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THE GROUNDHOG

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

Volume 33, No. 12

"Neighborhood News from the Heart of Lookout Mountain"

December 2014

MOON LAKE SCHOOL A NATIONAL PHOTO CONTEST WINNER

Moon Lake School is in the spotlight once again this month. Back in August, Moon Lake faculty entered a Back to School Photo Contest on social media with Thomas Built Buses. They were very creative with their photo details and that creativity along with the help of some really cute students has paid off...literally.

There were submissions from schools all over the country. Photos were then voted on by the public, and the top photos from the popular vote were then sent to be reviewed by a panel of judges. Moon Lake Elementary School was one of five schools chosen by Thomas Built Buses from across the country to win the \$2,000 donation for their school.

Moon Lake School would like to thank all who voted and let you know that you made the difference!



Congratulations to Moon Lake School once again!

NEW MINISTER COMES TO ST. JOSEPH'S

BY WALTER FOWLKES

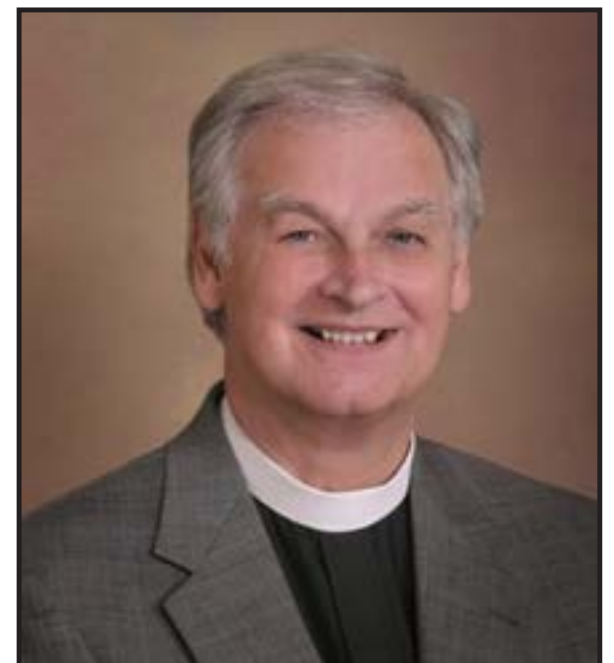
During the next few weeks, if you should notice a very tall man wearing a clerical collar, smiling as he peers into the shops while he strolls down the sidewalks of Mentone, then you are probably seeing The Reverend William M. Winters, the new minister, or as Episcopalians say, new rector of St. Joseph's on-the-Mountain Episcopal Church.

Bill Winters, a priest since May of 1989, is a Yankee from Chicago, who received his theological training in Sewanee, Tenn., just north of Mentone. His ministerial service is interesting and varied. He once ran a Salvation Army Center with his wife, Rita, in the inner city of Chicago. He enjoyed working with Native Americans while serving for several years in South Dakota. His Alabama service includes Mobile, Guntersville, and Montgomery. His longest being the thirteen years spent in

Guntersville, which he calls home.

Bill's greatest asset is undoubtedly his lovely and charming wife, Rita, who grew up in Enterprise, AL. As an army brat she experienced a great deal of travel, the most notable of which was living in Germany. Rita is an accomplished weaver who sells her textiles in many places throughout the country. She plans to bring her loom to Mentone. Rita and Bill have two daughters and two grandsons in the Atlanta area whom they frequently visit.

Like many others who have come to Mentone, Bill set his sights on our town as a place to change pace and improve the quality of life. The congregation of St. Joseph's consider themselves fortunate to have this new spiritual leader who will move them forward for the benefit of all Mentone.



The Reverend William M. Winters

THE GROUNDHOG

P. O. Box 387
Mentone, AL 35984

The Ground is published monthly by the Mentone Area Preservation Association, MAPA (Website: www.mapamentone.com; Email: mapamentone@gmail.com) and 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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Contact The Groundhog
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MENTONE MATTERS

By Mayor Rob Hammond



Mentone's Veterans Day observance was held November 11, 11:00AM (held at this time because the Armistice ending World War I took effect at the 11th hour, on the 11th day of the 11th month), at Mason Park. Members of

Boy Scout Troop 106 presented the colors and led the pledge of allegiance. Charlotte Gentry sang the Star Spangled Banner. Veterans from the Mentone/Valley Head area introduced themselves and briefly described their military service. Others present recognized family members who had served. To close, Charlotte led the group in God Bless America.

Afterwards all were invited to Town Hall for lunch. Thanks to Wilma Fletcher, Phyllis Bailey, Gail Chambers, and Paul Zulker for preparing food and setting up the room to serve the veterans. Wilma, Dorothy Crowe, and Elizabeth Romans played music for the group.

Similar events took place in most towns and cities across the United States. Honoring and remembering our veterans for their service and sacrifice helps us celebrate our freedom, and reminds us that despite our difficulties, we live in the greatest country on earth.

From The Editor

Holiday Memories

Americans, especially Southerners, celebrate each Fall not just for harvest time but also for relief from Summer's heat and humidity. Halloween's ghosts, goblins, witches, headless horsemen and masquerading trick-or-treaters bring lighthearted intrigue to most neighborhoods. While Thanksgiving is not the beginning of the festivities, it is the beginning of the great American food fest. Then Christmas rounds out the season with its yearly rebirth of eternal hope for peace and love.

Unfortunately, for me and several others, the extreme commercialization of Halloween and Christmas dampens my holiday spirit. Stores go from an array of scary orange and black stuff for sale to an immediate display of reds and greens and the constant pressure to buy. This buying frenzy explodes on "Black Friday". This effectively bypasses Thanksgiving--my favorite holiday of the year. I am happy that this holiday pressure skipped Thanksgiving.

Thanksgiving memories for me are about growing up on a little farm in the Florida panhandle and my family. The entire week of Thanksgiving was spent gathering and preparing our feast. Everything was homemade. The feast started with Thanksgiving breakfast - biscuits (always made by Mama), cane syrup (made by Uncle John), fresh eggs (gathered from the henhouse) and sausage (seasoned to Daddy's

taste). Dinner (not supper) was the big meal--turkey, dressing and giblet gravy, ham and sweet potatoes, cornbread and biscuits, all served with sweet iced tea and laughter. This annual food fest was almost always topped off with pumpkin pie and my favorite, pecan pie. In my mind, I will always be going home for Thanksgiving.

Here's hoping that everyone created more great memories this year. From our MAPA family to you and yours, have a Christmas filled with friendly smiles and a new year of health and happiness.



Join MAPA Today!
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and impact its future.

Individuals - \$20 a year
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MAPA
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Email: mapamentone@gmail.com

Have a Letter to the
Editor or a story idea?
Send it to The Groundhog
at groundhognews@aol.com.

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. I continue to open my doors to the young and the wise so my walls are full of joy, laughter and learning.

Do you know what happened on September 8, 1995?

The dreams and conversations of a group of devoted Mentone citizens became a legally recognized non-profit named Mentone Educational Resources Foundation. Thanks to the charter members of the MERF board: Bill Berry, Don Brock, Jean and John Corey, Marsha and Phil Hurt, Edna Morgan and Sue Henry for spending the previous two years developing a vision for a local gathering place to encourage learning and to develop care for the community as well as offering significant help to

programs for local school children. In 1993, this group began dreaming of a place for MERF in Mentone.

December is the time of the year that the MERF board seeks financial support from its friends and supporters. Since its beginning, MERF has strived to honor its' commitment to enrich the living and learning of the community. As 2014 comes to an end, please consider making a tax-deductible donation to the work of MERF. Contributions enable MERF to continue the Arts program at Moon Lake Elementary with Ms. Paula, to fund field trips for Moon Lake students, to provide funding for teacher workshops, to maintain the MERF community house and to focus on growing opportunities for Mentone. MERF desires to do more programs in 2015, so please consider helping out with a donation before the end of 2014 if you have not done so already this year. Contributions will be gratefully received at P.O. Box 107 Mentone, AL 35984.

Wishing everyone a wonderful holiday season in our beautiful mountain community and may the spirit of the Christmas season warm our hearts all year long.

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." If you would like to support our programs, tax-deductible donations can be mailed to POB107 Mentone, AL 35984 or contribute online at www.crowdrise.com/MERF. Contact us at merf.mentone@gmail.com or 256-634-4673.

Sue Henry Scholarship Mentone Educational Resources Foundation

Applications now available for Mentone
and Valley Head Residents

High School Dual Enrollment Students
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College Students

Scholarship is for the Spring Semester.
Deadline is December 15, 2014

Contact Kristen Emory
256-635-8477



LIBS FROM THE LIBRARY

By Paula Easter

The library board, FRIENDS, and volunteers are saddened by the death of long-time board member Linda Brown. Linda was a stalwart member of the Mentone community, and she will be greatly missed. We are also sad to announce the retirement of Mickey Luck, as board chairperson, and Barbara Blalock, who has also served faithfully. Both Mickey and Barbara have been leaders in our book sale efforts, which have provided much-needed income to the community library. They will undoubtedly remain as faithful volunteers and FRIENDS, but their retirement is a great loss to the Board of Directors.

Fortunately, we have had three outstanding members of the community agree to fill these vacant positions. We are pleased to announce the election of Barbara Stoll, Tom Emory and

Bill Berry to the board. Barbara and Tom are first-timers, but Dr. Berry has been instrumental to the success of the library from its beginnings. We are very pleased to have him back on the board.

Thanks to generous donors, we have added a lot of new books to our shelves! We have also hosted very successful book sales at Colorfest and in the library itself. If you have not visited the library lately, you will be surprised at our new collection and our ongoing "bookstore." Hardback fiction is even alphabetized, thanks to Jane Faile and Cynthia Luck!

In November, we also hosted a fun and creative paper crafting/card-making class taught by Katie Ferguson. It was well-attended, and we hope to offer more classes of this type.

Our 2015 calendar is here and ready for pick up at several places around town, including the library, Kamama Gallery and town hall. For the first time ever, the calendar features artwork by a Moon Lake student. Pick up your copy before they are gone!

Please remember the library as you plan your year-end giving. We receive no state, federal or local funds, so we rely heavily on the generosity of our friends and neighbors.

MOON LAKE COMMUNITY LIBRARY

HOURS:

TUES. and THURS. 3:00-6:00

SAT. 9-12

NEW CALENDARS

are available

at Kamama's,

Town Hall and the library.

Featuring original art
by a

Moon Lake Elementary School
fourth grader!



MAAC Hosts Annual Membership Meeting



The chilly evening couldn't dampen the spirits of the almost 50 attendees at the MAAC Annual Membership Get-Together recently held at Kamama's.

