



THE SEWANEE MOUNTAIN MESSENGER

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The mom-and-pop general store has been a much-loved fixture in the Beersheba Springs community for decades.

Beersheba Springs Market Reopens

by Beth Riner, Messenger Staff Writer

When community members rallied to save the iconic Beersheba Springs Market from permanent closure last year, little did local newlyweds Audra and Billy Ray Miller know they'd be asked to run it.

Located right alongside State Route 56, the mom-and-pop general store had been a much-loved fixture in the Beersheba Springs community for decades. Rebuilt in 1953 after the original store burned in 1947, the market had several owners before Bud Whitman took over in 1976. Whitman ran it for 47 years before deciding to retire last January — only no one was interested in buying the business.

That's when John Adams and his father, Howell Adams, a long-time Grundy County benefactor, decided to step in and spearhead the fight to save the market.

"This was Howell's dream," Audra said. "He wanted this market saved. He's about leaving a footprint for the next generation."

Billy Ray added, "He's one of the best human beings I've ever met. He's thinking forward at 92."

Howell's son, John, put together a group of investors not only to buy the market but also to fund much-needed renovations while keeping its country-store character intact. The plan all along was to find a local couple interested in running the place.

"We literally had just returned from our honeymoon in Vegas when we got a phone call from Howell," Audra said. A mutual friend had suggested that she and Billy Ray might be good candidates for the job.

"Howell came and had dinner with us at our home and asked us," Audra recalled. "We were like ... ooh, that's life changing. Billy Ray was retired. I had just retired from 38 years as a hairstylist in McMinnville. It was the perfect timing. We were just a good fit."

Although they both grew up in the area, the couple didn't actually

meet until 2016. Audra's son, who was helping Billy Ray clear property to build a house, kept telling his mother that he thought she'd like his employer and his organic gardening techniques. Audra finally agreed to meet Billy Ray.

"He gave me a tour, and the rest is history," Audra said. She was fresh out of a divorce, and he'd been a confirmed bachelor for nearly 10 years.

"We had our own little Hallmark movie going on," Billy Ray said, smiling.

Audra, who attended Altamont Elementary, was part of the first eighth-grade graduating class at North before moving on to Grundy County High School. Billy Ray went to Beersheba Springs Elementary and graduated from Warren County High School in McMinnville.

Four years older than her husband, Audra, 56, said it was unlikely they would have gotten together even if they had gone to the same high school all those years ago.

"I would have been a senior in high school, and he would have been a freshman," she laughed. "I probably would not have talked to him back then."

Both the Millers took high school vocational classes that profoundly impacted their careers. Audra took cosmetology classes during her sophomore, junior, and senior years, so by the time she graduated, she had logged 1,500 hours, passed her cosmetology test, and went straight to work.

Billy Ray's time in Junior ROTC paved the way for a 20-year career in the Army — he'd eventually serve as the radio man for the Secret Service guarding President George W. Bush and First Lady, Laura, as well as Vice President Dick Cheney. After retiring from the military, he worked seven years as a veteran's service officer based at the Grundy County seat in Altamont.

(Continued on page 5)

Community Blood Drive

The Red Cross has issued a critical need for blood donors across the nation, and we need your help to meet this need. Please consider giving blood from 9 a.m. to 3 p.m., Wednesday, Jan. 24, at St. Mark and St. Paul, 216 University Ave., Seawanee. You can pre-register and schedule an appointment at <https://www.redcrossblood.org/give.html/find-drive> (type in 37375, and you'll find our blood drive). For specific questions or to volunteer, contact Alane Osborne at Osborae0@sewanee.edu.



Julia Bates, Hospitality Shop Auxiliary Board member, with the current scholarship holders.

Hospitality Shop Board Members Interview Current Scholarship Holders

Members of the Seawanee Hospitality Shop Auxiliary Board met on Jan. 7, at the Blue Chair with two of its current scholarship holders, Stevie King of Grundy County and Montana Coffelt from Franklin County, to explore the impact of their first semesters in college. King is interested in physical therapy and Coffelt in nursing.

The application process for the 2024 Hospitality Shop Auxiliary scholarship begins this month. Forms are available in the high school guidance offices and are due back to the counselors by the end of February. Each scholarship is \$1,000 per year for students pursuing a career in healthcare and will follow the recipients through their programs for four years as long as they maintain at least a B average in college.

Both scholars urged students in high school to take advantage of dual enrollment at local colleges — Franklin County will pay for online college courses — and to take honors and AP classes whenever possible. Both efforts will prepare students for the increased difficulty of college classes. They suggested visiting college campuses to get a clear picture of where they would be going for their programs. Both students would like paid internships in healthcare during the summers to give a practical foundation to their course work. The Auxiliary Board is proud of the hard work of these scholars and looks forward to the selection of new scholars this spring.

University Convocation, Jan. 19

The University's Winter Convocation will be at 4:30 p.m., Friday, Jan. 19, in All Saints' Chapel.

The University will begin a "new tradition" at the Opening Convocation of the Easter semester this year. In addition to inducting the newest members of the Order of the Gown, the teaching and scholarship of our faculty will also be recognized and honored by having one of our faculty colleagues deliver the convocation address.

This year, Professor of Classical Languages Stephanie McCarter, Seawanee's 2023 Faculty Excellence in Scholarship recipient and an award-winning scholar and translator, will speak at the convocation.

In focusing our attention on our students being inducted into the Order of the Gown and the address by a faculty member, we will not bestow honorary degrees at the upcoming convocation. We will reserve conferring these honors for two other times in the year — at the opening of the school year Advent Convocation in September and at the end of the academic year in May at the University Baccalaureate and the School of Theology Commencement.

The livestream is available at <https://new.sewanee.edu/parents-families/convocation-live-stream/>.



Shannen Williams

America's Real Sister Act Lecture

For most people, Whoopi Goldberg's performance as Sister Mary Clarence in the "Sister Act" film franchise is the dominant interpretation of an African American nun and the desegregation of white Catholic sisterhood in the United States. In her lecture titled, "America's Real Sister Act: Excavating the Hidden History of Black Catholic Nuns in the United States," Shannen Williams will explore the story of how generations of Black women and girls called to the sacred vows of poverty, chastity, and obedience fought against racism, sexism, and exclusion. In so doing, she will turn attention to women's religious life as a stronghold of white supremacy and racial segregation, and thus an important battleground in the long African American freedom struggle.

Join us at 6 p.m., Thursday, Feb. 1, in Convocation Hall. This event is free and open to the public. For more information visit: theology.sewanee.edu/williams.

"Audiences will appreciate Dr. Williams's work whether they are interested in history, civil rights, religion, women's issues, or monastic life," said the Very Rev. Dr. James F. Turrell, Dean of the School of Theology. "I am very excited to have Dr. Williams with us, and I encourage members of the community to join us on campus."

Williams is associate professor of history at the University of Dayton. Williams is the author of "Subversive Habits: Black Catholic Nuns in the Long African American Freedom Struggle," which was published by Duke University Press in May 2022.

P.O. Box 296
Seawanee, TN 37375

Letter

PROMISING GROWTH?

To the Editor:

The majestic South Cumberland Plateau continues to be brutalized by extractive practices like quarrying particularly in Marion County. Beginning 175 years ago the assault was from coal and logging operations. Today, thanks to her natural gifts and scenic places, people are drawn more than ever to the Plateau to live and to visit — growing a healthy, sustainable economy.

In Grundy County, that promising growth is protected by a law called the County Powers Act. Without zoning in rural areas, this act protects residents from “nuisances” such as quarrying within a mile of where they live, work, worship or learn. Relying primarily on the CPA, Grundy County won a court battle against Tinsley Sand and Gravel, but not before massive clearcutting, window-rattling blasting, and a barrage of rumbling trucks flying down their quiet lane had begun — giving the residents a real taste of the horrific threats to their peaceful lives if Tinsley were allowed to continue.

Waiting on an appeal, Tinsley is on the move again, but this time in Marion County in a community called Jump Off — a bucolic stretch between Sewanee/Midway and the Franklin State Park. Marion County — unlike Grundy — has made a decision not to protect its Plateau residents by voting against adoption of the County Powers Act. Tragically, like the industrialists of old, Marion has chosen quick revenue over its people giving Tinsley a green light to continue decimating the Plateau — truly threatening a sustainable way of life people here embrace.

Lucy Keeble, Monteagle

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Non-Exempt Positions: Catering Team Lead, Sewanee Catering; Childcare Provider, University Child Care Center; Domain Recreation Post-Baccalaureate Fellow, OESS; Equestrian and Farm Hand, Sewanee Equestrian Center; GIS and Database Technician, Facilities Management; Golf Shop Assistant, (Part-Time) Business Services, Golf Course; Golf Course Greenskeeper (10-Month Position), Grounds and Landscaping; On-Call Catering Attendant, Sewanee Dining;



— THE SEWANEES MOUNTAIN — MESSENGER

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

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

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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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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@sewaneemessenger.com>. — KB



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

Marion County Commission

The Marion County Commission meets regularly on the fourth Monday of the month. The next meeting is scheduled for 6 p.m., Monday, Jan. 22, at the Lawson Building, 300 Ridley Ave., Jasper.

