



— THE SEWANEE MOUNTAIN — MESSENGER

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Franklin County Schools Return Budget to Commission

by Leslie Lytle
Messenger Staff Writer

At the Aug. 8 meeting, the Franklin County School Board decided to return the rejected 2022-2023 budget to the Franklin County Commission unchanged. The commission voted down the budget at a special called meeting Aug. 1.

"If the school budget goes to the full county commission and they send it back, the school board has 10 days to send it back to the county commission," explained County Finance Director Andrea Smith. "If the county commission turns it down again, if it can't be worked out by Aug. 31, it will go to the state. We're [currently] operating off the prior year's budget. If it goes past Aug. 31, we have to get approval from the comptroller."

Although rejecting the school budget, the county commission amended the county budget to include pay raises for school employees, as reported by the Herald Chronicle, Aug. 1, 2022.

Reviewing the pay raises called for in the school budget, Human Resources Supervisor Linda Foster stressed the need to be "competitive" with neighboring counties. Certified employees with a bachelor's degree will receive a \$600 salary increase, while those with higher degrees will receive a \$500 annual increase. Previously, years-of-service wage increases stopped at 20 years, but the 2022-2023 budget calls for wage increases through the 22nd year. All classified employees will receive at least a 2 percent wage increase. Contract bus drivers will receive a \$10,000 per route increase.

Commenting on the budget, Director of Schools Stanley Bean said, "It's a solid budget. We've got the biggest fund balance we've had in years. We did not ask the county for any new money."

Reporting on personnel at the start of the school year, Foster said, "We have teachers in all classrooms." Eight teachers have bachelor's degrees, but no certification, so will require a permit from the state. Some of these teachers have lapsed certification and others are pursuing certification. Last school year, only one teacher needed a non-certified permit.

Bean recognized two departing school board members. District 1 representative Christine Hopkins will step down after 12 years of service. Sandy Shultz was elected to fill the vacancy in the recent election cycle. District 4 school board member Chris Guess, who has served since 2008, will step down to serve as county mayor. The county commission will appoint a representative to finish out Guess' term.

Isaiah 117 House Has a Home!

by Leslie Lytle, Messenger Staff Writer

Three years ago, operating on a wish, prayer, and a dream, Susan Johnson rallied volunteers to host lemonade stands and talked to anyone who would listen about the need for a safe, welcoming place for children awaiting foster care placement. Grundy County has no Department of Children's Services office. Children removed from the home often waited for a foster care placement in the judge's chambers or county jail. Johnson's plan was to establish an Isaiah 117 House Coffee-Franklin-Grundy based on the national model, providing a transition place where children could receive food, comfort, and love.

Johnson's prayers were answered, and her dream has come true in a grander fashion than she ever imagined. She hoped to raise enough money to buy or to receive a donation of a three-quarters acre of land, with or without a house. Christ Church in Monteagle donated 3 acres of land at the rear of their property on West Main. Thanks to their generosity and that of a multitude of other donors and volunteers, on Aug. 10, a beautiful home snuggled against the tree line opened its doors to welcome children in need.

Isaiah 117 House is staffed primarily by volunteers, with just two paid employees, Johnson who serves as program coordinator and an on-call assistant. Volunteers sign up to be on-call for six-hour shifts. When the Department of Children's Services contacts Johnson, two volunteers join her at the house to welcome the DCS staff member and the children awaiting foster placement. The DSC staffer remains with the children the entire time supervising their care. "The volunteers are there to lend an extra hand and love on the kids," Johnson said.

Children can wait for hours or days before foster placement is found for them. Isaiah 117 House Coffee-Franklin-Grundy has a bedroom for both boys and girls, each with two twin beds with trundles beneath them, a playroom, and an outdoor playground with slides and swings.

Johnson highlighted the generosity of three area furniture stores. Halls Furniture furnished the bedrooms, back porch and office. Factory Furniture furnished the front porch, living room, playroom, and visitors space, and Badcock Furniture provided appliances, a TV, weed eater, and mower. Generous contributions from churches and private donors, both in the form of cash and elbow grease, raised the roof on the house. With the doors officially open, Johnson intends to apply for grants to help with costs. Isaiah 117 House also sends children on their way with supplies to help out the foster families who take in the children.

Asked about security, Johnson said the house is equipped with an alarm system, three panic buttons, and cameras, and police regularly patrol the site. She stressed there had not been security breach issues at any of the other Isaiah 117 House locations.

"We're so glad to be open and serving," Johnson said.

How can people help? "We always need volunteers," she acknowledged, adding, "I ask people to set an alarm for 1:17 p.m. each day and pray for the children, caseworkers, and foster families."

To make a cash donation contact Johnson by phone (931) 570-2002, email <susan@isaiah117house.com>, or visit the website <https://isaiah-117house.com>, being sure to select "Coffee/Franklin/Grundy County" in the dropdown menu.



The new playground at the Isaiah 117 House.



Rachel Petropoulos at the Seawanee Community Center.

Petropoulos Ends Community Center Service

by Bailey Basham, Messenger Staff Writer

Rachel Petropoulos began her work with the Seawanee Community Center in 2007, just five years after its doors opened. She described her work as a combination of bookkeeping, keeping all the spaces scheduled and making sure the building was stocked for the various groups that came through the door. Over the years, however, it became more than just maintaining a building.

Petropoulos, who relocated to her native Ohio at the start of the summer, said she always enjoyed being a part of offering space to anyone who needed it.

"While the amenities may be limited, the space is light-filled, walkable to downtown and the elementary school, with room to explore a variety of activities. And that is what people have done. Many people have tried out a new idea, whether that be a meeting, class, a music session, and if a community formed around the idea, it grew. Some classes have been meeting for decades now," Petropoulos said.

President of the board, Trae Moore, described the center as a space where the entire community — both the University community and the greater Mountain community — could come together and share in daily life together. And Moore said because Petropoulos was such a big part of that community-building effort, filling her role won't be easy.

"Rachel loved the center and put a lot of time and thought into making sure everything ran efficiently and that people who use the center had a good experience. Rachel will be greatly missed, as she ran the center so effectively and with so much love," Moore said.

As for her hopes for the future, Petropoulos said she doesn't see the work of the center stopping anytime soon.

"The center has always been more than the building. It has been the people and activities and relationships that form from the community coming together. This is what makes a town strong," she said.

P.O. Box 296
Seawanee, TN 37375

Letter

THANK YOU

To the Editor:

On Aug. 4, I was highly honored and humbled to be elected as one of two new County Commissioners from District 5, which includes Sewanee, Keith Springs and Sherwood. I would like to use this medium to thank all who voted for me and supported my campaign in any way. I first came to Sewanee 50 years ago just about this time of the year as a wet-behind-the ears 17-year-old and entered the College with a great deal of naïveté and less knowledge

of the world. Sewanee relieved me of those negative qualities and much more that was unhelpful in Life. Two years after I graduated, I entered public service and won a seat on the Madison County (TN) Commission where I served happily for six years until I lost my mind and went to seminary. Now, after 35 years of active ministry in the Episcopal Church and thanks to the voters of District 5, I can return to my old love of public service and look forward to being your voice in Winchester for the next four years. Thanks, again, my friends. I will do my best for you.

Faithfully yours,

Bruce D. McMillan, Sewanee

Tennessee Sales Tax Holidays

For 2022, Tennessee's General Assembly has approved a sales tax holiday on food and food ingredients (grocery sales tax suspension) which ends at 11:59 p.m. on Wednesday, Aug. 31, 2022. During this period, food and food ingredients may be purchased tax free. Food and food ingredients purchased from a micro market or vending machine remain subject to sales tax.

For 2022-2023, the Tennessee General Assembly has approved a sales tax holiday on gun safes and safety devices that ends at 11:59 p.m. on June 30, 2023.

For complete information go to <<https://www.tn.gov/revenue/taxes/sales-and-use-tax/sales-tax-holiday.html>>.

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Michael A. Barry

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Community Chest Applications Available


Sponsored by the Sewanee Civic Association (SCA), the Sewanee Community Chest (SCC) is pleased to announce the beginning of the 2022-23 grant cycle. All nonprofits that benefit the community are encouraged to apply.

The 2022-23 funding application can be downloaded from the website at <www.sewaneeccivc.org>. The application deadline is Friday, Sept. 16, 2022. Grant funds will be distributed starting April 2023, contingent on funding availability.

This year, organizations can apply online with this form <<https://forms.gle/fxGNMW2cgSv7DsVx6>>. It does requires you to have a Gmail email account.

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 2022-23 grant cycle begins, the SCC is also kicking off its yearly fundraising campaign.

The SCA urges everyone who benefits from life in this commu-



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MESSENGER

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nity, 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. You can also make a donation through PayPal Giving.

For more information, email <sewaneecommunitychest@gmail.com>.

University Job Opportunities

Exempt Positions: Area Coordinator, Student Life, Residential Life; Director of Digital Presence, University Advancement; Energy Specialist, Facilities Management; Project Director, Campus Sexual Assault Prevention, University Wellness Center; Purchasing Manager, Business Services; Stewardship Coordinator, Advancement; University Registrar, Student Success.

Non-Exempt Positions: Assistant Manager, Sewanee Dining; Baker, Sewanee Dining; Barn/Stable Worker, Equestrian Center; Campus Security Officer (Part-Time), Sewanee Police Department; Catering Logistics Coordinator, Sewanee Catering; Catering Team Lead, Sewanee Catering; Childcare Provider, University Child Care Center; Custodian (Multiple Positions), Facilities Management, Building Services; Faculty Technology Coordinator, Library & Information Technology Services; First Cook, Sewanee Dining, Sewanee Dining; Food Service Worker, Tiger Bay Pub, Sewanee Dining; GIS and Database Technician, Facilities Management; HVAC Technician, Facilities Management; On-Call Catering Attendant, Sewanee Dining; Police Officer (Part-Time), Sewanee Police Department; Receiving Clerk, Sewanee Dining; Second Cook, Sewanee Dining; Sewanee Dining Associate, Sewanee Dining; Sewanee Dining Assistant Manager (temporary), Sewanee Dining.

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




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Letters to the Editor Policy

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

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



SERVING WHERE CALLED

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

Blaze Cassidy Barry
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Troy (Nick) Sepulveda
Zachary Sherrill
Allison Tucker
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 Shirley M. Lawson at <slawson@sewanee.edu>.

