

FROM YOUR EDITOR

HOWDY!
Your bi-annual
FOOTPRINTS
newsletter has a cowboy
western theme this time. I
hope you enjoy it as much
as I did putting it together.

This column is too small to
tell you about all the con-
tent in this issue so just
glance over to the right.

WE WISH TO THANK
OUR MEMBERS, CON-
TRIBUTORS & VOLUN-
TEERS FOR YOUR SUP-
PORT. YOU MAKE UAFA
POSSIBLE.

(With a western twang)
Always hang your horse-
shoe open side up so yer
GOOD LUCK don't run
out!

Cindy Hale



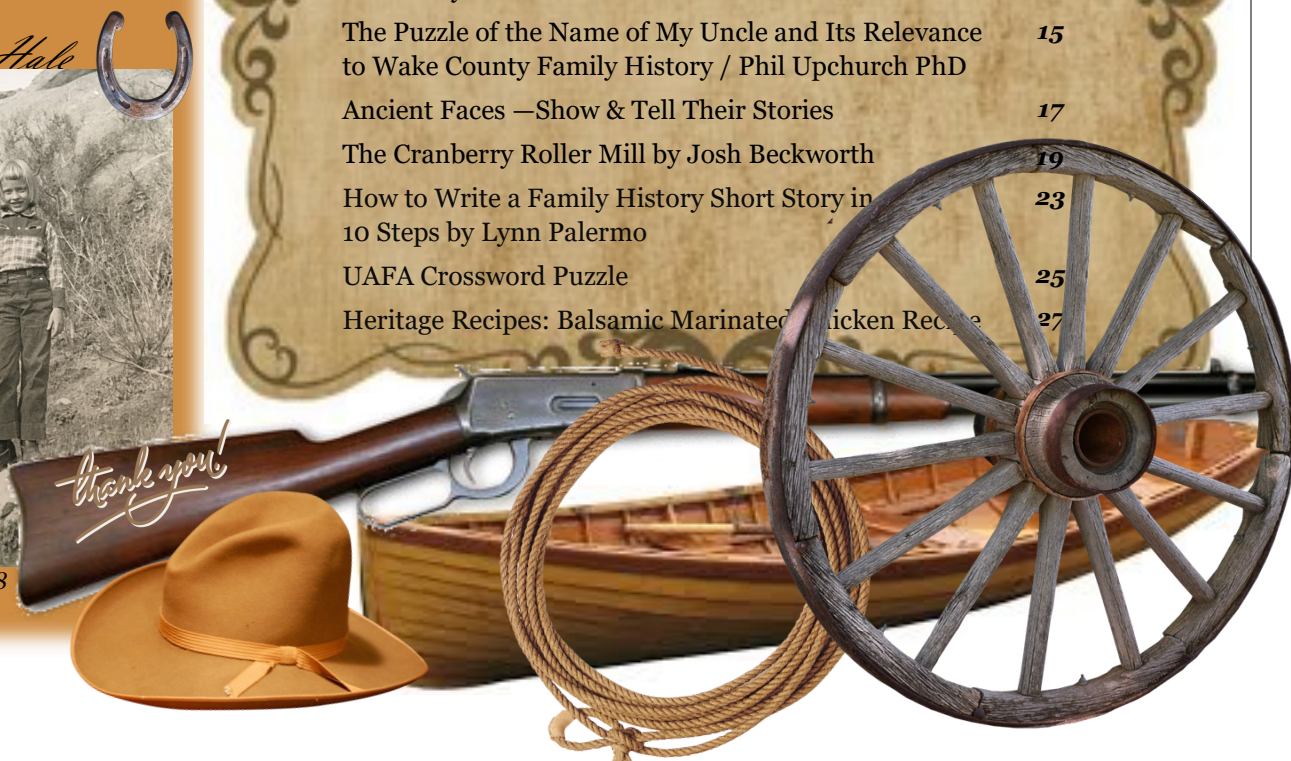
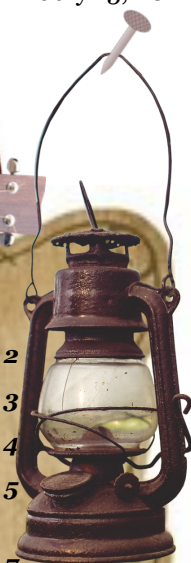
Me about 1958

UAFA National Home Office | 1130 Kildaire Farm Road, Suite 120 | Cary, NC 27511-4594
Founded by Robert Phillip "Phil" Upchurch, PhD
July 15, 2021



INSIDE THIS ISSUE

UAFA News, Information, Correspondence, Links	2
Board of Directors	3
A Wonderful Gift From Mae Davenport Cox!	4
(John Upchurch) Pedals 1,049 Miles on West Coast Trek by Elliot Brack	5
Family History Library Reopening July 6, 2021	7
DNA Connections: Discovery Using Ancestry's DNA Story Tool by Brenda Carbon	8
2nd Quarter Upchurch Trees Statistics / Linda U. Sparks	11
Find A Grave Memorial Records for UPCHURCH	12
The Name Upchurch, Origins and the American Connection by David Wood	13
The Puzzle of the Name of My Uncle and Its Relevance to Wake County Family History / Phil Upchurch PhD	15
Ancient Faces —Show & Tell Their Stories	17
The Cranberry Roller Mill by Josh Beckworth	19
How to Write a Family History Short Story in 10 Steps by Lynn Palermo	23
UAFA Crossword Puzzle	25
Heritage Recipes: Balsamic Marinated Chicken Recipe	27



UAFA NEWS & INFORMATION

& Correspondence



Emails from our readership: *from such sources.*

♥ Jun 19, 2021 —David Ransome wrote:

Dear Cindy,

Thank you for the recent UAFA [newsletter]. Your reprint of Phil's succinct summary of the present knowledge of the Upchurch family's origins was well chosen, and I noticed your hope that someone would take up the challenge to carry that knowledge further.

Joyce and I continue to work on the Ferrar family. Joyce's most recent article appeared earlier this year, and I have a couple of drafts awaiting comment. Neither of us reckon to initiate further study of the Upchurch family origins but we would be happy to correspond with anyone who chose to do so. They should by all means use this e-address.

With best wishes,
David Ransome
emosnard33@gmail.com

Professor Ransome also mentioned his Upchurch knowledge is limited to English sources, and his offer of help is confined to suggesting such sources, or to commenting on findings derived

He also mentioned if travel restrictions are relaxed he hopes to go to England later in the summer and therefore may be out of touch for a while. He said "I don't take my computer with me".

♥ May 15, 2021 —Carla Michaels wrote:

Hi, Cindy,

Another stellar newsletter! And I enjoyed the article about the Dodd Hinsdale House. I had the privilege of dining there with Phil and his family a few years ago; a real treat. Such a lovely evening.

Blessings,
Carla

*Historic Dodd-Hinsdale House—
Second Empire Restaurant today.*



UPCHURCH & ALLIED FAMILIES LINKS

[UAFA—Home](#)

[Description of UAFA](#)

[Newsletter Archive](#)

[Join UAFA](#)

[Transcribed UAFA Biofiles](#)

[Board Member Resumes](#)

[Contact Form](#)

[Contribute](#)

[UAFA Facebook](#)

Jay Buck, Office Manager
jay.buck@alliedfamilies.org

Cindy Hale, Editor
UpchurchRoots@gmail.com

Brenda Carbon, DNA Project
Italia19@aol.com

Access to Upchurch Office/Library
in Cary, NC – Carla Michaels
cjm400@gmail.com

UAFA Tree Masters:

Upchurch Tree — Linda Upchurch
Sparks lusparks@eplus.net

Allied Family Tree —Dr. Steve Terry
sdterry@ncsu.edu



UAFA NEWS & INFORMATION

*& more correspondence**Continued from page 2*

♥ I met a lovely *first cousin* for the first time at our last Upchurch family reunion. Talking on the phone since then, I thought we seemed to have a lot in common. She was born the same year in the same hospital as I was and many other things. She had a terrific life growing up, adopted by wonderful parents as an infant but she was naturally curious about her Upchurch history. So she joined Ancestry where she was contacted by another cousin and myself and invited to the reunion. The first picture (taken at the reunion) is of three of her half siblings (names withheld for privacy). The second picture is the one I sent her. Do you see a family resemblance in our brothers? I do!

My dear cousin,

Remember when I said my brother looked a lot like your brothers? The second picture is my brother Tom.

Sending love,

Cindy

(John Upchurch III – Clan 14)



WANTED

Do you have old pictures you might digitally share with us? Join us on Facebook : [Upchurch & Allied Families](#)

Please send us your stories, family memories, recipes or something interesting relating to family history to: UpchurchRoots@gmail.com



SHARE A STORY OR
MEMORY OF A LOVED
ONE THAT HAS
PASSED ON.

BOARD OF
DIRECTORS

Dr. David Thomas Upchurch, GA
President

Woody H Yates, MBA, CPM - NC
Vice President

Debra Upchurch Heck, MO
Treasurer/Secretary

Carla Michaels, Cary NC
Director

Nancy-Blair Upchurch Ariano, GA
Director

Staley C. Smith, Apex, NC
Director

Linda Upchurch Sparks, TN
Director

Michael R. Upchurch, Cary NC
Director

Dr. Stephen Terry, NC
Director

Herbert Jackson "Jack" Upchurch, SC
Director

Dr. John Calhoun Upchurch, GA
Director

For a link to Board Member
Resumes [Click Here](#)



UAFA NEWS & INFORMATION

IMPORTANT NEWS

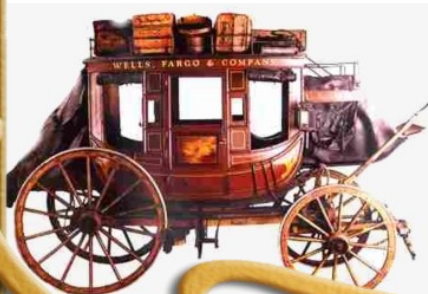
By
*Mae Davenport
Cox*



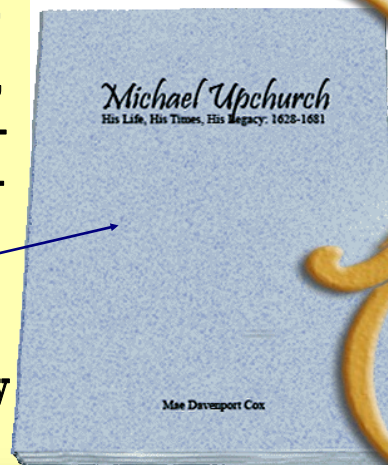
Mae D. Cox is a 10th generation Upchurch descendant. — Michael Upchurch I — Richard Upchurch — John U. I — James U., III — Harmon Upchurch — Allen U. — Patrick Bogan Upchurch — Charles Wesley U. — May Upchurch — Mae Davenport Cox

Click to check on the status of Mae's other popular books.

www.coxok.com



We have very exciting news to report! Our good friend, Mae Davenport Cox, a writer of many family genealogy history books and writer for UAFA has generously given the rights to her popular book *Michael Upchurch — His Life, His Times, His Legacy: 1624-1681* to Upchurch and Allied Families! We are very honored to receive this wonderful gift. Thank you Mae!



