ART, MUSIC, FOOD, COOL MOUNTAIN AIR AND SOUTHERN HOSPITALITY WILL CAPTURE THE HEART AND SOOTHE THE SOUL OF NEIGHBORS AND VISITORS ALIKE AT THIS YEARS COLORFEST. AS ALWAYS, ARTS AND CRAFTS WILL COVER THE GROUNDS AT MENTONE'S BROW PARK. A "TASTE OF MENTONE" AND FESTIVAL FOOD VENDORS WILL PROVIDE TREATS FOR OLD AND YOUNG ALIKE. MUSIC FROM OUR LOCAL TROUBADOURS WILL LIFT THE SPIRITS OF ALL WHO COME. GET READY! A FUN TIME IS IN STORE!

Exciting, downhome mountain music will wrap our town in a blanket of sound that matches Mother Nature's beauty. Colorfest performers will kick off on Friday evening (Oct. 17) with a 2 hour tribute to The Beatles by David Lusk at The Mentone Inn pavilion between 8:00 and 10:00 P.M. Our "Main Attraction" of talented, energetic, professional musicians will perform throughout the weekend at the Brow Park pavilion. There will be performances by Jess Goggans, Lisa Crow, Taylor Poff, Jared Cushen, Marc Womack, Silvia Constantino, Ryan Keefe, Jordan Brown, Larry Joe Hall, Jerry Bloom and Terry Hutcheson.

This year we bring an additional blast of local talent to the festival in the form of singers and musicians from our area schools. These young performers will be "on stage" throughout the weekend at the Children's Festival site, located in the side parking lot of Kamama Gallery. Performers include Hannah Blansit, Taylor Henderson, Bri Wells, Kristen Fowler & Sisters, Moon Lake Chorus, and winners of the Singing with the Stars competition Kenadie Lee, Payton Sells and Tatum Campbell. Come on out--you will enjoy.

Come out and enjoy the home tour & silent auction!

Nine early to mid-20th century homes, a historic camp and a bed and breakfast inn will open their doors to visitors in the Mentone, Alabama, and Cloudland, Georgia, areas of Lookout Mountain on Saturday and Sunday, October 25 & 26. Visitors will be greeted by home owners or guides who will elaborate on the history of each home.

Charming authentic, rustic and renovated homes will be on the tour this year. Step into the summer home of Martha Berry, founder of Berry College in Rome, Georgia, recently purchased by Cathy and John McFarland who hope to return it to its former glory.

Four of the tour homes sit along the former bridle path on the east brow. Tree Top Cottage, built in the 1920’s and owned by Jan Hewhoff and Mike Keracher since 2010, is one of Mentone's oldest and most charming homes. Nearby is the Buchanan Home. Grandview, owned by Cindy and Wayne Beard, was at one time used for a dentist's office and was later used as an auxiliary camp house for Camp Skyline senior girls, who named it Ups & Downs. The Greg Frith home sits on the property also occupied by The Hanging Cottage which was at one time the local doctor's office.

The Kringler Home and Mentone Inn are also on the tour. Then there's the Kamama Log Cabin. Stop and see the wonderful things that Ray and Sandra Padgett have done to this guest cabin.

Drive a little further east to Cloudland and take in the wonderful old homes belonging to Lynn
**Mentone Matters**

By Mayor Rob Hammond

Recently, ALDOT (Alabama Department of Transportation) took core samples at the site of the proposed new bridge in Mentone. After analyzing these samples, ALDOT will determine what will be required for the foundation. They will then be able to complete their plans. ALDOT division engineer Johnny Harris told me last week that ALDOT and the Federal Highway Administration are still exchanging documents. Hopefully, this will be completed soon and the project will move forward.

Last spring, Town Hall flooded and several streets suffered damage. The town has been working with FEMA (Federal Emergency Management Agency) to be reimbursed for most of the cost of the repairs. The officials from FEMA were helpful, professional and thorough. The process requires jumping through a few hoops but well worth the effort. Next month the town will receive a check for $8056.61 from FEMA.

The Mentone Art and Cultural Center board will soon request 501(c) 3 status. The board will be made up of the mayor, the president of the Mentone Area Arts Council, the president of the Mentone Area Preservation Association, the president of Mentone Educational Resources Foundation, the president of the Lookout Mountain Camp Association, the president of the Mentone Business Association and the director of DeKalb Tourism. The board will elect officers, and the president can name two additional board members to serve for one year.

The original proposed site was across from the Mentone Market. The owners decided not to sell. At present, the board is looking for an alternative site. The new center will be an art, music, conference and teaching facility. It will have a direct, immediate, and positive financial impact on the community because of jobs created and increased tourist income for local businesses. Students from the Auburn University School of Architecture Planning and Landscape Architecture will enter a design competition for the center. The design should respect the small town mountain character and be in context with its surroundings. Hopefully, the center will become the new town icon.

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**From The Editor**

**Loss of an Icon**

According to Webster’s dictionary “an icon is something admired as a symbol of a particular quality or time”. Mentone and possibly Alabama lost its most remembered and recognized icon with the loss of The Mentone Springs Hotel in March of this year. It can be replicated, but never replaced.

Mentone has very few iconic structures remaining and one of those is now at risk of being slowly lost to the ravages of weather, time and disrepair. St. Joseph’s On-The-Mountain Episcopal Church is in dire need of help. St. Joseph’s is now probably the most recognized and photographed building in Mentone. In addition to its iconic exterior, it houses maybe the oldest building in Mentone – an 1870’s era log cabin.

St. Joseph’s On-The-Mountain has serious foundation, structural and weather proofing problems. Even though the roof is sound, mildew and mold causing moisture is now coming through the walls and window casings. Church members are seeking help from their diocese, but believe they will need additional help from other sources. Construction and fund raising committees have been formed and they are seeking repair bids from local contractors. While they have not received any formal bids at this time, their best repair estimate to date is about $200,000.

While this icon is a church and thus the member’s responsibility, it adds greatly to the charm and character of Mentone and helps attract many visitors to our community. The Mentone Area Preservation Association supports efforts by the church and our community to help save this widely admired historic symbol of Mentone.

If you would like to help with this project, please contact Walter Fowlkes (256-635-8666), Chair of the Church Renewal Fund, or mail any contributions to St. Joseph’s On-The-Mountain, P.O. Box 161, Mentone, AL 35984. Make all checks payable to St. Joseph’s On-The-Mountain with a note that the check is for the Church Renewal Fund.

Ray Padgett,
For the MAPA Board
Colorfest (Cont’d from page 1)

decoration and a dunking booth. Moon Lake Elementary School Beta Club will sell hot dogs and lemonade at the Children's Festival.

This year’s Colorfest planning team welcomes some new members to our festival efforts—Greg Clore, Clare Donohue and Vicki Johnson. Greg is helping with sponsors, “Taste of Mentone” and stage construction for our Children’s Festival musicians; Clare is scheduling young musicians and Vicki volunteered to coordinate the “Piece of History” Silent Auction. We now have more than 30 festival volunteers. Thank you!

Vicki is now collecting “Pieces of History”, or other items you would like to donate for our silent auction. She volunteered to pick up items from your home if needed. Call Vicki at 256-927-3400 for pickup or you can drop them off at Kamama Gallery (across from Mentone Town Hall).

While Colorfest will cover much of our town, festival information and our local non-profit organizations (MAPA, MAAC, MERF, MBA) will all have tents at the Brow Park festival entrance. Our silent auction will also be set-up on the brow—don’t forget to bid.

Colorfest 2014 reflects our community and our county at its best. Local volunteers, businesses, sponsors and government leaders cooperate to help make this an exciting and successful event. Visitors who come for the festival witness our diverse community, its volunteerism, and its true southern hospitality and revel in the beauty of our town and its people.


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2014 COLORFEST
SHOW APPLICATION
OCTOBER 17-19
$75 FOR A 12’ X 12’ SPACE
APPLICATION DEADLINE IS OCTOBER 3

Name__________________________________________________________
Address________________________________________________________
City, State, Zip__________________________________________________
Phone____________________ E-mail_________________________________
Website Address ________________________________________________
Description of Art Work___________________________________________
Circle if needed:     Electricity       Water      ($25 additional charge for either or both)
Other Special Needs______________________________________________
Number of Spaces___________ Amount enclosed________________________

This year’s Colorfest Festival will be held all over Mentone, but the artists will be located primarily at Brow Park. Show hours will be 9am-5pm Saturday and 11am-4pm Sunday. You may set up your space on Friday, October 17, 12-5pm or Saturday, October 18, 6:30-8:30pm. Please be ready for the show to start at 9am. If you participate in the show, please plan to be set up for both days. You may break down beginning at 4pm on Sunday. Cars should be moved to the parking area after unloading.

If you require water or electricity, please indicate on the application. There is an additional charge for electricity and/or water in the amount of $25. To avoid outages, electricity is reserved for food vendors and artists who require it to show and demonstrate their art or craft. (i.e. not for lighting or fans). No generators will be allowed.

You will be notified of your acceptance no later than October 6. Spaces will be assigned the week prior to the show, but please check in with the information tent when you arrive as space numbers can change. All spaces will be on a first come, first served basis, and no spaces can be reserved from show to show.

If you are an artist and this is the first time you have applied for Colorfest, please provide a photo of your work or a website or Facebook address. All art should be handmade by the artist. No ready-made merchandise is allowed. Colorfest is strictly an arts, crafts, music and children’s festival; therefore, no political or religious organizations will be accepted. Please contact MentoneColorfest@gmail.com if you have any questions.

Thank you.

Send completed application form to:
MAPA
P. O. Box 50, Mentone, AL 35984

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**Scarecrow Holler Contest Rules**

Our theme for the Colorfest is “Celebrating the Fall Season on the Mountain,” focusing on old time traditions. Please keep this in mind when creating your Scarecrow.

Entry fee is $5 per entry. The application and entry fee must be received no later than October 3rd.

Set up in Mason Park will be on Friday, October 10. Scarecrows will remain up through the end of October and must be removed by Saturday, November 8.

Areas measuring five feet square will be assigned for each Scarecrow. Scarecrows should be in good taste, family friendly and keeping in the theme of the festival. They should not reflect controversial social or political situations. The Scarecrows must be constructed to withstand weather conditions. Tips for constructing Scarecrows will be available via email or the Colorfest website for additional information. MAPA and the Scarecrow Committee reserve the right to remove any Scarecrow that does not meet these standards. No handouts, promotional materials or free giveaways can be associated with any entry. Additionally, we may remove a display at any time due to its condition if it does not hold up to weather or other factors. It is suggested that entrants check on their display periodically.

