



THE SEWANEE MOUNTAIN MESSENGER

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Friday, July 29, 2022

Planning Begins for 66th SSMF Season

by Bailey Basham
Messenger Staff Writer

At the end of the 65th season of the Seawanee Summer Music Festival, planning for the 66th is already underway.

John Kilkenny, executive director of the festival, reported that the festival ended on a high note with a total of 262 students — from Canada, Central and South America and Europe — and hundreds of patrons from the Mountain community and beyond.

The beginning of the season saw aria showcases, a celebration of the music and legacy of composer Stephen Sondheim, and numerous performances from student ensembles.

"This summer featured multiple world premieres and a living composer on each symphony concert. A highlight was the premiere of Avner Dorman's double concerto featuring festival faculty, Natasha Farny," Kilkenny said.

Kilkenny specifically highlighted the success of the opera program, which he described as a vital new component of the SSMF machine.

"Our opera program was busy with aria showcases, chamber music concerts and an amazing scenes program that highlighted American music," he said. "I could not be more proud of their work and the direction we are heading together."

To learn more about the festival or how to support the 66th season, visit www.ssmf.sewanee.edu/.

Early Voting Continues

Early voting for the Thursday, Aug. 4, Franklin County State and Federal Primary & State and County General Election continues at the Franklin County Election Commission, 839 Dinah Shore Blvd., Winchester.

Early voting hours are Monday–Friday, 8 a.m. to 4:30 p.m., and Saturday, 8 a.m. to noon in Franklin County, through Saturday, July 30. Go to <https://www.franklincountynv.gov/election-commission.html> for more information.

For early voting locations, hours, and sample ballots, contact your local election office. Contact information for election offices can be found at <https://sos.tn.gov/elections>.

Tennesseans voting early or on Election Day should remember to bring valid state or federal photo identification with them to the polls.

On Aug. 4, vote at your local precincts.



Kids of all ages can ride a flag-festooned wagon around the grounds.

Swiss Heritage Celebration

It's time for the annual Swiss Heritage Celebration on Saturday, July 30, 2022, from 10 a.m. to 4 p.m. (CDT) at the Stoker-Stampfli Farm Museum in Gruetli-Laager, Tenn. The public is invited to join the fun.

The event commemorates the 153rd year since families from Switzerland settled the Colony of Gruetli in Grundy County. Nearly 700 people visited the 2021 gathering. During the 48-year history of the festival, Consuls General from the Swiss Consulate in Atlanta have attended as honored guests and speakers.

The Mountain Top Polka Band from Asheville, N.C., will return with its rousing repertoire of polkas, marches and waltzes. The audience is invited to join in the band's sing-along and polka lessons.

Besides the music and dancing, visitors can glimpse rural life in the late 1800s by touring the historic farmhouse and viewing its furnishings, documents, memorabilia and quilts. Attendees can purchase soaps, crafts, handmade children's toys, mountain plants and herbs. Local artisans will demonstrate soapmaking, woodworking, and carding and weaving of Alpaca wool.

Children will enjoy jumping in the bounce house, swinging on a tire swing and climbing on the fire truck, courtesy of the local fire department. Kids of all ages can ride a flag-festooned wagon around the grounds.

Vendors will be on hand to sell beverages, bratwurst, sandwiches, Greek food, canned goods, fried pies and baked goods, including Swiss cookies and Springerle cookies. A highlight of the day is always the tasting booth featuring locally made wine and cheese.

The cost is \$5 per person. Children under 12 are admitted free. Plenty of parking is available.

For more information, visit www.swisshistoricalsociety.org, the website of the Grundy County Swiss Historical Society.

Monteagle Mountain Market Arts and Crafts

The 63rd annual Monteagle Mountain Market Arts and Crafts will be held on July 30 and July 31, at Hannah Pickett Park in Monteagle. It is one of the longest-running and most popular craft shows in the Southeast. There is free parking and admission.

This event will feature more than 150 artisans and crafters displaying their handmade creations which will include: fine art; stained glass; pottery; fine, primitive and refurbished furniture; bird houses; paintings in a variety of media; quilts; woodcrafts; folk art; toys; jewelry; leather items, cigar box art; metal art; soaps and lotions; local honey; embroidered baby items and doll clothing; knitted and hand sewn items, and so much more.

The Monteagle Fire Department will have a fire truck for the kids to check out, they will talk about fire safety and offer kids activities. There will also be games for the kids. Don't forget to take a moment and cool off in the misting tent.

A variety of delicious food will be available from barbecue and catfish to roasted corn and homemade ice cream, and everything in between. There will be something for everyone.

Hannah Pickett Park is behind Monteagle City Hall, 16 Dixie Lee Ave. A covered area in the park will house picnic tables with a short walk to newly installed playground equipment for kids of all ages.

Contact the South Cumberland Chamber of Commerce at (931) 924-5353 or info@southcumberlandchamber.com. Additional information can be found on the Facebook page.

Monteagle: Strategic Planning Questions and Answers

by Leslie Lytle, Messenger Staff Writer

At the July 25 meeting the Monteagle Town Council took up multiple issues impacting strategic planning. The council heard a report from the committee charged with reviewing building codes and zoning ordinances, set in motion plans to hire a strategic planning consultant, and approved zoning ordinances for apartments and campgrounds.

In reviewing building codes and zoning ordinances from 2016-2021 and their impact, the committee chaired by Ed Provost observed half the zoning in that period could be regarded as "spot zoning." Provost stressed the controversial practice raised the question, "If you're helping someone out, are you having a detriment to anybody else?" Examining the tiny homes issue, the committee maintained "tiny homes" should not be looked at as "affordable housing." The committee recommended increasing the tiny homes size requirement from a minimum of 400 square feet to 800 square feet. Acknowledging the \$5,000-\$10,000 cost of a site plan, the committee recommended prospective builders should be able to make an inquiry presentation to the planning commission before taking on the expense. For approved site plans, the committee recommended if the project did not begin within 12 months, the plan needed to be reviewed again. "The [Petro] truck stop would fall in that category," Provost said. Central to strategic planning concerns, the committee recommended updating the zoning map and charging impact fees and tap fees to cover the expense of water and sewer infrastructure.

Reporting on the water and sewer capacity study underway for the past 18 months, engineer Travis Wilson said preliminary results would be available by mid-August. The city was not under a "moratorium" limiting water and sewer connections, Mayor Marilyn Campbell Rodman said, but, rather, was waiting on the results of the study. "We're growing," Rodman insisted. "We need to know we have the capacity." Asked about water shortage due to dry condi-

tions, utility manager John Condra said Laurel Lake had dropped two feet in the past three weeks and was down to 9 feet 8 inches. The "trigger point" for drought restrictions is 8 feet 7 inches. Fire Chief Travis Lawyer said there was not currently a "burn ban." A burn permit was not required until Oct. 15.

Alderman Nate Wilson introduced a discussion about the need to hire a strategic planning consultant. "Zoning should be informed by strategic planning," Wilson said. A strategic plan would consider police and fire protection, utilize water and sewer capacity data, and incorporate citizen input. The city budgeted \$10,000 for a consultant. "We don't know what the cost will be," Wilson acknowledged and said it would depend on the amount of detail the city requested. Anticipating issuing an RFP to hire a consultant, the city will hold a workshop to determine what they expect from the consultant, the estimated cost, and to discuss possible grant opportunities.

The council approved on first reading an ordinance amendment allowing apartments in C-2 zoning as a special exception on review. Alderman Wilson noted he initially objected when the council previously discussed apartments in C-2, because the amendment did not include the "upon review" clause.

The council approved on second reading allowing campgrounds in R-3 zoning as a special exception on review. Provost commented Monteagle building codes governed campground developments.

The council also approved a resolution to adopt a consultant selection policy consistent with Tennessee Department of Transportation (TDOT) guidelines. The resolution will allow the multimodal grant negotiated in 2019 to move forward, Alderman Wilson said. Change in TDOT administration has slowed the process.

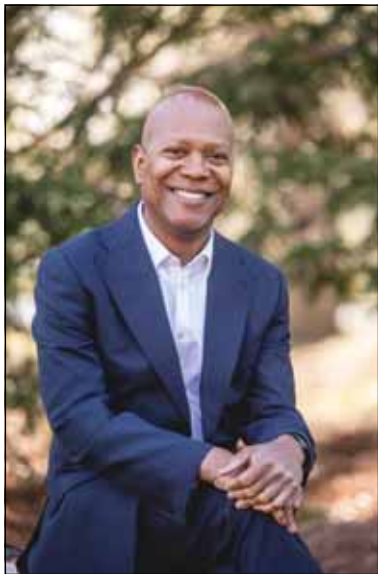
Signature Health Care will host a Jeep Invasion at 3 p.m., Saturday, July 30, featuring jeeps, vendors, and face painting. All proceeds will benefit restoration of Hannah Pickett Park.

