

APPALACHIAN FREE PRESS



MARCH 2022 - VOLUME 1, ISSUE 5

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Introduction

I can safely say that we are all ready for warmer weather, be it the bunched up birds in the rafters or the frustration of having to scrape my windshield, spring should come sooner than later.

This issue is dedicated to Jo Ann Bullard, as March 3rd is her birthday, and she is an incredible inspiration to us all.

So without any further ado, please enjoy the fifth edition of the Appalachian Free Press, and if you have any thoughts or any poetry or any ideas you want to pursue let us know and send us an Email at Appalachianfp@yahoo.com!

Cheers,
Ezekiel "Zeke" Streetman

Jim and Jake Possum

Not long ago, we reported that Jake the Possum had died by being run over by a car. We are happy to report that is not the case. Like the famous saying, "My demise was greatly exaggerated," it appears the same is true about Jake. Our neighbor was feeding his feral cats the other day and whom did he see? None other than Jake the Possum eating out of one of his paper plates.

He could hardly believe it. So today we are thankful for Jake's friends who rescued Jake and saved him. Now this is the story from Joe of how Jake was saved. It appears that Jake had an identical twin brother. The only difference between them was that Jake had a small black tiny patch of fur on his back. That's why we know it's Jake that our neighbor saw eating at his place.

Now Jake's brother was never careful when he crossed the street. Jake had tried to get him to listen to his warnings to be careful. Jake's brother being a stubborn Possum wouldn't listen to him. So, one day Jake tried to warn him that a car was coming as he crossed the street in front of our neighbor's house.

Jake must have tried to stop him, but he couldn't in time. In fact, Jake got hurt real bad. Now, Black Beauty, one of our feral cats in the neighborhood saw what had happened. Being that all the animals in the neighborhood liked old Jake, they carried him to his home under the porch next door.

In the meantime, our neighbor thought it as Jake and didn't know about his twin and gave him a wonderful burial in his back yard. The other neighborhood animals made a soft bed for Jake and took care of him. They loved old Jake because he had done so much for them throughout the years.

They found him food to eat and took one of our small cups of water I leave out for other cats to drink. I had wondered where that cup had disappeared to. That explains why we saw so many of our animal friends going next door under the porch.

Now the animals had their hands full. It seems that Jake took it hard that his twin didn't make it. He was very hurt and was grieving about his brother. They all tried to cheer him up. One day, a Red Cardinal Bird dropped by to check on Jake.

He talked to Jake telling him how lucky he was to have so many friends that loved him so much that they would care for him. He should be grateful to them and get better. The Red

Cardinal sang a song to Jake. Before the Red Cardinal left, he said, "Thank you for being my brother and trying to save me. You were always kind to me. The rest of your animal friends need you to watch over them. So, get well and goodbye."

It appears that changed everything for old Jake. He got better. So, when he finally made his neighborhood rounds, our neighbor knew that Jake was alive because he looked close enough to see the tiny black fur on the Possum's back who was eating on his porch. I could tell that everything now is back to normal because all the animals in the neighborhood are happy

. The birds were singing their morning songs and the squirrels were again playing in the trees. So, today being Thankful Thursday, we are thankful for all the caring animals in our neighborhood for taking care of old Jake.

Now, Miss Josie has been in the kitchen with her staff working very hard. She is making the biggest Birthday Cake you will ever see in these parts.

Now surprise Jo Ann by posting Happy Birthday to her today. Don't bring gifts but you could help out your local Animal Shelter with gifts or just volunteering. Let's surprise her! Birthdays are a big thing with her, and I know she would love you wishing her a Big Happy Birthday!

I know Jake the Possum will be by to wish her a Happy Birthday with all his friends. Having said that let's have a breakfast beverage and a Native American Proverb. A Lakota Sioux Chief's Proverb of today goes like this, "Kinship of all creatures of the earth, sky and water is a real and active principle of the Great Spirit." Thanks for coming. Enjoy your gift of today. Have a great day! We look forward to seeing you Next time!

Springtime To Hike in East Tennessee

By Stephen Magocs and Dr. Benjamin Lajos Magocs

Remember, safety always comes first. Know your limits. Be aware of your surroundings. Getting hurt while in the woods or mountains is no fun and can risk the safety of you and the rescuers. There is no shame in turning around and trying another day.

