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THE

GROUNDHOG

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By M.A.P.A.**

Volume 17, No. 1

"Neighborly News from the Heart of Lookout Mountain"

January 1999



The year 1998 brought about many changes, some for the better and some questionable changes, nevertheless, time does not stand still, and with the passing of time, events take place and to quote a passage from Ecclesiastes, "There is a time to be born and a time to die". The year 1998 was certainly no different.

There was a 1% population growth in the United States in 1998.

Computer technology reached an all-time level in communications around the world. There was a growing concern in 1998 over the Y2K transition which will take place January 1, 2000.

A new drug for cancer was introduced and is being used successfully in a study of a limited number of patients. The future looks promising for diabetics because of studies and research made in 1998.

The McCaughey septuplets celebrated their first birthday in November, 1998, and are developing quite well. Octuplets were born in December, 1998, to another couple, however, one of them did not survive. These multiple births are a result of medical science's discoveries in fertility research.

The top ten stories of 1998 include the following:

1. The Clinton-Lewinsky case which has caused a great deal of concern to our nation, as impeachment marred the Clinton legacy.

2. The McGwire and Sosa's homerun race

3. The Iraq Showdown as the US attacked over weapons inspections.

4. Simultaneous bombings of American embassies in Kenya and Tanzania on August 7 killed 224 people and injured more than 5,000.

5. Hurricane Mitch pounded Honduras and Nicaragua, leaving 10,000 dead and 10% of the population left homeless.

6. Global economic turmoil took place as many countries, including Japan, are on the brink of recession.

7. School shootings became a major concern as violence in US schools in 1998 left 5 dead in Arkansas, 4 in Oregon, 1 in Tennessee, and 1 in Pennsylvania.

8. After 36 years, John Glenn, age 77, returned to space. Glenn was the first astronaut to orbit earth.

9. In US elections, GOP suffered election tosses, including two Speakers of the House - Newt Gingrich and Rep. Bob Livingston.

10. India and Pakistan made the world a more dangerous place by conducting nuclear tests.

The top Obituaries for 1998 were:

1. Frank Sinatra, saloon singer, concertmaster, bobby-sox heartthrob, Vegas crooner, actor in various movies, among which was "From Here to Eternity" which gave him a Best Supporting Actor Academy Award. He was Ol' Blue Eyes, a musician of great

insight and originality. He received 25 gold albums and 7 platinum albums.

2. Former Alabama Governor George Wallace who served two terms as governor.

3. Track and field star Florence Griffith Joyner who took home 3 awards in the 1988 Olympics.

4. Congressman Sonny Bono, ex-husband and showbiz partner of Cher, who rose to fame in 1965 with the hit, "I Got You Babe." After his break-up with Cher, he entered politics, serving as mayor of Palm Springs and being elected to Congress in 1994.

5. Country singer Carl Perkins

6. Actor Lloyd Bridges who starred in more than 150 films. He was a fine actor, a gentleman, always professional, and prided himself on his wonderful children.

7. Country singer Tammy Wynette, an Alabama cotton picker, barmaid and beautician arrived in Nashville in 1965 to rise to fame. She had a remarkable 10 consecutive No. 1 hits (20 in all) and earned two Grammys and three CMA awards.

8. Actor Phil Hartman of "Saturday Night Live", "News Radio", "The Simpsons", and movies, "Sgt. Bilko", "Jingle All the Way" and "Small Soldiers."

9. Actor/Singer Roy Rogers who graced the screen through 100 features. He was married to the lovely Dale Evans who co-starred with him in many movies.

10. Astronaut Alan Shepard who was the first American in space. Ten years later, he joined the Apollo 14 mission and played golf on the moon.

11. Actor/Singer Gene Autry who started in dusty Oklahoma with a \$5 guitar and a dream, was the good-guy singing cowboy. In his career he recorded 635 songs, built a half-billion-dollar investment portfolio that included hotels, oil wells and the Angels baseball franchise.

12. Comedian Flip Wilson whose NBC variety show was the second highest-rated series during the 70s. He is best known for his line, "The Devil made me do it."

Although not listed in the top 12 obituaries, there are many other familiar personalities who passed away during 1998: Robert Young, Roddy McDowall, Henry Youngman, Jerome Robbins, Joseph Maher, Esther Rolle, Mary Frann, Hugh Reilly, Maureen O'Sullivan, Jeanette Nolan, Dick O'Neill, Jack Lord, Linda McCartney, Phil Leeds, E. G. Marshall, Norma Connolly, Richard Denning, Joan Hickson, Theresa Merritt, Mae Questel, Sylvester Ritter, Johnny Raventini, Richard Merrell, Jerry Clower, Grandpa Jones, Corbett Monica, Bob Trow, Shari Lewis, Buffalo Bob Smith, Leo Penn, Jeffrey Moss, Bob Kane, Henry Hampton, Cleveland Amory, Fred Friendly, John Hollman, Jay Monahan, and Harry Caray.

On the local scene, City water was made available to many homes by the extension of water lines in the Baty

and Lee Crowe Communities.

Part of the movie, "Southern Heart" was filmed in Mentone, using Mentone area residents as actors.

Community spirit prevailed again as volunteers supported the Rhododendron Festival in May and the Colorfest in October, and also Rescue Squad and Fire Department efforts. Churches came together to present a community Christmas cantata. The Moon Lake School Harvest Festival brought in parents, students, and interested people in the community to support the school's needs. Veterans Day was celebrated by the school to honor local veterans. Governor Fob James came to a ribbon cutting ceremony at DeSoto State Park.

Among the local obituaries were: Corrine Berry Wolcott, Mildred Linder, Robert "Bob" Daniel, Grace Scott, Pauline Gilbreath Wright, Dr. J. M. Brewer, Phillip Lee Walker, Floyd Phillips, Jimmy Baty, Frances Longshore, John Blankenship, Mary Clark, Carolyn Eberhart, Calvin Crabtree, Thelma Hawkins, Taylor Laws, Rosemarie "Toots" Whatley, Flora Goss, Jean Matthews, James Alexander Berry, Geraldine Hawkins, Cassie Cash, Robert Johnston, Larry Longshore, Don Brown (Valley Head), Joe Stephens, Lila "Tillie" Schlicher, Donyal "Foots" Rector, Anne Marie Kendrick, Arthur Crane, Bill Young, Adis Barnard, Helen White, Jewell Palmer, Gladys Cash, Gene Hilburn, Frank Baty, Zora Strayhorn, Pluma Clark Biddle, Ernest (Brody) Hawkins, Myree Dooley, Charles Gregory, Jessie Henderson, Claude Wright, Mabel Crow Kirk, and Ethel Green Adams. (If I failed to list someone, it was not intentional but because I did not have the information.)

I feel sure that 1999 will be just as eventful as 1998. Let us do our part to make it a great year!

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

The DEADLINE for all material for The Groundhog is the 15TH DAY OF THE MONTH preceding publication. The Groundhog is due out by the 25th of each month.

--PUBLIC NOTICE--

MENTONE PLANNING
AND ZONING COMMISSION
Meeting dates for remainder of 1999

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June 17

September 16

December 16

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Lookout Mountain's Natural Healing: Journal to Your Health

by Laura Catherine AKA Moon

The introduction of fat free foods sounded like paradise. Food companies began to make fat free brownies, cakes, cookies, ice cream, cheese, etc. that claimed to make you thin and healthier. "We can eat almost anything we want and as much as we want without any guilt." or so many of us said and thought. "What about health? What about nourishing your body with real food instead of artificial flavors and fillers? If there is no fat in fat free foods then why do we still seem to be gaining weight?" As I learned how to communicate with my body I began to understand the answers to these questions. In my experience the first step to maintain health, get healthy and learn to communicate with your body is to write a journal dedicated to your health.

Before I began keeping a journal about my health I was always the chunky child in my class. I did not think I was any different than the rest of the children until they pointed it out to me. Children can seem cruel, but the truth often hurts. I also was diagnosed with Mitral Valve Prolapse(MVP), a heart condition, and disautonomia, a problem with the autonomic nervous system, when I was in high school. I eventually had to be home schooled my last two years of high school.

It was hard for me to face the truth that I was addicted to unhealthy food and unhealthy eating habits. During high school I was 5 feet 9 inches tall and weighed up to 162 pounds. I battled my weight with bouts of bulimia, diet pills, etc., but nothing seemed to work. My friends and I complained about our figures. However, we would go to Krispy Kreme and polish off a dozen doughnuts, only to see the effects later. My friends and I often met up at Denny's late at night and said, "We are going to change our eating habits." We always decided to change after we split the large fried appetizer basket and the most sinfully chocolate dessert on the menu. We occasionally went walking and to aerobics, but afterwards we would pick up a slushy and a candy bar as a reward to ourselves for doing good. Later, we would starve ourselves, only eating rice cakes and plain bean burritos from Taco Bell.

I learned from studying about my health problems that my bad habits and lack of nutrition knowledge of what my body needed was contributing to my bad health as well as my obesity. Then, I began keeping a journal dedicated to my health. Every day, I write down approximately how much physical activity I take part in (cleaning the house, working, walking, yard work, aerobics, sports, etc.). I write down everything that I eat or drink, approximate time and approximately how much of each I intake. I find it helpful to write down how I feel about myself mentally and physically, regardless of what I have eaten. As I began writing my journal, I felt feelings of frustration because I was not used to eating healthy. Gradually, I began feeling really proud of myself. I learned my body is the one physical thing that I have the most control over. It is important to listen to your body. The journal is important because it helps you be honest with yourself. Keeping a journal will help you understand what your body is trying to communicate.

"You are what you eat" is true, but "You are what and how much you eat" is more true. What and how much you eat not only affects your weight but your moods, too. If you eat to nourish your body instead of satisfy your tongue, then, you would never have to worry about contributing to deteriorating

health or obesity. If you only eat or drink when you are hungry or thirsty and/or to supplement your body with the amount of nourishment it needs, in comparison to the amount of physical activity you get, then you would never have those nagging guilty feelings. Your body is made up of a blend of vitamins and minerals. Each person's chemical make up is individual to them. So, it is important for you to determine what makes you feel most healthy. In order to do this, you must make an effort to experiment with eating a variety of fruits, vegetables, beans, whole grains, nuts, fish and poultry with very little red meat, dairy, fat or sugar in your diet.

It may seem at first that you are depriving yourself of the essential luxuries of food and life. As was stated before, "An ounce of prevention is better than a pound of cure." I continued my journal and noticed that I had less headaches with less sugar and caffeine in my system. Soft drinks were one of my biggest enemies. Soft drinks give me the jitters and an aching stomach. So, I decided to only have a soft drink as a treat myself once in a while. I began to drink a minimum of 8 - oz. glasses of water each day, and slowly the headaches, jitters and aching stomach began to disappear, unless I had too much caffeine or sugar. I noticed pounds were slowly dropping and energy was slowly rising.

My energy level rising and weight loss could be attributed to each other, cleansing myself with the proper amount of water and the change in my eating habits. I could not lie about what I was eating as I wrote in my journal. I knew the only person that was going to be reading it was me. It was obvious the only person I would be lying to or hurting was myself. I had no idea how bad I had been hurting myself until I began eating to nourish my body. My energy level was on the rise, the more healthy I ate.

I began introducing more red meat, fatty foods, fast food and sugar in my diet and I felt sluggish. I couldn't believe because those things had always been a major part of my diet. I felt guilt for eating what I knew I should not have because it set me back one more step from my goal. With all the negative feelings, I was not feeling very good mentally physically. At this point, my motivation and energy level were down. Therefore, I did not exercise and that was another strike against my health that day.

Fortunately, I lifted my spirits when I began reading for the beginning of the journal to my health. I began to see a pattern of how my body was communicating with me. It was telling me when, what and how much I needed and what I did not need. I slowly cut out all red meat from my diet because without red meat, I felt healthiest. I almost never drink a drink but you will almost always see me with a glass of water in my hand. I cook most everything that I eat, so that I know exactly what my diet consists of. I make sure I get at least minutes of vigorous physical activity each day. When I do something purely for pleasure, now I know how much enough. I have learned my limits in order to stay healthy. Through my journal I became my body's best friend.

Now active and healthy, I am a living example that you be your body's best friend or worst enemy. As always, I state that I am not a physician and you should always discuss diet changes with your health care provider. However, I speak from experience that if you keep a journal to understand your body is trying to communicate, then you can work your body instead of against it. You can lie to yourself but cannot hide from the truth. The truth will show up in health, around your waistline, and on your scale.