Guests were greeted with beautiful music by

Silvia Costantino and enjoyed fellowship with artists and art lovers. A spread of delicious treats by Magnolia was enjoyed, including roast beef and rolls, roasted potatoes, stuffed brussel sprouts, smoked salmon canapes, cheese dip, fruits and vegetables. For dessert, the carrot cake with caramel sauce was definitely a highlight.

Outgoing President Cynthia Stinson gave a summary of MAAC's activities for the past year and thanked fellow board members. After Incoming President Thomas Qualls was introduced, recognitions were given to outgoing board members Elaine Gauldin, Harry Ohme and Harriet O'Rear for their time and dedication. A plaque was also presented to

Cynthia Stinson.

Guests were encouraged to renew memberships and complete a survey which MAAC will use to better determine its direction for the coming year. A recap of the Home Tour was given and homeowners as well as volunteers were thanked. Attending homeowners were presented copies of the book *Wildflowers of Pigeon Mountain* by Jay Clark and complimentary memberships.

Thanks to Ray and Sandra Padgett for providing a lovely venue for the event.

The Groundhog Needs Your Help

The Groundhog is on the hunt for some missing hard copies of past Groundhog issues and we need your help. We need copies of the following issues:

JANUARY 1987
DECEMBER 1989
SEPTEMBER 1990
JUNE 1993
JULY 1993
OCTOBER 1993
NOVEMBER 1993

MARCH 1994
JULY 1994
JANUARY 1995
SEPTEMBER 1995
SEPTEMBER 1996
JANUARY 1997
MAY 1997
JULY 1997
AUGUST 1999
MARCH 2000
JUNE 2000

JULY 2000
OCTOBER 2000
DECEMBER 2000
JANUARY 2001
SEPTEMBER 2001
OCTOBER 2001
NOVEMBER 2002
JAN/FEB 2003
JUNE 2003
JULY 2003
SEPTEMBER 2003
NOVEMBER 2003
MARCH 2004
JUNE 2004 to DEC 2004
ALL ISSUES from 2005 to 2012

If you in possession of ANY of these issues and would be willing to donate them back to The Groundhog, please contact us by calling 256.465.1107 or emailing us at groundhognews@aol.com. You can also mail your issues to us in a sealed envelope to The Groundhog, PO Box 387, Mentone, AL 35984.



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Member Highlight: Catharina Collings of Artisans, LTD Inca Connection

By Joyce Hoffman, MBA Member



How did a young Dutch girl and a pilot from Seattle end up selling Inca art in the mountains of Alabama? Read on!

Catharina was born and raised in The Hague, Holland. When she was 13, her father taught her to dance and her parents had visions of her becoming a ballerina. She has loved dancing ever since then, but decided early on that she'd rather not dedicate her whole life to it. In the 1970's she met Taylor Collings, a pilot serving in the U.S. Air Force, and very soon fell in love. While in Holland, they were able to travel quite a lot around Europe.

Taylor had always liked the southern United States and wanted to live in the mountains. In the early 80's, they decided it was time to try to find a place in the mountains of the south. They looked in several areas before finally

coming upon Mentone. They bought a house on Highway 117 near the Georgia border, moved in, and became full-time residents of Mentone. They bought more land on the highway and created the Blackberry farm that still is there today. They also had a small house in Ecuador and spent much of their time traveling around there and in Peru. They both were intrigued by the art created by the Incas in the area, including pottery, paintings, wood sculpture, and weaving. They began to buy the art and very soon had a very extensive collection, so they opened Artisans, Ltd in their home and offered some of their Inca art for sale there.

After a few years, they decided to sell the Blackberry farm. Between managing some rental property that they had purchased and running the Inca art shop, they both managed to stay very busy. They also decided to expand to get a shop in downtown Mentone, so opened in the little green house across from Mentone Market. That worked out so well that they eventually decided to close the shop on the highway and dedicate their efforts to the downtown shop.

Taylor passed away in 2010, and Catharina has continued to run the downtown shop as well as manage the rental property. In addition, she finds the time and energy to go dancing four times a week and to spend one day a week as a volunteer at Casa of DeKalb (Care Assurance System for the Aging and Homebound of DeKalb County). She's not a ballerina, but still loves dancing. She continues to purchase new art

from South America to show in her shop and is open every Saturday and Sunday through most of the year. She said she's still very comfortable in Mentone, has many friends here, and expects to continue operating her Artisans, Ltd for many years to come.

Catharina admits that operating a business in Mentone is a bit of a challenge, especially at the East end of downtown which is a little out of the action. Every now and then, however, someone will come into the shop and be amazed at the beautiful artwork that she has, so that raises her spirits and confirms her decision to continue operating the shop. She enjoys just being able to share some of the fantastic artworks that she's discovered over the years and to be part of



making our little town a destination for travelers looking for unique and unusual hand-made arts and crafts. So, Catharina! Keep on dancing! Mentone loves you!

And that's our MBA member highlight for this month. We wish all of you a Merry Christmas and Happy New Year and hope you'll spend some of your holiday shopping time in our local shops. You'll be hearing more from your MBA in 2015! Our next MBA meeting is the 3rd Monday of December, the 15th, from 6:00 to 7:00 at the MERF House, and you're all invited. As we say every month, join us, contribute your ideas, and help us help the local businesses to be as successful as possible. To see what we've been doing and plan to do, check us out online at MBA.MyMentone.com.

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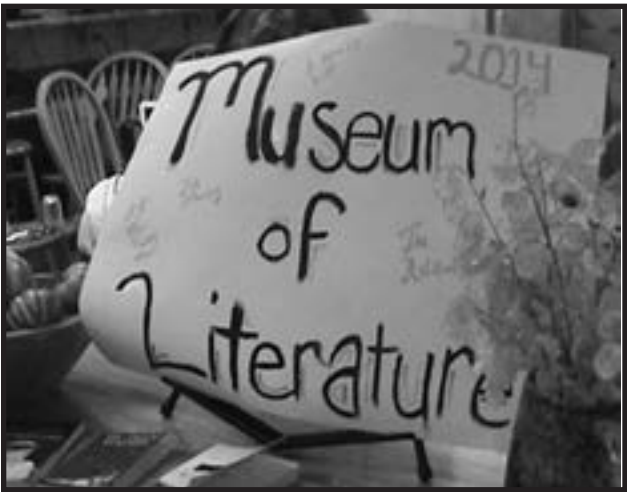
TIGER

C H A M P S

COMMUNICATE HONOR ADVOCATE MOTIVATE PARENTS STUDENTS

On November 14, Mrs. Harrison’s Junior English class converted VHS Library into a living “Museum of Literature” as their project for the semester. The students divided into groups and chose a book to read. On the day of the Museum enactment, they dressed up in character, displayed programs, presented spin-

off products, had visual displays, brought props, and did oral presentations.
On December 5, Mrs. Lasser will have a senior class making presentations. Please feel free to stop by and experience the event first hand.



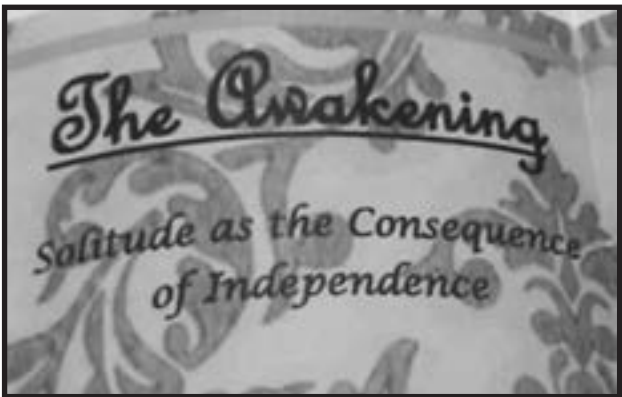
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SOME MORE MENTONE HISTORY (of a more passionate drift) By John Baty

Recently the writer and spouse were discussing a certain pine tree situated such that a little ice or a burly breeze could surely topple part or all of it onto one of our decrepit old buildings which in more generous moods I sometimes call a “shop.” The tree, a Loblolly, planted by my younger brother some forty odd years ago, grew fast and is pretty large for its age. We were discussing the tree as we topped out by the Hitching Post and down past City Hall. The spouse sort of spontaneously made the observation that although Lookout Mountain is and has been primarily a land of mixed hardwoods and several species of pine, Mason Park seemed to be all hardwood.

“Did someone cut the pines which once grew there or has it always been mostly hardwood—or do you remember anything about it?” she asked.

“Yes,” I said, “It so happens that I do remember. Yes, Mason Park was once typical of other Lookout timber, a mixed stand of hardwood and pines, some of the better species of pines which this area was once noted for, the shortleaf pine which was, I feel, the best of Southern pine for framing lumber, genus *Pinus*, species *echinata*.”

Well, yes, I was there. I will try to reconstruct the picture as best I can at this late date. The pines there in the park were very nice, not virgin forest, to be sure, but very nice, straight with few knots, just right to attract private sawmillers who could afford to work small stands. These were descendants of the reputed large ‘Forest pine,’ the Shortleaf which the first settlers had found, and harvested in the early nineteenth century when the natives were being driven out. It seems that sometime there in the late 1950’s the late Mr. C. E. Harvey was mayor of the town of Mentone and like most small rural DeKalb County towns of that time, the ‘city’ was in need of funds. The story as I heard it said the town council met and explored ways of obtaining money for some special project or need.

Someone suggested marketing the better grade trees in what is now Mason Park.

No one objected and the mayor was chosen to find a buyer. Mayor Harvey picked up the phone and called Glen Baty, a local sawmiller down the road and up from Bankhead Hill. Mayor: “Do you buy timber and log it yourself, Mr. Baty?”



Baty: “Yes, that we sometimes do.”

The deal, whatever it may have been, was consummated and in a few days Glen and crew converged on Mason Park. I was part of the crew at the time, so I went along. You know how it is; I was just a hired hand following orders.

Our equipment was a bit primitive by today’s standards but none-the-less effective. We had a truck to haul the logs, an a-frame ‘skidder’ made from a discarded school bus with wrecker-style boom and cable winch. The late Max Lusk had worked as a lineman for an electric company and he was there with his climbing equipment. For those trees which threatened to fall on utility lines or the Post Office, Max would take the cable, climb aloft and hook to the tree; the winch would pull the leaning trees to safety.

We were well under way with the limited stand of good trees when the local forester happened by in his state vehicle. After seeing the operation, he borrowed a burlap sack from the store which is now the Mentone Market and began picking up the pine seed cones.

