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18 Years
in Print**

THE

GROUNDHOG

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Volume 18, No. 9

"Neighborly News from the Heart of Lookout Mountain"

September 2000

MAX CASH RETIRES AS MAYOR AND PUBLIC SERVANT

By Marie S. Dillenbeck

Max Cash, the ninth individual to be mayor of Mentone. On August 8, 1989, Max Cash finished the remaining term of Rob Hammond who resigned due to the growing concerns of Camp Laney. Max said Rob didn't want to run again, but he told Rob he would fill out his term if the council saw fit--they did. Max has also been on the town council since 1960.

Born Nov. 24, 1924, to parents Albert Cash and Cassie Cash, he attended Moon Lake School, and graduated from Valley Head High School. He attended a short time at the University of Chattanooga.

Max worked with his father who was a well-known carpenter and rock mason responsible for many lasting structures in and around Mentone. After he and Roberta married, he worked with a construction firm which employed her father as superintendent.

Max and Roberta, who have been married 52 years, have six children: Anita Banks, Larry Cash, Susan Hooks, Bruce Wayne Cash, Phillip Cash, Neil Cash (deceased), and Ann Harrell. Their spouses and grandchildren, respectively, are Ben and Seth Banks, Marion, Ind.; Barbara, Allison and Jordan Cash, Anchorage, Alaska; Larry, Kyle and Cassie Hooks, Mentone, Ala.; Robin, Katie, B.J. and Lydia Cash, Austin, Tex.; and Leslie, Matthew, Lindsay and Corey Cash, Austin, Tex. Daughter, Ann is from Dalton, Ga.

Max served in the 11th Air Force as a radio operator and was stationed in Alaska. In 1948, a group of World War II veterans in Mentone organized American Legion Post 215 for their community. Their first commander was Sammy Cash. Charter members were: Leonard Shigley, Max Cash, Luther King Jr., Sammy Cash, and Leland Cox. Today, American Legion Post 215 continues to be an active community organization in Mentone. Mr. Cash said, "In WWII, seven men from the Mentone area were killed, the most for a town of its size in Alabama."

Prior to being mayor, Max was a rural mail carrier for 36 years. E. T. York, U.S. Postal mail carrier for many years, inspired Max to apply for the position as rural mail carrier. "I would see Mr. York riding by and putting mail in the boxes and saw the good part of a mail carrier's job, and it was a job I wanted to do." In February 1952, U.S. Representative Albert Rains appointed Max, who was 27 years old. Max retired on Feb. 3, 1988, after having served continuously as a rural mail carrier for 36 years.

Max Cash had been such an important part of the life of Mentone's rural community with his friendly greeting. Those on the route remember his dedication and kindness during those years. That same dedication and kindness has continued. It's just part of Max, and he wanted to give something back to his community.



Mayor Max Cash in the town meeting hall standing in front of one of the quilts hanging in the hall. He does, indeed, "love Mentone", having served many years as a public servant.

During the time he was a rural mail carrier, Max was also on the town council, serving one time as Mayor. He resigned when it interfered with his route.

Family and friends surprised Max on Friday, November 26. The children and grandchildren of Max and Roberta Cash planned the 75th birthday celebration in his honor. It was held at Riverview Camp for Girls in the dining hall. Guests were invited to "come join us for 'Low Country Shrimp Boil' with lots of music and lots of food and fun."

Members of the present council and other employees of the town had the following comments. Linda Brown said, "I want to personally thank Mayor Max Cash for his many years of service to the town of Mentone. I have worked with Max and the town on several projects, and he is always a joy to work with. He is one of the most considerate and cooperative people I have ever known. While serving on the town council during part of his term as mayor, I have found that, if he is faced with a question that he doesn't know the answer to, he will say that he doesn't know; but he will research the issue and find the answer--and he always does. I think that

this may be one of the best attributes a person can have.

"Max is always courteous and makes sure that everyone gets a chance to present their view. Besides being such a nice person, Max has the ability to see what needs to be done and then take the appropriate steps to accomplish the job. Max Cash is a true gentleman, in every sense of the word."

James Johnson, who served at various times under former mayors, C.E. Harvey, Sam Barrett, Robert L. Daniel, and Rob Hammond, said, "It was very much a pleasure to serve with Max. He gave his time for the good of the town. Because of his experience in different types of work, he was able to do things for the town that they would otherwise have had to hire help. Max was devoted to his job and the town!"

From John Corey, "I remember one day having a customer in the store. He said, 'I would like to be mayor of the little town of Mentone--just sit back, kick my feet up, and relax.' I told him, Look out the window. That's the mayor out there digging up water lines with Jimmy Worthey to find a water leak. There may be a little more to being mayor than that."

Jean McGehee said, "I first appreciated Max Cash's leadership when he was a member of the board of the Heritage Foundation when it was trying to get the Mentone Springs Hotel for a community center/welcome center/museum. He was a wonderful board member. Since then, I have admired his almost daily presence in the town hall and for his many years of dedication to the town of Mentone as mayor."

Jimmy Worthey of the Mentone Water Department said, "It has been fine working with him. I have enjoyed every bit of it, even digging ditches with him. He is a real good man to work for. I liked working with Max. He has been a good boss."

Catherine Bailey, who was Town Clerk for 20 years, from 1976 to 1996, said "It was good working with him. He left me alone to do my job. He was good to work with."

(Continued to page 14.)

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See Page 2.**

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SCHEDULE OF MEETINGS, EVENTS, AND OTHER DATES

- Sunday, Sept. 10, GRANDPARENTS DAY
- Monday, Sept. 11, 7 p.m., Mentone Town Council, Town Hall meeting room
- Tuesday, Sept. 12, 6:30 p.m. American Legion Meeting, American Legion Hall, Mentone
- Friday, Sept. 22, FIRST DAY OF FALL
- Monday, Oct. 2, 7 p.m., New mayor and council members to be sworn in at Mentone Town Council, Town Hall meeting room

NOTE--October's council meeting night is changed to the 1st Monday, all other council meetings will be held on the 2nd Monday.

- Tuesday, Oct. 3, 7 p.m., MAPA meeting Dessie's Kountry Chef
- Third Weekend in October, October 20, 21, 22
OCTOBER COLOREEST

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THE GROUNDHOG

P.O. Box 387, Mentone, AL 35984



Published monthly by the Mentone Area Preservation Association, MAPA was first conceived on Groundhog Day, 1982, and organized April 6, 1982, for the purpose of preserving and protecting the heritage, natural environment, and other unique qualities of life in the Mentone area, and is chartered as a non-profit organization by the State of Alabama.

THE GROUNDHOG STAFF

Editor.....Evelyn Graves
Associate Editor/ typesetter.....Marie Dillenbeck
Contributing Editors.....Ruby Brock, Linda Brown, Eloise Brown, Madeleine Bullock, Marilyn Campbell, Bernise Crow, Marie Dillenbeck, Dowe Foreman, Evelyn Graves, Phil Harris, Lisa Moore, Sue Schwarz, Laura Catherine a/k/a Moon

MAPA OFFICERS

President.....Marilyn Mathews
Vice President.....Dot Crow
Secretary.....Marie S. Dillenbeck
Treasurer.....Dessie Newberry
Parliamentarian.....Homer Crow
Member-At-Large.....Hope Walker
Member-At-Large.....Betty Bain

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

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

The deadline for all material for The Groundhog is the 15TH DAY OF THE MONTH preceding publication. The Groundhog is due out by the first Friday of each month.

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FROM THE MAPA PRESIDENT

By Marilyn Mathews

The 450 mile long yard sale has come and gone for another year. I always enjoy it immensely, but it is a lot of hard work, also. MAPA participated again this year, and because a lot of people helped us, we did very well. I would like to thank everyone who participated in ANY way. Huey served as chairman, and his thank you, included in this issue, has more detail. We especially enjoyed chatting with the approximately 900 visitors we had. We kept a "guest list" and had people from "all over" sign it.

I had quite a shock when I realized one of our visitors was a friend I had not seen in 18 years. We had worked together, become friends, changed jobs, and lost touch with each other. I could hardly believe it--I never dreamed of our paths crossing in Mentone after all these years.

Colorfest will be here in a few weeks (October 20, 21, and 22), and Betty Bain is our chairman again this year. She does a fantastic job of coordinating all the details involved. If you would like to participate in any way, please contact Betty or me. We can always use another helping hand. We will be giving away a quilt hand stitched by Lola Mae Blalock. She has used dark blue, light blue, and white to make a full/queen size in the "Monkey Wrench" pattern. Her work is lovely and I am sure anyone would be happy to own one of her quilts. Tickets are for sale--just contact a MAPA member. Our winner last year was from Mentone--this year it could be you.

I would like to thank Gary Barr of Edward Jones for speaking to the September meeting of MAPA. He presented investment information in a way that was entertaining and easy to understand. I think we all learned something from which we can benefit. Thanks again, Gary!

Our next meeting will be Tuesday, October 3, at 7:00 p.m., at Dessie's Kountry Chef. The guest speaker will be the newly-elected mayor, C.E. Britt. We will be making final plans for Colorfest. We will be happy to have you join MAPA or just come for a visit. I hope to see you, then.



450-MILE LONG YARD SALE ANOTHER SUCCESS

Huey Mathews, MAPA Yard Sale Chairman

We have survived the 450-mile long yard sale for another year! and the MAPA booth was another success. Our guest book includes names from Hawaii, Canada, California, Oregon, Massachusetts, Connecticut, Texas, Ohio, all our surrounding states, and lots of other in-between states. All of us working in the booth enjoyed chatting with the visitors, selling our items, or helping any way we could to make their visit more memorable. Many of the visitors wanted detailed information about Mentone so they can come back soon. I was even able to assist a gentleman who had locked himself out of his vehicle.

Our success was achieved with the help of a lot of people and I am grateful to each and every one of you. All of the merchants we were able to contact allowed us to display and distribute flyers in their place of business. The American Legion Post 215 allowed us to store donated items in their building until sale time. Dessie Newberry gave us space to set up our booth. Mickey and Sherman Gough and Homer Crow assisted in setting up the booth. Mickey and Sherman, George and Hope Walker, Dorothy Crow, and Jim Lyday helped in the booth so Marilyn and I could have a break. Mickey and Sherman, George and Hope, Jim and Penny Lyday, Lucille Crow, Dessie Newberry, Dot Blalock, Gordon Berry, Bessie Moxley (delivered by Bill Schwarz), and Balpha Noojin donated items for sale. Marie Dillenbeck kept us supplied with copies of THE GROUNDHOG for distribution.

Patty Tucker provided us with Yard Sale Maps produced by the DeKalb Tourist Association, and they were very well received. That was a great idea, Patty; thanks for including us in your distribution list.

If I have omitted anyone, it is an oversight and I would like to apologize. Again, my sincere thanks to each and every one who helped us in any way to make this a successful project for MAPA.

PUBLICATION NOTICE

The Groundhog publishing date is the first Thursday of each month. The October issue date is October 5th. It will be delivered on the 6th and 7th. Those submitting articles and/or photos, please get them to us between the 15th-20th of each month. Thank you to everyone who meets this deadline.

-PUBLIC NOTICE--

MENTONE PLANNING AND ZONING COMMISSION

Meeting dates for remainder of 2000
September 21 December 21

Other special or called meetings will be posted as required.
All meetings are held in the town public meeting room at 4 p.m. and are open to the public.

The elections were held on August 22. The new mayor and council members will be sworn in on Oct. 2nd. C. E. Britt was the successful candidate from a field of three: Gerald Bailey and Larry Gray being the other two. Dick Keefer won his Place 1 council seat for another term. Eric Kirby was the other candidate.

At the Oct. meeting, Mr. Britt plans to honor Max Cash and James Johnson for their many years of service to the town. Mr. Johnson has served for approximately 30 years. He said he knew for sure that it was 22 years, but after the records are checked more carefully, I am sure it will be more. He served under four mayors: C.E. Harvey, Sam Barrett, Rob Hammond, and Max Cash. He began around 1961 as a councilman.

