

MENTONE'S GROUNDHOG

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Mentone now home for Pat Seymour

By Emily Smith

Nationally renowned speaker and widely-known Alabama personality, Pat Seymour, now calls Mentone home. Between her speaking engagements to groups all across the U.S. and Canada, Pat returns to Mentone to enjoy the beauty and quiet of her new home on Cove Road.

Her ties to Mentone go back to her grandparents, both musicians, who vacationed at the old Mentone Springs Hotel and attended concerts at the Fort Payne Opera House. Pat was also positively influenced toward Mentone by her high school teachers, Elizabeth Lowe and Annalee Tucker, well-known here as the owners of Nippersink Lodge.

Pat worked during her college years as a counselor and instructor at Camp Skyline. She is a native of Selma, Alabama.

"I realized that with all the generations of my family coming to Mentone, we had never owned property here," she said. She says she "wasted too much time visiting" Mentone and coming here was "like coming home."

"People here are wholesome, honest people who are really believe in God and are not ashamed to admit it. I have always been strong in my faith," Pat commented. One of the things that convinced her to move to Mentone is that everyone she met invited her to their church.

"People have really accepted me and I appreciate the people here in Mentone," she said.

Getting settled in her new home, "Dillyhurst," has been a priority since her move from Tuscaloosa. Her neighbor, Luther "Jr." King has helped her with many of the tasks around the house and has become a good friend.

The move to Mentone not only involved her home, but her office as well. Pat's administrative assistant, Maurie Dillenbeck, now calls Mentone home as well. She is in charge of a "room full of computers" and the secretarial needs of Pat's business.

She is very interested and involved in Friends of Little River. Bill and Rebecca Adams and Harol and Jackie Skelton have become close associates in that organization.

Her academic background in English, history and English education have been put to use since her arrival in Mentone. She is editing Jean McGehee's soon to be published book, *The Whale and the Bear*, a study of Herman Melville's influence on William Faulkner. Pat served as editor of publications for the University of Alabama before starting her own business, Pat Seymour and Associates.

Her business is motivational speaking and she has been the guest speaker at over 2,500 local, state and national meetings. The groups range from 4-H clubs, Chambers of Commerce, educators, doctors, lawyers, accountants, to local clubs like MAPA, to executives of major corporations. Upcoming engagements include the Burger King executives and NASA/Thikold.

She was named one of America's top 100 motivational speakers in 1991 by the International Platform Society, an honor held since 1985.

Pat's career as a motivational speaker began while she was on the staff of the University of Alabama's Athletic Department in the late 1960's and early 1970's. As a graduate student in English at the University, Pat first began working in the tutoring program for the campus' athletes. She

moved into being an academic advisor and recruiter/speech writer for Coach Paul Bryant.

"Coach Bryant called me his 'secret weapon.' I talked to lots of grandmothers, mothers, sisters, and girlfriends of the young men the University recruited for their sports programs," she said.

Often, when a potential player is uncertain about signing with a college team, a concerned parent or relative is in the background. Pat would talk with them about the University of Alabama and serve as a reassuring factor in their decision.

Although active in many sports, golf, swimming and tennis, she admits she was not a football fan when she first became involved with Alabama's athletic program.

"I learned alot about sports, especially football, from the coaches," she says and she soon became well versed in football strategy.

Coach Bryant often called on Pat to take speaking engagements for him when scheduling conflicts arose and to write his speeches.

In order to keep up with the schedule of out of town commitments, she learned to fly and got her pilot's license. She flew her own Baron Beechcraft to and from Tuscaloosa whenever necessary.

Pat says she never gives the same speech twice and tailors all her talks to the group she addresses.

"I thoroughly research each group or profession, interviewing, asking questions and reading their publications," she said.

"I find out what their major problem areas are, what the 'sand in their shoes' is," she commented.

Pat related the story of a man who walked across the United States recently. He was asked what the worst problem was on his journey by a reporter.

"Was it being chased by angry dogs, having beer cans thrown at you out of car windows, being caught out in severe weather? 'No,' the man replied, 'it was the sand in my shoes,'" she said. "Sometimes it's the small irritations that really wear us down."

Pat feels that all people are universally the same in that we all have hurts and needs yet, no two people are alike.

"We are all different and have different talents and need to know that we are gifts from God," she says.

She believes that there are we are all miracles of God's creation and that there are no coincidences in life.

"I believe that what we call a coincidence is really when God works a miracle and prefers to remain anonymous," she smiled.

When she speaks to a group her own faith is picked up by her audience. She receives letters back from groups and individuals that attest to the positive response of the listeners.

"I really feel I am an instrument for God and I pray before I go to the microphone 'Let's get 'em God,'" she says.



SKYLINE RANCH STABLES UNDER A BLANKET OF SNOW. This photo taken by the late Neil Cash in January, 1986 was featured on the Christmas card from Camp Skyline. Susan Cash Hooks wrote the poem that was also included on the card

Bring Your Sweetheart
to the February MAPA
Meeting, Tues., Feb. 4
7 p.m., Mentone Hall



Valley Head's Hammond named Poet Laureate

By Emily Smith

Ralph Hammond, a native of Valley Head, now living in Arab was named Alabama's Poet Laureate by Gov. Guy Hunt in a proclamation day ceremony last month in Montgomery.

Hammond who has been a writer all his life says he "got pretty serious about poetry 15 years ago."

He has published eight books of poetry along with six chap books of poetry. He is also the author of "Ante-Bellum Mansions of Alabama" and "My GI Aching Back" recounting his experiences as a war correspondent in Europe during World War II.

"All the soldiers would say, 'Oh, my aching back,'" he said, explaining the inspiration for the title of his book. "It may sound corny but, it was a popular expression."

Following the war, he returned to Alabama and took his degree at the University of Alabama. While there, he took poetry courses from Dr. August Mason.

His love of language drew him to poetry which he feels is the "refinement of disciplined language."

Hammond serves as president of the Alabama State Poetry Society and is currently vice president of the National Federation of State Poetry Societies. His role in the National Federation requires some travel and he will soon make a trip to Salt Lake City to be keynote speaker at a meeting there. The Nation Federation will hold their convention in June in Birmingham, Hammond is the convener for that meeting.

As Alabama's Poet Laureate, Hammond will also be traveling. He is going to school's throughout the state to share his love of poetry with children of all ages.

