



THE SEWANEE MOUNTAIN MESSENGER

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Friday, Jan. 20, 2023



SAS Assistant Athletic Director Margot Burns, Dan Barry, Evan Barry and Arlene Barry at the 40th Mountain Top Wrestling Tournament hosted by St. Andrew's-Sewanee.

SAS Hosts 40th Mountain Top Wrestling Tournament

The SAS community would like to personally thank Dan Barry for his tremendous support and effort to make the 40th Mountain Top Wrestling Tournament a success.

St. Andrew's-Sewanee School hosted their 40th Mountaintop Wrestling Tournament on Jan. 14, inviting 12 schools to their campus. Through strategic planning and dedication, Dan led the charge to ensure the success of the tournament from beginning to end. Dan promoted the tournament by encouraging local and domestic schools to commit to participating and working with their coaches throughout the process. His efforts included securing the referees, working with volunteers, ordering the medals and handling donations.

As the tournament's director for the past 17 years, Dan has had a long standing relationship with coaching wrestling at SAS. Dan's coaching career with SAS started with his oldest son Nick when he was in grammar school. St. Andrew's School graduate Brian McDowell and Dan had a youth wrestling program that they traveled with around the state. This youth program continued throughout Dan's middle school coaching career in 2001. Even after all of his work with helping new and younger coaches get trained in the sport, Dan started the girls' wrestling program in 2009 before it was sanctioned by the TSSAA. All three of Dan's children wrestled at SAS and are recognized outside of the SAS's wrestling room in the gym. Words are not enough to describe the gratitude that the SAS community has for Dan.

The Mountain Top Wrestling Tournament was also made possible by the tireless efforts of all of the volunteers. Arlene Barry, Mae Anne and Brandon Hale helped with donations, awards and organizing the hospitality room. Dan Pate, Michiah Posey and Illiana Pate were the tournament's score-keepers. Along with keeping score, Ty Burnette also acted as the Director Liaison.

SAS student volunteers that offered assistance in multiple areas throughout the tournament were Maya Mauzy, Elisabeth Perkins, Ananoel Sparacio, Leonora Pate, Emma Wockasen, Sarah Maleak, Bryce and Riley Archambault, Ava Carlos, Laura Crigger, Zhuri Price, Alex Colon, Susanne Morrissey and Amoriae McKinney.

SAS Faculty members, parents and friends of the school volunteered in hospitality, providing food, donations, concession stand coverage and time management. These volunteers included Josiah Wilson, Kenedee Hale, Nate and Jess Wilson, Michelle Val, Erica Clark, Natasha Durst, Bess Turner, Alyssa Sumpter, Dan Pate, Ashley Close, Viva Reynolds, Laureen and Stephanie Sparacio and Brian Mazur.

The tournament received a surplus of donations from local businesses and volunteers that included the Subway in Winchester, J and G Pizza and Steakhouse owned by parents KiKi and Justin Sherrill, Cove Creek Farm, and additional food and supplies from Dan and Arlene Barry.

Dan Barry's efforts and countless contributions continue as he plans for the 41st Mountain Top Wrestling Tournament next year.

Choral Evensong at All Saints' Chapel

At 5 p.m., on Saturday, Jan. 28, the University Choir will sing choral evensong at All Saints' Chapel. This service will feature music by British composers including H. Balfour Gardiner, Philip Stopford and Margaret Woodley. There will be a special reception following evensong at Convocation Hall. If you are able to attend please send an RSVP to <rsvp@sewanee.edu>. The choir is planning a spring break tour to Portland and San Francisco. This service will feature some of the music that the choir will be singing on tour. Geoffrey Ward will conduct the choir and Adam Cobb will be accompanying the service. We look forward to seeing you at choral evensong.

Tracy City Free Clinic: Visionaries Realize a Dream

by Leslie Lytle
Messenger Staff Writer

On Nov. 1, the Tracy City Free Clinic opened for business at the Littell-Partin Center, the former Grundy County High School. The clinic, which serves the uninsured, manifests the vision of Dr. Tom Phelps of Sewanee and Grundy County High School graduate Emily Partin who dedicated her retirement to turning the old high school into a Mecca for community services.

"I'm doing what I always wanted to do, practice medicine," said Phelps. "I retired because I was tired of fighting for patients with the insurance companies and losing." For Partin, "the concept of a free clinic was part of the original vision" when she undertook refurbishing the old high school. Last April, Phelps and Partin found common ground at a collaborative-resources seminar sponsored by the South Cumberland Community Fund.

"I've wanted to open a free clinic a long time, but I didn't think I had the resources," said Phelps. Grundy County has some of the highest poor-health indicators in the country. Phelps points to the lack of Medicaid expansion in Tennessee in 2015. Fifteen rural hospitals have closed due to the high cost of providing emergency room care to uninsured non-paying clients.

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Monteagle Planning: Site Plan, Subdivision Plat Deadlines

by Leslie Lytle
Messenger Staff Writer

At the Jan. 17 Monteagle Planning Commission special called workshop, town planner Annya Shalun presented an overview of planning commission responsibilities and review processes to orient new commissioners, and to provide a framework for addressing difficult questions confronting the commission. Shalun also made recommendations for changing site plan and subdivision plat application-review deadlines.

"The goal of planning is to maximize the health, safety, and economic well-being for all residents," Shalun stressed. The commission had jurisdiction over property inside the city limits, as well as property outside the city limits situated within the Urban Growth Boundary, Shalun explained. For property inside the

(Continued on page 5)



For the foreseeable future, the upstairs will be the main dining room at Shenanigans.

Shenanigans Makes a 'Hard Pivot' to Remain Open

As temperatures plummeted during Dec. 23 and Dec. 24 to negative numbers, water pipes froze and then burst across the Plateau. Many homes, schools, offices and businesses all got an unwelcome surprise.

With inclement weather forecasted for Christmas Eve, the staff at Shenanigans closed early, at 4 p.m., to go enjoy the holiday. When the staff came back to the beloved Sewanee restaurant to open for a busy Dec. 26 service, they were greeted with water pouring from the ceiling and approximately 3 inches of water downstairs on the floor from the front door to the side door. General manager Haleigh McKnight called owner Bill Elder with the news.

"Our first priority was to shut off the water at the main," said Elder. "The next was to ascertain how dire the situation was for the restaurant and the building." At least two upstairs water pipes had burst.

Elder reached out to his insurance company to let them know of the situation. His next step was to find a restoration company. David Boyd Williams, owner of Lumiere Sewanee, recommended Allied Contractors in Manchester. "I called them, and they moved mountains to get us into their already overloaded list from the freeze. They arrived at Shenanigans that day, ten minutes after

I arrived from Nashville," said Elder. "Sue Taylor took charge of the situation. I can highly recommend them."

Saving the old wood floors downstairs, getting the water out and drying everything properly was the main concern.

"As temperatures began to rise, another upstairs pipe opened up and started gushing more water. The ceiling in the main dining room downstairs was saturated. All our electronic equipment from our point of sale systems, house audio system, deli cases, to coolers were shot," said Elder.

To see how bad the damage was to the ceiling, part of it was removed. "More water gushed out. We had to take the whole ceiling out, remove the standing water, and dry everything out again," said Elder. The ceiling is currently down to the rafters. A structural engineer was called in to assess the damage.

The Shenanigans' staff helped with the cleanup and began moving tables and chairs to the upstairs. Everything that was not immediately needed such as catering equipment, was moved to a storage space in Midway to help get everything as clean and dry as possible. Treasured heirlooms were also carefully stored, and some were placed on the walls upstairs.

(Continued on page 6)

P.O. Box 296
Sewanee, TN 37375

University Job Opportunities

Exempt Positions: Archivist, Library & Information Technology Services; Area Coordinator, Student Life, Residential Life; Assistant Director, Sewanee Fund, University Relations; Associate Dean, Academic Affairs, School of Theology; Business Analyst, Library & Information Technology Services; Director, Community Standards, Student Success; Director of Digital Presence, University Advancement; Director of Student Accessibility, Student Success; Energy Specialist, Facilities Management; Executive Director of Education for Ministry, School of Theology; Project Manager, Facilities Management, Administration.

Non-Exempt Positions: Administrative Assistant for the Office of Recruitment & Admission, School of Theology; Advancement Services Coordinator, University Relations; Alarm Technician, Facilities Management, Trades; Campus Security Officer (Part-Time), Sewanee Police Department; Catering Logistics Coordinator, Sewanee Catering; Catering Team Lead, Sewanee Catering; Childcare Provider, University Child Care Center; Custodian (Multiple Positions), Facilities Management, Building Services; Electrician, Facilities Management Trades; First Cook, Sewanee Dining, Sewanee Dining; GIS and Database Technician, Facilities Management; Golf Course Greenskeeper, Grounds and Landscaping; Golf Course Greenskeeper (10-Month Position), Grounds and Landscaping; Golf Shop Assistant, (Part-Time) Business Services, Golf Course; Office and Communications Manager, Library & Information Technology Services; On-Call Catering Attendant, Sewanee Dining; Police Officer (Part-Time), Sewanee Police Department; Second Cook, Sewanee Dining; Sewanee Dining Associate, Sewanee Dining.

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

Letter

SUCCESS!