MESSENGER INFORMATION

Phone: 598-9949

News and Calendar

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

Display Advertising

Monday, 5 p.m.
<ads@sewaneeemessenger.com>

Classified Advertising

Wednesday, noon
April Minkler
<classifieds@sewaneeemessenger.com>

MESSENGER HOURS

Monday, Tuesday and Wednesday
9 a.m.—4 p.m.
Thursday—Production Day
9 a.m.—noon
Friday—Circulation Day
Closed

Mobile Health Unit

Ascension Saint Thomas Mobile Health Unit will be at Christ Church Episcopal, Father Adamz Parish House from 9 a.m. to 1 p.m., Saturday, Aug. 13. Christ Episcopal Church is located at 530 10th St., Tracy City.

The Mobile Health Unit does not require an appointment, and it is open to all members of the community. Only one patient at a time will be allowed in the van, and patients are asked to wear masks. If you do not have a mask, one will be provided.

The services offered are limited medications when needed, acute illness treatment (COVID testing is not available), well-child exams (no immunization at this time), and annual physicals. No opioids are available at the van.

All patient costs for services provided are covered by a grant from the South Cumberland Community Fund. If patients are insured the service will file insurance. Copays, deductibles, etc., will be covered by the South Cumberland Community Fund.

Local Food Available

The Sewanee Gardeners' Market is open 8–10 a.m. every Saturday at Hawkins Lane. Locally-produced fruits and vegetables, baked goods, plants and flowers will be available.

The South Cumberland Farmers' Market has breads, fruits and vegetables, eggs, coffee and meats available. Ordering takes place each week online from Friday at 9 p.m. to Monday at 10 a.m. Curbside pickup is on Tuesdays, 4:30–6 p.m., at the Sewanee Community Center. To order go to <<https://sewanee.locallygrown.net>>.

The Franklin County Farmers' Market is open 7 a.m. to 1 p.m., Tuesday, Thursday and Saturday in Winchester, next to the Franklin County Annex building. Follow them on Facebook for more information.



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Upcoming Meetings

Girl Scouts

There will be an informational meeting for parents and guardians wanting to learn more about Girl Scouts in Sewanee at 3 p.m., Monday Aug. 15, at the Sewanee Community Center. This is not registration. Registration will take place on Monday, Aug. 22, at the same time and place.

This is an opportunity to ask questions and learn more about what's involved and how to help. The troop has been growing these last few years and we are looking for more leaders and other adult volunteers.

For more information email <rung.lisa@gmail.com> or call (931) 598-0696.

Sewanee Utility District

The Sewanee Utility District of Franklin and Marion Counties Board of Commissioners is scheduled to meet at 5 p.m., Tuesday, Aug. 16, at the utility office on Sherwood Road. If a customer is unable to attend but wishes to bring a matter to the board, call (931) 598-5611, visit the office, or call a board member. The board members are Doug Cameron, Ronnie Hoosier, Johnny Hughes, Donnie McBee and Charlie Smith.

Cowan Commercial Club

The next monthly meeting of Cowan Commercial Club will be at 6 p.m., Tuesday, Aug. 16, at The Franklin House, 108 Cumberland St. E., Cowan.

Rotary Club Meeting

The Monteagle-Sewanee Rotary Club will meet at 8 a.m., Thursday, Aug. 18, at LaBella Pearl's. Hospitality Shop Board President Julia Bates and Shop Manager Jennifer Janeway will be the guest speakers.

After an enthusiastic community gathering in June, supporters of the Shop were emphatic that they want it to remain in Sewanee. The Hospitality Shop Auxiliary has begun an exploration of new possibilities for growth. The current two-story house is bursting at the seams. A future design of an efficient site would include space for display and shopping on the same level, as well as more space for processing, sorting, and storage. The speakers will discuss the current status and future of the Hospitality Shop, including its move to the downtown area, and answer any questions.

Town of Monteagle

The Monteagle City Council will have a workshop at 6 p.m., Monday, Aug. 22, in the Conference Room at City Hall.

The Monteagle Regional Planning Commission will have a workshop at 12:30 p.m., Monday, Aug. 29, with Planning Commission Members and City Council Members in the conference room at City Hall.

The Monteagle City Council will have the regular monthly meeting at 6 p.m., Aug. 29, in the Conference Room at City Hall.

The Monteagle Regional Planning Commission will have their regular meeting at 6 p.m., Thursday, Sept. 15, and the workshop at 5:30 p.m.

Caregivers Group

The Caregivers Group is sponsored by Folks at Home as a place where those, caring for another and grieving for their sick, dying or deceased relative, pet, significant other, or wife or husband can meet to support each other in all the ways that they need. The group is open to all, and meets on the first Tuesday of each month beginning Sept. 6, at 12:30 p.m. in Brooks Hall. All sessions are confidential. Contact Folks at Home at (931) 598-0303 for more information.

Sewanee Community Council

In the 2022-2023 academic year, the Sewanee Community Council will meet Sept. 12, Oct. 24, Jan. 23, Feb. 27, March 27, April 24, May 22, and June 26. The dates in February, April and June are reserved dates for a possible meeting in the event the council has business to be addressed before the next meeting.



NEW BEGINNER PILATES CLASS STARTS SEPT. 6, 9 am on T/TH AT BODYWORKS YOUNIVERSITY.

Email kim@bodyworksyouniversity.com or 423-322-1443 to sign up.

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MMUMC Curbside Food Distribution

Morton Memorial United Methodist Church will conduct its monthly curbside food distribution on Saturday, Aug. 13, from 8–10 a.m. Morton Memorial UMC distributes food the second Saturday of every month, come rain, snow, sleet, or shine.

Drivers, please enter the food distribution line from behind the church where you will be directed to the loading area. Our volunteers will load your vehicle but please wear a mask if you have not been vaccinated. We supply about two full bags of groceries plus produce, so please make room in your car before coming.

Morton Memorial United Methodist Church is located at 322 West Main St., Monteagle.

29th Annual MCCSN Walk-A-Thon is Happening Soon

The 29th annual Multi-County Cancer Support Network (MCCSN) Walk-A-Thon will be from 6–10:30 p.m., Friday, Sept. 9, at the old FCHS football stadium, 801 Dinah Shore Blvd., Winchester.

The annual community event raises funds for the MCCSN, a registered 501(c)(3) nonprofit organization that provides emotional, education and financial assistance to cancer patients residing in Bedford, Coffee, Franklin, Grundy, Lincoln, Marion, Moore and Warren Counties. There will be entertainment, food, live music and activities for attendees. Admission is free.

"Warriors Fighting Cancer" is the theme this year. Items are being collected for a silent auction, and can be dropped off at the MCCSN office, 501 W. Broad St., Decherd. The last date for team names, memorials, honorariums and sponsorships to be included in the Walk-A-Thon booklet is Tuesday, Aug. 16.

For more information call (931) 967-0904, or go to <www.mccsn.org>.



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Obituaries

Robert Keith Jackson

Robert Keith Jackson, age 78, of Monteagle, died on July 16, 2022, at his home. He was born on April 20, 1943, in South Bend, Ind., to Oval and Dorothy Jackson. He graduated from Otsego High School in 1961, held several Associates degrees from Kalamazoo Valley Community College, a B.S. in Vocational Industrial Education from Western Michigan University, and an M.B.A. from Vanderbilt University Owen School of Management. He went to work for Eaton Corporation in 1968 and retired in 2001. He was a lifelong member of the Elks Lodge, and was an active member of Rotary International in Shelbyville, Humboldt, and Monteagle. He served as President of the Monteagle Tennessee club from 2004–2006, and was awarded the Paul Harris Fellowship award in 2011. He served on University Advisory Boards for Motlow State Community College and Middle Tennessee State University. He was preceded in death by his parents; brothers Kenneth, Orville (Junior), Duane (Duke), James; and sister, Denise Looman.

He is survived by his wife of more than 56 years, Cheryl; children, Jennifer and Stephen (Barbara Major); brother Dennis Jackson; five grandchildren, and many nieces and nephews. For complete obituary go to <www.cumberlandfuneralhome.net>.

Virginia Ann Roberts Kraft

Virginia Ann Roberts Kraft, age 93, of Monteagle, died on July 29, 2022, at her home. She was born on Nov. 26, 1928, to Violette Shlasner Roberts, and grew up on a farm during the Great Depression. During World War II she moved with her mother to Winner, S.D., where Violette taught school on a Native American reservation. After graduating from Mosinee High School in Wisconsin, and attending Miss Wood’s School in Minneapolis, Minn. She earned a degree in Education from National Louis University in Normal, Wis., and later acquired a teacher’s certificate from Cardinal Stritch College, after which she taught at University School in Milwaukee. She and her husband Ralph retired to Monteagle after living in several locations in Wisconsin and Colorado. She was preceded in death by her mother; stepfather, Ray Wakeland; husband of 59 years, Ralph Glenn Kraft; and daughter Barbara Jean Moore.

She is survived by daughters Deborah Kraft (Robert) Netzer, Carol Joan Kraft Manganaro, and Heather Kraft Trejo; son, Richard Ralph Kraft; five grandchildren, and two-great-grandchildren.

Visitation will be at 1 p.m. on Sunday, Aug. 14, at Cumberland Funeral Home, 207 Maybee St., Monteagle. Funeral Services will be at 2 p.m., and interment will follow in Monteagle Cemetery, 751 Laurel Lake Dr., Monteagle.

In lieu of flowers, donations may be made in her name to Cowan Fellowship Church, Cowan, Tenn., St. Jude’s Research Hospital, Memphis, Tenn., or American Society for the Prevention of Cruelty to Animals (ASPCA), Washington, D.C. For complete obituary go to <www.cumberlandfuneralhome.net>.

Matthew Christian Reynolds

Matthew Christian Reynolds, age 51, of Sewanee, died on Aug. 7, 2022. He was born on Dec. 14, 1970, in Huntington, W.Va., to Wallace A. and Shelia L. Woodrum Reynolds. He was a loving father and husband. He loved playing video games and listening to all genres of music. His favorite sports team was the Liverpool Soccer team. He was an excellent chef. He was preceded in death by his maternal and paternal grandparents.

He is survived by his parents; his wife of 17 years, Viva Reynolds; daughter, Fiona Reynolds; and brother, Peter Benjamin (Michelle) Reynolds.

A Celebration of Life service will be scheduled at a later date. For complete obituary go to <www.cumberlandfuneralhome.net>.

Johnny Louis Sanders

Johnny “Grandpa” Louis Sanders, age 79, of Monteagle, died on Aug. 8, 2022. He was born on Aug. 9, 1942, in Tracy City, to Louis Calvin and Mary Elizabeth Shelton Sanders. He worked in the coal mines for many years and was known as “Grandpa.” He loved to golf, go fishing, and work in his yard. He was preceded in death by his parents; and sisters Lou Ellen Nixon and Leona Pritchett.