Charles Wesley Upchurch Family. Ca. 1896. Mary May, grandmother to this author, appears to be four or maybe five years old (she was born 1892).



The Upchurches of Virginia, North Carolina, Arkansas, and Indian Territory: 1624 -1925



Davenports and Upchurches: Pioneers in Indian Territory



Buckhead, O.T. The History of a Community and its People

UAFA NEWS & INFORMATION

(John Upchurch) Pedals 1,049 Miles on West Coast Trek

June 15, 2021

A Gwinnettian arriving Monday from San Francisco, Calif., has a good reason to be tired....after riding a bicycle from Anacortes, Wash. (at the top of Washington state) to San Francisco, 1,049 miles in 23 days.

He's John Upchurch of Duluth, who was riding to raise funds for his favorite charity, Riding for Onesies, a collective impact initiative through Gwinnett Building Babies' Brains. It's a 501c3 with money raised going through the Gwinnett Schools Foundation. It's this fund's first public fund raising effort.

Pedaling for the first 14 days with John was David Kim also of Duluth, another advocate of early learning, and a cyclist.

We caught up with John Friday morning (June 11) in Gualala, Calif., his second night in a hotel room after a grueling ride on Thursday of 64 miles, his longest of the trip. Most nights were spent in campgrounds or parks, with two nights in a KOA cabin.

Why the trip? "I'm turning 60, and wanted to take this trip after a friend's son did it. I've never seen this part of the world, and what better way to do it than on a bike."

His favorite charity

John adds: "In Gwinnett we have 60,000 kids to age 5, and we find that 52 percent of them are not ready to enter the first grade. We want to raise awareness of early learning to get



John Upchurch (R) of Duluth, riding to raise funds for his favorite charity.

these kids ready for school." So far John has raised \$2,869.

John is associated with Scholastic Images, working with Gwinnett schools on their caps, gowns, jackets, images, etc. He is married to Marie, a teacher at Burnett Elementary School, and has two grown boys, and one grandchild.

Of his biking journey, John says he expected it to be hard. "We average 45-50 miles a day, depending on how steep the ground is. We have been lucky in that we had rain only one day, in Washington. There's beauty at almost every turn, such as in the big redwoods, for three days. And other than traffic, there have been few problems, with roads mostly having wide shoulders and people used to bicyclists here. The logging trucks can be a problem, but they are the best drivers, giving

By Elliott Brack*Editor and Publisher, GwinnettForum**Printed by permission of the Gwinnett Forum***Biking Can Be Lonely**

us plenty of room. Our biggest problem is no phone signal, since I am with a company that doesn't have good coverage here."

Continued on page 6

UAFA NEWS & INFORMATION

(John Upchurch) Pedals 1,049 Miles on West Coast Trek

Continued from page 5

Luckily, there's been no problem with his bike. "It's a Surly Disc Trucker touring bike, made in the USA. With saddlebags front and back, plus the handlebars, its total packed weight is 85 pounds."

One of his best surprises was when stopping for a sandwich in Elk, Calif., and enjoying it with the local postmaster. "She suggested we visit the nearby western most point in the USA at Manchester Bay. We wouldn't have done that without her advice."

As for food, "It's whatever you can get at a convenience store." He's drinking Gatorade Lite, which gives additional electrolytes, for refreshments. "In Washington and Oregon, we had a lot of clam chowder, which was good, since it was cold there, down in the mid 40s at night."

A surprising part of the trip for

John: "I haven't looked at news for three weeks, and it makes me feel so peaceful. That's been nice. And I've really enjoyed the people I've come into contact with. It gives me a good feeling about America. People I've seen are truly good folks, not mean and angered."

To learn more about the trip [click here](#).

Be sure to scroll down to "View Previous Daily Rides," and follow the biking down the West Coast.

Have a comment? Send it to: elliott@brack.net



John Matthew Upchurch is a resident of Duluth, Georgia and a member of the Charles Upchurch Clan.

Nothing Is Lost

*Nothing is lost.
We are too sad to know that, or too blind;
Only in visited moments do we understand:
It is not that the dead return ---
They are about us always, though unguessed.*

*This penciled Latin verse
You dying wrote me, ten years past and more,
Brings you as much alive to me as the self you wrote it for.
Dear father, as I read your words
With no word but Alas.*

*Lines in a letter, lines in a face
Are the faithful currents of life: the boy has written
His parents across his forehead, and as we burn
Our bodies up each seven years,
His own past self has left no plainer trace.*

*Nothing dies.
The cells pass on their secrets, we betray them
Unknowingly: in a freckle, in the way
We walk, recall some ancestor,
And Adam in the color of our eyes.*

*Yes, on the face of the new born,
Before the soul has taken full possession,
There pass, as over a screen, in succession
The images of other beings:
Face after face looks out, and then is gone.*

*Nothing is lost, for all in love survive.
I lay my cheek against his sleeping limbs
To feel if he is warm, and touch in him
Those children whom no shawl could warm,
No arms, no grief, no longing could revive.*

*Thus what we see, or know,
Is only a tiny portion, at the best,
Of the life in which we share; an iceberg's crest
Our sunlit present, our partial sense,
With deep supporting multitudes below.*

Anne Barbara Ridler

ANCESTOR PRAYER *By Rev. Michael J Dangler*

When you were born,
The earth became your body,
The stone became your bone,
The sea became your blood,
The sun became your eye,
The moon became your mind,
The wind became your breath.
When you passed to the otherworld,
Your breath became the wind,
Your mind became the moon,

Your eye became the sun,
Your blood became the sea,
Your bone became the stone,
Your body became the earth.
When we were born, you did the same for us:
You called forth the earth and rocks;
The sea arose and the sun descended;
The moon shone down and the winds sang.
For those who come after, we shall do as you did for us.
When we are gone, we shall do as you did before.
Ancestors, we honour you.

UAFEA NEWS & INFORMATION

The Family History Library is Reopening July 6, 2021!

The FamilySearch Family History Library in Salt Lake City, Utah, announced it will begin a phased reopening starting 6 July 2021. The popular destination service has been closed since March 13, 2020, due to precautions pertaining to the global COVID-19 pandemic. The library serves beginner and professional family history patrons from all over the world and is a popular tourist attraction for the state of Utah. Initially, hours will be from 9:00 a.m. to 5:00 p.m. Monday through Friday, with plans to extend to additional days and hours soon.

“While billions of our records are available online, we realize that many researchers—including professional genealogists whose livelihoods depend on reliable records—are anxious to access records in-person within the library. We know the extended closing has created difficulties, and we are excited to welcome our guests back into a safe environment for continued research and discoveries,” said David Rencher, director of the Family History Library and FamilySearch’s Chief Genealogical Officer.

New patron workstations at the FamilySearch Family History Library. The library has taken advantage of the prolonged closure to make needed renovations to the facility that will be very exciting to patrons when the doors reopen. “Guests will return to an environment that will significantly improve discovery and research experiences,” said Rencher. Crews have been busy preparing to welcome guests back by remodeling, adding

new features like state-of-the-art patron workstations with multiple monitors and adjustable height desks to accommodate sitting or standing preferences, enhanced workflow throughout, and nearly 40,000 books from new acquisition and long-term storage.

The library has added or upgraded the following new, free patron services. They are accessible through the new Family History Library web page.

online, guests can get assistance from volunteers worldwide, including locating or interpreting ancestor records, asking questions, or sharing their expertise with others.

Check out the growing menu of popular free online classes and webinars. New selections are offered and recorded weekly and made available on-demand.

In the library, take advantage of improved services to digitize your



Guests can sign up for free, online, one-on-one virtual consultations with a research specialist (available in languages).

Library look-up services. If you can't come to the library, a staff member can retrieve a book from its shelves and help you find what you're seeking.

In FamilySearch Communities

family photos and artifacts or convert family audio and video tapes to digital media.

FamilySearch family history centers and libraries will open based on the direction of their local ecclesiastical leaders and government guidelines. If you plan to visit a FamilySearch center soon, please call ahead to ensure it is open and its hours of operation.



Discovery Using Ancestry's DNA Story Tool

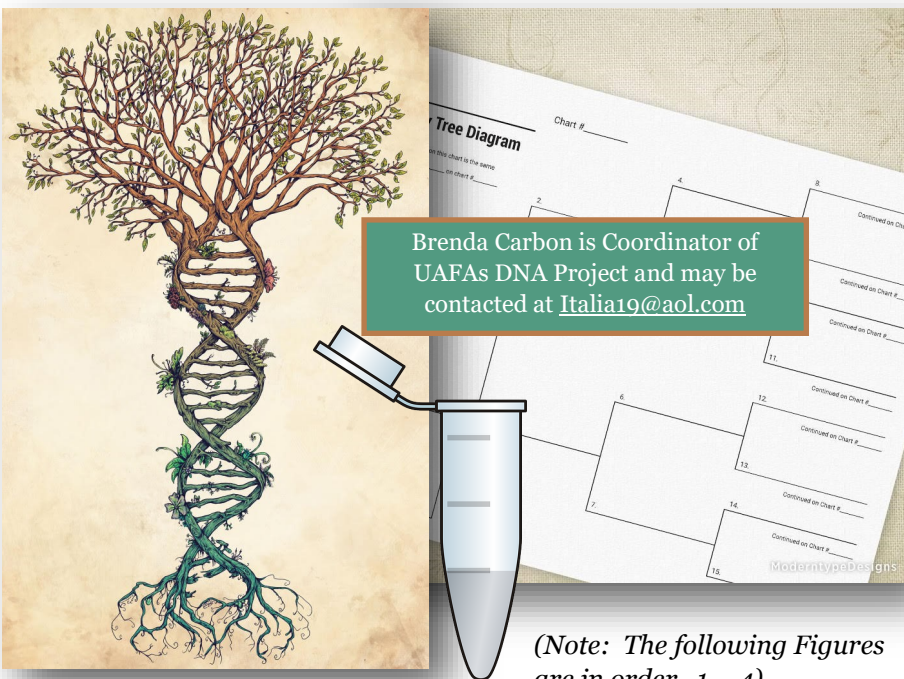
DNA CONNECTIONS

By Brenda Carbon

Did you know that Ancestry's DNA Story is an interactive tool that shows you the visual migration and settlement of your family between the years 1700 – 1950? By utilizing your DNA results and your family tree, the tool also provides the historical picture in your communities as well!

