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THE GROUNDHOG

Mentone, Valley Head, Hammondville, Menlo, Cloudland
P. O. Box 387, Mentone, AL 35984

Volume 32, No. 12

"Neighborhood News from the Heart of Lookout Mountain"

December 2013

Artist Feature: Paul Shoffner . . . Telling Stories With Light and A Camera

By Holley Midgley

"I consider myself only a reporter, coming out of the deep woods to share the great beauty and sublime designs with which creation has graced us," professes photographer Paul Shoffner. Indeed, even the briefest glance at some of his captures of flora and fauna give a strong confirmation that here is a man with a great reverence for nature.

Shoffner, who now lives in Calhoun, Georgia, and exhibits his photographic works at Mentone's Kamama Gallery, describes himself as an acolyte of revealing nature. Although he was a small-town studio owner/operator for many years, providing the gamut of services from portraits and weddings to commercial and industrial imagery, it is his photographs of such motifs as florals, mushrooms, birds and mountain landscapes that most delight him and now inspires his work behind the lens. He has a well developed sense of, and appreciation

for, place, a trait he thinks is held in great esteem in this burg. "Mentone is a good fit for my work because people who live and visit here appreciate our native bounty," says Shoffner. "There is a strong sense of creative community here, which I really appreciate."

That sense of appreciation for community is also one of the guiding principles of Wendell

Berry, a farmer, poet and environmental activist who Paul admires. Berry has said, "The care of the earth is our most ancient and most worthy, and after all our most pleasing, responsibility. To cherish what remains of it and to foster its renewal is our only hope. There are no unsacred places. There are only sacred places and desecrated places." Shoffner is himself active in the group 'New Echota Rivers Alliance', which promotes recreational



photography as a child. His parents were so active in the pastime that even on their honeymoon they took dozens of images. A world-traveling aunt had a nice German 35mm camera, with which she took available-light family shots on her visits, fascinating young Paul, who still has those wonderful Kodachrome

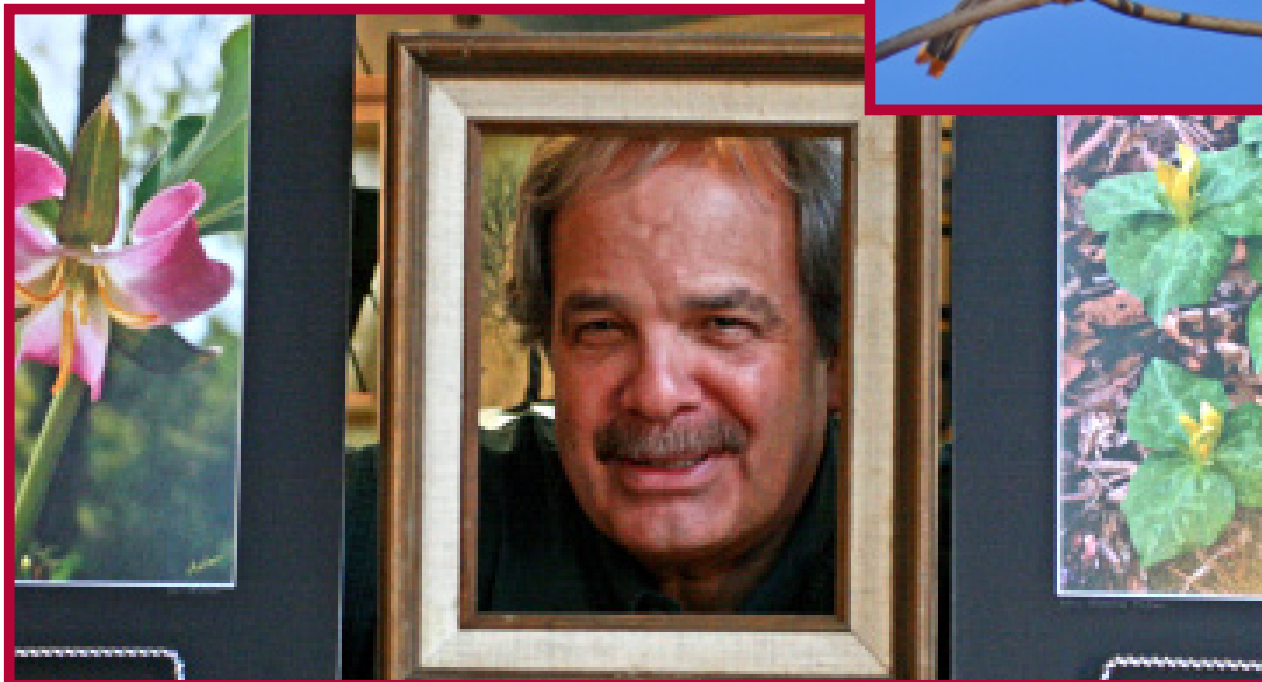
images. Later, he graduated from the family box-cameras to his own Kodak Instamatic and was blazing away at whatever found itself in front of him. As an eight year old he remembers trying to hold a cheap pair of binoculars up to the camera lens in order to try to take a kind of low rent telephoto picture of a bird in a bush. He describes the resulting effort as looking like a tiny blurred round planet floating in a dark field.

An art major/journalism

minor with a concentration in painting, Shoffner attended West Georgia College. [Trivia Alert: One of his professors was a fellow named Newt Gingrich, then a liberal democrat who in time became speaker of the House of Representatives, and something other than a

paddling and the health and protection of the area watershed, comprising three river systems. He is donating some of his nature photographs to Mentone's 'One World Adventure', to be used to raise funds for environmental education and the Little River Keeper through their Silent Auction in December.

Shoffner remembers being attracted by



(Cont'd on page 24)

THE GROUNDHOG

P. O. Box 387
Mentone, AL 35984

Published monthly by the Mentone Area Preservation Association, MAPA was first conceived on Groundhog Day, 1982, and organized April 5, 1982, for the purpose of preserving and protecting the heritage, natural environment and other unique qualities of life in the Mentone area, and is chartered as a 501c3 non-profit corporation.

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Mentone Matters

By Mayor Rob Hammond



Last week the nation remembered JFK and his presidency. On October 10, 1960, candidate Kennedy came through my hometown of LaGrange, Georgia, after speaking at FDR's Little White House. Our entire elementary school walked over to Vernon Road to watch his motorcade pass by. After that day I had a keen interest in Kennedy. Our 6th grade class watched his inaugural address in black and white in the school library.

The most famous quote of JFK's inaugural address is easily, "And so my fellow Americans, ask not what your country can do for you,

ask what you can do for your country." It was certainly a quote we would never forget. Throughout his presidency JFK made a special effort to inspire young people to serve and be participants in the political process. Some joined the Peace Corps and many young people began to become more interested in politics and history. Many would later run for public office because of the influence of JFK.

In May of 1963, the President spoke at Vanderbilt University. He urged the educated citizen to be active in public affairs at all levels of government. "He may be a civil servant or a senator, a candidate or a campaign worker, a winner or a loser. But he must be a participant and not a spectator." Kennedy urged, "...all of you today, especially those who are students, to act, to enter the lists of public service, and rightly win—or lose—the prize."

Upon entering public service he warned, "You will find the pressures greater than the pay. You may endure more public attack than support. But you will have the unequaled satisfaction of knowing that your character and talent are contributing to the direction and success of this free society."

From The Editor

December descends! Here it is and where has the time gone? 2013 is drawing to a close, and I wasn't even used to writing 2010 on my checks yet!

If you're lucky enough to be on the mountain right now, you are enjoying the expanding light. As the colorful leaves have browned and fallen away, the sky has been revealed---like a jigsaw puzzle in reverse. The light is a wonderful trade this time of year. Summer's leaves kept us insulated and close, but the sky is wide open now like all the possibilities for the New Year. The added light boosts our spirits and helps warm our homes. We've already had some freezing spells which took the begonias and the kudzu. December promises more cold, certainly, but more warmth, too. No matter what the winter brings, our hearths and hearts will be warmed. Christmas is coming and family and friends are drawing near. Look around, kindness is happening everywhere you look and simple joys are pulling ahead of commercial frenzy.

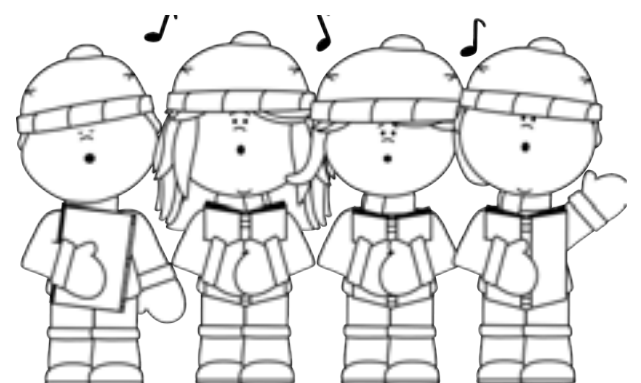
If you're in the mood to give gifts this year, pause for a moment, won't you, and think how easily big store presents could be replaced instead with gifts that would support your local community. How about local restaurant gift certificates instead of big chain ones. Mountain B&B gift certificates make great presents, and who wouldn't feel more special receiving one-of-a-kind gifts from our mountain artists instead of comparably-priced "mass produced in China"

ones. Every dollar that stays with our neighbors enriches our community. May you be well, well fed, and warm inside and out this Holiday season.

I'm sorry to say this is my last issue as editor of The Groundhog. MAPA has elected to allocate the funds to other projects and will be handling the editing themselves.

I am proud of the work we have been able to accomplish this last year--of the content, the look and the feel of the paper. I'm proud of the expanded color pages and that we got each issue out on time, no matter what it took. I am grateful to the contributors who gave us so many interesting things to read about and to all of the advertisers, subscribers, and supporters of The Groundhog.

Love & Thanks,
Susan



News From the Mentone Police Department

By Wilma Fletcher
Town Clerk

Chief Lamar Bray of the Mentone Police Department would like to take the opportunity to thank Mentone area camps, Alpine, Desoto, Laney, Riverview and Skyline, who have once again partnered with the Town of Mentone for the purchase of a 2014 Chevrolet Tahoe police vehicle. This is the second vehicle these area camps have purchased for the police department in the last few years. We would also like to thank Judge Ronnie Osborn, Representative Todd Greeson and

Senator Shadrick McGill of the DeKalb County Economic Development Council for grants totaling \$4,000 for equipment for the Tahoe.

Economic times are tough and budgets are tight, especially for small towns such as ours. This purchase will allow the police department to expand our coverage hours and make our town and citizens safer.