SES Open House

Sewanee Elementary School will have a Sewanee Parent Organization presentation and Open House on Wednesday, Aug. 3. The SPO presentation will be at 4:30 p.m., on the STEM deck. The Open House will start at 5 p.m. All parents and students welcome. This will be your chance to see the school and meet your child's teacher. Please bring your child's school supplies. School begins Monday, Aug. 8.

P.O. Box 296
Sewanee, TN 37375

Candidate Announcement



Bruce Manuel

Bruce Manuel is the Democratic candidate for a seat in the Tennessee House of Representatives for District 39, which includes Franklin and Marion counties.

Bruce first came to Franklin County in 1976 as a freshman at the university. He graduated in 1980 with a degree in English literature. After graduation, he returned home to Houston. He worked various jobs until 1982, when he joined the United States Navy as an ensign. Bruce served in the U.S. Navy for 20 years, retiring in 2002. Bruce served during Operation Desert Storm and Operation Iraqi Freedom, as well as numerous deployments all over

the globe. A couple of years after retirement, he went to work for the Department of Defense as an Information Technology Specialist, finally retiring from the civil service in 2016. He moved back to Franklin County in 2016. He currently works for the University of the South as a Systems Administrator.

“Having served my country for 30 years, I understand and appreciate the duty and responsibility that public service requires,” Manuel said. “I decided that I needed to contribute in some way to help repair and rebuild our system of government. When I was asked to run for office, I agreed. There is so much that can be done that is not being done to help the people of the state of Tennessee.”

“Prior to the Supreme Court overturning Roe vs. Wade, Tennessee already had a ‘trigger law’ on the books to outlaw abortions in the state, but it could not go into effect until the SCOTUS decision. This is just one example of the extreme effort to turn back the clock within the state, which is detrimental to our freedoms, privacy issues, healthcare, welfare, and our educational system.”

“In the state of Tennessee, there is a \$2 billion surplus from the recently concluded fiscal year. The Economic Policy Institute’s recent survey of teacher compensation relative to other, similarly educated professionals, shows that teachers earn roughly 20 percent less

than comparably educated professionals on average. In Tennessee, that number is 21.4 percent. The Tennessee education system has consistently ranked between 44th-46th in school funding. We’ve had multiple failures of our state testing system. And we now face a teacher shortage crisis. There is funding to increase teacher salaries, but Governor Lee refuses to do so. Instead of increasing badly needed funding for our public schools, the governor is pursuing an ill-advised, so-called ESA voucher plan, which will shift public funds to the hands of private schools. We need to better fund our public school system.”

“I hope that the voters of Franklin and Marion counties will give me their vote and allow me to represent their interests in the Tennessee legislative body.”



— THE SEWANEE MOUNTAIN — MESSENGER

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University Job Opportunities

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

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

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

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Troy (Nick) Sepulveda
Zachary Sherrill
Allison Tucker
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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@sewaneed.edu>.

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Letters to the Editor Policy

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

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

MESSENGER INFORMATION

Phone: 598-9949

News and Calendar
Tuesday, 5 p.m.
Kiki Beavers
<news@sewaneemessenger.com>

Display Advertising
Monday, 5 p.m.
<ads@sewaneemessenger.com>

Classified Advertising
Wednesday, noon
April Minkler
<classifieds@sewaneemessenger.com>

MESSENGER HOURS

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

Tennessee Sales Tax Holidays

For 2022, there are three sales tax holidays. The Tennessee General Assembly has approved two more sales tax holidays in addition to the traditional sales tax holiday on clothing, school supplies, and computers.

Tennessee's traditional sales tax holiday on clothing, school supplies and computers begins at 12:01 a.m. on Friday, July 29, 2022, and ends at 11:59 p.m. on Sunday, July 31, 2022. During this time clothing, school supplies and computers may be purchased tax-free. Certain restrictions apply. Items sold online are also eligible. Items must be purchased for personal use, not for business or trade.

For 2022, Tennessee's General Assembly has approved a sales tax holiday on food and food ingredients (grocery sales tax suspension) which begins at 12:01 a.m. on Monday, Aug. 1, 2022, and ends at 11:59 p.m. on Wednesday, Aug. 31, 2022. During this period, food and food ingredients may be purchased tax free. Food and food ingredients purchased from a micro market or vending machine remain subject to sales tax.

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

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

Local Food Available

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

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

To order go to <<https://sewanee.locallygrown.net>>.

We're glad you're reading the Messenger!

Upcoming Meetings

Town of Monteagle

The Monteagle Regional Planning Commission is scheduled to have a regular meeting at 6 p.m., Tuesday, Aug. 2, in the conference room at City Hall.

Rotary Club Meeting

The Monteagle-Sewanee Rotary Club will meet at 8 a.m., Thursday, Aug. 4, at LaBella Pearl's for a club assembly.

American Legion Post 51

The American Legion meeting will be at 9 a.m., Saturday, Aug. 6, at the Legion Hall in Sewanee.

Franklin County School Board

The Franklin County School Board is scheduled to meet at 6 p.m., Monday, Aug. 8, at 215 S. College St., Winchester.

Sewanee Utility District

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

Townsend Day Festival

The Townsend Day Festival will be from 10 a.m. to 6 p.m., Saturday, Aug. 6, at the Townsend Cultural Center, 913 S. Shepard St., Winchester. This is the second annual event to honor and remember the history of Townsend Black High School that desegregated in 1966.

Vendors, pop-up shops, music and activities for children of all ages will be available. Abide Counseling from Nashville will be at the Aug. 6 event to raise awareness of the mental health crisis in the communities and among the young people.

There will be a Meet and Greet from 6–8 p.m., Friday, Aug. 5, at the Center's Event Room.

Community Chest Applications Available

Since 1908, the Sewanee Civic Association and its precursors have believed in the power of area citizens to help sustain community projects and programs. Through these associations, the community has funded many worthwhile endeavors.

Since 1942, the Sewanee Civic Association (SCA) has organized the Community Chest, which has raised more than \$1 million in the last decade for local organizations.

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

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

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

The SCC is a nonprofit organization and relies on funding from the community in order to support charitable programs throughout the greater Sewanee area. As the 2022–23 grant cycle begins, the SCC is also kicking off its yearly fundraising campaign.

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

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

Donate to the Hospitality Shop

The Hospitality Shop accepts donations of clothing, household goods, jewelry and knickknacks. Please leave clean and well-maintained items in the bin at the rear of the building. The Shop cannot take large pieces of furniture, mattresses or electronics.

The Shop is open 10 a.m. to 1 p.m., Tuesday and Thursday, 10 a.m. to 2 p.m., Saturday, and is located at 1096 University Ave., Sewanee.

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

Masking Update at the University

Each week, the University monitors the Centers for Disease Control county level data tracker for COVID-19. This three-level system, which provides guidance on indoor masking, indicates that as of July 14 our four-county area is categorized as Medium.

Effective immediately, and until further notice, masking is now optional in public spaces inside all University buildings. At all levels, individuals can wear a mask based on personal preference, informed by personal level of risk. Individuals with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.

All visitors to University Health Services (UHS) must continue to wear a mask, according to its stated policies.

Faculty may require masks to be worn in their classes, laboratories, studios, and offices.

Staff members may require masks to be worn in their offices.

As was previously announced, these data change weekly, and University policies may change as a result. Please be diligent about checking the website for updates <<https://new.sewanee.edu/>>.

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A Labyrinth Journey: Mindful Walking and Contemplative Photography

On Friday, Sept. 16, Margy Oehmig and Terry Price return to New Hope Bluff at St. Mary’s Sewanee, to lead a small group of guests in a contemplative creative experience combining labyrinth meditation and mindfulness photography. During this retreat, guests will walk the labyrinth, practice deep breathing and mindful exploration of the beautiful St. Mary’s Sewanee campus, allowing a shift from “looking to seeing.”

No photography experience is necessary to attend. A smartphone, iPhone, or any type of camera will work just fine as equipment. Space is limited for this retreat and there are only a few spaces left. Visit the website <www.stmaryssewanee.org> or call to register, (931) 598-5342.

