



THE SEWANEE MOUNTAIN MESSENGER

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The state park connector is open! The link from South Cumberland State Park Visitor Center to the Mountain Goat Trail was visited on Aug. 8, by Chris Pianta from Tennessee Department of Environment and Conservation's TEAP program, which provided a grant to use recycled tires to pave this section.

New Mountain Goat Trail Construction to Start Next Week in Downtown Sewanee

Sewanee's Office of Environmental Stewardship and Sustainability (OESS) and the Mountain Goat Trail Alliance (MGTA) are excited to announce that the next section of Mountain Goat Trail construction will happen in downtown Sewanee.

MGTA recently received a grant from the Tennessee Department of Environment and Conservation (TDEC) to utilize an alternative paving product made from recycled tires on its trail. Two sections of trail were recently completed in Grundy County using this product, and materials were delivered this week to Sewanee to start on the next section.

The 0.4-mile section of abandoned railroad between downtown and Sherwood Road has been part of the Perimeter Trail for many years. This resurfacing project will bring it up to the standards of the Americans with Disabilities Act and make it more accessible to users of all abilities.

This section was initially sched-

uled for construction next year, but extra materials from the TDEC grant made it possible to begin sooner. "We're excited to use this new porous pavement, which helps reduce the number of tires in Tennessee landfills," says Patrick Dean, executive director of the MGTA. "Our thanks to TDEC and the Tire Environmental Act Program for choosing the Mountain Goat Trail to be a part of this innovative initiative."

When complete, the Mountain Goat Trail will span almost 40 miles between Cowan and Palmer. Thirteen miles of the trail have been completed, with another 25 miles currently in design. According to the MGTA, more than 79,000 people per year currently use the trail every year. That number is expected to increase substantially once the project is complete.

Clearing and construction of the new trail section is scheduled to begin on Monday, Aug. 18 and we hope to have construction complete by Oct. 1.

Franklin County Schools: Firearms Safety, Policy Amendments

by Leslie Lytle, Messenger Staff Writer

"TCA (Tennessee Code Annotated) requires now we teach a firearms safety class," School Health Coordinator Chris Hawkermith told the Franklin County School Board at the Aug. 8 meeting. Hawkermith talked about the age-specific focus of the instruction and why it was needed. In regular business, the board approved 10 policy amendments recommended by the Tennessee School Board Association addressing crowdfunding, anti-Semitism, and diversity goals.

"In the United States, unintentional injuries from firearms is the fourth leading cause of death among infants, and the top among children and adolescents from one

to 17," Hawkermith said. "The [training] is a strategy to help reduce this number. No political stuff. It's not handling firearms or shooting firearms. In K through 6, the main focuses are stop, don't touch, leave the area quickly, and tell an adult. In grades 6 through 12 [the basics] are firearm identification, basic home firearm safety, storage of firearms and ammunition."

Parents received a letter explaining the focus and key points of the training. Parents may 'opt out' by signing and returning the letter. Information on the specifics of the training is available on the Tennes-

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New SAS Faculty, pictured left to right: Charles Houston Beaumont, Margo Cloniger, Larson Heitzenrater, and Michael Kochinski.

SAS Welcomes New Faculty Members, Announces Changing Roles

St. Andrew's-Sewanee School is excited to welcome five new faculty members and announce some changing roles among existing faculty.

Jo Lind Weaver was named Chief Development Officer in January. With more than 20 years of development experience with independent schools and other educational endeavors, Weaver has a proven track record of strategic planning and implementation of development objectives. She has a bachelor's degree in business management from Aquinas College.

Charles Houston Beaumont, '95, joins our faculty as learning resources coordinator and mathematics teacher. Beaumont has more than 20 years of experience as an exceptional education teacher, developing and implementing individualized education plans (IEPs) to help students maximize their success. A long-time resident of the mountain, Beaumont also has experience as a wilderness counselor and an Episcopal summer camp director. He earned a Bachelor of Science degree from the University of Tennessee at Chattanooga in multidisciplinary education.

Margo Cloniger brings her extensive teaching experience in arts and literacy to the Humanities faculty as an English teacher. She is passionate about student voice, experiential learning, storytelling, and personal narrative. Certified as a Montessori educator, she holds a Bachelor of Science degree in anthropology and sociology from UNC Asheville. Cloniger is also an experienced home-school educator. Larson Heitzenrater, '19, joins

the faculty full-time as Associate Admissions Counselor and Varsity boys' basketball head coach. Larson holds a Bachelor of Science degree in economics from Wofford College and brings sales and management experience to his role. For the past two years, he has served as head coach of the Middle School boys' basketball and soccer teams. Rob Zeitler will now serve as the head coach of the Middle School boys' basketball team.

Michael Kochinski is our Father Flye Fellow, teaching mathematics and adventure education and assisting with mountain biking, climbing, and cycling. A graduate of the University of the South, Michael holds a Bachelor of Science degree in biology and has worked in animal husbandry with the Foothills Wildlife Research Facility in Fort Collins, Colo., and as leader of the reforestation crew with EcoForesters in Asheville, N.C.

In addition to new faculty members, several SAS faculty have made significant shifts in their responsibilities. Rachel Malde returns full-time to the art classroom and remains service coordinator, and Katie Gibson, librarian, is the new Middle School coordinator in addition to coaching Middle School volleyball. Stephen Brehm will teach Middle School music, and Jeff Christopher will serve as Mathematics Chair. Sandy Glacet will serve as the Assistant Dean and Registrar, as John Phillips takes the role of Interim Associate Head of School and Dean, and Tracy Randolph is the new Director of Marketing and Communications. Tim Wallace will teach seventh-grade humanities, and Nick Ercole will serve as co-chair of the Humanities Department.

Hoarding Hell: Is There a Way Out?

by Leslie Lytle, Messenger Staff Writer

Late on the afternoon of Aug. 8, Marion Animal Resource Connection cofounder April Bowden received the following text from Grundy County Sheriff Detective Avery McGinness: "I have extracted eight children from a home. The home has 41 dogs, a pig, and some cats that need to be extracted. I need some help." McGinness also contacted Easy's Dog Shelter in Tracy City and several other Tennessee shelters. MARC and Easy's were both full. Tennessee Department of Children's Services took custody of the children. In a Facebook post, Easy's founder Andy Wostal wrote, "Tomorrow evening is the last the Sheriff's department can tend to [the dogs]. If they are still on the property they will have to euthanize them." In a social media update the following evening, the sheriff's department wrote, "Some of these animals passed away overnight and into the day due to their conditions."

Bowden coordinated her schedule with the sheriff's department and visited the site late Saturday afternoon. By then, all but 15 dogs had been placed in shelters or with individuals. Five escaped during the effort to confine them. "One of the deputies got bitten," Bowden said. "The dogs were starting to bite out of fear. They were terrified." Based on what Bowden learned, when McGinness arrived, there were some dogs in a cage outside, others tied to trees, and a large number in the house. Plans were underway to livetrapped the escapees.

Law enforcement arrested Zachariah Nunley and Vera Nunley. Charges included child neglect and animal cruelty. The Smithville residence hosted a Facebook page, Nunley's Menagerie, asking for donations and professing to rescue dogs and offer spay-neuter services.

"My question is, was the family pretending to be a rescue," Bowden said.

"When I moved to Marion County in 2005 there were six people doing what they considered to be animal rescue, because there was no shelter. It can turn into hoarding, and it turned into hoarding five times in front of my eyes watching from the sidelines."

In one of the most horrific incident, Annette Mobely was arrested after investigators discovered almost 150 dead, sick and/or neglected animals at the Perry Link Memorial Humane Society

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Save the Date, SACA Fall Craft Fair

The Sewanee Arts and Crafts Association will host its fall craft fair from 9 a.m. to 4 p.m., Saturday, Sept. 13, in Shoup Park on University Avenue. This annual event coincides with the University of the South's Family Weekend providing students, their families and the public an opportunity to meet artists and purchase their work.

P.O. Box 296
Sewanee, TN 37375

Local Food Available

The South Cumberland Farmers' Market has breads, fruits, vegetables, eggs, coffee, meats and more available. Ordering takes place online from Friday at 9 p.m. to Monday at noon. Walk-in pickup is on Tuesdays, 4–6 p.m., at the Sewanee Community Center. To order go to <<https://openfoodnetwork.net/south-cumberland-farmer-s-market/shop>>.

The Franklin County Farmers' Market is open 7 a.m. to noon, Tuesday, Thursday and Saturday, at 803 Dinah Shore Blvd., Winchester. Locally grown vegetables, fruit, meat, eggs, plants and more are available. Follow them on Facebook <<https://www.facebook.com/FranklinCountyFarmersMarket>>.

Three Seasons Market is open 3–6 p.m., every Friday, through Oct. 24. The Market is located at 14399 US Hwy. 41, Tracy City. The Market offers homemade and home grown products. For updates, follow them on Facebook and Instagram.

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

The Fresh Mess Farmers' Market takes place every Thursday, from 3–6 p.m., at Harton Park, 123 College St., Monteagle. Stop in to buy, sell, or barter fresh produce, crafts, clothing, jams, candles, boutique goods, flowers, and other creative products from local artisans.

The Big Mine Farmers' Market will be open the first and third Saturdays of the month, from 8 a.m. to 1 p.m. At the Big Mine Farmers' Market, you will find fresh, local, naturally grown foods, locally sourced produced food, garden and native plants, cut flowers, herbs, herbal teas, tinctures, infused oils, baked goods, meat, eggs and more. The Palmer Town Council has generously offered the baseball field to use. For sign up contact Ridgcrest Gardens, Palmer, on Facebook or Instagram. Email: <ridgcrestgardensrossmtn@outlook.com>.

