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Volume 23, No. 11

"Neighborly "News from the Heart of Lookout Mountain"

November October 2005

Kathryne McDorman Gives Thanks for Her Family, Her Home, and Mentone

By Katherine Baker and the help of the
McDorman Family members

On this cold, windy October night, the McDorman family sits around a warm dinner table to celebrate Kathryne McDorman's 99 years of life. I try to fathom all the things that have come to pass during her time on earth. When she was born on October 23, 1906, President Theodore Roosevelt held office, women wore long cumbersome dresses and wasp waist corsets, Ford's Model T would not come out for another two years, electricity was a luxury and most roads were not yet paved.

She has not only lived through two World Wars, the Korean, Vietnam and Gulf wars, and the Great Depression, she's also seen democracy at its finest: the African-American and women's civil rights movements, desegregation, man visiting the moon, and an incredible advancement in technology.

I believe that during this month of Thanksgiving, we should thank God for the amazing experience of each of our lives, and we should appreciate the events that Mrs. McDorman has to share with us.

For the past year, the McDormans have been graciously hosting me as a frequent guest at their Mentone home. I've grown so fond of the family that I've taken a special interest in their history. So, in order to take an account of the McDorman story, I sit down to inquire into Mrs. McDorman's memories. Little do I know that I'm about to embark on a journey through the past of not only the members of this family, but also a piece of Mentone history.

Knowing ahead of time several key pieces of information that I've been curious about, I hold in my hands a list of questions that I plan to ask Mrs. McDorman. However, it soon becomes apparent to me that I need no such list. Mrs. McDorman begins to talk, and, before I know it, I'm entranced by her accounts of memories past. Spellbound, I sit on the edge of my seat and listen.

Born in Bowling Green, Kentucky, in 1906, Kathryne Slate grew up as a true southerner. As anyone who meets her can tell, she defines what it means to be a lady. Never a hair out of place and always dressed splendidly, her demeanor exemplifies humbleness, humility and dignity.

Having been one of the few women in her generation to graduate from college, she values education greatly and has dedicated a great part of her life to sharing knowledge with others. In her twenties, she moved to Gadsden to become a teacher and later, jointly with her husband, Clarence, taught what is now



Kathryne McDorman

known as the "McDorman Sunday School Class."

Currently, I guess she's educating me.

What she most wants to tell me about is her home in Mentone, Alabama. The first time she ever set eyes on the community, she rode a train up the mountain with a friend from college. She says, "I was scared half to death of that windy, steep trail. We came here for a social gathering at the old hotel. The hotel frequently had weekend parties and across the street, where the Crow's Nest is, there were square dancin' parties. I had the most marvelous time, but I didn't return to Mentone until I was engaged to Clarence."

It's amazing to imagine this wise and worldly woman as a carefree young lady, but as she begins to tell me about her next visit, she giggles like a giddy schoolgirl and grins as if she knows a secret that no one else does. "The next time I came to Mentone was when Clarence and I were engaged to be married. He brought me to his parents' home..." (Now, she's bashfully looking down, and her cheeks show a slight blush.)

"My favorite memory from that trip was sitting in a boat with Clarence off the old stone dock. I was on one end and he was on the other. He would laugh as he backed my end of the boat into the brush on purpose! Leaves would fall and stick to my hair, and he thought it was so funny! He just loved to tease me..."

Later when they were married, Kathryne and Clarence would spend as much time as they could in

Mentone. Mrs. McDorman describes how every afternoon people would hike up to the old post office to see if any mail had arrived for them. Afterward, people would gravitate toward "Eagle's Nest" to experience breathtaking sunsets. She remembers it as "being a world apart."

Built in 1921, George and Emma McDorman bought their property in 1920 from the Huron family (who owned the Riverfront Hotel). Back then, what is now Highway 117 wasn't even paved and was called Lake Street (in fact, Mentone had not yet been incorporated as a town). Clarence Senior's aunt, Francis Berry, lived with chronic emphysema. For years, the family had been traveling all the way from Alabama to North Carolina so that Francis could have some relief. When they found the clean mountain air of Mentone, they immediately knew that this would be Francis's new home, and soon it would be the "family's home." Kathryne McDorman tells me that Emma (of course she still calls her Mrs. McDorman) used to say that this place is a "Godsend."

Mrs. McDorman tells me that building the homes have actually been a joint effort of many local people. The local masons, the Blalocks, built the stone foundation for the house and the boat dock that still stand today. The pump house that was used to pump river water to the house and the boat house were both built in 1921 by Reverend Shigley whose son, Leonard,

Continued to page 4.

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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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Editor.....Evelyn Graves
Associate Editor/Typesetter.....Marie Dillenbeck
Contributing Editors.....John Baty, Ruby Brock, Linda Brown, Bernise Crow, Marie Dillenbeck, Evelyn Graves, Sue Schwarz, L.C. Moon

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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.



MAPA MEETING

The Mentone Area Preservation Association met at 6:00PM, October 4, 2005, at Dessie's Restaurant. Present were Dessie Brown, Dot Crow, Marie Dillenbeck, Page Cunningham, Lucille Crowe, Evelyn Graves, and the speaker, Patty Tucker, Director of the DeKalb County Tourism Bureau.

President Dessie Brown called the meeting to order and Dot Crow gave the invocation.

Copies of the September minutes were passed out to those present.

At board meeting, which was held just prior to the regular meeting, it was announced that Greg Coe had resigned as chairman of the festival and that Page Cunningham would assume the chairman's duties. He requested more assistance from Mentone Troop 1012 Boy Scouts and other members of MAPA.

Patty Tucker presented the program on the new campaign to promote DeKalb County, with the slogan, Discover Why "It Feels So Right." Lookout Mountain runs through DeKalb County and DeKalb County has real people and real places. Following the video presentation, the members asked questions and thanked Patty Tucker for the excellent work done on the new campaign.

The final preparations for the Colorfest set for Oct. 15 and 16, were discussed.

The meeting was adjourned to have refreshments provided by Marie Dillenbeck and Margaret Cunningham standing in for Penny Lyday, who was unable to attend due to illness.

The November refreshments for the 1st Tuesday, November 1, will be from Greg Coe and Leroy Crowe.

Senator Lowell T. Barron will be the speaker at the November 1st MAPA meeting. visitors are welcome to attend.

PUBLIC NOTICE

THE MEETING DATES OF THE MENTONE TOWN COUNCIL FOR THE FISCAL YEAR

2005-2006 ARE:
OCTOBER 10, 2005
NOVEMBER 14, 2005
DECEMBER 12, 2005
JANUARY 26, 2006
FEBRUARY 14, 2006
MARCH 14, 2006
APRIL 11, 2006
MAY 9, 2006
JUNE 13, 2006
JULY 11, 2006
AUGUST 8, 2006
SEPTEMBER 12, 2006

All meetings are at 6PM on the Second Monday of each month. 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.

PUBLIC NOTICE

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

2005-2006 ARE:
OCTOBER 27, 2005
NOVEMBER 17, 2005*
DECEMBER 15, 2005*
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.

Thank you

The family of Judy Hawkins Hunt expresses appreciation to everyone who attended the funeral services, sent flowers, for your prayers, visits and concern. Thank you so very much.

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(1) and (2) **IMMACULATE 2 BEDROOM, 2 BATH** with open Living, Kitchen area. Sun Room with a view of the large pond and creek. Surrounded by nature and open field with fruit orchard. All on 8 acres. \$169,900.



(6) **WEST FORK SUBDIVISION** 5.9 acres with 700 ft on the River. Trails throughout, Large Hardwoods, and abundance of Unique Foliage. Private yet only minutes from Mentone. \$78,000.



(3) **INVESTMENT PROPERTY** 2 bdrm 1 bath cottage in Mentone, with One acre. Needs some cosmetic work. Sold as-is! \$44,900



(4) **BRAND NEW** Weekend Getaway Cabin with 2 bedrooms 2 baths. Tin roof, Rocking Chair Porch. On a private wooded Acre. \$89,000.



