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THE GROUNDHOG

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

Volume 32, No. 9

"Neighborhood News from the Heart of Lookout Mountain"

September 2013

Artist Feature: Lydia Randolph

By Duncan Black

She is a handsome, middle-aged lady with the enthusiasm of a teenager, a secure and confident woman who has successfully raised four children, a teacher who works zealously with children, a dog-lover who looks for strays, and a supremely talented artist with the grace and carriage of an artist's model.

Lydia Randolph grew up in Little Odessa, Florida, the daughter of a native New Yorker and a mom from Ohio who brought their young family south to the orange groves of Florida and a simpler rural life.

By the time she was three years old, she was painting furiously at her own easel. As she matured, her greatest influence came from her grandmother, who was a docent at the Metropolitan Museum of Art in faraway New York City. Every week a postcard arrived with a photograph of a work from the museum's collection, and every week Lydia would dutifully mail a sketch or painting to her grandmother



for a critique. Coupled with visits, these early contacts cemented a firm artistic foundation and a devoted relationship between the two.

Lydia showed little interest in academic subjects beyond art, and she was allowed great latitude in her country school to chart her own course. She says she owes her diploma to her mother's persuasive powers with the school's administration.

Her fine art studies at the University of

Florida soon were eclipsed by a series of commissions for murals from commercial establishments in Gainesville (including some student watering holes). This offered her an opportunity to pursue her dreams and "get paid at the same time."

"My college career ended when I fell madly in love and moved to Kentucky, where he was stationed," she says. They later lived in Tennessee and finally settled in Fort Payne, Alabama.

Four children followed in rapid succession, putting her artistic career on hold. "I knew I had to take a break from my art when my oldest daughter tried to eat a tube of paint. I called the poison control center to find out what to do and they asked me to read the label to them. I had to explain that I couldn't – it was in Japanese!" she said. "Fortunately she had not actually swallowed any of the paint, and no harm was done. But for the next few years, crayons were my primary medium," she laughs.

(Cont'd on page 24)

2013 Colorfest Will Include Even More Events, Activities

Colorfest 2013 is quickly taking shape, with lots of new ideas and volunteers committed to making this year's festival a fun-filled event for the entire family. Our committee remains focused on making Colorfest a reflection of Mentone's rich heritage of craftsmanship, art, music and traditional mountain family life.

This year we are introducing two new fun events – Scarecrow Holler and a 5K Color Run. Scarecrow Holler is a scarecrow-building competition for local businesses, organizations and individuals. The scarecrows will be displayed in Mason Park. The 5K Color Run is being organized by One World Adventure Company. Both of these events add a lot of excitement to our festival! Details, rules and

applications for each of these events are included in this issue of The Groundhog.

Colorfest sponsors are still needed. In addition to general event sponsors, specific sponsorship opportunities for our music, the "Sounds of Mentone"; the Children's Farm fair; and Scarecrow Holler are available. Our sponsors are promoted before, during and after Colorfest through social media, television, radio, regional press releases, recognition in The Groundhog, festival booth opportunities, and banners and promotional materials. Please contact anyone on the Colorfest committee if you would like to be a sponsor.

Last year's Pumpkin Patch Jubilee, a decorating competition for Mentone businesses and



Mentone Market's 2012 Pumpkin Patch Jubilee display.

(cont'd on page 4)

THE GROUNDHOG

P. O. Box 387
Mentone, AL 35984

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

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Contact The Groundhog
P.O. Box 387 256-465-1107
groundhognews@aol.com

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

From The Editor

September on the mountain! It's lovely and cool. The mauve Joe Pye weed and purple ironweed are thick in the thickets, but yellow is queen!

The first yellow and orangey red bursts have been seen on otherwise perfectly green trees; the green black walnuts are standing out in silhouette as their yellow leaves give way, raining more every day. Fall is rushing in!

The frequent rains have made for heavy fruits. Watermelons and tomatoes split in the field and the elderberries are hanging lush and purple/black. It's been a good year for elderberries. I wonder if that means it's going



starry floral blanket, or how the whippoorwill calls from the margin of the woods. Come back soon!

to be a bad year for flu? Elderberry is a potent anti-viral and immune booster that will usually knock out a few of the bugs that go around.

A wine, syrup or tincture of the medicinal fruits will "gladden the heart" and help stave off infection.

If you're missing Mentone right now, you might be thinking of late sunsets off the brow, cool breezes rustling the leaves, sweet autumn clematis covering hedges with its

Best, Susan

This Old House: MERF Community

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.

Please help MERF to enhance life here on this beautiful mountain so we all can continue to say "Leave Me in Mentone".

School is back in full force, and I love hearing the children's voices on the playground and in the art room enjoying each other and creating wonderful pieces. It also means that piano lessons begin again with Sheryl so I can move with the beat. At the next MERF board meeting, I'll get to hear about how the kindergarten, 1st and 2nd grade teachers enjoyed their

teacher workshop sponsored by MERF again this summer. Love that they get so excited about being back in the classroom with these great Mentone kids. I am sad, however, that it means an end to tours at Sequoyah Caverns. Fortunately, the Moon Lake students did get to go to the caverns on August 26th with funding from MERF. The board is always excited when they can provide a great learning opportunity for the Moon Lake Students.

The summer socials with our senior lunch bunch crew were wonderful. Thanks are given to the Mentone Market for once again providing us with delicious, homemade ice cream for a fabulous end to the summer socials. We will begin our senior lunches on Wednesday, September 18th. As always, lunch will be served at 11:30 a.m. with fun music and reciting to follow. MERF programs are successful due to volunteers and financial support from friends. If you would like to volunteer with the senior lunches or the tutoring program, please contact us at merf.mentone@gmail.com or call Sarah Wilcox at 256-634-4673.

Great thanks also to all of you that participated in MERF's community health assessment by filling out a survey or attending a meeting. Elizabeth Harris will make a presentation to the board in September.

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.



Join MAPA Today!
Help us preserve
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and impact its future.

Individuals - \$20 a year
Couples - \$30 a year

MAPA
P. O. Box 50
Mentone, AL 35984

Treasure On Lookout Mountain

Part IV (Conclusion)

By Sandy Harris

After being in Valley Head for just a week, William could hardly believe his good fortune of being invited to dinner at the Winston mansion. He had met Josiah, the Winston's nephew, at the general store. William had mentioned to Josiah about camping out in his front yard over two years before.

An invitation to dinner that evening was forthcoming, and soon William found himself seated at the beautiful walnut table in the elegant and expansive dining room.

The Winston's hospitality was welcomed by William, who had not been in Valley Head long enough to make friends. Sitting around the table after dinner, William and the Winstons reminisced about those early fall days of 1863, when the 20th Corps camped out on the Winston's property.

"You know," said Mrs. Winston, remembering something long forgotten. "It wasn't long after the soldiers left that we discovered some missing gold, a locket my grandmother had given me and a necklace that had belonged to my mother. We always thought it had to be one of your soldiers," she sighed, remembering the day they had discovered the theft.

William jerked his eyes in Mrs. Winston's direction and felt the blood rushing to his head.

He methodically related the story of Private Thomas Jones' confession before his death on the mountain that particular night over two years before.

"At the time," confided William, "I didn't think about him stealin' from your family, for he never said what he had taken or where he had got it."

Upon learning that the rucksack had been stashed in the crevice of an old oak tree, Colonel Winston suggested that Josiah accompany William to the area on the mountain where the 20th Corps had camped. It was like looking for a needle in a haystack, but as Colonel Winston told them, "You never know what might turn up."

The men set out the next morning with two horses, a tent and enough supplies to last for over a week. "This time the trek up the mountain is a lot easier," thought William, "for the horses are doing the work. Carryin' army equipment on our backs made for a pretty rough trip up Lookout!"

William and Josiah stood on the mountain's peak, peering into the lush valley below. "I remember this view vividly in my mind," said William. "I would think of all this beauty sometimes at night as I'd lay on my cot during the rest of the war. It always filled my heart with

God's peace as I thought of the memory of this beautiful place."

"Know what you mean," replied Josiah.
(Cont'd on page 19)

Want to know more about Mentone's early years?

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

Wildflower Cafe . Kamama Gallery
Crow's Nest Antiques

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

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

Chickamauga Anniversary Coming Up

September 19 marks the 150th Anniversary of one of The Confederate Armies greatest victories, The Battle of Chickamauga. "Chickamauga" means "River of Death," a fitting name for the site of one of the Civil War's bloodiest battles. 34,000 men, between the two armies, were reported killed, wounded or missing.

A re-enactment of the battle staged by the Blue Gray Alliance and Walker County is scheduled to take place Sept. 19-22, 2013, about 20 miles south of Fort Oglethorpe at Mountain Cove Farms. Special events are scheduled for the weekends of Sept. 14-15 and Sept. 21-22 at Chickamauga Battlefield.

Information about programs offered at the Chickamauga and Chattanooga National Military Park can be obtained by calling 706-866-9241 or visiting online at www.nps.gov/chch.

Mentone Family Is Part Of 100 Year Celebration



Photo by Dale Crawford

The Meadows family of Mentone was passing by Fort Payne City Park on August 3rd when they decided to stop and see what the celebration was about. They decided to stay awhile and were glad they did. The DeKalb Rifles Camp 1824; Sons of Confederate Veterans and the DeKalb County Chapter 1456 United Daughters of the Confederacy were celebrating the 100th anniversary of the Confederate monument in the park. There was speaking, singing, a parade and the unveiling of a re-furbished monument. Katie Meadows and her children Ethan and Lily are pictured with Buzz, a Confederate re-enactor and Alabama Division President, Gary Carlyle. Ethan and Lily attend Moon Lake School. Ethan will be in the fourth grade and Lily will be in the fifth.

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ColorFest (cont'd from page 1)

residents using fall elements such as pumpkins, hay, cornstalks, old bicycles, vehicles, and assorted caricatures of people and animals, painted Mentone in a fall festival air. The Pumpkin Patch Jubilee will be held again this year, and prizes will be awarded for “Best in Show.” Misty Watters and Amanda Lea have agreed to coordinate the Jubilee this year, and to help provide pumpkins and hay.

