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THE

GROUNDHOG

Mentone, Valley Head, Hammondville

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by M.A.P.A.**

www.MentoneAlabama.org

Volume 24, No. 1

"Neighborly News from the Heart of Lookout Mountain"

January 2006

HELPING THE HOMEBOUND

PACK



Gene Giles, Linda Brown, and Marie Dillenbeck prepare meals, which Gene Giles has picked up from the Fort Payne Nutrition Center. These will be delivered to the homebound in Mentone.

**By Marie Corsentino
Council on Aging**

Going the extra mile seems to be what Gene Giles does best.

Bright and early every Monday morning, in spite of sometimes inclement weather, Giles makes the trip from Mentone to the Fort Payne Nutrition Center to pick up frozen meals and breakfast for 22 homebound people living in rural areas around Mentone.

Giles, a state government retiree, is a faithful volunteer. He regards his efforts as "just a little I can do to help others." According to Eloise Breazeale, "He brings manna from heaven."

DRIVE



Giles and Brown pack vehicles with food to be delivered in Mentone

DELIVER



Giles delivers to Sonny Crane and Eloise Breazeale in Mentone

The Council on Aging's program for homebound meals continues to be a blessing for many folks because of the commitment and coordinating skills of Linda Brown. She is sensitive to the needs of the seniors in Mentone.

Mentone town clerk Marie Dillenbeck helps pack and get the meals ready. By the time Giles gets back from the Fort Payne Nutrition Center with the food, she has organized all the bags and is ready for packaging.

It takes the coordinated effort of several dedicated individuals to make the meal preparation run smoothly and the volunteers in Mentone are good at what they do.

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

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In case of errors in advertisements, The Groundhog assumes liability only for the actual space that is incorrect in the advertisement. Call Evelyn Graves at 634-4390 for advertising.

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

The DEADLINE for all material for The Groundhog IS THE 20TH DAY OF THE MONTH PRECEDING PUBLICATION.

NO MAPA MEETING IN THE MONTHS OF JANUARY AND FEBRUARY



Rhododendron Garden Club News By Linda Brown, Secretary

The regular meeting of the Rhododendron Garden Club was held at the Jim Berry Scout Hut on December 13. President, Gethryn Giles, called the meeting to order at 12:30 p.m. President Giles led the members in the Pledge of Allegiance to the flag of the United States of America.

The program was a remembrance of those persons who have served their country in times of war and those who are still serving in the armed forces. The program, Every Light a Prayer for Peace, was presented by Dianne Kuehl and Linda Brown.

Each member was given a candle to light as they made their wish for peace around the world. Linda Brown gave the closing prayer and blessing.

The members then shared a covered dish lunch. The tables were decorated in the theme of the holiday season. Green place mats and green napkins provided a beautiful background for red poinsettias dressed in green. The Executive Committee served as hostesses for the lunch.

After the meal, president Giles called the business meeting to order. The minutes of the previous meeting were read by the secretary, Linda Brown. Sue Ann Jones, treasurer, gave the financial report of the club.

Martha Wood, Chairperson of the Committee on Horticulture, shared handouts on the wild flowers of Alabama and gave the members a packet of seeds from Milkweed and Joe Pye Weed.

Mary Ellen Fielder, Chairperson of the Committee on Hospitality, shared updates on members and others in our community who are not feeling well. She urged the members to remember them during the holiday season with cards, letters and phone calls.

Linda Brown, Junior Garden Club Chairperson, reported that the members of the Partridge Peas Eco-tots Club have made ornaments for the Christmas tree from junk CD's. These are now displayed on the tree in the Moon Lake Elementary School Community Library. She urged everyone to go by the library during the open hours and look at the tree. The Partridge Peas Eco-tots are students in the Kindergarten Class of Moon Lake Elementary School. Linda asked the members to save CD's and stickers of any kind for future projects with them.

The president distributed copies of a proposed budget for the year 2006. She stated that a vote will be taken on the budget at the regular meeting in January.

Linda Brown was the recipient of the door prize which was a beautiful pink poinsettia dressed in gold. The meeting was declared adjourned.

The next meeting of the club will be Tuesday, January 10 at the MERF Community House at 12:30 p.m.

The speaker will be Martha Wood, Master Gardener and a member of the Rhododendron Garden Club. Her subject will be, Propagation - Making More Plants.

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

Letter to the Editor:

My subscription to The Groundhog has expired, and after receiving your latest issue, I realize how much I miss ya'll. I've been visiting in Mentone and Cloudland for 10 years, and I tell everyone here in FL that I go up there to renew the Joy of my Soul. I feel such a healing up there and have met some of you and want you to know that The Groundhog allows me to transport my thoughts and visions to your area as I read your wonderful paper.

Enclosed is my check for another year of enjoying our community when I'm not physically there.

Barbara Jones
Seminole, FL

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**L/R: Nelson Kirby, Charlean Smith, Brenda Smith and Donald Smith
"Home from duty in Afghanistan"**

On Nov. 13, 2005, Sergeant Brenda Smith, daughter of Donald and Charlean Smith, was welcomed home with a luncheon given in her honor by family and friends. Brenda has just returned from a one year tour of duty in Afghanistan. Those who attended were Donald and Charlean Smith; Nelson Kirby; Winston and Marie Mann; Frank and Betty Putnam; Danny, Becky, and Chris Smith; Wesley Smith; Hoyle and Joyce Smith; Floyd and Ruby Smith; Fay and Tom Smith; Marie Hawkins; Bremon Raughton; Loretta Bain, Melissa and Deanna Starnes, Lisa Tincher, Diane and Mazy Smith, Richard and Jessica Green. Brenda has been in the National Guard for 27 years. Thanks to all of those who sent cards, letters, and packages, while she was in Afghanistan.