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Exempt Positions: Advancement Officer, University Relations; AmeriCorps Program Manager, Civic Engagement; Assistant Football Coach, Athletics; Assistant Men's and Women's Tennis Coach, Athletics; Assistant Men's Basketball Coach, Athletics; Assistant Softball Coach, Athletics; Athletic Trainer, Athletics; Energy Specialist, Facilities Management; Manager of FitWell Operations, Athletics and Fitness, Student Services; Office and Communications Manager, Student Life, Dean of Students; Visiting Assistant Professor, Chemistry, College of Arts and Sciences.

Non-Exempt Positions: Accounting Administrator, Facilities Management Administration; AmeriCorps Program Coordinator, Civic Engagement; Area Coordinator, Student Life, Residential Life; Campus Security Officer, On-Call, Public Safety, Sewanee Police Department; Child Care Provider-Business Services-University Child Care; Childcare Provider (On-Call, Substitute), University Child Care Center; Digital Scholarship and Instruction Library, Information Literacy & Instructional Technology; Faculty Technology Coordinator, Library and Information Technology Services; FitWell Desk Attendant, FitWell; FitWell Group Exercise Instructor, Flourishing Wellness Center; Forestry Aide,



— THE SEWANEE MOUNTAIN — MESSENGER

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

University Summer Hours

McClurg Dining Hall hours through Saturday, Aug. 23: Open 7 days a week, abbreviated hours: 7 a.m. to 9 a.m., 11 a.m. to 1:30 p.m., 5 p.m. to 7 p.m. Sunday, Aug. 24, 7 a.m. to 9 a.m., 11 a.m. to 1:30 p.m., 5 p.m. to 8 p.m. Monday, Aug. 25 until Fall Break: Open 7 days a week, 7 a.m. to 8 p.m.

Stirling's Coffee House hours through Friday, Aug. 22: Monday through Friday, 8 a.m. to 3 p.m., Saturdays and Sundays, closed. Resumes academic year hours on Wednesday, Aug. 27.

Cup and Gown, Biehl Commons Café and the Tiger Bay Pub are closed for summer. Resumes academic hours on Wednesday, Aug. 27.

Through Aug. 24, duPont Library hours are 8 a.m. to 7 p.m., Monday–Friday, 9 a.m. to 6 p.m., Saturday, and 1–7 p.m., Sunday. Go to <https://library.sewanee.edu/library_hours> for more information.

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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@sewanecemessenger.com>. — KB



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If you know of others in our Mountain family who are serving our country, please give their names to American Legion and Auxiliary member Shirley M. Lawson at <slawson@sewanee.edu>.

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MESSENGER HOURS

Monday, Tuesday and
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Friday—Circulation Day
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SOCM Plateau and Valley Chapter to Host Public Meeting

The Plateau and Valley Chapter of Statewide Organizing for Community eMpowerment (SOCM) will hold a public meeting on Aug. 21 to discuss the proposed sand and rock quarries on the South Cumberland Plateau and their potential effects on local communities and the environment.

Topics of discussion will include updates on the proposed sand and rock quarry in Jumpoff, on the legal battle around the Clouse Hill quarry, and on other community threats, including the proposed Monteagle truck stop where people live and children play. Attendees will also discuss the links between these projects, and how communities can work together to widen community awareness of our progress to protect our water, air and continued viability of the present economic engine of tourism.


The meeting will take place from 5–7 p.m., Thursday, Aug. 21, at the pavilion behind Monteagle City Hall located at 16 Dixie Lee Avenue, Monteagle. The event will include a potluck meal. Attendees are invited to bring a dish to share.

“This meeting is an opportunity for everyone in the community to learn about the proposed quarries, ask questions, and make their voices heard,” said chapter chair Talon Sulfridge. “We are committed to protecting our homes, our water, and our environment.”

Residents are invited to attend and join the conversation. SOCM members and local residents will present information on the quarry proposals, answer questions, and share updates on community efforts to ensure appropriate regulation and oversight.

SOCM, formerly known as Save Our Cumberland Mountains, is a 53-year-old statewide member-driven organization dedicated to empowering Tennesseans in their efforts to have a greater voice in determining their own future. The Plateau and Valley Chapter covers Marion, Grundy, and Franklin Counties. While the chapter was incorporated in 2024, SOCM’s history in the three-county region stretches back to the 1970s. For more information go to <www.socm.org>. Event RSVP <https://www.facebook.com/events/1401872290902656/>

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Upcoming Meetings

FCDP Upcoming Event

Dinner with Dems at Shenanigans, at 6 p.m., Sunday, Aug. 17, at 12595 Sollace M. Freeman Hwy., Sewanee. Join us for fellowship and socializing and get to know other Democrats in the area. The FCDP will cover the first \$100 of pizzas, drinks and the rest are on you.

The Franklin County Democratic Party is sponsoring a peaceful protest on Saturday, Aug. 23, from 9–11 a.m., in the parking lot at the corner of South College Street and Second Avenue in Winchester. Bring signs. This is a permitted protest and we will be taking a poll about issues that affect Representative Desjarlais’ constituents. All are welcome.

Town of Monteagle

There will be a Workshop of the Monteagle City Council on Aug. 18, 2025, at 4 p.m., in the conference room at City Hall.

There will be a Public Hearing on Ordinance 06-25 Food Trucks on Aug. 25, 2025, at 4:45 p.m., in the conference room at City Hall.

The Monteagle City Council will meet at 5 p.m., Aug. 25, 2025, in the conference room at City Hall.

Franklin County Board of Commissioners

The Franklin County Board of Commissioners is scheduled to meet at 6 p.m., Monday, Aug. 18, at the Franklin County Courthouse.

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. 19, 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 Johnny Hughes, Chris McBee, Donnie McBee, Charlie Smith, and Clay Yeatman.

First EQB Club Luncheon of the Academic Year

The Sewanee Ecce Quam Bonum Club, founded in 1870, is Sewanee’s oldest organization in continuous existence. During the Academic Year the EQB Club meets weekly on Wednesdays at St. Mary’s Sewanee for lunch after which a talk (called a “Lead”) is given by a variety of talented speakers.

The Sewanee EQB Club will host its first meeting of the new Academic Year 11:30 a.m. to 1 p.m., Wednesday, Aug. 20. A social half hour begins at 11:30 a.m. followed by a delicious lunch at noon. Then, at about 12:25, it is only fitting that the Lead be given by Kara Lassen Oliver, St. Mary’s Sewanee Executive Director. Kara will share news about the many exciting things happening at St. Mary’s Sewanee, in addition to a little bit about her life journey to becoming Executive Director earlier this year.

Members are asked to contact Susan Horton, C’73, Membership Coordinator, at <sshorton22151@aol.com> for a luncheon reservation (\$20/lunch). Non-members or prospective members are always welcome to come at 12:25 p.m. to hear the presentation.

Monteagle-Sewanee Rotary Club

The Monteagle-Sewanee Rotary Club is scheduled to meet at 8 a.m., Thursday, Aug. 21, with Laura Rice presenting the program on “An Artist’s Path With Detours/Update.”

SCRLT Annual Membership Meeting

The South Cumberland Regional Land Trust (SCRLT) will host their annual membership meeting and potluck starting at 5:30 p.m., on Saturday, Sept. 6, at the end of Tate Trail Road (1420 Tate Trail for GPS addresses, look for the orange tent). All community members are welcome to attend, children are encouraged, and anyone is invited to bring a side dish or dessert if they would like, although contributions are not required. Local smoked pork, cutlery, plates, and beverages will be provided. Bring your instruments too for music late into the evening.

Founded in 1993, SCRLT is a 501(c)(3) organization with a mission of conservation, environmental education, and stewardship of land in the South Cumberland Bioregion. You can learn more about SCRLT at our Facebook page or Instagram @southcumberlandlandtrust, <www.scr.lt.org>, or contact us at <hello@scr.lt.org>.

Sewanee Community Council

The next meeting of the Community Council is scheduled for Monday, Sept. 22, 2025, at 7 p.m. The Community Council will not meet in August.

Hospitality Shop News

The Hospitality Shop will reopen Tuesday, Aug. 19.

Regular hours for the Shop are 10 a.m. to 1 p.m., Tuesday and Thursday, and 10 a.m. to 2 p.m., Saturday. The Shop is located at 1096 University Ave., Sewanee.

As you consider donations for the Shop please evaluate your gifts using the following criteria. Donations can be left in the bins by the back door if the Shop is closed. Good donations are: fully assembled, working, and clean with all parts and pieces; free of mold, mildew, and smells; free of chips, breakage, food residue, grease, rust; free of rips, tears, stains, missing buttons, broken zippers or excessive wear.

Sewanee’s 2025 Colleague Reception

Vice-Chancellor Rob Pearigen and Phoebe Pearigen invite you to join them in welcoming new faculty and staff into our community. Sewanee’s 2025 Colleague Reception will take place on from 4–5:30 p.m., Thursday, Aug. 21, at Clement Chen Hall. Sewanee faculty, staff, retirees, and community members are all invited. Please RSVP by Aug. 18, at this web page: <rsvp.sewanee.edu>. Childcare will be available and needs to be requested when you RSVP.



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Church News

All Saints’ Chapel

Summer Sunday Worship: Every Sunday through Aug. 17, 2025, at 8 a.m., Rite 1 Holy Eucharist. Sundays During the Academic Year, starting Sunday, Aug. 24, 8 a.m. Holy Eucharist, Rite 1, and 11 a.m. Holy Eucharist, Rite 2.

