



THE SEWANEE MOUNTAIN MESSENGER

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Friday, Aug. 21, 2026



SAS welcomes Benjamin Boyle, right, as an eighth grade boarder. Ben is pictured here with his brother Henry, a senior who enrolled at SAS his sophomore year. They are from Pensacola, Fla.

SAS Kicks Off 45th Year of School

Continuing a tradition of exceptional secondary education on the Mountain that dates back to 1868, St. Andrew's-Sewanee opened the 2026-2027 school year with students from across Tennessee as well as seven other U.S. states and eight other countries.

Boarding students arrived Friday evening and spent time getting to know each other through a boisterous array of icebreaker activities. All parents and students gathered Saturday for registration and orientation in McCrory Hall for the Performing Arts followed by class activities all around campus. Later, day and boarding students alike enjoyed slip-n-slide organized by this year's proctors, which provided a fun break from the summer temperatures.

"We're thrilled to see our returning students and how they have welcomed our new students to campus with their customary warmth," said Karl Sjolund, head of school. "We've also embraced an incredible group of new faculty and staff, and they are fortunate to be joining such a highly talented group of returning faculty and staff members. We have everything we need for a great school year!"

Morton Memorial UMC to Break Ground on The Well, Expanding Food Mission for Local Families

Morton Memorial United Methodist Church will celebrate a major milestone in its commitment to addressing food insecurity on the South Cumberland Plateau with a groundbreaking ceremony for The Well, a new home for the church's growing food mission, at 10 a.m., Saturday, Aug. 29.

The ceremony will take place on the Morton Memorial campus in Monteagle, where The Well will be constructed on property already owned by the church. Community members, volunteers, donors and friends of the mission are invited to attend.

The groundbreaking comes as Morton Memorial's food mission continues to respond to significant need in the surrounding community. As the mission has grown, so has the need for a space designed specifically for its work.

The Well will provide a permanent home for the food mission, creating a safer, more efficient and more welcoming environment for the families it serves and the volunteers who make the mission possible. The facility will also address parking and traffic challenges associated with the current operation and free Morton Memorial's Fellowship Hall for worship, fellowship and other church and community activities.

"This groundbreaking is about so much more than a building," said Susan Askew, chair of the Filling the Well capital campaign. "It represents hundreds of families, dozens of volunteers and a community that has responded with incredible generosity to the needs of its neighbors. The Well will give us the space to serve people with dignity today while preparing this mission to meet the needs of our community for generations to come."

The groundbreaking marks a significant milestone in Morton Memorial's Filling the Well capital campaign, a \$1.1 million effort to fund the new facility and help ensure the long-term future of the mission. To date, more than \$556,000 has been raised or committed, thanks to support from individuals, foundations, organizations and community partners.

While construction represents an important step forward, fundraising for the project continues.

"We are tremendously grateful for the people and organizations who have brought us to this point," Askew said. "Breaking ground gives all of us a chance to celebrate what this community has already accomplished - and to invite others to help us finish the work."

The name The Well draws inspiration from the historic wells on the Morton Memorial property while also reflecting the church's vision for the new facility: a place where people come together, needs are met and the community is strengthened.



Twenty-two students were recognized as Summer Super Readers during our August 14th Friday morning assembly. These students completed at least one of the Summer Reading Challenges. Each participant received a book of their choice from a curated selection in the library and a backpack tag for the type of challenge they completed. Students who completed all 10 challenges were also entered into a drawing for a \$10 gift certificate to the Sewanee Bookstore or a \$5 gift certificate to the fall book fair to be held in October. SES is thankful for our University partnership with the Sewanee Bookstore. SES is thankful for all the families choosing to make reading a fun part of their child's summer!

SUD: Hydrant Flushing Concerns

by Leslie Lytle, Messenger Staff Writer

"The hydrant flushing and maintenance contract seems like an awkward arrangement given that the University can hire someone to work on our stuff. I'm not opposed to having the University involved, but we should employ the contractor," insisted Sewanee Utility District Board of Commissioners President Charlie Smith at the Aug. 18 commissioners' meeting. "There is liability to us," Smith stressed. His comment prompted a long discussion about the rationale for the arrangement and the board's insistence on approving the contract before the hydrant flushing began.

Asked by Commissioner Donnie McBee why the University was involved, SUD manager Ben Beavers explained, "The hydrants need to be tested in a specific way, beyond what we are required to do by the state, for the University fire department to get fewer points on their inspection for their ISO." A lower ISO score means lower homeowners' insurance premiums. But the flushing performed in conjunction with the testing costs SUD water and if performed by SUD would equal hiring an extra half an employee per year. "The hydrants belong to us, and we let the fire department use them as a community service," Beavers noted. For SUD, the hydrants serve as flushing points for the water lines. "Some rural utilities lock their hydrants to prevent fire department use," Smith observed.

By the agreed upon arrange-

(Continued on page 5)

Square Dance in Monteagle

Cumberland Community Dance is hosting a square dance in the pavilion at the Monteagle Library on Aug. 21, from 6-8 p.m. Open to all ages and experience levels, the evening will include traditional square dance along with live old-time music. Whether you're a seasoned dancer or a complete beginner, everyone is encouraged to join. No partner is required. A live caller will guide dancers through every step.

There will be live old-time music from The Stones River Reelers and the dances will be called by T-Claw of the John C. Campbell Folk School. At 5:30 p.m., there will be an old-time music jam open to the public before the dancing begins, so bring your instrument! Suggested donation for community members \$10 per adult, \$5 per child 3-10 years old with a \$30 max per family.

Please bring a picnic if you'd like to enjoy the music before the dance begins. There will be light snacks and refreshments.

Cumberland Community Dance is made possible with support from Grundy Area Arts Council and the South Cumberland Community Fund. If you'd like to support our mission or learn more about our organization visit <<https://www.grundyarea.art/community-dance>>. Please come out this summer and help Cumberland Community Dance in their mission to keep the ever-evolving, living tradition of Southern Appalachian music and dance alive.

Beersheba Springs Arts and Craft Fair

The 59th annual Beersheba Springs Arts and Crafts Fair will be on Saturday, Aug. 22 and Sunday, Aug. 23, 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.

P.O. Box 296
Sewanee, TN 37375

Letters

MESSENGER PRINT DELIVERY CHANGES

From the Editor:

Due to some staffing issues and the rising cost of fuel, the distribution of the newspaper will be changing. Newspapers will still be delivered to certain locations in Sewanee, Monteagle and Tracy City, Coalmont Post Office, Gruetli-Laager Post Office, Altamont Post Office, Cowan Post Office and Winchester hospital. The newspaper will still be available online. I apologize for any inconvenience, and hope to get this resolved soon.