Judging/Prizes: Prizes will be awarded to winners as follows: 1st place will receive $50 and 2nd Place will receive $25. Additionally, a People’s Choice Award will be given to the fan favorite. Judging criteria will be determined by the Scarecrow Committee, to include originality, theme, content, etc. Judges will be provided by sponsoring organization(s). Winners will be featured in the next issue of The Groundhog publication.

MAPA and the Colorfest Committee reserve the right to use photographs for future publicity.

**(Colorfest Info cont’d on page 12)**

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Announcing A New Colorfest Event:
A Scavenger Hunt

By Debra Fey

The Mentone Business Association (MBA) is excited to join forces with MAPA to sponsor the first ever Scavenger Hunt which will be held during Colorfest weekend. Scavenger hunts have been around for a very long time and they are popular activities for all age groups. They are structured so that individuals or teams set out on a quest to “discover” or “find” all items on the scavenger hunt list. Scavenger hunts are a great way to bring families together, and the Colorfest Scavenger Hunt will be a fun, family-friendly game to play during the festival weekend. The focus of the Colorfest Scavenger Hunt will be to challenge game participants to discover what the local businesses of Mentone have to offer.

How it will work for game participants: The Scavenger Hunt will contain a list of “Businesses to Discover” which the gamers must find based on clues. The clue might be based on the name of the business or its location, or perhaps what specialty item or service the business offers. Once the gamer has “discovered” the business, the gamer must then “find” an item in the business based on another clue. Once this item is found the business owner will initial the participant’s game list to verify that their shop and item were found, and the gamer will be given a reward. The reward might be a gift, a gift certificate, or a goodie bag. Each business found puts the game participants closer to the grand prize. Each gamer who completes the Scavenger Hunt by “discovering” every business on the list will be eligible for the grand prize drawing of $50.00 – sponsored by MAPA.

Registering to play the Scavenger Hunt is simple and absolutely free. The Scavenger Hunt’s List of Businesses to Discover will be at the MBA Colorfest booth. Along with the list of businesses to find, game participants will have a verification sheet that business owners will initial when gamers find their business. When gamers complete the Scavenger Hunt they will return their completed business verification sheets to the MBA booth before the end of the festival weekend. The winner of the grand prize drawing does not have to be present to win.

How your local business can join in the fun: To participate, your business needs to be within walking distance of the festival area, you must provide a clue for gamers to “discover” your place of business, be willing to provide a small reward or gift for those who find your business, and be a member of the MBA (which is free to all local business owners). Over the next several weeks, I hope to speak with many of our local business owners personally about including your business in the Colorfest Scavenger Hunt, please feel free to call me at 404.630.2918 or email me at debradjfey@gmail.com.

Register for the Color Craze Run!

Friday, October 17, 2014

One World Adventure will kick off the Colorfest Weekend with their famous Fish Fry and Backyard Concert & Bonfire! Plates $10 - includes a heaping plate of fresh catfish, Dave’s Hushpuppies, homemade slaw, drink and dessert!
WHERE: Mentone Inn Backyard Pavilion
WHEN: Serving fish from 3:30–7:00pm or while it lasts!
MUSIC: David Lusk will play a Tribute to the Beatles from 8:00–10:00pm.

Saturday, October 18, 2014

One World Adventure will host the 2nd annual COLOR CRAZE 5K & 1 MILE FUN RUN! The race is great for all ages and will begin at Mason Park in Mentone, adjacent to Mentone Town Hall. Sign in and Race Day Registration begins at 7am Saturday morning at Mason Park, adjacent to Mentone Town Hall. Registration closes @ 7:30am. Race Map: www.mapmyrun.com/events/596666/

First wave begins @ 7:50am, second wave @ 8:00am, third wave @ 8:10am. Race ends at Brow Park with Color Finale and Awards beginning at 9:30am. 1 Mile Run, Bike or Walk begins at 8:30am. Begins & ends @ Mason Park.

REGISTRATION FEES:
- $25 Adult 5K
- $20 Child 5K (4-12)
- $20 Senior 5K (65-Older)
- $15 1 Mile Fun Run/Bike/Walk - Everyone
- $30 Day of Race 5K - Everyone
- $20 Day of Race 1 Mile Fun Run/Bike/Walk - Everyone
- I would like to make an additional tax-deductible donation

Please make check payable to One World Adventure and mail form to: P. O. Box 106, Mentone, AL 35984

*One World Adventure is a community based outdoor education program, connecting participants to the outdoors through adventure programs and eco-tourism. Find out more about us by visiting our website: www.oneworldadventureco.org.

**Only limited number of T-shirts on Race Day**

One World Adventure is a community based outdoor education program, connecting participants to the outdoors through adventure programs and eco-tourism. Find out more by visiting our website: www.oneworldadventureco.org. Thank you for attending our fun-raiser!

2nd Annual One World Adventure
Color Craze 5K & 1 Mile Fun Run
Saturday, October 18, 2014
Mason Park in Mentone

Registration Form

Name: ____________________________
Address: ____________________________
City, State, Zip Code: ____________________________
Email Address: ____________________________
Division: Child     Adult Male     Adult Female     Team
Age Group: 4-12  13-17  18-22  23-27  28-32  33-37
38-42  43-47  48-52  53-57  58-62  63-70  70+
Emergency Contact: ____________________________
T-shirt Size:  YS(6-8)   YM(10-12)   AS   AM   AL
Type of Entry: Individual      Team
Team Name: ____________________________

Forms must be received by Friday, October 10, for T-shirt order deadline.

Registration closes @ 7:30am. Race Map: www.mapmyrun.com/events/596666/
First wave begins @ 7:50am, second wave @ 8:00am, third wave @ 8:10am. Race ends at Brow Park with Color Finale and Awards beginning at 9:30am. 1 Mile Run, Bike or Walk begins at 8:30am. Begins & ends @ Mason Park.

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- $20 Day of Race 1 Mile Fun Run/Bike/Walk - Everyone
- I would like to make an additional tax-deductible donation

Please make check payable to One World Adventure and mail form to: P. O. Box 106, Mentone, AL 35984

Register for the Color Craze Run!
This Olde House: MERF Community House - October

**The Rhododendron Garden Club**

The Rhododendron Garden Club met in the MERF house on Tuesday, September 9. Six members and 11 guest were present for guest speaker, Barbara Wilson’s, demonstration of leaf manipulation.

Hostesses Peggy Roark and Madelon Houghland treated folks to chicken salad, fresh fruit, two kinds of coffee cake, baked brie and crackers...a very sumptuous and delicious repast. We did not have a business meeting or committee reports to allow plenty of time for Ms.Wilson’s presentation.

Braided leaves that a friend brought back from Jamaica, stoked Barbara’s interest in leaf manipulation. She taught herself various techniques using books by Gail Emmons, Mary Elizabeth Covier and Floral Design by Curtis/Vagg and then passed around examples of braiding, weaving, cutting, shredding. One leaf she simply went around the edges with pinking shears!

The point of leaf manipulation is to enhance creativity design. Mechanics can be hidden, leaves with flaws can still be used by cutting out bad places. Manipulated leaves are more interesting than the original leaf and it’s fun to try new techniques. “You don’t peak at creativity until you are 73.”

She recommended Cast iron plant, funeral palms and flax as excellent plants to manipulate. The aspidistra (cast iron plant) is easily pulled apart to give a feathered look. Barbara was done with demonstrations and put us to work. Everyone received a palm branch and a worksheet with directions for braiding the palm. Brent Wheeler had success and the rest of us happily moved on to the next assignment which was to manipulate the flax stalk. We divided the flax into halves and pulled out the center division. Next we crossed one side over the other and repeatedly made a ninety degree folds until we reached the end. It was like being in summer camp again. The end product is a flexible chain with accordion-like movement. Our final project was manipulating aspidistra leaves. Creativity blossomed with no two leaves looking the same; Gerrie Holbrook took the stem and poke it through the middle of the leaf so it curved in on itself; Nancy Wilson cut a design in the leaf; and Dianne Kuehl shredded hers. 17 different people and 17 unique leaves. Barbara graciously provided extra plant material for those who wanted to keep experimenting.

Throughout the presentation and hands-on, she kept giving out priceless little nuggets like rubbing a leaf with 100% wool will give it a shiny, glossy appearance. Since your hands are warm, you can get a leaf to fold or bend simply by rubbing it to make it more pliable. Stapling the ends together with a small staple will keep a braid from coming out and is unobtrusive.

The next meeting is October 14, 2014. Mellanie Tuttle will present the program – Making a Terrarium. Guess what the door prize will be? We invite and encourage one and all to come and learn the do’s and don’t in making a terrarium.


By Mellanie Tuttle

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**Leave Me in Mentone!** A common cry heard from anyone that visits or lives in our great community. Stop by the MERF booth at Colorfest and invest in our community by purchasing a “Leave Me in Mentone” t-shirt, baseball cap, fleece throw or sweatshirt. All proceeds go toward MERF’s programs such as field trips for Moon Lake students, teacher workshops and funding the art, music and Spanish teacher. Student’s artwork will be displayed too.

How much fun is it to hear the excitement from Ms. Paula’s art room in the fall! The Moon Lake students are studying art through the decades beginning in the 40’s. I peeked in the window the other day and got a glimpse of some fun pieces. The kindergarten through 2nd grade students are studying the work of artist Piet Mondrian. As Ms. Paula says “It is hip to be square.” Don’t you love the octopus that one student is working on utilizing his style? All the grades have studied the abstract art of Jackson Pollock and have created their own pieces with marble art. Oh I wish I was an art student at Moon Lake Elementary School.

Have you also heard the fun and laughter from the MERF house on Wednesdays? Senior lunches have begun with lots of good fun, food, singing and storytelling. The senior lunch bunch crew knows how to have a good time. The piano students that follow in the afternoon continue the music and the enrichment of a wonderful space. MERF is so thankful for a great community house. Tutoring has also begun on Tuesday and Thursday afternoons. Anyone wanting to volunteer please call Sarah Wilcox at 256-634-4673 or email MERF.

Fall is a great time to come out and enjoy the walk track. The weather is just right and the display of colors changing is beautiful. Hope everyone gets out and enjoys the mountain.

MERF: Mentone Educational Resources Foundation is a local non-profit with the mission “To enrich the learning and living of the community by identifying needs and coordinating resources.” If you would like to support our programs, tax-deductible donations can be mailed to POB107 Mentone, AL 35984 or contribute online at www.crowdrise.com/MERF.