Christ Church

“By their fruits you will know them” is repeated in this Sunday’s Gospel reading. Most of what we might call the “fruits” season is a bit later in the months ahead, but vegetable gardens are already bearing. One of many joys of being active in a church is to see how people share fruits and vegetables. There is a local joke that one reason to lock your car during church services is that otherwise you may find your car filled with Zucchini.

You are welcome to join us at Christ Church for the service or for lunch or both. We begin around 10:45 a.m. and stay for lunch and fellowship after the service.

Draw Near

Draw Near is a new church at 301 Montgomery St., Cowan, that is all about becoming disciples of Jesus one person at a time through real relationships. This means you matter! Come as you are and experience authentic worship at 10 a.m., Sunday. Classes for 2 years through fifth grade.

Morton Memorial United Methodist

This Sunday, the sermon title is “By Faith” based on Luke 12:49-56 and Hebrews 11:29-12:2. Jesus spoke about interpreting what was happening in their time. These words are also pertinent today.

Children are welcome at Morton! They are invited to interact with our pastor during worship in a special Children’s message and will focus on the experience of faith and being courageous. Following worship, they will have time together in activities with Ms. Margaret in Children’s Church.

To learn more, accept this invitation to worship at Morton Memorial United Methodist Church. Morton is located at 322 West Main St., Monteagle and our ser-

vice begins at 11 a.m. In addition to a thought-provoking message, you can look forward to inspirational music. If you are unable to attend and want to sample worship at Morton, the service will be live streamed at Morton’s Facebook and YouTube pages and is available there in the week following the service.

St. James Episcopal

St. James celebrates Holy Eucharist every Sunday at 9 a.m. We gather after the service for conversation and coffee. St. James is located at 898 Midway Rd., Sewanee. All are welcome.

St. Mark and St. Paul

Services are at 8:30 a.m., and 11 a.m. The 11 a.m. service will be livestreamed on our Facebook page and remains available there.

Nursery Services: Infants and toddlers through three years old are invited to gather downstairs in Claiborne Hall.

The Rev. Rob Lamborn will be on vacation through Aug. 22. The parish office remains open 9 a.m. to noon and 1-4:30 p.m., Monday, Wednesday, Friday, and 9 a.m. to 1 p.m., Tuesday, Thursday. Outside of office hours, for pastoral emergencies please contact Deacon Betty Carpenter at (931) 636-3656, or for other urgent matters Senior Warden Robin Bates at (240) 298-0953.

Welcome Picnic is Coming Aug. 24! Everyone is invited to come kick off a new program year and welcome neighbors new and old. There will be fried chicken, and all kinds of salads, sides and desserts. Please sign up on the sheet in Kennerly to bring your favorite salad, side dish, or dessert. There is also a need for volunteers to help with setup and take down. We will be on the lawn (weather permitting) after the second service. Everyone is welcome!

Rector’s 10 year anniversary at St Mark & St. Paul: On Sunday Aug. 31, the Parish Life Committee will host a celebration of Father Rob’s 10 years of service to the parish and 30 years as an ordained priest. There will be cake and time for parishioners to share remembrances of Fr. Rob’s eventful 10

years at our parish. Please plan on joining us after the 11 a.m. service.

Connections for Parents: Will meet on Sunday, Aug. 17, at 9:45 a.m., in the Hethcock room.

Godly Play continues this Sunday at 9:45 am for children 3 years old through fifth grade.

Flood Relief: Episcopal Relief and Development is working with the Diocese of West Texas to provide support. Donations may be made to <episcopalrelief.org> or via check to Episcopal Relief & Development, 815 Second Ave., New York, NY 10017.

Rite-13 Mission Trip: Ten young people and four adults joined the mission trip to Kentucky with the Appalachian Service Project. They helped with flood recovery efforts in the eastern part of the state. They will be sharing about their experiences in the next newsletter and in Sunday Forum in the fall. You can

still make a donation to help cover trip costs; simply mark your donation “Rite 13 mission trip”.

Adult Choir: Adult choir will be rehearsing between services since there is no forum. Once the forums begin, choir practice will be Sundays 12:30-1:30 p.m. The first anthem will be on Aug. 31.

Children’s choir rehearses on Wednesday after school. To enroll your child contact Wyatt Poe at: <music@stmarkstpaul.org>.

Centering Prayer Group: Mondays at 7 p.m., and Tuesdays at 2:30 p.m., both in the sanctuary.

Lectionary Bible Study is on hiatus and will resume on Tuesday, Sept. 2, at 3:30 p.m.

Sunday Forum theme for 2025-2026 is from Micah 6:8 which tells us to do justice, love mercy, and walk humbly with our God. The Christian Formation Committee is currently scheduling a slate of

speakers to help us apply this call to our own context. For more information, talk with Robin Bates or Jeannie Babb.

Reed Carlson will launch this year’s forum on Aug. 24, at 9:45 a.m., with a talk on social justice from the perspective of the prophets.

Winchester First United Methodist Church

Winchester First United Methodist Church is located at 100 S. Jefferson St., Winchester. Worship is on Sundays at 9 a.m. and 11 a.m., except for the first Sunday of each month, when the service is at 10 a.m., and is followed by lunch. For more information contact the senior pastor, Eric Bronkala, at (865) 591-8823, or check us out on Facebook.

Church Calendar

6 p.m. Mid-week Service, Wednesday

Midway Baptist Church

9:45 a.m. Sunday School, Sunday

10:45 a.m. Morning Service, Sunday

6 p.m. Evening Service, Sunday

6 p.m. Bible Study, Wednesday

Midway Church of Christ

10 a.m. Bible Study, Sunday

11 a.m. Morning Service, Sunday

6 p.m. Evening Service, Sunday

Monteagle Church of Christ

11 a.m. Morning Service, Sunday

6 p.m. Bible Study, Wednesday

Monteagle First Baptist Church

11 a.m. Worship Service, Sunday

6 p.m. Bible Study, Wednesday

Monteagle Seventh-day Adventist Church

10 a.m. Bible Study, Saturday

11 a.m. Worship, Saturday

7 p.m. Prayer and Study, Tuesday

Morton Memorial United Methodist, Monteagle

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-Midway Episcopal Church

9 a.m. Holy Eucharist, Sunday

St. Margaret Mary Catholic Church, Alto

8 a.m. Mass, Sunday

St. Mark & St. Paul

8:20 a.m. Nursery, basement of Kennerly Hall (Sewanee Children’s Center), Sunday

8:30 a.m. Holy Eucharist, Sunday

9:45 a.m. Godly Play

11 a.m. Holy Eucharist, Sunday, livestream Facebook

St. Mary’s Sewanee Retreat Center

4 p.m. Centering Prayer Group, Thursday

Sewanee Church of God

10 a.m. Worship Service, Sunday

Sewanee Zen, Stone Nest Dojo

7 a.m. Zazen, Tuesday-Thursday

10 a.m. Zazen and Ceremony, Sunday

Sisters of St. Mary Convent Chapel

7 a.m. Morning Prayer, Tuesday–Friday

5 p.m. Evening Prayer, Tuesday–Friday

7:30 a.m. Morning Prayer, Saturday

5 p.m. Evensong, Saturday

8 a.m. Holy Eucharist, Sunday

5 p.m. Evensong, Sunday

Tracy City First Baptist Church

10:45 a.m. Morning Worship, Sunday

Trinity Episcopal Church, Winchester

10:30 a.m. Holy Eucharist, Sunday

12:30 p.m. Lectionary Bible Study, Tuesday

Unitarian Universalist Church, Tullahoma

10 a.m. Service, Sunday

Valley Home Community Church, Pelham

10 a.m. Sunday School

11 a.m. Morning Service, Sunday

Winchester First United Methodist

9 a.m. Worship, then at 11 a.m., except for first Sunday of the month, which is 10 a.m.

Obituaries

Kristopher Lee Braden

Kristopher Lee Braden, age 49, died on Aug. 12, 2025. He was born on April 17, 1976, in Sewanee, to Randy Braden and the late Mary Burrows. Everyone knew him as “Shadetree.” He he loved to work on cars and trucks, and had worked for Paul Guyear at Hwy 41 Auto for several years. He was preceded in death by his mother; brother, Randy Kirk Braden; maternal grandparents, Melvin and Frankie Burrows; and paternal grandparents, Isaac and Odell Braden.

He is survived by his son, Xander Lee Braden; stepson, Jadon (Sydney) Hall; and parents, Randy and Lena Braden.

Funeral Services will be at 1 p.m. on Friday, Aug.15, 2025, from the Foster & Lay Chapel of Cumberland Funeral Home, Tracy City with Bro. Dennis Rollins and Bro. Mike Rigsby officiating. Interment will follow in Coalmont Cemetery. For complete obituary go to <www.cumberlandfuneralhome.net>.

Nancy Ann Ward

Nancy Ann Ward, age 63, died on Aug. 3, 2025. She was born on Oct. 22, 1961, in Manchester, Tenn., to William and Lula Mae Thomas Cantrell. She was preceded in death by her parents; brothers Eddie, Roy, and Gary Cantrell; and sister Gloria McFarland.

She is survived by her husband of 39 years, Michael Ward; children, Randy (Kelley) Seagroves, Joseph Ward, and Hailee (John) Gallo; brothers Carl (Donna) Cantrell, Kenneth (Anna) Cantrell, Jimmy (Cathy) Cantrell, Robert Cantrell, and Ronnie (Tammy) Cantrell; sisters Margaret (the late “Scooter Bill”) McFarland, Carol (the late John) Collins, Bonnie (David) Garner, Alice Childress, and Tina Cantrell; brother-in-law, Barry McFarland, four grandchildren, and many nieces and nephews.