CAC Pantry Sunday

Pantry Sunday for the Community Action Committee (CAC) is scheduled for the second Sunday of the month. The Parish of St. Mark and St. Paul, Sewanee Cumberland Presbyterian, All Saints’ Chapel, and Monteagle Cumberland Presbyterian are participating churches. Pantry Sunday is scheduled for the first Sunday of the month at St. James (Midway). All are welcome to contribute. Please bring your food offerings to your church for collection or deliver directly to the CAC located at 216 University Ave., Sewanee.

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

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



Obituaries

Audrey Sue Grimes

Audrey Sue Grimes, age 80, formerly of Sewanee, died on July 19, 2022, at Bailey Manor, Winchester. She was born on Aug. 3, 1941, in White Bluff, Tenn., to Hubert and Frances Goins Creech. She worked as a Laboratory Medical Technologist for Emerald-Hodgson Hospital in Sewanee for more than 30 years. She was a long-time member of Cowan Church of Christ. She was preceded in death by her parents; husband, Charles Grimes; and brother, Hubert James Creech Jr.

She is survived by her children, Craig Grimes, Kim (Michael) Jett, and Scott (Ashley) Grimes; sisters, Joyce Richardson, Brenda Gilmer, and Marietta Carrier; three grandchildren, and many nieces and nephews.

Funeral Services were on July 23, 2022 from the Chapel of Moore-Cortner Funeral Home. Interment followed in Franklin Memorial Gardens. For complete obituary go to <www.moorecortner.com>.

Arthur Gordon “Art” McBee

Arthur Gordon “Art” McBee, age 81, died on July 15, 2022. He was born on June 15, 1941, in Alto, to William Edward “Todd” and Georgia Garner McBee. He was preceded in death by his parents; brothers James, Bruce and Mike; and sisters-in-law Faye, Juanita, Mary Kay, Helen, and Marlene.

He is survived by his wife, Marcella; son, Stephen (Joanie); daughters, Ellen (Ben Warner) and Sally Halpin; sister Sylvia Curtis (Pat), brothers Ralph and Dennis, seven grandchildren, special friend Dot Holden, aunt, Helen Rhoads, and many cousins, nieces, and nephews.

Funeral Services were on July 21, 2022, from the Chapel of Watson-North Funeral Home, Winchester, with eulogy by his cousin, Charles Garner. Interment followed in Mt. Garner Cemetery. For complete obituary go to <www.watsonnorth.com>.

Howell McDaniel

Howell McDaniel, age 71, of Tracy City, died on July 20, 2022. He was born in Chattanooga, to William Fred and Tressie Irene Adams McDaniel. He was a retired logger and loved to work in his garden. He was preceded in death by his parents; eight brothers; and three sisters.

He is survived by his wife of 41 years, Wanda McDaniel; daughter, April (Chad) McBee; sisters Wanda White and Norma Rollins, and seven grandchildren.

Funeral Services were on July 22, 2022 from the Foster and Lay Chapel of Cumberland Funeral Home in Tracy City with Bro. John Potts officiating. Interment followed in Coalmont Cemetery. For complete obituary go to <www.cumberlandfuneralhome.net>.

Service Notice

Richard Woodleigh “Rich” Gosling Jr.

A Memorial Service and Interment of Ashes for Richard Woodleigh “Rich” Gosling Jr., who died on Sept. 16, 2021, will be at 11 a.m. on Saturday, July 30, 2022, at the University Cemetery, Sewanee. Immediately following the service a buffet luncheon for all Rich’s friends and family will be at La Bella Pearl’s Restaurant.

Church News

All Saints’ Chapel

All Saints’ Chapel is on a summer schedule of hosting one Rite 2 service of Holy Eucharist at 10 a.m.

Orientation Sunday, Aug. 21: 7 a.m., Holy Eucharist (Tennessee Laymen’s Conference), and 9 a.m., Holy Eucharist.

Sundays During the Academic Year: 8 a.m., Holy Eucharist, Rite 1, 11 a.m., Holy Eucharist, Rite 2, and 6:30 p.m., Growing in Grace.

Weekdays During the Academic Year: at St. Augustine’s Chapel; 8:30 a.m., Morning Prayer with a Chaplain, and 4 p.m., Evening Prayer. At All Saints’ Chapel, noon, Quiet Hour.

Christ Church

St. Mark’s recounting of the Miracle of the Loaves and Fish will be the theme of this Sunday at Christ Church. The service will be Morning Prayer. As Monteagle celebrates another Arts and Craft weekend we extend a warm welcome to all visitors.

The service starts at 10: 45 a.m. and a time of fellowship and food follows.

St. Mark and St. Paul

The 8:30 a.m. Holy Eucharist is in the church for those fully vaccinated plus at least 2 weeks. The 8:30 a.m. service is also livestreamed on our Facebook page. Masking is required indoors for ages 2 and up.

The 10 a.m. Holy Eucharist is outdoors if weather permits; otherwise it will be indoors with increased ventilation.

Nursery: 10 a.m. The nursery room is in the basement of the parish hall (in Sewanee Children’s Center). The children will be taken outside in nice weather.

Unitarian Universalist Church

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

Church Calendar

Abundant Life Assembly of God, Cowan

10:30 a.m. Worship, Sunday

All Saints’ Chapel

10 a.m. Holy Eucharist, Sunday

Bible Baptist Church, Monteagle

10 a.m. Worship Service, Sunday

5:30 p.m. Evening Service, Sunday

5:30 p.m. Evening Worship, Wednesday

Chapman Chapel Church of the Nazarene, Pelham

9:30 a.m. Sunday School, Sunday

10:45 a.m. Morning Worship, Sunday

6 p.m. Evening Worship, Sunday

7 p.m. Bible study, Wednesday

Christ Church Monteagle

10:45 a.m. Morning Prayer, Sunday

noon Holy Eucharist, Wednesday

Christ Church, Tracy City (STEM)

10 a.m. Bible Study, Sunday

11 a.m. Holy Eucharist, Sunday

Christ the King Anglican Church, Decherd

9 a.m. Sunday Service, Sunday

6:30 p.m. Healing/prayer service

City Light Church, Monteagle

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

Cowan Fellowship Church

11 a.m. Worship Service, Sunday

Cumberland Presbyterian Church, Cowan

11 a.m. Worship, Sunday

Cumberland Presbyterian Church, Monteagle

9:45 a.m. Sunday School, Sunday

11 a.m. Worship Service, Sunday

Cumberland Presbyterian Church, Sewanee

9 a.m. Worship Service, Sunday

10 a.m. Sunday School, Sunday

Decherd United Methodist Church

9:45 a.m. Sunday School, Sunday

10:50 a.m. Worship Service, Sunday

Epiphany Mission, Sherwood (STEM)

10 a.m. Holy Eucharist Rite II, Sunday

First Baptist Church, Cowan

9:15 a.m. Sunday School, Sunday

10:25 a.m. Worship, Sunday

First Church of the Nazarene, Cowan

11 a.m. Worship Service, Sunday

Good Shepherd Catholic Church, Decherd

8 a.m. Mass, Sunday

10:30 a.m. Mass, Sunday

2 p.m. Spanish Mass, Sunday

5 p.m. Mass, Saturday

Goshen Cumberland Presbyterian Church, Winchester

11 a.m. Worship Service, Sunday

Grace Fellowship Church

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

Harrison Chapel Methodist Church, Midway

10 a.m. Sunday School

11 a.m. Sunday Morning Service

5 p.m. Sunday Evening Service

Hobbs Hill Community Church, Tracy City

10 a.m. Sunday School, Sunday

11 a.m. Morning Service, Sunday

5 p.m. Evening Service, Sunday

6 p.m. Evening Service, Wednesday

Midway Baptist Church

9:45 a.m. Sunday School, Sunday

10:45 a.m. Morning Service, Sunday

6 p.m. Evening Service, Sunday

6 p.m. Bible Study, Wednesday

Midway Church of Christ

10 a.m. Bible Study, Sunday

11 a.m. Morning Service, Sunday

6 p.m. Evening Service, Sunday

Monteagle Church of Christ

11 a.m. Morning Service, Sunday

6 p.m. Bible Study, Wednesday

Monteagle First Baptist Church

11 a.m. Worship Service, Sunday

6 p.m. Bible Study, Wednesday

Monteagle Seventh-Day Adventist

11 a.m. Worship, Saturday

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

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

11 a.m. Worship Service, Sunday

Mountain of God Tabernacle, Monteagle

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

11 a.m. Worship Service, Sunday

6 p.m. Prayer Service, Wednesday

New Creations Ministries, Rayburn Chapel

4 p.m. Prayer Meeting, Sunday

New Hope Church of God in Christ, Cowan

11 a.m. Sunday Service, Sunday

6 p.m. Sunday Service, Sunday

Pelham United Methodist Church

9:45 a.m. Sunday School, Sunday

11 a.m. Worship Service, Sunday

St. Agnes’ Episcopal Church, Cowan

11 a.m. Holy Eucharist, Sunday

St. James Episcopal Church

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

St. Margaret Mary Catholic Church, Alto

8 a.m. Mass, Sunday

St. Mark & St. Paul

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

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

10 a.m. Holy Eucharist, Sunday

Sewanee Church of God

10 a.m. Worship Service, Sunday

Sisters of St. Mary Convent Chapel

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

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

5 p.m. Evening Prayer, Tuesday–Sunday

Tracy City First Baptist Church

10:45 a.m. Morning Worship, Sunday

Trinity Episcopal Church, Winchester (STEM)

