



— THE SEWANEE MOUNTAIN — MESSENGER

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*“Birding Sewanee” co-authors Richard Candler and Angus Pritchard.
Photo by Bentley Cook*

‘Birding Sewanee’ Book Now Available

There is a new book out that will be of interest to bird enthusiasts who live in the area. “Birding Sewanee: A Guide to Birding in the South Cumberland Region” is the result of a collaboration between Sewanee resident Richard Candler and recent Sewanee graduate Angus Pritchard, C’22, and includes beautiful illustrations by Assistant Professor of Environmental Studies, Eric Ezell, C’08.

The book details some of the best birding spots on and off the mountain, and provides tips on where and when to find the roughly 250 species that occur in our area. It also provides information about how to get started birding. The front cover features a wonderful block print design that was hand-carved and printed by Angus and is guaranteed to be an attractive addition to your bookshelf.

The idea for “Birding Sewanee” formed around the need for condensing the experiences and knowledge of local birders into book form so that prospective birders wouldn’t have to start from scratch. The book provides a roadmap for exploring new places and finding more species, and helps readers develop their birding skills. The hope is that “Birding Sewanee” will be useful to newcomers to the region, such as university students, or current locals who wish to expand their knowledge of the area from a birding perspective.

The book will be available at the University Bookstore in downtown Sewanee next week. All the proceeds go to The Office of Sustainability at the University to fund bird-related projects and research and to provide students with better access to birding tools.

Coauthor Richard Candler will be signing and selling books at an Earth Day event at Stirling’s Coffee House on April 22. He will also be giving a talk at Trails & Trilliums on Sunday, April 23 in Beersheba Springs. On April 30, he will be leading a bird walk for the Cumberland Folk School at Sequatchie Cove Farm.

Coauthor Angus Pritchard is currently traveling the world as a Watson Fellow with a focus on bird conservation. You can keep up with Angus and see his excellent bird photography at his blog: <www.backcountry-birding.com>. His bird illustrations will be featured at the Earth Day event at Stirling’s Coffee House.

For questions (or if you just want to go birding!) contact Richard Candler at <rocandler@gmail.com>.

Bluebell Island Ramble, March 25

The South Cumberland Regional Land Trust (SCRLT) will be hosting the annual Bluebell Island Ramble starting at 10 a.m., Saturday, March 25.

Meet on the Elk River side of the driveway to Tyson Foods (13811 David Crockett Highway/US Hwy 64 just south of I-24 exit 127) and we’ll walk approximately one-quarter mile along the river and explore the bountiful spring wildflowers on the island. All ages are welcome. There is a short crossing over a stream on a temporary bridge to get to the island.

Founded in 1993, SCRLT’s mission is to conserve and protect ecologically unique land in the South Cumberland area such as Bluebell Island. SCRLT has also purchased and established conservation easements on over 1000 acres in and around Mitchell Cove and Shakerag Hollow, the latter of which was subsequently donated to the University of the South.

Updates and other information will be available closer to the event at SCRLT’s Facebook and Instagram pages, at <www.scr.lt.org> or email at <southcumberlandr.lt@gmail.com>.



Cary Holman

Holman, Franklin County Native, New Director of Schools

*by Leslie Lytle
Messenger Staff Writer*

“I stand before you humbled. We’re going to progress. We’re going to move. We’re going to work together. It’s about unity,” said Dr. Cary Holman in response to the Franklin County School Board vote at the March 13 meeting selecting Holman as the new director of schools. Commenting on the large turnout at the meeting, Holman said, “Let this not be the only time we show up at board meetings. There is power in our unity.”

The board interviewed the three director-of-school candidates on Feb. 21 and Feb. 23. “All the candidates are very worthy,” said Board Chair Cleijo Walker, prior to the two-stage vote. In the first round of voting, board members indicated their top two choices, in no ranked order. Dr. Roger Alsup received six votes, Holman received seven votes, and Dr. Chris Treadway received three votes. In the second round of voting, between Alsup and Holman, Alsup received three votes and Holman received five.

Currently principal at LaVergne Middle School, Holman has five years teaching experience, 10 years as an assistant principal, and 20 years as a principal. Raised and educated in Franklin County, following college Holman returned to teach at Decherd Elementary, serve as North Middle School assistant principal, and principal at Clark Memorial Elementary, before moving on to administrative roles at other middle Tennessee schools. “I don’t look at things as problems, but opportunities,” Holman said during the board interview. An ardent supporter of listening and teamwork, Holman cited programs at LaVergne where “teachers’ voice set the precedent;” Project Feed which brought together community members, students, teachers, and staff to provide Thanksgiving dinner, over 15 years serving 15,000 meals; and LaVergne’s practice of holding social-emotional learning lessons every Monday and “teacher chats” which engage students in evaluating their progress and “cel-

(Continued on page 6)



Pictured: Jane Kelley, Executive Director of Home and Community Services for Blakeford Senior Life (Far Left), Brian Barnes, CEO and President of Blakeford Senior Life (Far Right Back Row), Mary Dosen, Membership Consultant for LiveWell by Blakeford (Far Right Front Row) and eight of the LiveWell on the Mountain members.

Blakeford Senior Life’s Continuing Care at Home Program Expands

*LiveWell on the Mountain is now accepting
new members*

Blakeford Senior Life — a nonprofit provider of senior lifestyle solutions headquartered in Nashville — has expanded its Continuing Care at Home (CCaH) program, LiveWell By Blakeford, into Sewanee, Tenn. LiveWell on the Mountain is an expertly managed and personally delivered plan for aging at home available to adults over 60 in Sewanee and Monteagle.

Combining the best aspects of a long-term care plan, home care and retirement community living in an innovative package of benefits, LiveWell allows older adults to plan and invest in their futures while they are healthy and independent. The program is for adults who want to be proactive and establish a plan that will ensure they have long-term care coverage at home for a lifetime.

“After seven years of providing our CCaH program to Nashville and its surrounding counties, we are thrilled to welcome our first members in a new area of Tennessee through LiveWell on the Mountain,” said Jane Kelley, executive director of home and community services at Blakeford. “Our state’s population of those over 60 is growing steadily and will continue to climb. To serve this demand, Blakeford believes long-term care planning should be personalized to each person’s needs and desires. Expanding to another storied town with a leading university and robust older population means we can offer a unique, top-quality option to those who want to plan to stay at home as they age.”

LiveWell on the Mountain is collaborating with Folks at Home, a Sewanee-based non-profit dedicated to empowering individuals to live at home with dignity in the community they love, to provide services and offer joint programming and events to their shared members. Every LiveWell on the Mountain member will receive a complimentary Folks at Home membership.

Featuring a holistic approach to aging, LiveWell is designed to eliminate the stressors that aging can place on older adults, their spouse or their family. The LiveWell team handles care coordination for its participants and takes a proactive approach toward preventing issues through home safety assessments, nutritional counseling, fitness programming, patient advocacy and more. LiveWell care coordinators are available to problem solve around urgent needs, assist with daily tasks such as transportation to the doctor and offer medical guidance and education.

The LiveWell on the Mountain team welcomed its first 10 members with a luncheon at the Sewanee Inn on Feb. 24. Along with the new members, Blakeford Senior Life’s president and CEO Brian Barnes, Jane Kelley and other team members from Folks at Home and LiveWell attended the event.

To learn more about LiveWell by Blakeford, visit <<https://blakeford.com/livewell/>>.

P.O. Box 296
Sewanee, TN 37375

Community Service Award Nominations Accepted

The Sewanee Civic Association invites nominations for the 40th annual Community Service Award. The award recognizes the person or organization that has made outstanding contributions to our community. The recipient is one who has helped make Sewanee a better place and has improved the quality of life for everyone in the area. Nominations are due by Monday, March 20.

Past recipients are not eligible to receive the award again. Send the name of your nominee, along with a paragraph of why you are nominating the person or group, to <sewaneecommunitychest@gmail.com>. Nominations can also be mailed to the Sewanee Civic Association, P.O. Box 99, Sewanee, TN 37375.

The service awards will be presented at the SCA annual membership meeting at 5:30 p.m., Monday, May 1, at Kennerly Hall. Please join us to celebrate those who serve the community.