On behalf of Kirby Johnston, Jimmy Phillips, myself, and especially the citizens of Mentone, Thank you.

Pictured: John Paul Verdon, Hobson Kirby, Gerald Bailey, Wesley Griffith, Rob Hammond - Mayor, Lamar Bray - Chief, Dick O'Ferrell - Alpine Camp, Cassie Hooks Parker - Riverview Camp, Gery Parker - Riverview Camp, Jimmy Phillips - Police Officer



Want to know more about Mentone's early years?

MAPA is offering Zora Strayhorn's popular book *Mentone, Alabama: A History*, a fascinating collection of information about many of Mentone's oldest structures, the early settlers and popular legends and lore. Also included are several historic photographs of the Mentone area. You can buy *Mentone, Alabama: A History* at the following businesses in Mentone:

Wildflower Cafe . Kamama Gallery
Crow's Nest Antiques

The cost is only \$15.00, and all sales proceeds go to the Mentone Area Preservation Association to further its goals for 2013. Help support MAPA and get answers to all your questions about the history of Mentone!

Live outside the area? Send a check in the amount of \$18 (covering shipping and handling) to MAPA, P. O. Box 50, Mentone, AL 35984, and a book will be sent to you. Be sure to include your shipping address.

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This Olde House: MERF Community House



My boards may be a little creaky and my paint a little flaky but I am full of life. This winter and spring have brought the young and the wise through my doors so my walls are full of joy, laughter and learning.

What a beautiful fall we had this year in Mentone, and now I love the winter breezes. Hoping to have some snowfall because I look so pretty with my red roof surrounded by white snow! The holidays bring lots of fun to the MERF house, too. Hopefully, Santa will have time to visit again on December 11th for the senior lunch bunch crew's Christmas party. And how I love the beautiful table decorations the Rhododendron Garden club does for their annual Christmas celebration. Christmas carols warm my heart and remind me of the families that have lived within my walls.

MERF board meetings have been very interesting lately as they discuss what MERF does and where it might go. The Health assessment survey has given the board a lot to consider about MERF's future endeavors. MERF is very proud of the programs it has been doing these first 20 years of existence. As MERF pursues a grant to hire a full time director, the board has had to identify programs and purposes.

MERF's Goals are:

- To tap the rich natural and cultural resources of the Mentone area
- To provide collaborative learning

experiences for people of all ages

- To supplement basic educational needs of the community
- To provide a central location for a variety of recreational experiences that serve the entire community
- To provide a place for senior citizens to come together and have a good meal
- To promote good physical health
- To foster appreciation of the arts

Activities Include:

- Sue McLaurin Henry scholarship program
- Funding the Art, Music and Spanish teacher at Moon Lake Elementary School
- Tutoring for Moon Lake Elementary students
- Public walking track
- Piano lessons
- Teacher workshops
- Field trips for Moon Lake Elementary students
- Gathering spot for local groups
- Flu shots and blood drives

MERF has been so successful these 20 years due to the financial support from many of you by purchasing "Leave Me in Mentone" shirts, caps and throws as well as monetary donations. If you have not done so this year, please join the MERF house and the MERF board in another year of discovering the resources and serving the needs in Mentone by sending a tax-deductible donation to P.O. Box 107 before the end of the year.

MERF: Mentone Educational Resources Foundation is a local non-profit with the mission "To enrich the learning and living of the community by identifying needs and coordinating resources."

MERF, P.O. Box 107 Mentone, AL 35984
merf.mentone@gmail.com

2014 MERF SCHOLARSHIP

The Scholarship Committee of the Mentone Educational Resources Foundation (MERF) is pleased to offer the 4th-annual Sue McLaurin Henry Scholarship for the Spring 2014 semester. The basic criteria include:

- *Mentone or Valley Head family residency*
- *Currently enrolled full-time college student*
- *Financial need*
- *Academic performance*

Last year MERF awarded scholarships to local students Brittany Bain, Susan Calzone, Caitlin Kirby, Cynthia Sanders and Matt Shepherd.

The complete guidelines and application are available by contacting Bill Berry at 256-634-4326 or 256-634-4394 or at merf.mentone@gmail.com.

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LIBS FROM THE LIBRARY

By Linda Brown

Sometimes you have to back off and look at what is taking place right under your nose. This applies to the things that have happened in the last year at the library. Of course, being there on a regular basis and talking to Beverly Ashley, librarian, quite a bit, I am aware that things are happening there. When I see a person whom I have never seen before come through the front door of the library and come to the desk and ask what the procedure is to get a library card, I know that we are doing something right.

We, Beverly and I, had to make an executive decision recently. On the Saturday that the storm warnings were in effect for our area, we made the decision to not open the library. This was because of our concern that if severe weather did occur in Mentone we did not want to have to stuff people in the small area that has been designated as a safe place and we did not want to risk someone getting hurt. I am sorry for any inconvenience this caused anyone.

The Koffee Klatch subject was to finish the project started the Saturday before. We called Dixie Wilson, the lady who teaches the jewelry class and all of those who had started a piece of

jewelry and told them that we would continue this class on the following Thursday. We did this and the pieces of jewelry were beautiful. Please know that anytime the weather is this severe we will close the library if we know ahead of time.

The Mountain Top Quilters will continue to meet on the 2nd and 4th Thursdays of each month at 3 p.m. in the library. We hope to start a quilt at the next meeting. We want to make a string quilt and continue the entire process of making a quilt. This will include putting it in a frame and actually quilting it by hand. Most of those who are attending are beginners, except the instructors, and we invite you to come and join us. All you need to bring is yourself. A phrase often heard is, "I want to make a quilt the way my grandmother did." This group will continue to meet through the summer months.

The Koffee Klatch will end with the March 29th gathering. The speaker for that day has cancelled due to health issues so we will just meet and talk and laugh and reminisce over a cup of coffee and a cookie. Come and be with us. This activity will resume in September. It's been fun!!

The March meeting of the Board of Directors is designated as the annual meeting. This is a time of reports on all of the activities that have taken place during the last twelve months. This year the reports showed some very positive growth. We all expressed the feeling that we were doing something right. We were saddened by the resignation of one member but she promised to stay involved in the work of the

library.

I want to share some of the report contents with you. I think that you will be as amazed as the members of the Board were.

At the present, there are 33 volunteers listed to work in the library on a regular schedule. (This is my area and I would like to have more. If you want to be trained to do this, let me or Beverly know.) We had at least 20 sessions of the Koffee Klatch meeting, from September 2007 until March 2008. The newest endeavor is the Mountain Top Quilters.

The community calendars are our biggest fund raising project. We sell 36 ads for the calendar and order 250 calendars to give or sell to the community. We have over a thousand listings of birthdays and anniversaries. The color picture on the cover is very special to us as it is always a picture of the library. Thanks to everyone who helps with this project. We appreciate your involvement.

The next largest money maker is the two book sales--one in February and one in August. These are fun, so please watch The Groundhog and other places of advertising for the dates and times. The library has 453 patrons who have a card to check out books or DVD's from the shelves. There are 3,144 books and 266 DVD's which can be checked out. We have 57 FRIENDS of the Library.

We had a Christmas open house to kick off the holiday season. A Winter Village was displayed for everyone to enjoy and we gave

(Cont'd on page 6)

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Do You Hear What I Hear?

By Jane Faile

How do you explain why a particular song stirs your heart? Often, it's because the music or the words stimulate a vivid memory – first love, a discovery, a special place or time. But I can't remember when I first heard "Do You Hear What I Hear?" nor can I recall an event associated with it. It is, however, the Christmas song that I love above all the rest, and I can listen to it over and over, in its many incarnations, and never tire of the haunting melody and the lovely, simple words with their message of peace.

If I look closely at the words of each verse, I can see part of why this song moves me: it follows a progression of messages that integrate elements of nature and the human community. The

"night wind" speaks to a lamb: "do you see what I see?" The elements of air and earth combine to share the vision of the fiery star with its "tail as big as a kite," a wonderful image of child-like delight and a perfect transition to the next verse as the lamb speaks to the shepherd boy:

"do you hear what I hear?" The song they hear is "ringing through the sky...high above the trees" and its voice is "big as the sea" – combining now elements of earth, air, and water. The boy then goes to the "mighty king" and asks: "do you know what I know?" Here the innocence of childhood shares wisdom with the practical adult in his "palace warm," contrasting sharply with the "child (who) shivers in the cold" – I used to think the child's suggestion to "bring him silver and gold" was a bit silly – how can that keep a baby warm? But it's the symbolism (ok, as well as the rhyme) that's meaningful here – silver and gold are precious metals, associated with royalty, thus connecting the holy baby with the highest powers in human society. And the final verse has the powerful human king calling on "people everywhere" to "pray for peace." The last image, of the "child sleeping in the night," reconnects us with the "night wind" of the first verse, and thus the circle is complete – all

nature, the human community, and the sacred child who will "bring us goodness and light."

But the words are only half the song. I don't have the musical vocabulary to explain the melodic elements, but I can express what they do for me. The steady, even rhythm sets up almost a heartbeat effect – not the throbbing pulse of excitement, but rather calmness and serenity. And the echoes of the melody line "do you hear what I hear?" create an almost dream-like quality – did you hear that? Are you sure? Or was it a vision, a shadow, a memory? The music builds volume in each verse, until by the last verse there's almost a choral quality to the sound, an emphatic, determined emphasis on "listen" – the music itself requires that we pay attention, heed the message.



The author of the song, Noel Regney, died in 2002; an article on his experience writing the song with his then-wife Gloria Shayne explained a bit about the song's genesis. He says he wrote it as a "clear and plaintive plea for peace at the time of the Cuban missile crisis in October of 1962." "I am amazed," he said, "that people can think they know the song and not know that it is a prayer for peace." The other trigger for the song was while he was walking home to his apartment on 52nd street in New York City and saw two mothers with their babies in strollers..."the babies were looking at each other and smiling, and all of a sudden, my mood was extraordinary." He immediately wrote the words to the song, and asked his wife to construct the melody.

The song was an immediate success, skyrocketing to popularity when Bing Crosby recorded it in 1963. Countless versions have been released since and it is now one of the staples on many Christmas music collections. I have no single favorite version and I've never heard one I didn't like – from piano, harp, orchestra, to classical and country. The song's message and its sweetness always touch my spirit.