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LIBS FROM THE LIBRARY by Linda Brown

Happy New Year! This is the wish of the members of the Board of Directors of the Moon Lake Elementary School Community Library to each of you. We hope that the year 2006 will be the best ever for you and your family. Our resolution for this year is to make your visit to the library as pleasant and enjoyable as we possibly can. We welcome any suggestions and comments that you might have that will help us do this. We ask you to commit to using the library as often as you can. The library has become a vital part of the community and we want to increase it's usefulness to you.

Our calendar sales have been terrific! This is our biggest fund raising project for the year and we depend on the profit from the sales to help with the expenses of the library. We do have a few calendars left that we can sell if you are interested. They have a new look this year in that the spaces for the days are bigger and have room to write notes in. Also, several of the ads are in color. We hope that the other advertisers will consider going with color next year. You may pick up a calendar in the library during the community open hours. They are \$5.00 each and you may leave your money with the volunteer at the desk. If you are not familiar with our calendars, let me explain why they are different to most calendars. They have the birthdays and anniversaries of lots of the folks that you know printed on the correct day. (That is most of them are correct, I goofed on the birthday and anniversary of my daughter-in-law. Sorry, Sue.) If you would like to have this information on your family included in the 2007 calendar, you can leave your phone number with anyone who is working at the desk during the community hours and we will contact you and give you the details.

It is time for the Essay Contest again. This is a writing experience for the 5th and 6th grade students at Moon Lake Elementary School. The assignment will be a little different this year. In talking with the teachers, we have been told that the students need experience in writing an "expository" paper. The dictionary in the program that I use defines expository as, "A person or thing that explains complicated ideas or theories; serving to expound or set forth." We have pledged to help the school program in any way that we can, so we have agreed to sponsor a paper in this mode of writing.

We do not have the title for the paper yet, but will have it by the time school starts after the holidays. I will be visiting each classroom and giving the students all of the details. The papers will be judged for content as well as grammatical correctness. I always get so excited about this contest, mainly because it gives me a reason to interact with the students in their environment. There will be three monetary awards given and the winning papers will be read at the February PTO meeting.

Dianne Kuehl and I were the volunteers in the library on the first open day after the holidays. We were so excited by the number of books left in the drop box and by the number that were checked out while we were open. Also, we have a closet full of books to be sold in our book sales. We have discussed the possibility of having two book sales. We now have only the one in conjunction with the Longest Yard Sale in August. Virginia Setze was one of many who came by while we were open. She is looking forward to having the "traveling library" for the folks who attend the lunches at the MERF

Community House. This has proved to be a very successful program, thanks to Virginia and Judy Dowiat.

Dianne trained another volunteer while we were at the library on January 3. A big welcome is extended to Marilyn Knight! It is so good to have you working with us. If you would like to volunteer to work in the library, please come by and let us know. If you do not feel comfortable using the computer, there are always plenty of books to be stamped, labeled, covered and shelved. Just let me know and I will schedule you accordingly.

The Reading for Pizza program for the students of Moon Lake School was a great success. Mrs. Mills class had the most stars on the chart and they were awarded with a pizza party. I'm not sure who had the most fun, the students or Jan Wilkinson and I. Now, we will start over and all of the grades will have an equal chance at a second party toward the end of the school year. Watch for the chart to be posted in the library.

Be sure to look at the new sign on the library when you go by. We are very proud of it and hope that it will help the public know where we are and that Mentone does indeed have a library. Do any of you remember when the library was two or three shelves of donated books behind the clerk's desk at the Mentone Town Hall? Catherine Bailey was the clerk and the librarian and your record of books checked out was kept in an index card file. My, how times have changed.

Our love and concern goes to one of our volunteers who is no longer living close enough to work in the library. Recently, Anne H. Ransom had a fall that resulted in a move to Austell, Georgia. We miss her wonderful laughter and bright spirit. She would always cheer us up with her presence. Anne, take care of yourself and know that you are thought of often in Mentone.

Remember that our Board of Directors now meet on the third Monday at 3 p.m. in the library. Our meetings are always open to the public and you are welcome to attend any of them. However, if you want to address the board, we do ask that you call Jan Wilkinson, 845-5048, and request to be placed on the agenda. Our next meeting will be January 16th.

To become a FRIEND, a volunteer in the library, or to receive a calendar you may write to us at this address: Moon Lake Community Library
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OPRAH WINFREY SHOW PRODUCER TO BE IN MENTONE THIS MONTH

In January, the producer of the Oprah Winfrey Show is coming to Mentone to interview Chas, a resident of Mentone.

Excerpts from the magazine *Atlanta* says this about Chas: "Chas is a musician by choice and a sometimes waiter, efficiency expert, and promoter at The Wildflower Cafe, again by choice, because everything he does is by choice. At 16, he traveled to Memphis, where he was accepted as a performer in the Blues Alley All-Stars, becoming part of the 100-year legacy of the band. He eventually earned diplomas from Jacksonville State and the Memphis School of Fine Arts while tracing a musical map across 30 states. At 26, he bought into a California nightclub. He doesn't say what happened there, but he did come back to the South with a girlfriend who admits to no culture shock in this little community atop the Lookout Mountain ridge.

"Chas is 28 now, and has just one name. Like Cher."

"In addition to his duties at The Wildflower, Chas goes fishing, writes ad copy and delivers it to the

newspaper in Fort Payne. He promotes monthly music upstairs at the cafe. And when the 10x20 foot dining room and little porch get crowded, he cheerfully waits tables. He described his philosophy of life as "All you touch and all you see is all your life will ever be."

In a letter to Chas from The Oprah Winfrey Show, it states that Ms. Winfrey has made it one of her goals this year to publicize and capture those accused of sex crimes against children. To date, this has lead to the capture of three alleged sexual predators, the most recent being Walter Edward Myer.

The letter states, in part, "In an effort to continue this mission, it is very important that we talk to those people who have been most affected by these heinous crimes." ... "It takes courageous people willing to come forward and talk about the devastating impact of these crimes to ensure sexual predators are put behind bars for good."

Chas has consented to be interviewed for the upcoming show segment.