Past recipients include Sue Scruggs; John Solomon; Kiki Beavers; Mountain Mask Initiative; Amanda Knight; the Sherrill family; Sarah Marhevsky; Kat O'Donohue; Mickey Suarez; GSA Allies; Pixie Dozier; Barbara Schlichting; Helen Bailey; Sewanee Youth Soccer; Dr. Matt Petrilla; Harry and Jean Yeatman; Marshall Hawkins; Karen Keele; Helen Shedd; Tom Watson; Susan Binkley; the Sewanee Senior Center Food Pantry (Lena McBee, Sue Hawkins, Charlsie Green); George and Ruth Ramseur; Dr. John Gessell; Dora Turner; the Community Action Committee; Geraldine Hewitt Piccard; Myrtis Keppler; Connie Warner; Ina May Myers; Pete Green; Duval and Boo Cravens; Housing Sewanee; Arthur Ben and Betty Nick Chitty; Harry and Millie Dodd; the Sisters of St. Mary; Martha Dugan; Emerald-Hodgson Hospital Auxiliary; David Green; Joe David McBee; Robert Lancaster; Maria Webb; Galon Sherrill; Doug Cameron; Phoebe Bates; Marilyn Powell; and Louise Irwin.

TELL THEM YOU READ IT IN THE MESSENGER!

Russell L. Leonard

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University Job Opportunities

Exempt Positions: Archivist, Library & Information Technology Services; Assistant Director, Sewanee Fund, University Relations; Assistant Football Coach, Athletics; Associate Dean, Academic Affairs, School of Theology; Business Analyst, Library & Information Technology Services; Director of Community Standards, Student Success; Director of Digital Presence, University Advancement; Director of Environmental, Stewardship, and Sustainability; Director of Student Accessibility, Student Success; Energy Specialist, Facilities Management; Executive Director of Education for Ministry, School of Theology; Head Football Coach, Athletics; Project Manager, Facilities Management, Administration.

Non-Exempt Positions: Administrative Assistant for the Office of Recruitment & Admission, School of Theology; Advancement Services Coordinator, University Relations; Access Services Coordinator, LITS, Collection Management; Alarm Technician, Facilities Management; Campus Security Officer (Part-Time), Sewanee Police Department; Child-care Provider, University Child Care Center; Custodian (Multiple Positions), Facilities Management, Building Services; First Cook, Sewanee Dining, Sewanee Dining; GIS and Database Techni-



THE SEWANEE MOUNTAIN MESSENGER

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

Letter

THANKS TO LYTLE

To the Editor:

I would like to thank and commend staff writer Leslie Lytle for the kind and thoughtful final paragraph of her reporting about the recent vandalism at the Tennessee Williams Center and the surrounding events. This was clearly an alarming incident but there is, at the core, a troubled young man who is in need of help and compassion.

I have met and/or spoken with Benjamin Mills only a handful of times but he has been a devoted friend of my son since they started at the University together as students. I have taken him to be passionately creative, with infectious energy around unflagging vision.

As a lifelong member of this community, he is one of the mountain's own. As such, he deserves to be held in our hearts and prayers as he and his family struggle, as so many do in these troubling times, to navigate a frightening path.

Eugenie Lyman
Monteagle



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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@sewanee-messenger.com>. —KB



MESSENGER INFORMATION

Phone: (931) 598-9949

Display Advertising

Deadline: Monday, 5 p.m.
<ads@sewanee-messenger.com>

News and Calendar

Deadline: Tuesday, 5 p.m.
Kiki Beavers
<news@sewanee-messenger.com>

Classified Advertising

Deadline: Wednesday, noon
April Minkler
<classifieds@sewanee-messenger.com>

MESSENGER HOURS

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

Birth

Sawyer Thomas Tankersley

Sawyer Thomas Tankersley was born on Feb. 27, 2023, at Harton Hospital in Tullahoma, to Jeremy and Cristy Tankersley of Sewanee. Sawyer weighed 6 lbs., 2 oz. Grandparents are Ben and Tina Caldwell of Sewanee; Teena and Darin Jenkins of Manchester; and the late Melvin Tankersley of Tullahoma.

Community Trash Pick Up

A community trash pick up on Roarks Cove Road is scheduled 2–5 p.m., Saturday, March 25. Meet at the football stadium parking lot. Refreshments will be provided after the event. This is organized with help from the Office of Environmental Stewardship and Sustainability. For more information email Luke Latto at <latto0@sewanee.edu>.

Library and Sewanee Dining Schedule

duPont Library will be closed Friday, March 17. The library will be open 9 a.m. to 6 p.m., Saturday, March 18 and 1–10 p.m., Sunday, March 19. Regular hours resume on Monday, March 20.

McClurg Dining Hall is closed through Saturday, March 18. It reopens Sunday, March 19, 11 a.m. to 8 p.m., and returns to regular hours on Monday, March 20, 7 a.m. to 8 p.m.

Cup and Gown Cafe in duPont Library is closed through Sunday, March 19. Return to regular hours on Monday, March 20, 9 a.m. to 11 p.m.

Stirling's Coffee House is closed Friday, March 17 through Sunday, March 19. Stirling's returns to regular hours on Monday, March 20, 7:30 a.m. to 11 p.m.

Local Food Available

The South Cumberland Farmers' Market has breads, fruits and vegetables, eggs, coffee and meats available. Ordering takes place each week online 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>>.



Upcoming Meetings

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, March 20, with Andy McCollum, Football. 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 be available on the website, <www.sewanee.tigers.com> and on the University of the South's YouTube Channel by midday on Mondays.

Franklin County Board of Commissioners

The Franklin County Board of Commissioners will meet at 7 p.m., Monday, March 20, at the Courthouse in 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, March 21, at the utility office on Sherwood Road. If a customer is unable to attend but wishes to bring a matter to the board, call (931) 598-5611, visit the office, or call a board member. The board members are Doug Cameron, Johnny Hughes, Donnie McBee, Charlie Smith, and Clay Yeatman.

EQB Club

Members of the EQB Club will gather at 11:30 a.m., Wednesday, March 22, 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 Bran Otter on "The Geology of the Plateau." 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 for breakfast at 8 a.m., Thursday, March 23, at LaBella Pearl's Restaurant in Monteagle. Lauren Goodpaster, the director of Sewanee's Office of Civic Engagement, will present the program. After previously serving as Sewanee's Associate Dean of Students, Goodpaster took on this new role at the University in the spring of 2022. Goodpaster will describe the mission of the Office, the range of civic engagement programs it has developed, and the various partnerships with local, regional and international organizations it has fostered.

Town of Monteagle

The Monteagle Town Council will have a public hearing at 5:30 p.m., Monday, March 27, at City Hall. The purpose of the hearing is to review and discuss the addition of an Accessory Dwelling Unit ordinance for Monteagle, as well as an ordinance amendment to change the site plan submittal period to 14 calendar days prior to the Planning Commission meeting to 30 calendar days.

Sewanee Community Council

The next meeting of the Community Council is scheduled for Monday, March 27, at 7 p.m. Items for the agenda should have been submitted to the Provost's office by noon on March 15.



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Caregiver Group Open to New Members

Folks at Home responded to a constant and ongoing need to support members of our community who were caring for chronically or terminally ill relatives and friends by establishing its Caregivers Group in 2011. The group meets for an hour twice a month, first and third Tuesdays, at 12:30 p.m., in Brooks Hall next door to St. Mark and St. Paul Parish Church. This is a free program to offer a safe place to caregivers to discuss the difficulties and heartache of longterm caregiving, to share solutions to various problems, and inform each other of local home care and nursing options. All are welcome. For information, contact Folks@Home at (931) 598-0303 or <folksathomesewanee@gmail.com>.



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MLS 2487987 - 18546 S. Pittsburg Mountain Rd., Sewanee. 150 acres. \$1,800,000



MLS 2494387 - 0 Jumpoff Mtn Rd. Tract 3, Sewanee. 11 acres. \$132,000



MLS 2487999 - US Hwy. 41, Monteagle. Commercial. 15.5 acres. \$349,000



MLS 2494382 - 0 Jumpoff Mtn Rd. Tract 4, Sewanee. 11 acres. \$132,000



MLS 2494379 - 0 Jumpoff Mtn Rd Tract 5, Sewanee. 14 acres. \$168,000



MLS 2494377 - 0 Jumpoff Mtn Rd. Tract 6, Sewanee. 19 acres. \$228,000



MLS 2495353 - 590 Jump Off Mountain Rd., Sewanee. \$239,900



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



MLS 2456201 - 6204 Green Town Rd., Tracy City. 5 acres. \$395,000



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



LOTS & LAND

0 Snake Pond Rd., 29+ac	2495601	\$194,000
19 Jackson Pt. Rd.	2488220	\$15,500
515 Beersheba Springs	2482328	\$55,000
3 Jackson Pt. Rd. SOLD	2407248	\$65,000
Jackson Pt. Rd., #20&21	2380429	\$48,000
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



PENDING

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



BLUFF

Falling Cliffs Dr., 15 ac	2389298	\$119,000
Preservation Dr., 6.63 ac	2349236	\$70,000



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Death Notice

Marilyn Potter Davidheiser

Marilyn Potter Davidheiser, age 75, of Sewanee, died on March 1, 2023.