(5) **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.



(6) **THE CABIN** features a wood burning fireplace, 2 bedrooms and 2 full baths. Laundry facilities, and a large living area with complete kitchen. A large screened porch with grilling deck opens off the kitchen. Heated and cooled area is 1056+/- sq. ft., with another 169+/- sq. ft. in the porch and deck. The exterior of the cabin is rough cut siding with a metal roof (30yr.) The interior is finished with drywall and pine flooring. The wooded lot is approximately 1.41 acres. \$145,000 (Photo to left)



(9) **MOUNTAIN RIVER HOME**, enjoy the tranquility of Open Area Great Room, dining, kitchen combo. Fireplace, Master bed and bath on main level. 2 loft bedrooms and bath. Large deck overlooking river. Full basement, 2 car garage attached with breezeway, and much more. 3.45 acres. \$305,900.

(PHOTOS TO THE LEFT)

OTHER PROPERTIES

(10) **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.

(11) **OAKWOOD SUBDIVISION**, 3 acre tracts for \$17,500. Also all pasture tracts together containing 15 acres, city water, restricted. \$70,000.

(12) **12 ACRES** adjoining Little River National Preserve. Wooded Canyon across the street. Paved road on two sides. A must see and only minutes from convenient Ft. Payne. Priced \$10,000 an acre. Acreage determined by survey. Between Co Rd. 255 and Hwy 176. (Canyon Park Rd) PENDING

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Continued from page 1

Kathryne McDorman

added two pairs of stone gates at the entrance to the drive off Highway 117. Herman Jones, son of an original Mentone family, built the second house in 1970, and Mr. Sanford built the newest residence while working for Charles Flannigan, another Mentone pioneer.

The Blalock's great, great grandson, Ryan exemplifies how family friendships blossom and continue from generation to generation. Of his time with Kathryne, Ryan tells me, "I love to sit and talk to Mrs. McDorman because she has so much knowledge to pass on. She's as sharp as a whip, too!"

The McDorman home serves as the epicenter of family friendships. Ryan represents only one of the many friends that the McDormans, Kathryne in particular, still value today. Mrs. McDorman tells me that they used to sit on the porch in the afternoon while friends would stop by to visit. "The Laws owned the stone home across the road. It used to only be a log cabin, but they've built stone around the original foundation. They were the people who told Mr. McDorman (George) about the beauty of the place. In fact, after hearing about it from Mr. Law, Mr. McDorman bought the place sight unseen."

"There are so many dear friends that I like to remember," Mrs. McDorman goes on.

When I ask whom, she says, "Oh, there are so many... There were the Bains. Mrs. Bain would deliver fresh vegetables in a little cart she wheeled around. I remember that she was a beautiful lady. We were always so happy to see her, and in between visits one could cross over the old bridge and buy produce over there... Also, William and Willa ran the Superette. Clarence Jr. used to ride his bike to their store to buy candy. The Worthys and the Weigands were friends of ours, too. Of course you know the Fisches. I was close with all of the Fisch daughters, and MaryJane still lives there." She also tells me that she remembers town legends like "Old Lightnin' and Martha Berry."

I ask if she still talks with any of these friends, and she replies, "Most of them are gone now, but I still talk to Catherine Bailey. She's a wonderful lady."

Mrs. McDorman also speaks highly of Dessie Newberry and Dessie speaks highly of her. When talking to Dessie about Kathryne, she says, "Mrs. McDorman is an intelligent, wonderful lady, and it always puts a smile on my face to see her. We sure miss her around here."

Mrs. McDorman misses being able to come up here, too. "We've held many family holidays here, and we used to bring our Sunday School group up for weekend picnics as often as we could. All of my children and their children learned to fish and swim right outside our home in the Little River. Clarence Senior loved this place so much that his ashes are scattered here."

As a matter of fact, Kathryne's grandson, Slate, always tells me that he wants his children to grow up on this mountain being able to climb the same rocks, scale the same cliffs, swim the same river, and sleep under the same roof as he, his father, his grandfather, and his great grandfather all have. (Of course, I'm not overjoyed at the thought of my loved ones climbing and scaling, but I appreciate the sentiment.)

This is more than just walls and doors. It's a blessing to have such a wonderful family and to have found such a wonderful community.

"This place has been my pride and joy," says Mrs. McDorman, "This is our home."

Just as Kathryne McDorman loves her family, her home and Mentone, we give thanks for her wisdom and wish her a wonderful 99th year of life!

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SOLD
(1) Mentone with acreage! Cozy cottage on 40 wooded acres near DeSoto State Park. 2 bedrooms, 1 bath, wood burning fireplace, cathedral ceiling, 2 storage buildings. \$299,900 (PLS #12724)



(2) Buy All or Part - Established summer home with 2 bedrooms, 1-1/2 bath, 3 living areas (2 with mountain stone fireplace) and access to a large deck overlooking the valley below. Second bedroom and bath underneath the house with access from outside. This home can easily sleep 6. Sitting on over 2 acres with about 500' on the West Fork of Little River. House and 100' lot for only \$249,999 (additional acreage available). All for only \$249,999 (PLS #13085)



SOLD
(3) Almost new on the brow near DeSoto State Park. 3 bedrooms, (1 up & 1 down), 2 baths, open living room w/rock fireplace, sunroom, unique wood ceiling, back deck and so much more! \$269,500 (PLS #12951)



(4) Knotty Pines Campground - 8 self-contained cabins, office building that could be converted into living quarters, numerous RV and camp sites all on 13+ secluded acres adjoining DeSoto State Park. \$385,000 (PLS #10906)



SOLD
(5) Less than 2 years old on over 1-1/2 acres, 3 bedrooms, 2 baths, open porch on front and sunroom on the back. 2-car carport w/workshop, and a 20 x 24 building. \$89,900 (PLS #11005)



(6) THE COMMERCIAL POTENTIAL is endless in this great location at Fischer's Crossroads. Most recently known as The Barnyard, this rustic building sits on .67 acres and has 2 public bedrooms, gas wall heat and window air conditioning. This property is located inside the Fort Payne city limits. \$113,000 (PLS #14215)



SOLD
(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) Unique rock formations and lush landscaping add to the appeal of this adorable cottage located just off of DeSoto Parkway. This cedar-sided home offers 2 bedrooms, 2 baths, screened front porch and deck with hot tub. This is also a detached 2-car garage and a 12x12 workshop. SELLING FULLY FURNISHED! \$147,900.



SOLD
(9) Surrounding DeSoto State Park this cedar cabin is perfect for a week-end getaway or full time residence. Features include 3 bedrooms, 2 baths, living room with hardwood flooring, vaulted ceiling with skylights, and rock fireplace. Great location - Great Price! \$112,000 (PLS #14021)



SOLD
(10) NEW CONSTRUCTION - 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 #13111)



(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. \$459,000 (PLS #13693)



(12) Less than 2 years old and on 6.6 acres, 3 bedrooms, 2 baths, cherry floors, stacked rock, wood burning fireplace, private deck off master bedroom, 2-car garage with storage and 1360 sq. ft. of unfinished space upstairs. \$169,500 (PLS #13731)



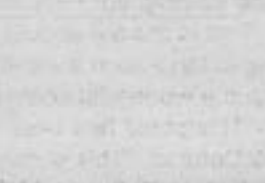
SOLD
(13) Valley Head - Don't miss your chance to see this recently updated brick rancher in Valley Head offering 3 bedrooms, 2 baths, sunroom and so much more. \$134,500 (PLS #13771)



(14) Retreat to Laurel Creek! New construction with 3 bedrooms, 2 baths, kitchen/dining combo, living room with feature window and fireplace. \$124,000 (PLS #12892)