"The response from the children is so warm and gracious. They love poetry and have a natural ear for it," he said.

Hammond was chosen as Poet Laureate by the Alabama Writer's Conclave a voluntary organization of all kinds of writers, historians, playwrights, fiction writers, poets and newspaper writers. It is the oldest continuous organization of its kind in the U.S. and Hammond has served as a past president.

Gov. Hunt presented Hammond with a small gold medal shaped like an open book after his commissioning as Poet Laureate.

Skyline Ranch Stables

By Susan Cash Hooks

The trees are bare,
Chill in the air
All is quiet...
Sounds of favorite
Horses gone.

Though covered in snow,
My favorite place in camp
I know,
Is up the road
And through the gate.

My memory recalls,
How I would wait
And anticipate,
"Which horse will
I ride, can I guide
His stride?"

Through the trails in the woods,
Around the Skyline rings,
The warm winds caress
As I savor the thrill
That my mount brings.

Even now on my face
The heat of the sun I feel,
As memories of summers past
Seem so real.

No, not the sun's heat,
I realize,
As I brush from my cheek,
The warmth of my tears,
Oh, bring back the years
Of days with my
Skyline friends.

New Year's Goal Setting

By Emily Smith

A new year gives us lots of new opportunities and in order to take maximum advantage of all the potential, many of us try to set some goals that we hope to achieve before 1993 arrives. We have heard that the person who has no set goals soon finds himself right where you would expect, no where.

For myself, I plan to work harder, love my family and friends more, reach out to others, and eat less. I hope I haven't bitten off more than I can chew on that last one.

I also want to spend less than I earn which, as William Blackburn pointed out to me at the Superette, is not as easy to do today as it was 10 years ago. I wish the U.S. government would not spend any more than they earn, but that's probably asking too much.

Goal setting is an on-going project and many counselors advise that we look at our life in categories, personal, family and business and set goals in each area. Both short-term and long-term goals can keep us on track and help us keep our energy channeled in the right direction.

Even if you are not a list-maker it is very revealing to write down your goals and refer to them later. Goals change as life goes on. The things that I strive for now are not the same as they were when I finished school or when my children were younger. At that stage of life, just surviving the five o'clock hour was all I could handle.

The most important ingredient in successful goal planning is prayer. After all the Bible tells us "Commit you way to the Lord, Trust also in Him, and He will do it" (Psalm 37:5). This attitude is the key to our success in all that we do. Recognizing that God's plans for our lives are the ones that will make us the happiest, prayer should be our starting point in planning for this bright new year.

How great it is!

By Charles White McGehee

(Charles McGehee was the first editor of the Groundhog. He now writes regularly for the Fort Payne Times-Journal. This is a reprint of his editorial of December 27, 1991.)

It was like waiting for the arrival of a baby. Out-of-town friends had regularly asked, "Do you have the cable yet?" They regaled us with recitals of what we were missing, how good the picture was.

Then one day, looking outside, Jean shouted, "They're hooking up the cable!" That evening an entirely new world was opened to us, a holiday gift in advance. Our 16 available channels include the three major networks, which I predict will begin changing their mode.

There was public television, with its many bounties. Immediately we approved the advance notices about CNN, Ted Turner's big achievement. It is sound journalism, on-the-scene coverage of such major events as the Persian Gulf War and the Supreme Court confirmation hearings for Judge Clarence Thomas.

Then before our own eyes the sensational William Kennedy Smith trial. We are told that soon C-Span will be available to Mentone unfolding deliberations of the U. S. Congress and various committee hearings.

We are made party to news in-the-making. The dignitaries and leaders readily appear on talk shows. Otherwise, name your preference. There's a constant parade of old and new movies; sports in abundance; excursions into nature and the significance of ecology; the world's best chefs exercise their skills. Mentone Cable TV brings to our village, this small clientele, a vista of the 21st Century, its problems and its possibilities.

Bill Kidder and Gary Haas are under franchise with the Town Council in opening these 16 channels, but equally important, are bringing communications which far into the future will broaden the potential of our town.

It was only about a year ago we took the courageous step of bringing into our home a personal computer. A new term is "networking." I have already written of the gentle dispute

MENTONE'S GROUNDHOG

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In case of errors in advertisements, The Groundhog assumes liability only for the actual space that is incorrect in the advertisement.

Letters to the editor are welcome. They should be typewritten and of reasonable length.

The deadline for all material for The Groundhog is the last day of the month preceding publication.

between Jean and me over choosing a word processor or computer. Avowedly, during the year we have used the computer principally as a word processor.

But there rests the computer. Its three major components are the keyboard, which provides control; the screen, where one sees (in color if desired) that which is under process; and the printer, which runs off the finished product. At present I write this column on the computer and print it in heavy type, which is mailed to The Times-Journal. There it is run through a scanner which automatically sets the type for the big printing machine.

Use of a relatively inexpensive attachment called a "modem" could allow multiple services. As a fax or teletype the column could be written directly into The Times-Journal printing machines. Here under our own roof we could call up a weather chart on the screen; do our banking, budgeting and shopping; make airline, hotel, car rental reservations; perform feats of calculation and indexing. We could produce a small publication the editing, graphics, layout, and mailing lists. With other writers, we could exchange manuscripts for consultation.

For research, every major library in the nation would be available, as well as a personal thesaurus and dictionary. Also, a chess computer, flight simulator for aviation bugs; tours of museums; pictures could be painted; sym. phonies written; multiple games played. Some of these features are available to us without the modem, of course.

Certainly, as with all reality, budgets must be watched. But to the average family — a new world is here. In my lifetime I recall the entrance into my parents' house of wires for the telephone and electricity and pipes for water. Events of this past year surpass it all. How great it is! How great it is!

Letter From the Governor

As the new year begins I want again to take a few minutes to reflect on 1991 and welcome 1992.

As a state I feel we have much to be thankful for and proud of as we end 1991, and I pray for an even better future for our state. The past year has brought many triumphs for our state in the areas of education, the Gulf War and the economy.

Many people across the state helped develop and pass the Alabama Education Improvement Act. This piece of legislation is the beginning of true education reform for our schoolchildren and it also means a challenge for them to learn in the future.

As we approach the new legislative session, which will begin in February, there are important issues that we must address. We have to look at a restructuring of the tax system in Alabama, the workers compensation crisis, redrawing the state's Congressional districts, and making further improvements to the economy.