A Requiem Mass will be celebrated at Good Shepherd Catholic Church in Decherd at 10:30 a.m., Saturday, March 25, 2023, followed by a celebration of life and light luncheon at Kennerly Hall of St. Mark and St. Paul Parish in Sewanee. A private graveside service for the family will take place separately. For complete obituary go to < <https://www.compassioncremations.com/obituaries/obituary-listings?page=1>>.

Memorial Service

Norman Davis

There will be a memorial service for Norman Davis at 2 p.m., Saturday, March 25, 2023, at the Clifftops Lake Club house. For complete obituary go to <www.cumberlandfuneralhome.net>.

Obituaries

Byron Delano Mayes

Byron Delano Mayes, age 85 of Tracy City, died on March 9, 2023. He was born on Oct. 18, 1937, to Roy Clinton and Veola Patrick Mayes. He was preceded in death by his parents; brothers, Fritz Lewis Mayes, Glenn Allen Mayes, Roy Wince Mayes, and Wayne Mayes.

He is survived by his wife of 63 years, Carlene Mayes; children, Valerie (Cletus) Pew and Byron Mayes Jr.; sister, Mary Ruth Rogers, and four grandchildren,

Funeral Services were on March 12, 2023, from the Foster and Lay Chapel of Cumberland Funeral Home, in Tracy City. Interment followed in Orange Hill Cemetery. For complete obituary go to <www.cumberlandfuneralhome.net>.

James Ed Meeks

James Ed Meeks, age 79, of Tracy City, died on March 12, 2023. He was born on Sept. 23, 1943, in Tracy City, to James Isaac and Margaret Meeks. He was a coal miner for more than 30 years. He was preceded in death by his parents; wife, Shirley Mae Meeks; infant sister Peggy Sue Meeks; brother Clyde Meeks; and daughter-in-law, Carol Meeks.

He is survived by his children, Edna (Gary) Nunley, Eddie Meeks, and Lindsey Meeks; brothers Leroy (Sue) Meeks and France (Bonnie) Meeks; sisters Martha Ann Collins and Ada (Barry) Steins, five grandchildren, six great-grandchildren, and many nieces and nephews.

Graveside Services were on March 15, 2023, at Plainview Cemetery with Bro. Bob Payne officiating. For complete obituary go to <www.cumberlandfuneralhome.net>.

Dillard Sanders Jr.

Dillard Sanders Jr., age 79, of Tracy City, died on March 9, 2023. He was born on May 16, 1943, to Dillard Sanders Sr. and Lillian Smartt Sanders. He was preceded in death by his parents; an infant sister, Leta Sanders; sisters Doris Smartt and Louise Dempsey; and brothers Homer Sanders, Mahlon Sanders, and Billy Sanders.

He is survived by his wife of 58 years, Beatrice Sanders; sons, Keith Sanders, Tim (Michelle) Sanders, Tony Sanders, and Ronnie (Charlotte) Sanders; sister Edith Nunley; brothers Weldon Sanders, Leslie Sanders, and Adam Sanders, and three grandchildren.

Funeral Services were on March 13, 2023, from the Foster and Lay Chapel of Cumberland Funeral Home, in Tracy City with Bro. Claude Hoback and Bro. Barry Nolan officiating. Interment followed in Plainview Cemetery. For complete obituary go to <www.cumberlandfuneralhome.net>.

Sisters of St. Mary to Offer Virtual Event on St. Patrick

Join the Sisters of St. Mary on Zoom to discover that the life of St. Patrick is so much more than just snakes and shamrocks. The event will be led by scholar, poet, author, minister, and retreat leader Bonnie Thurston through two meditations, and time for Q&A. This event will take place 9 a.m. to noon, Saturday, March 18, entirely online via Zoom. The cost is \$20, and participants can learn more and register at <www.communityofstmarysouth.org>.

April Workshops at St. Mary’s Sewanee

The Ayres Center for Spiritual Development will be hosting two April workshops: one can be enjoyed from the comfort of your own home, the other at the retreat center to include the breathtaking view and a delicious lunch.

On Saturday, April 1, The Rev Tom Ward will lead a free online event (via Zoom), “Introduction to Centering Prayer”, from 9 a.m. to noon. In this introductory workshop participants will learn the method and principles of the centering prayer practice and have the opportunity to experience this ancient method in a quiet, reflective atmosphere. There is no charge for this event. Registration is required. Donations are appreciated.

On Saturday, April 29, LaMon Brown will lead an onsite interactive workshop, “The Value of Haiku: Learning to Pay Attention.” The haiku is a Japanese poetry form — a beautiful method of meditation and expression for anyone at any writing level, no experience is necessary. This event is \$70 and includes lunch.

To register go to <www.stmaryssewanee.org> or call (931) 598-5342.

Church News

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.

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

Connections Winter Book Study: All parents and caregivers are warmly invited to join us for conversation on Sunday mornings, 9:45-10:45 a.m. in Brooks Hall. We are reading Brené Brown’s book, “The Gifts of Imperfection.”

Contact Giulianna Cappelletti Gray, Priest Associate, for more information.

The Sunday Forum, 9:45–10:45 a.m., meets in Kennerly Hall. All are welcome. This week in Sunday Forum, the Rev. Dr. Amy Bentley Lamborn presents “When Religious Community Becomes Toxic.” Amy will talk about scapegoating, malignant narcissism, and bystander guilt, especially as relates to church and religious communities. Amy is the Vicar of the Southeast Tennessee EpiscopalMinistry (STEM). She holds degrees from Union University, the School of Theology of the University of the South, and Union Theological Seminary in New York City. Amy is a certified Jungian psychoanalyst and the author of numerous publications.

The St. Mark and St. Paul Par-

ish will host mediations for the Season of Lent 5:30–7:30 p.m., Wednesdays through March 29, in Kennerly Hall. A light supper is served at 5:30 p.m., and discussion of the book “A Practical Christianity” begins at 6 p.m.

Sisters of St. Mary

The Sisters of St. Mary welcomes everyone to attend their weekly Stations of the Cross service which will be at noon each Friday during Lent.

Tullahoma Sangha

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

Church Calendar

Midway Baptist Church

9:45 a.m. Sunday School, Sunday
10:45 a.m. Morning Service, Sunday
6 p.m. Evening Service, Sunday
6 p.m. Bible Study, Wednesday

Midway Church of Christ

10 a.m. Bible Study, Sunday
11 a.m. Morning Service, Sunday
6 p.m. Evening Service, Sunday

Monteagle Church of Christ

11 a.m. Morning Service, Sunday
6 p.m. Bible Study, Wednesday

Monteagle First Baptist Church

11 a.m. Worship Service, Sunday
6 p.m. Bible Study, Wednesday

Monteagle Seventh-Day Adventist Church

10 a.m. Bible Study, Saturday
11 a.m. Worship, Saturday
7 p.m. Prayer and Study, Tuesday

Morton Memorial United Methodist, Monteagle

service available online after noon Sunday, link is at <<https://www.mortonmemorialumc.com>> on FB
10 a.m. Sunday School, until 10:45 a.m.
11 a.m. Worship Service, Sunday

Mountain of God Tabernacle, Monteagle

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

11 a.m. Worship Service, Sunday
6 p.m. Prayer Service, Wednesday

New Creations Ministries, Rayburn Chapel

4 p.m. Prayer Meeting, Sunday

New Hope Church of God in Christ, Cowan

11 a.m. Sunday Service, Sunday
6 p.m. Sunday Service, Sunday

Pelham United Methodist Church

9:45 a.m. Sunday School, Sunday
11 a.m. Worship Service, Sunday

St. Agnes’ Episcopal Church, Cowan

11 a.m. Holy Eucharist, Sunday

St. James 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

Valley Home Community Church, Pelham

10 a.m. Sunday School
11 a.m. Morning Service, Sunday

The Aging Brain Zoom Lecture, March 23

Join Folks at Home at 1 p.m., Thursday, March 23, via Zoom to learn about memory changes as we age. Haley Feiler, a neurology physician assistant, will discuss how to prevent cognitive decline and possibly dementia, as well as how to identify dementia, and care for loved ones living with the disease. Doctor's appointments can be intimidating, so she'll also coach you through what to expect at a neurology appointment. After the talk, she will open the floor to any questions that you may have.

This programming is brought to you as a collaboration between Folks at Home and SunCrest Home Health. Please register through Folks at Home by phone or email and we will provide you with the Zoom link.