If you have questions and suggestions concerning Colorfest, feel free to contact festival co-chairs Thomas Qualls (256-634-3013) or Ray Padgett (256-634-3001), or you may contact anyone else on the committee. If you would like to be a festival exhibitor, please complete the application included in this issue of The Groundhog, or complete one online and send it to MentoneColorfest@gmail.com. Exhibitor fees are \$75.00 per booth space. Additional information is available at www.mapamentone.com.

As always, Colorfest is held the third weekend in October, which is October 19 & 20. Mark it on your calendar! And please consider being a volunteer, a sponsor, or both!

Kick off to Colorfest!

Friday, October 18

One World Adventure Company

Friday Night Fish Fry

Mentone Inn Pavilion

Get a taste of one of the best fish dinners around! For a \$10 donation you will get a hand-breaded fish dinner with homemade hushpuppies, slaw, dessert and drink! The dinner bell rings at 5pm and food is served while supplies last.

At 8pm, for your listening pleasure, The Gypsy Begonias will present their unique blend of Blues-grass and Folk Rock. Bring a chair.

On Sunday October 20, be a part of One World Adventure's Color Craze 5K Fun Run! Modeled after the popular Color Run, participants will enjoy a scenic route through Mentone becoming doused with colored powder along the way. Sign in will be at 7am, and the race will begin at Mason Park at 8am and end at Brow Park with a colorful finish line welcome!

What to Wear: WHITE! T-Shirts, Headbands, Wristbands, etc. Sunglasses to protect your eyes! and a Happy Face!

Early Registration fee: \$30

Deadline for early registration: October 15th

Registration fee on Race Day: \$40

A registration form will be available through some Mentone retailers, One World Adventure Company and in the October Groundhog.

CALL FOR VENDORS

COLORFEST 2013

October 19 & 20

(Rain Date - October 26 & 27)

OFFICIAL FESTIVAL APPLICATION

\$75 for a 12' X 12' space for 2 days

(September 30th deadline)

Name _____

Mailing Address: _____

City, State, Zip: _____

E-mail: _____ Phone: _____

Exhibitor Category: Artist Crafter Business

Description of art/craft or product/service: _____

No. of Spaces: _____ Need Elect.?^{*} (+\$25) _____ Need Water?^{*} (+\$25) _____

^{*}Electricity and / or Water charge is a total of \$25

Amount Enclosed: _____ (make check payable to MAPA)

Any Special Needs or Questions? Contact mentonecolorfest@gmail.com

All artists will be located at Mentone's beautiful Brow Park. As always, our hospitality cart will keep you supplied with water, soft drinks and light snacks. Colorfest hours will be 9AM to 5PM Saturday and 11AM to 4PM Sunday. ALL TIMES ARE CENTRAL TIME. You may set up your space either Friday, October 18, 12 noon to 5PM, or Saturday, October 19, 6:30 to 8:30AM.

ALL ARTISTS' AND CRAFTERS' ITEMS FOR SALE MUST BE HAND MADE. ALL ITEMS MUST BE OF SUITABLE QUALITY AND CAN NOT BE OFFENSIVE TO ANY REASONABLE PERSON OR GROUP. MAPA reserves the right to exclude anyone from Colorfest at any time prior to or during the festival.

Send completed form and payment to:

MAPA,

PO Box 50

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COLORFEST 2013

SCARECROW HOLLER

Official Application/Entry Form

Please Print Clearly

Individual/Family Contact Name_____

Business/Organization Contact Name_____

Address_____

City_____ State_____ Zip_____

Phone_____ Email_____

Application/Entry Cost:
Individual/Family \$5
Business/Organizations \$10

Deadline for entry and fees is October 1, 2013. Entry fees must be by check or money order. Do not send cash! Please mail this form with your entry fee to:

Thomas R. Qualls
576 Road 922
Mentone, AL 35984
Phone: 256-634-3013
Email: thomas.qualls@gmail.com

Thank you for your participation in MAPA’s debut Scarecrow Holler Display at Mason Park during Colorfest 2013. We believe this will become a favorite event for our annual festival! Your participation and support will make this event successful. We want to showcase Mentone and make 2013 Colorfest a success; Scarecrow Holler will be an important part of that.

CONTEST RULES

Our theme for Colorfest is celebrating the fall season on the Mountain, focusing on old time traditions. Please keep this in mind when creating your Scarecrow.

Entry fee is \$5 for an individual or family, and \$10 for a business or organization. The application and entry fee must be received NLT October 1st.

Set up in Mason Park will be on Friday, October 11th. Scarecrows will remain up through October 31 and must be removed by Saturday, November 2nd. Areas will be assigned for each Scarecrow measuring 5 feet square.

Scarecrows should be in good taste, family friendly and keeping in the theme of the festival. They should not reflect controversial social or political situations. The Scarecrows must be constructed to withstand weather conditions. Tips for constructing Scarecrows will be available via email or the Colorfest website for additional information.

MAPA and the Scarecrow Committee reserve the right to remove any Scarecrow that does not meet these standards. No handouts, promotional materials or free giveaways can be associated with any entry. Additionally, we may remove a display at any time due to its condition if it does not hold up to weather or other factors. It is suggested that entrants check on their display periodically.

Judging/Prizes: There will be two categories for judging/prizes: 1. Individual or Family and 2. Business or Organizations. In each category prizes will be awarded as follows: 1st prize \$100 2d Prize \$50 and 3d Prize \$25. Additionally, a People’s Choice Prize will be awarded consisting of donated prizes. Judging criteria will be determined by the Scarecrow Committee, to include originality, theme content, etc. Judges will be provided by sponsoring organization(s). Winners will be featured in November’s Groundhog publication.

MAPA ColorFest Committee reserves the right to use photographs for future publicity.

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LIBS FROM THE LIBRARY

By Linda Brown

When we saw the agenda, we knew that we had much to discuss and do.

Mickey Luck, Chairman called the meeting to order. Present were Directors of the Board:

Mickey Luck, Barbara Blalock, Linda Brown, Gethryn Giles, Liz Baker, Dianne Kuehl, and Jim Byrum.

After all regular reports were given, Mickey reported that the ColorFest dates are October 19 & 20. We plan to have a Book Sale on the brow with the other exhibitors of the ColorFest.

SCHOOL HAS STARTED!! This means that you do not go to the library any time except when it is opened by community volunteers. We have very few books left from the Longest Yard Sale and are in need of donations. Bring your donations to the library on Tuesday 3-6 pm, Thursday 3-6 pm and Saturday 9-12 am. Someone will be there to

help you unload them if you need help. I repeat, DO NOT go to the library except these hours.

We will take any books but prefer not to have magazines. We will go through your donations and decide which books are needed on the shelves

of the library and which ones should go into the book sale boxes. Paper backs may be used on our swap cart; this is a great feature of the services of the library. You may take any paperback and bring it or others to put back on the shelves. Bring us your donations!

Dianne Kuehl discussed the annual calendar ads and other features. She stated that she will need to know about all ads and other information by the next meeting, September 19. The ads are falling into place; we might have one or two slots. If you want an ad for your business, let us know now.

We need the dates of meetings of any organization in Mentone. Just yesterday my sister-in-law was

trying to determine the date the town council met. She said Monday was on the calendar, my daughter told her no, it has been moved to Tuesday. She was saved a trip. We do need correct information in

the calendar. Send any requests, meeting dates or birthdays and anniversaries to: Moon Lake Library, PO Box 481, Mentone, Alabama 35984.

Another need is two more Directors. We have lost one to health issues and another to move closer to children. All resignations are breaking our heart but we understand the reasons. If you are interested in becoming a Director, get in touch with a Director or schedule a visit by signing on the roster of the next meeting and talking to us.

Next meeting: September 19, 2013, 3 PM in Moon Lake Community Library. Visit our library!! You will be as proud as we are. We are one of two in the state that serves both the school and the community. We are unique!





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CITY/STATE _____ ZIP _____

____ Yes, I would like to place an order for next year's community calendar.
 LISTED BELOW ARE THE NUMBER OF CALENDARS I WOULD LIKE TO ORDER AND/OR THE
 PEOPLE'S NAMES AND DATES OF THEIR ANNIVERSARIES OR BIRTHDAYS.
 ____ Yes, I would like to place an order. PLEASE HAVE SOMEONE CONTACT ME.
 ____ I REPRESENT AN ORGANIZATION AND WOULD LIKE TO HAVE OUR MEETINGS LISTED.
 PLEASE HAVE SOMEONE CONTACT ME.

NUMBER OF CALENDAR _____ @ \$5.00 = _____ (ENCLOSED)

LISTINGS (FIRST & LAST NAMES) - BIRTHDAY(B), ANNIVERSARY(A), IN MEMORY (M)

NAME _____ DATE _____ B/A/M _____

NAME _____ DATE _____ B/A/M _____

NAME _____ DATE _____ B/A/M _____

NAME _____ DATE _____ B/A/M _____

NAME _____ DATE _____ B/A/M _____

NAME _____ DATE _____ B/A/M _____

NAME _____ DATE _____ B/A/M _____

NAME _____ DATE _____ B/A/M _____

IF YOU HAVE ANY QUESTIONS CONCERNING THE REORDERING OF YOUR COMMUNITY
 CALENDAR, PLEASE CONTACT A MEMBER OF THE LIBRARY BOARD OR CALL DIANNE
 KUEEL, 256-634-4538.

PLEASE FEEL FREE TO MAKE COPIES OF THIS ORDER FORM FOR YOUR FRIENDS AND
 NEIGHBORS.

ORDERS SHOULD BE MAILED TO THE FOLLOWING ADDRESS DURING THE MONTH OF
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Humane Society/Animal Resources DeKalb
 6th Annual

Pet Pawrade

(Fort Payne Boom Days Event)

- When: **September 21, 2013**....registration begins at 9:30AM & the parade kicks off at 10:00AM.
- Where: Pet Pawrade will begin at the HS/AR DeKalb tent located in the **Depot Museum parking lot** (105 5th St NE Fort Payne, AL).
- If you'd like to nominate a Fort Payne or DeKalb County companion animal for our **2013 GOOD CITIZEN AWARD**, please email wh6793@gmail.com. Tell us why with your & nominee's contact info; nominations close September 14, 2013.
- Visit us on Facebook or check out our website www.animalresourcesdekalb.com to get all the details, including how to **pre-register** for this event (pre-registration ends on September 14th!)