If you are going to suffer with East Tennessee's drippy nose and red, itchy eyes caused by the springtime pollen, you might as well get out and enjoy the flowers. In the area we live in, there are numerous hiking trails with some of the most beautiful wildflowers you can find in this country. The ones that I will discuss here are just a few of the shorter springtime gems. Also, remember that in addition to the colorful and sometimes fragrant wildflowers, spring hiking gives some of the best chances of the year to enjoy the pleasant cascades, rushing streams, and spectacular waterfalls created by the spring rains.



Norris Dam River Bluff Trail

Trailhead: West Side of Norris Dam, Head South on Dabney Lane and make a quick left. At the end of this twisty paved road is the parking area.

Mileage: 3 miles

Difficulty: Easy

The River Bluff Trail is a well-maintained 3 mile National Recreation Trail along the tailwaters of Norris Dam. When you see the red white and blue triangular National Recreation Trail sign you are usually in for a hiking treat, and this trail is no exception. This TVA trail gives the hiker opportunities to birdwatch (this area is a hot spot for various hawks) and enjoy the rapidly flowing Clinch River. There can be a few muddy spots near the river, but usually they are easy enough to navigate.

This is one of the most spectacular wildflower trails in the area with chances to see numerous varieties from trout lilies to trilliums. There is nothing wrong with just enjoying the flowers for their beauty, but if you want to identify the flowers, I recommend bringing a

wildflower book or app. Furthermore, if you try to identify one or two flowers each time you go out, you'll likely find that before long you'll have grown a substantial catalog of plants within your memory. On weekends this trail can be full of photographers and wildflower enthusiasts from all over the country(it's not unusual to see Ohio and other Yankee license plates in the parking lot).

Looking at the map (which can be seen at a kiosk in the parking lot), the trail is routed in the shape of a lollipop. Before setting off down the trail, I take a picture of the map for reference while hiking. Starting from the parking area, the trail goes for a couple hundred yards and forms a "Y".

I prefer to take the right fork of the "Y" as this direction gets the climbing out of the way early in the hike and gives me a pretty good chance to see some morning deer on the ridgetop. After a few switchbacks the trail levels out and follows the ridge.

This higher ground is a hotbed for little brown jugs. Brown Jugs are half inch brown rubbery flowers that hug the ground and are thus easily missed since they tend to hide under the leaves. While on the ridge, keep an eye out for a 10 foot natural arch below the trail on your left. If you look closely, you will see the top of this arch is actually a completely separate piece of rock from the side pillars. This arch was not caused by slow erosion like most arches but rather just a lucky coincidence of fallen rocks. Continuing down the ridge, there are several sweeping switchbacks with a southern exposure.

In the Spring, this area is covered with mayapples which can be identified by their broad tropical looking leaves resting on stems about 2 feet off the ground and tending to usually grow in groups. If you look under the large leaves, you can often see the hidden white flower and, on the off chance you can beat the deer, you might also get to see the small yellow mayapple fruits themselves.

The trail then takes a left at the river and heads upstream. This next mile or so has a continuous display of various flowers. The variety of blooming flowers will change from one week to the next and are very weather-dependent as to which ones will be out and for how long, so it's not a bad idea to walk this trail two or three times in the spring months and observe the changes.

The trail will eventually meet the stem of the lollipop and take you back to the trailhead. Although early Spring tends to have a lack of snakes, as they come out of their winter hibernation this section of trail often has some larger ones later in the season, so watch your step.

Summer Bonus: On the other side of the Clinch River is the Songbird Trail. There are two parking areas; one below Norris Dam and the other above the Weir Dam. The trail is about a 2 mile flat gravel loop. On the one leg of the trail that follows the river, cold water from the bottom of Norris Dam cools the air and creates what is essentially an "air conditioned" environment for any hiker wishing to get a break from the summer heat.

Falls Branch Falls

Trailhead: West Rattlesnake Pulloff, Cherohala Skyway

Distance: 2.5 miles roundtrip

Difficulty: Easy/Moderate

The falls so nice they named them twice. This hike is on National Forest Service land and is located within the Citico Creek Wilderness Area. The trails in designated Wilderness Areas are often poorly marked and are minimally maintained.

Fortunately, Falls Branch Falls is an easy out-and-back trail so navigation shouldn't be a problem for most hikers. One difference for regional hikers compared to other areas such as the Smokies and state parks that should be noted though is that the Forest Service identifies trails by numbers instead of trail names. This system may seem a little strange at first, but just keep it in mind.

To start the hike, take the trail from the parking area. After just a few yards this trail splits. Take the left fork (Trail # 87) and continue downhill for a mile or so. The trail will level off with a small mound on the right. Just past this mound the trail splits again; take the right branch.