SOLD
(15) A new home sits on 3.3 +/- acres and features 3 bedrooms, 2-1/2 baths, open kitchen/dining living combination, gas log fireplace, central heat & air, large front porch and more. \$158,500 (PLS #12909)



SOLD
(16) Let your mind explore the possibilities of this distinctive property located near downtown MENTONE just off Highway 117. This property with 15 acres and a farmhouse (over 100 years old) with 4BR and 1-1/2 BA, wood floors and wood walls, 2 fireplaces, open living area, kitchen with gas stove top and Jenn-air grill, covered front porch and back deck, large garage/storage building, and a barn. Think of building cabins in the woods, using the farmhouse as a restaurant/lodge, having a peaceful weekend retreat for your family (bring the horses), or let your imagination give in to another dream you may have cherished while looking for just the right property to make that vision a reality. \$324,500 (PLS #14296)



(17) A beautiful extra large yard with huge trees, flowering plants, decorative fish pond and privacy fencing frame this attractive home in Valley Head. This 3 BR, 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)



(18) 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)



(19) 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. \$147,600 (PLS #13696)



(20) 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 \$92,500. (PLS #14154)

OTHER LISTINGS

(21) 4 acre parcel on County Road 627 in Mentone. \$28,000.

(22) LAND AND LAKE...40+/- acres with a 5 acre lake and Brush Creek runs through it. The lake was stocked with Bass and Bream approx. 5 years ago and is approximately 35' deep. \$169,900 (PLS #13041)

SOLD

(23) MTN. RIVER ESTATES - Phase I & II - building lots available, some with river frontage. Restricted Subdivision. Lots start at \$55,000. Call for more information.

(24) 1.56 acres on the brow near DeSoto State Park. \$37,500 (PLS #10133)

(25) 4.23 acres on Hwy 117, just outside the Mentone City Limits. Property can be used as residential or commercial. \$19,900 (PLS #13271)

(26) Beautiful BROW lot on Highway 117. .65 acres with beautiful rock formations and gorgeous sunsets. \$95,500. (PLS #13627)

SOLD

(27) JUST LISTED... 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.

(28) Hammondville... Building lots starting at \$5,000/lot. Call for more information.

(29) 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)

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

(31) Gently rolling, wooded vacant land in Valley Head. Perfect for development. Extensive paved road frontage. SOLD AS A WHOLE ONLY. \$186,000 (PLS #10101)

(32) 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 Willis 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.

Chicken & Dressing For Sunday Lunch

Join us, parents from Moon Lake School, for Chicken & Dressing Sunday Lunch.

Sunday, Oct. 30th
12:00 until

Camp DeSoto Dining Hall

Will be serving Chicken & Dressing, Green Beans, Corn, Rolls, and Dessert

Eat in or Carry out
\$4.00 a plate

Kindergarten Class-
Moon Lake School PTO

PUBLIC NOTICE

THE PLANNING
COMMISSION OF THE
TOWN OF MENTONE
MEETING DATES
FOR THE FOLLOWING
MEETINGS ARE:

NOVEMBER 1, 2005**

JANUARY 19, 2006

APRIL 20, 2006

JULY 20, 2006

OCTOBER 19, 2006

**November 1, 3PM workshop

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.

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Sunday (Public) 10:00 A.M. - 4:00 P.M.

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Lookout Mountain Natural Healing: Wild Pansy and Honey

By L.C. Moon

It is magical how nature can provide us with sweeteners to nourish and beautiful flowers to nurture. It is a great time to get out the local honey and show appreciation for the sweet and beautiful Johnny Jump Up flowers that line many garden plots and planters. Let's discuss the benefits Wild Pansy (Johnny Jump Ups or Viola Tricolor) and honey as well as what they have in common.

Local honey is great for allergies. As many people know, honey from your immediate area has a great benefit of helping your body desensitize to the pollen in your environment. Honey also has many other benefits. Treatment with honey is called apitherapy. Apitherapy is used to increase energy, stamina and strength particularly after illness and stress. Ironically honey can also be used to help calm the nerves and aid in relaxing sleep. Honey can relieve indigestion, headaches and treat cardiovascular disease. It is great used in cough syrups especially during bronchitis, cold or flu because it helps soothe an irritated throat, provides lots of nutrient as well as helping to dissolve mucous. I have had great results for three winters in using honey as a base for cough syrup for dry and wet coughs. Honey is soothing to the digestive tract and contains simple sugars that have been predigested by the bees. Though you are getting great benefit from predigested glucose and fructose, honey as sweetener does contain 64 calories to 1 tbsp versus 46 calories in the average sugar. However if the honey works to increase your energy then you should be able to take care of those extra calories in order to get all of the other benefits of honey. It is truly best to know where your honey comes from because the benefits, taste and consistency depends on the flowers where the nectar was harvested by the bees as well as the practices of the beekeepers. Last but not least honey is great for the skin. It can act as a natural disinfectant and therapy for minor wounds because of the germ killing inhibine. Honey also aids the wounds by helping to reduce swelling in the wound while providing healing enzymes and proteins. Also honey is great as a beauty care product for nourishing and softening the skin.

What do Johnny Jump Ups and Honey have in common? They can both be used for sickness, relaxation and skin imbalance. In Europe Wild Pansy (Viola Tricolor) is used for fevers and sore throat. It is known to be great for cough treatment, respiratory congestion and particularly when there is a dry cough. Wild Pansy can also be used to treat asthma. Honey has offered benefit to cardiovascular disease while pansy is known to help reduce arteriosclerosis, useful in heart palpitations and slows fluid retention. Wild Pansy is an anti-inflammatory that can help treat gout and rheumatism. For skin ailments Wild Pansy is used externally to treat diaper rash, bruises, cradle cap, eczema, psoriasis, and acne. Internally it is known to be good as a blood purifier which would also be helpful for skin disorders. The native or naturalized Wild pansy is generally found during the months of May-September. The aerial parts - above ground parts- are what is used for therapeutic uses. Wild Pansy contains

vitamins A,C and E plus minerals calcium and magnesium. Wild Pansy is known to have saponins that can be toxic in large doses. I would discontinue treatment if I noticed nausea or skin irritation after long term use of wild pansy.

Keep in mind that while pansy could be toxic to some in very large doses, the cases of toxicity in herbs such as viola tricolor are no more common than food allergies to various foods. When it comes to herbal and natural therapies the dosage and usage is what allows the botanicals to be effective versus toxic. I would use Wild Pansy and/or honey for any of the above uses mentioned though I may combine them with other herbs to allow them to be even more effective. If you would like to use local honey you can purchase it at Mountain Life/L.C. Moon Herbs in the heart of Mentone while supplies last. This is the greatest quality local honey I could find and was produced miles from the East Fork of the Little River by the Powells. It is advised not to give honey to infants 1 year and younger and always advised to consult your healthcare provider before making changes to your healthcare regimen.

Below are some recipes you can try for health and beauty with honey and pansy.

If you have any questions you can find me on line through my web site www.MountainLifeMarket.com where you can also purchase many products, herbs and essential oils, come by the store Friday, Saturday or Sunday in the Heart of Mentone or write P. O. Box 224, Mentone, AL 35984.

Pansy Honey Bath
Lavender Essential Oil
Sweet Orange Essential Oil
Honey
Pansy Flowers
Water

Place 1 cup of pansy flowers in a quart jar and pour hot simmering water over the pansies. Cap with a lid and let steep for twenty minutes. The pansy infusion can also be used as a compress for the skin. While the infusion is steeping, put 3 ounces of honey in a separate glass jar. If it is thick you can place that jar in some warm water. Place 5 drops of Lavender Essential oil and five drops of Sweet Orange Essential Oil in the honey and stir with a wooden, enamel or stainless steel spoon. Strain the flowers through a stainless steel strainer or cheesecloth. These flowers can be placed directly on the skin where a rash or bruise may be. For the bath you can place 2 tablespoons or desired amount of honey combination in a warm bath with the pansy infusion. This bath has the ingredients to relax your mind and body while nourishing and softening the skin. If you want to replace the essential oils with something from your garden or kitchen you make a tea with lavender flowers and orange peels to mix with the honey. If you would like rejuvenation with your honey you could replace the lavender tea with tea from rosemary leaves which will also help with sinus and memory.