To the Editor:

The Friends of Canon Gideon are delighted to announce that they raised \$9,600 this year for Canon Gideon Byamugisha's vocational Hope Institute in Uganda. The purpose of the fall fundraising campaign was to outfit the catering department with tables, chairs, linens, pots, cutlery, etc. to expand the students' ability to cater events in Kampala homes and hotels. Our hearts are full of gratitude to all who participated — you have expanded the students' ability to work and bring income to their families and the school. As Canon Gideon likes to say, "what a Jesus we have in our friends." For information contact Sally Hubbard at (931) 636-7320 or <sally@hubbard.net>. Many, many thanks.

Sally Hubbard



— THE SEWANEE MOUNTAIN — MESSENGER

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Kiki Beavers
editor/publisher
April Minkler
office manager
Emily Ricks
proofreader
Leslie Lytle
staff writer

Janet Graham
publisher emerita
Laura Willis
editor/publisher emerita
Geraldine Hewitt Piccard
founder, editor/publisher emerita

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418 St. Mary's Lane, P.O. Box 296, Sewanee, TN 37375
Phone (931) 598-9949 | <news@sewaneeemessenger.com>

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Housing Sewanee Applications Available

Applications are available at the Community Action Committee (CAC) for families who would like to be considered for the next house constructed by Housing Sewanee Inc. These applications should be picked up, filled out and returned before the end of February.

Housing Sewanee uses volunteer labor to build simple, warm and dry houses for members of the greater Sewanee community, including Jump Off, Midway and the Sherwood Road area. When the house is complete, the family will pay back the cost of the house by a 30-year interest-free loan (which helps to pay for new houses).

Clients who are able are asked to help with construction. It usually takes about 18 months to complete the house. At the suggestion of the College students, who provide most of the work force, the plan for the next house is to make it as energy efficient as possible and to use as many local materials as possible. This should reduce long-term energy costs for the homeowner.

Housing Sewanee Inc. is a nonprofit organization modeled after Habitat for Humanity. Founded in 1993, Housing Sewanee has built more than 15 homes for local residents.

Applications can be picked up at the CAC office on Lake O'Donnell Road during CAC's regular hours. For more information, contact Doug Cameron by email at <doug1216@icloud.com> or call the University Outreach office at (931) 598-3201.

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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@sewaneeemessenger.com>. —KB



SERVING WHERE CALLED

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

Blaze Cassidy Barry
Brandon Brawley
Justin Brawley
James Gregory Cowan
Mark Gallagher
Nathaniel P. Gallagher
Peter Green
Zachary Green
Jackson B. Guenther
Steven Tyler Jeffery
Cheyenne N. Kelly
Gabriel Lloyd
Waylon Case McBee
Wiley Colton McBee
Bailey Jackson McLean
Andrew Midgett
Jose D. Ramirez III
Troy (Nick) Sepulveda
Zachary Sherrill
Allison Tucker
Nick Worley

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

MESSENGER INFORMATION

Phone: (931) 598-9949

News and Calendar

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

Display Advertising

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

Classified Advertising

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

MESSENGER HOURS

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

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MLS 2447752 - 531 Pleasant Grove Rd., Jasper. \$452,900

MLS 2456201 - 6204 Green Town Rd., Tracy City. 5 acres. \$435,000

MLS 2447703 - Bluff, Myers Point. \$520,000

MLS 2472148 - 60 Bakers Lane, Sewanee. \$365,000

MLS 2414637 - 237 Melissa Rock Rd. \$389,000

MLS 2415518 - 282 Smith Rd., \$200,000

MLS 2438938 - 0 US Hwy 41 & Ingman Rd., Monteagle. \$189,999

0 Johnny's Way, Tracy City - MLS 2410583 - Lot 1. 6.17 acres. \$149,000. MLS 2423649 - Lot 3. 5.6 acres. \$159,000

MLS 2300638 - 119 Walton Lane, Tracy City. 4.22 acres. \$250,000

MLS 2449493 - 1106 Gipson Lane, Decherd. \$499,000

LOTS & LAND

3 Jackson Pt. Rd. SOLD	2407248	\$65,000
Jackson Pt. Rd., #20&21	2380429	\$48,000
0 Bear Ct. # 20 SOLD	2268951	\$29,000
0 Browbend Dr. Lot 13	2422872	\$54,000
0 Browbend Dr. Lot 14	2422864	\$54,000
William B. Martin Rd. 4+ac	2420264	\$60,000
Sherwood Trl. Lot 14	2402371	\$79,900

BLUFF

Falling Cliffs Dr., 15 ac	2389298	\$139,500
Preservation Dr., 6.63 ac	2349236	\$89,500

Patsy Truslow
Owner, Principal Broker
931.636.4111
patsy@sewaneeerealty.com

Marie Ferguson
Owner, Affiliate Broker
931.952.2468
marie@sewaneeerealty.com

Sally Thomas
Affiliate Broker
931.636.4993
salthomas@bellsouth.net

Ron Williams
Affiliate Broker
423.598.9817
tideron2000@yahoo.com

Upcoming Meetings

Caregiver Support Group

Everyone who is taking care of a chronically or terminally ill relative or friend is invited to join the caregiver support group for mutual support and to share ideas about coping with the difficulties and heartache of long-term caregiving. The Caregiver Group will meet first and third Tuesday of the month, 12:30-1:30 p.m., at Brooks Hall next door to St. Mark and St. Paul Parish Church. For information contact Folks@Home at (931) 598-0303 or <folksathomesewanee@gmail.com>.

Coffee with the Coach

Coffee with the Coach, an opportunity to learn more about Sewanee's sports teams, will live stream the meeting at 9 a.m., Monday, Jan. 23, with Bill Cooper, Track & Field. The live stream will be available at <facebook.com/SewaneeTigers>. The meeting will also be in-person at the Blue Chair.

Opportunities will be available on Sunday for fans to submit questions in advance or during the live show on the social media platforms. Be sure to follow us on Facebook, Twitter and Instagram pages @SewaneeTigers.

For those unable to make it live, the content will be accessible on-demand on our Facebook page. Additionally, it will also be available on the website, <www.sewaneetigers.com> and on the University of the South's YouTube Channel by midday on Mondays.

Cowan Commercial Club Meeting

Cowan Commercial and Community Club will meet at 5:30 p.m., Monday, Jan. 23, at The Franklin House in Cowan. We will go over plans for local events in the year 2023 and discuss ways to promote our local economy. Cowan Commercial Club is one of the area's oldest civic organizations. Membership is open to residents and businesses in and near Cowan. For more information go to <www.cowancommercialclub.com>.

Sewanee Community Council

The Sewanee Community Council is scheduled to meet at 7 p.m., Monday, Jan. 23, at the Sewanee Senior Center, in-person and online via Zoom. Masks are optional for in-person attendance. The following items are on the agenda: Approval of the October Minutes; Introduction of New Council Members, Scott Wilson; Community Council Constitution Revision 2nd Reading and Vote to Approve Change, Scott Wilson; Election of Council Member to the Agenda Committee, Scott Wilson; Unauthorized Parking on University/Bike Lanes, Marilyn Phelps & John Solomon; Idea for a Two-Way Protected Bike Lane (Sara McIntyre), Scott Wilson; Sidewalks, Laura Willis and John Solomon; Streetlights, Laura Willis and Phil White; Sewanee Village Ventures Update from David

Shipp, Scott Wilson; Lifelong Learning Academy Update, John Solomon; Community Clean-Up, Phil White; Announcements and/or Questions.

Join Zoom Meeting <<https://sewanee-edu.zoom.us/j/82640079711>>

Meeting ID: 826 4007 9711. Join by phone +1 312 626 6799 US.

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. 24, at the utility office on Sherwood Road. If a customer is unable to attend but wishes to bring a matter to the board, call (931) 598-5611, visit the office, or call a board member. The board members are Doug Cameron, Ronnie Hoosier, Johnny Hughes, Donnie McBee and Charlie Smith.

EQB Club

Members of the EQB Club will gather at 11:30 a.m., Wednesday, Jan. 25, at St. Mary's Sewanee. Lunch will be served at noon. At about 12:30 p.m., we will have the pleasure of a Lead by SAS Faculty member Anna Konradi, who will speak on "Volunteering in Ukraine's war aftermath." Interested non-members are welcome to arrive at 12:30 p.m. and sit in on the presentation.

Rotary Club Meeting

The Monteagle-Sewanee Rotary Club will meet at 8 a.m., Thursday, Jan. 26, at LaBella Pearl's. Sylvia Gray will present the program.

Sewanee's new Office of Equity, Equal Opportunity, and Title IX is working to create better infrastructure around University compliance. In this presentation, Gray will discuss the increasing regulations affecting higher education, what is expected of a University Compliance Office, and how Sewanee plans to advance and sustain a positive environment that supports both the letter and spirit of the laws and policies of equity and equal opportunity.

Town of Monteagle

The Monteagle City Council is scheduled to meet at 6 p.m., Monday, Jan. 30, in the conference room at City Hall.

SUD Commissioner Election

Ellis Mayfield and Clay Yeaman are vying for the seat of Marion County representative on the Sewanee Utility District Board of Commissioners. Voting will continue through Jan. 24 at the SUD office during regular business hours. SUD customers have one vote per household regardless of whether they reside in Franklin or Marion County.