At the special called meeting on Aug. 24, the council voted to go ahead and try for grants to upgrade the Mentone water system.

MENTONE COUNCIL NOTES

By Marie S. Dillenbeck

At the August 14, 2000, town council meeting, Mayor Max Cash filed a written report concerning the council seats that were unopposed. The council passed Resolution 2000-3, declaring that the following unopposed councilmen were to be issued certificates of election: Place 2 - Wesley Griffith; Place 3 - Jean McGehee; Place 4 - John Corey; and Place 5 - Linda Brown.

The council voted to change the October council meeting from the second Monday to the first Monday, so that the newly elected Mayor and council could be sworn in and take office. October 2nd is the day of the next meeting at 7 p.m.

C.E. Britt, consultant to the council on water matters, reported that applications for grants need to be in by the first part of September and that a special joint meeting between the newly formed Water Board and the council should be held on Thursday, August 24, at 4 p.m.

The council also voted to put up two port-a-potties for the convenience of the general public during the 450-mile yard sale on August 17 through 20.

A motion to give a \$1000 donation to the DeKalb Educational Fund to be used for Moon Lake School was passed unanimously. Alabama Power Company will match donations 2 to 1, up to \$15,000.

There was no further business.

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(1) WHAT A DEAL. 15 acres ML on Hwy 157N Cloudland. Level with pasture area, year around stream and large POND. 14x80 Mobile home 2 Bdrm 2 bath in good condition. All this \$35,500.



(2) Downtown Cloudland Built in 1926, 3 Bedroom, 2 Bath, Two Story Home with Tin roof, Living with Fireplace, Screened Porch, All New Wiring. City Water. \$65,000.



(3) A ROOM WITH A VIEW Adorable Cottage on the BROW, downtown "MENTONE", 3 bdrm, 1-1/2 Bath newly remodeled, with Rock Fireplace, hardwood floors, open living room area, and new Tin Roof. \$120,000, furnished



(4) WILD RIVER COMMUNITY: (2 tracts left) 220x300 on the East Fork of Little River - Secluded and Scenic, with Pools and Rapids - \$25,000 Each.



(5) MOUNTAIN RIVER ESTATES. A River runs through it. Direct access from Lookout Mountain Parkway on Ala. Hwy 117. Minutes from Mentone and Cloudland, GA. 3 to 7 acre Riverfront tracts starting at \$27,500. 5 to 15 acre wooded stream tracts from \$21,000. Restricted covenants apply.



(6) MENTONE AREA. Neat and Clean Split Level Brick Home. 1,700 sq ft, 3 Bdrm 2 Bath, C/H/A, 1/2 basement and 1 car garage. Workshop/Toolshed, City Water, and over an acre with a view of the distant ridges across Lookout Mtn. \$114,900.



(7) RUSTIC POST AND BEAM CONSTRUCTION. 70% finished and to be sold AS-IS. 3 Bdrm, 3 Bath, Large Open Great Room with Loft, all wood interior. Approx. 2500 sq ft of living space. Multi-Decks, and located at Mtn. River Estates. 3 acres with 440 ft of River Frontage. Hwy 117S, Mentone. \$145,000.



(8) ADIRONDACK STYLE (1800'S) LOG LODGE sitting on 2 private acres in downtown Mentone. Complete with Dog Trot separating the Kitchen with Fireplace and Living Area with Fireplace. Unique 4 Bdrm, 2 Bath. Screened Breezeway, and Porches. Wood Floors, and Tin Roof. Separate Guest Cottage. City Water, along with Hand pump Well. Step back in time with this One-of-a-kind FURNISHED HOME. Reduced to \$197,000.



(9) CUSTOM DESIGNED LOG HOME. BUILT ON THE RUINS OF AN HISTORICAL GRIST MILL, 5.8 acres with Gilreath Mill Creek and Waterfall. Approx. 3000 sq. ft. 2 Bdrm, 2 Bath, "OPEN FLOOR" plan, Rock Fireplace, Kitchen w/Jenn-Air appliances, eat-in Bar. Pine Plank and Tile Floors. Central Heat. 10x40 Screen/Glassed Porch, 2 car Garage, out buildings. Also 16x80 Mobile Home (guest cottage) with sun room and screened porch and all appliances. Most unique property on Lookout Mtn., Ga. APPT. ONLY \$350,000.



(10) BUFF CUT BATTERY BOARD COTTAGE, at Laurel Creek Lakes. One Bedroom with Bath, Sleeping Loft overlooking Living Room. Screened porch, C/H/A, Fireplace. Over 1 Acre with common areas for fishing, in Lakes and Hiking. All this for only \$64,500.



(11) THREE STATES CAN BE SEEN: from these Breathtaking West Brow (Sunset) Tracts. On Hwy 189, Lookout Mtn. Pkwy., Dade County, Ga. Just Minutes from Chattanooga, TN (#12) 13 acres \$70,000. (#13) 10.9 Acres \$55,000. (#14) 9.1 acres \$35,000. Restrictions Apply.

OTHER PROPERTIES

- (13) OFF DEBOTO PARKWAY. Wooded 1.7 acres, city water available, great lot for that Cabin in the Mountains. Minutes from Mentone. \$20,000.
- (14) WEEKEND/WEEKLY RENTALS, available on the Brow and Downtown Mentone. 1,2,3 Bedrooms. \$85.00 and \$125.00 nightly. Call Angela Wood for more info.
- (15) COUNTY ROAD 633. WOODED TRACTS from 10 acres and up, ranging \$2,000 to \$2,500 an acre. Owner Financing to qualified buyers.
- (16) OAKWOOD ESTATES - 3 plus acre wooded and Pasture tracts available. Located in Mentone, County Road 106. Restricted Covenants. For permanent or Vacation Residential Homes. \$14,500 each.
- (17) THE BIG WOODS EAST FORK RIVER, 75 acres ML available with access from Paved Road, and County Water. Over 600 ft. of River, 3 springs, wet weather cascading water fall. Also, part of the Historical Dinky Line Railway. \$248,000.
- (18) VALLEY VIEW FOREST. 5 to 17 acre tracts on East Brow overlooking Pleasant Valley and Weiss Lake; adjoins National Preserve. \$10,000 to \$35,000.
- (19) ONE AND ONLY LITTLE RIVER CANYON, 3 to 5 acre tracts overlooking Canyon, some with Waterfalls. Property adjoins Wild Life Management Land. Many tracts to choose from and all on Private gate access. Point and Bluff sections now available. Very Secluded. \$25,000 to \$40,000. Appointment ONLY.
- (20) 50 ACRES LOCATED IN CLOUDLAND, GA. Great Farm with 20x40 Barn, Large Workshop, 3 outbuildings, Garage, 4 wells, year around spring, 3 garden areas, Grape Arbors, Approx. 5 acres cleared. Beautiful Hardwoods. 12x70 Mobile Home with Rock Foundation. Many more amenities. \$165,000. Shown by Appointment ONLY.
- (21) MENTONE CO. RD 92N. Wooded Tracts available. 1.32 acre, \$12,000. 3 acre - \$18,000. City Water Accessible. Lightly Restricted.



(12) HAND HEWN LOG CABIN IN THE WOODS. Open Great room with sleeping Loft and bath. Covered Front and back porches. Ashley Wood Heater. Partially Furnished. Unique Lighted Gazebo built A'Top one of the Large Rock Formations on Property. Located off DeSoto Parkway. \$93,500.

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Keep the following on your prayer list: Marilyn Blanton Campbell, Rovene Truett, Betty Chapman, Cindy Jones, Joyce Cooper, Kathryn Jones, Herman Jones Jr.

Congratulations to Betty and Eddie Bowman of Signal Mountain, TN, on the birth of their second child, Anna Elizabeth. She arrived two weeks ago, according to great grandmother Lola Mae Blalock.

Happy September Birthdays/Anniversaries to:

•1- Bernise Crow, Matt Croxton, Connie Bell, Suzanne Woodall, Treva Lindsey, Bob Baty; •2- Gail Chambers (Mrs. Kenneth); •3- Dorma Hutcheson, Kerstin Formhals; •4-Johnny Ferguson, Vance Carden, Marketta Crane; •5- Christal Edmondson, Allen Scott, Trenton Green, Halie Westbrook, Joey Combs; •7- Angela Stalvey, Mrs. A.J. Lindsey; •8- Melba Fuller, Adele Phillips, Mary Crowe; •10- Mickey Gough, Pam Blevens Ogle, Landon Allen; •11- Matt Williams, Calvin & Marie Blansit (anniv); •13- Calvin Blansit; •16- Skippie Mathis, James Bradshaw; •17- Lynette Tolbert, Angie Carden, John & Mary Chambers (anniv); •18- Jimmy Owen; •19- R.B. Blalock; •21-Jorene Nelms; •23- Dot Crow; •24- Adriana Miranda, Paula Cooper, Tab Westbrook; •25- Amy Harrison, Gail Bell, Scott Kyle, Nicole Stott; •26- Kenny Busby; •27- Ruby Brock, Scott Baty, Alfie Chambers, Jack and Jacob Meadows; •29- Rusty Chambers, Allison Williams; •30- Ethan Lewis, Harvard Hester, Dillon Lewis.

Pardon my errors in the Birthday listings in the August issue. Aug. 15 - **Cheston Green** was listed as Chester; and Aug. 21 - **Michelle (Chambers) Black**'s last name was listed as Martin.

Deepest sympathies to the families of those who passed away recently:

•Bobby Hannah, 50, Valley Head, August 3;
•Mrs. Eunice A. Strickland, 84, Mentone, Aug. 4;
•Gordon Ladon Thomas, 66, Valley Head, Aug. 6;
•Mrs. Gladys Wells Lee, 92, Valley Head, Aug. 7;
•Lydia Robinson Speed, 83, Mentone, Aug. 26;
•Kathy Twilley Turner, 42, Valley Head, Aug. 31.

Page Cunningham was admitted to the ICU at DeKalb BMC in Ft. Payne, Tuesday, Sept. 5. Please keep him and wife Margaret in your thoughts and prayers.

Congratulations to **Toby Crider** and **Allen Gray** of Mentone who were recently inducted into Mu Alpha Theta, Northeast Alabama Community College's math honor society.

Others receiving honors from Northeast are Sandra Brazier and Angela Corbin of Valley Head; and Cheryl King, of Mentone who were on the Dean's List; and part-time students, Christy Ferguson and Amy Poe who were on the Honor List.

Brandon Hawkins, 10, and Turner Taylor, 10, weather artists, had their drawings in the *Times-Journal*, Aug. 8 and 9.

Jane Galloway, who had knee replacement four years ago, was in the hospital a few weeks ago. She was going to have a knee replaced but the doctors found an infection. She has been at her daughter Juanita's home in Atlanta, recuperating. As soon as the infection is cleared up, the doctors can replace the knee.

Congratulations to **Jack and Olive Jones** who celebrated their **60th Wedding Anniversary on Sept. 1st**, and who also renewed their wedding vows. May there be many more, Jack and Olive.

Sharon Wooten, Dessie Newberry's daughter who has been such a help at the Kountry Chef, cut a tendon in her hand. Please keep her in your prayers for a speedy recovery.

There is a new pharmacist at Morgan's Drug Store in Valley Head. **Adrian Pendergrass** was at the Winn Dixie in Rainsville, and now works every Thursday and every other weekend in Valley Head. She is married to Jeff Pendergrass, and they just celebrated their first anniversary.

Lora Dell Perkins continues to have a positive attitude even though she has had so many reasons to be otherwise. I especially appreciate her occasional notes when she pays her water bills each month. Those notes make my day. Thanks!

Jimmy and Evelyn Graves, along with Hershell and Sandra Pruitt and Allen Gray, attended the 75th Anniversary Celebration at Fyffe Baptist Church on Sunday, Sept. 3. Dr. Bobby Welch, pastor of First Baptist Church of Daytona Beach, FL, was the guest speaker for the occasion. He, along with Dr. Philip Webb, pastor of Fyffe First Baptist, are special friends to Jimmy and Evelyn, and they enjoyed being in this special service with both of them. Jimmy's grandparents and great-grandparents were from the Rainsville-Fyffe area, and he especially enjoyed seeing old friends of his family.