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County Rd 106, Mentone - Peaceful country living! Located on private lot, this home was built in 1995 and offers living room, eat-in kitchen, utility room, master w/ full bath & second bedroom w/ full bath. Amenities include hardwood flooring, detached carport, fenced back yard. 4.88+/- acres in Mentone area. Good location, private, quiet. Listed for \$136,000. Shown by appointment only. Please call Susan Heape at 256-996-2309.



Holly Springs Rd, Mentone - Excellent workmanship and attention to detail are obvious in this immaculate cottage featuring wood walls, floors & ceilings. Built in 1996, this lovely home is located in Laurel Creek Subdivision and offers great room, kitchen, bath, 2 bedrooms & 2 full baths. Situated on 2.8 acres - the perfect getaway. Priced at \$189,500. Shown by appointment only. Please call Susan Heape at 256-996-2309.

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(5&6) **Victorian Style 3 story home on the Brow**. 6 Bedroom, 4.5 bath. Would make an ideal B&B. Many amenities. \$455,000.



(7) **FOR SALE**: 13 acres Large Garage Shop, 2 bedroom 2 bath Home, located on Hwy 117 in Mentone. Great Commercial potential. Pasture land and Wooded. Much More. \$189,000.

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(8) **INDIAN TRAIL ESTATES**. Building Lots on the West Brow, North Ft. Payne. Restricted Covenants, and Owner Financing Available. Brow Lots starting at 15K. Wooded Lots at 8K. City Water.

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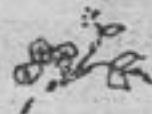
(10) **14 ACRES ADJOINING LITTLE RIVER NATIONAL PRESERVE**. Wooded Canyon across the street. A must see and only minutes from convenient Ft. Payne. Located between Co. Rd. 255 and Hwy 176 (Canyon Road Park). Priced at \$173,000.

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Amanda and Alexis Reed



Timmy, Amanda and Alexis

NEW YEAR'S BABY --2006

The 2006 New Year baby was born January 1, 2006, at 7:51 AM, Alexis Elizabeth Reed weighing in at 5lbs, 0oz, and 18 inches in length. Proud parents are Timmy and Amanda Reed from Mentone, AL.

Dr. Steve Coulter delivered the

first baby of the year and Dr. Andrew Rimmer is the pediatrician. Nurses assisting with the delivery and care of the infant at birth were Jennifer Peppers, RN, and Stephanie Evans, RN.

Alexis has one brother, Austin Dale Reed, 1-1/2 years old.

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The Team

The 2005 Times-Journal All-DeKalb County Football Team:

- Offense**
- QB — Dustin Bryant, Fayette
 - RB — Kasey Hall, Fayette
 - RB — Tylor Harrison, Valley Head
 - RB — Justin Jones, Sylvania
 - WR — Jake Ridgeway, Fayette
 - TE — Jacob Woolen, Sylvania
 - OL — Justin Brown, Valley Head
 - OL — Eric Colvin, Sylvania
 - OL — Chris Graben, Fayette
 - OL — Tyler Smith, Fort Payne
 - OL — Will Jo Traylor, Plainview
 - ATH — Phillip Greathouse, Fort Payne
 - ATH — Brandon Phillips, Geraldine
 - PK — Walter Martinussen, Plainview
- Defense**
- DL — Stephen Berry, Fayette
 - DL — Dustin Jones, Sylvania
 - DL — Aaron Grisham, Valley Head
 - DL — Andrew Ridgeway, Fort Payne
 - DL — Teddy Whitmire, Fayette
 - LB — Dan Coffield, Geraldine
 - LB — Johnny Ferguson, Valley Head
 - LB — Derek Owens, Sylvania
 - LB — Parker Whitten, Fayette
 - DB — Jacob Bain, Valley Head
 - DB — Erik Kuykendall, Plainview
 - DB — Jeremy Underwood, Fort Payne
 - ATH — Josh Oberlander, Fort Payne
 - P — Ashton Johnson, Sylvania

VALLEY

HOME OF THE



TIGER SENIORS



Chris Connell
Glenn Cornett
Johnny Ferguson
Kyle Garrett
Aaron Grisham
Tylor Harrison
Taylor Verdon



Six from VHHS make all-region

Staff reports

Valley Head's Tylor Harrison and Cedar Bluff's Jeremy Bryant and Steve Smith took top honors recently when league coaches selected the Class 1A, All-Region 6 high school football team for 2005.

Harrison and Bryant shared region MVP honors, while Smith was chosen coach of the year. Smith, who led Cedar Bluff to the state quarterfinals, recently announced he was leaving to become football coach at Piedmont.

Five other Valley Head players joined Harrison on the all-region team. Cedar Bluff had the most selections

with seven. Collinsville had one player on the squad.

Harrison led Valley Head to a 9-3 record and second-round playoff berth. He carried 204 times for 2,196 yards and 40 touchdowns. It was his second straight season with more than 2,000 yards rushing.

Bryant was Cedar Bluff's top runner. He closed the season with 186 carries for 2,586 yards and 32 touchdowns.

Valley Head's all-region selections included fullback Kyle Ware, linebackers Johnny Ferguson and Taylor Verdon, quarterback Jeffery Bain and lineman Aaron Grisham.



TEAM COMING THROUGH THE VICTORY LINE AT RAGLAND



ACHING STAFF

Rusty Higdon
lead Coach Heath Kirby,
Jerry Brown



VALLEY HEAD CHEERLEADERS

Front (L/R): Megan Manley, Paige Wright,
Ashley Ledford. Back (L/R): Sydney Hixon,
Ariana Beard, Mandy Corsentino, Mellisa
Harrison, Ashley Henry



CAPTAINS

L/R: #39 Taylor Verdon; #70 Johnny Ferguson;
#77 Aaron Grisham; #41 Tylor Harrison



Harrison chosen to 1A Squad

By Lew Gilliland

Another big season resulted in another all-state selection for Valley Head High School's Tylor Harrison.