Sewanee Community Council

The following items are on the agenda for the Sewanee Community Council meeting scheduled at 7 p.m., Monday, Jan. 22, 2024, in-person at the Senior Citizens' Center and online via Zoom. Masks are optional for in-person attendance. Approval of the October Minutes; ADA Compliance with Matt Brown, Willis; Traffic Safety Committee Update, Payne; Election of New Agenda Committee Member, Wilson; Annual Trash Pick-up, Wilson; Announcements and/or Questions.

Join Zoom Meeting <<https://sewanee-edu.zoom.us/j/84871331302>>
Meeting ID: 848 7133 1302
Join by phone: +1 309 205 3325

Monteagle-Sewanee Rotary Club

The Monteagle-Sewanee Rotary Club will meet at 8 a.m., Thursday, Jan. 25, at Kennerly Hall, St. Mark and St. Paul. The presentation will be given by Rotarian Tom Campbell, M. Div, MS, on "Staying Sane in a Chaotic World....Emerging Trends in Mental Health."

Sewanee Utility District

The Sewanee Utility District of Franklin and Marion Counties Board of Commissioners is scheduled to meet at 5 p.m., Tuesday, Jan. 30, at the utility office on Sherwood Road. The Jan. 23 meeting has been canceled. If a customer is unable to attend but wishes to bring a matter to the board, call (931) 598-5611, visit the office, or call a board member. The board members are Doug Cameron, Johnny Hughes, Donnie McBee, Charlie Smith, and Clay Yeatman. Voting continues for the SUD Board of Commissioners until 4 p.m., Tuesday, Jan. 30.

Monteagle Planning Commission

There will be a Special Called Workshop of the Monteagle Planning Commission at 4 p.m., Tuesday, Feb. 6, 2024, in the Monteagle Town Hall. The purpose of this special called workshop is to go over the agenda for the subsequent Planning Commission meeting.

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Hospitality Shop Operating Changes

The Hospitality Shop will open again on Saturday, Jan. 13, from 10 a.m. to 2 p.m. and will only be open on Saturdays for the month of January.

The Board has voted to close the children's section at the Shop. To that end, all children's clothing and toys are half price from now until the first of February. We will no longer take donations of children's toys and clothing but will accept children's books. Donors can take children's clothing to Good Samaritan or Life Choices in Winchester.

If the Board can recruit enough new volunteers in January, it has also voted to expand working hours by adding Fridays in February from 10 a.m. until 2 p.m., in order to better match student non-class hours. The Board hopes that these hours will be an added convenience for all customers.

SHOP
LOCAL

Marion County Hazard Mitigation Plan Survey

Marion County EMA is updating the Marion County Hazard Mitigation Plan. Your feedback on this survey <<https://www.surveymonkey.com/r/MarionEMA24>> will help ensure our plan revision reflects the citizens' needs. The purpose of the Hazard Mitigation Plan is to identify hazards that could affect our county and develop plans and strategies to protect our citizens during these emergencies.

Thank you for taking time to complete our short survey. The Marion County Emergency Management Agency will be hosting public meetings in February 2024 to review and update our plan. If you would like information regarding the dates of public meetings, please go to the Marion County EMA website at <www.tnmcema.org>. To take the survey online, please use the Link below. If you have further questions or would like more information, please contact Steve Lamb, Marion County EMA, <slamb@marioncountyn.net>, |phone (423) 605-1288.

Black History Month Presentation

To observe Black History Month, the Feb. 6 program at the South Pittsburg Historic Preservation Society meeting will be on William Augustus "Gus" Hyatt (1900-1988). David Head will talk about the South Pittsburg man who at age 14 went to work and became a master molder and pattern maker at Lodge Cast Iron. The Society meets at 6 p.m., Tuesday, Feb. 6 CST, in the Community Room of the Sequatchie Valley Electric Cooperative, Cedar Ave and 6th Street, South Pittsburg. All are invited. Free admission.

Call for SCA Board Nominations

The Sewanee Civic Association invites nominations for open positions on the 2024-25 Board of Directors. Experience working in fundraising and for nonprofits is a plus, but any adult who resides in the area and shares concerns of the community is welcome.

Nominations are due by Monday, Feb. 12, 2024. The slate will be presented at the March 4, 2024 membership meeting. Voting will occur at the annual membership meeting on May 6. For more information, email at <sewaneecommunitychest@gmail.com>.



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MLS 2539919 - 684 Jump Off Mtn.
Rd., Sewanee. 19+ac. \$540,000



MLS 2551836 - 215 Shadow Rock
Rd., Monteagle. \$289,500



322 Chase Circle, Fox Run Phase II,
Winchester. \$290,000



MLS 252194 - 244 Rattlesnake
Springs Rd., Sewanee. \$435,000



MLS 2487987 - 18546 S. Pittsburg
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0 Timberwood, 6+ac, 339 PENDING	2539084	\$64,900
0 Timberwood, 13+ac, 340 PENDING	2539090	\$128,900

BLUFF

Box House Rd. 5.6 ac	2497235	\$108,000
Falling Cliffs Dr., SOLD	2389298	\$119,000
Preservation Dr., 6.63 ac	2349236	\$70,000

Church News

All Saints’ Chapel

On Sunday, All Saints’ Chapel will gather for worship during the academic year at 8 a.m., Holy Eucharist, Rite 1 and at 11 a.m., Holy Eucharist, Rite 2. The 6:30 p.m. service is Growing in Grace, an informal, student-led service.

Morton Memorial UMC

Morton is pleased to have as guest preacher this Sunday Dietz Osborne, the President and CEO of Miriam’s Promise. Miriam’s Promise stands in the gap, providing unplanned pregnancy counseling and child placement services. Rev. Melisa Derseweh will lead other parts of the worship including the children’s sermon with a story and game about taking steps in our lives.

A Missions Fair will be set up in the Fellowship Center featuring various missions in which the Morton church family is active, such as Morton Food Ministry, Isaiah 117 House, Sleep In Heavenly Peace, Columbia Kids, UMCOR, South-eastern Guide Dogs, Miriam’s Promise, Blue Monarch, Mt. TOP, and Monteagle Elementary Blessings for Backpacks.

Morton offers two adult discussion groups each Sunday at 9:30 a.m. This month, we’ll begin a new group on Sunday mornings led by John Hille. It will use “Peter, Paul, and Mary (Magdalene),” a book by historian Bart Ehrman, that explores how gospels and letters tell how these three shaped the early church. This group meets in the Wesley House, which is between the church and CVS. Bob Askew leads a second, ongoing group that

meets in the education wing of the church and discusses the scripture readings scheduled in the common lectionary. Visitors to both groups are welcome, and no book has to be purchased.

Come for the music, the prayers and the celebration of worship of God this and every Sunday. Morton welcomes all regardless of where they are in their faith journeys.

St. James Episcopal

St. James, located at 898 Midway Rd., is a thriving, growing, and warmly welcoming church. Our weekly service is on Sundays at 9 a.m. followed by a time for fellowship. These services are also live streamed on our Facebook page.

From 9:30–10:30 a.m., Saturday, Jan. 27, there will be a Men’s Breakfast. To let us know you’re coming, please email <vicar@stjamessewanee.org>.

St. Mark and St. Paul

The 8:30 a.m. Sunday Holy Eucharist is in the church and is also livestreamed on our Facebook page and remains available there afterward. The second service is at 11 a.m.

Nursery services: Infants and toddlers through three year olds are invited to gather on the playground on Sunday mornings from 8:30 to noon. The nursery will be held at the playground of St. Mark and St. Paul, or in the child care classroom at the lower level of Claiborne Hall.

Sunday School at 9:45 a.m.: Godly Play is a Montessori based approach to Christian formation for children, age 3 through entering

fourth grade. Godly Play meets in classrooms in the parish hall and on the playground. Youth Sunday School (grades 5-12) meets in Brooks Hall.

Phoebe Pearigen will talk about “Dance: A Healing Art” at St. Mark and St. Paul’s Sunday Forum, Jan. 21, at 9:45-10:45 a.m. The talk is part of the parish’s “Creating in God’s Image” series.

Having studied and taught dance for more than 60 years, Phoebe has frequently observed that we are happiest when we are moving. She will discuss her involvement with programs that have allowed communities to experience the joy of dance and the physical and emotional healing that can happen through their participation. During the Forum, attendees will have the opportunity to do a few movement exercises in their chairs.

Phoebe was the former director of the Sewanee Dance Conservatory and Perpetual Motion, and taught dance for the Sewanee

Theatre department. She has degrees from Birmingham-Southern College and Southern Methodist University and currently serves on the board for the USA International Ballet Competition.

Tullahoma Sangha

Tullahoma Sangha, a Zen Buddhist meditation and study group, meets each Wednesday at 6 p.m. at Unitarian Universalist Church of Tullahoma. The service will consist of zazen (meditation), a short lesson, and discussion. The church is located at 3536 New Manchester Hwy., Tullahoma. For more information, call (931) 588-8935.

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>.

CAC Pantry Sunday

Pantry Sunday for the Community Action Committee (CAC) is scheduled for the first Sunday of the month. All are welcome to contribute. Please bring your food offerings to the Parish of St. Mark and St. Paul for collection or deliver directly to the CAC located at 216 University Ave., Sewanee.