Friends of **Barbara Nancarrow** know by now that she had a severe stroke on July 21st and was hospitalized at St. Mary's Hospital in Saginaw, MI. She is unable to speak and is partially paralyzed. Her husband, Bob, asks that you keep her in your prayers, as his family is praying hard for her, too.

Grandparents Day, which President Jimmy Carter made a national holiday in 1978, falls on the second Sunday of September. This year it is the 10th. Mary McQuay, a housewife in West Virginia wanted to honor her grandparents and other grandparents. She spearheaded the movement to have a national day set aside. Thank you, from all of us grandparents! If you have a living grandparent or know someone at a nursing home who has no relatives, go visit them, make something special for them, and just let them know that you care. It will mean so much to them and to you, also.

Happy Grandparents Day!

GARDEN HINTS

By Madeleine Bullock

August...My goodness me!...it saw some real dog days, the whole world was at the mercy of the scorching sun, and there are bad droughts all over the globe. Finally, the droughts are being blamed on global warming.

I have not seen many fresh vegetables out for sale as is the usual practice of home gardeners here in the South, due to the terrible heat wave that has the whole nation hiding indoors. Temperatures have soared into the high nineties for weeks on end with very little relief in the form of rain and the big farmers are all down in the mouth due to all the crop failures, which has dealt them a major blow. All we can do now is enjoy whatever fresh produce we seem to garner from our gardens.

Well, my flowers are a no-show this year due to the fact that it is the first time in a long time that I do not have a yard that is ablaze with color--and I must say, much of the area seems to be that way, too. I hope that some people remembered the trick of using baby diapers under their plants this year to hold whatever moisture the plants receive. I know that I did not remember to do it.

I have been hearing and reading a lot about Alabamians now taking care of their lakes and streams, due to the runoff from pollutants. Major contributors of ground water contamination come from the runoffs from farms/factories that do not discard waste properly.

Scientists are beginning to unlock the secrets in natural-grown foods. Some are called **power foods**. One such "power food" is the blueberry. It's rich in antioxidants which fight disease. Vitamin supplements are a power house. For example, it's known that folic acid prevents birth defects. It also has a new role in the aging process along with its B-complex relatives--B6 and B12--in keeping a damaging substance called homocysteine in check. Magnesium participates in hundreds of bio-chemical reactions, including neurotransmitter/neuromuscular function. That means, depression, muscle aches, and anxiety may actually be magnesium deficiency in disguise.

Are anti-oxidant vitamins the key to eternal youth? The claim is not as far-fetched as one thinks. Recent research suggests that eating a diet rich in vitamins C, E, and beta carotene may be the closest thing to having your own personal fountain of youth. Here's why: Your cells get old, the cells in your body burn oxygen. Loose molecules called free radicals are one of the by-products of this process. Free radicals travel through cells, upsetting balance and causing damage. Scientists believe cell damage has a direct effect on aging.

How Antioxidants Work: they stabilize damage caused by free radicals, and slow down the aging process. Some cell damage is repaired by the antioxidants that occur naturally in your body. Other antioxidants are found in raw fruits and vegetables.

The best method of getting more antioxidants in your diet is to eat foods rich in vitamins C, E, and beta carotene, which are found in vegetables and fruit. Papaya, broccoli, and orange juice are good examples of C. Beans, dark green vegetables and wheat germ are all loaded with E, the most efficient anti-oxidant.

Add more vegetables to your diet. Substitute tomato juice for orange juice at breakfast. Add sauteed veggies to omelets. Eat vegetable soup or salads for lunch. Have baby carrots or cherry tomatoes as your afternoon snack. At dinner, skip the rice or pasta; instead, eat one or two vegetables.

If you would like more information about the health and medical benefits of low-fat diets, you may write to me at 292 County Road 633, Mentone, AL 35984.

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(2) WHAT A MOUNTAIN RETREAT SHOULD BE! Three bedrooms, 2 baths, 2 sitting rooms, sunroom, dining room and kitchen with breakfast nook, pine floors and walls. All this on more than 2 acres of elite brow front property. \$249,900.



(3) GET OUT OF TOWN in this one bedroom, one bath log home in Mentone situated on one acre. This home has a living-dining-kitchen combo, pine floors, and the open floor plan gives you a studio-like feel. This could be the perfect home for you—Call today! \$85,000.



(4) SECLUSION JUST OFF DESOTO PARKWAY. 3 bedrooms, 2-1/2 baths - mountain stone fireplace - CHA - 1.9 acres of woods, wonderful rock formations. \$137,500.



(5) COMMERCIAL POSSIBILITIES ON HWY 117. This 3 bedroom, 2 bath modular home comes with a fully equipped kitchen, living room, dining room, sunroom, central heat and air, 20x30 shed/garage and a nice landscaped yard on over 1 acre. Call today for more details. \$65,000.



(6) TURN BACK THE CLOCK. Live in an authentic log house, 3 bedrooms, 1 bath, 2 fireplaces, wood floors, front and back porch. Included is a 18x20 log structure with loft waiting to be your studio or guest house. All on more than 2 acres. \$75,000.



(7) NESTLED AMONG TOWERING TREES you'll find this 2 bedroom, one bath cottage in Mentone. Located near Lake Lanusage with central heat and air, decks on 3 sides, only 1 year old and is sitting on 3 lots. If you have been looking for almost new and affordable, give us a call today! \$65,000.



(8) COMPLETELY FURNISHED and ready to move into! This cute country cottage offers 3 bedrooms, 2 baths, rock fireplace and pine floors, add a wet weather branch and 2 wooded lots and you have a great weekend get-away for \$79,500.



(9) IF TWO'S NOT ENOUGH, this house has 5 bedrooms and 3 baths, two living areas with fireplaces, sunroom, screened porch and extra large hobby room. Four bedrooms offer balconies overlooking Lake Lanusage. Patios and lights to the water. \$185,000



(10) ALL YOU COULD WANT IN A MOUNTAIN HOME OR RETREAT. Two bedrooms, 2 baths, fully equipped kitchen, screened porch and sunroom, all on a wooded lot with huge rock formations that surround the large deck with new redwood hot tub and outdoor shower. Reduced to \$89,000.



(12) TAKE A CLOSER LOOK...This custom built home offers 4 bedrooms, 2 baths, large eat-in area kitchen, entertaining-sized living room with fireplace and a multi-purpose basement that could serve as a guest room, office, or hobby room. The rock and wood construction blend home and nature all on 2.9 acres. Once you see it, you'll want to own it. Call today for your showing. \$225,000.



(13) MENTONE SPRINGS HOTEL AND CALDWELL'S RESTAURANT. Historical Landmark in downtown Mentone currently being run as a bed and breakfast. Restaurant seats 100+ people. Great for weddings, receptions, conferences—endless possibilities. For more information, please call 256-845-6000. Reduced to \$599,000.

(11) ESCAPE THE MADNESS—Just minutes from tranquility, this rustic retreat offers 2 bedrooms, 2 baths, a studio room, 3-story living area with fireplace, wood floors and lots of windows with great views from the brow of Mentone. Built by an artist, this house has tons of charm. \$139,900.



OTHER LISTINGS

(14) WEEKEND OR WEEKLY RENTAL available. 3 bedrooms and 2 baths will accommodate 8 people. For more information, call Susan Collins.

(15) 10 ACRE TRACTS - gently rolling-heavily wooded-with creek. Close to downtown Mentone on private road. *Lightly* restricted. \$25,000.

(16) PRIME PROPERTY - 6 acres on DeSoto Parkway ready for developing. Almost 600 feet of road frontage. Great opportunity! \$65,000.

(17) TWO - 5% ACRE BROW LOTS just minutes from DeSoto State Park. \$40,000 each.

(18) 1.75+ ACRES IN WEST FORK SUBDIVISION. \$28,500.

(19) SPECTACULAR VIEW - perk test done & ready to build on. 1 acre brow lot north of Mentone. City water available. \$35,000.

(20) A RARE FIND - building lot inside of Mentone's city limits. Wonderful rock formations. \$15,000.

(21) BROW LOT on County Road 103 South of Mentone in Phase II of Lake on the Brow. \$45,000.

•Southern Properties has buyers looking for building lots, brow property, River property, farms and acreage.

•If you are considering selling your property in DeKalb County, please call us today.

Susan Collins Residence - 634-4695, Broker, GRI - CRS

Sara Quinn Residence - 845-1881, Broker, GRI - CRS

☺Happy 1st Birthday☺



Daisy Dakota Miller

Daisy Dakota Miller turned 1 year old on July 27th. Her parents are Mark and Theresa Miller of Henagar. Her grandparents are Judy and Yogi Bumette of Montone, Wayne Miller of Ga, DecAnn Gregory of Valley Head and Steve Brown of NC. She had a birthday party with her family and friends at Ider Park. Daisy has two brothers, Matthew Collins (5) and Taylor (2-1/2), and Casey Miller, who was (6) on August 10th. Happy Birthday, Casey!

Photo submitted by Mrs. Brown

The Newsletter of Moon Lake Elementary School, Montone, Alabama

Welcome to the premiere issue of The Moon Lake Memo, a publication designed to inform students, parents, staff, and friends of the school's past accomplishments, current events, and future goals. It provides a fresh dialog between us all, in fact, everyone is invited to participate not only as a reader but also as a contributor.

We encourage your input. Any school stakeholder (this means you!) may submit announcements, articles, and digital photographs to be considered for inclusion in upcoming issues. Make this your forum for communicating with the growing Moon Lake family. Share our excitement, help us realize our dreams, and take pride in our progress. Our cooperative efforts do, indeed, produce real results!

Local SAT Scores Continue Upward Trend

Moon Lake's results on the Stanford Achievement Test, which was given to students in Grades 3 through 6 last April, showed overall impressive gains. Moon Lakers performed very well in comparison with students in the other 11 DeKalb County schools. Moreover, our 6th graders scored higher than those of any other county school. They were the only group in DeKalb County schools—at any grade level—to score above the 80th percentile on the total battery last year! This is quite a feat.

Congratulations are in order for all the students' hard work and for the teachers and parents who prepared them, encouraged them, and enabled them to do their best.

Our endeavors to improve outcomes further include an ongoing standard of outstanding classroom instruction and the acquisition of Cornerstone software for interactive test preparation.

The chart below tracks the progress of each class during the past two years and briefly explains the concept of percentile scoring.

Student Absence

Please send an excuse for each student absence. The school must provide a list of unexcused student absences to the county attendance officer every week!

School Staff Experiences Growth and Change

Staffing changes have shifted personnel into different positions and introduced a new educator into the Moon Lake family.

After working last year as an aide, Jennifer Gorham now serves as one of Moon Lake's two 3rd-grade teachers.

Allison Nelson has assumed the position formerly held by Mrs. Gorham. Miss Nelson recently graduated with a degree in elementary education from University of Montevallo.

Michele Kincer has been promoted to the position of Child Nutrition Program assistant manager.

Calling for General Mills boxtops!

Bring them to your child's class for collection throughout the school year!

Did you know?

Last year Moon Lake Elementary School experienced its largest enrollment ever, with a total of 156 students enrolled in kindergarten through 6th grade. This was in addition to 20 students on campus in the Head Start program.

HERE'S ANOTHER WAY YOU CAN SUPPORT OUR LIBRARY ENDEAVORS!

The Moon Lake Library Committee is currently holding a new and used book collection drive. The books will be sold at the MAPA Colorfest and at the PTO Harvest Festival, with all proceeds going toward the new library. Please contact Jan Wilkinson (845-

5048) or Sue Schwarz (634-4271) for pickup of books you would like to donate.

Local Church Donates Student Supply Boxes

The members of Sally Howard Memorial Baptist Church put much time, effort, and money toward providing a container filled with school supplies for every Moon Lake student. We certainly appreciate this practical and valuable contribution! The church's pastor, Rev. Fred Higgins, organized the project and delivered all the boxes to Moon Lake.