Let's walk through the tool and some of its options.

When you select your DNA Story, you will be provided with a map showing the areas where your ancestors most likely originated from and any communities (usually in our case in the US) where they settled. The areas with solid circles are based on your DNA results from your latest ethnicity estimates. You should check back often because your ethnicity estimates change as



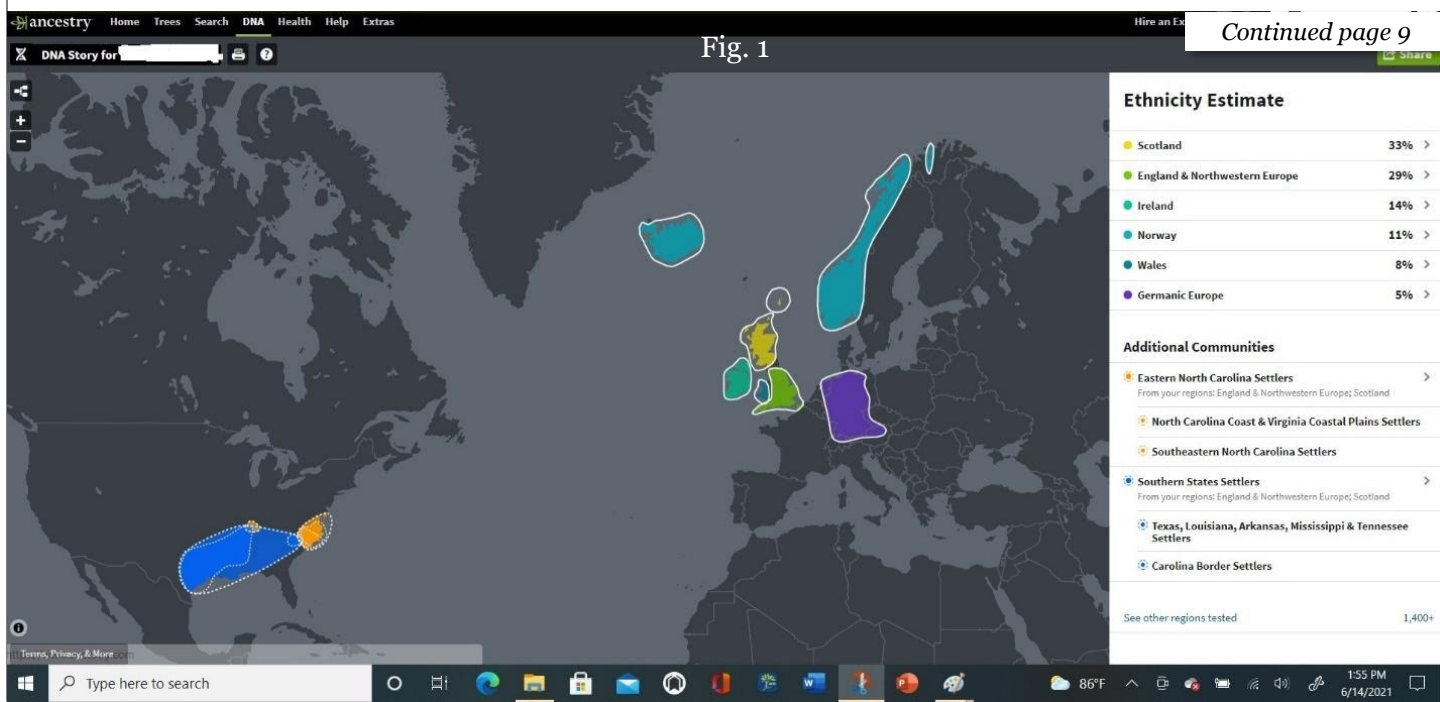
(Note: The following Figures are in order 1 – 4)

additional people get tested and the algorithms get more perfected.

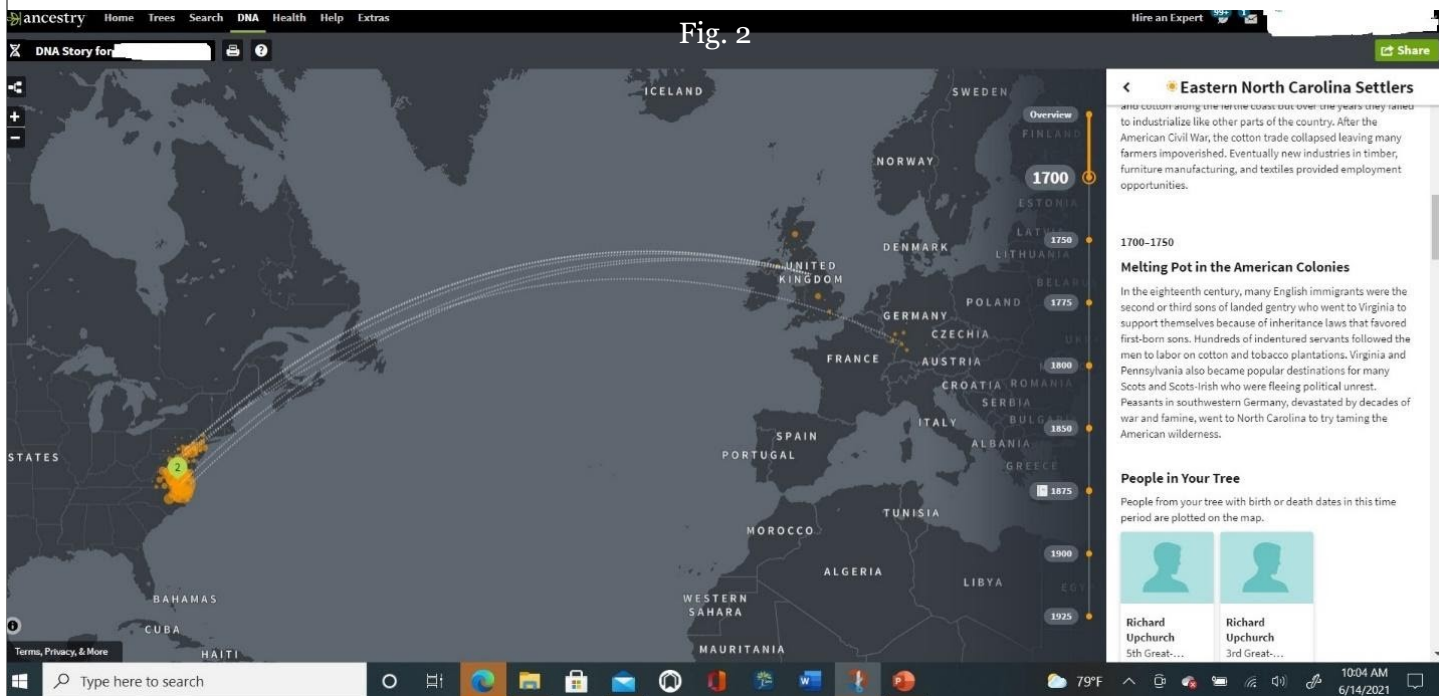
Communities are based on the regions where you have DNA matches with groups of people in that location based on their collective family trees.

They are shown with a dotted line circle.

At any time, you can zoom in on the map. The visual map is controlled by the information box on the right side of your screen along



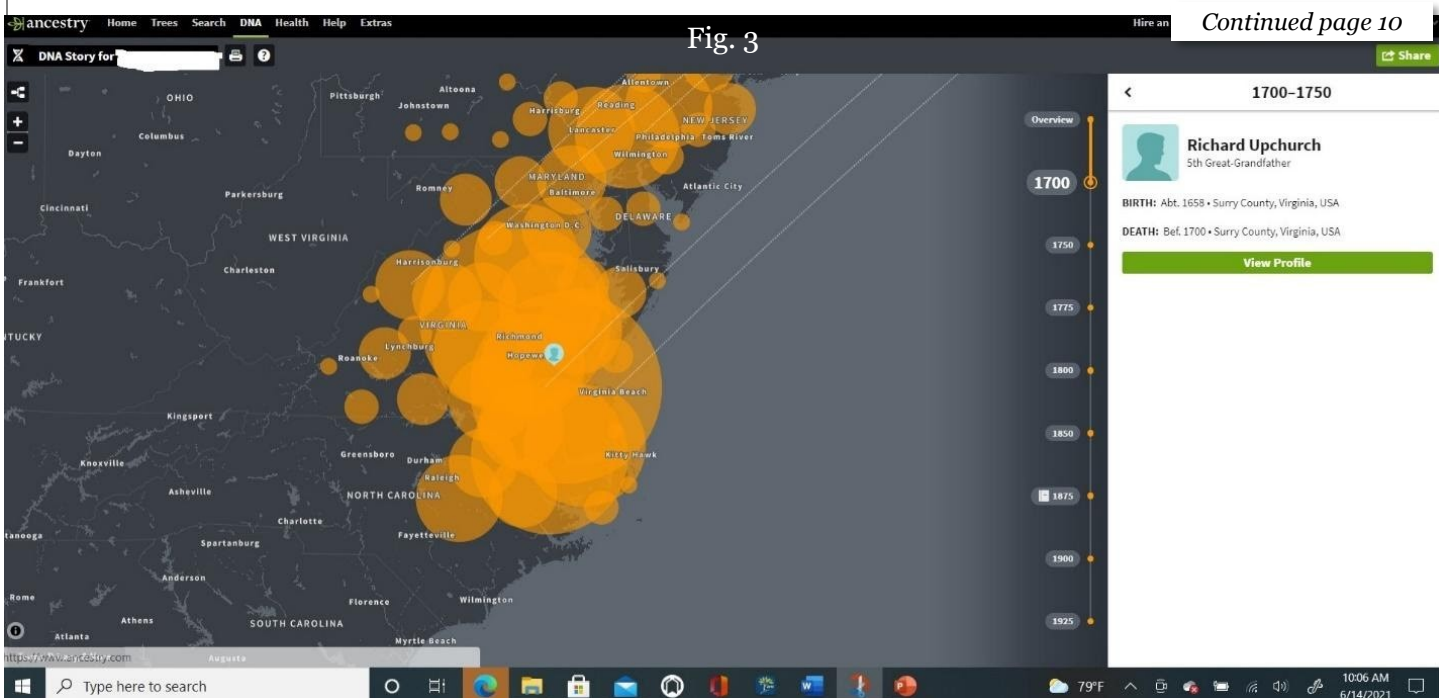
Discovery Using Ancestry's DNA Story Tool *Continued from page 8*



with the timeline. You can zoom in on any country of origin. By selecting one of your communities, you will now see the timeline on the right side of the map. Using this timeline, you can see the migration patterns (dotted lines) and history of the re-

gion for that time period in the information box. When you are in your community, zoom in on the map to see the details. When you see a number in the region, the people represented in your tree can be revealed by zooming in on the area

until the individual people are represented on the map. In the information box, you will see their information and relationship to you. You may also see some matches displayed.