The typical bag of groceries includes beans, pasta, macaroni and cheese, peanut butter, vegetables, fruit, and soup.

The CAC is an outreach ministry of the Parish of St. Mark and St. Paul, with generous support from the Sewanee Community Chest, other organizations and individuals across the Mountain. For more than 50 years, the CAC has provided food, financial assistance, and educational support for persons in the greater Sewanee community. For more information contact the CAC at (931) 598-5927.

Church Calendar

Abundant Life Assembly of God, Cowan

10:30 a.m. Worship, Sunday

All Saints’ Chapel

8 a.m. Holy Eucharist, Sunday

11 a.m. Holy Eucharist, Sunday

Bible Baptist Church, Monteagle

10 a.m. Worship Service, Sunday

5:30 p.m. Evening Service, Sunday

5:30 p.m. Evening Worship, Wednesday

Calvary Baptist Church, Winchester

10 a.m. Sunday School

11 a.m. Worship Service, Sunday

4 p.m. Evening Worship, Sunday

7 p.m. Prayer Meeting, Wednesday

Chapman Chapel Church of the Nazarene, Pelham

9:30 a.m. Sunday School, Sunday

10:45 a.m. Morning Worship, Sunday

6 p.m. Evening Worship, Sunday

7 p.m. Bible study, Wednesday

Christ Church Monteagle

10:45 a.m. Holy Communion, Sunday

Christ Church, Tracy City (STEM)

10 a.m. Bible Study, Sunday

11 a.m. Holy Eucharist, Sunday

Christ the King Anglican Church, Decherd

9 a.m. Sunday Service, Sunday

6:30 p.m. Healing/prayer service

City Light Church, Monteagle

10:45 a.m. Worship Service, Sunday

Cowan Fellowship Church

11 a.m. Worship Service, Sunday

Cumberland Presbyterian Church, Cowan

11 a.m. Worship, Sunday

Cumberland Presbyterian Church, Monteagle

9:45 a.m. Sunday School, Sunday

11 a.m. Worship Service, Sunday

Cumberland Presbyterian Church, Sewanee

9 a.m. Worship Service, Sunday

10 a.m. Sunday School, Sunday

Decherd Presbyterian Church

11 a.m. Worship (Sunday)

Decherd United Methodist Church

9:45 a.m. Sunday School, Sunday

10:50 a.m. Worship Service, Sunday

Epiphany Mission, Sherwood (STEM)

10 a.m. Holy Eucharist Rite II, Sunday

First Baptist Church, Cowan

9:15 a.m. Sunday School, Sunday

10:25 a.m. Worship, Sunday

First Church of the Nazarene, Cowan

11 a.m. Worship Service, Sunday

Good Shepherd Catholic Church, Decherd

5 p.m. Mass, Saturday

10:30 a.m. Mass, Sunday

12:30 p.m. Spanish Mass, Sunday

Goshen C. P. Church, Winchester

11 a.m. Worship Service, Sunday

Grace Fellowship Church

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

Harrison Chapel Methodist Church, Midway

10 a.m. Sunday School

11 a.m. Sunday Morning Service

5 p.m. Sunday Evening Service

Highpointe Apostolic Church, Monteagle

10 a.m. Sunday School, Sunday

11 a.m. Worship, Sunday

7 p.m. Worship, Wednesday

Hobbs Hill Community Church, Tracy City

10 a.m. Sunday School, Sunday

11 a.m. Morning Service, Sunday

5 p.m. Evening Service, Sunday

6 p.m. Evening Service, Wednesday

Marble Plains Baptist Church, Winchester

9:30 a.m. Sunday School, Sunday

10:30 a.m. Morning Service, Sunday

5 p.m. Evening Service, Sunday

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

service available online after noon Sunday, link is at <<https://www.mortonmemorialumc.com>> on FB

10 a.m. Sunday School, until 10:45 a.m.

11 a.m. Worship Service, Sunday

Mountain of God Tabernacle, Monteagle

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

11 a.m. Worship Service, Sunday

6 p.m. Prayer Service, Wednesday

New Creations Ministries, Rayburn Chapel

4 p.m. Prayer Meeting, Sunday

New Hope Church of God in Christ, Cowan

11 a.m. Sunday Service, Sunday

6 p.m. Sunday Service, Sunday

Pelham United Methodist Church

9:45 a.m. Sunday School, Sunday

11 a.m. Worship Service, Sunday

St. Agnes’ Episcopal Church, Cowan

11 a.m. Holy Eucharist, Sunday

St. James-Midway Episcopal Church

9 a.m. Holy Eucharist Rite II, (and Facebook livestream), Sunday

St. Margaret Mary Catholic Church, Alto

8 a.m. Mass, Sunday

St. Mark & St. Paul

8:30 a.m. Nursery, basement of Kennerly Hall (Sewanee Children’s Center), Sunday

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

9:45 a.m. Godly Play, Sunday

9:45 a.m. Youth Sunday School, Brooks Hall

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

11 a.m. Holy Eucharist, Sunday

St. Mary’s Sewanee Retreat Center

3:45 p.m. Centering Support Group, Thursday

Sewanee Church of God

10 a.m. Worship Service, Sunday

Sisters of St. Mary Convent Chapel

7 a.m. Morning Prayer, Tuesday–Friday

7:30 a.m. Morning Prayer, Saturday

8 a.m. Holy Eucharist, Sunday

Tracy City First Baptist Church

10:45 a.m. Morning Worship, Sunday

Trinity Episcopal Church, Winchester (STEM)

10:30 a.m. Holy Eucharist, Sunday

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

Unitarian Universalist Church, Tullahoma

10 a.m. Service, Sunday

6 p.m. Tullahoma Sangha, Wednesday

Valley Home Community Church, Pelham

10 a.m. Sunday School

11 a.m. Morning Service, Sunday

Death Notice

Kanchan Malde

Kanchan Malde died at her home in Sewanee on Jan. 16, 2024. An obituary will be included in next week’s Messenger.

Obituaries

Richard Robert Nunley

Richard Robert Nunley, age 63, died Dec. 29, 2022. He was born Sept. 8, 1959, in Sewanee to the late Robert V. and Betty Lou Saint Nunley. In addition to his parents, he is preceded in death by his brother, Stephen Chad Nunley. Richard enjoyed life to the fullest. He is survived by his wife, Janet Lee Nunley; son, Eric Copeland; grandchildren, Landon and Peyton Copeland; half-sister, Shirley Morrison; and a very special life long friend, Johnny Nunley. No services are scheduled at this time. For complete obituary go to <www.cumberlandfuneralhome.net>.

Annie Pearl Owens

Annie Pearl (Stewart) Owens, age 88 of Winchester, died on Jan. 9, 2024, at Southern Tennessee Regional Health Systems surrounded by her family. A native of Franklin County, she was born in Sewanee on Sept. 5, 1935, to Benjamin and Annie Mae (McBee) Stewart. In addition to her parents, she was preceded in death by her husband of 37 years, Billy Jake Owens; son Dennis Lee Owens; sisters Ona Belle Jernigan, Jean Ray, Corrine Sanders, and Catherine Campbell; brothers, Carlton Stewart, Hobart Stewart, and Bobby Joe Stewart; and great-granddaughter, Sienna Owens. She is survived by her children Bill (Sharon) Owens of Winchester, Ben (Dorothy) Owens of Huntland, Joe (Sadie) Owens of Winchester, Brenda (Randy) Summers of Sherwood, Sandra (Greg) Glowe of Warsaw, Ind., and Johnny (Lynn) Owens of Winchester; 18 grandchildren and step-grandchildren; 53 great-grandchildren and great-step-grandchildren; and two great-great-grandchildren; and sisters Betty Partin of Decherd, and Nancy Ellis of Cowan.

Funeral Services were on Jan. 13, 2024, in the Moore-Cortner Chapel. Interment at Owens Chapel Cemetery. For complete obituary go to <www.moorecortner.com>.



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Fundraising and Advancement: the DEI Dilemma

by Leslie Lytle, Messenger Staff Writer

"People have been doing this work for years and didn't call it DEI [Diversity, Equality, and Inclusion]," said Dr. Sybil Hampton speaking on the topic "Undoing Racism in Fundraising and Advancement" in Guerry Auditorium on Jan. 11. The convening of Jessie Ball duPont Fund higher education recipients brought together funding awardees from institutions across the nation to tackle the challenge of "Catalyzing Change: Frameworks for Repairing Histories of Racial Inequity."

As a high school student, Hampton followed on the heels of the Little Rock Nine, enrolling as a sophomore in the second class to integrate Central High School following the 1954 Brown v. Board of Education decision. For three years not one student spoke to her. Hampton endured isolation and being spat on to return to Little Rock, Ark., 30 years later to serve as the president of Little Rock's largest private philanthropic institution, the Winthrop Rockefeller Foundation. For her work in higher education and philanthropy, she was inducted into the Arkansas Black Hall of Fame and several times named one of Arkansas Top 100 Women. Hampton's personal journey and career experiences read like a playbook for those engaged in the difficult task of finding funders, whether they be students, community project leaders, or members of a university fundraising and advancement team.