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The staff of The Groundhog apologizes for the late delivery of the January 1999 issue. Christmas vacation trips and celebrations threw off the typing and putting together of this issue. It is our faithful readers and advertisers who keep us working to produce a monthly issue. We thank you for your continued interest and your patience when our publication is not out on time.

THANKS, AGAIN, READERS!

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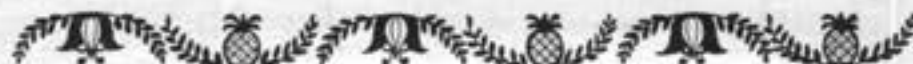
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Rhododendron Garden Club holds Annual Christmas Covered Dish Celebration

At the lovely home of Jo Beabe, 25 members and guests gathered during a rainy December afternoon to enjoy a delicious covered dish dinner. The Beabe home was elegantly decorated with festive Christmas colors and decorations and tables were set up for small groups to enjoy their meal.

Those attending were: Jan Wilkinson, Ruby Daniel, Hattie Lide, Mary Crow, Marjory Gray, Betty Chapman, Gerry Disney, Sue Schwarz and guests Lydia Speed and daughter Mary Jay, Marie Dillenbeck, Flo Kirby, Shirley Hussell, Dot Cyr, Mickey Gough, Diane Kuchl, Peggy Roark, Alyce Springer, Martha Wood, Christina Wise, Dallyne Jones and guest Ann Rutland, Lucette Dix, Bernise Crow, and Jo Beabe.

President Wilkinson called on Bernise Crow to give the devotion- al, which centered around the story of the birth of Christ and the reason we celebrate Christmas.

Following the meal, President Wilkinson introduced "The Harmony Gardeners." She said the group has been known to plant seeds of hope for all monotones, and harvest the results of their efforts by bringing joy to all with their singing. Dorothy Cyr played the keyboard, while Shirley Hussell, Bernise Crow and Alyce Springer led the members in singing several Christmas carols. The afternoon passed all too quickly.

The hostesses were Jo Beabe, Lucette Dix, and Bernise Crow. They had worked together to create a wonderful atmosphere for eating and relaxing during this festive and hectic time of the year.

Rhododendron Garden Club is a member of the National Council of State Garden Clubs, Inc., Deep South Region, The Garden Club of Alabama, Inc., District II, and The DeKalb-Cherokee Federated Garden Clubs.



DeKalb County's first baby of the year came into this world at 4:09 a.m. on January 1 at DeKalb BMC in Ft. Payne. Collin Howard Hogue, weighing 6 pounds 7 ounces and measuring 21 inches, was welcomed by his parents, Timothy and Nancy Hogue, and sisters, 8-year old Samantha Rainan Hicks and 7-year old Allison Noel Hicks. Collin will make his home with his family in Cedar Bluff.

Erma King McAdams had her granddaughter, Brittany from Atlanta, visiting with her in Mentone during part of the Christmas holidays. They had a great time!

Pat Bain McKenzie flew in to Mentone for a few days at Christmas. Her job in Irrigon, OR, is not as exciting as Mentone happenings. We're thinking about you, Pat!

My son, W.J. "Joey" Dillenbeck Jr., returned from a year's tour in Korea, and I was able to spend some days with him and his wife, Kumi. Joey will be stationed at Ft. Stewart in Georgia (leaving on Jan. 11), and Kumi will be holding down the fort in Huntsville at their new home. I stayed overnight at their house when I flew to Houston on Dec. 28th to visit my other son, Randy Green and Brenda, his wife of 19 years (Dec. 29), and their two children, Brian (15) and Tammy (11). I had forgotten how much fun it was to play games and have a great time. I'm looking forward to another visit soon.

H.P. Goss has had a lot of illness and emergencies in his family recently. His son, Richard, was critically injured in an automobile accident in early December, and has been hospitalized since the accident; his daughter, Markietta, had a stroke, is hospitalized in Chattanooga and hopes to be able to come home at the end of the month; and his other daughter, Marty Holloway, died of double pneumonia on Jan. 2nd. Please keep the families in your thoughts and prayers during these crisis times.

Congratulations to young weather artists whose drawings have appeared recently in the *Times-Journal*: Aaron Grisham, 10, Valley Head School (12/15); Heather Ashley Dulaney, 10, Mentone (12/17); Kendra Stone, 7, Mentone, (12/19-20); Daniel Jacob Stone, 10, Mentone (12/23); Heather McDaniel, 10, Valley Head (12/24); Ashley Nicole Tinker, 9, Valley Head School (12/29); Sheena Moses, 10, Valley Head School (1/2-3/99).

Mabel Crow Kirk passed away in San Francisco, CA., on Dec. 23. She had just celebrated her 92nd birthday on Dec. 20. There will be a memorial service for her on Saturday, January 16, at 11 a.m. at the First Presbyterian Church in Ft. Payne. Rev. Jerry Davis officiating; Daughter Amelia Lolli will be flying from San Francisco to Atlanta on Monday, January 11.

Cloudmont Ski Resort fired up their snow machines when winter finally came in with a blast of cold air. With beginner and intermediate slopes, they can accommodate 300 people at one time. All you skiers out there, make your plans to come enjoy the slopes at Cloudmont. Keep that cold weather and snow coming!

A winter storm watch was issued on Tuesday, Dec. 22. However, Mentone was spared the brunt of the ice storm that paralyzed some parts of north Alabama that week. There was ice on the trees and grass along DeSoto Parkway and many parts of DeKalb County. But--we were very lucky!

In last month's column, I wished Clara Cash a happy 85th birthday. Well, it was actually her 86th birthday, which she celebrated on December 4th. I'm glad to set the record straight.

Peter L. Atkins of Valley Head is deployed to Riyadh, Saudi Arabia. He is a Technical Sergeant with the U.S. Air Force and is part of a joint task force which plans operations for a coalition of multinational forces who ensure compliance with the United Nations Security Council resolutions, which prohibit Iraqi military flights and group troop movements in the southern half of Iraq. Atkins is a construction manager normally assigned to the 3rd Civil Engineer Squadron in Anchorage, Alaska. He is the son of Olin and Natalie Atkins of Valley Head and graduated in 1977 from Valley Head High School. He received an associate degree in 1992 from the

Community College of the Air Force.

Richard Rockenbach II is stationed at Dover Air Force Base in Delaware, where he now serves in the Judge Advocate General (JAG) offices. He is a graduate of the University of Alabama Law School. He is the son of Retired USMC Col. Richard and Helen Rockenbach, who live in Valley Head.

Ed Ringer enjoyed a nice holiday with his nephew and family in Mississippi. They had lots to eat and a wonderful time.

The Valley Head Band played its annual Christmas concert for the PTO on 12-7-98. The beginner band started the program off, and the high school band played later. Both bands did a wonderful job. They also played for the students at Moon Lake School on 12-15-98.

The Valley Head PTO would like to thank everyone who helped with the holiday workshop. All the students enjoyed purchasing their own gifts for their family and friends.

Christopher Black got an extra special Christmas surprise this year. He received chicken pox for Christmas. Christopher was a very sick little boy and didn't feel much like celebrating this year. But he is much better now and only has a few scars left to remind him.

Carl Peterhoff, an exchange student from Sweden, has moved to Mobile, Alabama. Carl spent the first half of the school year here at Valley Head, but decided to move to Mobile to attend a larger school. Carl will be missed, but we hope he enjoys the rest of his stay here in the USA.

Congratulations to Andrew Gregory Barker of Valley Head, who was named to the fall quarter dean's list at LaGrange College (Ga.). Students who maintain a grade point average of at least 3.6 (out of 4) while taking a minimum course load of 12 hours are eligible for this honor. He is the son of Mr. and Mrs. Greg Barker.

Congratulations to Alex Jones, a senior accounting major at the University of Alabama, who has been selected to join Delta Epsilon Iota, a national honor society promoting the principles of "Dedication, Enthusiasm, and Initiative." Students qualify based on academic achievement (the top 15 percent of their class), leadership in extracurricular activities and personal recommendations. He was also recently elected to membership in the Alabama Alpha chapter of Alpha Epsilon Delta, the pre-medical honor society for preprofessional health students and alumni. He is the son of Buz and Linda Jones of Fort Payne.

Deepest sympathies to the families of the following who have passed away:

- Rev. Edmund L. Crowe, 80, Mentone, 12/4;
- Mrs. Aileen V. Welden, 76, Valley Head, 12/7;
- Mrs. Mary Jewell Land Baty, 70, Mentone, 12/11;
- Mrs. Joy Ann Mize, 58, Valley Head, 12/14;
- Mabel Crow Kirk, 90, of Mentone, AL & San Francisco, CA, 12/23;
- Marty Goss Holloway, 41, Mentone, 1/2/99.

Belated December Birthday wishes to Jason Goss, whose birthday was December 24th.

Happy January Birthday/Anniversary wishes to: •1- Scott and Linda Brubaker (anniv.); •2- Adis Childers (in memory of); •3- Freda Brandon; •4- Ed Ringer; •5- Angela Chambers; •7- Samuel G. Whatley, Ronnie Hulan; •8- Charlyne O'Rear, Karen Kay Powell, Garnett Lee Smith, Robert Brandon; •9- Stacie Worthey, Heath Miller; •12- Mayfred Clinderella Whatley, Denise Black, Marie Dillenbeck, Ted Holleman; •13- Robert Johnston (in memory of), Lisa Shaw; •14- S.B. Stinson; •19- Barbara Blalock, Judy McMahan; •20- Samuel E. Whatley, Judy Windom; •21- Ashley Tuxbury, Alyce Springer; Linda Brubaker; •22- Madison Moore; •23- Scott Gifford, Kent Kerby; •24- Dorothy Blansit, Tommy Harrison Jr.; •25- Dennis Lewis; •26- Dowe Foreman; •28- Derek Whisenant (16 years old); •29- Doys Harcrow (too old to mention).

IN CASE THE FEBRUARY ISSUE OF THE GROUNDHOG IS NOT OUT ON TIME.

Happy February Birthday wishes to: •1-Jeff Willoughby; Micah & Michael Moore; •2- Karen Davis, Terry Bouldin; •3- Eloise Brown; •4- Ben Windom, Leslie Thornberry; •7- Kayla Powell, Mack & Debbie Flannigan (anniv.); •8- Myrtle Blansit; •9- Willie B. Langston; •10- Shelia Yamada (in memory of), Sybil & Danny Hopper (anniv.); •11- Kayla Voils; •13- Craig Hall; •14- J. Young, Allen & Penny Baugh (anniv.); "Angel" Rector (3); •15- Michelle Williams, Stacy Blansit; •16- Tommy Kilgore; •17- Ginger Tuxbury, Trey Moore; •18- Gail Crider, William "Jug" Crow, Rachel Harrison; •20- Juanita Hartline; •21- Wendy Manifold, David Ashley; •22- Derek McMahan, Lisa Cordell; •24- Brandon

Overstreet, Payton Day (5), Michael Chambers; •25- Thomas Moore (in memory of); •26- Sanford Hartline; •27- Nancy Rector.

I hope all of you readers had a safe and happy holiday season. My wish for each of you is that you will find satisfaction in the new year by looking out for those in need and offering them words of cheer.

"The best way to cheer yourself up is to try to cheer someone else up." --Mark Twain

DR. E.T. YORK RECEIVES HIGHEST DAR HONOR

Dr. E.T. York, former chancellor of the Florida State University System and distinguished service professor emeritus at the University of Florida, has received the Medal of Honor from the Daughters of the American Revolution, the organization's highest award.

York is a native of DeKalb County and a graduate of Valley Head High School. He served as SUS chancellor from 1975 through 1980. He came to UF in 1963, where he served as vice president for agricultural affairs, executive vice president and interim president. He founded UF's Institute of Food and Agricultural Sciences.

York continues to pursue his longtime interest in fighting global hunger and malnutrition.

He held major assignments under presidents Kennedy, Johnson, Nixon, Ford, Carter, and Reagan. He has traveled to more than 80 foreign countries and has served as a consultant for several federal agencies, the United Nations and various universities.

York and his wife, Vani, created an endowment that supports the York Distinguished Lecturer Series, which brings to UF experts in agriculture and natural resources. York also is active in many organizations, including the United Way, American Red Cross, Rotary International, and Hospice.

His honors include being named a "Great Floridian" by the Florida History Associates of the Museum of Florida History and receiving the distinguished Service Medal from the Florida State Cabinet.

~THANK YOU~

I would like to thank all those who contributed to the marker for Dr. Pat Seymour.

The marker was placed in Little River Cemetery the Monday before Christmas.