Kiki Beavers, Sewanee

RENAISSANCE OF SEWANEE COMMUNITY CHORALE

To the Editor,

This is to announce that the Sewanee Community Chorale will begin weekly rehearsals on Monday, Sept. 14, in the Lloyd Forum (accessible) at the School of Theology, from 7 to 8:30 p.m. Our beloved former conductor Gary Sturgis returns with his wife Kathy as accompanist and plans a Christmas concert focused on the work of John Rutter.

Last month, 40 local singers joined 30 from Chattanooga to sing the “Ode to Joy” in the Sewanee Summer Music Festival’s performance of Beethoven’s 9th Symphony. This has energized us to reignite the Chorale, which had made a joyful noise for 50 years till defeated by Covid. We know you are out there and we want you to sing with us! And unique opportunities are in the making: Maestro Mario Torres, conductor of the Sewanee college orchestra, wants us to sing in their spring concert, probably a piece by Sarah Rimkus and a Schubert Mass. SSMF director Hillary Herndon has invited us to participate in classes and performances next summer with students and faculty of the Festival.

We’ll send more information in September. But for now, we ask that interested singers send their name, voice section, email address, and phone/text number to me at <sally@hubbard.net>. It’s time to sing again.

Sally Hubbard, Sewanee

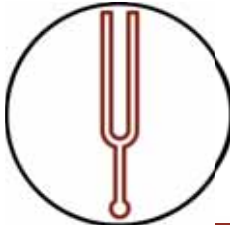
Electric Bill Assistance with Project HELP

Duck River Electric Membership Corporation (DREMC) members can apply for assistance with their electric bills through the Project HELP program. Project HELP is DREMC’s emergency residential energy assistance program overseen by local charity organizations, including the Franklin County Good Samaritan Association.

Project HELP provides emergency electric bill assistance year-round to help qualifying DREMC members keep their electric power on during difficult financial times.

Project HELP is supported by donations from DREMC members and employees, and their generosity has made this assistance program a valuable resource for those who live in Franklin County.

To apply for Project HELP assistance, contact the Franklin County Good Samaritan Association located at 1725 Decherd Blvd., Decherd, or call (931) 967-9336.



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Exempt Positions: Assistant Director, Sewanee Fund, University Relations; Associate Dean of Students, Director of Community Building and Connections, Student Life; Associate Director for Public History Research and Program Development, Roberson Project on Slavery, Race, and Reconciliation at Sewanee; Title IX Coordinator | Clergy Compliance Manager; The Office of Human Resources; Athletic Trainer, Athletics; University Archives and Special Collections Instruction and Outreach Archivist, Library & Information Technology Services.

Non-Exempt Positions: Administrative Assistant, Wellness Commons, Flourishing Wellness Center; Assistant Manager, Cup & Gown, Business Services, Sewanee Dining; Catering Logistics Coordinator, Sewanee Dining, Catering; Custodian (2 positions), Facilities Management, Building Services; Dispatcher, On-Call, Sewanee Police Department; FitWell Group Exercise Instructor, Flourishing Wellness Center; FitWell Group Exercise, Yoga Instructor, Flourishing Wellness Center; On-Call Catering Attendant, Sewanee



— THE SEWANEE MOUNTAIN — MESSENGER

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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.

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

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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: (931) 598-9949

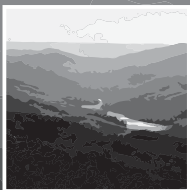
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Upcoming Meetings

Town of Monteagle

The Monteagle City Council will have workshop meetings 4:30 p.m., Monday, Aug. 24, in the conference room at City Hall.

The Monteagle City Council will have Public Hearings on the following Ordinances at 4 p.m., Monday, Aug. 31, 2026, in the conference room at City Hall.

08-26 An Ordinance to amend section 501 Schedule of permitted uses of the Monteagle Zoning Ordinance.

09-26 An Ordinance to amend the Monteagle Zoning Ordinance by creating section 306 downtown adjacent residential overlay district.

10-26 An Ordinance to amend the Monteagle Zoning Ordinance by changing section 302A corridor commercial to section 302A downtown district, creating section 305 specific standards for Monteagle downtown zoning district, removing C01 from section 401, adding references to section 305 specific standards for downtown zoning district throughout the zoning Ordinance.

11-26 An Ordinance to add Data Centers to Section 501 of schedule of permitted uses to the Monteagle Zoning Ordinance.

The regular City Council meeting will be at 5 p.m., Monday, Aug. 31, in the conference room at City Hall.

The Monteagle Planning Commission is scheduled to meet at 4 p.m., Tuesday, Sept. 1, in the conference room at City Hall.

Franklin County Commission

The Franklin County Board of Commissioners is scheduled to meet at 6 p.m., Monday, Aug. 24, in the Courthouse in Winchester.

FCDP Monthly Meeting

The Franklin County Democratic Party is scheduled to meet at 6 p.m., Tuesday, Aug. 25, at the Franklin County Annex, Small Meeting Room, 839 Dinah Shore Blvd., Winchester.

EQB Club

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 is given by a variety of talented speakers.

The Sewanee EQB Club will meet on Wednesday, Aug. 26, from 11:30 a.m. to 1 p.m. at St. Mary's Sewanee. A social half hour begins at 11:30 a.m., followed by a delicious lunch at noon. At about 12:25 p.m., the Lead will be given by local cave guide, Joey Favaloro.

He has been caving the TAG (Tennessee, Alabama, Georgia) with his small group, Big Light Speleology. Their motto: No cave too far, no dark too deep. Joey and his wife, Jessica retired to Monteagle after 35 years coaching basketball in New Orleans in the Catholic high school system, winning six national AAU championships and coaching the women's team at the University of New Orleans. Since official retirement, he has coached at the University of the South and currently beginning his ninth season at Grundy Co. High.

Members are asked to contact Dr. Stephanie Smith, Membership Coordinator, at <sbscmth@outlook.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. 27, at St. Mary's Sewanee. The speaker is Jennifer Cooley, Dean of College at the University of the South. Her topic is "AI in Higher Education."

Local Food Available

The South Cumberland Farmers' Market has breads, fruits, vegetables, eggs, coffee, meats and more available. Ordering is online from Friday at 9 p.m. to Monday at noon. 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>.