"There is a limited amount of money," Hampton stressed. "Fit is everything." She insisted on the importance of doing research to find the "fit where the magic happens" and on personal interaction with potential funders who may offer guidance rather than money. "[As a funder] the more I know about you, and the better you make me feel, the easier it is to talk," Hampton pointed out.

She offered a unique brand of encouragement, coupling hope and perseverance — "Because people don't value your work doesn't mean you can give up." Citing personal experience where she was always in a role where she was either "the only woman or only brown person," Hampton said, "I knew what they said about me wasn't true, and I produced what they needed. That didn't mean I didn't have my own agenda, but it was embedded in the institution."

"You need to get clear how you want to talk about your work so people don't feel like they're investing in the 'other,'" Hampton said, "to find words to describe what you're doing that's not DEI."

Hampton's formula: "People invest in things they feel they have ownership of." She gave several examples. A project that wanted to tell the story of Japanese Americans in Arkansas during WWII engaged high school computer and technology students and received funding from a local business. A project hoping to aid the more than 5,000 Arkansas children with parents in prison seized on the idea of producing a documentary of women in prison shackled to their beds when giving birth; notably, most of the women featured in the film were not people of color. A university with a high percentage of economically disadvantaged students garnered alumni financial support when an article in the alumni magazine focused on the six-week summer orientation program for these students.

"You need to show the outside what's going on, to be able to tell the story," Hampton said, "to make them part of what people own in an institution ... [to show them] the mirror." Seventy-nine-year-old Hampton attributed her success to not "giving up" and being able "to forgive."

Market (continued from page 1)

The couple put a lot of thought into whether or not to accept the offer to run the market — their marriage was a top priority. Audra thought they should do it — with one stipulation.

"Let's promise each other if it ever gets not fun or to the point it's affecting our marriage, let's walk away," she told her new husband. It was a deal Billy Ray had no problem accepting.

The investors, led by the Adams, took possession of the market in April.

"The day that Bud handed over the key to John, we all came up here, opened the doors, and started making plans," Audra said.

It's been an adventure — a labor of love with a learning curve. "We're hairdressers and Army folk," Billy Ray laughed. "We're not shopkeepers."

Their list to get the place up and running was long — clearing out the building, cleaning, knocking out walls, renovating, creating a kitchen — and it was tricky because they didn't want to lose the market's character and hometown feel.

"This was worth saving," Billy Ray said. "Everybody in this town and people not even from this town — let's call them the out-of-towners or the summer people — all have memories of being a child in this store. The common denominator is this store."

Audra and Billy Ray have their memories too.

"See the ballpark that's right back here was the hangout," Audra said. "This market being so close — it was the stop-in."

"It was the center of the universe in the summer," Billy Ray said, adding that as a child he was allowed to walk from the ballpark to the store along the path that connected the two. He was not allowed to walk along the road. The path is overgrown now, but the Millers plan to bring it back.

Clearing out, cleaning up, and renovating took two solid months.

"It was non-stop," Audra said. Another local couple, Ann and Travis Green, played a key part in the renovation. John Adams not only contributed to the design of a new electrical system, but also came up with the point-of-sale plan.

"Before we got this place, it was a cash-only operation," Billy Ray said. "This will change the dynamic — before the out-of-towners visiting the park couldn't use their credit cards here."

Audra wanted to create a café-style eating area. John found booths at a little café near Sky-mont Boy Scout Camp; they now line the front windows, which were almost completely obscured with shelving and hundreds of trophies awarded for sponsoring ball games throughout the years.

Customers can enjoy the view as they sample some of the house made goodness Audra now prepares in the renovated kitchen. The market offers sandwiches, subs, and pizza all day every day, but Audra often prepares specials like a meat-and-three or homemade potato soup or coconut cake. Breakfast biscuits with sausage, bologna, or tenderloin are available every day.

One very popular attraction is the old-fashioned ice cream bar with its hand-dipped ice cream, hot fudge cake, and banana splits guaranteed to satisfy a sweet tooth.

The market itself contains an eclectic mix of fresh produce, groceries, camping and fishing supplies, hardware, and gifts ranging from T-shirts to animal pelts.

"We've been saying if we don't have it, you don't need it," Audra

laughed. They strive to carry those supplies that locals may need.

Billy Ray also continues to pump gas for folks whenever he can.

They plan to repaint the market after renovations are complete and want to paint a mural on the back and even add a stage so they can host local pickers and other musicians.

"Eventually, we want to have golf carts and e-bikes for rent," Audra added. "There's so much opportunity here." As the weather warms in the spring, they hope to begin moving forward with these plans.


One exciting development is that Savage Gulf State Park will be opening a new park entrance a mere 150 feet from the market — it's expected to bring increased traffic to the store as sightseers and hikers flock to the area.

"Business has been good," Audra said, noting that during the peak season the place was packed. "We have three groups — the locals, the summer people who have houses here and come and stay, and then the tourists."

They were worried what business would be like after the summer people and tourists left, but the locals have been absolutely supportive.

"We're providing for them, and they are supporting us beautifully," she said. "People come in and say thank you for what y'all are doing. Thank you for saving this place."

In the winter, the market is open six days a week, Monday through Saturday, from 8 a.m. to 7 p.m. During peak season, April 1 to Nov. 1, hours are 8 a.m. to 8 p.m. Monday through Saturday and noon to 5 p.m. Sundays.



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SCCF Seeks Community Volunteers

South Cumberland Community Fund (SCCF) has been awarded a grant from the Tennessee Department of Health to conduct a planning study for the towns adjacent to the planned Mountain Goat Trail. The \$50,000 project will start this winter and conclude in the fall of 2025.

The Community Fund is seeking volunteers to lead participatory design sessions, with training for the work starting this fall. Volunteers will receive design facilitation training and a generous cash honorarium for work that they will do over the next few months. Get in touch with the Community Fund at (931) 954-9116 or <talk@southcumberlandcommunityfund.org>.

"We know that when the trail is complete that it will be a big boon for visitors that will boost the local economy," said Tom Sanders, executive director of the Fund. "We wanted to make sure that it brings just as big a benefit to the folks who live here in terms of opportunity for healthy living."

The grant will allow the towns along the trail from Tracy City to Palmer to host design meetings, to think about access to the trail, amenities such as affordable housing that could be located near the trail, and other ways that people in Grundy County can benefit from this recreational asset.

"Grundy County was once the least healthy county in Tennessee," said Sanders, "but we've been moving up in the rankings. One factor that holds us back is that fewer than 40 percent of the population has easy access to recreational facilities, even though we have some of the best parks and trails in the state. We think changing that fact is going to take good participatory design, where the needs and wishes of the public are taken into account."

After the initial planning meetings take place this spring, planners at the Civic Design Center in Nashville will develop a Health Equity Plan, which will present how Grundy citizens believe the best development can take place to take their health into account. That plan will then inform the development of a "Design Your Neighborhood" curriculum in local schools.

The "Design Your Neighborhood" phase of the project will be developed by Dr. Katy Morgan, Sewanee professor, and teachers and administrators in the schools. Through Design Your Neighborhood, a three-week civic project for sixth through eighth grade students, Grundy County's youngest citizens will learn about health equity in the built environment, design connectivity plans for their communities, and engage in creative placemaking that reflects their communities' identity. In April of 2025, students will host a Community Design Exhibition to share their art, design ideas, and priorities for community connectivity. At the exhibition, youth will engage community stakeholders, local elected officials, and other leaders in an effort to elevate youth voices in long-term community planning. The grant will then conclude with a revised Health Equity Plan that includes youth priorities for healthy development.

Anyone wishing to be part of this project should contact the Fund at <talk@southcumberlandcommunityfund.org>.

Travel Like a Local with Tennessee Tourism's 2024 Vacation Guide

The Tennessee Department of Tourist Development unveiled its official 2024 Tennessee Vacation Guide today, inviting travelers worldwide to experience the state's vibrant culture through the eyes of locals. The guide is available now as a free printed guide or e-guide at <TNvacation.com> or any of the state's 16 Welcome Centers.

This year's guide is a treasure trove of insider tips and itineraries curated from those who call Tennessee home. The 2024 guide spotlights individuals like 16-year-old entrepreneur Addie Richmond, owner of Peppermint Addie & Co. in Jackson. Addie and other Tennessee tastemakers share their cherished local hangouts and must-visit locations, along with undeniable praise for the people who live here that make it such a special place.

The 150-plus page magazine, produced by Franklin-based Journal Communications, Inc., captures Tennessee's scenic beauty, rich culture, diverse offerings and warm hospitality. Readers will uncover can't-miss music venues, locally-owned restaurants, epic family adventures and more. Distributed to nearly 500,000 visitors annually, the guide serves as inspiration for travelers seeking an authentic Tennessee experience.

The Tennessee Department of Tourist Development (TDTD) is dedicated to driving economic growth and tourism in all 95 counties. TDTD's global marketing efforts increase visitation to Tennessee, which boosts tax revenue, creates jobs and attracts new investment across the state. Tennessee is a global destination of choice offering visitors world-class music, live entertainment, family-friendly experiences, charming communities, innovative and classic culinary creations, renowned scenic beauty and outdoor adventure — all centered at the crossroads of rich history and unrivaled hospitality. Vacations "sound perfect" in Tennessee. Visit <TNvacation.com> and follow @TNvacation on social media for travel inspiration.