You will now start a long downhill stretch of trail. This section is a bit steeper than the rest of the trail and is often muddy and slick, so be careful. If you have hiking poles, this is a good place to get some use out of them. This steep stretch redeems itself though by showing off a spectacular display of several different colors of Trillium.

After the trail levels off at the bottom of the hill, there are two small stream crossings both of which are easily hopped across. After the second crossing the trail goes through a large cracked rock. The left side of this crack has an impressive tree root searching for the ground.



A short steep climb through some thick rhododendron and you can get your first glimpse of the spectacular falls. To my eye it is one of the most pleasing waterfall in the region and is definitely worth of stopping for a snack to enjoy the natural beauty of this majestic 70 foot falls. When you're finished enjoying the view, it's just a matter of retracing your steps back uphill to the trailhead.

Sugarlands Area

Trailhead: From the Sugarlands Visitor Center go South on 441. Park at the first quiet walkway after the Sugarlands Nature Trail.

Distance: Pick your own, give yourself 2 hours

Difficulty: Very Easy

It is hard to call this a hike; it is more of an exploration than anything. I had a little problem including this area in this list of spring hikes, but it does have some special history that's worth seeing. You do have to decide if Pigeon Forge traffic is worth 2 hours of wandering in the woods though. Generally the trails of the Smokies are well-marked and well-maintained. This region between 441 and the river is not an official trail but is crisscrossed with quiet walkways and social trails that are both unmarked and unmaintained.

To explore this area, I prefer to park in the first quiet walkway lot and head downhill towards the river. At the river make a right and follow one of the paths upstream. As you wander along the river you will see a large concrete bridge base against the opposite bank. This used to be part of the road that linked the Sugarlands area with Gatlinburg.

Continuing up the river you will note several large stone walls on both sides of the trail. This must have been the "main street" of the settlement. This area has several sets of foundation stones, a cellar or two and a fireplace base. In the springtime these ruins are much easier to find. Just look for the patches of bright yellow daffodils! The daffodil is a non-native plant that is not devoured by deer, so they were often used for decorative garden flowers by the Appalachian people.

Over the years the daffodils planted to spruce up a homestead have become naturalized and form patches sometimes called "ghost gardens". After 100 years these yellow flowers still peek out and give you an idea where these old houses stood. This area also has a good variety of other wildflowers as well.

As you continue upstream you will notice several burned trees; these are survivors of the 2016 wildfire. If you examine the muddy patches you will also see fine black mud colored from the ash from the fire. This area is fun to explore for an hour or so, see some of the changes of nature, and have a streamside spring picnic.

Bonus: If you decide to drive all the way up to the Newfound Gap parking area, there is an unmarked trail that shadows an abandoned roadbed. At the far end of the parking area there are three posts; this is where the footpath begins. This unmarked trail lies on the remnants of the original 441 into North Carolina and eventually meets the currently used highway 4 miles downhill. This trail has some swampy sections and has plenty of blowdowns, but if you are lucky there can be a spectacular display of white fringed phacelia. In this general area I have seen a bobcat and a mountain lion so keep an eye out for prints in the mud or snow.

Spruce Flats Falls

Trailhead: Behind Smokey Mountain Institute.

Distance: 1.5 miles

Difficulty: Easy

This is another Smokies hike. To me, the real advantage to this hike is that it avoids the Pigeon Forge/Gatlinburg traffic. For some reason, this hike is not on the park map handed out at the Visitors Centers, so it is mostly free of tourists. That being said, it is still a fairly popular trail with a nice waterfall, but it is nowhere as popular as the always-crowded Laurel Falls. The last time I was here the trail signs were laminated paper with the word “Falls”.



Start on the trail behind the Smokey Mountain Institute parking area. There is a short concrete walkway near the dorms before you get to the trailhead itself. Once on the trail, go uphill for 10 yards or so and then make a right at the Lumber Ridge trail sign.

From here there are a few uphill switchbacks, but once you see the water tower, you are about finished with the steepest climbing. There are a few spots scattered sporadically on the trail where there is enough of a clearing to see down the valley. After a good rain this section of trail can be a hotspot for mushrooms.

The trail soon descends to the waterfall. This is a beautiful 30 foot falls with some nice resting rocks and a cooling atmosphere. Watch your footing on the rocks by the falls though, since they can get slippery. When you are finished enjoying your time at the falls, turn around and head back to the trailhead.