Libs (Cont'd from page 5)

an ornament to each student of Moon Lake Elementary School when they came over to see the display, especially the train. We take books to the people who are the Wednesday Lunch Bunch and hope to have a traveling book program to take the place of this during the months they aren't meeting. We will give the 6th grade students who graduate from Moon Lake Elementary School a library card.

Perhaps our best improvement for the year is the placement of Beverly Ashley as librarian through a grant from TARCOG. Beverly is one of the most helpful people I know and this has endeared her to everyone who comes in the library. At the present time Beverly is having some serious health problems, and I know that she will appreciate all of the prayers and good thoughts we can hold for her.

Please continue to come to the library during our increased hours on Wednesday (3 to 6 p.m.) and the extended hours of Saturday (9 a.m. to 2 p.m.).

Continue to use the drop boxes for DVD's and books. This will prevent you being charged a fine on your books or DVD's. The fine for a book is ten cents each day that it is late and the fine on DVD's is one dollar each day that it is late.

The next meeting of the Board of Directors of the Moon Lake Elementary School Community Library will be **Thursday, April 17, 2008** in the library.

To become a FRIEND, a volunteer in the library or to make a suggestion, you may write to us at Moon Lake Community Library, P. O. Box 481, Mentone, AL 35984.

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Village Post Office Opens in Valley Head

The US Postal Service announced that a new Village Post Office has opened in the Valley Head Drug Store in Valley Head AL. This new location will supplement the services offered at the Valley Head Post Office.

At the Grand Opening on September 18, 2013, USPS Retail Manager, Carol Brekle, emphasized that the Valley Head Post Office will not be closing. The idea is to establish Village Post Offices (VPOs) in rural areas to provide postal products where customers work, live and shop. The services will be available during the store's regular operating hours which, in most cases, are significantly longer than those of the Post Office.

Valley Head Drug owner Cynthia Wootten, and her staff will offer Forever Stamps, Flat Rate Priority envelopes and boxes, and an outdoor mail collection box. The local letter carrier makes a daily afternoon pickup.

The Valley Head Drug Village Post Office is open Monday, Tuesday, Wednesday and Friday from 8:00 am to 6:00 pm. Thursday store hours are from 8:00 am to 5:00 pm and Saturday hours from 8:00 am to 12:00 pm. Please visit the Village Post Office and take advantage of these convenient hours and services.



Children Learn From Farm City

Recently, Valley Head Mayor Scott Gifford signed a resolution stating that the week of November 24-30 was Farm City Week. Farm City is a group of farmers' federations whose goal is to strengthen the partnerships between urban and rural communities in feeding our families and fueling our economy. During Farm City Week, Mrs Crider's 5th grade class at Valley Head participated in a plant propagation class with L. A. Smith sponsored by Farm City. The children learned how to divide and repot plants.

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Mentone Post Office Participates in Breast Cancer Awareness Month

On Tuesday, October 8, the Mentone Post Office hosted a Breast Cancer Awareness event to help promote Breast Cancer Awareness Month. The customers were treated to snacks and punch in a very festive, very pink lobby. Some customers also won door prize items that help promote breast cancer awareness.

The United States Postal Service has been selling the Breast Cancer Awareness Stamps for approximately 12 years and has raised billions of dollars that go to breast cancer research. The Mentone Post Office is very proud to support this effort, and we sold out of Breast Cancer stamps in October. Our customers are very generous in their support of this program.

On October 31, we had a drawing for a beautiful Silpada Breast Cancer Awareness bracelet. The customers who purchased breast

cancer stamps the month of October were able to guess at the number of pink mints in a jar. The winner was Deborah Combs of Mentone. The runner up, Kyle Long, won a sheet of Breast Cancer Stamps.



Mentone Post Office Celebrates Native American Heritage Month

In celebration of Native American Indian Heritage Month, the Mentone Post Office hosted a program on Thursday, October 14, 2013. Postmaster Brenda Nelson is a descendant of the Cherokee tribe and she invited some members of the Cherokee Tribe of Northeast Alabama to visit Mentone.

Chief Stan Long, along with Skip Adams (Brenda's brother), Tonnia Maddox and Janie Tatro presented a program to post office customers and students from Moon Lake Elementary School. The tribe members were dressed in traditional Cherokee clothing and had a variety of other Indian artifacts on display. Chief Long spoke about the Cherokee traditions, language, dress, food, dance, music and many other interesting facts.

Derik King, Manager of Post Office

Operations, Area 1, attended the event along with Terri Gardner of the USPS office of Learning, Development and Diversity.



Left to Right: Mentone Postmaster Brenda Nelson and Area 1 MPOO Derik King



Left to Right: Janie Tatro, Chief Stan Long, Skip Adams, Tonnia Maddox

Veterans Honored

The annual Veteran's Day Dinner held at the American Legion Post 215 in Mentone drew over 30 people this year to celebrate and honor those that had served. Raymond Ringer was the guest speaker and shared with everyone his experiences during the War. Mr. Ringer's travels to various parts of the U.S. as well as various islands in the Pacific and most notably Hiroshima and Nagasaki after the dropping of the Atomic Bombs was very enlightening. Attendees both young and old were very intrigued by the adventures shared by Mr. Ringer.

A drawing was held for the Post's Annual Fund raiser with the Grand Prize an X-10 Hunting bow going to Jack Harp of Chattanooga, 2nd Prize of the Conquest Hunting Bow was won by Blake Dunn of Soddy Daisy and 3rd Prize of \$100 cash went to Milton Chambers of Mentone.

A special thanks to all who attended and participated in this year's event, especially to our veterans and the wives of our veterans because they too have served. Anyone interested in joining the American Legion can contact Larry Raughton at 256-508-6956.

Max Cash (Left) and Raymond Ringer (right) display Mr. Ringer's military medals and badges earned during World War II.



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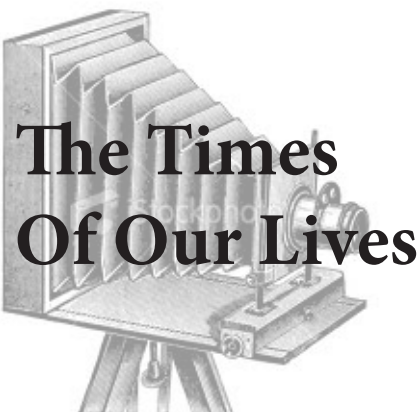
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Sadie Faith Woods, born November 10, 2013, 7lbs 7ozs, 20 1/2in long. Parents are Lance and Amy Woods Big Sister is Amelia "Mia" Grace Woods, and Grandparents are Barney and Melba Woods, Tommy and Nancy Jennings. Great Grandparents are Dot Haney and Bamalean Culberson.



Bake Some Holiday Memories

December is probably the most anticipated month of all. Christmas is by far the greatest holiday for children of all ages, right? (I include myself in that! After all, I am someones child!) The tree, the packages, the lights, the family gatherings and, of course, the food! Every family has traditions and they form a place so special in our hearts that those memories live within us for our lifetime! Just the smells of Christmas can evoke a complete Christmas past replay in our minds!

I encourage you all to begin a new tradition of giving this Christmas. I have listed the local food pantries that I could find. If you know of more, share them with your family, friends and neighbors! I wish you all a very Merry and Safe Holiday season!

Community Action Valley Head
159 Commerce St.
Valley Head, AL 35989
(256) 635-6722

Community Action Fort Payne
1209 Forrest Ave. N.
Fort Payne, AL 35967
(256) 845-6702

Salvation Army
450 Gualt Ave
Fort Payne, AL 35967
(256)997-0858

Baked Potato Salad

I know! I know! Potato salad is supposed to be cold! But let me tell you, you will love this one! This happened because I have always loved potato salad fresh made when it's still warm! You have to try this!

Preheat oven to 350-375°. Boil off 5 lbs of peeled and cubed potatoes to fork tender, (make sure you salt your potatoes when they start to boil!) While those are working, chop up 4-5 green onions, 1 small onion and 2 cups finely chopped cooked ham. In a large bowl, mix together 1 1/2 cups mayonnaise, 1 1/2 cups sour cream, 5 tablespoons melted butter, 1 cup shredded pepper jack cheese and 1 1/2 teaspoon garlic powder. A little salt and pepper never hurt anything either! And to be honest, I throw in a little Tony's or seasoned salt as well! Now drain your potatoes, add them to your sauce, toss it around, place into a buttered or pan sprayed casserole dish and bake 10-15 minutes. Remove and cover with a cup or cup and a half of shredded cheese. Bake a bit longer until golden and bubbly.

December Birthdays

- Dec 1 – Gayla Blalock
- Dec 1 – Mark Hatfield
- Dec 2 – Ladon Willingham
- Dec 2 – Dwayne McKenzie
- Dec 3 – Karen Saferite
- Dec 3 – Austin Battles
- Dec 4 – Lloyd McElhaney
- Dec 4 – Nichole Cash Williams
- Dec 4 – Lydia Gifford
- Dec 5 – Jess Goggans
- Dec 5 – Brian Howard
- Dec 6 – Austin Potts
- Dec 7 – Gavin Myers
- Dec 7 – Keesha Burgess
- Dec 7 – Reagan Owen
- Dec 7 – Nathan Owen
- Dec 10 – Kevin Worthey
- Dec 10 – Tammy Frost
- Dec 10 – Bobbie Smith
- Dec 11 – Christine Ballenger
- Dec 11 – Toni Freeman
- Dec 11 – Hannah Blansit

- Dec 12 – Valerie Logan
- Dec 12 – Jeff Nelson
- Dec 13 – Moria Potts
- Dec 14 – Ginny Zulker
- Dec 14 – Jim Phillips
- Dec 15 – In memory of Kenya Bain
- Dec 15 – Jessica Howard
- Dec 17 – In memory of George Battles
- Dec 17 – Holly Day
- Dec 17 – Chris O. Smith
- Dec 18 – Ashley Henry
- Dec 18 – Daniel Brown
- Dec 19 – Brynda Hopper
- Dec 19 – Jake Nelson
- Dec 20 – Shelley Meadows
- Dec 21 – Tyler Dean
- Dec 21 – Jordan Henderson
- Dec 21 – Coby Harrison
- Dec 22 – Dale Howard
- Dec 23 – Daniel Gray
- Dec 25 – The Birth of Christ
- Dec 26 – Jason Goss
- Dec 26 – Melanie Grisham
- Dec 27 – Melissa Shoults
- Dec 27 – Houston Downer

- Dec 27 – Jennifer Blalock
- Dec 28 – Annette Chappell
- Dec 28 – Brooke Morris
- Dec 28 – Elizabeth Turner
- Dec 29 – LeAnn Bain
- Dec 30 – Dawn Langston

December Anniversaries

- Dec 1 - Cotton & Pam Baggett
- Dec 2 – Joe & Donna McClure
- Dec 12 – Walter & Christine Brooks
- Dec 13 – Ron & Valerie Logan
- Dec 15 - Johnny & Sissy Crider
- Dec 20 – Sherry & Allen Powell
- Dec 20 - Dave & Jamie Vest
- Dec 28 – Lendell & Annette Chappell
- Dec 28 – Danny & Julie Mewes
- Dec 28 – Howard & Tonya Hilyer

What To Do Around Here!