Funeral Services were on Aug. 7, 2025, from the Chapel of Cumberland Funeral Home, Monteagle. Interment followed in Eastern Star Cemetery. For complete obituary go to <www.cumberlandfuneralhome.net>.

Art Show to Benefit MARC

"Hot Dogs and Cool Cats" art show, benefiting Marion Animal Resource Connection (MARC), is on Saturday, Aug. 16, 2025, from 10 a.m. to 2 p.m., at Frame Gallery Gifts & Art in downtown Sewanee. continues through Sept. 6.

On Aug. 16 at the Frame Gallery, visitors can enjoy the "Hot Dogs and Cool Cats" art show inspired by our beloved four-legged friends, and participate in family-friendly, hands-on art projects, lighthearted games, and other surprises in celebration of pets, creativity, and community.

Frame Gallery is also collecting in-kind donations during the event to support the 501(c)(3) nonprofit organization committed to improving the lives of animals and people in Marion County, Tenn. The suggested list of donations includes:

Purina puppy and kitten chow; soft kitten food; cat and dog toys; paper towels; large black trash bags; lemon cleaner; bleach; bath or beach towels; Martingale dog collars, all sizes; slip leads.

MARC requests that donations do not include retractable leashes.

"Hot Dogs and Cool Cats" is Frame Gallery's second fundraiser for MARC. The first fundraiser, Pictures with Santa Paws, on Dec. 21, 2024, raised \$750 and collected in-kind donations to support the animals of MARC in time for the winter holidays.

Beersheba Springs Arts and Craft Fair

The 58th annual Beersheba Springs Arts and Crafts Fair will be on Saturday, Aug. 23 and Sunday, Aug. 24, at the historic Beersheba Springs Assembly. This annual event showcases handcrafted art and home-produced items from artisans across the Southeast. The fair operates on Saturday from 9 a.m. to 5 p.m. and Sunday from 9 a.m. to 4 p.m. Admission is free, and the event is open to the public.

The Beersheba Springs Assembly, listed on the National Register of Historic Places, provides a unique and picturesque setting for the fair. In addition to the arts and crafts vendors, attendees can enjoy food from various vendors and food trucks, with options for picnics on the Assembly grounds. You can visit the official Beersheba Springs Arts and Crafts Fair Facebook page for more information and updates.



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Hoarding (continued from page 1)

operated by Mobley in Whitwell.

"These people think they're helping, but they don't have the resources, they don't have the education," Bowden said. "It turns into animal suffering."

"It will keep happening until there is animal control and people aren't encouraged to do it themselves. I don't know what happened in [the Smithville] situation. I don't think these people were purposely torturing animals. I think the woman would take animals probably with the intention of helping them or finding them homes. No one can afford to feed 41 animals if they have eight children they're supposed to be feeding, too."

"I've seen it happen so many times," Bowden insisted. An elderly couple Bowden visited in 2011 had 28 dogs chained to trees or in crates outside in the dead of winter. "They were adamant they were keeping these strays from getting hit by cars," Bowden said.

More recently, in 2021, a Grundy County woman, Margaret Allanson, was arrested and 211 animals rescued from her property near Gruetli-Laager. Law enforcement found over 160 skulls at the site. Officers were called to the property back in 2012, when Allanson had over 100 dogs on her property, but she wasn't prosecuted.

Just this past July, 14 starved and neglected dogs were seized in Marion County and three Marion County residents charged with animal cruelty.

"There are probably hundreds of hoarding cases in the area," Bowden said. Jasper has a law prohibiting people to own more than three dogs. "They don't have a problem," Bowden observed. "There needs to be some protocol in place," she insisted, "simple things like the minimum length of a chain and the number of dogs allowed per square foot." Bowden also argues there needs to be "a punishment," not necessarily jail time, but perhaps prohibiting those who hoard or neglect animals from owning animals for five years.

Another concern Bowden pointed to was, due to the urgency of the recent Smithville hoarding case and lacking a shelter, unvetted dogs were placed with unvetted owners. "A dog with Parvo-like symptoms died while we stood there watching," Bowden said. Another dog tested positive for Parvo, a highly contagious disease. Although two vets were on the scene volunteering services, the majority of the dogs went to new homes or foster homes without receiving testing or medical attention. Bowden has been fielding phone calls from panicked people who rescued one of the Smithville dogs and now want to be freed of the obligation due to concern about their own pets catching Parvo. Bowden suggested in hoarding rescue instances a temporary shelter might be set up at a firehall or similar location to allow the dogs to be screened for disease and serious medical conditions before being placed in homes.

Thanks went out from the Grundy County Sheriff's Department for the outpouring of support and assistance from individual and area shelters. In addition to Easy's and MARC, Animal Harbor, the Coffee County Humane Society, Nashville Humane Society, and Ruff Rescue responded to the call for help.

Founded in 2011, MARC was never intended as a shelter, but rather, to provide spay-neuter services and to find homes for animals in need. While applauding the generous community response to the sheriff department's call for help and endorsing the need for shelters, MARC cofounder Sue Scruggs conceded, "Another shelter would fill up in two hours."

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FC Schools (continued from page 1)

see state website.

Significant among the policy amendments, the Fundraising Policy no longer forbids crowdfunding. "In the eyes of the Tennessee comptroller, any time we are asking for money or school supplies is a fundraiser," explained Deputy Director of Finances Jenny Phillips. "Crowdfunding is asking people to go online and give money." Phillips cited the example of an Amazon Wish List. The policy stipulates all fundraising must be approved by the school principal and director of schools. "The amended policy gives more options," said Human Resources Supervisor Roger Alsup. Board member Erik Cole requested clarification of the provision, "students shall not go door to door," asking if this applied to students asking businesses to give money. "The [rule] is for the safety of the students," said board member Sara Liechty. Parents accompanying the child would be a different circumstance, board member Sandy Shultz observed. Phillips suggested the policy stipulate children should not go to residences. Alsup suggested the policy stipulate students were "discouraged" from going door to door. He will add verbiage to clarify the door-to-door provision.

The Instructional Programs policy statement "The Board shall not discriminate on the basis of race, color, religion, sex, national origin, or disability in its instructional program or activities" was amended with the addition "Discrimination shall include anti-Semitism." The amended Discrimination/Harassment policy stipulated including "anti-Semitism" as a form of "religious discrimination/harassment" among the forbidden practices.

The amended policy addressing the Personal Goals of the board removed the provision that called for setting goals for educators to "take into consideration the diversity of the student population." Board member Sarah Marhevsky questioned the policy change. "It [the diversity goal] must come out," Alsup said. Board chair Cleijo Walker concurred. The board will discuss the diversity-goal issue at a workshop. Questioned after the meeting, Marhevsky said, "This change is related to the [Trump] administration's requirements." According to NPR, "The Trump administration has threatened to withhold federal funds from public schools that have diversity, equity and inclusion programs."

In the Legislative Update, Marhevsky recommend the board pass a "Resolution in Support of a Free Public Education for All Students in Tennessee," in response to proposed state legislation that would allow public schools to charge a fee if students could not prove they are legal residents of the United States. The resolution states, "the 14th Amendment to the Constitution of the United States includes the Equal Protection Clause and the Due Process Clause, which through court cases, including Plyler, has been shown to include free public education as a property right (5th Amendment) for all." The resolution passed with board member Erik Cole voting, "nay."

In the School Spotlight, the board heard from Sewanee Elementary School Principal Allison Dietz. SES is celebrating its "100th year of education." In the most recent data available, SES received a letter grade of "A" for the 2023-2024 school year. Equally impressive, in English Language Arts 76.7 percent of SES students tested at grade level or above, a 2.6 percent increase from the previous year; in math, 78.7 percent of students tested at grade level or above, a 9.3 percent increase; and in science, 78.3 percent of students tested at grade level or above, a 3.3 percent increase.

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Vaccination Clinic

Walgreens Pharmacy will again offer a vaccination clinic in Sewanee from 10 a.m. to 1 p.m., Friday Sept. 5, at the American Legion Hall. All ages are welcome. Most insurance is accepted.

Vaccinations offered will include:

- 1) Covid (latest Moderna version and compatible with prior Pfizer)
- 2) Flu (low and high dose)
- 3) RSV
- 4) Prevnav/Pneumonia.

Registration is now open through Folks at Home: email <folksathomesewanee@gmail.com> or phone: (931) 598-0303.

Please specify the vaccines you'd like to receive.

Answers to Frequently Asked Questions can be found on our website calendar: <folksathome.org>.

Please discuss any medical questions or concerns with your healthcare provider.

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SENIOR CENTER NEWS

The Sewanee Senior Center serves lunch at 11:30 a.m. Monday through Friday. The suggested donation is \$5, regardless of your age. Please call (931) 598-0771 by 9 a.m. to order lunch. Menus follow:

Monday, Aug. 18: Kraut, smoked sausage, hominy, cornbread.

Tuesday, Aug. 19: Chef salad.

Wednesday, Aug. 20: Meatloaf, pinto beans, creamed corn, cornbread.

Thursday, Aug. 21: Cracked chicken noodle soup, strawberry salad.

Friday, Aug. 22: Beef tips, noodles, salad, roll.

Chair Exercise Class is 10:30–11:30 a.m., every Monday and Wednesday at the Community Center. Contact Susan Roberson at (516) 987-8440.

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.



Huckleberry



Bonnie

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MARC's Mountain Adoptables Meet Huckleberry & Bonnie

Huckleberry wants so much to be part of a human's life. He is very affectionate despite having to live outside on his own for several months. He surely was someone's kitty but no one has claimed him. Huckleberry is an orange and white Domestic Shorthair cat who weighs nine pounds and is around one year old. If you like big loving cats, check out Huckleberry soon.