Bonus: When the trail first hits the stream below the waterfall there is a thin channel. If you can hop across in one jump there is a social trail that runs up the opposite bank. There are 3 or 4 steep switchbacks that will get you to an abandoned logging road. Take a left on this roadbed and follow it for 500-600 yards. Here you will find Honey Cove Falls below you on your left.

Conclusion

Springtime is fleeting in East Tennessee. Don't wait too long to get out and see the flowers and falls. The flowers soon shrivel and the waterfalls dry up. If you wait to get out in the hot and humid summertime, your hike will have the additional joy of ticks, chiggers, snakes and poison ivy. So make a plan and get out and enjoy the richness of the East Tennessee outdoors in the Spring.

The Pockets of Poverty

by Paradis Perdu (Charles Richey) 1991

The pockets of poverty are empty tonight,
Used by the left and ignored by the right.
Look here, stranger, won't you come and see
What this thing called poverty is doing to me ?

There's hollers in these hills and hollers in my cheeks.
There's taters in the cellar and years in most of my weeks.
There's a hunger in my belly and a longing in my soul,
And there ain't no silver lining for children on the dole.

There's coal dust in my lungs and an achin' in my bones
And evil in the wind with its high and mournful tones.
There's salvation at the altar if you reach it 'fore the grave.
I guess what I call dyin' slow's what you'd call "proud and brave".

There's sulfur in the well and whatnot in the creek.
There's a birth or death or marriage nearly every week.
There's a fire in the hole and a baby on the way;
There's a lot of things that people know and even more they say.

There's "sang" up on the ridge, black diamonds underground.
There's just as many people lost as ever have been found.
There's a lot of cracks all 'round not chinked against the cold.
Beans are done. Come on in. Believe my story's told.

Appalachian Folk Forage: Hairy Bittercress

By Aimée LaFon



***Disclaimer: I am not a doctor, nor do I pretend to be. This article is informative and only covers the traditional uses for edible plants commonly found in the Appalachian region. It's always best to consult a health care professional or medical doctor when suffering from any ailment, disease, illness, or injury before trying any*

*traditional folk remedies. ***

This Appalachian “Spring” has been like any other– inconstant and unreliable. Although I have been looking forward to this edition in hopes that the warmer weather would have already set in, I find myself in a spell of unhopefulness, wishing that spring would finally “spring up,” bringing along with it the delicious flowers, leaves, and roots of a fruitful foraging venture. However, in light of the delayed spring, this is one of the best opportunities to cover one of the most underappreciated and nutritious Appalachian plants– the hairy bittercress.

Hairy bittercress is an annual spring weed that pops up in early March in Appalachia, and it is a wonderful, fibrous, aromatic plant that makes a lovely addition to any salad, soup, casserole, sandwich, or dish. It has a peppery, mustard-like flavor that compliments any culinary creation.

What is Hairy Bittercress?

Hairy bittercress is an annual weed from the Brassicaceae family (including cabbage and some lettuces). It has a savory, herbal flavor that makes it a fantastic addition to almost any dish, and it is so common that you probably already have it growing in your yard.

Hairy bittercress is a delicious plant that pops up early spring in gardens all over Appalachia. It's commonly considered a weed, but this plant should not be taken for granted. It's well-worth eating, especially if you are going to pull it up, anyway.

Hairy bittercress, known scientifically as *cardamine hirsuta*, is an Asian and European import that crops up cool, damp weather. You'll recognize it for its weed-like presence and tiny white blossoms that appear in late February and early March.

Despite its likely invasion of your lawn, it is not an invasive plant. It grows in areas where no other plant dares to root, and it neutralizes your soil, making it more fertile for grasses and garden plants.

The only likely issue with this weed is that it grows the deepest of roots, which makes eradicating it difficult. However, in my opinion, its difficulty is an advantage. Hairy bittercress is something that we humans have eaten for thousands (if not millions) of years.



The irregularly-shaped, odd-pinnate leaves of Hairy Bittercress

Identifying Hairy Bittercress

Hairy bittercress endures cold winters and is one of the first plants to pop back up in early spring. It grows in a rosette-shaped clump with thin stalks extending upwards.

Atop these stalks are tiny, white flowers and siliques. The flowers bloom with four petals, making hairy bittercress a “cruciferous,” or cross-bearing, plant.

The siliques are the plant’s seed dispersal apparatus, and they look a bit like toothpicks or extra growths that extend from the stems.

As for the leaves, it is difficult to find other plants with similar foliage. As the name implies, Hairy bittercress has slightly hairy or fuzzy leaves. The leaves have an oval shape, but they end up looking a bit like lumpy semi-circles or pentagons as they mature.