Continued page 10

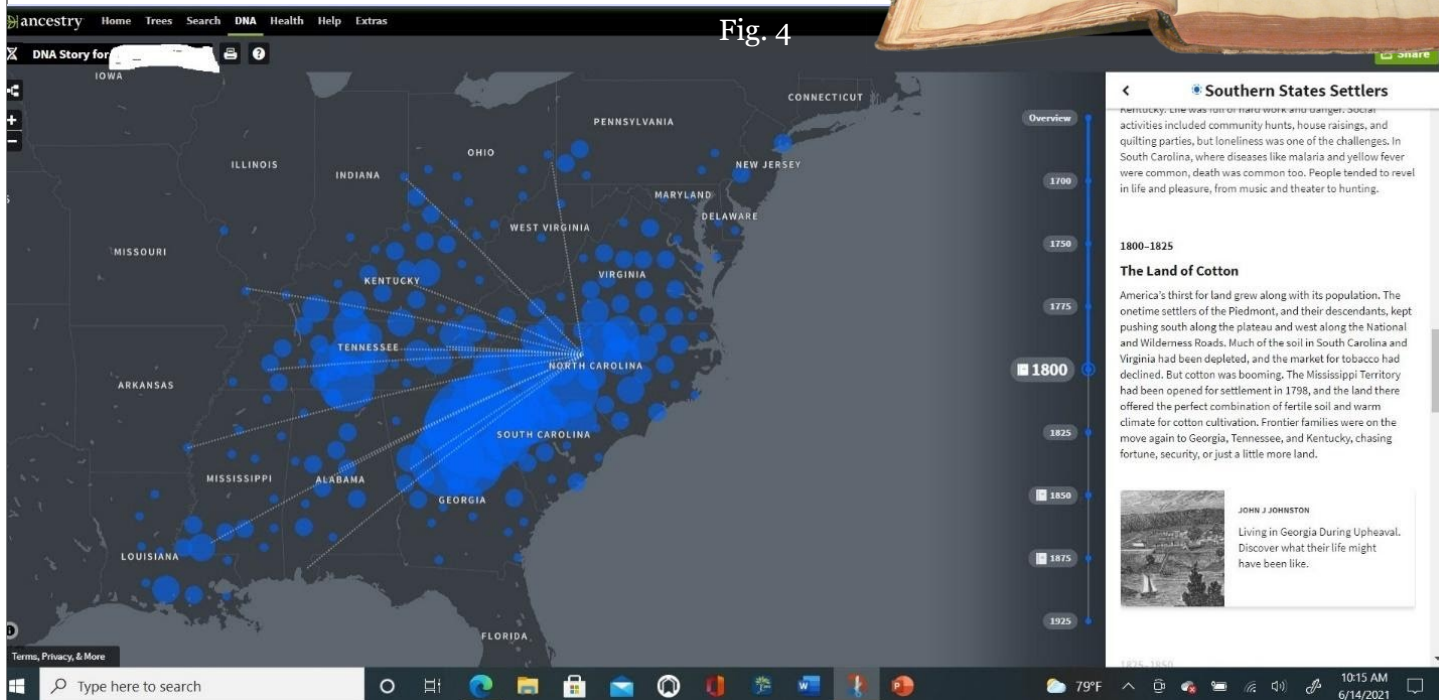
Discovery Using Ancestry's DNA Story Tool *Continued from page 9*

As you move through the timeline, you will see when most of your ancestors' migrations have been completed and how these families spread throughout the US (or the world).

Let's look at some examples from the

the southern land of cotton.

As with any tool, the more robust your family tree, the more information you will glean by using this tool. So, I encourage you to continue



Upchurch family. In figure 1, you see the overview of where the ancestors from this tree most likely originated. By selecting the Eastern North Carolina community for 1700 (Fig 2), you will see the migration path, two of the ancestors from this era and region, and a key overview of the history for the 1700 – 1750 time period. By zooming in and selecting a person from the map (Fig 3), you will see Richard Upchurch and the relationship to the DNA tester and from there you will be able to view his profile.

Moving to the 1800 timeframe (Fig 4), you will notice that the overseas migration is mostly complete and the migration from North Carolina is in full swing. The history discusses

researching and adding to your family tree(s)! And I hope you spend some time with this tool so you can learn more about your ancestors' history, migrations, and communities.

Happy hunting!



Did you know that Allied Families has embarked upon a DNA analysis initiative? This includes evaluating autosomal DNA testing and Y testing for Upchurch surname males. I am spearheading this initiative and would love to look at your results and see how they match with other Allied Families testers. If you have completed DNA testing or would like to know more about how you can help, please message me. Thank you so much.

Brenda Carbon

2nd Quarter Upchurch Trees Statistics

Linda Upchurch Sparks
UAFA Tree Master



All the Upchurch trees have been backed up as of June 30, 2021, and stored in the

“I think Phil would be impressed, maybe even amazed. But, he certainly set up the platform that makes this possible. “

Dr. Tom Upchurch
President of Upchurch & Allied Families

Dropbox folder. I call your attention to the highlighted boxes <right>.

The pink boxes show the current totals in all the trees: 120,641 people; 20,097 photos & stories; and 214,442 records! The yellow boxes show the change in numbers since the last quarter, and the green boxes show the change since we began the active trees from Phil's Legacy trees. I'd have to say it's pretty impressive. I think Phil would be proud to see his work continuing and the family trees growing.

ge	CLAN	4/1/2021	Change	Total Change	7/1/2021	Change	Total Change
0							
3714							
1024							
12880							
0							
29955	TOTAL - UPCHURCH TREES	115882		40612	120641	4759	45371
4481	Photos/Stories	18841			20097	1256	20097
44162	Records	192864			214442	21578	214442
0							
0							
0	AMERICAN UPCHURCH INDEX-People 1-01-2021	104112					

An Important Appeal to the Descendants of William Upchurch IV

To Upchurch descendants who have done the Ancestry DNA test, please check your [Thru Lines](#) from William IV for matches to the descendants of Joseph Upchurch (b. 1775). Phil believed that Joseph was most likely a son of Michael III (and brother of William IV, George and Sherwood), but Ancestry places him as a son of William IV, probably based on member's trees. Linda has one match and one of her sisters has 7 matches to the descendants of Joseph! If we could find some more we might build a case to place Joseph in the tree where he belongs! Email: lusparks@eplus.net





Find A Grave Memorial Records for UPCHURCH!

Find A Grave—One of the finest resources of genealogists around!

Their site reads:

Find the graves of ancestors, create virtual memorials or add photos, virtual flowers and a note to a loved one's memorial—

Search or browse cemeteries and grave records for every-day and famous people from around the world.

Always looking for stuff to put in the newsletter, last week I simply put the name UPCHURCH (no first name, dates or location) in their search box and Find A Grave delivered 7,140 matching records for UPCHURCH and a



total of 357 pages.

Today I downloaded their Express InBox by OneLaunch, went back to Find A Grave (using Bing as my web browser) and the UPCHURCH

search came up again without prompting. Five more individuals had been added for a total of 7,145 and one more page!

Its easy to use, all in alphabetical order. Click on a name and it takes you to that individual. Of course information varies, depending on info available, many entries have photographs, of gravesites or individuals. This feature ([Find a Grave](#)) is already built into Ancestry, but a great alternative if you don't subscribe to Ancestry!

Cindy Hale

[Grave Memorial Records for UPCHURCH - Find A Grave](#)

7,145 matching records for UPCHURCH—358 pages!



Over 35 videos featuring **Phil Upchurch** telling family stories, along with UAFA President, Dr. Tom Upchurch. These are available and FREE. Go to [https:// www.youtube.com](https://www.youtube.com)

You Tube After opening YouTube, enter "Upchurch and Allied Families" into the search box. This will open the UAFA channel and display the videos.

The Name Upchurch, Origins and the American Connection

19 September 2012

The village name Upchurch is Anglo Saxon and means 'Church on the hill' because of the high geographical location of the church which dates back to about 1100. It's also the only village in the U.K. with the name but the origin of the surname is less straightforward.

The only evidence of the name Upchurch having origins outside the village is in Upshire near Waltham Abbey in Essex from which the Upchurch family name is believed to have derived. There is also a family crest originating from the same area which indicates that the family became high standing. Yet, in present day Essex less than 2% of people have the surname Upchurch while in Kent the figure is less than 1%.

In the village of Upchurch evidence of the surname in the parish register of births, marriages and burials dating back to the 16th century does not exist according to my own research. However, in Huntingdonshire there are 105 families bearing the surname Upchurch, in Hertfordshire there are 86 families and in Cambridgeshire there are 62. There are also many families in foreign English speaking countries with the name, especially in the United States. How did people living in these locations get the surname Upchurch?

The first logical reason is movement of people bearing the Upchurch name from one county to another in the U.K. and secondly emigration to other countries. During the 17th and 18th centuries people travelling to America from England may have

wanted to keep a connection with their village or town so they changed their original surname to their place of origin name, some may have been orphans and didn't know their real surname or may have been on the run from the law, so there were valid reasons why people may have wanted a name change. Others who originated from the Essex family with the name Upchurch at birth probably maintained the surname in America.

Some early settlers travelling to America, particularly to North Carolina before the American War of Independence, went as indentured servants and some present day families named Upchurch living there can be traced back to these. The servants were often teenagers from poor families who didn't have money for the journey from England so they borrowed it from the shipping company and got free passage. In return they obtained jobs as indentured servants mainly for farmers, planters and shopkeepers and worked to pay back the shipping company which could take several years. They were also provided with free accommodation, food and clothing by their employers.

