

the

February And March  
1989

# GROUNDHOG

A Publication of the Mentone Area Preservation Association

## The Alabama Reunion-1989

### Look Homeward, Alabamians

On Nov. 18, 1987, the Alabama Reunion became a reality: Governor Guy Hunt extended an invitation to the nation to join with him in a year of homecoming whose main goals include the renewal of old friendships and the making of new ones. The 1986 legislative resolution sponsored by state Senator Earl Hilliard of Birmingham and Representative Yvonne Kennedy of Mobile called for "a year long celebration established and planned as a statewide program to promote pride of heritage and the common bond of kinship shared by all Alabamians."

Alabamians are called to look homeward to their place of birth, to memories of the sun-drenched fields and cool mountains and warm beaches, to times of hope and love and growing like weeds in the fertile soil of this place; to "a new and unified definition of ourselves . . . young and old, black and white, rural and urban."

The Alabama Reunion is organized through mayors, county commissioners and civic leaders at the local level. There are now more than 300 committees throughout the state who are busily planning festivities in celebration of the state and its attractions. In January, the significant contributions Alabama natives have made in the field of music were spotlighted. February is the month for highlighting sports. In May, there will be an exciting statewide project celebrating Alabama communities — from the mountains of North Alabama to the beaches in the south. In June, the Alabama Symphony Orchestra will take to the stage with the country music group Alabama at the eighth annual June Jam in Fort Payne. In July, Huntsville will celebrate the 20th anniversary of man's first walk on the moon.

The Reunion staff in Montgomery has designated at least one event theme each month, but that by no means limits local festival planning. Educational programs such as pride essays and local history lessons will be coordinated through the state Department of Education.

There are three primary projects that are the thrust of the Reunion: PRIDE — anti-litter campaigns, beautification projects, roadside planting projects, student awareness programs and more; PRESERVATION — preservation of family and community and family history, preserving old buildings and landmarks; PROGRESS — organizing economic development teams to recruit new industry and help solve problems facing existing industry.

Governor Guy Hunt enlisted the aid of well known actor Wayne Rogers in the Alabama Reunion celebration.



Senator Lowell Barron, Groundhog Editor Mickey Strickland, Governor Guy Hunt.

After a private meeting in 1987 with the governor, Rogers, who is best known for his role as "Trapper John" on "MASH," one of the highest rated shows in television history, met with members of the governor's staff to pledge his support for the event.

"Alabama offers some very remarkable and unique resources," said Rogers, who pointed out the state has "many entertaining activities such as Birmingham's symphony orchestra, Montgomery's nationally recognized Shakespeare Festival . . . and tremendous geographical and human resources."

Rogers is one of many famous Alabamians in the entertainment industry. The list includes Lionel Ritchie, the group Alabama, actors Kate Jackson and Neil Carter, athletes Hank Aaron and Bo Jackson and many others.

Beginning on May 21, "The Alabama Reunion Special," a 15-car diesel-powered locomotive, will begin

(Continued On Page 6)

## Council Meeting Ambulance Service Opens

The February meeting of the Mentone Town Council addressed issues concerning the area.

Mayor Rob Hammond and Councilman Max Cash attended a meeting in February with the mayor of Valley Head and people associated with the state water board, engineering and grants. Valley Head has applied for an economic development grant which, if approved, will upgrade the pumping station. Mentone then plans to apply for a grant in order to purchase more water from Valley Head. "We would keep the Fort Payne connection," Mayor Hammond said. "We will just not have to depend on them so much."

The council urges all businesses to purchase the new year's license to operate. If not paid by now they are considered delinquent. The deadline was Feb. 15.

Chief Bill Willingham was commended for his dedication to duty in tracking down the burglars who have been active in the area lately. He is responsible for the return of most of the stolen goods and spent a lot of time and energy on the investigation.

Jack Jones, Director of MAPA, informed the council that more street signs are on the way and will be put up as soon as they arrive.

The Mentone Fire Department has had to purchase another fire truck because the old one needed too many costly repairs. The total price of the truck was \$16,000, of which over half is still owed. The town council donated \$2,000, the Craft's Festival Committee gave \$3,000 and MAPA has pledged a generous donation. If a truck is not installed ready for use soon, insurance rates will escalate, so every citizen is urged to give generously to this worthy cause.

There will be a new sign for the Ed Mason Park which should be in place soon.

The town council urged MAPA to plant pines in front of Sam Barrett's property, as the new walking path cut growth that formerly gave the property a measure of privacy.



## Canyon Clean-Up

Talmadge Butler, manager of DeSoto Park, has enlisted the aid of individuals and groups to help him in a two-day planned clean up of a section of Little River Canyon.

In a meeting held Feb. 25 at the DeSoto Lodge, Butler spoke of his desire to get the community and anyone interested in the canyon involved in the effort. "The junk cars that have met their doom at the bottom of 'Insurance Point' will have to be brought up with a crane or be cut into pieces and hoisted out. One way or the other, we will eventually get all the garbage out." The cars are not to be removed while the clean up crew is active. That is planned for a later date.

Every one who comes to work should wear gloves, long pants and lace up boots if possible.

The date for the project to commence is Saturday, April 1, from 8 a.m. to 5 p.m. That night there will be a special service at Howard's Chapel to inspire the crew. The public is invited. Then on Sunday, April 2, clean up hours will be from 8 a.m. to 3 p.m.

Jack Butler, owner of Canyonland Amusement Park located on the rim of the canyon, has graciously offered his facilities to those who come from out of town in recreational vehicles.

There is wide spread interest in this project, and groups from all over the state are planning to help.

For more information call 845-5380 and ask for Sherry.

## NARFE NEWS

The DeKalb County Chapter of the National Association of Retired Federal Employees (NARFE) meets monthly on every third Wednesday by 10 a.m., in the Blue Room of Best Western, Fort Payne, followed by Dutch treat luncheon. At the March 15 meeting, James Melton, a resident of Guntersville and representing IDS Financial Services, Inc., will speak on investments.

At the April 19 meeting, Grace Howard will exhibit and discuss her accurately designed interpretation of Aaron's shield (or breastplate).

The program has not been selected for the May 17, June 21 and July 19 meetings.

NARFE is the only national organization solely devoted to looking after the interests of retired Federal employees. One of the most important and controversial pieces of legislation affecting the "elderly," and especially Federal retirees on annuities is the recently enacted Medicare Catastrophic Care Act. Most Federal retirees have Government-wide supplemental insurance, and they will be enormously penalized if the so-called "premium" on income tax is permitted to stand. Costs in relation to present supplemental insurance benefits will be prohibitive. NARFE opposed passage of the Act in its present form, and is working to correct inequities; the organization will need all the help possible from retired Federal employees.

The DeKalb County Chapter hopes that every retired Federal employee (and spouse) will attend its meetings and support the National organization.

If you have any questions, please call Fernie Fitzgerald, Public Relations, at 634-4743.

## CASA Volunteers

Governor Guy Hunt's two-year project called "Give Five Alabama" was launched in August of 1988 to raise awareness of the important advantages of volunteerism. Alabamians are encouraged to give five hours or more of their time a week to volunteer projects.

CASA (Care Assurance System for the Aging and Homebound) depends on volunteers who do just that and sometimes a whole lot more! Jonnie Justice, Director of the CASA Program in DeKalb County says, "I'm sure you've heard the saying, 'If you want something done, ask a busy person to do it.' Well, that describes a special CASA volunteer who has touched the lives of at least 85 people in the Geraldine community in the past year." Ruth Westbrook delivers lunches to homebound people several days a week, she provides transportation for several people to the grocery store, the Nutrition Center, to pay bills, or to club meetings. She also calls and visits many people in her community on a regular basis to check on them. In addition to her volunteer work for CASA, she is active in church work, the A to Z Quilting Club, local Homemakers Club and is a news correspondent for the Tri-City Times and the Sand Mountain Reporter.

Ruth Westbrook insists that she is the one who is blessed through her volunteer work and is a shining example of Alabama's "Give Five" project in action.

Because of volunteers like Ruth, CASA has served, this last year, over 850 people here in DeKalb County providing transportation, delivering meals, delivering commodities, making home repairs, visiting in homes and nursing homes and making life a little easier for the elderly and homebound of this County.

Each year CASA continues to grow as the needs of our County grow. CASA is also involved in activities at local nursing homes including weekly exercise classes, Sunday School Classes as well as bingo.

CASA receives funding through United Givers Fund of DeKalb County, Inc., and is committed to meeting the ever-increasing needs of the elderly and homebound citizens of our county.

If you have time to share as a CASA volunteer, or if you need assistance, please contact Jonnie Justice at 845-1014.

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## American Legion Meeting

Post 215

March 14 — Tuesday — 7 p.m.