Make Note of These Upcoming Events!

Monday, Sept 4: Labor Day holiday
Friday, Sept 8: autumn school pictures
Monday, Sept 11: assembly @7:40 am
Monday, Sept 11: mid-term reports sent home
Tuesday, Sept 12 PTO meeting @6:30 p.m.
Monday, Oct 2: assembly @7:40 am
Friday, Oct 6: Fair Day holiday
Monday, Oct 9: Parental Involvement Day
Tuesday, Oct 10: PTO meeting (5th grade program)
Thursday, Oct 12-Friday, Oct 13: Interim holiday
Monday, Oct 16: report cards sent home
Please refer to the full year calendar sent home on the first day of school for further details of dates and events.

Did you know?

The goal of raising \$50,000 toward the new library facility was reached in the middle of May, seven months ahead of the end-of-year deadline! A generous benefactor donated the matching \$50,000 needed to get the project off and running. Now it's literally on the drawing board of the architect, who is also taking care of state-level permits and construction bids. The site should begin taking shape within the next few months. The support of Moon Lake's stakeholders (students, parents, and friends) has allowed this long-held dream to become a tangible reality!

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Moon Lake's Stanford Achievement Test Results

The following numbers indicate percentile scores for each class during the past two years. For example, the Grade 6 scores show how that class scored on their 5th-grade test in April of 1999, and on their 6th-grade test in April of 2000. Percentiles identify the relative national standing of students in comparison with all other students of the same grade level. Therefore, a percentile of 62 means that group of students scored higher than 61% of students in that grade level across the nation.

Grade 3 (this year's Grade 4) 2000

reading:	58
math:	54
language:	61
science:	65
social studies:	56
total:	56

Grade 4 (this year's Grade 5) 1999-2000

reading:	45 > 60
math:	36 > 56
language:	52 > 54
science:	54 > 50
social studies:	34 > 46
total:	46 > 56

Grade 5 (this year's Grade 6) 1999-2000

reading:	62 > 59
math:	64 > 54
language:	66 > 59
science:	57 > 58
social studies:	53 > 54
total:	63 > 57

Grade 6 (this year's Grade 7) 1999-2000

reading:	70 > 81
math:	77 > 85
language:	72 > 79
science:	71 > 82
social studies:	66 > 79
total:	71 > 81

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The

Church News

By
EVELYN GRAVES

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

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

The **Valley Head United Methodist Church** prayer meeting is Wednesday night at 6 PM. Bible study Wednesday night at 6:30 PM. A prayer chain has been formed. Anyone who would like to share their prayer needs are invited to call Verna Livingston at 635-6350 or Mary Holleman at 635-6241, so the church may pray for them. Sunday School is at 9 AM each Sunday and Worship is at 10 AM.

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

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

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

Prince of Peace Lutheran Church, 114 First St. SW, Fort Payne, 845-4842, has regular Sunday services at 8 AM and Sunday School at 9 AM.

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

Anyone interested in observing the **Sabbath and Holy Days**, please attend with us at 11 AM each Sabbath. Located 2 blocks on right on Hwy 85, off Highway 11, approximately 2 miles from Fort Payne. Call 845-2246 for information.

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

Pastor Rev. Gerhard Grau invites the public to attend the **Presbyterian Church** worship service at Cloudland, which begins at 10 AM, (EST), and the Menlo service which begins at 11:15 AM (EST).

The **Mount Calvary Baptist Church** is truly growing, and we hope you will come visit and take part in our services - Sunday School 10 AM; worship hour - 11 AM; 'Children's Church' also at 11 AM - Sunday night at 6 PM and Wed. night at 7 PM. Everyone is welcome. Mount Calvary is located behind the Lookout Restaurant at Cloudland. See the 2000 singing schedule in next column.

Lighthouse Fellowship. Greetings, Mentone! All are welcome to our church just south of the Georgia/Alabama line on State Road 48. Our services: Sunday School - 10 AM CST; morning Worship - 11 AM CST. Events: Look for more information concerning our upcoming gospel singing.

DeSoto Church of Christ invites you to attend Sunday Bible Study at 10 AM, Worship at 11AM, Wednesday Bible Study at 6 PM. 256-634-4137.

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

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

Mentone Wesleyan Church invites you to join us for Sunday School at 10 AM and worship service at 10:45 AM. Bible classes: Wed. 7:00-7:45. Ladies' Bible study and low-impact aerobics Wed. 7:00-7:45. For additional information, call church office, 634-4210, Pastor Randy Addison. All are welcome!

Moon Lake Baptist Church invites you to attend Sunday School at 9:45 AM each Sunday. Morning worship and Children's Church are at 11:00 AM. First Place meets in the Fellowship Hall and GAs meet at 4:30 PM. Discipleship Training and Youth Choir meet at 5:00 PM, followed by Evening Worship at 6:00 PM. On Wednesday at 6:30 PM. Children's Bible Study meets in the Fellowship Hall, the Youth have Bible Study and Recreation Time, Adults meet for Bible Study and Prayer.

St. Joseph's on-the-Mountain Episcopal Church services are Sunday at 10:30 AM, with a time for fellowship after the services. Sunday School is at 9:30 AM. Contact the church at 634-4476 for more information on any events or services. Everyone is welcome to join in worship services or special events.

The **Mentone United Methodist Church** services are at 11 AM each Sunday. Sunday school is at 10 AM. Everyone is welcome. The Pastor is Linda Tucker. The church steeple is being repaired and is almost complete. On Sept. 10, a special collection will be taken to help pay for the steeple. Those wishing to contribute may send their donations to PO Box 344, Mentone, AL 35984.

The **Mentone Church of God of Prophecy** wants to invite you to attend their services. Sunday School is at 10 AM, with Worship at 11 AM. Evening services begin at 6 PM. Rev. Charles Flannigan invites everyone to attend. Homecoming is Sunday, September 17. The musical group, Point of Honor, will sing at the services and during the afternoon. Everyone is invited to participate in Homecoming.

Mt. Calvary Baptist Singing Schedule 2000

Saturday, Sept. 23 - Willing Vessels, 7PM
Saturday, Oct. 28 - The Hasty's, 7 PM
Saturday, Nov. 18 - The Greensons, 7 PM
Saturday Night singings: covered dish dinner at 6 PM.
Singing starts at 7 PM (Georgia Time)

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DEKALB COUNTY TOURIST ASSOCIATION ANNOUNCES GRAND OPENING OF NEW VISITOR CENTER IN FORT PAYNE

By Patty Tucker, Director

The Tourist Association has now been in the new visitor center, formerly known as the Old Times Cafe, since last November. Slowly we have been putting together a first class facility that draws rave reviews from the public. We finally feel the time is right to announce a grand opening and invite everyone locally and tourism officials from around the state to see what our office has to offer.

Mark your calendars for Thursday, Sept. 28, from 3-5 p.m. for the occasion. We will have a reception and ribbon cutting at 4 p.m. Terrence McCabe and Joe Hines of the Dish. Mentone's Tearoom, will provide the refreshments. Terrence and Joe normally do not furnish catering services but were glad to assist us with this special day. They have chosen food that will make an impressive presentation.

The board members of the Tourist Association have been working extra hard the last few months putting together ideas for marketing and promotions as well as planning a grand opening. Some of this work will all come to fruition about the same time. One of the marketing projects is advertising space we purchased with InfoCenter Alabama. This company is the owner of the Kiosk machines you find placed inside our Alabama Welcome Centers, the Galleria, the Huntsville Space and Rocket Museum, and 20 other locations throughout the state. The kiosks are computer generated touch-screen devices that will showcase DeKalb County with full color photos and audio. When a person touches the screen to bring up our county, an audio tape will automatically begin playing a full 60 second account of what DeKalb County is and what we have to offer.

Our own WZOB Radio was more than gracious in helping us put the audio tape together. They made three different recordings for us with different sound effects in the background on each tape. The advertising package will go on line with InfoCenter the first of September and begin welcoming our out-of-state and in-state travelers to Alabama and the Northeast Alabama Mountains. As part of the Grand Opening festivities, representatives from InfoCenter will be here with a mock-kiosk to give demonstrations of the machine and show the advertising screens representing DeKalb County. So don't forget to mark your calendars for September 28. We look forward to seeing you here.

We hope that you get out and enjoy all the wonderful sights and sounds DeKalb County does indeed have to offer.



Robin Hope in her studio



Mary Alice Stout with her "cat" birdhouses

MOUNTAIN MAMAS EVERY DAY "YARD SALE"

By Ellen Spangler

Mountain Mamas Pottery and Craft Shop is featuring our artists that make items for your yard. ROBIN HOPE from the Soleil Studio creates and welds her boldly colored critters to stick in the ground anywhere—large frogs, dragonflies, mermaids and much more. Robin says, "I try to make things that are fun, that will make you smile, that trigger a memory." That's probably why her pieces are some of our best sellers. Her creations are individually cut from standard sheet metal and ground several times to ensure a smooth quality surface. The pieces are then either finished with clear gloss, automotive paint or allowed natural weathered appearance. She hopes the exuberance she feels creating each piece will radiate to your life. She wants you to experience the same happiness and joy through her work.

MARY ALICE STOUT, one of our owners, lets her sense of humor show through her gourd birdhouses. Her favorite ones are cartoons faces of her own black cat, Sooty, ready to swallow any bird coming in the birdhouse

hole. Mary Alice also paints snakes on the wild blueberry roots dug from her garden. It's fun to watch people's reaction when they see the snakes, placed outside or in.

HOLLY BERGERON, from Rome, creates many beautiful items with gourds, birdhouses and feeders, planters, and baskets. AND, if you want elegance, come and see the mosaic birdhouses by MARTHA SANDLIN from Cave Spring. Colorful and unique, each one of these works of art is made to stay outside and retain their beauty. A different twist on stepping stones is the work of FAYANN SCHMIDT, one of our own potters, who has combined pottery pieces in concrete, making a large mosaic butterfly.

It's a good time of year to add new beauty and interest to your yard, so come on in to Mountain Mamas in Cloudland, GA. We're on GA Hwy 48, less than a mile East of the GA-AL line.

We're open FRIDAY, SATURDAY & SUNDAY from NOON to 6:00 PM, GA time.



Tri-County Fire/Rescue's New Pumper Truck
Member Daniel Huskey on left, Chief Taylor
Adams on Right (photo by Mary Alice Stout)

TRI-COUNTY FIRE/RESCUE NEWS

By Mary Alice Stout

The World's Longest Yard Sale was a successful 4 days for Tri-County Volunteer Fire/Rescue. Many thank-you's go to the members and to family and friends of DeKalb and Cherokee Counties of Alabama, and to Chattooga County, Ga. We all

worked together and sold around 1000 hot dog, hamburger and barbecue sandwiches! We also sold nearly 75 boxes of donated yard sale items.

Tri-County is buying TWO NEW TRUCKS. In order to better serve our coverage area, the members of the Fire/Rescue have purchased 2 additional fire trucks. They join our present pair: a Suburban Rescue Wagon and a 1967 Ford Pumper. One of the new trucks is a 1971 Ward La France automatic, diesel-powered pump truck. She holds 750 gallons and has the capacity to pump 1000 gallons per minute at up-to-600 pounds of pressure. The second truck is a 1974 tanker, which holds 1200 gallons. She has a dump valve and will be used to deliver water to the pumpers on site. Both trucks came from the New Salem Volunteer Fire Department of Dade County, GA.

Tri-County Volunteer Fire/Rescue receives no state and limited county funds. Therefore, the members have jointly signed the loan papers in order to purchase these two trucks. We need the whole Cloudland-Mentone Community to help pay for and maintain these vehicles. Please send your donations to:

Tri-County Volunteer Fire/Rescue
12333 Hwy 48, Cloudland, GA 30731

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Engagement



James Ransom Wilkinson and Jennifer Renee Mason

Mr. and Mrs. Daniel G. Mason of Jacksonville, Florida, and Meridian, Mississippi, announce the engagement of their daughter, Jennifer Renee Mason, to James Ransom Wilkinson. Ransom is the son of Jan and John Wilkinson of Mentone.