“Not many of those left,” he said. “I want every seed I can save.”

Perhaps two-thirds of the way through the one-day job of harvesting Mentone’s last monument to the great forest which once surrounded the Old Hotel, two Mentone ladies walked across the asphalt of Highway 117, their long dresses swishing about their ankles as their purposeful stride brought them to our side of the road. Their jaws set in determination, one of the ladies spoke with narrowed eyes and serious tone: “Who is in charge of this dreadful plunder?”

Someone called: “Hey Glen! Someone wants you.” Everyone ceased what he had been doing and I heard a quiet uh oh! from behind me.

With that big smile Glen seemed always to have when needed, he asked what he might do for his ‘guests.’

“Just what do you think you are doing Glen Baty?!”

“Well (that smile again) I bought this pine timber from Mayor Harvey and we are trying to get it out without damaging the other trees and utilities around here.”

“Mayor Harvey,” you say?

“Ah, yes. He called and sold me these trees. Said the city was broke or something.”

“Well, we will speak with the mayor and if he corroborates what you have said you can continue—seeing as how you have already destroyed a century of nature’s work and beauty.”

With that, the ladies indignantly took their leave. I heard later that the mayor said maybe his method of raising money could be improved on if certain of the town’s elite could see fit to loosen up their purse strings a little.

Being just a hired hand and not a party to the actual transaction, my knowledge ends there. I reckon that the local forester did what he said and gathered every seed. I don’t think there are any shortleaf pines in Mason Park. Could be one or two there, though. I don’t know for sure.

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Remember When . . .

By Angie Carden

The Groundhog published an article in the Dec. 1997 issue written by Mrs. Evelyn Graves titled "Making A Difference"? The article was written about Mrs. Eloise Temple. I found this article very interesting and informative for a couple of reasons. Number one, the words Camp Laney caught my eye quickly. Number two, Camp Skyline followed closely! In case you do not know, I am an employee of Camp Laney and have been for quite a few years, working alongside my mom, who has been there twenty-seven or so years. It has been a part of my family for over half of my

life. So anyway, the article was wonderful, and I learned a great deal. Mrs. Graves wrote, "Eloise Hart Temple, a physical education major at Peabody College in Nashville, brought three private camps to Mentone. She was the oldest private camp director in America when she sold Camp Skyline in 1980." She continued, "In the 1950s, Eloise had a camper named Jo Del Laney from Tuscaloosa, and her mother, Louise Laney, was a representative in Tuscaloosa. Eloise suggested that Louise and her husband, Malcolm, then on the staff at the University of Alabama, bring a group of boys for a 2-week camp the next summer, and she called it Skyline for Boys. Eloise says she could endure it only two summers. They tore up all our badminton racquets and everything else, she laughed. She

took Malcolm in her car and showed him property down the river and suggested he call the spot "Camp Laney" and take all the boys there. She wrote songs and a catalog to help Coach Laney's first year, and her daughter Bunny helped in Laney's new office the first season. It was a great success and is one of Mentone's thriving camps today. I sent the boys down the river, she said modestly". The article went on about her friendships and helpfulness to the Mentone community. I love stories like this about our history here in Mentone and the people who helped create it.



The Times of Our Lives

It's A Girl!



It's A Boy!

Keith Ballenger and Amber Carson are pleased to announce the birth of their son, Preston Kai Ballenger. Kai was born on November 2, 2014 weighing 6 pounds, 14 ounces, and was 21 inches long. He has a proud older sister, Eden Ballenger.



Left: Josh and Angel Baggett are excited to announce the birth of their daughter, Kynlee Jayne Baggett who was born on November 12, 2014 at 11:02 a.m. Kynlee weighed 7 pounds, 12 ounces and was 22 inches long. She has one very excited brother, Dawson Crow.

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 sunrays 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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Christmas Remembered

December is here once again and another year has passed. Good Golly time flies! As I am aging, I am realizing just how fast years go by. I have one of three children still at home, and she will be gone before I blink. I think back to Christmas mornings when they were little, and how exciting it was to be woken before daylight by one, or all of them. Now I have grandchildren and they begin the tradition all over. I wish you all a very Merry Christmas.

Cherry Cranberry Relish

Just a twist on a favorite! I say relish instead of sauce, because it's not all saucy! Anyway, you will need:

- 4 oranges

2/3 c packed brown sugar

1/2c dry, white wine

Fresh rosemary
- 1 cinnamon stick

1/4 tsp black pepper

2 12-oz bags frozen cranberries

1 1/2 c dried tart cherries

Now, juice your oranges, need roughly 1c of juice. Place in a sauce pan and add brown sugar, wine, rosemary (one entire sprig to be removed later), cinnamon stick and pepper. Bring to a boil, stirring as the sugar dissolves. Remove and discard rosemary. Add cranberries and cherries and cook over medium heat until cherries are plump and cranberries burst. It takes about 8 minutes. Reduce the heat, and simmer around 5 minutes. Remove cinnamon stick and you're ready. You can chill it or serve it fresh, and if you want, you can zest your oranges before you juice them and add the zest at the end.

Merry Christmas and Happy Cooking!

THE
RECIPE CORNER
BY
ANGIE CARDEN

Enjoy These Holiday Recipes

Christmas Morning Casserole From Kayla Worthey

- 1lb. sausage
- 1/2lb. cubed ham
- 6 eggs, beaten
- 1/2 cup milk
- 1/2 tsp dry mustard
- Dash of Tabasco Sauce
- Salt & pepper to taste
- 1 pkg crescent rolls
- 1-1/2 cups shredded cheese

Brown & drain sausage. In a 13x9 baking dish, unroll the crescent rolls & press together seams. Layer the sausage, then ham. In a bowl, mix together eggs, Tabasco, milk, mustard, salt & pepper. Pour over the meat. Sprinkle with cheese. Bake at 350 until eggs are set and casserole is brown and bubbly.

**This can be made the night before, refrigerated and cooked in the morning.*

Pecan Cranberry Spread From Kayla Worthey

- 1/2 cup cream cheese, softened
- 1/4 cup chopped pecans
- 1/4 cup dried cranberries
- 1/8 cup orange juice concentrate

Using an electric mixer, beat at medium speed and cream the cream cheese until soft and

fluffy. Transfer to a small bowl, add remaining ingredients and stir to combine. Cover with plastic wrap and refrigerate until flavors blend, at least 30 minutes. Serve cold with crackers of your choice.

Bourbon Slush From Kayla Worthey

Bring 2 cups water to a boil in a large pot. Add 2 tea bags. Let seep 5 minutes. Add 1 cup sugar. Stir until dissolved. Add one 12oz can of thawed lemonade concentrate. Add one 6oz can of orange juice concentrate. Add 1-1/2 cups Bourbon of choice. Add 6 cups water. Freeze to slush.

Crustless Sausage Apple Quiche From Beverly Bates

- 1/2 pound bulk sausage
- 1 1/2 cups granny smith apples, chopped
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1 cup sharp cheddar cheese, grated
- 4 eggs, beaten
- 1 cup half and half
- 1/2 cup biscuit mix (Bisquick)

Cook sausage, stirring to crumble; drain well. Combine apples, spices, cheese and sausage. Spoon into 9-inch quiche dish. Combine eggs, half and half and biscuit mix. Mix well and pour over sausage and apple mixtures. Bake at 375 degrees for 40 minutes or until set. Great with

cheese grits and fresh fruit. Serves 6.

Coconut-Almond Macaroons From Beverly Bates

- 3 1/2 cups sweetened coconut flakes
- 1 cup almonds, sliced
- 1/2 cup sweetened condensed milk
- 1/2 teaspoon almond extract
- 2 egg whites
- 1 tablespoon sugar
- 1 pinch sale
- bittersweet chocolate, warm, melted

Preheat over to 350 degrees. Grease 2 baking sheets. Combine coconut, almonds, condensed milk and almond extract. Beat together the egg whites, sugar and salt until soft peaks form. Fold the egg whites into the coconut mixture. Form 2 inch mounds and place on baking sheet. Bake until golden brown, about 10-15 minutes. Optional: Dip the bottoms of the cookies into melted bittersweet chocolate and place on wax paper lined baking sheet. Refrigerate until chocolate is set, about 15 minutes.

Fluffy Pumpkin Dip From Beverly Bates

In a large bowl, mix together a 5-oz package of instant vanilla pudding, a 15-oz can of pumpkin, a 16-oz container of Cool Whip and a teaspoon of pumpkin pie spice. Fold in the thawed frozen whipped topping. Chill in the refrigerator. Makes 4 cups. Serve with fruit or ginger snaps.

What To Do Around Here!

December 2014 Community Calendar

Nov 28-30 - Mentone Holiday Open House. The shops of historic Mentone will host a town-wide Holiday Open House on Thanksgiving weekend offering three days of festive shopping and holiday cheer. Take in the mountain village atmosphere without the crowds and enjoy boutiques, antique shops, art galleries and many other unique shops featuring locally-made gifts, unique items, holiday decorations and other treasures. There will be refreshments, specials and plenty of eateries. Music, refreshments and Santa Claus at the Log Cabin Village. Visit Mentone Inn for cider, a cozy fire and tours. Hours: 10am-7pm Friday, 10am-5pm Saturday, noon-5pm Sunday. For more information, visit www.MyMentone.com or call 256.603.2404.

Dec 1 - Orienteering Class. 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. 10 a.m. to 1 p.m. 256-997-9577.

Dec 2 - Zip Line & Sky Swing Adventure. 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 adventure. 10 a.m. to 2 p.m. 256-997-9577.

Dec 3 - "Elf on the Book" Shelf Celebration. All community members, parents, and students are invited to join the Moon Lake Elementary School Junior Beta Club for this event. Please bring a copy of your favorite book to donate to Toys For Tots. Moon Lake School Library, refreshments will be served. 4 p.m. to 6 p.m. 256-634-4113.

Dec 3 - Celestial Navigation. This two-hour class is a basic introduction to navigation by the stars. Learn how 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 p.m. to 8:30 p.m. 256-997-9577.

Dec 3, 15, 23, 29 - Wild Cave Tour. 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 p.m. to 7:30 p.m. 256-997-9577.

Dec 4 - 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 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. 11 a.m. to 4 p.m. 256-997-9700.

Dec 4 - Every Light a Prayer For Peace. An event to honor our Military. Sponsored by the Fort Payne Garden Club and the City of Fort Payne. Held at the DeKalb Theatre. 1 p.m. 256-845-7771.

Dec 4 - Rock Climbing Adventure. 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 p.m. to 6 p.m. 256-997-9577.

