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Volume 23, No. 10

"Neighorly "News from the Heart of Lookout Mountain"

October 2005

THREE EAGLE SCOUTS IN THE MILLER FAMILY

By Marie S. Dillenbeck

Ye have seen what I did..., and how I bare you on eagles' wings, and brought you unto Myself.

Exodus 19:4

On August 20, 2005, David Keith Miller, the third son of Mr. and Mrs. Glenn Miller of Mentone, Alabama, was presented with his Eagle Award. Following in the tradition of his older brothers--Curtis Miller the first in Troop 106 to receive the Eagle Award on November 25, 1996, and Kenneth Miller, the fifth in Troop 106 on October 9, 1997--Keith became the 21st scout in Troop 106 to earn his Eagle Award. He achieved the rank of Eagle Scout on April 11, 2005; and on August 20, 2005, at his Eagle Scout Court of Honor ceremony held at the Mentone Community Church, Keith was formally presented his Eagle Award. His friends and family celebrated with him.

The Eagle Badge represents:

- accomplishments in scouting skills shown by earning 21 merit badges, including 12 required ones;

- teamwork as a member and leader of his troop and patrol; and

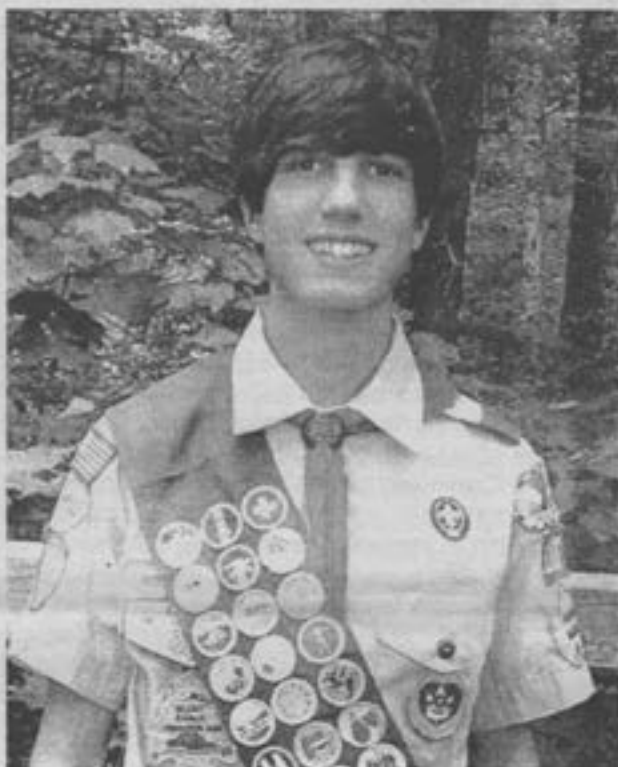
- demonstrating scout spirit as represented by living the scout oath and law.

Less than four percent of all boys in scouting achieve the Eagle Scout Award.

Keith's accomplishments include his Eagle Project in which he led an effort with his fellow 106 troop members to remove debris from the basin of DeSoto Falls in March 2005.

He held the following leadership positions in Troop 106:

- Troop Scribe: 4/26/99 - 1/00
- Assistant Patrol Leader: 1/1/00-5/14/01
- Patrol Leader: 5/20/02 - 12/16/02
- Troop Quartermaster: 9/15/04-4/16/05
- Major scouting activities included:
- Comer Scout Reservation Junior Leadership Training, St. Augustine, Florida -1999
- Big Stone Lake, South Dakota - 2000
- Order of the Arrow - 2002
- Philmont Scout Ranch - 2004.



Merit Badges earned included:

Required	Elective
Camping	Personal Fitness
Citizenship in the Community	Personal Management
Citizenship in the Nation	Swimming
Citizenship in the World	Architecture
Communications	Computers
Emergency Preparedness	Drafting
Environmental Science	Electricity
Family Life	Fishing
First Aid	Radio
	Shotgun Shooting
	Snow Sports
	Truck Transport

Keith's activities of personal growth include:

- Member of:
- Mentone Community Church
- Youth Group Praise Band-Drummer
- XI GATE Contemporary Christian Band-Drummer



L/R: Curtis Miller (11/25/96); Keith Miller (8/20/05); and Kenneth Miller (10/9/97)

Continued to center page 10 .

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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.

THE GROUNDHOG STAFF

Editor.....Evelyn Graves
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Linda Brown, Bernise Crow, Marie Dillenbeck,
Evelyn Graves, Sue Schwarz, L.C. Moon

MAPA OFFICERS

President.....Dessie Brown
Vice President.....Dot Crow
Treasurer.....Gregory Coe
Secretary.....Marie Dillenbeck
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Member at Large.....Evelyn Graves

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 6:30PM, September 6, 2005, at the fellowship hall of the Church of God of Prophecy. Present were Dessie Brown, Dot Crow, Greg Coe, Marie Dillenbeck, Page Cunningham, Evelyn Graves, Bernise Crow, Homer Crow, Lucille Crowe, Joanne Crowe, Leroy Crowe, Jack Jones, and visitors Dorna Hutcheson and Diane Kuehl.

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

After a reading of the August minutes, there being no corrections or additions, the minutes were accepted.

Greg Coe, Treasurer, passed out copies of the treasurer's report.

Diane Kuehl presented a program on the **Mentone Community Library**. She reported that the library was doing great and that there were many new books to check out, including current best sellers. The committee is constantly buying new books and selling at the annual yard sale any duplicate books received as donations. There are four computers that can be used by the public to go on the internet on Tuesdays from 3PM to 7PM and on Saturdays from 9AM to 12 Noon. After her presentation, the MAPA membership unanimously agreed to have their meetings placed on the calendar and approved the \$5 fee. Diane said that any members who had not had a chance to support the Mentone Community Library Calendar could do so and she would pass those requests on to the committee. The Community Library has a goal: a librarian. A copier has been purchased and the public can use it during the community hours. The Community Library Board also pays the utilities in the summer. Citizens are welcome to come during the open hours of 3PM-7PM on Tuesdays; and 9AM-12 Noon on Saturdays.

Under announcements, Jack Jones said that he and Olive had celebrated their 65th Anniversary, Sep 5.



Following the program, President Brown introduced, Dorna Hutcheson, from the Mentone Post Office. Dorna wanted to propose changes to the MAPA bulletin board outside the post office entrance. It had become a problem due to people posting signs outside the glass enclosure. After a discussion, it was decided that there would be a size limit with 5x7 being the maximum and a format which will include certain information.

The members thanked both Diane Kuehl and Dorna Hutcheson.