This program is open to the public. To register email <folksathomesewanee@gmail.com> or call (931) 598-0303.

Mountain Goat Trail Race Registration

The Mountain Goat Trail Race, sponsored by Mountain Outfitters, will return on Saturday, April 8.

The half-marathon begins in downtown Tracy City at 8 a.m., and other than a short detour on a quiet street, will run on the Mountain Goat Trail, finishing at Mountain Outfitters in Monteagle.

The two-mile walk begins at 10 a.m. at La Bella Pearl's Restaurant in Monteagle. The five-mile run begins at 10 a.m. in downtown Sewanee. Both finish at Mountain Outfitters.

There will be shuttles back to the start. All entrants will receive a race T-shirt and some other goodies as well. Registration fees are 2-mile and 5-mile: students, \$25; adults, \$40 until April 7, \$45 day of race. Half marathon: students, \$35; adults, \$50 until April 7, \$55 day of race. To learn more or to register, go to <<https://mountaingoattrail.org/run/>>.



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Inaugural April Fool Fest at Shenanigans

Shenanigans is hosting an April Fool Fest starting at 4 p.m., Saturday, April, 1. There will be three bands, awesome Louisiana food, games and other April Foolery. This inaugural event will coincide with the grand reopening of the downstairs dining area.

Advance tickets of \$35 gets you all three shows plus a pound of crawfish with corn, potatoes and sausage. Day-of-fest/show price will be \$50. Advance tickets are now available at <<https://tinyurl.com/3ejbvnnb>>. There are a limited number of full festival tickets.

If you are only coming for the boil and afternoon stuff, and not the continued music fest for the night, you don't need a ticket and will be able to walk up and get crawfish and all the fixin's and drinks a la carte.

The bands will be playing upstairs, starting at 5 p.m. Tickets are required.

Half-Brass, a Nashville-based, totally legit NOLA-style brass band kicks off the lineup while you gorge on crawfish, andouille sausage, corn and potatoes.

Fast Casual is the latest and greatest student band at Sewanee. They played recently on the big stage upstairs and absolutely killed it. Ready for an awesome version of Blitzkreig Bop?! We're excited to have these guys as part of our special reopening and inaugural festival.

The Dynamites reawaken the dormant volcano they've hibernated in over the last few years. A seven-piece powerhouse deep funk/soul outfit that toured worldwide for 15 years brings their first show out of hiatus to the upstairs stage at Shenanigans. YouTube videos abound, so dial one up to see what original, authentic, heavy soul firepower is in store.

Shenanigans is located at 12595 Sollace M. Freeman Hwy., Sewanee. For more information go to <<http://www.shenanigans1974.com>>.

Nonfood Supply Drive to Benefit the CAC

The Sewanee Civic Association is inviting individuals, local groups and businesses to help collect donations of nonfood items for the Community Action Committee (CAC). This collection will augment the services provided by the CAC food pantry. Supplemental Nutrition Assistance Program benefits cannot be used to purchase any nonfood items, which includes pet food, cleaning supplies, paper products, household supplies, detergent, menstrual products, diapers, or other personal care items.

This is where you can help. Collect nonfood items March 20-30, and then deliver from 1-3 p.m., Friday, March 31, to the CAC at 216 University Ave., Sewanee. Individuals may also take their nonfood donations between March 20-30 to donation bins located around the University campus, Taylor's Mercantile, and Regions Bank in Sewanee. For those who wish to make monetary donations, cash or checks are accepted from March 20-30 at Taylor's Mercantile. Please make checks payable to the CAC. You may also take donations to the CAC, Monday through Friday, 9-11 a.m.

There is also an Amazon Wish List from the Sewanee Community Chest for those who want to order nonfood items. These will be delivered to the CAC. The Amazon link is <<https://a.co/ec8cKHc>>. The address will be listed as Kerstin Beavers, Sewanee Community Chest, Sewanee, TN 37375.

The CAC will oversee the distribution of the donations to those in need. The CAC is an outreach ministry of the Parish of St. Mark and St. Paul, with generous support from the Sewanee Community Chest, other organizations and individuals across the Mountain. For more than 49 years, the CAC has provided food, financial assistance, and educational support for persons in the greater Sewanee community.

This is part of the Sewanee Civic Association Treasures for the Chest initiative, a campaign to help promote community-wide service of giving time, support and donations. Volunteers are needed. To volunteer contact <sewaneecommunitychest@gmail.com>. The event is sponsored by the Community Action Committee, the Office of Civic Engagement, the Sewanee Civic Association, and the Sewanee Community Chest.

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Partin Elected Officer of NRECA Board of Directors

Mike Partin, President/CEO of Sequachee Valley Electric Cooperative was recently elected to serve as the secretary-treasurer of the National Rural Electric Cooperative Association (NRECA) Board of Directors, the first NRECA board officer from Tennessee in more than 25 years. The election took place during the organization's Annual Meeting in Nashville with nearly 10,000 delegates in attendance. NRECA represents over 900 co-ops across the country serving over 42 million consumers.

Partin has served on the NRECA board since being elected Tennessee's representative to the National Board during the Tennessee Electric Cooperative Association (TECA) meeting in 2019. During his time on the board he has served as the voice of the people of Tennessee at the National level, taking his passion for public power and rural America to Washington, D.C.

He has supported the organization's efforts to strengthen the U.S. power grid, expand rural broadband access and efforts to develop a responsible energy transition plan by creating and maintaining a diversified fuel portfolio that includes a mix of coal, nuclear and natural gas as well as a renewables. Partin has been a vocal advocate in making sure reliability and affordability are at the forefront of the electrification discussions in Washington.

"As our nation moves toward electrification in more and more sectors of the economy it is vital that electric cooperatives have a seat at the table where policy is being made" stated Partin. "I look forward to standing shoulder to shoulder with our national leadership team as we advance the cause of rural America to ensure that our voices continue to be heard loud and clear."

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Holman *(continued from page 1)*

ebating small victories.” At the close of the interview, pointing out he was a Black male raised in a single parent home, Holman said, “Public education has worked for me ... Franklin County worked for me. Why would I not want to come and work for Franklin County?”

Discussing contract negotiations, Vice Chair Lance Williams said salaries in other middle Tennessee districts ranged from \$105,000-\$177,000, with Franklin County’s current salary at \$123,000. Holman currently earns \$128,000. “We all know raises are coming,” said Walker. Williams projected, “Realistically, we’re probably looking at \$140,000-\$145,000 for salary.” In the past, Franklin County typically offered a three-year contract, Williams noted. He suggested the contract include a stipulation the director must repay the moving expenses allocation if the director left before the end of the contract, which occurred when Amie Lonas served as director of schools.

The board approved two resolutions. One resolution amended the Federal Projects budget, adding \$60,000 for Career and Technical Education. Jenny Phillips, Franklin County Deputy Finance Director, explained the money came from unspent 2018 Federal Project funds “in a state pot.” The board also approved a six-year contract for a robot to line soccer, football, and baseball fields, cost \$11,000 annually. Director of Schools Stanley Bean said the robot would “save on manpower, paint, and time.” The robot, guided by GPS, could line a soccer field in 18 minutes, compared to five hours doing the job manually, Bean stressed.

The board also approved the calendar for the 2024-2025 school year. On the recommendation of the Calendar Committee, the Aug. 2 abbreviated day was changed to Aug. 7 to coincide with homecoming.

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Top Naturalists to Present at Trails & Trilliums

The Friends of South Cumberland State Parks has lined up a top-notch list of speakers and workshops during Trails & Trilliums, April 21-23. According to Margaret Matens, Event Chair, “Although all the rooms at the Beersheba Springs Assembly are taken and many of the guided hikes are filled, there are numerous reasons to attend the naturalist rally in Beersheba Springs. You can still register for one of eight hikes, canoe, rappel, take an early morning bird walk or hear 30 presentations on a wide range of nature topics. Wine & Wildflower tickets are still available for Saturday night. So don’t delay. Sign up!” Each session is \$15, and online registration is at <<https://www.trailsandtrilliums.org>>.

Six notable authors are speaking on Saturday and Sunday including Georgann Eubanks of North Carolina on “Saving the Wild South: The Fight for Native Plants on the Brink of Extinction.” Knoxville naturalist Stephen Lyn Bales will talk about his book on the search for the elusive Ivory Billed Woodpecker. Ranger Stuart Carroll will provide suggestions for great trails from his book “Hike Tennessee.” Richard Candler’s new book is “Birding in Sewanee,” and Patrick Dean’s forthcoming book is on naturalist Mark Catesby for whom the Catesby Trillium is named. During Trails & Trilliums the Friends will have the book launch of Latham Davis’ history of the Friends of South Cumberland State Parks. All books will be available for purchase and signing during the weekend.