Dec 4 - Kamama Music Series. Come and enjoy the Waters/Felts Project. Kamama stage and seating provide the audience an intimate listening experience where live music can be fully appreciated. Admission is \$10 and seating is limited. Reservations are strongly encouraged. Dinner at 5:30 and Music starts at 7 p.m. 256-634-3001.

Dec 5, 24 - Zip Line Adventure. 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. 10 a.m. to Noon. 256-997-9577.

Dec 5, 17, 20, 25 - Extreme Night Hike. 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 p.m. to 8:30 p.m. 256-997-9577.

Dec 6-7 - Winter Survival Class. Hosted by DeSoto State Park and provided by

One World Adventure Company An early winter survival class for Wilderness Survival 101. A weekend long class with a specific for the lower Appalachian mountain range and spring weather conditions. We will cover a broad range of topics from Clothing, Kits, Shelter, Fire, Water, and Rescue. Saturday 9 a.m. to Sunday 3 p.m. DeSoto State Park Meet at DeSoto State Park Country Store \$185 per person includes meals and all camping equipment. \$135 per person includes meals (must provide your own camping equipment). \$105 per person includes instruction (must provide on camping equipment and food). * Upon registration, you will be sent a packing list *Survival Kits can be purchased: \$65 per kit 256-634-8370.

Dec 6-7 - One World Backpacking Series: Winter Backpacking. Sponsored by DeSoto State Park and provided by One World Adventure Company Winter Backpacking... it's not time to pack it in yet! Just because it is a little cold or maybe there's a bit of snow on the ground doesn't mean backpacking season is over. Dress for the cold because we will be talking about the proper clothing and gear, how to stay dry, & how to dry your clothing and shoes. In the last backpacking class of 2014 we will talk about alternative backpacking methods for the snow so your camping season doesn't have to stop. Adults and youth 14 and up. Youth under 18 must be accompanied by an adult. Desoto State Park, \$85 per person includes meals (must provide your own equipment). \$65 per person includes instruction (must provide on equipment and food)* Upon registration, you will be sent a packing list. To register, call 256-634-8370.

Dec 6, 16 - Blow Your Own Ornament. This had become very popular here at 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). 9 a.m. to 12 p.m. Cost is \$35 per ornament blown. 256-523-3188.

Dec 6 - Basic Pine Needle Basketry Class. Learn the basics of pine needle basketry, an old craft with a long history. Join DSP staff and volunteers to learn the basic steps to making a coiled basket from

longleaf pine needles. Each participant will learn the basic skills of pine needle basketry and take home their very own creation. The art of coiling baskets is universally common to indigenous peoples. Coiling is the technique of creating baskets and art from pine needles and was a part of pre-Columbian Native American crafts. Today, pine needle baskets and art are made primarily for decorative purposes. All materials (pine needles, thread, and small center for basket) will be furnished. Class is for ages 12 to adult. DeSoto State Park Nature Center (Next to the Country Store). 9:30 a.m.-1:30 p.m. (Central Time Zone). Fee: \$20 supply fee - Payable to DeSoto State Park. Pre-registration required; class number is limited to 10. 256-997-5025.

Dec 6 - A Cheery Canyon Christmas. An enchanting day full of holiday programs such as winter wildlife feeding, sustainable giving, Christmas arts & crafts, secret Santa gift shop, photos made with SANTA, storytelling and more!! Little River Canyon Center; 10 a.m. to 3 p.m. Most programs are free...call 256-782-5697 for details for specific schedule.

Dec 6, 9, 30 - Rappelling Adventure. 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. 10 a.m. to 2 p.m. 256-997-9577.

Dec 6 - Henagar Christmas Parade. Bring your family to this fun festive event. Parade begins at 10 a.m. 256-657-6282.

Dec 6 - Valley Head Christmas Parade. Bring your family to this fun festive event. Parade begins at 10 a.m. 256-635-6814.

Dec 6 - Book Signing with Fiona Donovan. Author Fiona Donovan will be at the Book Shelf for a book signing. 10:30 a.m. to 12 p.m. 256-844-8663.

Dec 6 - Storytime at the Canyon Center: Pete the Cat Saves Christmas by James Dean & Eric Litwin. Little River Canyon Center staff and volunteers will read aloud unique children's literature every first Saturday of the month. Storybooks will be available for purchase. Little River Canyon Center, 11 a.m. to Noon. Free and open to everyone. 256-782-5697.

Dec 6 - Ider Christmas Parade. Bring your family to this fun festive event. Parade begins at 1 p.m. 256-657-5717.

Dec 6, 31 - Hypothermia Class. 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. \$30 pp. True Adventure Sports 1 p.m. to 4 p.m. 256-997-9577.

Dec 6 - Arise Dance Performs “The Nutcracker.” The Arise dance studio will be performing “The Nutcracker”. Performances will be at the Fort Payne City Auditorium. 3 p.m. and 6:30 p.m. Call for tickets now! 256-996-4247.

Dec 6 - Crossville Christmas Parade. Bring your family to this fun festive event. Parade begins at 4 p.m. 256-528-7121.

Dec 7 - Christmas at the Opera House The Landmarks will be hosting their annual fundraiser with Christmas At The Opera House featuring The Sharps and friends. Tickets may be purchased for \$10 at Brown’s Cleaners, at the door or online at www.landmarksdekalbal.org. 2 p.m.

Dec 8 - Rock Climbing/Rappelling Adventure Combo. 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. 10 a.m. to 2 p.m. 256-997-9577.

Dec 10 - Cold Weather Survival Class. 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. 9 a.m. to 12 p.m. 256-997-9577.

Dec 11 - Afternoon Zip Line Adventure. 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. 2 p.m. to 4:30 p.m. 256-997-9577.

Dec 12 - Fort Payne Christmas Parade and Christmas in the Park. Join in the festivities in 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 4 p.m. Parade starts at 6 p.m. 256-845-2741.

Dec 13 - NPS Green & Gray Saturday. The National Park Service staff and volunteers will present “Green & Gray” programs on the second Saturday of each month. Topics include park resources and activities, climate change, recycling, energy conservation, eco-gardening, exotic plants, native landscaping, pollution prevention, green energy, and more! Little River Canyon Center 10 a.m. to 11 a.m. Free; for more information contact the National Park Service at 256-845-9605.

Dec 13 - Fyffe Christmas Parade. Bring your family to this fun festive event. Come enjoy the parade and the Christmas spirit. Parade begins at 12 p.m. 256-623-2222.

Dec 13 - Geraldine Christmas Parade. Bring your family to this fun festive event. Parade begins at 2 p.m. 256-659-2122.

Dec 13 - Sylvania Christmas Parade. Bring your family to this fun festive event. Parade begins at 2 p.m. 256-638-2604.

Dec 13 - Collinsville Christmas Parade. Bring your family to this fun festive event. Parade begins at 3 p.m. 256-524-2135.

Dec 13 - Rainsville Santa Dash. The Santa Dash will take its proceeds and give them to Plainview School to be used to bring a Merry Christmas to children who might miss the excitement of receiving gifts on Christmas Morning. Male and Female any age WHERE- Sand Mountain Electric Coop, line up at 3:30 p.m. in front of the Rainsville Christmas Parade 4 p.m. 256-717-5650.

Dec 13 - 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 4 p.m. 256-638-7800.

Dec 13, 26 - Night Zip Line & Sky Swing Adventure. 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 adventure. 6 p.m. to 10 p.m. 256-997-9577.

Dec 13 - Christmas Concert at Kamamas. The Liz Wood Project returns to Kamama in Mentone for a very special Christmas Concert. This show will sell out fast so get your tickets in advance. Tickets will be \$15 each singles or \$25 a couple in advance. Ticket will be \$20 each at the door. Jimmy Rogers will be preparing a special Holiday Menu for that evening; reservations for dinner required. 7 p.m. 256-634-3001.

Dec 16 - 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 p.m. to 2 p.m. 256-997-9577.

Dec 18 - Lettering Class At Alice Circle. Join us for a beginner level lettering class. Learn multiple lettering techniques and create a hand-lettered sketch to take home. All supplies included. 6 p.m. to 7:30 p.m. 256-996-1181.

Dec 18 - Kamama Music Series. A Pierce Pettis Christmas. Admission is \$10 and seating is limited. Reservations are strongly encouraged. Dinner at 5:30 and Music starts at 7 p.m. 256-634-3001.

Dec 19 - 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 10 a.m. to 4 pm. 256-997-9577.

Dec 19 - Night Zip Line Adventure. 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. 6:30 p.m. to 8:30 p.m. 256-997-9577.

Dec 20 - The Winter Excursion. The Winter Excursion is 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. 10 a.m. to 1 p.m. 256-997-9577.

Dec 22, 27 - 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 p.m. to 6 p.m. 256-997-9577.

Dec 25 - Christmas Day

Ongoing Calendar

MAPA Board meets on the first Tuesday of each month at 6:00pm at 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.

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 Bevill 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.

Valley Head School CHAMPS meet the first Monday of every month at 6pm in the Gym.

The Mentone Business Association (MBA) will meet the third Monday of each month from 6-7pm.