Body Recall Exercise

A weekly exercise program meets on Thursdays from 9:30–10:30 a.m., at the Monteagle City Hall in the large meeting room. Participants are encouraged to do a leisurely warmup walk in the hall. Then we'll do chair and standing exercise for stretching, flexing and a few easy balance exercises to help us deal with aches and improve mobility. These exercises are gentle and no impact. Optional floor exercise will be at the end of the class for those who would like a little more challenge.

Do wear comfortable clothes and shoes. Bring a yoga mat, camping mat, or large towel if you plan to try floor exercises.

This program is free, although a small donation to the May Justus Library will be appreciated.

Questions? Contact Judy Magavero, <msjmagoo@gmail.com>.

U.S. Postal Service New Prices

The United States Postal Service filed notice with the Postal Regulatory Commission (PRC) of mailing services price changes to take effect Jan. 21, 2024. The new rates include a 2-cent increase in the price of a First-Class Mail Forever stamp, from 66 cents to 68 cents.

The proposed adjustments, approved by the governors of the Postal Service, would raise mailing services product prices approximately 2 percent. If favorably reviewed by the commission, the price changes would include:

Letters (1 ounce), 66 cents, increase to 68 cents

Letters (metered 1 ounce), 63 cents, increase to 64 cents

Domestic Postcards, 51 cents, increase to 53 cents

International Postcards, \$1.50, increase to \$1.55


International Letter (1 ounce), \$1.50, increase to \$1.55

There will be no change to the additional-ounce price, which remains at 24 cents. The Postal Service is also seeking price adjustments for Special Services products including Certified Mail, Post Office Box rental fees, money order fees and the cost to purchase insurance when mailing an item.

The complete Postal Service price filing, with prices for all products, can be found on the PRC website under the Daily Listings section at <prc.arkcase.com/portal/home>. The mailing services filing is Docket No. R2024-1. The price tables are also available on the Postal Service's Postal Explorer website at <pe.usps.com/PriceChange/Index>.

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SENIOR CENTER NEWS

The Sewanee Senior Center serves lunch at noon Monday through Friday. The suggested donation is \$4, regardless of your age. Please call (931) 598-0771 by 9 a.m. to order lunch. Menus unavailable at press time.

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

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

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



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SES MENUS

Monday–Friday,
Jan. 22–26
BREAKFAST

Monday, Jan. 22: Breakfast pastry, fruit, fruit juice, milk.

Tuesday, Jan. 23: Meat biscuit, fruit, fruit juice, milk.

Wednesday, Jan. 24: Breakfast pancakes, fruit, fruit juice, milk.

Thursday, Jan. 25: Canadian bacon, egg and cheese sandwich, fruit, fruit juice, milk.

Friday, Jan. 26: Breakfast waffles, fruit, fruit juice, milk.

LUNCH

Monday, Jan. 22: Cherry blossom chicken, steamed broccoli, emoticon potatoes, rice, fruit, milk, fortune cookie.

Tuesday, Jan. 23: Hot dog or hamburger/cheeseburger, french fries, bun, white beans, fruit, oatmeal crême pie, milk.

Wednesday, Jan. 24: Breakfast for lunch, meat / eggs, Tennessee tots, salsa, fruit, milk, biscuit, gravy.

Thursday, Jan. 25: Corn dog, tossed salad, buttered corn, crinkle cut fries, fruit, milk.

Friday, Jan. 26: Pizza or quesadilla, green beans, seasoned wedges, fruit, milk.

A variety of fruit, fruit juice and milk is offered daily for breakfast. Daily offerings for lunch may include yogurt bag, sandwich, wrap, Bento box or pizza munchable. Menus subject to change. Go to <<https://www.fcstn.net/menus-mealpricing>>.



What's new this year?

The updated FAFSA is expected to be shorter for some individuals, with the U.S. Department of Education predicting that some may need to answer as few as 18 questions, taking less than 10 minutes.

Here are some key takeaways for Tennessee students:

FAFSA Now Available for Tennessee Students, Tennessee Promise FAFSA Deadline Moved to May 15

The Free Application for Federal Student Aid (FAFSA) is now available for Tennessee students, including recent changes to make it easier than ever to apply for financial aid to support a college education.

While the FAFSA typically launches in October on <StudentAid.gov>, this year the launch was delayed by the U.S. Department of Education due to program updates to improve online functionality. The Tennessee Promise FAFSA deadline has officially moved to May 15, 2024 to accommodate the late opening and to allow students extra time to complete the form.

"The FAFSA is now available for all Tennesseans" said James Snider, Director of Tennessee Promise at the Tennessee Higher Education Commission. "Now is the time to finalize your plan to pursue education after high school. We are hopeful that we will continue to lead the nation in our FAFSA Completion efforts."

An average of 350,000 Tennesseans complete the FAFSA each year. This crucial form is used to determine state and federal grants eligibility, as well as a requirement for the Tennessee Promise scholarship.

The revised FAFSA will be shorter for some families, with certain information automatically filled in based on tax returns along with changes in the formulas used for aid calculations. However, the delay in launching the FAFSA means that students can expect to receive their loan and scholarship packages later than usual, reducing the time available for evaluating competing offers before making enrollment decisions.

Changes may require students to report information for spouses or stepparents not considered in previous years.

The elimination of the "sibling discount" in aid calculations may affect some families negatively, but others may see an increase in aid. The U.S. Department of Education estimates that an additional 610,000 students from low-income families nationwide will be eligible for federal Pell Grants.

How can students prepare?

To complete the FAFSA, students and contributors to their family income, including parents and spouses, should create online accounts at StudentAid.gov. Creating these accounts in advance is recommended to save time before completing the FAFSA.

Required information includes names, dates of birth, email addresses, and Social Security numbers for all parties filling out the FAFSA. Tax information should transfer automatically from the IRS with family consent; however, having tax returns, child support records, and current balances for cash, savings, and checking accounts ready is advisable. Families should also know the net worth of their investments and businesses.

A student starting classes in

the fall of 2024 will fill out the 2024-2025 FAFSA form although aid calculations will be based on tax filings from 2022.

Families are cautioned to only submit the FAFSA through the official government website (StudentAid.gov) and never pay to submit the free form.

How will students know what aid they'll get?

Students can share their information with up to 20 colleges and trade schools, an increase from previous years. Early submission is encouraged, as some schools have priority deadlines for grants and scholarships. The deadline to remain eligible for the Tennessee Promise scholarship is May 15, 2024.

After completing the FAFSA, students should expect communication from the schools they've applied to. However, due to late opening this year, any communications from campuses will be delayed until early February at the earliest. Families are warned against accepting unexpected offers of financial aid, as they could be scams. The U.S. Department of Education advises verifying the legitimacy of offers by checking with the school's financial aid office when in doubt.

Voter Registration Information

Tuesday, March 5, 2024 Presidential Preference Primary and County Primary; Voter Registration Deadline: Monday, Feb. 5, 2024.

Thursday, Aug. 1, 2024 State/Federal Primary and County General Election; Voter Registration Deadline: Tuesday, July 2, 2024.

Tuesday, Nov. 5, 2024 State/Federal General Election; Voter Registration Deadline: Monday, Oct. 7, 2024.

For more information, go to Franklin County <<http://franklin-county.us>>, phone (931) 967-1893. In Grundy County <<http://grundy-countytn.net>>, phone (931) 692-3551. In Marion County <www.marionvotes.com>, phone (423) 942-2108.

Contact information for election offices, samples ballots and more can also be found at <<https://sos.tn.gov/elections>>.

Tennesseans voting should remember to bring valid state or federal photo identification with them to the polls. For information about what types of ID are acceptable, visit <GoVoteTN.com> or call (877) 850-4959.

Voters can also download the GoVoteTN app. Voters can find early voting and Election Day polling locations, view sample ballots, see names of elected officials and districts, as well as access online election results through the application. Go to <GoVoteTN.com>.

HOSPITALITY SHOP Guide to Donating

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Collectibles: Antiques, vintage & collectible items, art, sculpture, paintings.

Home décor: Lamps, small rugs, baskets, picture frames, mirrors, etc.

Kitchen: China, pottery, flatware, glasses, utensils, pots, pans, cast iron.

Small kitchen appliances: Clean and in working order with no missing parts.

Clothing and footwear: For men and women, clean and resellable condition. Also costumes, vintage items and formal wear.

Accessories: Jewelry, purses, hats, gloves, scarves, eyeglasses, sunglasses.

Linens: Table linens, comforters, quilts, sheets, decorative pillows, curtains, towels.

Books: Children and adults.

Craft Items: Fabrics, yarn, knitting/crochet needles, arts/crafts supplies.

Games, Puzzles: Only complete games. Please bag/box game sets individually by type.

Gardening: Hand tools, garden décor, clean plant pots.

Holiday Items: Christmas only accepted September-November. Other holidays in season.

Luggage: Fully functional including backpacks and briefcases.

Musical: Small instruments, sheet music, records, CDs, DVDs

Office Supplies: School supplies, unused greeting cards, party supplies.