Three Seasons Market will be open the first Friday of each month, through October, 3–6 p.m., at the Old Roundhouse Park, 366 Railroad Ave., Tracy City. We offer fresh homegrown seasonal produce, plants, crafts, small livestock, food trucks, music, kid activities, and much more.

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 afternoon until Oct. 1, 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. Watch <facebook.com/groups/freshmess> for information on weekly vendors and rainy day calls. Call or text Rhonda at (931) 273-0606 if you are interested in becoming a vendor.

Hospitality Shop News

The Hospitality Shop is located at 574 Georgia Ave., Sewanee. A reminder: we do not accept any children's items, and ask that you check with us during open hours before donating furniture. 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 donation bins are on the side of the new Shop. We ask that all donations are in good resale condition and come bagged or boxed when placed in the bins.

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CELEBRATE SEPTEMBER WELLNESS AT BODYWORKS YOUNIVERSITY!

Betsy Miller's ever popular **You Fit Class** returns to the Bodyworks schedule on Friday, September 4 at noon and will meet weekly on Fridays at noon and Sundays at 1 pm. You Fit is a blend of aerobic movement and strength circuit training designed to improve cardiovascular health, balance and muscle strength and flexibility.

Tom Camp is back by popular demand with another 6 weeks of **Yoga for Myofascial Release** starting on Wednesday, September 9 at 5 pm and continuing through October 14. Life stress and other lifestyle issues often leave our connective tissue ("fascia") tense, which restricts the natural flow of lymph fluids, resulting in muscle pain, restricted range of motion, less beneficial sleep, decreased immunity, and a tendency toward negative moods. This series of yoga classes will help people of all ages and abilities to learn breath practices, physical movements, and meditations that open lymphatic pathways and relax connective tissues. Participants will notice less stiffness, more sense of spaciousness, more beneficial rest, and more frequent positive moods.

Space is limited for both classes. Sign-up at www.bodyworksyouniversity.com or call 423-322-1443 to reserve your space!

Be sure to check out our other **Yoga** class with Pippa Browne and our **Pilates** classes with Kim Butters at www.bodyworksyouniversity.com!



Church News

All Saints’ Chapel

Services during the academic year: Sunday, All Saints’ Chapel, 8 a.m., Holy Eucharist, Rite 1; 11 a.m., Holy Eucharist, Rite 2; 6:30 p.m., Growing in Grace.

Monday-Friday, St. Augustine’s Chapel, 8:30 a.m., Morning Prayer; 4 p.m., Evening Prayer. All Saints’ Chapel, noon, Quiet Hour.

Wednesday, Meditation Chapel, 7 a.m., Christian Meditation.

Christ Church

In the history of this particular Sunday in the parish life of The Church of England it acquired an Aramaic name: Ephphatha Sunday. This word was what Jesus said in Chapter 7 of St. Mark. “Be opened!” The man who had been deaf and also unable to speak plainly was healed. The churches took up a special offering to assist in the schools specifically for helping children and adults who suffered from these disabilities. In our own country, North Carolina was one of the first States to set aside state funds for schools with this purpose. Most extended families seem to have at least one person who either is deaf or has a speech impediment. We may not need a special Sunday to focus on how to assist, but it is good to have reminders and to assist where we can.

Our Sunday service begins at 10:45 a.m. We serve lunch at noon.

Draw Near

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

Monteagle SDA

Weekly prayer meeting is at 9 a.m., Wednesday, and Sabbath school is at 10 a.m., Saturday, followed by worship service at 11 a.m. A vegetarian potluck takes place each week after the worship service. Please join us. Monteagle SDA Church is located at 497 College St., Monteagle.

Morton Memorial United Methodist

Sunday, Aug. 23, Rev. Melisa Derseweh will share “A King Who Did Not Know” from Exodus 1:8-2:10. After all that Joseph and the Israelites had done for the Pharaohs and Egypt, the tide turned and they fell out of favor. A new king, who didn’t recognize what a good thing they had done, hatched a painful plan to control

them.

Children are welcome at Morton! Rev. Melisa Derseweh will share a children’s sermon about Moses during All God’s Children time. Following this portion of worship, children will leave for time together in activities.

The choir returns to the chancel this week under the direction of Garrett Snaveley.

To learn more, accept this invitation to worship with us. Morton is located at 322 West Main St., in Monteagle. Worship begins at 11 a.m. In addition to a thought-provoking message, there is always inspirational music. If you are unable to attend and want to sample worship, the service is live streamed at Morton’s Facebook page and is available on YouTube in the week following the service.

St. James Episcopal

St. James Episcopal Church celebrates The Holy Eucharist each Sunday at 9 a.m. We have a Parish Potluck the first Wednesday of the month at 6 p.m. Our Daughters of the King chapter meets the second Tuesday of the month at 1:30 p.m. The Men’s Breakfast Group meets the first Saturday of the month. We gather each Sunday after church for refreshments and fellowship. St. James is located at 898 Midway Rd., Sewanee. All are welcome to experience love, hope, and joyful fellowship at St. James.

St. Mark and St. Paul

The Holy Eucharist is celebrated 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 on the playground or downstairs in Claiborne Hall.

Morning and Evening prayer services are at 8:30 a.m. and 4:45 p.m., Monday through Thursday in the sanctuary.

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

Lectionary Bible Study meets every Tuesday at 3:30 p.m., in Brooks Hall. The class begins with a brief prayer and a reading of the Gospel lesson appointed for the coming Sunday.

August Book Study – “Stronger than You Think: Building Lifelong Resilience,” by Sherry Hamby. Tuesdays, through Aug. 25, 5:30-6:30 p.m., in Brooks Hall. Please bring a drink or snack to share.

Welcome Picnic is Aug. 23. Everyone is invited to 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. All are welcome!

Aug. 23, Youth Sunday school begins. Sunday Forum begins. Rite 13 & J2A resume. Aug. 30, Adult Choir rehearsals

Unitarian Universalist

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>.

Winchester First United Methodist Church

Embrace a new beginning

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, Sunday

8:30 a.m. Holy Eucharist, Sunday

9:45 a.m. Godly Play

9:45 a.m. Youth Sunday School

9:45 a.m. Sunday Forum, Kennerly Hall

11 a.m. Holy Eucharist, Sunday, also available 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

Warren Chapel Church of the Nazarene, Decherd

10 a.m. Sunday School

11 a.m. Morning Worship, Sunday

Winchester First United Methodist

10 a.m. Worship, Sunday

Funeral Service

Albert Sidney Gooch, Jr.