Jennifer is a graduate of Mercer University. She is a Licensing

Executive for Rich's Corporation Headquarters in Atlanta.

Ransom is a graduate of the University of Illinois and John Marshall Law School. He is self-employed.

The couple will reside in Atlanta with the bride's five-year old daughter, Elizabeth.

Wedding plans are in progress.

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Happy Birthday



Grace Marie Tucker and KayLee Faith Tucker

KayLee Faith Tucker celebrated her 4th birthday on July 9th. Her sister, Grace Marie Tucker, celebrated her 1st birthday on September 2nd. They are the daughters of Sarah Tucker of Mentone.

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UNITED GIVERS FUND NEWS CAMPAIGN SET TO KICKOFF ON SEPTEMBER 13

This year's United Givers Fund Campaign will get underway with a Kickoff Breakfast at the Wills Valley Recreation Center in Fort Payne on Wednesday, September 13th at 7:30 a.m. Burger King will be providing the biscuits and Bruce's Foodland Plus will provide the coffee and juice for the campaign workers. A special thanks to these businesses for their support. Several nice door prizes have been donated by local business and industry and will be given away at Kickoff and Report Meetings.

Campaign report meetings to update the volunteers on progress toward goal will be held on September 27, October 4, October 11 and October 25. Businesses and industry sponsoring these meetings are AmSouth Bank, Compass Bank, Earth Grains, First Federal Bank, First State Bank, Game Time, The Heil Company, Horizon Bank, Kuhn's True Value Hardware, Sand Mountain Electric Co-op, and Siemens-Westinghouse.

Member agencies to be funded from this year's campaign are: Alabama Easter Seal, American Red Cross, The ARC, Boy Scouts, CASA, Children's Advocacy Center, Child Development Center, Fort Payne-DeKalb Rehabilitation Center, Girl Scouts, The Salvation Army, and USO.

The traditional scaled signs will go up soon at several locations in the county to mark the progress toward this year's \$330,000 Campaign goal.

UGF ANNOUNCES GOAL of \$330,000 & THEME: "DON'T LET THE CHAIN OF LOVE END WITH YOU" FOR 2000-2001 CAMPAIGN

The UGF Board recently approved a goal of \$330,000 for the 2000-2001 fundraising campaign. "This year's goal is the same amount as last year's and that goal was exceeded by almost \$5,000," said Jim Houston, UGF President. Member agencies to receive funding during 2001 include: Alabama Easter Seal, American Red Cross, The ARC, Boy Scouts, CASA, Children's Advocacy Center, The Child Development Center, Fort Payne-DeKalb Rehabilitation Center, Girl Scouts, The Salvation Army, and USO.

"Don't Let The Chain of Love End With You" is the campaign theme. Linda Sterling, Campaign General Chairman, suggested the theme after watching a country music video of that title. She said she was touched by the message contained in the video of helping others and felt it would be a very fitting theme since caring and sharing is what UGF is all about.

Another goal this year of the organization is to make sure that everyone here in the county who has the ability to give is given the opportunity. We want to make everyone aware, too, that UGF is a local organization and that funds raised here stay here to help DeKalb County residents.

The Campaign will get under way with a Kickoff breakfast on September 13; and will conclude on October 25.

Lookout Mountain Natural Healing: Goldenrod

By Laura Catherine AKA Moon

The landscape on Lookout Mountain and in most of the United States is colored with goldenrod during late summer and early fall. Like many plants, goldenrod's appearance dictates the name. It has many small golden yellow flowers that line the curving top of the stalk. The leaves are three veined and lance shaped. Goldenrod is often mistaken for ragweed—a plant that commonly causes allergy flare up. Goldenrod's pollen can cause allergic reactions but it is rare. Goldenrod is better known among the natural healing community as a safe useful herb.

There are several species of goldenrod. Most species have medicinal uses. However some species of goldenrod are better known for specific uses.

Sweet goldenrod, *solidago odora*, has a pleasant anise scent and is the most aromatic of the solidagos. It can be used to make bitter herbs more palatable. *Solidago odora* was used at one time to promote digestion. Presently it is used for colic, stomach cramps, colds, coughs, fevers, measles, dysentery, and to regulate menses. A teaspoon of dried leaves and flowers steeped in a cupful of hot water for ten minutes makes a pleasant tea.

Canada goldenrod, *solidago canadensis*, is easily distinguished from many other solidagos because it has sharp teeth along the lance shaped leaves. Native Americans used the root for burns according to *Indian Herbalogy of North America* by Alma R. Hutchens. *Indian Herbalogy of North America* also states that a flower tea was used by Native Americans for fever and snakebite. Crushed flowers can be chewed for sore throat. *S. Canadensis* contains quercetin, which is a compound that is helpful when hemorrhaging occurs as a result of nephritis.

James A. Duke MD mentions *solidago vigaurea* in *The Green Pharmacy* as a widely used form of goldenrod in Europe. According to Dr. Duke's research, Commission E—a group of medical experts that advises the German government recommends goldenrod as one of the safest and most esteemed diuretic and astringent herbs.

Kidney and bladder infections are treated with many different species of solidago in Europe. There is clinical evidence that supports it being useful to treat kidney inflammation.

Goldenrod is used to prevent, as well as help, the body eliminate gall and kidney stones. The action is achieved because goldenrod contains the compound *lciocarposide*. The dosage Commission E recommends is five teaspoons of chopped, dried flowering shoots steeped in a cup of water and drank three to four times a day between meals for a month to eliminate gall or kidney stones. According to Dr. Duke less is needed for preventive measures.

Goldenrod is a carminative and mild stimulant when drank as a cold tea. Ester saponins present in goldenrod are beneficial to treat yeast infections. A tea of goldenrod may benefit an upset stomach, colds of tuberculosis and hay fever. Russian herbalists recommend flower and leaf tea for diarrhea.

Russian herbalists use goldenrod externally as a wash for rheumatism, neuralgia and headaches. Native Americans use goldenrod successfully to treat wounds. Powdered leaves are sprinkled on sores as a protective dressing.

Homeopathic medicines containing goldenrod are in the form of tincture—using the flowers—or the dry leaves and flowers are infused according to *Indian Herbalogy of North America*. Homeopathic practitioners recommend goldenrod for croup, deafness, gout, leukorrhea, enlarged prostate, and scanty or suppressed urine.

Solidago missouriensis is an unusually long stemmed goldenrod with a fluted leaf. The leaves are eaten as a salad green and the seeds are eaten as a survival food.

Goldenrod is a showy and useful plant that is often marked as a weed or wildflower. It is relatively safe but you should contact your health care provider before introducing the herb into your health care regimen.

**I received several requests for an article regarding menopause. If you would like this information, please contact me at PO Box 224, Mentone, AL 35984, E-mail--aruallove@aol.com; or call (205) 616-3148.

Representative Aderholt responds to letter from Sherman Gough, AARP Chapter 2150

Since coming to Congress, I have been fully committed to ensuring that the needs of our military veterans are met to the full extent possible. Veterans fought to protect our freedoms and way of life. As they served our nation in a time of need, the government must remember them in their time of need. The people of the United States owe our veterans a great deal and should keep the promises made to them. Knowing of your interest in these issues, I wanted to provide you an update.

On July 25, 2000, the House unanimously passed, 414-0, the Veterans Claims Assistance Act of 2000 (H.R. 4864). This bill directs the VA Secretary to contact a claimant whose application is incomplete and specify what information is missing and what information the VA may attempt to gather on behalf of the claimant, and the information the individual is responsible for gathering. The VA must make a reasonable effort to help veterans obtain such evidence for their benefit claims. If the Secretary is unable to gather the information necessary to help the claimant, the VA must contact the individual so that the individual may attempt to gather the information independently.

That same day, the House also passed the Veterans Benefits Act of 2000 (H.R. 4850), approving a cost-of-living adjustment (COLA), effective December 1, 2000, to the rates of disability compensation for veterans with service-connected disabilities and the rates of dependency and indemnity compensation for survivors of certain disabled veterans. The bill also enhances programs providing compensation and life insurance benefits for veterans.

As you may know, I am a member of the House Committee on Appropriations. On June 21, 2000, the House of Representatives passed the Veterans Administration, Housing and Urban Development, and Independent Agencies Appropriations Act for Fiscal Year 2001, funding the VA at \$46,849,667,000. This is more than \$2.5 billion in additional funding over FY 2000. The bill included \$20.3 billion for Veterans Medical Health Care and \$321 million for Veterans Medical and Prosthetic Research; these were the funding levels requested by the administration.

Along with providing the necessary benefits, it is important that we continue to honor our veterans nationally. Arlington Cemetery is a sacred place for all Americans, but, unfortunately, the cemetery will some day run out of room. In last year's veterans spending bill, Congress increased funding to the National Cemetery Administration and authorized the construction on four new veterans cemeteries. We also included in their FY 2001 bill a \$10 million increase over last year for the National Cemetery Administration to fully fund current and new current cemetery operations. Also, in March of 1999, the House passed, for the second time, legislation that would do just that. Unfortunately, the bill remains stalled in the Senate.

On May 23, 2000, the House of Representatives passed a bill that would provide a number of changes to the Montgomery GI bill (MGIB). This bill will bolster a program that used to be a major incentive to recruits and a reward to those who had served their country. Unfortunately the program has not kept up with the current cost of education. This is one of a series of bills introduced in recent years to make military service more competitive for skilled recruits and to reward veterans for their service to the country. The Senate has passed a similar version of this bill and we hope to see it signed into law this year.

In 1999, the Congress passed a veterans health care budget with an unprecedented \$1.7 billion dollar increase. It was Congress, not the President, who insisted on this increase, and I believe the strong stand taken by Congress is what resulted in the President's including an increase in his budget request for this year.

I will continue to support legislation that provides veterans with the benefits they have earned. We cannot forget those who were dedicated to serving their country and were there for us in the time of war.

Sincerely, Robert Aderholt, Member of Congress.



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Happy 25th Birthday, Zane!



Collage of six generations of Cochrans

By Phyllis H. Cochran

William Humphrey Cochran, born 6/25/1860 [deceased], married Nancey Jane Martin on 8/11/1858. They started this six generations of Cochran men.

Edmond Taylor Cochran, born 4/12/1895 [deceased], wife's name was Ellen. I remember her—she was a good cook and a great quilt maker who lived to be around ninety.

We have information that Edmond Taylor Cochran came to this country

from Ireland by way of Savannah, Ga.

Max F. Cochran, son of Edmond Taylor Cochran had Randall Zane Cochran Sr.; then came Randall Zane Jr., and best of all little baby Zane. We call him Randall Zane Cochran III.

On August 10, Randall Zane Cochran Jr., my son, was a quarter century old. Happy 25th Birthday, Zane, from your proud mother and grandmother to baby Zane.

Do you recognize these people from their old school pictures?



Photos submitted by Rudy Bell

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CLOUDLAND - East Brow - We are pleased to offer this wonderful Brow home. The view at **crispside** (left).

The Home (right) - Features - Great room-valued ceilings - stone fireplace - custom kitchen w/wooded oak cabinets -



Master suite - Garden tub - shower - walk-in closet - 2 additional bedrooms, full bath, utility room, walk-in pantry - garage - large screened in porch - deck - hot tub - HVAC - infrared back-up - fenced, 1.5 acres. \$165,000



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ON THE MARKET IN CLOUDLAND, GA - 2,000 sq. ft. home features first floor living room, utility area, dining room w/French doors, screened porch, living room w/fireplace, master bedroom, full bath. Second floor - 2 bedrooms, full bath, wonderful porches, central HVAC. Shop house & 6 acres with an additional 18 acres available. (No. G-56)



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CLOUDLAND - LOWER BROW - This lovely chateau located off the brow features 1,680 sq. ft., great room with kitchen, fireplace with gas logs, 1 bedroom, 1 bath, loft bedroom and full bath plus partially finished basement/corridor, 16x15 screened porch, new decking, central HVAC. Best location on the mountain. Partially furnished. \$175,000 (No. G-19)



CLOUDLAND - IN THE PARK, needs a little TLC. On the market - Oct. 4. \$30,500.



