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THE

GROUNDHOG

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By M.A.P.A.

Volume 19, No. 9

"Neighborly News from the Heart of Lookout Mountain"

September 2001

MAPA COLORFEST



Cotaco Creek



Bonfire on Friday night. Photo taken by Gerald Taylor while there was still some light. It was by far the most successful bonfire members can remember.

Cotaco Creek

As the summer fades to Autumn, leaves of crimson and gold begin to fall--

As swirling clouds of sparkling embers rise from an opening bonfire like fireflies bringing warmth to the crisp autumn night air--

Mentone opens her arms to welcome one and all to Colorfest and the beauty of the mountain with its colorful splendor that comes only with the fall.

Colorfest 2001 here on Lookout Mountain begins Friday evening at dusk, October 19, with a crackling bonfire; heart warming, foot stomping, hand clapping music by Cotaco Creek; story telling; concessions; and a marshmallow roast for the children.

Saturday and Sunday events will be held at scenic Brow Park from 9 a.m. till 5 p.m. and will include arts, crafts, food and other

Photos from Colorfest 2000

activities. Entertainment both days will feature live entertainment by Cotaco Creek band and friends, as well as local dance groups.

A street dance Saturday evening at brow park begins at dusk. We welcome you to join the fun, come one come all. Admission is free.

Sponsoring Colorfest is the Mentone Area Preservation Association, a non-profit organization dedicated to the preservation and restoration of the natural heritage of the Mentone area.

For additional information, call (256) 634-4041 or (888) 340-3381.

Web Site: www.MentoneAlabama.org

Friday night bonfire

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See Page 2.

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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.

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Letters to the editor are welcome. They should be type-written and of reasonable length.

The DEADLINE for all material for The Groundhog is the 15TH DAY OF THE MONTH PRECEDING PUBLICATION.

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Pictures from Colorfest 2000



Photo by Gerald Taylor of the Colorfest crowd



MENTONE, AL.

BROW PARK

ARTS & CRAFTS FESTIVAL

**COLORFEST
2001**



Ballet dancers and pre-ballet dancers, who are trained under Tim Murphy of Valley Head. Many of these dancers also performed at the Harvest Festival.

The Groundhog Advertising Rates

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-PUBLIC NOTICE--

**MENTONE PLANNING
AND ZONING COMMISSION**

Meeting dates for remainder of 2001

December 20

Other special or called meetings will be posted as required.

All meetings are held in the town hall meeting room at 4 p.m. and are open to the public.

C.E. Britt, Acting Zoning Administrator

Sept. 11, 2001. Today has been the bleakest day in our history since Pearl Harbor. Even good news would be overshadowed by this tragedy that has befallen our nation. We in Mentone seem so remote from all the happenings around the world, but we must remember we are a part of it, and we will be affected by all the changes which must come with it. We have been a free people, unrestricted, to travel as we please. This situation dictates more discipline than we have cared to think about before; changes in our lifestyle are certain to come out of this tragedy.

Many of our local churches and around the nation are holding prayer meetings this afternoon and evening. It is our hope that we will all pull together as we have done in the past. Our prayers and sympathies go out to all the loved ones who have suffered from this horrible disaster. Nothing I can write about this month can be of interest at a time like this. Our flag will fly at half mast for the next several days.

Everything I have reported to you in the past is still moving along at governments' pace—slowly.

The Mentone Board of Adjustments held a public hearing on September 5, 2001, regarding two applications which had been denied by the Zoning Administrator. One was to place a mobile home in an R-1 zoning district and the other was to open a tire store in an R-D zoning district, both of which are not permitted in accordance with our zoning ordinance. There were a number of citizens at the meeting in support of the denial of these applications. The five-man Board of Adjustments unanimously upheld the denial. We wish to thank all the supporters of zoning.

Charter Communications, our cable provider, was at our Sept. 10, 2001, Town Council meeting and heard complaints from those in attendance. They gave us an update on programs offered. If you would like a list of these, come by Town Hall and pick up one. They have also responded to the request to fix the dangling wires near St. Joseph's Church.

We are in the process of reviewing our signs to either replace them or order new ones. The Council voted to place new town limits signs together with the previous wooden "Zoning Laws in Effect" sign. A number of street signs will be replaced as well; police jurisdiction signs will also be installed.

The grant applications were timely filed with Alabama Power Company Tree 2001 Program for 121 trees, consisting of Crepe Myrtle, Dogwood, Maple, Oak, and Longleaf Pine. The grant application for sidewalks, curbs, and beautification at the intersection of Hwy 117 and Co. Rd. 89 was timely filed and appears to be of great interest in the Alabama DOT.

We are pleased to have been able to provide Hammondville with one of our surplus radios and to provide the resource officer at Moon Lake and Valley Head schools with one of our walkie-talkies.

Our required public hearing on the RDA grant/loan application for water system rehabilitation was held August 28, 2001. Many people attended with questions and we hopefully answered them to everyone's satisfaction.

STATE LAW: It is illegal for persons other than employees of the Water Department to tamper with, cut on or off a meter, without permission—penalty up to \$50 fine.

MENTONE NATIVE PASSES



Mrs. Nettie C. Smith

Mrs. Nettie C. Smith, 99, of Mentone, passed away August 21, 1001, at Crowne Health Care in Fort Payne.

Mrs. Smith was a native of DeKalb County, born November 25, 1901, to Morgan and Mattie Crow. She was a housewife, and a charter member of Church of God of Prophecy.

Mrs. Smith was preceded in death by her husband, John Paul Smith; and daughter, Levona Cooper.

Funeral services were August 23, from Burt Funeral Home Chapel with Revs. Don Brock and Charles Flannigan officiating. Burial was in Bankhead Cemetery.

Survivors include: sons, Ernest H. Smith, John Paul Smith, Jr., William Guy Smith, all of Mentone; daughters, Dorothy Gray, Fort Payne; Catherine Henley, Chattanooga, TN; Geraldine Ellis, Mentone; 14 grandchildren; 17 great-grandchildren, and four step grandchildren.

Editor's Note: Mrs. Smith's son, Ernest H. Smith, Mentone's resident historian, was a writer for The Groundhog for several years.

12 September 2001
Dear Friends and Relations,

I have been asked by friends internationally to request that you join our prayerful response to the recent terrorist attacks on the US. Please join the millions around the world who are praying for peace, praying for those who have been injured or killed, praying for all their friends and relatives, and praying for all those who are attempting to find and assist the missing.

Seven Days of Prayer

It took 7 days for God to create the world. We now ask you to join us in spending the next 7 days in the prayer that the world may be recreated with the help of the One Who created us all, His Son Jesus Christ, and the Legions of Angels of Light.

Wherever you are, please join us for the next 7 days in prayerful knowledge and gratitude that this world is one of harmony, order, and United Understanding of and Compassion for ALL MANKIND, praying it into existence.

At 9 pm CDT from September 11 to 18, 2001, please join the presence of the millions around the world in the Great Prayer Link who are praying for all violence to cease, spending 10 minutes in silent prayer each night knowing that we are gratefully seeing the re-creation of this world based upon the laws of oneness, compassion, and peace.

Please share this message with everyone you know so that our Great World Prayer Link is expanded and strengthened moment by moment. For, once we realize that, in the Eyes of God, we are all related by His Creation, our greatest desire can be made manifest that:

Peace Prevails on Earth:

With gratitude, Rev. Aloha Henri
Ministry of Spirit Song
We do this that we Children might live

COLORFEST 2001



ARTS & CRAFTS FESTIVAL

COLORFEST 2001



ARTS & CRAFTS FESTIVAL

Mentone Grapevine II

By Marie S. Dillenbeck

Ed Disney went to Knoxville, TN, the weekend of August 24 for a family get together.

Grace Pullen celebrated a birthday on August 30th. She enjoyed a meal at Cracker Barrel in Attalla, AL, with family members and on to Birmingham for a weekend with her daughter, Ann.

James and Betty Johnson celebrated their 55th Wedding Anniversary on August 30th. They enjoyed an outing to Mt. Vernon Restaurant in Chattanooga, TN.

Sunday afternoon, Sept. 2nd, the home of Fred and Susan Johnson in Rainville was the site of an 80th Birthday Party for James H. Johnson. The surprise party was hosted by his two children, Fred Johnson and Sue J. Rickman. Those present were Amy and Gary Lane of Carrollton, GA; Norman and Elizabeth Baker of Acworth, GA; Henry and Treva Joiner of Tuscaloosa, AL; Frances Crowe and Lila Pettit of Clinton, TN; Jim and Donna Crowe and Ashley of Ft. Payne, AL; Fred and Susan Johnson, Phillip, Paige and Payton of Rainville, AL; Sue and Mickey Rickman of Clemson, SC; and of course, James and Betty Johnson of Mentone, AL. A good time was had by all—with great food and beautiful music by family members, including James' nephew playing some of James' favorite selections on the trumpet like "Stranger on the Shore", "Danny Boy", and others. James received phone calls from his two sisters and a nephew who was unable to attend (at the last minute).

Congratulations to Jana Goss who was asked to go to the Wynfray in Birmingham to listen to representatives of George Town, Duke, and the University of Harvard do their presentations for their respective colleges. Jana is looking at all her options.

The DeKalb Advertiser in its "Reminiscing About DeKalb's Special People, featured Gracious Ladies of Mentone in the August 16, edition. Those ladies are Geraldine "Gerry" Ragon Disney, Bernice Crow, and Gladys Charles "Peggy" Howe, still living. Also pictured were Nellie Jane Swader Libby (1889-1981); Jessie O'Rear Whitehead (1904-1980); Foye Daugherty Jones (1899-1980); Winifred Ruth ("Ruby") O'Rear (1900-1984); Mary Laws Wiegand (1900-1987); Nelda Estelle Ellis Howe (1903-1987); Lora Mabel Grow Kirk (1906-1988); Kathryn Ellis Jones (1914-2001); Lydia Elizabeth Robinson Speed (1917-2000).

Margie Coots is continuing to recover.

Betty Chapman had to go back to the hospital for her disc problem in her back. We hope she recovers soon.

Congratulations to 4-H member Hope Burge of Mentone. Her horse, Scooby, recently won the Breakaway Roping Class during the 2001 Alabama State 4-H Horse Show. The event took place at the Garrett Coliseum Complex in Montgomery.

Valley Head's Dr. James E. Quimby was featured in a pictorial review in "Reminiscing About DeKalb's Special People" in the August 30 issue of The DeKalb Advertiser. He was a very special man! The citizens in this area were privileged to have had him as their physician for 49 years!

Happy September 2001 Birthdays/Anniversaries to: #1- Bernice Crow, Matt Croxton, Connie Bell, Suzanne Woodall, Treva Lindsey, Bob Baty; #2- Gail Chambers (Mrs. Kenneth); #3- Dorna Hutcherson; #4- Johnny Ferguson, Vance Carden, Markelia Crane; #5- Christal Edmondson, Allen Scott, Trenton Green, Hallie

Westbrooks, Joey Combs; #7- Angela Stalvey, Mrs. A.J. Lindsey; #8- Melba Fuller, Adele Phillips, Mary Crowe; #10- Sam Langston, Mickey Gough, Pam Blewens 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 the lateness of the September birthday list. The October Birthdays are also listed and may appear in the October issue.)