Albert Sidney Gooch, Jr., 87, of Flat Rock, NC, died on July 29, 2026. The interment is scheduled for August 29, 2026, 11 a.m. at the All Saints’ Chapel in Sewanee, and Sewanee Cemetery.

Memorial donations in Albert’s honor may be directed to Kanuga Conference Center, 130 Kanuga Chapel Dr, Hendersonville, NC 28739; or to Sewanee: University of the South, 735 University Ave, Sewanee, TN 37383; or to Flat Rock Playhouse, 2661 Greenville Highway, Flat Rock, NC, 28731. For complete obituary go to <<https://jacksonfuneralservice.com>>.

If your church is in our print circulation area and would like to be listed in the Church Calendar, please send service times, church address and contact information to <news@sewaneemessenger.com> or phone (931) 598-9949.

Save the Date for a Conversation with Nicholas Ma

We hope you will save the date to join South Cumberland Community Fund on Saturday, Oct. 24, for our annual fall fundraiser, titled "Where the Light Shines First: Lessons from an American Revival with Nicholas Ma."

The event will be in Cravens Hall on the campus of the University of the South, with cocktails at 5:30 p.m., and dinner following at 6:30 p.m. You can find more information and purchase tickets now at this link <<https://wl.donorperfect.net/webink/webink.aspx?name=E329962&id=39>>.

Nicholas Ma is an award-winning director, most notably of the 2018 documentary "Won't You Be My Neighbor?" about the life and guiding philosophy of Fred Rogers. He is also a writer, producer, and the creator of American Revival, a traveling festival celebrating connections within and between communities. American Revival aims to bring people together across political, cultural, and spiritual divides through the universal languages of music, hope, and compassion for our fellow neighbors. Designed to inspire action, the festival combines world-class performances with powerful dialogue, creating an unforgettable experience that moves attendees from curiosity to commitment.

Earlier this year, American Revival visited the South Cumberland Plateau. Ma and his team spent significant time and care enmeshing themselves in our community to understand what makes us unique and how people and organizations in our area are fostering joy and making a difference. During his keynote at the festival's closing concert at the Caverns, which raised over \$30,000 for the Littell-Partin Center, Ma spoke about the plateau as a shining example of how the work of inspiring positive change is not only possible, but already happening.



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SUD (continued from page 1)

ment with the University, SUD and the University will split the cost of the contract for hydrant flushing, with SUD paying 20 percent and the University paying 80 percent. Beavers anticipated SUD's cost as \$1,500-\$2,000, plus the cost of the water used in the flushing.

"If the University is going to present themselves as a municipality and collect a municipal fee for the fire department, they need to make sure the fire department has what they need. The fire chief has told them, this is something they need, so the University needs to provide that," Beavers speculated, elaborating on the rationale for the University wanting the flushing done.

"When will we be able to see the contract?" Smith asked.

"They need to make that available to us to be approved," McBee argued.

Smith agreed. "We need to as a board say we're going to allow you access to this system, and we need to be named as additional insured."

"I'll have the contract at the next meeting," Beavers said. "There is some benefit to us in having the hydrants flushed," he acknowledged. SUD will determine when and where the flushing occurs to avoid draining SUD's water tanks by increasing demand at the same place at the same time.

In other business, Beavers reported all American Rescue Plan Act grant projects would be completed by the end of September as required.

SUD reallocated unused funds from the Lead Service Line Inventory project to the sewer rehabilitation project. The additional funds paid for replacing several old concrete manholes not initially slated for rehabilitation, as well as replacing sections of sewer lines clogged with roots. With the additional funds, the sewer project came in \$40,000 under budget, but Beavers said, given the Sept. 30 deadline for closing out projects, there was not time to use the remaining funds for additional sewer rehab work.

At the July meeting, the board approved retaining CPA John Poole to perform its audit, after learning the auditor under contract would not be able to complete the audit by the due date. Beavers said Poole would present the audit at the September meeting and will provide the board with review copies beforehand.

The audit by Poole showed a positive net change of position, better than SUD budgeted for. Overall, the figures were only slightly different from 2024. Looking ahead, with 3 percent inflation projected, Beavers nonetheless hopes to keep the rate increase low, perhaps at just one-half a percent. "We made almost \$400,000 last year. That's not a lot per customer, \$3 or \$4 a year, but it would be good to give our customers a little break."

The only negative audit finding was inadequate separation of duties for finances. Several years ago, SUD received this finding and on the auditor's advice hired an outside bookkeeper to provide financial oversight. This met with the auditor's approval, and SUD was not cited again for inadequate separation of duties until this year. New auditor Poole held the outside bookkeeper did not provide sufficient oversight, and SUD would need to hire an additional six people to satisfy the separation of duties requirement.

Russell L. Leonard

ATTORNEY AT LAW

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Fax: (931) 924-1816

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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 2026-27 grant cycle. The purpose of the Sewanee Community Chest campaign is to raise funds for local organizations that serve the common good. An important function of the campaign is to minimize the need for excessive area fundraising by many groups; therefore, organizations receiving funds are expected to acknowledge support from the Sewanee Community Chest in other area fundraising efforts.

The Sewanee Community Chest does not allocate funds to those organizations that discriminate on the basis of race, creed, sex, or national origin.

The 2026-27 funding application is available on the website <www.sewaneeccivic.org> in a Word document. The application deadline is Friday, Sept. 11, 2026. There is an online form available <<https://forms.gle/yMTGeRXz9TLkzECr9>>. It does require you to have a Gmail email account.

The SCC is a nonprofit organization and relies on funding from the community to support programs throughout the greater Sewanee area. As the 2026-27 grant cycle begins, the SCC is also kicking off its annual 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 as allowed by law. Contributions, payroll deductions and pledges are accepted at any time at P.O. Box 99, Sewanee, TN 37375. You can also donate through PayPal Giving <<https://www.paypal.com/us/fundraiser/charity/119597>>.

For more information go to <sewaneeccivic.org>.

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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. 24: Cabbage patch soup, Mexican cornbread.

Tuesday, Aug. 25: Pork roast, sweet potatoes, green beans, roll.

Wednesday, Aug. 26: Grilled chicken salad.

Thursday, Aug. 27: Loaded potato soup, ham and cheese sandwich.

Friday, Aug. 28: Swedish meatballs, salad, garlic bread.

Menus may vary. For information call the center at (931) 598-0771.