The senior was one of three running backs selected to the Alabama Sports Writers Association's Class 1A all-state team, which was released Sunday, ...

Five other players from DeKalb County were chosen all-state honorable mention. That group included Fort Payne's Andrew Ridgeway, Sylvania's Eric Colvin and Derek Owen, Fyffe's Teddy Whitmire and Kasey Long, and Valley Head's Johnny Ferguson. All are seniors.

Harrison eclipsed 2000 yards rushing for the second straight season. He carried 204 times for 2196 yards and 40 touchdowns while leading Valley Head to a 90-3 record and second round playoff berth. He was the 1A Back of the Year as junior. This was his second straight all-state selection.

Ferguson was a member of the offensive line that paved the way for Harrison's big year. The Tigers had four players with 325 or more yards rushing. Ferguson also had a big year defensively, finishing with 93 tackles.

Ridgeway was an honorable mention pick for the 5A defensive line. He finished with 114 tackles, five sacks, nine tackles for loss, four caused fumbles, and one safety.

Colvin, Owens, Whitmire and Long were all honorable mention picks in 2A.

Owens was the leader of a Sylvania defense that allowed 8.8 points per game. He had 59 tackles and four sacks from his linebacker spot during the regular season.

Colvin was part of an offensive line that opened holes for three backs with more than 550 yards rushing.

He closed the season with 16 pancake blocks. He averaged about five knockdown blocks per game.

Fyffe's defense limited opponents to 8.1 points per game, thanks in part to the efforts of Whitmire. A nose guard, he finished with 85 tackles, five sacks and eight tackles for a loss.

Hall was selected honorable mention at defensive athlete. He had six sacks on the season and also had a big year offensively, carrying 106 times for 1,154 yards and 22 touchdowns.



MENTONE'S FAMILY LODGE

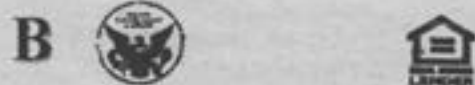
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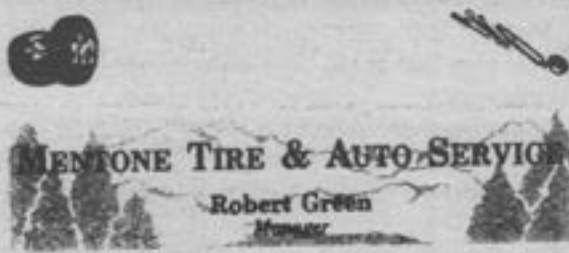
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Front Row L/R: Nancy Cammack, Kregg Wilhite,
Ellen Spangler, Beverly Smith, Frieda Rylee, Sandra
Comley. Top Row L/R: Cathy Haven Howard, Bill
Rutledge, L C Moon, Joe Piscatelli, Pat Nolen,
Heather Nicely.

Mentone Area Arts Council News

Last month the Mentone Area Arts Council (MAAC) elected the 12 member Board of Directors, and elected officers as follows: Pat Nolan Chair; Joe Piscatelli Vice Chair; Cathy Haven Howard Secretary; and Bill Rutledge Treasurer. The other Board members are: Sandra Comley, Kregg Wilhite, Nancy Cammack, LC Moon, Heather Nicely, Frieda Rylee, Beverly Smith, and Ellen Spangler.

MAAC is organized exclusively for benevolent, charitable, educational, civic, literary, and cultural purposes, pertaining to the arts. The goals of the organization are to maintain a network of artists and patrons; provide venues for educational arts programs, shows, and performances; and to provide a source for patrons to find artists who can fill their particular needs. The MAAC Board meets the 4th Wednesday of the month, 6:30pm, at the Mentone Community Center.

HOLIDAYS BELATED

By John Baty

..... It could be like an imagined scenario where the failure of the Temperance movements during prohibition in the first quarter of the century past and the restricted role of the female during the first half century (excepting a flourishing there in the roaring Twenties) led to the Liberation of females in the second half in an "if you can't beat them join them" reaction.

Whatever the case, the partial shedding of inhibition seems to have taken something vital and necessary from the male role. At least in the rural surroundings where I first gazed with awe on the doings of man, there appeared a basic need of the menfolk to keep a jug in the feed barrel at the barn for, perhaps, a "morning pick-me-up." That could have been the value in the concealed stash. I have my own opinion of the purpose served; an acceptable form of rebellion against a convention, which made no sense, and which even though self-imposed had developed its own near self-sustaining momentum.

I am writing this on the eve of the eve of our most popular holiday; and I confess an appreciation of the "business" those ol' fellows had at the bar or woodshed. Could the strange mood I so fleetingly felt pass a little ago be some need to be defiant, to break convention a little in protest of a system not of my making? I don't have a barn. ...maybe the mower shed!

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Robert Green and
Logan Chambers winner of
the set of Bridgestone tires

Mentone Tire and Auto, Inc.

Mentone Tire and Auto, Inc. Reopens Under New Management

Mentone Tire and Auto, Inc., owned by Henry Shigley, and managed by Robert Green, opened for business in September. The Grand Opening was held on October 28. A set of Bridgestone tires was given away. Logan Chambers was the winner. Brian Phillips, Winfred Crabtree, and Darrell Rogers were the winners of the three oil and filter changes.

The business handles tires, and is able to provide service of various kinds, including brakes, lube, and general automotive repairs and maintenance.

The personnel of Mentone Tire Company is friendly, efficient, and eager to serve your automotive needs.

Henry Shigley has 36 years experience in finance and banking. Robert Green has a wide variety of experience in dealing with people and is an excellent technician in electronics of all kinds. Chancie Rhodes is the lube and tire technician, and Brian Pierce has joined the staff, bringing with him 18 years experience as an ASE certified automotive technician. He is able to do alignments, air conditioning repair and service, brakes, and all other repairs and maintenance, with the exception of engine repair.

The staff invites you to come by, have a cup of coffee, and bring your automobile for service.