Happy October 2001 Birthdays/Anniversaries to: #1- Ethan Hunt, Brenda Burnett, Katie Browder; #2- Lucille Knopps, Walt Pullen, Mandy Wells; #3- Hope Walker, Tammy (Hawkins) Pilson; #4- Eleanor Glover; #5- Mack Flannigan, Tyler Harrison, Stephanie Hester, Anna Kirchbaum; #6- Lee Ann Parkison, Melody Moore (in memory of), Bryan Green (in memory of); #7- Amber Hunt, Justin Pelletier; #8- Linda Brown, Millard McNutt, Kathryn Jones (in memory of), Laura Pullen; #9- Audie Beason, Tom Tipton; #10- Allie Rhodes, Jimmy Worthey; #11- Jeff Cooper, Jeremiah Robertson; #12- Gertrude Cox, Ronnie & Kathy Robertson (Anniv.); #13- John Foreman, Treana (Davis) Lacey; #14- Ashley Blalock, Tina Langston, Robert Hall; #15- Barbara Weber, Polly Chambers, David (Tater) Hopper, Lanita Allen, Robert Hall, Tina Langston; #16- Shannon Raines; #17- Renae Langston, Alisha Busby, Ken Busby; #18- Joe & Ethel Gregory (Anniv.); Alisha McElhaney, Ken Busby, Holly Kitchens; #20- Harry Hopper; #21- Raymond Brown, Rodney Moore; #23- Joey Dillenbeck, Edith Dean, Kathy Robertson; #24- Kyle Rape, Marsha Bon Fleur; #25- Jo Bain; #26- Jeff Harrison, Jon Whisenant, Dennis & Sheryl Lewis (Anniv.); #28- Wesley Frost; Paul Achley, Florence Mays; #29- Mrs. Louise Harrison; #30- Nell (Kent) Reed, Jennifer Hester, Elisabeth Evans, Tony Goggans; #31- Paul Blalock, Billy Clark, Aubrey Cash, John Dean, Danny (Oyler) Smith.

If there are any corrections or additions to the birthday lists, please call me and let me know. Your call will be appreciated. Thank you.

I want to thank Betty Johnson for submitting information to go in my column.

Congratulations to April Edwards, Valley Head, President's List; and Toby Crider, Sophia Malone, and Elizabeth West, Mentone, and Amy Poe, Valley Head, who made the Dean's List at Northeast Alabama Community College during the spring semester.

Congratulations to Christine Drake of Mentone, who is this year's recipient of the first TKW-FBC College Scholarship announced by Faith Baptist Church in Fort Payne. The TKW-FBC College Scholarship Program was initiated in response to school violence, according to founder/sponsor of the scholarship program, Tracy Kent Wrigley of Mentone.

Deepest sympathies to the families of the following who have passed away:

-Mrs. Nettie G. Smith, 89, of Mentone, 8/21
-Mrs. Edna Freeman Dean, 80, Valley Head, 8/22

The terrible incidents throughout this past week have had a profound effect on each and every citizen in the United States. Please keep praying for the families of all of those who lost their lives, all those who were injured, all those who are helping with rescue efforts, especially the firemen and volunteers who continue to search the rubble for survivors, and for our government officials. The news commentators continue to keep us updated so that we will know what is happening. May God continue to bless the United States and its citizens.



Dylan Colton Lewis
HAPPY 4th BIRTHDAY

Dylan will be celebrating his 4th birthday on September 30. His parents are Jerry and Wanda Lewis of Mentone. Dylan attends Bright Beginnings day care and he also goes to pre-K4.

A SERVICE FOR THE BLESSING OF THE ANIMALS

3 P.M., SUNDAY, OCTOBER 7
outside on the south side of
St. Joseph's Church in Mentone

Father David Crippen will be conducting the service and everyone is welcome to come and bring their animals/pets to be blessed. This service witnesses to God's love, care and concern for all of His creation, including our animals/pets.

The service is traditionally held in October in remembrance of St. Francis of Assisi. Even if you don't have a pet, come and enjoy the service.

All animals should be on a leash or in a carrier to keep them safe. Children may bring stuffed animals, a photograph of their animal/pet(s) or a picture they have drawn of their favorite animal/pet(s).



Wildwood Gallery

Wildwood Gallery, showcase for the works of area artists and craftspersons

Wildwood Gallery, a showcase for the works of area artists and craftspersons, has opened its doors a short drive north of Mentone in the town of Wildwood, GA, on Highway 11 North. Having remodeled the old post office, the twelve gallery participants filled the handsome old brick building with weaving, pottery, paintings, photography, ironwork, wood carvings, basketry, stained glass, and more.

Julie Clark, originally a painter and now a graduate of both farrier school and welding class, does whimsical iron work. Sue Cannon, well-known potter from New Salem, wood fires and salt glazes stoneware is her specialty. If you like paintings of Lookout Mountain area, take a look at the works of Beth Bradford and Abbie Brooks. Brenda McKaig not only feeds and cares for her own sheep, but also weaves their wool into hats, blankets, pillows and wearables.

Potter Bob Fazio, a teacher at Baylor Schools during his daylight hours, spins bowls and pottery in the evenings. Photographers Paul Grant and Deb Hebert can fill your walls with scenes from Little River Canyon, as well as far-away places. Woodcarver Nikki Oliver has carved and colored figures for your Christmas creche. Denise Cahill's stained glass pieces can be special ordered for doors or windows. Baskets by Connie Hornsby would make spectacular Christmas gifts. Steve and Harriet O'Rear, with their iron silhouettes, produce firescreens, fenders, beds and chandeliers.

Wildwood Gallery is open Thursday through Sunday from 10 am to 5 pm on Sunday from 1 to 5 pm.

Wildwood Gallery
20655 Hwy 11 North
Wildwood, Ga. 30757



Brenda McKaig and her sheep



Brenda McKaig and her woven goods



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About

Our
Town

By

LINDA BROWN



Well, it's September! It is now officially autumn. This is the favorite time of the year for many people. The foliage always turns into the golden hues of brown, orange and yellow. There are many more outdoor activities now that the weather will be cooler. Already, the area high schools have started playing football and everyone is ready to urge their teams on to victory. While in Fort Payne last week, I heard this statement from a woman in a store, "Well, we're going to Auburn this weekend." I knew from that short sentence that it was the season of autumn, college football games have started to be played, the University of Auburn was playing a football game at their home stadium, and that she was an avid fan of Auburn football!

Speaking of overhearing, I recently heard someone say that a conversation that they had on a cell phone from a car was overheard by others on a police scanner. Maybe we should be very careful what we say on cell phones. So many of the new high tech equipment are wonderful, but not totally foolproof yet. I was in Wal-mart when the electricity was lost to that area for over two hours. It was bad. The only lights were powered by generators and were in the center of the store. I wanted to look at artist's paint brushes, but could not see at all in the corner where they were. The registers only worked for thirty minutes or so, and then no one could check out. The manager did have the foresight to lock the doors and not let any more people inside. Those of us who were inside finally gave up and left. About two weeks later, I was in Foodland in Fort Payne, when their computers shut down and the registers would not scan any items. We all had to wait about thirty minutes for this to be repaired. Again, not a fun experience.

These are just some examples of what can happen with high tech equipment. Imagine the confusion if the computer system goes down in a major airport! More attention needs to be given to back-up systems. Major stores need bigger and better generators and battery packs. I hope that the power outage at Wal-mart was an eye opener for them. They need to consider that they are a major source of emergency supplies and should be better prepared for emergencies.

Much is happening in Montana, but none of it can be seen yet. The town and other agencies are still waiting for

word on some grants and loans. I found out from the public hearing of the Mentone Water Department that there are so many people in this area who do not have adequate or quality water. They would like to be on a public system. Most of them are in the long range plans for water lines to be run to them. I hope that the money is available to provide it for them before they have more serious problems.

Since the starting of school, I have thought a lot about the children of today's society and about today's society in general. The cost of living (and sometimes just existing) has gotten so high, that most families now have to have two incomes to function. This, of course, means that both parents have jobs away from home. Where does this leave the children? Much of the time they are left by themselves for extended periods. Then, when the parents do come home, there are meals to prepare, clothes to wash, and thousands of other chores that must be done. This means that there is little or no time for help with homework and/or to just hear what happened to the child that day at school. So what can be done? Maybe those of us who have now retired and have more leisure time can help in some small way. I know that there are many opportunities to help at Moon Lake Elementary School in Mentone. The members of the Rhododendron Garden Club have established and helped maintain a Butterfly Garden at Moon Lake School for many years now. On designated days, the students go out into the garden, along with the women of the garden club, to tend established plants and put in new ones. This exposes the children to the world of growing things, not only plants but also birds, insects, and butterflies. Also, it gives the adults a new sense of wonder, as seen through the eyes of a child.

One local organization sponsors a tutoring program for Moon Lake School students. The students stay an hour after school and are helped in their most difficult subject by an adult. I have helped with this project for two years and have loved every minute of it. I have found that the students just needed some one-on-one instruction. Many times, it was just a matter of observing that they were trying to do their math too fast or guessing at words instead of really looking at them. With a very gentle admonition from me, to "slow down," they were able to accomplish the goal set before them.

The Rhododendron Garden Club has agreed to sponsor a Junior Garden Club at Moon Lake School. They asked me to work with the students, and I choose to do this with the kindergarten class. I had read to these students every week last year when they were in the Headstart Project and felt that we already knew each other and that would be a step in the right direction. Our first project was the metamorphosis of a butterfly. A lady on Sand Mountain found a Yellow Sulfur Butterfly caterpillar and sent it to me by Connie Hughes. It would only eat Partridge Pea Vine, so she sent some of that too! I made a suitable habitat for it and carried it to Moon Lake School to show to the members of the Junior Garden Club. We had a wonderful and difficult time of finding it, because it was the exact color of the vine and even had

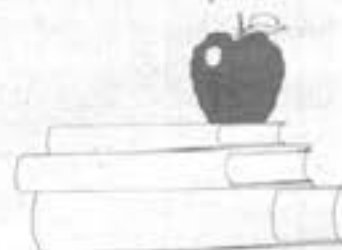
a yellow stripe the color of the blossom on the vine!

Before many days passed, the caterpillar attached itself to the screen wire at the top of the habitat and proceeded to become a chrysalis. I carried it back to Moon Lake to show the students what had happened. It was a little easier to see this time, but now it looks like a leaf! At this time, we are waiting for our butterfly to emerge. When it does, I'll take it to school, and they will help me release it in the Butterfly Garden on campus. I'll let you know next month what happens with this project. The point is that the students know that an old gray-haired woman (I really am that to them) was willing to take some time for them and share one of the wonders of nature with them.