We cannot accept:

Large appliances, large pieces of furniture, mattress toppers.

Baby equipment: stuffed animals or children's furniture.

Electronics such as computers, printers, TVs, cables.

Humidifiers, foot baths, electric shavers, electric curlers.

Building materials, or lighting fixtures.

No food or living plants.

No inflatable items, exercise equipment, golf bags or clubs, helmets.

No firearms.

No unbacked picture frames, mirrors or glass panes.

No underwear.

No used bed pillows.

No used window blinds.

No encyclopedias, textbooks, or computer manuals.

No children's or infants' clothing or nursing items.

No stacking trays, or large binders.

Donation Bins:

There are two external donation bins. The bins are checked twice a day every day. Please bag clothing separately from other types of items.

Proceeds:

Proceeds from sales are used to furnish scholarships to area high school graduates who wish to enter the medical field, and for continuing education to practicing nurses, physical therapists and others employed at the Southern Tennessee Regional Health System-Sewanee.

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BEGINNER PILATES January 23- This class will educate you about the fundamentals of healthy Pilates movement that fosters alignment, bone and joint protection and improves balance, all while giving you a great, full body workout. You will learn how to identify postural issues and imbalances as well as learn to correct them. Whether you're a complete beginner or seeking to enhance your skills, you will experience personalized guidance and ways to modify exercises according to your needs.

Kim has 23 years experience as an AFAA certified Personal Trainer and 19 years as a certified Pilates Method Alliance instructor. She has extensively studied core activation and how it is compromised with some of the top instructors from around the globe. Elevate your Pilates practice with Kim's expertise and embrace a healthier you.

YOU FIT INTRO January 28- Designed to introduce the You Fit content and prepare you for the full You Fit class, this is a great way to start. The introductory class will be offered on 3 consecutive Sundays from 2:30 - 3:30 pm, January 28 through Feb 11. The content will vary week by week, but will always include energetic cardio, total body, lower body, and upper body exercises with an extra emphasis on instruction and proper form. We'll work at a slightly slower pace than regular You Fit and will perform fewer exercises in each category, to allow more time for instruction. You'll still get a great workout! Class is limited to 6 participants and advanced registration is required. Register through the website or by contacting Betsy Miller at wvbetsy@hotmail.com or 352-538-0645.
www.bodyworksyouniversity.com 423-322-1443

‘The Ambient Pause’ at the Carlos Gallery

The Carlos Gallery in the Visual Arts Building at the University of the South is pleased to present “The Ambient Pause (A Rest from the Noise)” by artist Christina Foard. The exhibit is on display through March. An artist talk and reception will be at 5 p.m., Tuesday, March 5.

Painting interior/exterior scenes and making objects is a necessary personal Christina Foard response to experiences, emotions, and environments. Regardless of shifts in iconography, her work incorporates perceptions about time, memories, and often includes quotidian objects as symbolic placeholders. Foard translates observed scenes and incorporate invented components. Structure and pattern tend to be my preferred starting place, and throughout, she strives to remain in a state of “play,” housed in a curiosity and openness. She responds most to marks where there’s an intuitive response, a humanness, captured sensitivity, or personification over highly controlled or known outcomes. When Foard gets stuck in the puzzle of formal aesthetic concerns, she finds that altering and experimenting with materials advances and deepens her ideation. The history of the marks and movements within a piece, the history of a specific place, and her own history converge as primary elements in the making of the work.

Foard was born in Panama City, Fla. She has a BFA in Painting and Printmaking at the University of Cincinnati. From 1990-2003 she was a project manager in the budding online learning industry in the D.C. area. In 2003 she moved to Jacksonville, Fla., and until 2014 was a Museum Educator at the Cummer Museum of Art and Gardens. She directed the Arts in Medicine program at UF Medical Center in Jacksonville from 2008-2015. In 2014 she moved to Athens, Ga., and got her MFA from the University of Georgia, and for several years served as a part-time faculty member. Foard is currently a full time studio artist, co-owner of a small communications company, serves as a Clarke/Oconee County CASA in support of foster children, and the proud mom of three grown children, and two grown step-sons.

Carlos Gallery Visual Arts Building is located at 105 Kennerly Rd., Sewanee. Gallery hours at 8 a.m. to 5 p.m., Monday-Friday, and 1-5 p.m., Saturday.

Bob Fosse Workshop

Warm up on Friday with a Fosse dance demonstration and discussion with Greg Butler, the associate choreographer of Broadway’s “Chicago.”

Join us at the Tennessee Williams Center at 3 p.m., Friday, Jan. 19, to learn more about Bob Fosse’s dance style, as well as the work Butler does to keep the Broadway production of “Chicago” up and running. This is free and open to the community.

We’re glad you’re reading the Messenger.



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Learn about Sewanee’s trail system and the landscape through which it winds on Jan. 25.

Perimeter Trail Program at Stirling’s

What are the oldest and newest trails on the Domain? When was the Perimeter Trail created, and by whom? Who decides what trails to put in? And what plants and critters inhabit the stretches of Sewanee’s 13,000-acre campus that are traversed by these trails?

Sewanee Outing Program Director John Benson, Biology Professor Jon Evans, and outdoorsman Doug Cameron will team up to answer all those questions about Sewanee’s trail system and the landscape through which it winds. Join them at Stirling’s Coffeehouse at 4 p.m., Thursday, Jan. 25. Refreshments will be served, including (of course!) trail mix.

This informal presentation coincides with the art exhibit, “A Salute to the Perimeter Trail and Its Environs,” created by the Sewanee Herbarium-sponsored nature journaling group and on display in Stirling’s through the month of January.

Resident applications accepted!





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‘Studying the Landscape’ at the UAG

The University Art Gallery is delighted to present Philip Juras’s “Studying the Landscape: Observation, Conservation, and Restoration,” on view in the University Art Gallery through March 31. The artist will present his work in conversation at 5 p.m., Wednesday, Jan. 31, in Guerry Auditorium. Free and open to the public.

Landscape paintings invite and construct a relationship between the viewer and the place depicted.

Philip Juras paints in oil on canvas in a visual language familiar from the American tradition of landscape painting, but turns that visual tradition to close observation of lesser known and forgotten ecosystems, with the purpose of inviting conservation and restoration.

In “Studying the Landscape,” Juras portrays fire adapted grasslands, woodlands and savannas in Tennessee, Illinois, and Georgia. Some record the artist’s impressions from particular managed natural areas. Some, especially among the larger works, recreate views of sites as they might have appeared before European-American settlement.

When Juras observes and depicts a landscape, he sees things many of us might not — soil type, centuries-long histories of growth and disturbance, native plants and habitats.

His paintings invite viewers to read the landscape differently. To attend to environments that have not historically been the focus of attention, to understand their histories and the disturbances that make them possible, to value the biodiversity they support, as well as to see and enjoy their aesthetic effects.

Halting the decline of these once widespread systems and their diverse plant and animal species depends on continuing and renewed stewardship. For Juras, “in these “natural” landscapes, humans are very much a part of nature, rather than apart from it.”

Please note that the UAG is closed for the University of the South’s Spring Break from March 6 through 16.



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Olivia Falvey Earns SAA Athlete of the Week Honors

Olivia Falvey posted a career-high performance against Oglethorpe on Friday which garnered her Southern Athletic Association Athlete of the Week honors as announced by the conference office on Jan. 15.

Falvey posted 26 points, five rebounds, five assists, and two steals against the Petrels. She shot 67 percent from behind the arc and the field as she tallied four-of-six threes and 10-of-15 from the floor. On Jan. 14, she collected 23 points, six rebounds, four steals, and one assist. She tallied another four threes and shot 53 percent from the field. She played for a combined 73 minutes this weekend and set career-high records in three different categories, points (26), 3-point field goals made (four), and steals (four).

Mountain Pickle Ball News

Mountain Pickle Ball formed in April 2023 with four aspirants. They are now at 47 players, half of who are regulars.

The University has been very supportive — new nets, new paddles, spotless floors etc. Only fee to play is a \$7 entry fee.

There are now three courts at Fowler, expandable to six as needed. Two more seasonal courts are available, including one at the South Cumberland State Park Visitors Center in Monteagle. A grant request is in the works for six new courts in Monteagle.

There is an app available for scheduling, communicating and announcing pickle ball news. For more information and to join the roster, contact Stephen Burnett at <Burnett4343@Bellsouth.net>.



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HOME GAMES

1 p.m., Saturday, Jan. 20, SAS Varsity Boys' Basketball vs. Notre Dame

5 p.m., Saturday, Jan. 20, University Swimming and Diving vs. Rhodes

6 p.m., Saturday, Jan. 20, Women's Basketball vs. Rhodes

8 p.m., Saturday, Jan. 20, Men's Basketball vs. Rhodes
1 p.m., Sunday, Jan. 21, Women's Basketball vs. Hendrix

3 p.m., Sunday, Jan. 21, Men's Basketball vs. Hendrix

4:30 p.m., Monday, Jan. 22, SAS JV Boys' Basketball vs. Marion County

6 p.m., Monday, Jan. 22, SAS Varsity Girls' Basketball vs. Marion County

7:30 p.m., Monday, Jan. 22, SAS Varsity Boys' Basketball vs. Marion County

Saturday, Jan. 27, University Track and Field, Tiger Indoor Meet



SAS wrestling team at the Mountaintop Tournament. Left to right: Beckler Durst, Julia Sumpter, Stella Wilson, Leonora Pate, Hadlee Hale, and Coach Matt Sparacio. Not pictured: Melanie Val.