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## Medicare Tax Workshops

Medicare Tax Workshops will be held every Saturday morning at 10:00 starting March 4 through April 15. Edward D. Jones & Co., one of the sponsors of these "Tax Savings" Workshops, will host the seminar at their Fort Payne office located at 201 Grand Ave. N. The New Medicare Surtax will raise the Federal Income Tax Liability for all persons over 65 and any that are currently on Medicare.

David Brouwer, who will be teaching the program, points out that this new tax increase will raise a senior citizen's annual federal income tax liability by more than 30 percent within the next three years. "There are several measures that can be taken to reduce this tax," says Brouwer, "but the time to do something about it is now."

The workshop is free to all interested DeKalb County residents 62 or over. The one hour workshop will be held every Saturday morning at 10:00 during March and early April. Each workshop will have limited seating. For further information, call Marilyn Ward at 845-4560.

## April Meeting

Mentone Area  
Preservation Association

## Guest Speaker and Plans for the Rhododendron Festival

Everyone Welcome  
Refreshments and Social time follow

April 4 — 7 p.m.

Town Hall



## Alabama Wagon Train Celebrates Reunion

GADSDEN, Ala. — Imagine getting up before dawn to feed and water your horse, pack up camp and make preparations for a 22-mile trip. The journey will take all day, but you'll be in good company as you venture through the Talladega National Forest along quiet country roads following the trail forged by Andrew Jackson in 1813. At nightfall, you'll take care of your horse, make camp and swap stories around the campfire as you prepare for the same routine the next morning. Or you may enjoy a hot meal from the chuck wagon while you relax in the comfort of your camper. By day you'll sit high in the saddle during the seven-day, 160-mile journey from Boaz to Montgomery.

That's life on the Alabama Wagon Train, billed as "the ride that warms your heart and tests your britches." It happens every year in March and draws more than 1,000 trail riders from across the nation and a few foreign countries. It culminates at the Southeastern Livestock Exposition Rodeo at Garrett Coliseum in Montgomery.

The 1989 dates for the Alabama Wagon Train are March 8-15. The event reunites friends who have become acquainted during previous wagon trains and introduces new riders to the southern hospitality which has made Alabama popular. For all those reasons, the Ninth Annual Alabama Wagon Train is a natural for The Alabama Reunion, a yearlong celebration hosted by the state.

Simply put, The Reunion is an invitation by the people of Alabama to visit the state. Communities, schools, churches, civic organizations and businesses are organizing special activities in conjunction with The Alabama Reunion. Annual events such as the Alabama Wagon Train are focusing on Reunion themes.

The Alabama Wagon Train was born by the desire of three men to give their saddle clubs a project. Trail boss Donaki Thomas, Trailmaster O. J. Arledge and Chief Scout Gene Erwin assembled the first wagon train with a financial outlay of \$300, which was used mostly for printing a flyer which the three handed out to whomever seemed interested. Since its inception, the Alabama Wagon Train has expanded nationally and has become a \$14,000 project coordinated by a 12-member committee composed of representatives of the Sand Mountain and Rainbow Saddle Clubs and live officials.

Each morning at 4:30, reveille sounds in the camp. Those who have brought motorhomes crank them up and move them out to the next camp site at 6 a.m. Then they are shuttled back to camp to saddle up and head out, and the train starts rolling by 8 a.m. They avoid major highways as much as possible but pass through several small towns' wagon.

The wagon train organizers promote "Tell America About Alabama." They are definitely succeeding in that goal, judging from the comments by riders. David Nance, from Charlotte, N.C., who has ridden twice with the Alabama Wagon Train, said he comes to "meet all these good people from Alabama and everywhere else." He compared the experience to a reunion.

It's more than that for some people. One young couple met during the 1985 wagon train and returned in 1987 to get married during the weeklong trip. And Publicity Director Art Howell said the wagon train has had an economic bearing on the state. "At least three people have come to ride in the train and liked it so much that they moved here," he boasted. "Doc Mills and his wife Lillian rode with us in 1986 and were so impressed by the state and its people that they went back home to Missouri, sold their business and their home and moved here." Howell said, "Mills is now one of the officials helping us organize the wagon train and his wife is a committee member."

So, what have the Alabama Wagon Train organizers got up their collective sleeves for The Alabama Reunion? Gene Erwin's enthusiasm motivates as he discusses the project — an authentic replica of a Conestoga Prairie Schooner which will serve as the lead wagon. Conestoga wagons were built in the Conestoga Valley of Pennsylvania and were popular modes of transportation for early settlers who found the boat-shaped, covered wagon ideal for loading streams and crossing treacherous terrain.

Erwin explains that 50 such wagons were built by the United States government and presented to each state during the 1976 Bicentennial. At that time, several wagon trains formed and converged at Valley Forge to celebrate the nation's 200th birthday. Following the big celebration, Alabama's Conestoga was mothballed until the Alabama Wagon Train organizers asked if they could pull out of retirement.

Then, a second idea was born. Why not invite the Alabama participants of that original 1976 wagon train to a one-day reunion? The idea caught on and a time and place selected. Feb. 18, 5 p.m. at Nockanna Falls Park. Erwin hopes the reunion will rekindle interest in the Conestoga and plans to make it available as an educational exhibit for other Alabama Reunion events.

Anyone interested in The Alabama Wagon Train or the Conestoga Wagon Reunion may contact Art Howell, Alabama Wagon Train National Headquarters, 241 South 4th St., Gadsden, AL 35901; telephone (205) 549-1223.

For information on events in Alabama, write to the Alabama Bureau of Tourism and Travel, Dept. AT, 532 S. Perry St., Montgomery, AL 36104.

Ann Simpson

**TIME TO MAKE PLANS TO ATTEND  
THE RHODODENDRON FESTIVAL  
IN MAY IN MENTONE!**

# The Groundhog

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

205-634-4198 or 4185

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## Our Town

### With Linda Brown

When Mentone has a need, Mentonians come through! Recently the fire department had a chance to purchase a truck for a very good price. One problem, half of the purchase price was required as a down payment and time was limited. Marshall Pruitt put the word out and individuals and organizations rallied to the cause. This money was acquired but now comes the hard part, paying off the other half and meeting other expenses such as insurance. If you can help, please do so. Call Marshall Pruitt or Eleanor Tate for more details.

I was recently talking with a friend about Mentone. She stated that of all the places she has lived, Mentone is the best. Everyone is friendly but not pushy, cooperative but not nosy, ready to help anyone in need and it seems that a sense of humor is a requirement for living here. Someone said that they knew that God has a sense of humor, he created people!

The DeKalb County Beautiful Clean-Up Campaign has started. March has been designated as the month to clean up. Pick up and further enhance the beauty of our county. Our enterprising group has decided to clean up Little River Canyon. Can anyone remember when it was May's Cut? Sloven cars were thrown over the rim even then. Let's all start with our own back door and progress from there.

Have you noticed the bridge for the walking trail? Looking good! This will make walking along Highway 117 so much safer. I for one really appreciate all of the time and effort that have gone into this project. Thanks MAPA!

A lady asked me if I was depressed by the weather when I wrote my last article. No, the weather doesn't depress me. I can't do a thing about it. Poverty, child abuse, homeless persons on the streets, hunger, mistreatment of older people, threat of war, drug addiction, greed, government and business dealings, anything that prevents a person from living to their full potential, these are things that depress me. What can you do about these situations?

On a more upbeat note, so many people in Mentone have won my respect and admiration during the years I've lived here. One is Eloise Burnett, my first next door neighbor. I was very young and inexperienced at many things. She helped me with cooking, child care, sewing and other household tasks. I love her and respect her opinion greatly. So many of the people who have lived here for most of their life have become very dear to me. Another plus that we in Mentone have is getting to know the people who move here to live. I have become fond of many of them and consider my life richer by knowing them. Mentone might be called the "melting pot" of Alabama.

Bobby and I have a new grandson, Robert Alexander, was born to Art and Carol Hazel on Feb. 4 in Orange Park, Fla. I am reminded of something I read once, "A baby is God's opinion that the world should continue."

Mentone has a new family. The Rev. Tim Smith and Emily have accepted the position of rector for St. Joseph's Episcopal Church. They have three children, Jason, Stephen and little Emily.

## Mountain Watch

By Jean McGehee

Distressed over the feuding between their two families, Juliet asks Homer, "What's in a name?" After all, does it matter?

Recently in the news in Alabama was the story of a woman who has written a book about unusual place names in the state. We're familiar with Dog Town and Lickskillet nearby, but nowhere in the accounts did I see my favorite crazy name: Two Egg, near the Florida border. Not Two Eggs, but Two Egg, Ala., as in I want a two egg omelet in two egg night.