These all are important issues and they must be addressed in order to make Alabama better. But these issues cannot be successfully resolved without the help of members of the Legislature, without the help of the business and education communities, and the help and input of you, the people of Alabama. Those of us who have been elected by the people must never forget that we are to be working in your best interests, and not the interests of a lobbying group or special interest. Any reforms made in Alabama must be made with the will and understanding of the people of Alabama behind it, or else there is no point in trying.

I look for 1992 to be an even better year for the state and I pray for peace and happiness for you, the hard working, caring people of Alabama.

Gov. Guy Hunt

Letter to the Editor

Dear Editor:

This is an open letter soliciting support and involvement for the Mentone Volunteer Fire Department.

We who reside in this rural area owe a debt of gratitude to those who protect our lives, homes and property from the ravages of fire. In addition to gratitude, we should seek ways to support these selfless volunteers by providing them with the finances, equipment and training that assures their future success.

It has come to my attention, that the Mentone Area Volunteer Fire Department is only marginally funded and is in dire need of the communities financial support.

I urge all responsible parties interested in assisting M.V.F.D. to contact me for further information.

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RED IS RIGHT FOR CHRISTMAS. Mabel Kirk, Greg Frith and Linda Frith all wore Christmas colors to the MAPA Christmas Party.



LAURA PULLEN thinks Christmas is the happiest time of all, shown here with her parents, Sue and Walt Pullen.



ENTERTAINMENT FOR MAPA'S CHRISTMAS PARTY at the Kountry Chef was provided by Barry Crow, son of Bernise and Homer Crow. Bernise joined Barry to lead the Christmas singing.



HOPE AND GEORGE WALKER enjoy the reception at Moon Lake Baptist Church following the Community Chorus' Christmas performance. Mr. Walker was a soloist. Other soloists were Bernise Crow and Devann Jackson who directed the program. Doug Smith was the narrator.

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Town Council Notes

Mentone Police Chief Johnny Furguson recommended the Town Council take bids on the old police car and use the money received from its sale to finance repairs on the new car and to purchase needed equipment.

The tires on the newer car need to be replaced, according to Furguson. Police pursuit tires are available from Westmoreland Tire Company in Fort Payne at a 50% discount. The newer car also needs some work on the front end and a set of snow tires or chains in the event of snow and ice this winter.

The old police car is not running at this time. It will be parked behind Ruby's Grocery and Variety and can be seen by potential buyers there.

Another need for the Mentone Police is a set of leather gloves being used by other police departments when arresting those suspected of having H.I.V. positive. The cost of the gloves is about \$25 per pair.

Furguson reported that one recent arrest for a D.U.I. charge was made and that the person arrested admitted to having AIDS. If the person arrested had resisted or put up a fight, there could be a danger of passing the disease on to the policeman.

The council agreed to sell the old police car and authorized the purchase of the gloves requested by Chief Furguson.

The council also agreed to adopt a new fine schedule for tickets given by the police. Mentone is presently about \$10 less for fines than nearby towns.

"If someone is stopped in Mentone, they get a bargain," Chief Furguson said.

The Petroleum Fee Fund will be used to pay for the repair of the dirt road near the Gardner's home. It was repaired several years ago and is in need of three to four loads of chert at this time.

City Attorney Pat Tate advised the council of a recent court ruling which prohibits the collection of franchise fees from electric co-ops by municipalities. This would mean a loss of \$2,969 a year to Mentone from Sand Mountain Electric Co-op. An appeal is being considered and the town will be notified by Tate of developments in the case.

The council adopted the same pay scale for the coming year as they have had in the past. Council members receive \$10 per month and the mayor receives \$150 plus \$150 as water superintendent.

The zoning committee will meet again, Jan. 16. Mayor Cash feels public meetings "will be held shortly."

Youth Retreat held at Comer

Teenagers from the Hammondville Church of God, Seventh Day, joined with youth from Alabama, Georgia, Tennessee and Florida for a District Winter Youth Retreat at Comer Scout Reservation last month.

Kenneth and Jimmie Pell, the Hammondville Church Youth Leaders, provided the food for the group. Elder K.G. Walker is the pastor of the congregation.

District coordinator, Elder Dale Lawson of Chattanooga was the program director and national youth directors, John and Ruth Tivold of California assisted.

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The Northeast Tour Group on the steps of the castle at the White Cliffs of Dover.

Country Journal

By Bernice Crow

London Trip—November 1991

We owe a great deal of gratitude to Annette Shugart for inviting us to go to London, England with Ann Everette and the drama class from Northeast Jr. College. This was Mrs. Everette's fifth trip, and she still enjoyed it as any of us. She takes her class every year, planning a most enjoyable trip for everyone, her main object to see as many plays as possible. We saw four that week, which I thought was good.

This time we were fortunate to have friends from Mentone go with us — Marion Solomon and Lynette McCary, which made the whole excursion much more pleasant. Both of them are good troopers, and they giggled along with me at any humorous situation. Also, Annette's mother, Eleanor Ellis, whom we have known for a long time, went with us. We had a very congenial group of twenty-five, some adults and some drama students.

We made several trips to Northeast for orientation sessions with Mrs. Everette, and became fairly well acquainted with the things offered in London. These meetings were very helpful when we arrived at our destination. So next November, if you are so inclined, plan to go with this group. You will be glad you did.

We met at Northeast and traveled by charter bus to the Atlanta airport where we boarded a KLM 747 for an eight hour non-stop flight to Amsterdam. There we had for some duty-free shopping. Some of us bought Dutch bulbs and Delft pottery on the return trip.

We left Atlanta at 7:55 p.m. on Saturday, and arrived in London at 12:00 noon Sunday. Of course, we lost some time, because their time is six hours ahead of us. We had a very smooth flight, and were able to sleep quite well. Ian Godfrey, our English guide, met us at Heathrow Airport, and gave us a good bit of information on the way to the Charing Cross Hotel where we were staying. The hotel is within walking distance of many fine theaters, and just across the street from our hotel is the old historic St. Martin-in-the-Field Church where we had dinner several times. They serve a wonderful buffet in the basement, and the profit from these meals goes to feed the area, and there are many of them. One evening when we were walking back from the theater we saw most of the store fronts filled with people bedding down for the night. A little farther down the street we observed a station wagon with the tailgate down, serving food to these poor souls. I am sure this happens in New York and other large cities in the United States, but we had never seen it.