December 2013 Community Calendar

Dec 2 - Orienteering Class. True Adventure Sports. Basic yet essential skills for survival navigation are brought to you in map reading, compass reading, and topography. Bring your own compass or you may purchase one at our store. 10am-1pm. 256-997-9577. www.trueadventuresports.com.



Dec 3 - Zip Line & Sky Swing Adventure. True Adventure Sports. All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. Enjoy the thrill of the swing and zip line. Pre-registration required at True Adventure Sports by 6pm the day before adventure. 10am-2pm. 256-997-9577. www.trueadventuresports.com.

Dec 3, 19 - Furniture Paint Party. Learn to re-love your furniture as we teach a creative variety of painting and refinishing techniques. You can call for questions or to reserve your spot. Alice Circle in Rainsville. 6-9pm. 256-638-2688.

Dec 3 - Celestial Navigation. True Adventure Sports. This to navigate without the use of a compass or GPS with the same rules used for almost six thousand years. Meet at True Adventure Sports. 6:30-8:30pm. 256-997-9577. www.trueadventuresports.com.

Dec 4, 16, 24, 30 - Wild Cave Tour. True Adventure Sports. Go beyond where the average tourist explores! This 2.5 hour adventure is for those of you ready to explore



on your knees, on your belly, in the mud and through tight tunnels. Explore in one of NE Alabama's most unique all-weather caves, Manitou Cave, in the heart of Fort Payne. Adventure includes helmet, cave lamps plus a fun informative guide. Meet at True Adventure Sports. 5-7:30pm. 256-997-9577. www.trueadventuresports.com.

Dec 5-7 - Make An Ornament. Come in and make an ornament at Alice Circle in Rainsville. Ornaments are \$3.50 each and add \$1.50 for personalization. 10am-3pm. 256-638-2688.

Dec 5 - DeKalb County Children's Advocacy Center Holiday Market & Open House. We are so excited about doing our Open House and Holiday Market here at the CAC! We will be showing off our new building along with having dinner theatre tickets on sale, t-shirts, refreshments, Santa and more. We will also have information available to those who would like to "adopt a child" for Christmas. 11am-4pm. 256-997-9700.

Dec 5 - Rock Climbing Adventure. True Adventure Sports. Nestled in the NE corner of Alabama are some of the best and unique sandstone cliffs in the country. Come experience first-hand what rock climbing is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. 2-6pm. 256-997-9577. www.trueadventuresports.com.

Dec 6 - Zip Line Adventure. True Adventure Sports. All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. Pre-registration required at True Adventure Sports by 6 pm the day before the adventure. 10a-12pm. 256-997-9577. www.trueadventuresports.com.



Dec 6, 18, 21, 26 - Extreme Night Hike. True Adventure Sports. This end-of-day adventure does not slow down just because it's dark. Intended for a large group team-building exercise, this hike has a bit of bouldering, some scrambling, some spelunking, and a whole lot of required working together. Headlamp and enthusiastic guide included. Meet at True Adventure Sports. 6-8:30pm. 256-997-9577. www.trueadventuresports.com.

Dec 5 - Johnny Neel "A Very Blue Christmas". Kamama Gallery. Legendary Keyboardist/Grammy Winner for his work with the Allman Brothers. Open for dinner at 5:30. Concert 7-9pm. Concert is \$10 per person. Reservations requested. 256-634-3001.



Dec 7 - "Make Your Own Wreath" Class. St. Joseph's Church, Mentone. Presented by Fine View Garden Center. 1-3 pm, Refreshments by Mentone Area Arts Council. Total cost is \$30. Must register for class and pay \$10 deposit by 11/30. \$20 balance at time of class. Mail to: Fine View Garden Center, 30 Garden Path, Summerville, GA 30747. Call 706-862-2600 for more details.



Dec 7, 14, 21 - Blow Your Own Ornament. Orbix Hot Glass. Come design and blow your own ornament with the help of one of our glass artists. No reservations are needed, it is on a first come, first serve basis. For this we welcome people of all ages (at least 5 years old). 9am-4pm. Cost is \$35 per ornament blown. 256-523-3188.

Dec 7 - Valley Head Christmas Parade. Bring your family to this fun festive event. Parade begins at 10am. 256-635-6814.

Dec 7, 10, 31 - Rappelling Adventure. True Adventure Sports. Come experience the thrill of rappelling down the sheer sandstone gems of NE Alabama. No previous experience necessary. Each trip includes all the gear plus basic instruction. 10am-2pm. 256-997-9577. www.trueadventuresports.com.

Dec 7, 10 - Hypothermia Class. True Adventure Sports. This three-hour class teaches the extreme dangers and how to treat hypothermia. Learn how quick hypothermia can set in and the signs indicating it is setting in. Also learn steps to prevent hypothermia and how to combat it. True Adventure Sports 1-4pm. 256-997-9577. www.trueadventuresports.com.

Dec 7 - Ider Christmas Parade. Bring your family to this fun festive event. Parade begins at 1pm. 256-657-5717.

Dec 7 - Musical Variety Show. Ruhama Elementary and Middle School will be celebrating the season with a musical variety show. The proceeds go the Ruhama School. 7pm. 256-997-1981.

Dec 7 - A Canyon Christmas. Little River Canyon Center. An enchanting day full of holiday programs such as winter wildlife feeding, sustainable giving, secret Santa gift shop, photos made with Santa, storytelling

and more!! 10am-4pm. 256-845-3548. www.jsu.edu/epic/field_schools.com.

Dec 8 - "Bethlehem Morning" Christmas Musical, presented by the Valley Head Community Choir, will be performed at 5pm at the Mentone United Methodist Church and 7pm at the Valley Head Baptist Church. Directed by Larry A. Nelson and Peggy Pullen, LaRae Thurmon, pianist.

Dec 9 - Rock Climbing/Rappelling Adventure Combo. True Adventure Sports. Nestled in the NE corner of Alabama are some of the best and unique sandstone cliffs in the country.



Come experience first-hand what rock climbing and rappelling is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. 10am-2pm. 256-997-9577. www.trueadventuresports.com.

Dec 11 - Cold Weather Survival Class. True Adventure Sports. Learn how to survive in cold harsh conditions. Learn tips to prevent hypothermia and death. This class covers the basics for emergency cold weather conditions and also covers a few tips on how to stay warm and comfortable for everyday cold conditions. 9am-12pm. 256-997-9577. www.trueadventuresports.com.

Dec 12-14 - Make An Ornament. Come in and make an ornament at Alice Circle in Rainsville. Ornaments are \$3.50 each and add \$1.50 for personalization. 10am-3pm. 256-638-2688.



Dec 13 - Sculpt Your Own Flower. Orbix Hot Glass. Have you ever wanted to actually sit at the gaffer bench and feel what it is like to shape hot glass? It's all about hands on experience in a safe and fun atmosphere with a final product we know you will love. There is a minimum of 3 people and a maximum of 5 in each class. 6-7pm. Reservations are required. 256-523-3188.



Dec 13 - Fort Payne Christmas Parade and Christmas in the Park. Fort Payne City Park. Free soft drinks, hot chocolate, refreshments, caroling, then there will be a huge parade to make this annual event tons of fun! Festivities start at 4pm. Parade starts at 6pm. 256-845-2741.

Dec 14 - Book Signing with Bill King. The Book Shelf. 256-844-8663.

Dec 14 - Fyffe Christmas Parade. Bring your family to this fun festive event. Come enjoy the parade and the Christmas spirit. Parade begins at 12pm. 256-623-2222.

Dec 14 - Geraldine Christmas Parade. Bring your family to this fun festive event. Parade begins at 2pm. 256-659-2122.

Dec 14 - Collinsville Christmas Parade. Bring your family to this fun festive event. Parade begins at 2pm. 256-524-2135.

Dec 14 - Sylvania Christmas Parade. Bring your family to this fun festive event. Parade begins at 2pm. 256-638-2604.

Dec 14 - Annual Rainsville Christmas At the Crossroads and Parade. Come and enjoy a celebration on the season with this fun festive annual event. Parade begins at 4pm. 256-638-7800.

Dec 14 - Crossville Christmas Parade. Bring your family to this fun festive event. Parade begins at 5 p.m. 256-528-7121.

Dec 14 - Old Time Southern Gospel Singing. The Pickin Post. Enjoy a night of great singing with The Sharp's Quartet and The Owen

Family. The Pickin Post has moved to its new location in Fort Payne next to Gary's TV & Appliance Warehouse on Hwy 11. The show starts at 6pm. Tickets are available now at Blacks Tire in Rainsville, Rogers Music and Pawn in Fort Payne. Tickets are \$10 each. 256-996-8910.



Dec 14, 27 - Zip Line & Sky Swing Adventure At Night. All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. Enjoy the thrill of the swing and zip line. Pre-registration required by 6 pm the day before adventure. 6-10pm. 256-997-9577. www.trueadventuresports.com.



Dec 17 - Sky Swing Adventure. This is an adventure of a lifetime. Enjoy the thrill of the swing. Pre-registration required at True Adventure Sports by 6 pm the day before the adventure. Meet at True Adventure Sports. 12-2pm. 256-997-9577. www.trueadventuresports.com.

Dec 17, 23, 28 - Bouldering Adventure Atop Lookout Mountain. Come experience first-hand what bouldering is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. We will climb on some of the best boulders atop Lookout Mountain. No prior climbing or bouldering experience is needed. Meet at True Adventure Sports. 2-6pm. 256-997-9577. www.trueadventure.com.

Dec 19 - The Pierce Pettis Christmas Concert. Kamama Gallery. All-time favorite singer/songwriter performing holiday favorites. Open for dinner at 5:30pm. Concert 7-9pm. Concert is \$10 per person. Reservations requested. 256-634-3001.