See Some of The Moon Lake student artwork on page 13.
Fall is in the air! This is my favorite time of year--beautiful colors and “comfy sweater” weather. This is also the time for football and Valley Head Homecoming which is Friday, October 24, against the Woodville Panthers. For several years, this has been the primary fundraising time for the PTO, and this year Tiger CHAMPS would like to make it even more successful. We are conducting a school wide fundraiser. The high school student who sells the most will win $50, and prizes will be awarded in the elementary for grade totals and for the attendants who are requested to raise additional funds. The crowning will take place before the homecoming game on Friday, October 24, at Tiger Stadium. We are grateful to all those who are allowing their children to participate and help out and to those who have donated or bought items for the homecoming fundraiser.

If you would like to be involved or make a donation, please don’t hesitate to let us know. All funds will support Valley Head School, teachers and, most importantly, our students. There will also be several class reunions on Homecoming night, so there is no telling who all you will see that you haven’t seen in years. Good luck to all the homecoming candidates and GO TIGERS!!

Also, we would like to say THANK YOU!!! to Michelle Chappell and Yellowhammer Decal & Logo for the fabulous new sign outside the school and the screens at the doorways of the high school.

Thank you to everyone for your continued support of VALLEY HEAD SCHOOL!!!

~Anna Mae~
Tiger CHAMPS Secretary

Shield Yourself From the Flu!
Get Vaccinated Today!

Mentone Community Flu Shot Clinic

Mentone City Hall
Thursday, October 2nd
9:30am until 10:30am

Bring your insurance cards along with a list of any allergies you may have. The following insurances cover the flu shot with a $0 copay!

- Medicare Part B
- Tricare
- Federal Blue Cross/Blue Shield

For Alabama Medicaid patients, the flu shot copay is $1.30.

Cash price for the flu shot is $31.99.

Flu shots will be provided by your local Rite Aid Pharmacy. Please contact your Rite Aid Pharmacist to see if your insurance plan covers the flu shot or if you have any additional questions.

Rite Aid Pharmacy
1303 Gault Ave. N.
Fort Payne, Alabama 35967
(256) 845-6338
Remember When . . .
By Angie Carden

Back in 1987, the Groundhog published a lovely little article about the undergoing construction of The Citizens Bank in Valley Head. The article was titled “Construction Underway at Citizens Bank.”

The article read, “According to Tom Jones, Jr. and “Buzz” Jones, officers of the Citizens Bank of Valley Head, the new addition to the bank will offer better service to the business’s many customers.” They went on to say “We are building three new offices, a conference room, and making a bigger lobby area, plus making way to install two drive-throughs at a later date.” Buzz also stated, “We feel this is something we have needed to do for some time. The front of the bank will take on a new look, and the new addition will compliment those changes.”

And it sure did! The bank is still a beautiful addition to the town square, and has remained a friendly and caring part of the community. It’s hard to believe it’s been 27 years. And since I live in Mentone again, I have to say, the Mentone branch is just as beautiful and friendly! There is something to be said for strong, friendly communities! I feel very blessed, every day, to live here!

The Times of Our Lives

BABY BOOM!

Breana Kate Clardy was born on August 7 at DeKalb Regional Medical Center. She weighed 7lbs. and was 21 inches long. Proud parents are Jessica and Randy Clardy of Fort Payne. Breana has a big sister Destiny at home. Grandparents are Julie and Joe Mayhew of Mentone, Stacy Brown of Rainsville, and Chuck Clardy of Fort Payne. Also, her Aunt Jamie and Uncle Jon Mayhew, and great grandmother Patricia Peterson of Mentone.

Joshua and Melissa Shoults along with big sister Addie are delighted to announce with lots of love the arrival of our little angel Callie Ann Shoults, born on September 3, 2014. She weighed 7 pounds, 13 ounces and was 20 inches long.

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Mentone Mountain Getaways
**THE RECIPE CORNER**

**BY**

**ANGIE CARDEN**

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**October Birthdays**

| Oct 1 | Ron Logan |
| Oct 3 | Angie Shugart |
| Oct 3 | Ansley Blalock |
| Oct 3 | Elizabeth Gentry |
| Oct 4 | Casey Cox |
| Oct 4 | Mandy Corsentino |
| Oct 5 | Mack Flannigan |
| Oct 5 | Sadler Emory |
| Oct 5 | Starla Cash |
| Oct 5 | Kathy Coots Peterson |
| Oct 5 | Donald Daniel |
| Oct 5 | Kathy Peterson |
| Oct 5 | Stephanie Haney |
| Oct 6 | Tylor Harrison |
| Oct 6 | Breanna Blalock |
| Oct 6 | Katy Tuberville |
| Oct 6 | Casey Hellums |
| Oct 7 | Christian Henry |
| Oct 9 | Donna Hallahan |
| Oct 9 | Audie Beason |
| Oct 10 | Jimmy Worthey |
| Oct 10 | Sally Muschamp |
| Oct 10 | Gayla Smith |
| Oct 10 | Allie Rhodes |
| Oct 11 | Michele Wooden |
| Oct 11 | Amanda Reed |

| Oct 11 | Rhett Freeman |
| Oct 11 | Sam Harrison |
| Oct 11 | Abigail Wallace |
| Oct 12 | Ariana Beard |
| Oct 12 | Leslie Beason |
| Oct 14 | Martha Kirby |
| Oct 14 | Tina Langston |
| Oct 14 | Olen Crowe |
| Oct 15 | Lanita Allen |
| Oct 15 | David “Tater” Hopper |
| Oct 16 | Sarah Blalock |
| Oct 16 | Tina Gregory |
| Oct 16 | Jacey Graham |
| Oct 16 | Glenda Turlington |
| Oct 16 | Barry Sadowski |
| Oct 17 | Renae Langston |
| Oct 17 | Rose Cox |
| Oct 17 | Alisha Lawton |
| Oct 17 | Katie Poe |
| Oct 17 | Tommy Battles |
| Oct 17 | Eddie Coots |
| Oct 17 | Andruce Smith |
| Oct 17 | Aryan Wallace |
| Oct 18 | Zoey Kate Baggett |
| Oct 18 | Ken Busby |
| Oct 18 | Stacy Smith |
| Oct 19 | Matt Tillman |
| Oct 20 | Harry Hopper |
| Oct 20 | Joseph Lee |
| Oct 21 | Donna McClure |
| Oct 21 | Joan Harrison |

| Oct 21 | Alex Garrett |
| Oct 21 | Bradyn Gregory |
| Oct 23 | Levi McClure |
| Oct 23 | Sandra Padgett |
| Oct 23 | Roberta Kirby |
| Oct 24 | Kyle Rape |
| Oct 25 | Jordan Bain |
| Oct 26 | Jeff Harrison |
| Oct 26 | Cindy Butler |
| Oct 28 | Robert Worthey |
| Oct 28 | Meagan Sutton |
| Oct 28 | Matthew Patterson |
| Oct 29 | Jessica Nelson |
| Oct 30 | Nell Kent |
| Oct 30 | Shannon Wagner |
| Oct 30 | Jennifer Collins |
| Oct 31 | Charlotte Gentry |
| Oct 31 | John Dersham |
| Oct 31 | HAPPY HALLOWEEN |

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**October Anniversaries**

| Oct 5 | Donnie & Connie Bell |
| Oct 10 | Larry & Andrea O’Tinger |
| Oct 10 | George & Sandra Boehringer |
| Oct 25 | Josh & Hope Deal |
| Oct 27 | Coby & Brittany Harrison |

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**Spewing Pumpkin**

If it sounds gross, it must be gross! But I know kids (especially boys) love this one. It’s very simple, and it will have a fun shock factor. You simply take a small pumpkin that will fit on a serving tray with chips and carve into a Jack-O-Lantern, with a wide mouth near the bottom. Mix up your favorite Guacamole and arrange the pumpkin on your tray with the guacamole “spewing” out onto the tray and lay chips around! It’s really quite cute, for a vomiting pumpkin!

My favorite and fastest Guacamole recipe is as follows:

In a mixing bowl, smash 3 avocados and mix in one envelope of guacamole seasoning, add ½ cup sour cream and stir until combined! Could not be easier.

Keeping in the green guacamole theme, try this awesomely foamy punch. All you need is a punch bowl, of course, 2 liters of cold lemon-lime soda and 2 quarts of lime sherbet. Pour the soda into the bowl, reserving about 1 ½ c, then add the sherbet, reserving ½ of one container. Stir until sherbet is melted in, then scoop the remaining sherbet all around inside the bowl and slowly pour the reserved soda over the top. You should have a very nice foam form! And you will have a very tasty drink!

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**Trick or Treat!**

Be it masks and caps, ghosts and ghouls, witches and goblins, heroes and princesses, they each have one thing on their minds... Sweet Treats! Halloween is creeping up, and the costumes and make-up abound! Now, I realize a lot of people like to or try to keep it low key and often healthy this time of year, but I have to voice my thought on this one--it’s Halloween!!! It’s candy and sugar time! Let it roll! I’m all for healthy snacks and monitored sugar and caffeine intake, but this is the one night to throw out the rules! I cannot think of a single Halloween as a child that we didn’t get home, spread our candy on the floor (I know someone just gasped!) and look over, go through and organize our bounty! Okay, well there was one Halloween when I was in third grade and had a broken foot, I didn’t get to go Trick or Treating; but almost my entire class came by and gave ME candy! I had a wonderful class. But I still got to lay it all around me on the sofa and commence the organization. Anyway, my memories of Halloween are all wonderful and candy time is a treasure! And, perhaps many of you are planning a party, so here are a couple of cute ideas for you. Have a safe and happy Halloween season! I mean,
What To Do Around Here!  
October 2014 Community Calendar

Oct 1 - Sky Swing Adventure. This is an adventure of a lifetime. Pre-registration required at True Adventure Sports by 6 p.m. the day before the adventure. Meet at True Adventure Sports. 10am to 12pm. 256-997-9577.

Oct 2 - Zip Line Adventure. Pre-registration required at True Adventure Sports by 6pm the day before the adventure. 10am to 12pm. 256-997-9577.

Oct 2 - Kamama Music Series. Hear Claude Bourbon from England with his Medieval and Spanish Blues. $10 admission. Seating is limited. Reservations encouraged. Dinner at 5:30 and music starts at 7pm. 256-634-5001.

Oct 3, 4, 17, 21, 24, 27 - Wild Cave Tour. Explore in one of NE Alabama's most unique all-weather caves, Manitou Cave, in the heart of Fort Payne. Adventure includes helmet, cave lamps plus a fun informative guide. Meet at True Adventure Sports. 5pm to 7:30pm. 256-997-9577.