When we arrived at our hotel (which was a nice one), Ann told us it was better to keep active until regular bedtime and jet-lag would not bother us. She was right. We got tube passes from the terminal, which almost joined our hotel. We had to have pictures made for the pass card, which they do right there in the terminal. Then we could use this pass to ride the subways (tubes), or the buses all week for one fee-eight pounds, or sixteen American dollars. This was very convenient, and the best bargain in London. All we had to do was

show our pass, and ride all over London. On Sunday afternoon, we rode the tube to Hyde Park to observe "Speakers Corner", as it is called. It is a debating place, where anyone may get on his soap box and tell the world about his complaints or extol his good feelings. We loved it! Homer had his camcorder ready, and filmed a good part of it. We were surprised that a good many of them were preachers of the gospel. One lady was an excellent speaker. Here we saw our first "Bobbies", which are what we would call "cops" here in the states. Their little tall round hats are interesting. We had fun with them, and made our pictures with one of them. He laughed at my southern accent, and knew immediately what part of the United States I hailed from.

We were served a very good complimentary breakfast in the hotel each morning, complete with many varieties of juices, cereal, fruits, wonderful breads, jams and jellies, coffee or tea. I was surprised that coffee was ordered more than tea. I thought everyone in England drank tea.

For our other meals we were on our own, and we found some good places. One little place we enjoyed was adjacent to the hotel, called a Spud offered potatoes in a variety of ways, with all kinds of vegetables to go with them. This was convenient when we were short of time.

On Monday we got our money changed into pounds. They will not accept our currency. We then rode the tube to the Tower of London. This was a most pleasant day, and one filled with more history of England than any other place — more than I could absorb in a day, and I enjoy studying history. The Tower built in 1078 in the time of William the Conqueror, was at first used as a residence for kings. A most enclosed the whole twenty-two acres. Various towers were subsequently built to serve as prisons. There is evidence of Roman foundations dating back to Julius Caesar. The Yeomen, or "Beef-eaters", dressed in Tudor garb, serve as guards and guides. They are very colorful, and seem to enjoy telling of the many queens and other famous people who were beheaded there. The oldest church in London is located within these walls. And the crown jewels are kept in a vault in a basement. They are well guarded, because they are priceless. We were allowed to see them, but were told by the guards to keep moving. What a treat!

We toured the apartment where Sir Walter Raleigh was kept prisoner for many years, and while there he wrote the history of the world. He later was beheaded there. The huge axe and chop block are on display. The Tower serves as an arsenal now. Some of the finest arms, both primitive and modern, are on display.

On Tuesday we took a bus tour of the city, and were given a bird's-eye view of the things we might want to see more of later. Everything was decorated for Christmas and very tastefully done. Harrod's, the most famous department store in the world, was very beautiful. Tower Bridge, and the new London Bridge spanning the Thames River, were interesting.

Tuesday night we went to the theater to see Les Misérables. This play was worth the whole trip. The actors were good, and the orchestra wonderful. We toured Westminster Abbey on Wednesday. It is a huge, very beautiful Cathedral — full of history. So much is there that it would take a book to

Valley Head Woman's Club

The Valley Head Woman's Club had a special treat for the December meeting, a Norwegian Jul Middag, Christmas dinner, at Woodhaven, home of Mr. and Mrs. Kaare Lollik-Andersen which was beautifully decorated for Christmas.

Hostesses were Mrs. Andersen, Mrs. James Carmichael, Mrs. George Hulet, Jr., Mrs. James Graves and Mrs. B.L. Biddle.

In addition to good old American standbys of turkey and baked ham, Norwegian dishes featured were Norsk Medis-takaker me Saus (ginger and nutmeg spiced meatballs in gravy), Potetar med Sandefjord Smur (boiled potatoes with a butter and cream sauce), Broccoli med Sitron Dillon Dill Saus (broccoli with lemon dill sauce), Surkaal (mild caraway spiced sauerkraut) and Tutubaer (Norwegian Cranberry). Desserts included Kransekaker (Norsk Pyramid Cake), Julen Grot (an almond flavored whipped dessert), Kreme Puffer (Cream Puffs), Coffee, tea and punch concluded the dinner.

The dining room suite came from Norway and had belonged to Mr. Andersen's mother. A lovely Christmas centerpiece graced the dinner table.

Mrs. Andersen said in Norway Christmas preparations went on for days ahead. Everything was finished on Christmas eve. Even the animals were given double rations on Christmas eve because no work at all was done on Christmas day.

After dinner entertainment was group singing of Christmas songs and carols and Christmas word games.

Guests were Mr. and Mrs. Mike O'Dell, Mr. and Mrs. Richard Rockenbach, Mr. and Mrs. Tim Smith, Mrs. Lee Dav-enport, Mrs. P.W. Roberts, Tom Bauerle, Bill Blackburn, James Carmichael, Van Cooper, Edward Disney, Maynard Donahue James Graves, Ted Holleman, George Hulet, Jr., James Jones, Larry Longshore, Jack Lyons, Richey Phillips, Harol Skelton, Herbert Stanley.

describe it. Most of the royalty are buried in crypts inside, with colorful coverings and plaques telling something about them. Ian told us most of the important facts. Many authors and other famous people are interred here. We happened to be there at 4:00 p.m. when we were asked to be very still for prayer. I don't know who did the prayer over a public address system, but he thanked God for the release of Terry Waite, who was a hostage and had just been released. He prayed for the release of others.

Another wonderful evening was spent at St. Paul's Cathedral, listening to the boy's choir for Evensong. Ian Godfrey, our English guide, arranged for us to sit in the choir section. He said this was a special privilege he had arranged for us because of his friendship with the choir director.

Oh, and Wednesday morning some of the students went with Homer and me to Buckingham Palace for the changing of the guards. This was something I had yearned to see. And it was even better than I had thought it would be. There is much pomp and ceremony — beautiful black horses, ridden by guards in uniform with capes; royal carriages, and a good band. The place was crowded, but we got fairly close to the fence surrounding the palace, and could see most of the ceremony. They said that day was a little more elaborate because the prime minister was visiting the queen. We knew the queen was in residence because the flag was raised on top of the castle.

And most exciting of all, as we were walking back to our hotel, we saw the queen mother! She was escorted by a motorcycle "Bobby", and had an entourage of six cars. We were standing on the corner as she passed right by us, dressed in a bright green outfit with a wide brimmed hat to match. She is always lovely, and must be about ninety now. All of us stood there gaping and did not take a single picture!