He is survived by his wife of 57 years, Doris Sanders; sons, Jason (Melanie) Sanders and Johnny Sanders Jr.; daughter, Lisa (Gerald) Sartain; brothers, Jan Sanders and Tom Sanders; sisters Lucy Thurman, Lena Swafford, and Loretta Hale; two grandchildren, and many nieces and nephews.

Memorial Services were on Aug. 10, 2022, from the Chapel of Cumberland Funeral Home, Monteagle with Bro. Ralph Shrum officiating. For complete obituary go to <cumberlandfuneralhome.net>.

Memorial Services

Phoebe Bates

A gathering to remember Phoebe Bates, long-time Sewanee resident and founder and editor of The Sewanee Siren, will be held at 11:30 a.m., Saturday, Aug. 20, 2022, in Kennerly Hall, Parish of St. Mark and St. Paul (formerly Otey). All are invited. Masks are required indoors.

Following an hour of music, poetry and reminiscences, there will be hors d’oeuvres, a time to chat and view pictures of Sewanee moments.

In lieu of flowers, Phoebe requested that people donate to the Bates-Poe Scholarship for Study in Paris at the University of the South, Office of Advancement, 735 University Avenue, Sewanee, TN 37383.

Don Shannonhouse

A Memorial Service for Don Shannonhouse will be at 5 p.m. on Saturday, Aug. 27, 2022, at St. Mary’s Sewanee. All are welcome.

Church News

St. Mark and St. Paul

The 8:30 a.m. Holy Eucharist is in the church for those fully vaccinated plus at least 2 weeks. The 8:30 a.m. service is also livestreamed on our Facebook page. Masking requirements are determined on Friday mornings and posted on our website <https://www.stmarkstpaul.org/>.

The 11 a.m. Holy Eucharist is open to all.

Nursery, 8:30 a.m. to noon, Sunday. Infants and toddlers are invited to gather either at the playground at St. Mark and St. Paul, or in the child care classroom at the lower floor of the Office Building.

Godly Play is 9:45–10:45 a.m., Sunday, through the fall. Two Montessori-based classes meet in the Godly Play rooms or outdoors, depending on weather and Covid risk. Please bring a mask.

Youth Sunday School, 9:45–10:45 a.m., Sunday, meets on the upstairs porch of Brooks Hall and/or in the upstairs youth room. Please bring a mask.

Connections for Parents, 9:45–10:45 a.m., Sunday, through the fall. All parents and caregivers are invited to gather for conversation on Sunday mornings while the children have Sunday school. The class will meet on the front porch of Brooks Hall for fellowship, support, and reflection on the hopes we have for our children. This will include discussion of short passages from “Looking for God in Messy Places: A Book About Hope,” by the Rt. Rev. Jake Owensby. The book is available for purchase at the University Bookstore or on Amazon. The Rev. Giuliana Capelletti Gray, Priest Associate, is the facilitator for the meetings.

Sunday Forum will launch on

Aug. 28, the same day as the parish’s annual Welcome Picnic.

Tullahoma Sangha

Tullahoma Sangha, a Zen Buddhist meditation and study group, meets each Wednesday at 6 p.m. at Unitarian Universalist Church of Tullahoma. The service will consist of zazen (meditation), a short lesson, and discussion. Newcomers are welcome; please call ahead and we will have a short orientation at 5:45 p.m. The church is located at 3536 New Manchester Hwy., Tullahoma. For more information, call (931) 588-8935.

Unitarian Universalist Church

The service begins Sunday at 10 a.m., followed by refreshments and a discussion period. The church is located at 3536 New Manchester Hwy., Tullahoma. For more information call (931) 455-8626, or visit the church’s website at <www.tullahomauu.org>.

Church Calendar

Midway Church of Christ

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

Monteagle Church of Christ

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

Monteagle First Baptist Church

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

Monteagle Seventh-Day Adventist

11 a.m. Worship, Saturday

Morton Memorial United Methodist, Monteagle

service available online after noon Sunday, link is at <https://www.mortonmemorialumc.com> on FB
10 a.m. Sunday School, until 10:45 a.m.
11 a.m. Worship Service, Sunday

Mountain of God Tabernacle, Monteagle

online worship services. Call (931) 924-5339 or go to <https://www.tdworldministries.org>

11 a.m. Worship Service, Sunday
6 p.m. Prayer Service, Wednesday

New Creations Ministries, Rayburn Chapel

4 p.m. Prayer Meeting, Sunday

New Hope Church of God in Christ, Cowan

11 a.m. Sunday Service, Sunday
6 p.m. Sunday Service, Sunday

Pelham United Methodist Church

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

St. Agnes’ Episcopal Church, Cowan

11 a.m. Holy Eucharist, Sunday

St. James Episcopal Church

9 a.m. Holy Eucharist Rite II, in-person and Zoom, Sunday

St. Margaret Mary Catholic Church, Alto

8 a.m. Mass, Sunday

St. Mark & St. Paul

8:30 a.m. Holy Eucharist, indoors, livestream Facebook, YouTube later

9:45 a.m. Godly Play, until 10:45 a.m.

10 a.m. Nursery, basement of Kennerly Hall (Sewanee Children’s Center), until noon

11 a.m. Holy Eucharist, Sunday

Sewanee Church of God

10 a.m. Worship Service, Sunday

Sisters of St. Mary Convent Chapel

7:30 a.m. Morning Prayer, Tuesday–Friday; (7 a.m., feast days; 8 a.m., Saturdays)

8 a.m. Holy Eucharist, Sundays, sign up <https://www.communityofstmarysouth.org>

5 p.m. Evening Prayer, Tuesday–Sunday

Tracy City First Baptist Church

10:45 a.m. Morning Worship, Sunday

Trinity Episcopal Church, Winchester (STEM)

10:30 a.m. Holy Eucharist, Sunday

12:30 p.m. Noonday Prayer and Lectionary Bible Study, Tuesday, <tec213@bellsouth.net>

Unitarian Universalist Church, Tullahoma

10 a.m. Service, Sunday
6 p.m. Tullahoma Sangha, Wednesday

United Pentecostal, Monteagle

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

7 p.m. Worship, Wednesday

Valley Home Community Church, Pelham

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

Abundant Life Assembly of God, Cowan

10:30 a.m. Worship, Sunday

All Saints’ Chapel

10 a.m. Holy Eucharist, Sunday

Bible Baptist Church, Monteagle

10 a.m. Worship Service, Sunday

5:30 p.m. Evening Service, Sunday

5:30 p.m. Evening Worship, Wednesday

Chapman Chapel Church of the Nazarene, Pelham

9:30 a.m. Sunday School, Sunday

10:45 a.m. Morning Worship, Sunday

6 p.m. Evening Worship, Sunday

7 p.m. Bible study, Wednesday

Christ Church Monteagle

10:45 a.m. Morning Prayer, Sunday

noon Holy Eucharist, Wednesday

Christ Church, Tracy City (STEM)

10 a.m. Bible Study, Sunday

11 a.m. Holy Eucharist, Sunday

Christ the King Anglican Church, Decherd

9 a.m. Sunday Service, Sunday

6:30 p.m. Healing/prayer service

City Light Church, Monteagle

10:45 a.m. Worship Service, Sunday, available online

Cowan Fellowship Church

11 a.m. Worship Service, Sunday

Cumberland Presbyterian Church, Cowan

11 a.m. Worship, Sunday

Cumberland Presbyterian Church, Monteagle

9:45 a.m. Sunday School, Sunday

11 a.m. Worship Service, Sunday

Cumberland Presbyterian Church, Sewanee

9 a.m. Worship Service, Sunday

10 a.m. Sunday School, Sunday

Decherd United Methodist Church

9:45 a.m. Sunday School, Sunday

10:50 a.m. Worship Service, Sunday

Epiphany Mission, Sherwood (STEM)

10 a.m. Holy Eucharist Rite II, Sunday

First Baptist Church, Cowan

9:15 a.m. Sunday School, Sunday

10:25 a.m. Worship, Sunday

First Church of the Nazarene, Cowan

11 a.m. Worship Service, Sunday

Good Shepherd Catholic Church, Decherd

8 a.m. Mass, Sunday

10:30 a.m. Mass, Sunday

2 p.m. Spanish Mass, Sunday

5 p.m. Mass, Saturday

Goshen Cumberland Presbyterian Church, Winchester

11 a.m. Worship Service, Sunday

Grace Fellowship Church

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

Harrison Chapel Methodist Church, Midway

10 a.m. Sunday School

11 a.m. Sunday Morning Service

5 p.m. Sunday Evening Service

Hobbs Hill Community Church, Tracy City

10 a.m. Sunday School, Sunday

11 a.m. Morning Service, Sunday

5 p.m. Evening Service, Sunday

6 p.m. Evening Service, Wednesday

Midway Baptist Church

9:45 a.m. Sunday School, Sunday

10:45 a.m. Morning Service, Sunday

6 p.m. Evening Service, Sunday

6 p.m. Bible Study, Wednesday

Journey of a Lifetime Presentation

After many years of planning and preparing, Joseph, Alyssa, Madeline and Julia Sumpter took a leap to embark on a journey that would change their lives forever. From October 2020 until August 2021 they circumnavigated the Eastern U.S., exploring America's Great Loop by boat, traveling in rivers, lakes, bays, intracoastal waterways, oceans, canals, and through 150 locks.

Come join us in-person at St. Mary's Convent from 9–10 a.m., Saturday Aug. 27, to hear all about their adventures. To learn more, and to register online, go to <<https://www.communityofstmaryssouth.org>>.

St. Mary's Sewanee Offers a One-Day Workshop

Sometimes it may be difficult to find the time for a weekend or week-long retreat. That is why St. Mary's Sewanee, the Ayres Center for Spiritual Development, is offering a one-day workshop this fall. Join us for the day to learn about the practice of Centering Prayer from 9 a.m. to 3 p.m., Saturday, Sept. 10. Tom Ward will lead us in an introductory lesson in Centering Prayer principles. The cost of the workshop, lunch included, is only \$70.

Centering Prayer is a receptive method of Christian silent prayer that prepares us to receive the gift of contemplative prayer. In

this prayer we experience God's presence and action within us, closer than breathing, closer than thinking, closer than consciousness itself.

In this workshop participants will learn the method of this way of praying as well as some of the conceptual background that underlies it. They will also have an opportunity to experience this prayer. Suggestions will be offered to enable participants to continue this practice on a daily basis.

Registration is open now at <www.stmaryssewanee.org>, or call Reservations at (931) 598-5342.