Oct 4 - Moon Lake Costume Dance. Annual Harvest Festival fundraiser for Moon Lake School is open to all Moon Lake and Valley Head Students. Moon Lake Gymnasium, 5pm to 7:30pm. Admission is $5 per student and includes a hotdog dinner. Pictures also available for additional $2. 256-634-4113.

Oct 4 - Storytime at the Canyon Center: “The Headless Horseman” by Mayne Reid. Little River Canyon Center staff and volunteers will read aloud unique children's literature every first Saturday of the month. Storybooks will be available for purchase. 11am to Noon. Free and open to everyone. 256-782-5697.

Oct 4 - RTI Movie in the Park. Bring your lawn chairs, blankets, and picnic for an evening under the stars while watching “How to Train Your Dragon, Part 2”. Free admission and free popcorn to the first 500 people. Rainsville City Park. 5pm. 256-638-7800.

Oct 6, 16 - Rock Climbing/Rappelling Adventure Combo. Experience first-hand what rock climbing and rappelling is all about. Trip includes all gear plus basic instruction. No prior climbing experience needed. 10am to 2pm. 256-997-9577.

Oct 7 - Moon Lake PTO Meeting and Chili Supper - A Harvest Festival fundraiser sponsored by the Moon Lake Second Grade Class. Chili supper will be served in the Moon Lake cafeteria beginning at 5:30pm. 256-634-4113.

Oct 7-8 - High Adventure Trip. This is a 3-day adventure including a Wild Cave Tour, Rock Climbing, An Extreme Night Hike and end with a relaxing canoe trip. Price includes all activities, attractions, permits, fees, gear, and guides. 256-997-9577.

Oct 7 - Sept. 27 - 7 Zip Line Adventure. Pre-registration required at True Adventure Sports by 6pm the day before the adventure. 12pm to 2pm. 256-997-9577.

Oct 9 - 12 - The Courage Worship Event. The Mission is to heal the broken hearted, to remember the forgotten, to bring hope to the hopeless and courage to the weak. Courage Worship event is designed to create this environment for 72 hours. There will be dozens of Christian Bands, Solo Artists, and Speakers. Optional community service. Worship will continue through out the day and night. It’s a chance to serve the people of DeKalb County who are in need. Hope you can join us. 256-706-2319.


Oct 10 - Campfire Talk: Con-Abru'l A-mazing Plant! Join geographer Kelly Gregg in a discussion of the origins of Native American corn, how it shaped American culture and cuisine, and how it went on to help feed the world! Free & open to the public. Bring the family along for fresh popcorn! Seating is limited, so bring your own comfortable camp chair. 7pm to 9pm. DeSoto State Park's Campfire Ring in the Improved Campground (in case of inclement weather will be located in Nature Center) 256-997-5025.

Oct 10 - Progressive Women of Northeast Alabama (DeKalb-Jackson-McKenzie) will meet at Outlaw's Steakhouse in Guntersville at 11:30am.

Oct 11 - Little River Canyon Half Marathon. Possibly one of the most scenic marathons in the country, the certified course loops 13.1 miles on paved roads, starting and ending at the Little River Canyon Center. 8am. $30 fee; pre-registration required. 256-845-9605.

Oct 11 - NPS Green & Grey Saturday. 7pm to 8pm. Free & open to everyone. DeSoto State Park's Campfire Ring in the Improved Campground (in case of inclement weather, program will be held in the nature center). 7pm to 8pm. Free & open to everyone. 256-997-5025.

Oct 14 - Orienteering Class. Basic yet essential skills for survival navigation are brought to you in map reading, compass reading, and topography. Bring your own compass or you may purchase one at our store. 10am to 1pm. 256-997-9577.

Oct 15, 20, 29 - Extreme Night Hike. This hike has a bit of bouldering, scrambling, speleunking and a whole lot of required working together. Headlamp and guide included. Meet at True Adventure Sports. 7:30pm to 10pm. 256-997-9577.

Oct 17 - Campfire Talk: The Trail of Tears: A Journey of Injustice. To commemorate the Trail of Tears, Historian Larry Smith will present this interesting program to remember and memorialize the survival of the Cherokee people. DeSoto State Park's Campfire Ring in the Improved Campground (in case of inclement weather the program will be held in the nature center). 7pm to 8pm. Free & open to everyone. 256-997-5025.

Oct 18 - 19 - The 30th Annual Mentone Colorfest. Talented local musicians featuring the "Sounds of Mentone" can be heard in the brow park pavilion. More than 60 arts and crafts booths. Look for the "Taste of Mentone" signs and indulge in some of the area's best cuisine. Email mentonencolorfest@gmail.com for more information.

Oct 18-19 - One World Backpacking Series: Alternative Ways to Backpack. Sponsored by DeSoto State Park and provided by One World Adventure. After putting some trail time behind your tested gear, you may be wanting to change things up a little. Try another mode of backpacking, and that's where this class comes in. I'll show you some small changes you can make to add a little change in your backpacking routine and get a little taste of a different style in your next camping trip. DeSoto State Park, Fee: $110 per person includes meals and all equipment. $85 per person includes meals (must provide your own equipment). $65 per person includes instruction (must provide on equipment and food).

What To Do Around Here!  
October 2014 Community Calendar

Upon registration, you will be sent a packing list. To register, 256-634-8370.

Oct 18, 21, 29 - Rappelling Adventure. Come experience the thrill of rappelling down the sheer sandstone gems of NE Alabama. No previous experience necessary. Each trip includes all the gear plus basic instruction. 10am to 2pm. 256-997-9577.

Oct 18 - Mountain Bike Tour. Come have an enjoyable ride without the fear of getting lost. This three hour tour includes a mountain bike rental, instruction, and a guide for safety, direction, and information. $65 per person Meet at True Adventure Sports 3pm to 6p.m. 256-997-9577.

Oct 18 - Third Saturday Sunset Event. You can come out and enjoy an afternoon of family fun activities in downtown Fort Payne. This public event will include food, live music, a car show, and more than from 5 to 9pm. 256-996-3857.

Oct 18 - Campfire Talk: Cherokee Folklore. As night falls and the flames flicker, imagine the “Little People” of the Cherokee are gathering to dance in the firelight. Hear stories of their legendary history with the Cherokee and other tales of plant and animal origins from Cherokee descendants, Jerry Coleman and Ila Hatter-Coleman. DeSoto State Park's Campfire Ring in the Improved Campground (in case of inclement weather, program will be held in the Nature Center) 7pm to 8pm. Free and open to everyone; Great for all ages! Bring along the kids for Smores! 256-997-5025.

Oct 20 - Mountainineering Adventure. This 4-6 hour adventure starts with a rappel into a low light maze where we will stop and anchor part of the way down the rock wall and travel on the rock face mountain style to get to our main destination. True Adventure Sports 10am to 1pm. 256-997-9577.

Oct 22 - Bouldering Adventure Atop Lookout Mountain. Come experience first-hand what bouldering is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. We will climb on some of the best boulders atop Lookout Mountain. No prior climbing or bouldering experience is needed. Meet at True Adventure Sports. 2pm to 6pm. 256-997-9577.

Oct 23 - Valley Head Homecoming Parade. Line-up will begin at Valley Head High School at 4:30pm and parade will begin at 5pm to make the traditional loop around downtown. If anyone is interested in participating in the parade, please contact Mrs. Hulgan at 256-635-6228.

Oct 23 - Afternoon Rock Climb. Come experience first-hand what rock climbing is all about in the rock face mountain style guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. Meet at True Adventure Sports. 2pm to 6pm. 256-997-9577.

Oct 24-26 - Spookapalooza! Weekend at DeSoto State Park. Fun for the entire family... snacks, treats, costumes, and excellent slap-your knee & shiver storytelling! Join us here at DeSoto State Park for a weekend of fun events. Movies, treats,
games, storytelling & more are in store during this popular annual event. All events are free to the public & great for all ages! 256-997-5025.

Oct 24 - Rock Climbing Adventure. Nestled in the NE corner of Alabama are some of the best and unvisited sandstone cliffs in the county. Come experience first-hand what rock climbing is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. 2 p.m. to 6 p.m. 256-997-9577.

Oct 24 - Storytelling Campfire Talk: Haunts & Happenings. Author Steve Stratton from Huntsville, Alabama & storyteller Lee Piskorz from Scottsboro will entertain in this spooky storytelling campfire talk. Steve will read out loud from his deliciously spooky books, One October & Plainridge. Afterwards Lee will make chillies shiver up and down your spine with her spooktacular haunting stories. Great for all ages! Be sure to bring your own comfortable camp chair or blanket, as seating is limited. DeSoto State Park’s Improved Campground at the James L. Wynn Campfire Ring. Gate will be open to the public 30 minutes before the movie. In case of inclement weather, the program will be in the DSP Nature Center (next to the Country Store) 5 p.m. to 6 p.m. Free & Open to everyone. 256-997-5025.


Oct 25 - Bow Drill Class. The bow drill is a simple tool used to ignite a small pile of dried tinder, useful in making a fire. Everything you need will be supplied to make your own bow drill set; Participants may bring their own full tang or rat tail knife (No pocket knives for safety reasons please). A few knives will be available on a first come first serve basis. Class will start with a basic knife safety course, and during the class you will make your own spindle and heath board. A demonstration will be given on the construction and use of the bow drill, and participants will be given a collapsible bow, hand hold, dust pan and a bag to put your bow set in. 10am to 5pm. DeSoto State Park Picnic Area. $20 supply fee. Pre-registration is required, as class size is limited to 20. 256-997-5025.

Oct 25 - Growing Up WILD for Preschool Children: Mask Making. Little River Canyon Center; 10:30am to 11:30am. Free. Some programs may have limited space so pre-registration is encouraged. 256-845-3548.

Oct 25 - Moon Lake Harvest Festival 5K Race. Registration will begin at 7am at the MERF House. Register by mail for $25 with an application, available at the school or Mentone Market, or online at www.racesonline.com for $27. All participants who pre-register will receive a T-shirt. Race day registrants will receive t-shirts if available. All proceeds go to Moon Lake PTO on behalf of 1st and 3rd grades. 256-899-7405.

Oct 25 - All Paws Halloween Costume Contest: Something Furry This Way Comes! What creature is lurking underneath the furry coat of your dog? Is it Dracula? A fairy princess? A pirate? Join JSU's Little River Canyon Center staff for fun, treats and prizes! Little River Canyon Center. 1pm to 2:30pm. Free and open to everyone! 256-845-5348.