Hairy bittercress has odd-pinnate leaves, meaning that they grow on both sides of their stem and always appear in odd numbers. These leafy stems are not symmetrical, but they are pretty close. Each alternating leaf is a bit off-center, giving each pair of leaves a bit of a diagonal look.



The white flowers and siliques



Young leaf formation on Hairy Bittercress

Is Hairy Bittercress Good For You?

Since hairy bittercress belongs to the Brassicaceae family, it is related to broccoli, cauliflower, cabbage, and kale, so it's perfectly safe to eat. In addition, it has many health benefits that rival today's superfoods.

Hairy bittercress is good for you, and it contains significant amounts of vitamin C, beta-carotene, and glucosinolates. It is also a fantastic source of fiber.

The vitamin C in these weeds will support a healthy immune system, while beta-carotene aids skin and hair health.

However, the glucosinolates in hairy bittercress make it so beneficial for you. Glucosinolates are a compound that hairy bittercress uses to ward off infections and pests naturally.

So, it is antimicrobial, antifungal, and slightly insecticidal. In the human body, these compounds help regulate inflammation and stress. They may also neutralize carcinogens, helping you prevent cancer.

Like other cruciferous plants, hairy bittercress is a fantastic, healthy addition to your diet, and you won't have to go to Whole Foods to get it. All you have to do is pick a bit from your backyard!

How To Use Hairy Bittercress

The best parts of hairy bittercress are the leaves, which have a mustard-like flavor. The peppery taste lends itself well to all kinds of food.

One of the best ways to use this dish is as an herb in meat dishes, sandwiches, soups, casseroles, and anything else that could benefit from a nutritious, peppery kick. It's also perfect for salads since it will add a delicate texture and taste to other veggies.

You can use hairy bittercress as a substitute for horseradish or mustard since these plants have similar tastes and are closely related.

You can choose to use it fresh, which is how I regularly use it, or you can dehydrate it and keep it in your spice cabinet.

To dry hairy bittercress for later use, simply pick the leaf stems off of the plant, then tie them together at the bare end with a bit of string. Hang the leaves somewhere away from direct sunlight, like near a wall or in your pantry. Once the leaves are crispy and dry (which should take a week or two), crush the leaves with your hands, a mortar and pestle, or a food processor, and store them in a clean jar.

Then, when you need to add some savory, mildly spicy flavor to your cooking, sprinkle in a pinch!

Sources

- [NC State Extension: Cardamine Hirsuta.](#)
- [North Carolina Extension Gardener: Cardamine Hirsuta.](#)
- [Science Direct: Glucosinolate.](#)

Pastor John and Hattie Field

I was just thinking how nice it is to settle down to a good romantic book or story with a cup of coffee. So today, we are Thankful for Romantic love stories.

Now Joe says he has one for you. In Dead Man's Hollow, Pastor John was getting lonely. Sure, he had his congregation but that wasn't enough. Now, Pastor Joseph was making his rounds of his churches when he stopped in to see Pastor John. Pastor Joseph and Pastor John were having coffee that morning.

"What's wrong?" asked Pastor Joseph. "What do you mean? I have a full church ever Sunday. The community is doing well, and no one seems to be getting in trouble since I arrived," answered Pastor John. Now Pastor Joseph knew Pastor John well. "I know that you are not as happy as you should be. I got the feeling that you are missing something. Being a Pastor can be a lonely life for some, especially so far out in the deep part of Appalachia,"

said Pastor Joseph. "You are right. I've had a hard life before I saw the light and became a Pastor. By now, I had envisioned having a wife and kids. Most women around here are taken or too young for me. I have a feeling that my past might have something to do with it,"

Pastor John stated. "Why sometimes you even scare me because you're a little too handy with your guns and fists? Is there anything else that I can help you with?" asked Pastor Joseph. "Well, I do need a new organ and someone to play it for church services. Do you know where I can get those around here?" asked Pastor John.

"Now I can get you an organ but there's only one person that I know that plays one. I am afraid you wouldn't like her. She's a little wild and hard to get along with. She lives up in Wicked Creek. I used her at a couple of small churches, but she didn't last long. She has a temper and doesn't like taking orders. I know she is looking for a job giving lessons and leading a church choir. Her name is Hattie Fields of the Field family," replied Pastor Joseph.