HUNTER'S RIDGE

Mentone's Newest Mountain Wonderland

Phase II is now being completed. Act quickly and pick your mountain retreat while lots are still available. Phase III will be developed in the early spring. Hiking trails, common area for picnics on the Little River, and restrictions to insure the integrity of this wooded wonderland. Only 2 lots remain in Phase II.

DOWNTOWN MENTONE COMMERCIAL LOTS

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Rustic cabin located on wooded lot in Mentone. This is a show place home with stacked rock fireplace. \$179,000.



Mentone Log Cabin located in scenic Laurel Creek. Pasture land also is included. This cabin is in a wooded area located on small lake. \$195,000.

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THE SPIRIT OF GIVING IN DEKALB COUNTY

Press Release: United Givers Fund -
December 12, 2005

United Givers Fund Staff, Executive Committee and Board would like to thank all of the volunteers who contributed their time to the 2005-6 Campaign. Also, if it were not for the contributors, UGF would not exist. It takes both of these, plus all of the business and industry and community support to have a successful campaign. The people of DeKalb County are caring, compassionate, and they are concerned for the welfare of their neighbors in need.

United Givers Fund is currently at 96.2% of the \$295,000.00 goal. This is great and we are still accepting pledges and contributions. If you would like to make a pledge, call the office at 256-845-4066.

The new project "DeKalb Reflections Then & Now," has been a great boost for the campaign. We would like to thank local artist, Lydia Randolph for donating her time as well as the original oil paintings to UGF. We also have for sale a limited edition of the signed and numbered prints. A set of prints includes both a depiction of the fort in the 1800s and a painting of the chimney in 2005. These would make great presents, (cost \$150.00 a set). If you would like to see a set framed, come by the UGF office at 106 Third Street, SE, Fort Payne. Jennifer Stiefel of Katherine's Framing is working with UGF on this project. She will frame your prints at a discount if you would like to call her at 256-997-1011.

Also bids are being taken on the oil paintings. If you are interested in making a bid, or ordering a set of prints, contact the UGF office at 256-845-4006.



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What Can Alternative Therapy Do for You?

By Donna Sutton and Susan Lee

More Americans are turning to alternative medicines and therapies than ever before. Why? Because even though the media would have you think there's a magic pill to cure or alleviate any disease or complaint, these treatments don't always work or the side effects are too severe.

A study by David Eisenberg, M.D., author of pioneering research on alternative medicine conducted in 1990, found that Americans prefer to see alternative practitioners over their primary-care doctors. Total visits to alternative medicine practitioners jumped 47% from 1990 to 1997. During that period, Americans visited alternative providers 529 million times as opposed to only 38 million visits to primary-care doctors. SOURCE: HEALTHSHOP.COM

Deepak Chopra, M.D., a leader in mind/body medicine, created The Chopra Center for Well Being in LaJolla, California, in 1995. The University of California, San Diego School of Medicine grants continuing medical education credits for this program, which satisfies requirements for the American Medical Association Physician Recognition Award.

Americans' new openness to alternative therapies has insurance companies paying attention, too. Chiropractic, acupuncture, nutritional counseling and massage are often included in some of the latest health plans.

Most alternative therapies use your body's natural healing mechanism instead of drugs or surgery. This philosophy of "natural" healing believes your body is capable of healing itself with the proper conditions. Wholeness of the mind, body, and spirit is essential to maintaining health and healing. Treating the root cause is more important than masking symptoms.

There are many kinds of alternative therapies, any of which have been practiced for centuries. It would take too much space to list all the alternative therapies available, but here are some of the most popular: massage/bodywork therapy, acupuncture, nutritional therapy, energy therapy, chiropractic and psychotherapy.

For this article, we are going to concentrate on the first three.

MASSAGE is one of the oldest therapies used and recommended by Hippocrates, the Father of Modern Medicine.

Getting a massage on a regular basis can enhance health and vitality, while specialized methods can coax tension from muscles, ease stiff joints, promote healthy blood circulation, and stimulate lymphatic drainage (which encourages the elimination of waste from the body).

Massage relaxes the mind and body, bringing relief from everyday stress and strain. It works for many conditions such as tension headaches, back and neck pain, hip and leg pain, fibromyalgia, hyperactivity, insomnia, and arthritis.

There are many different types of massage and massage therapists. Communication is the key to knowing which therapist will work for you. Keeping your therapist/bodyworker informed achieves the best results.

Because massage increases endorphins, it enhances medical treatment. And it feels great and will leave you calm and refreshed.

ACUPUNCTURE, which originated in China, adjusts the body's life energy (chi) flow. Fine needles are inserted into carefully selected points along the body's meridians or "energy pathways". These points connect to the meridian system and each meridian has an effect on a specific body system or organ. Acupuncture removes blockages and stimulates energy flow so stagnant energy can be dispersed and whole energy flow restored. It can relieve symptoms as well as promote general health and well-being. Acupuncture treats migraines, all kinds of pain, carpal tunnel syndrome, arthritis, sciatica, fibromyalgia, insomnia, depression, anxiety, asthma, endocrine disorders, skin, sinus problems and many other conditions. And the best part is it doesn't hurt! Sometimes clients feel pressure sensations, but they lessen as the blockages clear and the energy is moving.

NUTRITION is one of the most important weapons to fight disease and sustain good health. Modern farming methods have depleted most of the soil of vital minerals and nutrients. Without these minerals present in the soil, plants cannot absorb them, and we do not get them in our food. Genetic seed altering also removes necessary nutrients. Add high amounts of pesticides to those crops and it's no wonder we get sick. The food we're eating often doesn't provide the nutrients and minerals our bodies need for fuel.

With deficiency or toxicity, our organs function at a lower capacity and, over time, this leads to illness and disease. Food is our medicine; our medicine is our food.

Donna Sutton sees patients by appointment only and can be reached at (256) 634-3032 or by e-mail at DonnaSut@msn.com. Body Maintenance is located at the top of Bankhead at 3808 Highway 117 in Mentone, and also houses regular visits from a nutritionist/kinesiologist and acupuncturist.