Chair Exercise Class is 10:30–11:30 a.m., every Monday and Wednesday at the Community Center. Game day is 12:30–3 p.m., every Thursday, at the Senior Center. Contact Susan Roberson by text at (516) 987-8440 for more information on chair exercise and Mahjong.

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.

12th Annual Hunger Walk

The Hunger Walk raises funds to combat food insecurity in Tennessee's South Cumberland Plateau region by supporting its local food organizations. Proceeds will benefit local organizations which help our neighbors in need, such as Community Action Committee (Episcopal Parish of St. Mark & St. Paul), Grundy County Food Bank, Morton Memorial Food Mission, and other eligible organizations.

This event is sponsored by the Monteagle-Sewanee Rotary Club. The Hunger Walk will take place at 9 a.m., Saturday, Sept. 26, starting at Angel Park in Sewanee.

To donate online, go to <<https://givebutter.com/hungerwalk2026>>. Mail checks to Monteagle-Sewanee Rotary Foundation, P.O. Box 336, Monteagle, TN 37356.



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Hell for Certain (2016)

'Dark Waters' at the UAG

The University Art Gallery is delighted to present Kristine Potter's "Dark Waters," on view Aug. 26 through Oct. 14, 2026.

The artist will speak about her work Sept. 17 at 5 p.m. in Guerry Auditorium. Reception to follow. The event is free and open to the public.

In "Dark Waters," Kristine Potter plumbs the relationship between culture and landscape, and specifically that between gendered violence and the Southern landscape.

In her words, "Dark Waters" "attempt[s] to make visible the unseen forces through which culture, memory, and embodied perception shape our relationship to place ...".

The artist pulls together murder ballads, studio portraiture, and landscape photography. Sharp, precise images immerse the viewer in carefully observed views of Southern riverbanks, roadsides, night skies, and bodies of water. Cinematic narrative cues, the juxtaposition of potential settings and characters, and archetypal motifs all invite viewers to step in and construct a story, but who we are in that story — victim, aggressor, witness, observer — is left deeply uncertain.

In "Dark Waters" Potter troubles representational traditions, both the narratives of gendered violence that persist as entertainment, and depictions of the Southern landscape.

Acclaimed photographer Kristine Potter has been awarded a Guggenheim Fellowship (2018), the Grand Prix Image Vevey (2019-2020), and the Hariban Prize (2023). Raised in Georgia, she earned a BFA in photography and a BA in art history from the University of Georgia, and an MFA from Yale University. She is an assistant professor of photography at MTSU, and lives in Nashville.

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Thurmond Memorial Library Annual Book Sale

Thurmond Memorial Library needs volunteers for its annual book sale on Labor Day Weekend in the Parish of St. Mark & St. Paul at 216 University Avenue in Sewanee.

The library, which contains newer fiction and classic books as well as books for children and young adults, is open 24 hours a day, seven days a week to everyone in the community. All books in Thurmond are either donated or purchased with money raised by the book sale and there are no due-dates or late fees.

Book donations that cannot be used in the library are given to a books-for-prison ministry or sold at the annual sale to purchase new books or taken to McKay's Bookstore in Chattanooga for cash/credit.

Donations may be dropped off at the Kennerly Hall Tuesday, Wednesday or Thursday, Sept. 1-3. Volunteers are needed to set up for the sale beginning at 3 p.m. on Tuesday, Sept. 1, and from 8 a.m. to 5 p.m. on Wednesday, Sept. 2 and Thursday, Sept. 3. Additionally, volunteers are needed from noon to 2 p.m. on Monday, Sept. 7, to pack unsold books.

The four-day sale, which is primarily self-serve, runs from 8 a.m. to 6 p.m., Friday, Sept. 4, Saturday, Sept. 5, and Sunday, Sept. 6. On Monday, Sept. 7, the sale is from 8 a.m. to noon.

Hardbacks will cost \$2 each or three for \$5 while paperbacks will cost \$1 each or three for \$2. Cash or check is preferred since an IOU is the only form of credit available.

For more information on donating books or to volunteer to help with the sale, contact Trudy Cunningham at (931) 636-4637.

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SES MENUS

Monday–Friday
Aug. 24-28
BREAKFAST

Every effort will be made to follow the published menu; however, last minute changes may be necessary.

Monday, Aug. 24: French toast sticks, juice, fruit, milk.

Tuesday, Aug. 25: Steak slider, juice, fruit, milk.

Wednesday, Aug. 26: Banana bread, juice, fruit, milk.

Thursday, Aug. 27: Chicken biscuit, juice, fruit, milk.

Friday, Aug. 28: Pancake on a stick, juice, fruit, milk.

LUNCH

Monday, Aug. 24: Barbecue nachos, tortilla chips, salsa, pinto beans, baked potato, fruit, milk.

Tuesday, Aug. 25: Chicken nuggets, mashed potatoes, green beans, roll, fruit, milk.

Wednesday, Aug. 26: Barbecue riblet sandwich, french fries, baked beans, fruit, milk.

Thursday, Aug. 27: Lasagna, side salad, corn, roll, fruit, milk.

Friday, Aug. 28: Hamburger/cheeseburger, french fries, carrots, fruit, milk.

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

Cowan Fall Heritage Festival: 13th Anniversary and Tennessee America 250 Celebration

The Fall Heritage Festival in Cowan will fill the streets on Sept. 18-20, collaborating this year with Cowan Center for the Arts, which received a grant from the State of Tennessee to celebrate the Tennessee America 250 Celebration.

The Fall Heritage Festival is a free three-day event featuring three days of music on three stages, two nights of fireworks display, a kids' zone, the popular Antique Engines & Tractors exhibit, a quilt display at the Center for the Arts, the Cowan Railroad Museum, 175 vendor booths of crafts and food exhibits, and a parade on Saturday with the theme "Red, White, and YOU!" This year opening ceremonies take place from the main stage on Friday at 4 p.m., followed by festival kickoff with the Stones River Reelers for the Cumberland Community Dance square dancing.

Saturday night entertainment will feature headliner Confederate Railroad on the Main Stage. Confederate Railroad first rolled onto the national country music scene in the early '90s with its unique style and sound and would go on to chart 18 total hits such as "Queen of Memphis" and "Daddy Never Was the Cadillac Kind." Also playing on the main stage sponsored by Denby's J&J Construction, Moore-Cortner Funeral Home, and Watson Funeral Home & Memorial Park, Allie Colleen, Cody McCarver, and Legacy.

