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THE

GROUNDHOG

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Volume 14, No. 9

"Neighborly News from the Heart of Lookout Mountain"

September 1996

SCOTTY HULGAN, UNLIKELY "ANGEL OF I-59"

By Dr. Pat Seymour

When one thinks of being "touched by an angel," he usually envisions her as being a glowing petite lady with shiny halo and wings. Well, "the angelic vision" on Sand Mountain, Hwy. 117, I-59, etc., is **male**, 6'1" tall, weighs 230 pounds, has grease-stained fingernails, and drives a huge wrecker/tow truck. This "angel" is Scotty Hulgan of Hulgan's Texaco in Hammondville, and he is the answer to prayers of motorists and individuals in distress.

Born Kerry Scott Hulgan 31 years ago, Scotty is the middle of three sons born to Billy and Louise Hulgan of Hammondville. He has been playing "angel" since he started working at age 13 for his father. Scotty has been married to Anita Durham for eight years. Anita is the daughter of Roy and Rhonda (deceased) Durham, of Sand Mountain. Scotty's duties at the station include 24-hour road service and whatever else needs handling in his position as Service Manager.

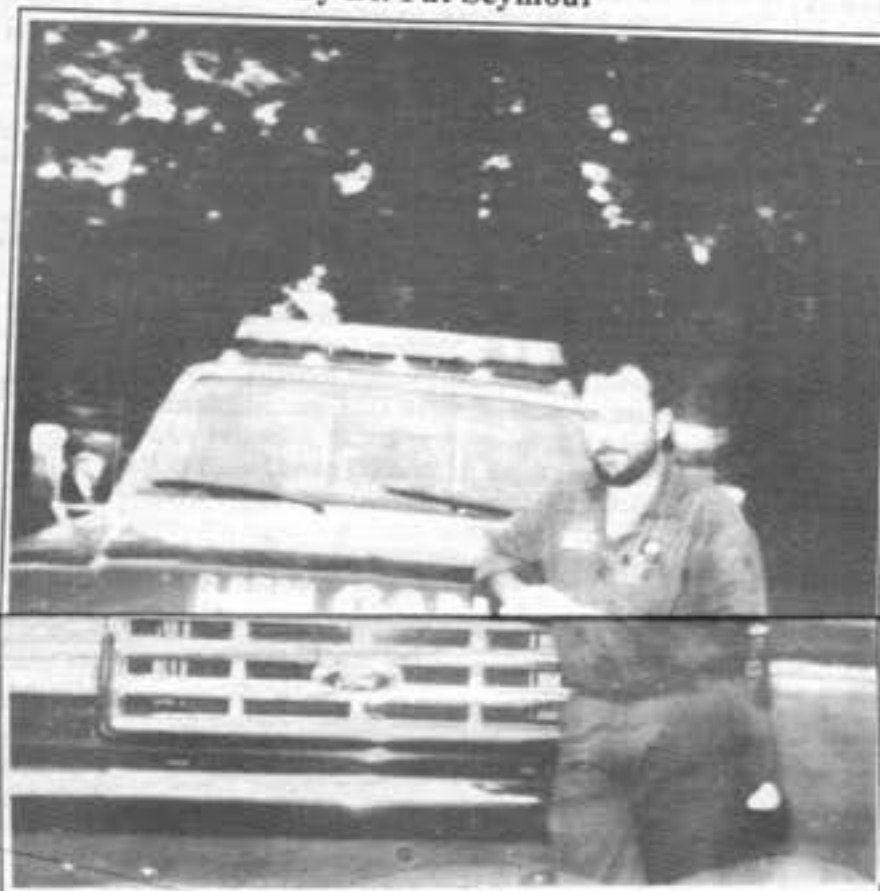
A 1983 graduate of Valley Head High School, Scotty has two brothers: Mike, who is older, and Clay, who is younger.

The *Groundhog* was informed of several recent "miracles" and how this "angel" saved people in distress.

● Scotty answered a call one evening at 7 p.m., from a lady stranded at the I-59 Welcome Center. Her car had broken down and she had eight children and her elderly father with her. Upon his arrival, Scotty examined the car and found that the alternator had burned out. He towed them to Anniston where she could get the car repaired.

● An elderly couple's new Plymouth Sundance broke down in Rising Fawn, GA., and Scotty towed them to Montgomery.

● A calf was drowning in a washout on the farm of Charles Bell (former principal of Moon Lake School), and Scotty rescued the calf.



Scotty Hulgan with wrecker/tow truck

● Across the road from Tutwiler Gap on Hwy. 117, three teenage boys who had gone nearly off the mountain were dangling over the precipice. Using two wreckers for safety, Scotty secured one wrecker to the boys' vehicle, and pulled it back from the drop off with the other. Scotty said, "The boys were afraid even to wiggle a toe."

● A new Honda was in a deep pond on Sand Mountain. Scuba divers had to attach the tow lines so Scotty could pull the Honda out.

● An elderly couple's TransAm wrecked 70 feet off the interstate. Scotty had to lift the car off the man who was injured and pinned underneath. The woman had been thrown clear and was not seriously hurt.

● Charles McElhaney had cows drowning in a creek, and Scotty pulled them out and saved them.

● A new Volvo hit a large boulder on the Camp Saddle Rock road and burst the oil pan. A couple and their two children were rescued, and the Volvo towed to a dealership in Chattanooga.

The list of Scotty Hulgan's "angelic" endeavors goes on and on. The above incidents occurred over a period of approximately two weeks.

Maybe, the definition of "angel" should be reexamined. When it is, smear some grease under the fingernails, y'all hear?



Appreciation Day for Dr. James Quimby September 22, 2-4 p.m. The Winston Place

Mark your calendar for a really big event that is coming to the area on Sunday, September 22, at the Winston Place, in Valley Head, on the front porch; casual dress. Everyone is invited. A reception given by the City of Valley Head, will be held to honor Dr. James Quimby, physician with over 50 years service.

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SCHEDULE OF MEETINGS, EVENTS, AND OTHER DATES

- Sunday, Sept. 8, Grandparents' Day
- Monday, Sept. 9, 7 p.m., City Council Meeting, Town Hall
- Sunday, Sept. 22, Reception for Dr. James Quimby (See notice on this page and elsewhere. Everybody is invited.)
- Saturday, Sept. 14, Ladies Golf Tournament, Lil Mole Run Golf Course (See flyer elsewhere.)
- Sunday, Sept. 22, Autumn begins

- Sept. 30-Oct. 5, DeKalb County VFW Flower and Garden Show and Fair (See flyer elsewhere.)
- Tuesday, Oct. 1, 7 p.m., MAPA Meeting, Mentone Inn
- Monday, Oct. 7, 7 p.m., City Council Meeting, Town Hall
- October Colorfest, October 18-20 and Groundhog Run, October 19 (See flyers on back page and elsewhere.)

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P.O. Box 387, Mentone, AL 35984



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Vice President.....Jim Lyday
Secretary.....Mickey Gough
Treasurer.....Penny Lyday
Parliamentarian.....Homer Crow
Member-At-Large.....Ed Disney
Member-At-Large.....Donna Bouldin

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.

Advertising in the paper is welcome. They should be typed 22nd day of the month preceding publication. The Publication is due out by the first Tuesday of each month.

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MAPA BIRTHDAYS

SEPTEMBER

Yvonne Brock September 1
Bernise Crow..... September 1
Mickey Gough September 10
Dot Crow September 23
Ruby Brock September 27

OCTOBER

Ed Disney October 3
Hope Walker October 3
Lorraine Groom October 6



MESSAGE FROM THE MAPA PRESIDENT

By Bernise Crow

Penny Lyday is chairperson of our fall Colorfest coming soon—Oct. 18, 19, 20. She is a great organizer and has been busily planning, appointing committees, getting flyers printed, and planning the Groundhog Classic Run. Jerry Waters and Doreen Waters are heading up the entertainment, and Jerry's mother, Joyce Waters, is on their committee. They have plans for entertainment to suit everyone from children to senior citizens. Mickey and Sherman Gough have purchased a lovely hand-stitched quilt from Lola Mae Blalock and are starting to sell raffle tickets for it this week. We are already getting calls for places to stay and wanting information about the festival itself.

Please get out your costumes and brush up on your ghost stories for the bonfire. This is great fun for children and adults. The Cotaco Band from near Huntsville will be with us for that night and all day Saturday.

We have had a nice summer. We have met people from far and wide who love our little area and are fascinated with the beautiful Bed & Breakfast establishments. We have good food, good lodging, good shopping facilities, and, most of all, great scenery.

Thank all of you who came to our party or sent beautiful cards. We appreciate your kind thoughts, and love all of you.

I have just attended the Lookout Mountain Parkway Association meeting at the Mentone Springs Hotel. Jack Jones is president again, and I remain secretary. We had Jimmy Durham, director of DeKalb Co. Depart. of Economic Development Authority, speak to us. Of course, we asked him to do all he can to get our Road #89 paved from Hwy 11 north to the Georgia line. This is the most scenic area in DeKalb Co., and it's a shame that it is a rough dirt road! Georgia paved the part that connects with our Ala. line, and we were supposed to get this done five years ago. We have faith in Jimmy that he will appeal to all authorities to get this

The next MAPA meeting is Tuesday, October 1, at 7 p.m. at the Mentone Inn.

(See picture below.) The maple leaf design, queen-size quilt is to be raffled off on Sunday, October 20, at the Colorfest in Mentone. It is another of master quilt maker Lola Mae Blalock's handmade quilts. Don't miss an opportunity to get your "winning" ticket. Contact Sherman and Mickey Gough or purchase a ticket for \$1.00 at the Colorfest on the Brow in Mentone, Oct. 19 and 20.



AUGUST MAPA MEETING

By Mickey Gough

The Mentone Area Preservation Association (MAPA) meeting was held at The Dish, Mentone's new tearoom on August 6, at 7 p.m. The minutes and treasurer's report were given and approved.

Penny Lyday gave a report on the plans for the Colorfest. Jim and Penny Lyday and John and Charlene O'Rear will handle the vendors. John and Donna Bares and Jo and George Beaubé will handle the Groundhog Run. Sherman and Mickey Gough will do the quilt raffle. Homer Crow will handle the boat rides; Chuck Peters, advertising; Gerry Disney will handle the sponsors of the Groundhog Run; Donna Bouldin and Homer Crow will put up the banner and signs. Jerry and Doreen Waters and Joyce Waters will handle entertainment. Penny asked people to sign up to help with one committee or another.

Different ideas for the Festival were discussed. It was decided to try and have games for the children to participate in.

Doreen Waters will do the labels for the mailing to the vendors and Groundhog Run participants.

We are getting prices for the shirts for the Run.

Jim Lyday mentioned he thought our brochures about Mentone should be updated. It was suggested to have a list of the Bed & Breakfasts printed on a separate sheet and included with the brochure.

Bernise announced we would go ahead with the reprint of Zora Strayhorn's book about the history of Mentone.

It was decided to have our meetings from now on at the Mentone Inn.

We will look into possibly having our Christmas party at the "Cliffs."

Donna Bouldin mentioned the 450 Mile Yard Sale to be held this month: Aug. 15, 16, 7, & 18.

Chuck Peters said he is putting together the list of advertisers for the Festival and asked us all to let him know of different papers, T.V., and radio stations he could list.

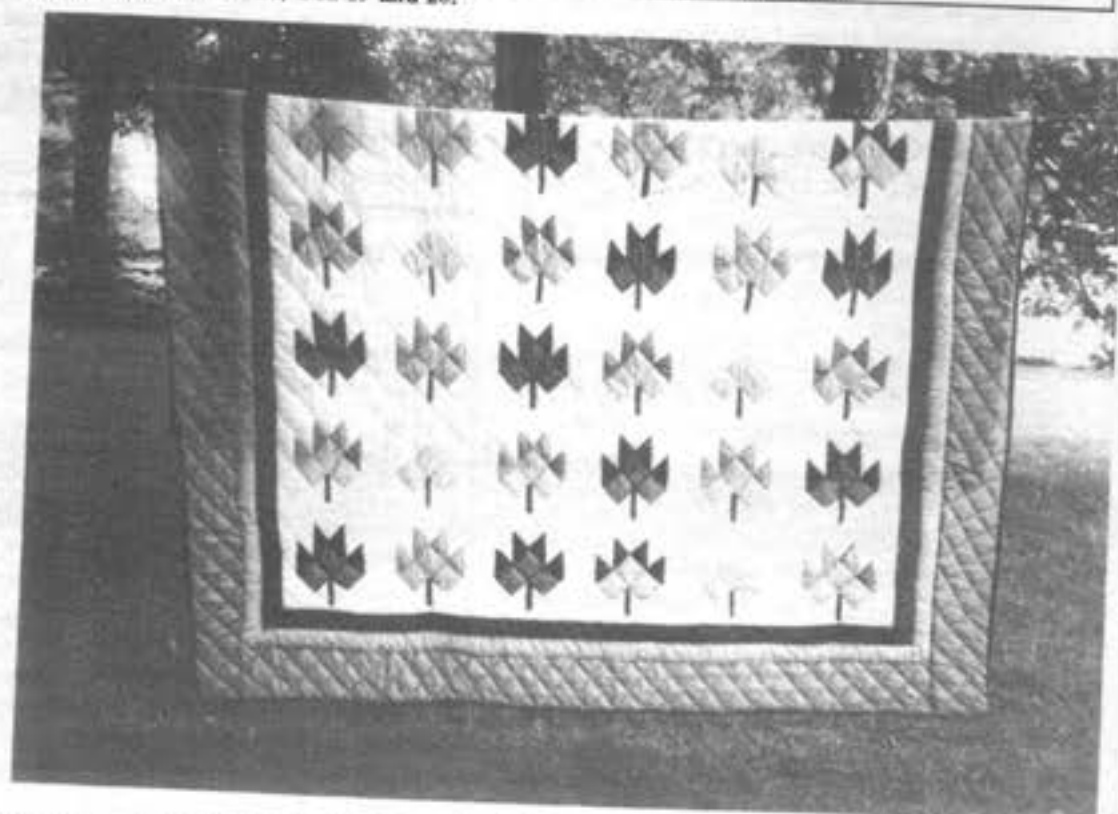
She said to inform her of everything going on in our area, and she will help promote it. They hope to be in their new building soon and begin the renovation. In October, they will have tour buses for Color Tours of the area. They are planning on 3 radio stations to carry tourist information and weather information.