Order Local Food from SCFM

The South Cumberland Farmers' Market has breads, fruits and vegetables, eggs, coffee and meats available. Ordering takes place each week from Friday at 9 p.m. to Monday at 10 a.m. Curbside pickup is on Tuesdays, 4:30-5:30 p.m., at the Sewanee Community Center. To order go to <<https://sewanee.locallygrown.net>>.

Round Up for Project Help

The Sewanee Utility District's billing software now has the ability to round up your bill to the nearest dollar with the difference going to our Project Help fund. Project Help collects donations from our customers and passes them on to the Community Action Committee (CAC) of St. Mark and St. Paul, where it is used to pay folks' water and sewer bill when they need a bit of help.

Please consider rounding up your bill for this worthy cause – it really makes a difference in our community.

Call the office at (931) 598-5611 to enroll or if you have any questions.



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Obituaries

Norman Davis

Norman Davis, age 86, died on Jan. 12, 2023. He was a volunteer Se-
wanee soccer coach for many years and it brought joy to his life. He made
many good friends throughout the years and loved the men he coached.
He especially valued the friendship of Tony Pacella, head soccer coach
and Luc Patberg, assistant coach. He graduated from Earlham College
and spent his working career in commercial construction and signage.

He is survived by his wife, Shirley; sons, John, Tom (Katherine), five
grandchildren and a myriad of friends both in Monteagle and Sewanee.

A memorial service will take place at a future date. Any donations
may be sent to the Sewanee YSR fund for the use of the Sewanee Men’s
Soccer program. For complete obituary go to <www.cumberlandfuner-
alhome.net>.

The Rev. Ramona Rose-Crossley

The Reverend Ramona Rose-Crossley, age 87 of Sewanee, died un-
expectedly on Jan. 11, 2023, at her home. She was born in Philadelphia,
attended public schools, graduated from Barnard with a B.A. in anthro-
pology, and from the University of Maryland in Baltimore with a Master’s
in Social Work. For several years she offered therapy to abused children
from broken homes. She moved with her furst husband and family to
Vermont in the early 60s. She was a social worker in New Hampshire
and Vermont, where she met and married her husband Remington in
1977. In 1978, they moved to Sewanee so she could enroll in the School
of Theology. Ordained in 1984, Mother Ramona served churches in Ten-
nessee and Georgia. In 1989, she moved to the island of Guam where her
husband had been hired as Academic Vice President of the University of
Guam. For six years, she served as vicar of St. John’s Church, part of the
Micronesia Ministry of the Episcopal Church. Mother Ramona and
Remington traveled widely in the Western Pacific, Asia, Africa, South
America, England and Canada. In 1998, they returned to Vermont,
and then in 2003, moved back to Sewanee, where Remington entered
seminary, and Mother Ramona offered spiritual direction to seminarians
and served several parishes.

She is survived by her two children, John and Julian (Allen Meyer,
grandchildren Sebastian Meyer and Liberty Carter), her husband Rem-
ington and his three children Emily Hoffman (Michael Hoffman and
grandchildren Madeleine and Mason Hoffman), Amanda Rose (Lotta
Smagula), and Barnabas Rose, and by her sister Virginia Harrison.

Funeral Services were on Jan. 18, 2023 at the Parish of St. Mark and St.
Paul. Interment followed in the University Cemetery. Arrangements were
by Cumberland Funeral Home <www.cumberlandfuneralhome.net>.

Harold Edward Shrum

Harold Edward Shrum, age 69 of Tracy City, died on Jan. 9, 2023.
He was born on July 22, 1953, to Charles Edward (Peggy) Shrum and
Ruby Nubbin Parmley. He loved to work on and restore classic cars. He
was preceded in death by his parents; and brother, Terry Shrum.

He is survived by his wife, Regina Shrum; son, Michael (Danny
Meeks) Shrum; daughter, Lindsey (Chris) Irvin; and two grandchildren.

Graveside Services were on Sunday, Jan. 15, 2023 at Plainview Cem-
etery with Bro. Claude Hoback officiating. For complete obituary go to
<www.cumberlandfuneralhome.net>.

Tommie Elizabeth Stubblefield

Tommie Elizabeth Stubblefield, age 83 of Estill Springs, died on Jan.
2, 2023, at NHC Healthcare Center, Tullahoma. She was born on Nov.
25, 1939, in Sherwood, to Claude and Myrtle Epperson Hopkins. She
was a devoted homemaker. She was preceded in death by her parents;
and sisters, Louisa Hoback, Beatrice Tucker, and Lynn McCracken.

She is survived by her husband of 63 years, Charles E. Stubblefield;
children, Pam (Jeff) Kalivoda and Jeff (Kathy) Stubblefield; brother, Jim
(Dale) Marlow, seven grandchildren, four great-grandchildren, fur baby,
Izzi, and many nieces, nephews, friends, and other family.

Funeral Services were on Jan. 5, 2023, from the Chapel of Moore-
Cortner Funeral Home with Bro. Todd Coutta officiating. There will
be a private burial for family. For complete obituary go to <www.
moorecortner.com>.

Paula Denise Williams

Paula Denise Williams, age 55, died on Jan. 8, 2023. She was born
on Feb. 7, 1967, to Carl David and Connie Butner Caldwell. She was
preceded in death by her parents; daughter Krystal Michelle Parker; and
brother Richie Caldwell.

She is survived by daughter Mandy (Steven) Woodlee; five grand-
children, her second mom, Laura Caldwell; brothers Bill McClister
and Ricky Caldwell; sisters, Tina (Bill) Sipe, Kristina (Bill) Miller, and
Shalena McClister; and many nieces, nephews, and cousins.

Memorial Services will be announced at a later date. For complete
obituary go to <www.cumberlandfuneralhome.net>.

Douglas Williams Woodard

Douglas Williams Woodard, age 65 of Winchester, died on Jan. 15,
2023, at Southern Tennessee Regional Health Systems-Winchester. He
was born on Nov. 16, 1957, to Earl G. Woodard and Genette McCuin
Tison. He was a member of the Cowan Church of Christ. He retired after
23 years with the Tullahoma City School System; he was the custodian
at East Middle School. He loved landscaping, planting flowers and a
good yard sale. He was preceded in death by his parents; stepfather, Jack
Tison; and brother Ricky Woodard.

He is survived by his wife of 29 years, Brenda Sherrill Woodard;
siblings Earl (Jan) Woodard Jr., Debbie (Dean) Warren, Becky (Bill)
Windover, Anna Paulk, Alfred (Kaci) Woodard, beloved fur baby, Snowy
Joe; and many nieces, nephews, cousins, friends, and other family.

Funeral services will be at 1 p.m., Friday, Jan. 20, 2023, at Cowan
Church of Christ. Interment will follow in Eastern Star Cemetery. In
lieu of flowers please make memorial donations to St. Jude Children’s
Hospital or the Franklin County Christian Scholarship. For complete
obituary go to <www.moorecortner.com>.

Church News

All Saints’ Chapel

On Sunday, All Saints’ Chapel
will gather for worship at 8 a.m.,
11 a.m. and 6:30 p.m. The 8 a.m.
service is simple and quiet with no
music, and the congregation sits in
the choir stalls. The 11 a.m. service
features the organ, the University
Choir, and the congregation sits
in the nave, the main part of the
Chapel. The 6:30 p.m. service is
Growing in Grace, an informal,
student-led service.

St. Agnes’ Sunday

All are invited to a special time
of worship at St. Agnes’ Episcopal
Church in Cowan on Sunday,
Jan. 22. The congregation will
celebrate St. Agnes’ Sunday, an
annual feast to remember the life

and faithful witness of Agnes —
one of Christianity’s earliest and
youngest martyrs. There will be a
10 a.m. lesson in the parish hall, an
11 a.m. service, and then a church-
wide brunch. St. Agnes’ Church
is located at 105 E. England St.,
in Cowan.

St. Mark and St. Paul

The 8:30 a.m. Holy Eucharist
is in the church for those that have
been vaccinated. The 8:30 a.m.
service is also livestreamed on
our Facebook page and remains
available there afterward. The 11
a.m. Holy Eucharist is open to all.
Youth Sunday School: 9:45-
10:45 a.m. on the upstairs porch
of Brooks Hall and/or in the
upstairs youth room. Please bring
a mask.

Godly Play for Children: Two
Montessori-based classes meet
9:45-10:45 a.m. in the Godly Play
rooms. Masking is optional.