The Cowan Center for the Arts Tennessee America 250 grant is bringing a wide array of local Tennessee traditional, bluegrass, and Americana music to the Fall Heritage Festival Tennessee Avenue Stage: Ben Ayers with the Yellow Dandies, Todd Elgin and the Ukedelics, songsters and songstresses Sarah Mallory, Ida York, and Morgan Clonce, the Freedomia Bluegrass Band, the Faith String band, the Hand Family Band, Chuck Holcomb and Friends, and Final Crossing.

On Saturday the Cowan Center for the Arts theater will feature a patriotic showcase by Let's Make a Note and a presentation of traditional music by Rainey Gray, Glen Kosiorek, and other local musicians.

The Front Street Stage will feature the acts Orange Charlie, James County, Hank Cawthorne, Conner Brooke, Easy Street Sunday, Secret Commonwealth, and Patton James and the Syncromatics.

A complete schedule of performance times and daily events will be available at <www.fallheritagefestival.org> or <www.facebook.com/FallHeritageFestivalCowanTn>.

FC Master Gardener Volunteer Program

The Franklin County Master Gardener volunteers are dedicated to educating and training the public in the latest gardening techniques and information. These volunteers support the Extension Service by running plant clinics, answering horticultural inquiries, establishing demonstration gardens, and engaging with diverse community groups. They design and implement community projects and coordinate Master Gardener training programs.

The Master Gardener program aims to train citizens as knowledgeable volunteers for The University of Tennessee Extension and Tennessee State University Cooperative Extension Programs. This partnership helps extend educational outreach by providing home gardeners with research-based information and the opportunity to serve in their communities.

Plan to attend a free presentation and learn how to become a Master Gardener volunteer.

In-Person, 5:30–6:30 p.m., Thursday, Sept. 10.

Via Zoom, 5:30–6:30 p.m., Wednesday, Oct. 14.

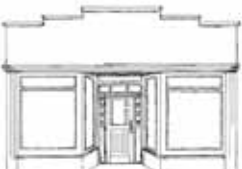
The in-person sessions will be at the Extension office, located at 330 Joyce Ln., Winchester. To register call (931) 967-2741 or email <crt@utk.edu>.



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Sewanee Soccer Academy Registration Open

Sewanee Soccer Academy is back this fall and will begin on Saturday, Sept. 12 (the weekend after Labor Day). Sewanee Soccer Academy will be geared towards 3- to 9-year olds this year.

Registration is now open through the Franklin County Soccer Association website and will be open until Sept. 1: <<https://www.fcsoccertn.org/>>. Once you enter the PlayMetrics registration portal, you'll see an option to register for Sewanee Soccer Academy. You'll also notice that registration costs have been reduced this year. To help keep the program affordable, players will receive a T-shirt rather than a full uniform.

Each Saturday, players will build technical skills, develop confidence with the ball, play small-sided games, and learn in a fun, supportive community.

We're excited to share the joy of soccer with your children this fall! If you have any questions, please don't hesitate to reach out to Marcus Murphy, Head of Sewanee Soccer Academy, at <murphmarc@gmail.com>. Additionally, if you are interested in helping, please let Marcus know.

Field Hockey Picked Third in CFHC Preseason Poll

Sewanee has been picked third in the Collegiate Field Hockey Conference (CFHC) preseason poll, as announced by the conference office on Aug. 17.

The Tigers received 22 points, finishing behind defending CFHC champion Mary Washington, which received four first-place votes and 29 points, and Rhodes, which received two first-place votes and 27 points.

Sewanee returns all three of its 2025 CFHC All-Conference selections, including first-team selections Shepard Ramsey and Kennedy Harcourt and second-team selection Catherine Crane. The Tigers are coming off a 9-9 season and a 2-3 conference record. Sewanee advanced to the semi-finals of the CFHC Tournament before falling to Mary Washington.

Voting is conducted among the CFHC's six head coaches. The 2026 CFHC Championship is scheduled for Nov. 5-8 in Mequon, Wis., and will be hosted by Concordia University. The 2026 season also marks the first year the CFHC will receive an automatic qualifier to the NCAA Championship.



Work hard! Ring bells! Observing a long-held school tradition, SAS golf players ring the chapel bells after their road win against Marion County.

SAS Golf Team Earns Road Win Against Marion County

The St. Andrew's-Sewanee golf team marked its first win of the season against Marion County, on the road at Sweeten's Cove on Aug. 10. Behind the strong play of Memphis sophomore Bryant Karunda (39) and Sewanee junior Gavin Smith (41), SAS fended off Marion with a team score of 172 to 176. During the week of July 27, SAS traveled to Bear Trace at Tims Ford for their first match against Winchester Christian Academy and South Pittsburg High on July 28 and then hosted Silverdale Baptist at home on July 30, coming up short in those matches. SAS looks forward to another excellent season of golf and thanks the generous hosts at the Course at Sewanee for its ongoing partnership. Go Mountain Lions!

Of Wood & Light at Sounding Stone Gallery

This summer, two creative communities will come together at Sounding Stone Gallery for Of Wood & Light, an exhibition uniting the craftsmanship of the Cumberland Furniture Guild with the evocative painted works of the Nashville Painters Salon. The exhibition runs through Sept. 19.

Founded in 2024 by Kymberlee Stanley, the Nashville Painters Salon (NPS) is a collective of artists who draws on the tradition of the European salon as both exhibition and community. Plein air landscape paintings will be their central focus for this exhibition. NPS actively participates in public painting events across Nashville and has recently expanded its reach to the South Cumberland Plateau.

The Cumberland Furniture Guild is a nonprofit Middle Tennessee group dedicated to the craft, education, and preservation of furniture making and fine wood-working. Its members span the full range of the discipline, from nationally recognized studio furniture makers, restorers, and collectors to devoted hobbyists. What unites them is a shared reverence for the materials and traditions of the woodworking craft.

Fine craft and traditional art take center stage at Sounding Stone Gallery, which shares space with stone sculptor Stephen Hutchins. Work created with intention, skill, and respect for materials shines through local artists and craftsmen from across the Southeast. Sounding Stone Gallery is located at 74 West College St., Monteagle.

'The Beauty of Broken'

Artisan Depot is so excited about the second annual Recycled & Upcycled Community Art Show. The theme is "The Beauty of Broken." We are awarding three prizes again this year. The show will be up through Sept. 28. Reception at the Artisan Depot will be 2-5 p.m., Sept. 19.