Dec 20 - GPS Basic Training and Navigation Class, Part 1. Learn how to use a map, compass, and a handheld GPS. Learn basic navigation and how to pinpoint a location for quick return, or quick rescue. Also learn how to search by waypoints or coordinates. True Adventure Sports 10am-4pm. 256-997-9577. www.trueadventuresports.com.

Dec 20 - Night Zip Line Adventure. Our cable zip line spans 250 feet over a ravine and whisks you on an adventure through the woods where your only light source is a headlamp and tiki torches. You get up to 2-3 zips per person. Pre-registration required at True Adventure Sports by 6 pm the day before the adventure. 6:30-8:30pm. 256-

997-9577. www.trueadventuresports.com.

Dec 21 - The Winter Excursion. A mystery trip that includes hiking, bouldering, sightseeing, navigation, survival, teambuilding, waterfalls, and just plain fun. You will need to bring a small backpack, compass, flashlight, change of socks, warm clothes, camera, trail mix, water, small first aid kit, emergency blanket and emergency poncho. 10am-1pm. 256-997-9577. www.trueadventuresports.com.

Dec 21- 24 - Christmas in the Caverns. This annual event takes place inside the beautiful Sequoyah Caverns. The Live Nativity includes a choir, live animals and the depiction of the birth of a savior.



Correction:

The current contact for Paradise Garden is Kathy Berry. She can be reached at 706-808-0800 or kathy@paradisegardenfoundation.org.

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Ongoing

MAPA Members meet on the first Tuesday of each month at 6:30pm in the MERF House in Mentone.

Gluten Free/Diabetic All Natural Cooking classes with Brenda Trace will be held at Little River Hardware at 6pm on Wednesdays. Classes \$10.

Lookout Mountain Parkway Association meets every 3rd Wednesday of the month at 11am. Call to find out how to get involved! 256-845-3957.

Karaoke every Saturday Night. 6-10pm, The Blue Lantern. Nice, clean family entertainment. Located on Co. Rd. 642 in

Mentone, 0.7 mi No of Hwy 117.

DeKalb Quilters meet every 4th Tuesday, 9:30am, Second Baptist Church in Fort Payne.

DeSoto Rescue Squad meets the 1st Saturday of the month at 9am at the MERF house in Mentone.

Free Square Dance Lessons offered most Thursdays, 6:30pm, at Tom Beville Center in Rainsville by Duos and Solos Dance Club. 256-638-2780

Moon Lake Elementary School PTO meets every 2nd Tuesday of the month at 6pm in the Gymnasium.

FREE FOOD for eligible persons and families. Hours: Tuesdays, 9 AM to noon. New applicants welcome during these hours. Joint effort between St. Joseph's on the Mountain Episcopal Church (Community Outreach Ministry) and the Food Bank of North Alabama.

Mentone Fire Department meets the 3rd Monday of every month at 7pm.

Mentone Town Council meets every 2nd Tuesday at 6pm.

The Lookout Mountain Wholistic Center meets the 1st & 3rd Wednesday of every month at Rock Ridge Retreat Center in Valley

Head at 6:30pm. Everyone is welcome! Mentone Farmers Market open year round every Saturday, 10am-1pm.

Storytime at the Canyon Center every first Saturday of the month. 11am-Noon. Free. 256-782-5697.

NPS Green & Gray Saturday every second Saturday of each month at the Canyon Center. 10am. Free. 256-782-5697.

Little River Canyon Center River Rhythms Nature & Art Family Fun Program every fourth Saturday from Jan-Oct. 1pm - 3pm; No Fee. Call Renee Morrison at 256-782-5697.

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Worship

The Sunday morning services at **Winston Memorial Presbyterian Church** are held at 9AM each Sunday, except no services on 5th Sunday. Rev. Jerry Davis is our miniter for these services.

The Valley Head Baptist Church invites you to attend Sunday School at 10AM; Worship Service at 11AM; Sunday Evening Worship at 6PM; Midweek Service (Wednesday) at 6PM; Women on Mission meets at 1PM the second Tuesday of each month at different homes. Everyone is welcome to come.

Lea's Chapel Baptist Church welcomes you to worship with us. 10AM Sunday Bible Study, 11AM Morning Worship, 6PM Evening Worship. Wednesday 6-8PM Awana (ages 4 to 18); 6:30pm Praise and Prayer time. Located at 4212 County Road 751, Valley Head. 635-1001.

Visitors are always welcome at the **Valley Head United Methodist Church**. Please join us each Sunday morning for a traditional worship service at 9:30AM.

Wildwood Seventh Day Adventist Church, Mentone Chapter, is currently holding services in the Woodmen of the World Hall in Valley Head. All are invited to attend! Sabbath School and Song Service: 9:30-10:45AM, Worship Service 11:00-12:15. Pastor - Wilbur Atwood; Lay Pastors - James Hartley and Ryan Bunnel.

Our Lady of the Valley Catholic Church on N. Gault Avenue in Fort Payne holds Sunday mass in English at 10:00 a.m. and 1:00 p.m. in Spanish. Tuesday at 6:00 p.m. in English, Wednesday at 5:00 p.m. bilingual, Thursday at 6:00 p.m. in English, Friday at 9:00 a.m. in English and Saturday at 6:00 p.m. in bilingual.

Prince of Peace Lutheran Church, 1519 Smith Gap Road (County Road 85), Fort Payne. Regular Worship Services are at 10AM Sunday. Bible class or Lent/Advent services every Wednesday at 6:30PM. Steve Schrader,

Pastor - 845-4314. Everyone welcome.

Walnut Grove Baptist Church on Highway 11 North of Fort Payne, welcomes everyone at Sunday School 10AM, Worship Service at 11AM, Wednesday night youth meeting at 6PM, and Wednesday night Prayer Meeting at 6:30PM.

The Fort Payne Christian Center and Pastors Ken and Elaine Hollman invite everyone to join in Worship on Sunday at 10AM, Wednesday evening at 6PM. God Bless You.

Grace Presbyterian Church (PCA), 5760 Gault Ave. NE, Fort Payne, AL. Sunday School 9:45AM; Sunday Worship 10:55AM. Church office: 256-845-4756.

Menlo Church of Christ invites you to attend the 10AM and 11AM services and evening services are at 5PM on Sundays and Wednesdays. Visitors are always welcome.

Mount Calvary Baptist Church, Cloudland, GA, welcomes everyone to come and take part in our church services. Sunday School at 10AM; Worship Service at 11AM, Sunday evening at 6PM, and Wednesday evening at 7PM.

DeSoto Church of Christ invites you to attend Sunday Bible Study at 10AM, Worship at 11AM, Wednesday Bible study at 5PM.

Howard's Chapel (Church in the Rock) has regular services 10AM each Sunday. You are invited to attend these services or visit the church at other times. Casual dress is always acceptable.

St. Joseph's On-The-Mountain Episcopal Church, 21145 Scenic Highway, Mentone. Everyone welcome to 10:30AM Sunday service of Holy Eucharist. Open for daily prayer and thanksgiving. Supporting our community with outreach. Call for more information, 256-634-4476, <http://stjosephmountain.dioala.org>

Mentone United Methodist Church, 415 Cutler Avenue, Mentone, Alabama invites you to come and worship with us. Each Sunday, our Worship Service is at 11AM and Sunday School is at 10AM. Rev. Tony Gunter is the pastor. The service of Holy Communion is celebrated the first Sunday of each

month, the second Sunday is Youth Sunday and Fifth Sunday is a service of music and pot-luck lunch.

Moon Lake Baptist Church invites you to worship with us. Sunday School begins at 9:45AM, with classes for all ages. Morning Worship is at 11AM. The Lord's Supper is observed on the first Sunday of September, December, March and June at the morning worship hour. Discipleship Training is at 5PM and Sunday Evening Worship at 6PM. On Wednesdays, Team Kids, Youth Bible Study, Adult Bible Study and Prayer Meeting are all at 6:30PM. Rev. Terry Turner is the pastor.

Alpine Community Church, 115 Hwy. 337, Menlo, GA. Pastor and Rev. Tommy Pledger welcome each and everyone to worship service Sunday morning at 11AM GA time; Sunday School 10AM GA time; Wednesday night Bible Study 7PM GA time.

Cove Road Baptist Church, County Road 631, Mentone, Alabama. Brother Marlin Stames, Interim Pastor, welcomes all to Sunday School at 9AM (10AM GA time) and Sunday night services at 5PM (6PM GA time).

Summit Church of God invites you to be in service Sunday morning 10:45AM, Sunday night 5PM, Wednesday Bible Study 6:30PM. Pastor Lance Kincer invites everyone.

Mentone Church of God of Prophecy - regular service times are Sunday School at 10AM, with Worship at 11AM. Evening services begin at 5:30PM on Sunday and 6PM on Wednesday. Bro. Whitney Smith invites everyone to attend.

Mentone Community Church, 90 Summerville Rd., Mentone, AL 35984. Sunday Services: Sunday School

9:15AM-all ages; Sunday Service 10:30AM; Bible Study Wednesday 6PM; Youth Services 7PM Sunday and 6:30PM Wednesday (Meet at Mentone Revival Center Building). Pastor Tim Miller.

Cloudland Presbyterian Church welcomes everyone to come join us for services, with Pastor Roger Kvam. Bible Study Sunday at 9AM (EST) and Worship at 10AM (EST).

Since 1889 worshippers have gathered at the Historic **First Presbyterian Church PC (USA)** at 300 Grand Avenue North in downtown Fort Payne. We invite you to join us for worship this Sunday at 10:55AM. 256-845-2915.

New Oregon United Methodist Church located off DeSoto Parkway, would like to invite you to their services. Sunday School for all ages 9:45AM; Traditional Worship Service 11AM. Sunday evening youth activities 5:30PM. Evening Worship 6PM. We have a variety of activities for all ages including Wednesday evening youth activities; knitting ministry for ladies each Tuesday at 9AM; Elderberries for Senior Adults once a month for fellowship and meal. Pastor Jeff Davis, Associate Pastor Keith Davis. Address: 1203 New Oregon Dr., Ft. Payne, AL 35967. Phone 256-845-7446.

The Church of God 7th Day in Hammondville located just off Hwy. 11 N. at corner of Hwy. 117 and Palmer Road. Sabbath School classes at 9:30AM and Worship Service at 11AM. Visitors are always welcome.

Send any changes to The Groundhog at groundhognews@aol.com or P. O. Box 387, Mentone, AL 35984.