Bonnie is a fun loving girl who likes to play with people and other dogs. She is good with cats and probably good with children. Bonnie is tan and white, around two years old, and weighs about 50 pounds. She and her sister were stray and no one claimed them. Bonnie is doing well in a foster home. She is house trained and learning some simple commands. She also likes to go for walks on a leash. If you are looking for a sweet, loving, devoted new family member look no further. Meet Bonnie and fall in love.

If you would like to learn more about Huckleberry and Bonnie, please fill out an Adoption Application found on our MARC website <www.marc4change.org> and/or contact Sue Scruggs, cell phone (423) 619-3845. All MARC animals ready for adoption are spayed or neutered and up-to-date on their vaccines and preventatives.

MARC - Marion Animal Resource Connection 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 spay/neuter procedures for animals and is available for teaching humane care of animals in schools and to community organizations.

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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 2025–26 grant cycle. The purpose of the Sewanee Community Chest campaign is to raise funds for local organizations that serve the common good. The 2025–26 funding application is available on the website <www.sewaneeccivic.org> in a Word document. The application deadline is Friday, Sept. 12, 2025. This year, organizations can apply online with this form <<https://forms.gle/yGvkotRneYaAgAw76>>. It does require you to have a Gmail email account.

The SCC is a nonprofit organization and relies on funding from the community in order to support programs throughout the greater Sewanee area. As the 2025–26 grant cycle begins, the SCC is also kicking off its yearly fundraising campaign.

The SCA urges everyone who benefits from life in this community, whether you live, work, or visit, to give generously. Donations are tax deductible. Contributions, payroll deductions and pledges are accepted at any time at P.O. Box 99, Sewanee, TN 37375. You can also make a donation through PayPal Giving <<https://www.paypal.com/us/fundraiser/charity/119597>>.

Sewanee Pediatrics Seeks Book Donations

Sewanee Pediatrics is taking donations of new or gently used children's books for an upcoming event in October, where we hope to give out books to the children in our community. The goal is to have 1,000 children's books donated.

Donations may be dropped off now through Oct. 15, at Sewanee Pediatrics. Any donation will be greatly appreciated. Sewanee Pediatrics is located at 1318 University Ave., Sewanee.



It's the law: no texting or handheld phone use in an active school zone.

SCHOOL CALENDAR

Aug. 17, SAS Opening and Orientation
Aug. 18, First Day of Classes SAS
Aug. 25, Quiet Day, School of Theology
Aug. 26, First Day of Classes, School of Theology
Aug. 27, First Day of Classes, College
Aug. 29, Abbreviated Day, Grundy County Schools

tnAchieves Expands Mentorship Program to Include Workforce Readiness

tnAchieves is excited to announce the expansion of its statewide volunteer mentoring program with the launch of a new opportunity focused on workforce readiness. In 2026, tnAchieves Mentors can choose between the following distinct but equally impactful formats—selecting how they make a difference in the lives of students, their communities and the state as a whole.

Workforce Mentorship is career-focused and industry-driven. This new option is designed to provide college sophomores with a real-world perspective on their career of interest and the skills needed to succeed in the workforce. Workforce Mentors will be paired with students based on their interests as they prepare to launch their careers.

Access Mentorship will continue to make a meaningful impact in the lives of high school seniors by guiding them to their first year of college. Access Mentors will continue to be paired with students based on their high school/county preference.

With more than 60,000 high school students and more than 30,000 college students being served annually by tnAchieves, both Workforce and Access Mentorship play an important role in building the workforce of tomorrow and ensuring that all students have access to personal support on their path to college and career.

“tnAchieves Mentors are doing more than offering guidance; they're investing in the future of Tennessee,” said Krissy DeAlejandro, President & CEO of tnAchieves. “The addition of Workforce Mentorship ensures that tnAchieves students have access to career-based support as they transition to the workforce. Combining Workforce Mentorship with our existing Access Mentorship model represents important wrap-around supports that further set tnAchieves students up for success in the workforce.”

The mission of tnAchieves remains clear: to Build Tennessee's Future Workforce by ensuring students are supported from high school through career. 84.7 percent of tnAchieves graduates live and work in Tennessee after completing their education. They go on to become healthcare professionals, educators, business owners and other essential contributors to the state's economy.

“Each year, the state of Tennessee shows why we are The Volunteer State as mentors raise their hands to stand with students,” said Tyler Ford, Vice President of Workforce at tnAchieves. “We are thrilled to leverage the career experiences of our mentors across the state. This adds another layer of support to better serve students on their path from high school to college to the workforce.”

tnAchieves Mentorship requires just one hour a month and is conducted entirely online, making it accessible for busy professionals and community members across the state. tnAchieves provides all mentors with a training, handbook and weekly emails to ensure success.

The tnAchieves Mentor application is now open. Those interested in becoming a mentor can learn more and register at <tnachieves.org/mentors>.

tnAchieves is a 501(c)(3) nonprofit. Any interview requests or questions can be directed to Rebecca Franklin at <Rebecca@tnachieves.org> or (865) 748-7767.




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SES MENUS

**Monday–Friday
Aug. 18-22
BREAKFAST**

All reimbursable breakfast meals must include a minimum of three items with at least one being fruit or fruit juice. A variety of fruit, fruit juice & milk offered daily. All entrees = 2 items. Every effort will be made to follow the published menu; however, last minute changes may be necessary.

Monday, Aug. 18: French toast sticks, fruit, juice, milk.

Tuesday, Aug. 19: Blueberry bread, fruit, juice, milk.

Wednesday, Aug. 20: Pancake on stick, fruit, juice, milk.

Thursday, Aug. 21: Sausage biscuit, fruit, juice, milk.

Friday, Aug. 22: Muffin/cheese stick, fruit, juice, milk.

LUNCH

All reimbursable meals must include a fruit or vegetable on the tray. Students may decline 2 of the 5 meal components – meat/meat alternative; grain; fruit; vegetable; milk. Daily offerings may include Yogurt Fun Packs and/or PB&J Power Packs.

Monday, Aug. 18: Barbecue sandwich, French fries, green beans, fruit, milk.

Tuesday, Aug. 19: Beef taco/trimmings, tortilla shell, salsa/corn, refried beans, fruit, milk.

Wednesday, Aug. 20: Breakfast for lunch: egg patty & sausage patty, gravy, biscuit/tater tots, veggie cup, fruit, milk.

Thursday, Aug. 21: Lasagna, side salad, green beans, roll, fruit, milk.

Friday, Aug. 22: Pizza or calzone, seasoned potato wedges, veggie upw/ranch, cookie, fruit, milk.

For meal pricing, go to <<https://franklincountyttn.schoolinsites.com/menus-mealpricing>>.

St. Mary's Sewanee Ayres Center Upcoming Events

Centering Prayer as 11th Step Practice
August 20th–24th

The Spirituality of the Enneagram
September 26th–28th

October Outreach Online Series
Each Wednesday in October

To Create - Answering the Call
October 31 – November 2nd

Package pricing varies.
Visit the website for more information.

Rest Renew Reconnect For more information or to register, go to www.stmaryssewanee.org



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Supper in the Park and Jammin' Until Dark

Altamont is hosting its third annual "Supper in the Park and Jammin' Until Dark" series, Fridays, on Cumberland Street at the old courthouse square gazebo. Starting at 5 p.m., people can come to the host food truck for a delicious supper, then at 6 p.m., local (and some maybe not so local) acoustic musicians begin a free concert until dark. Bring lawn chairs, blankets, or whatever you need to be comfortable. If you are a musician or singer you need no special invitation to sit in and play. Just show up and jam. The series runs from Fridays in June through the last Friday in August.

12th Annual Fall Heritage Festival

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. The festival includes arts & crafts vendors, food, and music. The schedule is Friday, Sept. 19, 2025, 5-9 p.m.; fireworks at 9 p.m.; Saturday, Sept. 20, 2025, 10 a.m. to 9 p.m.; fireworks at 9 p.m.; Sunday, Sept. 21, 2025, 11 a.m. to 5 p.m.

The Festival will be on Tennessee Avenue and Front Street, on either side of the Railroad Tracks in Cowan. For more information, (931) 563-3868, email <info@fallheritagefestival.org> or go to <https://fall-heritagefestival.org>.

Tickbush Festival, Sept. 27

The Tickbush Festival will be from 10 a.m. to 6 p.m., Saturday, Sept. 27, at St. James/Midway Community Park. Come out and enjoy music, arts & crafts and food trucks. There will be a great line up of bands and food trucks. St. James is located at 898 Midway Rd., Sewanee.



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Christmas in The Caverns: Symphony & Sing Off Coming Dec. 5

A unique holiday event is coming this December as Christmas in The Caverns: Symphony & Sing Off brings orchestral music and local voices together in a one-night-only celebration underground.

Presented in partnership by The Caverns, the University of the South, and the South Cumberland Community Fund (SCCF), the event will feature a live performance of Christmas and holiday music by the Sewanee Symphony Orchestra, conducted by Sewanee Assistant Professor of Music Mario Alejandro Torres.

"Through music, we come together to celebrate the bonds of community, the traditions we cherish, and the joy of the season," says Maestro Torres. "To perform in this remarkable space, joined by the voices that echo the heart of our region, is to feel music come alive in its truest form."

The evening also includes a regional Sing Off, a vocal competition inviting local talent of all ages from across the South Cumberland region. The concert will take place on 7 p.m., Friday, Dec. 5, 2025, inside The Caverns' underground concert hall and is free to the public with advance RSVP required for limited seating for residents of Tennessee's South Cumberland region. Doors open at 6 p.m. Free tickets will be available to community members to reserve starting Oct. 15 at <TheCaverns.com>.