VALLEY HEAD HOMECOMING



Senior Attendants Samantha Blalock, Paige Smith and Amelia Saferite

Right: Aryan Wallace (7th), Abbey Otting (9th), Mikayla Lugo (11th), Samantha Blalock (12th), Paige Smith (12th), Amelia Saferite (12th), Hannah Manning (10th), Rylee Vest (8th)



Homecoming Queen Paige Smith



Elementary Homecoming Queen Kylee Edmonds and King Tytan Blevins - Kindergarten



Elementary Homecoming 1st Runners Up Kaylynn Hulkan and David Hatfield - 6th Grade



Elementary Homecoming 2nd Runner Up Arabella Stokes and Aiden Logan - 3rd Grade

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December Birthdays

Dec 1 – Gayla Blalock
Dec 1 – Mark Hatfield
Dec 1 – Morgan Crane
Dec 1 – Marcia Tucker
Dec 1 – Christine Brooks
Dec 2 – Ladon Willingham
Dec 2 – Dwayne McKenzie
Dec 2 – Angel Baggett
Dec 3 – Karen Saferite
Dec 3 – Austin Battles
Dec 4 – Lloyd McElhaney
Dec 4 – Nichole Cash Williams
Dec 4 – Lydia Gifford
Dec 4 – Heath Blalock
Dec 4 – Sibyl Sadowski
Dec 5 – Jess Goggans
Dec 5 – Brian Howard
Dec 6 – Austin Potts
Dec 6 – Judy Johnson
Dec 7 – Gavin Myers
Dec 7 – Keesha Burgess
Dec 7 – Reagan Owen
Dec 7 – Nathan Owen
Dec 8 – Bailey Pryor

Dec 8 – Trish Clink
Dec 8 – Ross Hulkan
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 13 – Deborah Mason
Dec 14 – Ginny Zulker
Dec 14 – Jim Phillips
Dec 15 – In memory of
Kenya Bain
Dec 15 – Jessica Howard
Van Pelt
Dec 15 – Brody Baber
Dec 17 – In memory of
George Battles
Dec 17 – Holly Day
Dec 17 – Chris O. Smith
Dec 18 – Ashley Henry
Pounders
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 22 – William Beasley
Dec 22 – Briana Kilgore
Dec 22 – Ashlee Smith
Dec 23 – Daniel Gray
Dec 23 – Aubrey Smith
Dec 24 – Caleb White
Dec 24 – Joe Kent
Dec 24 – In memory of
Carolyn Green
Dec 25 – The Birth of Christ –
Merry Christmas!
Dec 25 – Mary Porter
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

December Anniversaries

Dec 1 - Cotton & Pam Baggett
Dec 1 – Hoyt & Helen Ashley
Dec 2 – Joe & Donna McClure
Dec 12 – Walter & Christine
Brooks
Dec 13 – Ron & Valerie Logan
Dec 14 – Benny & Brenda Goss
Dec 15 - Johnny & Sissy Crider
Dec 17 - Rob & San Hammond
Dec 20 – Sherry & Allen Powell
Dec 20 - Dave & Jamie Vest
Dec 23 – Heath & Tara Kirby
Dec 23 – Eddie & Mary Porter
Dec 23 – Brent & Stephanie
Haney
Dec 28 – Lendell & Annette
Chappell
Dec 28 – Danny & Julie Mewes
Dec 28 – Howard & Tonya
Hilyer



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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 minister 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. Tony Gunter is the Pastor. All are welcome.

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. 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. Bible Study

Wednesdays at 6:00PM.

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. Pastor Tim Miller; Crosswalk Sunday School K through Adult - 9:15am; Adult Worship Service - 10:30am; JC Kids Worship Service - 10:30am. Van

Ministry for Children pick-up/take home, ages k-12, for all surrounding areas 8:15am. For children pick-up and drop-off van, please call Donna Bunn 706-398-0720. Wednesday small group study - 6:30pm.

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.

HISTORIC CHURCH SEEKS HELP

St. Joseph's-on-the Mountain Episcopal Church, whose origin is an 1870 log cabin, now finds that its present building has serious problems. Its foundation is unsound, its walls admit moisture and vermin.

This small church finds itself facing a repair bill of \$ 200,000. The active congregation of 35 members wants to preserve this Mentone icon for worshippers and tourists but cannot do it alone.

The church asks those who would like to help, please send your checks to St. Joseph's on- the- Mountain, P. O. Box 161, Mentone, AL 35984, with a note that it is for the Church Renewal Fund.

The Life and Legend of Granny Dollar

By Will Dillard



What constitutes a legend? According to the dictionary *'It is a story in which a kernel of truth is embellished to an unlikely degree'*. This I believe is a good description of the legend of Granny Dollar.

This is the 5th in a series of articles published in *The Groundhog*. I will attempt to separate fact from fiction and maybe provide some new information to the many Mentone residents who know most of the story.

Granny moves to the Master School Property When Col. Milford Howard returned from California after a long stay, he discovered that the boys and staff at the school had moved Granny into one of the cabins on the school property and proceeded to care for her. The boys were cutting her wood, bringing her water and making her fires while she was regaling them

with stories and enjoying being treated like a celebrity.

When Col. Howard was apprised of this, he decided one more mouth to feed would not add any to the 40 or 50 students at the Master Schools he was already worried about feeding and caring for. But Granny's worst fear was the humiliation of being sent to the county poorhouse so she wanted to be sure that she would be able to live out her days in the cabin where she was living.

Although Col. Howard had tried to avoid Granny, she walked into his office one day to talk. The conversation between the two of them was recounted by Col. Howard in one of his articles for the Vagabond Series he wrote for the *Birmingham News* on Sept. 9, 1928 and it was this conversation that I read about that introduced me to Granny Dollar and began my fascination with her story. Although many know the story of this meeting, the conversation as recounted by Col. Howard should be read as he wrote it. Part of that conversation is included below:

"I am an Injun," she said, "and we Injuns don't want to fool nobody so I thought I would come and ax you some questions afore I decide to live with you the rest of my life."

I told her to go ahead and ask me any question she wanted to.

"You all don't eat meat at school," she said, "but I got to have a little 'fat' to put in my biscuits, an' fat meat to bile with my cabbage and turnip

greens."

I assured her we would make this exception in her favor, and she fairly beamed on me.

"You all don't let the boys 'chaw' and smoke, but I jest got to have my 'baccy,' Child. "Kin I have it?" Again I assured her she could, and she called me "Pa."

"Pa, you is shore a good man, an' I want to call you 'Pa' because my pa is dead."

I did not much relish being 'Pa' to a centenarian, but I grinned and pretended to be pleased.

"Now Pa, I want to ax you to let me keep 'Buster.' He is my dog an' I jest can't live without Buster. It won't take much to feed him."

Of course I capitulated, for having yielded in the beginning, I was lost.

"An' Pa, I got some chickens I want to bring. Kin I have my chickens?"

I began to demur about the chickens, telling her I was going to plant vegetables around the house and the chickens would destroy them. She countered with, "Pa, them chickens of mine is

(cont'd on page 17)



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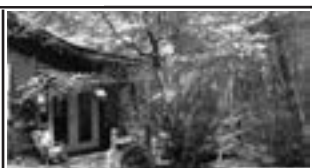
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REAL BARGAIN. Lge 3BR/2BA home blocks from downtown Mentone. Screened porch, lge BRs, open floor plan, garage, lge bonus room, wood burning stove, workshop plus storage bldg, fire pit, and more. \$289,900 MLS#1001478



Custom Log Cabin on 4 secluded acres. This is a great mountain get-a-way for a little price. \$110,000 MLS #564870



45 ACRES on the West Brow of Lookout Mountain. Main house, guest house, rock walls and so much more. \$648,000 MLS #815966



HOME ON WOODED 1/2 acre lot near DeSoto State Park. Open LR/DR/KIT, 2 BR, 2 BA, +office/3rd BR. Screened porch, 2-level deck, 2-car garage, storage bldg. New roof. Some furnishings remain. \$169,000 MLS#1001423.



3 BEDROOM, 1 3/4 bath home on 2.75 acres near downtown Mentone. Kitchen appliances, central heat and air, screened porch. \$167,500 MLS #1003489.



BEAUTIFUL Mountain Get-Away with gorgeous view year round. 3 bedrooms, 2 bath, shake-sided outside w/low maintenance metal roof. Nice eating area in open kitchen. Deck. \$269,000 MLS#1000691.



Investment or Personal Retreat! Open design, 1BR/1BA being sold fully furnished. ONLY \$59,900 MLS #499665



EAST FORK Little River/Lake Lahusage, stone cottage w/FP, new Porch & deck, new doors/windows, new HVAC, new dock & walkway, new fence, new paint. Most furnishings remain! \$229,000 #765166



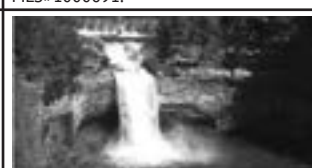
Lake Lahusage in your back door! Bank owned 2BR/2BA cottage AND 2-car garage with apartment potential. \$247,500 MLS #654813



East Fork of Little River! 200' of water frontage, 3BR/2BA cottage, storage building. \$239,999 MLS #902940



COZY 1 BEDROOM, 1 bath cabin in Laurel Creek Lakes Subdivision. Kitchen appliances, central heat and air, gas logs. \$157,500. MLS #1002623.



LOOK OUT at DeSoto Falls! Building lot with a darling 1 bedroom cottage ready for use. \$465,000 #970196



Secluded, Custom log cabin, 2BR/2BA, wooded lot, 2+ acres, security system, privacy gate, detached storage. \$279,500 MLS #332033



Impeccable Brow View! 5BR/3.5BA home, custom commercial kitchen, with many extra features. Must See! \$545,000 MLS #338039



1400 SQ FT house in Mentone with 3 bedrooms & 2 bathrooms, a landscaped lot, large deck and workshop. Can be residential or Commercial. \$44,900. MLS #1007802



1946 Stone Cottage offering 3BR/2BA, river frontage, AND a 2-story guest house on 4+ acres. \$419,000 MLS #902720



OWL'S ROOST! Adorable cabin in Crestline Subdivision featuring and open living concept. \$128,000 MLS #690326



Daniel Boon Log Cabin on 2 acres! Plenty of room with 2BR/2.5BA, unfinished basement and large balcony. \$225,000 MLS #621178



Highland Springs Subdivision near downtown Mentone! 2BR/2BA cabin on 1.23 acres. \$153,500 MLS #359224



Bear's Lair - Adorable cabin currently in a rental program. 3BR/2 BA with a brow view. \$299,900 MLS#692795



NATURE LOVER'S PARADISE w/views of Lookout Mountain! log home on 5 acres. Bordered by LRC Nat'l Preserve. Wrap around porches, guest cabin, stone fireplace & cathedral tongue/groove ceilings! \$275,000 MLS#1006120.



STONE & FRAME 2-story 5BR/3BA cottage. 80 acres w/2 creeks. 5,000+sq.ft. on two levels. Basement w/workshop and garage. On Lookout Mountain near Mentone. \$299,000. MLS #1000190.

LOTS AND LAND

7.13-acre lot in Mountain River Estates Sub. \$49,500. MLS #656265.

1.95-acre lot at Lake on the Brow Subdivision. \$44,900. MLS #984141.

1.02-acre lot in Hidden Lake Subdivision. \$55,000. MLS #762331.

1-acre lot in Hidden Lake Subdivision. \$50,000. MLS #665968.

1-acre wooded, Lakefront Lot in Private, Gated Subdivision. \$55,000. MLS #945265.

One or two wooded lots on Cutler Avenue in Mentone. One lot offered at \$19,900 and both at \$37,500. MLS #682942.

Corner lots in secluded and private subdivision walking distance to East Fork Little River. \$29,900. MLS #939357.

106' of prime brow view with paved road frontage. \$109,500. MLS #403694.

Lakefront! 200' of water frontage and 169' on paved road frontage. \$55,900. MLS #845943.