Marie S. Dillenbeck

From a Loved One in Heaven

I would not have you grieve for me today
Nor weep beside my vacant chair.
Could you but know my daily portion here
You would not, could not, wish me there.

I know why He said, "Ear hath not heard."
I have no words, no alphabet
Or even if I had I dare not tell
Because you could not bear it yet.

So only this—I am the same, yet changed
Like Him! A joy more rich and strong
Than I had dreamed that any heart could hold
And all my life is one glad song.

Sometimes when you are talking to Our Lord
He turns and speaks to me, Dear Hearts.
In that rare moment you and I are just
The distance of a word apart.

And so my loved one, do not grieve for me
Around the family board today;
Instead rejoice for We are one in Him
And so I am not far away.

—Martha Snell Nicholson

Submitted by Carl & Ruth Conner, Mabelton, Ga.



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(1) Over 1600 sq. ft. of Living Space. This house offers 2 bdrm, 2 bath, large kitchen with island and breakfast nook. Also features pine paneling, great closet space, a detached garage and storage shed all on 2 acres. \$69,500.



(2) MOUNTAIN RIVER ESTATES - 3 to 5 acre tracts on the middle fork of Little River - running into Lake Lahusage. Prices starting at \$27,500.



(3) COZY AND COMFORTABLE log and frame cottage with log garage-guest house-12x24 enclosed and heated in-ground pool on over 1 acre with a DeSoto Parkway location. Owner says make offer! \$129,500.



(4) A PLACE TO HANG YOUR HEART! You'll get that warm and cozy feeling when you enter this beautiful new home in Mentone. 3 BR, 2 baths, gas fireplace, eat-in kitchen, and carpet and hardwood flooring throughout. Let your green thumb do the work on the beautiful rock gardens around the trees in the front yard. Call today to see. \$86,000.



(5) COUNTRY SOPHISTICATION! One look is all it will take for you to fall in love with this custom built home in the mountains. Only 4 years old with 3 BR, 2 baths, CH&A, 2 car garage, deck, built-in appliances, custom made cabinets and much more! Call today. Only \$135,000.



(7) ENDLESS POSSIBILITIES—Spacious rustic living area with tile floors & lots of wood—2 offices, workroom, pantry, 2 car carport—2 apartments - 1 chalet, 1-1/2 acres on Hwy 117 in Mentone. Live in it, have a business in it or sit back and collect the rent. A must see to appreciate. \$157,500.



(5) COUNTRY LIVING IN THE HEART OF MENTONE - Three bedroom, 2 bath custom built home, pine floors, fireplace open to living area and master bedroom, large kitchen and dining area, sunroom, and private courtyard. \$152,500



(9) COMMERCIAL POSSIBILITIES ON HWY 117. This 3 bedroom, 2 bath modular home comes with a fully equipped kitchen, living room, dining room, sunroom, central heat and air, 20x30 shed/garage and a nice landscaped yard on over 1 acre. Call today for more details. \$69,900.



(10) DO YOU WANT PRIVACY? Located close to DeSoto State Park, this home is perfect for a private get-away. 3 bedrooms, 2 baths, large living room and basement, plus a detached garage/shop building with second story, which could be made into living quarters. Fenced area for house or pets on over an acre of land. \$86,000.



(8) COTTAGE COMFORT - you will love sitting on the front porch taking in the fresh mountain air. This 2 bdrm, 2 bath home is located on six lots adjoining the Mentone City Park. All for \$99,000.



(12) CREAM OF THE CROP - two old log cabins and a new addition make this a great retreat. 3 bdrms - 3 baths - den - great room - 3 fireplaces-rock and wood floors-2 CH&A units-patios & decks with an unbeatable view of the valley. Call today for your appointment! \$315,000.



(11) A MAGICAL MOMENT HAPPENS WHEN YOU ENTER THIS WONDERFUL 4-YEAR-OLD LOG HOME close to DeSoto State Park. Secluded in the woods, you can enjoy the large porches, solid wood walls, high ceilings with spacious loft room, and beautiful landscaping.

A perfect get-away location, but only minutes from town. Enter today. \$169,500.

OTHER LISTINGS

- (13) WEEKEND OR WEEKLY RENTAL available. 3 bdrms and 2 baths will accommodate 8 people. For more information, call Susan Collins.
- (14) 10 ACRE TRACTS - gently rolling-heavily wooded-with creek. Close to downtown Mentone on private road. "Lightly" restricted. \$25,000.
- (15) OPPORTUNITY IS KNOCKING - 68 +/- partially wooded land in Mentone close to the "old" Park entrance. Great for privacy for your home-site. \$89,000. **SOLD**
- (16) HANDY MAN'S DREAM - New cabin ready to be finished with your personal touches. Plan is for 2 bdrms, 2 baths, great room, and sunroom. All on 2.3 acres for only \$29,900. **SOLD**
- (17) MAKE THE MOVE TO MENTONE! Building lot on DeSoto Parkway - 200 feet of road frontage. \$10,000.
- (18) Lake on Brow - two great building lots. Over 1 acre Lake lot \$37,500. 1.4 acre Brow lot \$45,000.
- Southern Properties has buyers looking for building lots, brow property, River property, farms and acreage. •If you are considering selling your property in DeKalb County, please call us today.

Susan Collins Residence - 634-4695, Broker, GRI - CRS
Sara Quinn Residence - 845-1881, Broker, GRI - CRS

THE VALLEY HEAD WOMANS CLUB

By Flo Kirby

The Valley Head Womans Club held its November meeting at the Humble House, home of John and Jean Jones. Members enjoyed the beautiful view of the mountains from their deck while sampling the delicious refreshments provided by hostesses Martha Gibson, Dot Blackburn, Velma Hammond and Doris Carmichael.

Members voted to help with the preparation of a meal for the Senior citizens at the Community House on the first Thursday of February, March and April.

The program was presented by Dr. Cauley Hayes of Erlanger Hospital (graduate of Vanderbilt) who specializes in hand and plastic surgery. He does a lot of surgery for arthritic patients and reattaches fingers for those who lose them in accidents. He gave a most interesting talk about his work and some of the problems Erlanger has had because of TennCare. He said that Erlanger is the primary triage hospital for this area, except for cardiac transplants and is the only dedicated burn unit between Atlanta and Louisville. He also talked about the use of leeches for surgery patients to make the blood flow more freely.

There were lots of questions afterward, which Dr. Hayes graciously answered.

The December meeting of the Club was our annual Holiday Party, held this year at the Mentone Springs Hotel, Caldwell's Restaurant. Everyone thoroughly enjoyed the delicious meal and especially enjoyed the lovely musical program by Rev. David Lee and wife, Karen, of the Moon Lake Baptist Church.

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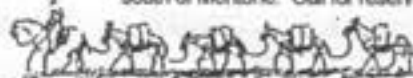
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ADULT EDUCATION PROGRAM IS SEEKING VOLUNTEERS

FREE! ADULT EDUCATION CLASSES

The Northeast Alabama Adult Education Program offers free adult education classes in various locations throughout DeKalb, Jackson and Marshall Counties. These classes are provided to help anyone 18 years or older to improve his skills in English, math, reading, and GED preparation. Special assistance is available for the non-reader as well as for high school graduates who desire to brush-up. After successfully completing the General Educational Development (GED) Test, one can qualify for civil service, college entrance, technical training, job advancement, and armed services. Call the numbers listed below for more information. There is no obligation.

DEKALB COUNTY- CLASS LOCATIONS

Collinsville Public Library

Monday 6 - 9 P.M.

Phone: 524-2323

Crossville High School

Band Room

Tuesday 6 - 9 P.M.

Phone: 528-7859

Fort Payne Middle School

Tuesday & Thursday 6 - 9 P.M.

Phone: 845-8577

Geraldine High School

Monday 6 - 9 P.M.

Phone: 659-2142

Henagar Jr. High School

Tuesday 6 - 9 P.M.

Phone: 657-4483

Ider High School

Thursday 6 - 9 P.M.

Phone: 632-2302

National Guard Armory

(Ft. Payne)

Monday & Wednesday 9 - 12 Noon

Phone: 845-8577

Rainsville Public Library

Monday 9 - 12 Noon

Tuesday & Wednesday 6 - 9 P.M.

Phone: 638-3311

Ruhama Jr. High School

Tuesday 5 - 8 P.M.

Phone: 845-3377

Valley Head High School

Thursday 6 - 9 P.M.

Phone: 635-6228

ADULT READING CLASSES

Fort Payne Middle School

Tuesday - 6-9 P.M.

Phone: 845-8577

Geraldine High School

Monday 6-9 P.M.

Phone: 659-2142

Ider High School

Thursday 6 - 9 P.M.

Phone: 632-2302

National Guard Armory

(Ft. Payne)

Monday & Wednesday 9 - 12 Noon

Phone: 845-8577

ENGLISH AS A 2ND LANGUAGE

Fort Payne Middle School

Tuesday - 4-6 P.M.

Phone: 845-8577

SPANISH MISSION

Iglesia Bautista

De Jesus Cristo (across from F.P.M.S.)

Tuesday 9-11 A.M.

Phone: 845-8577

For additional information, call
Northeast Alabama Adult Education Program
Coordinator's Office: 638-2957 or
Your Local Board of Education Office
(8:00 A.M. - 4:00 P.M.)
•You may Enroll At Any time•

NEWS RELEASE - VOLUNTEERS - JANUARY 1999

A new year is a great time to make new commitments and new year's resolutions. Why not be a volunteer in an adult education class? This commitment would only involve a few hours every week, and the rewards will be great. You will receive as much as you give. It is so rewarding to know that you have added something to someone's life that will vastly improve and enrich his/her life.

If you have a few hours to give to a worthwhile program, please become an adult literacy volunteer. You may choose the area in which you wish to volunteer. You may volunteer in the reading program to help an adult learn to read or improve his/her reading or help an adult get ready to pass the GED Test. Many times in GED classes, students have problems with reading comprehension, and volunteers

can help give the individual help that the teacher is unable to give. You might even be interested in helping an individual from another country learn the English language. You may donate as many hours as you wish. The reading and GED classes usually meet for three hours, but if you do not have the time to give three hours, whatever you can give would be appreciated. If you are not available to meet at the particular time the class meets, then you might want to consider working as a tutor at some other time or location. The volunteer coordinator or teacher could help arrange that for you and the student. So, if you have at least a high school education and are interested in being a volunteer in the adult education program, call the Northeast Area Adult Education Office in Rainsville at 638-2957 between the hours of 8:00 A.M. and 4:00 P.M.

NEWS RELEASE -

READING - JANUARY 1999

Now that we have begun a new year and Old Man Winter is here to entertain us, we may have to spend more time inside to protect ourselves from the elements. Probably most of us think about sitting by the fire and watching TV, listening to the radio, or reading a good book. Many adults in Alabama do not get to enjoy that wonderful experience of reading a book on a cold, dreary day because they do not know how to read or do not read well enough to comprehend what they read. When readers have to struggle over trying to make out the words, they sometimes lose sight of what the words are trying to say. Reading words without comprehending their meaning is like eating food with no vitamins, minerals, or nutritional value. However, a person does not have to remain in this condition. Help is available to the non-reader or to anyone who would like to improve his/her reading. There are reading classes available to any adult who is interested in learning to read and write or to better his/her skills in these areas. The classes are offered FREE by the Northeast Alabama Adult Education Program.

You may know someone who cannot read well enough to function independently in life or who cannot read at all. If you do, please pass the word along to them that help is available to them because they will not be able to read this article for themselves. Reading classes are available in your area through the Northeast Alabama Area Adult Education Program. The reading classes are FREE and are open to any adult age 18 or older. Books and materials are provided at no charge. The ability to read is one of the most valuable treasures in today's world. Spread the word, and help make this opportunity available to fellow citizens. For further information, call one of the numbers listed on this page, or call your local board of education, or call the Adult Education Office in Rainsville at 638-2957. The classes started the week of January 4 and will be held at the locations listed in the Adult Reading Classes box, this page.

Classes are designed to help you improve your skills in English, math, social studies, science, and reading and to help you prepare for the GED Test. High school graduates may attend for brushup also. There is no charge for the classes, and the books and materials are provided FREE. You may enroll at any time by attending the class most convenient to you. For further information, you may call one of the numbers listed on this page. GED classes are being held at the locations listed on this page, and started the week of January 4.