The Sunday Forum, 9:45

Church Calendar

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, Mon- teagle

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

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

11 a.m. Worship Service, Sunday

Mountain of God Tabernacle, Monteagle

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

11 a.m. Worship Service, Sunday

6 p.m. Prayer Service, Wednesday

New Creations Ministries, Rayburn Chapel

4 p.m. Prayer Meeting, Sunday

New Hope Church of God in Christ, Cowan

11 a.m. Sunday Service, Sunday

6 p.m. Sunday Service, Sunday

Pelham United Methodist Church

9:45 a.m. Sunday School, Sunday

11 a.m. Worship Service, Sunday

St. Agnes’ Episcopal Church, Cowan

11 a.m. Holy Eucharist, Sunday

St. James Episcopal Church

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

St. Margaret Mary Catholic Church, Alto

8 a.m. Mass, Sunday

St. Mark & St. Paul

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

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

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

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

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

11 a.m. Holy Eucharist, Sunday

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

United Pentecostal, Monteagle

10 a.m. Sunday School, Sunday

11 a.m. Worship, Sunday

7 p.m. Worship, Wednesday

Valley Home Community Church, Pelham

10 a.m. Sunday School

11 a.m. Morning Service, Sunday

Free Clinic (continued from page 1)

Tracy City Free Clinic all-volunteer staff: Sue Chase, receptionist; Beth Sperry, APRN; Maggie White Parmley, AmeriCorps volunteer; and Thomas Phelps, M.D.

The most critical unserved health care categories in Grundy County, according to Phelps, are women's health care and health care for young men. No mobile or free clinics offer women's health care or provide contraceptives, except for the understaffed, overextended county health department. And formerly incarcerated young men who cannot find work do not qualify for Affordable Care Act insurance premium assistance or Medicaid. Another hurdle for uninsured Plateau residents is the long distance to the Beersheba free clinic and the county health department in Altamont. Many have no transportation, and free transportation by SETHRA must be booked a month in advance, Phelps said.

After retiring from a career in sleep therapy and family medicine, Phelps began volunteering at Christian's Celebrating God's Bounty (CCGB) clinic in Winchester, a 501(c)(3) offering free health care. When the idea for a free clinic in Tracy City began to gather momentum, Phelps' CCGB connection brought the organization on board as the sponsoring nonprofit. Partin persuaded other tenants in the Littell-Partin Center to share office space. The clinic pays only \$50 per month rent. Partin drew on her relationship with Volunteer Behavioral Health (VBH) for a donation of almost all the necessary equipment. VBH had opened a combined medical-mental health care facility in Cookeville which lost funding. "We loaded my trailer to the gills," said Phelps, who drove to Cookeville with volunteers to pick up the equipment.

"People came out of the woodwork offering to help," Phelps said. The South Cumberland Community Fund provided a \$15,000 grant which pays for lab work and X-rays.

The clinic also received financial assistance from Southern Tennessee Regional Health Services, Carol and Bill Titus, and Lucette S. Richards. Phelps' colleagues see clients free of charge or on a sliding scale when a specialist is needed.

Joining Phelps at the all-volunteer clinic are nurse practitioner Beth Sperry, who has devoted her entire career to women's health, and two Tracy City natives: Sue Chase, the receptionist, and Maggie White Parmley, an AmeriCorps volunteer and University graduate.

"Generally, the people we see are really, really sick," Phelps acknowledged. A man with life-threatening blood pressure levels had not seen a doctor in three years. Another client had been suffering from bleeding bowels for six months. Since opening, the clinic has diagnosed and begun treating five young men, formerly incarcerated drug users, for hepatitis C, preventing spread of the highly infectious disease in the community.

"Every patient we treat is one less person going to the emergency room," Phelps observed. In addition to the uninsured, the clinic also sees the underinsured with excessive maximum out-of-pocket costs. Office hours are Tuesday and Thursday, 8:30 a.m. to 3:30 p.m. Phone (931) 592-4000 for an appointment.

"For practitioners to sit with a client who doesn't have insurance and hasn't seen a doctor in a long, long time, and to understand what has happened over the years, is so beneficial in the diagnosis," Partin insisted, "and to overcoming the barriers treatment can pose."

Winter Convocation Jan. 20

The University's Winter Convocation will be at 4:30 p.m. on Friday, Jan. 20. Three honorary degrees will be presented, and new members will be inducted into the Order of the Gown.

Dr. James E.K. Hildreth, president and chief executive officer of Meharry Medical College, community leader Bonita (Bonnie) G. McCardell, and Vice-Chancellor Emeritus John M. McCardell Jr. will be awarded honorary degrees. Dr. Hildreth will give the convocation address.

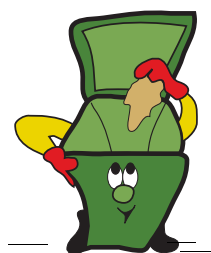
Exciting 2023 Schedule at St. Mary's Sewanee

St. Mary's Sewanee, Ayres Center for Spiritual Development, continues in 2023 its tradition of hosting programs to inspire the vision of "spiritual transformation, one person at a time. The event calendar is filled with interesting and diverse programming to reach out in many ways in pursuit of this goal.

During the Season of Lent, the center will feature a Lenten Centering Prayer weekend retreat Feb. 24-26, led by Tom Ward. Scholarships are available for this event. Contact Reservations for application.

To find out more or register online, visit the website at <www.stmaryssewanee.org>, or call Reservations at (931) 538-5342.

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Monteagle (continued from page 1)

city limits, the commission's regulatory tools included site plans, zoning ordinances and the zoning map. "Monteagle deals with rezoning more than any other community I work with. It means you're developing very quickly," Shalun said. Outside the city limits, subdivision regulations were the commission's only regulatory tool.

Commissioner Katie Trahan asked if the commission could require the Hideaway developers to improve Wrens Nest Avenue. "Yes," Shalun said, "If you have a good case for the health, safety, and well-being of the citizens." But Shalun went on to say, the commission could not deny the project to save sewer capacity for future developers. The commission could, however, approve or deny the developer's request for a variance to address road visibility issues to avoid changing the "topography" of the land.

Shalun advised caution in granting variances, since when the commission granted a variance, they needed to consider granting variances for similar issues in the future. Variances for site plans that did not meet ordinance requirement could be granted for "narrowness, shallowness, shape" and other topographical features of a site, Shalun said, but variances could not be granted for financial hardship reasons. She gave the example of the restaurant-retail business that requested a landscaping variation to avoid decreasing the building size, a financial consideration. If the commission kept encountering the same type of variance request, they could consider recommending changes to the zoning ordinance governing the issue. Shalun advised the commission the restaurant-retail business would suggest a zoning ordinance change.

Taking up the deadline for submitting a site plan for review, Shalun recommended requiring the site plan be submitted 30 days before a meeting, instead of the current 14-day requirement, to allow her time to carefully address the site plan specification "checklist." The commission discussed whether site plans not fully in compliance should even come before the commission. The change to the application submission deadline will require a zoning ordinance change, meaning the commission must recommend the change to the council, a public hearing must be held, and the council must approve the change on first and second reading.

Shalun also recommended requiring major subdivision plats be submitted for review 30 days before a meeting, instead of the current 7-day requirement, and to allow the commission 60 days to deliver a decision, instead of just 30 days. Commissioner Alec Moseley recommended the commission have 75 days to review the data so they would have two meetings to discuss it. The subdivision regulation timeline changes will require a public hearing announced 30 days in advance.

The commission will vote on the changes discussed at the Tuesday, Feb. 7 meeting. The commission will hold a special called meeting at 1 p.m., Wednesday, Feb. 15, to address the proposed Accessory Dwelling Units (ADUs) ordinance and where to allow self-storage units. Cooley's Rift residents questioned stipulating ADUs not be allowed in front of the main residence, since most lots in Cooley's Rift would not accommodate building an ADU behind or next to the main residence. Also undecided is whether ADUs will need to have a separate water meter. Where to allow self-storage units presents problems since C-2 and Industrial zoning allows self-storage units, but not C-3. Monteagle has no Industrial zoning and C-2 zoning occurs primarily in the downtown business corridor, not a desirable location for self-storage facilities.

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Educating the FC School Committee

by Leslie Lytle, Messenger Staff Writer

On Jan. 10, the Franklin County School Board met with the Franklin County Commission School Committee. “I’d heard there was all this fluff in the school budget” conceded School Committee Chair William Anderson, acknowledging his misconception. Meeting discussion highlighted misunderstandings about the reserve fund balance and the desperate need for teacher and hourly employee wage increases.

County Finance Director Andrea Smith explained sales tax, property tax, and BEP money from the state funded the schools. In the past two years, Federal Elementary and Secondary School Emergency Relief (ESSER) money enabled the school district to return money to the fund balance. However, of the \$13.4 million anticipated ending fund balance for the current fiscal year, \$4.3 million consisted of restricted funds assigned to specific allocation categories. In addition, \$3.9 million had been set aside for the Trane energy efficiency upgrades. That left \$5.2 million in the fund balance. In addition, the school district needed to keep \$3 million available to make monthly payroll in July and August before BEP money and property tax revenue began coming in, Smith said.

Director of Schools Stanley Bean concurred, “Five million [in the fund balance] is a healthy amount.” He pointed out return-

ing money to the fund balance had enabled the school district to take on the Trane project which will save money in the long run. “We didn’t ask for any new money this past year, the first time in a long time,” Bean said, but he went on to stress, “We don’t want to cut teachers’ wages. Teachers are underpaid already.” The low teacher wage had compromised the school district’s ability to hire teachers, Bean insisted. The low wage compared to neighboring districts was the cumulative effective of many years of low or no teacher raises. Neighboring Coffee County recently raised property taxes 1-2 percent to increase teacher wages, Bean said. The school district’s budget goal for the coming year was to increase the wage by 8.75 percent, the Social Security cost of living adjustment amount.