"This is the kind of event that uplifts our communities by showcasing local talent, investing in young artists, and providing access to cultural experiences," says Tom Sanders, executive director of the South Cumberland Community Fund. "It's a joyful way to celebrate the season and the people who make this region special."

The Sing Off is open to residents and community members of the South Cumberland region, which consists of Altamont, Beersheba Springs, Coalmont, Gruetli-Laager, Monteagle, Palmer, Pelham, Sewanee, and Tracy City or those with strong ties to the area. Three finalists will be selected to perform live with the Sewanee Symphony Orchestra during the Dec. 5 event at The Caverns. A panel of judges will select the winner, and the audience will select a crowd favorite.

This competition is open to all: from those who sing in the shower and have never performed in public to those professionally trained—and from young to old.

Prizes include: First place: \$1,000 cash award, a performance with the Sewanee Symphony Orchestra, two tickets to an upcoming show at The Caverns with overnight yurt accommodations, venue merchandise, and a professional video of their performance with the orchestra. Second place: \$500 cash award, a performance with the Sewanee Symphony Orchestra, two tickets to an upcoming show at The Caverns, venue merchandise, and a professional video of their performance with the orchestra. Third place: \$250 cash award, a performance with the Sewanee Symphony Orchestra, two tickets to an upcoming show at The Caverns, venue merchandise, and a professional video of their performance with the orchestra.

Crowd favorite: In addition to one of the prizes above, the crowd favorite will win a package consisting of goods and services donated by local and regional businesses.

To audition for the Sing Off, submission window through Sept. 15, 2025. Submit at least two vocal performances via MP3, video links, or TikTok links. Submit entries at: <TheCaverns.com/SingOff>.

At least one submission must feature one of the required songs that the Sewanee Symphony Orchestra will be performing during the concert: "Santa Baby," "Santa Dear," or "It Wouldn't Be Christmas Without You." Judging panel includes representatives from Sewanee, The Caverns, and SCCF.

Finalists will be announced in October, and will have an opportunity to rehearse with the orchestra before the Dec. 5 event.

This special evening offers a rare opportunity to experience the magic of live orchestral holiday music deep underground while supporting and celebrating local singers from across the South Cumberland region. Community members are encouraged to audition for the Sing Off or reserve seats early for this unforgettable seasonal event.

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Community Art Shows at the Artisan Depot

Each year from August through July, the Franklin County Arts Guild hosts six community art shows. Shows are open to anyone in the county no matter your age, art medium (i.e., from sculpture to crayon), or training level. There is no fee to enter the show. You may sell your work at the show. The gallery will charge a 25 percent commission on sold work. We ask that the contributing artist address the theme in their own way and present a piece of work that is able to be displayed by the intake deadline. These deadlines are given below. Each show has a meet the artists reception on a specified Friday from 5-7 p.m., during the show months. Artists are encouraged to invite friends and families, teachers, and colleagues to their reception. The shows are presented at the Artisan Depot Gallery at 204 Cumberland E in Cowan, (additional parking behind the gallery). More information can be found at the Artisan Depot Gallery during business hours noon to 5 p.m., Thursday through Sunday, or at our website <www.franklincoarts.org>.

Upcycle Art and Wearables, through Sept. 28. Artist reception, 2-5 p.m., Saturday, Sept. 20. This opening show is special because we will present for the first time gift certificates for the top three entries (\$100, \$50, and \$25) decided by those attending the reception!

Consumption without Consequence, Oct. 2-Nov. 30. Intake: Sept. 25-28. Reception: Friday, Oct. 17.

Artist Trading Cards, Dec. 4-Feb. 1. Intake: Nov. 27-30. Reception: Friday, Dec. 19.

Is Love Free? Feb. 5-March 29. Intake: Jan. 29-Feb. 1. Reception: Friday, Feb. 20.

Nurture Nature, April 2-May 31. Intake: March 26-29. Reception: Friday, April 17.

40 Degrees Celsius, June 4-Aug. 2. Intake: May 28-31. Reception: June 19.

University Choir Schedule

The Univeristy Choir invites you to two choral evensongs, a concert by the vocal ensemble APOLLO5, and the Festival of Lessons and Carols.

Choral Evensong, 4 p.m., Sunday, Sept. 21

7 p.m., Thursday, Oct. 23, APOLLO5 in concert, tickets on eventbrite.com

Choral Evensong, 4 p.m., Sunday, Nov. 9

Dec. 6-7, Festival Service of Lessons and Carols



PHOTO ARCHIVE.

www.sewaneemessenger.smugmug.com

Castañeda Added to Men's and Women's Tennis Staff

Men's and women's head tennis coaches, Conchie Shackelford and Hamza Khan, have announced Zula Castañeda as the new assistant coach for the men's and women's tennis programs.

Castañeda comes to Sewanee after serving the past two seasons as a graduate assistant coach at Longwood University, where she supported both the men's and women's teams. While at Longwood, she contributed to player development, coordinated team logistics, assisted in practice and match planning, and supported academic monitoring and video analysis. Her holistic approach to coaching helped cultivate a culture of resilience, team unity, and balance between academics and athletics.

A native of Panama, Castañeda is currently a member of the Panamanian Women's National Team and has served as the country's No. 1 female player since 2016. She brings a wealth of high-level playing experience to the Sewanee tennis programs.

Castañeda had an accomplished collegiate playing career as well. She competed at ASA College Miami, Southeastern Oklahoma State University, and Newberry College, earning national and conference honors at each stop. Her accolades include a national team championship at ASA, First Team All-American status in singles while at Southeastern Oklahoma State, and South Atlantic Conference Player of the Year honors at Newberry. She was also named Newberry's Female Athlete of the Year and served as team captain.

In addition to her collegiate coaching and playing experience, Castañeda has volunteered with FUDESAP since 2010, helping children from underprivileged backgrounds in Panama develop life skills through tennis.

Castañeda holds a B.A. in Psychology and Sport Management with a minor in Business Administration from Newberry College and a MBA from Longwood University. She is currently pursuing a master's degree in Sport Psychology through the Ibero-American Society of Sports Psychology.

We're glad you're reading the Messenger.

HOME GAMES

4 p.m., Thursday, Aug. 21, SAS Golf vs. South Pittsburg High School

4:15 p.m., Thursday, Aug. 21, SAS Varsity Girls' Soccer vs. Grace Baptist Academy

7 p.m., Thursday, Aug. 21, Women's Soccer vs. Alabama-Huntsville

4 p.m., Friday, Aug. 22, Women's Volleyball vs. Trevecca Nazarene

4:30/5:30 p.m., Monday, Aug. 25, SAS JV/Varsity Volleyball vs. South Pittsburg High School

7 p.m., Monday, Aug. 25, Women's Soccer vs. Dalton State College



Go to <https://new.sewanee.edu/athletics/defend-the-domain/> for the complete set.

A New Era for Sewanee Athletics

Sewanee Athletics is proud to unveil an all new visual identity <https://new.sewanee.edu/athletics/defend-the-domain/>. Building on a rich tradition of excellence, the department has introduced a new visual identity that reflects who we are: our home, our history, our supporters, and our student-athletes.

At the end of last semester, Sewanee partnered with SKYE, a leader in sports branding, to evaluate and enhance Sewanee athletics visual identity. Based on input from more than 500 student-athletes, alumni, families, faculty, and staff, we are proud to introduce a dynamic set of logos and custom fonts that blends Sewanee's timeless traditions with modern design.

"Competing for Sewanee means wearing a legacy— the gothic S, the Sewanee Purple, and the pride of the Mountain," said Director of Athletics John Shackelford. "Our new visual identity honors that tradition while looking to the future. It's more than a uniform. It's who we are — one team, one family."

With the help of BSN Sports, we created a pop-up online store offering a selection of gear featuring the new athletic marks— similar to the apparel shown below. The store is available for a limited time, so be sure to order now and be ready for the fall season.

As the Tigers prepare to "Defend the Domain" this fall, the new visual identity serves as a unifying symbol of tradition, resilience, and excellence— values stitched into every jersey and carried into every competition.

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Sewanee Youth Soccer Registration Open

Sewanee Youth Soccer registration is open for ages 3+, groups Lil Kickers through U12. Register online: <https://www.fcsoccer.org/>.

Sewanee Youth Soccer will be using the academy soccer model which allows players to participate without following the rules of team formation. Players will gather for practice and game day scrimmages by age group, rather than team, for skill development and small sided games. By having a variety of different groupings during practices and intramural games the kids get more touches on the ball while 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.

Please consider volunteering when you register your player! Soccer will be at Sewanee Community Ballfields on Ball Park Rd., on Saturdays beginning Sept. 7, 2025

Cost: Lil Kickers = \$65 per player, U6+ = \$80 per player (uniform included in registration cost).

Questions? Contact Georgia Hewitt <georgiahewitt@gmail.com> or by phone (931) 205-4335.