Before the War of Independence North Carolina became the fastest growing English colony in America with opportunities for newcomers. Many indentured servants, including those with the name Upchurch, didn't return to England because they were

By David Wood



Upchurch is also a community within the [Town of Cary in Wake County, North Carolina, USA](#)

able to set up their own farms or businesses after paying off their travel debt and stayed in America.

In North Carolina today there are 194 families bearing the Upchurch name and there is even a community in the Upchurch district of Cary in Wake County where numerous residents with the surname Upchurch can be found. There are also businesses there

which have the name like real estate company 'Upchurch Farms.' In Texas there are 106 recorded Upchurch family surnames and the name can be found in other American states.

There are also African Americans with the surname Upchurch and the most likely reason for this is because their forbears were named after a tobacco or rice plantation owner for whom they worked although marriage to someone with an Upchurch surname could be the reason in some cases.

Americans named Upchurch have visited the Kent village over the years trying to find their roots, the possibility of relatives or some connection with the village. Some are shocked when they discover that there aren't any families in the village with the surname Upchurch which means that finding family connections there is almost impossible unless they have other names to work on.

Continued on page 14

The Name Upchurch, Origins and the American Connection

Continued from page 12

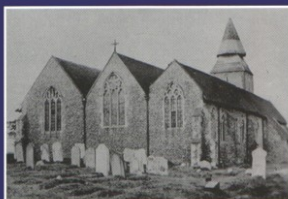
Late postmaster Cliff Wanstall kept a guest book in the village post office for visiting tourists to sign and many of these were named Upchurch. In recent times mainly American tourists with the surname have stayed at Suffield House bed and breakfast establishment in the village. Although most haven't found evidence of relatives at least they have visited and seen the only village bearing their surname.

Author and historian David Wood was born, raised and still lives in Upchurch today. He is able to write from personal experience about village life and the changes that have taken place over the years, making 'Memories of Upchurch' a very readable and detailed historical study of the village.

David's book is available from the author at:

david3702001@yahoo.co.uk Price £12 + postage and packing.

Memories of Upchurch A History of the Village



David Wood

Book also available at:

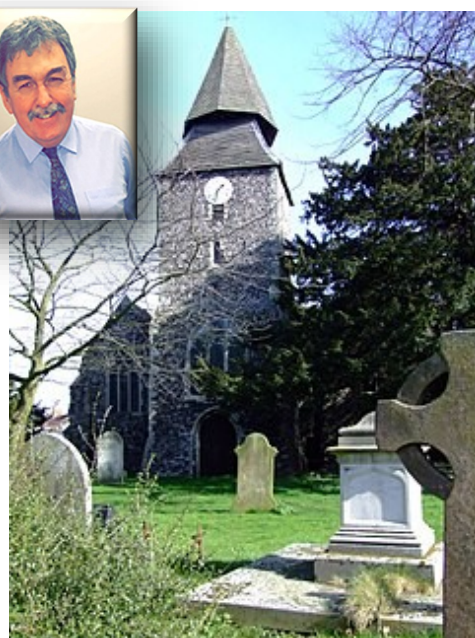
[Upchurch Matters | The Website For Upchurch Village](#) | [Welcome to Upchurch Matters](#)

[Upchurch Matters | Facebook](#)

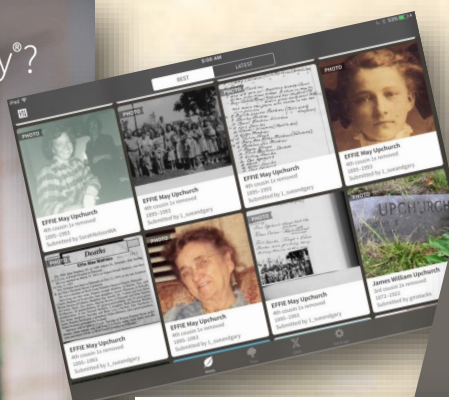
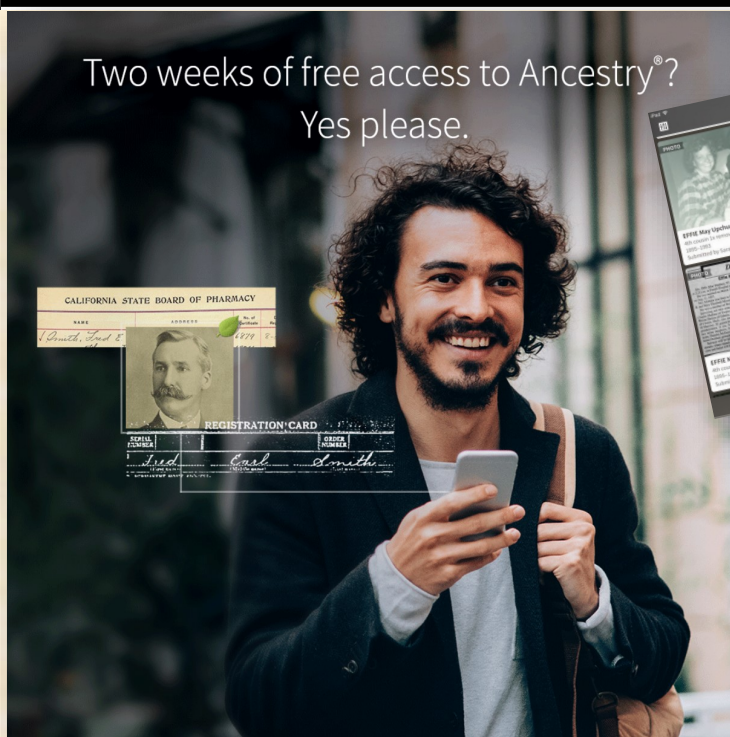
[Upchurch - Wikipedia](#)

Memories of Upchurch

A History of the Village is the first detailed written study about the village and is 304 pages long with 200 black and white photos, maps and illustrations. ISBN Number: 978-1-906177-01-0



Two weeks of free access to Ancestry®?
Yes please.



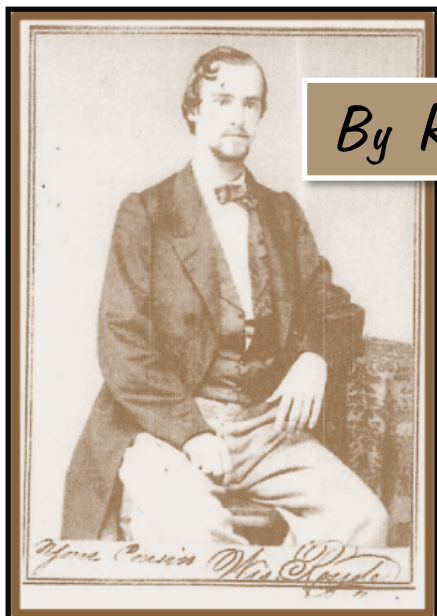
 **ancestry.com**

*Start your
Free trial*



The Puzzle of the Name of My Uncle and Its Relevance to Wake County Family History

By Robert Phillip Upchurch PhD



This photo of Wisconsin Illinois Royster was received by Robert Phillip Upchurch, PhD, in a letter dated 1 June 1998 from Francis Norris

Authors Note: Appreciation is expressed to Royster Family Historian, Robert Royster of Granville County, NC for details provided in his letter to the author dated September 8, 2014 and to others who have read and corrected this document.

Growing up in Rhamkette just southwest of Raleigh, North Carolina in the 1935-1945 era, I became close with my Uncle Wis Upchurch. He was laconic and somewhat peculiar. I could write a great deal about this unique uncle and our bonding. My bachelor uncles Wis and Gettis took pains to nurture their wandering nephew. Uncle Gettis and I had to borrow the dog, Clyde Hoey, (named after the Governor) and tools from Wis to execute our 1942-1944 possum hunting expeditions. Uncle Wis trusted me to

hold two gallons of blackberry wine to avoid them falling into the hands of Uncle Gettis. I returned them to Wis only after liberal sampling –still two full gallons but slightly diluted. But to move the story along, I focus on his name which in the 1950s was revealed to me as Wisconsin Lamar Upchurch. As I began to focus on family history in the 1960s, the basis for the unusual name of Wisconsin increasingly became a puzzle to me.

The answer about how Uncle Wis got his name was revealed to me in a phone call on April 5, 1979, I had with my cousin Frances Norris of Jacksonville, Florida. I was aware that her father was Wisconsin Norris. I asked her to explain if there was logic to the fact that my uncle and her father had the unusual name of Wisconsin. She said yes.

Frances explained that in the 1880-1890 era in Raleigh, NC, there was a prominent physician named Dr. Wisconsin Illinois Royster (1845-1930), who was a favorite of the ladies giving birth. The ladies liked Dr. Royster so much that some named their newborns after him. Thus did my grandmother Aurora Olantha (Ray) Upchurch name her son Wisconsin as did the grandmother of Frances. But the story deepens in several ways. One is my realization that my grandmother, living three miles outside of the city, availed herself of the services of a city doctor. But there is more, requiring me to mention some Royster history. In the 1700s the Royster family was located in Granville County, NC.

About 1802, David Royster, Jr. from the group moved to the village of Raleigh, NC, where he became the patriarch of a very large Royster clan, which henceforth loomed large on the Raleigh scene. David was a cabinetmaker and served to furnish the new capitol building. Among his children was Adeline Susan Royster who married William Clinton Upchurch I, who had come from Western Wake about 1835, also leading to a major Raleigh family. Another child of David Jr takes me back to the moniker "Wisconsin." This child was James Daniel Royster, the father of the aforementioned Wisconsin Illinois Royster. James had eight children, and he named all of them after two states. It is reported that he did so in order that everyone would know that the said James was unmistakably the father of the eight children.

Their names were:
Vermont Connecticut Royster, Wisconsin Illinois Royster, Oregon Minnesota Royster, Virginia Caroline Royster, Indiana Georgia Royster, Iowa Michigan Royster, Arkansas Delaware Royster and Louisiana Maryland Royster.



Continued on page 16

The Puzzle of the Name of My Uncle and Its Relevance to Wake County Family History *Continued from page 15*

My memory is that somewhere in the Royster family, room was found for a child named Confederate States Royster.

Several of these children are buried in Oakwood Cemetery. The family of James Daniel Royster and the families into which members of their families married cut a wide swath in Wake County, NC, and elsewhere. A grandson of Vermont Connecticut Royster named Vermont Connecticut Royster II was an outstanding editor of the Wall Street Journal. A brief sketch of the large American Royster Family that provided a family segment to form the Royster Family of Raleigh, NC follows. (The total Royster story is very complex and deserves more attention.)