We can be proud of our town's name. We know the story by now. That recently deceased Jessie Whitehead's mother, Alice Mason O'Hear, named the town after having seen the name in a newspaper account of a visit Queen Victoria made to the French Riviera resort of Menton. When Charles did a cover story on the Mediterranean city, he dutifully reported that to the young Alice Mason the word Mentone meant "musical mountain spring."

The late Rev. Drew Wolcott wrote us that he thought we should stop prating that, since the word meant, if anything, perhaps a derivation of the French word for chin, as the land jutted into the sea in France. We didn't keep the encounter going, because we thought Alice Mason meant that the name suggested, or connoted, or meant to her, "musical mountain spring."

The French Menton has mountains and ocean and is a big city with medieval ruins and olive, fig and lemon trees. There is a port with sailboats. Although our Mentone doesn't have these amenities, we do have a river, a mountain, and beautiful trees and wildflowers and rocks. We also have springs — in other words, we live in a blessed place with a great name.

Zora Strayhorn, Mentone's most recent historian, revealed to **THE GROUNDHOG** in her cover story that she had been named Frances Imogene at birth. Can anyone imagine calling Zora Frances Imogene? She felt special and different and had a friend determining the proper name for her. She is a Zora.

When I was named, Betty was the popular name. Someone recently said that before we know it, the little old ladies in the nursing homes will have names like Deboe, Tiffany and Heather. In my grade school class there were five Bettys: Betty Ann, Betty Jo, Betty Joan, Betty Janu and me, Betty Jean. Later a plain Betty entered our class. I always detested the Betty, and when we moved to New Jersey during World War II, I dropped it and became plain Joan. By the time I entered college, the Betty had disappeared from official documents. Some of my 17 first cousins on Mother's side still call me Betty Jean, but now I'm old enough not to be bothered by it. Also I know and like other Bettys, like Betty Chapman, Betty Harris and Betty Johnson. Mickey Strickland, **THE GROUNDHOG** editor, commented to me once that she's really a Ma-

Our older son has had an off and on liking for his name. We went to great pains to choose it, going back in history when Rob Roy McGregor was a Scottish hero in opposition to the king. Tradition and family historians state that the spelling of McGehee (that's pronounced mae-gee) mae-gee-hee is simply the result of one of many changes that occurred when these descendants of Rob Roy McGregor were in hiding. The late Charles McGee, grocer, said those McGees who had an h in their names were formally horse thieves. That's what he'd always heard, and there may be some truth in it, as far as I know.

McGregor, our son, has a country rock band in Boston. They play all over New England, and in the course of his career his group has had various names such as the Rockophiles, Fast Buck, the Blue Angels. However, now he calls it the McGregor McGehee Band. I like that because I think there is something in a name, and his qualities, independence, creativity and history. I'm also glad I don't live in a place with a silly name.

## MAPA Minutes

The Feb. 7 meeting of MAPA honored the founders of the organization that first met seven years ago, Feb. 7, 1982. Their primary goal was preserving the uniqueness of Mentone. Four of the original members were at the meeting.

Proposal of a bike trail from Mentone to Dr. Solo Falls was discussed.

The guest speaker was John Strickland, Recreation Program Coordinator for the Alabama Department of Economic and Community Affairs. Mr. Strickland discussed the ways to obtain a grant to help pay for the proposed trail.

Sam Cash spoke about the current condition of the Fire Department. He asked for a donation for a fire truck.

A birthday cake for MAPA was enjoyed after the meeting.

Frances Rosario — Secretary

## The Lookout

"Atop Lookout Mountain"  
CLOUDLAND, GEORGIA  
(404) 862-2515



## Senator Lowell Barron: Art Of The State—Part II

It is a long, long way from the dusty fields of Sand Mountain to the hallowed halls of the State House in Montgomery, and that distance, in the life of Senator Lowell Barron, can be measured in volume of effort well as amount of miles.

Lowell Barron has served in the political arena for 27 years, first as councilman in Fayette, then as mayor before being duly elected to the eighth district Senate seat. Senator Barron offers the kind of expertise that can only come through hands-on experience: "It is like anything else, any other kind of job; the more you work at it, the more knowledge you acquire. The best teacher is experience — you cannot read it in a book or get it from the media. You have to be there, and in many levels of government, I have been there."

Getting there, and staying there, has given Lowell Barron the edge he needs to cut to the heart of the issues that are of vital importance to the people of this district and to the state of Alabama at large. After being chosen to represent the people, he was removed from office by a group who used a redistricting order as an excuse to hand-pick another candidate. The objective of the restructuring was to block the gerrymandering process that had so long been a part of southern politics, not to remove from office those who had been elected in districts where there was not enough of a minority population to make a difference.

Lowell Barron has the kind of support from his people that would not allow this to happen and winning the second election, just a year later after his first victory sent a clear message to all those who would oppose the will of the people: Each vote is important, and each individual. "Even though standing alone we cannot accomplish much, together we can move mountains." At any rate, Lowell Barron was moved back to Montgomery where he belonged, and he has been there ever since.

That first year in the Senate was a tough one. Sen. Barron: "There were six offices in the old state capital building and 35 senators to fill them. That left a lot of us without a place to hang our hats. Only the top six senators got offices. We would sit around the lobby and meet constituents anywhere we could find a place. I would often joke to people who came to me to 'come into my office,' and would take them under a stairwell, into the rotunda or into the outer room of the men's restroom. If I had to use the telephone, I had to wait for one of the public ones near the rotunda."

"After I won the write-in election and returned to Montgomery, some very good changes were underway. The Legislature had made the decision to remodel the capitol building. During this process, it became evident that there just wasn't enough room for all that it had to contain. A beautiful, historically significant structure had been turned into a shambles. Electric wires were run along walls and floors; false partitions and flimsy walls were all over the place."

"The highway department was moved from the nine-story building across the street into a new complex with much more parking and efficient use of space. Then it was decided that each senator should have a small office of his own in the old building. Two floors were removed, with the Senate chamber located on the seventh floor and the House of Representatives Chamber on the fifth floor. What is now the State House is comfortable and efficient and a structure of which the people can be proud."

"With the renovation of the State House, and the remodeling now underway in the Capitol building, Alabama state government has been brought into this century without sacrificing the beauty and design that are a part of our heritage. The capitol building is being meticulously restored exactly as it originally was built and decorated. A scrap of original wall paper was found and duplicated. The old senate chambers will have reproductions of the desks put there in the 1880's. It will be a landmark in which the Senate and House will meet occasionally for historic events, or when the governor addresses a joint session of the legislature, and will serve as the permanent address of the governor's office."

Those first years in the Senate were a time of waiting and watching for Lowell Barron: "I was totally in awe of the process, particularly the attorneys who had been elected. They have an edge in this arena for they are accustomed to debate and use every word and gesture to make an impact. I did not have this expertise from my experience as a druggist. These crafty old attorneys dominated the process, and I carefully watched every move. When they went to the well and took the microphone I hung on every word, knowing that my time would come when I would get to the table. For then, I was content with any crumb thrown from the banquet."

"Finally, after months of observation, I got my chance to take the floor. The Senate was in a filibuster posture late one night. No one was in the audience nor in the balcony. We were debating a drug bill which would provide harsh penalties for someone who sold hard drugs. It took all the courage I had to get up there and take the microphone. I had the feeling of being in the big game, but not being quite ready. My knees were knocking as I began to speak. I tried to be funny, saying that I was the best person to talk on this subject, for I was the only one



there to sell hard drugs. I was referring to my years as a druggist. When I walked off the floor, one of my best friends, Senator Medford, said 'Lowell, you may have meant that to be cute, but what if tomorrow's headline were to read **Senator Admits He Sold Dope?**' That scared the dickens out of me. I realized then that this process is not something to be taken lightly. I could do great damage to my career and to everyone in the Senate by my actions and words. That is why I approve of a long, deliberate process in the making of a new bill. A piece of legislation passed in haste must be repented in leisure. I do not think that all of our politicians realize the ramifications of the legislation they deal with, and not everyone seems to have respect for the system, but most do."

"We have some very good senate members. The money we make barely covers expenses, so it is not financial reward that keeps us going. I sat in committee last session and looked around and thought if only the taxpayers could see these men in this room, and how they served so unselfishly and in such an honorable way, that they truly represent the will of the people, then every one who voted would be proud as could be."

"During my first term, I was primarily playing defense because people with my mostly conservative philosophy were in the minority. The other factions who were led and controlled by special interest groups gained most of the offices. I was still not accepted as a part of the inner circle. The then-Lt. Governor made a remark that if I was elected on a write-in, I would not get any decent committee assignments, that he would strip me of my committees. Some of my opposition tried to use that against me. I countered with 'if the people speak loud enough to elect someone on a write-in vote, the Lt. Governor will be scared not to provide those people, of all people, with fair representation in the form of the best committee assignments. With that write-in victory, the people of my district gained a lot of strength and clout. I got what I needed.'"