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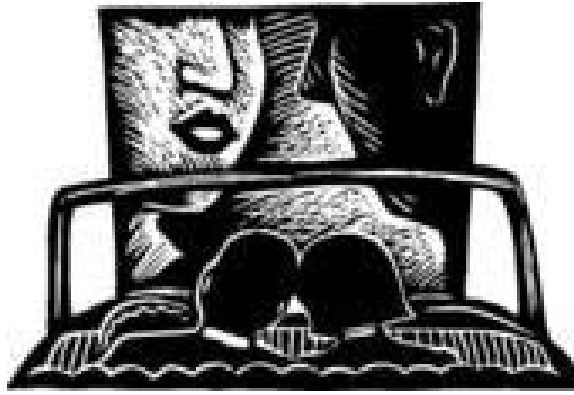
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Drive-Ins...An American Tradition

By Kayla Worthey

Drive-ins have been described as “the essence of American Culture,” “part of an American tradition,” “a great way to spend time with family,” and “a real piece of history.” There is nothing quite like the experience of a drive-in. Unfortunately, that experience is being threatened by the movie industry’s switch from film to digital projectors. At the end of 2013, 35mm movie reels will no longer be available to theaters, and only digital files will be distributed.

There are currently 368 drive-ins left in the United States. The majority of them still need to make the change to digital. They are facing the largest challenge that drive-ins have ever had to face – converting to digital projection. Theaters that don’t have a digital projector by the end of the year, like the Henagar Drive-In Theatre, will no longer be able to show movies, thus forcing them the majority of them to close. It costs an average of \$75,000 to make the upgrade to digital, and the only alternative is going dark.



Honda “wants to preserve this iconic part of American car culture,” and its “Project Drive-In” is helping drive-ins by donating five digital projectors. Out of all drive-ins that were chosen by Honda and Project Drive-In, from all over the United States, Henagar Drive-In Theatre is one of ONLY TWO theaters in the State of Alabama. Your vote decides where the five projectors go, and Henagar Drive-In Theatre needs your help. They are asking Alabama to vote and help keep them open.

This is a partnership between Honda, Drive-ins across America, and you! You can help in a number of ways, by doing any or all of the following:

HELP spread the word. Share information about Henagar Drive-In and Project Drive-In with your friends by word of mouth, email, Facebook, Twitter, YouTube, etc.

CONTRIBUTE to help all drive-ins across America by making a donation directly to Project Drive-In where all proceeds go to help purchase more projectors.

PLEDGE to visit a drive-in located near you to help keep this American tradition alive. **VOTE** for Henagar Drive-In Theater online at projectdrivein.com/vote_46 and again by texting Vote46 to 444999. You can vote both ways every day until September 9, 2013, at 9pm PDT.

To learn more about Project Drive-In, visit ProjectDriveIn.com

Rhododendron Garden Club

By Linda Brown

You know how far behind you feel when you get home from a vacation? Well, that is how eleven members of the club felt on August 13, 2013, as they met in the M.E.R.F. Community House. May was the last meeting before we dismiss for the summer months. We knew we were behind as we walked through the door.

The meeting was called to order by President, Peggy Roark. Gethryn Giles shared a reflective minute, and refreshments were served by Dianne Kuehl and Peggy Roark. The necessary reports were given and filed to the deep, dark spaces designated for such.

Martha Wood and Mellanie Tuttle expressed their appreciation for everyone’s help in what has started to be called, “the little flower show.” Of course the reference was to the show held in Mentone by the club. (I don’t think of it that way, it was a big show to me.) Martha stated

that the VFW Fair dates are September 23-28. She urged everyone to enter the Horticulture Division of the flower show. This division is open to the public. You should contact the fair committee for a number and labels. If you have entered before you should get a book in the mail and if you haven’t you can pick one up at many

convenient locations around the county.

Martha and Mellanie reviewed the Design Division of the VFW Flower Show. They exhibited pictures of designs which would fit in each class. The one which drew the most interest was the club design which is a table set for four people. Everyone had an opinion for the color scheme and use of plates. This is an example of what took place, “Let’s use a single large plate, no, let’s do a plate with a bowl in the middle, let’s use chargers. Oh! I have wooden ones, I have chartreuse, etc. It was decided to bring everything to the next meeting and make the decision there.

The door prizes were distributed and the meeting adjourned. Next meeting date: Tuesday, 10 September, 2013.

The Rhododendron Garden Club is a member



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LABOR DAY

Did you know that Oregon was the first state to make Labor Day a holiday on February 21, 1887? At the time it became a federal holiday in 1894, thirty states were officially celebrating Labor Day. Congress voted unanimously to rush legislation for it to be approved as a National Holiday after the Pullman Strike, in which numerous deaths of workers occurred at the hands of U.S Military and U.S Marshals. President Grover Cleveland signed it into law as

a National Holiday only six days after the strike ended.

Today Labor Day is celebrated by most Americans as a symbolic end of summer. It also marks the beginning of NFL and College football seasons! And to us whom love to cook, it means a family week- end of BBQ'ing! Have a safe and happy Labor Day! And I wish you all at least a day of rest!

My Bacon Burger Dogs

Preheat your grill medium-medium high. In a bowl, mix together 2-3 lbs ground beef of choice (chuck, sirloin, round, whatever your favorite is!), 3 tbsp Dale's or Moore's marinade, salt and pepper to taste. Now, roll meat into large hotdog shapes and wrap with 1 slice of favorite bacon. Grill for about 3-5 minutes per side! Serve on grilled hotdog buns if you'd like! Of course, a little potato salad, slaw and baked beans on the side never hurt anyone!



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What To Do Around Here!

September 2013 Community Calendar

Sept 1 - Spinning Demonstrations. The Spinning Wheel in the Log Cabin Village. 12-2pm. Free.

Sept 1, 8, 22, 29 - Intro to Rappelling. DeSoto State Park. Learn about basic gear, knot tying, rappelling hardware and its uses in a beautiful location. Pack a lunch. \$30 per person (includes all gear), Ages 10-adult. 10am. Call or come by the Country Store to register. 256-845-5075.

Sept 2 - Ider Mule Day. Town of Ider. This event showcases Sand Mountain's rich agricultural heritage. Enjoy a parade of mules, horses, carriages and antique tractors plus a horse pull, mule pull, antique tractors and cars, arts and crafts, food, children's games, and so much more.. Begins at 9:30am. 256-657-4184.

Sept 3 - Celestial Navigation. True Adventure Sports. 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. \$20 per person. 7:30-9:30pm. 256-997-9577.

Sept 4, 7, 12, 16, 20 - Wild Cave Tour. True Adventure Sports. 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 guide. \$30 per person. 5-7:30pm. 256-997-9577.

Sept 5 - Sky Swing Adventure. True Adventure Sports. \$45 per person. 12 p.m. to 2 p.m. Pre-registration required by 6pm the day before the adventure. 256-997-9577.

Sept 5 - Blueswoman Alabama Annie in Concert. Kamama's. Doors open at 6pm. Concert 7pm. \$10. Reservations recommended. 256-634-3001,

Sept 6, 24 - Extreme Night Hike. True Adventure Sports. This hike has some bouldering, scrambling and spelunking. \$18 per person (headlamp and guide included) 7:30-10pm. 256-997-9577.

Sept. 6-8 - Weaving Demonstrations. The Spinning Wheel in Log Cabin Village. 12-2pm.

Sept 7 - Camping Knots for Wilderness Survival. One World Adventure. Knowing how to tie good camping knots is an invaluable skill in wilderness survival situations. 10-11am. Spaces are limited. Pre-register by calling 256-634-8370.

Sept 7 - Storytime at the Canyon Center. 11 a.m. to Noon. Free and open to the public. 256-782-5697.

Sept 7 - North Alabama Cowboy Church Ranch Rodeo. Northeast Alabama Agri

Business Center. Watch 4-man teams rope, tie and cut as they compete in the wild ranch rodeo. Great entertainment for the family. 12-6pm. Free Admission. 256-638-1650.

Sept 7 - Treasure Hunt Adventure True Adventure Sports. This adventure will take you deep into the heart of Manitou Cave. You will have to solve and follow each clue in order to find the next one, and ultimately the Treasure! \$65 per person. 3-8pm. 256-997-9577.

Sept 9 - Afternoon Rock Climb. True Adventure Sports. Come experience first-hand what rock climbing is all about with guides who are fun, safe and energetic. \$34 per person (includes all gear plus basic instruction). No prior climbing experience is needed. 2-6pm. 256-997-9577.

Sept 11, 24, 30 - Rappelling Adventure. True Adventure Sports. Come experience the thrill of rappelling down the sheer sandstone gems of NE Alabama. No previous experience necessary. \$37 per person (includes all gear plus basic instruction). 10am-2pm. 256-997-9577.

Sept 12 - GPS Basic Training and Navigation Class Part 1. True Adventure Sports. 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. 10am-4pm. \$45 per person. 256-997-9577

Sept 13 - Mountain Bike Tour. True Adventure Sports. This tour explores some beautiful trails and paths atop Lookout Mountain or Sand Mountain. \$65 per person (includes mountain bike rental, instruction and a guide). 3-6pm. 256-997-9577.

Sept 13 - GPS Basics Training and Navigation Class Part 2. True Adventure Sports. You will learn to find a beacon placed in the woods as a SAR attempt while knowing your position, and the position of your teammates. \$45 per person. 5-9pm. 256-997-9577.

Sept 13 - Canyon Constellations. DeSoto State Park CCC Pavilion. Learn more about the summer night sky with JSU astronomer Dr. Laura Weinkauff. Seating is limited, so bring your own camp chair. 8-9pm. Free to public and great for all ages! 256-782-5697.

Sept 14, 21, 28 - Rock Climbing / Rappelling. True Adventure Sports. Come experience first-hand what rock climbing and rappelling are all about with guides who are fun, safe and energetic. \$54 per person (includes all the gear plus basic instruction). No prior

climbing experience is needed. 10am-2pm. 256-997-9577.