President Dessie Brown then called on Page Cunningham, **Colorfest** Chairman, to give a report on the upcoming festival to be held on **Oct. 15 and 16**, with a bonfire on Fri. night, Oct. 14. Page announced that members of Mentone Boy Scout Troop 106 will again be doing the parking and will also help with getting the wood for the bonfires. The grass in the park area will be cut. Volunteers were requested to sign up to work at the MAPA booth on Saturday and Sunday. Music has been scheduled and **Cotaco Creek** will again be performing and entertaining the crowds with their music. A general discussion followed regarding arrangements and those responsible for them.

October refreshments would be provided by Marie Dillenbeck and Penny Lyday. The November refreshments will be from Greg Coe and Leroy Crowe.

The members thanked Lucille Crowe, Dorothy Crow, and Joanne Crowe for the evening refreshments.

The monthly meeting place was changed to Dessie's Restaurant.

October 4, at 6PM, is the next meeting and Patty Tucker, Director of the DeKalb County Tourism Bureau will be the speaker.

The meeting was adjourned to have refreshments.



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COLUMBUS DAY

Columbus Day honors Christopher Columbus' first voyage to America in 1492. Columbus Day is a legal federal holiday throughout the United States. Until 1971, it was celebrated on October 12, but it is now celebrated on the second Monday in October. Cities and organizations sponsor parades and hold banquets.

The first Columbus Day celebration was held in 1792, when New York City celebrated the 400th anniversary of the landing. In 1892, President Benjamin Harrison called upon the people of the United States to celebrate Columbus Day on the 400th anniversary of the event. Columbus Day has been celebrated annually since 1920.

Although the land Columbus reached wasn't named after him, many monuments honor him. The Republic of Columbia in South America bears his name. So do towns, rivers, streets, and public buildings. The name Columbia has also been used as a poetic personification of the United States. The Columbus Memorial Library in Washington, D.C. contains 90,000 volumes on the 21 American republics.

Many Latin American countries celebrate October 12 as the Día de la Raza (Day of the Race). It honors the Spanish heritage of the peoples of Latin America. Celebration ceremonies feature speeches, parades, and colorful fiestas.

Elizabeth Mough Sechrist,
The World Book Encyclopedia



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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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Continued from page 1

EAGLE SCOUT KEITH MILLER

Fort Payne High School:

Wildcat Marching Band 1,2,3-Percussion

Junior ROTC 1 - Private First Class

•Tennis 3

•Master's Minority 3,4

•Key Club 4

Summer Mission Trip

•Jamaica, 2004

See below the Edgar A. Guest poem, "Myself", submitted and quoted by Grandpa Miller:

MYSELF

I have to live with myself, and so
I want to be fit for myself to know;
I want to be able as days go by
Always to look myself straight in the eye;
I don't want to stand with the setting sun
And hate myself for the things I've done.

I don't want to keep on a closet shelf
A lot of secrets about myself,
And fool myself as I come and go
Into thinking that nobody else will know
The kind of man I really am;
I don't want to dress myself up in sham.

I want to go out with my head erect,
I want to deserve all men's respect;
But here in the struggle for fame and self,
I want to be able to like myself.
I don't want to think as I come and go
That I'm bluster and bluff and empty show.

I never can hide myself from me,
I see what others may never see,
I know what others may never know,
I never can fool myself--and so,
Whatever happens, I want to be
Self-respecting and conscience free.

By Edgar A. Guest

Each Eagle Scout receives a Certificate of commendation from the Attorney General of the State of Alabama.

Keith's parents, his brothers, his extended family members, friends, and fellow scouts commend him for his efforts and diligence in working toward and achieving the Eagle Rank. His mother and dad are proud of his accomplishments and their prayer for him is that God will use all things in his life, including the preparation and skills of scouting, and work them together for good...

...that tough times will build him in character,
...that good times will keep him grateful,
...that testing times will strengthen his faith,
...that prosperous times will enrich his giving; &
...that through all the times of his life he will continue to grow into the man God desires him to be.

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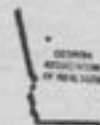
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ALSOBROOK ROAD, CLOUDLAND - Away from the hustle and bustle! Located in a secluded area off the beaten path, this ranch-style home has been totally remodeled. Large great room with kitchen/dining area, spacious master suite with walk-in closet, 2 additional bedrooms *6 full bath. all new flooring, fresh paint, new decking, new kitchen cabinets, new bathroom fixtures. Located on private 1+/- acre lot. Asking \$44,400. (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 Shinnbone 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.

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(1) **Mentone cottage with acreage!** Cozy cottage with 40 wooded acres near DeSoto State Park. 2 bedrooms, 1 bath, wood burning fireplace, cathedral ceiling, 2 storage buildings. \$209,900 (PLS #12724)



(2) **Bucktail Park** - Established summer home with 2 bedrooms 1-1/2 bath, 3 living areas (2 w/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 8. Sitting on over 2 acres with road 500' on the West Brow of Mentone. House and 100' lot for only \$249,900 (additional acreage available). All for only \$289,900 (PLS #12085)



(3) **Almost new cabin** on the brow near DeSoto State Park! 2 bedrooms, (1 up & 1 down), 2 baths, open living room w/rock fireplace, sunroom, unique wood ceiling, back deck and so much more! \$289,500 (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. \$395,000 (PLS #10906)



(5) **Less than 1 mile** from downtown Mentone and sitting 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 #11605)



(6) **BREATHTAKING CANYON VIEW** - Perfect GET-AWAY cabin! Newly constructed 3 bedroom, 2 bath featuring a great room with fireplace and formal dining, large kitchen with breakfast area, 2-car garage, front porch and rear deck to enjoy the view! \$145,000 (PLS #13407)



(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) **RIVER ACCESS** - 3 bedrooms, 2 baths with room to expand, built in 1925 and includes an over-sized living room w/fireplace, sunroom, large bedrooms and 250' of waterfront on West Fork of Little River. \$450,000 (PLS #12965)



(9) **Surrounded by DeSoto State Park** this cedar-sided cabin is perfect for a week-end get-away 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)



(10) **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.