Senator Barron was still in the minority, however, and to stand up for what he believed was right took a lot of courage in the face of majority opposition. He never wavered and he held the line, and it seems the state has been moving in that direction ever since. The special interest groups lost a great deal in the last election. The man who was Lt. Governor lost the bid for election as governor, and it is on record that Lowell Barron did not support him.

When he was elected for the third time, Sen. Barron came into his own. Suddenly, he was a force to be reckoned with and took his place as a leader in the state legislature. He authored an education budget that was altered so much it hardly resembled the one he had written. But the general fund budget was passed largely as he had authored it. He spent months as Deputy Chairman of the Finance Committee, writing the budget as the Chairman didn't have Sen. Barron's financial background. In that budget, he was able to take care of areas that had been neglected for too many years — such as infant mortality, the health of the poor and mental health. "I feel that it is shameful that Alabama has the highest infant mortality rate in this nation. We are not that much of an impoverished state, we have just not been sensitive in very important areas, especially our children."

"I added a great deal of money to my district for rural development in such areas as water lines to the more isolated places. Also, I introduced a bill that set up a statewide water authority to assist in bringing clean, safe water to all of the state much as the REA brought electricity in the 30's and 40's. It took two sessions before it passed, but at last this important issue was addressed. The legislation is known as the Barron-Brittenell State Water Assistance Authority Act of 1988. This bill will, in years to come, be one of the most significant pieces of legislation ever."

Offentimes, Senator Barron's main focus is to prevent bad legislation, as was the case of the attempt to remove the control of the state highway from the executive branch. "Early this year, a group of senators from south Alabama decided to present a bill that would put the highway department under the control of a legislative committee that one of them chaired. The highway department's budget is over 700 million dollars a year, and this move could allow all sorts of graft and corruption in a department that was running well already."

"It was a ploy to put the highway department back under Democratic control, pure and simple. I told them early on that I did not play that game, that I thought the highway department was just fine where it was and should stay there. The senator informed me right off that it did not matter if I supported him or not, that he already had 20 votes out of 35, and to achieve 'absolute cloture,' (which would shut down debate automatically and run over everyone), he only needed one more vote. I knew that there were still 15 of us, and they should not be so sure of anything. Even though a lot of prizes were offered, they never did get that last vote. We had a filibuster which lasted for seven days and seven nights. It was the first Sunday and Sunday night filibuster in this century, and I was a leader in the fray. We stopped the legislation, but the senate was so polarized it took three sessions to pass the budget, rather than the normal one. But I fought for what I believed to be right, and sometimes that is worth any price."

"I identify with the people, and with their suffering, for I have been there and can understand," Lowell Barron spoke of the special relationship between him and his constituents. "I never fail to have their needs uppermost in my mind, especially when their health and well being is at stake." A case in point might be the use of Alabama landfills as depositories of waste from other states. When shipments of toxic waste were slated for dumping here, Senators Barron and Bedford went to Washington and met with Senator Shelby and the committee he was chairing to bring emphasis on the shipment which continued 40,000 pounds of hazardous materials. Senator Shelby was holding hearings in the matter, and they worked with him at that level. They then returned to Alabama and sponsored legislation that would curtail the amount of toxic waste, or waste of any kind, that could be shipped into this state. They also sponsored a bill that would place a stiff tax per ton on the waste. "We were not able to get as much tax as we wanted, but we were able to get an additional \$8.00 per ton. We were trying for \$20.00 which we felt would have taxed it to the point of making it economically unfeasible to ship it here. With continued effort, we will ultimately bring more pressure to bear and will stop the shipment of garbage to our state. Each state should take care of its own waste, household, medical, industrial or whatever, in a safe and sanitary manner, not just dump the problem on someone else and put them at risk. Alabama can take care of her own, and others should do the same."

Senator Barron summed up his hopes for the future: "I want to represent the people in the best, most honorable way I can. I have done my dead-level best to see that the people of this district were not left out of anything good, and in a larger context, I care about all the people of this state and this nation. I will serve in any capacity that will help make a difference in the lives of people and the world we live in. I feel a need to use whatever talents I have to make things better. I owe the people for having faith in me, and I will fulfill that obligation no matter what it takes." As Will Rogers once remarked, "It's a great country, but you can't live here for nothing."

## Beautiful People Of Alabama Contest

The Alabama Bureau of Tourism and Travel announces the start of the 1989 "Beautiful People of Alabama" contest. This is the fourth straight year the Bureau has sponsored the successful program.

"The contest honors Alabamians who have gone out of their way to make a traveler's visit to our state special," says Lisa Shivers, director of the Bureau. "The Beautiful People represent the highest ideals of Southern hospitality."

Nomination forms and contest rules may be picked up at your local Chamber of Commerce, Convention and Visitors Bureau or the Bureau of Tourism and Travel. Nominations must be sent to the Bureau of Tourism and Travel by March 15.

Three winners will be selected by a panel of judges composed of out-of-state travel industry professionals. The winners will be announced during the Alabama Con-

ference on Hospitality and Tourism in Huntsville April 30-May 3. They will receive prizes donated by Alabama's travel attractions.

For more information on the contest, contact the Alabama Bureau of Tourism and Travel, 532 South Perry Street, Montgomery, AL 36104, (205) 261-4169.



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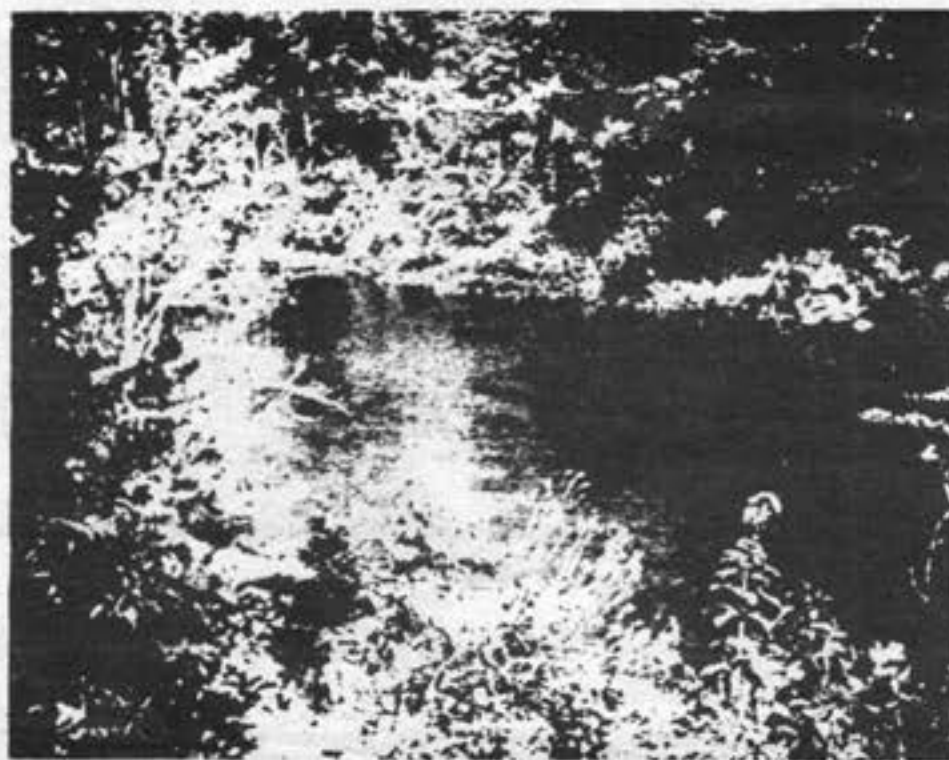
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## Did You Know?



Marvin L. Mann, formerly of Birmingham, heads IBM's Information Products Division. He's responsible for the development and manufacturing of IBM display systems, computer printers, publishing systems, typewriters, copiers and related supplies. All told, the businesses Mr. Mann manages generate more than \$5 billion in annual revenue for IBM.

Mann holds degrees from Samford University in Birmingham and the University of Alabama.

## Did You Know?



Erskine Hawkins, noted jazz trumpeter, composer and native of Birmingham, is one of the greatest band leaders of all time. Best known for co-writing "Tuxedo Junction" and the classic "After Hours," he began playing drums at the age of eight, later switched to trombone and specialized in trumpet by age 13. He was educated at Tuggle Institute and Alabama State College in Montgomery. In 1936, Erskine carried his college band, and the Bama State Collegians, to debut at the Harlem Opera House.