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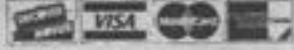
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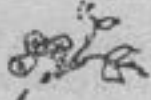
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Note from John Baty regarding this month's article:
 Recently, Donna Sutton requested that I search for an article submitted to *The Groundhog* on keeping Mentone the simple and enjoyable place it has been since its founding. I have been unable to locate the old writing, but on searching back issues, I came upon the article, "Old Age is Like A Bank Account" by Evelyn Graves. I think the outlook of the lady in her story is what we are all searching for. Maybe the trouble is, we don't know that fact early enough.

OLD AGE IS LIKE A BANK ACCOUNT

By Evelyn Graves

All of us receive E-mail of all types. Some of it has no value, and some of it is worthy of our attention. I received this E-mail from Robert Green, and I thought it was very good. I am getting to the age that thoughts do go through my mind about my future, and it is difficult for me to always think in terms of my residence being at the nursing home, but as I read this article, I realized that we need to be positive about the things that may face us, whatever they may be.

I hope this will speak to you as it did to me.

The 92 year-old petite, well-poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coiffed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiles sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window. "I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy.

Mrs. Jones, you haven't seen the room...just wait."

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged...it's how I arrange my mind. I already decided to love it..."

"It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do. Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away just for this time in my life.

"Old age is like a bank account...you withdraw from what you've put in. So, my advice to you would be to deposit a lot of happiness in the bank account of memories. Thank you for your part in filling my memory bank. I am still depositing."

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

ROMANCING MENTONE

Danniele Worsham

Permission Granted to Glenda Hollis to submit to *The Groundhog*

Southern hospitality is flavored with many romantic qualities--the pampering of a home-cooked breakfast, the intimate connection fostered by deep conversations on a front porch swing, the indulgence of bathing in a claw-footed bathtub. Members of Heart of Dixie Romance Writers reveled in Mentone's Southern hospitality during their recent stay at the Mentone Inn.

Heart of Dixie is an Alabama chapter of Romance Writers of America (www.heartofdixie.org). Monthly meetings of this professional organization offer members a place to find guidance, mentoring, cheerleading, advice, support and encouragement on the path to publishing romantic fiction.

And this group knows romance. The North Alabama chapter boasts 19 authors published in book-length romantic fiction, including New York Times best sellers Linda Howard and Beverly Barton. Their writers come from all walks of life--mothers, grandmothers, teachers, business owners, office managers--but they stand behind a common goal. All seek to brighten a reader's life with love, passion, and the famed "Happily Ever After" through their stories.

They chose Mentone as the site of their 2005 Retreat, an annual event. Over 20 members experienced the old-fashioned charm and gracious service of the Mentone Inn, the talented hands of Donna Sutton--a local masseuse, antique shopping, and nightly dining at local restaurants.

They eagerly await next year's Retreat, where they will once again experience romance on Lookout Mountain.

Author Bio: In addition to being a mom and running her resume writing business--Business Advantage Writing Services, Danniele Worsham works hard to improve her craft as a writer. She's currently serving as the Press Coordinator for HOD. Calling Huntsville, AL, home, she has published nonfiction articles online for Long Ridge Writers Group. Several of her short stories have appeared in *True Romance* and *True Experience* magazines.

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The
**Country
Journal**
By
BERNISE CROW

October was another beautiful month here on the mountain. We have had unusually warm and dry weather that has delayed our tree colors. But we will enjoy them in November.

Page Cunningham did a good job with our Colorfest this time. He had never been chairman of the festival before and seemed a bit nervous about it, but it seemed to go well. Homer didn't work with it this time as he has done for several years in the past. It just gets so hard for us octogenarians to do the things we used to do. He did stay at the park on Saturday and helped with the MAPA booth, but didn't feel well Sunday, so he stayed home. We didn't have quite as many vendors this time, but did have perfect weather and every one seemed to be having a good time. It looked colorful with many visitors in their bright fall dress, even if our trees failed to come through with their usual bright colors.

Our bonfire, musical, story-telling session on Friday night is the official opening for the Colorfest; and, this year, it was the best ever. We had an overflowing crowd on the square and are grateful to Glenda Hollis and the Campbells for the use of the space that is so well suited for concerts and other programs. The Catoco Creek band did a superb job again this time and we enjoyed having them. Jerry and Betty Grantland arranged the musical entertainment for the bonfire, and for the festival on Saturday. We are grateful for these dear friends who faithfully come year after year. They love Mentone. This time, they stayed at the Dude Ranch, and Jack Jones gave them a discount. Thanks, Jack.

Our friends, John and Myrtle Hensley, from Chattanooga, set up their antiques on the porch of the Hitching Post again this year. I look forward to their visit, and they have also made friends with many others who enjoy them. They are the other grandparents of our precious granddaughter whom we lost in an automobile accident in 1993. So, we feel a special kinship to them.

The Boy Scouts of Troop 1012 in Mentone did additional work this time. They carried the chairs to the bonfire, then to the festival on Saturday and back to the Hitching Post after closing time Sunday. We are grateful to them for cleaning the parking lots, parking cars, picking up all the trash and any other jobs they are asked to do. I hope they did well financially this time, since these festivals are for the benefit of non profit organizations. Our great grandson, Alex Whatley, has joined the Scouts, and we are pleased that he chose to do so.

We are happy to have Homer's great nephew, Danny Crowe, back from a tour of duty in Iraq. His parents, Leroy and Joanne, his grandmother, Lucille, and his beautiful little wife, Wendy, were ecstatic to welcome him home. His two small children, Ethan

and Emily are getting acquainted with a dad they didn't know. Danny is in the Naval Reserves and hopefully will not be called for another tour of duty. Isn't it nice to have some good news for a change?

We seem to have adopted a beautiful, loving dog at our house. He just appeared here one day and seemed lost. He had a collar, but no name or phone number on it. He appeared hungry, so Homer started feeding him. The problem is that he never seems to get enough no matter how much we give him. He is almost white with a touch of tan on his back. He resembles a wolf a little, so Homer named him Lobo. He also resembles an Eskimo Husky, somewhat. He is friendly, never barks, and loves everyone. So far, he and our tomcat get along great. Tom is usually afraid of any dog, but with age he has slowed down and has decided to quit running. When Lobo got too close, Tom took a swipe at Lobo's nose and Lobo let out a loud yip. Lobo has kept his distance since then.

I appreciate very much all the get well cards and letters that I have received, the food, and especially the prayers. (Homer says thank you for the food, because he does lots of the cooking, now.) I will bring you up to date on my treatment. I have had two CAT scans, one MRI, and this week will have a needle biopsy. Dr. Charles Porteria in Chattanooga is the Gynecologist/Oncologist who is treating me. He will decide what to do after the biopsy. Just pray that I will get a good report.

Enjoy this beautiful weather.

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UGF AT 30.9% OF GOAL AT OCTOBER 12 MEETING

Four weeks into this year's campaign, the total pledges and contributions received toward UGF'S \$295,000 campaign goal stands at \$91,691, or 31% of goal.

The Town & County Division was out front this week at 63% of their \$51,775 goal with \$32,617 reported.

Shaw Industries had a tremendous impact on Town & County being out front this week. They participated in payroll deduction for the first time and their employee pledges were \$9,404, which is great for first-year participation. Special thanks to Ricky Farmer and Rick Morgan for their support in this effort.