I. Jacob Royster—lived in Mecklenburg County, VA, where his will was probated in 1798---9 children.

A. David Royster, Sr. ---lived in Granville County, NC, and there on January 11, 1775, he married Mary Daniel---7 children. He returned to VA to serve in the Revolution.

1. David Royster, Jr. ---lived in Granville County, NC, and there in 1802, he married Susan Sims of Warren County, NC ---12 children.

a. James Daniel Royster 1807-1890 He was a paper manufacturer in Raleigh, NC. ---8 children

b. Adeline Susan Royster ---married in Raleigh, NC, William Clinton Upchurch I, a son of Burdis Upchurch and a grandson of Nathan Upchurch I, of Green Level in Western Wake County, NC.

The Royster Family of Raleigh helped to promote religion in the city, forming in 1812, a Baptist church on Moore Square. Madison Bullock Royster and William Clinton Upchurch I became mem-

bers. Subsequently, the original congregation split and the iconic First Baptist Church across from the Capitol was formed in 1858. It had a highly touted 125 member children's class, which Dr. Wisconsin Royster and his wife, nee Mary W. Finch, taught. Later this class would be led for 40 years by Mayor William Henry Dodd and his wife, nee Roxanna Upchurch, a daughter of William Clinton Upchurch I. Dodd was Raleigh mayor in the 1880s. He built the iconic Dodd-Hinsdale house on Hillsborough Street. It has been restored and today serves as the acclaimed Second Empire Restaurant. *(See the UP-CHURCH BULLETIN VOL 1 NO. 2 - April 1980 by Phil Upchurch, PhD or a reprint of Dr. Phil's article in the May 15, 2021 UAFA Newsletter)*



Another daughter of W.C. Upchurch I, Eleanor Marks Upchurch, married my great uncle William George Upchurch. (Reference, UAFA Newsletter, March 15, 2021—page 4) In the 1860-1895 era, he was a prime mover of enterprises in Raleigh. In the late 1800s, the social and business circle in Raleigh was a tight, highly interwoven community. The Royster Candy Company was a notable establishment in Raleigh for the late 1800- early 1900's era. When Vermont Connecticut Royster I (1846- 1897) died, his obituary revealed that it was he and his brother Arkansas Delaware Royster who had owned the store. They ac-

quired it from a Jewish merchant who returned to his northern roots. When the stocks were exhausted the aforementioned William George Upchurch, his brother-in-law, went with him to Baltimore to replenish the merchandise and "rode shotgun" on the train trip back to protect the purchases. The store was known as a place to gather for chats as A. D. Royster was known as a philosopher.

The heritage of the Upchurch and Royster families of Wake County, NC, is linked in many ways. Important facets from the Royster records have been captured and preserved in the Royster Biofile posted on www.alliedfamilies.com to which the reader is referred for more detail.

Those interested in family history will grasp the satisfaction this writer had as he progressed from fragmentary childhood knowledge about his Uncle Wis until it blossomed into a full-fledged story about the heritage of important families who populated Raleigh,



This article appeared in Wake Treasures – Volume 29, Number 1, Spring 2020 pages 40-43 Copyright© 2020, All Rights Reserved – Wake County Genealogical Society, Inc.

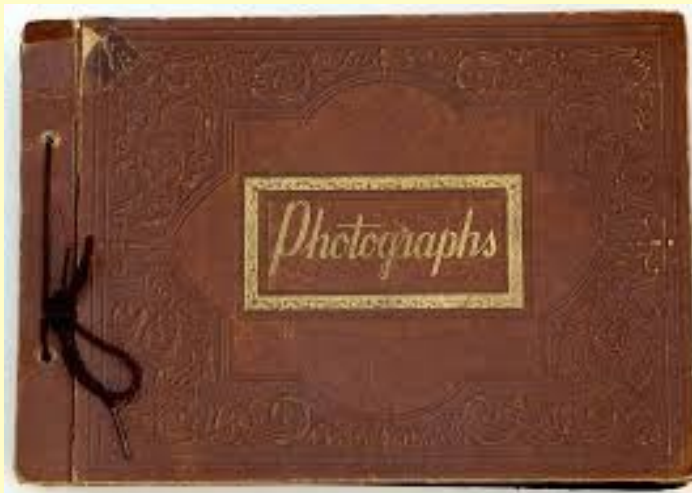
Visit their website: [Welcome to the Wake County Genealogical Society Website! \(wakecogen.org\)](http://Welcome to the Wake County Genealogical Society Website! (wakecogen.org))

Ancient Faces — Show & Tell Their Stories

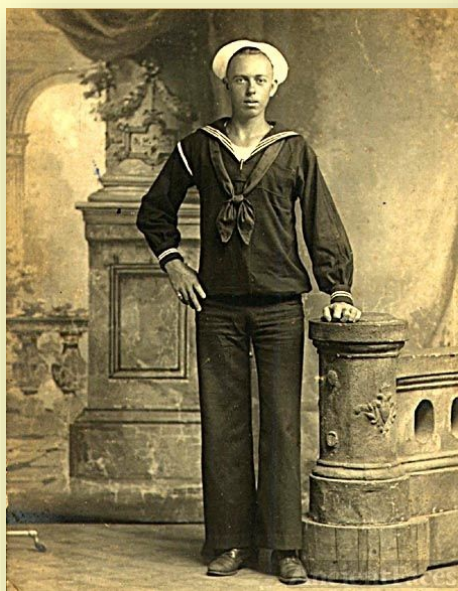
*Everyone Deserves to
be Remembered*

AncientFaces is a community that shows and tells the stories of the people from our lives with collaborative biographies.

A living memorial where we can all share, and by working together, discover more about the people important to us.



We remember our ancestors and loved ones by sharing photos, memories, and stories that show who they really were. Biographies gives us glimpses into what people did with their lives, what they saw, and who they impacted.



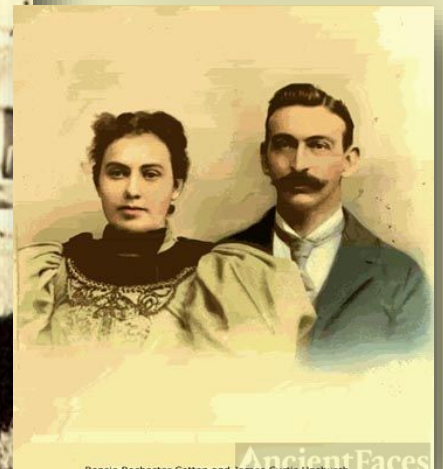
Cecil Roscoe Upchurch



Irving B. Cox & Pearl Upchurch



Henry Bennett (Benton)
Upchurch



Repsie Rochester Cotton and James Curtis Upchurch



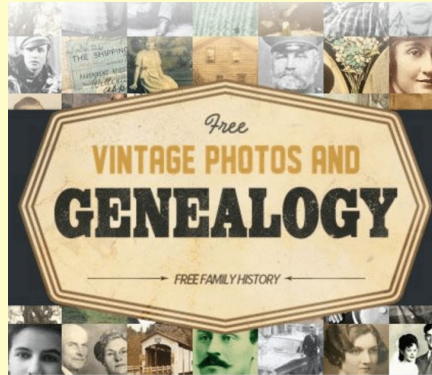
Lola M. Upchurch

Wedding Photo of James Curtis Upchurch and Repsie Rochester Cotton. Married 24 Oct 1895, in Holly Springs, Wake County, NC. They had 7 children; Cecil Roscoe, Jessie Wake, Pearl Lounette, Louis James, Glenn Cotton, Sarah Estelle, and Henry Bennett (Benton) Upchurch. James Curtis U. was the son of Bennett (Benton) A. Upchurch.

Ancient Faces — Show & Tell Their Stories Continued from page 16

AncientFaces is a free community built of people like yourself who understand that our past, and the people in it, are important. When you participate and share your history, you join the 'Everyone Deserves to be Remembered Mission', becoming a valuable member of the AncientFaces community. Founded in 2000 and based in Silicon Valley, the AncientFaces team that supports the community is spread out around the globe. There are over a dozen exceptional people who dedicate their time to moderate & build the tools we use everyday. [Read more.](#) / [Go Directly to Ancient Faces.](#)

*Share Yesterday —Connect
Today —Preserve Tomorrow*



Coleman Brown & Susannah (Upchurch)



(Above) The children of Bennett (Benton) A. Upchurch and Sarah A.C. Lawrence, m. 31 Jan 1858, Chatham County, North Carolina. They settled in Wake County, NC, where the children were born. Thomas B. and Lucy (Louisa) J. stayed in the Raeford, NC, area. William J. settled in Thomasville, GA, and James Curtis Upchurch, settled in Tallahassee, FL. The brothers were in the timber mill business.



Sam Upchurch

(Above) Marion Linwood & Jessie Wake Upchurch Patterson, My maternal grandparents, were married in Tallahassee, Florida on 19 Apr 1919. They had one daughter, Agnes Lounette Patterson. Jessie is the d/o James Curtis Upchurch & Repsie Rochester Cotton. They are buried in Roselawn Cemetery, Tallahassee, Florida.



Driver: Wm Daniel Upchurch. Back sitting R: James David Strickland. Boy lower L : Roy Philip Upchurch. Others unknown. 1920 Oklahoma



Maude Upchurch



THE CRANBERRY ROLLER MILL

By Josh Beckworth

As Ashe County has modernized, much has been gained. Transportation, communications, and education in the county exist at level unimaginable to residents of prior centuries. However, some things have also been lost. As the infrastructure of the county has grown, the people of the county have become increasingly delocalized and homogenized. In 1900, Ashe County was home to dozens of postal districts, each one serving a small community of residents who were not easily able, nor especially motivated to travel to other areas of the county with any much frequency. These small communities, usually made up of several closely entwined families, were worlds unto themselves, worlds in which residents were dependent upon one another for the basics of daily life. Although many things helped to bind these small communities together, nothing was as important to the success and survival of this enclaves as local mills.

During the period before World War One, Ashe County residents were amazingly self-sufficient.

Scanning census records from the 19th and early 20th century, it is difficult to find residents who were not listed as farmer. These individual farmers were able to grow and preserve their own food, build their own homes and outbuildings, and produce their own textiles with little outside assistance. However, they were dependent on mills to produce many of the staple of their day to day lives. Corn meal, flour and dimensioned lumber were difficult, if not impossible to produce efficiently at home; it was only with the aid of a mill, usually powered by the dammed waters of a stream, that this vital task could be accomplished.

