 p.m. Hatha Yoga, Helen, Comm. Ctr.
- 6 p.m. Book discussion, Hille/Richardson, "The Second Mountain, Part II & III," MMUMC Wesley House, until 8 p.m.

Thursday, Aug. 22

- 7 a.m. Qi Gong on the Bluff, Wall, St. Mary's Sewanee
- 8 a.m. Monteagle-Sewanee Rotary, St. Mary's Sewanee
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Nature Journaling, for location email <mpriestley0150@gmail.com>
- 9 a.m. Pilates, beginners, Kim, Fowler Ctr.
- 9:30 a.m. Hospitality Shop reopens, 1096 University Ave, until 1 p.m.
- Noon Pilates, intermediate, Kim, Fowler Ctr.
- 1 p.m. F@H Caregiver Group, St. Mark's, Otey
- 2 p.m. Knitting circle, Mooney's, until 4 p.m.
- 2:30 p.m. Art reception, Getty, Stirling's, until 4 p.m.
- 6 p.m. Karate, youth, Legion Hall; adults 7 p.m.

Friday, Aug. 23

Orientation, School of Theology, through Aug. 26

- 8:30 a.m. Deep Stretch Yoga, Darrylann, Comm. Ctr.
- 9 a.m. CAC office open, until 11 a.m.
- 10 a.m. F@H Tai Ji Quan, Comm. Ctr.
- 10 a.m. Game day, Senior Ctr.
- Noon Spinal Spa, Kim, Fowler Ctr.

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

Monday

- 5 p.m. Women's 12-step, Brooks Hall, Otey
- 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
- 7 p.m. Al-Anon, First UMC, Winchester

NEW TO THE MOUNTAIN?

There are lots of ways to get news in our community.

The new issue of the Messenger goes online each Thursday around 7 p.m. <sewaneemessenger.com>.

The print version of the newspaper is distributed to businesses and post offices across the Plateau by 10:30 a.m. each Friday.

The Messenger's partner website, <themountainnow.com>, is available online with the events calendar and links to area attractions, dining, shopping and lots of useful information.

The Sewanee Mountain Messenger • Spread Good News