This day was overcast as was every day except the day we arrived. But there was so much beauty around us we did not even think about the weather. Some of our group visited Covent Gardens Wednesday and we went later.

We toured the Museum of Natural History one day, with student Jeff Pace. He was such a nice person to go along with us older folks. We spent several hours there, and saw many interesting things. But the most interesting thing to me was the natural gem stone collection. Every precious stone in the world was represented — some from the United States.

continued on page 8

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Our Town

By Linda Brown

We have been given an invaluable gift! The gift of a new year. A whole year, 365 days (leap year, you know) to do what we want to do. What did you mean to do last year but didn't? Do it now! Did you love, laugh and enjoy life? Do it now! You have a brand new year, use it wisely.

Have you noticed that everything winds down from mid-December to mid-January? This is the holidays. Don't expect to be able to make appointments during this period. Expect checks and bills to be late. Everything closes down. The same thing happens in Mentone. Every family is concerned with parties, get-togethers and celebrations. Children are out of school and excited to see what Santa Claus will bring. We probably spend more time with our close friends and families during this period than any other time of the year. One thing that was outstanding in Mentone this holiday season was the decoration of homes. So many were decorated with lights and greenery. Al and Mae Hunt's home was spectacular! Maybe we should have a contest next year to make it more interesting. Perhaps MAPA and the Rhododendron Garden Club could co-sponsor such an event.

So many things will happen in this year that we cannot rest and relax very long. The busy life at Mentone will continue. MAPA is already planning the Rhododendron Festival, the Town Planning Commission has a meeting scheduled soon, the Mentone Crafts Festival Committee has started plans for this year's event and the camps are all busy preparing for another summer. I am looking forward to all of the activities and hope that everyone is planning to help with all or some of these happenings.

I recently talked with a lady who has moved to Mentone recently. This will be her first winter here. I asked how she was coping with the rain, fog and dreary days. She replied that she was doing fine but several people had told her that if she stayed here three winters she would never leave. This is probably true. The weather here can really be nasty, but we who live here learn to live with it and even enjoy it. Just put on the appropriate clothing for that day and do what you had planned to do.

If you do start feeling depressed; visit a friend, tutor a student, go to a good movie, join a club or church group, write letters, send cards to shut-ins, volunteer at the hospital or nursing home, deliver meals-on-wheels, go to the library, or teach an adult to read. See how many things there are to do and this is only the beginning.

Have you noticed the new plants along the sidewalk? This is the result of a lot of hard work by the Rhododendron Garden Club members under the guidance of Bill and Ann Wright. This adds so much to our community and makes us want to beautify other areas. We could easily be the showcase of towns in DeKalb County. Mentone is like a beautiful woman, we have so much to work with.

HAPPY NEW YEAR!!

Rhododendron Garden Club

Members of the Rhododendron Garden Club were treated to a program of Christmas Music by Polly Cameron at their December Christmas luncheon. Miss Cameron is a talented vocalist and the co-director of Camp Saddlerock for Girls in Mentone.

Hope Walker, president of the club, welcomed members and their guests. Francis Rosario and Mickey Gough were



Ken Pennington

Ken has experienced first hand the powerful dramas of the south and those images are revealed wonderfully through his art.

Ken Pennington is an artist. He lives with his wife Becky and son Joseph on Lookout Mountain in northwest Georgia near Chattanooga, Tennessee. His daughter Kamilla lives in Idaho and daughter Rachel in Mississippi. His fore-fathers had settled on the Mountains of Georgia and Alabama in the Cherokee Nation Creek Land.

At least two of Ken's grandfathers married Cherokee women and because Cherokee blood flows through his veins, he believes he shares a special kinship to the mountains.

When he was a child he and his younger brother Peck began to explore the lush forest, swift streams and deep caves of Lookout Mountain. They often camped under overhanging rock ledges where "Indians" had camped too, for periods of hundreds of years. Bits of pottery fragments and flint chips often lay scattered over the floor. Small excavations would reveal flint knives, spear tips, and arrowheads.

Over the years Ken became proficient in archaeology and gained insight into Native American life, from the early Paleo Hunters to the "civilized" Cherokee Nation, an insight that has resulted in several beautiful paintings of "Indians".

Lookout Mountain had also been the scene of a decisive Civil War battle and scattered Confederate and Union camps and trails were littered with Minie balls, buttons, buckles and other interesting relics. Ken and Becky continue to enjoy searching for these small treasures.

Ken's greatest pleasure however, is the exploration and study of the nature across the south he loves so dearly.

He has hiked, hunted, camped, and caved across the south, from the Carolinas to the Mississippi. He has parachuted from planes, rappelled into the deep crevices of the earth and canoed many of the south's winding streams.

He has camped alone in high Appalachian gaps encountering deer, turkey, wild hogs, and bear. He has carefully studied the remnants of remote mountain farmsteads and talked with the descendants of their original pioneer settlers.

Ken has experienced first hand the powerful dramas of the south, from glistening ice-covered Appalachian peaks to the sweltering moccasin-infested coastal swamps, and loved it all.

Now his mind is filled with a wealth of wonderful images that are revealed through his art - images that will provide a lasting record of the animals, birds, people, and places that are dear to the south.

Ken's paintings have proven to be in high demand. Collectors have purchased each immediately upon completion. Reproductions of the originals in limited edition art prints are also in demand and sell briskly to collectors across the nation.

A group of supporters have organized to form the "Friends of Ken Pennington", under the chairmanship of retired Atlanta Attorney and former U.S. Congressman James A. Mackay. They act as an advisory board, providing direction to the artist, sponsoring receptions and publish a newsletter concerning Ken's projects and progress.

Ken offers his art through Pennington Point Prints operated by his managers: his sister and brother-in-law, Ginger and Larry Scruggs.

Ken's home, which also serves as his studio and gallery, is located on the bluffs of the mountain, overlooking the small village of Rising Fawn, situated in the valley below.

He and Becky encourage visits to the gallery but request visits be by appointment only to insure his presence upon arrival. For further information contact Pennington Point Prints, Rt. 2, Box 34A, Rising Fawn, GA 30738 or call 404/398-1880 or 404/398-1764.