ENJOY THE VIEW from the top of Lookout Mountain in Cloudland, GA! Just listed, this 2-year-old custom-built mountain home! Fine brand and better blends with the view from the top of the brow that you can enjoy from your 12x34 deck! Massive mountain rock in the back yard overlooking the stream! Hide in our back yard, all 5 acres of it, to the waterfall! In the evening, start a fire in the rock fireplace and relax in the great room that has a vaulted ceiling and overlooking loft bedroom! Two other bedrooms are located in the west wing along with one full bath! Professionally decorated, it's worth the drive to see if privacy is on your agenda! Central HVAC, satellite dish, custom kitchen cabinets and all appliances! Restricted. Reduced to \$160,000. (No. G-2)



MOUNTAIN RETREAT - Cloudland - Cherokee Co., Ala. - This home offers 2,700 sq. ft. featuring family room with stone fireplace, large kitchen with 2 dining rooms, master suite, 2 additional large bedrooms, full bath, large utility room, 12x80 front porch & 14x80 back deck. 2 acres +/- with an additional 48 acres available. \$155,000. (No. A-33)



SAFE HAVEN - Mentone, Ala. - Chateau offers great room with stone fireplace, bedroom, full bath, 2nd bedroom upstairs with 2 outbuildings. Situated on 40 acres of uncut timber. "When privacy is a must." \$159,000. (No. A-32) (Photo to right) P.P.P.

EAST BROW - SCENIC VIEW LOTS All our lots offer unobstructed views - watch the sun and moon rise in elegance.

Cooper Ridge - Tellico Creek traverses northern boundary of this 52+ acre tract of rolling hills with beautiful view of Lookout Mountain. Private entrance, county water available. (Reduced per acre. No subdividing. (No. G-44)

Cloudland - 1179 - State Line Road, T-2 - 44+ acres - 100% wooded - Some frontage on Hwy 117. \$2000 per acre. **SOLD**

820+ ACRES - Looking for that private get away? Look no further than this 820 acres located in SW Cherokee County, AL on the GA line. Secluded with mountains, valleys, streams, and plenty of open land for pastures. Plenty of wildlife, too! Deer, turkeys, and quail abound! Only 25 minutes to Centre, AL, or Rome, GA! Power and telephone service already on the property. A great opportunity. Serious inquiries only. \$665 per acre. Financing available.

MENTONE 60 AC - Great potential for development. \$4,000.00 per acre. A-60

MENLO, GA - Jamestown Hwy. 22+ ac. OPEN/Pasture/Road frontage - 1 creek inside the city - Gas, Water, Sewage Potential - Potential. \$3,750.00 per ac. No subdividing.

EAST BROW - Hwy 157 - 2.67 ac. 200 ft. of Brow. One of the best views on the mountain. \$80,000. Financing Available. G-7

LAKE LANOKA - "Ready to move in" 1560 sq. ft. Home features first floor, living room w/fireplace - large kitchen/dining combination, appliances - Master bedroom opening to 12x20 deck with custom lighting overlooking Lake - full bath. 2nd floor, 2 bedrooms & full bath. Landscaped - great outdoor living area with customized Mtn. Stone Grill. Part furnished. Central HVAC. A must see - \$155,000. A-67 **SOLD**

500+ ACRES, on Little River, road frontage on 3 sides, hardwoods, \$4,000/acre.

Rhododendron Garden Club

By Christina Wise

The August meeting of the Rhododendron Garden Club was called to order at 12:30 p.m., by President Dallyne Jones. The devotional was given by Bernise Crow who stood in at the last minute for the nominated speaker who was unable to attend the meeting.

Under old business it was reported that the club had not yet received a reply to its letter to the County Commission about the issue of litter in the county. Members undertook to write individual letters of concern.

Under new business, Ann Wright intimated that there would be a meeting of the Federated Garden Club at Western Sizzlin. She also said there would be a meeting on Sept. 8th in the clogging building in Valley Head at 10 a.m. to prepare members for the submission of exhibits in the DeKalb-Cherokee Federated Garden Clubs Flower Show. The Flower Show will take place on the first Monday in October 2000.

The program comprised a panel of master gardeners answering questions from club members. Martha Woods and Tom Roark made up the panel. Page Cunningham was unable to take his place on the podium because of ill health. Martha brought along several handouts which proved to be very informative and many members took copies home with them for future reference. The team of experts fielded many questions and gave advice on many topics including the control of Japanese beetles, trimming of dogwood, control of fire ants, development of fruit flies and successful crepe myrtle raising and container gardening.

The door prize was won by Gethryn Giles. Before the meeting ended, there was a minute of silent prayer for members of the club currently experiencing ill health.

The meeting was adjourned at 2:15.

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

About Our Town

By
LINDA BROWN



Mentone has a newly elected mayor!! The mayoral race was about the most exciting thing that has happened in Mentone lately. All three candidates ran a good, clean race. I was very glad to see them do some campaigning. I'm sure that all of you saw the flyers distributed at various places around town and the signs along the sides of the streets. By preparing these, the candidates had to decide what they wanted for the town and present it to the voting public. The voters then had to weigh all of the ideas and decide who they felt would be the best person to help Mentone "move into the twenty-first century." If anyone has not heard by now, C.E. Britt is the mayor-elect and Dick Keefer was re-elected to his place on the council. Their four-year term of office will begin on October 1, 2000. My granddaughter, who is ten years, asked when she could run for mayor of Mentone. I was shocked to realize that she could do this in eight more years, two mayoral terms!

The Mentone Water Works Board will become official on this same date. This will completely separate the water works from the town. I'm sure that you will be notified as to the hours and the place to pay water bills after the change is completed.

I want to commend all of the candidates for cleaning up the signs from the streets so rapidly. All signs were gone by the day following the election. Now if we could only get the county, state and national candidates to do the same! Maybe some of them will read *The Groundhog* and take the hint.

The eight-inch water line is finally being installed. It starts at the pumping station on Scenic Highway and ends by tying to an already existing line on Cutler Avenue. This will furnish water directly to many customers instead of their water coming from the storage tanks. It has been surprising to me to learn that the water stored in a certain length of eight inch line can quickly amount to the same as can be stored in the tank. We now have two or three areas where this much water is stored in the pipes. This will enable more customers to maintain their water supply in the event of a prolonged electrical outage or if the tanks are unable to refill because of a break or for some other reason. This is our security blanket.

Water is fast becoming our most precious commodity. States are already fighting over the rights to water sources. There is a very controversial issue over water in Cherokee County. The water department there wants to sell water to a town in Georgia, and many citizens who get water from that system object to this. Recently, a rumor (?) that the city of Atlanta was going to buy water from Alabama has been going around. This could easily cause some of the water-ways of Alabama to dry up or alter their route. This just goes to show what is almost sure to happen in the future. There may even be a time when those who have water are forced to share it with those who do not. This would not be a good situation for anyone. If this does happen, I hope that we will realize that nothing can live without water and be willing to cooperate with each other in assuring that all areas have water.

The longest yard sale (is that in miles or hours?) has come and gone. I'm sure that some people profit from this weekend, but I wonder if the danger to so many people on the highways justifies the event. Downtown Mentone was so crowded that it was dangerous to even drive to the post office. I know that everyone is looking for a bargain, but they should also look where they are going and not walk across Alabama Highway 117 in front of an eighteen-wheeler! I'm not sure who allows this event to take place on an Alabama state highway, but I suggest that they review the situation before there is a very bad accident. I give Mentone and Fischer residents a lot of the credit for their careful and courteous driving. We who live here have learned to watch for those who do not watch for themselves.

Several people from other areas have told me that they receive *The Groundhog* and enjoy reading it. This is inspiring to those of us who struggle to write an article each month and I'm sure it is encouraging to Marie and Evelyn. One lady told me that she especially enjoyed my article about the hummingbirds and several have said that they enjoy the reminiscing about the days of old.

I feel so fortunate to have lived in the period of time that constitutes my life span so far. As I have said before, I remember not having electricity or indoor plumbing and I have learned to use a computer and a cell phone. Mentone has had electricity longer than most places in DeKalb County. I lived in a very rural area before I moved to Mentone. I lived on a farm close to Bear Creek in Adamsburg, Alabama. We grew everything on that farm. Dad planted cotton, corn, peas, tomatoes and anything else that we thought could be sold. As history now proves and as we found out firsthand, you can no longer make a living with this kind of farming. This is the day of specialization. Farms now only grow cotton or corn or cattle or chickens, not some of everything. Nothing stays the same, which is why humankind is the most pliant and adaptable species in the animal kingdom.

Copied from Tel-Star, a square dance publication: "When you change your thinking, you change your beliefs. When you change your beliefs, you change your expectations. When you change your expectations, you change your attitude. When you change your attitude, you change your behavior. When you change your behavior, you change your performance. When you change your performance, you change your life!"

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Happy is the man who stores all his stuff during the year prior to the 450-mile yard sale. We have had a great time selling "trash becomes treasures" during the third weekend of August. Many things Homer has had for years but does not use any more were gladly received by those who could use them. He even sold his wood chipper (that he could use if he chose to do so).

I sold an antique lightning rod (You younger folks probably don't know what it is.) to a lovely lady from Beaufort, South Carolina. (This little town was featured in a recent publication by National Geographic as one of the "Small Town Escapes.") I told the woman I didn't want to sell the item but my husband didn't care for it and would not install it on the roof of our garage where I had plans for it. She accepted my selling price of \$50 and proceeded to look for Homer to brag about her purchase. Thinking she was asking the price of the rod, Homer said, "Well, I'll have to have \$35 for it." Imagine this lady's response! She came back to me to see if she could get a refund for the difference. Since it was my item to price, I said, "A sale is a sale--no refunds." We all had a good laugh about it, even brother-in-law Jesse Crow who had a table of his antiques to sell, and especially son-in-law Jerry Waters who happened to overhear the entire incident.

Our daughter, Joyce, is still with us recuperating from surgery and she enjoyed the sale and some of the people who came by. She kept ice water in a cooler to give to those who were thirsty from the terrible heat wave. (Note that the water was "given." Visitors told us they were offered water somewhere down the road for \$1.50 a cup!)

Friday, August 18, was reportedly the hottest day of the year for us but it didn't stop people from traveling the shopping route. One day, I counted twenty vehicles in our parking area. They were steadily coming and going. The sale is really like a festival. Wish we had had a band playing. Our son, Coy, kept good classical music playing on his radio providing a pleasant atmosphere. Again this year, he displayed some antique guns (no sales though). Coy has the "gift of gab" and loved talking to visitors from California, Michigan, Indiana, Texas, other neighboring states and southern Alabamians. He met a man from Texas and found he had worked with his brother at GTE. Butch Groves, a former neighbor from Chattanooga whom Coy grew up with, came by. Seems he's retired and living near Section, Alabama.

Our summer is slipping away and a feeling of Autumn is in the air. We have had some wonderful cool air to move out the heat that has stifled us this summer. The goldenrod is bright and pretty. Joe Pye weed and ironweed are brightening our roadsides with purple and orchid blooms. I believe Autumn colors are the prettiest of the year - they seem to shine after summer flowers have faded. I love the fluffy white Fleabane and Dogbane (I forget botanical names. I do well to remember the common ones). In Valley Head, on the left side of Hwy. 117, almost to Hammondville, the meadow is covered with bright orange butterfly weed. I've never seen so many in one spot. They are truly gorgeous.

Homer planted a collection of wildflower seeds in the raised beds he built this year, and we have had a lovely assortment of plants (some looking out of place because of their height, but providing welcome blooms after many others are gone). Some of these plants I could not identify, but the tall Cleome I do know. Homer's Mother called them "Spider plants." Next year, we will try to place them in another area more appropriate to their size. We have something that resembles hollyhock but in miniature form, and we've enjoyed a lovely pink foxglove. We also have some yellow ones that Jim & Penny Lyday gave us. We like them because they will bloom a second time if the old stems are cut back.