## Cock-o'-th' Walk



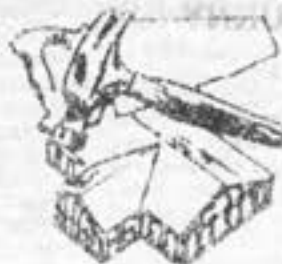
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(Continued From Front Cover)

a week long odyssey through Alabama with stops along the way for special activities. The trip is corporately sponsored by First Alabama Bank and co-sponsored by CSX Rail Transportation and Norfolk Southern Railroad and will visit 17 cities which will coordinate day long festivals complete with arts and crafts, marching bands and much more. Gov. Hunt: "The Alabama Reunion committees in each of these areas are being charged with organizing a celebration they believe best exemplifies the spirit of their hometowns."

In addition to the celebrations planned by the communities, "Alabama Celebration," the Reunion's traveling Broadway-style show depicting Alabama's musical history, will perform at each of the stops.

Crowds gathered for the celebrations will have a chance to board the train during its stop and buy Alabama Reunion and Reunion Special memorabilia. Several exhibit cars, including a museum car owned by the Heart of Dixie Railroad Association and an Operation Lifesaver car designated to teach the public about train safety, also will be available for boarding.

The U. S. Postal Service is developing a one-of-a-kind cachet, or special cancellation stamp, that will enable persons to mail letters from a car aboard the Special during each of the stops. The cachet will carry the name of the town from which the letter was mailed as well as a design recognizing the Alabama Reunion and the State of Alabama. The stamp is predicted to become a collector's item. On May 23 from 9 until 10:30 a.m., the Special will be at Fort Payne, then will make the run to Attalla at noon.

The Reunion's official mascot is a dinosaur recently named "Seymour" by Mary Kathryn Reed, age 7, of Guntersville. Mary submitted the winning name which was chosen from over 18,000 entrants. The contest to select the name was sponsored by Food World and allowed school children in grades K-8 to participate. "Seymour of Alabama" is a cuddly purple dinosaur who will be available in Food World stores across the state beginning March 5. Contest winners were chosen by the Reunion staff, advertising agency and Food World executives. Mentone's own Josh Goss was one of 27 runners-up in the competition. Josh is the son of Brenda and Benny Goss, the local postmaster. Josh is in the fourth grade at Moon Lake Elementary. He was honored in Montgomery on Feb. 17, when he was congratulated and photographed with Governor Guy Hunt.

The Alabama Reunion is meant to bring old friends together so that they might renew ties that bind in common fellowship and shared interests. It is hoped the year-long celebration will remain in the hearts of Alabamians long after the cheering has stopped. For to weave something lasting into the fabric of the history of this state is the best for which those who love Alabama can aspire.

Author Kahlil Gibran spoke in "The Prophet": "Your friend is your needs answered."

He is your field which you sow with love and reap with thanksgiving. He is your board and fireside. . . . And in the sweetness of friendship let there be laughter, and sharing of pleasures. For in the dew of little things the heart finds its morning and is refreshed."

Alabama has extended a hand of friendship to those who will come; the welcome mat is out and the lamp in the window glows with a special message of peace and homecoming for all.

Let this year be a time of coming home to where the heart is, and in that journey may each of us find the best and highest meaning in everything we do.



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## Valley View

**With Eloise Brown**

The Sunshine Club met for their January meeting at the home of Jean Jones. The devotional was given by Gladys Cobble. Others present were Bess Bauerle, Evelyn Clark, Ruth Pickett, Jewel Palmer, Evelyn Phillips, Addie Hall, Sue Cooper, Vernitice Young, Geraldine Hawkins, Gladys Stott, Billie Harper, Willie Mae Palmer, Betty Brown, Dot Blackburn, Pat Bauerle and Stella Pierce.

The prayer group of the Valley Head Baptist Church met at the home of Teresa Cooper, Feb. 14. Those present were Louise Hammond, Ruth Pickett, Gladys Cobble, Mary Ellis, Sadie Cooper, Martha Stanley, Renae Burt, Barbara Morrow and Ruth Burnett. Gladys Cobble gave the devotional and Martha Stanley presented the program.

"Hats off" to some of our Senior Citizens who are doing well for their age — Lois Gifford, Geneva Phillips, Willie White, Bessie Freeman, Mary Ellis, Alba Brown and many others.

Glad to hear that Mozell Crow is feeling better now and able to be out.

Get-well wishes go to the Fid Clark family who have not been well.

Billy Joe Ellis has been away for treatment. We hope he is feeling much better.

Verna Livingston continues to improve after her fall. Laura Margaret Allison has returned home after a visit with her daughter's family, the John McGinnis family in Florence, S. C.

Adelaide Biddle has returned from a vacation in Gulf Shores, Ala.

Jack and Sadie Cooper spent the weekend with Barbara and Harlan Cooper in Montgomery, recently.

Sadie Cooper visited her aunt, Ida Wilson, at Idler and helped her celebrate her 90th birthday.

Georgia McKown, Eunice Haney, Ottis and Edna Dean, George and Ollie Freeman are still on the sick list. Let's remember our shut-ins.

We welcome a couple who have moved here from near Atlanta — George and Billie Cowen.

Faye Finster of Trion took her sister-in-law, Lila Schlicher, to University Hospital in Birmingham, for tests. We hope they can solve her problems. They were accompanied by Betty Brown.

Walter and Christine Brooks want to thank their friends and neighbors for "your thoughtfulness, your visits, prayers and flowers, and your concern, since we had to put our son in the nursing home four-and-a-half years ago. It has been deeply appreciated. "Thank you, Christine, for your help with news items and all the others who contributed to this column."

We miss Hazel Shankles. We hope she is feeling better.

I went with Geraldine and Howard Hawkins to Gadsden, Ala., this week and enjoyed my birthday dinner that was given by the Banquet Table Buffet. They have moved to 3514 Rainbow Drive. It is a lovely place to eat with a wide variety of delicious food.

Alba Brown's brother, Woodrow Hayden, his wife, Eleanor, of Birmingham, and their daughter, Kay Henderson, of New Orleans, visited Alba recently, for the day.

I hope everyone appreciated their "Valentines" this month. The 13th verse of the 13th chapter of 1 Corinthians tells us, "The greatest of these is love." I have had so much love showered on me and demonstrated in kind and thoughtful deeds, that I have been inspired to greater effort to overcome my disabilities so that I can help others once more.

Spring is just around the corner. Crocuses and Jonquils think it is already here. They are so brave and strong, they brave ice and snow, and, in my yard, they have to penetrate many layers of tough leaves, but they do, holding their heads proudly erect, spreading their joy and beauty to all who will behold them!

## Did You Know?



The First Lady of contemporary country music, Emmylou Harris, was born in Birmingham in 1949. She and the late Gram Parsons received much credit for stretching the boundaries of country music and helping make it acceptable to a wider audience. Emmylou, who has since moved on to establish herself as a singer of extraordinary versatility, is now featured heavily in country and pop charts.

The only permanent full-size Space Shuttle exhibit in the world is in Huntsville, Alabama. The 100-ton Pathfinder orbiter was built by NASA in 1977 and used for clearance testing in Huntsville during the development of the shuttle program. Today, it is the centerpiece for the new shuttle park at The Space and Rocket Center.

**The Alabama Reunion**

## The Bed

**By Howard Cash Marsh**

The circumstances that surrounded my having bought the bed seemed usual enough, but upon thinking back, I realize now even they were odd. I recall the owner commenting to his wife that maybe they should just throw it out.

I had bought the mattress set to use in the guest bedroom. The queen-sized purchase was tied securely to the top of the car, and I remember thinking, "I must look like a hillbilly enroute to my mountain shack."

Several weeks passed before any guests occupied the room, but my only pet had chanced to sleep upon its spread of witchery. I say witchery, not because I believe in evil supernatural, but because I don't know any other word to describe it.

Sam, my Cocker-Spaniel, had been asleep on the bed all afternoon. I wash him regularly because he is the only other member of the household and is allowed to use the furniture. His afternoon naps are an everyday occurrence—but this time he slept into the night. The next morning he was still asleep, and as I looked closer, my heart skipped a beat. I thought he was dead! I lifted his limp, drugged-like form and carried him to the car to rush him to the veterinarian. Strangely enough, he was quite active by the time we reached the animal hospital, and the routine examination offered no explanation of his odd behavior. Sam never ventured into the bedroom again, but I just didn't connect the bed with the bizarre nap.

My guest arrived from out of town a few days later. An army buddy who had made a career of it and was en route to another base had planned to stay over. We talked into the wee hours — recalling the "good old days," and upon retiring, he had requested that I wake him early.

The next morning I hollered "up and at em" as I passed the open door and continued to the kitchen to prepare breakfast. The noise of my batchelor attempts to get everything ready at the same time would have drowned out any sounds of his morning shave and shower, and I haven't thought any more about it as I prepared the meal.