Sept 14 - Little River Canyon Trivia Challenge. Little River Canyon Center. Join Dr. James Rayburn (JSU Biology) for this fun trivia challenge which includes questions (and answers) about the Natural History of Little River Canyon and Lookout Mountain. Participants will be divided into teams and use "clickers" to answer questions during this fun competition. "Prizes" will be awarded to the top performers. 10am-Noon. \$5 per person; pre-registration required. Call JSU Field School to pre-register. 256-782-5697.

Sept 14, 27 - Zip Line Adventure at Night. True Adventure Sports. All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. Tiki Torches light the way. Pre-registration required by 6pm the day before the adventure. \$50 per person. 7:30-9:30pm. 256-997-9577.

Sept 14 - Campfire Talk: Stars, Moons and Planets. DeSoto State Park's CCC Pavilion. Learn more about the stars, the planets and their moons with Jacksonville State University's Astronomer Dr. Laura Weinkauff. 8-9pm. Free to the Public; Great for all ages! 256-997-5025.

Sept 17 - Zip Line & Sky Swing Adventure. True Adventure Sports. Pre-registration required by 6 pm the day before adventure. \$50 per person. 10am-2pm. 256-997-9577.

Sept 17-19 - High Adventure Trip. True Adventure Sports. This is a 3 day adventure including a Wild Cave Tour, Rock Climbing, an Extreme Night Hike and end with a relaxing canoe trip. \$137 per person (includes all activities, attractions, permits, fees, gear, and guides). Food and lodging are not included. 256-997-9577.

Sept 19 - 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. \$50 per person. 10 a.m. to 12 p.m. 256-997-9577.

Sept. 19 - Watters-Felts Project in Concert. Kamama's. Doors open at 6pm. Concert 7pm. \$10. Reservations recommended. 256-634-3001.

Sept 20 - 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. Enjoy the thrill of the swing and zip line. Pre-registration required at True Adventure

Sports by 6 pm the day before adventure. \$50 pp 11 a.m. to 3 p.m. 256-997-9577.

Sept 20 - Campfire Talk: Beautiful Butterflies. DeSoto's Campfire Ring in the Improved Campground. Join lepidopterist and photographer Vitaly Charny, co-author of 'Butterflies of Alabama', to learn about the many species of butterflies in the great state of Alabama. Seating is limited, so bring your own camp chairs. 7-8pm. Free to the public. Great for all ages! 256-997-5025.

Sept 21 - Boom Days Heritage Celebration. Union Park, Ft. Payne. Annual art and music event. 10am. 256-845-1524.

Sept 21 - 13th Annual John Benge Commemorative Motorcycle Ride We welcome you to join us as we ride in commemoration of DeKalb County's Cherokee Indian Heritage and all Indian Nations who were forced to walk on the infamous Trail of Tears. The ride is strictly voluntary and you ride at your own risk. The John Benge Ride is in remembrance of those who walked this trail and brings awareness to this tragedy. 256-845-3957 or 888-805-4740.

Sept 21 - Stream Study. Get to know Little River with the Little River Waterkeeper Bill Shugart. Explore a nearby tributary and learn about aquatic species and their role in water quality. Have fun wading in the stream searching and identifying water critters. Ideal for ages 12 and up. Bring your waders or rubber boots. \$5 per person. 10am-12pm. Spaces are limited. Pre-register by calling 256-634-8370.

Sept 21 - Growing Up WILD for Preschool Children: Butterflies & Flutterbyes. Little River Canyon Center. Join Canyon Center staff and volunteers every fourth Saturday of the month for fun nature and art programs for preschool age children. Learn about beautiful Butterflies, Dragonflies, and Damselflies and do some fun activities. 1pm-3pm. Free. Pre-registration is encouraged. 256-782-5697.

Sept 21 - Dragonflies & Damselflies. DeSoto's Campfire Ring in the Improved Campground. Join lepidopterist and photographer Vitaly Charny to learn more about the fascinating life-cycle of Alabama's Dragonflies and Damselflies. Seating is limited, so bring your own camp chairs. 7pm-8pm. Free to the Public. Great for all ages! 256-997-5025.

Sept 21, 30 - Night Sky Swing Adventure This is an adventure of a lifetime. Enjoy the thrill of the swing at night. Pre-registration required at True Adventure Sports by 6 pm the day before the adventure. Meet at True

Adventure Sports \$45 per person. 7:30 p.m. to 9:30 p.m. 256-997-9577

Sept 22 - Community Celebration of the UN International Day of Peace. Heartwood Center, 341 Co. Rd. 633, Mentone. Sponsored by Spirit Expression Ministry. Dance, yoga and meditation. Lunch is potluck or \$5 donation. <http://www.livingthetruthofwhoyoureallyare.com/p=797>.

Sept 22 - DeSoto State Park Campfire Talks: The Legend of Granny Dollar. DeSoto State Park's Campfire Ring in the Improved Campgrounds. Granny Dollar is one of the most colorful characters and rugged individualists who ever lived in the Fort Payne area. She has long captured the imagination of those who have heard of this Cherokee Indian's century of varied experiences. 6-7pm. 256-997-5025.

Sept 23, 25 - Rock Climbing Adventure. True Adventure Sports. Come experience first-hand what rock climbing is all about with guides who are fun, safe and energetic. \$35 (includes all gear plus basic instruction). No prior climbing experience is needed. 10am-2pm. 256-997-9577.

Ongoing

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

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

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

Karaoke every Saturday Night. 6-10pm, The Blue Lantern. Nice, clean family entertainment. Located on Co. Rd. 642 in Mentone, 0.7 mi No of Hwy 117.

DeKalb Quilters meet every 4th Tuesday, 9:30am, Second Baptist Church in Fort Payne. DeSoto Rescue Squad meets the 1st Saturday of the month at 9am at the MERF house in Mentone.

Free Square Dance Lessons offered most Thursdays, 6:30pm, at Tom Bevell 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.

Sept 23-28 - The 56th Annual DeKalb County VFW Agricultural Fair. VFW Fairgrounds. Rides on the midway, great food, live entertainment, livestock exhibits, agricultural displays, awards, and so much more. Gates open at 5pm. 256-845-4752.

Sept 27 - Health Seminar - How To Change Your Health in a Few Easy Steps at Almost No Cost. St. Josephs on the Parrish Hall. Brenda Trace, BS, is a wellness coach who specializes in helping people reverse disease through changing their lifestyles. She will discuss diet, food shopping, exercise, brain health, water and dehydration, sleep and digestion for those who want to make themselves healthy in this day of prepared foods, fast food, computer posture, additives, prescription drugs, and advertising. She specializes in diets for diabetics and a glutenfree diet. 7pm. FREE to all who need a change of lifestyle. www.mentonearts.org.

Sept 27 & 28 - Collinsville Annual Quilt Walk. Stroll through the beautiful historic Victorian homes of downtown Collinsville and view some of the most wonderfully handcrafted quilts you have ever seen.

Free food for needy families. New hours: Tuesdays, 9am – 12pm. The Bank at St. Joseph's on the Mountain Episcopal Church. Recipients and new applicants. Joint effort between St. Joseph's Community Outreach Ministry and North Alabama Food Bank.

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

Friday Noon-5pm and Saturday 10am-5pm. 256-524-2323.

Sept 28 - Geocaching 101 Class. DeSoto State Park's Nature Center. Geocaching is a realworld, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. Included in the class will be a lesson on what geocaching is and how you do it. There will be a live demonstration of geocaching and geocaching supplies will be on display. Presented by Coosa Valley Cachers. 9-10am. Free & open to the public. Seating is limited. 256-997-5025.

Sept 28 - DeSoto State Park Campfire Talks: The Legend of Sequoyah. DeSoto State Park's Campfire Ring in the Improved Campgrounds. Sequoyah is celebrated as a Native American genius who endowed a whole tribe with learning. He taught in the DeKalb County area for years after his mother took up residence in Willstown, Alabama, during the movement of the Cherokee. 6-7pm. 256-997-5025.

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.

September Birthdays

Sept 1 – Connie Bell
Sept 1 – Yvonne Brock
Sept 4 – Vance Carden
Sept 4 – Markettia Crane
Sept 7 – Amelia Saferite
Sept 8 – Van Freeman
Sept 8 – Adele Phillips
Sept 9 – Ashley Harrison
Sept 9 – Emma Harrison
Sept 9 – Dillon Kirby
Sept 10 – Morgan McElhaney
Sept 10 – Angela Downer
Sept 10 – Sam Langston
Sept 11 – Amanda Collins
Sept 14 – Jacob Rosson
Sept 15 – Betty Blalock
Sept 16 – Haley Saferite
Sept 17 – Sam Easler
Sept 17 – Angie Carden
Sept 17 – Matt Chesser
Sept 18 – Connie McElhaney
Sept 22 – Addison Shoults
Sept 22 – Cade Henderson
Sept 25 – Nicole Stott
Sept 26 – Amy Henderson
Sept 26 – Kenneth Busby
Sept 27 – Alfie Chambers
Sept 28 – Bailey Kirby
Sept 28 – Alley Hatfield
Sept 29 – Rusty Chambers
Sept 29 – Amy Keith
Sept 29 – Braden Henderson

September Anniversaries

Sept 13 - Zach & Ashley Jones
Sept 23 – Kevin & Kayla Worthey
Sept 23 – Casey & Kayla Hellums
Sept 24 – Tom & Kristen Emory
Sept 26 – Josh & Melissa Shoults

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Late Summer is Golden

By L. C. Moon

While driving atop Lookout Mountain, during my hikes along the river and through the trails, I am spotting lots of plants blooming from the aster family. The most prevalent is Goldenrod (*Solidago*). It is a sea of golden flowers in some of the fields.

Like many plants, goldenrod's appearance dictates its name. It is often mistaken for ragweed (a plant that commonly causes allergy flare-up) because they grow in similar areas. Brilliant goldenrod beauty overshadows the tiny blooms of ragweed, so most people assume it is goldenrod that causes their allergy misery. In reality, because its pollen is too heavy and sticky to become airborne, goldenrod's pollen is highly unlikely to cause any allergic reactions. It relies on insects to pollinate. Goldenrod has gotten a bad rap by some and been dubbed as a weed; however it is better known among the natural healing community as a safe, useful herb. There are several species of goldenrod, as it has an amazing ability to crossbreed. Each species has specific therapeutic uses, though I would use any form of goldenrod interchangeably, especially when aiding kidney function. Goldenrod's Latin name, *Solidago*, literally means "to make whole." It is used for so many different ailments – i.e., postnasal drip, varicose veins, wounds, inflammation, spasms,



infections, upset stomach, colds, hay fever, and even cancer. Goldenrod is a carminative (relieves flatulence) and mild stimulant when drunk as a cold tea.