The DeKalb Tourist Association will have a place on the internet.

She said everyone was invited to join the Tourist Assoc., both as an individual or a business.

Doreen Waters, Homer and Bernise's daughter, invited the MAPA members to join them in the celebration on August 24th of Homer and Bernise's 50th anniversary.

There being no further business, the meeting was adjourned, and refreshments served.





RHODODENDRON GARDEN CLUB

By Mickey Gough

The Rhododendron Garden Club held their monthly meeting on August 9th, at the City Hall. Hostesses were Jo Beaubé, Jan Wilkinson, and Betty Chapman.

26 members: Virginia Bassage, Jo Beaubé, Barbara Blalock, Virginia Bosworth, Marilyn Campbell, Betty Chapman, Gladys Crane, Mary Crow, Dorothy Cyr, Ruby Daniel, Marie Dillenbeck, Mickey Gough, Marjorie Gray (assoc. member), Betty Johnson, Flo Kirby, Mabel Kirk, Dianne Kuehl, Penny Lyday, Sue Schwarz, Dr. Pat Seymour, Alyce Springer, Hope Walker, Jan Wilkinson, Ann Wright, Mildred Wylie, and Rosalie Ruland, a new member, were present, along with three guests: Maureen Brewer, Jan Cherbonneau, and Lydia Speed.

Hope Walker gave the devotion, and read "The Things I Prize" from one of her favorite books.

Ann Wright reported on special projects and said that everything in Mentone and at Moon Lake School had been sprayed, and the school looked good. She asked the members to sign up for flower arrangements for the DeKalb County Federation of Garden Clubs Annual Flower Show that will be held Sept. 30 through October 5, at the DeKalb County VFW Agricultural Building in Ft. Payne.

Members were happy to hear that the 1995 DeKalb County Federation of Garden Clubs Annual Flower Show was chosen the best in the state and also the nation.

Ruby Daniel won the hostess gift: crocheted placemats made by Betty Chapman. The club made \$34 for the ways and means project.

The president invited all the members to the District II Fall meeting to be held Wednesday, Sept. 11th, in Scottsboro.

Dianne Kuehl presented the program, "Ancient Flower Lore/Legends." She researched several flowers and had drawings to complement her presentation. The rose, tulip, hyacinth, dogwood, and passion flower were some of the flowers she researched. Dianne read a poem by Longfellow, entitled, "Saw Rainbow in Heavens." It was a very interesting and informative talk on different legends pertaining to flowers, and the members thoroughly enjoyed the program.

The Sept. meeting will be held Sept. 10th at Nippersink. Aileen Brown, from Chattanooga, will instruct the members on flower arranging and give the members insight into the correct way to arrange flowers for a flower show.

The Rhododendron Garden Club is a member of National Council of State Garden Clubs, Inc.; Deep South Region; The Garden Club of Alabama, Inc.; Garden Clubs of District II; and DeKalb County Federation of Garden Clubs.

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From Between the Counters

By
BRUTUS



Be forewarned, dear and faithful readers! The roof is falling in the Superette, home to Mentone's legendary bulldog. Pop was bagging groceries the other day when he says he dropped a huge jar of jelly on moi's magnificent head! Bo might know football, but moi knows roofs!

Butch Manifold, Mentone's emperor of golf and mole holes, is in the store trying to tempt the flawless one with filthy Red Man chewing tobacco. Moi doesn't care how much R.M.C.T. Butch carries to the golf course, as long as he leaves his ice cream sandwiches at the store. (Put that in your cheek and spit it, divot boy!)

Guests from all over are still lingering here in God's Country on Lookout Mountain. Al and Dianne Kuehl's granddaughters, Kelly (4) and Rachel (2) Darden, from Slidell, LA, have crept in timidly to pet and give sugar to the great one! Adorable little girl pixies.

Right behind the Darden lasses are Bill and Velendia Miracle's nieces, Lindsey (8) and Kathie (7) Huff from Cleveland, TN. Talk about your adorable girl children! These are two!!

Today must be Darling Lasses Day at the Superette! Katie and Libby Odell from River Ridge, LA, just shot through the front door asking to see "that handsome dog." (Obviously, intelligent young women of culture, refinement, and exquisite taste!) After big hugs all around and the giving and the receiving of much sugar, the two giggling little sisters dash back to their van, totally stunned by their audience with the incomparable one, MOI!

Frankie Kirby came in early, as usual, this morning to share sausage biscuit with moi. Now, there is a "Brutus Fan" worthy of all praise. Some people are just naturally GREAT and GENEROUS!

Talk about your generous little angels: Alex Blackburn (4), Al and Vickie's daughter and Pop's granddaughter, slipped quietly into the Superette yesterday and treated moi to 3 Tootsie Pops before anyone noticed. Needless to say, Alex is moi's favorite niece!

Speaking of Vickie--she was dancing on her toes in the store last Saturday. (Moi hates it when she does that. IT distracts attention from Mentone's most spectacular sight--MOI.) It seems Rick Horton, Vickie's dear best friend from Winchester, TN, came to visit. Rick and Vickie were in first through twelfth grade together, and she cleaned the plow of any kid who picked on Rick. (Does moi smell tomboy here?)

Remember the big to do for Dr. Quimby on Sunday, September 22, from 2-4 pm. at the Winston Place in Valley Head. Wash that pickup, sling the kids in the back, and head on down. (He probably delivered most of you!)

Time for school to be out for the day--let the good times (and Tootsie Pops) roll! Later, pilgrims--

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Mark your calendar for a really big event that is coming to the area on Sunday, September 22, at the Winston Place, on the front porch, from 2-4 p.m., casual dress. A reception given by the City of Valley Head, will be held to honor Dr. James Quimby, physician with over 50 years service.

Marie Dillenbeck's mother, Dorothy Sheldon, has returned to Las Cruces, NM, after a ten-day visit with her daughter. While in Alabama Dorothy and Marie had several visits with Marie's youngest son, SSgt. W.J. Dillenbeck and wife, Kumi, in Huntsville. Son Joey is stationed there at Redstone Arsenal. Marie's comment when she took her mother to the airport on August 24 was, "I don't know where the time went, but I don't believe you were here for 10 days."

Rev. Randy Addison and family, wife, Kathy, children Kristen, Randy Jr., Lauren, and Megan made a Labor Day visit to Augusta, Ga., where they were with Randy's brother, Rev. Rod Addison, and family. Rod has just "planted" a new Wesleyan Church that is doing quite well in Augusta. Randy is pastor at the Mentone Wesleyan Church.

Ransom Wilkinson has returned to his studies at Thomas Cooley Law School in Lansing, MI. After a Labor Day weekend visit at home with his parents, John and Jan Wilkinson, Ransom got in some end-of-the-summer swims in the family's new swimming pool.

Delilah Coats continues to recuperate from major surgery at her home, 732 County Road 639, Mentone. Her phone number is 634-3648. Daughter Kathy Peterson and granddaughters Donna Brock and Mary Frances Wigley are tending Delilah as she recovers. She is improving steadily, which goes to show, "you can't keep a good woman down!"

Benny, Brenda, and Jana Goss have returned from a visit with son, Jann, in Indianapolis, Indiana, where he is employed in a Jiffy Lube. Miss "Poo Bear" Goss and brother Josh did not make the trip.

Alyce Springer is taking advantage of her time at home to climb a ladder and paint her house! (Yes, you read that right. Big things really DO come in small packages.)

Ovie and Barbara Blalock, Lodge 436, helped host the Woodmen of the World picnic at the Promenade Hall on Saturday, August 17. Ovie is Lodge President and Jurisdictional President for Alabama. Guests at the picnic enjoyed volleyball, playground equipment, various games, and delicious food.

Gerry Disney is in much pain from an ear problem. She is seeking relief from a new physician.

Lydia Speed was a "sight for sore eyes" on a recent visit to Mentone. She has so many dear friends here, it must be like coming home.

A baby shower for Karen Wright, who is expected to give birth in mid-September to her third daughter, Brooklyn Eloise Wright, was held in the fellowship hall of the Mentone United Methodist Church on August 24, 1996. Hostesses were Carol Hazell, Barb Hester, Connie Hughes, Linda Brown, Dr. Pat, and Marie Dillenbeck. Games and delicious refreshments were enjoyed by friends, (hostesses above) and Ann Wright, Eudie Collins, Jennifer Hester, Becky Mays, Robin Huggan, Carol and Kayla Hazell, Mary Brown, Catherine Bailey, Barbara Blalock, Alecia Cox Justice, Felicia Cox Blackwell, Marilyn Blanton Campbell, Gladys Crane, Barb and Brittany Hester. Brook will be named for her fraternal great grandmother, Eloise Burnette. Her father is Russell Wright and her sisters are Kelly (9) and Paige (6).

Clara Cash was taken to Gadsden recently by Leland and Gertrude Cox for a medical checkup on face surgery she had had earlier. Clara got a good report from her doctors.

Jo Beasly has just returned from a 10-day visit to

Tuscaloosa in babysat grand, Jessica (18) and Melissa (61) Hines, daughters of Sue and Dennis Hines, Jo's daughter and son-in-law. The parents were at Jekyll Island, GA, for an annual anesthesiologist meeting. George and Jo are now hosting U.S. Representative candidate and wife, Robert and Caroline Aderholt from Haleyville.

Arlene Fowler remains "mud trapped" at her home 235 Co. Rd. 641. Because of the resurfacing and the steady recent rains, mud is blocking the driveway to Arlene's house, and she can't get her car out without getting stuck! (Many people call this "Nighungale Road.") Why do bad things happen to good people?

Private Shirley Collins, daughter of Jewel and the late Robert Collins, has reported for duty in the U.S. Army. Shirley will be assigned duty as a Chaplain's assistant, a job for which she is truly qualified. Good luck, Pvt. Collins!

Speaking of the Collins family, Jewel Collins asked the Grapevine to announce her engagement to Charlie Rogers, owner of the Busy Corner Clock Repair and Service in the Log Cabin Village in Mentone. The date is set for November, when Shirley finishes her basic training. Charlie, Jewel, and son, Robbie, will live in Charlie's present Mentone home, and Jewel's other son, Joey and wife, Jeanne Combs, will occupy her home in Valley Head. Best wishes all around.

Almeda Blevins celebrated her 80th birthday on August 24 at a party given in her honor at the fellowship hall of Moon Lake Baptist Church. Given by her nine children, five daughters and four sons, the event drew many relatives and friends. A table of delicious refreshments was enjoyed by all who attended.

For the 1996-97 school year, Leslie Bunch has been moved by the County School Board from aide at Valley Head to Title I teacher at Adamsburg and Ruhama.

Grace Pullen celebrated her 74th birthday on August 30. Husband Bill will have his big day in December, along with Clara Cash, family friend.

Dr. Malcolm "Tarzan" Brewer has returned to his Mentone home to recuperate after a five-day stay in St. Vincent's hospital in Birmingham. He was treated for a lower digestive tract disorder, and he is completely recovered now. (Women, look your dopes at night! He's back.)

The new Valley Head water works office is coming along nicely. Word is that customers may be able to begin paying their water bills at the new office by the first of November. Most of the inside works still needs to be done before the facility can be complete.

Remember Valley Head's first football game. It will be on Friday, Sept. 6, at Geraldine. Good luck to the team. Fans will be looking forward to hearing the great school band play.

The Tigers have been hard at work every day after school, and they are getting ready for a super year. The band is also working hard every day after school to prepare for the year ahead. Good luck to them all!

Valley Head school welcomes its new teachers this year. We hope they all enjoy their stay at Valley Head school. We are happy to have them!

Paula Cooper recently underwent surgery. Everyone hopes she is back up to par soon. Keep her in your prayers.

Valley Head Police Chief Ken Bushy has been wearing 2 hats lately. He has been in charge of keeping the town of Valley Head mowed and weedless (certainly not weeded, right?) He is doing a wonderful job. Thanks to him from everyone in town.

Marilyn Blanton Campbell attended the 1996 Faulkner and Yoknapatawpa Conference on the campus at Ole Miss on July 27, where this year's topic was "Faulkner and the Natural World." The conference lasted a week, and when it was over, Marilyn took a side trip to Jackson, MS, where she saw the Palaces of St. Petersburg. Russian Imperial Style exhibit at the Mississippi Arts Pavilion—a spectacular exhibit. On August 19, Marilyn turned 50. She received countless cards, as well as a bouquet of flowers, pink roses, purple carnations, purple chrysanthemums, white daisies, and greenery from stepson, Bob Campbell, and friend Bob Oliver of Warner Robins, GA.