The table was set and I called, "Come and get it," and sat down to eat. Courtesy prompted me to wait for him, and I called again. No answer. Troubled, I returned to the bedroom — there he was — fast asleep — hardly a sign of life except his slow, rhythmic breathing. I remembered his sleeping patterns in boot camp — he could sleep through anything. Well it didn't surprise me any! I literally pulled him from the bed! He groggily stirred from the deep sleep and commented on having never before slept so well.

We well-wished each other goodbye, and I never would have given it a second thought unless I myself had not laid down on the bed. Later that morning I had changed the sheets and had decided to test out the mattress to see how it lay.

Oh it was so comfortable! As I lay there I became sleepily. At the same time, it was like I was under a spell — I didn't care that I'd be late for work. I didn't even respond to Sam's barking as he stood in the doorway. He refused to go into the room, but just stood there barking.

I dreamily remember hearing the phone ring, but I guess I fell asleep, for I never answered it. I don't recall dreaming or anything else, and I suppose I would have slept forever unless one of my workmates had not become concerned. I had slept for two days!

Needless to say, fully revived from my ordeal, I decided to get rid of the mattress. I didn't want to sell it, and I did not want anyone to know what I thought of the bed lest they should think me crazy! Instead, I loaded the mattress onto the car and drove to the dump. There I unloaded the bed and left it top of a pile of discarded "odds and ends." I drove home, thinking the ordeal was finally over.

The dozer operator climbed down from the machine. He wondered why anyone would discard such a fine bed. He knew his wife would be happy that evening, and loaded the bed into the back of his pickup truck.

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# COUNTRY JOURNAL

By Bernise Crow

Time has gone by since I wrote my few lines, but I have had an excuse. I suffered a fall in November, and have been in such pain, my mind would not function as well as usual, which you know was not too good in the first place. I was climbing a ladder in Homer's barn-workshop when the ladder and I parted ways. My heel was broken, which the doctors say is the most painful place to have a fracture of the foot. I agree with them. Never have I suffered more. I am just now beginning to walk with a limp.

But spring is around the corner, and things are looking up. Just last week I saw many bluebirds in my yard. One couple was inspecting the premises for nesting sites. It was about 20 degrees that morning, but the birds know far better than our meteorologists when warm weather is on the way. Also the robins are making their appearance, and we know they are known as the harbingers of spring. I hobbled around and planted tulip bulbs yesterday that came in the mail about the time I broke my foot. They won't be as pretty as they would have been if planted in November, but they will have a chance next year. At the same time I was planting tulips, I found daffodils blooming. We have had a mild winter, but March is yet to come and sometimes can be very cold. We have not traveled very much lately, due to my accident, but we did go to Florida for a few days and explored some areas we had not seen before. We went the week it rained every day here. When we got below Montgomery, Ala., the sun was shining and we did not see any more wet stuff for a week. We traveled down the west coast of the state first, going to Cedar Key, of which we have heard Jack and Olive Jones speak many times. We enjoyed seeing the old

buildings, the beach, and most of all the many species of waterfowl. Cedar Key is a wildlife preserve, and has scenic beauty as well. I would like to go back and stay a week.

It was very warm as we continued down Highway 19 to New Port Richey, Tarpon Springs, Clearwater, St. Petersburg and to Bradenton. From Bradenton, we turned east to Sebring to see some property Homer had purchased, sight unseen. This is in the middle of the state, about 90 miles south of Orlando. After looking at the lots, we called our good friends, Clyde and Beverly Hoyt. Some of you know them, since they built a beautiful home here, on DeSoto Parkway, and lived here until Clyde retired. They moved to Sebring, which was Clyde's childhood home. We went by to see them briefly, we thought, but stayed a day and a night. We had a rest and a wonderful visit. Clyde and Beverly sent their regards to everyone in Mentone. They plan to come for a visit in April.

Leaving there, we drove all around Lake Okeechobee, which is a fisherman's paradise. We drove by Clewiston, which is near the lake, and saw sugar cane fields. This was a first for us. I thought I was seeing huge fields of Pampas Grass, until I saw they were burning the fields, and one could smell the sweet fragrance. This was interesting. I remembered my brother, Don Castleberry, worked there when he was a teenager for a short time.

We turned west again, following Alligator Alley (We went south first) to Naples. This is a very beautiful city. It was 87 degrees there. We spent the night there and went to the beach the next day for some sun.

From there to Fort Myers, north of Naples — still on the coast. While there we visited the winter home of Thomas A. Edison. What a pleasant experience this was. And I had the good fortune to be wheeled around in a wheelchair by Homer. He was tired when we finished our tour, but I was faring well. The gardens are fabulous, full of exotic plants and trees from all over the world. We had an excellent guide, who was very knowledgeable in the field of botany. I would highly recommend this tour to

anyone traveling in the Fort Myers area. Bruce Bon Fleur brought it to our attention.

Now we headed northeast again — to Orlando and Disney World. We have been three times before, but not to Epcot. This is the best part of the entire park.

We spent a full day there and didn't see all the exhibits. It would take two days to really see everything. It was like going abroad and seeing parts of cities in Canada, Italy, The United Kingdom, Norway, China, Morocco and Mexico. We didn't see the United States part, because we could see it any time. Everything was authentic, even entertainment, street performances, movies in the round, making one feel one was on the boat, plane or train. There were beautiful shops on streets just like they would be in that particular country. One could eat in restaurants, featuring cuisine of each particular country. What clean fun and education.

We came back, taking our time, and traveling the backroads. We even went to Plains, Ga., home of Jimmy Carter, former president. I always enjoy going there. We went in his cousin's antique shop and bought cards, etc. We have so much beauty in this country of ours. I know most of you are familiar with these places I have mentioned, but one could go there several times and still find something new.

Now we are back home, working on the Hitching Post — remodeling and making some changes. You must come to visit us and see the difference. And we are working on our own house here at Mentone. We are building a new kitchen, which is exciting to me. I like to cook and entertain, but need a better place in which to work.

Gardening will take priority on all projects soon. We can plant snow peas, cabbage, onions and spinach right away — just as soon as it is dry enough. The call of pure country farming is still strong in my mind, even though I cannot walk very well. Time will take care of it all.

In the meantime, we are excited about Zora Strayhorn planning a trip to Nairobi, in Africa. She has wanted to go for a long time — and has finally started actual plans. Godspeed to you, Zora. We may even decide to go with her.



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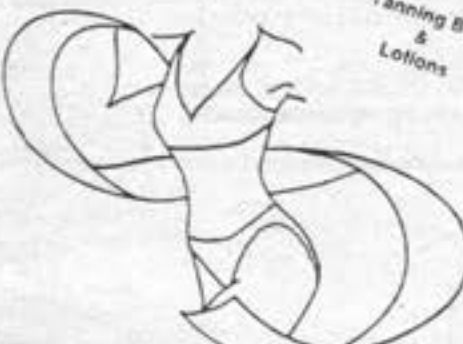
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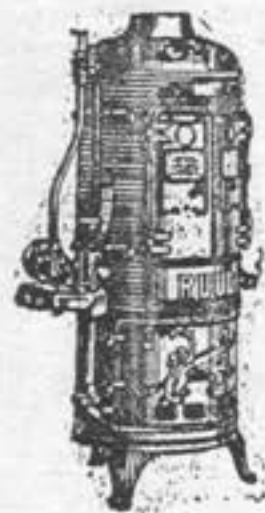
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**BACON DELIGHT**

- 1 tablespoon cornstarch
- 2 cups canned tomatoes
- 1/2 teaspoon salt
- 1/2 teaspoon mustard
- 1/4 teaspoon pepper
- 6 slices bread
- 6 slices cheese
- 6 slices bacon

Put tomatoes through a sieve. Heat puree in double boiler. Add cornstarch to thicken, stirring frequently. Add seasonings. Arrange slices of bread in shallow baking dish. Cover with cheese, then with tomato mixture, place bacon on top. Bake at 400 degrees until bacon is crisp.

**RHUBARB COFFEE CAKE**

- 1/2 cup butter
- 1 cup sugar
- 1 egg, beaten
- 2 cups flour
- 3 teaspoons baking powder
- 1 cup milk
- 1 teaspoon vanilla
- 3-4 cups diced rhubarb
- 1/2 cup orange marmalade

Cover rhubarb with boiling water, immediately drain. Stir marmalade through rhubarb, set aside. Mix remaining ingredients, pour into buttered 9 x 13 inch pan. Spread rhubarb-marmalade mixture over batter, bake at 350 degrees for 40 minutes or until browned. Frost with powdered sugar icing, if desired.