10:30 a.m. Holy Eucharist, Sunday

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

Unitarian Universalist Church, Tullahoma

10 a.m. Service, Sunday

6 p.m. Tullahoma Sangha, Wednesday

United Pentecostal, Monteagle

10 a.m. Sunday School, Sunday

11 a.m. Worship, Sunday

7 p.m. Worship, Wednesday

Valley Home Community Church, Pelham

10 a.m. Sunday School

11 a.m. Morning Service, Sunday

Fun Biking for Everyone

by Beth Pride Ford – Community Biking Enthusiast

Sewanee has been a well-kept secret for biking of all kinds but is starting to grow a large community of people of all ages with diverse biking interests, types of riding, and skill levels. From mountain biking on trails, road riding, paved trails, to everything in between, there is an option to interest any type of biker. There are many fun and engaging ways to become involved in biking in Sewanee.

For girls and women, two groups support skill development and empowering trail rides for ages seven and up. Little Bellas <www.littlebellas.com>, a national organization with a local presence in Sewanee, provides a fun skill- and confidence-building half-day camp for girls ages 7-11 during the early part of June. Sewanee GoGirls MTB is a local group dedicated to getting more girls and women riding bikes on trails with twice-monthly rides and skills-based learning opportunities. Sewanee GoGirls MTB rides are regularly scheduled on the first and third Sundays of every month, starting at 3 p.m. from the Lake Cheston parking lot. Rides are accessible for anyone with basic trail experience, with adjustments for age, duration, and skill level as appropriate. Mountain bikes are recommended for all trail rides.

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

Sewanee Elementary School (SES) has a group called Tigers Don't Leave Tracks (TDLT) with a mission to improve environmental sustainability, partly through biking to school. This group uses resources from the community to provide opportunities for learning bike safety, basic maintenance, and creating safe ride routes from town to campus and trails in the area, with parental supervision and group organization through TDLT. A similar effort to improve bicycling safety and promote bike commuting in Sewanee and our surrounding area is currently led by Shelley MacLaren, director of the University Art Gallery, who has created bike advocacy programming through her work on the

University Art Gallery exhibition Action By Design: Sustainability Planning in Sewanee and her connection with community planners and university leaders.

For middle school and high school students attending St. Andrew's-Sewanee school or schools in the Murfreesboro, Nashville, and Chattanooga areas, there are interscholastic mountain biking teams competing in the Tennessee Interscholastic Cycling League, part of the National Interscholastic Cycling Association (NICA). More information about these teams and the national organization can be found at <www.sasweb.org>, <www.tennesseemtb.org>, and <www.nationalmtb.org>.

For road riding fans, the University of the South's SOP <https://new.sewanee.edu/campus-life/sewanee-outing-program/> has both road and mountain biking opportunities for college students and there is a loose community group for adult riders to connect via text message for weekend co-ed road rides of 25-75 miles in length (with communication coordinated by Jeff Heitzenrater).

Bike rentals (including E-bikes) suitable for riding on smooth trails and on the paved Mountain Goat Trail are available at Woody's Bicycles, with sizes for kids and adults. Drop by Woody's Bicycles downtown and check out their rental fleet and friendly bike repair service.

Online Donations Accepted for the Grundy County Food Bank

The Grundy County Food Bank is a nonprofit organization dedicated to helping those in need in the Grundy County area.

Due to limited resources and an isolated landscape at the top of a plateau, food insecurity is a pressing issue in our area. Our dedicated board members and volunteers work to ensure that no person goes hungry.

Online donations are accepted at PayPal Giving, <https://www.paypal.com/US/fundraiser/charity/2410717>. You may also mail a donation to the Grundy County Food Bank, P.O. Box 1683, Tracy City, TN 37387.

For more information and to volunteer, go to <https://grundy-cotnfoodbank.org>.



Sewanee Writers' Conference

Through July 30, 2022, the University of the South will host the 32nd annual session of the Sewanee Writers' Conference. Supported by the Walter E. Dakin Memorial Fund established through the estate of Tennessee Williams, the Conference provides promising writers instruction through workshops and craft lectures in fiction, nonfiction, poetry, and playwriting.

The lectures and readings are open to the public and free to attend. These events will be held in Guerry Auditorium on the corner of University Avenue and Georgia Avenue. Masking is required at all events.

Readings and lectures include: Reading, Friday, July 29, 3 p.m., Staff: Sakinah Hoeffler, Anessa Ibrahim, Shelby Knauss, Briana Wheeler, Fiction, Poetry,

Nonfiction

Lecture, Friday, July 29, 4 p.m., Talene Monahan, Playwriting Reading, Friday, July 29, 8 p.m., Nathan Alan Davis and Caki Wilkinson, Playwriting, Poetry Reading, Saturday, July 30, 3 p.m., Fellows: Joseph Cassara, Lisa Donovan, Olga El, Brenda Peynado, Fiction, Nonfiction, Playwriting

Lecture, Saturday, July 30, 4 p.m., Alex Marzano-Lesnevich, Nonfiction Reading, Saturday, July 30, 8 p.m., Eduardo C. Corral and Katie Kitamura, Poetry, Fiction

A complete Conference schedule can be found online at <www.sewanee-writers.org>. Authors' books are available at the University Book & Supply Store.



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MSSA Program Highlights for July 29–Aug. 7

The Monteagle Sunday School Assembly in Monteagle concludes next week of its 140th consecutive summer season of enrichment with an interdenominational worship service at 11 a.m. in the Assembly's Warren Chapel. The eight-week season will continue through Sunday, August 7, featuring numerous visiting lecturers who will present morning and evening programs in the Auditorium that are open free of charge to the public; unless otherwise noted, morning lectures begin at 10:45 a.m. and evening lectures at 7:45 p.m. Anyone interested in a full schedule of the Monteagle Assembly's 2022 program is welcome to pick one up at the Assembly Office (tel. 931-924-2286), or to peruse the schedule on the Assembly's website at <<http://www.mssa1882.org>>.

Reducing unplanned teenage pregnancies requires a community to come together, which is exactly what happened with the A Step Ahead Foundation. Founded in 2011, the organization provides no-cost, long-acting, reversible contraceptive options to anyone who wants or needs them. A panel of the organization's leaders, including Executive Director Nikki Gibbs and founder/Director of Donor Relations Claudia Haltom, will speak about the work of the Foundation in a Tuesday morning lecture, "IMAGINE: If Every Girl Could Get A Step Ahead."

More than 100,000 Americans are waiting for a viable donor to receive a kidney transplant, according to the National Kidney Foundation. Unless a loved one has been directly impacted by kidney disease, though, you may not realize what the donation process is like. Thursday morning's lecture with Betsy Crais will share her own experiences, having received kidney transplants in 2004 and 2011, when she received both kidney and liver transplants. A professor and autism researcher at the University of North Carolina at Chapel Hill, Crais will focus on the great need for living donations, the benefits, and the challenges of donation, and how the process works.