Michael Gortney, a student at Northeast Alabama Community College, won Second Place in the Scott and Zelda Fitzgerald 1998 Literary Contest. Mr. Gortney is a resident of Fort Payne. Pictured above is Mr. Gortney with Northeast English Instructor Dr. Daphne Huntley. Dr. Huntley assigned and selected Mr. Gortney's contest entry—a critical analysis of the 1996 film "Michael Collins". College students from across the state of Alabama entered the contest.

(Photo by Charlene Larson) Northeast Alabama

NORTHEAST ALABAMA COMMUNITY COLLEGE STUDENTS LISTED IN WHO'S WHO

The 1999 edition of WHO'S WHO AMONG STUDENTS IN AMERICAN JUNIOR COLLEGES will include the names of 40 students from Northeast Alabama Community College who have been selected as national outstanding campus leaders.

Campus nominating committees and editors of the annual directory have included the names of these students based on their academic achievement, service to the community, leadership in extracurricular activities and potential for continued success.

They join an elite group of students from more than 1,800 institutions of higher learning in all 50 states, the District of Columbia and several foreign nations.

Outstanding students have been honored in the annual directory since it was first published in 1966.

The following students were named this year from Northeast Alabama Community College:

Windy DeLynne Allen
Hercial Benton Austin
Lachrisa Kay Baker
Holly Lacock Benton
Ronald Eugene Bradbury
Amber Lanae Bryant
Jeffery David Burgess
Sara Irene Burnell
Jana Leigh Cagle
David Allen Chandler
Erin Carol Cloudroof
Anthony Jason Davidson
Deva McNeley Day
Drue Celeste Elliott
Gabriel Adam Elliott
Miranda Beth Gant
DeeDee Williams Hale
Jeri Starling Harris
Lana Nicole Haynes
Alicia Huie

Stephen Daniel Iaconis
Susan Gail Long
Kathrine Anne Marion
Deedra Tripp Moore
Johnny McClane Murphey
Brandi Dawn Phillips
Karrie Jones Pratt
Tara Angalene Precise
Karen Noah Reed
Amy Michelle Richey
Elizabeth Suzanne Ryan
Brenda Howard Sims
Monique Nicole Smith
Stacie Alison Temple
Brian Keith Thomas
Adam Lee Turner
Joshua Heath Wallace
Janice Peacock Weddington
Jeri Dianne Wooden
Robert Kuang-Tai Wu

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Betty Brady, GRI, GA/ALA
706/859-9341 Pager
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PRIME is proud to offer this beautiful brick rancher with 2.5+ acres of majestic beauty. Home features living room, kitchen, den w/brick fireplace, 2 BR/1.5 bath, sun room, utility room, 2-car garage, outbuilding, Cent H/A, gas back-up, Cloudland water system. Add'l 7+ acres available.



MENTONE - HWY. 1175 - Multi use potential. 1500 sq. ft. home features living room, dining, kitchen, 3 BR, 2 car carport. Also on property is 1-room cabin w/mountain stone FP. 2.5+ acres. \$55,000. 24 Hour Property Info-1-800-901-8882 #605



MUST SELL-Owner Relocating-Great Mountain Retreat-Cloudland-4 years old. Entrance foyer, great room offering kitchen/dining/living area. Master suite with large bath & separate entrance. 2nd BR and additional utility bath. 0.78 acre tract at \$69,900. Add'l 5.70 acres available. Must See!! Must Sell!!



CLOUDLAND - Beautiful two story log home overlooking the east fork of Little River sports 3 BR, 4.5 BA, kitchen, formal dining, great room with mountain stone fireplace, screened porch overlooking river, den with wet bar and mountain stone fireplace, 2 car garage, shop, and storage area, plus large unfinished attic on 2.5 +/- acre tract, showcased by mountain laurel, rhododendron, and natural beauty of the mountain. Too many amenities to list, and priced at only \$129,000. (No G-57)



CLOUDLAND - A frame, with great room, rock fireplace, hardwood floors, 2 BR, 2 BA, utility, wrap deck porch. Meticulously built on approx. 11.48 acre tract. \$449,500. Reduced to \$142,500.



CLOUDLAND - Lower Brow - custom brow home, 2500 sq. ft., large great room, FP, deck & master suite overlooking valley. Reduced to \$220,000. 24 Hour Property Info-1-800-901-8882 #602



CLOUDLAND, GA - East Fork of Little River runs through your backyard! 6.33 acres, mtn. tract & Home whuge great room, FP, finished basement. 24 Hour Property Info-1-800-901-8882 #604



MENTONE, ALA - Co. Rd. 106 - Nest 3 BR, 1 BA, living room, kitchen/dining combination, appliances included, large lot. \$54,500 with owners paying up to \$2500.00 in closing. APPT. ONLY!! #A-23

EAST BROW - SCENIC VIEW LOTS All our lots offer uncluttered views - watch the sun and moon rise in elegance. Outlook Properties - Hwy 157 - Cloudland; Lot 8 - 2.36 acres - 151 ft. of brow - \$37,500. Lot 10 - 1.28 acres - 150 ft. of brow - \$27,500. Restricted with easy access to Hwy. 157. Great view of valley and surrounding mountains.

Hwy 157 - 10 acres backs to State property on two sides. \$3,000 per acre. Sold as a whole.

Hwy 157 - Cloudland - T1 - 1.60 acres - 100 ft. of brow; T2 - 1.52 acres - 100 ft. of brow. Beautiful views - easy access. Restricted. \$39,500 each or will tender as a whole.

Mountain River Estates - Hwy 117 Mentone - Phase 1 & 2 now open. 3 to 5 acre riverfront tracts starting at \$27,500.00. 4 to 15 acre mtn. stream tracts starting at \$10,000.

31.5 acres on Hwy. 48 near Menlo. Creek, pasture, and planted pines.



Photos from Christmas Party
for the Children at the Moon
Lake School Gymnasium

MAPA CHRISTMAS PARTY

The Christmas party came early for MAPA members with the meeting night falling on December 1st at Dessie's Kountry Chef. There were 40 individuals dressed in Christmas colors, all having a wonderful time. Ed and Gerry Disney, Sherman and Mickey Gough, Homer and Bernice Crow, Rick and Betty Chapman, Jim and Penny Lyday with Paige and Margaret Cunningham guests, George and Hope Walker, Rev. Jimmy and Evelyn Graves, Jack and Olive Jones, Terry and Jane Bouldin, Joel and Sue King, Karl Yatooma and friend Mackie Randall, Fred and Phyllis Canull, Huey and Marilyn Mathews, Ellen Powell, Susan Cheronos and friend Holly Levine, Lucille Crow, Ruby Brock, Marie Dillenbeck, Dorothy Crow, Dessie Newberry, Katherine Wright, and Corinne Caplano.

Owner Dessie Newberry had decorated the Kountry Chef and Christmas was in the air. Each table had candles and the Christmas tree was lit and decorations transformed the restaurant into a party atmosphere.

Everyone had brought a covered dish and the serving tables were filled to capacity. No one would go hungry this evening.

Following the meal and the fellowship, George Walker led the group in singing several Christmas carols. There were many requests from those present for more and more carols. Those present were reluctant to quit as they were enjoying the fellowship and the beginning of the Christmas season.

The members enjoyed a gift game afterwards, and by 10 PM everyone was ready to go home. It was announced that there would be no January meeting.

MOON LAKE ELEMENTARY SCHOOL NEWS

The school will be having a Coca-Cola truckload sale from January 11 through January 22, which will provide the opportunity for the public to purchase varied Coca-Cola products at a reduced price, and this purchase will also help to raise funds for the school. Anyone is invited to contact a student or the school to purchase these products. They will be available for pick-up on January 27, just in time for the Super Bowl game.

Wednesday, January 13, at 8 AM, will be the annual school spelling bee.

Monday, January 18, there will be no school in honor of Martin Luther King Day.

The annual Read-A-Thon begins on Monday, February 1, and students will be accepting pledges from the 1st to the 12th of February, and proceeds for this will go to the school library fund.



Musical Mo

Almost 200 area residents produced the 1998 Mountain Christmas. Heartfelt thanks go out to dedicated committee members: Assistant Chairperson Betty B. Bernice Crow, Hope Walker and Col. George Walker, so many other community volunteers. All Mentone has opportunity to enjoy events and numerous people actively involved.

This year our community Christmas tree towered more than 20 feet. It was graciously donated by Billie Hulan of Valley Head, our Texaco dealer near 1-59. Kidder, of Gary's TV in Fort Payne, had access to a bucket lift, so he helped straighten the tree and get it up. He also helped install the lights. Jim Gaylord, Col. George Walker, and Homer Crow climbed long ladders to decorate. We deeply appreciate our beautifully lighted hanging street decorations that were hung again by Jack Johnson of GTE, Valley Head, with the assistance of Phil Howard and Homer Crow.

Merchants maintained a bright warm holiday glow, adding lights and decorations to our village. The Mentone Springs Hotel was delightfully festive. Mentone's Cabin Village was beautifully decorated, some with handcrafted wreaths made from magnolia leaves, blossoms, and soft ribbons, and others from the Ivy Cottage. The gazebo was decorated by Betty Bain and Moon, and it lit each cheery night with attentive mindfulness. Phil Dane (Mountain Memories), who carefully stored cars safely in the trees.

Mentone merchants: Eve Ellish, White Feather; John Pierce, White Elephant Galleries; Bernice Crow at Crow's Nest; Dessie Newberry, Dessie's Kountry Chef; Claudia and David Wassom, Mentone Springs Hotel; Angela Wood, Lookout Mountain Preferred Realty; John and Charlie Rogers, Busy Corner Clock Shop; John Roberts, Ruby's Variety; Collette Kerby, the Log Cabin Deli; David and Cheryl Baker, The Shed (bought to help support events by purchasing special Open House door decorations. The exquisite floral wreaths were custom designed by Betty Bain of the Ivy Cottage. Besides being fragrant and lovely now, greenery may be replaced to assure perennial use year after year. Pam Baggett, Cottage Collectibles and Rovene Truett, Ro's Kreations, also gave a donation towards events.

At least 35 adults and children gathered to sing around the village Christmas tree December 4th. For the ceremony, Mayor Max Cash had been invited. He sent regrets and his regrets he could not attend. Col. George Walker led the singing, and Reverend Allen Cherbonneau accompanied carols on his guitar after blessing us with prayer.

Rovene Truett arranged for the Wilburns and Maudie Wester to play and sing mountain music at Al Blackburn's Mentone Superette for the first Open House, Saturday afternoon, December 5th. This was well attended. Folks driving by stopped their pickup trucks and got out of their cars to tap feet in time to some old fashioned hymn melodies. Pam Baggett's father, J.B. Elrod, posed as Santa for photos with children, all perched in a white sleigh beside her Cottage Collectibles shop and Ro's Kreations.

One event that was most popular, important, and fun for everyone was the children's Christmas party December 11th, for more than 150 Mentone area children (including Headstart). Now we have a request from the North DeKalb Ministerial Association that next year we add Valley Head children, so this may double in size and excitement.

Lyle Nicely, President, arranged for the Moon Lake School Parent Teacher Organization to host the children's Christmas party at the Moon Lake School gymnasium. Principal Bill Berry was the height of graciousness and assisted in all ways to help the committee produce the party. Mentone Area Preservation Association and committee prepared holiday bags with toys and keepsakes.

Main Community Christmas in Mentone

By Corinne Caplano

the children.

To get the Moon Lake School Gym in the holiday spirit, Betty Bain's sister, Juanita Coots loaned us a full size (age) sleigh as Santa's seat, together with two reindeer. Patterson flew quickly in and out from his business in Florida especially to play "Santa Claus" for our kids. Phyllis Canull brought in a big Christmas tree, and abundant volunteers quickly decorated the area just in time for youngsters to enjoy one of the first Christmas parties held in the gym.

The North DeKalb Ministerial Association, led by President Reverend Allen Cherbonneau of Saint Joseph's On-The-Mountain Episcopal Church, played an active role in the children's Christmas party. Besides distributing generous bags of small gifts for each child attending the party, they produced a Christmas drama for the children, focusing and concentrating on the true meaning of Christmas. Actors for the light production "What the Angels Said", were Helen Longshore, Marsha and Phillip Hart, and Jean Corey. All their talents and efforts are acknowledged and gratefully appreciated.

The volunteers and the refreshments were fabulous! Treats were baked and provided by Virginia Coots, Margie Coots, Glenda Ingram, Ruby Brock, Lucille Lowe, Joann Cash, Corinne Caplano, Jean Gauld, Marilyn Mitchell, Phyllis Canull, Betty Bain, Angela Wood, Olive Jones, Mickey and Sherman Gough, Sheila Mills, Joyce Husky, Carolyn Gold, and too many more to count. Red and green punch was provided, prepared and served by Bernice and Homer Crow. Marie Dillenbeck, Betty Bain, and Dana Dodd came to help out too, and were still sweeping floors in the gym at 5 PM when others were heading towards the Christmas tree for the All Community Sing.