**POTATO DUMPLINGS**

- 5 medium potatoes, peeled and grated
- 2 1/2 cups whole wheat flour
- 1 egg
- 1/2 teaspoon salt
- 6 tablespoons lard
- 4 slices bacon
- 1/2 cup cottage cheese

Make a dough of the potatoes, flour, egg, salt and lard. Knead well and form dough into dumplings the size of eggs. Cook in large pan of boiling salted water for about 20 minutes or until fluffy and cooked through. Drain in colander and keep warm. Fry bacon until crisp, remove from pan, crumble. Add dumplings to bacon fat, turn until well coated. Serve topped with bacon and cottage cheese.

**DROP DOUGHNUT HOLES**

- 2 eggs
- 1/2 cup sugar
- 1 teaspoon salt
- 2 tablespoons melted margarine or cooking oil
- 1 1/2 cups flour
- 3 teaspoons baking powder
- 1/2 cup milk
- 1/4 teaspoon lemon extract
- 1/4 teaspoon nutmeg

Beat eggs until light, add sugar, salt, oil, extract and nutmeg, mix well. Mix flour and baking powder, add alternately with milk to egg mixture. Drop by 1/2 teaspoonsful into deep hot fat and fry about 2 1/2 minutes or until brown. Doughnuts will rise to the surface, so continue submerging them to assure even cooking. Drain on paper towel, shake with sugar in brown paper bag. Makes about 50.

**CORN PUDDING**

- 2 tablespoons butter
- 3 tablespoons green pepper, chopped
- 2 tablespoons chopped onion
- 3 eggs
- 1 cup milk
- 2 teaspoons sugar
- 1 teaspoon flour
- 1 teaspoon salt
- 1/4 teaspoon pepper

Saute onion and green pepper in butter until tender; remove from heat. Beat eggs in medium bowl, stir in milk. Mix sugar, flour, salt and pepper in small cup. Stir into milk mixture. Add onion and pepper, then corn. Turn into buttered casserole dish. Bake in slow oven (275 degrees) for 40 minutes.

**FRENCH FRIED APPLES**

- 2 eggs, beaten
- 1 tablespoon sugar
- 3 tablespoons flour
- 4 apples, peeled and sliced thin
- Vegetable oil
- Powdered sugar

Make a batter of eggs, sugar and flour. Dip apple slices into batter and fry in oil until light brown. Drain on paper towels, dust with powdered sugar. Great with bacon.

**HEAVENLY LEMON CAKE**

- 2 1/4 cups all-purpose flour
- 1 1/2 cups sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 6 eggs, separated
- 3/4 cup water
- 1/2 cup vegetable oil
- 1 teaspoon grated lemon rind
- 2 teaspoons lemon juice
- 1/2 teaspoon cream of tartar
- Lemon Fluff Frosting
- Lemon rind strips (optional)

Combine flour, sugar, baking powder, and salt in a large bowl; add egg yolks and next four ingredients, stirring until smooth.

Beat egg whites (at room temperature) and cream of tartar until stiff peaks form. Fold egg whites into flour mixture, blending well. Pour batter into an ungreased 10-inch tube pan. Bake at 350 degrees for 1 hour and 10 minutes or until a wooden pick inserted in center comes out clean. Invert pan, and cool completely. Frost top and sides of cake with Lemon Fluff Frosting. Garnish with lemon rind, if desired. Yield: One 10-inch cake.

**LEMON FLUFF FROSTING**

- 1/2 cup butter or margarine, softened
  - 4 cups sifted powdered sugar
  - 2 teaspoons grated lemon rind
  - 2 to 2 1/2 tablespoons lemon juice
- Cream butter and sugar until fluffy. Add lemon rind and lemon juice; beat until smooth. Yield: Enough frosting for a 10-inch cake.

**BUTTERMILK COCONUT PIE**

- 1 1/2 cups sugar
  - 2 tablespoons all-purpose flour
  - 1/2 cup butter or margarine, melted
  - 3 eggs, beaten
  - 1/2 cup buttermilk
  - 1 teaspoon vanilla extract
  - 1 (3 1/2-ounce) can flaked coconut, divided
  - 1 unbaked 9-inch pastry shell
- Combine sugar and flour in a large bowl; add butter, eggs, buttermilk, vanilla, and two-thirds of the coconut. Mix well. Pour mixture into pastry shell; sprinkle with remaining coconut. Bake at 325 degrees for 1 hour and 5 minutes or until set. Yield: One 9-inch pie.

**CHOCOLATE DROP COOKIES**

- 1/2 cup butter or margarine, softened
  - 3/4 cup sugar
  - 1 egg yolk
  - 2 tablespoons milk
  - 1 teaspoon vanilla extract
  - 1 cup all-purpose flour
  - 1/2 cup cocoa
  - 1/4 teaspoon salt
  - Sugar
  - 30 milk chocolate kisses
- Cream butter; gradually add 3/4 cup sugar, beating until light and fluffy. Add egg yolk, milk, and vanilla; beat well. Combine flour, cocoa, and salt; gradually add to creamed mixture, beating just until smooth. Chill dough two hours.
- Shape dough into one-inch balls; roll in sugar. Place two inches apart on lightly greased cookie sheets. Gently press chocolate kiss in center of each cookie. Bake at 350 degrees for 12 minutes. Cool on wire racks. Yield: 2 1/2 dozen.

**SOUR CREAM ROLLS**

- 1 cup sour cream
  - 1/2 cup margarine
  - 1/2 cup sugar
  - 1 teaspoon salt
  - 2 packages yeast
  - 1 cup warm water — not hot water
  - 2 eggs
  - 4 cups unsifted flour
- Scald sour cream. Add the margarine, sugar and salt. Let cool. Mix yeast in warm water and stir until dissolved. Let this cool. Add the egg/sour cream mixture. Mix and add flour.

Cover the bowl tightly and put in refrigerator overnight. Divide dough into four portions.

Roll into a 10-inch circle. Cut into 12 wedges. Roll in croissants or crescents. Let rise until double in size, uncovered. Bake at 350 degrees for 10 to 15 minutes.

Dough will keep in refrigerator for two weeks. You can make the dough ahead, and all you have to do the day of your dinner is roll them out.

**MARINADE FOR MEAT**

- 1 1/2 cup oil
- 1/2 cup lemon juice
- 1/8 teaspoon minced garlic
- 1/4 teaspoon pepper
- 1/4 teaspoon marjoram
- 1/4 teaspoon basil

Combine all ingredients and mix well. Use to marinate beef for several hours (at least) or overnight. Makes enough marinade for 4 to 5 pounds of beef. Marinade is practically sodium-free, beef contains about 25 milligrams of sodium per ounce.

**FRENCH DRESSING**

This is great on salads, or brush it on chicken while broiling or baking.

- 1/2 cup oil
- 2 tablespoons vinegar
- 2 tablespoons lemon juice
- 2 teaspoons sugar
- 1/2 teaspoon paprika
- 1/2 teaspoon dry mustard

Combine in jar and shake well. Contains no sodium.

**PEANUT BUTTER BON-BON PIE CRUST**

- 2 cups all-purpose flour
- 1 teaspoon salt
- 1/4 cup cold water
- Two-third cup shortening
- 1/2 cup peanut butter (use crunchy)

**FILLING**

- 6 egg yolks
- 1 cup sugar
- 1/4 cup flour
- 1 teaspoon vanilla flavoring
- 2 cups milk
- 1/2 cup coconut
- 2 Hershey bars
- 1/2 cup ground roasted peanuts

Blend crust ingredients with a pastry blender; roll carefully. Place crust in an 8 or 9-inch pie plate, pushing enough dough to the edge of the plate to make a fluted edge. Bake at 350 degrees for 10 to 20 minutes, checking frequently, until nicely browned. Beat egg yolks and sugar in a sauce pan. Add flour and mix well. Add vanilla and milk. Stir over medium heat until thick. Blend in coconut. Pour filling into pie shell. Dot with broken Hershey bars and top with ground roasted peanuts. Yields: Six to eight servings.

**TANGY LEMON SAUCE**

- 1 cup sugar
- 2 tablespoons cornstarch
- 1 1/4 cups boiling water
- 1 tablespoon grated lemon peel
- 1/4 cup soft butter or margarine
- 1/2 cup fresh lemon juice

In a saucepan mix sugar and cornstarch. Blend thoroughly while slowly adding boiling water. Stir and cook over a medium heat until mixture comes to a boil and is clear. Continue boiling, add lemon peel. Boil one minute. Remove from heat. Stir in butter and lemon juice. Sauce may be served warm or cold over slices of brandied date ring. Makes two cups.

HINT: Delicious over wedges of Angel Food Cake or Ice Cream. Garnish with dates.