"Bethlehem Morning" is a Christmas Musical presented by the Valley Head Community Choir to be performed on Sunday, December 8, 2013, 5:00 p.m. at the Mentone United Methodist Church and 7:00 p.m. at the Valley Head Baptist Church, under the direction of Larry A. Nelson and Peggy Pullen. Pianist is LaRae Thurmon.

Tis The Season For Holly

By L. C. Moon

During the winter, while most of the trees have lost their leaves, it is refreshing to see the deep green color of the holly leaves scattered through the forest on Lookout Mountain. As a result, holly is an American favorite for decoration during the holiday season. The leathery green leaves are perfect for adorning wreaths and making fresh decorations because holly dries nicely and keeps its' deep green color when kept from direct sunlight. The red berries adorning the base of the leaves add an extra holiday touch for decoration but there is more to holly than meets the eye.

Holly has several medicinal uses. Tommie Bass was quoted in Trying to Give Ease and the Physicians' Desk Reference for Herbal Medicines saying that our Native American holly (Ilex Opaca) has been used for rheumatism. Though, when I was a child, I was always told not to eat the red berries on the holly tree because they are poisonous.

The truth is they can be toxic but it is the dosage that makes them poisonous or not. Physicians' Desk Reference for Herbal Medicines states that 5 berries "can" lead to nausea and vomiting, 10 berries can be poisonous and 20 to 30 berries can lead to gastrointestinal inflammation; all depending on age, weight and constitution of the person. On the contrary, Peterson's Field Guide Eastern/Central Medicinal Plants, written by one of my greatest inspirations Dr. James Duke, says 10-12 red berries of our native American holly (Ilex Opaca)- chewed by an adult- act as an emetic (induce vomiting which is sometimes medicinally necessary), diuretic (promote urination) and/or act as a laxative.

Europeans and American Indians also used holly berries for digestive problems. Early European settlers made holly berries into syrup to treat children's diarrhea and American

Indians chewed the berries for colic and indigestion. I would use only small doses of the syrup if I were treating a child and only eat 2-3 berries (as an adult) for indigestion in order to avoid unpleasant, yet not life threatening, results.

The leaves and bark of an American holly also have medicinal purposes. The bark tea has been used in cases of pleurisy, gout, fever, rheumatism, worms, malaria, epilepsy and tumors. The leaf tea will also help the body eliminate toxins and help with constipation. The American Indians knew to drink American holly leaf tea for measles, colds, flu and pneumonia. They also used the fresh tea as

drops for sore eyes and externally for sores and itching.

Yaupon holly- Ilex vomitoria- also has medicinal purposes. Yaupon has rounded teeth and its' berries grow in tight clusters. Yaupon holly is known as illness prevention and for ceremonial purposes among some Native American Indians. Some Native American Indians

consumed a very strong yaupon holly leaf tea in large quantities in order to induce vomiting to cleanse the body of toxins, toxic thoughts or just before a ceremony.

David Winston- Cherokee medicine man, author & served on American Herbalist Guild as a Board Member- spoke at a symposium I attended. Winston said that Yaupon holly berries may be one of the only native North American plants to contain high amounts of caffeine (though smilax- a native briar is also said to have caffeine). David Winston spoke further about holly saying that the Cherokee make a tea called Black Drink of the roasted berries in order to cleanse "spoiled saliva". Spoiled saliva is a term the Cherokees used for the way you feel after a really bad dream or

when something happens leaving "a bad taste in your mouth".

In the case of holly, as with most any medicine, the dosage and frequency of use is very important. Everyone has their own unique physical make up. So particularly in the case of holly, small doses with a gradual increase in the dose would be the safest way to determine what would work best for you.

It is wise to keep the harvested berries of any holly out of reach of young children as a result of their colorful appeal. It is also wise to consult a healthcare provider before using any holly. If there is an accidental overdose of the holly then activated charcoal, electrolytes &/or medical attention is advised.

This holiday season while you enjoy the holly decorations, keep in mind that holly blessed us with a use beyond aesthetics. It is not a botanical I regularly harvest for medicinal purposes, though I do often get therapy from holly. I am prone to escape from all of the hustle and bustle of life and the holiday season by tromping barefoot through the woods. It is wonderful to feel the leaves, water and Earth beneath my feet. The prickly holly leaves are always a sharp reminder to stay in the present moment, patiently taking one step at a time while walking gently on the Earth. The reminder to focus on the present brings me back to center so that I can clear my mind, discover the gifts I may have missed and enjoy the beauty around me through sight, touch and sound. In slow motion, like a movie, the gifts of nature appear, the green becomes greener and the red berries seem redder.

May your holidays be healthy and blessed!



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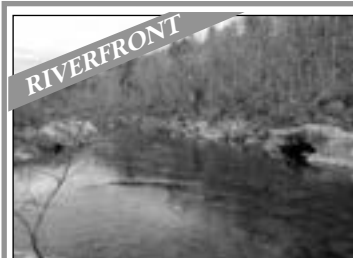
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BROW COTTAGE/CONDO approx 1600 sq ft; 2BR/2.5BA, large sun-room on brow side to enjoy views any time. Furnished (except some family pieces) and ready for you to make it your own. Part of what was once Brow Park Lodge. The most private of the cottages. Located along the Scenic DeSoto Parkway, near Camp Comer, between Mentone and DeSoto State Park. Now priced at only \$219,900 (PLS#22969;MLS#970236)



THE BEAR'S LAIR, prime location, brow-front cottage. 3BR/2BA; open floor plan; vaulted, beamed ceilings; wood walls & massive stone fireplace. Great for entertaining! Level front entrance; lots of parking; screened porch & patio offering abundant room for friends & family to enjoy. Currently very active in a rental program, the cabin has great investment potential. Close to Mentone & Desoto Park w/amazing sunsets for \$340,000. (MLS#362865)



FURTHER REDUCTION! COUNTRY COTTAGE gives you the chance to experience the best in country living! Charming, 1200 sqft, 2BR/1.5BA, one-level home with eat-in kitchen, wood floors, front porch & back deck, storage basement w/storm shelter area & a wonderful yard. 2.7 acres with Barn, workshop, studio, garden spot, mature trees, orchard & fenced pasture complete the package. Now \$149,900 (PLS#22843;MLS#770663)



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SPECTACULAR VIEWS ACROSS TATUM GULF. Such beauty and serenity, you may never want to leave this 7.59-acre Lookout Mountain parcel. Good access with city water and power at road. A serene spot to build with large trees, a wet weather spring and views to forever. Come out and hike this remarkable tract today & start dreaming of your home plans for the future. \$160,000 (Co-broke with Rick Wyatt Realty) (PLS#21593; MLS#377960)

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Sage Advice

By Susan Seago, Fine View Garden Center

Nature's Holiday

Did you know that nature takes a holiday also at this time of year? Perhaps you haven't thought of the winter season as such, but it really does participate in our festivities. Look around you and observe the magnificent decorations, sound, and scenes of the mountain.

They are with us all year, but only in the winter do we really notice the evergreen trees. During the spring, summer and fall, evergreens are a part of the overall landscape, quietly waiting to show off come winter. Among them are the deep greens of the pines, firs, hemlocks and cedars. The lime green of the cryptomerias and the blue green of the deodar cedar, Arizona cypress, and blue cypress add to the colorful array. We use these trees for many of our holiday decorations, not only to hold the ornaments, but to become a decoration in themselves.

The first Christmas trees were not artificial, although I fear that many of our younger generation have never experienced the wonderful scents and textures of a fresh cut tree. Among the more popular Christmas trees here in the Southeast are fraser firs, pine, cedar and spruce. I opt for the fraser fir because it is so well shaped and its branches are strong enough to hold ornaments. Yes, they may drop some needles, but with proper care, most cut evergreen trees will stay fresh throughout the Christmas season. When you purchase your tree, simply cut off the bottom of the tree about one inch and immediately put into a stand that



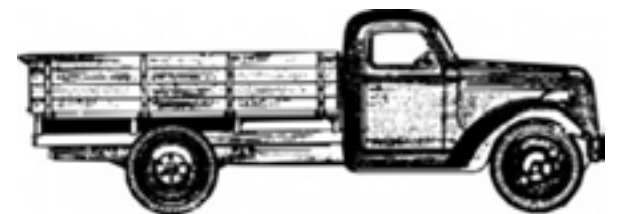
can hold water. The tree will take up most of the water in a few hours. Replenish the water twice on a daily basis. Never let the water run out completely. The heat in the home can dry the tree, but if it is placed away from the direct heat and watered each day, it should stay fresh until after the Christmas season. Keeping the heat vents closed in the room is a good idea.

Natural wreaths with natural decorations can be beautiful. For the last ten or so years, the wreaths on our doors have been all natural. Made with fresh cut evergreens and adorned with nature's finest, the wreath will last until you are ready to take it down. (I usually take mine down in March!)

Camellias add to the beauty of the season with their reds and whites, while pansies show off their pretty colors in containers and the garden. Camellias also have magnificent shiny evergreen leaves that can be used on wreaths and table decorations. And don't forget the majestic magnolias with their unusual seed pods!

A part of the beauty of nature's holiday are the birds who come to eat from the hollies and other trees and shrubs that display their seeds. What a pleasure it is to watch the red cardinals eating from the natural plants, sitting regally on their branch thrones, while the mocking birds munch away on the purple beauty berries.

While the birds eat, the grasses sway to the rhythm of the wind blowing. The fallen leaves move along the ground as if marching to the beat. Can't you just hear the winter songs of the season? Want a break from the stress of shopping, cooking, baking and going hither and yon this holiday season? Just take a walk through the forest or sit quietly in your yard and let the stress melt away (at least for a little while) as you listen to the music of nature.



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Rhododendron Garden Club

By Linda Brown

It was a cold, raw day but a few of the members of the Rhododendron Garden Club braved the weather and attended the meeting on Tuesday, November 12, 2013. Marsha Merrell had hot coffee or your choice of hot teas and other goodies waiting as we entered the door of the M.E.R.F. Community House in Mentone, Alabama. As is our custom, the meeting was called to order by President Peggy Roark, leading the pledge of allegiance to the flag of the United States of America.

Mellanie Tuttle presented a program on Ivies. She brought examples of ivy growing in a pot or cut and in water. She began her presentation with the wit of Anton Mizald who wrote of this unusual use for ivy in Memorabilium Utilum of 1566: "An ivy garland placed on pendulous or flaccid breasts, or Hedera bruised and applied, will restore their elasticity and raise them to their proper position." Today ivy is used in massage creams to relieve cellulitic conditions.