This dependence on mills is clearly demonstrated by their abundance. According to the Branson's Directory of 1890, there were 43 mills in Ashe County serving a population of 14,436 residents. Many of these operations were small and were operated by semi-professional millers who used the mills to merely supplement their income. However, a few were so vital, so heavily utilized that they grew into complex operations milling both grain and lumber.

A few examples of these 19th century

mills still stand. The large flour mill operated by the Perkins family on Helton Creeks still stands. However, one of the most impressive mills in the county at the turn of the 19th century, the Cranberry Creek Mill operated by Matthew Johnson, was violently erased from history. This mill, and the memories surrounding it, are still etched in the memories of a community that was once literally centered around it.

The Cranberry Creek Mill was begun, as many mills of the era were, on a small scale. In 1848, William Johnson, a resident of Wilkes County born in 1794, bought a tract of land from his father, Robert, along the banks of Cranberry Creek, one of the largest creeks in Ashe County. William subsequently relocated to the county, and by the time of the Civil War was living in the Peak Creek district of Ashe County. The property William owned contained an excellent site for a mill, with several huge rocks providing an excellent location for a dam, and soon a mill was in operation.

Continued on page 20

THE CRANBERRY ROLLER MILL

Continued from page 19

This early mill must have been at least somewhat successful. In the 1870 census, William was listed as possessing \$2000 worth of property, an amount substantially higher than any of his neighbors. By this time, William was in his late 70s and was probably no longer willing or able to operate the mill; consequently, his son, Matthew, began operation of what was then known as the William Johnson Mill.

The period during which Matthew operated the mill saw the site substantially expand. Johnson acquired a sawmill from his neighbor, Isaac Shepherd, and moved it piece by

piece across the hill to the banks of Cranberry Creek. By utilizing the waterpower of the dammed creek at the mill site, the mill was soon able to provide dimensioned lumber to his neighbors, fueling a transition from log construction to more modern framed construction that was taking place all over the county during the late 19th century.

By 1900, the Cranberry Mill was one of two being operated in the Furches community (The other mill, located about a mile upstream was operated by John Shepherd). The old

road, running along the banks of Cranberry Creek and directly in front of the house, had become the main artery for the transport of raw copper from the mine at Ore Knob to Wytheville. Consequently, houses and stores were springing up, growing the community of Furches, which in turn provided more and more customers to the mill. Matthew Johnson was during this period successful enough to list his sole occupation as 'miller' on the 1900 federal census. However, Matthew, who had been born

Continued on page 21



Columbus Upchurch is second from the left. The other young men are unknown. This photo was discovered in my mother's (Virginia Upchurch Hale) collection. Columbus Upchurch is this editor's 1st cousin, 3x removed. [John Upchurch III] Clan 14 —Editor



THE CRANBERRY ROLLER MILL

Continued from page 19

in 1840, was growing too old to continue the full-time operation of the mill. The turn of the 20th century would soon see the mill change hands; not long after, just as it reached its apex, the mill, would be suddenly and violently ended and the subsistence farming lifestyle it had support for three generations would begin a steady and irrevocable decline.

At the turn of the 20th century, Matthew Johnson was ready to give up his interest in the Cranberry Creek Mill, an expanded and modernized version of the mill his father had begun operating around the time of the Civil War. He found a buyer, and in 1902, the mill was purchased by Newton C. Shepherd for \$700. Shepherd purchased the mill, but apparently had little interest in operating it. A mere two months later, Shepherd sold the mill again, this time to Columbus Upchurch. Whether this resale was planned by Shepherd and Upchurch, or whether Upchurch was merely in the right place at the right time to acquire the mill is unknown, but Columbus Upchurch would become the mill's last owner.

Around the turn of the century the mill house was expanded into a 3-story structure quite similar to the large mill still standing on Helton Creek. Compared to the other two turn of the century mills still standing in Ashe County, the Cockerham Mill on Dog Creek Road and the Ambrose Clark Mill on Little Horse Creek Road, this 3-story Cranberry Mill must have been at the time, one of the largest in Ashe. During this

period, the mill operated without a water wheel, a feature commonly assumed to have been a part of all mills. In fact, many turn of the century mills, which still relied on flowing water for power, utilized steel turbines, submerged under the surface of the water, for power. Given that photographs from the period show no water wheel in use at the Cranberry Mill site, it can be assumed it was powered by these sorts of submerged turbines, no doubt installed as the mill underwent updates and renovations around the turn of the century.

For 14 years, Columbus Upchurch was able to profit from the Cranberry Creek Mill. Although he would have received no monetary payment from local farmers, he like all millers at the time, was paid with a 'miller's toll' a percentage of corn or wheat that was given to the miller in exchange for the use of the mill. This allowed Upchurch, like the Johnsons before him, to devote more time to the expansion and upkeep of the mill, and less time to farming.

By 1914, the Cranberry Creek Mill was at its apex. What had begun as a small enterprise by William Johnson sometime around the Civil War, was now focal point of the community, a three-story building housing both a grist and sawmill. Every day, dozens of people travelling the old road along the banks of Cranberry Creek would have passed in front of this oversized structure. For Columbus Upchurch, the purchase of the mill had indeed been a wise investment.

Unfortunately, operating a mill in the early 20th century was a career with a limited future. The slow decline of subsistence farming as a viable livelihood would eventually

cause all the mills of Ashe County to end operations; however, for the Cranberry Creek Mill, and many other mills in the county, this end was hastened by a literal storm brewing on the horizon.

In 1916, meteorology was still in a primitive state. Local farmers often relied on folk knowledge to look for signs indicating changes in weather patterns. Aside from almanacs, long term weather predictions were nearly nonexistent. As the middle of July rolled around, nobody in Ashe County could have anticipated that two huge storms were about to converge on western North Carolina.

Between July 8th and 10th, 1916, a tropical depression, which had earlier made landfall along the gulf coast, began dumping rain on the southern Appalachian Mountains. This storm produced between 5 and 6 inches of rain in the region. The large-scale timber harvesting, which had begun in earnest in Ashe County around this time, magnified this rain total by allowing extensive run off to make its way into the local creeks and rivers. Flooding resulted and the waterways of Ashe County began rising towards homes and businesses, mills were particularly threatened.

Had this rainfall been allowed to fully dissipate, the devastation that was about to occur would likely have been prevented. However, in a stroke of exceptionally bad luck, another, larger storm immediately struck the region on July 15th and 16th. This storm, lumbering inland from the Atlantic Ocean carried a devastating punch. Near Grandfather Mountain 22 inches of rain fell in 24 hours, a record for single day rainfall that still stands today.

Continued on page 22

THE CRANBERRY ROLLER MILL

Continued from page 21

The flood that resulted from this unbelievable rain event destroyed everything along the banks of Cranberry Creek. Houses were swept away, bridges were destroyed, and the Cranberry Creek mill was pushed from its foundations, the top two stories of the structure torn away from the bottom floor. Along with the large Cranberry Creek mill, two other mills on the creek, one operated just upstream by John P. Shepherd, were also swept away.

When it was all over, the mill, its valuable machinery, and its dam across the creek were obliterated, leaving nothing but a stone foundation and a fractured cinder block wall, which still stand along



on Back - Columbus Lafayette Upchurch
The above sent to RM by Bama Elizabeth Allen with
her let 12 MAR 1882 with note "--- also a younger
pilot made an tintype of Columbus L.U." "

Picture of Columbus Lafayette Upchurch.
Notes by Robert Phillip Upchurch, PhD.

the banks of Cranberry Creek as a memorial to the once mighty mill house.

With World War One beginning,

and industrial occupations become more and more prevalent around the South, the financial impetus to rebuild the mills washed away in the 1916 flood was gone. Those that had survived the devastation would themselves slowly fade away as the county moved further away from a subsistence farming based economy. Although they are all but ignored or forgotten now, these mill houses, powered by the untamable strength of falling water, were once the cornerstones of every farming community in Ashe County. In many cases these communities still exist today, but the subsistence farming lifestyle that gave birth to them have long since been swept away.

Josh beckworth is president of the [Ashe County Historical Society](#).

This article was featured in a prior edition of the Ashe County Historical Society newsletter.
[Join the Historical Society](#).

This article was printed by permission from the author, Josh Beckworth with thanks.



Have you ever noticed how many towns and cities are named after their water towers?



How to Write a Family History Short Story in 10 Steps



THE family history
WRITING STUDIO



Family stories don't have to be epic novels or mammoth books that tell a tale from birth to death of ancestors and their families. They can be short stories.

What is a Short Story?

A short story is when a character undergoes some event and experiences something which offers him change. Short stories usually say something a small something but delivered with precision.

Short stories are growing in popularity because they can deliver the same experience of a novel but can be consumed quickly. You can post them on a blog, in a family newsletter or turn them into a video or gather a bunch of them together into a short story collection.

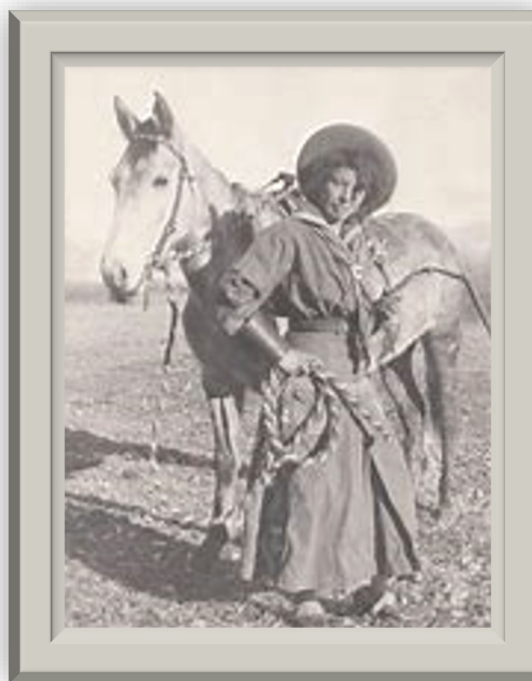
A short story is not a life to death tale of an ancestor squeezed into a short time period. But instead a moment in an ancestor's life in which he or she experiences a life-changing event.

A short story does not have a 3-act structure as we learn in our online class Plotting a Family History Story. Nor is it just Act 1, 2, or 3. It has its own individual structure.

It focuses on your protagonist ancestor. There is usually one conflict two at the most. There are generally no more than two to four characters. The story may transpire over one or two locations.