Russian herbalists recommend the flower and leaf tea for diarrhea. They also use goldenrod externally, as a wash for rheumatism, neuralgia, and headaches. Native Americans used goldenrod successfully to treat wounds. Powdered leaves are sprinkled on sores as a protective dressing. Homeopathic practitioners recommend goldenrod for croup, deafness, gout, leucorrhea, enlarged prostate, and scanty

or suppressed urine.

Solidago missouriensis is an unusually long stemmed goldenrod with a fluted leaf. It is better known for its edible qualities. The leaves are eaten as a salad green and the seeds are eaten as a survival food.

Sweet goldenrod, *Solidago odora*, has a pleasant anise scent and is the most aromatic of the solidagos. It can be used to make bitter herbs more palatable. *S. odora* was used at one time to promote digestion. Presently it is used for colic, stomach cramps, colds, coughs, fevers, measles, dysentery, yeast infections and to regulate menses.

Canada goldenrod, *Solidago canadensis*, is easily distinguished from many other solidagos because it has sharp teeth along the lance shaped leaves. According to Indian Herbalogy of North America, by Alma R. Hutchens, Native Americans used the root for burns. Hutchens also states that a flower tea was used by Native Americans for fever and snakebite. Crushed flowers can be chewed for sore throat. *S. Canadensis* is especially good for the kidneys. It contains quercetin, which is a compound that is helpful when hemorrhaging occurs as a result of nephritis (kidney disease).

Europe more widely uses plants as medicine

(cont'd on page 19)



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JulyFest Re-Do A Success!

Original plans for this year's JulyFest fell victim to two days of hard rain, but the sun finally came out to make the JulyFest Re-Do a great success. The Mentone Area Arts Council would like to thank all the artists and volunteers who helped make it possible. Here are a few snapshots from the two-day event plus photographs of the winning artists in the MAAC's first juried art show.

Congratulations to Art Show Winners!



1st Place



2nd Place



3rd Place



4th Place

- 1st Place - Polly Wells, Pensacola, FL
2nd Place - Stephen Graham, Franklin, TN
3rd Place - Bill Palmer, Alabaster, AL
4th Place - Toni Palmer, Alabaster, AL

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Right - Randy Cochran and his best friends led the Pet Parade.

Below - Jess Goggans entertains at Mason Park



Right - Everyone enjoyed country star Leah Seawright in concert.



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Worship

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

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

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

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

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

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

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

Pastor - 845-4314. Everyone welcome.

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

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

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

Menlo Church of Christ invites you to attend the 10AM and 11AM services and evening services are at 7PM and 9PM. Visitors are always welcome.

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

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

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

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

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

Sunday and Fifth Sunday is a service of music and pot-luck lunch.

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

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

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

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

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

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

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

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

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

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

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

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

Charity Art Event & Fundraiser Dinner Sunday, September 15

Chad Worthey lost his life in a car wreck recently, and Wildflower Cafe is hosting a fundraiser to help his mother, Andrea Crow Brandon, with expenses. Andrea is a native of the mountain and a local artist who captures the heart and soul of Lookout Mountain in her paintings. There will be a \$10 dinner served from 5:30-7pm (dine in or to go) with music and a display of her art for purchase. All monies raised will go to Andrea's family. Call Moon @ 256-634-0066 or email lcmoon03@aol.com if you have any questions.

Mentone Heritage - Dorothy Crow

By Thomas Qualls

Visiting with Dorothy Crow is like getting a glimpse into Mentone's past. I first learned of Ms. Dorothy from her pastor, Rev. Ron Reynolds. He told me that she was a very special lady and someone I should meet. When I finally did meet Ms. Dorothy, along with her niece Amelia and her best friend, Ms. Elizabeth Romans, I was not disappointed. Our conversation at Twiggs Café at Kamama's was lively, and at times difficult to keep up with, as the three ladies talked of life growing up in the Mentone area.

Dorothy Crow was born September 23, 1926, in the Alpine Community near what is now Desoto State Park. Growing up on the family farm, she was the youngest of eleven children. Ms. Dorothy says life on the farm was simple in those days and could be considered Spartan by today's standards. There were no facilities such as phones, electricity, running water, or indoor toilets. She says every year they would wait for the call of the Whippoorwill so they would know when it was time to go barefoot.

Dorothy said she learned how to drive as a young girl by driving the farm truck around, picking up the hay as her dad and brothers harvested it. At 17 years old, she became the first woman bus driver in the area. Before there were any paved roads, she would sometimes be responsible for driving the school bus up the hill from Valley Head. Once, the bus overheated going up the hill, and the engine caught fire. The bus driver pulled over, and they threw dirt on the engine to put out the fire.

Fox and squirrel hunting were common in those days, and Ms. Dorothy enjoyed squirrel hunting with her .22 caliber rifle. Her family often enjoyed a meal of squirrel and dumplings. She was, and still is, an excellent shot. She said she learned to shoot from the Coca-Cola man who delivered to the local grocery store. He could hit a bottle cap hanging in a tree, so he showed her how to do it. Pretty soon, she could hit the bottle cap as well as he could. She remembers his name to this day: Irwin Farmer.

Her Aunt Bea ran a grocery store on the farm, selling basic food needs. The "rolling store," where locals would trade farm good for needed items, would come by each week. People would trade chickens, eggs, butter and such for things they could not produce on the farm.

For fun they would play checkers, Rook, and Chinese checkers, a new game her aunt had brought back home from a trip to California. There was no need for outside entertainment; there was always something to do--play kick-the-can, get together with the neighborhood kids, or catch lightening bugs and put them in a jar. One of her favorites was when a family member would catch bats, inflate their wings



Dorothy (right) with sister Mozel on 94th Birthday

with a straw, and then release them. Watching as they rose up in the air was "so much fun!"

Music was an important part of life in those days. The farm was a meeting place for local children and often they would meet at her house. A dozen or so children would all walk down the dirt road, singing songs as they went along.

Sundays were special. Many of the neighbors would end up at Ms. Dorothy's house, and Mamma would cook for everyone. Then they all would spend the afternoon singing. Her Daddy loved to sing, too, and they could all be heard singing songs like "Corina," "Maple on the Hill," "Beautiful Brown Eyes," "Red Sails in the Sunset," and "You Are My Sunshine."

Local families, like the Westers, Corders, Blalocks and the Crows, often gathered with each other for meals. There was plenty of food to go around, especially cakes. Around the holidays, the Westers would often decorate their home with crepe paper streamers. Ms. Dorothy says Christmas was always a very festive time in Mentone.

Then there was Colonel Wilford H. Howard, who lived in Mentone for many years. He was a very intelligent self-educated man, and he would come to their home for dinner every Sunday and tell stories of his life and travels. Colonel Howard is responsible for building Sallie Howard Chapel, in honor of his first wife. He also had a dream to build a school for the local children, the Master's School, so all would have an education. Many locals worked on the school, donating their time and skills. However, the money ran out before it could be built, and the school was never completed. Colonel Howard died not long afterwards while in California, and his ashes now rest in the rock of the Howard Chapel.



When she got older, Ms. Dorothy moved to Chattanooga and worked in the Dupont plant for over 33 years. Her final job was in quality control in the lab. Dupont was the first company to produce seat belts and nylon tires. Dorothy's nickname was "Tootie." She doesn't know where she got it, but if she ever heard someone call out "Tootie" at the plant, she knew they were from Mentone. She retired in 1982 and moved back to Mentone in 1984. Her old family home was torn down many years ago, but she currently lives in her uncle's original homestead near the family farm where she grew up.

Returning home after so many years, the biggest changes Dorothy noticed were the ways that neighborly attitude had changed as many people had moved off, mostly to look for work. People used to rally around each other, helping one another out as needed. She says it all seems so different now, without as much interaction with neighbors.

A number of years ago, Dorothy was working as a demo worker in a local grocery store. One day she noticed there was a good amount of bread left over. When she asked what was to be done with the day-old bread, she was told it had to be thrown in the dumpster because it couldn't be sold. She asked about taking it and giving it away, and soon she was getting all the "throwaways" and giving them to those in need. A Methodist minister heard about what she was doing and offered to connect her with Mitchell's Grocery. After that, she would get a truck load of groceries once a month to give to those in need. Now, twenty plus years later, she is still getting grocery donations from local stores and taking them to the armory to sort out. She works with many volunteers, such as her life-long friend Ms. Elizabeth, to give away food to over eighty-five families each month. Many of the people fed are seniors, or families out of work. "They often say, 'I don't know what we would've done if it weren't for this.'"

Dorothy Crow is a humble woman who is just doing what seems to be the right thing. She talks about how "it feels good giving back to the community." Speaking with her is like reconnecting with the old days, when neighbors helped each other out. She learned from her family to give and to share, because that's what neighbors do.



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..... LOTS and LAND

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4.42 ACRES WITH CREEK. Build just the right getaway or mountain home. Wooded. At the end of the road. Lightly restricted. Public water slated to be installed soon. \$36,000 (564362)

BOGO FOR \$1.00!! LOTS 12 & 13 Wooded lot with bluff. If the right agent is found, a "Hunter's Ridge Buy One Get One For \$1.00" lot sale, you can get a total of 5.3 acres for only \$25,000 + \$1.00! (872377)

WEST FORK LITTLE RIVER: 4.5 acres with 450' frontage. 1 mile from Hwy 117. Gently terraced with access off paved road (where power & water are available as well). \$145,000 (339911)

57.98 ACRES with majestic water oaks; 2 year-round springs & a great building site with water, power & septic. Great horse or hunting property with distant views, pasture & woods. Well-marked lines ready for fencing. Hand-dug well & old stone springhead. \$225,000. (428133)

EAST FORK LITTLE RIVER: 3 acres, wooded, riverfront with stream & waterfall. Paved road access. Minutes from Mentone. Just up river from Lake Lahusage. Seller will build to suit. \$99,900. (815833)

BOGO FOR \$1.00! Wooded lot has a view of neighboring lake. During the "Hunter's Ridge Buy One Get One For \$1.00" lot sale, you can get Lots 1 & 2 (totaling 4.01 acres) for only \$30,000 + \$1.00! Add'l lots are BOGO, too. ONLY THRU OCT 31. (462353)

BOULDERS, SUNSETS & BIG TREES mark this 1.5-acre lot, just a short walk away from Mentone center & Brow Park. Paved road frontage & city water at road. Build your dream getaway today. \$60,000.