With the new images rolling in from the Webb Space Telescope in the last two weeks, enthusiasm for NASA's work is high. In the closing lectures of the season, NASA's Strategic Communications Manager Marcia Lindstrom will talk about two important NASA projects. Thursday evening, Lindstrom will focus her lecture on the Artemis Lunar Program, which aims to land the first woman and the first person of color on the Moon. Collaborating with commercial and international partners, the Artemis missions will establish a long-term presence on the Moon, conducting research and preparing to launch a manned mission to Mars. Friday morning, Lindstrom will turn her focus to NASA's efforts to recruit a more diverse pool of talent, including women and other traditionally underrepresented demographics at NASA. As a woman working at NASA, Lindstrom is particularly well-situated to discuss the goals and challenges of this effort. Lindstrom has worked with NASA and the U.S. Space & Rocket Center for several decades. Prior to that work, she served in the United States Air Force.

Additional events this week include the following:

Tuesday, 9:15 a.m., The Mall Gazebo: Platform Coffee, conversation and information on the week's workshops and events. Bring your own mug.

Wednesday, 10:45 a.m., Auditorium: "Spinning Straw into Gold: The Process of Creating and Publishing the Book, The Monteagle Assembly: Kinsley's Story, During a Pandemic" lecture with Brigid Murphy Stewart and Cheryl Lankhaar.

The 141st Platform Dates are June 11–Aug. 6, 2023.

The Mission of the Monteagle Sunday School Assembly is to be a welcoming community of Christian faith where people gather to engage in spiritual growth and renewal, lifelong inquiry and learning, recreational, and cultural enrichment, while being good stewards of our natural resources and our Assembly heritage.

Center for Religion and Environment Appoints Director

The School of Theology at the University of the South is pleased to announce Andrew Thompson, Assistant Professor of Theological Ethics, has been appointed Director of the Center for Religion and Environment. The Center for Religion and Environment fosters conversation around the increasingly rich intersections of religious belief and environmental awareness and care. The Center draws on the University's world-class programs in environmental studies and theology to produce resources for religious communities, through webinars, written content, a certificate program in nature contemplation, and consulting for creation care ministries.

Thompson said, "The University has an Episcopal seminary and world-class environmental studies programs, located in one of the most biologically diverse regions in the temperate world. We're ideally positioned to contribute to discussions about religious faith and responsible care for the planet. For years, the Center for Religion and Environment at Sewanee has been a resource for individuals and communities interested in creation care, and I'm excited to build on that important work in such a unique setting."

Thompson brings a long-standing scholarly and practical focus in environmental ethics to his new role. While his scholarship examines how cultural and social systems interact with environmental crises, Thompson also seeks real-world resources in order to create a more constructive relationship between humans and the environment. Of the intersection of ethics and the



Andrew Thompson

environment Thompson writes, "In today's world, where environmental harms magnify social imbalances, anyone concerned with the moral life must focus on reconciling human relationships with the natural world as well as with one another."

Thompson's demonstrated leadership and administrative experience, most recently as Director of the Alternative Clergy Training at Sewanee (ACTS) program, will greatly benefit the Center's outreach and growth. "Dr. Thompson articulates a compelling vision for the Center as an academically oriented place of intersection between the College and the School of Theology, and between the Church and the academy," says the Very Reverend Jim Turrell, Vice Provost and Dean of the School of Theology. "I am truly excited by the potential of the Center under Dr. Thompson's leadership."

Herbarium Events

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

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

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

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

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

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

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.

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SCHOOL CALENDAR

Aug. 1–3, In-Service, Grundy County
 Aug. 1–4, Staff Development, Franklin County
 Aug. 2, Registration, Marion County
 Aug. 4, Orientation, Grundy County
 Aug. 5, First Day of School, Grundy County, Marion County
 Aug. 5, Administrative Day, Franklin County
 Aug. 8, First Day of School, Franklin County
 Aug. 10, Finding Your Place, College
 Aug. 12–21, Orientation, School of Theology
 Aug. 20–23, Orientation for New Students, College
 Aug. 20, Opening Weekend, SAS
 Aug. 22, Classes Begin, SAS
 Aug. 22, Quiet Day, School of Theology
 Aug. 23, First Day of Classes, School of Theology
 Aug. 24, First Day of Classes, College

MES Registration

Registration for new students at Monteagle Elementary School will be through Aug. 2, at the school, from 8 a.m. to 3 p.m., Monday–Thursday. Required documentation is a birth certificate, social security card and a shot record.

Summer Finale for FC Library

The Franklin County Friends of the Library is sponsoring a Summer Finale from 2–6 p.m., Friday, July 29, at the Winchester City Park by the Red Roof Pavilion. Food trucks, water slides, games and activities for the whole family. The EMA Command Center will be on site. The Winchester Fire Department will be on site as well with stickers and other fun giveaways. Several organizations will be on site with tables/tents to share information.

The ribbon cutting for the grand opening of the Trail Tale will be at 2 p.m. The book is “Stand Tall Molly Lou Melon” and is in memory of Molly Stewart. The trail tale is a partnership with the Franklin County Library, the Franklin County Friends of the Library, the Stewart family, AM Rotary, and the city of Winchester.

Back to school sale!

July 29–31
 Wednesday 6–8pm
 Thursday–Saturday 10am–7pm
 Sunday 10am–2pm
 60 Colyar Street Tracy City
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VIBRANT SYNERGY
 BOUTIQUE

Get Ready for the First Day of School

On Saturday, Aug. 6, please join the Sewanee Parent Organization for Make a Difference Day at Sewanee Elementary School from 8 a.m. to noon. Weeding flower beds, sweeping gravel off of sidewalks, spreading mulch, and more will be done to get ready for the first day of school on Aug. 8. Everyone in the community is welcome. Sign up at <<https://tinyurl.com/3u5wrntb>> or just show up that morning. Bring gloves, and a yard rake, shovel, or other implement to help with yard work. Thank you in advance for joining in what ends up being a great show of community.

Free Outreach Program Now Available

green|spaces now offers its Empower Program to Bledsoe, Grundy, Marion, and Sequatchie county. Empower workshops offer low-cost and no-cost solutions that help reduce a person's home energy use. The goal is to make one's home more energy efficient and, as a result, to see their energy bill lower.

Rural Outreach Coordinator, Christian Roach, brings his genuine love of working with people to the job. Originally from Nashville, Christian has lived 15 years of his life in Grundy County. His experience living here gives him a unique advantage when leading workshops in the community. “One of my life goals has always been to help people,” he said. “Through a small act of kindness or a grand gesture, I have always loved bringing smiles to people's faces. green|spaces allows me to help everyone, because everyone could save on their electric bill.”

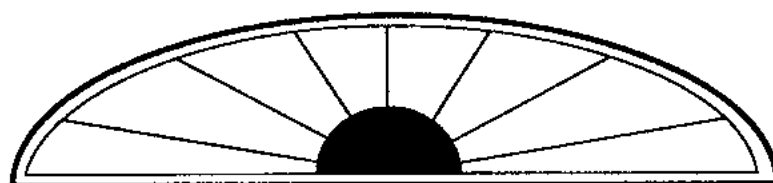
Roach leads an Empower workshop on the first Wednesday of every month at the Old Grundy High School at 4 p.m. No registration is required — simply show up. All Empower workshops are sponsored by SETHRA and are completely free. In addition, all participants get a free home improvement kit that includes items like a LED bulb and caulk, and can register for a monthly \$100 gift card drawing.

If one cannot attend a workshop, visit either the Monteagle Library, the Tracy City Library, or the Tracy City American Job Center. Each of these locations have public computers available where one can watch a short educational video and take home one of the free kits!

Empower workshops are popular at churches, community centers, senior centers, and neighborhood association meetings. To schedule a workshop or find out more, email Roach at <roach@greenspaceschattanooga.org>.

green|spaces is an award-winning nonprofit dedicated to advancing the sustainability of living, working, and building in the Chattanooga region. Their diverse programming leads businesses and individuals through simple, practical, and affordable steps to improve outcomes for the planet, people, and the local economy, working upstream from challenges to help solve multiple problems simultaneously.

To learn more about green|spaces, visit <www.greenspaceschattanooga.org>.



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On July 19, the Grundy County Rotary honored and celebrated one year of VISTA service completed by Lynn Borchert (Grundy Safe Communities Coalition), Alondra Ramirez (English as a Second Language (ESL) programs) and Morgan Hornsby (Arts Inside). Their commitment and dedication have had a profound impact on the Plateau - from starting a drug-free youth coalition at the high school, to enrolling more than 40 people in ESL classes, to creating collaborative art and working with incarcerated populations.

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The Spirituality of the Enneagram

September 30–October 2
 with Joe & Lark Howell and the ICB Team

Mindfulness on the Mountain

December 2–4
 with Gordon Peerman & Ryan Black

Advent Centering Prayer

December 9–11
 with Tom Ward

Registration is open now!