J.L. Gibson, pianist at the United Methodist Churches of both Mentone and Valley Head, wants all her friends to know that his Aunt Clara (Mrs. Haskell) Bridgeman is in Erlanger Hospital. She expects to be home soon. Friends can send cards and notes to her home at 200 Church Street, Valley Head, AL 35989. She can also receive calls at 635-6870.

Claudia and David Wasson, owners of the Mentone Spring Hotel would like to open the upstairs of the hotel dur-

ing the first weekend in December to local charitable organizations: churches, youth groups, etc., to set up booths in boutique style to sell handmade goods and items at Mentone's Christmas Boutique. There will be no charge for the booths. No food, except baked goods, may be sold. Call 634-4040 by September 30 to reserve your booth and sell your handmade goods and bakery items at "Mentone's Christmas Boutique."

Stephanie Hester plans to attend Northeast College this fall and will be majoring in EMT. Mike Kenner of Mentone is director of the EMT program there.

The Valley Head Tigers need both their quarter games in the August 30 football jamboree at Pysgah.

Karen Bullock of Valley Head is asking for help in organizing a support group for caretakers of abused children. Karen recently took custody of her two grandchildren who had previously been "in an abusive situation." One child is 2 years old and the other is 3 years old. Anyone who is interested in this kind of support group may feel free to call her at home. 205-635-0830.

Adelaide Biddle was a Senior Winner in the Book Tournament held recently at the Fort Payne Senior Center. She will now go to the District Masters Games on September 12 in Guntersville. Good luck, Adelaide!

Jack Lacey, Chairman of the DeKalb County Republican Party, said the DeKalb County Young Republicans will meet at the DeKalb County Public Lake in Sylva on Saturday, Sept. 7, at noon for the purpose of electing officers. Everyone is invited, but all young Republicans are especially invited to attend this important meeting.

During "C" week at the Valley Head Kindergarten, the children were entertained by clowns on Tuesday, August 20. On Friday, August 23, they had a parade and clowns again. The clowns were Sarah Hatfield and Karen Davis, and they gave out candy and cookies.

Deepest sympathy to the families of the following:

• Rascom G. Huggan, 85, of Valley Head, who died August 7, 1996.

• Alice Foster Poe, 87, who died August 16, 1996.

• Rell Phillips, 81, who died August 8, 1996.

We would give the moon and stars to have you back, but they are not ours to give any more than you are ours to keep. Forever, Your Families.

Ruby & Bob Daniel will celebrate "70" years together on Sept. 12. Congratulations to two of God's finest!

Happy Late August Birthday to Jane Kirby, August 26.

Happy September Birthdays/Anniversaries to:

• 1- Matt Croxon (9), Cecue Bell, Suzanne Woodall, Treva (Cox) Lindsey, Rob Baly. • 2- Gad Chambers (Mrs. Kenneth). • 3- Vance Carden, Marketta (Goss) Crane. • 5- Allen Scott, Trenton Green, Christal Edmondson. • 7- Mrs. A.J. Lindsey, Angela Stalvey, Jewell Palmer. • 8- Adele Phillips, Mary Crowe. • 10- Pam Ogle, Landon Allen. • 11- Matt Williams (9), Calvin & Marie Blansit, anniv. • 13- Calvin Blansit. • 14- Dan Ginnery, Stacy (Baker) & Chris Warden, anniv. • 16- Skippie Mabris, James Bradshaw, J.J. & Mary (Banks) Wigley. • 17- Lynette (Lindsey) Tolbert, Angie Carden, John & Mary (Johnson) Chambers, anniv. • 18- Jimmy Owen. • 19- R.B. Blalock. • 21- Paula Cooper, Tab Westbrook. • 25- Amy Harrison, Gail Bell, Scott Kye. • 26- Kenny Bushy, Amy Harrison. • 27- Scott Bary, Althea Chambers, Ruby Brock. • 29- Rusty Chambers, Allison Williams (1). • 30- Ethan Lewis (8), Hayward Hester, Andy and Karen Haverew (1 year anniv.).

Let me close with another of my grandmother's ironing tools:

Mr. Meant-To

Hear the famous words of Benjamin Franklin: "Work while it is called today, for you know not how much you may be hindered tomorrow. One today is worth two tomorrows, never leave that till tomorrow which you can do today."

Mr. Meant-To has a comrade,
And his name is Didn't-Do.
Have you ever chance to meet them?
Did they ever call on you?

These two fellows live together
In the house of Never-Win,
And I'm told that it is haunted
By the ghost of Might-Have-Been.



The River Watch

By
BILL SCHWARZ

A LITTLE CHEMISTRY, VERY LITTLE

Last month, I spoke of chemicals and how there would be no life without chemicals; and, in fact, no universe without chemicals. Some are bad, but the vast majority are good and necessary to life as we know it. Man's use of chemicals plays an important part in determining good and bad.

This month, I'll talk about three particular chemicals and the role they play in man's existence. These chemicals are gasoline, bottled gas, and wood. Uses for these chemicals is quite obvious to all. Gasoline and its raw material petroleum move people and goods from place to place, build structures by powering machinery, heat our homes and places of business, furnish us with electricity, and grease the wheels of progress.

Bottled gas (propane and butane) powers engines, heats our homes and businesses and is the raw material for a myriad of other chemicals needed for our lifestyle. Wood, of course, can be used for heating and for construction and for making paper. These latter two are the principal uses, and I have no idea which uses more wood. Paper is the extravagant and wasteful use of wood. Unfortunately, most paper ends up in a landfill all too soon after it has been manufactured.

Note that all three chemicals have a common use...the generation of heat by being burned. Gasoline powers auto engines by being burned, propane heats homes and cooks food by being burned, and wood heats homes by being burned.

So, now the obvious question is—you guessed it, what is burning? Burning is nothing more or less than a chemical reaction of the fuel with oxygen from the air. If that reaction takes place vigorously, then heat is given off. Such reactions are called exothermic, which means "give off heat."

These three chemicals we're discussing have one other characteristic in common. They are all "organic" chemicals and that means they are composed of carbon and hydrogen and, in the case of wood, some small amount of oxygen. This composition makes them part of a huge group of compounds known as hydrocarbons. What is the composition of these three compounds?

Propane - is 3 carbon atoms + 8 hydrogen atoms-- C_3H_8

Gasoline - is a mixture of several hydrocarbons, but let's just name it for its principal compound--octane (Sound familiar?). Octane is C_8H_{18}

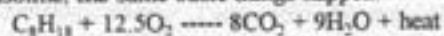
Wood - is cellulose with the composition $C_6H_{10}O_5$.

When hydrocarbons are burned, they combine with oxygen (O_2) to form two new compounds: carbon dioxide (CO_2) and water (H_2O) according to the following scheme.



To put that into words, here's what is happening. One molecule of propane uses five molecules of oxygen to burn and, thus, produce three molecules of carbon dioxide and four molecules of water, plus some amount of heat. It's that heat we're after!

With gasoline, the same basic things happen:



Now, we come to something interesting. The two compounds burn the same way and produce the same products and, thus, the same amount of heat. Heat is measured in BTU's or calories, and the amount produced is dependent on the weight of material burned. So, if you burn a pound of propane and a pound of gasoline, you will get the same amount of heat. However, if you burn a gallon of propane and a gallon of gasoline, you will not get the same amount of heat, 'cause the weight of each material burned is NOT the same.

Let's look at gasoline for a minute. It comes in several grades, named by octane rating, but it is all the same composi-

tion with some additive put in to make it burn smoother. However, in spite of the additives, the heat from a gallon of 87 octane and from a gallon of 93 octane is the SAME. Your car's mileage will be identical. So, if your car does not "ping" with the lower octane, use it. One other thing, while we are at it, alcohol does not produce nearly as much heat (for equal weights) as does gasoline. Putting alcohol into gasoline reduces the amount of heat in the gasoline and, thus, lowers your mileage (increases the amount of gasoline burned per mile), and so increases pollution. Gasohol also costs more money. The whole aspect just doesn't make sense.

Just a few words about wood. Note that the cellulose molecule contains oxygen (actually, wood is a carbohydrate), and so does not use as much oxygen when it burns. The oxygen in wood means that some of those carbon and hydrogen atoms will not burn because they are already combined with oxygen. That, of course, means burning a pound of wood does not give as much heat as a pound of gasoline or propane. A pound of propane will give you more heat in your home than a pound of wood.

One more point about wood. Since all wood is cellulose, then a pound of any wood will give the same heat when burned completely to ash. Light weight pine makes as good a fuel as heavy weight oak or hickory (when dry) on a per pound basis.

Thanks for your attention, folks. There, you see, chemistry isn't very complicated. See you next month.



The Recipe Corner

By
SUE SCHWARZ

This month, I have two good finds for you. It seems as though everyone I know is experiencing some dietary limits--low fat, low salt, no milk, etc. My first recipe is for catfish--baked instead of fried. I have adapted this from a recipe from *In The Kitchen With Rosie*. It is tasty, crunchy; and best of all, it has 1/3 the calories of fried. The second recipe is great for anyone who can't have milk or eggs, but loves chocolate cake. This cake has been a family favorite in my family for longer than I can remember. It is good topped with your favorite icing, ice cream, or cool whip. I may have given you this before, but it is worth repeating.

Un-fried Catfish

1/2 c cornmeal
2 t dried herbs (your preference)
1/2 t lemon pepper
salt and pepper
1/2 t paprika
4 catfish fillet

Preheat oven to 400°. Spray baking sheet with cooking spray 3 times to coat. Put cornmeal and spices in large plate and mix well. Coat the fillets thoroughly with the cornmeal mixture and place on oiled cooking sheet. Place baking sheet on bottom rack of oven, bake 20 minutes at 400°, then reduce oven temperature to 350°, and bake 5 minutes more until crust is golden and fish flakes easily.

Wacky Chocolate Cake

Measure and sift together into bowl:

1-1/2 C flour	1 t baking powder
1 C sugar	1/2 t salt
3 T Cocoa	

In another bowl, mix:

1/3 C oil	1 T vinegar
1 t vanilla	1 C cold water

Mix liquids with dry ingredients. Bake in 9" square pan at 350° for 30 minutes.

OOPS! In last month's column, the following recipe appeared with an incorrect ingredient. It read "non-fat sour cream", and it should have read "non-fat cream cheese." This is the correct recipe.

Tuna Spread

1 6-1/2 oz can water-packed tuna
1 8 oz pkg. non-fat cream cheese
1 T pickle relish
1/2 t hot sauce
Juice of 1/2 lemon

1 T fresh chopped dillweed

Rinse and drain tuna. Mix together with remaining ingredients. Adjust seasonings, chill. Serve with crackers.



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KOREAN WAR VETERANS MEET FOR 46TH YEAR REUNION

By Mrs. Virgie A. Murdock

August 11, 1996, 57 Korea War Veterans, wives, and members of families met at VFW POST HOME 3128, Ft. Payne, AL, for the 46th year reunion of the 1950 Co. "C" 151st Engr. B. reunion. Lunch was catered, dessert was a beautifully decorated cake with the CASTLE EMBLEM and 151st Co. "C" on it.

Out of the 162 who left for Korea, 57 members attended the reunion. Those attending were: James M. Fowler, Thomas Doyle Dobbs, Gene Shirley, Edd Burgess Don Gann, Ralph E. Keith, Doyle G. Patterson, Howard F. Lyons, Joe Benefield, Paul Bray, David M. Hamilton, Ray E. McAbee, Roy G. Burt, Lester E. Harrison, John B. Isbell, J. B. Elrod, and Ernest Murdock from Ft. Payne, AL; James R. Tucker, Max A. Turner, A. J. Stanford, and Jack Scott, of Rainsville, AL; A1 Houser of Flat Rock, AL; Samuel M. Culpepper, Fyffe, AL; William Edevin Owens, Glencoe, AL; Allen G. Brock, Chickamauga, GA; Irby A. Johnson, Decatur, AL; Earl Brandon, Collinsville, AL; Earlie H. Thrasher, Cleveland, AL; Delmas Smith and James Graves, Mentone, AL; Troy Craig, Boaz, AL; Anthony B. Durham, Jr., Flintstone, GA; Robert E. Ringer, Marianna, FL; James A. Green, McDonough, GA; Neal Fobbus, Gadsden, AL; Troy W. Crabtree, Estill Spas, TN; Edevin A. Barkley, Conyers, GA; Wesley Willoughby and Ray Mathews, Pinson, AL; LeRoy

McAbee, Tuscaloosa, AL; Clarence Boatwright, Trussville, AL; Clarence Clifton, Harrison, TN; Thomas H. Green, Hixson, TN; Jack B. Purcell, Ringgold, GA; Herbert Stephens, Lois Bray, Floyd Harper, and John H. Liles, Valley Head, AL; Milton Graves and Thomas E. Jones, Rome, GA; Billy Burke, Warner, GA; Royce B. Stone, Sylvania, AL; Raymond Foy, Birmingham, AL; Morrell Holcomb, Dalton, GA; W.G. Allen, Trenton, GA; Melvin York, Chattanooga, TN; H.S. "Slick" Burgess, Soddy-Daisy, TN.