Oct 25 - Spookapalooza Fun & Games. Join DeSoto State Park staff & volunteers for a great afternoon of fun & games. Pumpkin Decorating, Halloween Bingo, bobbing for apples, moon bounce, slides, rub-on tattoos & more! DeSoto State Park’s Improved Campground in the Campfire Ring/Pavilion area. Gate will be open to the public. In case of inclement weather the games will be cancelled. 2:00pm ending around 5:15pm. Free. & open to everyone! Great for all ages! 256-997-5025.

Oct 25 - Trick - or Treating. Come have some fun in DeSoto State Park’s Campground and wear your favorite costume if you wish! Candy stations are located throughout the campground. Parents must accompany children at all times. Dress up your pets and bring them along! (Always on a leash) Gate will be open to the public starting around 3:30pm. Free & open to everyone; Great for all ages! 256-997-5025.

Oct 25 - Storytelling Campfire Talk: Spooks in the Valley. Learn about some of Alabama’s finest spooks, legends and folklore from JSU Field School’s Renee Morrison. DRESS WARMLY & be sure to bring your own camp chair or blanket, as seating is limited. Great for all ages! DeSoto State Park’s Campground Campfire Ring. Gate will be open to the public 30 minutes before the program. In case of inclement weather, the program will be in the DSP Nature Center (next to the Country Store) 5pm to 6pm. Free & open to everyone. 256-997-5025.

Oct 26 - Hobo Mess Kit Demonstration. Join Robert Wilson for a demo on how to put together a useable hobo mess kit super cheap, as well as making a hobo stove and a pot and bail to cook in. 1 pm to 3pm. DeSoto State Park Nature Center (Next to the Country Store) Free & open to everyone. Call 256-997-5025.

Oct 28 - GPS Basic Training and Navigation Class, Part 1. Learn how to use a map, compass, and a handheld GPS. Learn basic navigation and how to pinpoint a location for quick return, or quick rescue. Also learn how to search by waypoints or coordinates. True Adventure Sports 10 am to 4pm. 256-997-9577.

Oct 30 - Made in DeKalb Expo. Manufacturers and craftsmen from across DeKalb County, Alabama, will showcase their products. High school students will have the opportunity to review local manufacturing career options. Northeast Alabama Agri-Business Center. Free to the public.

Oct 30 - Wild Cave Tour. Explore in one of NE Alabama’s most unique all-weather caves, Manito Cave, in the heart of Fort Payne. Adventure includes helmet, cave lamps plus an informative guide. Meet at True Adventure Sports. 3 pm to 5:30pm. 256-997-9577.

Nov 1 - Moon Lake Harvest Festival. Come out and enjoy food, fun and games for kids of all ages. 4pm to 7pm. 256-634-4113

Outreach Ministry) and the Food Bank of North Alabama. Mentone Fire Department meets the 3rd Monday of every month at 7pm. Mentone Town Council meets every 2nd Tuesday at 6pm.

The Lookout Mountain Wholistic Center meets the 1st & 3rd Wednesday of every month at Rock Ridge Retreat Center in Valley Head at 6:30pm. Everyone is welcome! Mentone Farmers Market open year round every Saturday, 10am-1pm.

Storytime at the Canyon Center every first Saturday of the month. 11am-Noon. Free.

256-782-5697.

NPS Green & Gray Saturday every second Saturday of each month at the Canyon Center. 10am. Free. 256-782-5697.

Little River Canyon Center River Rhythms Nature & Art Family Fun Program every fourth Saturday from Jan-Oct. 1pm - 1pm; No Fee. Call Renee Morrison at 256-782-5697.

Valley Head School CHAMPS meet the first Monday of every month at 6pm in the Gym. The Mentone Business Association (MBA) will meet the third Monday of each month from 6-7pm.
Colorfest is made possible from the support of these sponsors depicted on the autumn banners. Be sure to go out and support them!
Examples of Moon Lake student artwork in the styles of Mondrian and Jackson Pollock.
Pastor - 845-4314. Everyone welcome. Wednesday at 6:30PM. Steve Schrader, class or Lent/Advent services every 1519 Smith Gap Road (County Road Prince of Peace Lutheran Church Saturday at 6:00 p.m. in bilingual. Friday at 9:00 a.m. in English and Thursday at 6:00 p.m. in English, at 10:00 a.m. and 1:00 p.m. in Spanish. Payne holds Sunday mass in English Church. Visitor holds services in the Woodmen of Church. All are welcome. Lea's Chapel Baptist Church welcomes you to worship with us. 10AM Sunday Bible Study, 11AM Morning Worship, 6PM Evening Worship. Wednesday 6-8PM Awana (ages 4 to 18); 6:30pm Praise and Prayer time. Located at 4212 County Road 751, Valley Head. 635-1001. Visitors are always welcome at the Valley Head United Methodist Church. Please join us each Sunday morning for a traditional worship service at 9:30AM. Tony Gunter is the Pastor. All are welcome.

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: 9:30-10:45AM, Worship Service 11:00-12:15. Pastor - Wilbur Atwood; Lay Pastors - James Hartley and Ryan Bunnel.

Our Lady of the Valley Catholic Church on N. Gault Avenue in Fort Payne holds Sunday mass in English at 10:00 a.m. and 1:00 p.m. in Spanish. Tuesday at 6:00 p.m. in English, Wednesday at 5:00 p.m. bilingual, Thursday at 6:00 p.m. in English, Friday at 8:00 a.m. in English and Saturday at 6:00 p.m. in bilingual.

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Worship

The Sunday morning services at Winston Memorial Presbyterian Church are held at 9AM each Sunday, except no services on 5th Sunday. Rev. Jerry Davis is our minister for these services.

The Valley Head Baptist Church invites you to attend Sunday School at 10AM; Worship Service at 11AM; Sunday Evening Worship at 6PM; Midweek Service (Wednesday) at 6PM; Women on Mission meets at 1PM the second Tuesday of each month at different homes. Everyone is welcome to come.

Lea's Chapel Baptist Church welcomes you to worship with us. 10AM Sunday Bible Study, 11AM Morning Worship, 6PM Evening Worship. Wednesday 6-8PM Awana (ages 4 to 18); 6:30pm Praise and Prayer time. Located at 4212 County Road 751, Valley Head. 635-1001. Visitors are always welcome at the Valley Head United Methodist Church. Please join us each Sunday morning for a traditional worship service at 9:30AM. Tony Gunter is the Pastor. All are welcome.

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Walnut Grove Baptist Church on Highway 11 North of Fort Payne, welcomes everyone at Sunday School 10AM, Worship Service at 11AM, Wednesday night youth meeting at 6PM, and Wednesday night Prayer Meeting at 6:30PM.

The Fort Payne Christian Center and Pastors Ken and Elaine Hollman invite everyone to join in Worship on Sunday at 10AM, Wednesday evening at 6PM. God Bless You.

Grace Presbyterian Church (PCA), 5760 Gaul Ave. NE, Fort Payne, AL. Sunday School 9:45AM; Sunday Worship 10:55AM. Church office: 256-845-4756.

Menlo Church of Christ invites you to attend the 10AM and 11AM services and evening services are at 5PM on Sundays and Wednesdays. Visitors are always welcome.

Mount Calvary Baptist Church, Cloudland, GA, welcomes everyone to come and take part in our church services. Sunday School at 10AM; Worship Service at 11AM, Sunday evening at 6PM, and Wednesday evening at 7PM.

DeSoto Church of Christ invites you to attend Sunday Bible Study at 10AM, Worship at 11AM, Wednesday Bible study at 5PM.

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


Mentone United Methodist Church, 415 Cutler Avenue, Mentone, Alabama invites you to come and worship with us. Each Sunday, our Worship Service is at 11AM and Sunday School is at 10AM. Tony Gunter is the pastor. The service of Holy Communion is celebrated the first Sunday of each month, the second Sunday is Youth Sunday and Fifth Sunday is a service of music and pot-luck lunch. Bible Study Wednesdays at 6:00PM.

Moon Lake Baptist Church invites you to worship with us. Sunday School begins at 9:45AM, with classes for all ages. Morning Worship is at 11AM. The Lord's Supper is observed on the first Sunday of September, December, March and June at the morning worship hour. Discipleship Training is at 5PM and Sunday Evening Worship at 6PM. On Wednesdays, Team Kids, Youth Bible Study, Adult Bible Study and Prayer Meeting are all at 6:30PM. Rev. Terry Turner is the pastor.

Alpine Community Church, 115 Hwy. 337, Mentone, GA. Pastor and Rev. Tommy Pledger welcome each and everyone to worship service Sunday morning at 11AM GA time; Sunday School 10AM GA time; Wednesday night Bible Study 7PM GA time.

Summit Church of God invites you to be in service Sunday morning 10:45AM, Sunday night 5PM, Wednesday Bible Study 6:30PM. Pastor Lance Kincaid invites everyone.

Mentone Church of God of Prophecy - regular service times are Sunday School at 10AM, with Worship at 11AM. Evening services begin at 5:30PM on Sunday and 6PM on Wednesday. Bro. Whitney Smith invites everyone to attend.

Mentone Community Church, 90 Summerville Rd, Mentone, AL 35984. Pastor Tim Miller; Crosswalk Sunday School K through Adult - 9:15am; JC Kids Worship Service - 10:30am; Van Ministry for Children pick-up/take home, ages k-12, for all surrounding areas 8:15am. For children pick-up and drop-off van, please call Donna Bunn 706-398-0720. Wednesday small group study - 6:30pm.

Cloudland Presbyterian Church welcomes everyone to come join us for services, with Pastor Roger Kvam. Bible Study Sunday at 9AM (EST) and Worship at 10AM (EST).

Since 1889 worshippers have gathered at the Historic First Presbyterian Church PC (USA) at 300 Grand Avenue North in downtown Fort Payne. We invite you to join us for worship this Sunday at 10:55AM. 256-845-2915.

New Oregon United Methodist Church located off DeSoto Parkway, would like to invite you to their services. Sunday School for all ages 9:45AM; Traditional Worship Service 11AM. Sunday evening youth activities 5:30PM. Evening Worship 6PM. We have a variety of activities for all ages including Wednesday evening youth activities; knitting ministry for ladies each Tuesday at 9AM; Elderberries for Senior Adults once a month for fellowship and meal. Pastor Jeff Davis, Associate Pastor Keith Davis. Address: 1203 New Oregon Dr., Ft. Payne, AL 35967. Phone 256-845-7446.

The Church of God 7th Day Church located just off Hwy. 11 N. at corner of Hwy. 117 and Palmer Road. Sabbath School classes at 9:30AM and Worship Service at 11AM. Visitors are always welcome.