From our fruit and vegetable gardens, we have enjoyed wonderful peaches, green beans and tomatoes; however, Homer says we could have bought a lot of these for what it cost us to water them. We have suffered through a season of drought. Our trees especially have endured a beating: the heavy ice storm in January followed by the drought and windstorms in August. We had just gotten tree limbs cleared away from the ice storm when the windstorm hit, breaking more limbs and power lines and felling some more big trees. Our weather pattern has certainly been different recently, but there is always hope for a better fall and winter.

Daughter Joyce and I attended the Blalock reunion recently as guests of Jim & Penny Lyday. We enjoyed visiting with the family and the good food. Although we are not related, we have known members of Ray Blalock's family for many years. Martin was in my ninth grade class at Moon Lake and was a most intelligent young man. Willis was not far behind us and Gladys was my sister Jean's age, and Jean said Gladys was a smart one, too. Gladys (Crane, now) has retired from teaching and owns the homeplace where she and her husband spend part of their time. We were sorry to hear that Lucille Blalock Crowe was not well and unable to attend the reunion. Her Mother was Edna Blalock Crowe who made beautiful quilts, sometimes working with her sisters, Edith Lyday and Stella Crowe. We pray that Lucille will be well soon.

The sad part of September for me is my birthday on the 1st! But the bright part is that I'm fairly healthy and enjoy life--thankful for each day. We've all heard that laughter is the best medicine and if that's true, I should be healthy at 100!

Labor Day, our last holiday before Thanksgiving, is almost here. Enjoy it.



Well, folks, this has been a very busy month for Bill and me. We closed the sale of our house in Huntsville, finally and happily. We then took off for Maryland and a visit with my parents and lots of other family members. We had a great time in Maryland. It is always nice to be able to visit with family members. Then we came back here just in time for a lovely visit with Bill's sister Doty. I guess what I am trying to say is that I have not done much recipe research this month. I found this funny poem and thought I would share it with you. I have actually had this happen to me. I have also had people tell me that one of my recipes didn't work, then proceed to tell me what they substituted and did "instead". I agree with my friend, Dean, that a recipe is sometimes just a guideline, but if you want something to taste like the recipe you requested, then follow it. I found this poem while reviewing a cookbook. I received this spring called "ALLONS MANGER AVEC LE MONDE DE ST. JULES ET ST MARTIN."

RECIPE REFLECTIONS

By Joyce Scott

I didn't have potatoes
So I substituted rice.
I didn't have paprika
So I used another spice.

I didn't have tomato sauce
I used tomato paste.
A whole can, not a half can,
I don't believe in waste.

A friend gave me the recipe
She said you couldn't beat it
There must be something wrong with her
I couldn't even eat it.



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Cooking Classes this Year in Mentone!

Date: September 26th - 6:30p.m.
Date: October 24th - 6:30p.m.
Date: November 14th - 6:30p.m.
Date: December 12th - 6:30p.m.

All Cooking Classes will be held
at the Community Center in
Mentone.

MAX CASH RETIRES

(Continued from page 1.)

Dick Keefer: "I was appointed and had never been in politics. I was new and didn't know what to expect. Max was a calming influence at all council meetings and kept everything under control."

Street and Parks Superintendent, H.P. Goss, said he had worked with Max for eight years, and before that he worked with Rob Hammond. He worked for the water department under Sam Barrett. "Max and I got along just fine as long as he has been mayor. I promised him that I would stay with him the last time he ran."

Police Chief Johnny Ferguson: "I have the highest respect for Mayor Max Cash. I have worked under him for 10-12 years and I think he is the most honorable mayor I have ever seen. I have seen him get down in mud with a pick and shovel in 20 degree weather fixing water breaks and stay up all night long, and the next day still working on them. That really impressed me that a mayor would do that. I have seen him take verbal abuse from people that didn't know what they were talking about, yet he stayed calm and took it. He has always been firm, but fair with the police department. I don't think he would ask us to do anything that he wouldn't do himself. 'Mayor Cash, I salute you for a job well done.'"

Kathryn Jones, former principal/teacher at Moon Lake school, has made the statement many times, "In all my 34 years of work at Moon Lake School, I have never had a patron who was more supportive in every way than Max Cash. He never failed to do anything I asked, and many times he saw the need without my asking. He is a fine man and has reared a wonderful family."

Daughter, Susan Hooks had this to say. "One thing I remember is that when anyone asked me what we (all his children) attribute to our family successes, I told them, 'My father prayed for us every day of our lives. He still prays for each of us by name, including all of the grandchildren. I have heard him, and I thank God he is my father.'"

Max said he has enjoyed working with council members, clerks, and all other employees of the town over the years. Now, he is looking forward to retirement for the second time.

At the time of the writing of this article, Max and Roberta, daughter, Ann Harrell, and other members of the family, have gone to Hilton Head for a week. Max will be back just in time for the September council meeting on Sept. 11.

Max said he loves people and takes great pleasure in talking to them. He always has time for those who come to him about town matters or about fun matters.

Max's hobbies include fishing, hunting, boating, swimming, and ice skating—loves to go to the rink in Huntsville—and wishes one were closer. Maybe now, he will have more time to do those things that relax him most.

There will be an announcement later about honoring Max Cash and James Johnson for their many years of dedicated service to the town of Mentone.

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SPORTS

AFIELD

By
PHIL HARRIS



Sports on the Scene

The Valley Head Tigers put on a good show before falling to Sylvania 33-22. The Tigers trailed 21-0 at halftime. Derrick Crane returned the second half kickoff 73 yards for the first Tiger touchdown. Corey Blalock hooked up with Dustin Elkins to trim the gap 21-14. The Rams extended the lead to 33-14 on a touchdown pass to J.C. Brown and a 62 yard punt return by Blake Gilliland. Valley Head's final score came on a 31 yard pass from Blalock to Patrick Olzak. Crane ran up for the tow point conversion. Despite the loss, fans were excited about what they saw. The Tigers are on the way up!

Next up for the Tigers is Ider. The Hornets are much improved. They ripped Mount Hope 62-7, last week. Valley Head could pull off the upset with a few breaks. Get out and support the Tigers, this team is feeding off the communities' enthusiasm.

Let's talk about the new region format. Eight teams make up a region. The top four teams in each region qualify for the playoffs. The first and second place teams host a first round playoff game. This eliminates 1-9 and 2-8 teams making the playoffs.

1A REGION 6: Sumiton Christian and Collinsville are the teams to beat in this region. They are proven winners and everyone else is a mystery. Keep an eye on Valley Head and Cedar Bluff. Schedule strength is a big plus for these two. Pivotal games: Collinsville vs. Sumiton, Valley Head vs. Appalachian.

1. Sumiton 2. Collinsville 3. Cedar Bluff 4. Valley Head 5. Appalachian 6. Spring Garden 7. Gaylesville 8. Warrior

2A REGION 7: The teams in this region are going to be battle testing. The region is tough from top to bottom. Gaston, Ider, and Sand Rock are good teams that may be on the outside looking in. Fyffe, Crossville, Geraldine, Pisgah, and Section are solid clubs. Pivotal games: Fyffe vs. Pisgah, Geraldine vs. Crossville, Pisgah vs. Geraldine, Section vs. Fyffe, Pisgah vs. Crossville.

1. Geraldine 2. Pisgah 3. Crossville 4. Fyffe 5. Section 6. Ider 7. Sand Rock 8. Gaston

3A REGION 5: Number one ranked Plainview is the dominant team. Litchfield is due for a breakthrough year. Piedmont and Sylvania were strong last year, but had heavy losses. Glencoe and Hokes Bluff are reloading. Pivotal

games: Plainview vs. Litchfield, Glencoe vs. Hokes Bluff, Sylvania vs. Piedmont

1. Plainview 2. Litchfield 3. Glencoe 4. Hokes Bluff 5. Sylvania 6. Piedmont 7. NSM 8. Sardis

5A REGION 7: Etowah, Etowah, and more Etowah! Carnell Williams and the Blue Devils are out to defend their title. Fort Payne, Scottsboro, Boaz, and Albertville may have to depend on each other for wins in this region. Cullman, Hartselle, and Mortimar Jordan are unfamiliar faces with good programs. Pivotal games: Mortimar Jordan vs. Etowah, Cullman vs. Mortimar Jordan, Boaz vs. Scottsboro, Cullman vs. Hartselle

1. Etowah 2. Mortimar Jordan 3. Cullman 4. Boaz 5. Scottsboro 6. Hartselle 7. Albertville 8. Fort Payne

The Valley Head Pee Wee teams played at Fyffe Saturday night. The 9-10 year old team lost to Fyffe 6-0. The 11-12 year old team won 32-6. Tyler Harrison scored five tds for the winners.

Mentone's mens softball team finished second in the lower league at the Fort Payne Sports Complex. They finished with a 9-6 record. Shaw finished third. Thanks, Marie, for sponsoring the team in Dr. Pat's honor.

See the Valley Head 2000 Football Schedule this page.

National Sports at a Glance

College Football: Alabama got spanked by UCLA the first weekend. The Tide is still a year away from being a National Championship contender. The bar was raised too high by fans and media. This team is good, just not great, yet! I still believe that, by the Tennessee game, they will be seasoned and tough to beat. Ole Miss and Arkansas have a good chance to catch Alabama jelling. What's this? Has Auburn found a running game? Rudi Johnson gives the Tigers a dimension they have not had since Stephen Davis.

Groundhog picks: SEC East: 1. Georgia 2. Tennessee 3. Florida 4. Vanderbilt 5. South Carolina 6. Kentucky

SEC West: 1. Alabama 2. Ole Miss 3. Miss. State 4. Auburn 5. Arkansas 6. LSU

Nationally, Florida State and Nebraska may cakewalk to the National Championship game in Miami. If UCLA is as good as they looked against Alabama, the pack ten may have some say in the National title run.

Groundhog top ten: 1. Nebraska 2. FSU 3. Miami 4. Texas 5. Michigan 6. Georgia 7. Wisconsin 8. Florida 9. UCLA, 10. Kansas State

Auto Racing: Bobby Labonte won the rain-shortened Southern 500 at the Darlington Motor Speedway. Jeff Burton, Dale Earnhardt, Jeff Gordan, and Dale Jarrett rounded out the top five. Labonte continues to lead the points championship. Jarrett, Earnhardt, Burton, and Rusty Wallace make up the top five.

Major League Baseball: In the National League, the Atlanta Braves are struggling. The dominating pitching staff is only good at best. Look for Atlanta to pick it up a notch down the stretch. St. Louis got Will Clark, now they are playing great baseball. The New York Mets are in the running, but can they beat the Braves?

The American League has a little clearer picture. The Yankees and White Sox have been consistent. The Mariners, Indians, Red Sox, and Blue Jays are up and down. I still say Yankees vs. Braves in the World Series.

NFL: St. Louis dominated the NFC and won the Super Bowl in 1999. Can they do it again? We will see. The AFC has Indianapolis and Jacksonville on the rise to challenge the Tennessee Titans.

Groundhog Super Bowl pick: Jacksonville vs. St. Louis That does it for another month. God Bless.

VALLEY HEAD TIGERS

Football Schedule 2000

Sept. 1	Sylvania	Home
Sept. 8	Ider	Away
Sept. 15	Spring Garden	Away
Sept. 22	Cedar Bluff	Away
Sept. 29	Warrior	Home
Oct. 6	Sumiton Christian	Away
Oct. 13	Appalachian	Home
Oct. 20	Gaylesville	Home
Oct. 27	Collinsville	Home
Nov. 3	Fyffe	Away

COACH: SCOTT TATE
PRINCIPAL: GARY TALLEY

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Kohler and Campbell piano console model. Excellent condition. 634-4274

FOR RENT: Small Office or Store Space, Mini Stor Mall, 53 Douglas St., behind Post Office. Immediate availability. \$150 per month. 256-634-4535



I think this has been the shortest month of all. It's hard to believe that Summer is gone and it is Autumn! We had a refreshing shower, but not enough, I'm afraid, to penetrate the dry sod. News is scarce. I failed to find many people at home to give me news when I called.