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## Natural Food Store Opening In Mentone

What better setting would there be for one to shop for whole and organic food supplies than in Mentone, Alabama — Naturally! Being selected with a purpose, Mentone offers the preserved, wholesome atmosphere and pace that this new enterprise was seeking.

"When we visited friends here with the idea of a new home they took us to a wonderful earthy little restaurant known as the Log Cabin Deli," says owner and manager of Naturally, the food store. "It seemed so far out (so to speak) that I didn't dare expect to be able to live there. A little paradise in its own right. After living in the area for a bit, Mentone became a favorite place for that peaceful, at-home feeling. Getting back to basics in living and eating seem to go hand in hand with the atmosphere in Mentone. It is my hope that Naturally and Mentone will complement one another."

Naturally, the store, opened its doors for business on Nov. 25 in the back of The Hitching Post.

"In order to make whole foods available to everyone in the area as soon as possible, we'll open a portion of the store right away for three days a week while we get the rest of the space in order. In the spring or early summer we'll be ready to keep a more traditional schedule and will kick it off with a grand opening then."

The store will be open for business on Thursdays, Fridays and Saturdays from 10 a.m. to 5 p.m.

"Initially we'll keep a stock of the staple items but will have an arrangement open to all customers availing them of any food they may need. Foods may be preordered or purchased in quantity at a discount price. For more information, stop in or drop us a line at Post Office Box 343, Mentone, Alabama 35984."

So where would one find good old fashioned whole, unadulterated food? In Mentone, Naturally!

## Senior Citizens Make Quilts For Reunion

More than 250 Alabama senior citizens helped stitch 17 handmade quilts that were presented to Gov. Guy Hunt Feb. 22 in honor of the Alabama Reunion.

The quilts were constructed by volunteers in ACTION, a national volunteer agency which serves as an umbrella for other organizations such as the Retired Senior Volunteer Program, the Foster Grandparent Program and the Senior Companion Program.

Hunt received the quilts during a reception for the volunteers at the Alabama Reunion office in Montgomery.

The quilts will be displayed for several weeks at the Alabama Reunion office in Montgomery, at the Alabama State House and in the Governor's office. They will later be permanently hung locally in the different areas which they represent.

Reunion Chairman David Rumbarger thanked the organizations for undertaking the quilt project. "So much of the Reunion is about looking back into our past, and these quilts are an excellent way to showcase both an age-old art and one of Alabama's greatest assets — her senior volunteers," he said.

## Naturally Speaking - First Things First

The terms "natural food" and "health food" tend to bring a chuckle from some of our admirable older citizens. And it's no wonder! Look at 'em! A fine example for us all. And they grew up on whole wheat, dried beans, unbleached this and unadulterated that. It's quite likely they'd tell us that what goes in is only part of it, but let's focus in on food the way it used to be and should be.

There's much more to being healthy than simply not being sick. There's a sense of well being to be had by those who are willing to tend to all the aspects involved in caring for their health. It seems like a tremendous task to us of this generation because we've grown up with fast foods, fast lives and "miracle" cures to lean on when we're falling apart in one way or another. But statistics are saying "HEY GUYS — IT'S NOT WORKING!" So, whether forced by necessity or prodded on by some sense of wisdom, many of our friends and neighbors are setting out on a quest to learn and live by the principles that apparently can be given credit for that sense of well being.

What we'll address in this column in the months to come are whole foods, their qualities, nutritional information and how to work them into our menus in an interesting if not exciting manner.

So in keeping first things first let's talk about one of the basics in the nutritionally oriented diet. Brown rice is one element that adds nutrition and dimension to the natural food menu. Some common varieties are short, medium and long grain. Then we have the sweet and the wild. Sweet brown rice is also called baby rice. Wild rice is nothing short of wonderful when prepared properly. It is a delicacy, as it is much more expensive.

Any of the rices can be either a dish in itself, topped with a dab of butter and a spritz of soy sauce, or it can be used in a stir fried vegetable, omelet, casserole, soup or even a dessert.

To prepare four servings of brown rice, rinse one cup rice in clear cold water. Bring it to a boil in two and a half cups of water. Add a pinch of salt. Boil it uncovered for five minutes then lower the heat as much as possible. Cover pot tightly, and let it steam for 45 minutes. DO NOT LIFT THE LID. After 45 minutes shut off the heat and let it stand for 10 minutes. Fluff with a fork and serve hot or add to your recipe.

Rice can be stored in the refrigerator, covered tightly and reheated — perhaps for tomorrow's breakfast. How about an omelet?

While preparing your omelet, heat up some rice in a little butter and add it when you lay in your cheese, tomato slices and mushrooms. A little salsa or soy sauce adds a nice flair.

And last but not least, dessert.

### APPLE-RICE PUDDING

- 1 1/2 cups raw brown rice
- 3 cups milk
- pinch of salt
- 1/2 cup honey
- 1 egg — beaten
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon powdered ginger
- 2 cups apple, coarsely chopped
- 2 tablespoons lemon juice
- 1 cup yogurt

Simmer rice in the milk, covered for 45 minutes — when cooked the rice should be tender but will look soupy than rice cooked in water. Stir in honey, egg, cinnamon, nutmeg and ginger.

Oil a one quart casserole and spread half of the rice mixture over the bottom. Place half of the fruit on top of rice. Repeat the layers and bake at 350 degrees for 25 minutes.

Remove from oven and spread one cup yogurt (sweetened or unsweetened) over the top. Chill several hours before serving.

No matter what you call it, natural food, health food, or quite rightly, old fashioned food, it's tasty and a main ingredient in reaching for the highest potential of physical well being available to us today.

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# Draft Horses : The Farm Points Of Yesteryear

By Curtis O'Daniel

County Agent-Coordinator

I was looking through a magazine called "FARM FORUM" the other day and I came across an article on "Draft Horses." It surprised me to find an article on draft horses in this particular magazine because it is published by Case IH equipment company and they usually use their space to show pictures of their new equipment for the upcoming year.

The article got me to remembering my Grandfather Baker's draft horses and the good times the grandchildren use to have with them many moons ago. If you never had the opportunity to play with one of the "gentle giants" of yesteryear's agriculture, you will not understand the feelings one will have who did when he sees one of the big horses at a show, parade or just a picture of one or more of them. You need to know that the bigger the horse, the more gentle they are for children to play with and ride.

My favorite was "Minnie" and she was one of three that Grandpa had until they all died. She was a big Belgian mare and lived to be over 30 years old. We could climb up her tail to get on her back and she would never move a hair until everyone was on and ready to go. Sometimes, everyone amounted to about four or five and there was plenty of room.

I get some questions about draft horses every now and then and we have a few up around Henagar and Ider. You might remember that Mr. Fred Brown usually has some of his at the County Fair and folks enjoy seeing them. They will get your attention because of their size. It is not uncommon for some of the male draft horses to weigh over a ton and be as gentle as a lamb.

Even though the numbers of these horses are down today, the quality is much better than in the past. They are bigger, taller and heavier than ever before and their color and disposition has continued to improve. The five primary breeds are: BELGIAN, PERCHERON, CLYDESDALE, SHIRE AND SUFFOLK.

THE BELGIAN is the most prevalent of the modern-day draft horse breeds. Their adaptability, desirable disposition and availability have helped them maintain a dominant role as to numbers around the country. You can see lots of them up in the Amish areas of the nation where they are still used for farming. The Belgian is also the largest of the five breeds.

THE PERCHERON is famous for their beauty and

handsomeness. Percherons average from 16 to 19 hands in height and about 1,800 pounds. There are currently about 15,000 registered Percherons in this country.

THE SHIRE is one of the larger of the modern-day draft horses. His lineage can be traced back to the medieval "Great Horse." They are very popular in England.

THE CLYDESDALE breed is famous for their high-stepping action which makes them the most elegant of the draft horse breeds. They are also held in high esteem for their beauty. They can be seen on television almost every day pulling the famous "Budweiser Wagon."

THE SUFFOLK holds two distinct characteristics. They are the most compact of the five breeds and they are noted for their hardiness of constitution. They are almost invariably chestnut in color and they originated about the same time as the Shire.

Most of the people who buy draft horses now are doing so to show them, parade them and basically recreate with them. They are also being used for some promotional work and advertising in some parts of the country. The Amish, Quakers and Mennonites still work draft horses but lots of them are going to mules because it's cheaper to feed a 1,000 to 1,200 pound mule than a horse that can weigh over a ton.

The AGRICULTURAL CENSUS does not separate saddle horses and draft horse numbers and a real accurate number is not available but an estimate of 100,000 to 125,000 is used for the number of draft horses in the United States. That is a fraction of the numbers 20 to 30

years ago when millions were kept on farms prior to the Depression.

People like to reminisce about memorable experiences they have had with these "Gentle Giants." They represent a quiet, relaxing way of life that has gone to never return again.

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