‘Twice Over Forty’ at In-Town Gallery

In-Town Gallery presents a showing of photographs and heirloom furniture created by Chattanooga area photographer and woodworker, William Johnson. The title of his show, “Twice Over Forty,” refers to the fact that Johnson has reached his 80th birthday, or as he says, “I’m twice forty!” To celebrate this milestone, his show will feature large scale photographs, custom designed and crafted heirloom quality furniture as well as other smaller finely crafted wood pieces. Beginning with a reception 5–8 p.m., Friday, Aug. 5, the show will run until Aug. 31.

Johnson has pursued photography since the age of fourteen when his dad set up a dark room. Then in his forties his lifelong joy in building things morphed into designing and building fine furniture. Combining functionality with a clean elegant look, his pieces are strongly influenced by Shaker designs and the Arts-and-Crafts era. The major furniture piece in this show will be a Hall Table made from Brazilian Cherry.

In addition to his furniture, “Twice Over Forty” will also feature large-scale black and white photographs such as, “Standing Ready”, which is 28 inch by 42 inch in size, as well as Johnson’s bold color photographs, taken both locally and in his travels.

William Johnson grew up in New Jersey but spent much of his life on the west coast working in Silicon Valley before coming to the Chattanooga area. He and his wife Sherry settled in Cleveland, Tenn., in 2003.

In-Town Gallery is a cooperative gallery located on Chattanooga’s North Shore at 26A Frazier Avenue. The gallery is closed on Tuesday, open from 11 a.m. to 6 p.m. Monday, Wednesday–Saturday, and 1–5 p.m. on Sunday. Our artists offer a diverse range of original art and fine craft, including paintings in various media, sculpture, flame-worked glass, pottery, works in wood and metal, jewelry and fine art photography. Visit us at <www.intowngallery.com> or follow us on Facebook and Instagram.

The FCAG Community Art Shows Announced

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

Community Art Shows include: “The Cowan of Times Past,” Aug. 4–Oct. 2, intake dates, July 29–July 31, opening reception,

Friday, Aug. 19.

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

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

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

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

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

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

Annual ‘Picture the Park’ Photo Contest Open

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

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

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

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

The Angel Wings Project Summer Series

The last summer series of Art Workshops for children and adults is on July 30. The classes will be at Artisan Depot Gallery & Gift Shop, 204 Cumberland St. E., Cowan.

Class schedule is:

Saturday, July 30, Zentangle

Children Class (8+), 11 a.m. to 12:30 p.m., Students will unlock their creativity in order to cope with stress and anxiety. They will work with art journals, canvasses, mandalas, paper, fingerprinting and zentangle tiles. Class fee: \$15 materials included.

Adult Class (17+) 1:30–3:30 p.m.: Unlock creativity, rise above, energy of abundance and power of thanksgiving and Infuse with peace, love and positive vibrations. Students will work with journals, canvasses, mandalas, paper, fingerprinting and zentangle tiles. Class fee: \$30 materials included.

Go to <www.franklincoarts.org> to register for a class. For more information to go <www.clineapothecary.com/angel-wings-project> or contact Jen Cline at <jen@jencline.com>.

Local Learning Exhibit

The current exhibition at the William R. Laurie University Archives and Special Collections is “Local Learning: Education on the Mountain Around the University of the South, 1880–1971.” It will be on display through Aug. 5.

Exploring the history of primary and secondary education on the Mountain, this exhibition showcases a variety of objects that reveal differing values, morals, goals, and missions among various local schools. Contrasting educational institutions and styles, as well as acknowledging the impact of gender, religion, space, and race, these objects demonstrate the integral role education had in bringing the Sewanee community together.

University Archives and Special Collections is located between the Jessie Ball duPont Library and the Police Department. Appointments are required 8 a.m. to noon, Monday–Friday. It is recommended that afternoon visitors, 1–5 p.m., Monday–Friday, make appointments.



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Knight, Stevens Elevated in Athletic Training Department

University of the South Director of Athletics John Shackelford has announced on Tuesday that Ray Knight and Austin Stevens have been promoted inside the Athletic Training Department.

Knight has been named the Director of Sports Medicine, while Stevens has been promoted Head Athletic Trainer.

"We have the greatest confidence in the leadership abilities of both Ray and Austin in their new roles. In a continuing effort to improve the daily operations within the Department of Athletics and to better serve the needs of our 600 student-athletes, the changes within our training room represent the increased necessity of having an administrator that can manage the demands of working with our partners in Wellness, Physician's Offices and insurance as well as ensuring that we are 100% prepared to keep our students safe and healthy. We hope to continue to communicate with parents and doctors' offices in a timely manner and provide our students with the best practices from a warm and caring staff whenever necessary," said Director of Athletics John Shackelford.

After serving as the University's Head Athletic Trainer for two decades, Knight will continue to serve as the athletic trainer for the football program.

"I am very grateful to John Shackelford for allowing me the opportunity to spend more time with my family. Moving over into the Director of Sports Medicine role allows me the opportunity to work on more broader subjects as it relates to the health and safety of all of the Sewanee athletes," said Knight.

Prior to the 2013 season, Knight assisted the Tennessee Titans during their preseason training camp.

Knight originally came to Sewanee as an intern Athletic Trainer and was promoted to the Head Athletic Trainer position in the fall of 2001. Prior to arriving on the mountain, Knight worked with the football and men's basketball team as a graduate assistant Athletic Trainer at the University of Tennessee at Chattanooga. He completed his undergraduate Athletic Training degree from East Tennessee State University.

He is a member of the Tennessee Athletic Trainers' Society (TATS), the Southeast Athletic Trainers' Association (SEATA) and the National Athletic Trainers' Association (NATA). He currently serves as the Tennessee represen-

tative on the Southeast Athletic Trainers' Association Honors and Awards committee. Knight also serves the Tennessee Athletic Trainers' Society as the chair of the Honors and Awards committee. In 2008, Knight was honored as the TATS Eugene Smith/Mickey O'Brien College Athletic Trainer of the Year Award. He is a NATA certified athletic trainer, a licensed Athletic Trainer in the state of Tennessee and also a Tennessee licensed Emergency Medical Technician.

Knight is originally from Nashville, Tenn. He is married to the former Shannon Kemper of Ooltewah, Tenn., and they have four children, Sara, Adelyn, Cooper and Grayson. Shannon also serves at the University as the Child Care Director at the Sewanee Child Care Center.

Spending the last three seasons as an assistant athletic trainer with the college, Stevens will work primarily with the baseball and men's soccer programs.

"I am excited for this opportunity to lead this program into the future by providing the best possible health care to the athletes. I want to thank Ray Knight, John Shackelford and the rest of the athletic department for this opportunity," said Stevens.

Stevens is a member of the Illinois Athletic Training Association where he served as a student congress member from 2016-18. He is a certified athletic trainer with the National Athletic Trainers Association (NATA) and a licensed athletic trainer in the state of Tennessee.

Prior to his arrival on the mountain, Stevens worked as a part-time assistant athletic trainer for Trinity International University where he worked primarily with the women's

soccer program. He also worked as a rehabilitation aide with Athletico Physical Therapy.

Stevens graduated with his Bachelor's of Science degree in Athletic Training from Trinity International University in May of 2018.

When asked about Stevens' promotion, Knight said, "I am very excited to promote Austin to the role of Head Athletic Trainer. He has demonstrated over the last four years his dedication, loyalty and commitment to all the Sewanee athletic teams that he is ready for this new challenge. We are looking forward to the future of Sewanee Athletics and all that lies ahead."

Along with the promotions announced on Tuesday, the training room will now have five staff members. Aaron Miller will enter his third year as an assistant athletic trainer, and the department will also be bringing on two new assistant trainers. A press release will follow on the newest additions later this summer.

"It is essential that Sewanee creates a manageable and positive work-life balance for our five athletic trainers," said Shackelford. "The demands of 24 varsity sports and 600 student-athletes are many and we cannot overlook the importance of providing a healthy and enjoyable workplace for our talented and dedicated staff."

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Men's Tennis Honored on ITA Division III Academic Awards

The University of the South men's tennis team was recognized on the Intercollegiate Tennis Association's (ITA) Academic awards for the 2022 season, announced by the ITA. Sewanee was one of 125 NCAA Division III teams named an All-Academic Team, while five student-athletes were honored on the Scholar Athletes list.