4.4 acres - located on the North Brow in Mentone. \$190,000. MLS #392849.

1.47 Acre Lot located in Mentone close to DeSoto Falls and West Fork of Little River. \$25,000. MLS #548635.

12.1 ACRES....mostly wooded on CR641. \$48,500 MLS#632461.



UNIQUE!!! Main House, Guest House, Boathouse and approx. 470' of frontage on Little River. \$850,000 MLS #1007556

OVER 550' OF BROW FRONTAGE. Rock entrance & retaining walls. Features LR w/rock FP, Florida room, dining, screened sleeping porch, in-ground pool & pavilion. ALSO, Guest Cottage with 1400 sq. ft.. \$600,000. MLS #1002249.



Great 5 acres tract of wooded land and paved road frontage! \$30,000 MLS#1004370.

1 acre in Hidden Lake Subdivision. \$45,000. MLS #1007350.

The Rhododendron Garden Club

By Mellanie Tuttle

The Rhododendron Garden Club met in the MERF House on Tuesday, Nov. 11, 2014. Marsha Merrell, hostess, offered members a delicious repast with sandwiches, veggies, several cheeses, crackers, poppy seed mini-muffins and bread. Alas, those of you who have not attended a club meeting will no longer get to sample the abundance of food that has been usually provided. The eight members present passed a motion to offer a simple dessert along with coffee or tea. Of course, that motion does not apply to the next meeting which will be luncheon at Madelon Houghland's home on December 9 at 11:00.

Martha Wood called the meeting to order and the pledge to the flag followed. As roll was called, each member shared what she did to feed the birds during the winter. Mentioned were: sunflower seeds; suet laced with cayenne pepper to keep out the squirrels; a songbird seed mix and one member, tired of feeding the squirrels instead of birds decided the birds could forage in the woods. Dianne Kuehl gave the Treasurer's report and committee reports were given by Marsha Merrell and Martha Wood. Marsha, while on a trip to Carmel, had toured the Tanimura and Antle family farm and shared that the lettuce is picked and packaged fresh in the field. She brought a four-pak of Artisan lettuce for demonstration and tasting. (www.taproduce.com for videos that show crops, harvesting, packaging and shipping to stores). Martha asked that we leave a "messy" garden so pollinators/insects can over winter and be ready to emerge in the spring. When cleaning the pot of ornamental sweet potato vine, she discovered a hefty sweet potato in the bottom! Her plan is to see if it will root in the spring. Other members shared fall color by bringing dogwood, oak, and



maple leaves, lemon grass, a Beauty Berry seed pod, four leaves of different hues from the same hydrangea, spirea and nandina. Marsha's table arrangements also had plants with fall color.

The slate of new officers was presented and moved to be accepted by all. The new slate is: Martha Wood, President; Marsha Merrell, Vice-President; Dianne Kuehl, Treasurer; and Mellanie Tuttle, Secretary. Martha Wood and Margaret Baker attended the District Meeting and accepted awards given to the club. Dianne gave a reminder that dues are due!

Dianne Kuehl was the guest speaker this month and gave an excellent talk on "Vinegar, One of Nature's Greatest Gifts. A vat of wine gone sour was discovered in Babylonia more

than 10,000 years ago and voila – vinegar. Vinegar is now made in all countries and the types are varied and numerous as are the uses. Medicinally, vinegar can ease jelly fish stings, reduce bruising, headaches, and formation of blisters from sunburn. Extend your life by drinking a glass of water with a tablespoon of vinegar each day! White distilled, apple cider, balsamic, rice, malt – which to choose for cooking or making salad dressings? Rubbing white vinegar on fish will get rid of the fishy smell! Everyone uses vinegar to clean dirty windows (and newspaper) but it will also remove mildew, ink and denture stains. Get rid of weeds in the drive by spraying full strength and for acid loving plants water with a mixture of vinegar and water. Remove decals and skunk odor, keep ice from forming on the windshield...the list is endless for the uses and benefits of vinegar. It's natural and inexpensive, just don't store in a metal container or crystal!

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.



(Cont'd from page 15)

Injun chickens. They don't eat vegetables. They Granny Dollar wouldn't tech cabbage or lettuce or any sort of vegetables if they was starvin'."

She had me going now, so nothing mattered. I said "Yes, keep your chickens. Is there anything else you want this morning"

"I was about to forgit to tell you, Pa. I got six little roosters jest beginnin' to crow. Kin I keep all of them, Pa? I love to wake in the mornin' before day and hear them all crowin,' answering one another. It's jest like music. Kin I keep all of 'em?"

I assured her I would be delighted, my only regret being that she did not have 60 in place of six.

"Pa, there was one more thing I want to ax you.

Don't let Mother Harper ax me to pray when I come to the school. You know I 'conjurs' and folks what conjures don't pray. Course you is part Injun an' understands that Injun conjures is like white folks' praying, but Mother Harper don't know this."

She arose to depart, so I thought, after receiving my assurances that she would not be called upon to pray. But she still had something on her mind.

"Pa, I never set in a rockin' cheer in my life. Won't you give me that rockin' cheer you're settin' in? I'd rather have it than anything I ever seed in my born days."

By this time I was ready to give her my cabin and take to the woods. So I gave her the chair, which she placed proudly on her head and marched away. I sat down in a "straight-backed"

chair and heaved a sigh of relief - glad the interview was over.

I heard a heavy step on my front porch and glanced up to see Granny coming back for a last word.

"Pa, I jest thought I'd tell you I'm coming to see you every day."

Here words fail me.....

When I read this conversation many years ago I almost fell out of my chair laughing. During the time that Granny lived on the Master School property she was visited my many locals and visiting celebrities.

*In the next article....
Granny's visitors and her final days.*



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LOTS and LAND

4.04 ACRES ON E FORK LITTLE RIVER. Lots 4, 5 & 7 in Hunters Ridge offered for one price. Private; wooded; 350' river frontage & historic. The last remnant of the "Dinky Line" RR bed is still in evidence along the river (most of the old trestle bed is still in place). \$125,000. (835298)

W FORK LITTLE RIVER 3.11-acre waterfront lot. Conveniently located just north of Mentone, just above Taylor's Ford. Wooded; 150' frontage. Get away to this private sanctuary today priced at \$54,900. (735107)

LITTLE RIVER CANYON area. 40 acres with 2 streams; part wooded, part pasture; 2 creeks w/beautiful waterfalls & ledges. Nature's beauty, privacy & room for whatever the outdoor enthusiast wants to do! \$130,000. (335437)

LAKEFRONT ACREAGE. Solitude & nature await your getaway on this lightly restricted 4.33 acres on Full Moon Lake at Laurel Creek. 2 lots sold as one. \$49,900 (387932)

TRANQUIL CREEKSIDE PARADISE, walking distance to downtown Mentone. Inviting, 3.7-acre, wooded lot. Access on both sides of the creek. Privacy w/light restrictions & covenants. \$55,000.00 (564423)

REDUCED!! GET INTO THE WOODS!! 4.43 wooded acres, unrestricted, holds a lot of promise when you're ready to build. Septic tank, public water & power already in place! Unrestricted, so you could pull your RV in and get it set up right away to use as a getaway. Private drive off winding country road & woods between you and Hwy 117 (there's good frontage on the highway, too) give this place plenty of privacy & potential! Now \$39,900. (311288)

RARE DOWNTOWN MENTONE building lot. Remnants of the old stone foundation and hand-dug root cellar still in place. Septic tank of unknown condition also on property. Commercial or residential possibilities! \$45,000. (765396)



JUST PLAIN ADORABLE! Tiny, "Carpenter Gothic"-style cottage, built to be energy efficient; 896 sq ft; 2BR/1.5BA; screened back porch (to enclose for add'l living area if you choose). Warm, comfortable, cozy & so, so cute! Natural landscaping; low maintenance yard; wet-weather stream; peaceful woods. Between DeSoto State Park & Mentone, just off the DeSoto Pkwy. \$135,000. (1006846)



THE ESSENCE OF THE MOUNTAIN in stone and wood. One of the last remaining stone cottages, tucked into the boulder-strewn woods, in historic East River Park developed by Col. Milford Howard himself before it became Camp Alpine area. Little River is just across the road. Main house has 1BR/1BA, detached 1BR guest house; small shop/storage bldg. Fully furnished. Now \$110,000. (965674)



TINY CHALET CABIN WITH BIG AMENITIES like an outdoor kitchen; 16x20 shop (designed to be future guest cabin); 14x32 screened back porch; 10x18 front deck; new well house, pump & lines (according to seller, the well water is great! Public water lines & meter are also in place). 2BR/1BA chalet has built-in beds, cupboards, etc. 2.3 private wooded acres, quiet & frequented by wildlife. \$152,500 (1006428)



A WINDING, PRIVATE DRIVE leads to this welcoming, cedar-sided cabin on 2.91 wooded acres with small, wet-weather stream. The 8x42 front porch is great, but wait till you see the 12x42 back porch! Kohler fixtures & Corian solid-surface counters throughout. Spacious LR w/19' vault. Main-level MABR; custom cabinetry; wide-plank floors; huge laundry; on-demand H2O heater; 10x12 shop. So much more! \$228,500. (749941)



40 ACRES WITH 2 STREAMS not far from downtown Fort Payne, not far from Little River Canyon. That makes this beautiful piece of earth even more attractive! Great potential in its woodland & pasture. Yellow Creek flows through it, as well as another smaller creek. Great natural privacy, just minutes from town. Centrally located between LRC & DSP, a prime location for the outdoor enthusiast. \$130,000. (335437)



STUDIO COTTAGE, DOWNTOWN. How often does anything come up for sale in downtown Mentone? Exactly. This is one of those rare opportunities to own a place right in the heart of the Village of Mentone. 1BR (or 2 if you finish the loft)/1.5BA; KIT; LR; sunroom; side porch; private back yard; front showroom/office/studio. Multi-use space perfect for weekends, festival times, part-time, all the time. \$110,000 (415301)



40 WOODED ACRES, LOG CABIN & panoramic views across mountains & valleys. Private, secluded; a true getaway. Beautiful log home w/28' vaulted great room w/mtn stone, masonry Fpl & stunning wall of windows; cherry cabinetry; pro appliance pkg; peeled cedar tree loft supports; "man cave" basement (w/shop & garage); porches & decks. Hunter's dream. Minutes from I-59 & Hwy 11. \$375,000 (609396)