Emily and Barry Brown, L.A. and Lisa Smith, and Al Hammond, attended the Commodity Conference of the Alabama Farmers' Federation in Montgomery, August 17-19. Barry is the Forestry Representative for DeKalb County and L.A. is the Horticulture Representative. I don't know Al's title, but he has a prominent part. Emily and Barry came back by Bellingrath Gardens and enjoyed its beauty.

My cousin, Frances Jacobson and her husband, Irwin, from Cupertino, CA, spent August 9 and 10 with me. We went to Madison, AL, on the 10th to visit cousins Blanche and Bill Fuller. Then Blanche and Bill came and spent Sun. August 13, with me and Emily and Barry and took us to the Mentone Springs Hotel Restaurant for a good meal.

Martha and Hoot Gibson spent a few days in Texas and attended the wedding of Hoot's nephew.

Helen and Richard Rockenbach have sold their house to Edwene Gains from Mentone. Their new address is 19996 Mitchell Drive, Plano, IL 60545. Tom and Tookie Anderson and Helen Longshore gave the Rockenbachs a going away party in Fort Payne, Sunday, August 20.

Ed Ringer attended the Golden Wedding reception of his brother, Dr. Robert Ringer and wife Myrtice, in Marianna, FL, August 6. A large crowd attended the reception at Marco's Restaurant. Robert came and spent the weekend of Aug. 12-13, with Ed and attended the 50th reunion of the Korean War Veterans of the 151st Combat Engineer Battalion at Fort Payne. He and Ed also toured the south end of the county around the vicinity of the old Aroney Center Point School. He attended the Methodist Church with Ed on Sunday.

It's good to hear that Ruth Burnett is able to attend church after being unable to go for a while.

Abby Limbaugh, formerly of Hammondville, is sick with pneumonia. Clyde Hawkins is also sick. We hope they will soon be well.

Congratulations and best wishes to Gladys Cobble, who celebrated her 89th birthday, August 24, at the home of her daughter, Becky Stott.

A good crowd of Valley Head High School graduates and friends enjoyed a reunion, Sat., Aug. 19, at the Promenade Hall, with Nonov Clark's help—not knowing some married names, etc., among those attending besides Nonov were: Ann and Billy Wright, Maxine and Jimmy Wright, Verence Hawkins, Anna Louise and David Loyd, Barbara and Harlan Cooper, Sadie Cooper, Martha and Herbert Stanley, Ruth and Robert Hammon, June Harrison, Mary Ellen and Carl Hoge, Ray Crawford, M.H. Hixon, Molee Clark(?), John Jones, Mozelle Clark(?), Vergie Lyons Murdock, Thelma and Boyce Lewis, Estelle and Carl Hale, Lulu and Richey Phillips, Jean Barnard Cassady, Olene Roberts, Billie and Mary Nell Pickett, Jack McMahan, Billy Hankins, Eloise Craig and her sister(?), and Carmie Steele. They had a bountiful lunch and toured the school. They found it a good bit changed since they attended.

On Saturday, Aug. 19, 2000, a surprise baby shower was held for Mrs. Pamara Tate, wife of Valley Head's new football coach, Scott. The shower was held at the home of Mrs. Kathryn Carden. Hostesses of the shower included Kathryn, Sandy Hulgán, Kathy Robertson, Christy Young, Pam Dean, and Betty Blalock. Several ladies from the school and community attended. All others who could not attend sent lovely gifts. The shower was held just in time as Trevan made his appearance on Thursday, Aug. 24, 2000, a couple of weeks earlier than expected. Congratulations to the Tate family!

Gladola Cannon Holleman

1917-2000

Gladola Cannon Holleman was a lady, modest and sweet, Who had everything to make her life complete. For a time, she was a good teacher of youth— Led them in the pathway of knowledge and truth. She was a faithful church member, doing all she should, Attending all activities as long as she could; Serving as its treasurer, accurately and precise And to everyone, she was always so friendly and nice. Suddenly her health failed, confined her to her room, Her family did everything to brighten the gloom. While patience and courage she exemplified, No loving care for her was ever denied. Her fine husband—always so loyal and true— Did everything, constantly, that he could do To comfort her and make easier the way, Close beside her at night and throughout every day. Now, at last, she has been liberated and set free To live happily in Heaven for all eternity.

—Eloise Brown

Judge and Mrs. Wallace Jopting, from Gainesville, FL, were overnight guests of her cousins, Elizabeth Coleman and Laura Margaret Allison, Wednesday, August 30.

Adelaide Biddle, formerly of Valley Head, now living in Dallas, GA, with her daughter and family, recently went on vacation with them to Atlantic Beach, NC. They stayed at "A Place on the Beach" (name of condo). They drove to Camp LeJeune, NC, for the Marine Air Force Change of Command and the family Bar-B-Q. They also drove to Swansboro, NC, to the Crystal Coast Amphitheater to see the Passion Play, "Worthy is the Lamb," which was awesome! They were also accompanied by Jessica Biddle, who also resides in Dallas, GA, and attends East Paulding High School.

I hope everyone had a very happy and safe Labor Day and had a well-deserved rest from your labor.

SEPTEMBER SHOWERS

September showers
Remember flowers
that grow in the spring

With chattering speed,
They're scattering seed
with blowing free fling

With fierce and quick thrust,
They pierce and nick crust,
of every seed pod.

They pound them down deep,
Then round up a heap
of very neat sod.

There they leave them sleep,
Neither grieve nor weep.
No dirge can they sing.

September showers
Remember flowers
Emerge in the Spring.

—Eloise Brown

Precious Treasure

The mind is a marvelous treasure chest,
Of all the rest, it is the best.
It contains special precious treasure
Whose worth is counted beyond measure.
It contains all the memories of life,
Its joys, happiness, cares and strife.
How precious are memories of childhood days—
Carefree, fear free, cared for ways!
Memories of home—most precious place,
That hearts will always love and embrace.
The dear ones who made it a special time,
With love and devotion so sublime.
Memories of youth and happy school days,—
Mischievous, debates and wonderful plays,
In sports so much strength was spent
Not realizing to get knowledge was meant—
Remembering wisdom from good books read
And kind and good words of appreciation said—
Thinking of church picnics, Easter and
Christmas cantatas,

The good we did—satisfaction it got us—
Remembering flavors of bygone days,
Grandmother's cooking merits ultimate praise.
Home comfort stove cooked things so good,
But it took work and lots of wood.
Much hard work those times involved,
Now, smart minds many problems have solved.
The fresh real butter from the cold spring house
The best tasted meat from the old smoke house
So much delicious food for eating,
So many friends and relatives meeting and greeting
Remembering scenery of trips nearby and afar,
Appreciation for wherever we are,
Happy memories we should accentuate,
Tragedies and sadness try to eliminate,
The good times always outweigh the bad,
The joys and blessings lighten the sad.
We remember with love the ones who are gone,
In our minds and hearts, they will always live on.
As the years fly by, each faster than one before,
We rely on our precious treasure
of memories more and more.

With those who are interested and really care,
We like to reminisce and our treasure share.
This treasure chest needs a special key—
To guard its sacred sanctity.
As we meet today with kindred hearts
A special message the day imparts—
To add to our precious treasure,
For it has brought us much joy and pleasure!
Trust in God for the future and thoughts of purity
Will ensure and keep it in complete security.

—Eloise Brown

Editor's note: The above poem by Eloise Brown that appeared in last month's Groundhog is being reprinted this month with the addition of the last two lines: the key to the Precious Treasure! We regret the omission of the key.

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Hammondville Fire Department Haunted House

At the Hammondville
Armory on the
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from 7-10 PM

**October
13-14,
20-21,
27-28,
and 30-31**



God's Minute

By Ruby Brock

Again I say unto you, that if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my father, which is in Heaven.

Matt. 18:19

Jesus said to his disciples all power is given unto me. If two of you will agree, anything you shall ask shall be done for you. Can we agree? While some pray believing, do others doubt? Let us ask in faith believing, in faith agreeing, and watch God work!

Believe Him!

Thank you

I want to publicly thank everyone who helped me in any way during the loss of my husband, Charlie Rogers. The Mentone and Valley Head communities were wonderful. So many of you were there for me in so many ways, it has been hard to thank each one of you individually. Thank you from the bottom of my heart.

Jewell Rogers

COMMUNITY CHOIR BEGINS PRACTICE FOR THIS YEAR'S CANTATA

Beginning Monday, September 11, all those who wish to participate may go to the Valley Head Baptist Church, from 6-8 p.m. You will be blessed as all those in the past have been.

PHONE SERVICE UPDATE

On Wednesday August 30th, I spoke with Kathy Cook of the Public Service Commission and she has verified the following: As of 8/15/00, we have unlimited calling to Fort Payne. As you know, we were previously limited to 60 hours per month. When you call Verizon/GTE, they will tell you that unlimited calling to Fort Payne is only available on the Premium plan (\$35 per month). **THIS IS NOT TRUE!** It is available on the Community Plus plan (\$20.50 per month). You MUST call the Ohio office at 1-800-483-4600 ext. 63645. Be sure to speak with Debbie or Brenda. NOTE: If you call during a busy time you may still be connected to the Florida office. BE SURE to ask if this is the Ohio office. If not, ask to be transferred to that office. You may also be told that if you switch to another plan you will be charged a one-time fee of \$12.00. **THIS IS ALSO NOT TRUE!** You DO NOT have to pay a switching fee. Be advised, the unlimited access is only for Fort Payne. ALL OTHER COMMUNITIES are still on the 60 hours per month plan. Bottom line, if you need an internet connection to Fort Payne, why pay \$35.00 when you can get it for \$20.50, a yearly savings of \$174.00!

One good thing has come out of our persistence. The unlimited calling plan is retroactive to June 2nd. Those of you who have called to tell me about your \$500 - \$1000 phone bills can have those charges taken off by calling Verizon/GTE at 1-800-483-5512. If you have problems with this, call Kathy Cook at 1-800-392-8050. Have a great day! Tom Crowe - 634-4521

Mentone Community House Book Club

10 a.m., 3rd Thurs. of each month
at the Mentone Community House

●Thurs., Sept. 21

"The Quilters Apprentice"

●Thurs., Oct. 19

"Murder on the Lusitania"

For more information, call:

Sue Henry - 634-4599; or

Kathy Kirby McMunn - 634-4575



Tourist Association

Requests your presence at the
Grand Opening
of our new visitors center.

We will celebrate this momentous occasion

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3 p.m. - 5 pm.

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Fort Payne, AL 35968

Please RSVP: Patty Tucker

(256)845-3957

1-888-805-4740

patty@mindspring.com

Directions: take I-59 North or South to the Fort Payne Exit #218. Visitors Center is one block from the exit ramp across from the Holiday Inn, Days Inn, and Quality Inn.

NEW AND USED BOOK SALE

The Moon Lake/Mentone Library will have a new and used book sale at the Mentone Colorfest Oct. 21 and 22. The proceeds will benefit the new library. If you have books to donate for this sale, call Jan Wilkinson at 845-5048 or Sue Schwarz at 634-4271 to arrange pick up.

- Little River Hardware,
 - Mentone Superette, and
 - Moon Lake School Library
- have agreed to be drop spots for books for your convenience.

The Library Committee appreciates their cooperation.

The DeKalb County Library Bookmobile Schedule:

Mentone at Town Hall parking lot
on Wednesdays
from 11:30 a.m. until 1:00 p.m.

●September 13 & 27

●October 11 & 25

●November 8 & *

●December 6 & *

●January 2001 3, 17 & 31

*(Vacation)

The Bookmobile is in
VALLEY HEAD

on the same days from 1:15 to 2:15

and in HAMMONDVILLE

on the same days from 2:30 to 3:30