Last year's show was a great success and drew a large crowd. Our reception will take place during the Fall Heritage Festival in Cowan, and we are really looking forward to the excitement the festival always provides.

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4 p.m., Aug. 27, SAS JV Volleyball vs. Silverdale Baptist Academy
5 p.m., Aug. 27, SAS MS Volleyball vs. Silverdale Baptist Academy
6 p.m., Aug. 27, SAS Varsity Girls' Soccer vs. East Ridge High School
5 p.m., Sept. 1, Men's Soccer vs. Emory University
7:30 p.m., Sept. 1, Women's Soccer vs. Covenant College



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Mandi Oakes
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Shesellsthesouth@gmail.com



John Morrissey
M: 615.828.9636

jomomorrissey1996@gmail.com



O: 615.327.4800

NATURENOTES

by Yolande Gottfried



Cauliflower Mushroom. Photo by Deb Partee



Monarch. Photo by Lin Cameron

Mushrooms and Monarchs

The wet weather last week and, perhaps, the time of year has brought a bumper crop of mushrooms. As usual, I get excited and try to identify them, only to get frustrated, as usual. Part of the problem, I think, is that they change so much and so quickly over time, so photos in guides aren't always a help. I was pleased, therefore, to get a confirmation on iNaturalist of at least one of them, *Lactarius psammicola*, or Acrid Milkcap. It grows in association with oaks and shows up this time of year. The same person also confirmed the Indigo Milkcap, *Lactarius indigo*, which is rather easy as it is blue and not many mushrooms are. As one might guess, these *Lactarius* or Milkcaps exude a milky latex when injured. They are in the same family as the Brittlegills, the *Russula* family, and these two genera, *Russula* (Brittlegills) and *Lactarius* (Milkcaps), are among the most abundant and widespread genera of gilled mushrooms. I think most of what I observed were in this group, but I do wish I could at least identify to family! Another common group is the boletes. Unlike the gilled mushrooms, they have a spongy layer of tubes on the underside of the cap. They are usually very fleshy. The ones around our house might be Two-colored Bolete, reddish above and yellow below, bruising blue. I figure it is a good guess as they are common and often abundant in oak woods. The Cauliflower Mushroom was reported earlier this month by Deb Partee.



Genevieve



Texas Toast

MARC's Mountain Adoptables: Meet Genevieve & Texas Toast

Remember me, Genevieve? I am still waiting for my forever home. I am very cute and loveable. I don't know why someone doesn't want me to be part of their family. I am an adorable Domestic Short Hair kitten with the sweetest personality and the cutest markings. I am a beautiful brown Torbie with unique orange highlights, including an adorable orange teardrop on my forehead that makes me truly one of a kind. I am playful, curious, spunky, and full of kitten charm. I love exploring, chasing toys, and then curling up for affection when playtime is over. Don't wait any longer. Let's make a family together.

Texas Toast is an adorable 8-month-old female Border Collie/Australian Shepherd mix with a beautiful white and black coat and a personality that's just as charming as her name. At around 30 pounds, she's the perfect medium-sized companion who's ready for her next adventure. This sweet girl is curious, playful, and just the right amount of goofy. She recently enjoyed her very first public outing to Ace Hardware, where she met new people and investigated every interesting smell. She's eager to learn and takes new experiences with a little caution at first and then with whole-hearted pleasure. She is a smart girl, doing well leash walking and learning commands. If you're looking for a smart, affectionate, fun-loving young dog who will make you smile every day, Texas Toast is ready to become your newest family member.

If you would like to learn more about Genevieve or Texas Toast, please fill out an Adoption Application found on the 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 has a trainer available to work with dog adopters and dog fosters as needed.

MARC - Marion Animal Resource Connection is a 501(c)(3) non-profit 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.

Is Your Water Heater Set Too High?

Water heating is an expense that can easily go unnoticed. Most of us don't think much about our water heater until we run out of hot water. But one small adjustment may help reduce the amount of energy it uses.

For most homes, the U.S. Department of Energy recommends setting the water heater to about 120 degrees Fahrenheit. A higher setting means the water heater uses more energy to heat the water and keep it hot while it's stored in the tank.

As a general rule, lowering the water heater temperature by 10 degrees can reduce water-heating costs by about 3 percent to 5 percent. If your water heater is currently set at 140 degrees, lowering it to 120 degrees could provide noticeable savings over time.

A lower setting can also improve safety. Water at 140 degrees can cause a serious burn in only a few seconds. The U.S. Consumer Product Safety Commission recommends a 120-degree setting to help reduce the risk of tap-water scalds.

For most households, 120 degrees provides plenty of hot water for showers, handwashing and other everyday needs. Many modern dishwashers also have internal booster heaters that raise the water temperature when needed. Check your dishwasher owner's manual for its recommended incoming water temperature.

Before adjusting your water heater, check the manufacturer's instructions for your particular model. Electric water heaters may have thermostats behind access panels, while controls on other types vary. For safety, always disconnect power to an electric water heater before removing an access panel. If you're unsure how to make the adjustment safely, contact a qualified professional.

Saving energy doesn't always require a major home improvement project. Sometimes, checking a single setting can make a difference. If your water heater is set higher than necessary, lowering the temperature may be a simple way to reduce energy use and save money.

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 Stats unavailable at press time.

State Park Offerings

To confirm that these events will occur as listed and to register, go to <<https://tspg.itinio.com/register/>> and select the park. All times are central.

Fiery Gizzard State Park

Intro to Rock Climbing, Sunday, Sept. 6, 9:30 a.m.-3 p.m. Have you ever wanted to try rock climbing? Join park staff for an introduction to the exciting sport of outdoor climbing at Foster Falls. Participants will learn basic climbing equipment, safety procedures, climbing commands, knot tying, and beginner climbing techniques. After a safety briefing and gear orientation, everyone will have the opportunity to climb beginner-friendly routes under ranger supervision. This program is designed for first-time climbers and beginners with little or no experience. All climbing gear will be provided. Climbing shoes are limited but we have sizes ranging from 5-11. Helmets and harnesses are provided as needed. Participants should wear comfortable clothing suitable for outdoor activity and bring water and a snack for the program. Climbing activities are weather dependent and may be canceled in the event of rain, lightning, or unsafe climbing conditions.