Hillary Clinton tried to tell us, It Takes A Village To Raise A Child, but maybe we were too busy trying to listen to the media frenzy on another subject and we didn't get the message. I plan to read to the Headstart class and to help with the tutoring program again this year. It is not my place to criticize society; it is my place to do what I can to help those who may be most affected by today's standards and that easily could be the children. I have this opportunity five days a week, not more than a mile from my home. I urge you to think about this, and if you want to help, call the school and talk to Dr. Bill Berry. He will guide you from there.

I like to think about the way things were in days of yesteryear. Kim Malisky, caller for the De-So-Toe Squares Square Dance Club, calls a dance to an old country tune called, Grandma's Feather Bed. The song says, "It would hold eight kids, an old hound dog and a pig we stole from the shed. We didn't get much sleep, but we had a lot of fun, on Grandma's feather bed." Such an image this brings to mind! I've never slept on a feather bed, but I have seen them. I know that some of you have slept many nights on one, and I would like to hear of your experiences. I know that the feathers of ducks and maybe chickens were used to stuff what was called a "ticking." The ticking was heavy cloth sewed together to fit a bed. The thing I remember was that when you lay down on a feather bed, the sides puffed up around your body, but not much stayed under you. This caused a smothering sensation for me, which is the reason I never slept on one. I'm sure that it would keep you very warm on the cold winter nights, much like a down-filled sleeping bag. I have heard stories of the snow coming through the cracks in the ceiling of houses and piling on the beds. I would think that a feather mattress would have been most welcome on these nights.

Enjoy the beautiful weather that comes with autumn. Love a child. Don't criticize your neighbor until you walk a mile in his shoes--there may be a rock in them!



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By L.C. 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 *solidago*s. 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 *solidago*s 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 leucocarpoxide. The dosage Commission E recommends is five teaspoons of chopped, dried flowering shoots steeped in a cup of water and drunk 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 drunk 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 medicinal plant that is often marked as a weed or wildflower. It is known to be safe but you should contact your health care provider before introducing the herb into your health care regimen.

*** Please contact me at P.O. Box 224 Mentone, AL 35984, Email: aruallove@aol.com or call (205) 616-3146 for more information regarding prevention, natural healing, etc. or if you have any stories you would like to share regarding natural remedies. I am interested in all stories—though I am especially interested in local stories or remedies of the native plants.

Words to live by: The truth hurts—though pain delivers wisdom.

News from Mountain Grove

Susan Cheronis

We've just wrapped up our first Spanish Conversation class. We had a great time and are continuing to get together for practice, so if you speak a little Spanish and want to join us, give us a call! We will also be conducting a new beginning Spanish class later in the fall. Among the students this summer were Lucy Mitchell, local artist and diva of the Gourdie Shop, Sherry York of the DeKalb County Tourist Association, Barbara Lieu, one of the Mountain Mamas, and Philip Solomon, el hombre loco, from over in Hammondville.

Coming up September 14-16 is a Wellness Weekend at Mountain Grove. Local massage therapist Donna Sutton will be providing the relaxing therapeutic massages and Holly McWhorter, a physical therapist, will lead sessions in strengthening, stabilizing, nutrition and other aspects of physical wellness. Nancy Chambers, a counselor and wellness coach will address stress management. The weekend will be fun and relaxing with delicious healthful lunches being served both days. The cost for the program is \$375 per person. Accommodations are available at Mountain Grove or nearby. Call for rates or more information (800) 226-5585 or (706) 862-6676.

We've gone worldwide! An article about Mountain Grove appears on the Internet at the Gallagher's Travels website at www.gallagherstravels.com. Also feel free to visit our website: www.experienceworks.com for more information on all programs.

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The RECIPE CORNER

By
SUE SCHWARZ

September, already! How many years now have I been saying that. Camps are closed and the air has a hint of fall already, and I know that one of my favorite times is about to be upon us. Our friends the Breascales were here last weekend and Loretta insisted on fixing a meal for us. Don't you just love it when that happens. Well, she fixed a wonderful chicken dish, and I coaxed the recipe from her and want to share it with you.

In my seemingly never ending task of going through 'stuff,' I found a recipe that I used a lot when my daughters were in school. It is an easy recipe for peanut butter fudge, which was always a hit with the girls and their friends, Brownies, class parties, etc.

EASY PARMESAN CHICKEN "a la Loretta"

- 1-1/2 Cups crushed Ritz crackers
(1 wrapped roll from the box)
- 1 1/2 Cups Parmesan cheese
(one 8-ounce container)
- 1 Tablespoon Paprika
- 1 Tablespoon Parsley
- 6-8 boneless, skinless chicken breasts
- 1 egg
- 1/2 stick butter, melted
- little bit of water.

Combine the crushed crackers, Parmesan cheese, paprika, and parsley in a large zip lock plastic bag. Beat the egg slightly, add the melted butter and a little water. Lay out 3 feet of heavy-duty aluminum foil. Sprinkle some of the cracker-cheese mixture in the middle of the foil. Dip the chicken breasts in the egg mixture, then put them in the cracker breading, one at a time. Be sure to get a good, thick coating of cracker crumbs. Lay the breaded chicken on the foil, starting in the middle. Do each piece, and sprinkle any remaining cracker mixture over the top. Fold the aluminum foil so that the chicken is sealed within, and bake at 350 for about 1 hour...ENJOY!!

PEANUT BUTTER FUDGE

- 4 Cups white sugar
- 1 C water
- 1 pint peanut butter
- 1 pint marshmallow cream
- 1 t vanilla.

Combine water and sugar in saucepan and boil to 'soft ball' stage. Add the peanut butter, marshmallow cream and vanilla and beat until thick. Pour into a buttered 8 x 11 pan, and cut into squares when cool.

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Rhododendron Garden Club

By Sue Schwarz

The August meeting of the Rhododendron Garden Club was called to order by President Mickey Gough on August 14, 2001 at 12:30. A devotional was given by Phyllis Cochran and the Pledge of Allegiance was led by Christina Wise. Visitors Susan Hume and Eva Estes were introduced.

The program was presented by Mimi Anderson. Mimi lives in Rainsville and has an extensive background in entomology. She presented a delightful program titled "Bugs - the Good, Bad, and the Ugly." She showed many slides of bugs from butterflies to bees and gave much good and interesting information.

After the program was complete, the regular business meeting was held. The minutes were read. Linda Brown explained that in regards to the "Welcome to Mentone" sign, there was no need for a deed and that only permission to clean is needed by the owner in order to use his land. She asked that the minutes be amended to that effect.

The Treasurer, Diane Kuehl gave her report.

Margaret Baker, Horticulture Chairman, passed along a tip about a mixture derived from Cinnamon called Cinnamonite that is effective against several insects. She says it is available over the internet and sometimes can be found at gardening centers.

Virginia Setze reflected the feelings of all the club members when she thanked Gethryn Giles and her husband for the design and production of the beautiful new nametags. They are truly lovely. Thank you, Gethryn.

Mickey Gough announced that there would be a Rhododendron placed in honor of Rovene Truett and that it was donated by Vicki Blackburn, of Blackburn Nurseries, who was a personal friend of Rovene's.

The president asked for suggestions for plants to be put in the heritage garden and Ann Wright, Sue Schwarz and Phyllis Cochran volunteered to donate flowers for the garden.

Sheets were passed around so people could sign up to assist at the flower show which will be September 22-23.

The Flower Arrangement Workshop will be held Saturday, August 25th at 11:00 AM at St. Paul's Methodist Church in Fort Payne. Members are reminded to bring a sack lunch.

The meeting was adjourned at 2:30pm. and the September 11 meeting will be held at Nippersink Lodge, at 12:30.

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.



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WELCOME TO OUR SOUTHERN GARDEN 2001

Billie Harper, Publicity Chairman

Between the hours of 11:00 a.m. and 1:00 p.m. on August 25, Saint Paul United Methodist Church was a hotbed of activities. The church was taken over by the DeKalb-Cherokee Federation of Garden Clubs for their annual meeting concerning the DeKalb County VFW Agricultural Fair. A special guest, Sylvia Potts from Dora, AL presented a demonstration of her interpretation of various themes. Designs of her choice were: CandleLight Supper, Not Yet Too Old, Mill Pond Melody Simple Pleasures, Tea Time in The Garden, Nosegay of Fragrance, and a group exhibit titled Enchanted Evening.

The theme for this year's show is **Welcome to Our Southern Garden**. Members discussed the various categories and their themes. If there are any Federation members who are interested in entering a category, please call Pam Gann at 638-8151. Also chances on a birdhouse, hand-painted by Jayne Ross, are being sold. Chances are \$1.00 each or six chances for \$5.00. You may purchase a chance from any garden club member. Proceeds will go towards "The Flower Show Fund" to ensure a successful show this year, and in future years. The DeKalb County Fair dates for this year are September 24 to September 29.

As a side note, I would like to say that we all hope to have a great show this year and everyone would like to thank my very good friend Sylvia for her advice and beautiful floral design.

Good Luck, and "May All Your Weeds Be Wildflowers."



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(2) LOOKING FOR A FARM? Picture yourself there in this 3 bedroom, 9 bath brick home featuring living-dining combo, den, large utility room, 2-car garage and full basement with kitchen. All situated on 25 acres surrounded by woods overlooking the pasture and pond. A must see at \$182,500.



(3) WHY PAY RENT when you can afford to own this country charmer with 2 bedrooms, 1 bath, living room, large kitchen and three rooms ready to be finished with your personal touch. \$28,500



(4) OWN A NEW HOME WITHOUT THE HASSLE OF BUILDING—Perched on the edge of the mountain, this 2 bedroom, 2 bath all wood cottage with stacked stone fireplace can be a weekend get-a-way or permanent residence. A must see for \$180,000.



(5) NESTLED AWAY IN MENTONE - This 3 bedroom, 2-bath modular home comes with a fully equipped kitchen, living room, dining room, central heat and air, 20x30 shed/garage, and a nice landscaped yard on over 1 acre. Call today for more details. \$55,000!



(6) HISTORIC HOME IN VALLEY HEAD! You'll love this 3 bedroom house with its large screened-in front porch, spacious living room and dining room, high ceilings and crown moldings and wood floors, plus a new roof, new central heat and air, new exterior paint, situated on over 1 acre. Reduced \$79,000.



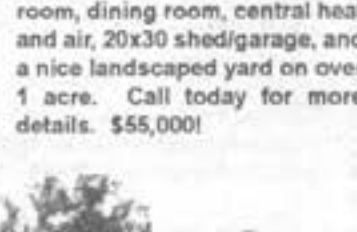
(7) WHAT A MOUNTAIN RETREAT SHOULD BE! Three bedrooms, 2 baths, 2 sitting rooms, sunroom, dining room and kitchen with breakfast nook, pine floors and walls. All this on more than 2 acres of elite brow front property. \$249,900.



(8) GET AWAY TO THE CANYON! Located just 500' from the rim of the canyon, this would make a perfect getaway property. Featuring 1 bedroom, 1 large bath, eat-in kitchen, rock fireplace, central heat and air, metal roof, screened wrap-around deck and nice landscaping including brick entrance columns. Don't wait, call today! \$74,500.