RARE WEST FORK LOT West Fork River Road. Located on deeded land in the Falls area. Perfect for a small cabin or a quiet deer road. \$160,000 (332814)



BROW HOME, GETAWAY, OR RENTAL, approx. 1600 sq ft; 2BR/2.5BA, large sunroom on brow side to enjoy views any time. Furnished (except some family pieces) and ready for you to make it your own. Along the Scenic DeSoto Parkway, near Camp Comer, between Mentone and DeSoto State Park; just down the road from DeSoto Falls. Just listed for \$239,000 (970236)



PRIVATE, PEACEFUL, PERFECT! 3BR/2BA cabin, tucked into almost 2 acres, w/small creek to be savored from the huge, screened back porch. Won't spend your weekends doing yard maintenance here! Just relax in the hot tub in the screened gazebo or listen to the tree frogs & crickets on the front porch. Beautifully-crafted, mtn stone, WB Fpl to enjoy on cool evenings. Private. Full-time, part-time, any time! \$179,000 (640512)



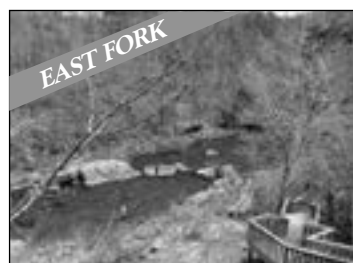
FAMILY GETAWAY COMPOUND, VACATION RENTALS OR BOTH! 3 fully-furnished cabins AND private, fully-stocked lake (Rock Lake). Just bring the fishing poles & groceries. Enjoy outdoor activities like fishing or canoeing, or just relaxing in a hot tub under the stars (each cabin has its own hot tub). Screened gazebo, lg shop building, picnic pavilion, horseshoe pit, all on 10 acres. Foundation for 4th cabin in place. Enjoy it when you can, then rent it out at other times. Best of all, it's only 2 miles from downtown Mentone, on a private road. Great rental history! \$399,000 (540943)



WOODLAND CABIN with all the right stuff: spacious porches front & back; stone fireplace (gaslogs); 2 (or 3) bedrooms; 2 full baths; lotsa wood inside & out (wide pine plank floors & local poplar in MABR); easy-care lot! Nice location between DeSoto State Park and Mentone, just off the DeSoto Parkway. Close to Camp Comer Scout Reservation. Buy it for your exclusive use, or use it as a rental. Nice place. \$169,900 (979406)



FARMHOUSE CHARM. Enjoy the simple life in this 1648 sf. 3BR/1BA, completely redone with new roof, new windows; fresh paint; nice screened porch; entry kitchen; fireplace; large trees, great views & nice plantings, all adding to the ambiance of this vintage Mentone homeplace. \$110,000. (939381)



RIVERFRONT LUXURY LIVING. Bring the whole family & enjoy the good life in this well-appointed, 3250sf, 4BR/4BA home that sleeps up to 16. Open floor plan; vaulted living. Indoor & outdoor fireplaces, loft, recreation bunk room, outdoor kitchen, multilevel covered & open decks, screened porch & easy walking stairs to the river. Swim, fish & boat some of the most amazing river in the area. Quiet, secluded. \$450,000. (951472)



CHARMING COUNTRY HOME-STEAD Experience the best in country living in this 1200 Sq ft, 2 bedroom, 1.5 bath home with eat-in kitchen, wood floors, and a wonderful yard. A barn, detached studio/workshop, garden area, fruit trees, a place for horses & 2.7 acres. Nice views across the area & mature trees & shrubs complete the package for \$159,000. (770663)



PRIVATE PARADISE ON LOOKOUT MTN. See your own waterfall from the front porch of this secluded, hand-crafted, 1260 sq ft, 2 bedroom, 2 bath, Appalachian-Style Log Cabin sitting on 31+ acres at scenic Tatum Gulf. Fish in the pond, relax in the gazebo, or go off in the paddle boat. There are extensive trails to 2 waterfalls & close to 800' on the brow with inland property having streams, rock formations & city water for 8 lots (already subdivided & platted) w/incredible views. The log cabin has an open floor plan w/stone fireplace, beam trusses & vaulted ceilings. \$599,000 (Co-Broke w/Rick Wyatt Realty) (803047)



CRAFTSMAN BROW RETREAT near Desoto State Park. Custom 2200 sq ft, 3BR/3BA home features incredible wood & trim details. Library panels in keeping room, kitchen w/granite, stainless appliances & generous cabinets. Master suite w/jacuzzi & separate shower, granite tile. Upstairs has vaulted living area w/built-ins. Unfinished basement w/tall ceilings & deck. Situated on 3.5 mostly-wooded acres. \$289,000 (797079)



RUSTIC CABIN near Desoto State Park. Enjoy nature from this quiet 5 acre woodland setting. Put your own touches on this "nearly finished" 1300sf w/large kitchen, vaulted living room & 2 bedroom, 1.5 bath. Gas log fireplaces up and downstairs. The lot has mainly hardwoods and a small covered shed for BBQ or projects. \$100,000 (511682)

Also look for our listings at AlabamaMountainLiving.com



The Diary of A Chicken Lady

By Kristen Emory

I have a herd of dogs that has recently grown to five (yes, five!), a flock of chicks, two teenagers, a husband, a store with customers I love, a real job, a wonderful mother-in-law and two fabulous parents. All of which have a part in keeping me sane while I run around like a chicken with.... Well, you know the rest of that saying.

My girls are still soppy wet and grumpy, and my customers are quickly getting that way. Will this rainy season ever end? With their coop literally stuck in the mud, there is no place for birds of their stature to reside. I have chickens that have taken up roost on any and all high ground available. The most coveted spot seems to be the back door stoop. I suspect that Favorite Chicken and her brood are plotting their entrance into the house. A great bird house it would make!

Mother Nature was kind and granted a few dry days at the first of August. The girls dried out a bit and made the most of these days strutting around the yard. As did everyone else in town, even though the World's Longest Yard Sale was in full swing! For the twelfth year in a row, amazingly, Tom and I survived this three-day event. Longest

week ever!

In fact we were so dazed by the week's end that we succumbed to the relentless pressure and charms that only a thirteen-year-old girl has the power to apply. If you have never felt this power, consider yourself lucky. They set you up, apply the pressure, smile, and once you're dazed, they just knock you over! Mind you, this does work well on mothers, but it appears that you fathers are also powerless against it. My husband says that smile is like Kryptonite! The result of said pressure and smile was a fifth dog. Yep, the one I made reference to earlier.

Jo-Jo is a two-pound nearly solid black Yorkie-poo who is well on the way to ruling her new Kingdom. Jo-Jo has already been tended to by my fabulous parents, as well as my wonderful mother-in-law. Apparently this thirteen-year-old charm greatly affects grandparents also! FYI, this power has zero effect on older brothers. She has also made visits to both the Mentone Market and CASA, where she was quite the hit. Tiny as she is, Jo-Jo does have a spirit about her and may have chased a chicken once, perhaps twice. Surely, with the fine example set by the other dogs and some training, she will learn to love the girls.

Soon after her arrival, things got back to normal. The rain set in again and school started! It has become apparent that sweet little Jo-Jo doesn't like to do her business when it's wet outside. Given our recent weather pattern, this could become a problem. But, really, who could blame her? I'll bet Favorite Chicken is asking herself, "What's it going to take for me to get into that house?"

Little Jo-Jo is now included in all of the moving parts that help me keep my head on as I race through this wonderful madness called life. Just between us, she may be the cutest part yet.

As well as raising chickens, Kristen and Tom Emory are also the owners of The Mentone Market.

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NEIGHBORLY NUTRITIONAL NAGGINGS

By Nadine Mettlemore

Quinoa, the “rice of Peru,” isn’t pronounced like it looks. It isn’t “Kee No Ah” – it’s “Keen Wah.” It was called the “mother of all grains” by the Incas, who considered it sacred. It’s spelled funny, and it looks funny, too – especially after you cook it and it appears that a small larva has hatched (I personally found this rather troubling the first time I made it, since no one had forewarned me!) but is sure is good for you!

You know by now not to eat any wheat unless it’s sprouted or spelt. So you’re bound to be on the look out for healthy substitutes. Rice, which combines well with beans to make a complete protein, is dependable and safe for many, but can sometimes be too glycemic. Quinoa is a grain that is highly tolerated by most folks and offers a complete protein! Bonus deal: it flavors up real well!

You can cook it with a flavored broth or add sautéed veggies or herbs to it. Some forms need to be washed before prepared to rinse away saponin, a soapy, bitter tasting natural substance.

It’s delicious with a juicy turkey meatloaf, or alongside anything you’d eat with rice. You can

enjoy it cold in a salad or hot as a side dish, add it to soups and stews, sweeten it up for desert or serve it as a hot breakfast cereal.

Here’s a good way to cook quinoa that I looked up last week on the internet at www.theKitchn.com. I made mine with a light oil spray, chicken broth, natural seasoning salt and tarragon.

How To Cook Quinoa

Ingredients

1 cup quinoa
(any variety
— white or
golden, red, or
black)
Olive oil
(optional)
2 cups liquid,
such as broth
or water
1/4 teaspoon
salt (optional)

Tools

Fine mesh
strainer
2-quart saucepan with lid
Spoon

Instructions

1. Measure quinoa and liquid. Measure out 1 cup quinoa and 2 cups liquid.



2. Rinse the quinoa. Place the quinoa in a fine-mesh strainer, and rinse thoroughly with cool water. Rub and swish the quinoa with your hand while rinsing, and rinse for at least 2 minutes under the running water. Drain.