Interesting presenters who are new to Trails & Trilliums this year include:

Deputy Commissioner Greer Tidwell, TN Dept. of Environment and Conservation (TDEC) will give a keynote address on the vision for Tennessee State Parks and exciting plans for our new Savage Gulf State Park.

UT archeologist Dr. Jan Simek has spent three decades documenting prehistoric rock and cave art on the Cumberland Plateau. His talk, accompanied by remarkable photographs, will explore the ancient paintings and engravings made on bluffs and in caves by the First Peoples of the region. Simek was featured in a segment of the National Geographic series “The Story of God” with Morgan Freeman.

Kathleen Williams, one of the most highly regarded Tennessee conservationists and the founder of Tennessee Greenways, will speak on “Boldness for Conservation.”

Chattanooga Dr. Hill Craddock is an expert on conservation of the American Chestnut. With funding from Dollywood and The American Chestnut Foundation, he is working to select genetically diverse, disease-resistant trees and re-introduce them into our forests.

J. Paul Moore, an award-winning photographer and gardening expert will speak on moss gardening and steps in creating a moss lawn. His own garden has been designated a “Botanical Sanctuary Network.”

The full schedule of guided hikes, workshops, AV sessions and author talks can be found on the Trails & Trilliums website. No reservations are necessary for the native plant sale, vendor area or the children’s activities, which are all free.

Volunteers Need for Sewanee Fourth of July

It is time to start planning for Sewanee’s 37th annual Fourth of July celebration. The Fourth of July Planning Committee invites everyone in the community to help in preparing for the best celebration yet.

The next meeting is at 5 p.m., Monday, April 10, online via Zoom. There will be a discussion of this year’s theme, overall year goals and plans. Volunteers are needed. If you are interested in volunteering, contact Dylan McClure at <jdmclur@sewanee.edu>, Tracie Sherrill at <tlsluvsut@gmail.com>, or attend the meeting. If we don’t have volunteers, we cannot offer events.

Join Zoom Meeting: <<https://us02web.zoom.us/j/89407243831?pwd=V1NEZlAwQTRhbm1hcHNBL2F2anZ2dz09>>

Meeting ID: 894 0724 3831; Passcode: 631843. Dial by your location: +1 312 626 6799.

Benefit for Serviceman Mark Conn

There will be a benefit for Army National Guard serviceman Mark Conn from 4–7 p.m. on Saturday, March 18, at the Nazarene Church at 501 Cumberland St., in Decherd. All are welcome.

A spaghetti dinner is \$10 for adults, \$8 for children. Gospel singing will be from 5–8 p.m. Churches are welcome to sing. There will be a silent auction.

For more information call (931) 636-5577. There is also a GoFundMe page. The event is sponsored by the Emergency Services & Veterans’ Association and First Responders Thrift Store in Decherd.

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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, March 20: Chicken strips, baked potato, salad, roll.

Tuesday, March 21: Country-fried steak, mashed potatoes, green pea salad, roll.

Wednesday, March 22: Taco salad.

Thursday, March 23: BLT soup, toasted cheese sandwich.

Friday, March 24: Stuffed peppers, corn on the cob, green beans, roll.

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.

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

SES MENUS

Monday–Friday, March 20–25 BREAKFAST

Each day, students select one or two items.

Monday, March 20: Breakfast pizza, fruit juice, fruit, milk.

Tuesday, March 21: PBJ sandwich, fruit juice, fruit, milk.

Wednesday, March 22: Breakfast bread slice, fruit juice, fruit, milk.

Thursday, March 23: Meat biscuit, fruit juice, fruit, milk.

Friday, March 24: Pop tart breakfast kit, fruit juice, fruit, milk. Pre-K: Cereal & cheese stick, fruit, unflavored milk

LUNCH

Monday, March 20: Steak & gravy, PBJ sandwich, mashed potatoes, green beans, carrot dippers, dinner roll, fruit, milk.

Tuesday, March 21: Pulled pork barbecue sandwich, pizza munchable, baked beans, French fries, dill pickle, fruit, milk.

Wednesday, March 22: Turkey w/gravy, PBJ sandwich, green peas, mashed potatoes, dinner roll, fruit, milk.

Thursday, March 23: Hot ham & cheese sandwich, oven-roasted chicken, pinto beans, potato wedges, dinner roll, fruit, milk.

Friday, March 24: Pizza, Bento box, steamed broccoli, carrot dippers, curly fries, cookie, fruit, milk.

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

Franklin County Preschool Application Process

Register your child at the school you wish your child to attend during the 2023-2024 school year if accepted. Applications are accepted 1–5 p.m., Tuesday, April 4, 2023.

Child must be 4 years old by Aug. 15, 2023 to apply for Preschool for the 2023-2024 school year.

Documents Required: Certified Birth Certificate; Social Security Card; Immunization Record & Current Physical Report (on TN Dept. of Health form); Proof of Residence (utility bill, rent receipt, etc.); Proof of Income Required for Eligibility, (2022 W-2's or tax return preferred, or last three consecutive pay stubs showing gross income, or Letter of Food Stamp Proof).

For more information contact Patti Limbaugh at (931) 967-0626.

Franklin County Kindergarten Registration

You must register your child at the school that your child is zoned to attend during the 2023-2024 school year, between 1–5 p.m., Thursday, April 13, 2023.

A child must reach the age of 5 years by Aug. 15, 2023, to enroll in Kindergarten for the 2023-2024 school year.

For more information contact Patti Limbaugh at (931) 967-0626.

Franklin County Rabies Clinics

Franklin County Animal Control, in conjunction with local veterinarians, Dr. Traci Helton and staff from Midtown Veterinary Services and Hospital, and Drs. George and Ashley Bowers and staff from Animal Care Center will be conducting clinics on Saturdays throughout the month of March. In addition to these scheduled community clinics, each of the four local veterinary offices (including Town & Country and Lakeside Veterinary Clinic) will be offering Walk-In rabies vaccinations to any healthy dog or cat during their regular office hours at the discounted price. No appointment is necessary, but a call may speed up the process.

The Tennessee Anti-Rabies Law states that dogs and cats may be vaccinated as early as three months of age and must be vaccinated by 6 months of age to be compliant with the law, so please come take advantage of the discount.

For every Saturday in the month of March, rabies clinics will be set up at community centers, churches, and parks across the county. The cost of each rabies vaccination is only \$15 per dog or cat. The goal of these clinics is to vaccinate as many dogs and cats as possible.

The following are the dates, times, and place of each rabies clinic:

Saturday, March 18

Broadview from 8:30-9:45 a.m., at Bethel Methodist Church

Lexie Crossroads from 10:15-11 a.m., at Lexie Church

Winchester Springs from 1:30-2:15 p.m., at the Church of Jesus Christ (Old School)

Center Grove from 2:30-4 p.m., at the Community Center

Anyone with questions about the Franklin County Rabies Clinics can call (931) 967-5389 or one of the county veterinary offices.

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.

March 19, Quiche with Mallory Grimm; Learn how to make a flaky, consistent, workable pie crust and silky custard with Mallory Grimm of Hen of the Woods and LUNCH. We will cover pie dough ratios, mixing, and how to roll, fluting a crust, and blind baking as well as quiche custard using eggs and produce from the farm. We will enjoy a farm tour and harvest eggs and vegetables for the quiches as a group.

March 25, Plaited-handle Whisk Brooms with Heather Ashworth; Explore decorative plaited-handle techniques and whisk broom construction in this class. This is a perfect class for those that have taken Heather's previous classes and wish to learn additional techniques. However, this is still considered a beginners class and a great way to jump right into broom making.

March 26, Shaker Baskets with Heather Ashworth; Learn the basics of Shaker style bentwood basket making. Students will gain the fundamentals of crafting this elegant oval shaped basket with minimal power, hand tools and no glue. This a great way to learn some basic woodworking skills.

April 30, Birding by Ear with Richard Candler; Join local birder Richard Candler on a morning bird walk around Sequatchie Cove Farm. Spring is the best time of year to find exciting migrants mixed with both winter and breeding season bird species. It is also the time of year when birds are most vocal. There will be a particular focus on listening to and learning the songs and calls of our many bird species. There will be a two-hour walk followed by discussion with coffee and snacks.

May 6, Ferments with Soirée Leone; Explore different perspectives and approaches to fermenting foods to create new and complex flavors. We will taste a variety of ferments and start ferments to take home.