CAC Pantry Sunday

Pantry Sunday for the Community Action Committee (CAC) is scheduled for the second Sunday of the month. The Parish of St. Mark and St. Paul, Sewanee Cumberland Presbyterian, All Saints' Chapel, and Monteagle Cumberland Presbyterian are participating churches. Pantry Sunday is scheduled for the first Sunday of the month at St. James (Midway). All are welcome to contribute.

Please bring your food offerings to your church for collection or deliver directly to the CAC located at 216 University Ave., Sewanee.

The typical bag of groceries includes rice, beans, pasta, macaroni and cheese, peanut butter, and cans of vegetables, fruit, and soup. The cost for a complete bag is less than \$15.

The CAC is an outreach ministry of the Parish of St. Mark and St. Paul, with generous support from the Sewanee Community Chest, other organizations and individuals across the Mountain. For more than 48 years, the CAC has provided food, financial assistance, and educational support for persons in the greater Sewanee community. For more information contact the CAC at (931) 598-5927.



We're glad you're reading the Messenger!

Beersheba Springs Arts and Crafts Fair

The 55th Beersheba Springs Arts and Crafts Fair will be held Saturday, Aug. 27 and Sunday, Aug. 28, at the Beersheba Springs Assembly, 58 Hege Ave., Beersheba Springs. The weekend will feature many beautiful and unique arts and crafts from vendors located all across Tennessee and different states. Food vendors will also be available. Follow them on Facebook for more information.

Fall Heritage Festival in Cowan

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 is free to the public, and made possible by the generous donations from regional businesses and individuals.

Held in Cowan the third weekend of September, the festival includes arts and crafts vendors, food, and music. Fireworks both Friday and Saturday at 9 p.m.

The Festival will be open 5–9 p.m., Friday, Sept. 16, 10 a.m. to 9 p.m., Saturday, Sept. 17, and 11 a.m. to 5 p.m., Sunday, Sept. 18.

Go to <<https://www.fallheritagefestival.org>> to see the list of vendors and performers.

'Stories to Songs' Workshop

Franklin County Library is hosting a "Stories to Songs" workshop from 10 a.m. to noon, Saturday, Aug. 20. David Watson will do a mini concert for one hour followed by a one hour song-writing workshop. This event is free. The library is located at 105 S. Porter St., Winchester.

Novelist Katie Kitamura to Read on Aug. 30

Novelist Katie Kitamura, whose novel "Intimacies" was a favorite of best-book lists in 2021, will read at 4:30 p.m., Tuesday, Aug. 30, in Gailor Auditorium. The event is free and open to the public. The event is co-sponsored by The Sewanee Review and will also be livestreamed on the Sewanee English and Creative Writing Department Youtube Channel.

Katie Kitamura's most recent novel is "Intimacies." One of The New York Times' 10 Best Books of 2021 and one of Barack Obama's Favorite Books of 2021, it was longlisted for the National Book Award and the PEN/Faulkner Award, and was a finalist for the Joyce Carol Oates Prize. Her third novel, "A Separation," was a finalist for the Premio von Rezzori and a New York Times Notable Book. She is also the author of "Gone To The Forest" and "The Longshot," both finalists for the New York Public Library's Young Lions Fiction Award.

Her work has been translated into 21 languages and is being adapted for film and television. A recipient of fellowships from the Lannan, Santa Maddalena, and Jan Michalski foundations, Katie has written for publications including The New York Times Book Review, The New York Times, The Guardian, Granta, BOMB, Triple Canopy, and Frieze. She teaches in the creative writing program at New York University.

Public Invited to Contribute to Special Places Project

South Cumberland Community Fund invites the public to contribute to the Special Places Project celebrating the special places on the Cumberland Plateau by attending a community conversation on Aug. 30 at Roundhouse Park in Tracy City. The 2022 project will be the creation of a mural, designed by artist Andee Rudloff, and co-created with people on the Plateau.

From Aug. 29-31, Rudloff will be in the area visiting schools and conducting listening sessions on the topic, "What Makes the Plateau Special." In addition to working with students at several area schools, Rudloff will meet with the combined Rotary clubs of Grundy County and Monteagle-Sewanee at 11:30 a.m., Tuesday, Aug. 30. On that same day at 6 p.m., she will hold a listening session for the general public in Old Roundhouse Park in Tracy City, which is where the mural will be installed. That event is co-hosted with the South Cumberland Tourism Board. The rain location is Grundy Heritage Center.

The 2022 Special Places Project is being conducted as part of the celebration of South Cumberland Community Fund's 10th anniversary. "It is the first of a hoped-for series of projects in communities across the Plateau," said Bonnie McCardell, chair of the Special Places Project committee.

"One of the most important goals for us is involving the entire Plateau community," said Katie Goforth, SCCF's director of community development. "Andee's process for completion of the Special Places project will ensure that our community is involved in both the planning and creation of the mural at Round House Park."

From Sept. 22–24, Rudloff will be back on the Plateau to paint the mural, with the help of many hands. Everyone is invited to be part of the mural painting, with the schedule to be announced in September. The board and staff of SCCF invite all who live on the Plateau to be a part of the special project for a special place.

On Oct. 22, the mural is to be unveiled at the Round the Mountain Fest, a celebration of music, food, and craft on the South Cumberland Plateau.

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Hospitality Shop News

The afternoon of Aug. 5, four members of the Hospitality Shop Auxiliary took a field trip to Tullahoma to visit The Attic, a 501(c)(3) thrift shop and food pantry. The Attic is in a 22,000 square foot warehouse off of a side street near a school. Sewanee citizens should be aware that The Attic will take electronics, like computers, and furniture that is in good condition. The Attic can also take mattresses that are clean and less than seven years old. The business has a truck that can pick up donations in the tri-county area.

Director Lisa Cardwell led the group through the sales floor and into the behind the scenes working core of the enterprise. Two people receive donations at a side door. Items are quickly sorted into bins on wheels, according to the categories set up in the shopping area: clothing, household goods, electronics, furniture. Another team inspects each item to determine if it is the quality the Attic accepts. Hanging from the ceiling is a large display of famous brand names. The team keeps items with these names; clothes from sources like WalMart are set aside. These go into a semi-trailer behind the warehouse. Every six weeks that trailer is filled and taken to Atlanta where the clothes are baled and sent to Africa and the middle East.


Tullahoma is about 10 times bigger than Sewanee and the Attic is similarly bigger than the Hospitality Shop will ever be, but the board members picked up several ideas for more efficient operations. For instance, pants can be hung sideways on a leg so that the size tags are easier to see. If the Auxiliary can find one level housing for the Shop, we could use a similar system of bins on wheels for sorting.

Our volunteer orientation is 9–11 a.m., Saturday, Aug. 13. It's not too late to sign up. Let manager Jennifer Janeway <jejaneway99@gmail.com> know you are coming. The Hospitality \$1 sale on all clothes is Aug. 23-27. Our goal is to thin out our stock and set up for fall. The Farmer's Almanac is predicting a cold winter this year.

The Shop is open 10 a.m. to 1 p.m., Tuesday and Thursday, and 10 a.m. to 2 p.m., Saturday. Donations can be left in the outside bin on days we're closed or at the back door during open hours.



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Community Bike Riding Opportunities

For girls and women, the Sewanee GoGirls MTB rides are regularly scheduled on the first and third Sundays of every month, starting at 3 p.m. from the Lake Cheston parking lot. Rides are accessible for anyone with basic trail experience, with adjustments for age, duration, and skill level as appropriate. Mountain bikes are recommended for all trail rides.

For families, new riders, and anyone interested in biking a short distance with social time afterwards at a local restaurant, there is a monthly Community Bike Ride on the paved Mountain Goat Trail (MGT) every first Saturday of the month starting at 4 p.m. from Hawkins Lane in Sewanee. This is a great ride for younger children and families. Riders who prefer biking on dirt trails also have the option of riding a short MGT section before exiting and riding to Lake Dimmick and back, then joining in social hour afterwards.

For more information contact Beth Pride Ford at <bethprideford@gmail.com>.

Tour the Tennessee State Library & Archives This Saturday

The Tennessee State Library & Archives is offering guided tours of their new facility at 1001 Rep. John Lewis Way N. the northeast corner of the Bicentennial Capitol Mall State Park in Nashville Saturday, Aug. 13.

The family-friendly tours led by Library & Archives staff begin every hour, on the hour, starting at 10 a.m. with the last tour beginning at 3 p.m. This event is free to the public.

"There is something for everyone interested in Tennessee history and culture at the Library & Archives," said Secretary of State Tre Hargett. "I encourage you to join us for this free, family-friendly event and explore the incredible resources at the Library & Archives."

The Library & Archives, a division of the Department of State, collects and preserves books, records and other documents of historical and reference value, focusing on items about Tennessee and Tennesseans.

The Library & Archives is home to many irreplaceable historical documents, including Tennessee's three Constitutions, letters from Tennessee's three presidents, records from 55 former Tennessee governors, the archives of state government, records from every Tennessee courthouse and the original records of the State of Franklin.

"The Library & Archives is home to wide-ranging collections housed in our beautiful new building," said Jamie Ritter, Tennessee State Librarian and Archivist. "We are excited to welcome visitors for a behind-the-scenes look at how we preserve Tennessee's history for current and future generations."

The Library & Archives lobby featuring interactive exhibits highlighting the state's most precious historical documents, is open to the public Monday through Saturday, from 8 a.m. to 4:30 p.m. CT. The library, microfilm and manuscripts reading rooms are open for research Tuesday through Saturday, from 8 a.m. to 4:30 p.m. CT.

For more information about the Library & Archives call (615) 741-2764, email <ask@tsla.libanswers.com> or visit <sos.tn.gov/tsla>.



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Arts Inside Art Show at Stirling's

During the month of August, Arts Inside is displaying work by Whitney Alexander, Brittany Shelton, Randa Clay, Sarandon Johnson and other artists at Stirling's Coffee House. The work seen in the show was made over several months as the artists completed a variety of classes at the Grundy County Jail with instructors Pippa Browne, Morgan Hornsby, and Cheryl Lankhaar. There will be a reception at Stirling's from 2–3 p.m., Tuesday, August 16.

Arts Inside is a community-based, grassroots organization that provides art and education programs for incarcerated people and their families in rural middle Tennessee.

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 (931) 598-0771 by 9 a.m. to order lunch. Menus follow:

Monday, Aug. 15: Reuben sandwich, chips.

Tuesday, Aug. 16: Tenderloin, macaroni and cheese, green beans, roll.

Wednesday, Aug. 17: Goulash, Mexican cornbread.

Thursday, Aug. 18: Grilled chicken salad, dessert.

Friday, Aug. 19: Stuffed peppers, mashed potatoes, green beans, roll.