Why rinse quinoa? Rinsing removes quinoa’s natural coating, called saponin, which can make it taste bitter or soapy. Although boxed quinoa is often pre-rinsed, it doesn’t hurt to give the seeds an additional rinse at home. Some cookbooks suggest soaking the quinoa but, in our experience, this is unnecessary.

3. Dry and toast quinoa in saucepan. Heat a drizzle of olive oil in the saucepan over medium-high heat, and add the drained quinoa. Cook, stirring, for about 1 minute, letting the water evaporate.

4. Add liquid and bring to a boil. Stir in the liquid and the salt (if using) and bring to a rolling boil.

5. Lower heat and cook covered for 15 minutes. Turn heat down to the lowest setting. Cover and cook for 15 minutes.

6. Let stand covered for 5 minutes. After 15 minutes, turn off the heat and remove the pot from the burner. Let stand for 5 minutes, covered.

7. Fluff and eat! After 5 minutes, remove the lid, fluff the quinoa gently with a fork, and serve. (You should see tiny spirals (the germ) separating from and curling around the quinoa seeds.)

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Treasure (cont'd from page 3)

"Wonder if we'll ever be able to find my aunt and uncle's belongings?"

"Well, as best as I can recollect, we camped about two miles from here. I remember that incredible view below, so I'm pretty sure I'll recognize the area."

Making their way through the wild blackberry bushes with thorns grabbing them at every turn, the two young men kept plodding through the dense undergrowth.

That night's sunset was worth the trip up the mountain, as William gazed over the bluff. He stood in stunned silence, enjoying the differing shades of dancing orange light beams, which were peeking out from behind the clouds shrouding Sand Mountain in the distance.

The men's first day of searching brought no results, and when they wakened on the next morning, William was moaning with a high fever. Josiah was at a loss of what to do to help his new friend. He had nothing with him, and it was too far to return to Valley Head to leave William by himself.

Later that morning, Josiah spied a bit of movement behind a towering oak. Upon further inspection, he found an Indian staring at him and then gazing at William. The man spoke fairly decent English, and Josiah was able to ascertain from the old man that he had escaped from Fort Payne in 1838, when the Cherokee had been rounded up. He had lived in a cave on the mountain ever since.

Seeing that William was in distress, he risked making himself known in order to offer Cherokee herbs to the sick man. Josiah gratefully took what was offered and was thrilled that in the night the fever broke, and William was much better by the next morning.

As the men sat around their campfire a few nights later, they heard a scream piercing the darkness, as an animal had been caught by its pursuer. Josiah took a long pine branch, stuck it in the campfire and made a torch. He held it in front of him and saw the coyote carry off his prey from the foot of the massive oak about thirty feet behind their camping spot. William joined Josiah as they looked at the spot where

they had first heard the scream.

William was the first to notice the hole in the tree. "Josiah, shine that torch a little closer," he asked. "There's somethin' that looks like it's kinda stickin' out of that hole."

Upon further inspection, Josiah pulled out an old army rucksack, covered with dirt and mold. As the two men looked at each other in surprise, William gingerly fingered the cord on the bag and pulled it open. Inside were some old Union army clothes. William's heart began beating faster. Underneath the clothes, he could feel a bag with money and something smooth with a long chain.

The Winstons were shocked and at the same time thrilled that their lost possessions had been recovered (minus the two pieces of gold that had fallen from the bag the night Thomas had stuffed it in the tree.)

Colonel Winston rewarded William's honesty and integrity by setting him up in his blacksmith business. Ultimately, William met and married sweet Laura Patterson, and together they raised a family of five in their beloved Valley Head.

Late Summer (cont'd from page 12)

than the States. Commission E, a group of medical experts that advises the German government, often does clinical studies on herbs. They recommend goldenrod as one of the safest and most esteemed diuretic and astringent herbs. Commission E also recommends goldenrod to prevent and eliminate gall and kidney stones because it contains the compound leiocarposide.

Many different species are used as aquaretics. An aquaretic promotes loss of fluid/water from the body with out substantial loss of electrolytes, whereas a diuretic reduces water in the body

while also leaching out valuable electrolytes. In his book *The Green Pharmacy*, Dr. James Duke, M.D. says that *Solidago vigaurea* is particularly useful for kidney and bladder infections, and it is highly recommended by the Commission E.

There is clinical evidence that supports goldenrod being useful to treat kidney inflammation. The dosage Commission E recommends is five teaspoons of chopped, dried flowering shoots steeped in a cup of water and drunk three to four times a day between meals for a month to eliminate gall or kidney stones. According to Dr. Duke, less is needed for preventive measures.

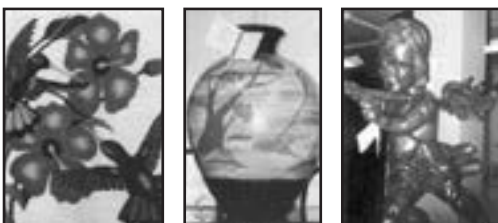
I hope your summer has been blessed and golden, and may it continue to be on into the fall as you gaze upon the goldenrod beauty. I have used goldenrod successfully for kidney health in combination with uva ursi and cornsilk, though it is wise for me to tell you to consult your healthcare provider before making any changes to your healthcare routine. For more information on edible and medicinal plants call or write: P.O. Box 224 Mentone, AL 35984, Email LCMoon03@aol.com or call Wildflower Cafe, (256) 634-0066.



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LOTS AND LAND 3.22-acre lot in West Fork Subdivision. \$29,000. MLS #881041. .49-acre lot with 100' on West Fork Little River. \$168,000. MLS #553323. .78-acre lot with 106' on brow. \$109,500. MLS #403694.			1.02-acre lot in Hidden Lake Subdivision. \$55,000. MLS #762331. 1-acre lot in Hidden Lake Subdivision. \$55,000. MLS #665968. 1-acre wooded, Lakefront Lot in Private, Gated Subdivision. \$55,000. MLS #945265. 1.7-acre lot at Lake on the Brow Subdivision. \$55,900. MLS #845943.		
			1.06-acre lot at Hidden Lake Subdivision. \$60,000. MLS #867272. 246 acres..woods and stream on Lookout Mountain. \$1,082,400. MLS #928084. 100 to 243 acres on Lookout Mountain. \$3,900 per acre. MLS #785191.		
			3.04-acre lot in Oakwood Subdivision. \$32,000. MLS #980192. 3.46-acre lot in Oakwood Subdivision. \$35,000. MLS #807940. 7.8 acres border Armstrong Creek and Webb Branch. \$47,500. MLS #581146. 12.1 acres.....mostly wooded. \$48,500. MLS #632461.		

Sage Advice

By the time you read this, August will have come and gone. Temperatures are lower than in many years past, and gardening can begin again. The forecast is for a warmer, wetter autumn season than we have had in years past. It really is the best time to plant to give the roots a head start for getting established before spring weather arrives and efforts of the plant must go to production of new growth and blooms. There are many shrubs and perennials that bloom late summer into fall so you can have as lovely a garden now as in the spring and summer. As part of a four-season garden, let me mention a few plants to add to your garden now.

The purple coneflower (*Echinacea purpurea*) is a very hardy and dependable perennial that just keeps on keeping on. From shades of purple to pink to yellow to red to white, it can grow to 36" tall and about 24" wide. It will increase each year, but is not an invasive plant. It loves the sun can also tolerate dry conditions. Keep the spent blooms cut off and new ones will continue to appear until the first frost.

American beautyberry (*Callicarpa Americana*) displays tiny purple (or white) berries in early fall and provides winter food for our feathered friends. It is so hardy that those in my back yard grow from a big rock base. Growing to five or six feet in height, it can provide a good background for the perennial garden. It does drop its leaves with the first frost, but the berries remain until all are eaten by the birds or the new spring growth pushes

them off. This is a must for the Southern garden.

Black-eyed Susan (*Rudbeckia*) is another great perennial that has yellow blooms. It does not even begin its bloom season until mid-July and goes into fall. It will fill an area in a few years, but like other perennials, when you get enough, share them with others or just pull them up. Don't worry; you will still have some next year. The yellow of the petals is so rich and goes extremely well with the purple of the coneflower and beautyberry bush.

Another wonderful fall bloomer is the tricyrtis, or toad lily. It stays a lovely green through the summer, but in September, at each leaf node, small dainty orchid shaped flowers bloom for several weeks. Most of them are a shade of pale pink with purple spots – really very pretty. They grow as a clump to a height of about twenty inches and a width of about twenty-four inches. After several seasons, they can be divided. As a part of the four-season garden, they are in their element in the fall.

Grasses are excellent fall season plants in the

garden. From small to large, they accent the landscape with their magnificent bursts of pink, white, or purple plumes in early to mid-fall and sway ever so gently in the breeze. They present a lovely effect

in the winter garden. Leave them alone until early spring, then cut back severely for a repeat performance next fall. One of my favorites is *Miscanthus 'Morning Light'*, growing to about five or six feet. The blades are narrow with a silver stripe – gorgeous!!

For a year-round look, add some evergreens. They really stand out in the fall and winter garden. One or two in the perennial beds will give a beautiful effect with the swaying grasses. I love Golden threadleaf falsecypress (*Chamaecyparis pisifera*) with its green and gold branches. *Arborvitae 'Rheingold'* is another good one. A deep green, small tree is the 'Black Dragon' cryptomeria. It will grow to about eight feet and about four or five feet wide. For a broadleaf evergreen, plant a camellia on the east or northeast side of your house or shade areas. The camellia *sasanqua* blooms in late fall and the camellia *japonica* presents its flowers in late winter to early spring. Both are magnificent in the landscape.

Blooming in late winter but adding that evergreen look to the perennial shade bed is the *Hellebores orientalis*. Its large leaves and long stems give the effect of a small shrub throughout the year, then in late January, while most other perennials are "asleep", it begins its grand presentation of flowers. This is my all-time favorite perennial! Blooms come in colors of white, green, pink, and purple. There are some deep purple and yellow cultivars, also.

Trees play an important role in fall color. The ginkgo turns bright yellow while the 'Autumn Blaze' maple gives a glowing red to the landscape. The Japanese maples also present lovely fall color and the weeping varieties have a unique shape to their branches that really stands out in the winter scene.