(11) **North Brow** - 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 #13110)



(12) **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)



(13) **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 1350 sq. ft. of unfinished space upstairs. \$189,500 (PLS #13731)



(14) **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)



(15) **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)



(16) **Almost complete!** This new cedar-sided 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)



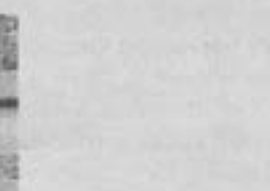
(17) **Valley Head** - 3 bedrooms, 1 bath cottage with living room, formal dining room, kitchen, utility, screened front porch. CH&A, detached garage/storage and all on a corner lot. \$74,900 (PLS #13173)



(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 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)



(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)



(21) **OPEN FOR BUSINESS IN DOWNTOWN MENTONE!** If you have always dreamed of having your own business, now is the time in Mentone is the place 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 wooden counters. Commercial type kitchen with ceramic tile flooring, stainless sink, glassed front porch and side deck. Great business opportunity for only \$92,500. (PLS #14154)

OTHER LISTINGS

- (22) 4 acre parcel on County Road 627 in Mentone. \$28,000.
- (23) **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. \$159,900 (PLS #11041)
- (24) **MTN. RIVER ESTATES** - Phase I & II - building lots available, some with river frontage. Restricted Subdivision. Lots start at \$27,300. Call for more information.
- (25) 1.56 acres on the brow near DeSoto State Park. \$37,500 (PLS #10133)
- (26) 4.23 acres on Hwy 117, just outside the Mentone City Limits. Property can be used as residential or commercial. \$19,900 (PLS #13271)
- (27) Beautiful BROW lot on DeSoto Parkway. .65 acres with beautiful rock formations and gorgeous sunsets. \$95,500. (PLS #13627)
- (28) **JUST LISTED...** 11 acres in downtown Mentone. Can be purchased as a whole or split in lots. \$115,000 (PLS #13656)
- (29) Hammondville... Building lots starting at \$5,000/lot. Call for more information.
- (30) **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)
- (31) 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)
- (32) Gently rolling, wooded vacant land in Valley Head. Perfect for development. Extensive paved road frontage. **SOLD AS A WHOLE ONLY.** \$186,000 (PLS #10101)
- (33) 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.

Lookout Mountain Natural Healing: Allergy Relief

By L.C. Moon

Fall is comparable to spring with allergies affecting so many. These glorious times of year are filled with beautiful colors of nature. The wind refreshes us with cool breezes on a warm day. Unfortunately for some of us- the wind carries with it components that cause allergic reactions. Fortunately nature offers remedies to balance our bodies when we have an imbalance.

I have seen great results with Nettle in treating allergies. About three years ago I had my first allergic reaction to pollen. I thought I had a cold that I could not beat but it made no sense to me because all the herbs that usually gave me relief were not effective enough. Although I never had allergies before, I concluded it was an allergy. I began drinking big glasses of hot nettle tea 4 - 6 times per day loaded with local honey. The first day was a very slight difference. The second day I felt a noticeable difference in my watery eyes and sinus drainage. Within 3 days I felt like a new person. I continued to drink the tea and local honey regularly at least two times a day for two weeks. Tsoi, my daughter, was having a reaction to the pollen as well. I made her toast with local honey. She would not drink the tea but she was still nursing at the time. Through my milk she also got the benefit of the nettle tea though it took about 4 days to see a substantial difference in her.

Over the past three years I have developed a formula that has given many folks relief. Some say that it has helped within hours of drinking the tea. If I feel allergies affecting me then I drink the tea regularly for a day or two and the symptoms disappear. It is very important to pay close attention to your body to prevent sickness. After a virus, bacteria or allergy become well established it is much more difficult to remedy. The effectiveness of the treatment is very dependent on how much and how often you drink the tea. Cold drinks do increase mucous in your body so drinking the tea and any other fluids warm is helpful. The tea is very concentrated with nettle though I have found that peppermint works very well to facilitate the herb's effectiveness. There are other herbs like ginger that could also be used for this purpose--in combination or in place of the peppermint. Chickweed and Eyebright bring forth a lot of help in clearing up the sinus and watery eyes.

Local honey is well known to be very helpful for allergies. Local Honey is used as a homeopathic remedy, similar to the concept of a vaccination. Mountain Life/LC Moon Herbals has a reliable source of raw local honey but the stock is very limited as a result of the honey bee population being threatened. Please keep in mind that the price of local honey from my supplier of raw local honey doubled this year because of the threat on the honey bee population. Though if you live or frequent this mountain this is the absolute best quality that you can get and the most local because it was produced and harvested by a small local family--the Powells--miles from the East Fork of the Little River. The honey has been so good and helpful to me in years past I always tell them I will buy all they harvest, so I did. Please keep in mind that some places sell honey that they claim is local though it is made elsewhere, packaged locally and a catchy local name applied to the jar.

More often than not people are ready to do something about the symptoms first and for most to relieve the suffering which is why people are so quick to turn

to over the counter medications that have potential side effects. The herbs listed above will help relieve the symptoms, though for some not as fast as over the counter medications however in my experience the body can fully heal faster with the herbs than the over the counter medications. If rest is a problem you could try herbs like valerian, catnip &/or lemon balm to help with rest. If I were to decrease my symptoms first, I would then feel it is also wise to cleanse and tone the body. Herbs such as red clover, burdock, dandelion, sassafras & yellow root are all great for tonic and body cleansing. These herbs can be taken in capsule, extract or tea. A lot of tea would need to be ingested to be very effective. After this type of herbal cleansing--in my experience--the body is even more capable of healing itself with the aid of other herbs listed above--such as nettle, chickweed and eyebright. It is also my experience that when the body gets the opportunity to have natural therapies to heal itself that it is more capable in the future to assimilate the herbs, the body learns to heal itself more rapidly and prevention is also more easily acquired.

When allergies affect the sinuses--often a sinus infection follows. At which point, it is necessary to combine herbs to treat both the infection and the allergy. I have great results with Echinacea and Garlic to treat infection. I take an extract of Echinacea 3 to 4 times per day and eat garlic raw or take a reliable brand of Garlic capsules. Eating garlic raw really helps to clear out the sinus. I feel it working as soon as it starts going down. I give Tsoi a glycerin based extract made for children that is a combination of Echinacea & Eyebright or a Nettle/Echinacea blend since I can not get her to drink enough tea to really make a difference. I use Eucalyptus, Rosemary or Peppermint essential oils in a beeswax salve base around her nose, apply it to a tissue when I blow her nose, use an aromatherapy diffuser or put the essential oil in a humidifier to help clear the sinus. I choose to use yellow root as well to help clear up infections in my body. If you want a native alternative to Echinacea then you could try harvesting the root of Black eyed Susans as they are known to have a similar immune boosting effect. Goldenseal is a native I choose not to harvest unless I am in dire immediate need. It is wiser to have a good quality farm raised version on hand or use yellow root as an alternative.