This is the seventh time in program history that the Tigers have achieved the award, including three straight seasons (2003-16-17-18-20-21-22).

To be named an ITA All-Academic Team, programs must meet the following requirements:

- have a team grade point average of 3.2 or above (on a 4.00 scale),
- all student-athletes included should be listed on the institutional eligibility form, and
- all varsity letter winners should be factored into the cumulative team GPA for the current academic year

Jackson Davis, Jax Harbour, Thomas Harrison, Talman Ramsey and Ryan Stafford were named ITA Scholar-Athletes.

Davis, Harrison, Harbour each earned ITA Scholar-Athlete honors for the second straight season.

To be named an ITA Scholar-Athlete, one must meet the following requirements:

- have a grade point average of at least 3.5 (on a 4.00 scale) for the current academic year
- be listed on the institutional eligibility form

Sewanee joins Berry, Centre, Millsaps, Oglethorpe and Rhodes as members from the Southern Athletic Association (SAA) who were recognized on both awards. A total of 47 student-athletes from the conference schools were named to the list.

The Tigers wrapped up the 2022 season with an eighth SAA Regular Season and Tournament Championship and a second round appearance in the NCAA Championships.

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NATURENOTES

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Indian Pipe. Photo by Sandy Rice

Indian Pipe and Pinesap

Sandy Rice found this Indian Pipe at the top of the Village Trail last Saturday morning. John Palisano added, “I haven’t seen any Indian pipe yet this summer. In addition to seeing Indian pipe (Ghost pipe) on the Village Trail in the past, I am looking for pine sap (a relative of Indian pipe) that I found on the Village trail in 2019 and 2020 but not since.” Just a few weeks ago, Nature Notes republished a report of Pinesap by Victoria L. Sullivan from the July 10, 2020. issue. The two are closely related, sometimes included in the Heath (blueberry) Family and sometimes in their own family. Both species are flowering plants but have no chlorophyll. They obtains nutrients through a relationship with a fungus, which is attached to the roots of a photosynthetic plant, as Victoria Sullivan explained. Indian Pipe has only one nodding flower on the stem and is light pink to white in color. Pinesap has several flowers on a stem and is a dull yellowish red. Both have small scales along their stems rather than leaves, which are not needed to capture sunlight. Also in both, the flowers turn upward when in fruit and the capsules stand erect. The plants will persist in this form and may be encountered dry and darkened later in the season. Pinesap is usually found in pine or oak woods and seems to appear rather randomly in large groups, often in the fall. Chancing upon it is always a surprise and a delight. It is also called Dutchman’s Pipe. Indian Pipe, also called Corpse Plant, Ice Plant, and Ghost Flower, occurs in moist, shady woods.

Animal Harbor Bone Drop

Animal Harbor is hosting its annual Bone Drop on Saturday, Aug. 6. Participants purchase a bone for \$100 for a chance to win \$3,000. This year’s event will help raise money to support the work at the shelter.

The drop will be at 5–7 p.m., on Aug. 6, at the shelter, 56 Nor-Nan Road in Winchester. The bones will be dropped from 50 feet in the air, using a Duck River Electric bucket truck. The bone that falls closest to the center of a target wins up to \$3,000. The second closest to the bullseye will win \$1,500 and the third closest to the bullseye will win \$500. Participants do not have to be present to win. Entries must be received by noon, Aug. 5.

There will also be family entertainment, food and a celebration for the Anne Giles Canine Enrichment Agility Course.

For more information or to purchase a bone, go to the shelter, call (931) 308-8785 or email <executivedirector@animalharbor.org>. The sign up form is available at <https://www.animalharbor.org>.

State Park Offerings

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

Saturday, July 30

Guided Hike to Ranger Falls (\$5)—Meet Seasonal Interpreter JD Dickerson at 7:45 a.m. at Stone Door Ranger Station, 1183 Stone Door Rd., Beersheba Springs, for a 7-to-8-mile all-day hike, rated intermediate because of elevation change. You will travel into and back out of Savage Gulf. You will see the Great Stone Door, overlooks, and Ranger Falls, a hidden gem of Savage Gulf which, because of the difficulty getting to it, is not visited by a lot of guests. You will need to bring all needed gear (backpack, packed lunch, plenty of water and snacks, sturdy shoes suitable for hiking, and any other items you decide you should have with you). Remember that the area around overlooks can be treacherous, and extreme care is needed not to slip and fall.

New Moon Night Hike at Stone Door (This hike is limited to the first 10 people to register; register at link above) (\$10)—Meet Ranger Spencer Baxter at 7:45 p.m. at Stone Door Ranger Station, 1183 Stone Door Rd., Beersheba Springs, for a 2-mile roundtrip hike to the Stone Door Overlook, to experience the wonders of the night sky in beautiful Savage Gulf. You will need your own headlamp, sturdy hiking boots or shoes appropriate clothing for the weather, and snacks and water.

Sunday, July 31

Outdoor Movie Night—Meet at 8 p.m., at the Visitor’s Center, 11745 U.S. Hwy. 41, Monteagle, for a free showing of “The Emperor’s New Groove.” Please bring folding chairs or blankets to rest on, snacks and drinks are welcome.

Wednesday, Aug. 3

Day Loop Hike (Registration closes at midnight the day before the event.) (\$5-12 under; \$10/adults)—Meet Ranger Mark Greenwood at 8:15 a.m. at Savage Gulf Ranger Station, 3157 SR 399, Palmer, for a 5-mile (round trip, approximate) guided hike of the Savage Gulf Day Loop. Bring along desired water and food, as these are not provided. Wear sturdy shoes in which to hike. Weather permitting. This is a basic, introductory hike to the east side of Savage Gulf. The challenge lies mostly in the overall distance. We sometimes discuss what we see, sometimes just chat, and sometimes just enjoy what we see around us. The areas around overlooks can be treacherous in terms of keeping your footing. The potential to slip and fall exists, and extreme care is needed. Cancellations must be made no later than 48 hours prior to the program’s scheduled conclusion in order to receive a refund. Repeats on Aug. 4.

Thursday, Aug. 4

Sycamore Falls Hike (Free)—Join Interpreter Allen Reynolds at 9 a.m. at the North Fiery Gizzard Trailhead, 131 Fiery Gizzard Rd., Tracy City, for a 2-mile guided moderately difficult hike to Sycamore Falls on the Fiery Gizzard Trail. Closed-toe shoes and at least one liter of water are required. Over-ankle hiking boots, long hiking pants, a hiking stick, and snacks are recommended.

Friday, Aug. 5

Climbers Loop & Foster Falls Hike (Free)—Meet Interpreter Allen Reynolds at 8:45 a.m. at Fiery Gizzard South Trailhead, 498 Foster Falls Rd., Sequatchie, for a roughly 2-mile, rated moderately difficult, guided hike around the Climbers Loop and down to Foster Falls. Closed-toe shoes and at least two liters of water required. Over-ankle hiking shoes, long hiking pants, hats, snacks, and sunscreen recommended. A change of shoes and clothes is acceptable if you wish to hop into the falls after the hike.

Saturday, Aug. 6

Sunset Hike (Free)—Meet Interpreter Allen Reynolds at 7:15 p.m., at the Denny Cove Trailhead, 5949 TN-150 Scenic, Sequatchie, for a guided hike to the Denny Cove Overlook to witness the sunset over the Cumberland Valley. The hike from the Denny Cove Trailhead to the Overlook is about 15 minutes long and considered easy. Closed-toe shoes, water, and folding chairs are recommended, and snacks are welcome. Note: Hiking after dark is only allowed at South Cumberland during a guided hike by a park employee. Please do not try this hike on your own.

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.



Sam



Benny

MARC’s Mountain Adoptables Meet Sam & Benny

Hi, I’m Sam. I was in a pound in risk of losing my life when some nice people got me out and now I am at a wonderful foster home. My foster mom and grandma say “I am a delight.” I live with another dog and we get along fine. Going on walks and being with my people are my favorite things to do. Loud noises and a few other things make me nervous but my people are helping me feel safe. I am learning a few new house manners and am ready to find my forever family. I’d like to go hiking and exploring and to do any other fun activity you might want to do. Come meet me and let’s start being buddies.

My name is Benny. I may be part Russian Blue. My foster mom says I am a sweet boy who loves attention. I was born to a feral mom and I was scared at first, but as soon as my foster family started giving me attention, I warmed up fast. Now I think neck scratches and body rubs are the best! I do fine with other cats and with dogs who are ok with cats. Currently I am an inside/outside kitty. I am sure I could learn to love being inside all of the time if given the right environment. I sure hope there is room in your heart and home for me.