Ivy was brought to America by settlers of early 18th century. It quickly became popular in American gardens. It is an evergreen which develops two types of growth, juvenile and adult. It was once thought that they were two different species. The juvenile has three to five lobes and then as an adult it loses the lobes and takes on a narrow shape which climbs toward

the light.

The plant climbs by rows of rootlets, called pods, that attach to rocks, walls and fences. Very mature plants may produce small, white flowers which are very sticky and attract bees, wasps and flies. The hardiness of ivies depends on the species. Sometimes severe winters can kill them when the soil is frozen and the plant can't get moisture. When variegation occurs in nature, it is due to lack of chlorophyll. If you cut out the variegated, it will grow back dark green.

The most common ivy is the Hedera helix. Leaves on ivy look smooth but actually are covered by tiny hairs. Ivy planted in the home garden will not harm buildings or walls in good repair but it will creep into cracks and open spaces.

It can be used for ground covers, displayed on buildings or trees and to make fedges. A fedge is a fence and a hedge made by erecting a chain link fence and planting ivy to grow up it. Large areas of ivy may contain bird's nests. It can be trained for use in topiaries and can be used as house plants or in hanging baskets. Mellanie closed the program by showing some small topiary she had made using wire and plant materials including ivy.

The necessary reports were given and the meeting adjourned until Tuesday, December 10, 2013. I want to thank Mellanie Tuttle for writing the garden club article in the November issue of the Groundhog. That meeting has been

described as a wonderful meeting, and I am sorry to have missed it.

The Rhododendron Garden Club is a member of Northeast Alabama Federation of Garden Clubs, The Garden Club of Alabama, Inc., District II, Deep South Region and National Garden Clubs.



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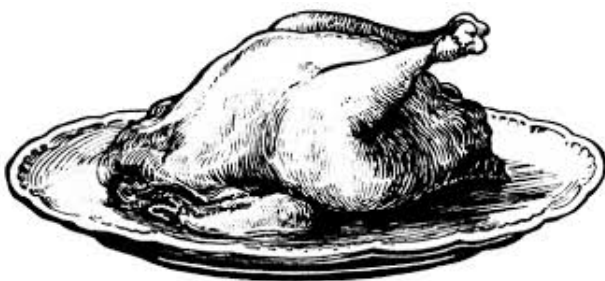


Nutritional Naggings

By
Nadine Mettlemore

Turkey! It's popular this time of year but really you should make turkey a mainstay and include it several times a week. If you are avoiding all pork and most beef like you ought to be, then you need something to turn to besides the hormone and steroid free chicken you're obviously leaning on. After the holidays, take that turkey carcass and turn it into some delicious and nutritious soup. First you have to make the stock. Put the carcass in a big ol soup pot, add water just til it covers it. Cut a couple of yellow onions in half, toss them in (for additional rich color-leave the skins on.) Break a couple of celery stalks and throw them in, add some cloves of garlic, whole is fine--you're going to throw all this out later anyway. Bring it to a boil and then turn it down and let it simmer a while. A long while. Hours. You want to extract the good stuff from the bones to put it in your bones. You know your soup is going to be good for you when it turns to gelatin in the fridge--THAT is what your

cartilage and such is made from and your body knows just how to put it to good use. Let it cool, strain off all the meat, bones and veggies and discard them. Now, put the liquid in the fridge overnight and in the morning, the fat will have



risen to the top and you can scrape it off for a low fat soup!

To turn the stock into soup, put it in the soup pot, nicely chop you up some onions, celery, grate you a carrot and bring to a boil again. Let simmer, not as long this time, and towards the end add some cooked rice (brown is best for you) and cooked turkey meat--viola!

You have delicious bonus soup! In addition to the traditional roast turkey you enjoy at the holidays, turkey is great as a ground meat. It's as versatile as ground beef and doesn't have to be drained--cause it's low fat and tastes even better, if you ask me. Use ground turkey to make your favorite spaghetti or lasagne, sloppy Joes or stuffed peppers--anything you do with ground beef try with turkey. You can also cook it up in a skillet with chicken broth and rice and season it any way you like. Turkey is good healthy protein for just about anybody. Because they don't respond to it, turkeys are not often treated with hormones or antibiotics, which makes them healthier for you. Now, GOBBLE it up!

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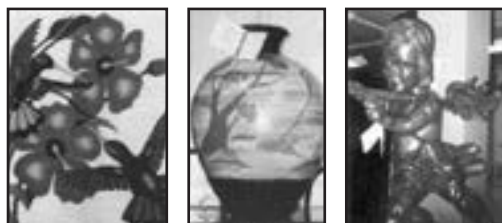
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Happy Holidays!

How to Be Suave and Debonair

By Bill Schwarz

Back in my courting days, with Sue that is, I sincerely believed it was just a small bit important to be smooth and maybe a little sophisticated.

I owned a 25-foot sailboat with a galley, head and sleeping accommodation for five, if you were good friends. This seemed like a good place for some courting, and so one of the first times Sue and I were out by ourselves was on board the boat. She brought the food and I supplied the drink. I stopped by the wine-getting store and purchased a bottle of a nice wine that would go with the food that Sue had told me about. Off we went to Guntersville and the boat. Once we cleared the marina harbor, the sails went up and we sailed out to a place in the lake and dropped anchor. The wine had been cooling in the ice chest and should now be just the right temperature. I cranked up the small alcohol stove for Sue and she began to prepare a sumptuous meal under very primitive conditions. Believe me, I was impressed. Figuring that now might be a good time to break open the wine, I went looking for a corkscrew. Now, on board I had a good selection of tools needed to manage a boat under sail and make necessary repairs. I had no concern about the boat or its condition. Searching through my tool collection and my very limited galley, however, I discovered that I had no tools for

entertaining, i.e., no cork puller of any sort. How in the blue-eyed world could I have let such a thing happen? Ah, a knife to dig the cork out. No, that didn't work – I could get only the top of the cork, and if I pried hard enough the knife would break. Sue noted my dilemma and tried hard not to laugh, but she was unsuccessful in that endeavor and giggled. I picked up a small bar and a hammer and drove the cork into the bottle. Success! Not really very suave, but we did laugh and enjoy the evening.

The next day I purchased a corkscrew and kept it handy for another sailing date. That time came and Sue and I had the same arrangement – she did food and I did wine. The cork screw went to the lake with us and I showed Sue how well prepared I was. We laughed over the earlier incident and set out to have another great date out on the water. We sailed around for a while and selected a place to anchor and have our dinner. The wine was chilling in the ice chest and dinner was being expertly prepared by my gourmet chef girlfriend. Again the time had come to open the wine and relax out in the cockpit and watch the other sailboats and enjoy the evening breeze. I very ostentatiously retrieved the cork screw and drove into the cork and prepared to pull. Only this was a screw top bottle! Suave and debonair went right down to the bottom of the lake and left me once more

with a good helping of egg on my face. This time there was no pretense at ignoring the clumsy act. Sue almost fell overboard laughing. When she got control of herself she came right to me, grabbed my shirt, pulled me to her, and laid a long sexy kiss on me.

Seasonal Favorites: Garlic and Sand Hill Cranes

By Ginger Beshears



I've been inside much more than I like lately, working for my paying job. It's simply what I have to do this time of year. But today, I got off early and went out to plant garlic. I had peeled out the cloves last night of one of my favorite varieties, German Xtra Hardy, and had a bowl full of them ready to go in the ground. I've done this fall ritual so many times before that it seemed my body and hands knew what to do without even thinking...yardstick and string for laying out the rows, organic fertilizer to sprinkle in the 2 inch deep trenches, remove the wheat straw from the bed, fill in mole and vole holes, smooth the bed, make the rows a foot apart, lay out the garlic cloves 6 inches apart, plant them, cover them, put wheat straw back on, whisper a prayer. And just as I was finishing my prayer, I heard the unmistakable sound of sand hill cranes! It is my favorite bird sound; well, second favorite really, as the flute-like sound of the wood thrush is my favorite. The yortle, yortle sound of the cranes makes me smile every time I hear it. I stood up, scanning the beautiful partly cloudy sky. I couldn't see them. Then, they flew below a flat, white cloud and came instantly into view. They seemed quite high and were heading south. I felt so lucky to have witnessed them flying over Shinbone Valley on garlic planting day. Life is good, this I know.

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"THE NUTHOUSE CABIN. Quaint Weekend getaway with open living kitchen design. 2 bdrm 1 bath, covered porch to watch the wildlife. 1 acre wooded with large Rock formations. small shed. located at the end of private drive. complete with furnishings. \$139,000. (22833)



REDUCED

MOUNTAIN CREST CABINS. 2 fully furnished log cabins on 2 acres, next to Cloudmont Resort. 'Up in the Clouds' is 2br/1bt w/ kitchen/dining combo, & large crawlspace that can be made into a basement. 'The Hideout' is 2br/1.5bt w/ open floor plan & small loft. Amenities in both cabins are CHA, gas log fireplaces, hot tubs, 3/4 wraparound covered porches, kitchen appliances, furniture, decorations, linens, etc. Great investment opportunity! \$175,000 (22094)



9 ACRES located on the east fork Little River with 500 ft on river, and 550 ft on Gilbert branch. Old homeplace. Concrete slab, power, well and septic. Privately located. Great place to build that getaway cabin! \$138,500 (22148)



5 ACRES ON THE EAST BROW tract overlooking Pleasant Valley. Rock pallacades, wooded. See Weiss Lake in the distance. Private gated area. Joins National Preserve & Forever Wild protected property. \$65,000 (22866)



36 ACRES on the West Fork little River, 1250 ft on water. 700 ft drive, power and water to this point. Wooded, some clearing, rock outcroppings, and bluff views. One of a kind find. \$288,000 (22995)



THE LOONEY BIN Cedar Cabin in the woods, open floor plan with Great rm, eat-in kitchen. Tiled island and counters, Stainless appliances, Loft area, 2 bdrm 2 tiled baths, Tung and Groove walls, FP, Covered Deck w/ Hottub. Furnished, Lovely setting and investment \$229,000 (22973)



LOOKOUT MOUNTAIN just off Desoto Pky. 4 bdrms 3 bths, living room, eat-in kitchen, separate dining rm. HVAC 1/2 finished basement storm rm. In-ground pool, barn, pond large yard, and pasture area sitting on 4.4 acres. \$149,900 (22964)



NICE LEVEL WOODED PROPERTY with partial drive and homesite cleared. Previous perk test. Easy access to the middle fork of Little River. Restrictive cov. apply. Located in Mountain River Estates. \$65,900 (20892)



NEW LISTING

NEWLY REMODELED from top to bottom, inside and out. In town charmer with 3 bedrooms, 2 baths. Open living room and kitchen. Original hardwood floors, new HVAC, covered porch and side patio. \$69,000 (22979)



LOG CABIN known as "Knowus Ark" is a hidden jewel of a property on the East Fork of Little river. 2 bdrm 2 bth, loft, screened porch, covered porch and double deck. Adobe wood burning FP, tiled floors. Also a separate artist studio. Trail to the river with a nice swimming hole. Privately located on 6.4 acres. \$270,000 (22069)



NEW LISTING

CUSTOM CREEKSIDE CABIN under construction. Mahogany windows, professional interior designed with rustic flair. Vaulted great room/kitchen. 2 bedroom, 2.5 bath. Plank oak flooring, 2 fireplaces, 2 screened porches. A must see! \$230,000.