Please keep in mind that you should consult your healthcare provider before making changes to your healthcare regimen. Also please keep in mind that you should not give raw honey to children under one year of age and some warn against it until after a child is two years old. Some of the herbs mentioned I do have on hand. I do a lot of special orders since I down-sized the store. One of the reasons I do not always have them on hand is that I would like to get the best, freshest quality possible; and many people order off my website. So if you would like to know how to acquire some of the herbs mentioned above, you may call, write, email me, or stop in the store and I will help how I can. The store is open Friday noon - 5:30 - Saturday 10 AM - 5:30 and Sunday 11 AM - 4PM. Sometimes the store is open later but those are the best times to catch me.

You may contact me at (256) 634-3333

LCMoon03@aol.com or

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Henry Hardy Poe

October 19, 1920--

August 26, 2005

Henry Hardy Poe went to be with the Lord Friday morning, August 26, 2005. He was a member of Godfrey Avenue Baptist Church for 28 years. He also was a veteran of World War II. He had 12 children of whom 9 are still living, 18 grandchildren, and 8 great-grandchildren.

DADDY

On August 26 you left us
And went away.
We had you with us
So many years
That we wanted you to stay.
Our Hearts are broken
An only time can mend.
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For we will see you again.
We love you, daddy

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The Rhododendron Garden Club met on September 13 at Nippersink Lodge. President, Gethryn Giles, called the meeting to order at 12:30 p.m. and thanked the hosts, Ed and Gerry Disney. Dianne Kuehl gave the devotional and prayed the blessing. Jan Wilkinson led the members in the Pledge of Allegiance to the flag of the United States of America.

Gerry Disney, Harriett Lillich and Jan Wilkinson served refreshments to twenty-three members and four visitors, Martha Baker, Julia Quarrels, Lois Fuller and Ada Campbell.

Dianne Kuehl introduced the speaker, Lois Fuller. Lois is a member of the Ider Garden Club and is the winner of many awards for her floral designs in the VFW Fair Flower Show. Lois has been involved in helping with the flower show, in conjunction with the fair, for thirty-two years. Lois is an avid gardener. She grew the flowers used for her designs until the last three years, when the decision was made by the sponsor of the show to allow the designers to purchase flowers.

Lois reviewed the classes for designs in the upcoming 2005 Flower Show and answered questions. She had prepared some examples of designs to fit the schedule of the show. Lois explained the difference in each design and told how it fits the specifications of the description given in the schedule. One hint that she gave was to use the largest and darkest color of flowers closest to the lip of the container or the bottom of the design. Ada Campbell, also a member of Ider Garden Club, accompanied Lois to the meeting.

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 wild flowers that can now be seen in the fields and by the roadsides.

Dorothy Cyr, Conservation, reminded the members to continue to take printer cartridges to Marie at the Mentone Town Hall.

Mary Ellen Fielder, Hospitality, reported that she had sent a number of cards in the name of the club.

Margaret Baker, Special Projects, reported that the garden at the fire hall needs some attention.

The club made a decision to make a donation to the Salvation Army to be used for the victims of the recent hurricanes.

Margaret Baker was the recipient of the hostess gift and the meeting was declared adjourned.

The next meeting of the club will be October 11 at the MERF Community House at 12:30 p.m.

The speaker will be Pat Shippey whose subject will be Putting Your Garden to Bed.

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.

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STRESS MANAGEMENT

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can." "Relax; pick them up later after you've rested. Life is short. Enjoy it! And then he shared some ways of dealing with the burdens of life:

* Accept that some days you're the pigeon, and some days you're the statue.

* Always keep your words soft and sweet, just in case you have to eat them.

* Always read stuff that will make you look good if you die in the middle of it.

* Drive carefully. It's not only cars that can be recalled by their maker.

* If you can't be kind, at least have the decency to be vague.

* If you lend someone \$20 and never see that person again, it was probably worth it.

* It may be that your sole purpose in life is simply to serve as a warning to others.

* Never buy a car you can't push.

* Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

* Nobody cares if you can't dance well. Just get up and dance.

* Since it's the early worm that gets eaten by the bird, sleep late.

* The second mouse gets the cheese.

* When everything's coming your way, you're in the wrong lane.

* Birthdays are good for you. The more you have, the longer you live.

* You may be only one person in the world, but you may also be the world to one person.

* We could learn a lot from crayons. Some are sharp, some are pretty and some are dull! Some have weird names, and all are different colors, but they all have to live in the same box.

* A truly happy person is one who can enjoy the scenery on a detour."

Have an awesome day and know that someone has thought about you today. I did.

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



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(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.



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LIBS FROM THE LIBRARY by Linda Brown

The library continues to be the "Happening Place". Many things have happened lately, some good and some bad. First the good news, on Thursday, September 15, a program of Old Time Music was presented to the students of Moon Lake Elementary School by Bill Martin and James and Rachel Bryan. Not only were the students exposed to a kind of music that most of them had never heard but Bill Martin did a wonderful job of telling them about the instruments and how they came to be played here and how the music was written to reflect on the lives of the people who wrote the music and the words. The concept of music without wires or amplifiers was new to many of the students who play computer and video games. This program of music was also very pertinent because it is so indicative of the music that has been played in Mentone for many years and many of the students, whether they knew it or not, have someone in their family who played this kind of music. An added item of interest is that Rachel Bryan attended Moon Lake Elementary School.

This brings me to what may be the bad news, this may be the last enrichment program for the students that is sponsored by the Board of Directors of the Community Library. There is a reading program in place at MLES that does not allow for any variance from the schedule. The program of music was very hard to set up and almost did not happen. It seems that the library cannot be used for this kind of activity until after 2 p.m. and since school is out shortly after 2 p.m. this does not leave any time for such activities. At the September meeting, the members of the Board of Directors made the decision not to present any more enrichment programs until more thought can be put into the situation.

Now to report what I know is bad news, the rhododendron plants on either side of the front door of the library were stolen!! Someone dug them up, dragged them out into the parking lot and we suppose loaded them into a vehicle and took them away. If anyone has any information about this happening, would you write your information on a piece of paper and drop it into the box by the front door? We would greatly appreciate it.

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.

The members of the Board of Directors want to welcome Tanya Lasseter as a member. She will be the liaison for the school. We are very glad to have her to help us help the students of Moon Lake. She will tell us what we can do to help the library function better and also what we can't do as a combination library. We have such a unique situation in that we use the library for the students and also for the citizens of the community. So far, we have not had any major problems, everything has worked much better than anyone thought it would. Welcome Tanya, glad to have you on (the) board!

Speaking of our meetings of the board, we have changed the time to accommodate Tanya's schedule. We 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.