Russell L. Leonard

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NATURENOTES

by Yolande Gottfried



Wool grass and three-way sedge. Photo by Yolande Gottfried

Pond Plants

from the Aug. 18, 2023 issue

Ponds are always at some stage of filling in and disappearing and our small pond is no exception. Growing in abundance along the pond shoreline is a sedge, Wool Grass. It can grow quite tall, up to six feet, and has “wooly” heads of flowers and seeds. It seems to be well-behaved, sticking to the edges and not invading further into the pond, perhaps because it tolerates the sometimes extreme changes in water level of our rain-fed, shallow pond. The Tennessee Native Planet Society’s field guide to wildflowers of Tennessee only covers five sedges and this is one of them. A recent arrival growing in the same area is Three-Way Sedge, the only species in its genus. When I noticed the first patch a few years ago I tried to eliminate it but no luck — it is now well-established. I was successful (so far) in keeping cattails from invading — one researcher found that one seed in a single season produced a rhizome system ten feet in diameter that sent up 100 clonal shoots. We are still trying to keep the Water Shield under control. Some ponds in Sewanee have become almost completely covered with these oval, floating leaves with a stalk attached to the middle and the underside covered with a slippery jelly. A pond can be like a garden — it needs to be kept weeded. Other plants along the shoreline are Maryland Meadow Beauty, False Nettle, Virginia Water-horehound, Beggar Ticks, and, waiting until fall to bloom, Bushy Aster. There is also a pleasing variety of ferns — Royal, Sensitive, Notted-chain, Southern Lady, Christmas, and Bracken.

Nature Journaling Continues

The Nature Journaling group, sponsored by the Sewanee Herbarium, meets Thursdays, 9-11 a.m. Grab a pencil and paper and plan to join us. Email <mpriestley0150@gmail.com> for more information and meeting location.

WEATHER

DAY	DATE	HI	LO	Week's Stats:	
Mon	Aug 04	72	64	Avg max temp =	81
Tue	Aug 05	79	66	Avg min temp =	65
Wed	Aug 06	83	67	Avg temp =	73
Thu	Aug 07	81	65	Precipitation =	0.90"
Fri	Aug 08	81	65		
Sat	Aug 09	85	64		
Sun	Aug 10	85	67		

Reported by Sandy Gilliam
Domain Ranger

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State Park Offerings

To confirm that these events will occur as listed and to register, go to South Cumberland State Park <<https://tnstateparks.com/parks/events/south-cumberland>>, Savage Gulf State Park <<https://tnstateparks.com/parks/events/savage-gulf>> or call (931) 924-2980. All times are central.

Morning Overlook Hike — Fridays, 9 a.m. Sherwood Loop Trailhead. Enjoy rangers Jordan and Jordan on a serene morning hike to the scenic overlook and natural bridge on the Sherwood Day Loop.

10 Essentials — Friday, Aug. 15, 1 p.m. Sewanee Welcome Center. Join us at the Sewanee Welcome Center to find out which ten essentials you need for a wilderness adventure.

Three Forks Lake Canoe Tour — Savage Gulf State Park, Friday, Aug. 15, 6–8 p.m. \$15. Register for event. Meet at 1183 Stone Door Road, Savage Gulf North. Witness the beauty of Three Forks Lake in a canoe. Canoes, paddles, and life jackets will be provided. Guests should wear weather appropriate clothing with comfortable shoes that may get wet. Sunscreen and hydration are a necessity. This will be an excellent opportunity to see new park addition prior to development.

Stone Door Hike — Savage Gulf State Park, 8:30–10 a.m., Saturday, Aug. 16. \$10. Register for event. Meet at 1183 Stone Door Road, Savage Gulf North. Join Ranger Todd on a walk exploring around the Stone Door. Guests will meet at the Savage Gulf North Ranger Station ready for a moderately easy 2.5-mile hike. Guests should wear weather appropriate clothing with walking shoes and bring an adequate water supply. The areas around overlooks and waterfalls can be treacherous in terms of keeping your footing. The potential to slip and fall still exists, and extreme care is needed. Attendee cancellations must be made no later than 24 hours prior to the program’s scheduled start in order to receive a refund. Events outside the park’s control may necessitate program cancellation (weather, illness, park emergencies, etc). You will receive a text, email, or call with as much advance notice as possible, depending on the situation. Refunds will be processed for such canceled programs. Allow up to 7 business days for refunds.

The Meadow’s Secret Helpers — South Cumberland State Park, Sunday, Aug. 17, 10 a.m. Free. Register for event. Meet at Meadow Trailhead at the Visitor Center. Buzz into the world of pollinators during The Meadow’s Secret Helper, a gentle guided walk through blooming wildflower trails in honor of National Honey Bee Day. As we stroll through the meadow, we’ll discover: The essential role honey bees and native pollinators play in our environment; How wildflowers and pollinators depend on each other to survive; Surprising facts about bees, butterflies, moths, and even beetles; Simple ways we can help protect pollinator habitats at home and in the wild. This program highlights the quiet but powerful connection between flowers and their “secret helpers” — the insects who keep the world blooming. Bring comfortable shoes, sun protection, water, and curiosity! Optional: a camera or field journal. All ages welcome. Children must be accompanied by an adult.

Pollinator Feeder Workshop — South Cumberland State Park, Sunday, Aug. 17, 2 p.m. \$2. Register for event. Meet at South Cumberland State Park Visitor Center Pavilion. Celebrate

National Honeybee Day! Pollinators like bees, butterflies, and even beetles play a vital role in keeping our ecosystems blooming — but they need our help! In the Pollinator Feeder Workshop, we’ll learn how to support these important creatures by creating simple, homemade feeders using common recycled materials. During this hands-on program, participants will: Learn about native pollinators and their importance to plants, wildlife, and humans; Discover how everyday trash can be turned into something helpful for nature; Create a bee- or butterfly-friendly feeder to take home and hang outdoors; Get tips on how to plant or maintain a pollinator-friendly space. All materials provided, but feel free to bring clean recyclables (like plastic bottles, mason jars, or wire hangers) to personalize your project. All ages welcome! This program is great for families, scout groups, and budding eco-creators. Children must be accompanied by an adult.

Raven’s Point Hike — South Cumberland State Park, Friday, Aug. 22, 9 a.m. Donations accepted. Register for event. Meet at Northern Entrance of the Fiery Gizzard Trail Head, 131 Fiery Gizzard Rd., Tracy City. Meet Interpreter Ranger Ashlyn at the Fiery Gizzard North trailhead to go on an out-and-back hike to Ravens Point on the Fiery Gizzard! This hike passes Blue hole, Sycamore, and Yellow Pine falls, as well as offering amazing overlooks! We will be stopping at Ravens Point to enjoy lunch and a beautiful view. This is a moderate/hard 9+ mile hike with significant elevation changes at certain points. Wear sturdy hiking shoes, bring plenty of water and pack a lunch! If the weather is bad, you will receive a notice within 24 hours of the hike if it gets canceled. Registration is required for this hike. Hike suitable for ages 13+.

Trail Run — Savage Gulf State Park, Tuesday, Aug. 19, 8:30–9:30 a.m. \$5. Register for event. Registration closes at midnight the day before the event. Please preregister. Meet at Savage Gulf Ranger Station for a trail run on the Savage Day Loop. Join us on a 3(ish) mile (round trip, approximate) trail run. We will be doing a combo of running/walking. The anticipated pace will be between 10-15 minute miles. We may go slower as needed, but not faster (typically towards the slow end of the pace scale). Bring along desired water and food, as these are not provided. Wear sturdy shoes that can handle running off road! Weather permitting. The areas around overlooks and waterfalls can be treacherous in terms of keeping your footing. The potential to slip and fall still exists, and extreme care is needed. Attendee cancellations must be made no later than 24 hours prior to the program’s scheduled start in order to receive a refund. Events outside the park’s control may necessitate program cancellation (weather, illness, park emergencies, etc). You will receive a text, email, or call with as much advance notice as possible, depending on the situation. Refunds will be processed for such canceled programs. Allow up to 7 business days for refunds.

Hike to Suter Falls — Savage Gulf State Park, Wednesday, Aug. 20, 8:30–10 a.m. \$5. Register for event. Join Ranger Jamie on an approximate 2-mile guided hike down to the beautiful Suter Falls. We will meet at the Savage Gulf South Trailhead, 2689 55th Ave Gruettli-Laager, at 8:30 a.m. to begin the hike. This is a fairly short hike, but can be strenuous in areas. Please make sure you have sturdy

hiking shoes, plenty of water and snacks, and are capable of completing the entire hike.

Raven’s Point Hike — South Cumberland State Park, Friday, Aug. 22, 9 a.m. Donations accepted. Register for event. Meet at Northern Entrance of the Fiery Gizzard Trail Head, 131 Fiery Gizzard Rd., Tracy City. Meet Interpreter Ranger Ashlyn at the Fiery Gizzard North trailhead to go on an out-and-back hike to Ravens Point on the Fiery Gizzard! This hike passes Blue hole, Sycamore, and Yellow Pine falls, as well as offering amazing overlooks! We will be stopping at Ravens Point to enjoy lunch and a beautiful view. This is a moderate/hard 9+ mile hike with significant elevation changes at certain points. Wear sturdy hiking shoes, bring plenty of water and pack a lunch! If the weather is bad, you will receive a notice within 24 hours of the hike if it gets canceled. Registration is required for this hike. Hike suitable for ages 13+.

Pet the Pelts — Friday, Aug. 22, noon. Sewanee Welcome Center. Come pet the pelts of animals that are native to Tennessee!

Hike into History — South Cumberland State Park, Saturday, Aug. 23, 9–10:30 a.m. Donations accepted. Register for event. Meet at Grundy Forest Pavilion at 131 Fiery Gizzard Rd., Tracy City. Have you ever wondered about The Civilian Conservation Corps (CCC) and their significant contributions to our natural areas? Discover the fascinating story of Company 1475, which once called our very own park home. Examine the impactful work these young men undertook and the historical events that brought them to South Cumberland. We will hike on a natural surface for 1.5 miles. Please dress for the weather and wear appropriate attire.