Community workers are doing a great job, with the following communities at goal: Valley Head, Priscilla Monroe; Fyffe B&I, Mr. and Mrs. Clyde Martin. Communities at 50% or more include: Mentone, Dawson, Fyffe P&R, Rainsville P&R, Henagar and Sylvania. Brandi Lyles is Chairman over Sand Mountain Team II Group. All of these captains are first-time volunteers, and they are doing a great job.

Professional & Special Gifts Division is at 35% of goal; Industrial Division is at 22.3% of goal; and Public Service Division is at 10%. Payroll companies will be reporting soon and this percentage will increase.

Commercial Division is at 29% of their \$24,500 goal. Misty Bruce with Grocery is at 100% of group goal; and Annette Kennedy with the Specialties Group is at 92.6% of her goal.

Anyone wishing to support this year's campaign can do so by mailing in a pledge or contribution to UGF, PO Box 680292, Fort Payne, AL 35968. Gifts to UGF are tax deductible.

The last report meeting was held Wednesday, October 26.

Spaghetti Supper



Thursday, Oct. 27th
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First 9-Weeks Honor Roll Moon Lake Elementary School October 2005

GRADE 1 All-A's

Lukas Boehringer
John Brown
Anna Carden
Kacy Corsentino
Laura Easler
Byrum Emory
Ethan Harrison
Samantha Harrison
Mason Hester
Dale Howard
Phyllis James
Bailey Kirby
Justin Langston
Sam Langston
Molly Manifold
Lexi Owen
Matthew Phillips
Noah Watters

GRADE 2 All-A's & B's

Paige Brooks
Kara Goss
Dawson Kincer
Mikayla Owen
Tommy Tullis
Jimmy Swain

GRADE 3 All-A's

Jakob Gilbreath
Kalee Hatfield
Shelby Jackson
Kaitee McGee
Levi Owen
Samantha Purvis
Amelia Saferite
Meagan Sutton
Marysa Wigley
Brooke Wright

GRADE 4 All-A's & B's

Hunter Blalock
Brittney Harrison
Kanissa Smith
Bleu Davis-Stone

GRADE 5 All-A's

Beth Durham
Lily Harrison
Amber Hilliard
Danielle Powell

GRADE 5 All-A's & B's

Allie Blalock
Michael Chambers
Landon Crowe
Jill Hope
Austin Jones
Taylor Poff
Augusta Smith
Alex Whatley

GRADE 1 All-A's & B's

Valarie Dewberry
Emily Hilliard
Gavin Millican
Terry Van Hook

GRADE 3 All-A's & B's

Kali Haynes
Caleb Johnson
Orion Nicely
Taylor Purvis
Courtney Roden
Paige Smith
Abby Wallace

GRADE 2 All-A's

Emily Brown
Sierra Chambers
Eli Durham
Justin Easler
Kateland Grider
Amelia Lee
Dylan Lewis
Elizabeth Meadows
Andrew Williams
Mackenzie Willingham

GRADE 4 All-A's

Veronica Kinoshita
Michael Langston
Adam Miller
Mikey Petersen

GRADE 6 All-A's

Tiffany Easler
Caitlin Kirby
Brandi Miller
Haley Saferite

GRADE 6 All-A's & B's

Raven Brown
Hope Carden
Alley Hatfield
Kaylee McMunn
Daniel Phillips



Newly Ingram with MAPA Colorfest Chairman, Page Cunningham, on October 15, having drawn the name of the winner in the quilt drawing. Frances Blix, former resident of Mentone, now residing in GA, won the quilt this year.



American Legion Adjutant, Edward Ringer, on October 15, presenting the \$1000 cash to this year's winner, Marie Dillenbeck.



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Flu shots will be given to the general public Nov. 1, 4, 8, 15, and 18 from 8:30AM until 4PM at the DeKalb County School Coliseum in Rainsville, next to Plainview School. Flu vaccine is \$15 per person. Please bring your Medicare card to the Civic Center.

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LAKE ON THE BROW this 4 br 3ba mountain home on the lake is the perfect spot to relax, and enjoy the fall color change.



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MENTONE come and see our new gated community called the Northbend, under construction with restrictive covenants, underground utilities, paved roads, and walking distance from the downtown crossroads, prices starting at 37,500.



WHITE ELEPHANT 8TH ANNUAL OPEN HOUSE

Judy Pierce of the White Elephant Antique and Gift Galleries welcomes you to the 8th annual Open House, which will take place on November 25, 26, and 27, from 9 am to 6 pm.

This is always a time of excitement as shoppers from everywhere come to browse the 12,000 square feet of antiques, uniques, collectibles, and much, much more in this Turn of the Century Hotel. Each room is a unique shopping experience.

Refreshments will be served throughout the day, and shoppers will not need to leave the building. It is truly a one-stop delight for shoppers who wish to get an early start on their Christmas list.

A local potter will be on hand making pottery for customers to view. Other pottery will be available for sale.

New dealers include the record room and a primitive room.

Loads of new merchandise may be found throughout the shops.

The White Elephant is located in the quaint village of Mentone at the top of Lookout Mountain adjacent to the Mentone Springs Hotel; 10 miles east of I-59 on Alabama Highway 117.

For directions or other information, please call Judy or Susan at 256-634-4529.



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The library may have a new look before long. At the October meeting of the Board of Directors, the members voted to pay for a sign to be erected over the front doors. This should help our out-of-town visitors locate our library. We want our local residents to use the library on a week to week schedule but we want our visitors to come and see what we have accomplished with little money and lots of volunteer hours. So far as we can determine, we are one of only two libraries in the state of Alabama that operates the way we do. And we are different even to that one, it has a paid librarian for the community use and our librarians are volunteers.

We continue to solicit the support of the community. You can help us by becoming a FRIEND for a donation of twenty dollars yearly or a volunteer who works behind the desk. You can help by giving us books to process and put on the shelves, to sell at our Book Sale next August or to take to McKay's in Chattanooga to trade for ones that we need.

If you don't want to do any of this, but would like to make a donation in memory or honor of someone or of an event, we will be glad to work with you in doing this. If you want to make a donation by giving us a monetary gift, we can handle that as well. Hey, you name what you want to do to help and we will find a way for you to do so.

Because it is so hard for our volunteers to keep up with everything that needs doing and work at the desk at the same time, we schedule a work-day about twice a year. At least fifteen volunteers met on Saturday, October 22 to do this very thing. We removed many of the books from the shelves and covered them as needed, then we put them back in their proper place. This time we were able to really put them in their proper place. Thanks to Bill Schwarz we have more new shelves. This enabled us to move all of the books into a bigger and better space and we have a little space to grow.

Also, we cleaned the shelves as we moved the books. And we cleaned any books that have become soiled through use or otherwise. We would be glad to clean every one of them because they have become soiled through use. When the clock was showing us that it was twelve o'clock and we had to finish and lock the doors, we had only two or three books still to be shelved. One of the volunteers ran to do this and we were out of there in time. Since fifteen people worked for three hours that is the equivalent of forty-five hours of work in the library!

Most of our books are identified with a "c" to distinguish them as belonging to the community side of the library. Some of them have a colored dot to help the patron know what section they are looking in. The ones that have numbers on the spine are placed on the shelves according to the Dewey decimal system. This section had really outgrown its space and we moved these books to make them more accessible to the public and to display them to a better advantage. We have an entire section of books on the many wars that have been fought over the years. Dianne has a collection of books about the Civil War to process soon. I will always contend that there was nothing civil about that war, but it is a part of our history and makes for very interesting reading.

Also, we have a new bulletin board, it is over the copier. Look on it for the calendar of the month, showing who will be working when. We will also place any announcements there, as well as any upcoming events that you might want to know about.

Make a habit of looking at this board every time you are in the library.