The school district anticipates receiving an additional \$4 million from the new state funding formula TISA, according to Bean, although he noted, other expenses must come from the TISA money as well.

Anderson favored an 8.75 percent raise for all employees. He asked if the \$4 million would be sufficient to give across the board raises without a property tax increase. Bean replied, “It will be real close. We don’t want a property tax increase any more than anyone else.”

Anderson also asked if an 8.75 percent teacher raise would be sufficient to make Franklin County schools competitive with neighboring districts. School Board Chair Cleijo Walker explained it was difficult to predict, “You’re playing catch up all the time. You think you’re doing something really good, and they [other districts] do more.”

Board member Sarah Marhevsky said the state goal for starting teacher salaries was \$45,000 by 2025. She suggested a 11 percent teacher wage increase. “If we do 11 percent now, that will put us at \$45,066 before they make us do it.”

Bean observed a 10 percent increase in the starting salary, \$40,600, would get the district close to \$45,000.

Williams suggested eliminating unfilled positions to decrease budget expense. “We cut positions when we have the opportunity,” Bean said. Smith explained the budget included \$150,000 for adding new teachers to meet the mandated student-teacher ratio if enrollment increased.

County Mayor Chris Guess agreed, acknowledging the need to plan for increased enrollment. He praised the schools for careful management of finances which enabled them to have fund balance money available for the Trane project and building maintenance and repair.

Going forward the school board and county school committee will meet on the second Tuesday of the month. Anderson asked for budget information detailing “what your needs are” at the next meeting. County commissioner Carolyn Wiseman asked for a teacher pay-scale comparison to other counties.

Shenanigans (continued from page 1)

“One of the first things I went in and saved were the index card boxes with decades of recipes from previous owners. They are water stained, but I am scanning them into an app to preserve them,” Elder said.

Normally, the restaurant is an order at the counter and pickup at the counter establishment. Elder said they did a “hard pivot” and began to offer table service with a limited menu and limited hours upstairs. “Right now, we are offering burgers, grilled cheese, all the veggie burgers and fried items,” said Elder, plus a full bar and soft drinks. They plan to add pizza back to the menu next week.

“We do not know how long it is going to take to get back to normal operations,” said Elder. Elder said the restoration company is waiting on the report from the structural engineer. Then, it might take several weeks for Allied Contractors to complete the ceiling renovation. “When the ceiling reconstruction is completed, we might open the downstairs in some capacity sooner. All the front-of-house equipment must be replaced, plus we are dealing with the various insurance companies as well, which takes time” said Elder.

There are some positives from all these negatives Elder said. “One, is that we want Sewanee and all our customers to fall in love with the upstairs. It’s really an awesome space, and now we get to use it as our main dining space, in addition to its already known uses as music venue, bar and event space. We plan to host all the NFL playoff and other future games up there with the big 10-foot screen and bar food and drink specials. Second, the food truck will be back up and running to offer menu items we can’t currently do out of the kitchen. Third, we were able to spruce up the back room to make it a more intimate hangout. We also have had a lot of support from the community.”

Most importantly, “Our dedicated employees are getting paid,” said Elder. “They are employed and busy working together and coming up with ideas for us to navigate this crazy challenge. That’s been a beautiful part of this experience to witness — the dedication of our staff and how much they truly care about Shenanigans. That’s a rare thing and I’m so grateful to them.”

Elder said Shenanigans is open and will offer food and drinks upstairs and from the food truck, as they can, during the downstairs renovation. “There will be daily changes,” he said, and encouraged everyone to follow them on Facebook and Instagram for the day-to-day operating hours. Plus, a sign will be on the doors to let people know of hours of operation. “We also hope to start offering live music upstairs starting Feb. 23.”

Many have offered to set up GoFundMe fundraising pages to help this Sewanee institution. Elder said “Although I’m really honored by this outpouring of support and thankful for everyone’s spirit in that, we don’t want to go that route at this point. There’s so many GoFundMe’s out there and there are several other ways people can help.”

“What people could do right now is to support us when we are open and be understanding of our limited menu and hours. They can buy Shenanigans’ merchandise from our new online store <<http://www.shenanigans1974.com/shenanimerch>>. They can purchase gift certificates over the phone. I think a major way to help right now is for people and groups to book their upcoming events with us now. Greek formals, upcoming weddings, birthdays, grad parties, whatever—if we can get our events calendar filled up now through June, that would give us a ton of breathing room. People can inquire on our website <<http://www.shenanigans1974.com/new-page-2>> about booking graduation and other events or parties. Sports teams coming through and other large groups wanting to pre-order can get in touch with us there too. All that kind of stuff would just be huge. The upstairs saved us during COVID, and it’s going have to save us here again” Elder said.

“As the steward of the oldest building and the oldest restaurant in Sewanee, I am committed to seeing Shenanigans reopen to its fullest potential. She is not going down on my watch,” Elder said. — *reported by K.G. Beavers*

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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 follow:

Monday, Jan. 23: Vegetable beef soup, pimiento cheese sandwich.

Tuesday, Jan. 24: Smoked sausage, cabbage, white beans, cornbread.

Wednesday, Jan. 25: Ham, sweet potato casserole, green beans, roll.

Thursday, Jan. 26: Barbecue pork chops, mashed potatoes, green peas, roll.

Friday, Jan. 27: Grilled chicken salad.

Menus subject to change. 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.

SES MENUS

**Monday–Friday,
Jan. 23–27
BREAKFAST**

Each day, students select one or two items.

Monday, Jan. 23: Yogurt cup, Grahams, fruit juice, fruit, milk.

Tuesday, Jan. 24: Breakfast pizza, fruit juice, fruit, milk.

Wednesday, Jan. 25: Cinnamon roll, fruit juice, fruit, milk; PK menu: cereal, cheese stick, fruit, unflavored milk

Thursday, Jan. 26: Breakfast meal kit, fruit juice, fruit, milk; PK menu: Yogurt cup, Grahams, fruit juice, fruit, unflavored milk.

Friday, Jan. 27: Meat biscuit, fruit juice, fruit, milk.

LUNCH

Monday, Jan. 23: Mesquite chicken, PBJ sandwich, mashed potatoes, green peas, carrot dip-pers, mashed potatoes, dinner roll, fruit, milk.

Tuesday, Jan. 24: Hamburger/cheeseburger, turkey sandwich, waffle potatoes, baked beans, fruit, milk.

Wednesday, Jan. 25: Spaghetti, yogurt bag, potato bites, steamed broccoli, dinner roll, fruit, milk.

Thursday, Jan. 26: Chicken sandwich, steak sandwich, green beans, sweet potatoes, French fries, fruit, milk.

Friday, Jan. 27: Pizza, fish fillet, pinto beans, buttered corn, cornbread bites, cookie, fruit, milk.

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

SCHOOL CALENDAR

Jan. 20, Winter Convocation, University

Feb. 20, No School, Franklin County, Grundy County, Marion County

March 8–19, Spring Break, SAS

March 9–19, Spring Break, University

March 13–17, No School, Franklin County

March 20–24, Spring Break, Marion County

March 27–31, Spring Break, Grundy County

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Sewanee Elementary School Students of the Month for December: Kindergarten, Caroline Stone; first grade, Darien Kaluzny; second grade, Cecilia Brehm; third grade, Sadie Sells; fifth grade, Gracie Hoosier

New Spring Classes at Cumberland Folk School

The Cumberland Folk School, located at Sequatchie Cove Farm, is a place to celebrate and commune around traditional crafts and skills, offering weekend workshops taught by skilled craftspeople. The classes are built upon the inherent connection between traditional skills, sustainable land management and farming to teach self-reliance and the use of natural materials to create beautiful utilitarian objects. Go to <www.cumberlandfolkschool.com> for more information, detailed class listings, and to sign up for upcoming classes.

Feb. 18, Folded Log Cabin Quilt Block with Aaron Sanders Head — Learn to make a folded Log Cabin Quilt Block, or a Manx Quilt Block. The quilt block is a distinctive take on a log cabin block, utilizing a series of unique but easy measurements based on the hand of the maker, making each block unique to the person who created it.

Feb. 19, Creative Mending and Patching with Aaron Sanders Head — Explore hand-stitching techniques to be used for patching, mending and reinforcing beloved worn clothing. Techniques can be used for both inconspicuous mends, as well as bold visible mending. This workshop will focus on woven fabrics, like linen, cotton and denim, and not knit or stretch fabrics.

The CFMT Seeks Scholarship Applicants

The Community Foundation of Middle Tennessee (CFMT), a charitable organization connecting generosity with need in 40 Middle Tennessee counties and beyond, announced its annual scholarship application process and invites students to apply by Feb. 1, 2023, at 11:59 p.m. Central Time, at <<https://www.cfmt.org/grants-scholarships/scholarships/>>. Applicants will be notified of results in mid-April.

CFMT administers about 160 scholarship funds, established by individuals, companies and civic groups. Students may be eligible for multiple scholarships and need only to submit one application.

Whether a student is studying law or horticulture, planning a career in criminal justice or teaching, or studying at a technical school or four-year university, The Community Foundation's scholarship program supports individuals from various backgrounds and communities seeking funding for educational opportunities.