All SAS Girls' Wrestlers Take the Podium at Mountain Top Tournament

On Jan. 14, St. Andrew's-Sewanee school hosted 15 teams at their annual Mountain Top All Girls' Wrestling Tournament. The Mountain Lions had a great showing with the team finishing second and all SAS wrestlers making the podium. Senior Hadlee Hale led the team with a first place finish scoring 22 points in the 138lb weight class. Both Melanie Val and Beckler Durst placed second. Val scored 20 points in the 114 lb weight class (2-1 on the day). Durst scored 17 points in the 145lb weight class (2-1 on the day). Stella Wilson placed third scoring 16 points in the 132 lb weight class (3-1 on the day). Leonora Pate placed third scoring nine points in 100lb weight class (1-2 on the day). Beckler Durst also earned "Best Match" recognition.

Mountain Lions Have Strong Showing at Soggy Bottom Brawl

On Jan. 13, the St. Andrew's-Sewanee boys' wrestling team competed at the Soggy Bottom Brawl tournament at Franklin County High School. The team wrestled hard against stiff competition. Junior Jake Hale let the team scoring 10 points in the 190 lbs weight class and went 3-2 on the day. Senior Tom Karanja at 165 lbs scored eight team points and went 3-2 on the day. Eoin Pate at 106 lbs scored seven team points going 2-2 on the day. Seniors Aiden Crabtree (1-2 on the day) at 106 lbs and Dimitri Sherrill (2-2 on the day) at 150 lbs each scored 4 team points. Elliott Benson at 157 lbs scored three team points and went 1-2 on the day. Lowell Brainerd at 144 lbs weight class competed in his first wrestling tournament.

Swim and Dive Dominates Competition, Finishing First at Home

The men's and women's swim and dive teams came away with the win in their quad-meet against Midway, Bethel, and Breanu on Jan. 13.

The women came away with the win against Brenau, Midway, and Bethel, by 167 points, and the men took home their first win of the season against Bethel and Midway by 139 points.

On the women's and men's side, Sewanee dominated the field as they placed an athlete in the top three in every event they raced in.

The women started the meet strong with a 200 medley relay win from Natalia Evans, Sophie Yanoshik, Audrey Francell, and Mary-Louise LeMieux. Ava Mack then found herself in second in the 1000 free, the second women's race of the day. In the 200 free, LeMieux finished with 2:01.96 to take home gold.

In the 100 back and the 100 breast, Sewanee swimmers in each race finished within milliseconds of each other to take home second and third place. Evans and Riley Carswell in the 100 back, and Yanoshik and Lilly Daniels in the 100 breast. Francell took home her second win of the day in the 50 free, before taking home second in the 100 free with teammate LeMieux finishing right behind her for third.

Evans, Aurelia Willett, and Carswell came in second, third, and fourth place 200 back, and Yanoshik found her third podium finish of the day, in the 200 breast finishing third. Mack took home another second-place finish in the 500 free to complete her day. Francell tallied another first-place win in the 100 fly, posting 1:01.15, just short of her personal best. LeMieux garnered another second-place finish for the Tigers in the 200 IM.

Evans, Jules Vidal, Mary Alice Hubbard, and Carswell rounded out the day in the pool for the women with a second-place finish in the 200 free relay.

On the men's side, Jackson Pillow, Naeem Mangum, Connor Young, and George Mabry set the tone for the men as they tallied a second-place finish in the 200 medley relay. Young and Connor Engel then collected two more silver finishes for the Tigers in the 1000 free and the 200 free.

Mabry and Pillow both landed on the podium of the 100 back as Mabry collected the men's first gold finish and Pillow collected the first bronze finish of the day. In the breast, Mangum took home first in both the 100 and 200 for Sewanee. Sewanee swimmers placed third in both fly events, Joseph Aidan Ocasio in the 200 and Pillow in the 100.

In the 50 free, Mabry took home second, and Engel and Henry Kovan took home second and third in the 100 free. The 200 back saw another back-to-back Sewanee finish with Mabry and Pillow coming in second and third. Engel collected another second-place finish in the 500 free.

To close out individual races in the pool, Connor Young took home first in the 200 IM. Finally, the Sewanee 200 free relay team of Mangum, Ocasio, Kovan, and Engel took home second.

On the boards, Katie Walker took home first on the 1 meter in a tight contest with 177.97 while teammate Greta Cobb finished second with 176.85. Will Snead took home on the men's side with 169.38 and Jack Goodson finished second with 155.32. On the 3 meter, Walker took home first again, collecting 193.20 points. With 173.55, Goodson took home first on the men's side.

The women finished the meet with 497 total points and the men finished with 404 points, both taking home gold.



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NATURENOTES

by Yolande Gottfried

Big Trees on Campus

With the leaves down, I am more aware of the trees as individuals, giant entities among which we live. Perhaps to help Nature Notes readers get to know them better, here are a few of the notable trees on campus. Near the parking lot behind Bishop's Common is a large Sycamore, easily identifiable by its pale, peeling bark. Also characteristic are the fruits, balls that hang onto the tree until spring. This may be because the Sycamore is often a riverbank tree and the spring release of fruits would coincide with dispersal by spring floods. It is the most massive tree in our flora and can reach a trunk diameter of 4 meters. When hollow, they have been used as shelters or even residences. On one side of the BC is the White Oak with the swing on it. The White Oak may be the most widespread in our flora and is often considered the most noble, living for centuries and attaining great size. While one might live in a Sycamore, the spreading branches of the White Oak, longer than other trees in the flora, create a sort of outdoor room. Near Walsh-Ellert, by the Orey Hall sidewalk plaque is an American Beech, with its distinctive smooth grey bark and elephant-like spreading feet at the base. According to an early edition of "Under the Sun at Sewanee," this tree was given to the University by Native Americans who had a history of worshipping in a sacred grove of beech trees in Lost Cove. It is appropriate for a university in that the Old English words for "beech" and "book" are the same, as beech bark was used for writing upon. The American Holly that is lighted for Christmas also has rather smooth grey bark. This one is a female and I had the pleasure some years ago of seeing a flock of Cedar Waxwings descend on it to consume the berries. Coming to Sewanee from the North, I hadn't realized that hollies could grow so tall. There is so much more to say about these trees on campus that this may have to be continued in another Nature Note!

Weather stats unavailable at press time.

Tennessee Wildlife Calendar Photo Contest Open

The Tennessee Wildlife Resources Agency is now accepting entries for its 2024-25 photo contest for publication in Tennessee Wildlife's annual calendar and license cards. All interested photographers are invited to submit up to 10 of their best photos on fishing, hunting, boating, and wildlife species native to Tennessee.

This year's contest returns to a TWRA traditional August-July format by popular demand. The selected winning entries will appear in the 2024-25 calendar which begins in August 2024. Photographers must submit their photo entries by March 29, 2024.

Photos must be horizontal (landscape), in JPEG format, sized to print no smaller than 8-1/2" by 11", and resolution should be at least 300 pixels/inch. Visit <tnwildlife.org> and click the calendar contest button to submit an entry. If a photo is selected for the calendar edition, the photographer will receive a cash stipend of \$60.

Tennessee Wildlife is the official magazine for the Tennessee Wildlife Resources Agency. Subscription rates are \$10 for one year, \$17 for two years and \$25 for three years.

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.

State Park Offerings

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

Full Moon Night Hiking at Stone Door — Savage Gulf State Park, Friday, Jan. 26, 5:30–8:30 p.m. CST. Cost, \$10. <<https://tnstateparks.com/parks/events/savage-gulf>>. Join Ranger Spencer for a 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. Please meet the ranger at the Stone Door Station (Savage Gulf North, 1183 Stone Door Rd., Beersheba Springs) 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.

Secret Waterfalls — South Cumberland State Park, Sunday, Jan. 28, 9 a.m.–4 p.m. CST. Cost, \$10. <<https://tnstateparks.com/parks/events/south-cumberland>>. Meet at the Sherwood Forest Parking Lot, off of Old CCC Road. Explore the wilds of Sherwood Forest and get a glimpse of the secret waterfalls hidden within. There are some small, beautiful water features along Youngs Creek as well as interesting rock formations and pretty woods. The catch? No trails. This will be a multi-hour, off-trail exploration over extremely difficult and slick, rocky terrain. Off-trail hiking is not allowed at South Cumberland State Park, so this your chance to see parts of the park that are rarely seen.

This adventure will be exhilarating, exhausting, inspiring, educational, and will promote being more connected with the natural world around you. Rain, shine, sleet, or snow; be prepared with appropriate clothing and personal items like snacks, first-aid, light source, etc. There is also a real possibility of getting wet feet so extra footwear/socks are suggested.

Five Tips to Use a Generator Safely

Sequachee Valley Electric Cooperative works very hard to keep your lights on and minimize interruptions. However, despite our best efforts, weather, car accidents and animals can sometimes create power outages.