Chair exercise with Ruth Wendling is from 10:30–11:45 a.m. on Mondays and Wednesdays.

Game days are from 10 a.m. to noon on Fridays.

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.

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SES MENUS

**Monday–Friday,
August 15–19
LUNCH**

Monday, Aug. 15: Oven-roasted chicken, PBJ sandwich, cheesy broccoli, mashed potatoes, dinner roll, fruit, milk.

Tuesday, Aug. 16: Hamburger/cheeseburger, turkey sandwich, French fries, baked beans, carrot dippers, fruit, milk.

Wednesday, Aug. 17: Spaghetti, meat sauce, yogurt bag, potato bites, garden salad, dinner roll, fruit, milk.

Thursday, Aug. 18: Macaroni and cheddar, chef salad, green beans, sweet potato fries, fruit, milk.

Friday, Aug. 19: Pizza, bento box, pinto beans, buttered corn, cookie, fruit, milk.

BREAKFAST

Each day, students select one or two items.

Monday, Aug. 15: Breakfast bread slice, fruit, fruit juice, milk.

Tuesday, Aug. 16: Breakfast hot pocket, fruit, fruit juice, milk.

Wednesday, Aug. 17: Meat biscuit, fruit, fruit juice, milk.

Thursday, Aug. 18: Cinnamon roll, fruit, fruit juice, milk; PK: yogurt w/Grahams, fruit, unflavored milk.

Friday, Aug. 19: Breakfast meal kit, fruit, milk; PK: cereal, cheese stick, fruit, unflavored milk.

Options available every breakfast: assorted cereal, assorted fruit and juice, milk varieties. Menus subject to change.

tnAchieves Needs 7,500 Mentors by Oct. 21, 2022

tnAchieves needs more than 7,500 mentors by Oct. 21, 2022 to ensure every student in the TN Promise Class of 2023 has access to local mentor support. In 2023, tnAchieves is returning to in-person, mandatory meetings to allow all volunteers a high-impact, structured environment in which they can establish a stronger connection with their students.

"The entire tnAchieves team is eager to return to in-person mentor/student meetings," said tnAchieves Senior Director of Mentors Tyler Ford. "After nearly three years of virtual or hybrid mentoring, we recognize that there is no replacement for gathering a group of students in-person to establish an initial connection."

As Tennessee works to rebound from a nine-percentage point decline in college going during the pandemic, this return to in-person meetings partnered with the support of volunteer mentors will be a true difference-maker for students.

"Before talking with my mentor, I wasn't sure what I was going to do at all. I was avoiding thinking about the future and making a plan because I was unsure and scared," said Ava, a 2022 TN Promise Student. "When my mentor contacted me, she helped me sort out the things I needed to do and helped me decide on a college. Because my mentor contacted me, I feel more at ease about the months and years to come. I am not stressing about college anymore and I feel confident in my choice!"

By giving one hour per month, tnAchieves mentors provide critical support and encouragement for high school seniors in their community. All volunteers are provided a training as well as ongoing support from the tnAchieves team. Those interested in applying or learning more can visit <<https://tnAchieves.org/mentors>>.

tnAchieves is a privately-funded scholarship and mentoring program that seeks to provide an opportunity for every Tennessee student to earn a post-secondary degree. If you have questions about the tnAchieves mentoring program, please contact Tyler Ford at (309) 945-3446 or <tyler@tnAchieves.org>.

Friends Offer TNP Scholarship to Teachers

Each year, the Friends of South Cumberland offer a scholarship for one local teacher — occasionally two — to participate in the Tennessee Naturalist Program free of charge.

One four hour Saturday morning class approximately every month during the school year introduces

participants to the natural history of the South Cumberland: geology, plants, animals, and more — information that will enrich your understanding and enliven your classroom science lessons.

For more information or to apply, contact Mary Priestley at <mpriestley0150@gmail.com>.

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SCHOOL CALENDAR

Aug. 12–21, Orientation, School of Theology

Aug. 20–23, Orientation for New Students, College

Aug. 20, Opening Weekend, SAS

Aug. 22, Classes Begin, SAS

Aug. 22, Quiet Day, School of Theology

Aug. 23, First Day of Classes, School of Theology

Aug. 24, First Day of Classes, College

Sept. 5, Labor Day, No School, Franklin, Grundy, Marion counties

Sept. 16–18, Family Weekend, College

Sept. 16, Foundation Day Convocation, College



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Sewanee Youth Soccer Registration Open

Sewanee Youth Soccer registration is open for ages 3+, groups Lil Kickers through U12. Cost: Lil Kickers, \$65 per player, U6+, \$75 per player (uniform included in registration cost). Register online at <<https://www.fcsooccer.org/>> or contact <georgialhewitt@gmail.com>.

Games are on Saturdays, beginning on Sept. 10. The games will be at the Sewanee Ballfields on Ball Park Road.

As we build our plateau-based program, Sewanee Youth Soccer will be using the academy soccer model that allows players to participate without following the rules of team formation. Players will gather for practices and game day by age group, rather than team, to play small sided games. Players will get more touches on the ball and by having a variety of different groupings during practices and intramural games the kids get to enjoy playing soccer with all of their friends. Little Kickers, U6, U8, U10, and U12 age groups are available in Sewanee. Depending on enrollment, some age groups may combine. Best practices for health and safety will be followed.

Questions? Contact Georgia Hewitt <georgialhewitt@gmail.com>.

Back to School Bash

The Franklin County Friends of the Library is sponsoring a Back to School Bash from 2–5 p.m., Wednesday, Aug. 24, at the Winchester City Park by the Red Roof Pavilion. Food trucks, water slides, games and activities for the whole family. The EMA Command Center will be on site. The Winchester Fire Department will be on site as well with stickers and other fun giveaways. Several organizations will be on site to share information. The event will happen rain or shine.

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ARTSINSIDEOUT

by Arts Inside

Arts Inside, headquartered in Tracy City, uses art as a tool for expression, healing, and connection for incarcerated individuals and their families in rural middle Tennessee. While being mindful of systemic injustices, we aim to create spaces outside of and within correctional facilities for personal and communal healing through multidisciplinary arts and writing programming.

In 2017, AmeriCorps volunteer Hilda Vaughan founded Arts Inside in response to the lack of art programming in the Grundy County Jail in Altamont. Since then, our volunteers have led classes in creative writing, painting, and other art forms in Grundy, Franklin and Maury counties. In addition to arts education, our organization seeks to improve the quality of life on the plateau by focusing on mental health, especially that of justice-involved individuals. We regularly hold public art exhibitions for our artists to celebrate their creative achievements and connect with their friends, family, and community.

This Q&A features Liz Rector, a former art class participant at the Grundy County Jail. She is now a Certified Peer Recovery Specialist at Centerstone, and a volunteer with Arts Inside.

What is your relationship to/experience with Arts Inside?

Originally, I was incarcerated at the Grundy County Jail. I was accepted into the Arts Inside classes. Presently, I am a board member and also a volunteer.

What artistic hobbies/pastimes do you enjoy?

I think what I liked the most while incarcerated was the Striped Creations project, where you make a collage and take a look at yourself and your life.

Do you regularly create or make anything? If so, do you share it with others?

Recently, my daughter Ella and I have started tie-dyeing clothing. That's really fun!

When do you feel most creative?

I don't create anything regularly. My work schedule is so full it's hard to find time for art projects. I feel most creative on the weekends. I don't work on the weekends so that's when me and Ella tie-dye.

Do you consider yourself a creative person?

I am a very creative person mentally in my head, but it's hard to put my ideas into motion.

Who is the most creative person you know? How have they influenced you?

Ms. Hilda (Vaughan) is a very creative person. She makes me think outside the box. She is a big influence in my recovery network.

Did you create things during your childhood?

I didn't create a lot when I was a child. I was more of the playing outside type of kid.

How do you see the role of art in your life now?

Art was never big for me until jail. Through that experience, I learned how much of a benefit art has with mental health. It allows you to branch out to people you wouldn't normally associate with.

How have you seen art/creating make a difference in the lives of others?

I can speak for myself when it comes to making a difference in my life. If it wasn't for Arts Inside, art, and Ms. Hilda, I wouldn't have such a great support system for my recovery journey. Arts Inside and Hilda are amazing! I'm proud to be a part of and associated with them both!

As our program expands, we are looking for volunteers interested in leading in-person workshops in art or writing, leading virtual workshops in art or writing, or helping with fundraising and development. To become a volunteer or make a donation, please visit our website: <artsinside.org>.

Instagram Contest Kicks Off Tennessee Craft Week Plans

Tennessee Craft announces a Tennessee Craft Week Instagram Photo Contest through Aug. 31, 2022. This contest is open to all craft artists in the state of Tennessee. Winning photos will credit the artist (and photographer, if noted). Photos will be shared via Tennessee Craft social media platforms and in print to generate excitement and public interest in the eighth annual Tennessee Craft Week (TCW), held Oct. 2-10, 2022.

Artists are invited to take a photo of their craft in a Tennessee-themed setting. This landscape should reflect the beauty and richness of our geographically and culturally diverse state while bringing the focus on artisan work made in Tennessee.

Winning photos will be announced to the public on Thursday, Sept. 8. The Grand Prize winner will receive a \$200 gift certificate from Blick Art Materials. First, second and third place winners will be awarded gift certificates from Blick Art Materials and Cheap Joe's Art Stuff. All winning photographs and Honorable Mention photos will be used to promote the 2022 Tennessee Craft Week, which celebrates fine craft. Awards will be distributed on Oct. 17.

Rules for Participation:

Artists must follow @TennesseeCraft, @BlickArtMaterials and @CheapJoesArtStuff on Instagram and include #TNCraftWeek with submitted photos.

All entries with the correct hashtag and "follows," posted through Aug. 31, 2022, will be eligible for the contest.

Photographs should have a clear focus, good color, and thoughtful composition in a 1:1 (square) ratio. Photos must be taken in high-resolution for printing purposes.

The focus of the photo should be the artwork, with a landscape in the background. Only original photographs are accepted.

By participating in the contest, artists/photographers agree to the use of their photos to promote Tennessee Craft Week.

Details and rules for the Instagram Contest will be posted online to @TennesseeCraft Instagram and Facebook accounts, and on the TCW webpage <<https://tennesseecraft.org/tennessee-craft-week/>>.

'Catch Me If You Can' at Manchester Arts Center

The Teen Actors Guild brings the high-flying musical comedy "Catch Me If You Can" to the stage at the Manchester Arts Center. Based on the hit movie starring Leonardo DiCaprio and Tom Hanks, the incredible true story is all about chasing your dreams ... and not getting caught.