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SCHOOL CALENDAR

March 20–24, Spring Break, Marion County

March 27-31, Spring Break, Grundy County

April 7, No School, Franklin County, Grundy County, Marion County

April 7, Early Dismissal, SAS

April 28, Last day of classes, School of Theology

May 1–5, Final Examinations, School of Theology

May 3, Last Day of Classes, College

May 5–11, Final Examinations, College



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'Lohengrin' MET Live in HD

"Lohengrin," MET LIVE in HD, will be at 11 a.m., Saturday, March 18, in the William Ralston Music Listening Library.

Wagner's soaring masterpiece makes its triumphant return to the Met stage after 17 years. In a sequel to his revelatory production of Parsifal, director François Girard unveils an atmospheric staging that once again weds his striking visual style and keen dramatic insight to Wagner's breathtaking music, with Music Director Yannick Nézet-Séguin on the podium to conduct a supreme cast led by tenor Piotr Beczala in the title role of the mysterious swan knight. Soprano Tamara Wilson is the virtuous duchess Elsa, falsely accused of murder, going head-to-head with soprano Christine Goerke as the cunning sorceress Ortrud, who seeks to lay her low. Bass-baritone Evgeny Nikitin is Ortrud's power-hungry husband, Telramund, and bass Günther Groissböck is King Heinrich.

Tickets are \$25 and may be purchased at <<https://ssmf.sewanee.edu/tickets/>>.

'Opera OUT LOUD' at Guerry

Nashville Opera presents "Opera OUT LOUD." This light and lively 30-minute recital introduces all facets of opera in a truly relatable way. Enjoy meeting four real live opera singers as they bring to life the art form they love, right at the University of the South. After the performance, the Nashville Opera Artists will take questions from the audience and unpack the life of an opera singer. The event, free and open to the public, will be at 4 p.m., Tuesday, March 21, at Guerry Auditorium.

'Being A Flower Is A Big Responsibility'

Come to the Artisan Depot and enjoy our garden during our reception for this Community Art Show. Our garden will be in full bloom inside and out during the Artist Reception 5-7 p.m., Friday, April 21. Sit among the flowers, enjoying a refreshing beverage, peruse other creative works, and shop among a variety of beautifully crafted gifts. Light refreshments will be served as well. The works of the various artists will be on display April 6 through May 28 during regular business hours, noon to 5 p.m., Thursday, Friday and Sunday, and 11 a.m. to 5 p.m., Saturday. The Artisan Depot is located at 204 Cumberland St. E in Cowan. For more information dial (931) 313-5686 or log on to <www.franklincoarts.org>.



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Shift Creative Economy Workshop

The Grundy Area Arts Council, in partnership with TN's South Cumberland Tourism Partnership and SCCF, is hosting a Shift Creative economy workshop from March 31 to April 2. Participants will develop a project that incorporates the arts and promotes economic prosperity.

Discover new ways to think about the power of creativity and challenge your mental models about art, business, community and money. Take the mystery out of business planning. Strengthen your creative muscles and entrepreneurial mindset. Practice design thinking and prototyping.

The Shift Workshop uses hands-on collaboration, design thinking, and business planning to help grow creative communities and economies.

In a multi-day, hands-on workshop, Air Certified Facilitators help small teams learn to use collaboration skills, design thinking, and business planning to create small, locally implementable projects. It's totally unique in bringing together emerging and professional creatives and business people for a collaborative learning experience.

The workshop will be 4-8 p.m., Friday, March 31, 8 a.m. to 4 p.m., Saturday, April 1, and 2-6 p.m., Sunday, April 2, at 115 Depot St., Tracy City.

Registration is free and available at <<https://www.eventbrite.com/e/shift-workshop-tickets-567390599557>>.

Please contact Dominic Gialdini <gialdini97@yahoo.com> for more details.

Benefit to Help the Jernigans

There will be a benefit for Jay and Stacey Jernigan, whose house burned down. Stacey is an active member of the Artisan Depot Gallery in Cowan.

The benefit is on Sunday, March 19, at Monterey Station in Cowan. Doors open at noon. Music and a silent auction will begin at 1 p.m.

'Summer Prelude!' Concert

The Sewanee Music Center is proud to present "Summer Prelude!" The concert will be at 7 p.m., Monday, March 27, in Guerry Auditorium.

Presented by the Sewanee Performing Arts Series, "Summer Prelude" is a transformative night of chamber music performed by world-renowned musicians of the Sewanee Summer Music Festival Artist Faculty. Performers include Brittany MacWilliams, violin; Eva Cappelletti Chao, violin; Philippe Chao, viola; Megan Berindean, cello; Sam Suggs, double bass; Steve Beck, piano; John Kilkenny, percussion; and Hanna Shea, mezzo-soprano. Reserve your free tickets at <<https://ssmf.sewanee.edu/tickets/>>.

Lenten Iconography Workshop

A few spots remain in the Lenten Iconography workshop being offered by Sewanee Art Works.

Martha Keeble is offering a seven-week class featuring the icon, "The Good Shepherd." It will meet from 6 to 8 pm, on Tuesdays, starting March 21. No previous art experience is necessary. (Note: The Tuesday morning class is full.)

Icon writing is a contemplative spiritual practice, a meeting place between the divine and the human. Part of the icon's symbolism is transmitted through the step-by-step technique used to create it, including style, materials, and actions. Iconography is primarily conducted in silence while listening to Gregorian chants. This class offers a meditative and creative way to engage in the Lenten season.

The cost for the seven classes is \$200 (which can be paid in two installments) and includes all supplies. Space is limited.

Sewanee Art Works is an open, airy studio located at 38 Ball Park Road, Sewanee, Tennessee. For more information or to register, contact Martha Keeble at <sewaneeartworks@gmail.com>.

Calling Artists for Community Shows

The Franklin County Arts Guild (FCAG) is seeking artists, emerging artists, and amateur artists to participate in its Public Art Community Shows at the Artisan Depot in Cowan. Do you draw, paint, or do other creative activities? This is the year to show them off to your community. The FCAG invites original contributions from Franklin County artists of all ages in any media for inclusion in its Community Arts Shows. If you or you want to help a child to present work for a community show, submit work at the Artisan Depot on published intake dates during gallery operating hours, noon-5 p.m., Thursday-Sunday. Each artist is free to interpret the theme of each show as they wish. Use all of your creativity and inspiration.

April 6-May 28, "Being a Flower Is a Big Responsibility," Bring work to gallery March 30-April 2.

June 1-July 30, "Something for Children," Bring work to gallery May 25-28.

All work must be submitted ready for hanging or other display. Membership in the Guild and gallery fees is not necessary for these shows but members can participate. With permission of the artists, works can be presented for sale. Commissions for works sold are 25 percent of sale price. For further information on community shows and tips on preparing art work for display, go to <www.franklincoarts.org> and click on community shows at the top of the page.

The Artisan Depot is operated by the Franklin County Arts Guild and is located at 204 Cumberland St. East, Cowan. For more information go to <<http://www.franklincoarts.org>>.

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Michaela Walker pitched both of Sewanee softball's winning games over Hendrix in the weekend series. Photo by Lyn Hutchinson

Softball Claims Series Victory over Warriors

The University of the South softball team, after falling 6-4 in the opening game to Hendrix College of the March 11 doubleheader from the Tiger Softball Field, rallied to win the Southern Athletic Association (SAA) series in the nightcap, 7-2.

In Game 1, things got a little shaky for Sewanee in the top of the first. After a leadoff walk, a fielder's choice that led to an error on the basepaths and a four-pitch walk, the Tigers quickly went to the bullpen.

Hendrix responded to the pitching change right away with a bases-clearing triple to bring all three runners home. The Warriors did tack on a run in the fourth to make it a 4-0 lead after a half-inning.

In the third, Sewanee cut into the deficit by scoring three times in the frame. After Maggie Barker led off the inning with a single and a sac bunt by Zoe Crockett to move her up to second, Hannah Wilson brought her home on a double.

After a foul out and a Michaela Walker base knock deep in the hole at second base, Sam Dean entered the game as a pinch runner, and with runners at the corners, the Tigers decided to put the wheels in motion. After Dean took off for second base and the throw went in that direction, Wilson scampered across the plate for the Tigers' second run in the frame.

Grace Black drove in Sewanee's third run in the inning with a base hit.

Hendrix tacked on two insurance runs in the top of the fifth. In the bottom half, Walker posted her second hit of the day with a base knock up the middle to score Wilson. However, with the bases loaded, the Warriors get out of the inning leaving the tying run on base with a double play.