Alpha Delta Kappa

The Alpha Zeta Chapter of Alpha Delta Kappa met for a Christmas brunch at Black's Best Western in Fort Payne. Twenty-eight members and twelve guests were in attendance.

Entertainment was provided by Mrs. Ann Everett and several members of her theater group from Northeast State Junior College. The sorority truly appreciated the time and effort spent to provide us with music and songs from five Broadway shows.

Each ADK member present brought a toy to be donated to the Children's Hospital of Alabama and a gift for local shut-ins.

Mrs. Karen Smith Shankles, an ADK scholarship recipient, closed the meeting with a beautiful Christmas carol.

Those members attending the December meeting included Angie Bell, Hazel Benefield, Barbara Cole, Vera Cook, Maree Culpepper, Aubie Dean, Clarice Driskill, Ardath Grizzell, Ruth Hammon, Jacqueline Higgins, Sarah Horton, Rachel Hughes, Fannie Kennedy, Claudine Kirby, Elizabeth Lanier, Juanita McCollum, Doris Patterson, Martha Peck, Fostena Roden, Phyllis Sanders, Nadine Shipp, Linda Smith, Bonnie Tallent, Donnie Tallent, Tommie Tumlin, Christy Vaughn, Sue Wills, and Norma Wilson.

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MOON LAKE GIRL'S 4-H OFFICERS: (from left) Shelley Ingram, Brandy Jackson, Rene Brendle, Ashley Blalock, Samatha Berry, Tabitha Brisidine, Brook Garrett, Emily Smith, Angela Russell. Not pictured, Candace Fuller.



MOON LAKE BOY'S 4-H OFFICERS: (from left) Jason Owen, Devotional Leader; Haley Hilliard, Songleader; Richard Fuller, President; Ken Miller, Songleader; Clayton Frazier, Reporter; Allen Gray, Vice President; Brian Daniel, Songleader; Garrett Collins, Secretary.

Moon Lake's 4-H club met, elect officers

By Tabitha Brisidine, Reporter

On November 26, the Moon Lake Girl's 4-H Club had its first meeting.

We elected officers, filled out forms and went over important details. We had a delightful time. Our next meeting will be sometime in January, 1992.

Our club is the Girl's 4-H club. Our extension leader is Mrs. Waldrup. Our local leader is Mrs. Joyce Smith.

Our officers are: President, Rene Brendle; Vice President,

Angela Russell; Secretary, Ashley Blalock; Reporter, Tabitha Brisidine; Devotional Leader, Samatha Berry; Publicity, Brook Garrett; and Song Leaders, Shelley Ingram, Candace Fuller, Emily Smith and, Brandy Jackson.

Take Your Food World Receipts to Moon Lake School!



Ken Pennington
Presents

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Silent Duster new product for the home

Harrell Jenkins, of Mentone, has a new product that will make a big difference to homeowners. It is called "The Silent Duster" and is a new, patented method of cleaning the air we breath in homes, offices and work areas.

"It almost seems too simple," he says, "but, it really works."

The device attaches to the blades of ceiling fans and removes most of the harmful dust, smoke and other particles which are not filtered out by a central heating/cooling unit. Because a much larger volume of air passes through the "Silent Duster" than that which passes through a central unit, the air is cleaned more effectively. A typical 52-inch, 4 blade ceiling fan pulls 4 to 5 times more air than a central unit.

The "Silent Duster" attaches between the blades of any ceiling fan with rubber restrictors and hooks. When the fan is turned on the unit goes to work. Periodically, the "Silent Duster" must be taken down and cleaned by vacuuming and a washing in warm, soapy water. After it is dry, it goes back on the fan and back to work.

"When you clean the blades of your ceiling fan, you know how much dust accumulates there. This filter makes sense," Jenkins commented.

The cost of the "Silent Duster" is \$12.50 and is available in a variety of sizes. It may be ordered by contacting Harrell Jenkins in Mentone at 205-634-4451. His address is Rt. 1, Box 228, Mentone, AL 35984.

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Valley View

By Eloise M. Brown

I regret that I was unable to attend the Christmas party of the Sunshine Club. I know that they had a bountiful covered dish luncheon at the home of Karen Freeman.

Jeff and Melinda Adkins had as their guests Sunday at church, Jeff's sister, Debby Adkins, her husband, Bobby McKean, of Moor Park, Ca., and Jeff's mother, Emmie Lou Adkins of Scottsboro, Ala.

We miss Jane Meadows, who was so faithful to play the piano for us, but we are very fortunate to have Dessie Newberry as our pianist at the Valley Head Methodist Church. We appreciate her — also our new members.

All the churches of Valley Head came together at the Baptist Church on the fifth Sunday night for service, with Jeff Adkins as speaker.

This group attended a Gospel Singing at the Omni in Atlanta New Year's Eve: Priscilla Gregory, Juanita and Eugene Smith, Louise and Charles Hammond, Devann Jackson, Bill Stanley, Kim Burt, Amy Holleman, Runae Burt, and L.A. Smith.

Robert and Gail Hawkins and their daughters, Stephanie, Robin, and Brooke, from Brewton, Ala. spent Christmas with Robert's parents, Geraldine and Howard Hawkins. Since Howard is recovering from eye surgery, and Geraldine is not well, they brought Christmas dinner and lots of goodies. Their brother, Randall also came from Chattanooga.

Janie Longshore and Mary Frances Tate had Christmas Eve dinner with Billo and Becky Holleman and girls in Fort Payne.

Mary Louise and Ted Holleman have returned from a week spent in Palm Beach, Fla. They were accompanied by their son, John.

Sue and Foyl Cooper and daughter, Peggy Gray, visited Sue's sister-in-law, Ruble Finster, in Summerville Hospital, where she had knee surgery.

Beverly Meadows and her fiancé, Shane Wright, visited his mother, in Lawrenceburg, Tenn. Christmas.

Doris and Jim Carmichael and Judith and Al Hammond attended the Blockbuster Bowl football game in Sarasota, Fla.

Vesta Hawkins spent a week with her daughter-in-law, Nancy Hawkins and family in Birmingham.



Beauty and the Beast?