Many times, these are brief interruptions that are restored quickly. Other times, widespread damage may make power restoration take much longer. During these times, a backup generator can be a handy tool to have around.

Backup generators come in many sizes — from permanently installed whole-home units to smaller, portable units that can run a few lights. This equipment can provide your family with comfort and convenience during a prolonged power outage. However, if used incorrectly, they can also create a dangerous situation for yourself and others.

Perhaps most importantly, never try to power the house wiring by plugging the generator into a wall outlet. This practice puts utility workers, your neighbors and your household at risk of electrocution. If you are interested in powering your whole home, contact a licensed electrician to ensure that proper safety equipment is installed to allow this to be done safely.

Here are a few more tips from the American Red Cross to ensure your backup generator is used safely.

Plug appliances directly into the generator, or use a heavy duty, outdoor-rated extension cord that is rated (in watts or amps) at least equal to the sum of the connected appliance loads.

To avoid electrocution, keep the generator dry and do not use in rain or wet conditions. Operate it on a dry surface under an open canopy-like structure such as under a tarp held up on poles. Do not touch the generator with wet hands.

Be sure to turn the generator off and let it cool down before refueling. Gasoline spilled on hot engine parts could ignite.

Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning device inside a home, garage, basement, crawlspace, or any partially enclosed area. Keep these devices outdoors and away from doors, windows and vents that could allow carbon monoxide to come indoors.

For more information on generator safety visit <www.svalleyec.com>.



Luke



Westley

MARC's Mountain Adoptables Meet Luke & Westley

Luke is black and white and so cute. He is around 12 weeks old. Luke was the only boy born in his litter. He is the smallest of his siblings, but has a huge heart and lots of personality. Luke loves to snuggle with other cats and also with his human family. He is very playful and full of energy. He does great with other cats, but still a little unsure of dogs. If you are looking to add a sweet, playful male kitten to your family, Luke may be your boy!

Westley is a Landseer Newfoundland dog. He is chocolate brown and white. He weighs 129 lbs. and is around five years old. Westley is a gentle fun loving boy and loves his people. And of course he drools. He loved the snow and frolicking in it with his foster siblings. He is an inside boy but likes to explore some outside. He even walks decently on a leash. If you love giant fluffy dogs and don't mind the drool and hair and can afford the food and vet care you can't go wrong welcoming Westley into your family.

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

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



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PUBLIC NOTICE

NOTICE: The Sewanee Utility District of Franklin and Marion Counties Board of Commissioners is scheduled to meet at 5 p.m., Tuesday, Jan. 30, at the utility office on Sherwood Road. If a customer is unable to attend but wishes to bring a matter to the board, call (931) 598-5611, visit the office, or call a board member. The board members are Doug Cameron, Johnny Hughes, Donnie McBee, Charlie Smith, and Clay Yeatman.



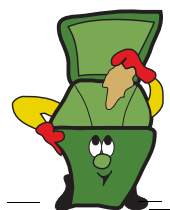
WHERE DO I RECYCLE THIS?

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 backed

Commercial waste must be disposed of at the Republic Transfer Station, 9577 Tullahoma Hwy., Estill Springs.

FOR MORE INFORMATION
<<https://www.franklincoth.us/solidwaste.html>>

Keep the Mountain Beautiful.



PLEASE DON'T LITTER.

Did You Know?

The Sewanee Community Chest is raising money for basic needs in the community such as books, food, recreational spaces, elder care, children's programs and more.
Visit sewaneecivic.org and click on the PayPal Donate button.

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DONATIONS NEEDED 4 MARC

Clumping cat litter • Wet cat food
Dog treats



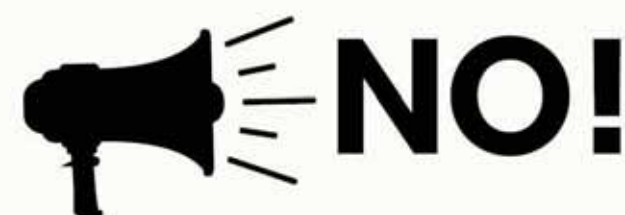
DONATIONS DROPPED OFF @

MARC, 225 Sequatchie Ln., Sequatchie, TN
Taylor's Mercantile, 10 University Ave., Sewanee, on
Thursday and Friday before noon
SCAN the Amazon Wish List <https://a.co/7119w5J>



WIPE CLOG PIPES

They may be flushable but the pipes say



ALL WIPES for FACE, BODY & BEHIND must go in the TRASH.



Do your part to avoid costly plumbing headaches at home and for the equipment at Sewanee Utility District.

SPREAD GOOD NEWS.

Help friends get information. Help local businesses succeed.
Help our Mountain communities.

FROM BARD TO VERSE

by Robin Bates

Cold

If I were a bear,
And a big bear too,
I shouldn't much care
If it froze or snowed;
I shouldn't much mind
If it snowed or friz--
I'd be all fur-lined
With a coat like his!

For I'd have fur boots and a brown fur wrap,
And brown fur knickers and a big fur cap.
I'd have a fur muffle-ruff to cover my jaws.
And brown fur mittens on my big brown paws.
With a big brown furry-down up to my head,
I'd sleep all the winter in a big fur bed.

--A.A. Milne, Furry Bear

Community Calendar

Friday, Jan. 19

- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Yin Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 10:15 a.m.
- 10 a.m. You Fit, Betsy, Community Center; and at noon; sign up required
- 3 p.m. Bob Fosse Workshop, TN Williams Center
- 4:30 p.m. University Convocation, All Saints' Chapel

Saturday, Jan. 20

- 9:30 a.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 10:45 a.m.
- 10 a.m. Hospitality Shop open, until 2 p.m.

Sunday, Jan. 21

- 1 p.m. You Fit, Betsy, Community Center; and at 2:30 p.m.; sign up required
- 2 p.m. Knitting Circle, Mooney's, until 4 p.m.
- 4 p.m. Hatha Yoga, Helen, Community Center

Monday, Jan. 22

- 9 a.m. Pilates, intermediate, Kim, 293 Ball Park Rd.
- 10:30 a.m. Chair Exercise, Ruth, Community Center, until 11:45 a.m.
- 4 p.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 5:15 p.m.
- 6 p.m. Marion County Commission Meeting, Lawson Building, 300 Ridley Ave., Jasper
- 7 p.m. Sewanee Community Council Meeting, Sewanee Senior Center

Tuesday, Jan. 23

- 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.
- 9 a.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 10:15 a.m.
- 10 a.m. Pilates, beginners, Kim, 293 Ball Park Rd.
- 11:30 a.m. Grundy County Rotary, Dutch Maid Bakery, Tracy City
- noon Pilates, intermediate, Kim, 293 Ball Park Rd.
- 4:30 p.m. S. Cumberland Farmers' Market pickup, Community Center, until 5:30 p.m.

- 5 p.m. SUD Board of Commissioners Meeting, 150 Sherwood Rd., meeting postponed until Jan. 30
- 5 p.m. Vinyasa Yoga, High Vibes, Country Mart, Monteagle, until 6:15 p.m.
- 5:30 p.m. Gentle Flow Yoga, Pippa, 293 Ball Park Rd., until 6:30 p.m.
- 6 p.m. Social Dance (\$10), Firefly Ballroom, Cowan; Beginner, 6 p.m.; Intermediate, 7 p.m. Text Valerie, (931) 691 3168

Wednesday, Jan. 24

- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Blood Drive, St. Mark and St. Paul, until 3 p.m., sign up required
- 9 a.m. Pilates, intermediate, Kim, 293 Ball Park Rd.
- 10 a.m. Writers' Group, 212 Sherwood Rd., more info: (931) 598-0915
- 10:30 a.m. Chair Exercise, Ruth, Community Center, until 11:45 a.m.
- 5:30 p.m. Hatha Yoga, Helen, Community Center
- 6:30 p.m. Kundalini Yoga/Meditation, Pippa, (\$15) High Vibes, Country Mart, Monteagle

Thursday, Jan. 25

- 8 a.m. Monteagle-Sewanee Rotary, Kennerly Hall, 216 University Ave.
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 10:15 a.m.
- 9:30 a.m. Body Recall, Judy, Monteagle City Hall, until 10:30 a.m.; more info <msjma-goo@gmail.com>
- 10 a.m. Pilates, beginner, Kim, 293 Ball Park Rd.
- noon Pilates, intermediate, Kim, 293 Ball Park Rd.
- 4 p.m. Perimeter Trail Program, Stirling's
- 4 p.m. Movement to Music, High Vibes, Country Mart, Monteagle, until 5 p.m..

Friday, Jan. 26

- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Yin Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 10:15 a.m.
- 10 a.m. You Fit, Betsy, Community Center; and at noon; sign up required



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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., the Wesley House, MMUMC

Monday
4 p.m., 12-Step Women's Study Group, Brooks Hall, (931) 327-5551, not on Dec. 25 or Jan. 1, resumes at 5 p.m., Jan. 8

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, Cliff-tops, (931) 924-3493

7 p.m., NA, Decherd United Methodist

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

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

Online and in color.
<www.sewaneemessenger.com>