Send any changes to The Groundhog at groundhognews@aol.com or P. O. Box 387, Mentone, AL 35984.
The Life and Legend of Granny Dollar

By Will Dillard

What constitutes a legend? According to the dictionary “It is a story in which a kernel of truth is embellished to an unlikely degree”. This I believe is a good description of the legend of Granny Dollar.

This is the third in a series of articles published in The Groundhog. I will attempt to separate fact from fiction and maybe provide some new information to the many Mentone residents who know most of the story.

The Jukes murder trial and moving to Atlanta; After the roundup and removal of the Cherokees from Alabama in 1838, which Nancy and her family had escaped by hiding in Saltpeter Cave, life for the Callahans returned to normal. In Nancy’s case she would have been learning more about herb medicine and being a midwife to the local women.

According to Nancy’s account, one day a neighbor came running into their yard screaming and crying. Not knowing why she was crying her father was finally able to get the woman, Mrs. Jukes, to tell him what had happened. She said that her husband had gotten into a terrible fight with a travelling peddler. William Callahan gathered a few white neighbors and went to the Jukes home to check it out. No one was at home so they looked around and found some blood in the horse lot and on some nearby bushes. They followed the horse tracks through the woods and soon came to a thicket of briars and saw that something had been tossed into the thicket. There they found the body of the peddler covered with leaves. They continued to follow the horse tracks until they found the horse at a little store.

Nancy said that her father had a quick temper so that when he went in and accused Jukes of killing the peddler and Jukes replied that maybe Callahan had killed him, a fight ensued. Both were wrestling and hitting each other and it seemed both were fairly equal until William bit off a part of the nose and part of one ear of Jukes; that ended the fight. Jukes and his four sons were arrested for the killing of the peddler. William Callahan was afraid that the Jukes family might take revenge on him and his family and his neighbors suggested that he leave the area until after the trial. He loaded his family and began the long and slow trip to Georgia.

When the Callahans arrived in Georgia, probably in 1845, Atlanta was known as Marthasville and Nancy would have been 19 years old. Evidence indicates that they probably settled in Gwinnett County southeast of Decatur. A couple of years later Marthasville became Atlanta and Nancy, who was now 21 began hauling goods from Atlanta to the outlying stores about 30 miles away.

She would purchase her goods from Kile Brothers Wholesale in Atlanta. (Author note: In all previous references the name has been spelled as Kyle but research shows that the correct spelling is Kile. The store was owned by O.G & Thomas Kile and was located at the intersection of Peachtree and Marietta Street, known today as Five Points. An interesting side note is that the first mayor’s election for the city of Atlanta was held at the Kile Brothers Store on Jan. 29, 1848). According to Nancy’s account she used a covered wagon known as a tar-pole wagon. She (cont’d on page 17)
NEW LISTING

MOVIE TO MENTONE and live in this wonderful home on the brow. 1.97 acres, 4 bdrm, 3 bth. Open concept living room, kitchen combo, with gas log fireplace. Formal dining room. Separate 30x40 garage/workshop. Native flower landscaping with rock outcroppings, garden fountain pond. Auto sprinkler system. Screened porch with multiple decks for your sunset views. So much amenities. $339,000. (23021)

NEW LISTING

THE GALLERY. 3 bdrms, 2 bths, living room with ceramic wood burning insert. Heart pine floors, ceiling beam. NEWLY BUILT w/ open floor plan, great room, eating kitchen, living room, bedrooms, full bath, covered front porch. $169,900. (23091)

NEW LISTING

CHATEAU BLEU COMPOUND. California style in serene country setting. 2 story Herringbone brick home complete with archway entrance. Porches overlooking Lake, fields, old home place and the ridges beyond. Inside on main level, walk-in to the foyer that opens into the great room, dining with travertine FP. Gourmet kitchen with high end appliances, granite counters, eat-in bar, cherry cabinets throughout entire house. Master with glamour bath, dressing room. The Guest Cottage is 3 bdrms, 1 bth, living room with ceramic wood burning insert. Heart pine floors, ceilings, and walls. The old home place on property was built in 1895 when the land was homesteaded. Even the African geese stay and all the wildlife abound! Total of 90 acres. $974,900. (23094)

Lands and Acreage

OLD HOMEPACE next to Shady Grove Dude Ranch. 1.7 acres. Great building sites. Non-restricted. Reduced $18,500 (21599)

5.7 WOODED ACRES with a beautiful view across from Lake Lahusage. The driveway has been started to build your M entone getaway! Paved road frontage, city water available, perc tested. Lightly restricted. Seller is very motivated! REDUCED $49,900 (19865)

1.66 ACRE TRACT with septic, county water, well, and power. Lightly restricted. Cleared and ready to build that cabin in the woods! $18,000 (22747)

EAST BROW tract located Valley View Forest. Georgious views of Weiss lake in the distance. Camping shed, hot stove, outside deck, fire pit. Parklike setting, rock formations. $90,000.

2.1 ACRES on the East Fork Little River. Easy access to the river from common trail that runs along the banks of the river. Nice view. Water available. $175,000 (22824)

2.0 ACRES located on Desoto Parkway. Relax in this completely remodeled 3b, 2ba kitchen combo, large living room, hardwood & ceramic tile. Amenities include CHA, wood burning stove, and separate workshop for your projects, along with a fenced in garden area. On the front covered porch overlooking the nicely landscaped yard with fruit trees, and enjoy a cookout on the back patio. A must see! Appt Only. $169,900. (23091)
Home Tour (cont'd from page 1)

Johnson and Sally Cook Williams. While in that area visit Camp Juliette Low during their Fall Open House.

Tickets good for both days will be available at Mentone Town Hall in downtown Mentone during tour hours on Saturday, October 25, 9am-5pm, and Sunday, October 26, 11am-4pm. The cost is $10 per person.

A Silent Auction will again be held in conjunction with the Home Tour. Auction items will be displayed at the Mentone Town Hall where tickets are sold on the weekend of the tour. Bid on paintings, ceramics, photography, jewelry, restaurant meals, vacation rentals, native plants, handmade items, antiques, camp sessions, home accessories, classes and much more. This year, bidding will once again be available online at www.mentonearts.com. The auction ends on Sunday at 3pm.

This event is the major source of funding for MAAC projects such as the rock entries, flower plantings in downtown Mentone and the series of classes, tours and lectures. This year, MAAC hopes to expand on the welcome sign area on Hwy. 117 by creating an overlook, complete with rock posts and locust wood railings, and landscaping.

We are still recruiting volunteers and collecting silent auction items. Contact bj Bates@bellsouth.net or mentonearts@gmail.com to volunteer, donate or if you have questions. Be sure to visit www.mentonearts.org for more details as they are added.

Granny Dollar (cont'd from page 15)

maintained the wagon, including removing the wheels to grease the axles when needed. During the years she had two sets of mules, the first set was Sam and John and the second set was Beck and Jake.

Nancy would pick up loads of molasses, meat, salt, gunpowder, lead bullets, shoes, dishes, wagon wheels and cards. The slaves at Kile Bros. would load the wagon and the store owners would help to unload. One of the stores that she has stated that she delivered to was run by a man named Porter and I have found records to indicate that this store was located in the area around Lawrenceville.

It was at this store that she met the owner's son, Thomas Porter who became smitten with Nancy. It was located in the area around Lawrenceville. In the next article…. Nancy finally finds love. 

In the next article…. Nancy finally finds love. 

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Nancy's father William had joined the Confederate Army and fought for 2 or 3 years before the Battle of Atlanta on July 22, 1864. When the federal troops began attacking Atlanta, William sent word to his daughter to not come into town for goods but to stay home and protect the family. She later stated that she could hear the cannon shot from 30 miles away and would never forget the sound. She has stated that her father was killed during that battle but due to the fact that not many records were kept of American Indians fighting in military units at the time I have not been able to confirm that fact but we do know that no further mention is made of William Callahan.

In addition to this loss Nancy also suffered the loss of her fiancé. I have been able to document that he was captured on July 22, 1864 during the Battle of Atlanta and was sent to a prison camp at Camp Douglas, Illinois where he died early in 1865. Nancy continued to mourn her loss for the next 40 years.

After the war Nancy continued to haul goods until one of her mules died, she then stopped hauling and moved her family back to Alabama, probably around 1867.

There has never been much reported about Nancy's brothers and sisters, many of whom would have been adults by the time the Civil War began so there is no way to know if some remained in the Atlanta area although a search of cemetery records for the counties east and south of Atlanta do list many Callahans as well as many Alabama counties around Sand Mountain and Lookout Mountain. In the 1928 Progressive Farmer article Nancy stated that all of her brothers and sisters were no longer alive.

In the next article…. Nancy finally finds love. 

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**3 BEDROOM, 2 bath home on 2.5 acres.** All appliances, central heat and air, deck and screened porch, gas logs. $199,500. MLS #1003499.

**Mountain Laurel Inn...7 acres.** Main Residence, Guest House and Gathering House. Call for more details. $479,000. MLS #917483.

**HAL MARGAIN.** Lg 3 BR/2BA home blocks from downtown Mentone. Screened porch, lrg BRT, open floor plan, garage, lrg bonus room, wood burning stove, workshop plus storage bldg, fire pit, and more. $289,900. MLS#1001478.

**Custom Log Cabin on 4 secluded acres.** This is a great mountainside get-a-way for a little price. $110,000 MLS #564870.

**45 ACREs** on the West Brow of Lookout Mountain. Main house, guest house, rock walls and so much more. $648,000 MLS #15966.

---

**3 BEDROOM, 1 1/4 bath home on 2.75 acres near downtown Mentone.** Kitchen appliances, central heat and air, screened porch. $167,500. MLS #1002623.

**BEAUTIFUL Mountain Get-away with gorgeous view year round.** 3 bedrooms, 2 baths, shake-sided outside w/low maintenance metal roof. Nice eating area in open kitchen. Deck. $269,000. MLS #621178.

**Investment or Personal Retreat!** Open design, 1BR/1BA being sold fully furnished. ONLY $19,900. MLS #499665.

**EAST FORK Little River/Lake Lahusage, stone cottage w/FP, new porch & deck, new doors/windows, new HVAC, new dock & walkway, new fence, new paint. Most furnishings remain!** $258,982. MLS #762331.

**LAKE LAHUSAGE in your back door!** Bank owned 2BR/2BA cottage AND 2-car garage with apartment potential. $247,500 MLS #654813.