In the seventh, with two runners on base and the winning run at the plate, Tori Veith struck out the final two batters of the game to give the Warriors the victory.

With each team taking a win in the series, the second game of Saturday's twin bill became the rubber match. The Tigers did not waste any time getting the bats going in the bottom of the first.

After Michaela Walker tossed a three-up, three-down first inning, the Tigers' bats went to work. The first four would reach base for the Purple and White. Alice Charbonneau laced a base hit to center field

for the Tigers' first run of the game.

Two batters later, Grace Black chopped a ball to third base, but a high throw saw two runs score on the play and it gave the Purple Tigers the 3-0 lead.

Later, with runners on second and third, Hanna Hollis hit a ball over the reach of the third baseman for a two-run single to make it 5-0.

In the second, Walker posted a two-run base hit to the left-center field gap to bring home Wilson and Zoe Crockett, who were both base stealers during the frame, to make it a 7-0 advantage.

After Crockett laced a base hit to right field, she would steal both second and third base. Wilson, after her free pass on five pitches, took second base to help with Walker's RBI opportunity.

Hendrix avoided the shutout with a run in the fifth and seventh.

TigerSharks Pre-Swim

TigerSharks Pre-Swim program registration will be available this year online. Please go to the Sewanee TigerSharks website <<https://sewaneetigersharks.com>> to register.

The following swim opportunities are being offered by Coach Max Obermiller. Registration opens on March 29 and ends at 11:59 p.m., Wednesday, April 12, for the TigerSharks Pre-swim program.

Students that have not swum with the TigerSharks or a swim team will need to sign up for either April 19 or 20 for evaluation for placement. If the student can't meet the minimum requirements, they may sign-up for summer swim lessons, but will not be able to participate in pre-swim.

Sessions start Monday, April 24, and end Thursday, May 18, Monday-Thursday.

The cost for both Rookies and Juniors is \$200. Payment is due on the first day of classes. Please make checks payable to Max Obermiller. Both girls and boys must have a one-piece swimsuit, a swim cap (swimmers with long hair must have a swim cap), and a pair of good goggles. Caps and goggles will be on sale from 3:15-4 p.m., on April 19 and April 20.

For more information, contact Max Obermiller at <mobermil@sewanee.edu> or call (931) 598-1546.

HOME GAMES

5 p.m., Monday, March 20, SAS MS Boys' Soccer vs. Thurman Francis Arts Academy

6 p.m., Tuesday, March 21, Women's Lacrosse vs. Hope

3 p.m., Thursday, March 23, Men's Tennis vs. Kalamazoo

5 p.m., Thursday, March 23, Women's Lacrosse vs. Kalamazoo

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Women's Tennis Captures Win over Whittier in Split-Squad Action

The No. 10 University of the South women's tennis team secured a 9-0 win as a part of split-squad action on March 12, on the team's first matches on its spring break trip.

Led by Nassar/Ansley Carpenter's (6-2) shutout at the No. 1, the Tigers swept doubles play.

In singles, Nassar (4-2) did not allow a game to Whittier's Jasmine Saunders in a 6-0, 6-0 shutout.

Emma Caldwell (4-1), Nicole Nowak (3-0), Lauren Wilson (3-1), Carolyn Reid (1-1) and Eliza Dieck (3-1) all picked up singles victories.

Earlier in the day, the Tigers dropped a 7-2 decision to No. 7 Amherst College at Claremont-Mudd-Scripps Colleges. Top-ranked Brooke Despriet/Katherine Petty (12-2) used a 7-5 tiebreak to defeat Katja Jules Viberg/Karolina Dobiecka, 8-7. In singles, Natalia Nassar rolled to a 7-5, 6-3 victory versus Maddie Swire at the No. 6.

Men's Tennis Edged by No. 13 Caltech

The No. 22 University of the South men's tennis team fell in a top-25 matchup with the No. 13 California Institute of Technology (Caltech), 5-4, March 12.

Caltech won two of three doubles points. However, No. 18 Jordan Theron/Quinn Wicklund (9-2) cruised to an 8-2 win at the top flight.

In singles, the Tigers evened the match at three points apiece thanks to wins by Noah Holsclaw (6-3) and Gil Weston (9-2). Holsclaw, at the No. 4 position, after dropping the first set, 6-7 (4), rallied to win the next two, 6-4, 6-2.

Weston was forced to a third set tiebreak with a 7-6 (5) win to clinch the No. 6 point.

Unfortunately for the Purple and White, the Beavers clinched the match with wins at the No. 2 and No. 3.

No. 8 Theron (11-3) overcame a first set loss to defeat No. 48 Kyle McCandless, 6-7 (3), 6-2, 7-5.



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Hazardous Waste Collection

The Franklin County Solid Waste Management facility at 419 Joyce Lane, Winchester, will have its annual Household Hazardous Waste Collection Event, 8 a.m.–1 p.m., Saturday, March 25.

Hazardous household waste is defined as corrosive, flammable, toxic or reactive materials used in your home, car or truck, garden and lawn, such as:

Household Cleaners—drain openers, oven cleaners, wood/metal cleaners and polishes, toilet bowl cleaners, disinfectants;

Automotive Products—fuel additives, grease/rust solvents, air conditioning refrigerants, starter fluids, auto body putty, coolants, carburetor/fuel injector cleaners;

Lawn/Garden Chemicals—fungicides, herbicides and pesticides;

Home Maintenance Chemicals—oil-based paint, paint thinner, wood preservatives, paint strippers/removers, adhesives;

Miscellaneous—fingernail polish remover, pool chemicals, photo processing chemicals, medicines/drugs goes to the Sheriff’s Department, reactive aerosols, compressed gas, mercury thermometers and thermostats;

Accepted daily at Joyce Lane: TVs and other electronics, fluorescent light bulbs, computers and accessories, dried latex paint, antifreeze, motor oil, home use needles, batteries.

No explosive, ammunition, radioactive, or infectious medical waste materials will be accepted. Please no empty containers.

Hazardous waste from non-household sources such as business, schools, farms, churches, etc., may only participate in advance registration by calling Clean Harbors at (615) 643-3170.

For more information call (931) 967-1139 or go to <www.ISWAre-cycle.net>.

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.

Tuesday, March 21

Spring Waterfall Hike (\$10) (Registration closes at midnight the day before the event. Please pre-register at link above)—Love waterfalls, but hate crowds? Meet Ranger Jessie DeRight at 12:45 p.m. at Fiery Gizzard North, 131 Fiery Gizzard Rd., Tracy City, for a 2-mile roundtrip, moderate-to-strenuous (rocky trail, exposed roots) hike around beautiful Grundy Forest to see some beautiful waterfalls. Learn about the history of the area, and what plants and wildlife call the Grundy Forest home. Please wear sturdy shoes, weather-appropriate attire, and bring plenty of water. In the event of bad weather or dangerous trail conditions, Ranger Jessie will make the decision to cancel the event and issue refunds to participants. Participants must cancel no later than 4 p.m. on March 19 to receive a refund. This hike will also be offered on Friday, March 31.

Friday, March 24

Savage Gulf: Night Hiking at Stone Door (\$10) Limited to the first 10 people to register. (Registration closes at midnight the day before the event. Please pre-register at link above)—Join Ranger Spencer Baxter at 6:15 p.m. CDT at Stone Door Ranger Station, 1183 Stone Door Rd., Beersheba Springs, for a 2-mile hike night hike to Stone Door overlook and several other overlooks to experience the night sky and the unseen wonders of night in beautiful Savage Gulf State Park. Bring your own headlamp, sturdy hiking boots, appropriate clothing for the weather, and your spirit of adventure. In case of inclement weather (rain, high wind, snow, etc.) the program will be cancelled and a refund issued. This hike will also be offered on Friday, March 31.

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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Arts Inside

This nonprofit uses art as a tool for expression, healing, and connection for incarcerated individuals and their families in rural Middle Tennessee. While being mindful of systemic injustices, they aim to create spaces outside of and within correctional facilities for personal and communal healing through multidisciplinary creative programming. Sewanee Community Chest funding will help them to replenish art supplies.

Donate today!



NATURENOTES

by Yolande Gottfried



Red baton lichen. Photo by Yolande Gottfried



Dutchman’s Breeches. Photo by Sandra Rice

Spring Break Trip

While we’ve been visiting in South Florida, we’ve had the opportunity to visit two nature centers, Loxahatchee National Wildlife Refuge and Gumbo Limbo Nature Center. Loxahatchee is on the edge of the Everglades and has a boardwalk through a cypress swamp, dripping with Spanish moss. The ferns are huge and include leather, strap, swamp, and royal ferns. Lichens are everywhere, even on the metal wire fencing. One particularly interesting one is round, pink on the edges with a green center, so it is also called Christmas wreath lichen. The pink color is from a chemical thought to act as a sunscreen. The mysterious cypress knees are also everywhere and it is still not known for sure what causes them to form and what their function is.