The Board of Directors is sponsoring a Reading for Pizza program for the students of Moon Lake School. Anytime a person checks a book out of the library and tells the volunteer on duty what grade they have a child in, a star is put by that grade on the chart provided for this purpose. Sometime before school closes for the holidays, a representative of the library will count the stars and the grade with the most will be given a party with pizza and all of the trimmings. After the holiday vacation, 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. (Mrs. Mills class is running away with this semester)

The Birthday Calendars should be here soon. The order has been placed and we are just waiting for shipment. We will be delivering yours as soon as we have them in hand. I'm sure that there will be some extra ones, so if you did not place an order but would like to have one, let a volunteer know or write to us at the address on the bottom of this article. If you want one mailed to you, send \$7.50 to cover this extra expense. If we hand deliver yours, the cost is only \$5.00 each. These make a nice gift for a shut-in or someone you know who lives out-of-town but still keeps up with the happenings in Mentone.

Remember that our Board of Directors now meet on the third Monday at 3 p.m. This is a change in the time only, not the day. Our meetings are always open to the public and you are welcome to come and see what we do. 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. An exception, we will meet November 14 to better accommodate everyone regarding the Thanksgiving holidays.

To become a FRIEND, to volunteer in the library, or to receive a calendar you may write to us at this address:

Moon Lake Community Library
Post Office Box 481
Mentone AL 35984

THESE OPEN HOURS WILL CONTINUE:

TUESDAY, 3:00-7:00 P.M.

SATURDAY, 9:00 A.M.-12:00 NOON

Become a FRIEND of
Moon Lake Library

See any member of the Board of Directors

WILSON FUNERAL HOME

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North Lookout Mountain Fire Protection District

The Volunteer Firefighters based in Mentone respond to the following types of calls at personal risk and without compensation:

Structure Fire
Brush Fire
Vehicle Accident
Natural Disaster
Residential Medical Alert

Ready and Willing

Our financial assistance is needed to support the activities and maintain the equipment of our local Fire Hall. Your donations are appreciated. No amount is too small.

Donations are tax deductible and may be mailed to:

North Lookout Mountain
Fire Protection District
P.O. Box 154
Mentone, AL 35984

Fall at Mountain Mamas--Gourds, Football & 20% OFF!

By Ellen Spangler

The Annual 20% OFF SALE will be held at MOUNTAIN MAMAS CRAFT and ROCK SHOP on the 3 days after Thanksgiving, and Saturday & Sunday of the following weekend. The Shop will be open from 10:00am to 6:00pm (GA time) on Friday, Nov. 25, and from noon til 6:00pm on Saturday and Sunday, Nov. 26 & 27, and Dec. 3 and 4. Everything in the shop is 20% off. Hot tea will be served. After December 4th, Mountain Mamas will be closed for the winter and re-open in the Spring of 2006. Come do your holiday shopping!



A new artist at Mountain Mamas this year, Teresa Wamble, from Calera, AL, joins 3 other gourd artists, each with her own distinctive style. While painting is Teresa's main medium, she likes working with gourds because there are so many things to do with them. They are functional as well as beautiful. Most of her designs are wood burned, then, color added with acrylics, shoe creams, polishes, and colored pencils. The shoe polishes allow the gourd texture to show itself and remain as close to nature as possible. Often Teresa uses nature to create patterns, sometimes Native American designs, but her overactive imagination finds potential gourd designs everywhere. She also paints colored bottles to use as dispensers. If you buy one of her creations, she hopes you enjoy it as much as she did working with it.



A SPECIAL for FOOTBALL Season--Take heed, Alabama football fans--Peggy Stovall, Albertville, AL makes a variety of large "shelf animals" that sit anywhere you place them. Her specialties include elephants with Univ. of Alabama logos and Auburn tigers, and they are made and finished with such care. These are great gifts for alumni of any age. And for the football season, they are 20% OFF! Also, on this special sale are her other animals--horse, cat, rabbit, lamb, and some very clever upright vacuum cleaner covers that look like the animal is standing in the room!

Mountain Mamas is open Saturdays and Sundays, noon to 6:00pm, GA time. We are located in Cloudland, GA, on GA Hwy 48, 1/2 mile east of the GA/AL state line where AL Hwy 117 ends. To open by appointment--call Mary Alice at 706-862-2142. Check out our website: www.mountainmamas.com

PUBLIC NOTICE THE VALLEY HEAD WATER WORKS BOARD MEETING DATES

The meeting dates for the Valley Head Water Works Board will be as follows:

MONDAY, NOVEMBER 14, 2005
MONDAY, DECEMBER 12, 2005
MONDAY, JANUARY 12, 2006
MONDAY, FEBRUARY 13, 2006
MONDAY, MARCH 13, 2006
MONDAY, APRIL 10, 2006
MONDAY, MAY 08, 2006
MONDAY, JUNE 12, 2006
MONDAY, JULY 10, 2006
MONDAY, AUGUST 14, 2006
MONDAY, SEPTEMBER 11, 2006
MONDAY, OCTOBER 9, 2006
MONDAY, NOVEMBER 13, 2006
MONDAY, DECEMBER 11, 2006

All meetings will be held beginning at 4:00PM in the Valley Head Water Works office in the board room. Should there be any changes in the date, time, or place, a notice will be posted in the lobby of the Valley Head Water Works Building. A notice of any special or called meetings will also be posted in the lobby of the Valley Head Water Works Building prior to the meeting date and time. The location of the meeting will also be posted.

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Saturday 7:00am - 7:00pm
Sunday 11:00am - 3:00pm

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 sunrises 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.

[*Candle Lit Ceremonies • Music • Photographs*
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To arrange your wedding or renewing of your wedding vows, call

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Rhododendron Garden Club News By Linda Brown, Secretary

The Rhododendron Garden Club met October 11 at the MERF Community House. President, Gethryn Giles, called the meeting to order at 12:30 p.m. Linda Brown gave the devotional and prayed the blessing. President Giles led the members in the Pledge of Allegiance to the flag of the United States of America.

Shirley Hussel, Isabelle Moody and Jenny Rogers served refreshments to seventeen members and one visitor, Pat Shippey.

Dianne Kuehl introduced the speaker, Pat Shippey. Pat is a member of the Flowering Dogwood Garden Club of Henagar and a Master Gardener. She is an accomplished floral designer and gardener. She is the winner of many awards for her floral designs. Pat's subject for the day was, Putting the Garden to Bed. She began by saying that you should clean your gardens as much as possible in the fall. This way, you will have more time to plant next spring.

Pat gave many informative hints as to how to prepare your gardens for the winter months. One was, if you want to move a large scrub next spring, you should "root prune" it now. To do this you push a shovel into the ground about twelve inches from the trunk of the scrub and cut the roots. Repeat this action in the same place next spring to cut any new roots and move to the spot you have prepared for the scrub.

She advised to cut perennials as soon as they fade. Leave ornamental grass and burn it off early next spring. Leave coneflowers and black-eyed Susans to provide seeds for the birds. Transplant any container grown plants that you plan to leave outside to plastic pots to keep your nicer ceramic pots from bursting from freezing. Wash your ceramic pots with a solution of ten parts water to one part bleach and store with newspaper between pots.

Purchase a special wrap for young trees and apply to keep deer and other pests from harming them. Plant new trees and scrubs in the fall. Plant snapdragons, violas, ornamental kale and pansies now. It will soon be time to plant spring bulbs. Pat's final admonishment was to continue to fill your hummingbird feeders for the few strays who may come through and to keep your bird feeders clean and filled this winter.

The business meeting resumed with the reading of the minutes of the previous meeting and the treasurer's report.

Committee reports:

Martha Wood, Horticulture, exhibited some examples of berried plants that she had collected from the woods around her home.

Dorothy Cyr, Conservation, told the members to dispose of all oil properly to prevent the pollution of Little River.

Mary Ellen Fielder, Hospitality, reported that she had made a number of telephone calls to check on members of the club and the community.