(9) ESCAPE THE MADNESS—Just minutes from tranquility this rustic retreat offers 2 bedrooms, 2 baths, a studio room, 2-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. 4+/- acres \$249,000. Will Leave.



(15) WANT TO BE YOUR OWN BOSS? Why not buy the Little River Cafe? A well-known and established business featuring a fully equipped kitchen and dining room with large porch for outside eating, stage for entertainment, and a rustic atmosphere in a charming renovated old home. Located between DeSoto State Park and Little River Canyon, and only 10 minutes from Fort Payne and Mentone. What a steal for only \$169,500.



(10) WATCH THE SUNSET, from the deck of this rustic country cabin. Two bedrooms, 2 baths, two-story living area with mountain stone fireplace, large kitchen and sunroom all with a charm of their own and sitting on 2.8 acres of brow property. \$179,500.



(11) COME SEE...COME BUY! This cottage type home located on Hwy 11 between Fort Payne and Hammondsville offers 3 bedrooms, 1 bath, separate dining, an updated kitchen, central heat and air and a detached garage. Put this cozy cottage on 5 beautiful acres and it's priced to steal at \$80,000.



(12) ALL THE SPACE YOU NEED is right here! 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 viewing. \$225,000.



(14) MENTONE - Impressive rustic contemporary rises before you as you drive down the driveway. Main house features 3 floors each with a bedroom and bath, living area, office space and/or sitting rooms, decks and porches surround the house with magnificent views of the valley and mountains. A 2-car garage with 1 bedroom apartment also sits on the 2.7 acre all for \$215,000.



(16) ENJOY LATE SUMMER AFTERNOONS in the picture book setting of this 3 bedroom 2-1/2 bath home featuring a 2-story porch on front and sunroom on back, a detached garage and gazebo all situated overlooking gardens and creek. With a winding paved driveway bringing you into the 78 acres, this house has everything you might be looking for. Located on Lookout Mountain. \$249,000.



(17) WHAT A DEAL! MENTONE SPRINGS HOTEL—Historical landmark in downtown Mentone currently being run as a bed and breakfast is now for sale. Restaurant will seat 100 plus people. There are endless possibilities with this great landmark. \$599,000. REDUCED TO \$499,000



(18) A ROOM WITH A VIEW! One bedroom, one bath, kitchen-living-dining combo with fireplace and a sleeping loft. Located in downtown Mentone next to Brow Park. \$95,000.

OTHER LISTINGS

(19) 160 ACRES OF NATURAL BEAUTY on Lookout Mountain—just minutes from DeSoto State Park and Mentone Ready for your dreams—hunting club—weekend retreat or development. \$2,150 per acre. Will sell in larger tracts.

(20) GENTLY ROLLING, WOODED VACANT LAND IN VALLEY HEAD. Perfect for development. Extensive paved road frontage. 62 acres listed at \$3,000 per acre. Sold as a whole.

(21) LAKE ON THE BROW - We have a lake lot that is over an acre and is listed at \$37,000. If you're interested, call us today.

(22) FOR LAND'S SAKE! Just listed 4.3 +/- acres on DeSoto Parkway. Only \$49,500.

(23) WEEKEND OR WEEKLY RENTAL AVAILABLE - 3 bedrooms, 2 baths, will accommodate 8 people. For more information, call Susan Collins.

(24) THE SOUNDS OF SILENCE - Calm yourself in the peaceable setting of this 4-1/2 acre just listed in Mentone. You own it to yourself to see. Call for your appointment today! \$28,000. **SALE**

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



Remember the song, "The leaves of brown came tumbling down, remember, last September, in the rain." Well, the leaves got an early start this year. They were "tumbling" down before September. Mine were golden yellow—but soon they will be all colors and the ground abundantly covered.

Welcome to the World—Wesley Steven Rhodes, who entered the world, Aug. 31, at BMC DeKalb, weighing six pounds, 12 oz. and 20-1/2" long. Congratulations to his parents, Debra Dean Rhodes and Steve Rhodes and his proud grandparents, Edith and John Dean, and Mary and Jerome Rhodes, and cute big sister, Allie.

Brad and Dicie Poe, and two daughters from Kentucky, were recent weekend guests of E.T. Holleman. They and E.T. went to Fort Payne and had dinner with Bill and Becky Holleman on Sat. night. "Cannon," E.T.'s wife, was Brad's aunt.

Keith Gibson, from Branson, Miss., spent several days with Martha and "Hoot" Gibson.

Vanna Livingston attended her family reunion at Western Sizzlin, Aug. 25. She said she enjoyed seeing so many of her cousins that she hadn't seen in so long and many others she had never seen before. We miss her so much since she moved away.

We welcome Linnie Phillips to the neighborhood as he bought Venna's place.

So many have moved away—we miss the Campbells and the Baileys who lived on Violet Hill Road and have moved away.

E.T. Foster and wife, Jo, visited Laura Margaret Allison and Elizabeth Coleman recently. E.T. was a neighbor, who now lives in Ocala, FL, where he has been mayor for several years.

Laura Margaret and Elizabeth's cousin, Judge Wallace Jopling, and wife Mariam, from Gainesville, FL, spent the night with them recently. Also, Peachie and David Gearley spent several days with them recently.

Beth Warensford and Violet Barker, from DeLand, FL, spent a week with Evelyn Clark and Anna Daniel.

Teresa, Lance and Sadie Cooper and Shirley Cook spent a long weekend in Gatlinburg.

Barbara and Harlan Cooper, from Montgomery, spent Labor Day weekend with Sadie Cooper.

Jo and Howard Carson went to Americus, GA, where many of the old buildings have been beautifully restored,

including the theater, where they now present Broadway plays and musicals. On Fri. night, Aug. 31 (altho there were several famous singers there to perform), the main attraction for them was their eleven-year-old, very talented great grandson, Aaron Mathews, who sang a medley of songs from the Broadway show, "Oliver." He is in great demand as a soloist in different churches. They are justifiably very proud of him. The theater seats over six hundred and it was a "sell out"—including Jimmy and Rosalynn Carter.

Sadie Cooper and John Roberts attended the funeral of Robert Brady in Atlanta. He was the husband of the former Betty Hixon.

Mary Taylor has had visits from her daughters and grandchildren this summer; Rosemary Norton and son, Taylor from San Antonio, spent several days; granddaughter, Anna Taylor, from NC; Leslie Nevis and little daughter, Devin, from Maryland; and Fern Taylor from college in NC.

The lovely big building of Mark and Karen Freeman (near Show's in Valley Head) is nearing completion and will soon be ready for business as Inspec-Tech Co. Congratulations and best wishes to them for continued success!

Van and Teresa Cooper attended the Auburn ball game and visited son, Tyler, an Auburn student. Jimmy and Janet Cooper visited their son, Patrick, student at Auburn.

Edna Freeman Dean, long-time resident of Valley Head, passed away. Her funeral service was Aug. 24. Sympathy to her family and others who have lost loved ones.

Thankfully, Dwight and Charles Henry Gray are feeling much better.

Alvin Cox is recovering at home after surgery at Memorial Hospital in Chattanooga.

Christine and Walter Brooks' daughters Martha Browder and Jolene Gilbert, are recovering from surgery. Juanita Smith has not fully recovered.

Oscar Turner has shingles—keep him and these others in your prayers: Coley Morgan (going for tests), Billie Pickett, Lillian Pickett (to undergo surgery at Vanderbilt), Ralph Delagarza, and all who are sick and suffering.

I hope everyone had a restful, happy holiday and that the rain did not dampen the spirit of activities too much. I hope all "younguns" are happy to be back in school and realize what a happy time it really is!

I promised to tell more about our western trip. In parts of Arizona, you feel like you are on another planet, and NASA must agree, for the terrain of Meteor Crater so closely resembles that of the moon and other planets that they use it as one of the official training sites for the Apollo astronauts.

It is 35 miles east of Flagstaff—a massive meteoric chasm—called "the best-preserved meteorite impact site on Planet Earth." They say a giant meteoric mass weighing millions of tons plummeted to earth at a speed of nearly 45,000 miles per hour, 49,000 years ago, making this crater 570 feet deep, nearly a mile across, and over 3 miles in circumference. Deep enough to engulf a 60 story building, its bottom could hold 20 football fields. It hit with an

explosive force equal to 15,000,000 tons of TNT. Over 300,000,000 tons of rock were misplaced, some falling back to earth, some making smaller craters. There are exhibits of space in the Astronaut Hall of Fame. An Apollo space capsule and a massive 1,406 lb meteorite are on display, and video presentations portraying how the meteorite hit and the devastation that resulted and the role the crater plays in the study of earth and space sciences.

Very interesting—and how lucky we are that so many things have fallen to earth and have missed us—so far!

Refuge of Solitude

When the rush of life takes its toll,
Delicious hush enters the soul
As the body with gratitude
Seeks the refuge of solitude.

A refuge where sweet silence dwells
And a quiet luminance swells
To spiritual radiance
And the seeking soul has a chance

For a rendezvous with God's voice
To calm and reassure its choice
As perception pierces the mist
Of its origin and is kissed

By the thoughts of its destiny—
Sweet and complete its rest can be.
While the music of silence soothes
Frantic pulse and pathway smooths

Minds are blessed with tranquil mood
In the refuge of solitude.

—Eloise Brown

Night Watch

I like to sit outside at night
And study the stars twinkling light
And watch the traveling planes in flight.

The blinking fireflies flit up high,
Like tiny stars beneath the sky—
A dancing ballet as they fly.

I hear all the contented sounds
Of music each creature expounds
As music and beauty surrounds.

The joy and peace embrace
And seem to fill each empty space
Beneath the moon's bright smiling face.

The night watch casts a magic spell
And frees me from my earthbound cell.
Its joy and peace tell all is well.

—Eloise Brown

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CLOUDLAND ON THE BROW - HWY 157 - Picturesque home offers GR w/ stone, frpl., galley kitchen, BR, full BA, sunrm./screened porch opening to deck overlooking valley, sunporch upstairs. FR w/ frpl., full bath, MDR overlooking brow. 3.48 ac 284 ft. brow, new roof & HVAC filter system. (G-28)



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CLOUDLAND-ON THE BROW - Authentic pine great room with mountain stone fireplace and built-in bookcase. 2 bedrooms/2baths, one with walk-in ceramic shower. Kitchen with built-in pantry and abundant cabinets. Large covered porch across back, screened-in porch with mountain stone fireplace/grill. Covered, mtn. stone gazebo allows the privilege of unobstructed view of valley. Guest cottage being totally remodeled. A MUST SEE at \$229,000.00.