Now, after I finish the weeding, thanks to the summer rains, I will begin my fall garden. Join me, won't you?



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REDUCED



FALLING LEAF LODGE. Charming rustic cabin nestled in the woods. Lots of porches to enjoy the outdoors of this 2 bdrm 1.5 bth with loft. Custom floors and doors, lots of windows, WB FP open living w sunroom dining area. Also a Workshop for the Hobbieist a must see. **\$155,000 (22190)**

NEW PRICE



STUNNING MOUNTAIN HOME and Retreat. Newly renovated kitchen, 2 living areas, and Gas FP. Open loft above the 2nd living area and open kitchen design. MBR has separate entrance to the deck, guest BR, and 2 BA. 700 sq ft. 2 rm guest cottage and a glassed Greenhouse/artist studio. Many possibilities with this wonderful property. Now **\$219,000 (20562)**



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



MOUNTAIN CREST CABINS. Fully furnished log cabin nestled in the woods on 5.7+- acres, next to Cloudmont Resort. 'Up in the Clouds' is 2br/1bt with kitchen/dining combo, and large crawlspace that can be made into a basement. Amenities include CHA, gas log fireplaces, hot tub, 3/4 wraparound covered porch, kitchen appliances, furniture, decorations, linens, etc. "Appointment Only" **\$150,000. (22793)**

NEW PRICE



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



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



WILD SCENIC LITTLE RIVER LOTS, privately located off Co. Rd. 628, Mentone. Two lots combined to make 2.2 acres with 337 ft on river. Partially cleared building area. What a View. **\$65,000 (21685)**



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/ Hot tub. Furnished, Lovely setting and investment **\$229,000 (22973)**



LOOKOUT MOUNTAIN just off Desoto Pky. 4 bdrms 3 bths, living room, eat-in kitchen, separate dining rm. HVAC 1/2 finished basement storm rm. In-ground pool, barn, pond large yard, and pasture area sitting on 4.4 acres. **\$159,900 (22964)**



NICE LEVEL WOODED PROPERTY with partial drive and homesite cleared. Previous perk test. Easy access to the middle fork of Little River. Restrictive cov. apply. Located in Mountain River Estates. **\$69,900 (20892)**



3 ACRES LOCATED on the west fork Little River 1 mile above DeSoto Falls. Deep water for boating. Level wooded property with native Holly scattered throughout. Circular drive, perc tested, water meter installed. A beautiful spot to build that retirement home. 70 ft on the water. Quiet neighborhood. **\$125,000 (21648)**



LOG CABIN known as "Knowus Ark" is a hidden jewel of a property on the East Fork of Little river. 2 bdrm 2 bth, loft, screened porch, covered porch and double deck. Adobe wood burning FP, tiled floors. Also a separate artist studio. Trail to the river with a nice swimming hole. Privately located on 6.4 acres. **\$299,000 (22069)**



WORMAHOOTABOO FARM. Beautiful land with open pasture, 2 ponds, wooded area with trails for horseback or ATV. Barn with tack or equipment storage. Fenced for livestock. City water and paved road frontage. What a setting **\$129,000 (20161)**



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



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



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



HILLTOP SETTING, 2 story maintenance free siding. 4 Bdrms 3.5 baths Eat in Kitchen, Great Room w Gas FP, Den, lots of walk-in closets Wraparound porches. approx 3500 sq ft. landscaped with mature plantings. a must see on 5 acres. Mentone area. **\$450,000. (22949)**



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

LOTS AND ACREAGE

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

NICELY WOODED 5 ACRES on DeSoto Parkway with Stream. Can be Residential or Commercial. Land has old homesite and green house. Large Rock formations.

Possibilities are Endless! **REDUCED TO \$90,000 (19419)**

BUILD YOUR DREAM CABIN in the woods! 2.56 acres across from Lake Lahusage. Paved road frontage, city water available, perc tested. Lightly restricted. Owner financing available. **\$40,000 (19149)**

NICE WOODED 3 ACRES next to Mountain

Crest Cabins. Great building site for yourself or for rental cabins. Wildlife and trees are abundant. Priced to sell at **\$25,000. (22095)**

HEAVILY WOODED ACREAGE with wet weather spring. Paved road frontage along County Road 106, and just minutes from downtown Mentone. **\$110,000 (22248)**

6.4 ACRES. Partly open field and wooded tract of land in Oakwood subdivision. Lightly restricted. Surveyed, Perk. 2 lots 9,

10. **\$45,000 (22650)**

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

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

Business and Organization News

Call For Artists! Mountain Arts & Crafts Celebration

Artists, crafters and musicians are being solicited to present their creations and talents at the Mountain Arts and Craft Celebration at Cloudland Canyon State Park on November 2-3.

The celebration will attract a large number of visitors to the park, and there will be food and music to enjoy while visiting the vendors' booths and displays. All items must be handmade by the artist and reflect the culture around Lookout Mountain and surrounding areas. Friends of Cloudland Canyon State Park is a 501 C 3 charity, and all funds raised will be used to support and maintain the park. The event will be hosted in a large log cabin structure that features a huge stone fireplace.

Ten by ten foot indoor spaces are \$40.00 and outdoor spaces are \$30.00. For more information, call Friends of Cloudland Canyon State

Park at 706-406-3440 or visit www.cloudlandcanyon.org and click on the Upcoming Events tab. Whether you enjoy sightseeing, hiking, disc golfing, geocaching, fishing, staying in a cabin, YURT, RV or camping, the park has something to offer the family during this fall season.

New Shop in Mentone

The Spinning Wheel is now located in the old barber shop across from the Log Cabin Village.

Mother and daughter team, Mildred Lowry and Wendy Ott, raise their own sheep, llama and angora goats. The fiber from these animals then is turned into yarns, clothing and household items. You will be able to purchase raw wool, handspun yarns and many handmade items.

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Mentone Wedding Chapel



Nestled in the woods atop Lookout Mountain, near Mentone, Alabama, this quaint little chapel is surrounded by ferns, forest and flowers. The chapel is a scaled version of traditional Appalachian churches of days gone by. Stained glass windows filtering soft forest 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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Randolph (cont'd from page 1)

Lydia exercised her creativity in those years by designing and sewing clothes for her children, making baby rattles out of tobacco tins, and "building bunnies" on the back porch. Finally, she was able to return to the studio that her husband built over their garage, where she now spends much of her day.

After her marriage ended, she turned full-time to her art to help support her children. Now, many homes, offices, restaurants, and even Wills Valley Elementary School in Fort Payne proudly display her murals.

When she began receiving requests for portraits, she found that she loved studying faces to find the "delicate detail – the unique and interesting part of every face that makes people who they are."

"My best portraits, whether in oil or pastels, come from a combination of photographs and private sittings. I really need to know a person and their personality to honestly portray them, and that is the challenge every portrait artist faces," she says.

Lydia is a great fan of Thomas Eakins, Mary Cassatt, and Georgia O'Keefe, perhaps because of her grandmother's weekly postcards. She cites contemporary masters Alex Katz and Burt Silverman as having a great influence on her work. Katz, based in New York City and Maine, is known for his simple, flat planes in portraiture. Silverman, a noted portraitist, is a mentor and friend with whom she studied in Philadelphia. Lydia has since had opportunities to paint with him in Gainesville and Montgomery, and she served as a model for one of his works.

Today, she has embarked on a project to document the vast spaces of Little River Canyon

for a future exhibition. "Through the years, I have hiked the whole canyon with my children. It is an amazingly beautiful place, and I feel the need to share it in my art," she says.

With three paintings of the series completed, Lydia finds her style and approach is changing. "This series is coming forward with stronger, sometimes violent colors and is much less literal than my earlier work. Although it is still completely natural in feeling, it is much more organic, impressionistic, even abstract than what most people expect of me," she says. "I believe that artists must be able to see color where others don't. The more you look at a subject, the more you see, and colors are constantly changing with the light. Not many people notice when the highway they are driving on becomes purple, but I do," she says delightedly.

When Lydia is not in her studio, she enjoys working with children, and she looks back with pleasure at her five years teaching art classes at Crossville Elementary School. For the last four summers, she has worked with migrant children on Chandler Mountain teaching arts and crafts.

Although her children have left home to pursue college educations and careers, Lydia is still mother to an aged golden retriever, a Labrador mix, and what she calls a "beer store puppy" with one ear larger than the other and a tail broken at a forty-five degree angle. He may be ugly, but he will discover he is one lucky dog to be rescued by a lady like Lydia Randolph.

Lydia Randolph's work may be seen at

the Kamama Gallery in Mentone, Katherine's Gallery in Fort Payne, and Ava's Gallery in Chattanooga. She may be contacted at layaga@bellsouth.net concerning portrait commissions.

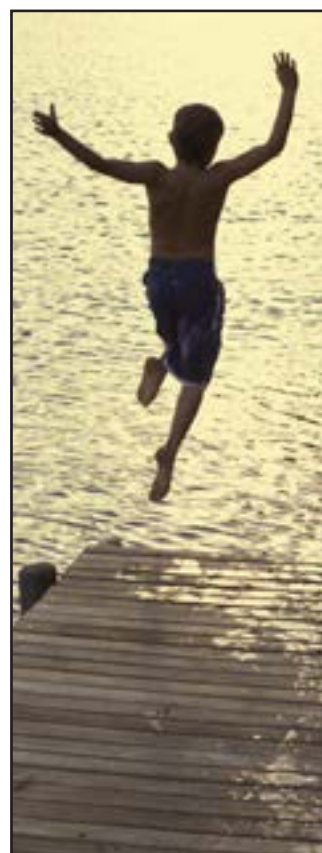
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CREEK WATER By: Doug Kiker

In the hot summer, we looked for ways to get cool.

There were no air-conditioners or fans
Except those powered by hand,
And only city folks ever had a pool,
But we could go to the creek
once or maybe twice a week.
Now, creek water runs mostly in the shade,
And jumping in ain't for the meek!
It didn't take long 'til goose bumps were made.
Then we did shiver and shake,
And hunted for places where there was no shade!

We could stand this an hour or two,
Any longer and we'd be turning blue.
Then we had the long walk home to begin,
And, you guessed it, we would be hot again!



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