Scholarships also are available for students in Middle Tennessee who are legally blind or are survivors of cancer.

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Community Chest Spotlight: Little Bellas

The 2022-23 Sewanee Community Chest (SCC) Fund Drive is underway. Sponsored by the Sewanee Civic Association, the SCC raises money yearly for local charitable organizations serving the area. This year's goal of \$106,425 will help 17 organizations that have requested basic needs funding for quality of life, community aid, children's programs, and those who are beyond Sewanee but still serve our entire community.

This week we shine the spotlight on Little Bellas.

Little Bellas is a national organization, with an active chapter in Sewanee. Little Bellas is a mentoring-on-mountain bikes program that is open to girls of all abilities. The goal is to create an environment where learning mountain biking skills, building confidence, and growing the camaraderie among young girls is centered around having fun. The focus is getting families out into nature and onto the trails.

Little Bellas will receive \$250 from the Sewanee Community Chest for program/project-based support in the children's program funding area. This grant will be used to help with tuition assistance and loaner equipment for girls to go to summer camp. The camp will work with 12 to 20 girls between the age of 7-13. Four women in the community will be volunteering to mentor the girls during the camp. The camp will offer games, working on biking skills, riding the trails, and having fun.

Since 1908, the goal of the Sewanee Community Chest has been to help citizens by funding the community. With Community Chest donations, local organizations provide for basic needs such as books, food, animal care, housing, scholarships, recreational spaces, elder care, children's educational needs and more. The Sewanee Community Chest is a 501(c)(3) nonprofit organization, and donations are tax-deductible. Send your donation to Sewanee Community Chest, P.O. Box 99, Sewanee, TN 37375. Go to <<http://sewaneecivic.org>> for more information or to donate online.

Omicron Delta Kappa Celebrates New Members

Omicron Delta Kappa, the National Leadership Honor Society, welcomed 646 new initiates from 23 universities during December 2022.

Students initiated into the Society must be sophomores, juniors, seniors, or graduate/professional students in the top 35 percent of their class, demonstrate leadership experience in at least one of the five pillars, and embrace the ODK ideals. Fewer than five percent of students on a campus are invited to join each year.

New members from Sewanee attending the University of the South are: Mian Ahmad Shah; Shehryar Khan; Pratham Singhal; and Katherine Butler.

Omicron Delta Kappa Society, the National Leadership Honor Society, was founded in Lexington, Virginia, on December 3, 1914. A group of 15 students and faculty members established the Society to recognize and encourage leadership at the collegiate level. The founders established the ODK Idea—the concept that individuals representing all phases of collegiate life should collaborate with faculty and others to support the campus and community. ODK's mission is to honor and develop leaders; encourage collaboration among students, faculty, staff, and alumni; and promote ODK's leadership values of collaboration, inclusivity, integrity, scholarship, and service on college and university campuses throughout North America. The Society's national headquarters are located in Lexington, Va.

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“The Night Garden” by Nancy Wallace

Reception for Two New Arts Shows at the Artisan Depot

The Franklin County Arts Guild announces the opening of two Member Shows celebrating inspired creativity that can be found in the heart of winter if you look. A reception will be held at the Artisan Depot from 5–7 p.m., Friday Jan. 20. Community members interested in local art are cordially invited to attend. The Artisan depot is located at 204 Cumberland St. Cowan. It is open noon to 5 p.m., Thursday–Sunday.

Marion Buholzer introduces herself to the community with a show that she calls “Transformations.” It is located in the window of the Artisan Depot merging her work as a designer with her emerging artistic development. She describes herself as a German Girl in the Land of the Free and a prisoner trying to break free. She says she has found a tunnel in the Artisan Depot where people have shown her where to dig to find purpose for the sometimes unpleasant transformation that one must go through in times of change. She invites attendees to search for the sense of the miracles of transformation in her show. Her show will run indefinitely.

“The Banner Art show” is presented by a group of Artisan Depot colleagues, who use the same basic color and substrate to produce a series of greatly different pieces based upon inspiration from different creative spaces. This show will be up until the end of February.

6th Annual Chocolate Walk

Stroll the historic streets of downtown Winchester, and visit local shops and retailers for a free chocolate treat. The event will be from 10 a.m. to 2 p.m., Saturday, Feb. 11. There will be live music, artists, vendors and retail sales. Tickets are \$15. Get your tickets at Eventbrite: <<https://www.eventbrite.com/e/493818633827>>

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Beginning Pilates with Kim Butters starts January 17 at 9 am on T/TH. The class will educate you about the fundamentals of healthy Pilates movement that aligns, protects your bones and joints and improves the balance, as well as giving you a workout.

Intermediate Pilates classes are 9 am M/W, noon T/TH and 5:30 pm M/W.

Easy Flow Yoga with Robie Jackson Tuesdays at 5:30 pm. *Coming Soon* a Thursday 5:30 pm class with Darrylanne Ferguson.

You Fit cardio/strength class with Betsy Miller meets Fridays at 10 am, Sundays at 1 and 2:30 pm. You Fit meets at the Community Center. Sign-up Required.

Private/duet/trio sessions using the Unique Pilates equipment are available M-F with Kim Butters or Bruce Manuel.

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‘Oliver!’ Opens Millennium Repertory Company’s Season

St. Andrews-Sewanee theatre instructor Chelsea Padro directs Millennium Repertory Company’s 2023 season opener, the classic musical “Oliver!”, coming to the Manchester Arts Center for two weekends beginning Friday, Jan. 20. It’s bursting with laughter, romance, drama, rousing dances and some of the most memorable songs in musical theatre history.

Come pick a pocket or two, with orphans, undertakers, thieves, and gentlemen as Oliver Twist navigates the underworld of Victorian London, meeting both comical and dangerous characters along the way. The cast features Branham Freeze as Oliver, JD Dill as Fagin, Kohen West as The Artful Dodger, Alyssa Freeze as Nancy, and Frank Wonder as Bill Sikes.

Musical director is Erica Petersen and choreographers are Nik Dunavant and Lorelei Petty. The huge cast includes Aliza Freeze,

John Wright, Heather Jakeman, Jon Rubke, Jonathan Higdon, Jamie Kate Duke, Faith Duke, Eli Wilson, Nik Dunavant, Alexa Morse, Laureen Sparacio, Charlotte Hubble, Carter Jernigan, Eliza Griffey, Lorelei Petty, Levi Willow, Trinity Sparacio, Gracie Sparacio, Ella Brain, Annabel Weintraub, Oliver Higdon, Walker Bryson, Charlotte Petersen, Aurora Petersen, Leah Deuermeyer, Kat McGregor, Lucy Smith, Beatrice Pate, Carsyn Sparacio, and Audrey Kate Winter.

“Oliver!” runs January 20-22 and Jan. 27-29, Fridays and Saturdays at 7:30 p.m. and Sundays at 2 p.m. Tickets are \$15 for adults, \$13 for seniors and military, and \$10 for students, and are available at <millenniumrep.org> or by calling (931) 570-4489. The Arts Center is located just off Manchester’s historic square at 128 E. Main St.

Cowan Cookie Walk

The Cowan Commerical and Community Club is sponsoring a Cookie Walk from 10 a.m. to 6 p.m., Friday, Feb. 10.

Shop for your sweetheart in Cowan and explore all the new and exciting ways Cowan is growing. Free cookies will be given out at Prissy & Judd’s, Valley Vintage, The Franklin House, AAC Tax Service, Boots and Brew, and more. Stop by the Stolzhus Pretzel Truck that will be parked at Cowan Texaco for some delicious chocolate dipped pretzels and other goodies. You can visit all of our awesome restaurants and try something from each.

‘All Things Bright and Beautiful’ at Stirling’s

On display at Stirling’s Coffee House through the month of January is the fourth annual showing of a collection of nature-inspired works sponsored by the Sewanee Herbarium. Timed to brighten the days of mid-winter, the show is composed of botanical illustrations by plant systematics students, cyanotypes from a Plant Friday activity organized by herbarium fellows, and works by members of the herbarium-sponsored nature journaling group and others across the campus and community, and includes an interactive piece for all to enjoy.

‘The Signature of the Sun,’ a Solo Exhibition by Lilly Saywitz

The Carlos Gallery in the Art Building at the University of the South is pleased to present, “The Signature of the Sun,” an exhibition of painting by artist and visiting painting and drawing art professor Lilly Saywitz. The exhibit will be on display through March 17. A reception and an artist talk is at 4:30 p.m., Friday, Feb. 3.

Lilly Saywitz’s work investigates abstraction as a form of empathetic language and uses oil paint and monotype to develop an ever evolving lexicon of mark making. She acts as an interlocutor between what is seen and what is said.

In this exhibit Saywitz’s takes the experience of driving with her love along the Tail of the Dragon in the Smokey Mountains and brings the complexity of the heat rising from the asphalt, fiery mountain, collecting smooth river stones warmed by the summer and sun; the navigating between boulders; and the measuring of time by showdowns all together with oil paint on canvas.