MENTONE, AL. - Brush Creek rocks you to sleep as you enjoy the mountain at its finest. Chateau - offers Great Rm w/ Mtn Stone F.P. Hardwood Floors & Kitchen w/ custom cabinets. Bedroom - full bath - 2nd floor - 2 bedrooms - full bath - double overlooking creek. Split HVAC - 241 AC - 300 ft. of Creek (A-64) \$120,000.00 REDUCED



OAKHILL, CHATTOOGA CO. - Looking for that special farm? Look no further. Custom home offers 1st floor great room w/ fireplace, formal dining, custom kitchen, all w/ hardwood floors, master suite w/ mtn. view, large 2nd bath & 2 additional bedrooms, 2-car garage. Second level offers family room w/ fireplace, full kitchen, 2 bedrooms, 2 car garage, HVAC, 100+/- acres, barn, 2 rental trailers (neg.), will subdivide - house and 10 acres with additional acres available or as a whole. (No. G-35)



CLOUDLAND ON HWY. 157 - Upper East Brow, nice chalet built in 1997 on 1.7 acres overlooking valley below. Home features 2 large bedrooms, 2 baths, 2x6 exterior walls, thermal pane windows & glass making this home very energy efficient, large wraparound deck facing the valley view, hardwood floors, rock fireplace with gas logs, HVAC, vaulted ceiling in great room, metal roof and much more. Move up to the mountain and near with the eagles & hawks. PRICED TO SELL. AT \$129,500. This won't last long. (No. G-49)



ENJOY THE VIEW from the top of Lookout Mountain in Cloudland, GA! Just listed, this 2-year-old custom-built mountain home! Fine board and batten blends with the view from the top of the brow that you can enjoy from your 12x24 deck! Massive mountain rock in the back yard overlooking the stream! Hike in your back yard, all 3+ acres of it, to the waterfalls! 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 \$165,000. (No. G-2) **REDUCED**



IF YOU'RE LOOKING FOR THAT SPECIAL PLACE... See gorgeous views of GA & AL from your 130 ft. wrap-around deck. Open floor plan with valley views includes great room,



kitchen & dining, 2nd floor w/ closets, one w/ whirlpool tub. BR/office, 1/2 bath, lg. utility/pantry on main level. Fully finished daylight basement.



ment w/ den, kitchen, BR & full bath. Property also includes guest cottage, farm house, and shop, all on 20 +/- acres.

LINE ADS - 500+/- ACRES, on Little River, road frontage on 3 sides, hardwoods, \$4,000/acre
• South Chatt. Co. • 160+/- AC • cabin • pond • creek • timber • private • backs to Dittsfield Mtn. \$2,000 Per AC. Owner Financing (G-80)
• Laurawood • 8+/- AC • One in a Kind, Large Mountain Rock Formations - Very Private.

VALLEY HEAD TIGERS Football Schedule 2001

Aug. 31	Sylvania	Away
Sept. 7	Ider	Home
Sept. 14	Spring Garden	Home
Sept. 21	Cedar Bluff	Homecoming
Sept. 28	Warrior	Away
Oct. 5	Sumter Christian	Home
Oct. 12	Appalachian	Away
Oct. 19	Gaylesville	Away
Oct. 26	Collinsville	Away
Nov. 2	Fyffe	Home

COACH: CHARLES ROBERT HALLMAN
PRINCIPAL: GARY TALLEY



MOON LAKE SCHOOL NEWS

Friday, September 14, will be Picture Day. The Junior Beta Club meets on Tuesday, September 18, with tapping of new members to occur on Friday, September 28.

Monday, October 8, is Parent Involvement Day and PTO meeting with special activities planned. The time and activities will be announced later.

Monday, October 15, is a school holiday, and report cards go home the next day for the first 9 weeks.

Plans that were developed relative to the Alabama Reading Initiative training that we received during the summer are currently being implemented, helping to better identify individual students' needs and to use strategies and materials that more appropriately meet those needs.

We welcome to the Moon Lake family 3rd grade teacher, Jennifer Tullis, Librarian Tonya Obenlander, Kindergarten Aide Lori Owen, and Custodian Robert Green.

Construction of the new library is progressing well. Bricks are soon to be laid on the exterior walls, and we look forward to moving into the new facility during the next few months.

NORTHEAST ALABAMA ADULT EDUCATION PROGRAM 2001- 02 DEKALB COUNTY CLASS LOCATIONS CLASSES WILL BEGIN SEPTEMBER 10, 2001

Collinsville Public Library
Monday 3 - 9 PM
Phone: 524-2323

Crossville High School
Band Room
Tuesday 8 - 9 PM
Phone: 528-7059

DeKalb County Career Center
Fort Payne (Employment Office)
(new enrollees on 1st class of each week only)
Monday-Thursday 8 - 12 Noon
Friday 8:00 - 11:00 AM
Monday & Wednesday 12:30 - 2:30 PM
Tuesday & Thursday 12:30 - 2:00 PM
Tuesday & Wednesday 5 - 8 PM
Phone: 844-4709

Ider High School
Tuesday & Thursday 5:30 - 8:30 PM
Phone: 632-2302

Northeast AL Community College
Beck Bldg. Room 227
(new enrollees on 1st class of each week only)
Monday & Tuesday 9 - 12 Noon
Monday & Tuesday 5 - 9 PM
Phone: 638-2957 or 638-4416 ext. 330

Rufama Jr. High School
Tuesday & Thursday 5 - 8 PM
Phone: 645-3377

ADULT READING CLASSES

DeKalb County Career Center
Fort Payne (Employment Office)
Tuesday 5 - 8 PM
Phone: 844-4709

Fort Payne First Baptist Church
Fellowship Hall
Monday & Wednesday 9 - 12 Noon
Phone: 638-2957

ENGLISH AS A 2ND LANGUAGE

Collinsville Public Library
Monday & Wednesday 12:30 - 2:30 PM
Wednesday 4:30 - 6:30 PM
Phone: 524-2323

DeKalb County Career Center
Fort Payne (Employment Office)
Tuesday & Thursday 3 - 5 PM
Phone: 844-4709

Fort Payne First Baptist Church
Conference Room
Tuesday 9 - 11 AM
Phone: 638-2957

Iglesia de Dios
Puerto Abierta (Kilpatrick Hispanic Church)
Thursday 6 - 8 PM
Phone: 638-2957

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DeSoto State Park Interpretive Program 2001

Date	Program	Speaker	Time
Sept 9	Voices of the Night	George Cline	7:30 PM
Sept 15	Edible and Medicinal Plants of Little River Canyon	Francine Hutchinson	7:30 PM
Sept 22	Fishes of Alabama	Mark Moade	7:30 PM
Sept 29	Woodland Animals	Carolyn Hendon	7:30 PM
Oct 5	Archaeology of our Local Park	Larry Beane	7:00 PM
Oct 6	Lifeways of Ancient Americans	Harry Holstein	7:00 PM
Oct 12	Nocturnal Animals	Carolyn Hendon	7:00 PM
Oct 13	Ride of Prey	Pete Conroy	7:00 PM
Oct 19	Legends of the Canyon	Francine Hutchinson	7:00 PM
Oct 20	Water Quality of Little River		7:00 PM
Oct 26	The Cherokee Trail of Tears	Kelly Gregg	7:00 PM
Oct 27	Geology of Little River Canyon		7:00 PM



Mary Alice and Ellen with Amethyst Display MOUNTAIN MAMAS ROCK SHOP

Many of you know Mountain Mamas sells wonderful crafts and pottery made by more than 40 local and regional women artists. BUT, you may not realize that it has an extensive ROCK SHOP with a large selection of natural crystals and stones, and cut and shaped ones. Mary Alice Stout and Ellen Spangler, 2 of the 8 owners, had a rock shop in South Carolina before moving to Lookout Mountain a few years ago. Their love of rocks shows in the many rock displays they have at Mountain Mamas.

Featured this month is the Amethyst display that has an assortment of clusters, caves, spheres, and single points. Also featured are displays of rose quartz, lapis, and pyrite. The rock shop has more than 100 carved animals in a variety of stones, as well as beautiful crystal balls.

There are polished stones and specimen of many minerals—malachite, calcite, quartz crystal, lepidolite, and jasper, to name a few. Especially beautiful in a window are the geode slices, in natural and colored blues, greens, and purples. There's something for everyone and everyone's pocketbook, from \$.25 up.

Mountain Mamas is open Friday through Sunday, noon to 6:00 pm GA time. It's located on GA Hwy 48 just 1/2 mile from the GA/AL state line.

Tri County Fire/Rescue News

Hello Friends and Neighbors:

Since the last edition of *The Groundhog* the following members have completed a Crash Victim Extraction Course through the Georgia Emergency Management Agency (GEMA): Howard Durham, Janet Harris, Jamie Harris, Donald Whitaker, Denise Green, and Daniel Huskey. James Durham and Charla Huskey completed this course at an earlier date. We are planning to attend a School Bus Extraction Course also through GEMA in September in Gordon County, GA. Charla Huskey will soon be finished with Emergency Medical Technician Intermediate training that she is receiving at Coosa Valley Tech in Rome Ga. James Durham will soon be starting an E.M.T.I. course at Coosa Valley, and will also be attending Shorter College. Let's all wish him the best of luck.

I would like to welcome our newest member Wanda Durham.

Thank you everyone who turned out to support Tri County during the Big Yard Sale. We saw a lot of friends from around our community, and made many new friends from many states. We hope to see you all next year.

But now, please read the message below:

Dear Friends and Neighbors of DeKalb Co., Alabama:

I am writing this letter with regret to inform all of you that Tri County Volunteer Fire & Rescue will no longer be allowed to respond to the DeKalb County area, and we are no longer being paged to DeKalb. We hope to get the situation resolved with DeKalb Co. officials so we will be able to respond to the area we have been covering in the past. I feel it is only appropriate that we inform you about these changes and be honest with everyone because you have been so good to us. If anyone has any questions, we were told you can contact Mr. Mike Leath of the DeKalb Co Fire Association.

I would also like to thank each one of you who have supported this department in the past. The members at Tri County F/R have worked hard to earn your trust and respect and we hope we have done this. I would also like to thank Mr. Ricky Little in trying so hard to help us get this resolved.

Our doors are always open to you. We meet the 1st and 3rd Friday of each month at 7:00 p.m. Again, we are sorry this has happened, and we wish all of you the best.

Thank You.

Daniel Huskey, Tri County Vol. Fire & Rescue Inc.
12511 Highway 48, Cloudland, GA 30731



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& CRAFTS**

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**Lisa Smith Crowder
and Phillip Crowder**

Mike and Luella Smith of Mentone and Annette Willoughby of Gadsden want to announce the marriage of their daughter, Lisa Smith, to Phillip Crowder of Ragland, AL.

The couple was married August 11, 2001, in a small ceremony in Ragland, AL.