Dovie and Barbara Blalock were also courteous and giving. As a backup location, they said we could hold the children's Christmas party at the Lookout Valley Menade Hall in Valley Head, if necessary, and they wouldn't charge a thing if it were to benefit the children. Much love and understanding. Our people are our greatest blessings.

Saturday, December 12, a second Open House day, was particularly cold and rainy, still bringing out all scheduled singers, except Dane from Mountain Homes. Featured first on the program to perform his compositions at the Gazebo 10 AM, did Dane see an almost turn to sleet, and clods of mud appear his only audience? I did, and thoroughly understood if he stayed warm and cuddled in front of a fire elsewhere. Another day, Dane.

Securing a place for singers out of the cold rain, we were grateful for the offer to use Jack Jones' Log Cabin gallery. We needed it. Thank you, Jack Jones, for offering this toasty warm refuge. It's not really big enough to hold a large appreciative audience, so by next December would be great to find a grand place to furnish wonder-music all day long.

17 churches were invited to participate to provide our music that day, and two did. Ministers of Music for Howard's Chapel, Ed and Betty Bukley, brought a large chorus of sincere singers, and Reverend Allen Cherbonneau of Saint Joseph's On-The-Mountain Episcopal Church provided the same.

We were gently touched by an effervescent singing, playing and preaching musical group called the Kirby Lor Family. Two young boys, a girl and their parents sang their little hearts out to God and Heaven above, with or without an audience. Watch for this touching and gentle gospel family to become well known one day.

Lookout Mountain's own troubadour, Tony Goggans, came to sing his melodious songs directly in everyone's door to door. Despite Tony's prior back-to-back out-

of-town engagements, he made time to fulfill his minstrel promises here, too. It's Tony's lifelong dream to see this area as a musical mountain paradise, and he is doing all possible to make this hope come true. Tony's Barnyard Saturday Night at Fischer's Crossing is a huge success, and we can hardly wait until Spring when he and his talented family open it again.

It's possible the second weekend in December is too late for some of these events, as very few people came out then. Many brave and dedicated singers and musicians were "singing to the choir", itself. Next year, I recommend we keep most public events confined to December's first weekend, December 4 and 5, 1999. This will allow us more chance for better weather conditions, and less likely that people may be otherwise occupied or making shopping trips into a larger town. (Why?)

Two presentations of the Cantata "Everywhere You Go It's Christmas" December 13th featured 25 talented local singers, directed by DeVann Jackson and narrated by Van Cooper. Pastor David Lee of the Moon Lake Baptist Church provided musical accompaniment and gave outstanding piano performances.

Gospel singing helped ring in the New Year with a capacity crowd at Dessie's Kountry Chef Restaurant December 31st from 8 PM to 12 Midnight. Featured on her outstanding program were Bailey Hawkins, Summerville, GA; Gary & Marlo Pettis, Gadsden; Dale Scarborough, Sevierville, TN; The Stephens Singers, Sand Mountain; and The Melody Men, a harmonious group (Al Malone, Milford Cushen, Dennis George, and F.L. Pierce) who somehow find ways to sing together while living in Fort Payne, Sand Mountain and Chattanooga, TN.

That's who was on the official printed program, yet I was personally touched by additional precious renditions from Charlie Phillips; a very young boy named Jerry; a lovely woman named Wanda; and an adorable girl of about 8 or 9, singing sweetly and solidly about her Lord. Lovely praise songs throughout the entire evening created a hot atmosphere most worship services aspire to provide. The community is fortunate to have Dessie provide such blessings. This occurs each Friday night, and soon she plans to expand these gospel music performances to include Saturday nights.

We also appreciate Claudia Wassom with the Mentone Springs Hotel, who sent out our press releases. Patti Tucker at the DeKalb Tourist Association was extremely helpful. After Patti featured details of Mentone's Musical Mountain Christmas in her *Times-Journal* column Thanksgiving Day, she also reproduced our event flyer in color prominently on the Association's Internet web page for visitors. Mickey Strickland, of Strickland Campground, Cabins, Gardens and Store deserves thanks for graphic design assistance and computer support.

As always, Mentone Area Preservation Association (MAPA) President Homer Crow and Bernice Crow assisted in so many ways, including running off copies of flyers and words for Christmas carols. Homer and crew will make certain the tree and decorations come down soon.

There was so much help to make our Musical Mountain Christmas a success. If your name wasn't mentioned, it was simply because of lack of space. I'm so grateful to have received all the assistance and support anyone could desire in this most magnificent place, filled with a loving and caring community. It reminds me of a well known quote from Pierre Teilhard de Chardin, from his book, *The Phenomenon of Man*. "Love alone is capable of uniting living beings in such a way as to complete and fulfill them, for it alone takes them and joins them by what is deepest within themselves."

Musical Mountain Christmas Photos

By James R. Kuykendall



Bernice Crow of the Crow's Nest Antiques at Mentone's Hitching Post holds a signed copy of *The Vagabond Dreamer* beside the author Elizabeth Howard during Mentone's Christmas Open House. The historical publications are also available at DeSoto State Park Country Store, Morgan Drugs in Valley Head, and at locations in DeKalb County where Landmarks publications are sold.



Elizabeth Howard, author of *The Vagabond Dreamer*, a biography about Milford Howard, holds copies of her book; and Rovene Truett shows prints of Howard's Chapel, a Mentone landmark built by Howard in 1937. The books and prints are available at Ro's Kreations in Mentone.

UNITED GIVERS FUND OF DEKALB COUNTY, INC. ADOPTS 1999 BUDGET

Following the completion in mid-November of a very successful fundraising Campaign, the Board of Directors of United Givers Fund of DeKalb County met recently to adopt the 1999 budget for the organization.

Agencies to be funded during 1999 from proceeds from the campaign include: Alabama Easter Seal Society, The American Red Cross, The ARC of DeKalb County, Boy Scouts of America, CASA of DeKalb County, DeKalb County Children's Advocacy Center, Fort Payne-DeKalb Rehabilitation Center, Fort Payne-DeKalb

Child Development Center, Girl Scouts of North Alabama, Hospice of Northeast Alabama, The Salvation Army DeKalb County Service Unit and Thrift Store, and USO.

Each agency will be notified by letter before the end of the year of the amount of their annual allocation for 1999. Allocation checks will then be sent to the agencies on a monthly basis beginning in January.

UGF-funded agencies provide many worthwhile services throughout the year to DeKalb County residents, meeting both emergency and on-going needs.

I hope everyone had a happy Christmas. Our family came together on Christmas eve at the home of A.J. and Patti Brown and children—Robert B. II, Mandy and Justin. Others there were Robert and Michelle Brown and Billy, Barry and Emily Brown, Chris and Gracie Brown and Dillon and Amanda, Eloise Brown, David and Cindy Meadows and Scot and Jason, and Alison. Shane and Beverly Wright didn't make it as they were marooned in Tennessee at the home of Shane's mother by the ice; however, they joined the same group with the addition of Carl Wright and friend Evelyn on Christmas day at the home of Barry and Emily Brown.

Mary Mac Mosley was hostess at a nice Thanksgiving dinner at the County Club in Rome, Ga., for Venna Livingston, Sue and Sam Mosley and Suzanne, and Marilyn and Jamie Mercer. Venna spent Christmas in Atlanta at the lovely new home of her daughter, Sue and Sam Mosley. All of her family were there, including Sam's mother, Mary Mac Mosley.

Calvin, Marie and Kenneth Blansit, Rusty, Angela and Logan Chambers, and Huel and Maxine Sloan enjoyed dinner at the Chattanooga Choo Choo on Saturday, Dec. 12.

Billie Harper's house was lavishly and beautifully decorated for the Sunshine Club's Christmas party Dec. 17. Those present were Sarah Stewart, Lorene Gothard, Evelyn Clark, Elizabeth Bauerle, Lillie Bowden, Gladys Cobble, Susie Clark, Anna Daniel, Ruth Pickett, Alice McCurdy, Jessica Barrier, Louise Whitten and Eloise Brown. I gave the devotional and read a poem. Each one took a toy for a child.

Congratulations to Jessica Barrier who won first prize in the quilt contest of Home Ec Class at Valley Head High School. Second prize was won by Jeff Brown, third prize - Amanda Hall and fifth - Shane Ramsey. One group of home ec students made a quilt for the Children's Advocacy Center.

Lillie Bowden is proud of her "sixth" great grandson, born to Kenneth and Brandi McDade, and she enjoyed visiting them in Chattanooga.

Peachie and David Cearley, from Alpharetta, Ga., spent Christmas week with her mother, Laura Margaret Allison. They were joined for Christmas dinner by Elizabeth and Dr. Coleman. Laura Margaret's granddaughter, Elizabeth and husband Keith Spring from Charlotte, NC,



A Friendly— Valley View

By
ELOISE BROWN

also visited her recently. Tom Allison, from Asheville, NC, spent the night with his mother recently.

As part of their Christmas celebration, Edith and John Dean and family: David and Pam Dean and Jason, Jonathan, Zachary and Katy Dean, Doris and Kenny Chamblee, Debra, Steve and Allie Rhodes, and Paul Hawkins went to Gatlinburg and Dollywood for the weekend.

Virginia Livezey spent Christmas with her daughter, Cheryl Brown and family in Fort Worth, Texas.

Hazel Johnston and Kay Rhea visited Sadie Cooper just before her birthday, which was Nov. 24.

Ed Ringer went to Florence, Miss., on Christmas eve and spent several days with his nephew, David Ringer and wife Susan and children, Amanda, Ashley, Laura, and Spencer. He enjoyed the piano music of Ashley and Laura and attending the Marvin Methodist Church service on Sunday.

Dot and Bill Blackburn had lots of company during the holidays: Mark and Jane Gibson and Jordan and Mathew from Dallas, TX, Kieth and Carla Gibson, Sean and Morgan from Burleson, TX, Linda Blackburn and Betty Jo Lewis from Orange Park, FL., Ruby Humble and Larry, from Knoxville, and Clyde Crabtree from Hixson, TN.

Adelaide Biddle went the week before Christmas to visit her daughter Julia and Ronny Hickey and children. On Christmas eve, she went to Dallas, Ga., to visit Mary Lou and David Carmichael and family—then went back to Julia's for Christmas day. Alan Biddle came from Trussville after Christmas and helped her do some cleaning. Nice!

Mary and Ted Holleman had their Christmas dinner Dec. 20 with the following present: Betty and Red Adams and Jim and Michelle Adams from Gadsden, Elizabeth and Nelson Ellis from Rainsville, Frances Ellis from Summerville, and Gladola and E.T. Holleman. Then Mary,

Ted and John spent Christmas day with Elizabeth and Nelson.

Doris and Jim Carmichael had their family Dec. 30, including—Bob and Linda Thomas and children, William and Katy from Fort Payne, Mark and Emmy Ricketts and John, Lucy and Polly from Tuscaloosa, and Steven Johnson from Dothan. They had a good day together.

Bealer Barrier is recovering from hiatal hernia surgery.

Janie Longshore is not doing well. We hope for the best for all who are ill.

The Valley Head Methodist Church was beautifully decorated—thanks to the efforts of Harry and Marty Smith and Deanna Igon, outside and Melinda Adkins and Dale Hoyt inside. We had a nice Christmas program Dec. 20.

Jeff and Melinda and Amelia Adkins spent several days at Lura Lake, NC, resting and relaxing.

Martha Stanley, Evelyn Clark, Ruth Pickett, Louise Hammond, Olene Roberts, Juanita Smith, Sadie Cooper and Violet Barker took a birthday party to Collinsville Nursing home for Carmel Gifford's 85th birthday on Dec. 30.

Ruth and Bert Pickett entertained the following relatives with a luncheon on Dec. 28: Roy and Virginia Card, Lewis Card, Selma McElhane, Betty Bracken, Eugene Card, and Patti Spencer.

Congratulations to Ronald Bradbury who was inducted into Northeast Alabama College's Mathematics honor society, Mu Alpha Theta, and to Gerald Lee Bowman Jr., Selina Couch, Amanda Goss, Stephen Goss, Stephen Williams, Daniel Brown, Christopher Couvillion, Lisa Jones, and Tonya Williams, who were included in the 32nd annual edition of "Who's Who Among American High School Students."