Head of the Crow State Park

Sherwood Lunar Loop, Thursday, Aug. 27, 7-11:59 p.m. Meet at the Pack Hollow Trailhead for a 3 mile guided hike during our full moon. We will be hiking on the Sherwood Day Loop Trail, which is a beginner-level trail. We will hike the entire loop, getting the opportunity to watch the sunset as well as the emergence of the full moon. We will have the opportunity to talk about wildlife, wildlife adaptations, geology, and much more. The state park will provide headlamps for this hike, however feel free to supply your own light. We do recommend sturdy hiking shoes as well as at least 32 oz of water for this hike.

Sow, Grow, Know, Friday, Aug. 28, 10:30 a.m.-1 p.m. Meet at the Head of the Crow Welcome Center to work with our Seasonal Interpretive Ranger Caleb to learn about gardening basics and a chance to help plant our fall garden. All gardening tools and gloves will be supplied by the state park. All we ask is for you to bring water.

Buggytop Cave Trip, Sunday, Aug. 30, 9 a.m.-3 p.m. This guided cave tour will last about 6 hours, covering just about 5.5 to 6 miles. During the cave tour, even though marketed as a beginner level cave, there will still be some crawling, mud, and water. There is a chance that during our tour we may get wet, up to our knees, since Crow Creek flows through Buggytop Cave. Participants must be able to walk across rocky, slick, uneven surfaces. Participants will also need the ability to climb up and down some rock ledges. So be prepared when arriving at the trailhead with proper footwear to be able to hike 2 miles to the cave, scramble over rocks in the cave, and for the 2-mile hike back to the trailhead. Please also bring plenty of water. Head of the Crow staff will provide headlamps and helmets. We also recommend packing knee pads for your convenience, though these are not required.

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FOR RENT: Clifftops Gated Community. 4BR/3BA. 3-car garage. Gas log fireplace. Front and back porches. Back porch screened in. Remodeled in 2023. Offered unfurnished. \$4,000/mo. for 12-month lease. Utilities covered by owner up to \$250/mo. Enjoy the Clifftops community and all it has to offer: Pickleball and tennis courts, pool and lake. For more information, please text or call Millie at (925) 698-4310.

FOR RENT: Monteagle, 2700 SQ FT, 4 BR/3BA, two car garage. Front and back covered porch, fireplace with gas logs. On 2.50 acre wooded lot. No pets/non smoker. Lawn service included, 12 month lease, new construction. \$2,700 Monthly plus deposit. Text (865) 585-7017.

HELP WANTED

THE MESSENGER seeks an individual to help with circulating the newspaper. Approximately 3 hours on Fridays, 47 times a year. The route is part of Monteagle to Altamont. Must have reliable transportation and be licensed and insured. For more information, email <news@sewanee-messenger.com>.

FOR SALE

FIREWOOD FOR SALE: Available for woodstove, fireplace or firepit. (Please designate your preference.) Stock up for next year. \$125/pickup load, delivered and stacked. (423) 322-7639 or (931) 212-2585.

FOR SALE: 2008 Mercedes Benz. \$5,300. Contact Danny McCullough, (931) 841-6337.

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FROM BARD TO VERSE

by Robin Bates

University Classes Begin

My spirit was up, my thoughts were full of hope;
Some friends I had, acquaintances who there
Seemed friends, poor simple schoolboys, now hung round
With honour and importance: in a world
Of welcome faces up and down I roved;
Questions, directions, counsel and advice
Flowed in upon me, from all sides; fresh day
Of pride and pleasure! to myself I seemed
A man of business and expense, and went
From shop to shop about my own affairs,
To Tutors or to Tailors, as befell,
From street to street with loose and careless heart.
--William Wordsworth, from *The Prelude*



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Community Calendar

Friday, Aug. 21

- 9 a.m. CAC office open, until 11 a.m.
- 5:30 p.m. Cumberland Community Dance, pavilion by Monteagle Library, until 8 p.m.
- 5:45 p.m. Kundalini Yoga, Breathwork, Meditation, Nati, Sewanee Community Center, until 7:15 p.m.

Saturday, Aug. 22

- 8 a.m. Sewanee Gardeners' Market, Hawkins Lane, until 10 a.m.
- 9 a.m. Beersheba Springs Arts and Crafts Fair, until 5 p.m.
- 10 a.m. Hospitality Shop open, until 2 p.m.

Sunday, Aug. 23

- 9 a.m. Beersheba Springs Arts and Crafts Fair, until 4 p.m.
- 1 p.m. Knitting Circle, Mooney's, until 3 p.m.
- 4 p.m. Hatha Yoga, Helen, Community Center

Monday, Aug. 24

- 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.
- 4:30 p.m. Monteagle City Council workshop, conference room, City Hall
- 6 p.m. Franklin County Commissioners, Courthouse, Winchester
- 6:30 p.m. Kundalini Yoga, Pippa, Sewanee Community Center

Tuesday, Aug. 25

- 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. Story Time, Cowan Center for the Arts, 303 Montgomery St., until 11:30 a.m.
- 11 a.m. Social Fabric Group, Stirling's, until 1 p.m.

- 11:30 a.m. Grundy County Rotary, Dutch Maid Bakery, Tracy City
- 4 p.m. S. Cumberland Farmers' Market pickup, Community Center, until 6 p.m.
- 6 p.m. FCDP meeting, small meeting room, FC Annex, 839 Dinah Shore Blvd., Winchester

Wednesday, Aug. 26

- 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, St. Mary's Sewanee
- 5:30 p.m. Hatha Yoga, Helen, Community Center

Thursday, Aug. 27

- 8 a.m. Monteagle-Sewanee Rotary, St. Mary's Sewanee
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Nature Journaling, email <mpriestley0150@gmail.com> for details/meeting location
- 9:30 a.m. Body Recall, Judy, conference room, Monteagle City Hall
- 10 a.m. Hospitality Shop open, until 1 p.m.
- 12:30 p.m. Mahjong, Susan, Senior Center, until 3 p.m.
- 3 p.m. Fresh Mess Market, Harton Park, 123 College St., Monteagle, until 6 p.m.

Friday, Aug. 28

- 9 a.m. CAC office open, until 11 a.m.
- 5:45 p.m. Kundalini Yoga, Breathwork, Meditation, Nati, Sewanee Community Center, until 7:15 p.m.

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, Morton Memorial United Methodist Church

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

11 a.m., Grundy Recovery Alliance Community Endeavor Open Narcotics Anonymous Meeting

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

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

7 p.m., AA, open, the Wesley House, Morton Memorial United Methodist Church

Wednesday

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

6 p.m., NA, community room at 187 Raulston Ave., Monteagle

7 p.m., NA, Decherd United Methodist

Thursday

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

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

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

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