Seeking fame and fortune, precocious teenager Frank Abagnale, Jr., played by Caleb Heath, runs away from home with nothing more than boyish charm, a big imagination, and millions of dollars in forged checks, successfully posing as a pilot, a doctor and a lawyer — living the high life until his lies catch the attention of FBI agent Carl Hanratty (Tucker Johnson).

"Catch Me If You Can" runs Aug. 12–14, Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m. Tickets are \$15 for adults, \$13 for seniors and military, and \$10 for students, and are available at <milenniumrep.org> or by calling (931) 570-4489. The MAC is located just off the Manchester square at 128 E. Main St.

The FCAG Community Art Shows Announced

The Franklin County Arts Guild (FCAG) offers six Community Art Shows each year to promote the arts in Franklin County and the surrounding area. The Franklin County Arts Guild invites original contributions from artists of all ages in any media for inclusion in its Community Arts Shows at the Artisan Depot. Individuals wishing to submit work for a community show should submit their work at the Artisan Depot on published intake dates during gallery operating hours. Each artist is free to interpret the theme of each show as they wish. All work must be submitted ready for display. Membership in the Guild and gallery fees are not required for these shows but members can participate. Works can be submitted for sale or not for sale (NFS). Commissions for works sold are 25 percent of sale price.

Community Art Shows include:

"The Cowan of Times Past," runs through Oct. 2, opening reception, 5–7 p.m., Friday, Aug. 19.

"Marvelous and Magical Masks," Oct. 6–Nov. 27, intake dates, Sept. 29–Oct. 2, opening reception, Friday, Oct. 21.

"Recycled and Reimagined," Dec. 1–Jan. 29, intake dates, Nov. 24–27, opening reception, Friday, Dec. 16.

"Languages of Love," Feb. 2–April 2, intake dates, Jan. 26–29, opening reception, Friday, Feb. 16.

"Being a Flower is a Big Responsibility," April 6–May 29, intake dates, March 30–April 1, opening reception, Friday, April 21.

"Something for Children," June 1–July 30, intake dates, May 25–28, opening reception, Friday, June 16.

The Artisan Depot is operated by the Franklin County Arts Guild and is located at 204 Cumberland St. East, Cowan. Gallery hours are noon to 5 p.m. on Thursdays, Fridays, and Sundays and 11 a.m. to 5 p.m. on Saturdays. More information can be found at <<http://www.franklincoarts.org/>>.

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A Labyrinth Journey
September 16-18, \$400/\$300

Spirituality of the Enneagram
September 30–October 2, \$525/\$425/\$325

Lectio Divina Introductory Workshop
9am-3pm, November 12, \$70

Mindfulness on the Mountain
December 2-4, \$575/\$475/\$375

Advent Centering Prayer Retreat
December 9-11, \$515/\$415

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For more information and registration, go to <www.StMarysSewanee.org>

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Braden Resigns as Head Women's Basketball Coach

The University of the South Department of Athletics announced on Aug. 4, that Tracey Braden will resign as head women's basketball coach.

Recording a 39-62 overall record at Sewanee, she finishes fourth all-time in wins in program history. Additionally, she has coached 10 All-Conference honorees and 32 selections to the league's Academic Honor Roll in five seasons with the Tigers.

During the 2019-20 campaign, Sewanee secured a three-game winning streak for the second time in the Southern Athletic Association era. The Purple Tigers defeated Hendrix, Millsaps and Birmingham-Southern from Jan. 26 to Feb. 2, 2020.

"Tracey has made a tremendous impact on the lives of many Sewanee student-athletes during her time here on the mountain. She is an educator first, a hands-on coach that instructs far beyond the X's and O's of the game, and has also positively influenced the university in her administrative roles. Tracey's easy smile and can-do attitude will be missed in our department, but we know the seeds she planted through her countless interactions with hundreds of students will continue to grow and prosper beyond the gates of Sewanee for years to come," said Director of Athletics John Shackelford.

In addition to her duties on the court, Braden also served as Assistant Director of Athletics, Senior Woman Administrator, primarily responsible for physical education classes for the college. Additionally, she served as the SAA liaison for the Sports Information Directors Council.

Sewanee will begin a national search for its 13th head women's basketball coach immediately.

170 Student-Athletes Named to SAA Academic Honor Roll

The Southern Athletic Association (SAA) has announced the Winter/Spring 2022 Academic Honor Roll. 170 student-athletes earned the honor at the University of the South for the Easter Semester of the 2021-22 academic year.

To qualify, SAA student-athletes must have had a minimum Grade Point Average (GPA) of 3.25 or higher for the term and be a regular member of a varsity athletic team in a sport sponsored by the conference.

Women's swimming and diving, women's golf and women's tennis set new personal bests in the SAA Academic Honor Roll.

Go to <<https://sewaneetigers.com/index.aspx>> to view the complete list.

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Matthew Ragovin Tapped to Lead Women's Golf Program

Director of Athletics John Shackelford has announced on Thursday that Matthew Ragovin has been selected to lead the University of the South women's golf program.

A former assistant coach and student-athlete at the Division III level, Ragovin becomes the third head coach in the program's history since its inception in 1995, and it is the first time that the program has a dedicated full-time coach.

Prior to his arrival on the Domain, Ragovin spent the last five years as an assistant coach at the University at Albany (N.Y.), a Division I institution. He was a part of two conference championships with the Mid-Atlantic Athletic Conference (MAAC) and two bids to Regionals.

While at University of Albany, he was a part of recruiting student-athletes with above average academic profiles and assisted the head coach in developing practices, tournament planning and community service planning.

Prior to his time in New York state, Ragovin worked as an assistant coach for the men's and women's golf programs at St. Lawrence University (N.Y.) in 2017. During his tenure with the Saints, he was a part of recruiting Division III student-athletes and ran workouts, including a team fitness program, as well as practices and qualifying.

Ragovin earned his first coaching position as an assistant men's and women's golf coach at Washington and Lee University (Va.) for two seasons. He was a part of a women's program that made the NCAA Championships in 2015 as an at-large and finished seventh at the event. On the men's side, he was a part of a team that finished in third place at the National Championships and were named the Old Dominion Athletic Conference (ODAC) Champions.

Ragovin played collegiately at McMurry University in Abilene, Texas where he was the captain of the men's golf team and the vice president of SAAC.

Graduating in 2013, Ragovin received a bachelor's degree of interdisciplinary studies with concentrations in kinesiology, business, and psychology.

Sully McCreery Named NCAA Postgraduate Scholar

The National Collegiate Athletic Association (NCAA) announced that University of the South graduate Sully McCreery, C'22, was named a recipient of the NCAA Postgraduate Scholarship.

McCreery becomes the 35th recipient of the NCAA Postgraduate Scholarship in the history of the University of the South, and he is the first from the baseball program to achieve this award. Additionally, he was one of 21 men's athletes from across all three NCAA Divisions to earn the award from the spring semester.

"Sully earning this award demonstrates on the national level the rigor of Sewanee academics and athletics. This demonstrates to our current athletes and prospective athletes that they can be successful in the classroom and on the athletic field and be recognized for their accomplishments," said Dr. Evan Joslin, Associate Professor of Chemistry and Sewanee's Faculty Athletic Representative.

Graduating with a degree in Finance with a Biology minor, McCreery plans to take a gap year this year and apply for medical school for the 2023-24 academic year.

Sully is a consummate professional with a natural desire to achieve success in everything he does," said David Jenkins, head baseball coach. "Whether it's on a field, golf course or in the classroom, you are going to get his best. He has been an absolute pleasure to work with and a great teammate. He has held a leadership role within the team each of his four years here, being named Captain his senior year. I am really excited for Sully and his future. The medical school he decides to attend will be getting a good one!"

During his four-year career with the Tigers on the diamond, he played in 66 career games with a batting average of .289 and an on-base plus slugging of .796. He is a four-time member of the Southern Athletic Association's Athletic Honor Roll and has been a member of the Dean's List for each semester of his academic career at Sewanee. "Sully graduated Sewanee with many academic accomplishments. He earned Magna Cum Laude Latin Honors and was inducted into Phi Beta Kappa and Omicron Delta Kappa during his senior year. Furthermore, he was inducted into the Order of the Gown in the fall semester of his sophomore year, which is the earliest induction period. In the classroom, Sully has outstanding time management skills and takes on any challenge placed before him," said Joslin.

The NCAA awards up to 126 postgraduate scholarships annually. The scholarships are awarded to student-athletes who excel academically and athletically and who are at least in their final year of intercollegiate athletics competition.

The one-time non-renewable scholarships of \$10,000 are awarded three times a year corresponding to each sport season (fall, winter and spring). Each sports season there are 21 scholarships available for men and 21 scholarships available for women for use in an accredited graduate program.

All former student-athletes who earned an undergraduate degree from an NCAA member school are eligible to be nominated by that school for an NCAA graduate degree scholarship, regardless of when they received their undergraduate degree.

Josh Hill Selected as Head Coach of Sewanee Men's Golf

Announced by Director of Athletics John Shackelford on Thursday, former Division III All-American Josh Hill has been named the new men's golf coach at the University of the South.

Hill becomes the 15th head coach since 1946 for a men's golf program that begins its 89th season of competition in 2022-23.

Hill arrives at Sewanee after spending the 2022 season as the head men's golf coach at Wabash College (Ind.). The Little Giants finished fifth at the North Coast Athletic Conference (NCAC) Championship. Additionally, he led Brayden Weiss to a fourth place finish to earn First Team All-NCAC honors, becoming the first player at the institution to clinch First Team honors since 2014 and the third player in the history of the NCAC Championships to finish in the top-5.

Prior to his time in Indiana, Hill served as an assistant coach for his alma mater, Guilford, in 2020 and 2021. During his tenure as a coach, he was a part of recruiting, tournament set-up, team analytics and was responsible for the golf social media accounts. At the end of the 2021 season, the Quakers were ranked third in the nation, according to Golf-Stat, and four players were ranked inside the top-50.

During the 2021 season, Guilford clinched a berth to the NCAA Championships with a conference championship within the Old Dominion Athletic Conference (ODAC). The team finished third at the national championships.

He was a part of three Scholar All-Americans and four All-Americans as a coach with the Quakers.

A former three-time All-American, Hill played collegiately at Guilford College (N.C.), and he played in the NCAA Division III Championships three times while helping Guilford to three top-five finishes including a second-place finish in 2017. During his senior campaign in 2019, Hill fired a 293 (73-70-75-75) to earn sixth place honors en route to the Quakers' third place finish.

A three-time ODAC First Team selection, Hill was also a semifinalist for the Jack Nicklaus Award, given to the top collegiate golfer, in 2018 and 2019.