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

THE SEWANEE MOUNTAIN MESSENGER

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DAY	DATE	HI	LO
Mon	July 18	89	71
Tue	July 19	80	68
Wed	July 20	81	73
Thu	July 21	88	73
Fri	July 22	87	69
Sat	July 23	92	68
Sun	July 24	91	72

Week’s Stats:

Avg max temp = 87

Avg min temp = 71

Avg temp = 79

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<www.sewaneemessenger.com>

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

Candidate Announcement Policy

The Messenger accepts candidate announcements, no longer than 500 words, with one headshot photo of the candidate. Releases should be written in the third person. Quotations from the candidate and other endorsers are allowed. We will run the announcement one time.

The release should profile information and the candidate's stance on major issues in the town/county. Announcements are published on a space available basis. The newspaper does not guarantee publication of announcements on any specific date or in any specific position in the editorial news pages.

Political Advertising Policy

Political advertising must have an "advertisement paid for disclaimer" that is readable. Nothing negative should be in the ad. Each candidate will get equal placement for the advertisement.

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HOURS of OPERATION

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

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University Print Services
107 Mitchell Ave., Sewanee

FROM BARD TO VERSE

by Robin Bates

Summer Heat

O wind, rend open the heat,
cut apart the heat,
rend it to tatters.

Fruit cannot drop
through this thick air—
fruit cannot fall into heat
that presses up and blunts
the points of pears
and rounds the grapes.

Cut the heat—
plough through it,
turning it on either side
of your path.

--Hilda Doolittle, Heat



piggly wiggly

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Community Calendar

Friday, July 29 • TN Sales Tax Holiday begins

- 8:30 a.m. Summer Meal Program, University Child Care Center, 574 Georgia Ave., Sewanee, until 9:30 a.m., and 11 a.m. to 12:30 p.m.
- 9 a.m. Summer Meal Program, Grab-N-Go Meal Site, Palmer Community Center, 2175 Main St., Palmer, Monday–Friday, until 10 a.m., also noon–1 p.m.
- 9 a.m. CAC office open, until 11 a.m.
- 10 a.m. Game Day, Senior Center, until noon
- 11 a.m. Summer Meal Program, Grab-N-Go Meal Site, Beersheba Springs Assembly, 58 Hege Ave., Monday–Friday, until noon
- noon Summer Meal Program, Grab-N-Go Meal Site, Christ Church Episcopal, 1059 W. Main St., Monteagle, until 1 p.m.
- noon Summer Meal Program, Grab-N-Go Meal Site, Highland Community Church, 186 Dundee St., Monteagle, until 1 p.m.
- noon Summer Meal Program, Grab-N-Go Meal Site, Pelham UMC, 2440 TN-50, Pelham, until 1 p.m.
- 3 p.m. SWC readings Hoeffler, Ibrahim, Knauss, Wheeler, Guerry
- 4 p.m. SWC Playwriting lecture, Monahan, Guerry
- 7:45 p.m. MSSA All-Assembly Talent Show, Auditorium
- 8 p.m. SWC readings, Davis, Wilkinson, Guerry

Saturday, July 30

- 8 a.m. Sewanee Gardeners' Market, Hawkins Lane, until 10 a.m.
- 8:30 a.m. Gentle Flow Yoga, Robie, Community Center, until 9:45 a.m.
- 9 a.m. Monteagle Mountain Arts & Crafts, Hannah Pickett Park, until 5 p.m.
- 9:30 a.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 10:45 a.m.
- 10 a.m. Hospitality Shop open, until 2 p.m.
- 10 a.m. Swiss Heritage Celebration, Stoker-Stampfli Farm, Gruetli-Laager, until 4 p.m.
- 3 p.m. SWC readings, Cassara, Donovan, El, Peynado, Guerry Auditorium
- 4 p.m. SWC Nonfiction Lecture, Marzano-Lesnevich, Guerry
- 7:45 p.m. MSSA Performance, Jazz Duo, Annie Sellick/Pat Bergeson, Auditorium
- 8 p.m. SWC readings, Corral, Kitamura, Guerry

Sunday, July 31 • TN Sales Tax Holiday ends

- 9 a.m. Monteagle Mountain Arts & Crafts, Hannah Pickett Park, until 4 p.m.
- 1 p.m. You Fit, Betsy, Community Center, and 2:30 p.m.
- 4 p.m. Hatha Yoga, Helen, Community Center

Monday, Aug. 1 • TN Grocery Sales Tax Exemption begins

- 8 a.m. New student registration, Monteagle Elementary, until 3 p.m., through Aug. 2
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Pilates, intermediate, Kim, 293 Ball Park Rd.
- 9 a.m. Tai Chi, Shaonian, High Vibes Studio, Country Mart, Monteagle
- 10:30 a.m. Chair Exercise, Ruth, Senior Center, until 11:45 a.m.
- 4 p.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 5:15 p.m.
- 5:30 p.m. Pilates, intermediate, Kim, 293 Ball Park Rd.

Tuesday, Aug. 2

- 8 a.m. GC Food Bank, Tracy City, until 10 a.m.
- 9 a.m. CAC office open, until 11 a.m.

- 9 a.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 10:15 a.m.
- 9 a.m. Pilates, beginner, Kim, 293 Ball Park Rd.
- 10 a.m. Hospitality Shop open, until 1 p.m.
- 10:45 a.m. MSSA Panel Lecture, IMAGINE: If Every Girl Could Get a Step Ahead, Auditorium
- noon Pilates, intermediate, Kim, 293 Ball Park Rd.
- 4:30 p.m. S. Cumberland Farmers' Market pickup, Community Center, until 6:30 p.m.
- 5 p.m. Vinyasa Yoga, High Vibes, Country Mart, Monteagle, until 6:15 p.m.
- 5:30 p.m. Gentle Flow Yoga, Robie, 293 Ball Park Rd.
- 5:45 p.m. Zumba, Ren, Tenacity Fitness, Tracy City
- 6 p.m. Monteagle Regional Planning Commission, Conference Room, City Hall
- 6:30 p.m. Social Dance class, Lorenz, Community Center

Wednesday, Aug. 3

- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Pilates, intermediate, Kim, 293 Ball Park Rd.
- 9 a.m. Tai Chi, Shaonian, High Vibes, Country Mart, Monteagle, until 10 a.m.
- 10:30 a.m. Chair Exercise, Ruth, Senior Center, until 11:45 a.m.
- 10:45 a.m. MSSA Lecture, Spinning Straw into Gold, Kinsley's Story, Stewart, Lankhaar, Auditorium
- 11 a.m. Folks@Home Caregivers' Group, Brooks Hall, St. Mark & St. Paul
- 4:30 p.m. SPO Presentation, Sewanee Elementary School Open House
- 5:30 p.m. Hatha Yoga, Helen, Community Center
- 5:30 p.m. Pilates, intermediate, Kim, 293 Ball Park Rd.

Thursday, Aug. 4 • Election Day

- 8 a.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 9:15 a.m.
- 8 a.m. Monteagle-Sewanee Rotary, LaBella Pearl's
- 9 a.m. Nature Journaling, until 11 a.m.; more info: <mpriestley0150@gmail.com>
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Pilates, beginner, Kim, 293 Ball Park Rd.
- 10 a.m. Hospitality Shop open, until 1 p.m.
- 10 a.m. Kundalini Yoga Pippa, Zoom, <pippabrowne@yahoo.com>
- noon Pilates, intermediate, Kim, 293 Ball Park Rd.
- 5:30 p.m. Ecstatic Dance, Anneli, High Vibes, Country Mart, Monteagle, until 6:30 p.m.
- 5:45 p.m. Zumba, Beginners, Ren, Tenacity Fitness, Tracy City, until 6:45 p.m.

Friday, Aug. 5

- 9 a.m. CAC office open, until 11 a.m.
- 10 a.m. Game Day, Senior Center, until noon
- 10:45 a.m. MSSA Lecture, Women & Diversity at NASA, Lindstrom, Auditorium
- 6 p.m. Townsend Day Festival Meet & Greet, Townsend Cultural Center Event Room, 913 S. Shepard St., Winchester, until 8 p.m.

Local 12-Step Meetings

Friday

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

Saturday

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

Sunday

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

Monday

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

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

Tuesday

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

Wednesday

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

7 p.m., NA, Decherd United Methodist

Thursday

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

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