6.26 ACRES OF MAGNIFICENT VIEWS, woods, and complete seclusion located on the East Brow of Lookout Mountain, Cloudland. 2bd/2ba rustic home, with tung & groove walls and ceilings. Open floor plan with kitchen/dining room combo, sleeping loft, and utility room. Floor to ceiling windows surround the great room. Sit and enjoy the sunrises from the rock patio that overlooks Shinnel Valley. Amenities include CHA, wood burning stove, and separate storage/shop. Nicely landscaped with 400ft on the brow. Appt Only. \$330,000. (22952)



EAGLES AERIE. A unique Octagon-structure Home on the West Brow of Lookout Mtn. 8.8 acres, 3bdrm 2bth, Great Room W/FP Open kitchen/ Dining. Heart Pine Floors & Views from every Room. A must see. \$389,900 (22539)



UPGRADED BLOCK BUNGALOW IN HENAGAR. Darling 2 bdrm 1 updated bth. Living, dining, Kitchen. new roof, totally re-plumbed. 2 storage buildings garage, carport, county water and underground utilities. 1 acre, quiet location. \$55,000



NEW PRICE

HILLTOP SETTING, 2 story maintenance free siding. 4 Bdrms 3.5 baths Eat in Kitchen, Great Room w Gas FP, Den, lots of walk-in closets Wraparound porches. approx 3500 sq ft. landscaped with mature plantings. a must see on 5 acres. Mentone area. \$350,000. (22949)



COTTAGE ON LITTLE RIVER CANYON. Peaceful setting and private 2 bdrm 2 bth with sleeping loft, greatroom with rock fireplace. Screened porch with a view of the canyon rim over 5 acres. A must have. \$160,000. (22865)

LOTS AND ACREAGE

WOODED 39.8 ACRES, level mixture of hardwoods and Pines, some trails through property. Over 2500 ft. of paved road frontage. Could be nice development opportunity. Build a few cabins in this spot. REDUCED TO \$163,800 (21649)

NICELY WOODED 5 ACRES on DeSoto Parkway with Stream. Can be Residential or Commercial. Land has old homesite and green house. Large Rock formations. Possibilities are Endless! REDUCED TO \$90,000 (19419)

OLD HOMEPLACE next to Shady Grove Dude

Ranch. 1.7 acres. Great building sites. Non-restricted. Reduced \$18,500 (21599)

5.7 WOODED ACRES with a beautiful view across from Lake Lahusage. The driveway has been started to build your Mentone getaway! Paved road frontage, city water available, perc tested. Lightly restricted. Seller is very motivated! REDUCED \$49,900 (19865)

HEAVILY WOODED ACREAGE with wet weather spring. Paved road frontage along County Road 106, and just minutes from downtown Mentone.

\$100,000 (22248)

6.4 ACRES. Partly open field and wooded tract of land in Oakwood subdivision. Lightly restricted. Surveyed, Perk. 2 lots 9, 10. \$45,000 (22650)

1.66 ACRE TRACT with septic, county water, well, and power. Lightly restricted. Cleared and ready to build that cabin in the woods! \$18,000. (22747)

3 WOODED ACRES on the parkway. Gently sloping to level with many hardwoods. Great location to build your weekend cabin between DeSoto Park and Mentone. \$25,000 (22918)

EAST BROW tract located Valley View Forest. Georgous views of Weiss lake in the distance. Camping shed, hot stove, outside deck, fire pit. Parklike setting, rock formations. \$90,000.

NICE WOODED 4 ACRES on Cloudmont Lane. Wildlife, trees and rock formations \$34,000.

3 ACRES located on the West Fork Little River above DeSoto Falls. Deep water for boating. level wooded property with native Holly throughout. Circular drive, perced, water meter installed. 70ft on water. \$110,000

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Mentone Wedding Chapel



Nestled in the woods atop Lookout Mountain, near Mentone, Alabama, this quaint little chapel is surrounded by ferns, forest and flowers. The chapel is a scaled version of traditional Appalachian churches of days gone by. Stained glass windows filtering soft forest sunrises and soft organ music accent an ambience fitting the wedding ceremony. Inside wooden pews will seat approximately 60 guests.

Linda Patterson, owner of the chapel, said the idea for it began with a bell, and now that bell rings as newlyweds exit the door of the chapel.

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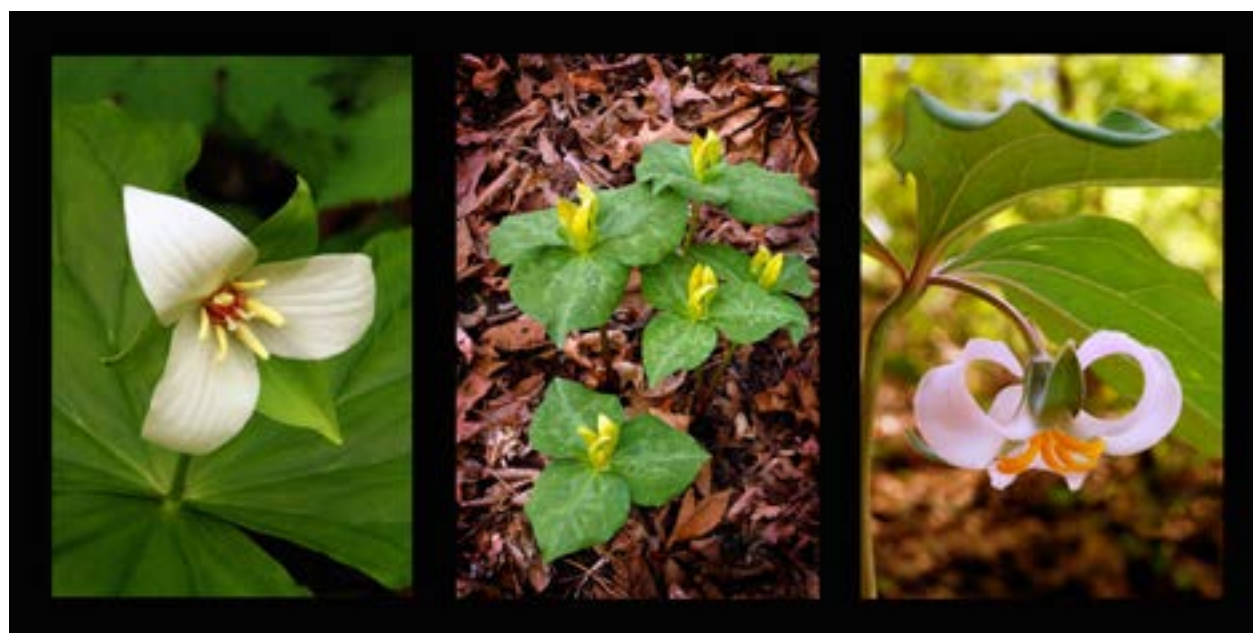
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Shoffner (cont'd from page 1)

liberal democrat.] He began to understand the power of the image, be it photographic or otherwise, and was intrigued by what he considers the strength of a good photograph: its narrative ability. "In photography," he says, "you are choosing or modifying the light in a scene, like a writer chooses words, to tell a story. I think that's a very southern "sense of place" thing. Because the human eye is a marvel of nature, it takes skill to manipulate a camera to gain a semblance of the image you desire. One must overcome the limitations of the capturing device in order to approximate what one's eyes see. The photographer must have the vision to see the special nature of a scene or object, and then have the technical chops to render that scene in the most advantageous or pleasing way. He styles himself a "purveyor of light."

A blues harmonica player, Paul has played in several blues bands and continues to have a keen interest in American Roots music. He acknowledges that the popular concept is that Bristol Tennessee/Virginia claims to be the site of county music recording origin. After all it was in Bristol, in August of 1927, that the iconic recordings of Jimmy Rogers and the Carter Family were made by Victor's Ralph Peer. Those historic tracks are credited with helping introduce America to the sounds of its Southern Appalachian musical heritage, becoming country music, as we now know it. However, Shoffner is quick to point out that six months prior to those recording sessions, in February of that same year, Peer was actually in Georgia, recording Calhoun's "Georgia Yellow Hammers". Calhoun, in his view, has about as much right



as Bristol to brag about its role in early country music foundations, especially as a Yellow Hammer tune sold upwards of 100,000 records, and was covered by the Carter Family and many others. Paul's love of the Old Time music and the area bands who wrote and performed it led him, after about 10 years of effort, to create "The Georgia String Band Festival", held in Calhoun on the last weekend in April each year. It's a celebration of the early recording pioneers with a Friday night concert and "The Gordon County Fiddlers' Convention" on Saturday. Established in 1924, this competition-based event ran until 1940, then was resurrected in 2007 as

the centerpiece of the modern festival. One of the event's first acts was the Carolina Chocolate Drops, who have now established themselves on a much wider stage. It's a labor of love for Paul, who says the process makes him feel a bit like an "evangelist", at times. He "gets a lot out of it, but certainly nothing you could put in a bank account. This is cultural gold," he says.

Paul Shoffner's nature photographs are colorful frozen moments in time that delight the eye and beckon us outdoors. He spends a lot of time on his belly, sidling up to things that bloom, and a lot of time hiking just to get to them. The window of opportunity is quite fickle, and ever-changing, with bloom-time tied to

weather cycles, and constantly changing lighting conditions as well. Wind can even be a problem. His love of nature is infectious; and although nature photography is currently his bread and butter, he has given some thought to arranging portrait sittings in Mentone if there is interest. Until then, his work gives you the opportunity to bring a little of the outdoor magic to your indoor environs.

All Photos by Paul Shoffner



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