Hill earned a dual Bachelor of Arts in Business Administration and Economics in 2019.

Softball Sees Five Athletes Named Easton NFCA Scholar-Athletes

The National Fastpitch Coaches Association (NFCA) released on Monday its recipients of the Easton NFCA Scholar-Athletes. Five student-athletes from the University of the South were selected.

Sam Dean, Kendell Goodrum, Hanna Judycki, Peri Prestwood and Maggie Willis were named to the award.

For Goodrum, Judycki, Prestwood and Willis, it is the third time they have earned Scholar-Athlete status in their respective careers. Dean collects the honor for a second time.

From the Southern Athletic Association (SAA), a total of 26 student-athletes from three league schools were named to the list. Berry and Hendrix joined Sewanee on the announcement.

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NATURENOTES

by Yolande Gottfried



Davis' Southern Dog-day Cicada. Photo by Yolande Gottfried

Dog Days

The "Dog Days" of summer are ending and there is a shift in the feel of the weather around this time of year. Often, the dogwoods are starting to show some color and the tulip poplars are turning yellow. The preceding 40 days or so were known as "Dog Days" because the Dog Star, Sirius, rises with the sun in that time period. Sirius is a star in the constellation Canis Major and is the brightest star in our sky besides the sun, so bright that the ancient Romans thought it added to the heat of the sun and caused the hot, humid weather of those summer days.

We are hearing the song of the Dog-day Cicada, or more exactly, Davis' Southern Dog-day Cicada. It is the high, more or less monotone "z-ing" we are hearing these days. Like other cicadas, it lives most of its life as a nymph underground, feeding on sap from tree roots. You have probably seen the cast skin of the nymph on a plant stalk or elsewhere, and perhaps have seen the half-inch hole where it emerged from the ground. The adult only lives a few weeks. The "singing" is done by the males to attract a mate.

Annual 'Picture the Park' Photo Contest Open

Area photographers are invited to submit their most picturesque photos of the South Cumberland State Park (SCSP) to the annual Picture the Park photo contest sponsored by the Friends of South Cumberland (FOSC).

The photos will be used on the Friends' website, in printed literature, in physical products offered in exchange for donations to the Friends, or to sell in order to raise money for projects facilitated for the SCSP.

Deadline to submit photos is midnight on Sept. 7. More information, submission requirements and categories are available at <www.friendsofsouthcumberland.org>.

FOSC is a group of volunteer citizens dedicated to supporting the SCSP, which, at 30,837 acres, is the state's largest. As a 501(c)(3) nonprofit membership corporation, funding for the Friends is derived from individual and corporate memberships and from private donations. Visit the website to learn more.

Sewanee Herbarium Events

The Sewanee Herbarium events are now following a seasonal schedule. Spring and summer offerings will be wildflower walks. Fall will bring various activities focused on art, and winter's events will be instructional, i.e., plant identification using field guides. Nature journaling will be an on-going, year-round offering.

Foster Falls, Saturday, Aug. 20, 9 a.m., with Mary Priestley. This has long been a favorite spot for late season wildflowers that thrive in the open sun, such as blazing star and numerous asters. Meet at the Foster Falls parking area for this one-to-two-hour easy walk in the power line right-of-way above the gorge with optional short but steep trek to the bottom of the falls and back to see some trees and ferns. Contact the South Cumberland State Park Visitors' Center for directions (931) 924-2980. Want to take a dip after the walk? Bring your suit. Foster Falls is also a wonderful place for a picnic.

Mountain Goat Trail, Saturday, Aug. 27, 9 a.m., with Yolande Gottfried. The Mountain Goat Trail is a paved walking/biking trail following an old railroad bed. We will walk a short section of it to spot late summer wildflowers. Meet in the parking lot of the Franklin County/Sewanee Airport at 262 Airport Road.

Wear appropriate shoes on all of these walks. Risks involved in hiking include physical exertion, rough terrain, forces of nature, and other hazards not present in everyday life. Picking flowers and digging plants are prohibited in all of the above-mentioned natural areas.

For more information on these or other Sewanee Herbarium events, please get in touch with Yolande Gottfried by email at <ygottfri@sewanee.edu>.

State Park Offerings

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

Friday, Aug. 12

Full Moon Night Hike to Great Stone Door (Hike is limited to the first 10 people to register; pre-register at link above)(\$10)—Meet Ranger Spencer Baxter at 7:45 a.m. at Stone Door Ranger Station, 1183 Stone Door Rd., Beersheba Springs, for a 2-mile roundtrip night hike to several overlooks to experience the night sky and full moon in beautiful Savage Gulf State Natural Area. Bring your own headlamp, sturdy hiking boots, appropriate clothing for the weather, and your spirit of adventure.

Grundy Day Loop Hike (free)—Join Interpreter Allen Reynolds at 9:45 a.m. at North Fiery Gizzard Trailhead, 131 Fiery Gizzard Rd., Tracy City, for a 1.9-mile roundtrip easy-to-moderate hike on the Grundy Day Loop. Over-ankle hiking shoes and at least one liter of water are required. Long pants, a hiking stick, and bug spray are recommended.

Saturday, Aug. 13

Full Day Loop Guided Hike (free)—Meet Seasonal Interpreter JD Dickerson at 7:45 a.m. at Stone Door Ranger Station, 1183 Stone Door Rd., Beersheba Springs, for an approximately 8-mile intermediate-level hike that will last a good portion of the day. You will begin and end at Stone Door Ranger Station, and will experience the Great Stone Door and several overlooks into Savage Gulf. Please bring all needed gear—backpack, packed lunch, additional snacks, plenty of water, sturdy shoes suitable for hiking, and any other needed items. There is not a great deal of elevation change, as the route is on the Plateau. As always, caution is needed around overlooks, as the footing can be slippery. There is an event map that can be downloaded <https://reserve.tnstateparks.com/gallery/tsp_middle_v4a/0/451/items/22420896-6AC5-434A-9CBDAD58DBA69650.pdf>.

Werner Point Overlook Hike (free)—Join Interpreter Allen Reynolds at 7:45 a.m. at North Fiery Gizzard Trailhead, 131 Fiery Gizzard Rd., Tracy City, for a guided trail hike from the Trailhead down through the Grundy Day Loop and Dog Hole Trail to the Werner Point Overlook, which gives an amazing view of the northern and southern angles of the valley. The hike is considered hard; over-ankle hiking boots, packable lunch, and at least 3 liters of water are required. Hiking stick, hat, sunscreen, insect repellent and long pants strongly recommended.

Sunday, Aug. 14

Denny Cove Waterfall Hike (free)—Meet Seasonal Interpreter Allen Reynolds at 8:45 a.m. at Denny Cove Trailhead, 5949 TN-150 Scenic, Sequatchie, for a moderate 2.8-mile guided hike through Denny Cove to the 35-ft. Denny Falls. Over-ankle hiking boots, trail snacks, at least 2 liters of water, hiking stick, hat, insect repellent recommended.

Wednesday, Aug. 17–Friday, Aug. 19

Natural Swimming Holes Tour 2022 (\$250) (Event is open to first 18 people to sign up. Register at link above)—Join State Naturalist Randy Hedgepath and Assistant State Naturalist Holly Taylor at 11:45 a.m. at Stone Door picnic shelter, 1183 Stone Door Rd., Beersheba Springs, for a multi-day tour of beautiful pools along the streams of South Cumberland. Base camp will be a group campsite and picnic shelter at Stone Door within the Savage Gulf State Natural Area. Restrooms are available at the Ranger Station. After getting to know each other we will ride in provided vans to Greeter Falls and Blue Hole in Altamont. The walk to the pools is rocky with a few steep slopes, so come prepared to do some rugged hiking totaling about 2.5-miles. After the Greeter trip, we will return and set up camp in a walk-in group campsite, a short distance from the parking lot. The group camp fee is include with your registration. Individual campsites are available but they are a separate fee. You must make your own reservations for individual sites. Dinner and breakfast will be at the shelter. The second day is a trip to Fiery Gizzard and Foster Falls with about 4-miles of moderately strenuous walking. We will have lunch at a local eatery in Tracy City. Dinner will again be at the shelter. An informal walk to the panoramic overlook is planned for the after dinner hours. The last day will be a trip to Savage East Trail-head for the easy 3-mile hike to Savage Falls. The \$250 per person fee includes camping and reservation fees, transportation, and expert guide service. Camping equipment is not provided.

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

Nature Journaling

A group meets for nature journaling Thursdays from 9–11 a.m. Come try it out and stick with it if you like. Bring an unlined journal (or a few sheets of unlined paper) and a pen or pencil. No experience needed. For more information email <mpriestley0150@gmail.com>.



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MARC's Mountain Adoptables

Meet Bella & Bella Lou

Bella was left when her person died. She was an inside girl and house trained. Now she is having to live outside because the dogs in the family caring for her do not tolerate other dogs in their domain. Bella is extremely loving and wants to be a lap dog where she will lounge all day if allowed. She is great with older children but doesn't care much for the busy younger children. Bella is around four or five years old, spayed, and up-to-date on her vaccines and preventatives. She is heartworm-negative. She is a little shy until she gets to know you and thus did not pose well for her pictures. Bella is a pretty girl who just wants her very own inside home and forever family. Wouldn't you like to make her part of yours?

Bella Lou is a very sweet cat who needs a home where she feels safe and secure. She loves to lie in your lap and is looking for a home where she is the queen. She does ok with dogs who are ok with cats, but due to some issues with other cats, she needs to be the only cat in your home. If you are looking for a fur baby who will give you lots of love and attention, then Bella Lou was made for you.

If you would like to learn more about Bella or Bella Lou, please fill out an Adoption Application on the MARC website <www.marc4change.org> or contact Sue Scruggs at (423) 619-3845. These pets are fostering on the Sewanee-Monteagle Mountain and are easy to meet. All MARC animals ready for adoption are spayed or neutered and up-to-date on their vaccines and preventatives.

MARC is a 501(c)(3) nonprofit animal welfare organization. It is not a shelter and relies on foster homes to save animals. MARC also provides low cost and free spay/neuter procedures for animals and is available for teaching humane education.

WEATHER

DAY	DATE	HI	LO
Mon	Aug 01	82	68
Tue	Aug 02	73	69
Wed	Aug 03	87	68
Thu	Aug 04	86	67
Fri	Aug 05	84	68
Sat	Aug 06	86	68
Sun	Aug 07	88	67

Week's Stats:

Avg max temp =	84
Avg min temp =	68
Avg temp =	76
Precipitation =	3.05"

Reported by Sandy Gilliam
Domain Ranger

Messenger Classifieds

ART

Stephenson's
**SCULPTURES
IN BRONZE**
Jeanie Stephenson
(931) 691-3873
www.stephensonsbronze.com

ENGINE REPAIR

SARGENT'S SMALL ENGINES: Repairs to All Brands of Equipment: Lawn mowers (riding or push), String trimmers, Chainsaws, Chainsaw sharpening. New saw chains. Pickup and Delivery Available. (931) 212-2585, (931) 592-6536.