A moment of silence was taken to remember the 45 deceased. They are: Leonard Adcock, Francis B. Baker, Jack Baker, John Barnard, Lester Brownfield, Tony Burke, J. Carter, Warner Coleman, James Craig, Conard Crowe, David Dean, Billy Dennis, Mose H. (Mack) Ferguson, Donald W. Goggans, Eddie L. Green, Lawrence Green, William Holbrook, Melvin Hooper, Thomas W. Jester, Roy Jones, Austin Johnson, Hobert Koger, Roland Liles, Wendell Morton, Billy Palmer, Julius Partido, Carl D. Porter, M. Emory Prater, James Priest, R. Romine, Merdith Smith, Zane Reece, Warren G. Stephens, Virgil (Jack) Frost, J. T. Gilbreath, John Tyson, Carl Veal, Robert (Bobby) Watson, Duell J. White, Radar Whitmore, James Ralph Whitten, H. Willoughby, James F. Walker, Herman Young, James King.

MENTONE TOWN COUNCIL ELECTIONS

At the August meeting of the Mentone Town Council held on August 3, 1996, the council passed Resolution 96-5 Declaring Persons Named To Duly Elected Office. Those declared as elected were: Mayor, Max Cash; Council Place 1, Don Brock; Council Place 2, James Johnson; Council Place 3, Larry Hooks; and Council Place 4, John Corey.

At the election held on Tuesday, August 27, Benny Goss, was elected to Council Place 5.

SUMMER UNFULFILLED

Summer, I would hold you close to me,
And do the things that mean most to me,
Let your gentle breezes caress me,
Sweet perfume from your blossoms bless me,
Bask in each golden moment you give,
That wakens all perception to live.
Alas, as much as I care for you,
By the time that I prepare for you,
Your gentle warming breezes have chilled,
Your fragrant, lovely flowers are killed,
And I stand bewildered and bereft
Amid unrealized dreams you left.

-Eloise Brown

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"Water Is a Voice"

(This seasonal article and others to follow are from a scrap book belonging to long-time Mentone resident Mary Wiegand. The large scrapbook of her favorite seasonal articles by various authors was found recently in a storage chest at "Madagascar" by Don & Yvonne Brock.)

Often on autumn nights I have listened to the muted
whispering of rain

On fallen leaves,
Brooks I have heard, weaving their crystal thread of song
Through the woods;
I know the small sound of lake-water, talking softly
As it pushes in pliant folds against the shore.

Often I have hearkened at midnight to the muffled
thunder of a giant waterfall

Across the stillness,
And, too, I have heard the sea, that with far-reaching outcry,
That with uplifted and sonorous shout,
Vastly, overwhelmingly, speaks!

Water is a voice:
Wherever it springs into being,
Even in the tiny reiterate monotone of drops
Falling from twigs into a pool
It shapes a rippling and inimitable language,
Flexible, elusive,
Not to be bound in hieroglyph or syllable;
Ever unwinding its silvery largess
About the earth.

-Dolores Cairns

About Our Town

By
LINDA BROWN



I'm back! I don't know if you have missed my column or not, but I have missed writing it. I always feel as if I am sitting at the kitchen table sharing a cup of coffee with all of you. I hope my writing comes across this way. I have been very busy this summer keeping the records straight at Camp Laney. It was a good summer for me and also for camp. It was also a fast summer, where did the time go? Of course, some of my time was also spent preparing and preserving vegetables from our garden. The rain started just in time, and we have had an abundance of everything.

Those forty people who came to vote in the Mentone Municipal Election know that I was helping there on Tuesday, August 27. This was not nearly enough participation on the part of our citizens. Even though there was only one race for one council place, it was an important election. Benny Goss (incumbent) maintained his seat on the council. His opponent was George Huet. I think that many people forgot that it was election day. I'm sure we will do much better this November, when we will be voting in the General Election. I understand there will also be several amendments on this ballot. I urge all of you to watch for these in local publications and familiarize yourself with them before election time. With only one voting booth for all of Mentone, there could be some waiting in line this fall. Those of us who will be holding the election will try to prevent this when we can, but we ask that you do your part also.

The long day of the city election allowed me time to observe what Mentone Chief of Police, Johnny Ferguson, has to contend with every day. (I still don't know about the nights, maybe I'll ride with Johnny some night to see what that's like.) This day, Johnny was there in the early morning to get his "marching orders" from the mayor and report on the previous night. He then went home to get some much needed rest because of his long hours the night before, and was called on a report of a stolen car. It was just a case of, "I forgot where I parked it." Johnny went back home to rest and then about middle of the afternoon he was back at the city hall to process an arrest. I'm sure that Johnny was now on duty until the wee hours of the next morning. I didn't ask him, but I imagine that this is a typical day in the life of a policeman. I have always admired those in police work who put their lives on the line for us every day. After observing Johnny for a few hours, I have nothing but respect and admiration for him and others in his profession. **Thanks, Johnny, for a job well done!** I feel sure that all of us have been guilty of NOT doing something because we didn't think we could make a difference. Look at the life of Mother Theresa, who may not be alive by the time this is published. How many children and others are still alive because of her? How many has she fed and nursed back to health? But how many of us would say that she faced an impossible task, and just do nothing. There is a lady (in every sense of the word) in Mentone who is doing the same thing but on a smaller scale. This lady picks up groceries that stores cannot sell and brings them to Mentone where she stores them at various places until she has enough to distribute to families who can use them to supplement their food supply. She then puts out the word as to the place and time the food may be picked up. She told me that she has 140 families who come almost every month!! I am not going to publish her name because I didn't ask her if I could. Maybe I can do a longer article on her work later. How many children or senior citizens have had food because of this one person? The next time you think that you can't do anything because you are only one person, think about this lady. Just do it!

That's probably enough for this month. Again I'm glad to be back writing for *The Groundhog* and if you have something you want discussed, let me know. Take care of yourselves and each other and I love you all.

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Clay Hulgan, Scotty Hulgan, and Mike Hulgan (Inset is Anita Hulgan, wife of Scotty)



Sandy Johnson, Mrs. Lendell Chappell, and Campbell Smith

On August 9, Band Director, Campbell Smith and parents of the children that attended VALLEY HEAD SCHOOL'S BAND CAMP, hosted a cook-out at DeSoto Park for all the children in the Valley Head School Band. The ones that did almost all the planning and organizing were the indefatigable parents of Haley Johnson. James Johnson manned the barbecue. He stood in the heat and humidity cooking burgers and hot dogs. Many, many thanks go to Sandy Johnson for all the planning and time she put in. Sandy would like to remind all parents that have children in the band to attend the band booster meetings that take place every second Tuesday of the month in the band room at 6 p.m. The Valley Head Band will be going to the Marching Festival that will be held on October 6th at Plainview School. The Valley Head Band will be the fourth band to perform. The event will begin at 3:15 p.m.

Picture courtesy of Madeleine Bullock



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PRESCRIPTIONS



The Menlo News
BY OVIE "BO" BLALOCK

Gov. Zell Miller recently announced that the City of Menlo has been approved for a grant of \$10,000 for recreational purposes from the Recreation Assistance Fund (RAF). The \$10,000 RAF grant will help offset expenses of completing construction of the press box and concession building, dugouts, bleachers, ball field lighting, and related improvements at Tillotson Sports Complex. Working with the governor to secure these funds for the City of Menlo were members of the local legislative delegation to the General Assembly, including Senator John Black and Rep. Tim Perry.

The University of Georgia's presidential scholars list for the 1996 spring quarter has been released. The presidential scholar designation recognizes undergraduates who have scored a perfect 4.0 grade point average during the quarter. Charles Preston Green, senior from Cloudland, was named a Presidential Scholar. Congratulations!

Sincere sympathy to the families of:

- Mildred Ray Goodnight, 74, who died July 30, 1996.
- Katie Alexander Pless, 87, who died in August 1996.
- Mittie Bell Farmer, 80, who died August 20, 1996.



GRADUATE

Aubrey Purcell, Douglasville, recently graduated from Georgia Tech with a degree in Mechanical Engineering. He is the son of Jeanne Purcell, Duluth, and Ken Purcell, Douglasville. He is married to the former Brandy Harper, Fayetteville. Grandparents are Mr. and Mrs. Aubrey Hardeman, Cloudland; and Mrs. Margie Purcell, Menlo.



SECOND BIRTHDAY

Jacob Corey Hutchins celebrated his second birthday Aug. 7. Jacob is the son of Ethan and Angela Hutchins, Menlo.



Siblings

Maci Hannah Tucker, left, turned six years old Aug. 21. She celebrated with a pool party with her family. Shown with Maci is her eight-month-old brother, Alex Taylor. Their parents are Robert and Tammy Tucker, Gaylesville, Ala. Grandparents are Max Tucker, Gaylesville, and Ann Mason, Menlo. Great grandmother is Bessie Mason Dawson, Summerville.



Smith Brothers

Charlie Hannah Smith, 2-1/2 years old, and Elijah Nicholas Smith, 4-1/2 months, are the children of April and John Smith II, Cloudland. Their grandparents are Mr. and Mrs. John Smith Sr., Cloudland; Mr. and Mrs. Robert Smith Jr., Lyerly; and Charles Shields Jr., Cartersville.

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Births

It's a girl!

Paul and Sonya Beason Sanford announce the birth of their daughter, Kyndal Alexandra, born June 6, 1996. She weighed 7 lbs. 11 oz. and was 21 inches long.

Grandparents are Elton and Sandra Beason and Linda and Harvel Sanford, all of Cedar Bluff. Great-grandparents are Louise Gayler and the late Earl Gayler of Gaylesville, Willodean Beason and the late Clarence "Pickle" Beason of Fort Payne, Henry and Christine Sanford of Cedar Bluff, and the late Josie and Porter Wharton of Georgia. Great-great-grandmother is Allie Guffey of Valley Head.



It's a girl!

L.T. Michael and Mary Gatlin (U.S.C.G.) of Miami, Fla. announce the birth of their daughter, Hannah Leigh Gatlin, on July 31, 1996 at Miami Baptist Hospital, weighing 8 lb. 6 oz. and 20 1/2 inches long.

She has a brother, Jacob Rains Gatlin. Grandparents are Mr. and Mrs. Lasno Fresholone of Mobile and Mr. and Mrs. Leonard Gatlin of Valley Head.



Nikki Smith

Nikki Smith, Valley Head High School; parents, William Guy and Judy Smith; faculty advisor, Campbell Smith.

Nikki Smith, a resident of Mentone, is an honor roll student who is active in sports. She is a member of the basketball, volleyball, and track teams. She has also been named to the DeKalb County basketball All-Tournament team and the regional Volleyball all-tournament team. Nikki is a staff member of The Purple and Gold newspaper. She received the Varsity Basketball Hustler Award and the Times-Journal All Star Award. Dr. M.D. Lyons, representing the SAR, presented Nikki Smith with the Sons of the American Revolution Good Citizenship Award.

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GOOD CITIZEN AWARD

Annually, the Little River Chapter SAR awards the Sons of the American Revolution Good Citizenship Award to selected 11th grade students in high schools in DeKalb, Marshall, and Jackson Counties.

Members of each of the school faculties select the student who has best demonstrated patriotism, academic excellence in American history and good citizenship in school and community.

The students were presented by members of Little River Chapter and received the SAR Good Citizenship certificate, an engraved Liberty Bell, and a Good Citizenship lapel pin during the schools' awards day programs.

Each of the recipients of the Good Citizenship Award replied to the question, "What does it mean to be a good citizen?"

This year's SAR awards program was coordinated by Clifford Black, immediate past president of the Little River Chapter of the SAR.

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1996 VALLEY HEAD TIGER



1996 VALLEY HEAD SENIORS: Members of the senior class are (front row, left to right): DeWayne Grisham, Heath Watson, Brian Blalock; back row: Matt Hulan, Jim Phillips, and Gregg Wassom.



1996 VALLEY HEAD JUNIORS: Members of the junior class are (front row, left to right): Nathan Keith, Joe Garrett, Jason Meadows, Tim Harrison, Kenny Busby; back row: Greg Wassom, Jon Tate, and Richard Fuller.



1996 VALLEY HEAD SOPHOMORES: Members of the sophomore class are (front row, left to right): Jason Owens, Josh Shelton, Frankie Wesley; back row: Patrick McKinney, Alex Hatfield, Nathan Dixon, and Jeremy Hyde.



1996 VALLEY HEAD VARSITY CHEER
left to right: Tricia Goodman, Teri Campbell (head),
row: Tabitha Brisendine, Heather Wilborn (co-head),

RS



left to right:
had Mosher, Ricky Davis



Head Coach Jon Tidmore

SPORTS AFIELD

By
PHIL HARRIS



Sports On The Scene

DeKalb County area high school football kicks off the 1996 season. Crossville, Sylvania, Sand Rock, and Ider are the teams with all the hype. Plainview, Fyffe, Fort Payne, and Collinsville will be solid, night in and night out. Section and Pisgah are much improved. Geraldine and Valley Head are rebuilding with youth and inexperience.

Optimism runs high in every team to begin the season. Some teams are going to have banner years, others only also-rans. Let's take a closer look at the area races, as well as some of the marquee match ups.

1A AREA 13: Collinsville returns enough players to be the favorite. Speed aids the Panthers, though speed was lost. Cedar Bluff is improved and talented. Gaylesville is solid on both sides of the ball. Valley Head may be a year away. The Groundhog pick: 1. Cedar Bluff; 2. Collinsville; 3. Valley Head; 4. Gaylesville.