We will be having what we call a work day at the library on Saturday, October 22 beginning at 9 a.m. Each year we try to have at least one, sometimes two, days when we spend a morning in the library trying to make it a little more neat and tidy. We clean the shelves, dust the books, put books in their proper place, cover and shelve books and many other things that take more time than we have during regular open hours. If you would like to come and help, please do so. This is a good opportunity to meet those of us who are involved with the library. We won't pressure you to sign up for anything or to do anything except have a good time with us. This is always a lot of fun and that makes the work go faster. We will take a break about mid-morning for a cup of coffee and a sweet roll.

The Birthday Calendars have been ordered and should be here in October or November. If you have ordered one in past years, you should be able to get one again. I know that I did not contact all of my people but I placed an order for the number I had orders for last year. When they arrive, I will get in touch with you and have the calendars ready to deliver to you. We will sell them for \$5.00 each again this year. We have made some changes this year. One is that we have offered colored ads to our advertisers and several have taken us up on the offer. This should make the calendar more attractive. Also, the squares that hold the dates should be larger so you can write more on your calendar. We hope that you will like this change and ask that you let us know after you see them. Some people have asked why we put the picture of the library on the calendar and not one of a natural attraction that might make a prettier picture. The members of the board feel that the library is one of the most beautiful buildings in Mentone. Maybe not in architectural structure but certainly in the contents of the building. Remember, you can't judge a book by its cover. This building is beautiful in that it contains all of the knowledge in the world. It may not all be stored there, but the means to find it is there. It is a great place to start your search and then continue from there.

We are in the process of getting a sign placed on the building stating what it is. This should help the looks of the outside. This will keep it from looking so "plain." Watch for the sign to be placed, it will be over the front doors.

Remember that we will continue to be open at 3 p.m. on Tuesdays. This is for the convenience of the public, especially the parents of students being picked up at Moon Lake. Please take advantage of this and come by on Tuesday. Another reason for our decision to continue with the early hours is to give everyone a chance to come to the library before dark. Many people do not like to drive after dark or go into their homes after dark.

We will have the traveling library for those who have lunch at the MERF Community House on Wednesdays again this year. This was a great success last year and we hope that everyone will take advantage of the program again. Much of this program's success is because of the dedication of Virginia Setze and Judy Dowiat. Be sure to tell them

how much you appreciate their efforts. This is truly a labor of love.

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

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A message from:
 North Lookout Mountain Fire Protection District

The use of decorative candles is a growing concern as more people are being injured or killed in home fires caused by candles. To address this issue, "Use Candles with Care," has been designated as the theme this year by the National Fire Protection Association for Fire Prevention Week, October 9-15, 2005.

Since 2000, the Alabama State Fire Marshal's Office has recorded 13 deaths from fire in the state due to the improper use of candles. The incidence of fires started in the home by candles has been increasing nationally since 1995. The latest data provided by NFPA indicates a 15 percent increase in candle fires from 2000-2001.

Factors contributing to candle-caused fires include the following:

Leaving lit candles unattended or near combustible materials.

Using candles as a light source.

Leaving children alone in rooms with lit candles.

As the incidence of candle fires increases, so does the risk for people to be killed or injured. According to a 2001 NFPA survey, for every person killed, approximately eight people are injured. Those at greatest risk to suffer from death or injury include young children and families living in poverty.

Here are some tips on how to use candles safely in the home:

Extinguish all candles before leaving a room or going to sleep.

Keep lit candles away from combustible items such as clothing, paper, bedding, window curtains and holiday decorations.

Use candle holders that are sturdy and large enough to collect dripping wax.

Store candles, matches and lighters out of the sight and reach of young children.

Place candles up high enough to prevent them from accidentally being knocked over by young children and pets.

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NEW GENERATION DANCERS AND LOOKOUT MOUNTAIN CLOGGERS



1st Row: Karen Wright, Stacy Howard, Angie Miller, Tammy Davis
2nd Row: Qwinn Bell, Debbie Henderson, Nikki Croft,
Wanda Henderson and Cheryl Lewis
Won 1st Place in the Ladies

**The New Generation Dancers and the
Lookout Mountain Cloggers recently won top honors
at the Bama Blast Clogging Competition in Oxford,
Alabama.**

Lots of really hard work paid off. Everyone really shined.
Congratulations!! Cloggers will be appearing at Mentone's Colorfest
on Sunday, October 16, at 2PM.



New Generation Dancers

L/R: Haley Saferite, Rebecca Welden, Bud Jones,
Jessica Howard, Brandi Miller

Won 1st and 2nd in the Teen Clogging Competition



L/R: Brooklyn Wright and Amelia Saferite
Won 1st place in the Show Duo
at the Bama Blast Clogging Competition

CHRISTMAS DECORATIONS UPDATE

The Mentone Christmas Decorations Committee has purchased 6 more of the 5' Forked Fancy Snowflake decorations at the cost of \$299.00 each for the upcoming Christmas holidays. Two of which will be placed in Mason Park, and the rest will be distributed to the poles that were missed last year. Also, more lights and light displays are needed for Mason Park. Please help us pay for the cost of the decorations and the replacement bulb cost by sending your generous donations to the Mentone Christmas Decorations Committee at PO Box 13, Mentone, AL 35984.

The committee is also hoping to raise enough funds from the community to either buy a pre-fabricated gazebo for the park or have one built on the site. If you would like to contribute in any way towards this by volunteering materials, time, or money, it would be gratefully appreciated. If you would like to volunteer to help put up the holiday decorations and/or help in decorating Mason Park, or have ideas about decorating, please contact Gail Chambers at 634-4507, or write to the address above. Thank you for your generosity in advance.

Mentone Christmas Decorations Committee

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Yes, I would like to be a part of the community involvement by either purchasing one or more of the Christmas decorations or by donating to the effort of adding more light displays in Mason Town Park.
Enclosed, you will find my donation in the amount of \$_____

Name: _____
Address: _____ City: _____, State: _____; Zip: _____
Phone No. _____



The
**Country
Journal**
By
BERNISE CROW

Time is slipping away fast. This is the season I love best. September was a beautiful but very dry month in our area. It kept us busy watering plants; still, some shrubs look wilted and leaves are dry. I hope they survive.

Doreen planned a very nice party for my eightieth birthday, which was a sad time after Joyce passed away; but Joyce had told me that she was planning a big one for me, so I suppose this party was done to carry out her wishes. Our grandson, Dillon, came from Dallas, TX, that day, and we enjoyed seeing him. Michael and Carol Pague, from Harriman, TN, came and brought me a painting she had done. It was a painting of a man playing a violin and was so well done that I got goose pimples when it was uncovered. Dr. Gary and Lou Ann Johns from Jasper, GA, came with their pretty daughters, Meranda and Caroline. The little girls spent a good bit of their time making birthday cards for me, very original. My Aunt Ruby Taylor, and her daughter, Gay Smith, came from Chattanooga and brought my cousin, Ardelle Cantrell, from Chickamagua. Michael and Beverly DeYampart from Ooltawa, TN, brought our good friend, Ruth Ragland. Plus many, many local friends and family. Our house was crowded. We had asked that no gifts be brought, but several ignored it and brought gifts anyway. It was fun opening them.