FOR RENT

FOR RENT: 1 bedroom apartment, vaulted ceiling with exposed rafters, fully furnished. Complete kitchen, full bath, washer and dryer. Very large deck - all in the middle of 15 acres. Pets negotiable. All utilities included. One-year lease (or longer) preferred. Available Sept. 1, 2022. Email <annpaulwilliams@yahoo.com>.

FOR SALE

FIREWOOD FOR SALE: \$100/rick, picked up or delivered and stacked. If delivered, \$1/mile (one way) delivery charge. (423) 322-7639 or (931) 212-2585.

FOR SALE: 2305 John Deere, 62" deck, 23-hp Yanmar Diesel; 66" Finishing Mower, 20-hp Bridgestone; 4-ft. Scraper; 2-1/2-yd. Pond Scoop, \$6,200.00 for all. Individual items negotiable. Walk-behind Leafblower, 6.5-hp, 1800 rpm, \$250. (931) 636-2333.

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MESSENGER DEADLINES
News and Calendar:
Tuesday, 5 p.m.
Display Advertising:
Monday, 5 p.m.
Classified Advertising:
Wednesday, noon

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Transportation
Information: dial 511**

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MARK GREEN, owner
931-636-4555 | mdgreen41@gmail.com

PROFESSIONAL TUTORING: For children grades 1-6, in Reading, Writing, and Math. \$35/hour. Call or text for more info, qualifications etc. (931) 636-8120.

CHARLEY WATKINS
PHOTOGRAPHER
Sewanee, TN
(931) 308-7920

GARMENT HEMMING: Hand-made wildlife greeting cards. Embroidered scarves. Call Bonnie Gilliam, (931) 691-1366.

MOUNTAIN MOBILE MASSAGE.NET
Lauren Laurino, LMT
(908) 328-8769

Lyn Hutchinson
PHOTOGRAPHY
lynhutchinson.smugmug.com

**TRAFFIC
REMINDER**
Fog Happens.
It is state law to have your headlights on in fog and rain.



SHARE the TRAIL

Rule #5

Dogs must be on a 6' leash. Clean up after your dog.

WALK • RUN • CYCLE
TOGETHER

mountaingoattrail.org

PEDESTRIANS and BIKERS – EXERCISE CAUTION!

When you are out getting your exercise, following a few simple rules will keep you on the go. When biking on Sewanee side-walks, cyclists should slow down when passing pedestrians since some may not hear a warning bike bell and know to step to the right. Walkers should walk on the left-hand side of the road, traveling against the traffic; bicyclers should travel in the right-hand lane, going with the flow of traffic. During the day, both walkers and bikers should wear clothing of bright, easily seen colors, and, from dusk on, wear light, reflective clothing. In any case, don't just assume drivers can see you. Be on the lookout ... for your own safety.

COMMUNITY ACTION
COMMUNITY ACTION COMMITTEE
Where people come in times of need.
9 a.m. – 11 a.m., Monday-Friday
216 University Ave., Sewanee

Support local businesses!

RECYCLING - DROPOFF CENTER

S M T W Th F S
□ X X X X X X

Your Franklin County taxes support this center. Items collected include common household trash along with the following materials:

ALUMINUM
CARDBOARD
METAL
MIXED PAPER
PLASTIC
WASTE OIL/ANTIFREEZE



Convenience Center - Sewanee
132 Missouri Avenue
931.598.5085

HOURS of OPERATION

	WHEN Daylight Savings BEGINS	WHEN Daylight Savings ENDS
MON	1:00 - 6:00	12:00 - 5:00
TUE	3:00 - 6:00	2:00 - 5:00
WED	3:00 - 6:00	2:00 - 5:00
THU	3:00 - 6:00	2:00 - 5:00
FRI	3:00 - 6:00	2:00 - 5:00
SAT	8:00 - 4:00	8:00 - 4:00
SUN	CLOSED	CLOSED

New to the Mountain?

Read what you have been missing!

<www.sewaneemessenger.com>

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The Frame Gallery
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24"x36" - \$30
University Print Services
107 Mitchell Ave., Sewanee

FROM BARD TO VERSE

by Robin Bates

August on the Beach

I don't recall my first view of the beach: my terror at the blank expanse of sand and that tremendous, always-moving water. No silent-movie footage of me bolting for the motel's sliding door or burying my face in my father's scratchy neck. But there's a photo of my hooded self, snug, smiling in the nest he dug for me: a tiny sea enclosed by shoveled walls --infinity made comprehensible.

I do remember two or three years later, he took me in the surf up to his waist and taught me how to float there, on my back. The water chilled my ears and muted sounds, so that I felt the waves but didn't hear them. His hand stayed on my shoulder until a gust of wind blew off his cap and he lunged, letting go of me. Just then an upstart wave, whipped up by that same wind, broke over me. I choked and came up crying, cursing him in the wordless way of children, but he was there. He'd never been away. And yet, in that split-second of emptiness, by opening his hand, he'd let me feel the sea.

--Jennifer Davis Michael, *Opening the Hand from Let Me Let Go* (Finishing Line Press, 2020), reprinted with permission of the author



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Community Calendar

Friday, Aug. 12

Orientation, School of Theology, through Aug. 21

9 a.m. CAC office open, until 11 a.m.

10 a.m. Game Day, Senior Center, until noon

10 a.m. You Fit, Betsy, Community Center

Saturday, Aug. 13

8 a.m. MMUMC monthly curbside food distribution, 322 W. Main St., Monteagle, until 10 a.m.

8 a.m. Sewanee Gardeners' Market, Hawkins Lane, until 10 a.m.

8:30 a.m. Gentle Flow Yoga, Robie, Community Center, until 9:45 a.m.

9 a.m. Ascension St. Thomas Mobile Health Unit, Christ Church Episcopal, Father Adamz Parish House, 530 10th St., Tracy City, until 1 p.m.

9:30 a.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 10:45 a.m.

10 a.m. Hospitality Shop open, until 2 p.m.

Sunday, Aug. 14 • CAC Pantry Sunday

1 p.m. You Fit, Betsy, Community Center, and 2:30 p.m.

4 p.m. Hatha Yoga, Helen, Community Center

Monday, Aug. 15

9 a.m. CAC office open, until 11 a.m.

9 a.m. Pilates, intermediate, Kim, 293 Ball Park Rd.

9 a.m. Tai Chi, Shaonian, High Vibes Studio, Country Mart, Monteagle

10:30 a.m. Chair Exercise, Ruth, Senior Center, until 11:45 a.m.

3 p.m. Girl Scouts informational meeting, Sewanee Community Center

4 p.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 5:15 p.m.

5:30 p.m. Pilates, intermediate, Kim, 293 Ball Park Rd.

Tuesday, Aug. 16

8 a.m. GC Food Bank, Tracy City, until 10 a.m.

9 a.m. CAC office open, until 11 a.m.

9 a.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 10:15 a.m.

9 a.m. Pilates, beginner, Kim, 293 Ball Park Rd.

10 a.m. Hospitality Shop open, until 1 p.m.

noon Pilates, intermediate, Kim, 293 Ball Park Rd.

2 p.m. Arts Inside reception, Stirling's, until 3 p.m.

4:30 p.m. S. Cumberland Farmers' Market pickup, Community Center, until 6:30 p.m.

5 p.m. SUD Commission Meeting

5 p.m. Vinyasa Yoga, High Vibes, Country Mart, Monteagle, until 6:15 p.m.

5:30 p.m. Gentle Flow Yoga, Robie, 293 Ball Park Rd.

5:45 p.m. Zumba, Ren, Tenacity Fitness, Tracy City

6 p.m. Cowan Commercial Club, Franklin House, 108 Cumberland St. E., Cowan

6:30 p.m. Social Dance class, Lorenz, Community Center

Wednesday, Aug. 17

9 a.m. CAC office open, until 11 a.m.

9 a.m. Pilates, intermediate, Kim, 293 Ball Park Rd.

9 a.m. Tai Chi, Shaonian, High Vibes, Country Mart, Monteagle, until 10 a.m.

10:30 a.m. Chair Exercise, Ruth, Senior Center, until 11:45 a.m.

5:30 p.m. Hatha Yoga, Helen, Community Center

5:30 p.m. Pilates, intermediate, Kim, 293 Ball Park Rd.

Thursday, Aug. 18

8 a.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 9:15 a.m.

8 a.m. Monteagle-Sewanee Rotary, LaBella Pearl's

9 a.m. Nature Journaling, until 11 a.m.; more info: <mpriestley0150@gmail.com>

9 a.m. CAC office open, until 11 a.m.

9 a.m. Pilates, beginner, Kim, 293 Ball Park Rd.

10 a.m. Hospitality Shop open, until 1 p.m.

10 a.m. Kundalini Yoga Pippa, Zoom, <pippabrowne@yahoo.com>

noon Pilates, intermediate, Kim, 293 Ball Park Rd.

5:30 p.m. Ecstatic Dance, Anneli, High Vibes, Country Mart, Monteagle, until 6:30 p.m.

5:45 p.m. Zumba, Beginners, Ren, Tenacity Fitness, Tracy City, until 6:45 p.m.

Friday, Aug. 19

9 a.m. CAC office open, until 11 a.m.

10 a.m. Game Day, Senior Center, until noon

10 a.m. You Fit, Betsy, Community Center

5 p.m. Art reception, Artisan Depot, 204 Cumberland St. E., Cowan, until 7 p.m.

Local 12-Step Meetings

Friday

7 p.m., AA, open, Christ Church, Tracy City

Saturday

7 p.m., NA, open, Dechard United Methodist

Sunday

6:30 p.m., AA, open, Morton Memorial, Wesley House porch, Monteagle

Monday

5 p.m., Women in Recovery, Brooks Hall, call (931) 636-8412 for more info

7 p.m., AA, open, Christ Church, Tracy City

Tuesday

7 p.m., AA, open, First Baptist, Altamont

Wednesday

10 a.m., AA, closed, Cliff-tops, (931) 924-3493

7 p.m., NA, Dechard United Methodist

Thursday

7 p.m., Al-Anon, First UMC, Winchester

New Summer Hours!

Wednesday 6-8pm
Thursday-Saturday 10am-7pm
Sunday 10am-2pm

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