2A AREA 13: West End drops to 3A after great success in 3A over the last four years. The Patriots must contend with a rock solid, Sand Rock team. The Wildcats are loaded with experience. Pleasant Valley and White Plains will battle for third place. The Groundhog Pick: 1. Sand Rock; 2. West End; 3. P. Valley; 4. White Plains.

2A AREA 14: Ider's Brent Tinker returns for his senior year. Ider may overtake Sylvania as the county's best team. Coach Tommy Wells is excited about the Hornets. Fyffe is good, but lack of senior leadership will net second place. Watch out next year for the Red Devils. Section is better and may challenge Fyffe for second. Geraldine is rebuilding. The Groundhog pick: 1. Ider; 2. Fyffe; 3. Section; 4. Geraldine.

3A AREA 13: The bad news is Crossville moves to 3A. The good news is the Lains return a crop of talent. Crossville should win the area easily. Susan Moore, Holly Pond, and New Hope make up the rest of the field. The Groundhog pick: 1. Crossville; 2. Susan Moore; 3. Holly Pond; 4. New Hope.

3A AREA 14: Sylvania has dominated this area over the two previous seasons. The Rams are the favorite, though Plainview and Pisgah are catching up. North Sand Mountain is small and quick. Pisgah may be a year away from competing for an area title. The Groundhog pick: 1. Sylvania; 2. Plainview; 3. Pisgah; 4. NSM.

5A AREA 14: Fort Payne has more depth than any of the three previous seasons. A winning season is a probability. Problem is Scottsboro returns its entire backfield from an 11-1 season. North Jackson is as solid as ever. Albertville has the best hand. The Groundhog pick: 1. Scottsboro; 2. Fort Payne; 3. North Jackson; 4. Albertville.

Top games of the '96 season

Sept. 7. Crossville vs. Ider (winner may go unbeaten)
Sept. 13. Crossville vs. Sylvania (playoff atmosphere)
Sept. 20. Plainview vs. Ider (Bears must contain Tinker)
Sept. 27. Fyffe vs. Section (loser forgets playoffs)
Oct. 11. Plainview vs. Pisgah (winner eyes Sylvania)
Oct. 18. Collinsville vs. C. Bluff (area champ crowned)
Oct. 25. Ider vs. Fyffe (can the Devils match up)
Oct. 25. Fyffe vs. Plainview (great rivalry)
Nov. 1. Scottsboro vs. Fort Payne (don't miss this one)
Nov. 1. Valley Head vs. Coll. (Tigers must grow up)
Nov. 1. Sylvania vs. Ider (county's best game)
Nov. 7. Sylvania vs. Plainview (enough said)

Coach Jon Tidmore enters his fourth season as coach of Valley Head. The Tigers are young, green, and full of potential. Jim Phillips has moved to fullback. Heath Watson starts at quarterback (a la Jim McMahon). Tim Harrison inherits the tailback position. Tidmore's squad is inexperienced on the offense and defensive lines. The Tigers need some good things to happen early in the season. The opening game with Geraldine is very important. Valley Head plays tough games with Fyffe, Sand Rock, and Cedar Bluff to round out the month of September.

Congratulations to Heath Kirby. Heath graduated from Auburn and now has a job at Ider as a teacher's aide. He will also coach football for the Hornets. His brother, John, is the head coach at Pisgah. They will be due September 13. Question is, who will dad (Jim) be for?

WJIM AM 1400 will be covering DeKalb County high school football. The schedule for the month of September is as follows (air time 6:30 p.m.):

Thurs., Sept. 5, Pisgah at Fyffe; Fri., Sept. 6, VH at Geraldine; Sat., Sept. 7, Ider at Crossville; Sept. 13, Crossville at Sylvania; Sept. 20, Ider at Plainview; Sept. 27, Ider at Collinsville.

All games will be replayed the following day. Thursday's game at 9 a.m. Friday; Friday's game at 9 a.m. Saturday or after the Alabama game; Saturday's game at 12 noon Sunday.

Fee Wee football enters its second season. Valley Head's 8-9-10 year old team is coached by Mark Battles. The 11-12 year old Tigers are coached by Mike Hulan. Good luck, young men!

CBS and Mentone began fall league softball back in August. CBS defeated Mentone 8-6 in their second meeting ever. CBS is currently 2-1 and Mentone is 1-3.

Camp Laney is a new coed softball team competing in the fall league. Connie Bell organized the team with athletes from the Mentone area. Next month, we will have list of team members, possibly.

National Sports At A Glance

College Football: Week one of the college football season is over. Auburn looked sluggish, Alabama made too many mistakes, and Georgia looked unmotivated. Tennessee and Florida rolled as expected. "Clash of the Titans", September 21st-Vols vs. Gators. The winner may have a date at the Nokia Sugar Bowl, January 2nd. The Groundhog Top Ten: 1. Nebraska; 2. Tennessee; 3. Florida; 4. FSU; 5. Notre Dame; 6. Colorado; 7. Ohio St.; 8. Syracuse; 9. Texas; 10. W. Virginia.

Auto Racing: Jeff Gordon easily won the Southern 500 at Darlington. Dale Jarrett's claim to the Winston Million went by the wayside. A \$100,000 bonus was nothing to sneeze at for winning two of four. Gordon is now the favorite to win his second Winston Cup Championship. Consistency is all he needs. Points Standings: 1. Jerry Labonte (3382); 2. Jeff Gordon (3363); 3. Dale Jarrett (3291); 4. Dale Earnhardt (3221); 5. Mark Martin (3042).

Baseball: The Braves picking up Denny Neagle, enhanced their chances of winning another World Championship. The Braves are on a roll and gearing up for the National League playoffs. The American League is up for grabs. The Yankees have fallen on hard times. Cleveland may now be in the series opposite Atlanta.

Pro Football: The Atlanta Falcons were a bomb the first week of the season. Carolina made the Falcons look sick. It's still early and a lot can change. Keep your eye on Green Bay. The Packers are much like the Kansas City Chiefs, neither had been able to win the big game. Can either do it this time? A mistake was made in my prediction for the Super Bowl. The Groundhog pick: Dallas vs. Buffalo.

In closing, a rumor has been floating around. Someone has told me that the football gods have buried secret plays under the Valley Head football field. I can only hope, the coaches can find them in time.

Well, that does it for another month. May God bless us all. Trevor Smith, we hope to be seeing you at Friday night football games.



READERS: Members of the varsity cheerleaders are (front row, second row: Crystal Wright, Rene Brendle, Brandi Shirley; back row: Amanda Goss)

Engagements

Simple Home Remedies Seminar

Thursday, Sept. 5, 12,
19, 26, Oct. 3

7:00 -8:30 p.m.

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This is the third seminar in the Formula For Wellness series on how to eat well and be healthy. Wildwood staff teachers for Thurs.,

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Lew and Darlene Keith.

Others who will be teaching will be **Charles**

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**Randy Morrison and Tammy Lynn Allen
Allen-Morrison**

Mack and Cloyce Allen of Fort Payne announce the forthcoming marriage of their daughter, Tammy Lynn, to Randy Morrison, son of Jimmy and Elizabeth Murdock and Randall and Charlotte Morrison, all of Gadsden.

The bride-elect is the granddaughter of Naomi Potts of Mentone and the late Hoyt Potts and Virginia Allen of Fort Payne and the late Clyde Allen.

Miss Allen is a 1989 graduate of Fort Payne High School. She is employed by Excel Hosiery.

The prospective groom is the grandson of Estelle Morrison and the late Earl Morrison, and Marie Watts and the late Austin McGraw, all of Gadsden.

Mr. Morrison attended Emma Sansom High School and is now employed by Black Creek Inc.

The wedding will be an event of Saturday, September 7, 1997, at 1 p.m., at the Mentone Church of God.

A reception will follow. All friends and family are invited.



Stoner-Brock

Andrea Christian Stoner and Eric Damian Brock were married on August 24, at Frost Chapel on The Berry College campus in Rome.

Andrea is the daughter of Curtis and Linda Stoner of Summerville. She is a 1993 graduate of Trion High School and is currently a student at Berry College, Rome. She is employed at North Georgia Electric, Trion.

Eric is the son of Jimmy and Janice Sink of Menlo. He is a 1994 graduate of Trion High School and is employed at Columbia Redmond Medical Center, Rome.

Both Christian and Eric will be attending the University of South Alabama in Mobile this fall.



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Happy Birthday to brothers Cheston and Trenton Green

Brothers Cheston and Trenton Green celebrated their birthdays together on August 17, with a party at Hammondville Park. Entertainment was provided by T.J. The Clown. Cheston was 4 on August 15 and Trenton turned 2 August 5th. Proud parents are Randy and Melonice Green (Chambers) of Fort Payne. Grandparents are Florene and C.B. Green and Elsie Wilson of Fort Payne; Great grandparents are Kenneth and Gail Chambers of Hammondville, and W.A. and Polly Chambers of Mentone.



Happy 6th Birthday to Hayley Breanne Woodard

Hayley celebrated her 6th birthday on August 27, 1996. Her parents are Melanie and Jodie Woodard. Grandparents are Myrtle and Russell Webb, Charlotte and Calvin Woodard of Lafayette; David Wright of Mentone. Great grandparents are Lillie and Herbert Woodard; Martha Collins, Lafayette; Ann and Bill Wright, Mentone; and Willie B. Langston, Mentone. Her great grandmother is Eloise Burnette.

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(3) **MOUNTAIN RIVER ESTATES** - Phase I now open. 3-6 Acre tracts on the Middle Fork of Little River. Located on Hwy 117 S Lookout Mountain Parkway, 4 miles from downtown Mentone and 2 miles from the Ga. line. Riverfront tracts starting at \$27,500, and 4-15 acre wooded stream tracts from \$10,000. Must see this unforgettable beauty.

OTHER PROPERTIES

- (4) **BROW OVERLOOKING FT. PAYNE** - 4 acre tracts on West Brow at the end of Lakeview Rd., located on 3rd St. Gap Rd., Ft. Payne, \$21,000.
- (5) **MENTONE PINE AND HARDWOOD LOTS** - 3/4 to 1 acre lots with city water available. Level to gently rolling. Located off DeSoto Parkway South, 1 mile from state park. Owner financing available. \$7,500 each.
- (6) **GETAWAY COTTAGE ON LITTLE RIVER CANYON** - 1 Bdrm, 1-1/2 bath, fireplace, screened porch and Glassed Alabama room overlooking the Canyon. Contains 7.8 acres and a stream through the middle. Very Secluded. \$68,000.
- (7) **FLAT LANDING FORD ESTATES** 3 acre tracts located on the East Fork of Little River, near Mentone. 250 to 300 ft. of river frontage. Restricted, and Owner financing available. Perfect for swimming and rafting. Selling fast, \$21,000 to \$25,000.
- (8) **LOT ON LAKE LAHUSAGE (middle fork)** 80x212 building lot with great access to lake. Partially cleared, driveway, surveyed, and perk tested. All you need is to build your cottage on the water. \$16,500.
- (9) **AVAILABLE - WOODED ACREAGE**, secluded with private access, 10 acres and up, \$1,500 to \$2,000 an acre. Owner financing available to qualified buyers. Restrictions apply.
- (10) **PICTURE YOUR NEW HOME NESTLED AMONG HUGE ROCK FORMATIONS** - on DeSoto parkway, Mentone. This building lot already has City water. Septic tank installed, driveway, and cleared to build. \$21,900.
- (11) **75 ACRES ON THE WEST BROW**, minutes from DeSoto State Park. Great investment property with over 1,000 ft. of brow frontage. Rocks, Creeks, and a beautiful view, all one could ask for, at a great buy at \$117,500.
- (12) **VALLEY VIEW FOREST** 6 acre tracts, choice pieces available, at \$15,000 each. East Brow overlooking the Ga. Mountains and Pleasant Valley. Just off Hwy 35 south of Ft. Payne, and in National Preserve and Little River Canyon Area.
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Are you ladies feeling like you could use a little "pick-me-up," or maybe you're just ready for a new fall look? Then, you need to contact Kim Worthey at 634-4507 and set up a Mary Kay Makeover. It's not hard, and you'll discover a whole new you! But, most of all, your skin will feel renewed and re-energized. Maybe you stopped using Mary Kay before because your consultant quit or maybe you were allergic to the product. If you haven't used this product in a while, you must try it again, because it has been totally reformulated in the past few years by clinical dermatologists and is 100% guaranteed. The best thing is, with every purchase guests make at your facial, you can receive free products! All you have to do is call and set up an appointment and find out how! Call Kim Worthey at 634-4507.

UNITED GIVERS FUND OF DEKALB COUNTY, INC.
PRESS RELEASE: AUGUST 26, 1996

CONTACT: BARBARA TURNER 845-4006

UGF CAMPAIGN TO GET UNDERWAY SEPTEMBER 18 — \$312,000 GOAL

This year's United Givers Fund Campaign will get underway with a Kickoff Breakfast on September 18 at 7:30 A.M. The complimentary breakfast, provided by Burger King and other sponsors, will be held in Cobble Hall of First United Methodist Church in Fort Payne.

Elizabeth Wheatley, UGF's 1996-97 Campaign General Chairman and Executive Director of the DeKalb County Children's Advocacy Center, will be the featured speaker. Also scheduled to be on the program are representatives of Hospice, Fort Payne-DeKalb Rehab. Center, and Mental Health Association of DeKalb County.