Yes! He lost his heart and looks like part of his head to Venna Livingston. She, with her daughter, Sue Mosely, and Sue's husband Sam, and children, Carmen, Ben and Suzanne, of Atlanta, visited Disneyland, and the Beast, Mickey and Minnie and all the other Critters. Venna even got young enough and brave enough, to ride the roller coaster through Thunder Mountain, but said she didn't see much of the scenery as she kept her head down. They also viewed Epcot and M.G.M. which they found to be very educational. When granddaughter Jamie saw the picture she asked, "Grandmom, weren't you afraid of that thing?" Then I replied, "No, Beauty is not afraid of the Beast!"

Sadie Cooper, Jimmy, Janet and children — Patrick and Brent; Van and Teresa and son, Tyler; also Chris Cooper — have returned from Orlando, Fla. where they enjoyed Disney World, Epcot, and M.G.M. Sadie also visited her stepmother, Mae Hawkins, and her aunt, Ida Wilson, at Sandmont Nursing Home recently. She was accompanied by her uncle, Melvin Smith.

Addie Hall spent Christmas with her daughter, Mary Porter and family and her son, Tom Hall and family in Chattanooga. J.W. Millican and wife, Willodean, of Nashville came by to see her recently.

Gladys Cobble, Jesse B. and Becky Stott and girls, Nicole and Jenny; Nicky and Linda Cobble, spent Christmas with Donald and Margaret Cobble and family in Columbia, S.C.

Tammy Hawkins has returned from a visit with the Ooms family in Avenhorn, Holland, where she spent two weeks. She said that they celebrate New Year's as we do. She has returned to Northeast Junior College to resume her studies.

The Barry Brown Family and I enjoyed Christmas dinner at the home of my granddaughter, Cindy Meadows.

Adrian and Betty Cannon, of Georgetown, Kentucky, were recent guests of his sister, Gladys and E.T. Holleman.

Sincere sympathy to the friends and relatives of Loy Blansit and Maenell Lyons who passed away recently.

May Nineteen ninety-two,
Bring dreams and hopes anew
That will all come true
And bless each one of you!

If you have a fever, Frymire has the cure

By Emily Smith

"Most people can keep a secret, if the folks they tell it to who can't." From Dick Frymire's "Words of Wisdom."

Folk medicine and common sense are the hallmarks of Dick Frymire's two volumes of health, household, and farm hints. The books, *The World According to Dick Frymire, D.B.S.* have been written, he says, with help from Ted the Rooster. The D.B.S. title means "doctor of barnyard science."

The pages are filled with folklore, remedies, cures, signs, and sayings. Frymire has gathered the information from hundreds of people who have written to him and passed along knowledge their families have held for generations.

The weather can be foretold by watching nature says Frymire. Winter will be bad if squirrels build their nests low in trees, begin gathering nuts early and have a thicker coat of fur than usual.

He tells about folk cures for all types of ailments. Especially helpful to know about this time of year are ways to cure the flu. One of his suggestions is to apply an onion poultice over the throat and chest. He says an onion poultice place over the neck, the back of the head, and the pit of the stomach also works. If nothing else, we figure these should make people leave you alone so you can get some rest. That's good for flu, too.

Frymire heralds the benefits of drinking an apple cider vinegar and honey tonic. This mixture can help arthritis, bronchitis, colds, ringing in the ears, fatigue, head noise, insomnia, and shingles. The apple cider vinegar is the right kind of acid to destroy germs and viruses in the intestine he says. Honey is nature's cure-all.

The books are also filled with all kinds of suggestions on how to clean things in and around the house using vinegar and soda and other ingredients that most folks have on hand. The benefit of using homemade cleaning solutions is they are cheap and won't harm the environment. A simple way to keep drains clear is to pour a cup of baking soda and a cup of white vinegar down the drain followed by a quart of boiling water. This not only cleans the drain, it also helps the septic tank.

He even tells you simple ways to get rid of groundhogs (not that anyone around our office would want to do that!). Just roll up some Juicy Fruit gum and drop it down the groundhog's hole.

Frymire's books are available by writing to him at P.O. Box 33, Irvington, Kentucky 40146-0033. He also will answer specific questions readers may have. The Groundhog will be running suggestions and hints from Frymire throughout the winter.

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Country Cooking

By Nova Dean Kilgore

GINGER BREAD

2 1/2 cups flour	2 1/2 cups flour
1 tsp. cinnamon	1 tsp. baking powder
1/2 cup brown sugar	3/4 cup molasses
1/2 cup shortening	1 cup boiling water
2 tsp. soda	2 eggs (beaten)
3/4 tsp. salt	

Mix molasses, shortening, and soda with boiling water, add eggs then dry ingredients. Bake at 325° for 45 minutes. Serve with whipped cream.

APPLE DUMPLINGS

2 cups flour	3/4 cup milk
1 TBSP. butter	3 tsp. baking powder
1 tsp. salt	

Mix dough lightly, roll out. Cover thickly with diced apples. Add butter, sprinkle brown sugar on top. Roll like jelly roll and cut like cinnamon rolls.

WHITE SAUCE: boil 1 cup sugar, 1 cup water, and 1 TBSP. flour and pour over dumplings. Bake at 350° until apples are soft.

PINEAPPLE UPSIDE DOWN CAKE

Melt 3/4 stick oleo in skillet at 225°. Put layer of brown sugar in skillet to cover bottom. Put pineapple rings on brown sugar and turn to 350°. When bubbly pour in batter.

1 cake mix	3/4 cup pineapple juice
2 eggs	

Stir batter. Put lid on 5 minutes at 350° then 5 minutes at 250°.

DIETER'S ORANGE CUPCAKES

1/2 cup margarine, softened	2 TBSP. chopped
2 tablets sucaryl or	pecans or walnuts
1/4 cup liquid fructose	1/8 cup brown sugar
1 egg	1 1/4 cups flour
1/2 tsp. soda	2 tsp. baking powder
1/4 tsp. cinnamon	1 tsp. orange extract
1/3 cup raisins	
2/3 cup unsweetened orange juice	

In large bowl combine margarine, brown sugar, sweetener and egg. Beat 2 minutes at high speed, scraping bowl occasionally. Add remaining ingredients except nuts. Blend at low speed until moistened. Continue beating at low speed until well combined, about 1 minute. Batter will be thick. Fill cups 2/3 full and sprinkle with nuts. Do not frost. Bake at 350° for 20-25 minutes.