Buggytop Cave Crawl — Saturday, Aug. 23 and Aug. 30, 11 a.m. Free. Please join us at the Buggytop trailhead (follow signs for Lost Cove West) for a hike to our Buggytop Cave, where we will explore the cave system underneath the park. We will hike a strenuous two miles in and out. The caving experience is moderate to strenuous, so please be prepared to crawl, wade, and hoist yourself up at times. Please bring a change of clothes, closed-toe shoes, water for the hike in/out, and snacks for a break. The experience should last 3-4 hours. We will provide headlamps and helmets, but you’re welcome to bring your own. Sign up is required and limited to 10 participants ages 10+. Please email Ranger Matthew at <matthew.j.thomas@tn.gov> to register and for more information. Please email Ranger Matthew at <matthew.j.thomas@tn.gov> to register.

New Moon Night Hiking at Stone Door — Savage Gulf State Park, Sunday, Aug. 24, 8–9:30 p.m. \$15. Register for event. Join Ranger Spencer for a new moon night hike to the Stone Door overlook that is sure to amaze. This hike is two miles long round trip and will take visitors to several overlooks to experience the night sky and the unseen wonders of night in the beautiful Savage Gulf State Park. Visitors are required to bring their own headlamp, sturdy hiking boots, appropriate clothing for the weather, and the spirit of adventure. This hike is limited to the first 10 people to register and is \$15 per person. Please meet the ranger at the Stone Door Station (Savage Gulf North) about 15 minutes before the start of the hike to check in. Please note that in the case of inclement weather (rain, high wind, snow, etc.) this program will be cancelled and a refund issued.

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WHERE DO I RECYCLE THIS?

Special Garbage:
Items for drop off only at
Franklin County Solid Waste
Management, 419 Joyce Lane,
Winchester:
Electronics
Computers and Monitors
Televisions
All Other Electronics
Ink Cartridges
Rechargeable Batteries
Books, hard back and paper
back

Special Waste:
Waste Oil and Waste Anti-
freeze: Used oil (oil must be oil
only and not contain any gas,
water or antifreeze) and an-
tifreeze is collected for recy-
cling at Franklin County Solid
Waste Management located
on Joyce Lane in Winchester
and at the following Conve-
nience Centers: Alto, Capitol
Hill, Center Grove, Cowan, Es-
till Springs, Lexie Crossroads,
Old Salem, Sewanee and
Winchester Springs.
Don't clog up your pipes
and sewer lines; take your
used cooking oil to 419 Joyce
Lane, Winchester.
Commercial waste must be
disposed of at the Republic
Transfer Station, 9577 Tulla-
homa Hwy., Estill Springs.

FOR MORE INFORMATION
<[https://www.franklincotn.us/
solidwaste.html](https://www.franklincotn.us/solidwaste.html)>

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

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Monteagle-Tracy City area. Refer-
ences. (931) 409-3762.

CAR WASH/DETAIL: By Ap-
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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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Children under 16
must wear a helmet when
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**PROTECT
OUR
PLATEAU**
PLATEAU & VALLEY CHAPTER • SOCM
PUBLIC MEETING & POTLUCK
5–7 p.m., Thursday, Aug. 21
Pavilion behind Monteagle City Hall, 16 Dixie Lee Ave.
JOIN US to discuss how our communities can work together
to protect our air, land and water, and the economic engine
of tourism. Updates on the proposed sand and rock quarry
in Jumpoff, the legal battle around the Clouse Hill quarry,
and other community threats. RSVP [https://www.face-
book.com/events/1401872290902656/](https://www.facebook.com/events/1401872290902656/)

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Tall kitchen garbage bags

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or Taylor's Mercantile, 10 University Ave., Sewanee
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SCAN the Amazon Wish List <https://a.co/7119w5J>
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it matters to the
community.**



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call: (931) 598-9949
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FROM BARD TO VERSE

by Robin Bates

Summer Retreat

I will arise and go now, and go to Innisfree,
And a small cabin build there, of clay and wattles made;
Nine bean-rows will I have there, a hive for the honey-bee,
And live alone in the bee-loud glade.

And I shall have some peace there, for peace comes dropping slow,
Dropping from the veils of the morning to where the cricket sings;
There midnight's all a glimmer, and noon a purple glow,
And evening full of the linnet's wings.

I will arise and go now, for always night and day
I hear lake water lapping with low sounds by the shore;
While I stand on the roadway, or on the pavements grey,
I hear it in the deep heart's core.

--W. B. Yeats, The Lake Isle of Innisfree

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Community Calendar

Friday, Aug. 15

- 9 a.m. CAC office open, until 11 a.m.
- 10 a.m. YouFit, Betsy, Community Center; also at noon
- 3 p.m. Three Seasons Market, 14399 US Hwy. 41, Tracy City, until 6 p.m.
- 5 p.m. Supper in the Park & Jammin' Until Dark, old courthouse square pavilion, Cumberland St., Altamont

Saturday, Aug. 16

- 8 a.m. Sewanee Gardeners' Market, Hawkins Lane, until 10 a.m.
- 10 a.m. Art Show to benefit MARC, "Hot Dogs and Cool Cats," Frame Gallery, until 2 p.m., donations accepted

Sunday, Aug. 17 • SAS Opening and Orientation

- 1 p.m. Knitting Circle, Mooney's, until 3 p.m.
- 1 p.m. YouFit, Betsy, Community Center
- 4 p.m. Hatha Yoga, Helen, Community Center
- 6 p.m. FCDP Dinner with Dems, Shenanigans

Monday, Aug. 18 • SAS First Day of Class

RSVP deadline for Sewanee's 2025 Colleague Reception, <rsvp.sewaneed.edu>

- 9 a.m. CAC office open, until 11 a.m.
- 10:30 a.m. Chair Exercise, Susan, Sewanee Community Center, until 11:30 a.m.
- 4 p.m. Monteagle City Council Workshop, conference room, City Hall
- 5:30 p.m. Pilates, intermed., Kim, 293 Ball Park Rd.
- 6 p.m. FC Board of Commissioners, Courthouse, Winchester

Tuesday, Aug. 19

- 8 a.m. GC Food Bank, 114 S. Industrial Park Rd., Coalmont, until 10 a.m.
- 9 a.m. CAC office open, until 11 a.m.
- 10 a.m. Hospitality Shop open, until 1 p.m.
- 10 a.m. Pilates, beginner, Kim, 293 Ball Park Rd.
- 11:30 a.m. Grundy County Rotary, Dutch Maid Bakery, Tracy City
- noon Pilates, intermed., Kim, 293 Ball Park Rd.
- 4 p.m. Monteagle City Council workshop, conference room, City Hall
- 4 p.m. S. Cumberland Farmers' Market pickup, Community Center, until 6 p.m.
- 5 p.m. Sewanee Utility District Board, Utility office, Sherwood Road
- 5:30 p.m. Easy Flow Yoga, Kim, 293 Ball Park Rd.

Wednesday, Aug. 20

- 9 a.m. CAC office open, until 11 a.m.
- 10 a.m. Art Wednesday, (free), Artisan Depot, 204 E. Cumberland St., until noon
- 10:30 a.m. Chair Exercise, Susan, Sewanee Community Center, until 11:30 a.m.
- 11:30 a.m. EQB Club: lunch at noon; program, Kara Lassen Oliver, St. Mary's Sewanee Executive Director, at 12:25 p.m., St. Mary's Sewanee
- 5:30 p.m. Hatha Yoga, Helen, Community Center

Thursday, Aug. 21

- 8 a.m. Monteagle-Sewanee Rotary, Laura Rice, "An Artist's Path with Detours/Updates"
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Nature Journaling, for details/meeting location email <mpriestley0150@gmail.com>
- 9:30 a.m. Body Recall, Judy, conference room, Monteagle City Hall, until 10:30 a.m.
- 10 a.m. Hospitality Shop open, until 1 p.m.
- 10 a.m. Pilates, beginner, Kim, 293 Ball Park Rd.
- noon Pilates, intermed., Kim, 293 Ball Park Rd.
- 3 p.m. Fresh Mess Market, Harton Park, 123 S. College St., Monteagle, until 6 p.m.
- 4 p.m. Sewanee's 2025 Colleague Reception Chen Hall, until 5:30 p.m.
- 5 p.m. SOCM public meeting and potluck, pavilion behind 16 Dixie Lee Ave., Monteagle, until 7 p.m.

Friday, Aug. 22

Deadline for MCCSN Walk-a-Thon team names to be included in Walk-a-Thon booklet, also for sponsorship forms to be turned in

- 9 a.m. CAC office open, until 11 a.m.
- 10 a.m. YouFit, Betsy, Community Center; also at noon
- 3 p.m. Three Seasons Market, 14399 US Hwy. 41, Tracy City, until 6 p.m.
- 5 p.m. Supper in the Park & Jammin' Until Dark, old courthouse square pavilion, Cumberland St., Altamont

Local 12-Step Meetings

Friday

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

Saturday

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

Sunday

6:30 p.m., AA, open, the Wesley House, MMUMC

Monday

5 p.m., 12-Step Women's Study Group. Call (931) 327-5551 for information and for the Zoom link

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

Tuesday

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

7 p.m., AA, open, Trinity Episcopal Church, Winchester

Wednesday

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

7 p.m., NA, Decherd United Methodist

Thursday

6 p.m., Life's Healing Choice, Grundy County Recovery Alliance, Coalmont

6 p.m., Celebrate Recovery, City Light Church, Monteagle

7 p.m., Serenity in Sewanee AA, open, Brooks Hall, Sewanee

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

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WEAR WHITE AT NIGHT.

Walkers and bikers should wear light, reflective clothing after dusk. Don't assume drivers can see you — be on the lookout for your own safety.