Gumbo Limbo is in a remnant tropical hardwood hammock on a barrier island. The name comes from a common native tree of the region with red peeling bark. That appearance gives it the Spanish common name, “Indio desnudo,” meaning “naked Indian.” Rather than cypress knees, the visitor sees the “walking” roots of red mangroves growing in the water. Black mangroves grow a little further inland and have projections from the soil around their trunks, kind of like little cypress knees. White mangroves grow the furthest upland and have no root projections. All are incredibly important in controlling erosion on coastlines and providing wildlife habitat.

WEATHER

DAY	DATE	HI	LO	Week’s Stats:	
Mon	Mar 06	75	53	Avg max temp =	60
Tue	Mar 07	69	42	Avg min temp =	42
Wed	Mar 08	61	46	Avg temp =	51
Thu	Mar 09	52	43	Precipitation =	1.85”
Fri	Mar 10	54	31		
Sat	Mar 11	59	44		
Sun	Mar 12	50	34		

*Reported by Sandy Gilliam
Domain Ranger*



Scooby



Moana

MARC’s Mountain Adoptables

Meet Scooby & Moana

Hi, my name is Scooby and I am looking for a “foster to adopt” home. I was stray and a very nice lady is letting me stay with her for a while, but I definitely want to find my forever family. I am around two years old, brindle and white color, and probably weigh about 50 pounds. I am learning some good doggie manners and I will want someone to teach me more about how to be the best dog ever! I was heartworm positive and will be treated for that and get neutered next week. After that I just need a semi calm place to be for 30 days and then I should be good to go. I am looking for some good lovin’ and fun adventures or nice walks with my people. I hope you will come meet me.

Hello, I am Moana. I am a very special black and white girl. I am very, very sweet but quite scared of things. I am looking for a foster or forever home with moderate activity, with several people even children to help me advance to being more brave. I had a litter of puppies as a stray and now I am in a quiet foster home with one person and two other dogs and a cat. We all get along great. I am taking some calming medicine that has really helped with my anxiety. My people say I need to graduate to a more active home so I can progress. I have done well here and my foster mom says I am a very good girl. She takes me on hikes on a leash and I have a doggie door out into a fenced yard. I am housetrained. Even though I will be scared, I would like to meet you and maybe I could come live with you, at least for a little while.

If you would like to learn more about Scooby and Moana, please fill out an Adoption Application on the MARC website <www.marc4change.org> or contact Sue Scruggs at (423) 619-3845.

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PUBLIC NOTICE

NOTICE: The Monteagle City Council will have the regular monthly meeting on March 27, 2023 in the conference room at City Hall at 6 p.m.

NOTICE: There will be a meeting of the BZA on April 4, 2023 at 4 p.m. in the conference room at Monteagle City Hall.

NOTICE: The Monteagle Regional Planning commission workshop will be at 5 p.m. at City Hall on April 4, 2023.

NOTICE: The Monteagle Regional Planning commission will meet for the regular meeting April 4, 2023 at 6 p.m. in the conference room at City Hall.

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RECENT CLIFFTOPS HOMEOWNER: Would like to purchase boat located on Clifftops Lake. Contact William Davies, (901) 682-0168 or (901) 277-5757

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NONFOOD DRIVE

March 20-31

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	WHEN Daylight Savings BEGINS	WHEN Daylight Savings ENDS
MON	1:00 - 6:00	12:00 - 5:00
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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

FROM BARD TO VERSE

by Robin Bates

St. Patrick's Day

I went out to the hazel wood,
Because a fire was in my head,
And cut and peeled a hazel wand,
And hooked a berry to a thread;
And when white moths were on the wing,
And moth-like stars were flickering out,
I dropped the berry in a stream
And caught a little silver trout.

When I had laid it on the floor
I went to blow the fire a-flame,
But something rustled on the floor,
And someone called me by my name:
It had become a glimmering girl
With apple blossom in her hair
Who called me by my name and ran
And faded through the brightening air.

Though I am old with wandering
Through hollow lands and hilly lands,
I will find out where she has gone,
And kiss her lips and take her hands;
And walk among long dappled grass,
And pluck till time and times are done,
The silver apples of the moon,
The golden apples of the sun.

--W.B. Yeats, *The Song of Wandering Aengus*



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COMMUNITY CALENDAR ON THE GO!
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Community Calendar

Friday, March 17 • St. Patrick's Day

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

Saturday, March 18

- 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. Housing Sewanee Art Sale/Fundraiser, Locals Gallery, Sewanee, until 8 p.m.
- 10 a.m. Stories to Songs Workshop, live music with Marilyn Harris, FC Library, 105 S. Porter St., Winchester, until 2 p.m.
- 11 a.m. MET Live in HD, "Lohengrin," Ralston Listening Room, (\$25), duPont; tickets, <https://ssmf.sewanee.edu/tickets/>.

Sunday, March 19

- noon CCJP Book Study, University Bookstore, until 2 p.m. Sundays through April 9
- 1 p.m. You Fit, Betsy, Community Center; and at 2:30 p.m., sign up required
- 1:45 p.m. Sewanee GoGirls MTB Ride, Lake Cheston parking lot
- 4 p.m. Hatha Yoga, Helen, Community Center

Monday, March 20 • First Day of Spring

- CAC/SCA Non-food Supply Drive, through March 30
- Classes Resume, University, SAS, FC Schools
- MC Schools Spring Break, through March 24
- Last day to nominate SCA Community Service Award
- 8:45 a.m. Pilates, intermediate, Kim, 293 Ball Park Rd.
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Coffee with the Coach, Blue Chair
- 9 a.m. Tai Chi, Shaonian, High Vibes, Country Mart, Monteagle, until 10 a.m.
- 10:30 a.m. Chair Exercise, Ruth, Community Center, until 11:45 a.m.
- 4 p.m. Flow Yoga, Anneli, High Vibes, Monteagle, until 5:30 p.m.
- 6:30 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. FC Commissioners, Courthouse, Winchester

Tuesday, March 21

- 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.
- 10 a.m. Hospitality Shop open, until 1 p.m.
- 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' Group, Brooks Hall, next door to St. Mark & St. Paul's
- 4 p.m. "Opera OUT LOUD," Nashville Opera, (free), Guerry; Q&A follows
- 4:30 p.m. S. Cumberland Farmers' Market pickup, Community Center, until 5:30 p.m.

COMMUNITY SERVICE AWARD
Sewanee CIVIC ASSOCIATION
Nominations due March 20
WWW.SEWANEECIVIC.ORG | SEWANEECOMMUNITYCHEST@GMAIL.COM

- 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.
- 6:30 p.m. Social Dance class, salsa, (\$10), Lorenz, Community Center

Wednesday, March 22 • Beginning of Ramadan

- 8:45 a.m. Pilates, intermediate, Kim, 293 Ball Park Rd.
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Tai Chi, Shaonian, High Vibes, Country Mart, Monteagle, until 10 a.m.
- 10:30 a.m. Chair Exercise, Ruth, Community Center, until 11:45 a.m.
- 11:30 a.m. EQB Club, St. Mary's Sewanee; lunch at noon
- 12:30 p.m. EQB Lead, Bran Otter, "The Geology of the Plateau," St. Mary's Sewanee
- 3 p.m. Gymnastics, Georgia, Community Ctr.
- 5:15 p.m. Meditation, 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, March 23

- 8 a.m. Flow Yoga, Anneli, High Vibes, Country Mart, Monteagle, until 9:15 a.m.
- 8 a.m. Monteagle-Sewanee Rotary, Goodpaster, La Bella Pearl's
- 9 a.m. CAC office open, until 11 a.m.
- 9 a.m. Nature Journaling, Spencer Hall Room 164, until 11 a.m.; more info email <mpriestley150@gmail.com>
- 9 a.m. Pilates, beginner, Kim, 293 Ball Park Rd.
- 10 a.m. Kundalini Yoga, Pippa (free), Zoom, <pippabrowne@yahoo.com>
- 10:30 a.m. Hospitality Shop open, until 1 p.m.
- noon Pilates, intermediate, Kim, 293 Ball Park Rd.
- 1 p.m. The Aging Brain Zoom lecture, F@H, to register call (931) 598-0303 or email <folksathomesewanee@gmail.com>
- 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, cha-cha, (\$10), Lorenz, Firefly Ballroom, Cowan

Friday, March 24

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

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