Lilly Saywitz (b.1994 IL) is a painter and printmaker currently living and working in Knoxville, Tenn. She received her Masters of Fine Arts from the University of Tennessee and her Bachelor of Fine Arts from Boston University. She was a 2021 Artist in Residence at Zaratan Art Contemporary in Lisbon, Portugal and the recipient of the Marco Institute for Medieval and Renaissance Studies Graduate Fellowship. Her recent exhibitions include The University of Tennessee (Knoxville), East Tennessee State University (Johnson City, Tenn.), Milcon Gallery (Boston, Mass.), ZG Gallery (Chicago, Ill.), The University of Arkansas (Fayetteville, Ark.), and Babson College (Wellesley, Mass.).

The Carlos Gallery is located on 105 Kennerly Rd., Sewanee. Gallery hours are 8 a.m. to 5 p.m., Monday–Friday, and 1–5 p.m. on Saturday.

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SAS varsity girls' wrestling team.

SAS Mountain Top Girls' Wrestling Tournament

This year marks the 40th year of the SAS Mountain Top Wrestling Tournament hosted by St. Andrew's-Sewanee School. Due to Covid the tournament was shut down for the past two seasons but swung back into action on Jan. 14. It is the first time the tournament was strictly an all-girls tournament. The Mountain Lions finished fourth in a field of 12 teams. Junior Melanie Val led the team with 22 points and placed second in her weight class. Senior Verena Pate and junior Hadlee Hale earned 18 points for the team and placed first and second in their respective weight classes. Both Stella Wilson and Beckler Durst placed third in their weight classes earning seven points for the team. Strong wrestling was seen from Julia Sumpter who went 2-1 on the day and newcomer Ellie Jenkins. The championship match for the 114-weight class with Mountain Lion Melanie Val versus Bradley Central Nataleigh Shane was voted the best match of the tournament by the referees.

SAS High School Swimmers Drop Time and Qualify for Regions

On Jan. 15, the St. Andrew's-Sewanee varsity swimmers competed in the Snowball Invitational at the University of the South Natatorium.

Sophomore Sienna Barry swam lifetime bests in the 50 breaststroke (41.04), 50 freestyle (29.15), 100 freestyle (1:05.20), and 100 breaststroke (1:32.76). Barry also earned Region qualifying times in the 50 freestyle, 100 freestyle, and 100 breaststroke. Junior Reese Michaels swam lifetime bests and earned Region qualifying times in the 200 freestyle (2:23.11), 100 freestyle (1:03.83), and 100 breaststroke (1:25.21). Sophomore Toby Van de Ven dropped 14.67 seconds for a new lifetime best and Region qualifying time in the 200 freestyle (2:08.50). Van de Ven had already qualified for Regions in the 500 freestyle, but he dropped an additional 15.43 seconds in the Snowball meet. Junior Madison Rogers dropped 0.73 seconds in the 200 freestyle (2:43.58) and dropped 5.68 seconds in the 100 backstroke (1:27.26) for two new lifetime best swims. Rogers also completed her first ever 100 Individual Medley in a time of 1:30.85. Freshmen Christina Kincaid and Javier Ar-

rellano also competed in the 100 Individual Medley for the first time, completing the race in times of 1:35.40 and 1:30.96 respectively. Freshman and newcomer to swimming Aidan Gruman dropped 1.19 seconds in the 50 backstroke (41.37), 0.61 seconds in the 50 freestyle (35.26), and 5.24 seconds in the 100 backstroke (1:35.32).

The SAS Swim Team has one more week of regular competition with meets against swimmers from Tullahoma and Manchester, before moving into the championship phase of the season. On Friday, Jan. 27, the high school swimmers will compete in the MTHSSA Region Meet in Nashville, while on Saturday, Jan. 29, the middle school swimmers will compete in the MTHSSA Championship Meet.

SAS MS Boys' Basketball 7-3 on Season

On Jan. 9, the St. Andrew's-Sewanee boys' middle school basketball team traveled to Gruetli-Laager to take on the Wildcats of Swiss Elementary School. The game was a physical four-quarters of basketball. Despite holding the Wildcats to no points in the second quarter and outscoring them by 13 points in the fourth quarter, SAS came up short when the buzzer sounded, losing 34-31. Harper Thompson led all scorers with 15 points. He also played a decisive defensive game. Bryce Archambault and Max Goodpaster both contributed six points apiece. Ed Smith and Gus Sherril completed the scoring for the Mountain Lions.

On Jan. 12, the team hosted Pelham Elementary School. The Mountain Lions dominated the game, cruising to a 34-11 victory. Bryce Archambault led all scorers with 14 points. Six additional SAS players added to the final score. Coach Helvey commented after the game, "This was a team win. Everyone played and contributed by scoring or by playing solid defense. It was great watching Emmanuel Akodhe, and Kevin Shima score their first points" The victory improves the Mountain Lions record to 7-3.

SAS MS Girls' Basketball Falls to Swiss and Pelham

On Jan. 9, the St. Andrew's-Sewanee School middle school girls' basketball team fell to Swiss Elementary School, 36-16. High scorer for the Mountain Lions was Annabelle Close with eight points. Outstanding performances included Adeline Pond with two, Savannah Blosser with four, and Catherine Barnett with two points. The Mountain Lions also fell to Pelham Elementary 40-8 in a hard-fought battle on Jan. 12. Savannah Blosser, Rachel Rundle, Adeline Pond, and Catherine Barnett each scored two points.

SAS Varsity Boys' Basketball Wins Three in a Row

The St. Andrew's-Sewanee boys' varsity basketball team defeated Beran Academy on Jan. 10, 47-32. The Mountain Lions were led by Kyler Cantrell's 16 points and eight rebounds; Raulston Barnett 10 points; Ethan Allen 10 points; Hatch McNabb four points; Ryan Ostrowski four points; Elijah Stark three points. Barnett sparked the offense with strong play at point guard, while McNabb had a strong defensive effort.

On Jan. 13 the team defeated Lookout Valley 47-11. SAS was led by Hatch McNabb's 20 points, 18 in the first half; Ethan Allen nine; Elijah Stark seven; Emmanuel Karanja three; Raulston Barnett two; Lee Gottlieb two; Sam Goodpaster two; Kyler Cantrell two.

SAS defeated Boyd Christian Academy on Jan. 16, 62-23. SAS honored their six seniors before the start of the game: Team Captain Kyler Cantrell of Sewanee; Lee Gottlieb of Franklin, Tenn.; Ronny Ishimwe of Cotonou, Rwanda; Emmanuel Karanja of Bartlett, Tenn.; Graeden Miller of Rock Island, Tenn.; Team Captain Ryan Ostrowski of Monteagle. The Mountain Lions were led by Cantrell's 14 points and eight rebounds; Ethan Allen 11; Elijah Stark 10; Hatch McNabb six; Sam Goodpaster six; Karanja five; Raulston Barnett four; Ostrowski four; Jack Shattuck two.



Russ Marr is congratulated on making a free throw by Colin Kahl (No. 11) and Luka Avaliani (No. 2) in an earlier home game. Marr's last second layup and free throw won the Jan. 15 conference game for Sewanee; his game total score was 27 points, including 12-out-of-12 free throws. Photo by Lyn Hutchinson

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HOME GAMES

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University Swimming and
Diving, Tri-Meet

6 p.m., Friday, Jan. 27,
Women's Basketball vs. Bir-
mingham-Southern

8 p.m., Friday, Jan. 27,
Men's Basketball vs. Birming-
ham-Southern

8:30 a.m., Saturday, Jan.
28, University Track and Field,
Riger Indoor Invitational

10 a.m., Saturday, Jan. 21,
SAS Girls' Varsity Wrestling,
Region 2 Dual Tournament



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NATURENOTES

by Yolande Gottfried

Winter Circle of Stars

Jack Lorenz (professor of physics, now deceased) wrote this article for the Messenger quite a few years ago:

“This is a good time of year to become familiar with the bright stars of the Winter Circle in the early evening sky. Locate Sirius, the brightest star in the night sky, rising above the southeastern horizon. Above it is Rigel in Orion. It is the bright star to the right of the three stars that form Orion’s belt. Use the distance from Sirius to Rigel as your “yardstick” because all the stars in the circle are about the same distance apart except for the Gemini Twins. Next, locate ruddy Aldebaran in Taurus the Bull at this distance above and to the left of Rigel. Continuing counterclockwise around the circle left a yardstick’s length to Capella (in Auriga— note by Yolande) then down the same distance to Castor and Pollux, the Gemini Twins. To the right and below, locate Procyon in the Little Dog and then to the right back to Sirius in the Big Dog and the circle is complete ... How can you remember all these exotic star names in the Winter Circle? The first letter of each star name in counterclockwise order forms SRACCPP. A University astronomy student, Laura Elizabeth Doty (class of 1990), suggested the following mnemonic expression: ‘Seven Ridiculous Astronomers Caught Colds Peering at Planets.’”

Nature Journaling Continues

The Nature Journalling group, sponsored by the Sewanee Herbarium, meets Thursdays, 9-11 a.m., at Spencer Hall Room 151. Grab a pencil and paper and plan to join us. Email <mpriestley0150@gmail.com> to be sure of where we’ll be.