In a short story, you have less space to develop your ancestor's character, less room for lengthy dialogue.

A short story is rarely over 10,000 words or below 500 words, commonly between 1500-5000 words. A short story can be read in a single-sitting but long enough to engage and move the



reader. The topic is narrow and focused, the story's meaning demonstrated through events that effect some change or denial of change in an individual.

We've broken down the process of writing a family history short story into 10 steps.

10 Steps to a Short Story

Step 1: Brainstorm

Brainstorm. Choose an exciting event from your research. It could be a happy moment or sad moment or a life-changing event. It could focus on a relationship between two ancestors or with a friend, acquaintance, stranger or spouse. It could be a trip or vacation, a sporting event or other activity. Mine your research and find an event worthy of a short story.

Step 2: Choose the Protagonist Ancestor

Choose the ancestor through whose perspective the story will be told. Every story needs a protagonist ancestor at the centre of the story. This allows the reader to connect with that ancestor and the story.

Step 3: Find the Story Goal

Before you start any story short or long you must identify the focus, the goal. All narratives have a focal point, a climax. Identify a purpose that your protagonist ancestor sought to achieve in his life. What is the central moment of the story when your ancestor reaches this goal and change occurs? This is the climax, the goal of your narrative.

Step 4: Complete Ancestor Profile and Setting Details

Outline your ancestor's profile and the setting details. It's important to take some time to research and flesh out the details and descriptions of the setting of your story so that you can bring it to life on the page. Equally important is understanding your protagonist ancestor on an in-depth level. Complete an ancestor profile so that you can pull together

Continued on page 24

How to Write a Family History Short Story in 10 Steps

Continued from page 23



your ancestor's physical appearance but also come to comprehend what makes them tick and you are able to bring the most authentic ancestor to the page.

Step 5: Write the story as a one-page synopsis.

Go ahead and briefly sketch out a 1-page synopsis of your story as you see it. This will help you in the next step of creating a storyline.

Step 6: Outline the story structure using a storyline.

Below you'll find a storyline for a short story. You want to break down your narrative into critical scenes, including opening scene, obstacles,

climax and closing scene.

Step 7: Write your short story using scene and summary.

You're now ready to write your short

to the page.

Step 8: Write a satisfying ending.

Make sure your story ends with a climax and conclusion that leaves your reader with a clear image and message.

Step 9: Rewrite for clarity, concision, and structure.

Now it's time to rewrite, making sure every detail is exact. Share your story with a writing group. Get feedback and allow that feedback to grow your writing skills.

Step 10: Share your writing with the world.

Now your story is ready to share with the world. Stories are meant to be read. Be brave and put it out in the world. Then, move on to the next story.

[Family History Writing Studio](#)



If I Were a Cowboy

If I were a cowboy
I would ride the rodeo
I would rope me up a brahma
Or ride a wild bronco

He'd buck and pitch and twist me
Until he let me go—
But not before the bell rang
And I earned myself some dough.

—Unknown



UAFA Crossword Puzzle!

UAFA CROSSWORD

Across

2. Legal or formally recognized union of two people in a personal relationship.
3. Ceremonial application of water as an initiatory rite of the Christian church.
4. Around the time of the Revolutionary War, the Upchurch Clan Heads lived in the State of _____.
9. A genealogical diagram.
10. Process of establishing a legal relationship between a child and a parent.
15. Recorded ancestry, especially upper-class ancestry, of person or family.
16. Our genetic fingerprint.
20. More than 104,000 individuals are currently represented in our BIG tree in Ancestry called _____ Index Tree.
21. Your tree is also called your genealogy _____.
22. The people in your family, near and far.
23. Printed or electronic report containing stories and news of the activities of an organization, which is sent to its members/subscribers.
25. In the past, a _____ wedding was forced on a fellow if his girl was in the "family way".
26. Social gathering attended by members of a certain group of people, who have not seen each other for some time.
28. Prominent newsletter resource Upchurch researchers read from 1980-2016.
33. Media which showcases over 35 videos of our founder telling stories.
34. As a rule, 25 years is considered a _____.
36. Movement of people to a new area or country in order to find better living conditions.
37. 356 page publication of information about Upchurches in England.

Down

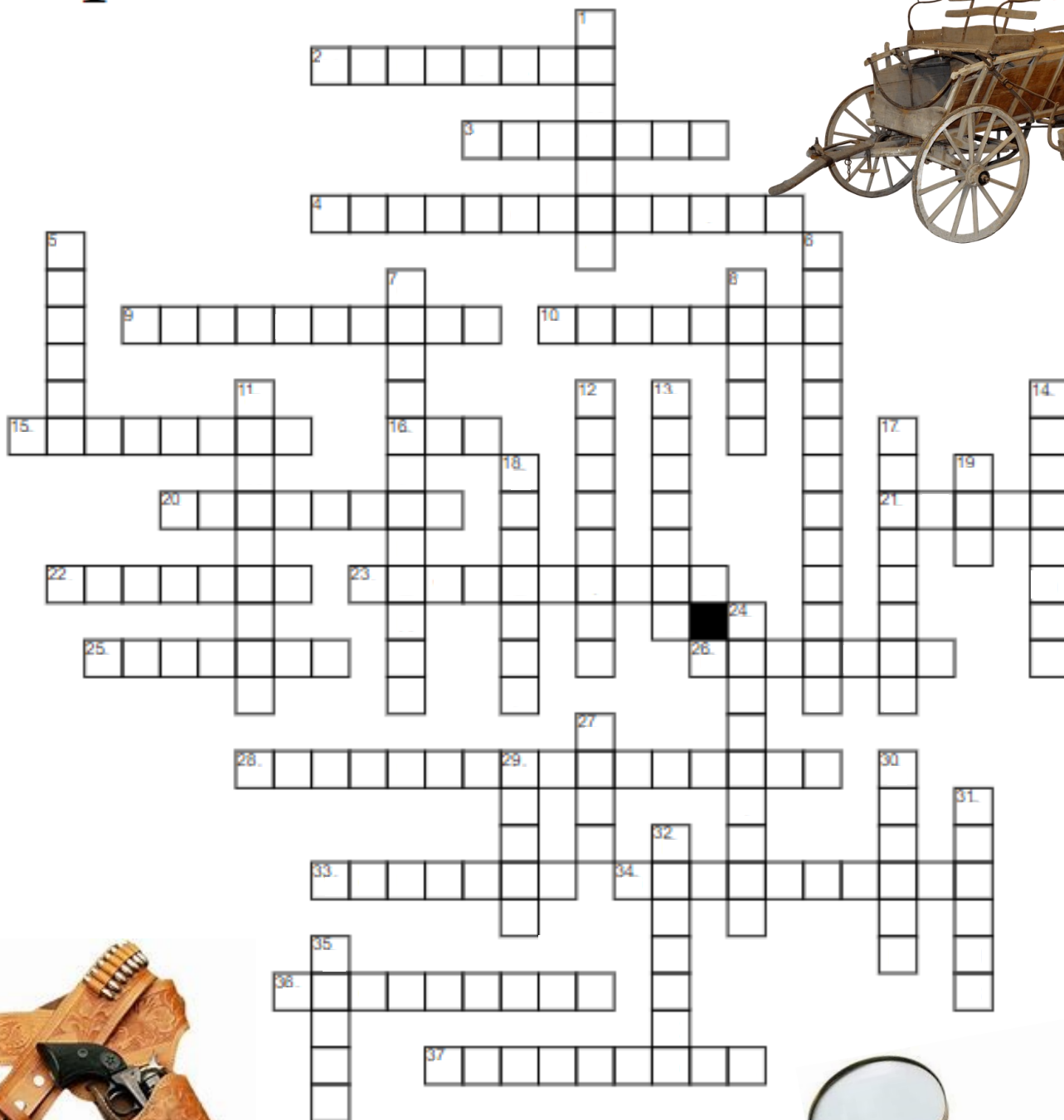
1. 100 years is a _____.
5. Word which denotes ten years.
6. Makes UAFA possible.
7. Parents of one's father or mother.
8. Certificate given showing the day of your _____.
11. The study of family ancestral lines.
12. The online DNA based genealogy platform UAFA uses.
13. First name of wife of immigrant ancestor, Michael Upchurch I.
14. Anniversary of the day a person was born.
17. One from whom a person is descended a few generations or more.
18. Middle name of UAFA founder.
19. An acronym for Daughters of the American Revolution.
24. Next of kin.
27. Sister of your mother.
29. Second most popular _____ is genealogy. The first is gardening.
30. Connected or related.
31. The 1890 US _____ is a stumbling block for many researchers.
32. Child of your first cousin is your first cousin once _____.
35. Traditionally early family records (birth & death dates) were written in the family _____.

Continued on page 26



UAFA Crossword Puzzle!

Upchurch & Allied Families



*Print this page and fill in the squares.
I really hope you enjoy the puzzle!
It's a little tough. Good luck! —Cindy*



Heritage Recipes

Balsamic Marinated Chicken Breasts

You can taste a memory!
Mealtime is the foundation of the family. The aroma and flavor of the food can be recreated just as your great grandparents experienced, if you have a cherished old family recipe.

Created by R. Upchurch —
“This is a recipe I made up after eating LOADS of bland chicken breasts. Chicken is so easy to prepare and this recipe makes the meat extra tender and juicy.”

Ingredients:

- ¾ cup balsamic vinegar
- ½ cup water
- 1 teaspoon dried minced onion
- ½ teaspoon crushed red pepper flakes
- ½ teaspoon dried minced garlic
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon paprika
- ¼ teaspoon crushed dried rosemary
- ¼ teaspoon dried parsley flakes
- ¼ teaspoon chili powder
- ⅛ teaspoon dried oregano
- 4 (6 ounce) skinless, boneless chicken breast halves.

Instructions

Step 1 - Whisk together the balsamic vinegar, water, onion, red pepper flakes, garlic, salt, pepper, paprika, rosemary, parsley, chili powder, and oregano in a bowl, and pour into a resealable plastic bag. Add the chicken breasts, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator 30 minutes to overnight.

Step 2 - Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil, or lightly grease a broiler pan. Remove the chicken breasts from the marinade, and shake off excess. Discard the remaining marinade, and place the chicken breasts onto the baking sheet.

Step 3 - Bake in the preheated oven until the chicken breasts are golden brown and no longer pink in the center, 30 to 40 minutes. An instant-read thermometer inserted into the center should reach 165 degrees F (74 degrees C).