Virginia Setze, Litter Control, announced that the club will sponsor a clean-up, pick-up day on Wednesday, October 19 beginning at 9 a.m. with everyone meeting at the Community House.

Margaret Baker announced a meeting of PALS (People Against a Littered State) to be October 20 at 7 p.m. at the Wildflower Café.

Harriett Lillich was the recipient of the hostess gift and the meeting was declared adjourned.

The next meeting of the club will be Tuesday, November 8 at the MERF Community House at 12:30 p.m.

The speaker will be Andy Talton of the Mentone Springs Hotel. He will be giving instructions on the making of wreaths. Everyone should bring their own materials to make the wreath of their choosing.

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.



THANK YOU!!

A note of thanks to the North Lookout Mountain Volunteer Fire Department in Mentone for their help in caring for George and Hattie Lide following her recent fall. They have been wonderful to help transport her and to do anything that they could to help.



Real Estate - Auctions

35 Riverhaven Lane • Cloudland, GA 30731
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NO LINES

By Don David

"Get in line", "don't cross the line", "county line", "a line in the sand", "don't break in line", "property line", "center line", "line-up", these are all expressions we hear often. Lines impose upon us, limit our freedom of choice and regulate our behavior.

As our interaction with others grows, it seems that we lose respect for others' space and are less tolerant of their rights. Unfortunately, it becomes--"me first". The reaction to this is the creation of regulations. Lines regulate--be it the line in the center of the road or a line in a parking lot. The American spirit is based on free choice and basically is anti-regulation even though new regulations are written daily. These many regulations are for the "common good". This common good should be more common sense and respect for others and fewer rules. Have you even wanted to park straddling a line in a parking lot? The person that does that or parks on top of the line taking up two spaces is cursed.

Lines define boundaries. They are used to determine property limits. Drawn on paper they become houses, buildings and engineering marvels. Even used in this fashion, they guide but limit the mechanic or craftsman to do just what they portray.

The box we are to think-out-of is described by lines. By being encouraged to think out of the box we are urged to cross the lines that enclose our mental process and envision something bigger, newer, and better. We are encouraged to allow our innate free spirit to take control. Where would we now be if so many great Americans had not crossed those lines?

As I drive down the street to my house, I notice there is no line. Many other streets in town have no lines. By common consent and respect people pull to the side enough to allow sufficient space to pass. There is no sign requiring this. There is no line saying this is my side and that is yours--except on the County and State roads. When left to its own, Mentone knows that its town folks will be courteous and show respect for each other. When they pass there is a hello, a wave, or a raised finger wishing you a good day.

As I move around town, I notice that almost all the parking lots have no lines. Some cars are parked orderly in rows and some are at the angle that they happened to be driving when they pulled into the lot. No one is blocked so anyone has trouble entering or leaving. Each takes into consideration the other person and it works. It works and works well without lines. There are no lines. Everyone is free to do and park as they please.

I am so glad that I am in a place without lines--where there are no lines but there is a common respect and people wave when they pass.

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Lavaughn Hendrix
Owner

Christmas Is Here!!

Christmas time is upon us! It seems to come faster every year. Snappy Tees Screen Printing and Gift Shop can help you with your Christmas list offering personalized gifts. Snappy Tees makes photo shirts, caps, and cups, mouse pads, tote bags, key chains, and soda can wraps. We also print ceramic mugs, which would be a great gift for Grandma or Grandpa with the grandchildren's picture on it. We personalize shirts with your favorite sayings or occasions, such as family reunions, church events, car shows, bike shows, and school events. We even have shirts for your dog. We print one shirt, 100 shirts, or any number in between.

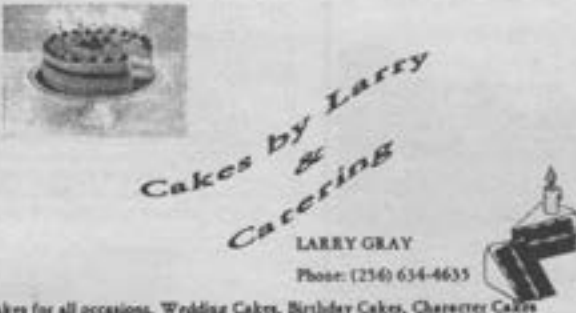
Snappy Tees also offers promotional items to help your business grow. Stop in and see our selection of t-shirts, Leather Vests, Flags, Knives, Eagles, Wolves, Dragons, wind chimes, hat pins, dream catchers, jewelry, incense oils, Confederate stuff and ceramic gift items. We do have a wide variety of T-shirt designs. These make great gifts, too.

Do your shopping in Mentone First, save time and gas. **Special for November - FREE T-shirt with \$25.00 purchase, while supplies last. (Select rack only.)**

Snappy Tees is located at 3219 AL Hwy 117 in Mentone just 3 miles from the AL/GA state line. Store hours are Wednesday through Saturday 10 - 5, 256-634-TEES (8337). Visit our web site at www.snappyteesmentone.com

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WHAT DOES THANKSGIVING MEAN TO YOU?

As Thanksgiving approaches, our thoughts turn to those around us, and our hearts are filled with memories of past Thanksgiving Days with family and friends, and the plans we are making to celebrate the coming Thanksgiving season.

A random poll was taken of local people as to what Thanksgiving means to them, and these are the findings:

Bobbie Smith - Family, friends, and the blessings of God. We are so blessed. As I sit down to eat, I am always reminded of those who have no food.

Shirley Knowles - Sharing.

Kathleen Owens - Family, thankfulness.

Jim Carmichael - The many things that I should be thankful for the past year--my health, my children, and my grandchildren.

Mia Pollman - Family and food.

Maxine Wright - Family gatherings with turkey and dressing and all the good food.

Ken Kirby - Family gatherings and turkey, ham, and dressing.

Dallene Jones - All the blessings we have spiritually, and materially, and for a good family to share these blessings with.

Ilene Green - a time for family, a time to remember our blessings, and a time to remember other people who may have a need.

Linda Brown - Thankfulness for life and all other blessings, for my family, and living in a community where people love each other.

Bill Berry - My father, Jimmy Berry, always said that Thanksgiving is always the starting point of the cold weather, and I have found that his statement was true. When it comes, I always enjoy the warmth of family and friends, but I know that cold weather is just around the corner.

Susan Petty - Going home and being with my family, good food, thanks to God for His blessings.

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LOWER EAST BROW, CLOUDLAND - Luxurious mountain home w/impressive view of the valley. Main level features entrance foyer, great room w/fp, kitchen laundry, separate dining room, sunroom, half bath, 2 bedrooms a full bath. 2nd level master suite w/balcony open to great room below. Abundance of space & amenities. Garage Apartment w/full kitchen area. (No. G-001)



ALSOBROOK ROAD, CLOUDLAND - Away from the hustle and bustle! Located in a secluded area off the beaten path, this ranch-style home has been totally remodeled. Large great room with kitchen/dining area, spacious master suite with walk-in closet, 2 additional bedrooms * & full bath. all new flooring, fresh paint, new decking, new kitchen cabinets, new bathroom fixtures. Located on private 1+/- acre lot. Asking \$244,500. (No. G-013) MLS #540882 REDUCED



CO. RD. 103, MENTONE - Ranch style home offers great room, kitchen 2 bedrooms, 1 full bath and 1 half bath. Attached garage & detached carport. Lovely 2.41 +/- acre lot. Restricted. (No.G-004)



ANNOUNCING "CREST VIEW" - private 7-tract development - Co Rd. 103 - Water and Power - Brow, great views of Shinnel Valley.



LAURAWOOD SUBDIVISION, MENTONE - Custom home located on the brow of the mountain--Offers great room, custom kitchen, family room, 3 bedrooms, 2-1/2 baths, CHVAC, walk-in closet, hardwoods/carpets/tile. 3+/- acres w/300+/- feet of brow frontage. Call for more information and details.