Margaret Baker with the Wildflower restaurant catered the food for us and her husband, Hayward, helped her deliver it. Joann Crow brought her famous punch. Dorothy Cyr brought a wonderful supply of cookies. What a treat--some of the best food one could imagine.

What a wonderful party! Joyce would have approved, and somehow I felt her presence with us.

September has been a month of much pain and disaster due to hurricane Katrina and now Rita. They have taken much time on television giving details of death and destruction. It's hard to imagine the heartache these displaced people have suffered. We have had some here in Mentone. Jim and Penny Lyday kept a nice young family in their home until an apartment was found for them. The couple had two precious sweet children. We saw them at Howard's Chapel where the man spoke after the service. He said they had lost everything, including the house and all of the contents. He said he was overwhelmed by the generosity of the people of this community. They had been given food, clothing, shelter, and money, and was very appreciative. The little church had already given \$1000 for hurricane relief and voted to give another \$1000. It's wonderful to see how real Christian Americans are ready to give generously to those in need.

We have never had a disaster like this one in my lifetime. And now Rita has caused more problems, but

not as disastrous as Katrina. Millions of people had to leave their homes and belongings on short notice. Families were separated. Lives were shattered. Hundreds are missing. The Death toll is still rising. Let's hope and pray that nothing like this ever happens to America again. I feel sure that the Salvation Army would be glad to have any good clothing that you could spare. Be sure it is clean and ready to wear.

I have had some visitors to the Hitching Post who were from New Orleans. They were the fortunate ones who did not lose their homes, but were not sure looters had not cleaned them out. They were nice people and I enjoyed visiting with them.

Eloise Brown was our dear poet and I miss her news about friends in Valley Head. She was so faithful to write her column even when she was not well. She wrote a lovely poem for Homer and me for our fiftieth wedding anniversary. May she rest in peace.

And Ruby Brock was faithful in her devotional, God's Minute, on the back page of The Groundhog. It was the first thing I read when the new paper arrived. Dr. Hussell wrote the last one and it was also good.

The wedding of the month, as far as we could observe, was the Patton-Roth wedding. Their pictures were in The Groundhog last month. They were married at St. Joseph Episcopal Church and had a grand reception at the Patton home complete with a big band. Our son, Coy, and Tony Crow parked in the church parking lot and enjoyed the music. The white tents looked beautiful and I saw a beautiful white floral arrangement.

The Pattons have the yellow house behind the Hitching Post. Nevin Patton Sr. can tell a lot of fascinating history about the Wright family. The Wrights are his ancestors. We need to do a story about them one day in The Groundhog.

The house is one of the oldest in Mentone and has been kept in good condition. Mrs. Addie Jackson lived there in the 1940s and had an antique shop in the house. I was working at the DeSoto Hotel (now The Mentone Inn) at that time. We would go to Mrs. Jackson's and buy homemade fudge and send it to Homer who was in the Air Force during World War II. I became very interested in her antiques, particularly an old rope bed. That is when I became interested in antiques and years later started an antique business of my own--now in its 26th year. I hope the newly weds will have a long and happy marriage and will help preserve the old house.

Page Cunningham seems to be doing well with the plans for the Colorfest to be held October 15th and 16th, with a bonfire, music, and story telling Friday evening the 14th on the square.

Enjoy these cool days and cooler evenings.

Remember me in your prayers. I still have problems, but not serious at the present time.

Stop by & chat with Bernise at

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Fall is in the air at Snappy Tees

Fall is almost in full force on the mountain and Snappy Tees Screen Printing and Gift Shop has many new items including a whole new assortment of hand painted ceramics from "Friends and Family Ceramics" of Columbiana, AL. Pat Vansant and Pat Smith pour and hand paint these beautiful ceramic pieces. Come by and see cute bunnies, kittens, piggys, bird feeders and houses among other really nice pieces. We also have beautiful hand made tree earrings and other hanging decorations made from copper and Fenton glass. These make great gifts, too.

Snappy Tees makes personalized photo shirts, caps, and cups, mouse pads, tote bags, and key chains. Now, we also have PET SHIRTS. We personalize shirts with our favorite sayings or occasion, such as family reunions, church events, craft shows, bike shows, etc. We print one shirt, 100 shirts, or any number in between. Snappy Tees also offers promotional items to promote your business. 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 more. We have a new assortment of T-Shirts, including Fairies, Bikers, Tigers, Redneck, and children's designs.

The 450-mile yard sale went so well this year; we, at Snappy Tees are trying to start up **Mentone Trade Days**. If you're interested in selling anything, outside spaces will be **FREE** for the first month. So don't wait 'til next year to clean out that unwanted stuff. Come out and sell it while the weather is still nice.

Snappy Tees is located at 3219 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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From the Sidewalks of Los Angeles to Lookout Mountain



Cathy and Ted Howard
By Cathy Haven Howard,
formerly Cathy Weherenberg

The Calling

I grew up on the sidewalks of Los Angeles. I did not have an aunt or granny who lived in the country that we could visit. All my people lived in the city. When we vacationed we went to the beach, never the mountains. So, I have been known to say that if you had told this California girl she would be living in the woods of Northeast Alabama when she was in her fifties and would be happier than she had been, I would have told you that you were crazy. But here I am. Like many people in my community, I feel I was called to be here on this special and sacred mountain.

I first started visiting friends in Mentone in the early nineties, not long after I moved to Birmingham. Their home was "way back" in the woods and we moved through our days with a deep appreciation for each other, the land, nature and something that I now call mountain time. In 2000 my marriage was ending, but a whole series of events happened for me to find 32 acres of land and a small house that was near my

friends. Doors began opening and I felt a small hand on my back pushing me through every obstacle. In late August of 2000 I moved into what I now call Heartwood.

As I was healing from my divorce, I walked and fell in love with the forest land that I now called home. The trees, the underground streams, the fern grotto and the different faces on the rocks that suddenly appear on the land all became my daily companions and friends. The time spent alone just walking; letting in the silence, the listening brought me a deep peace and guidance.

The Vision

As I walked my land, many things healed for me; but I also heard that this could be a healing place for others. I began to see a place for people to spend their own quiet time alone in nature. At first, this vision was only about offering an opportunity to walk the trails and sit at some of the special places along the trails to write or meditate.