Gift Certificates make great gifts and are available at Body Maintenance. Give the gift of health and well-being this year!

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SOLD
(1) Leave the stress and privacy of this custom built home. Located on 3 acres on the West Fork of Little River with 3 bedrooms, 2 baths and lots of charming touches including wood and brick floors, wood burning heater, open and screened sleeping porches, large natural boulders and natural landscaping. \$238,900 (PLS #14124)



(2) Retreat to Mentone - In this NEW construction offering 2 bedrooms, 2 baths, large family room with gas log fireplace, spacious kitchen/dining combo, screened front porch, side deck with Jacuzzi and more, sitting on a 1.23 acre wooded lot just minutes from downtown Mentone. \$220,000 (PLS #14394)



(3) Enjoy lazy afternoons and watch the sun set on the large deck of this almost complete home. Features include pine floors, gas log fireplace, vaulted ceiling with loft, stainless steel appliances and lots of windows. Make you want to retire before you retire? Call today for your appointment to see. \$329,000 (PLS #14298)



(4) KNOTTY PINES CAMPGROUND - 8 self-contained cabins, office building that could be converted into living quarters, numerous RV and camp sites all on 12+ secluded acres adjoining DeSoto State Park. \$395,000 (PLS #10906)



(5) Creature comforts abound in this cozy and comfortable chamber. Walk into the open and inviting great room with built-in bookcases and wood burning electric stove fireplace with gas logs. The state of the art kitchen features corian countertops and custom maple cabinetry. Situated on 2 acre lots with large storage building and greenhouse. With a view from every room, every day will be a vacation. \$259,500 (PLS #14402)



(6) THE COMMERCIAL POTENTIAL is endless in this great location at Fischer's Crossroads. Most recently known as The Berryant, this rustic building sits on .87 acres and has 2 public bathrooms, gas wall heat and window air conditioning. This property is located inside the Fort Payne city limits. \$115,000 (PLS #14216)



(7) SECLUSION just off DeSoto Parkway - 3 bedrooms, 2 1/2 baths, beautiful Mountain Stone fireplace, central heat & air, wonderful rock formations and much more situated on 1.9 acres in Mentone. \$149,900 (PLS #13846)



(8) Bring a rocking chair and a good book to relax on the front or back porch of this new cedar-sided cabin in Mentone. This new construction offers 2 bedrooms, 1-1/2 baths with loft and frontage to 2 ponds. Add it all up to make this one a great place to lounge around. \$129,900 (PLS #14405)



(9) Take a recess from the rat race in this very private and authentic log cabin with 2 bedrooms, 1 bath, living/dining/kitchen combo and front porch all on 1.66 heavily wooded acres on a private road. \$119,000 (PLS #14345)



(10) NORTH BRQW - New construction featuring 3 bedrooms, 2 baths, gas burning fireplace, front porch, back deck and more with approximately 1000 square feet of living space. \$295,000 (PLS #1311)



(11) Picturesque cul-de-sac location - 4 bedrooms, 3 baths, living, dining and den with wood burning fireplace and great studio over garage. 3 levels of decking with farmable mountain and valley views. Privacy fencing and more. \$450,000 (PLS #13693)



(12) Want a great brow view without the brow price? Then you'll love this 3 bedroom, 2 bath home with a view of the valley and Sand Mountain. Perfect for a weekend cabin or year round. Under construction and near completion. \$169,000 (PLS #14342)



(13) Valley Head - Don't miss your chance to see this recently updated brick rancher in Valley Head offering 3 bedrooms, 2 baths, sunroom and so much more. \$134,500 (PLS #13771)



(14) Located on DeSoto Parkway, this home offers 3 bedrooms, 3-1/2 baths, 2 lots, wood floors throughout, screened porch, deck with hot tub, 1 bedroom guest cottage, greenhouse and a spacious great room for relaxing...and the list goes on! Fresh interior and exterior paint, new light fixtures, new kitchen appliances and more. Must see to appreciate - only \$429,000. (PLS #14448)



(15) Hwy 117 in Mentone - This building site offers you a foundation ready for new construction as well as a basement barn. Call for more details. \$49,900 (PLS #13904)



(16) You'll never regret the convenience! Located within walking distance of downtown Mentone, this 1920's cottage offers 3 bedrooms, 1 bath, rock fireplace, screened porch storage and basement on 3 lots. \$72,500 (PLS #14302)



(17) Enjoy the beautiful view of Lookout Mountain and the surrounding wildlife from your own private setting! Newly remodeled brick rancher features large double carport, landscaping, new carpet, vinyl, windows, central HVA, plumbing, ceilings, gutters, paint and ceiling fans. Convert the unfinished basement into a playroom, additional bedrooms or laundry. The possibilities are endless. \$189,900 (PLS #14429)



(18) A beautiful extra-large yard with huge trees, flowering plants, decorative fish pond and privacy fencing frame this attractive home in Valley Head. This 3BR, 2 bath home features a sunroom, 2 fireplaces and a 3-car garage with a breezeway to the house PLUS an extra storage building. \$105,000 (PLS #13688)



(19) Native mountain foliage creates a level of privacy for this 3 bedroom, 2 bath brick house sitting on 3 acres with 300' on the West Fork of Little River. Amenities include a split bedroom design, large family room with cathedral ceiling and mountain stone wood-burning fireplace, screened porch overlooking a walkway shaded by mature rhododendrons to the river. \$275,000 (PLS #14035)



(20) GET-A-WAY! HIDE-A-WAY! ...In this mountain cottage and enjoy a relaxing evening off the back deck or a restful visit on the screened front porch. As if the view and location was not enough, other features include 3 bedrooms, 2 baths, Pine tongue and groove walls, pine hardwood flooring, ceramic flooring, countertops and backsplash, wood burning stove, and nature at its best. Don't get relaxed YET, call and we will do the rest. \$142,500 (PLS #13696)