GADSDEN AVENUE - Newly constructed home w/low-maintenance hardboard exterior. Offers great room w/stone fireplace, eat-in kitchen, 3 bedrooms & 2 full baths. Also features Canadian maple hardwood flooring, executive quality bath fixtures, corian countertops, custom kitchen cabinets & top of the line appliances 1+/- acre. MAKE OFFER.

Body Maintenance Welcomes Two Alternative Medicine Practitioners

Donna Sutton, owner of Body Maintenance in Mentone, is welcoming two new healers to her therapeutic massage practice in order to provide alternative therapies for chronic conditions. To supplement her expertise in massage therapy, she's bringing in Dr. Stephen Zao (acupuncturist and herbalist) and Sylvia Gruendler (Kinesiologist and nutritional counselor). They are a welcome addition to Donna's philosophy of healing.

Donna has been a certified massage therapist for eleven years. Therapeutic massage heals the body, relaxes the mind, and nurtures the spirit. Massage can relieve tension, increase flexibility, reduce pain and stiffness, soothe fatigued muscles, improve circulation, hasten the elimination of body toxins and make you feel terrific.

Susan Lee has been Donna's client for years. "I've been going to massage therapists for two decades and she is one of the best. Her gentle touch is nourishment for the body and soul."

Dr. Stephen Zao, O.M.D., is an acupuncturist and herbalist from Birmingham. For the past few weeks, he has been driving to Donna's Mentone office to provide his services to those that need his expertise. Chinese medicine theory says that there are systems of channels which spread all over the body. These channels connect with internal and external organs and external limbs. Acupuncture is an effective therapy in which there are immediate results. Even if you have never had acupuncture before, please consider this ancient traditional Chinese medicine treatment as an alternative to treat what ails you. It will assist you in maintaining and restoring optimal health. Many symptoms can be eased or relieved

with acupuncture or Chinese herbs, including addictions, arthritis, asthma, carpal tunnel, depression, insomnia, fibromyalgia, pain, migraines, and weight loss.

"It doesn't hurt and it works!" says Dr. Zao's client, Susan Cheronos. Donna Sutton adds, "Acupuncture is the best relief for arthritis I've ever found without side effects."

Sylvia Gruendler specializes in Nutritional counseling. By using her expertise in nutrition and kinesiology, she can tell you what nutritional deficiencies your body has and what to take to balance those problems. Kinesiology is the study of muscles and their movements. It uses muscle tests to locate specific weaknesses in muscles, which may be caused by food allergies, or vitamin and mineral deficiencies. Sylvia checks meridians to see the conditions of organs and uses bioelectric feedback to measure the energy in the body.

Joy Forest says, "Kinesiology has been part of my treatment for lymphatic cancer. Sylvia Gruendler is very skilled and I highly recommend her."

Massage, acupuncture and kinesiology generally feel good naturally by allowing you to listen to your body and be more in control of your health.

If you've tried medical treatments that aren't working or would like to supplement your medical treatment with alternative ones, please give Donna Sutton a call. And, if you have no medical problems, why not get a massage to feel relaxed and refreshed? Donna 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.

Mentone Cabins

Charming mountaintop rentals throughout the Mentone area. Amenities include brow views, lakefront property, and golf. Fully furnished with everything you need for a perfect getaway! For more information or reservations visit www.mentonecabins.com or call Carolyn at 888-560-0492.

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.

Opal Janette Turner Grisham

October 29, 1929-August 9, 2005

Many people sent food and flowers and offered kind words and prayers during Maw Maw's passing, and we would like to say "Thank You" to each and every one of you. It was all greatly appreciated for it helped to carry us through an otherwise sorrowful time in our lives. We loved and will always love Maw Maw, and she will be missed very much. She wrote in a journal just weeks before her death that she wanted her family to always remember the love she had for us. Maw Maw, how could we ever forget?

Thank You All

From the bottom of our hearts
The Family of Opal J. Grisham

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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Thanksgiving Dinner Invitation

The **Mentone Community Church** invites you to have Thanksgiving dinner with them on Thanksgiving Day, November 24, 12 noon to 2PM. This will be a traditional Thanksgiving dinner with all the trimmings. If you do not have a place to go, please make plans to be with us and enjoy the food and fellowship.

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2005 COLORFEST PHOTOS

Members of Mentone Boy Scout Troop 1012
cleaning up after the Colorfest



Mentone Health Fair
Sponsored by the
Mentone Educational
Resources Foundation
Wednesday,
November 2, 2005
12:30 to 5:00

at the Jim Berry Scout Facility
(behind the Little River Hardware)

+Flu Shots will probably not be available. The Health Department can not attend the Health Fair due to a personnel shortage. There will be plenty of vaccine available this year and the Health Department has scheduled several flu shot clinics to be held at the Civic Center in Rainsville during the month of November. See Flu Shot notice, this page.

+We will have screenings for diabetes, cholesterol, and high blood pressure along with many other services! This year several of our presenters will give short seminars to provide more in-depth information about health issues and new treatment options that are available.

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Moon Lake School Harvest Festival

Come and join the fun at Moon Lake
School for our Fall Festival.

Saturday, Nov. 5th
4:00 to 8:00



- Fun and Games
- Hay Ride
- Cake Walk
- Raffles
- Bar-B-Q and Hot Dogs

Fundraiser for Moon Lake Elementary School PTO



A MEDITATION

By Rev. Rick Haworth

I am humbled to be asked to fill a void left by Ruby Brock. I did not know her personally; however, as I read about her in *The Groundhog*, there is no doubt that she was a lady of **great faith**. One of the things that stood out to me was the fact that she was a pioneer in both the Pentecostal movement and in women in the ministry. It is obvious to me that she took the road less traveled. So today I feel it most appropriate that we look at what it means to have **real faith**.

In James 2:14-17, James talks about the difference between real and counterfeit Christians. James 2:14 says: What does it profit, my brethren, if someone says he has faith but does not have works? Can faith save him? (NKJV)

James is saying that real faith is not just something you say or talk about, it is something you live. We cannot earn our salvation by serving and obeying God. Deeds of loving service are not a substitute for, but rather a verification of, our faith in Christ.

Today I challenge you to take inventory of your life. Ruby Brock's life was an example of real faith. She lived the life the Lord wanted her to live while here on the earth. The Lord has a real plan for your life as well. You are not here by accident. Turn totally to the Lord Jesus today! You'll never be sorry you did. God Bless you.

SCHEDULE OF MEETINGS, EVENTS, AND OTHER DATES

- Sunday, October 30, Daylight Savings Time ends, set clocks back 1 hour and check batteries in your fire alarms
- Monday, October 31, HALLOWEEN Day
- Saturday, November 5, 4PM to 8PM, MOON LAKE SCHOOL HARVEST FESTIVAL
- Monday, November 1, 5PM, Mentone Planning Commission monthly meeting, Town Hall meeting room
- Tuesday, November 1, 6:30 PM, MAPA meeting, Dessie's Restaurant
Senator Lowell T. Barron to be the speaker
- Tuesday, November 8, American Legion meeting 6:30 p.m., American Legion Hall
- Tuesday, November 8, Rhododendron Garden Club, 12:30 p.m.,
Mentone Community House
- Friday, November 11, 8am, Veteran's Day program at Moon Lake School
Gymnasium, in honor of Veterans
- Monday, November 14, 6PM, Town Council Meeting, Mentone Town
Hall meeting room, open to the public
- Thursday, November 17, 10 AM, Mentone Book Club
- Thursday, November 17, 4PM, Waterworks Board Meeting,
Mentone Waterworks Board Room, open to the public
- Thursday, November 24, THANKSGIVING DAY
- Friday thru Sunday, November 26-27, WHITE ELEPHANT OPEN HOUSE

Spaghetti Supper



Thursday, Oct. 27th
5:00 – 8:00

**Mentone Community
House**

Fundraiser for
Moon Lake Elementary School