Christmas Eve 2002, Ted Howard drove down my driveway to wish me a Merry Christmas. It was the beginning of a special and sweet relationship that was celebrated in our marriage in our field on April 30th this year. Ted has become a partner with me in all the senses of the word. He immediately embraced my vision of Heartwood becoming a Retreat Center, a place for others to seek peace and let the magic of the forest speak to them. Ted assisted in having built three new buildings for people who wish to stay at Heartwood.

What we offer at Heartwood

Currently we have two cabins that are available for rent. One cabin has a full size bed, electricity and a composting toilet. The second cabin has two twin beds, electricity and composting toilet. Both cabins are in easy walking distance from the Garden Shed.

The Garden Shed has a complete kitchen with four burner range top, microwave, refrigerator and toaster oven. There are pots and pans, cooking utensils, dishes- everything needed to prepare a meal. People staying in the cabins have use of all the facilities at the

Garden Shed. Behind the Shed is an outdoor shower and composting toilet. The cabins rent for \$30.00 a night.

The newest building is Inspiration Hall and it is a multipurpose room. It can be used for bunk house style sleeping, for small group meetings, exercise or meditation type classes. Anyone staying at Inspiration Hall may also use the facilities at the Garden Shed.

The cost for staying in the Hall is \$10.00 a night.

Tent camping is available in our large field or in designated spaces throughout the property. Tent campers can use the Garden Shed facilities and it is \$7.00 a night per tent to camp at Heartwood.

We are currently kicking off our fall line-up of retreats at the Heartwood Retreat Center. Please go to our website and check out the exciting variety of retreats and workshops that we are offering this fall. We do some of our own retreats and we also rent the retreat facility to others to do their own workshops in this special setting. Please call us for a brochure and prices on the breakdown of these services.

I also offer individually designed personal retreats for individuals seeking their own unique experience around their life issues. I am a trained professional life and spiritual coach working with people in individual sessions to create a life that works for them on all levels.

Knowing More and Contacting Us

Please visit our new updated website at www.heartwoodsantuary.com. We have pictures and more information about our services. If you sign up for our monthly Ezine, we will give you a free walking tour of the meditation trails at Heartwood. This month's Ezine will cover: "Seven Opportunities for Staying Grounded and Calm in Challenging Times."

You can contact us by email at cathy@heartwoodsantuary.com or by phone at 256 634-0503.

We look forward to hearing from you and sharing Heartwood with you.

PUBLIC NOTICE **THE TOWN OF MENTONE** **COUNCIL MEETING DATES** **FOR THE FISCAL YEAR**

2005-2006 ARE:

OCTOBER 10, 2005

NOVEMBER 14, 2005

DECEMBER 12, 2005

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

Any changes will be posted 7 days prior to any scheduled meeting shown above.

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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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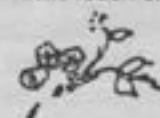
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HOUNDS & MEN

By John Baty

The temperature is a little lower, the leaves have done their job of producing the mature seeds and have gone into their seventh-day rest; the birds and small mammals move more rapidly and purposefully, their new coats shining in the clear full sunlight; the signs are signaling the seasonal change. But there is something--something outside the realm of the five senses-- which speaks to me of October. Perhaps it is some end product of the aggregate bequests of all the phenomena reaching our senses; some indefinable, perhaps even non-physical, stimulus to our minds, which tells me that it is October. A calendar is redundant in the face of this indefinable, but oh so knowable, recognition that Fall is here.

My first love affair was with October and those sad, pleading, friendly eyes and pendulous ears of the hound dog, man's most natural and sincere companion in nature. At nine years old--the age of beginning for me, the age of fulfillment and rest for the old hound--I saw a beauty and experienced an appreciation in nature, which has only been available in dilute form these subsequent years.

It is with a little remorse, however, that I recall what we were willing to demand of those dogs: we would run them three nights a week, many nights twelve or more hours of continuous running until they were as lean and tough as saddle leather. A common expression of those times went something like: "The pads of his feet are as tough as rawhide and you can read a newspaper through his lean flanks, but he won't quit out of the race until the game is accounted for." And it was almost true.

Today, as I look outside and let my mind traverse those years, years sometimes wantonly and recklessly spent, I harbor a little guilt at what I expected from the hounds. I often wish that Ol' Knothead and Ol' Danger were here to enjoy the affluence of our time. Why I can see them lying on their kennel boxes, their feet soft and tender from confinement and rest, fifty percent overweight, watching the plump young females passing by headed for the garbage dump, never having known the joy and rigors of a demanding race. Unprepared for any application of native talents. And could it be that yonder I see Ol' Knothead has a cell-phone with which he can keep in constant contact with the word of which family is throwing away the unused T-bones, and all from his position of luxury in his kennel with sweetened ice water and the all-important automatic feeder. I guess I should worry about the "cruelty" we imposed upon those long dead friends. But, you know, somehow, I feel that their getting to exercise in the Fall woods pays a part of what I owe them. I feel better when I recognize that fact.

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PUBLIC NOTICE THE WATERWORKS BOARD OF THE TOWN OF MENTONE MEETING DATES 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

Any changes will be posted 7
days prior to any scheduled
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Dr. Crofts Named Yamaha Corp. Trumpet Performing Artist

Al Harris, Director / JSU News Bureau & Pub. Office

Yamaha Corporation honored Jacksonville State University's Dr. Chip Crofts as a Trumpet Performing Artist.

Crofts, assistant professor of music, is among a small group of professional trumpet players and educators chosen for the honor and will represent the corporation nationally through performances and clinics this fall.

As a Yamaha Performing Artist, Dr. Crofts will be featured on the company's Global Artist website and will become part of a respected worldwide network of Yamaha staff and artists dedicated to quality in all aspects of music. Yamaha Performing Artists are members of an elite group that includes active, gifted, and articulate musicians.

Yamaha artists inspire many to become musicians. These musicians shine across the spectrum of musical genres and their abilities are unique.

This year will also be eventful for Crofts and the JSU jazz program, as he will be taking JSU Jazz I to the Alabama Music Educator's conference as the feature university ensemble this year. During the same weekend, Crofts will also be busy as the 2006 guest director of the Alabama All-State Jazz Ensemble.

Crofts will be featured the following week as a guest trumpet soloist with North Cobb High School at the Georgia Music Educator's Conference in Savannah, Ga.

Crofts is director of jazz studies at JSU, which includes three big bands and several combos, as well as classes in improvisation, theory, and applied jazz lessons. The trumpet program maintains a strong reputation throughout the Southeast, and the combined studios of Dr. Crofts and Dr. John Merriman consistently maintain more than 30 majors per year.