WILSON FUNERAL HOME

3801 Gault Ave. N.
Fort Payne, AL 35967
(256) 845-9150

24-hour Obituary Information Line
(256) 997-9867

Mentone Springs Hotel

(256) 634-4040

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 Free estimate for house cleaning services. Call Crystal Lee at 634-1205 or cell: 030-5912.
 Beautiful lots for sale—Crestline Park Subdivision on DeSoto Parkway. 256-635-6371

VEGETARIAN COOKING SCHOOL
October 9, 2001
6:30 pm
 Montone Community Center
 \$5 adm. fee to cover food expense
 Learn how to cook healthily and tastefully.
 Listen to a Health Talk by Ryan Bunnett.
 Enjoy the food we've prepared for you!!!
 Hope to see you there! SOO
 For info, call: 634-4021

HEALTH NUGGET

"Vegetarians"

by Dowe Foreman

There are several different types of vegetarians. The 'vegan' (pronounced vee-gan) or 'total vegetarian' eats only foods of plant origin, fruits, vegetables, legumes (dried beans and peas), grains, seeds and nuts (See, not just salads!). The 'lacto-vegetarian' is all of the above with dairy products. The 'ovo-lacto-vegetarian' or 'lacto-ovo-vegetarian' includes dairy and egg products. 'Semi-vegetarians' eat all of the above, but also include chicken and fish.

According to the 'American Dietetic Association' vegetarian diets that are low in animal products are typically lower than non-vegetarian diets in total fat, saturated fat, and cholesterol. These factors are associated with increased risk of obesity, heart attack, high blood pressure, diabetes mellitus, and some forms of cancer.

Some concerns in a vegetarian diet I hear floating around are lack of protein, calcium and iron. Here are some facts to help refute that way of thinking. (Facts, not my opinion, thank you!)

Protein: Animal products are not needed to get enough protein in your diet. Plant proteins contain enough amino acids (essential and non-essential) to meet any protein needs you might have. Just make sure that your meals are well balanced with lots of whole grains, legumes, vegetables, seeds and nuts. It's not necessary to eat ALL of these in one meal to make complete protein. It is also super easy to do. Just eat. Soy protein is a complete protein. (EAT YOUR SOY!!!)

What about Iron? The richest sources of iron are in red meat, liver and egg yolks, but these are all REALLY high in cholesterol. Why kill yourself in trying to be healthy? Doesn't make much sense does it? If you eat dried beans, spinach, enriched products, and dried fruit you will be getting iron. If you don't eat enough of those things then you might need an iron supplement.

Vitamin B12 comes only from animal sources. A good vitamin supplement is needed for this, but you can also find it in some fortified breads, cereals, and other foods.

Calcium: Studies have shown that vegetarians absorb and retain more calcium from foods than do non-vegetarians (There goes the argument for milk!). Greens such as kale (my favorite), spinach and broccoli, and some legumes and soybean products are good sources.

These are just a few of the nutrients that are found in non animal sources. Plant-based foods are rich in many cancer and disease fighting phyto-chemicals. Most of us were raised on the foods that our mothers had canned and didn't have meat on a regular basis. Didn't everyone appear healthier then? Remember all the exercise they got then, too? Think it over and then check out our next cooking class. I think you'll enjoy it.

Info provided by the American Heart Association.

THANK YOU

We would like to give thanks for the use of the Montone Community Center. This building has been a real blessing not only for us but also for those who attended our cooking schools. Thank you for providing such a warm, comfortable building in which to teach and fellowship. ☺

Mentone Chapter of the Wildwood
 Seventh Day Adventist Church in conjunction with the
 Wildwood Lifestyle Center and Hospital.

UGF CAMPAIGN

KICK OFF ON SEPTEMBER 12TH

"Giving Today Gives Hope For Tomorrow"

The 2001-02 United Givers Fund Campaign will get underway on Wednesday, September 12, with an early morning Kickoff. Breakfast will be provided, compliments of Arty's, Ryan's Steak House, and Bruce's Foodland Plus, for the campaign volunteers, UGF board members, member agency representatives and special guests. The event will take place at the First United Methodist Church's Christian Life Center in Fort Payne.

Linda Sterling, Personnel Manager at Johnson Hosiery, is serving again this year as Campaign General Chairman. Sterling, who is Vice-President of the UGF Board and has been a volunteer for more than 10 years, said, "Working with UGF has given me great joy throughout the years. Just knowing how important this organization is to DeKalb County makes my efforts as Campaign Chairman worthwhile. I will lead this campaign for my second year and am looking forward to a successful campaign."

UGF has invited representatives of the 55 companies throughout the county that make payroll-deducted giving available to their employees to be their special guests at this year's Kickoff. These companies and their employees are very important to the success of the fundraising drive, accounting for approximately 80% of all funds raised each year. Those companies are:

1. AmSouth Bank
2. ARC of DeKalb County
3. Boy Scouts
4. C. S. Bell Hosiery
5. Cagles
6. Charleston Hosiery
7. Chesser Hosiery
8. Child Care Resource Network
9. Compass Bank
10. DeKalb County Employees
11. DeKalb County Schools
12. Farmer's Telephone Cooperative
13. Farmers Cellular
14. Fort Payne City Employees
15. Fort Payne City Schools
16. Fort Payne Improvement Authority
17. Fort Payne Socks
18. Fort Payne-DeKalb Child Development Center

Campaign materials will be available at kickoff for these companies, as well as for the dozens of community volunteers working throughout the county.

UGF Campaign Director, Barbara Turner said, "More than 500 letters have been mailed to individuals and businesses during the past two weeks. In response to these letters, contributions and pledges have already started coming in. As of Friday, August 31, just over \$12,000.00 has been pledged toward this year's \$350,000.00 goal." Ms. Sterling said, "I have many stories to tell about UGF and what the agencies have done to help thousands of citizens of DeKalb County. I would be honored to share some of these with you during this campaign." To schedule a presentation for your employee group, club, or organization, contact the UGF office at 845-4006. The campaign will run from Kickoff on September 12th through the final report meeting on November 7th. "Giving Today Gives Hope For Tomorrow."



Angela J. Wood
Owner and AL/GA Broker

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(4) THE PRIME LOCATION, BROW VIEW, LAND. BRIDGE TOP, situated with a Rock garden. One mile from Mentone on Scenic Hwy (DeSoto Pkwy). Remodeled 1980 sq ft Ranch style Home with Large basement, 2 bedrooms, 2 Baths, Great room, separate Den w/ Rock Fireplace. New Metal Roof, GHA, city water. One acre. \$229,500. Owner/Agent



(2 & 3) UPSTREAM FROM DESOTO FALLS, on the west fork of Little River, sits a wonderful 2000 sq ft home. 3 bdrms, 2 bath, rock fireplace, kitchen w/ all appliances. Many other



amenities. Enjoy the view from the screened porch and deck, or stroll down the walkway and fish off the dock. Call for a viewing today. \$265,000.



(4) ONE ROOM AND A BATH. Rustic hunting cabin. 700 sq ft. heated space, stove, frig, power, gas heat, window air. Outhouse, with 5 wooded acres at Little River Canyon National Preserve, and the Wildlife Management land. Located at Canyon View Forest. \$62,600.



(5 & 6) PRETTIEST LOCATION ON LAKE LAHUSAGE with a 4 bedroom home, boat house w/ screened entertainment pavilion, rock patio and dock. Double sided rock fireplace for den and living room. Galley kitchen, new carpet and freshly painted. Separate utility and storage building. city water, and much more. \$245,000

OTHER PROPERTIES

(13) FIVE ACRES ON EAST BROW, with a VIEW of Lake Weiss. Power, Gravel Drive, gated. Located at Valley View Forest. \$25,000.

(14) HIGHWAY 117 MENTONE Older home, 1 bedroom, bath w/ walk-in shower. 36x24 living room, handicap accessible. Storage rooms in basement. Over 1 acre. City Water and priced to sell. \$37,500.

(15) HIGHWAY 117 SOUTH OF MENTONE. 7.8 acres wooded with stream. City water. EUNYED. NO RESTRICTIONS. \$53,500. Also 3.88 acres wooded. \$10,000. Also .81 acre. \$5,500.

(16) ELEVEN ROOM HOME IN VALLEY HEAD, consisting of 3 bedrooms, 1 bath, den, living, dining, laundry, kitchen, breakfast room, sun room. Also screened porch, carport, and separate garage workshop on 3 lots. \$45,000.

(17) ONE AND ONLY LITTLE RIVER CANYON. 3 to 5 acre tracts overlooking Canyon, some with waterfalls. Property adjoins Wildlife 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.

(18) 50 ACRES LOCATED IN CLOUDLAND GA. Great Farm with 20x40 Barn, large workshop, 3 outbuildings, garage, 2 wells, year around spring, 3 garden areas, grape arbors, approx. 5 acres cleared, beautiful hardwoods. 12x170 mobile home with rock foundation. Many more amenities. \$100,000. Show by appt. ONLY! City water access. Also just added to property: a 40x60 metal carport.

(19) INDIAN TRAIL ESTATES: Building lots on the West Brow, above N. Ft. Payne, county road, city water access, view lots starting at \$10,000; wooded lots starting at \$8,000.

(20) ROCKY TOP ESTATES. 2 West Brow lots available. Adjacent to DeSoto State Park. City Water, paved road. Over One acre. Starting at \$20,000.

(21) 10 WOODED ACRES, CO. RD. 833. MENTONE. Highly restricted. \$25,000.

(22) WILD RIVER COMMUNITY (2 tracts left) 22x300 on the East Fork Little River. Secluded and scenic, with Pools and Napkins. \$25,000 each. One 3-acre tract \$35,000.

(23) EAST FORK LITTLE RIVER. 6 acres with 900 ft. of river. Secluded and great for fishing. \$60,000. SOIT

(24) 2 ACRE TRACT. located on Buckley Dr. Lookout Mtn. Unique with Rock formations, winter view, wooded, "overlooks" small private lake. city water, and power access. \$12,000.

(25) BENTLEYMAN VIEW, EAST BROW. No industry below, just mountains and valleys as far as the eye can see! 5.2 acre tract with 280 ft of frontage. Large Rock formations, private and wooded. Call for a viewing today. \$99,000.

(26) TWO STORY ROCK HOME. In Valley Head 3 or 4 bedrooms, 2 bath, living room, with fireplace, separate dining and kitchen, full basement, 2 car garage. Split system HVAC, Screened porch, and remodeled inside. A must see. \$98,500. **SOLD**



(7) MOUNTAIN RIVER ESTATES. A River runs through it! Direct access from the Lookout Mtn. Parkway, on AL Hwy 117. Minutes from Mentone and Cloudland, GA. Three to 7 acre Riverfront Tracts starting at \$29,500. Five to fifteen wooded stream tracts from \$24,000. Restricted covenants apply.



(8) FOR SALE OR LEASE. Family size home w/ 2 acres. Cove Rd. Mentone. 3 Bdrms, 2 baths, updated in 2000. New CIMA kitchen w/ eat-in bar and dining area, office for working at home. 16x30 metal building w/ electricity, plus 2 wooden outbuildings. city water. Alarm system. All for a bargain at \$110,000.



(9) COTTAGE IN THE CLOUDS privately located in Mentone. Enjoy the spectacular view of the valley and the sunsets from the screened porch and multi-level decks. "Bi-Level" with main floor consisting of 2 bedrooms, bath, living/kitchen area. Lower level w/ bedroom and bath. All for \$124,500.