The traditional scaled signs will once again go up in Fort Payne and Rainsville to mark the progress toward this year's \$312,000 campaign goal. The campaign is set to run from September 18 through the end of October. Fourteen agencies will be funded from this year's campaign.

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PHOTOS TAKEN AT CAMP DESOTO REUNION ON MAY 4-5-, 1996

Photos courtesy of Jan Wilkinson



Left to right: Julianne Daffin (Atlanta), Jan Wilkinson (Mentone), Jessie Brewer (Garden Ridge, Texas), Camp DeSoto campers, who had not been together in 40 years--great "old times" remembered



Left to right: Julianne Daffin, Sue Henry (Mentone), Jan Wilkinson

TRIBUTE TO JAMES AND BETTY JOHNSON

By Randy Addison

In a tribute to James and Betty Johnson at the 50th wedding anniversary reception held at Lil' Mole Run Golf Course on Saturday, August 31, Rev. Randy Addison, pastor of the Mentone Wesleyan Church, made these remarks:

"I first met them four years ago and felt warmth and acceptance." A friendship developed. James was treasurer for 40 years and Betty was pianist at the Wesleyan Church for 50 years. These positions involved three things: commitment, loyalty, integrity. Rev. Addison said, "These are also the three things that make a marriage strong: •committed more to each other than to anything else; •loyal to each other and to their shared interests; and •faithful to each other and to their marriage, which speaks of the level of their integrity. Above all, they possess a devoted love for one another."

Over these past 50 years, "They have made it this far because of the values they have chosen to live by. Those values are:

- Church and God (children and grandchildren committed to church and God, as well.)
- Family (children and their strong family values.)
- Community (friends reach far and wide as shown by the presence of those who are celebrating with you on this day.)
- They chose to be each other's best friend."

Rev. Randy Addison said, "James and Betty are a living example that marriage is for a lifetime and to be enjoyed for a lifetime."

Quoting Mrs. Browning the poet to Charles Kingsley the novelist, "What is the secret of your life? Tell me that I may make mine beautiful also." Thinking for a moment, the beloved old author replied, "I had a friend."

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INNKEEPERS

The Church News

By
EVELYN GRAVES



On Sunday, September 1, the time will change for all evening services at the **Valley Head Baptist Church**. Discipleship Training will begin at 5 P.M., Worship Service will be at 6 P.M., and Choir Practice will be at 7 P.M. On September 10, the Ladies' Prayer Group will meet at 2 o'clock at the church. •On September 14, Brotherhood will meet at 8 A.M. at the church. •September 28 is the annual Baptist Bash at 2 o'clock at the Hammondville Park, with fun and games, food, etc. •September 29 is Promotion Sunday. Communion will be observed in the morning service on that date. The evening service will be a joint service at the Winston Presbyterian Church, with Reverend Jeff Adkins, the Methodist minister, bringing the message.

The **Valley Head United Methodist Church** UMW will meet on September 24, at the home of Mary Holleman, with Gladola Holleman as co-hostess for the meeting.

On Friday evening, October 11, at 6:30, there will be a singing at **Winston Memorial Presbyterian Church** by the North Alabama Quarterly Singing Convention. There will be people from different counties in Alabama participating in this event. Everyone is invited to attend. •Regular Sunday worship services are held at 9 A.M. each Sunday. Reverend Jerry Davis and Reverend L. A. Smith are the speakers on alternate Sundays.

Worship services are at 10:30 each Sunday morning at **St. Joseph's On-the-Mountain Episcopal Church**, with fellowship at 10 o'clock. Communion is at 12 noon on Wednesdays.

On September 15, at the **Mentone Church of God**, there will be a special speaker in the morning and evening services, Olen Pruitt, from Birmingham, AL. •A revival begins on September 22, with Reverend Jeff Stanford from Boaz, AL. (See picture on this page.) The services run from Sunday through Friday, September 22-27, at 6:30 P.M. •There will be a singing on Saturday evening, September 28, with a group called, "Uplifted". The time is 6:30 P.M. Everyone is invited to attend these services. (See picture on this page.)

Moon Lake Baptist Church is in the process of redecorating the fellowship hall. The regular church business meeting will be on September 11, with a fellowship meal. •All Sunday School leaders of the church are encouraged to attend the associational leadership conference at Broadway Baptist Church in Rainsville on September 9.

The **Mentone Church of God of Prophecy** is recruiting children from the area who do not presently attend church. The church has made a special investment in facilities, teachers, and children's church workers, in preparation for this recruitment campaign. All families who have children between the ages of 2 and 16 years old are especially encouraged to be a part of this special effort to minister to your children. •The church will celebrate Grandparents' Day on September 22. All senior adults will be honored in this special service. •The church will observe Pastoral Care Sunday on September 29. All ministers serving this local church will be recognized and honored for their work. "Small Group Ministries" will be highlighted. •The church is sponsoring a Community Ladies Prayer Meeting every Wednesday morning at 9:30 a.m. at the church. All ladies are invited to attend. Bring your list of prayer requests. The results have already been significant. •Our focus this year is "Turning To The Harvest." Revival is among us. For more information, call the church office at 634-4459.

You are invited to attend services at **Howard's Chapel**

(Church in the Rock) on Sunday morning at 10 A.M. Visitors are always invited to visit the chapel at other times also. Vacation clothes are acceptable for the service.

Services at **Union Hill Baptist Church** are: Sunday School at 10 A.M., Worship Service at 11 A.M., Discipleship Training at 6 P.M., Evening Worship at 7 P.M., Wednesday evening prayer service at 6:30 P.M., GAs, Acteens, RAs at 5 P.M. on Wednesday, and youth Choir Practice on alternate Wednesdays. Monthly singing is at 6 P.M. on the second Sunday of each month.

The **Mentone United Methodist Church** was privileged to have Dr. Oscar Hussell deliver the message, "Belonging," on Sunday, August 25. The Methodist pastor, Rev. Bill Giddens was attending homecoming at one of his previous churches in Anniston. •There will be a 5th Sunday covered dish dinner in the fellowship hall on September 29. Come worship with us at 11 A.M. each Sunday, and on September 29, stay and enjoy a delicious meal afterwards. •The UMW met Thursday, September 5, at 12:00 at Caldwell's Restaurant at the Mentone Springs Hotel in Mentone, and enjoyed a Dutch treat lunch.

The District Superintendent spoke in the morning service at the **Mentone Wesleyan Church** on Sunday, September 1, in the absence of pastor, Randy Addison, who was on a short vacation trip with his family. Visitors are always welcome in the church services. Sunday morning worship is at 11 o'clock, and the evening service is at 6 o'clock.



Reverend Jeff Stanford, evangelist from Boaz, AL, will be conducting the revival services at the Mentone Church of God from Sunday through Friday, September 22-27, at 6:30 P.M.



There will be a singing on Saturday evening, September 28, at the Mentone Church of God, with a group called, "Uplifted". The time is 6:30 P.M.

MOON LAKE SCHOOL NEWS

By Evelyn Graves

Dr. Bill Berry, Principal, states that he and teaching staff are eager to get back into a new year with new staff members, new students, new parents, and new facilities. A new sixth grade teacher has been appointed. Her name is Nancy Frost. She has worked as an aide at Ider School for a number of years, and this will be her first regular teaching position. A new Special Services aide has been appointed, Myra Mills. The Instructional aide is Lea Long. A new custodian has been hired--Sandra Rogers. New facilities are ready for use. New restrooms have been built to replace the old restrooms. A new heating system with individual forced air in each classroom has been installed. A new computer lab has been set up this summer and is operational. The lab will be used for students in groups, featuring newly acquired computers and printers. Each classroom will also have two computers. Steps have been made in providing a safer playground environment for the children. The PTO and school have jointly erected a fence around the play area. A one-lane transportation lane is being created for dropping off and picking up students, both by bus and by cars. All vehicles will enter on the ballfield side of the playground and will exit on the church side of the playground. There will be a gate at each end of this transportation lane, and these gates will be closed during the school day to enhance the safety of the children's outdoor play area. Bryan Young of Boy Scout Troop 106 is providing valuable assistance in this project to fulfill the requirements for his scouting Eagle rank. The PTO is currently having more construction done on the playground facilities.

School began for students on Wednesday, August 14, at 7:45 A.M.

The first PTO meeting is Sept. 10 at 6:30 p.m. It will also be Open House.

A Thank You to the Mentone Community

Phyllis Bailey would like to thank the Mentone Community for the response to the **Head Start Program**, especially to those who helped get word out about the new school. She appreciates all of your help.

The **Head Start Program** will have two teachers, Phyllis Bailey, the principal teacher and one assistant for 17 children. September 3rd is their opening date in Mentone. Herman Kerley, Director of the Head Start Program has recently opened up four centers.

Phyllis has five years with the program, having left her job of 18 years at a hosiery mill to pursue this dream of a head start for children. She has her CDA, and her assistant is working now to complete her CDA. Phyllis has been taking courses for the last four years to get her associate degree.

Mrs. Bailey invites Moon Lake School teachers to come to the Head Start School and see how the program works. It is family oriented, and Phyllis said that statistics show that most children who go to Head Start, will go on to college. For Phyllis, this is a dream come true.

NORTH DEKALB MINISTERIAL ASSOCIATION

The North DeKalb Ministerial Association will meet in regular session Thursday, September 26, 1996, at 12:00 noon at the Kountry Chef in Mentone. All area ministers are invited to attend.

The Association will be holding its annual elections at that meeting. Also, the Association will be seeking direction concerning community involvement and support in defending the current federal lawsuit which was filed against the DeKalb County Board of Education in February of this year concerning students' religious rights. If the Board of Education is not adequately defended, this case could alter the current Alabama School Prayer Law. In this case, Christians all across Alabama would be affected.

GARDEN HINTS

By Madeleine Bullock

July and August here in Mentone proved to be cooler and wetter than normal, which was quite welcome. The trouble I first had when I first moved here and when I tried to establish a lawn is now completely over, thanks to the Bt I used twice a year to combat the Japanese beetle grub problem. Now, the grass is trying to take over everything. I find myself fighting another battle, now, to keep the grass out of my flower beds. And to tell the truth, I am about to give up and let nature do its thing! I find that I am planting in the lawn now, it's less back-breaking work.

My squash and zucchini vines succumbed to the squash vine beetle. Actually, with a bit of research, I found out that they were really weevils and not beetles. Weevils will make themselves at home among any dead plants that are lying around, so it's a good idea to keep the garden clean. They also feed on various weeds (morning glory, ragweed, thistle, cocklebur and joe-pye). Predators include birds and spiders. Tobacco has been used as an insecticide since the late 1600s—nicotine sulfate extracted from tobacco leaves is diluted and used as a spray. It is effective against soil pests and many leaf-chewing insects.

Daylilies: if you have an established clump of daylilies thriving in your garden and you want to divide them all you need is a sharp knife and a shovel to make a whole bed of these perennials. To divide an established daylily, lift the plant after it blooms in mid to late summer, cut the foliage back to 4-5", use a very sharp knife or razor-knife to separate the clump into divisions of at least a single fan with some roots attached.

Daffodils: shallow plantings is the key to encouraging daffodils to divide, about 4" deep will spur bulb division, but if you have severe winters you may lose them.

Nematodes (insects): are really microscopic worm-like organisms; they have whitish, translucent, unsegmented bodies covered by a tough cuticle. Most nematodes are innocuous, living out their lives in fresh water, salt water, or soil, some are beneficial, some are plant pests. A more common pest is the root knot nematode which lives in the soil, and after hatching, the worms enter the roots of nearby plants, inject saliva into tissues as they feed, introducing toxins and bacteria that cause plant tissue to rot. Cells at that point enlarge grotesquely (galls) around the nematodes. The gall interferes with nutrient transport and inhibits the growth of the plant. They attack all plant parts, a few cause galls to develop on roots or leaves, others produce leaf discolorations, stunting or die-back. In general, plants infested with nematodes look sickly, wilted or stunted, their foliage turns yellow or bronze and they decline slowly and die. If the root system has been attacked, it will develop poorly and may even decay; and, if infested by the root knot nematode, it will show galls. Effects of nematode activity are most apparent in hot weather, plants will recover poorly from the heat.

Check the soil for root knot nematodes by taking some soil from the location you think might be infested, plant cucumber seeds in a small pot of it. After the first true leaves appear, pull up the seedlings and carefully wash the soil away from the roots—if nematodes are present, you will see small bead-like knots on the roots. Another test uses radishes instead of cucumbers. Collect soil samples at a depth of 3" below the surface from various sites in the garden, mix these together and fill four small pots with it. Freeze two of the pots for 48-72 hours to kill any nematodes that might be present, then plant radishes in all four pots (radishes are quite sensitive to nematodes). Examine the seedlings after six days, if the ones grown in the frozen soil look better than those in the untreated soil, your garden soil probably contains too many nematode pests. If you find that your plants are infested with nematodes add compost to the soil which will attract beneficial fungi that will then attack the nematodes, or you could drench the soil with fish emulsion which repels or kills nematodes. Seaweed extract used as a soil drench will reduce root knot nematode infestations of ornamental plants. Natural hormones in the seaweed called cytokinins help the plants increase their resistance to nematode invasion. Fewer larvae penetrate the roots, and those that do are inhibited in their development. Side benefits are bigger roots and stems and better yields.

HEART DISEASE--AMERICA'S NUMBER ONE KILLER

By Charles H. Cleveland

Director Community Health Education,
Wildwood Lifestyle Center and Hospital, Wildwood, GA.