(21) OPEN FOR BUSINESS IN DOWNTOWN MENTONE! If you have always dreamed of having your own business, now is the time and place in Mentone for you to make it happen. This retail shop is Zoned B-1 and would make a perfect gift shop or restaurant. Features original hardwood floors and walls with built-in shelving and 3 wooded counters. Commercial type kitchen with ceramic tile flooring, stainless steel sink, glassed front porch and side deck. Great business opportunity for only \$99,500. (PLS #14154)

OTHER LISTINGS

- (22) 4 acre parcel on County Road 627 in Mentone. **SOLD**
(23) 1.56 acres on the brow near DeSoto State Park. \$37,500 (PLS #10133)
(24) 4.23 acres on Hwy 117, just outside the Mentone City Limits. Property can be used as residential or commercial. \$19,900 (PLS #13271)
(25) HIGHLAND SPRINGS - NEW subdivision located in the heart of Mentone just off County Road 648 (Cove Road). Several lots to choose from with mild restrictions. Lot prices start at \$28,000.
(26) Hammondville... Building lots starting at \$5,000/lot. Call for more information.
(27) ENJOY Mother Nature's beauty while relaxing on these 168 acres in Valley Head. This acreage does offer an old farmhouse. Call for more details. \$432,500 (PLS #13730)
SOLD
(28) Gently rolling, wooded vacant land in Valley Head. Perfect for development. Extensive paved road frontage. **SOLD AS A WHOLE ONLY.** \$186,000 (PLS #1010) **SOLD**
(29) Ready for development, or to build your dream home. Gently rolling pastures, water, and a beautiful view of Lookout Mtn. 571 feet of road frontage on Hwy 11 with Wills Creek on the back of the property. Fenced on 3 sides. \$362,000 (PLS #10149)

For other land/lot listings,
please call our office at 256-845-6000.



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Mentone Wedding Chapel

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



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

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The

Church News

By Evelyn Graves



Sunday morning services at **Winston Memorial Presbyterian Church** are held at 9AM each Sunday, except no services on 5th Sunday. Rev. Jerry Davis and Rev. L.A. Smith are alternate speakers for these services.

The **Valley Head Baptist Church** invites you to attend Sunday School at 10AM; Worship Service at 11AM; Sunday Evening Worship at 6PM; Midweek Service (Wednesday) at 6PM; Brotherhood breakfast and devotional at 8:30AM the first Sunday of each month; Women on Mission meet at 2PM the second Tuesday of each month at different homes. Everyone is welcome to come.

Visitors are always welcome at the **Valley Head United Methodist Church**. Please join us each Sunday morning for a traditional worship service at our new time: 9AM. Help us welcome our new pastor, Jimmy Hall, and his wife, Ruth.

Lea's Chapel Baptist Church welcomes you to worship with us. 10AM Sunday Bible Study, 11AM Morning Worship, 6PM, Evening Worship, Wednesday 6-8PM Awana (ages 4 to 18); 6:30PM Praise and Prayer time. Located at 4212 County Road 751. 635-2002.

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

The **Harmony Grove Church** located on County Road 239 invites you to attend Sunday School at 10AM and worship at 11AM. Sunday evening service is at 5PM. Thursday evening service is at 5:30PM.

Our **Lady of the Valley Catholic Church** on N. Gault Avenue in Fort Payne holds Mass Services at 10:30 AM each Sunday. Scripture and Communion Services at 6 PM on Tuesdays.

Prince of Peace Lutheran Church, 1519 Smith Gap Road (County Road 85), Fort Payne. Regular Worship Services are at 10AM and Sunday School at 9AM. Steve Schrader, Pastor - 845-4314. All are welcome.

Walnut Grove Baptist Church, on Highway 11 north of Fort Payne, welcomes everyone at Sunday School at 10AM, Worship Service at 11AM, Wednesday night youth meeting with snacks, lessons, and activities at 6PM, and Wednesday night prayer meeting at 6:30PM.

The **Fort Payne Christian Center** and Pastor Ken and Elaine Holleman invite everyone to join in Worship on Sunday at 10AM. Wednesday evening at 6PM. God Bless you.

Grace Presbyterian Church (PCA), 5760 Gault Ave., NE, Fort Payne, AL. Rev. Billy Dempsey, Pastor, Sunday School - 9:45 a.m.; Sunday Worship - 10:55 a.m.

Anyone interested in observing the **Sabbath and Holy Days**, call 845-2246 for time and location.

Alpine Community Church, 1115 Hwy 337, Menlo, GA. Homecoming Sept. 18, 2005; Special singers and groups. Summerville Group from Summerville, GA. The Mountain Boys from Fort Payne, AL. 11:00 Georgia Time, Sept. 18, 2005. Pastor Rev. Tommy Pledger.

Presbyterian Church Worship Service at Cloudland begins at 10AM (EST), and the **Menlo** Worship Service begins at 11:15AM (EST).

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

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

DeSoto Church of Christ invites you to attend Sunday Bible Study at 10AM, Worship at 11AM. Wednesday Bible study at 6PM. 256-634-4147.

The **Mentone Revival Center** and Pastor Leroy Nichols and wife, Nell, invite everyone to join in worship on Sunday at 10AM and 11AM, and Sunday night at 6PM. Everyone is welcome.

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

Mentone Community Church Sunday Worship-11AM, Wednesday evening service-6:30PM with Bible study and Teen class. Nursery provided for all services. Senior Pastor Rev. Rick Haworth and Youth Pastor Ryan Haworth welcome all.

The **Mentone Church of God of Prophecy** Sunday School is at 10AM with Worship at 11AM. Evening Services begin at 6PM. Rev. Charles Flannigan invites everyone to attend regular services.

Mentone Church of God invites you to attend their church. Sunday School-10AM; Morning Worship-11AM. Sunday evening-6PM. Wednesday evening-6:30PM. Pastor Randall Beagles welcomes all.