I know a little boy (Dillon Brown, age 6) who wanted to be sure he would get a gift he wanted. So before Christmas, he went in Morgan Drug Store and saw a game he liked, and he put a two cent deposit on it, and told Dr. Morgan, "When my Granddaddy Bear (Barry Brown) comes in, ask him to buy that for me for Christmas." I am sure everyone is thinking, "I hope that idea doesn't catch on!"

I hope 1999 will be good to everyone, and that all the computers catch up by 2000!

Some Things

There are some things
whose bitter stings
The mind can tear
We can not bear
To think about
We must shut them out
and file them away
Until distant day
The hurts are too deep
We can only weep
So we must switch channels
To more pleasant thought panels
If we are to survive
And stay alive
and not exude gloom
and constant doom
Some day we can take them out
and some things think about
and think only of the good
As we always should—
When grief is gone
and relief has come—

—Eloise Brown

BOOK OF THE YEAR

The year is an unwritten book.
Its pages are blank, and clean;
When it is complete with backward look,
Will it be good, memorable or mean?

Handle it carefully, each page
Is written only once each day—
Can not be erased in this age—
So think before each word you say.

Each word is priceless and precious
Can heal and comfort or destroy,
Make sound and real—not suspicious.
No vain embellishments employ.

Each a precious moment of life,
Inscribed on the ledger of time—
Check closely the errors so rife,
Whether dull prose or gems of rhyme.

Each line with right punctuation
Must make clear each motive and act,
Crown with truth each situation
Urged by courtesy, love and tact.

Illustrate with hope and treasure its length
As we write the book of the year with our liv
Bind its pages together with faith and strengt
Then give the book as a gift, only that surviv

When it is written and finished,
And closed with the end of the days—
May souls and minds be replenished,
With "Well done" the ultimate praise.

—Eloise Brown



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(2) 100 YEAR OLD OAK TREES. Shade the 3 bdrm, 2 bath Older Home Located on Cutler Ave., MENTONE, 2 story with Detached Garage, City Water, Cable, and Walking distance to Downtown. \$51,900.



(3) BUILT IN 1926, AN ORIGINAL CLOUDLAND HOME. 2 story. Upstairs, being a Large Dormitory room with bath. Downstairs 2 bdrm, bath, living w/fireplace, Dining and Kitchen. All new wiring. City Water. \$69,900.



(4) LAUREL CREEK LAKES SUBDIVISION. Wooded lots starting at \$8,500. Lakeside (3 left) and pasture lots (2 left) starting at \$12,500. Mentone area, County Road 106. Common areas for hiking and fishing. Restrictive covenants. Owner financing available.



(5) EAST BROW, CLOUDLAND, GA. What a view from these 2 to 3 acre lots located off Hwy 157 North. Rock formations, wooded, private with 100 to 250 ft. of breath-taking edge of the world view. Starting at \$32,000. Owner financing.



(6) ONE BLOCK FROM VALLEY HEAD SCHOOL. Maintenance free vinyl sided, 3 bdrm, 1 bath, mostly Hardwood floor, simple closets, Carport, Fenced back yard. \$42,000.



(7) WILD RIVER COMMUNITY. 100x300 ft lots on the East Fork Little River. Secluded and Scenic. \$10,000 each. ALSO AVAILABLE 29 acres with over 800 ft. of river frontage for canoeing, fishing. \$55,000.



(8) COTTAGE ON LAKE LAHUSAGE. Furnished, Rustic 3 Bdrm 1 Bath, Fireplace, 2 decks and Screened Porch. All appliances. Also Efficiency apartment above Garage. Creek on the West Boundary. A unique structure with lots of Mountain Stone Accents. Dock on Lake. \$95,000.



(9) MOUNTAIN RIVER ESTATES Phase 1 & 2 now open. 3 to 5 acre tracts on the middle Fork of Little River. Located off Lookout Mountain Parkway, 4 miles from downtown Mentone and 2 miles from the Ga. line. River front tracts starting at \$27,500, and 4-15 acre wooded stream tracts.



(10) CLOUDLAND, GA. Home or business could be the agenda of this 3 bedroom, 2 bath, approx. 1,500 sq. ft. completely fenced, stone fireplace; CH&A, rustic pine paneled, on 1 acre. Located on Lookout Mountain Parkway, Hwy 48. \$49,500. May be leased for business. Call for details.



(11) GET AWAY FROM THE HUSTLE AND BUSTLE OF CITY LIFE, and enjoy the peaceful serenity of Little River Canyon. BONUS-2 Bdr, 2 bath home, 1-1/2 story with open Great Room, Stone fireplace, CHA. 7 acres with creek and Waterfall. Located Canyon view Forest. "WOW!" \$150,000.



(12) MENTONE CONNECTION. Two story Cedar and Log Home on the West Brow, 1 mile from Downtown. 4 Bdr (master 1st level) 2-1/2 baths. Heart Pine Plank Flooring in Living, Dining, Den, Kitchen. Fireplace w/insert, CH&A, lots of storage and closets. Large Deck and Screened Porch for enjoying the Sunsets. 3 acres M/L. \$240,000.



(13) 57 ACRES ON THE EAST BROW LOOKOUT MTN. Over 1,000 ft. of frontage, Rock formations, spring fed pond, artesian well, electric, and approx 5 acres cleared. Joining Wildlife Management and NPS. \$138,000.

OTHER PROPERTIES

- (14) INDIAN TRAILS over 3 acre tracts on the highest point on the Brow overlooking North Fort Payne valley, to the Cumberland Plateau. City water available, access to and overlooking private lakes. Private access. Off Citadel Rock Rd. Restrictive covenants. \$30,000 each.
- (15) 20 ACRES Wooded with Springs, Hollows, and Rock formations. Located on Co. Rd. 633, Mentone. \$40,000. Also available 10 acres and up ranging from \$1,500 to \$2,500 per acre. Owner financing to qualified.
- (16) DESOTO PARKWAY - (LOOKOUT MOUNTAIN PARKWAY) 1.5 acres M/L, wooded, city water and natural gas available. Minutes from State Park and Fort Payne. \$10,500.
- (17) 12 ACRES ON EAST FORK LITTLE RIVER, Wooded and Private with 330 ft. of Water frontage. Relax on the Large Flat rock in the middle of River. \$78,000.
- (18) OAKWOOD ESTATES - 3 plus acre wooded and Pasture tracts available. Located in Mentone, County Road 106. Restricted Covenants. For permanent or Vacation Residential Homes. \$9,500 to \$12,500.
- (19) 60 ACRES LOCATED IN CLOUDLAND, GA. - Great Farm, with 20x40 Barn, Large Workshop, 3 outbuildings, Garage, 4 wells, Year around spring, 3 garden acres, Grape Arbors, Approx. 5 acres cleared. Beautiful Hardwoods. 12x70 Mobile Home with Rock foundation. Many more amenities. \$165,000. Show by Appt. ONLY.
- (20) VALLEY VIEW FOREST, 5 to 17 acre Tracts on East Brow overlooking Pleasant Valley and Weiss Lake, and adjoins National Preserve. \$10,000 to \$35,000.
- (21) FOR RENT, 2 bedroom, 1-1/2 bath, cabin in Downtown Mentone by the week or Weekend. Also 1 bedroom, 1 bath Log Cabin, fireplace and large screened porch. Call for info. Angela Wood (1-888-256-1276)
- (22) LOOKING FOR A FIXER-UPPER IN MENTONE. 6 Room frame cottage, with Rock porch, located on Hwy 117 S, downtown Mentone. Approximately 2 acres. \$34,500.
- (23) HANDYMAN SPECIAL ON THE BROW. 3 Bedroom, 1-1/2 bath. Hardwood floors, stone Fireplace. Cozy cottage; walk to Downtown. Priced to sell. \$65,900.
- (24) BROW, BROW, BROW - MENTONE. Approximately 3 acres with 300 ft. of view frontage. Property is on the West (sunset) on Desoto Parkway. City Water available. Great Location. \$90,000.

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Leonard Keith (L) and Jimmy Graves (R) holding the trophy Jimmy won for a hole-in-one on Hole 15 (127 yards) at Saddle Rock Golf Course on May 8, 1998.

About Our Town

By
LINDA BROWN



1999 is here!! Can you believe it? The turn of the century cannot be far away now. I'm sure that all of you have heard some of the things that might happen because of Y2K. This strange combination of letters and numbers only means, "Year Two Thousand." Some of the things predicted to happen could be very bad. I suppose airplanes could really shut down while in the air and certain programs would no longer run in computers, but just the thoughts of actually living in the year 2000 far exceeds all of the doomsday predictions. I can remember when I was ten or twelve years of age. I thought that there was no way I would see the year 2000. It seemed so far into the future that I was sure I wouldn't be here to see it. (I still may not see it, but my chances are getting better every day!) What a day the first baby born in 2000 will have!! They will really have a birthday to remember.

Whoa!! Where did I leave 1999? I got carried away with 2000, and completely forgot that we have a whole new year right now. Three hundred and sixty-five days to do all the things we have put off until next year. A whole year to show kindness and love to everyone we meet. A year to improve our minds and bodies. What a great gift we are given each January 1. Let's all make the most of it.

Speaking of improving our minds, research has shown that the more active we keep our minds the less likely we are to become slow and confused as we age. Mentone has so many retired people that I feel this is a good time and place to make this statement. Sometimes retired people forget that all they did was retire from a job, they did not retire from life and the admonition to live it to the best of their ability. This includes continuing to read books and newspapers, keeping up with daily news events and all of the other activities that exercise your mind. A mind is a terrible thing to waste, no matter what age it is!!

Mr. C.E. Britt, chairperson of the Mentone Zoning Commission, told me that he has received several inquiries about certificates of compliance for new building projects since January 1st!! This is very unusual for this time of the year. Usually everyone wants to wait until Spring to start new projects. I have heard that the Sand Mountain Electric Cooperative is experiencing the same thing. They are setting new poles as fast as the crews can possibly do so, and they are still about six weeks behind. Ask the new Mentone policeman, Jeff Bain, if you have any doubts. Welcome to Mentone. Jeff, we are glad to have you back.

If you live within the city limits of Mentone and are planning to build a new structure, add on to an existing one, or make any other major change to your property, you need to go by the Mentone Town Hall and ask if you need to fill out a certificate of compliance. The zoning laws are in place for your protection, but we must all abide by the rules and regulations for them to work properly. Mr. Bob House, consultant for Mentone Zoning Commission, has stated many times that good zoning makes good neighbors. Sometimes we may think that the laws are against us, but just suppose that someone should decide to put a poultry processing plant in downtown Mentone, without zoning, we might not be able to prevent this, and even if we did manage to get it stopped, it would be a long, hard fight. We have an obligation to take care of our environment and to be good neighbors. After all, no one owns any property on the earth, we just get to have our name on a piece of paper saying we can use it for a while.

This cold weather has made me think back to my childhood days when we still butchered our own pork, or as we called it, "killed hogs." I didn't know I remembered doing this as well as I do. I don't know how old I was, but I remember one day when the ground was covered with ice and no prospect of any of it melting, my Dad decided to kill hogs. My paternal grandfather and several neighborhood men came to help with the scraping and cleaning of the hog. My maternal grandmother

and some neighbor women came to help with cutting and packaging the meat. It was quite a production!! My job was to stay out of the way--one thing that I could never do--I could not know why my parents continued to think that I could. I went into all of the graphic details, as those of you who have done it, already know; and those of you who haven't, can't want to know. I do remember that we gave everyone in the neighborhood some fresh meat that night and that we received fresh meat from some of them that winter.

My grandmother knew how to use every scrap of the meat. The main utensil used in this process was the black cast-iron washpot. A raging fire was kept going under it the entire time. It was first filled with water which was kept at the pot boiling for the many times that hot water is needed on this. Then we put all of the trimmed-off fat in the pot and rendered it into lard and used the crisp pieces that were left as cracklings to make cornbread that year. As soon as this was finished, Grandmother took all of the pieces that were not used elsewhere and put them into the pot and covered them with water. This had to boil until it was all tender enough for her to separate the good pieces of meat from the scraps. She combined this with spices and placed it in a small crock-churn. She placed a plate on top of this and held it in place with a clean cloth flour sack tied with string. This was all in place by a heavy rock. The weight made the meat compact and all the liquid ran over the top of the churn. This was called hog's-head cheese, souse meat, or pressed meat. It could be fried for breakfast, eaten cold in a biscuit, or used as the main part of a meal. My uncle had some uses for other parts of the hog that I won't even mention. I'm sure many of you remember playing kick ball with one of them.