Heart disease has become the industrialized nation's largest health problem. Nearly 50 percent of Americans die from heart disease or stroke, and worldwide, 25 percent will die from it.

Most people don't realize they are developing heart disease because it develops silently. Today, lesions are commonly found in the artery lining of children 10-15 years old. By the age of twenty, fatty streaks can be built up enough that it may be seen in a cross section of the coronary artery. If the unhealthy lifestyle continues, by thirty, they progress to fibrous plaques. By forty years of age, there can be significant coronary blockages even greater than 50 percent. Up to this point, these thirty years of coronary artery disease will generally be silent. Only after the disease reaches 40-50 percent blockage will an angiogram show the occlusion in a picture.

When a blockage progresses to 90 percent occlusion or greater, then symptoms generally manifest themselves. Chest pain usually occurs, (angina pectoris) which is a lack of blood flow through the coronary artery.

What will it take to turn this largely preventable killer disease around? Today, there is an abundance of research that clearly identifies serum cholesterol as one of the main indicators of heart disease risk.

The serum cholesterol measures how much cholesterol is in the blood stream. Cholesterol is a white, waxy fat-like substance found naturally in the body. It is used to build cell walls and make certain hormones. Too much serum cholesterol can clog your arteries and eventually choke off the blood supply to the heart.

Studies from around the world clearly indicate that as blood serum cholesterol rises, so does the mortality rate.¹ There is a definite association between dietary cholesterol intake and blood serum cholesterol.¹

Interestingly, Japan, which ranks very lowest in heart disease, even though their smoking rate (a definite heart disease risk factor) is much higher than ours. Why? It is because their average cholesterol levels are significantly lower.

If a young person is on a typical cholesterol rich diet and has a cholesterol of about 230 mg/dl, over 50% of his blood vessel lining will be covered with this fatty plaque. Now, that is not a 50% blockage—but it means, if the blood vessel were laid out and open, over 50% of the surface area would be covered by atherosclerotic disease. The higher the cholesterol in the young, the more the surface area is coated with atherosclerosis.

Many doctors use a broad range of cholesterol levels, which they called "normal". Normal really represents what the average person has, not necessarily what is ideal. Remember too, heart disease progresses silently in most cases. Normal in Finland is 280 mg/dl. The National Cholesterol Education Program recommends 200 mg/dl as safe. But ideally speaking, a serum cholesterol level of **100 plus your age** is the best.

Today, besides using total cholesterol levels as an indicator of heart disease risk, we can also use certain parts or fractions of the total cholesterol. One part of our total cholesterol is called high density lipoprotein, or HDL. This type is considered protective against heart disease. When the HDL is greater than 75 mg/dl, the risk of a heart attack in men in the Framingham study was zero.² When the HDL was less than 25 mg/dl, the risk of a heart attack was significant. The higher the HDL, the better protection against heart disease. For women the principle is the same.

LDL (low density lipoprotein) is the so-called "bad cholesterol" that is toxic, oxidized and produces the atherosclerotic craters in the blood vessels. The level of LDL in the blood is an important determinant of the rate at which cholesterol is deposited in the artery walls.

There are two sources of cholesterol. First is serum cholesterol, which our liver manufactures all that we need every day and more. We need no other supply.

The second source of cholesterol is from our foods, thus it is called dietary cholesterol. Not all food has cholesterol in it; in fact, cholesterol is found without exception only in animal foods.

The average American eats 400-500 mg of dietary cholesterol every day from food.³ Fruits, vegetables, grains and nuts contain no cholesterol.

Most Americans are getting their cholesterol from meat, such as beef, poultry, and fish. Thirty-five percent of the cholesterol consumed in America each day comes from meat. Another 35 percent comes from eggs. Sixteen percent comes from milk and milk products. Six percent comes from cooking fats and oils such as butter, lard, and other fats that are an animal in origin. Commercial baked goods tend to use lard which accounts for 8 percent of the cholesterol consumed per day.¹

Those Americans who really want to prevent heart disease may do so; but, for most, it will mean some serious changes in their eating habits. Former Surgeon General C. Everett Koop, M.D., Sc.D., underscored this point when he said, "It is now clear that diet contributes in substantial ways to the development of these diseases [coronary heart disease] and that modification of diet can contribute to their prevention."⁴

Louis Sullivan, M.D., Secretary of Health and Human Services, adds some specifics and concern, "Research clearly shows that a diet with plenty of fruits and vegetables is good for health, but Americans are not reaching the basic goal of five or more servings each day."

The researcher who perhaps best summarizes what we can do to help prevent not only heart disease, but cancer, too, is Dr. T. Colin Campbell, professor of nutritional biochemistry at Cornell University. He states, "Unless Americans make a more drastic switch from an animal-based diet to a plant-based diet, they will not reduce their rate of cancers, cardiovascular disease and other chronic, degenerative diseases." For most of us, making serious dietary changes doesn't come easy, but the benefits are worth it. Don't think so much in terms of what we need to give up, even though that has to be included, but look ahead to the new foods we can eat, or the new ways to fix healthful food in a variety of ways. Living a longer and better quality life is certainly worth the effort.

¹ WHO, 1970-1980.

² Berenson, G.S., Wattigney, W.A., et al. 1992. Atherosclerosis of the Aorta and Coronary Arteries and Cardiovascular Risk Factors in Persons Aged 6 to 30 Years and Studied at Necropsy (The Bogalusa Heart Study). *Am J Cardiol* Oct 1; 70(9):B51-858; Freedman, D.S., Wattigney, W.A., et al. 1993. The Relation of Atherosclerotic Lesions to Antemortem and Postmortem Lipid Levels: the Bogalusa Heart Study, *Atherosclerosis* Dec; 104(1-2):37-46.

³ Wilson, P.W., Abbott, R.D., Castelli, W.P., 1988. High Density Lipoprotein Cholesterol and Mortality. The Framingham Heart Study. *Arteriosclerosis* Nov-Dec; 8(6):737-741.

⁴ Gotto, A.M. 1991. Cholesterol Intake and Serum Cholesterol Level [editorial]; *Comment. NEJM* Mar 28;324(13):912-913.

⁵ Grundy, S.M. 1986. Cholesterol and Coronary Heart Disease. *A New Era. JAMA* Nov 28;256(20):2849-2858.

⁶ The Surgeon General's Report on Nutrition and Health, US Dept. of Health and Human Services, p. 6.

⁷ Better Nutrition, May 1994, p. 20.

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Fri. 5 a.m. - 8 p.m.
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choice of meat,
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slaw, baked potato,
French fries, or onion
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Southern Properties

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Agency, Inc.

302 Gault Ave. S., Fort Payne

Blossom Hill Bed and Breakfast and Herb Farm

(1)

Nestled in the woods on a canyon above Little River only 350 yards below DeSoto Falls, Blossom Hill offers a "Rustic touch of Class" for someone who wishes to continue the development of a Bed & Breakfast or for someone who is looking for a location that can accommodate multiple families with year-round opportunities for fun and relaxation.



Blossom Hill's main residence includes a bedroom, living room, bath, kitchen, utility room, large sunroom, (also used for feeding guests), 300' of deck and an attached greenhouse.



About 200' from the main house sits the guest house, including private rooms with private bath and entrance from a covered porch, and a 2nd floor 2-room studio apartment.

All surrounded by approximately 7 acres of natural beauty, native wildflowers, and raised herb beds. Shown by appointment only. Please call Southern Properties for more information.



(2) DISCOVER THE WORLD OF COUNTRY LIVING in this like-new, 3-bedroom, 2-bath home, featuring 1200 square feet of porches, a 20'x30' workshop with 1/2 bath, 1 car garage and carport, and 6.8 totally fenced acres for added privacy. \$130,000. REDUCED TO \$112,500.



(3) MENTONE BROW - Spectacular View-Beautiful, unique, unusual describes this finished home which offers three bedrooms, one full bath (with Jacuzzi), two one-half baths, great room with wet bar and fireplace, kitchen area features ceramic countertops and an island with custom hood, range, disposal, dishwasher and refrigerator. A two-car garage, glass-enclosed octagon-shaped casual pool with patio overlooking pool, sauna, shower area, recreation room with pool table, hot tub, and decks are just some of the amenities. All this and approximately 700' of brow frontage! Shown by appointment only to qualified buyers. Great for a restaurant. \$295,000.



(5) COZY COUNTRY COTTAGE - 1 acre wooded lot on East Lake Drive. Less than 2 years old. 2 Bdrm, 2 Bath, large living, dining & kitchen. Fireplace. Front & Back porches, 2 car carport & detached garage. REDUCED to \$79,500.



(4) LOFTY CONTEMPORARY on the Brow of Mentone. Offering 3 or 4 bedrooms - 2 baths. Fully equipped kitchen--pine floors--dressing room, and solar room. Floor to ceiling glass in the 2-story living room produces a feeling of openness to the outside from both floors. Appointment only. \$225,000.



(6) SOMETHING FOR THE ENTIRE FAMILY- Living/ dining combo, large eat-in with skylight--den mud room--3 Bedrooms, 3 Baths, 3 mountain stone fireplaces, large screened porch and a screened beach house for entertaining, all on a beautifully landscaped lot with Lake Latusage frontage. \$179,900.

OTHER LISTINGS

(7) THE WEST FORK OF LITTLE RIVER flows quietly by these 3-acre wooded lots with 300 feet of River Frontage. Restricted for property owner's protection. Prices starting at \$20,000.

(8) 13 BROW LOTS with additional acreage across the road for a mini-farm. Just over the Georgia line. Restricted. Co-Broke with Cloudland Realty.

(9) OVERLOOK THE BREATHTAKING GEORGIA VALLEY from this 3.76 acre West Brow lot, about 10 miles north of Mentone. Lightly restricted. Co-Broke with Cloudland Realty. Only \$22,000.

(10) LAKE ON THE BROW - Where else can you find magnificent sunrise and lake view in the same place? Only at Lake on the Brow. Restricted building lots 10 minutes from town. NOW OPEN--PHASE II - look now while the choice is prime--starting at only \$12,500.

(11) VACATION IN YOUR BACKYARD at Laurel Creek Lakes. 1-1/2 to 3-acre lots all having access to 3 private lakes and natural common areas with walking trails. Restricted. Prices starting at \$7,500.

Susan Collins Residence - 634-4695
Sara Quinn Residence - 845-1881



The Country Journal

By
BERNISE CROW

Life becomes more precious as we grow older and each day is counted as very special. There are more and more little things to make us aware of the beauty of nature that we tend to overlook in our days of youth. A soft yellow butterfly just flitted by, a small hummingbird sat on a tiny limb and surveyed the feeding area, the cicadas seemed to be in perfect harmony last evening as they were singing their last songs for this summer. The soft mountain breezes caress my brow and all seems so peaceful at Mentone. God created a wonderful world. He put everything in motion, completely harmonized and balanced, until man carelessly interrupts the balance with his own inventions. I am so thankful that we have become alert to saving our natural environment and protecting the beauty of the earth from our own errors. It is nice to see businesses and cities become aware of having interrupted the balance of nature and are planting and landscaping with trees and flowers to give back something to the community.

A few years ago, I was privileged to visit Disney World at a Deep South Regional garden club convention, and we were allowed to visit with the head botanist who arranged the landscaping and planting of trees. It was fascinating to see what was done in a short time with a great deal of Disney's money to get almost instant development of the plan. They used heavy machinery to dig up grown live trees, transport them to the site, and plant them. This was very carefully done and most of them lived because they were tended with care and given plenty of water. It's a pleasure to visit now and see that the trees, flowers, and lush green grass are still growing and being nurtured. It's a wholesome, clean park where litter is not allowed to blight the area. We do not have access to this kind of expertise, but a little work and planning will go a long way toward producing a clean, beautiful, healthy environment.

The Outdoor Sale was a huge success. We had many local people get out their articles and set up tables to display them on the roadsides. It was interesting to see those passing with pickup trucks and vans loaded to the hilt. There were furniture, lawn mowers, washing machines, and all kinds of things. Again, many people plan their vacations in order to follow the complete 127 route. We are fortunate to have it include our Lookout Mountain Parkway. One of the major networks interviewed J. P. Nation, and Phil Howard said he saw the story on television news. Sorry I missed it.

Many patrons are enjoying The Dish Tearoom, and some of them are making two or three visits a week. The food is strictly fresh, and prepared on the spot. So, if you are waiting a few minutes, it's to give them time to get together the fresh fruits, or cut homemade bread, which is served with every meal. They only serve lunch from 11:00 a.m. until 2:00 p.m. After 2:00, one may have delectable desserts and tea, or coffee until 2 p.m. This is a dream come true, and I'm very happy with the public response. In September, Joe and Terrence plan to serve dinner, by reservation. Their menu changes weekly and is a good variation.

Joe and Terrence catered the beautiful fruits and veggies for our 50th Anniversary party, held August 24, at the Lil' Mole Run golf clubhouse. It was very attractive and delicious. They worked with our daughters, Joyce Cooper and Doreen Waters, to make a feast for us and our guests to enjoy. Many thanks to the Dish for giving us their time for an anniversary present.