DIETETIC OATMEAL COOKIES

COOK 1/2 cup margarine	1 1/2 cups raisins
1 1/4 cup water	1 tsp. cinnamon
Cool.	
2 eggs	1/4 cup fructose
1 tsp. vanilla	1 1/2 cups flour
1 heaping cup oatmeal	3 TBSP. buttermilk powder
1/2 tsp. salt	1/2 tsp. soda
1/2 tsp. baking powder	1/2 cup nuts

Beat eggs, gradually add fructose and vanilla. Then add the rest of the ingredients and mix well. Then add the cooked mixture. Bake at 325° for 8 minutes.

continued from page 4

We learned that M-25 road completely encircles the city of London, and it is 119 miles around the city. We did not take the entire trip!

We saw Kensington Palace where Prince Charles and Diana reside; passed Scotland Yard; saw Big Ben and House of Parliament; the Church of St. Margaret where Sir Winston Churchill was married; Royal Albert Hall, which holds 8,000 people; St. Peter's on Eaton Square, which is used for royal weddings; Lambeth Place, which is home to the Archbishop of Canterbury.

On Thursday, which was Thanksgiving Day in America, we took a bus to Canterbury and on to the White Cliffs of Dover in the county of Kent. We toured Canterbury Cathedral where so much history lies. The steps leading to the altar are of stone and are worn to a rounded shape from the constant kneeling of the pilgrims. It was here that Thomas Becket was murdered-right before the altar.

We shopped in the charming little village of Canterbury, where many beautiful shops are located. There were lovely china shops, beautiful crystal, lovely woolen clothing, and antique shops. We bought our daughters nice sweaters for Christmas.

And we had lunch in a pub. The best food can be found in the pubs, and at a reasonable price. Homer had excellent lamb stew, and I had quiche. The White Cliffs of Dover were

most appealing and, even more so, was the medieval Dover Castle. It was never built for a residence, although the governor now lives there. This is on the English Channel, and it is only about twenty-five miles across to France. We heard much about this area during World War II. It was used as a fortress then, and troops stayed there, and so we sang "White Cliffs of Dover" on the bus - going and coming. I sang it quite well.

Friday we went shopping at Harrod's - the most impressive place to do so in London. The queen used to shop there, but does not do much shopping any more. The building itself is fabulous. We walked through part of it (which is all we could afford to do), but it would take two days just to cover it. We were told that one could buy anything there - even an elephant in the basement. I dragged Homer into the china and crystal department, and we never got out of it. Some of the most beautiful, exquisite china and crystal is for sale, if a person has enough money to purchase it. And, a pound there is worth \$1.72 in our currency, or was that day. It does fluctuate.

Homer did buy a teapot for my collection - not an expensive one, but it does make a nice souvenir of jolly old England. It is one of the Shakespearean collection.

Friday night, we saw "Our Town", a play starring Alan Alda. It was a good mime, which is different. Alda was very good as narrator.

We saw two other plays while in London - "Me and My Girl," and the "Minister's Cabinet."

Saturday, we spent the day on Portobello Road. That was an experience everyone should have. It is a like First Monday in Scottsboro, except much, much larger. And there is every kind of merchandise one would want. The best bargain we found was in silver plate. The items were well made and beautiful. There were furs of every description, antiques, good jewelry, lovely produce that looked so fresh one wondered if it were just picked that day. And the place is about three miles long. There were many entertainers performing for whatever was placed in the hat. We walked till we tired and did not see all of it. As it is everywhere we would like to go back and see those things we missed, like Hampton Place, The Cotswolds, Stratford on the Avon. England has a home-like feel to me. My ancestors, the Coopers, came from England, and the Crows did also.



THIS COUNTRY CASTLE CAN BE YOURS - For over 100 years, this historic building has been the center of Mentone. Filled with history and charm, it is waiting for you. \$220,000.

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UNIQUE AND ONE OF A KIND - These are the best words to describe this wonderful large home with its rambling porches and cathedral ceilings. This five bedroom home has two floors, 3 baths and mountain stone barbecue pit in the kitchen is newly constructed with antique charm. \$119,000.

ENJOY NATURE FROM YOUR SCREENED PORCH - This perfect retirement home has 2 bedrooms and is located on Dogwood Avenue in a secluded wooded area with no grass to mow since it is surrounded by natural woods. If you have a green thumb, this home has a small greenhouse. \$66,900.

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THE PERFECT PLACE - That log cabin you've always wanted is just waiting to be built on these beautiful wooded building sites. With access to Little River, city water and only a mile from DeSoto Park, truly the Perfect Place. Prices \$9,500 to \$18,500.

65 ACRES - Owner financing. Outstanding wooded acreage, \$35,000.

20 ACRES - 1/4 mile of Little River frontage and from the building site you can see it all. Owner financing \$60,000.

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ATTENTION: DESOTO PARKWAY RESIDENTS AND AREA LANDOWNERS

Did you know that if Rep. Tom Beville's present legislation, H.R. 3665, passes and a national park preserve is created in the Little River area, DeSoto Parkway will be owned and controlled by the National Park Service?

(Most Parkway land is an outright deed to the state of Alabama, not just an easement for egress, ingress and maintenance.)

Did you know the National Park Service often uses restrictive controls on roadways to manipulate and control the rights of landowners, even to forcing them to sell out?

Just ask a few of the many people who know - because it is happening to them; John Wall - Chelan County Commissioner - Washington: 509-664-5215; Grace Semik - elderly Cuyahoga Valley resident - 216-524-3142

(Mr. Beville has stated on numerous occasions that the Cuyahoga Valley travesty is a lie and is not happening. He has not asked the thousands of residents there who are threatened today.)

Leon Sommerville - former National Park Service surveyor, Buffalo River, Ark. 501-448-5920

The National Park Service and many of its powerful supporters are pushing for a "buffer zone" around all National Parks. Mr. Beville has supported a ten-mile buffer zone with his vote. Twice. He has also voted for condemnation in other areas.

The National Park Service is a federal agency which does not take into consideration the rights and heritage of the local community, choosing rather to view the land with a "national and international" perspective.

Mr. Beville recently called the proposed park land a "core area." He expects it to expand into the full 34,000 acres the National Park Service wants and beyond. But when our property rights are violated and this mountain and the valleys beyond are owned and/or controlled by the Park Service, he will be safely out of office. Once this legislation becomes law, he can wash his hands of us.

Call or write for an information packet today. You owe it to yourself and your community to do your own research.

SAVE OUR LAND, P.O. Box 210 Mentone, AL 35984 • (205) 634-4198