---

**COZY 1 BEDROOM, 1 bath cabin in Laurel Creek Lakes Subdivision.** Kitchen appliances, central heat and air, gas logs. $157,500. MLS #1003489.

**LOOK OUT at DeSoto Falls!** Building lot with a darling 1 bedroom cottage ready for use. $465,000 #997016.

**Secluded, Custom log cabin, 2BR/2BA, wooded lot, 2+ acres, security system, privacy gate, detached storage.** $279,500 MLS #338039.

**Impeccable Brow View!** 3BR/3.5BA home, custom commercial kitchen, with many extra features. Must See! $450,000 MLS #333809.

**Lake on the Brow!** 2.37 acre lot, 3BR/2BA cabin, screened porch, incredible view. Lake access. $259,500 MLS #421306.

---

**OWLS ROOST!** Adorable cabin in Crestline Subdivision featuring and open living concept. $128,000 MLS #6902532.

**Daniel Boone Log Cabin on 2 acres!** Plenty of room with 2BR/2.5BA, unfinished basement and large balcony. $225,000 MLS #621178.

**Highland Springs Subdivision near downtown Mentone!** 2BR/2BA cabin on 1.23 acres. $155,500 MLS #539224.

**Bear’s Lair – Adorable cabin currently in a rental program.** 3BR/2 BA with a brow view. $299,900. MLS#692795.

**BRICK HOME w/ 5000+ sq. ft. on 3 acres.** 3 BR, 3 BA. 2 half BA. Two levels of patios and decks, gourmet kitchen w/ appliances, 10 ceilings, $385,000. MLS #1002111.

**OVER 550’ OF BROW FRONT-AGE.** Rock entrance & retaining walls. Restore this 3 bed/2bath home to its original splendor. Features LR w/rock FP, Florida room, dining, screened sleeping porch, in-ground pool & pavilion. MLS# Guest Cottage with 1400 sq. ft. 2 rock FP’s, 2 car carport. Walk to Mentone. $600,000. MLS #1002249.

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**LOTS AND LAND**

- **7.13-acre lot in Mountain River Estates Sub.** $49,500. MLS #656265.
- **1.95-acre lot at Lake on the Brow Subdivision.** $44,900. MLS #984141.
- **1.02-acre lot in Hidden Lake Subdivision.** $55,000. MLS #762351.
- **1-acre lot in Hidden Lake Subdivision.** $50,000. MLS #665968.
- **1-acre wooded, Lakefront Lot in Private, Gated Subdivision.** $55,000. MLS #945265.
- **7.8 acres border Armstrong Creek and Webb Branch.** $47,500. MLS #581146.
- **4.4 acres - East Fork of Little River.** $29,900. MLS #641045. 400’ deep lot located south of Mentone on DeSoto Parkway. $149,900. MLS #653447.
- **Two wooded lots on Butler Avenue in Mentone.** One lot offered at $19,900 and both at $37,500. MLS #682942.
- **Corner lots in secluded and private subdivision walking distance to East Fork Little River.** $29,900. MLS #939557.
- **106’ of prime brow view with paved road frontage.** $109,500. MLS #403694.
- **Lakefront! 200’ of water frontage and 169’ on paved road frontage.** $55,900. MLS #654943.
- **1.47 Acre Lot located in Mentone close to DeSoto Falls and West Fork of Little River.** $25,000. MLS #548635.
- **3.37 Acres in Day Spring Subdivision.** on County Rd. 165. $29,900. MLS #528357.
- **5.8 Acres on N. County Rd. 89** $199,000. MLS #735984.
- **12.1 ACRES.....mostly wooded on CR641.** $48,500 MLS #652461.
Member Highlight: Otherworld Gifts

By Joyce Hoffman
MBA Member

Do you “shop Mentone”? I get the feeling that many of our local residents assume that there’s nothing much new in Mentone, so don’t spend time investigating our little downtown shops. We all see a good number of tourists, but very few locals. I’d like to encourage each of you reading this to take a little time to re-acquaint yourself with what is available here—from the White Elephant to Log Cabin Village to The Hitching Post to Mentone Market and eastward. Don’t forget there’s more—at least five more—from Little River Hardware to Ayers Antiques. And to the West, there’s Miracle Pottery and J. Spencer’s Restaurant, not strictly in Mentone, but close enough to be included on our downtown map and to be part of our Mentone Business Association. Among all these, there are probably new shops you’ve never visited and some of those that have been here for years have changed their products and décor several times, trying to accommodate all of their potential customers.

To assist you in your “exploration”, we’re going to highlight one of our MBA members this month and are planning more in future months in The Groundhog. This month we highlight Betty and Bill Dunavant at Otherworld Gifts in the Log Cabin Village. They’ve been there over five years, selling soaps, oils, leather journals, and more. However, of all these items, their most popular item is the hand-made hand cream, and more. However, of all these items, their most popular item is the hand-made soap. They’ve even been there over five years, selling soaps, oils, leather journals, hand cream, and more. However, of all these items, their most popular item is the hand-made soap. They’ve even been there over five years, selling soaps, oils, leather journals, hand cream, and more. However, of all these items, their most popular item is the hand-made soap.

I asked Betty how she got into this business in Mentone. She started out over five years ago, working with Rev. Laurie Shaw-Lee in the littlest cabin on the end with a business they called Magickal Ways. At the start, they offered “tarot readings and a variety of magical items.” When Laurie left, Betty continued on with husband Bill and their gift items slowly evolved to what they have today. They’re now in the largest cabin in the village, still do tarot readings, and have a large variety of gift items (some of which may still be magical).

So, how did the soap-making start? A few years ago, Betty’s daughter had a serious skin problem and store-bought soap seemed to just aggravate her condition. Betty decided she’d do some research and experimentation to see what she could come up with to help. After many attempts with different ingredients in various quantities and mixtures, she finally created a soap that worked great and kept her daughter’s skin feeling comfortable with no more problems. It worked so well that she decided to make more to offer for sale at her shop. She now makes her soaps with olive oil, shea butter, coconut oil, hemp oil, soy, and no perfumes or dyes. She changes ingredients to create different fragrances and to address specific skin problems. One of her latest is a black soap made with Charcoal that works well to treat Acne and Psoriasis.

Like many who operate shops in Mentone, this isn’t Betty’s “day job.” She works five days a week at Roper’s in La Fayette, GA, then comes up to open her shop in Mentone on weekends. She enjoys the weekends, visiting with friends new and old, rocking in her chair on the porch of the shop, and seizing the opportunity to display the results of her creative side. She and Bill constantly update their products with any new ideas that they have to offer more new and unique items to their visitors. I asked her what she liked best about operating a business in Mentone—it’s the friendly people, the beautiful surroundings, and the small-town feeling around Log Cabin Village and Mentone in general. And, what are your biggest complaints and problems? None! She said she really has no complaints, except that she thinks we need some way to slow down the drivers that come through town.

As a final question, I asked her what suggestions she’d have for someone thinking about starting a business in Mentone. She said that probably the most important thing is to find a product or products that are different and unique. If you can come up with items that aren’t available elsewhere, you’ll probably do well. Of course, the location is also important and she’s found the Log Cabin Village to be a popular area for visitors, so is happy with her shop located there.

And that’s our MBA member highlight for this month. Our next MBA meeting is the 3rd Monday of October, the 20th, from 6:00 to 7:00 at the MERF House and you’re all invited. As we’ve said several times, join us, contribute your ideas, and help us help the local businesses to be as successful as possible.
Sage Advice - My Favorite Season!

By Susan Seago  
Co-Owner of Earthly Elements

It's still warm but the days are getting shorter so the heat is not so intense. With temps in the mid 80’s, it is a great time for gardening. We need some rain but September is normally one of the dryer months, so you will need to do some watering. Watering deeply twice a week is good for the garden. Mulching the garden also helps to retain the moisture. Remember, the large trees get the water first, then the other plants can have a drink. Did you know a big oak or maple will use several hundred gallons of water every day? Most of this water comes from underground sources, but in dry conditions, the water from your garden hose goes to the big trees first.

Evidently, I am not the only one who let weeding go by the wayside during the hot days of summer. Now we have to pay our dues and clean out the weeds and grass. I suggest that once you clean up your garden, and after you plant any new shrubs or flowers, that you use a weed preventer before adding pine straw or mulch. Your gardens will stay mostly weed free for the fall and winter months.

There are several plants that can enhance your garden for the fall and winter seasons. Some perennials include coneflower, goldenrod, asters, Sheffield mums, and garden mums. All provide bright vivid colors during the season. One of the prettiest shade plants to bloom in the fall is the toad lily (tricyrtis). In September and October, tiny orchid shaped blooms appear at each leaf node to provide striking color. And the Sheffield mum begins its show in late September through October, also. Get a little of this from a neighbor and plant it so it has plenty of room. By next fall, it will cover a three-foot area with beautiful daisy-shaped flowers.

Winter color can come from evergreens, camellias, hellebores, pansies and kale. All these can be planted in early fall. Beautyberry bushes are blooming now and producing the lovely purple berries that the birds enjoy during the winter. If you haven’t seen a beautyberry bush, check with your garden center. They should be in stock now. The Encore azaleas bloom again in the fall as do the weigelas and loropetalums. Your garden can be as pretty in the fall as it is in the summer!

The maples and oaks always put on a magnificent display. Sourwoods are showing their fall colors now, and the dogwoods are beginning to turn that beautiful red. Oakleaf hydrangeas and fothergilla do a good job of giving red fall color, too. A ginkgo tree can be a crowning jewel in the garden with its deep yellow, almost gold, leaves. Nothing gives beautiful fall color like the Japanese maples. There is one that even has red, yellow, and orange leaves. It is the “Glowing Embers” Japanese maple.

I could go on and on. The right landscaping can give you color and texture throughout the year. Do your own research or check with your garden center for advice and suggestions to make your yard the talk of the town!

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Mentone Wedding Chapel

Nestled in the woods atop Lookout Mountain, near Mentone, Alabama, this quaint little chapel is surrounded by ferns, forest and flowers. The chapel is a scaled version of traditional Appalachian churches of days gone by. Stained glass windows filtering soft forest sunrays and soft organ music accent an ambience fitting the wedding ceremony. Inside, wooden pews will seat approximately 60 guests.

Linda Patterson, owner of the chapel, said the idea for it began with a bell, and now that bell rings as newlyweds exit the door of the chapel.