St Joseph's on-the-Mountain Episcopal Church - a place of prayer, thanksgiving, and celebration. Come by any time to pray and give thanks. Open 24 hours every day. Sunday service is at 10:30AM.

The **Mentone United Methodist Church** services are at 11AM each Sunday. Sunday School is at 10AM. Pastor Les Brown welcomes everyone.

Moon Lake Baptist Church invites everyone to attend Sunday School at 9:45AM, Sunday Worship at 11AM, Discipleship Training at 5PM, and Sunday evening worship at 6PM. Sunday evening Bible Study for children and youth is at 5PM, and an Adult Special Studies class is being taught for those who prefer the study to Discipleship Training at 5PM. A membership class is also available at 5PM, taught by Dr. Bill Russell, Pastor. Wednesday evening prayer service is at 6:30, with children and youth activities at 6:30PM, also.

Dial-A-Devotional 634-0103

is provided daily by Evelyn Graves as an extended ministry of the Moon Lake Baptist Church. Feel free to call any time of the day or night.

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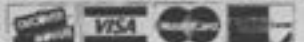
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HAVE YOU SEEN ME?

I have been missing since Wednesday, November 16, 2005, around 9:00 AM from County Road 606 (The Highlands Subdivision) in Hammondville, AL. I am eight years old, I am not a hunting dog, and I miss being home with my family. If you have seen me or have any information about me, please call my owner at 256-635-1900; 256-390-4384, or 256-390-0460.

There is a nice cash reward, no questions asked, for my safe return.

PLEASE CALL!!!!!!!!!!!!

PUBLIC NOTICE

THE MEETING DATES FOR THE
REMAINDER OF FISCAL YEAR 2006
FOR THE TOWN
COUNCIL OF MENTONE ARE
AT AT 6:00 PM, AS FOLLOWS:

JANUARY 9, 2006
FEBRUARY 13, 2006
MARCH 13, 2006
APRIL 10, 2006
MAY 8, 2006
JUNE 12, 2006
JULY 10, 2006
AUGUST 14, 2006
SEPTEMBER 11, 2006

All meetings are at 6PM on the
Second Monday of each month. Any
changes will be posted 7 days prior to
any scheduled meeting shown above.
Notice of the date and time of any
special meetings will be posted
7 days prior to any special meeting.

PUBLIC NOTICE

THE PLANNING
COMMISSION OF THE
TOWN OF MENTONE
MEETING DATES
FOR THE FOLLOWING
MEETINGS ARE:
JANUARY 19, 2006
APRIL 20, 2006
JULY 20, 2006
OCTOBER 19, 2006

All meetings are at 5PM on the
3RD THURSDAY of the months
set out above. Meeting are held in
the Mentone Town Hall meeting
room. Any changes will be posted
on the town bulletin board 7 days
prior to any scheduled meeting
shown above. Notice of the date
and time of any special meetings
will be posted 7 days prior to any
such meeting.

PUBLIC NOTICE

THE MEETING DATES OF THE
WATERWORKS BOARD OF
THE TOWN OF MENTONE
FOR THE FISCAL YEAR

2005-2006 ARE:
JANUARY 26, 2006
FEBRUARY 23, 2006
MARCH 23, 2006
APRIL 27, 2006
MAY 25, 2006
JUNE 22, 2006
JULY 27, 2006
AUGUST 24, 2006
SEPTEMBER 28, 2006

All meetings are at 4PM on the 4th
Thursday, except where indicated by *.
Any changes will be posted on the town
bulletin board 7 days prior to any
scheduled meeting shown above.
Notice of the date and time of any
special meetings will be posted 7 days
prior to any special meeting.

Many thanks to all who
made the Senior Christmas
lunch a great success.
A special thanks to the
Mentone businesses that
contributed the door prizes:
Dessie's, Little River
Hardware, Mentone Tire &
Auto, Mentone Market,
The Shed, Windwood Farms,
and as always, Mae Hilburn



By Dr. William Russell
I Believe in Miracles

There are thirteen miners trapped in a West Virginia coal mine as I write this devotion. There is a great deal of effort to rescue these men. People are working around the clock. The latest technology is being used to reach the area without endangering the rescuers. A spokesman for the mining company reports that the longer it takes, the less chance there is for a favorable outcome. He added very quickly that he believes in miracles and that they need one. I am praying with many others that the thirteen will receive the miracle they need.

There are multitudes of people who are trapped by sin, past mistakes, hopelessness, guilt, and shame. They need a miracle. God has worked a miracle for these people. He sent a Rescuer named Jesus. In Him all who trust His work on Calvary can have forgiveness, help, and hope. "For the Son of man is come to seek and to save that which was lost." Luke 19:10 "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." 2 Cor 5:17 "For he hath made him to be sin for us, who knew no sin, that we might be made the righteousness of God in him." 2 Cor 5:21

Do you need a miracle today? Turn to Jesus. "But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name" John 1:12
(Scripture references are from the KJV)

LOCAL ROCK MASONS

If you are interested in bidding
on the repair of the rock wall on
Alabama 117, please contact
ALDOT District Engineer,
Curtis Lowe, 256-228-6028

SCHEDULE OF MEETINGS, EVENTS, AND OTHER DATES

- January and February: NO MAPA MEETINGS
- Monday, January 9, 6PM, Town Council Meeting, Mentone Town Hall meeting room, open to the public
- Tuesday, January 10, 12:30 PM, Rhododendron Garden Club, Mentone Community House
- Tuesday, January 10, American Legion meeting 6:30 p.m., American Legion Hall
- Monday, January 16, Martin Luther King Jr. Day
- Thursday, January 19, Mentone Book Club, 10 AM, Mentone Community House
- Thursday, January 19, Mentone Planning and Zoning meeting, 5PM, Mentone Town Hall
- Thursday, January 26, 4PM, Waterworks Board Meeting, Mentone Waterworks Board Room, open to the public
- Thursday, February 2, GROUNDHOG DAY and 24th Anniversary of The Groundhog Newspaper