Happy New Year to all of you!! May you have health, happiness and enough aggravation to make life interesting.

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GARDEN HINTS

By Madeleine Bullock

"Weird, weird, weird!", those are the words that describe the weather this December here in Mentone and most of Alabama. The marigold seeds that dropped at the end of the growing season have sprouted and are now about 6" high, and it's mid-December! The question most people are asking is "what is happening?" They say that the sister of El Niño (La Niña) is responsible for the extra-ordinary climate in the U.S.

By now, the gardening catalogues have been arriving and you have not had time yet (hopefully) to peruse them, what with the Christmas season upon us, but when you do get the chance to peruse and decide what is going to get planted, have you ever thought of why we eat this veggie or that fruit? Why did our ancestors use this or that veggie or herb instead of sticking to meats? The only explanation that I can come up with is that they discovered that this green or that fruit cured or helped certain sicknesses or diseases.

Being Italian, I grew up eating foods that "were good for you". All had some kind of herb in it no matter what the dish, and, contrary to popular belief that all Italians are hot tempered and out-of-control, that is total bunk. As with all people, tempers are not genetic, they are a destructive behavioral pattern, learned from parents, like reading is learned. Most Italians usually have a happy, merry, calm and emotional constitution, which mostly comes from the foods, herbs and drinks that they consume, for e.g., most savory foods have the herb rosemary, which promotes calming effects and imparts shine to the hair when rinsed in the water that has rosemary sprigs in it. Most dishes are slow cooked, letting the herbs steep into it for best results. After dinner drinks and beverages are usually coffee and/or grappa, coffee to stay awake and grappa as an anti-acid instead of all that pepercid and tums. Italians are big coffee drinkers due to all the calming herbs that are cooked into the foods.

Now, to get to the point of this article, since America declared war on cancer, millions have been spent pursuing ways to kill malignant tumors. Laboratory researchers have started discovering dozens of new chemicals in common fruits, vegetables and herbs, and, when tested in animal labs, these compounds are showing a remarkable ability to disrupt the formation of tumors. Today, the knowledge of these compounds are exploding. The new head of medical oncology at New York's Strang Cancer Research Center, Dr. Gaynor, is quoted as saying, "We've seen the future and it's food."

To appreciate the links between diet and cancer-risks, you need to understand how tumors arise. They don't appear out of nowhere, they take years/decades to produce discernible nusses, and our bodies get many chances to eliminate them along the way. The first step in the process is known as **initiation**. It occurs when something alters a cell's genetic make-up, enabling it to divide more freely than it should. Viruses, chemicals and radiation can all damage DNA, but the most common culprit is plain old oxygen. Almost everything we do generates highly reactive oxygen molecules called free radicals or revolutionaries. They bounce around in our cells stealing electrons from other fragments and prompting them to do the same. These chain reactions can damage cellular DNA, and it's active constantly.

Chemical carcinogens (poisons) pose a similar challenge, most of them enter the body as harmless "pro-carcinogens," but become more dangerous as our livers work to eliminate them. The disposal system involves two sets of enzymes—phase I and phase II—that work in a tight chain. The phase I enzymes break them into small pieces, the phase II enzymes are supposed to bind with the fragments and shuttle them out of the body, but that requires perfect coordination. If a fragment happens to bind with a strand of cellular DNA, it may alter the genes that govern the cell's replication rate, and, once that happens, the cell not only grows abnormally but produces off-spring with the same tendency.

Menacing as they sound, these are all pre-cancerous changes, and the body is well geared to handle them. To qualify as cancer, a lesion must weather a second stage of development known as **promotion**, and, if the right fuels are on hand, the transformed cells may replicate aggressively, creating a detectable mass within months. Without a network of blood vessels to deliver nutrients and oxygen, it won't grow much larger than a pea, but, sometimes a small tumor will spit out growth factors that prompt nearby arteries to send out new branches or capillaries, and, once the tumor has its own

blood supply, the odds of a reversal are slim. "Potential" cancers are regressing all the time, but not so with vascularized tumors. They tend to invade neighboring tissues and seed the bloodstream with malignant cells that lodge and flourish in other parts of the body.

EATING TO BEAT THE BIG FOUR: The growth of a malignant tumor is a long, slow process that involves three key steps, **the initiation** of potentially cancerous changes in a cell's DNA, **the promotion** of uncontrolled growth in a damaged cell, and **the progression** of a cancerous lesion into a mass that can invade other tissues. Preliminary evidence suggests that nutrients found in particular foods can interfere with each of these steps. **Food tip:** antioxidants such as the polyphenols in green tea and the lycopene in tomatoes help neutralize free radicals. Vitamins C, E, and beta carotene are also good sources. Garlic contains chemicals called allyl sulfides which help limit the production of phase I enzymes. Broccoli, cauliflower and other cruciferous vegetables are rich in a chemical called sulforaphane, which boosts production of phase II enzymes. The omega-6 fatty acids found in corn oil and safflower oil seem to promote rapid cell division (cancer). Flaxseed may lock bad fats out of cells. Red grapes may inhibit blood-vessel growth (spreading cancers). Also the resveratrol in red grapes and the curcumin in turmeric may suppress the tumor's production of growth factors. Soy may protect reproductive tissues.

Prostate-cancer risk may be reduced by eating cooked tomatoes. Colon/rectal cancer weapons include calcium and fibre. Breast cancer risk may be lowered by eating soy foods. Healthy lungs—replace cigarettes with carrots.

Frankincense and Myrrh: these resins are not such weird baby presents, as Myrrh acts as an antibiotic, great for a new mother, and the Romans recommended frankincense for treating cuts and bleeding.

Plant biologists are trying to clone Douglas firs and Scotch pines in order to give everyone a perfect Christmas tree. Starting with buds from ideal specimens, they grow shoots and roots, aiming for identical copies of the perfect original.

I would like to apologize for an error I made in my previous column, the cancer-causing chemical in the soft toys, teething rings, bibs and nappies is not known as ALTOIDS! (Reading too much about our president), it is known as **DINP**, which makes vinyl soft and pliable.

A Jackson County farmer made big news with his new apple tree that will render the red delicious obsolete, or so they say. He has genetically altered a single DNA to create a new apple known as the "CUMBERLAND SPUR". Even when quarter-sized, it has a red pigment unlike most apples, which change as they grow. It will not be on sale yet until the next year. I hope that this article has kind of helped to make up your minds on what you all will be planting next year, and let's hope that we have many more gardening years ahead, if we try to eat like our ancestors taught us. From my home and family, we would like to wish everybody a very wonderful new year.

A LIFETIME OF SERVICE TO GOD



Rev. Hubert T. Wooten, first pastor of Valley Head Baptist Church (1939), and Dr. Charles Jenkins, present pastor of Valley Head Baptist Church

Rev. Hubert T. Wooten first saw Valley Head as a beautiful village town from the crest of Lookout Mountain in Mentone in 1923. He was a "pick up"—student or person whose board and room is earned by service of tables of attendees or by other required services—at the Baptist Assembly the fall of 1926. He had fully surrendered his life to Christ for His service.

Never dreaming that he'd one day be the pastor at Valley Head Baptist Church, Rev. Wooten volunteered for Christ Service at Auburn in 1926. From 1927 to 1930, he attended Howard College and graduated. After teaching one year, he entered the Southern Baptist Theological Seminary, Louisville, KY, where he graduated and worked toward his PhD. From a pastorate in Louisville, KY, he went to Hawaii as the first Southern Baptist Missionary to the Islands.

In 1939, he was called by the Valley Head Church. In the fall, he brought his bride.

Rev. Wooten said, "In memory of these and the Association of DeKalb County, it was sad to come back and know a man whom I had seen surrender to the Lord for His service, after a life of useful service, had died. I learned on my visit that at least one boy that I baptized there had died." In his pastorate and since Valley Head, Rev. Wooten served at Hellenia—Four Mile in Shelby County, Sipsey and Empire in Walker County, Sandusky in Birmingham and Red Bay in Franklin County, AL, a mission in Pulaski, TN, and Westwood was his last pastorate in Manchester, TN. Lastly, for more than 27 years, he has led a worship service at a large nursing home in Tullahoma, TN, where he volunteers his service.

"I have been blessed in these years to be instrumental in initiating the starting of four churches, two of which are now larger and stronger than any church that I ever pastored, and all are larger and stronger than Valley Head Baptist Church. If the First Baptist Church of Wahiawa, Hawaii, was counted, all five would be much larger. To God be the glory, great things he has done."

Mrs. Wooten passed home on Jan. 26, 1995. They had three daughters, and one son. Each daughter is a soloist and choir member in the large churches in which they belong. Their son is a Lt. Col. in the U.S. Army. They have 11 grandchildren, and 4 great grandchildren.

Rev. Wooten was in Valley Head recently. He was visiting the area with Mrs. Brown, a member of the last pastorate that he and his wife of 56+ years pastored. They were visiting her family, and she knew of his connection as pastor of Valley Head Baptist Church and brought him back to visit. It had been more than 57 years since he left Valley Head.

At the time of this writing, Rev. Wooten is 92 years old, lives alone in Tullahoma, TN, and has a lot of friends who are available to help, should he need it. He has long ago learned to feel, "Whatever state I am in therewith to be content."

dish

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Possible Internet Connection for Mentone and Valley Head

I am still working on trying to find a server for an internet local phone access. After more than three months, we acquired 106 signatures of people interested in internet service. Most of the signatures are from Mentone. It seems to me that many people in the Valley Head area would be interested, but I have not been able to get their signatures. If you have not signed up and would like to have local access, please come to the Mini Mall Self Storage office in Mentone, located behind the Post Office. I have sent out several letters to Internet servers in the area, but have not had any response yet.

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The Country Journal

By
BERNISE CROW

The year 1998 has passed with all the good things I could have accomplished, gone forever. If we recounted all the many things we know about that happened last year, it would take a long time to sort the good from the bad. As life goes, we are acquainted with grief in many forms. The loss of loved ones takes its toll on our happiness, but we know this is going to occur more and more often as we approach the latter years of our lives. We know that time heals all wounds, but our pain is renewed on the anniversary of the loss of our granddaughter Jennifer. It has been five years since she left us, and the vacancy is still felt by our family at Christmas; but we keep her memory alive with happy thoughts about things she did and said. We cannot dwell on sadness. These things are past and we cannot recall any of it except in memory, and we are thankful for the pleasant ones.

We are going into the last year of this century, or are we? Is 99 the last or is 2000? 2001 would be the first year of the next century. I guess. It's exciting to think of all the many things that could happen this year. Our own United States Government is in a turmoil over personal affairs that should have been left personal. We have Saddam Hussein to deal with; Cuba still has Castro and is suffering financially; Japan has had a bad year of financial loss; Central America has suffered most ravages of hurricane Mitch. We are helping them. Americans are generous, and when the need arises anywhere, we do our best to offer assistance.

Our country, in spite of all problems, seems to be more prosperous than in many years. People tend to be optimistic and keep working and carrying on with business as usual.

This Y2K problem with computers has many dangerous aspects, but it is being worked on and may not be as disastrous as many people think. We may have to revert to some old fashioned way of using our minds instead of pushing buttons for information.

The world has always had problems. They are no worse this year than they were one hundred years ago, only with television in every home, we are more keenly aware of problems because the media thrives on the worst of them. I was complaining about having to listen to nothing but bad news.

and someone said that we would be in trouble when the news made the headlines. That made me feel better. The news is—we can say whatever we want to say with fear in a land where freedom of speech and the press is guaranteed by our form of government.

Our town was lovely for Christmas, all aglow with lights, red ribbons, and a beautiful community tree. It was our spirits to drive through at night and enjoy the beauty. Many thanks to Corinne Caplano for her hard work in coordinating the Musical Mountain Christmas. I hope we can do this again and even have more music and a parade. We celebrated the community choir cantata as part of the celebration. It was a beautifully arranged musical program conducted by DeVann Jackson.

This is our quiet time, now. The celebrations are over. We have time to reflect, reorganize, make resolutions, clean out closets. I will not open my shop at the Hitching post this month, and my one resolution is to sort out things and throw out many of them, so I can find what I do need. I sort on picture albums and scrapbooks in the winter, and Homer says the children will have a good time tossing them out, making a good fire. So now as I go through things, I will card those that I think will be of no interest to them.

Coy, our son who lives in Wills Point, TX, visited us during the holidays and insisted that we do an inventory of everything in the house. With his help, we were able to complete two rooms and a large walk-in closet, and he filed the computer. We are finding lots of STUFF for next year's big yard sale. We hope to complete the inventory in winter.