(10) ROCK HOME ON THE WEST FORK OF LITTLE RIVER, located next to Camp Rhylene sits a 4 bedroom, 3 bath home with rock fireplace in master living quarters. Greatroom, kitchen and sleeping porch overlooking the water. A must see \$229,000.



(11) DESOTO PARK AREA. Great and Clean Split-Level Home. 1,700 sq ft. 3 Bdrms, 2 Bath, CIMA, 1/2 basement and 1 car garage. Workshop/ Toolshed. City Water, and over an acre with a view of the distant ridge across Lookout Mtn. \$114,000. REDUCED \$119,000.



(12) LAKE LAHUSAGE. Available 3 acre tract, city water, paved road. Only area on Lookout Mtn. for boating and fishing. Build your vacation home and start enjoying. \$60,000.

TOO MANY PROPERTIES TO LIST THEM ALL.
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Adelaide Ellis Biddle enjoying the lovely birthday dinner party given for her August 19, at Valley Head Methodist Church, by her family.

Among those attending were: Mary, Ted and John Holleman, Alan and Lisa Biddle, Nelson and Elizabeth Ellis, Josh and Missy Carmichael, E.T. Holleman, Jason Hickey, Robin Watson, Marty Biddle, Edward Ringer, Pat and Geneva Smith, Jamie Brewer, Jeff, Melinda and Amelia Adkins, Paul, Kelly, Joy, and Tyler Ellis, Tara Trace, Byron and Jayden Vanaman, Ron and Julia Hickey, Ellen Lacey, James Brewer, Marjorie L. Gray, Mary L. Crow, Mathew and Bailey Biddle, Jessica Biddle, Mary Lou Carmichael, Robert, Maria, Drew and Laura Ellis, Gayle and Randy Flynn, Scott, Starla, Hunter, and Kelsey Hickey, and Eloise Brown.

She received many nice gifts. It was a wonderful surprise for a very lovely lady. We miss her so much, since she has moved to Dallas, Ga.

HAMMONDVILLE VOLUNTEER FIRE DEPARTMENT RECEIVES GRANT

The Federal Emergency Management Agency (FEMA) announced that three Alabama fire departments will receive grants in the third round of awards under the assistance to Firefighters Program. The fire departments slated for grants are:

Hammondville Vol. Fire Dept., Hammondville, \$67,500 for vehicles

Fayette Vol. Fire Dept. Slocumb, \$135,000 for vehicles

Talladega Fire Department, Talladega, \$29,154 for vehicles.

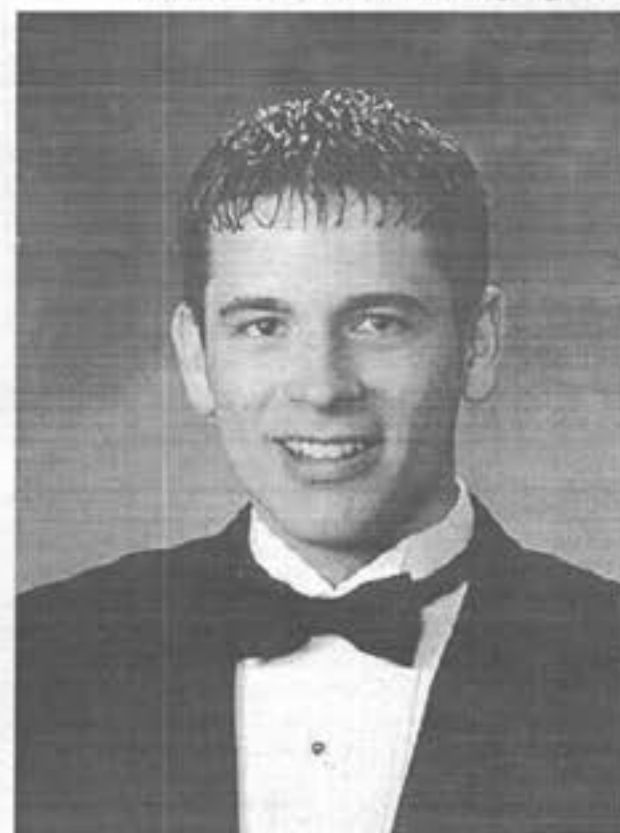
These departments are among the 119 fire departments across the United States that will receive nearly \$11 million in grants in the third round of awards. According to the agency, more than \$10 million of the funds are to be used for fire fighting vehicles, \$300,000 for fire prevention programs, and \$30,000 for training purposes. More grants in these categories will be announced in coming weeks.

"Vehicles are very expensive for fire departments to purchase and maintain," said FEMA Director Joe M. Allbaugh. "The President and I are pleased these grants will help firefighters obtain the equipment needed to make their communities safer."

The awards announced in August bring the total assistance provided to date to \$17.8 million of the \$100 million in grants to be distributed by FEMA through Sept. 30. Additional categories for future awards also include fire fighting equipment, personal protective equipment, wellness and fitness programs, and fire prevention programs.

More than 19,700 fire departments—volunteer and career—applied for grants this year, submitting requests totaling almost \$2.98 billion.

The grants, authorized last year by Congress will reach rural, urban and suburban fire departments. The grant applications are being processed by the U.S. Fire Administration and reviewed by representatives from seven fire service organizations. In each case, the federal grants will be supplemented by local funds.



Stephen Blalock

Stephen Blalock is the grandson of Russel and Ruby Stalvey of Mentone and Jim and Joyce Shackelford of Gallatin, TN. His parents are Steve and Kim Blalock of Gallatin, TN.

Stephen graduated from Southside Christian School with high and highest honors in math, science and social studies. He has been a member of the basketball team for five years and captain his senior year. In the A.C.E. State Conventions, he has placed in basketball, track, chess, choir, and male quartet. Stephen is Valedictorian of the Senior Class and attends Tennessee Tech University majoring in Engineering.

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The Country Journal

By
BERNISE CROW

Time moves on, the cicadas are singing their last song for the season. We have passed through dog days, and the beautiful sweet days of autumn are felt. The breeze has the feel of the fall season—safe and sweet.

My birthday is the first of September and as old as I am, I love birthdays. It's just an excuse for a party with cake, lighted candles, and singing. This year, we have a cousins' reunion at our house, and it will be a celebration of my birthday and my cousin Ardelle Contrell. Adele's birthday is the second day of the month. These cousins are on my mother's side of the family—the Taylors. We are descendants of Andrew Byron and Monterrey Taylor. Everyone brings a covered dish, so I do not have to cook so much. I'll do the drinks, bread, and salad. Then, we want to just sit on the deck and reminisce about family history. All the Taylors have a great sense of humor and we can laugh at anything and everything, even ourselves.

I loved to go to my grandparents' home and hear all the tales my uncles could tell—just wish I had a recording of them. In those days, we didn't know what a tape recorder was. There was a family closeness that meant a great deal to me. We had perched peanuts and popcorn that my grandfather grew on the farm. In the evening after supper, the fun would begin. My Uncle Bill was a born comedian and entertainer. Anytime he came home, all the family would go to my grandparents' home to hear him tell stories and jokes. Now, Andrew Lea and my son, Coy, keep us laughing. When both of them are present, we know we will be entertained. If laughter is the best medicine, I have been well medicated.

The lovely fall flowers are bright now. When driving to Chattanooga one sees plenty of lovely purple Ironweed and then on the opposite side of the road there is a bank solid with yellow black-eyed Susans or some sort of sunflower, and then there is a profusion of white flowers, some look just like frost had fallen on them, and all of these are naturally there, have not been planted. I appreciate the beautiful Cosmos that have been planted in the median right at the Georgia line. Flowers are a wonderful attraction to any home, or in the fields and woods. They are so inexpensive to grow and enjoy in comparison to other art work. Nothing can compete with the fragile beauty of a rose. But, then there are the more common coorse type of flower—the sunflower that brightens the landscape wherever they are. A few years ago, we were driving through Kansas and saw acres and acres of the bright ones, with bright birds enjoying the seeds.

Flowers and fruits have produced extremely well this year. We have a type of magnolia that is a bright rose color and has bloomed three times. The first blooms were early and the freeze got part of the blossoms, but a few weeks later, it was in full bloom. I like that.

Last fall, we had several rhododendron blooms, and I thought it would not bloom very well in the spring. But, it bloomed just as well as the others.

It's a pleasure every morning to walk out and smell the phlox that are right near the porch. It's a mild, soft fragrance and the hummingbirds and butterflies love them more than we do.

We have had a tree of apples to beat anything we ever had. They were so heavy with some of the largest red

apples I've ever seen that two of the limbs broke and had to be propped with boards. The folks at our yard sale were more amazed at the beauty of the apple tree and the scenery of the valley below that they forgot to make a purchase! The tree seemed to be glowing. We had been told it was just a seedling that happened to come up near the house. So we couldn't tell anyone what kind they were—maybe red delicious. I know they are wonderful fried or baked with a bit of honey and butter. Then the big yellow bees (Homer calls them killer bees) started eating them, and we had to gather them—two and a half bushels of them. It's been a great year for fruit that escaped the late freeze.

The Teverinos gave us good blueberries and grapes. They are so nice to us and we love them. Eleanor has not been well this year. She had pneumonia in January, and then visited her family in Ireland and took it again, with bronchitis and staph infection. She is all right now, but is still not quite up to her original strength. She keeps working, though, and gives thanks to God for each day. Her smile is radiant.

Jamie and Betty Johnson and Homer and I celebrated our 55th wedding anniversary the 30th of August. And we are thankful for living together for that many years. Our children arranged a dinner for us to celebrate our anniversary and my birthday. It's wonderful to have four loving children, three of them living nearby. Joyce and Gregg were here for the yard sale, but could not come again so soon.

Plans are being made for the Colorfest the third weekend of October. Margaret and Gerald Taylor are working on it in some form every day. We have had a little more rain this year and should have plenty of colorful trees for our tourists to enjoy along with us.

I love sunsets, twilight, and autumn. It seems like the closing part of the year with rich glowing colors, ending with the excitement of Christmas. October is the time for a fire in the fireplace, a walk in the woods, and to don a sweater early and late in the day. It usually is warm at midday. It's a great time for assessing what we have in our gardens and making plans for planting spring bulbs. With Labor Day passed, we won't have another national holiday until Thanksgiving.

Shakespeare said, "Aye, sir, to be honest—is to be one man picked out of ten thousand."

I hope we have more honest men than that percentage!

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THE SHED

The Shed has been in business for 15 years. The business is family owned. It has been passed down from one generation to another and we hope to keep passing it down. We have been through many changes over the years, and it keeps getting better. People are interested in what we do here. Not everyone in the community knows what services we offer. I will tell you it is a lot. We have a nursery, which offers landscaping and yard maintenance—including mowing, weeding, blowing leaves, mulching and yard cleaning—anything you can think of in maintenance. We definitely stay busy all year round. During the winter we plant trees and shrubs, which like to be planted then instead of spring or summer.