We would like to thank those of you who came to our party. Homer and I had a great time and believe you did, too. The children worked many weeks preparing surprises for us; and, believe me, we were surprised. The musicians were a great surprise, and they played good old tunes we enjoyed from the 40s and up to the present. Ralph Miller, who majored in music, was band director at high school and now is a principal

of a high school in Chattanooga, grew up playing saxophone with Barry at City High School in Chattanooga and so did Michael DeYampert, who played guitar with them. Michael and his wife, Beverly, did the photography and have made us look good! Michael teaches art at Trenton Middle School. He is an art major and does beautiful paintings. The interesting thing about Michael is that we found that he was related to the Crows after we had known him for years. His great grandfather was "long" George Crow, who lived here in Mentone and later moved to Gadsden. (There was a "short" George, too!)

We had many friends and neighbors from Chattanooga, some who have moved away since we lived there full time.

The biggest surprise was that our friends came from Baltimore, Maryland. They were in our group who toured China last September, and we became good buddies. God bless them for driving a long way to help us celebrate our special day.

Sonny Pokorski and his little daughter, Jacine, from Birmingham came. He is like family to us, having lived with us almost two years.

I could tell more wonderful stories, but it would be boring. Many humorous stories were told about our wedding. Dorothy Crow sang at our party like she did at the wedding. "I Love You Truly." She told, while she had the microphone, that she didn't get to finish the song at our wedding because I started coming down the aisle, and the pianist had to switch to "Here Comes The Bride." She was determined to finish the song this time.

My sister, Jean Matthews, said they tied old shoes to the bumper of our car (along with tin cans and other garbage), and that a few days later, we came to the Mentone Inn wearing the shoes.

Now, we look forward to attending James and Betty Johnson's party on August 31st at the same location. We hope to see many of you there.

Stop by & chat with Bernise at

CROW'S NEST ANTIQUES

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September Gems

September dressed in verdant green,
A lush velvet mantle fit for a queen,
Of a beautiful landscape so serene.

Sprinkled lavishly with colorful gems
Set in many beautiful diadems—
Unafraid of Autumn's stormy whims.

The scene is sprinkled with petals of gold,
Many gems of beauty to behold—
Weeds have a new story to be told.

Clumps of silver spangled lace
Cover a once barren place,
Waving gently with lovely grace.

Amethysts galore, in the meadow, bloom,
Topaz and pearls help dispel any gloom,
That may be felt for Summer's doom.

September wears many diadems,
Set with many beautiful, precious gems,
As everything sings Summer's requiem.

September's scepters are golden rods,
And seeds are scattered from bursting pods,
As hope for Spring fruit and beauty despite all odds.

—Eloise Brown



A Friendly Valley View

By
ELOISE BROWN

Welcome to the world to Austin Tyler DeFur, born July 19 to Jennifer and Perry DeFur of Acworth, Ga. Proud grand parents are Barbara and Benny Palmer of Valley Head and Barbara and Robert DeFur of Chattanooga. Willie Mae Palmer is his great grandmother.

Congratulations to Suzanne Palmer Smith who received her Masters Degree as a Speech Pathologist at The University of Alabama. She is now serving as a Speech Therapist in a Dade County School.

Betty Bracken came from Chattanooga and had lunch with Ruth Pickett and Selma McElhaney at the Peking Gourmet restaurant in Fort Payne. Lillian and Joe Pickett took Ruth and Bert Pickett to Chattanooga for lunch on August 31st.

Lillie Bowden spent the weekend, recently, with her daughter's family, Jo Ellen, Mike and Michael Welch in Chattanooga.

W.D. Chadwick is home after spending a few days in BMC-DeKalb. We hope he is feeling much better.

Becky, Nicole, and Casey Stott accompanied Gladys Cobble to Linda and Mickey Cobble's home in Chattanooga, to a dinner honoring Gladys on her birthday. Congratulations and many more happy birthdays to a gracious lady!

Judith, Al, and Matt Hammond and Nicole Stott enjoyed a four-day vacation in Panama City, Fla.

Nancy Hawkins, from Birmingham, is spending several days with her mother-in-law, Vesta Hawkins and Velma Hammond.

Amanda Brown went with Heather Freeman, and a group from a Mentone Church, to Chunky Cheese in Chattanooga.

Venna Livingston and her daughter, Marilyn Mercer, and Marilyn's daughter, Jamie, and son, Wade, enjoyed a trip to Asheville, N.C., where they visited the Biltmore Estate and gardens. They also went to the top of Chimney Rock and visited the Joyce Kilmer Forest Park.

The Valley Head UMW met August 28 at the home of Melinda Adkins with Helen White as a co-hostess. Velma Hammond led the program on "Transforming Love—Keeping Hope Alive." A World Thank Offering was taken. Others present were Mary Crow, Marjorie Gray, Frances Longshore, Venna Livingston, Adelaide Biddle, Laura Margaret Allison, Leslie Rogers, Eloise Brown, and a visitor, Arno White.

The Valley Head Baptist Church had a covered dish luncheon at the church, Sun., August 25, honoring DeVan Jackson and showing their appreciation for his devoted service as their music director. Incidentally, it was his big 40 Birthday. Congratulations, and many more happy birthdays to a very talented gentleman!

Former Valley Head football coach, Bill Edwards, 71, died recently at his home in Chattanooga. He was Valley Head's coach in 1950, 1951, 1952, and the Tigers beat Ft. Payne all 3 years.

Darren Smith, son of Donnie and Gayle Smith, suffered serious head injuries when his four wheeler flipped over near Pisgah Friday, August 30. Darren was air lifted to Erlanger Hospital in Chattanooga where he underwent surgery. He is slowly improving.

I hope everyone had a happy Labor Day—without the labor—just rest and recreation!

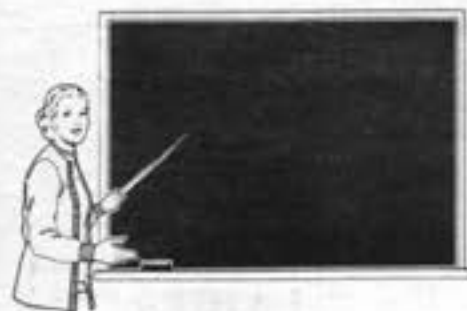


OUTDOOR TIPS

Compiled by Dr. Pat Seymour

● **Keep the fire burning.** Everyone knows how difficult it is to start a fire with green wood, but what many people don't know is that green wood provides a good source of fuel to keep an established fire going. The trick is to lay two green logs parallel to each other, so that the flames lick up between them. If you've got a good bed of coals underneath, they'll burn for a long time, and won't throw sparks the way dry or pitchy woods tend to do. This is not a recommendation to go cut a live tree whenever you want to keep a fire burning, but it is useful information to call on in an emergency when you need an all-night fire to stay warm.

● A candle and an operable cigarette lighter guarantee that you can always start a fire in an emergency. Carry a candle stub and a lighter in your pack whenever you are going into a wild area, and use them to produce a sustained flame. Then, you can add small dry material until a brisk fire is established.



Q: I have two woodburning stoves in my house, so I have to stockpile firewood. Should I let logs age and season before I split them? When is the best time to split wood?



When splitting wood, aim for the cracks in the log. The wood fibers here have already separated and splitting will be easier. Avoid knots.

A: Logs will split more easily if they're allowed to dry out first. It's always easier to split wood in cold weather. A nearly frozen log is the easiest to split.

If you're in a rush to get seasoned wood for your stoves, you can split the logs green, but it's extremely difficult. Of course, once the wood is split, it will season faster because there's more drying surface.

● **The most successful fishing lure** is the common red-and-white spoon. It will take almost any species of freshwater or saltwater gamefish. Carry a red-and-white spoon and a length of fishing line in your emergency pack when on camping trips.

● **Doggerel:** •Breed of dog rumored to have come to America on the *Mayflower*: cocker spaniel. •Year pointers first appeared in England: about 1650. •Number of Labradors registered with the American Kennel Club in 1995: 132,051. •Number of Sussex spaniels registered with the AKC in 1995: 47. •Brightest star that can be seen from Earth at night: Sirius, the Dog Star. •Year the Russian canine Laika became the first dog in space: 1957. •Year Nilo's King Buck, a black Lab, became the first dog to appear on a federal duck stamp: 1959. •Web site address for Acme Pets information-packed home page: <http://www.acmepet.com>. •Number to call to subscribe to *The Pointing Dog Journal* or *The Retriever Journal*: 1-800-333-7646. •State with the largest dog population: California (more than 5.7 million). •Year cartoonist T.A. Dorgan drew a dachshund inside an elongated bun and called frankfurters "hotdogs": 1906. •Number to call to request free sample of Purina ONE dog food: 1-800-787-0078.

BACK TO SCHOOL

GROUNDHOG CLASSIC RUN MENTONE, ALABAMA

Sponsored by the
Mentone Area Preservation Association
Saturday Oct. 19th 9:30 a.m. CST

ONE MILE FUN RUN: At 9:00 a.m. Pre-registered entrants are guaranteed a T-Shirt (May be mailed to late registrants). Times called but no records kept.

AWARDS: Specially designed T-Shirts to go to all pre-registered runners (May be mailed to late registrants). **TROPHIES** to all top three winners in each division.

\$100.00 each to top overall men's and women's winners.

LIGHT BREAKFAST: Fruit and fruit juices will be served free to all runners after the Classic. Water available at half-way point.

COURSE: Begins at the Hitching Post to turn - off to DeSoto Falls and back. 4.2 miles. flat to gently rolling hills on DeSoto - Lookout Mountain Parkway.

MENTONE: Located on Lookout Mountain on Highway 117. Exits of I-59 between Chattanooga and Gadsden. From the east through Summerville, Ga. to Menlo to Cloudland to Mentone, Alabama.

14TH YEAR: This is the 14th year for the race. All proceeds go to the goals of the Mentone Area Preservation Association, dedicated to preserving and protecting the natural heritage, environment, and other unique qualities of Mentone. The race on Saturday, Oct. 17th. is part of the "October Colorfest" which features ghost stories, music, and a bonfire on Friday evening Oct. 18th. Crafts, boat rides, music, food, drinks and more will be available on Saturday and Sunday, Oct. 19th and 20th.

Detach and mail or bring to:
The Mentone Groundhog Classic
C/O Penny Lyday
19508 Scenic Hwy
Mentone, AL 35984
205-634-4403



Entry fee of \$10 must accompany each application. After October 15th, fee will be \$12. Make checks payable to MAPA (Mentone Area Preservation Association)

Name _____

Address _____ City _____

State _____ Zip _____ Phone _____

Age as of Oct. 18, 1996 _____

Signature _____

(If under 18 years old, Signature of parent or guardian is required)

Circle T-Shirt Size S M L XL

() Men Overall	() Women Overall
() 14 & under	() 14 & under
() 15 - 19	() 15 to 19
() 20 - 29	() 20 - 29
() 30 - 39	() 30 - 39
() 40 - 50	() 40 - 50
() Senior (50 +)	() Senior (50 +)

NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THIS OFFICIAL WAIVER. In consideration of accepting this entry, I the above signed intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release any and all claim's for losses and damages I may have against MAPA and all other parties and their representatives, Successors, and assigns for any and all injuries suffered by me in said event. I attest and verify that I am physically fit. Further I hereby grant full permission to any and all foregoing to use photos, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

**Come Enjoy
the Fall and
Changing
Colors
of the**

1996 OCTOBER COLORFEST

October 19th & 20th

**On Brow Park on top of Lookout Mountain
in MENTONE, ALABAMA**

**Arts & Crafts • Music • Boat Rides • Food & Drink
• Games for all Ages •**

*Run through
the Leaves
at the
Famous*

GROUNDHOG RUN
5 K Run Up Scenic Rd.

On the Brow Friday, October 18th

For Kids of
all Ages

Bonfire with Ghost Stories
With Bernice Crow

Marshmallow
Roast &
Music

Saturday, October 19th

Ground Hog Run.....9:00 AM
Race Winners 10:00 AM
Trophies for all Catagories

Arts and Crafts
Sat. Night Square Dance

Sunday October 20th
Handmade Quilt Give away at 4:00PM
Games of Chance for Young & Old
More Music & Entertainment
Sponsors Jerry & Joyce Waters

Boat Rides at DeSoto Falls
all Weekend \$2.50 per ticket
Homer Crow Captain



Sponsored by
Mentone Area
Preservation Assoc.

A Non-Profit Organization

All Atop Lookout Mountain in Mentone,
Midway from Chattanooga to Gadsden
On Highway 117, off I-59, Exit 231



God's Minute

By Ruby Brock

Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice: and be ye kind one to another, tender-hearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Eph. 4: 31-32

Paul is saying, put away from you all these bad things so you can be kind and tender-hearted, but to forgive one another as God has forgiven is a big order. God never comes back and reminds us of what he has forgiven. When God forgives, it's gone. Let us be forgiving.



LADIES TOURNAMENT

September 14
8:00 a.m.

Lil' Mole Run Golf Course
Mentone, Alabama

Sponsored By Local Businesses

1st Place . . . \$150.00	2 Lady Team: Best Ball
2nd Place . . . \$100.00	\$35.00 Per Person
3rd Place . . . \$50.00	Includes: Green Fee, Cart, One Mulligan, and lunch

Prizes For:
Longest Drive
Closest To Pin
Longest Putt
Mulligan Drawing

Contact: Denita
(205) 634-4159



Appreciation Day for Dr. James Quimby September 22, 2-4 p.m. The Winston Place

Mark your calendar for a really big event that is coming to the area on Sunday, September 22, at the Winston Place, in Valley Head, on the front porch; casual dress. Everyone is invited. A reception given by the City of Valley Head, will be held to honor Dr. James Quimby, physician with over 50 years service.