Pastor John smiled, "She sounds like she would do fine around here. I've heard of the Fields. They are a rough family. I had to tangle with them when I first got here." Pastor Joseph smiled, "Be my guest, why don't you just go up there and offer her a position with the church? I will have an organ here in three weeks."

The next Sunday, Pastor John told his congregation that he would be gone to find an organist and church choir director. They asked him where would he get one? He replied,

"Hattie Fields up on Wicked Creek." By the faces in his congregation, you would have thought he had said the she-devil of Wicked Creek.

Pastor John got his stuff and headed out for Wicked Creek the next day. He was dressed in his black suit and took his six gun and rifle with him. Big Jake saw him leave, "I guess you are ready to tangle with Hattie Fields and her brothers. Good luck with that!"

It took about a day and a half to get to Wicked Creek. Pastor John asked the Sheriff where could he find Hattie Fields? “Just go over to the Rattlesnake Tavern, she cooks and plays piano there on weekends. I think she’s there now. I bet you are Pastor John. Everyone in these parts knows about your reputation. Good luck with Hattie.”

Pastor John went into the Tavern. The first thing he heard was a voice he knew too well. “Why John, the last time I saw you were in Memphis? He couldn’t believe it. “So, your real name is Hattie Fields. The last time I saw you, I was running you out of Memphis because of all the trouble you caused! I think Pastor Joseph gave me the wrong person to ask to come work at my church,” replied John.

“No, he didn’t, he stopped by two weeks ago saying you would be by to ask me to come down and help you out. I naturally can’t turn old Pastor Joseph down,” answered Hattie with one of her most wicked smiles. “Why that old man set me up! How did he know that I knew you any way!” said John.

“Pastor Joseph is well connected. When do we start? I’m all packed if you can handle me working for you,” said Hattie. “I handled you once. I guess, I can handle you again,” replied John.

“I do recall, you handled me well enough. I still got that old ring you gave me before I got in trouble in Memphis. I’m just wondering if you still meant what you said.” Pastor John replied, “That was a long time ago. Get your stuff and we will get going. It’s against my better judgment. Now don’t give me in any trouble down in Dead Man’s Hollow,” John sternly said.

John waited outside for Hattie. He had to take a second look when Hattie walked out of the Tavern with her suitcase. Hattie was as beautiful as she was tough. She wore a nice traveling dress with a matching coat. A man brought her carriage up so she could drive it down to Pastor John’s Church. “Stop staring at me, John, that is not what a Pastor should do to a single lady. Where’s your manners?” And so they went, back to Dead Man’s Hollow.

They stopped at Deer Creek to set up camp for the night. The moon was full. They called the full moon this time of year a Lovers Moon. As they sat by the campfire, Hattie asked, “Why did you not marry me?” John didn’t want to answer. “You shot that man in Memphis. I had to get you out of town fast. You never told me where you were. I looked for you, but you just disappeared.” Hattie answered,

“I had a big reason that’s all I will say.” John pointed up to the full moon. “Remember the last time we were together. The moon was full, and it shined on your beautiful red hair. I fell in love with you that night.” Just then, a man shouted, “Can we come into your camp?” John grabbed his gun. Hattie knocked down John’s gun. “That will be my adopted daughter and my brothers. I told them to bring her here to show you why I shot that dirty old man in Memphis.

He wasn't treating her right. I had to get her away from him." Pastor John could only say, "Yes, I know. I have been looking for you for years. Now I know why you didn't tell me your real name." A twelve-year-old girl ran to her adopted mother's arms.

One of Hattie's brothers said, "So you are the one that saved our sister. You know, she once told us that she would only marry one man so when is the wedding. Pastor Joseph is waiting at your church for you to get home. We will be your best men. What do you say, Pastor John?" John looked Hattie, "As Hattie said to me once, how do you say no to Pastor Joseph.

Having said that let's have a breakfast beverage and a Native American Proverb. The proverb of today goes like this, "The Great Creator made Grandmother's full moon to warm the hearts of lovers." Thanks for coming. Enjoy your gift of today. Have a great day! We look forward to seeing you next time!

I Must Die within Sight of the Mountains

1995, revised 2020 Paradis Perdu (Charles Richey)

I must die within sight of the mountains
Those rippling shoulders of God
Lowered down to the mournful strains
Of a fiddler on fresh turned sod.

Where the blush of the blooming redbud
Freckles the springtime cheeks
And the clouds that loosed a flashflood
Cling to coves and ridges for weeks.

Lay me down beneath some ground
Where barefoot children dance
With mongrel pups and an old coon hound
And love first takes a chance.