Another service we offer with our nursery is fresh cut flowers out of the gardens at the best prices you can imagine when in season—many wild flowers and perennials to choose from. Arrangements that would cost you \$20 in town or at a grocery store would cost you half that price with us. That's not all—if you have your own vase, it is even better. Why drive to a florist in town, waste \$5-\$10 on gas and pay twice the price for an arrangement? We do not refrigerate or cool our flowers, we cut them then and use them, and call you when it is ready. We take you through the gardens for a stroll and let you choose your flowers.

We offer pesticide free produce when in season. We have done many changes to the inside of the store. Even as we speak, we are working on projects for the future of the store. We have silk floral arrangements at unbeatable prices, including basket arrangements with fresh flowers. The floral business has really picked up for The Shed. We are now covering the Ft. Payne area, which is a large area to do deliveries.

Inside the store, with floral arrangements we offer floral picks, bushes, sprays, wreaths & swags, or you can create your own. I do not charge to put floral arrangements together. I only charge for the merchandise, which saves you money. I always run sales on floral picks, etc, for you to do your own. If I am not around, there will always be someone here to help you with colors. I have unique & interesting seasonal gifts for anyone at a good price, such as scarecrows \$1.99, floral quality fall and Christmas wreaths beginning @ \$15.99, candles beginning @ \$5.55, Victorian potpourri \$9.99, color icicle lights \$2.57, wind chimes \$5.99 & \$12.99.

We will do decorating for any season at incredible prices, whether it is autumn, fall or Christmas, or just a special occasion such as weddings. We told everyone in the past we were doing some shopping around ourselves to find a good distributor to be competitive with our prices, "indeed we have." This is not all folks! We have a surplus for fireworks in store for everyone—hopefully the surprise will be ready by New Year's. "You will have to wait and see."

There should really be no reason to shop off the mountain. Our community has provided everything we need up there including service stations with groceries. Montonians keep it growing and going, 'cause everyone is growing. I'm glad I do not have to drive off the mountain. We have a wonderful hardware store, gas stations, gift shops to shop in, and restaurants to eat in, nurseries with a wonderful selection on plants to choose from, a wonderful Christmas & floral gift shop at The Shed with wonderful prices.

David and I are working as hard as we can to accommodate everyone's needs in the community; however, due to so much rain, we got a little behind, but we are trying to get caught up by working extra long hours with you, the customers. Again, please be patient, we are working as fast as we can. However, we have wonderful store plans for the fall already in progress.

Floral, floral, floral, that's what has been on our minds for the last few weeks, since David & I do the arrangements. We will be attending a floral show September 8th-9th. It will be lots of fun for the two of us. David and I will come back with all sorts of new ideas on decorating and arrangements. We are very excited to see what is new in fall and Christmas colors and schemes. I know one thing—fish is in big. We have all sorts of fishing ornaments and goodies for your country home. The Shed has all sorts of fall goodies such as cornucopias, fall candles, fall ornamental birdhouses, fall and harvest wall, some goodies, fall wreaths & arrangements, floral picks, bushes, sprays—you name it, we are ready for it. Fall perennials and mums are here. Mums, mums, mums everyone knows we get a large order of mums. This year our first crop is large, big 3 gallon size mums for \$8.99. Our next size of mums will be in 10" squat pots like they always are. Pansies—we have many colors and hard-to-find varieties along with snapdragons for the fall. Pumpkins, gourds, and squashes will be available next month. I have some early gourds for fall fever, sprayed on they last longer. Fall haybales & cornstalks are also next month. Don't get your hay just yet, it will rot and won't be any good, the same with our cornstalks—wait 'til about the last week in Sept. That is truly when you want to do the hay. Guys, remember David and I will be gone to a show. Please don't give Josh a hard time while we're gone. Everything comes in priced for us. If not, David and I made sure it got a price on it.

I'm excited. This is one of my favorite times of the year—Fall. Where I come from in the city, we never had so much color to look at like we do here. "I cannot wait." I LOVE this mountain and everyone here. Thank you. David & Cheryl

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 6:30 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 Venna Livingston at 635-6350 or Mary Holleran 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 Pastors - James Hartley and Ryan Bunnell.

The Harmony Grove Baptist Church invites everyone to come and worship with them. Gc 's Country Church is located on Co. Road 239 (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 66, off Highway 11, approximately 2 miles from Fort Payne. Call 845-2246 for information.

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

Lighthouse Fellowship—A church alive is worth the drive. All are welcome to our church just south of the Georgia/Alabama line on State Road 48. Our services: Sunday School - 10 AM (AL time); morning Worship - 11 AM (AL time). Pastor Cible Walker 706-862-2507

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 Community Church invites you to join us for Sunday School at 10 AM and worship service at 10:45 AM. Bible Study Wed. 7:00 -7:45 PM. Pastor Randy Addison welcomes all!

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.

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.

Mentone Church of God invites you to attend their church. Pastor, LaRue Carraway.

The Montano United Methodist Church services are at 11 AM each Sunday. Sunday school is at 10 AM. Everyone is welcome. The Pastor is Frankie Jones.

Mt. Carmel Community Baptist Church, 1041 Yankee Rd., Cloudland, GA 30731, 706-396-7018, now offers a 24 hour Prayer Line. Need Prayer? Just call and leave your message. Other activities include: Sunday School - 10 AM, Worship Services - 11 AM & 6 PM; Monday 7-8 PM - Informal Prayer Time; Wed 7 PM- Mid-week Prayer Service; Thursday 7-8 PM -Bible Discussion. We need Piano Player, Music Director, Children for Sunday School and Vaul.

Community Bible Study

scheduled at the

Bankhead Cemetery Chapel

starting Sept. 16th thru 22nd, at 6:30 p.m. (CST). Charles Smith of Rock Spring, GA, will be teaching on "The Wilderness Tabernacle", the pattern it sets for us today. All effort is being made to make this a community-wide meeting involving the area churches, as well as the un-churched of our community. An eight-foot screen will be set up and vivid graphics used, as well as scale model illustrations. Everyone welcome. There will be special singing on Wednesday and Sunday nights.

**Mt. Carmel Community
Baptist Church**

1041 Yankee Rd, Cloudland, GA 30731,
706-398-7018

REVIVAL

Oct. 9, 10, 11, 12
7 PM

Rev. James Dotson preaching

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Event Scheduling at Community House:
Call Carol or John at LRH 634-4757
Sun Mon Tue Wed Thu Fri Sat

SEPTEMBER 2001

Community House Calendar

2 Family Reunion	3	4 Pancake Supper 6:00 p.m.	5	6 MOTW Day 7:00 a.m.	7	8 1
9	10	11 Garden Club 9:30 a.m.	12	13	14	15
16	17	18 Pancake Supper 8:00 p.m.	19 Library/Community Life 5:00 p.m.	20 Book Club 10:00 a.m.	21 1.30 Bible 8:30-9:30 a.m.	22
23 24	25	26	27 1.30 Bible 8:30-9:30 a.m.	28	29	

Life Skills Schedule
Sept. 20 - Personal Budgeting/Checkbook Balancing by Sarah Wilson
Sept. 27 - Basic Car Care by Sam Whitley
Oct. 4 - Resumes by David Gilbreath
Oct. 11 - Landscaping by L. A. Smith
Oct. 18 - Nutrition/Sensible Grocery Shopping by Edna Morgan
Oct. 25 - Home Repair & Decorating by Tony & Eleanor Townsend

**Reading "To Kill a Mockingbird" by Harper Lee
For info on programs call:
Sue Henry (MOTW chairperson) 634-4595



God's Minute

By Ruby Brock

A word fitly spoken is like apples of gold in pictures of silver.

Prov. 25:11

Words are like jewels if fitly spoken. Many times a phone call or just a short visit will make the day much brighter. To the sick or lonely, it's better than medicine. Kind words can do so much.

Help somebody today.

Event Scheduling at Community House:
Call Carol or John at LRH 643-4757
Sun Mon Tue Wed Thu Fri Sat

OCTOBER 2001

1 Pumpkin	2 Singing 10:00-11:00 a.m.	3 Singing 10:00-11:00 a.m.	4 Singing 10:00-11:00 a.m.	5 Singing 10:00-11:00 a.m.	6
7 Singing 10:00-11:00 a.m.	8 Singing 10:00-11:00 a.m.	9 Garden Club 9:30 a.m.	10 Singing 10:00-11:00 a.m.	11 Singing 10:00-11:00 a.m.	12
13 Singing 10:00-11:00 a.m.	14 Singing 10:00-11:00 a.m.	15 Singing 10:00-11:00 a.m.	16 Singing 10:00-11:00 a.m.	17 Singing 10:00-11:00 a.m.	18
19 Singing 10:00-11:00 a.m.	20 Singing 10:00-11:00 a.m.	21 Singing 10:00-11:00 a.m.	22 Singing 10:00-11:00 a.m.	23 Singing 10:00-11:00 a.m.	24
25 Singing 10:00-11:00 a.m.	26 Singing 10:00-11:00 a.m.	27 Singing 10:00-11:00 a.m.	28 Singing 10:00-11:00 a.m.	29 Singing 10:00-11:00 a.m.	30
31 Singing 10:00-11:00 a.m.	32 Singing 10:00-11:00 a.m.	33 Singing 10:00-11:00 a.m.	34 Singing 10:00-11:00 a.m.	35 Singing 10:00-11:00 a.m.	36

Life Skills Classes
Oct. 4 - Resumes by David Gilbreath
Oct. 11 - Landscaping by L. A. Smith
Oct. 18 - Nutrition/Sensible Grocery Shopping by Edna Morgan
Oct. 25 - Home Repair & Decorating by Tony & Eleanor Townsend

**Reading "Dances of Death" by Phyllis Whitney
For info on programs call:
Sue Henry (MOTW chairperson) 634-4595

Community House Calendar

SCHEDULE OF MEETINGS, EVENTS, AND OTHER DATES

- September 24 to September 29.
The DeKalb County Fair
- Thursday, Sept. 27, 5:00 p.m., Waterworks Board Meeting, Town Hall meeting room, open to the public
- Tuesday, Oct. 2, 7 P.M., MAPA meeting at Montone Springs Hotel, everyone welcome
- Monday, Oct. 8, 8 P.M., Town Council meeting, Montone Town Hall meeting room, open to the public
- Tuesday, Oct. 9, 12:30 P.M., Rhododendron Garden Club, Montone Community House
- Tuesday, Oct. 9, 6:30 P.M., American Legion American Legion Hall, Montone
- Third Weekend in October
OCT. 19, 20, 21 - COLORFEST BROW PARK, MENTONE

KAOLIN GARDEN CLUB

meets on the 2nd Monday of each month at 5 PM at Valley Head City Hall. Contact Marty Smith for more information.

MENTONE TOURIST COMMITTEE

meets on the 1st Monday of each month at 6 PM at The Dish. All are Welcome

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 12, 26
- October 10, 24
- November 7, 21

The Bookmobile is in VALLEY HEAD

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