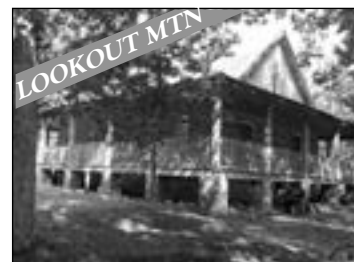
LET'S GO TO THE MOUNTAIN! Hop in the car & spend the weekend in your own log cabin! Small, but just the kind of retreat folks are seeking. Wood interior; new kitchen; 1BR/1BA (new bath); rocking chairs on the front porch (it's being sold fully furnished); wooded backyard, lovely front yard w/fruit trees & garden areas; flower beds; quaint "outhouse-look" well-house. Great rental possibilities, too! \$94,900 (840095)



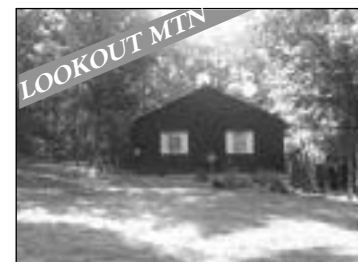
SWEET! INVITING LITTLE CABIN in the heart of Mentone; steps away from sunsets & views from Brow Park, dining, shopping & festivals. Wide-plank pine floors throughout. Large laundry/half bath could easily have shower added. Nice front & back porches. Nearly new kitchen appliances. Small, private back yard. There are so many possibilities for this neat little cabin! Great rental, too! \$109,000. (1000723)



REMARKABLE CRAFTSMANSHIP & VERSATILITY. Log home on 27.7 rolling acres with stocked, spring-fed lake brings to mind many possibilities. Winery? B&B? Lodge? Farm? Residence? Add to the mix: 30x60 shop w/30' covered porch; equipment sheds & 2-car det garage. Full, walkout basement w/WB fireplace & 4-person, cedar sauna room. Dream it, live it here! Now \$449,900. (449728)



SECLUSION OF LITTLE RIVER CANYON. You can hear the river from the wraparound porch of this 2BR/2BA cabin. Features: walk-in steam shower in MABA; jetted tub in second bath; hardwoods & T&G throughout the cabin. Small pond on property (shared with neighboring property). Adjoining property also for sale. Buy both for a great rental package or live in one, rent the other. \$125,000 (810171)



WALKING TO THE BEAUTY OF LITTLE RIVER CANYON is just a short hike from this secluded cabin with 3BR/1BA, CH&A, new carpet in bedrooms, Hardwood floors in living room. Small pond on property (shared with the neighbor). Adjoining property also for sale. Buy both for a great rental package or live in one and rent the other. Great getaway areas. \$85,000 (718689)



A Nature-Inspired Christmas

By Susan Seago

Co-Owner, Earthly Elements Rock & Garden Shop

By the time you read this edition of the Groundhog, the Christmas season will be upon us. It's a time of celebrating, sharing, and giving; and I love it!! Let's talk some about the natural world of plants that play such an integral part at this time of the year.

When we think of Christmas, we usually think of shopping, decorating, and baking. Those are my first thoughts. I know many have already been doing the shopping and are ready to decorate. For those of you who enjoy fresh cut trees, there are the firs, pines, cedars, cypress, and spruces. I prefer the stronger branched spruces and firs to decorate with ornaments. They also hold the lights better. The other evergreens can be used to adorn mantels and doors or be placed in arrangements.

At our garden shop, we have wreath classes and use all natural materials to create the wreaths. They become some of the most beautiful decorations you can imagine. And, those that hang on your doors and windows outside will last through the spring! I think I finally took mine down sometime during the summer (of course, it was orange by then). I would encourage you to take a walk through the forest to gather your materials. Besides not costing you money, you get a little exercise and do not harm the environment. Pine cones, grasses, holly berries, magnolia seed pods, nuts, and many other natural elements can be found. Each year when I go out to gather materials, I

find a new wonder of nature to use. Sometimes I find a tiny bird's nest to place on the wreath.

Boughs of cryptomeria, cedar, and cypress are great for mantels and around railings and columns. Magnolia seed pods will last but the leaves are short-lived so I don't use them except for occasions such as a gathering where they will be used for a short time. Pine boughs

getting to them. Of course, I sometimes ask Reesa to help as her arms are longer and reach further.

In addition to the beauty of natural decorations, there are the scents of the season. These include cinnamon, sprigs of rosemary or lavender, eucalyptus, even trailing mint. Add some to your holiday décor to enhance your enjoyment of the season.

Reesa and I wish you the best this Christmas season. May your days be filled with celebrations of joy and love. Visit us during the season in our new location in the Log Cabin Village in Mentone.



also dry out quickly, too, but will last awhile outside. Most of the other evergreens will last a good bit longer. Remember, we are talking about these decorations being outside. Even the pine will last better in the cold weather.

If you want to use holly berries or bittersweet, you may need to spray them with a fixative as the berries do tend to fall off. Everyone loves the berries; they add that touch of color to the various shades of green. Sumac blooms of dark red are one of my favorites, too. My only challenge is that most of them grow in hard to reach places, but I have become quite adept at





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MOVE TO MENTONE and live in this wonderful home on the brow. 1.95 acres. 4 bdrm, 3 bth. Open concept living room, kitchen combo, with gas log fireplace. Formal dining room. Separate 30x40 garage/workshop. Native flora landscaping with rock outcroppings, garden fountain pond. Auto sprinkler system. Screened porch with multiple decks for your sunset views. So much amenities. \$339,000



WILD RIVER LODGE on the East Fork of Little River. Custom Timber Frame, 5 bedroom, 4 bath, Great Room, Dining, Kitchen with full appliance package. Custom Oak cabinets. 2,000sq ft wrap around porch and deck. Screened porch with wood burning fireplace. Gas fireplace inside. Loft with end to end bunks with storage. Outdoor kitchen, 250 gal smoker, sink stainless counter tops. Dual fuel HVAC. Secure gated. 4 acres. So many amenities. \$650,000. (23021)



"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. \$125,000. (22833)



MAINTENANCE FREE vinyl faux brick bungalow. 2 bedroom, 3 bath. Great room with rock, gas fireplace. Eat in kitchen/dining, full semi finished basement. Located on DeSoto Parkway, Mentone. \$169,000. (23036)



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. \$255,000 (22995)



CHARMING rock and vinyl home outside of Mentone. Relax in this completely re-modeled 3br, 2ba dining/kitchen combo, large living room, with hardwood & ceramic tile. Amenities include CHA, wood burning stove, and separate workshop for your projects, along with a fenced in garden area. Sit on the front covered porch overlooking the nicely landscaped yard with fruit trees, and enjoy a cook-out on the back patio. A must see! Appt Only. \$169,900. (23091)



CHARMING LOG CABIN circa 1920s in Cloudland, GA. Renovated but kept with its original logs, windows, floors & doors. 4 bdrm, 2 bth. Living room with stone FP. 3 french doors leading to the screened porch & large deck, that overlooks stone picnic tables, stone FP, and BBQ chimney. Seasonal view. A must see! \$135,000 (23096)



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. \$220,000 (22973)



3.8 ACRES located in East fork little River Estates. Nicely wooded with a portion of the historic Dinky Line Railway. 175 ft. on river (Cherokee Co. Mentone). covenants & restrictions. county water and power available. \$53,000



1940's VINTAGE Bungalow. 2 bdrm, 1bth. T & G walls, beamed ceilings. Stone gas log fireplace. Heart Pine Flooring, Brow Views, Sun porch, vinyl siding. Old Mentone Charm. \$209,900



1.8 ACRES on East Fork of Little River. Easy access to river from common trail that runs along the banks of the river. Bluff views. County water available. Gated community. \$115,000 (23022)



EAST BROW tract located Valley View Forest. Gorgeous views of Weiss lake in the distance. Camping shed, hot stove, outside deck, fire pit. Parklike setting, rock formations. \$90,000. (22996)



.6 ACRE West Brow lot, 1 mile south of downtown Mentone. Wooded with rock formations. Great building lot. Prime location, great sunsets. 5 lots available. \$114,900. (23043)



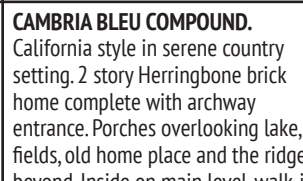
.75 ACRE WEST BROW LOT, 1 mile south of downtown Mentone. Wooded with rock formations. Great building lot. Prime location, great sunsets. 2 lots available. \$124,900. (23042)



9 ACRES located on the east fork Little River with 500 ft on river, and 550 ft on Gilbert branch. Concrete slab, power, well & septic. Privately located. \$138,500 (22148)



CAPE COD COTTAGE in Cloudland, GA. 2bd, 1.5bt. Living room with stone, gas log fireplace. Enclosed porch. Dining room/office. .62 acres, fenced, outbuilding. \$58,000



CAMBRIA BLEU COMPOUND. California style in serene country setting. 2 story Herringbone brick home complete with archway entrance. Porches overlooking lake, fields, old home place and the ridges beyond. Inside on main level, walk-in to the foyer that opens into the great room, dining with travertine FP. Gourmet kitchen with high end appliances, granite counters, eat-in bar, cherry cabinets throughout entire house. Master with glamour bath, dressing room. 2 additional bedrooms and bath. Large utility w/ built in cabinets, freezer, w/d. Downstairs suite has 2 bdrms, Den and bath. So many amenities and landscaped naturally with flora and fauna. The Guest Cottage is 2 bdrms, 1 bth, living room with ceramic wood burning insert. Heart pine floors, ceilings, and walls. The old home place on property was built in 1895 when the land was homesteaded. Even the African geese stay and all the wildlife abound! Total of 90 acres. \$974,900 (23094)



LOTS AND ACREAGE

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)

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)

6.1 ACRES with Brushy Creek running through, drive way in place, wooded. \$36,000 (23044)

.67 ACRE with paved rd frontage, wooded, non restricted \$6,500.

NICE LEVEL WOODED PROPERTY. Price was \$65,900. Now \$62,900 (20892)

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. \$60,000 (22866)

NICELY WOODED 5 ACRES with stream located on Desoto Parkway, Mentone. Residential or commercial use. Old Homesite, large rock formations. Possibilities are endless. \$90,000 (22824)

*Merry Christmas
 and
 Happy New Year!*



The Mountain Herbalist

Chicken Soup for the Cold

By L. C. Moon

We are saying goodbye to fall's moderate temperatures and winter is drawing near. As I write my article, out of the corner of my eye I gaze upon the fire and listen to it as it crackles in my woodstove. I can also hear the cold winds blowing, scattering the leaves across the ground and making music with the Corinthian chimes outside my window. I can feel the cold trying to creep in my house but the heat from the cast iron stove is pushing back against the frigid air.