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For more information or to book a retreat, go online to <www.StMarysSewanee.org> or call (931) 598-5342

State Park Offerings

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

Saturday, Jan. 21

Collins Gulf Loop Hike (\$10)—Join Ranger Todd Childress at 8:45 a.m. at Savage South Trailhead, 2689 55th Ave., Gruetli-Laager, for an arduous all day hike surrounded by peaceful nature, scenic waterfalls, and majestic overlooks. Reserve your spot on this 12-mile loop hike of the Collins Gulf Trails, which will encompass Collins Gulf, Historic Stagecoach, and Collins Rim Trails, Suter and Horsepound Falls, and multiple overlooks. This hike is very strenuous due to several steep elevation changes, sheer drops, water and boulder field crossings, and uneven terrain. Wear sturdy hiking shoes, and bring ample water, snacks, and a packed lunch. The program is weather-permitting.

Tuesday, Jan. 24

Winter Waterfall Hike (\$10) (Registration closes at midnight the day before the event. Please pre-register at link above)—Love waterfalls but hate crowds? Join Ranger Jessie DeRight at 12:45 p.m. CST at Fiery Gizzard North, 131 Fiery Gizzard Rd., Tracy City, for a 2-mile moderate-to-strenuous (due to rocky trail and exposed roots) roundtrip hike around beautiful Grundy Forest to see some beautiful waterfalls on a weekday, avoiding the crowd. You’ll also learn the history of the area and about the flora and fauna. Wear sturdy shoes, and bring plenty of water. In the event of bad weather or dangerous trail conditions Ranger Jessie will make the decision to cancel and she will notify you.

Friday, Jan. 27

Savage Gulf - Night Hike to Three Forks (\$10) (Registration closes at midnight the day before the event. Please pre-register at link above)—Join Ranger Mark Greenwood at 5:15 p.m. CST at Stone Door Ranger Station, 1183 Stone Door Rd., Beersheba Springs, for a 3-mile (round trip, approximate) guided hike of the Southern Cumberland Plateau woodlands at night. We will be hiking from the Stone Door Ranger Station to a small lake located in a closed area of the park (and back). The hike is typically completed in about two hours, depending on the group’s ability levels, but we’ve allotted extra time just in case. We sometimes discuss what we encounter, sometimes just chat, and sometimes just enjoy what we experience around us. We will be on the lookout for all the night time insects and animals that we can find (seasonal). Bring at least one (**non-phone) flashlight, as these are not provided. Wear sturdy shoes in which to hike! Weather permitting.

Sherwood Exploration: Winter 2022 (\$10)—Meet Ranger Jason Reynolds at 8:45 a.m. CST at Sherwood Forest Parking Lot, (take Jump Off Road to Old CCC Camp Rd., go just past Coyote Cove Lane) for a multi-hour, off-trail exploration over extremely difficult 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.

Monday, Jan. 23

Savage Gulf: Greeter Falls Nature and Waterfall Hike (\$5)—Meet Ranger Spencer Baxter at 9:15 a.m. at Savage North Park Entrance, 550 Greeter Falls Rd., Altamont, for a 2-mile hike through the Greeter Falls Loop to experience some of the most scenic waterfalls in Savage Gulf State Park. Bring your camera. Even though the hike is short it does have some steep and uneven trail, so wear appropriate footwear and clothing, and bring water.

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



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DAY	DATE	HI	LO	DAY	DATE	HI	LO
Mon	Jan 02	68	63	Mon	Jan 09	48	32
Tue	Jan 03	66	56	Tue	Jan 10	56	43
Wed	Jan 04	61	34	Wed	Jan 11	59	57
Thu	Jan 05	51	31	Thu	Jan 12	60	26
Fri	Jan 06	50	38	Fri	Jan 13	32	26
Sat	Jan 07	49	46	Sat	Jan 14	31	23
Sun	Jan 08	50	32	Sun	Jan 15	53	36
Week’s Stats:				Week’s Stats:			
Avg max temp =		56		Avg max temp =		46	
Avg min temp =		43		Avg min temp =		35	
Avg temp =		50		Avg temp =		42	
Precipitation =		2.66”		Precipitation =		2.02”	

Reported by Sandy Gilliam
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FROM BARD TO VERSE

by Robin Bates

"Book Bans Surged in 2022." – American Library Association

When the Regime
commanded the unlawful books to be burned,
teams of dull oxen hauled huge cartloads to the bonfires.

Then a banished writer, one of the best,
scanning the list of excommunicated texts,
became enraged: he'd been excluded!

He rushed to his desk, full of contemptuous wrath,
to write fierce letters to the morons in power —
Burn me! he wrote with his blazing pen —
Haven't I always reported the truth?
Now here you are, treating me like a liar!
Burn me!

--Bertolt Brecht, *The Burning of the Books*
Trans. Michael R. Burch

Commentary at <betterlivingthroughbeowulf.com>

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Community Calendar

Friday, Jan. 20

- 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. Game Day, Senior Center, until noon
- 10 a.m. You Fit, Betsy, Community Center; also at noon
- 4:30 p.m. University Winter Convocation, All Saints' Chapel
- 5 p.m. Opening Reception, Artisan Depot, 204 Cumberland St., Cowan, until 7 p.m.

Saturday, Jan. 21

- 8:30 a.m. Gentle Flow Yoga, Robie, Community Center, until 9:45 a.m.
- 9:30 a.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 10:45 a.m.
- 10 a.m. Hospitality Shop open, until 2 p.m.

Sunday, Jan. 22 • Lunar New Year

- 1:45 p.m. Sewanee GoGirls MTB Ride, Lake Cheston Parking lot
- 4 p.m. Hatha Yoga, Helen, Community Center

Monday, Jan. 23

- 9 a.m. Coffee with the Coach, Blue Chair
- 9 a.m. Pilates, intermediate, Kim, 293 Ball Park Rd.
- 9 a.m. CAC office open, until 11 a.m.
- 10:30 a.m. Chair Exercise, Ruth, Community Center, until 11:45 a.m.
- 5:30 p.m. Cowan Commercial Club, Franklin House; more info <www.cowancommercialclub.com>
- 5:30 p.m. Pilates, intermediate, Bruce, 293 Ball Park Rd.
- 6 p.m. Karate, (age 6+), Cimino-Hurt, Legion Hall, until 7:30 p.m.; more info/sign up, <jm.hurt@gmail.com> or text (703) 801-4754
- 7 p.m. Sewanee Community Council, Sewanee Senior Center, and via Zoom

Tuesday, Jan. 24

Last Day to Vote for SUD Commissioner

- 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.
- 9 a.m. Pilates, beginner, 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.
- 12:30 p.m. Caregivers' Support Group, Brooks Hall, Parish of St. Mark and St. Paul
- 4:30 p.m. S. Cumberland Farmers' Market pickup, Community Center, until 5:30 p.m.

- 5 p.m. Sewanee Utility District board, Utility Office, Sherwood Road
- 5 p.m. Vinyasa Yoga, High Vibes, Country Mart, Monteagle, until 6:15 p.m.
- 5:30 p.m. Gentle Flow Yoga, Robie, 293 Ball Park Rd.
- 6:30 p.m. Social Dance class, (\$10), Lorenz, Community Center

Wednesday, Jan. 25

- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Pilates, intermediate, Kim, 293 Ball Park Rd.
- 11:30 a.m. EQB Club, St. Mary's Sewanee; lunch at noon
- 12:30 p.m. EQB Lead, Konradi, "Volunteering in Ukraine's war aftermath," St. Mary's Sewanee
- 3 p.m. Gymnastics, Georgia, Community Center
- 5:15 p.m. Meditation class, High Vibes, Country Mart, Monteagle, until 6:15 p.m.
- 5:30 p.m. Hatha Yoga, Helen, Community Center
- 5:30 p.m. Pilates, intermediate, Bruce, 293 Ball Park Rd.

Thursday, Jan. 26

- 8 a.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 9:15 a.m.
- 8 a.m. Monteagle-Sewanee Rotary, program Sylvia Gray, La Bella Pearl's
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Pilates, beginner, Kim, 293 Ball Park Rd.
- 10 a.m. Kundalini Yoga, Pippa (free), Zoom, <pippabrowne@yahoo.com>
- 11 a.m. FCFRW, Oasis Restaurant, Winchester; meeting follows lunch
- noon Pilates, intermediate, Kim, 293 Ball Park Rd.
- 3:30 p.m. Free Workshop: Upcycled Milk Jug Greenhouse, Growing Roots, Full Circle Candles/Hallelujah Pottery, until 5:30 p.m.
- 5:30 p.m. Ecstatic Dance, High Vibes, Country Mart, Monteagle, until 6:30 p.m.
- 6 p.m. Karate, (age 6+), Cimino-Hurt, Legion Hall, until 7:30 p.m.; more info/sign up, <jm.hurt@gmail.com> or text (703) 801-4754
- 6:30 p.m. Social Dance class, West Coast Swing, (\$10), Lorenz, Firefly Ballroom, Cowan

Friday, Jan. 27

- 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.
- 5 p.m. 5th Year Anniversary Party and Digital Art Show, Frame Gallery, 12569 Sollace M. Freeman Hwy., Sewanee, until 6:30 p.m.

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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., AA, open, Morton Memorial, Wesley House porch, Monteagle

Monday

5 p.m., 12-Step Women's Study Group, Brooks Hall, (931) 327-5551

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

Support local businesses!