To arrange your wedding or renewing of your wedding vows, call 256-634-4181
I quickly found a prime spot to harvest the yellow root. It was in the curve of the creek where the rushing water from a rainstorm had washed out the sandy shore exposing the roots I needed. I tugged at the first root and “snap”. Only a small piece snapped off in my hand. I tried again with the same result. Even though the temps had risen into the upper 30’s, the ground was still frozen beneath the crumpled brown leaves. I kept on pulling at the roots, breaking off small brittle pieces in my freezing cold hands for about a half hour. Finally and thankfully I got enough to make a pot.

One of the great things about yellow root is, even if you do not have a lot, you can boil it down about three times and still get a potent brew. I usually boil it the first time in more water than I do the second and third time. After the first and second boil, I set the root off to the side where it can dry out. In order to prevent mold, it is wise to make sure your root is prepared properly. Candida is an overgrowth of yeast/fungus in the body and can lead to skin disorders, yeast infections, digestive problems, athlete’s foot, fatigue, headache, fibromyalgia, etc. While yellow root can help eliminate candida, it will work best if the person suffering from candida cuts down or eliminates processed foods and sugars. Depending on the severity of the candida all forms of sugar may need to be eliminated for a while. Some herbs and supplements that will also assist in eliminating candida are raw apple cider vinegar, probiotics, garlic, oregano oil and pau d’arco.

This past month I have not had any infections, illnesses or been exposed to mold, that I know of, but I have felt like it was time to cleanse my system. I took a leisurely barefoot walk, which is healing for me in its own right, making my way down to the creek behind my house where there is an abundance of yellow root growing. The woods were very still with only the sound of a small stream of water trickling through the rocks. I said a prayer before harvesting the root, like I always do. This time my harvesting experience differed greatly from last winter. The yellow root lifted from the sandy soil with uncanny ease. Gratefully I got enough for about 2 batches in less than 10 minutes.

I felt a marked difference the moment I drank the yellow root tea (decoction). After two days of drinking it I was feeling much lighter and had more energy. Honestly, yellow root is one of those herbs I would put to use in all my recipes. It is known to cleanse the body when exposed to harmful molds or fungus. It is also known to be antifungal, and a good remedy for an overgrowth candidiasis (candida), when prepared properly. Candida is an overgrowth of yeast/fungus in the body and can lead to skin disorders, yeast infections, digestive problems, athlete’s foot, fatigue, headache, fibromyalgia, etc. While yellow root can help eliminate candida, it will work best if the person suffering from candida cuts down or eliminates processed foods and sugars. Depending on the severity of the candida all forms of sugar may need to be eliminated for a while. Some herbs and supplements that will also assist in eliminating candida are raw apple cider vinegar, probiotics, garlic, oregano oil and pau d’arco.

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(continues on page 22)
category of miraculous because I have consistently detected substantial improvement after only a few uses. It has been a great ally to me for nearly 15 years. I have used yellow root for bladder infections, kidney infections, sinus infections, candida, and much more, all with great results.

Yellow Root works so well for bacterial infections because it, like antibacterial Goldenseal, contains the active compound berberine. Yellow root is a viable alternative to Golden Seal as a natural antibiotic. While there has been very little scientific research done on yellow root, berberine has scientifically shown to have antibacterial, astrigent and anti-inflammatory properties.

Many of the herbalists I have talked with, and books I have read, tout yellow root as being a great tonic and cleanser for the liver. Though, as mentioned above, through experience and research, I have also found it to be good for the kidneys, digestive tract and as a tonic for the body overall. It is not surprising that it would be good for the digestion because it helps rid the body of candida but also because it is so bitter, and bitters are known to stimulate digestion.

According to James Duke, PhD (plant guru, herbalist and author of Peterson’s Field Guide to Eastern/Central Medicinal Plants and Herbs), Native Americans historically used the yellow root internally for colds, jaundice, sore mouth and throat, blood tonic, cramps and menstrual disorders. He also states in the field guide that the American Indians also used the root externally for cancer and piles.

It would be difficult to discuss yellow root without mentioning the late Tommie Bass, a local herbalist who was nationally renowned for his herbal wisdom. The first time I ever heard of Tommie was from a book, and then I met someone who knew him well, Marilyn Henderson. I met Marilyn in the Log Cabin Village of Mentone where she was selling some herbs and handmade lye soap. We became friends and went out on many plant walks. On the banks off the Little River she identified yellow root, told me tales of Tommie Bass and that he was an avid believer in the benefits of using yellow root.

Tommie’s testimonies of the countless people yellow root helped are documented in several different books. Darryl Patton recounted in his book Mountain Medicine that the FDA actually came out to Tommie’s modest dwelling in Leesburg, AL and told him he had to quit making claims that yellow root would cure stomach ulcers and help cure cancer. Of course, Tommie did not quit spreading the gospel or helping people with the root. Instead he ended up being profiled in Wall Street Journal and Duke University published a couple of books documenting Tommie’s wisdom, Trying to Give Ease and Herbal Medicine Past & Present by Crellin & Philpott. These books contain testimonials by patients of Tommie Bass, Tommie’s words, as well as some scientific evidence supporting the claims Tommie made of yellow root being “good for what ails you.”

Tommie was a believer in yellow root for thrush (which is a fungal infection), lowering high blood pressure, aiding to heal the liver, strengthening bleeding gums, toothache, skin disorders, mouth and canker sores, diabetes, liver and gallbladder cleaner, heartburn, digestion, as an eye wash in substitute for Eyebright, an ingredient in cough syrup and as a remedy to stop smoking. Tommie said chewing on a root twig would relieve the craving to smoke; but I must say, stopping the urge to smoke is the least believable of the claims he made regarding yellow root, but it is worth a shot. I can believe, over time, it could cleanse the body of the physical addiction.

If you want to find yellow root growing, start searching along the banks of remote creeks and/or along the Little River (so long as you are not harvesting in the State Park, management area or private land). It has a compound leaf with five leaflets that grow from the top of the woody stalk. You can be sure you have found the plants if the stalk and root are yellow under the bark. Should you harvest yellow root, please use ethical harvesting practices and only take what you need of this precious herb. Ethical harvesting practices are to only take one plant for every ten that you see.

Your next step after harvesting will be to make a decoction of the root. I use a large handful of root to a pot of water and if you want specifics, a pint of cut up root to a half gallon of water will do nicely. Boil the root for 20 – 30 minutes. I let it cool and drink a wine glass full 2-4 times a day for several days. The severity of my symptoms determines how much and how often I take it. You can save the decoction in the fridge; though for canker and mouth sores, it is recommended to drink it hot and swish it around. For stomach ulcers, it is recommended to always drink the root cold.

I am grateful I am rooted in Mentone atop Lookout Mountain where the “roots” I planted have literally and metaphorically helped keep me grounded. I will be out harvesting roots and reminiscing during the fall. I am already getting inevitably sentimental thinking about “roots” and the colder seasons approaching. Roots are powerful aspects of life that help feed and heal us even when the world seems cold and everything on the surface is dormant. The word “roots” and its many meanings evokes feelings of gratitude pertaining to God, family, friends, home and healing plants. “May you be rooted in and grounded in love.” Ephesians 3:17

If you have any questions you can contact me at 256-634-0066 or message me on the Wildflower Café Facebook page. Next month we will explore the uses for some other of Lookout Mountain’s roots.
ATTENTION GROUNDHOG READERS!

Copies of The Groundhog are available at the following locations:

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<td>Waffle King</td>
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<td>Wright Properties</td>
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LOG CABIN RENTAL - Original Log Cabin, completely new inside, one bedroom, downtown Mentone. 256-418-2879.

CROSSVILLE, DEKALB COUNTY--Beautiful 10 acres. Fenced with excellent pasture. Great home and pond site with creek bordering back of property. $34,000. Owner financing. Must see. cummins@mentonecabinsrealty.com or sjchc41@gmail.com. 256-634-0444 or 256-465-1403.

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Auction – Sale 1

Oct. 25 - 10AM EDT
Former Lookout Restaurant
4500 sq.ft./w/Commercial Kitchen
2BR-BA living quarters on 2.41 acres
www.RickWyattRealty.com
706-857-6225

Lookout Mountain Cloudland Georgia, Possibilities are endless for this property, fully functional 70 seat restaurant with living quarters, well know in the area formerly The Lookout. This property has much to offer, the restaurant features a foyer, main dining room w/ stone fireplace and vaulted ceiling, outside seating on the deck, waiting area with men/women’s restrooms and check out with a private office, living quarters include a master bedroom with fireplace and vaulted ceiling and master bath w/ tile shower/jetted tub, guest bedroom and a great room with fireplace. additional information full commercial kitchen, new vent hood system, double oven, broiler,char grill,convection oven, 4504 sq.ft. 2.41acres paved parking walk-in freezer Property can be viewed by appointment or 2 hours before sale.

Auction – Sale 2

Oct. 25 - 11AM CDT
Lake home 2br/2ba fully furnished
Total remodel in 2007
140’ on E. Fork Little River
www.RickWyattRealty.com
706-857-6225

Once in a lifetime opportunity on Lake LaHausage in historic Mentone, AL. Total remodel, stucco, stone, cedar shakes, 2 baths, 2 rock fireplaces, knotty alder cabinets, pine floors, lighted walkway and dock, granite counters, slate floors in baths, 180 ft. on water, additional 12.5 acres available with a 40 X 60 garage with kitchen, bath, creek and spring. Land is wooded and open. Owner broker. Call for details. Property can be viewed by appointment or two hours before sale.

Auction – Sale 3

Oct. 25 – 12PM CDT
34.20 acres -Open Wooded Creek
1800 x 60 Runway
Tracts or as a whole
www.RickWyattRealty.com
706-857-6225

34 acres, pasture, fenced, long creek front and road front. County water, minutes from Mentone and DeSoto State Park. Also offered in tracts --Tract 1 - 1.89 acres; Tract 2 - 1.24 acres, Tract 3 - 3.66 acres, Tract 4 - 7.18 acres, Tract 5 - 5.35 acres, Tract 6 - 4.17 acres, Tract 7 - 4.99 acres, Tract 8 - 5.26 acres. Owner real estate agent. Great location. Must see.

12.5 acres Fronts Hwy 117/CR 637
40X70 Garage Creek & Spring
Sells @ Sale 2 location

12.5 acres with a 40X60 garage and workshop with a bath and kitchen. Paved drive, recent paint and cleanup. Land is open and level. Has a small creek and spring with nice rock formation along the creek. Double road frontage on Hwy. 117 and County Rd. 637. Also available with this property is a nice lakehouse on Lake LaHausage with 140 ft. on the lake. View on MLS #02475673. Selling separate or as a whole. Broker owned. Call for details. Property can be viewed by appointment or 2 hours before sale.

Co-Broker Rick Wyatt  ABL #64907