We have more time to watch our little fine feathered friends now, and we have a few migratory birds join ours that have year round. Every morning, we enjoy watching feeders from feeders hung on wire stretched between two trees. Homer placed them on the wire to try to discourage the birds from eating the seeds, but the rascals do manage to get the wire once in a while. Squirrels need food, too, but we could feed them elsewhere. I suppose we need a seed feeder. Watching the birds is one of the simple pleasures of life that is almost free. We do have to buy seeds quite often to refill the feeders.

Homer plays chess on computer for his recreation. I am working on scrapbooks; but we play Scrabble occasionally at night. This is nice when we have a fire in the fire place and a big bowl of popcorn and a cup of hot tea. Word are "my cup of tea."

We enjoy the holidays, but to rest afterward is blissful. It is to say, after all the decorations are stored and the trimmings are put away.

Happy New Year to all of you and may God bless you richly.

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The
**Church
News**
By
EVELYN GRAVES



Sunday morning services at **Winston Memorial Presbyterian Church** are held at 8:15 AM each Sunday, except no services on 5th Sunday. Reverend Jerry Davis and Reverend L. A. Smith are alternate speakers for these services.

The **Valley Head United Methodist Church** Sunday School is at 9 AM each Sunday and Worship is at 10 AM.

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

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

Union Hill Baptist Church Sunday School is at 10 AM, Worship is at 11 AM, Adult Choir practice is at 4:30 PM, Discipleship Training is at 6 PM, and Evening Worship is at 7 PM. Wednesday evening at 5 PM is Youth Choir practice with GA's and RA's meeting on alternate Wednesdays at 5 PM. Each 2nd Sunday evening, the church has a singing at 6 PM. Everyone is invited for the singing.

The **Mentone Revival Center** and Pastor Alfred Chambers and his wife Polly, invite everyone to join in worship on Sunday at 10 AM. Wednesday evening worship begins at 6:30 PM.

The **Mentone Church of God of Prophecy** wants to invite you to attend their services. Sunday School is at 10 AM, with Worship at 11 AM. Evening services begin at 5:30 PM. Wednesday evening service is a time of prayer, worship, and to allow specialized ministries to be boosted. The first Wednesday night before Sunday is Youth services, the second Wednesday night is mission services, the third Wednesday night is Heritage services, and the fourth Wednesday night is Care Ministries (local missions). Men's Brotherhood is every fourth Saturday at 8 AM in the church. Women's prayer service is every Wed. morning at 9:30.

Moon Lake Baptist Church invites you to attend Sunday School at 9:45 AM each Sunday and Worship at 11 AM. Youth Choir practice is at 6:30 PM each Wednesday. Discipleship Training is at 5 PM each Sunday, and Evening Worship is at 6 PM. The Men's Prayer group meets every Wednesday at 6:45 AM and Church Bible Study is at 6:30 PM on Wednesdays. Jan. 13, 20, 27, 6:30 PM, Children's Choir and Adult and Youth Bible Study. Karen Lee has been called as Minister of Music and is doing a great job with the choir.

Wildwood Seventh Day Adventist Church, Mentone Chapter is currently holding services at the Woodman of the World building in Valley Head. All are invited! Sabbath School - 9:30-10:45; Worship Service - 11 - 12:15 each Saturday. We invite each and every one of you to visit our church and learn more about our Saviour, Jesus Christ.

Mount Calvary Baptist Church welcomes you to attend services on Sundays and Wednesday Evenings...we have added a few new Sunday School classes, and you may join whichever class is comfortable for you at 10 AM. Pastor James Braddy brings the message at 11 AM, Sun., and 7 PM on Wednesdays. We would all like to welcome you as a visitor and you are welcome to attend our church on a regular basis if you do not have a home church. Our singings will resume again in the spring. We discontinue them in the winter months. We are located 2 miles behind the Lookout Restaurant at Cloudland. Come Praise the Lord with US. You may call 706-862-2651 for directions.

The **Harmony Grove Baptist Church** invites everyone to come and worship with them. God's Country Church is located on Co. Road 259 (Hawkins Road). Sunday School is at 9:45 AM; Morning Worship is at 11 AM; Evening Worship is at 6 PM; Wednesday Night Prayer Service is at 6 PM.

The **Mentone United Methodist Church** services are at 11 AM each Sunday. Sunday school is at 10 AM. Everyone is welcome. The church is in need of a new roof, and members have pledged and given over \$4800 at the present time. The church was organized in early 1892. Ed Mason deeded land on Cutler Avenue for the church, and not only paid for and built the foundation and the tower, he owned a sawmill to which other church members brought logs from their land to the mill to be cut at no cost. In a cooperative effort, various members paid for building materials and built the church. The tradition continues today as faithful members maintain the church building with their support and presence. Those wishing to help may do so by mailing their donations to PO Box 90, Mentone, AL 35984.

Our Lady of the Valley Catholic Church holds mass services at 11:30 AM each Sunday. Tuesday evening services are at 6 PM and children's and adults' education classes are at 6 PM each Wednesday.

Mentone Wesleyan Church is committed to being a Bible teaching community church where all peoples of all races, social standing and diverse church backgrounds are welcomed and loved. Sunday School 10 AM, Worship Service 11 AM, Youth Ministry Sunday afternoon 4:30 PM; Bible Study Wednesday 7 PM.

St. Joseph's on-the-Mountain Episcopal Church services are Sunday at 10:30 AM, with Sunday School at 9:30 AM. Small groups meeting on Sun., Tues. and Wed. nights. Contact the church at 634-4476 for more information. Everyone is welcome.



Pastor Randy Addison atop the roof of the **Mentone Wesleyan Church** on Oct. 18, making good his promise to preach from the rooftop if the members broke the existing attendance record of 111 for Homecoming on Oct. 11. The old record was beat soundly when 141 people crowded into the new sanctuary.

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January 28, 1999

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What is a School Bus Driver?

Somewhere between the frailty of human nature and the perfection of God's angels, there is a super human being known as the school bus driver. They are to be found on the roads and highways everywhere. They come in assorted sizes, weights, colors—and they may be either man or woman. But each bus driver, as they pilot their mammoth three ring bus down the highway, has the same creed: to carry children to and from school in complete safety. No one else has the patience of Job, the humor of a comedian, the philosophy of Will Rogers, and the tolerance of Abe Lincoln. A school bus driver wipes more noses, finds more mittens, overshoes and sweaters, and school books than anybody. They listen to more tales of woe than a preacher, lend more money than a finance company, and guide more romances than

Dan Cupid. The school bus driver combines the caution of a rabbit with the care of a mother cat for her kittens. He shows more toughness than any Army sergeant and often more affection toward his kids than a mother or father. Mother and Dad, you can ignore him, you can take him for granted, but you can't keep him out of your kids' hearts. I don't know where the school bus driver goes when he dies, but I'll bet wherever it is, he won't be content to float on a cloud. No, he'll be totin' the little angels from star to star in God's Heaven, he'll be fixing the harp strings, soothing bruised wings, and lending a hand—always.

Shared by Sandi Sperling, driver-trainer, Newport, SD, and submitted by Carl L. Conner, Mableton, Ga., who said, "Our two daughters grew up out here in South Cobb County. We have lived here since 1956 in Mableton, Ga. We take The Groundhog and like it very much."



What if God Had an Answering Machine?

Submitted by Carl and Ruth Conner, Mableton, Ga. I have learned to live with answering machines as a necessary part of modernization. But I have often wondered, "What if God decided to install an automated answering machine?"

Imagine praying and hearing this: "Thank you for calling My Father's House. Please select one of the following four options: Press 1 for requests. Press 2 for a thanksgiving. Press 3 for complaints. For all other inquiries, press 4."

What if God used the familiar excuse: "All the angels are helping other customers right now. Please stay on the line. Your call will be answered in the order it was received."

Can you imagine getting these kinds of responses as you call on God in prayer? • "If you'd like to speak with Gabriel, press 1. For Michael, press 2. For any other angel, press 3."

• "If you'd like King David to sing a psalm for you, press 6."

• "To find out if your relative is here, enter his/her date of death and listen for the list that follows." • "For reservations at My Father's House, simply press the letters J-O-H-N, followed by the numbers 3-1-6."

• "For answers to nagging questions about dinosaurs, the age of the earth, and where Noah's ark is, wait till you get here!" • "Our computers show that you have called once today already. Please hang up immediately."

• "This office is closed for the weekend. Please call again Monday."

Thank God, you can't call Him too often! You only need to ring once, and God hears you. Because of Jesus, you never get a busy signal. God takes each call and knows each caller personally.

Then you will call and the Lord will answer; you will cry for help and he will say: Here am I. (Isaiah 58:9 NIV)

COST OF A SINGLE-PIECE, ONE-OUNCE LETTER GOING UP 1 CENT.

Postage on a single-piece, one-ounce letter will go up Jan. 10, to 33 cents. However, the cost for each additional ounce will go down from the current charge of 23 cents to 22 cents. With the decrease for additional ounces, many customers mailing personal letters could see a decrease, according to a press release by the U.S. Postal Service.

The revenue from the current increase will go to purchase additional automated equipment, some of which is already in use locally, such as "CSBCS machines," which refers to "computer-sequenced bar-code sorters." The machines can help sort mail and put it in order by addresses, ready for delivery.

New Domestic Postal Rates Take Effect on January 10

FIRST-CLASS* MAIL

LETTER RATE - 1ST OUNCE 33¢

EACH ADD'L OUNCE..... 22¢

CARD RATE - SINGLE PIECE..... 20¢

PRIORITY MAIL

2 POUND FLAT RATE.....\$3.20

EXPRESS MAIL*

1/2 POUND RATE.....\$11.75

EXPRESS MAIL INSURANCE:

UP TO \$500.....INCLUDED

\$500.01-\$5000.....95¢ PER \$100

SPECIAL SERVICES

CERTIFIED MAIL.....\$1.40

RETURN RECEIPT.....\$1.25

MONEY ORDER.....80¢

INSURED MAIL:

UP TO \$50.....85¢

\$50.01-\$100.....\$1.80

\$100.01-\$5000.....\$1.80 + 95¢ PER \$100



Do you have a picture or an article you would like to submit?

To submit pictures for an issue of *The Groundhog*, please get them in by the 15th of each month to either Evelyn Graves or Marie Dillenbeck. Copy or articles should be in no later than the 20th, so the paper can be printed on the 25th of each month. Thank you.

THANK YOU!!

The Town of Mentone would like to thank the Mentone Area Preservation Association for the beautiful Christmas decorations --the street lights and the Community Christmas tree; and to the Merchants who decorated their places and added to the beauty of Mentone throughout the Christmas season.

Thank you!



God's Minute

By Ruby Brock

Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.

Delight thyself also in the Lord; and he shall give thee the desires of thine heart.

Psalm 37:3-4

When the weather is so cold and the bills are high, you begin to worry if you can make it or not. Just trust in the Lord and do good; don't worry. Just delight thyself in the Lord. Remember Spring is on its way. Soon the flowers will be blooming. God never sends a Winter, without the promise of Spring. Enjoy the blessings you receive today.

MEMORIAL SERVICE FOR MABEL CROW KIRK ON JANUARY 16, 11 A.M.

Mabel Crow Kirk passed away in San Francisco, CA., on Dec. 23. She had just celebrated her 92nd birthday on Dec. 20. There will be a memorial service for her on Saturday, January 16, at 11 a.m. at the First Presbyterian Church in Ft. Payne. Rev. Jerry Davis is officiating. Daughter Amelia Lolli will be flying from San Francisco to Atlanta on Monday, Jan. 1 and arriving in Mentone to attend to the arrangements for the memorial service.

Important Dates:

- January 18 - Martin Luther King Jr's Birthday - NO SCHOOL
- February 1, 6 p.m. Mentone Town Council meeting, Town Hall
- February 2, 7 p.m. MAPA Meeting, Dessie's Kountry Chef
- February 2 - Groundhog Day
- February 12 - Lincoln's Birthday
- February 14 - Valentine's Day
- February 15 - President's Day
- February 22 - Washington's Birthday

FOR SALE: Health Rider total body aerobic fitness machine. 634-4390.

PUBLIC NOTICE

To the potential water customers the Lee Crow Community. Before water can be provided in this area the pump at the water tower must be in place. Hokes Bluff Construction Company has indicated that the pump should be completed in the latter part of January. Keep watching for the progress. We will try to keep you informed.

TOWN OF MENTONE