Crofts has been an on-call trumpet artist for the Disney Company and has performed and recorded throughout the U.S. and Europe. In addition, Crofts has toured and performed with artists such as Ray Charles, The Temptations, The Manhattan Transfer, and Maynard Ferguson. Chip is in frequent demand as a freelance musician throughout the Southeast and is a first call lead player for many national touring companies and artists.



Enjoy a fine dining experience on the brow of Lookout Mountain.
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Friday-Saturday 5-9 p.m. DeSoto Parkway - Mentone

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(256) 634-4677

The Big Bad Wolf

By Annie Koger Young,
(94 years young)

I enjoyed John Baty's version of Grandmother and the Big Bad Wolf. His version was a bit different from the way I heard it. They told me that this "Big Bad Wolf" met the little girl in the woods and asked her where she was going. She told him that she was taking her grandmother a basket of cookies. He told her she could go down one path and he would take the other path and see which one got there first. He sent her on the long path and he took the short one.

When she got to her grandmother's house, and knocked on the door, she heard a gruff voice say, "Come in, my child." She opened the door and went in. There lay the old wolf in Grandmother's bed, wearing Grandmother's cap and nightgown. The little girl looked at the old wolf and said, "What big old eyes you have, Grandmother!" The old wolf replied, "The better to see you, my child." The little girl said, "But, what big claws you have, Grandmother!" "The better to feel you with, my child," said the old wolf. Then the little girl said, "What big teeth you have, Grandmother!"

When the wolf started getting up to eat the little girl, she reached down into the basket, pulled out a gun, and shot the "Big Bad Wolf" and killed him.

The moral of the story is that little girls are smarter today than little girls used to be. They are, too. I ought to know. I was a little girl once upon a time, a long time ago.

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Praise to the "Saints" of New Orleans

By Ken Thompson

Despite pernicious onslaught, like the tragedy of Katrina, Americans overcome and prevail eventually. CNN and Fox networks report to the curious who are on the high ground the rescue efforts, the dismal plight of the survivors, and the sinful side of opportunistic thieves in the wake of devastation. In any major city, there will always be a dark side-looters, snipers, and low-class faction of society. Some of those looters were acting out of survival instincts, trying to save the lives of their loved ones by taking only necessary items, diapers, bottled water, and medicine. But to the curious on the high ground, it seemed a fitting stigma placed squarely on the lapel of "The Big Easy". New Orleans is host to only beggars, degenerates, and lowlives. To some tourists, even Mardi Gras seems a sinful gathering of Bacchantes when things are normal. When will things be normal for those poor people? Hopefully soon.

Remember in the fall of '89, when Oakland was playing San Francisco in the World Series? There was a devastating earthquake that collapsed the Bay Bridge, taking lives and causing economic havoc in the Bay area. One month later, that bridge was operational again. That accomplishment was a tribute to the people of the area, Americans who will not be defeated. After the tumbling of the Trade Towers of 9/11, New Yorkers rebounded, and our world has changed. That "stuff" that New Yorkers possess to rebuild and carry-on is the same "stuff" that will eventually upright the tragedy of Katrina in New Orleans and the surrounding gulf area. The power of the storm is ineffable, but the power of giving people is far greater. Asian tsunami victims can testify to the

power of both. And do we Americans respond quickly enough?

In the old days, the cavalry sometimes took a month to venture a rescue. Let's not diminish the gradual relief that represents the only good coming out of this tragedy, and let's not become expert critics while we sit safely on our high ground, and the water still rises in tossed low areas of the Gulf states. Imagine the irony of that water--the very thing that struck and caused the misery, yet the needed item in clean form (bottled) to allow survival. Imagine dehydration, inability to get clean, and all the while an increasing sea of muddy water that just destroyed everything you owned. My heart goes out to those suffering.

I have attended a few Mardi Gras events, not the only thing that makes New Orleans famous, and I have observed with awe the clean-up crews of the streets of New Orleans on Ash Wednesday morning after they have slaved since midnight. It's clean. It's amazing. I have also noted the New Orleans police during those Mardi Gras parades keeping the peace efficiently and politely, often on horseback controlling the crowds. The city has some fine people. Some of those fine people need encouragement; they need to be reminded that the flag of victory will fly again, and that they will survive, and that their lives will be stronger in the aftermath. Possessions can be rebuilt, regained, and perhaps fortified. The loss of life I leave to the Saints. Hang in there New Orleans! Hang in there Mobile! America will prevail.

Ken Thompson, B.A. Rhodes College, English teacher licensure APSU. Currently staying in Ft. Payne seeking teaching position in AL. Published in Internet sites, magazines, and papers. Certified 7-12 TN & KY.

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MENTONE COLORFEST



~~~~~ OCTOBER 15 & 16 ~~~~~  
The Mentone Area Preservation Association  
P. O. Box 50; Mentone, Alabama 35984

**Presents**  
**'2005 Colorfest'**



Starting Friday evening at 6:30 p.m., a bonfire party and music will kick-off our celebration of fall on the Mountain!!!

On the Square by the Mentone Inn in Downtown Mentone  
(Limited seating bring lawn chairs)

Saturday evening at 6:30 p.m. we will have another bonfire party and music.  
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OR visit our website at www.MentoneAlabama.org

SCHEDULE OF MEETINGS, EVENTS, AND OTHER DATES

- Tuesday, October 4, 6:30 PM, MAPA monthly meeting, Church of God of Prophecy fellowship hall
- Tuesday, October 4, 6:30 PM, DeSoto Rescue Squad (see notice for meeting place)
- Monday, October 10, 6PM, Town Council Meeting, Mentone Town Hall meeting room, open to the public
- Tuesday, October 11, 12:00 PM Rhododendron Garden Club, Mentone Community House
- Tuesday, October 11, American Legion meeting 6:30 p.m., American Legion Hall
- Thursday, October 13, Mentone Book Club, 10 AM
- Saturday, October 22 - 6:30PM, Musical Mountain Strings at Mentone Square
- Thursday, October 27, 4PM, Waterworks Board Meeting, Waterworks Board Room, open to the public
- Sunday, October 30, Daylight Savings Time ENDS
- Monday, October 31, HALLOWEEN



A MEDITATION

By Oscar J. Hussel

Mentone has a history of a variety of ups and downs; yet always underneath the spirit of integrity and kindness. Today, a raw, even better spirit is emerging. Now is a time to remember God's Word in Ezekiel 18 that "all of life belongs to God"; a time to reconsider how we are God's; and what that means in our relationships with each other. Be part of the new spirit.



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