Once again it is the time of year when most of us will be inconvenienced, at some point, by cold, flu and/or sinus problems. Ironically, while I am writing this article I have begun feeling the signs of sickness creeping in on me. It is not surprising though. From my research it's not just an old wives tale that cold weather can contribute to sickness. The truth is, during cold weather the body utilizes a lot of energy just to keep warm, and as a result it has less energy stores to fight off harmful bacteria or viruses. So while I love to go barefoot and feel the dry leaves crunch beneath my feet, I believe I will wait for those moderately warm days.

Another old wives tale I have heard since I was a child is to eat chicken soup if you have a cold or flu. The Mayo clinic and many others have studied chicken soup and it seems there is scientific proof to yet another old wives tale. The ingredients of chicken soup have been proven to be good for a cold because it is a natural anti-inflammatory. Chicken soup is said to inhibit neutrophils, which participate in the body's inflammatory response. Mayo clinic also

says chicken soup can help by speeding up the movement of mucus and as a result limiting the amount of time viruses are in contact with the nasal lining.

I believe the love as well as the herbs and spices you put in your soup can make it even more healing. I add the following herbs to my chicken soup.

Rosemary--antioxidant, antiseptic, antimicrobial
Thyme--antiviral, antibacterial, expectorant and astringent
Oregano--antiviral, antibacterial, anti-fungal,
Garlic--antiviral, antibacterial, anti-fungal, antioxidant, opens sinus
Onion--anti-inflammatory, antioxidant, antibacterial, antiviral
Cayenne--stimulant properties can shorten the duration of a cold or flu and enhance the effectiveness of herbs. Clears sinuses if you add a few extra dashes to spice up your bowl of warm chicken soup. The warming effect brings heat to the body, which can help dispel coldness.

Garlic is one of nature's best immune system boosters, and aside from adding it to my soup I eat whole garlic cloves, which gets my sinuses moving. Standardized garlic supplements are more convenient than eating raw or cooked garlic. They are more concentrated, and you can consume a few capsules, a few times a day, to effectively treat or prevent illness. Another bonus of garlic capsules is that they now come in an odorless form so you do not to offend those that must be close to you, as I have been guilty to do. Though if you are not concerned about the smell and love garlic; then you can try to eat 12 cloves of garlic throughout the day at the first sign of sickness.

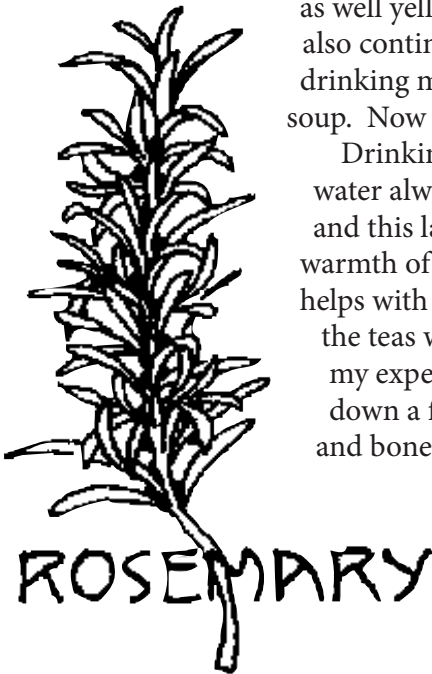
Unfortunately as I began to write this

article and felt ill, I didn't have garlic or many of the herbs I normally have on hand, such as Pau d'arco, Echinacea or Oregano extract. I like to use this combination because they are all antibacterial, antiviral & anti-fungal. I decided to make do with teas of echinacea and yellow root plus vitamin c, b complex and zinc but they were not potent enough to stave off the illness that gradually crept in. Out my front door there are other remedies I could have used, such as sassafras, pine needles, rabbit tobacco and boneset, but unfortunately when I am not feeling well it is harder to make myself do anything extra to take care of myself.

Thankfully I located my oregano nasal spray, then eventually found an Elderberry and an Echinacea extract in my pantry that I had overlooked. Elderberry is another favorite remedy of mine to help prevent and heal the body during a bacterial or viral infection plus it helps with relieving or preventing chest congestion. I was already pretty much sequestered to the couch or the bed by the time I found the hidden extracts. I began taking them to prevent any worsening of symptoms, such as elderberry for cough. Yellow root and oregano are helping limit the severity of my sinus infection and as well yellow root is supporting my liver. I also continued taking vitamin c, raw garlic, drinking many herbal teas and eating chicken soup. Now I am on the mend.

Drinking hot herbal teas and hot lemon water always helps me relieve my symptoms and this last bout was no exception. The warmth of the tea feels good going down and helps with the flow of mucous, and some of the teas will also help bring down a fever. In my experience, elderberry can help bring down a fever but warm lemon water, catnip and boneset, singularly or together, have proven more effective in bringing down my and my daughter Zoe's fevers. Boneset is very bitter tasting so I prefer it in an extract because, if you can get

(cont'd on page 22)



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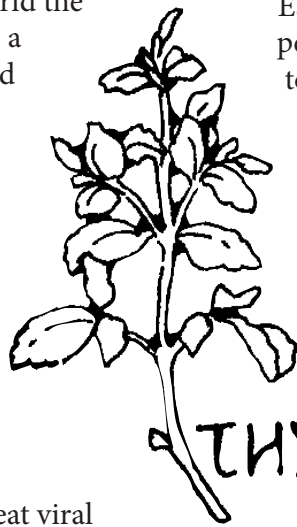
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References Available

Mountain Herbalist (cont'd from page 21)

beyond the taste, it will also help rid the body of the aches associated with a fever. A cold cloth on the forehead is helpful for a fever too but I usually don't try to break my fever immediately because a fever is actually not a bad thing unless it reaches dangerous levels. A fever is the body's natural defense against infection.

Herb teas such as peppermint/lemon balm blend or ginger help sooth my stomach, open my sinuses and treat viral infections. I like to drink a peppermint, chickweed and nettle tea blend when I am all stuffy, particularly in the spring and fall, because it helps to clear the sinuses as well as ward off any allergies that may try to afflict me while my immune system is down. Fennel added to any herb tea has also been helpful because it is relaxing, aids digestion and decreases mucous in the entire body.

For a sore throat, I add a heaping spoon full of honey to my peppermint, horehound, ginger and/or slippery elm tea. Mixing lemon juice in warm water with a lot of honey will also help, and adding a drop of peppermint essential oil has helped me even more. Honey is antimicrobial and provides essential amino acids while soothing an itchy or sore throat. A couple of local remedies for sore throat are: red sumac berries simply soaked in water and drank warm or cold as needed as well as Pine needles which can be



THYME

lightly simmered and drank warm. Pine needles are also high in Vitamin C.

Essential oils of eucalyptus, rosemary, peppermint, cajeput and/or thyme are helpful to clear sinus congestion and infection when the aroma is inhaled straight from the bottle through the nose. These essential oils also work well in a humidifier whether it is a pot of water on top of your wood stove or a store bought humidifier.

I mix these essential oils with a little vegetable oil and massage it into my sinus area to help break up the mucous. I also add these essential oils to a hot bath blended with bath oil or salt blend to cleanse and hydrate my body and sinus.

Eucalyptus, rosemary, peppermint and/or thyme, whether used fresh or as an essential oil, are also helpful as a steam to clear the sinus and stimulate clearing the lungs. Simply bring water to a boil in a glass, enamel or stainless steel pot and then combine the dried/fresh herbs or essential oils. Place your face over the steam as it rises from the pot and put a towel over your head to trap the aromas and steam coming from the pot. Keep a tissue handy because your sinus will open up while the herbs work to clear infection. Be careful to close your eyes so the oils do not hurt your eyes and be cautious that the towel does not touch the heating element while it is on your head.

Today I will continue consuming my herbal remedies and supplements as well as take the age-old advice of drinking plenty of fluids and getting plenty of rest. And now that I am feeling better, I

am taking short walks and getting some fresh air. Although the cold may have us want to curl up on the couch to stay warm, studies have shown that heart rate-raising moderate/intense exercise five days a week can help prevent viral infections. So, even though the temps are cold, it is still a healthy idea to exercise, get outside, breathe the fresh mountain air and get some sunshine.

Even though I have to prod myself sometimes to get outside for a hike, once I get outside and get moving the cold is more bearable than I had believed, and the crisp clean air is usually very soothing. The winter does have its niceties I can enjoy while hiking the trails of Lookout Mountain. Each winter I can rediscover the unobstructed views of the landscape, rock outcroppings, waterfalls, Little River and creeks with no worry of snakes, ticks or mosquitoes. It often amazes me how good I feel after outdoor exercise, and I always wonder why I sometimes procrastinate, even if it is cold, because I know nature feeds the soul and body like nothing else can.

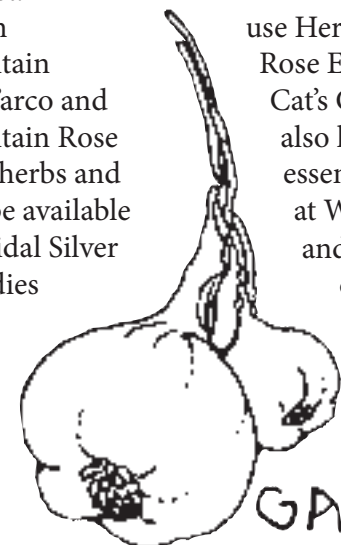
It is wise for me to tell you to contact your healthcare provider if possible before introducing new herbs or making changes to your health care regimen, especially if you are pregnant, nursing or taking any prescription medication. Peppermint, rosemary or herbs in the mint family should not be taken while pregnant. If you have any questions or comments you can contact me on Wildflower Café's Facebook page with a personal message. I would love to hear your natural family remedies! Below you will find a list of some of my favorite herbal remedies you can purchase for you home. This is an introduction to what I have found works for me though there are many other natural remedies not mentioned here that also work great.

Herbs for Kids – Echinacea, Echinacea/eyebright, Peppermint throat spray. These are sweet tasting blends for kids but can be used by adults too--as Mary Poppins says "A spoon full of sugar helps the medicine go down."

Throat Rescue helped my strep throat heal faster than the Herbs for Kids Spray. Oreganol capsules, Oregano nasal spray, Kyolic Garlic Capsules, Sambucol Elderberry Extract.

I often Mountain Pau d'arco and Mountain Rose loose herbs and may be available Colloidal Silver remedies

use Herb Pharm or Rose Echinacea or Cat's Claw (antiviral). also has quality essential oils. Some at Wildflower Café. and Homeopathic can also be helpful.



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