



THE GROUNDHOG

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Volume 38, No. 8

"Neighorly News from the Heart of Lookout Mountain"

August 2019

MAKING MUSIC

The Legacy of Elizabeth Jones Romans

by Kelly Leavitt

Elizabeth Romans passed away on June 29 of this year, but the musical legacy she created will carry on. The newly-named "Roman Singers" are a group of musicians and singers who have met every Thursday for the last five years in Elizabeth's home to sing old-time gospel hymns. The Appalachian heritage and uplifting nature of these old hymns have led to their sustained popularity, even as we approach the year 2020. This group of singers, which is always growing, all credit Elizabeth for being the impetus for something they greatly enjoy.

The group started one day when Elizabeth and her good friend Dorothy Crow went by Mentone Town Hall. Former town clerk Wilma Fletcher explains: "Elizabeth and Dorothy

came by one day and asked me if I was going to play music with my good friend Gene Ivey. I said no, because Gene was very sick and didn't have much longer to live. Elizabeth said, 'Well, come to my house. So, I did, because you never did tell Elizabeth, 'No.' Dorothy and Elizabeth and I made music, and the three of us enjoyed it so much we never stopped, we just kept going back every Thursday. A few other people heard about it and they wanted to come, so that's how the group grew."

"Elizabeth was such a talented musician, as well as Dorothy," Wilma said. "They just made friends wherever they went. You would not find a better singer than Dorothy."

I spoke with several members of the singing

(continued on page 6)



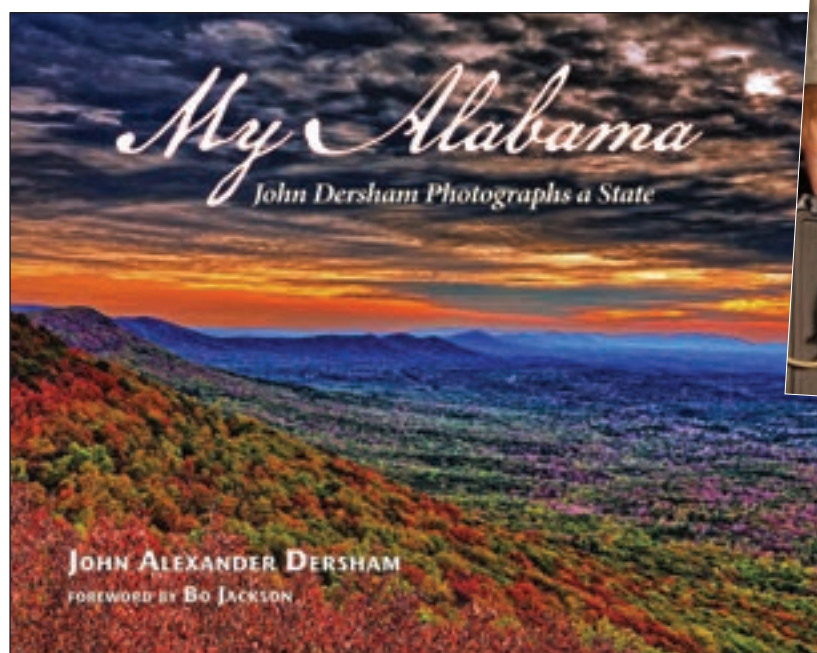
Singers Amelia Lolli and Nelson Stallings

Photographer John Dersham to Speak at Moon Lake Library

Award-winning photographer John Dersham has released a new book, *My Alabama: John Dersham Photographs a State*, a selection of 200 images of the state from Dersham's vast catalog of over 50,000. These photographs offer a unique and stunning portrait of Alabama's diverse natural, topographical, and cultural assets. The book, which carries a foreword by Bo Jackson, was published in May 2019 with the support of the Alabama Bicentennial Commission.

My Alabama is organized seasonally. Dersham shares a journey with readers from a warm, green Alabama spring on the Cahaba River to a summer evening

on Cherokee County's Weiss Lake. Throw on a coat on a frosty morning and find one of the state's many waterfalls, like Pisgah Gorge Falls, or wander a path on the snow-covered Lookout Mountain. Readers move past breathtaking landscapes, scenic village crossroads with rustic country stores, and gleaming cityscapes shining in the evening light. From Guntersville Lake to the peaks of Monte Sano, from the



port of Mobile to rural St. Clair County, Dersham captures the astonishing varied beauty of the Yellowhammer State in every shot.

John Dersham's art photography and commercial work has been featured in gallery and other exhibits nationwide,



and he is an experienced photography instructor and speaker. His love of photography was developed during the 30 years he spent working at Kodak. Today, Dersham is president of DeKalb Tourism in Fort Payne.

John Dersham will present an Author Talk and book signing at Moon Lake Community Library on Monday evening, August 12, at 6:30. This free multi-media program is suitable for all ages. Refreshments will be served and books will be available for purchase.

THE GROUNDHOG



The Groundhog is published monthly by the Mentone Area Preservation Association (MAPA). First conceived on Groundhog Day, 1982, and then organized on April 5, 1982, *The Groundhog* has been in publication for 37 years. MAPA is dedicated to preserving and protecting the heritage, natural environment and other unique qualities of life in the Mentone area. MAPA is chartered as a 501(c)(3) non-profit corporation.

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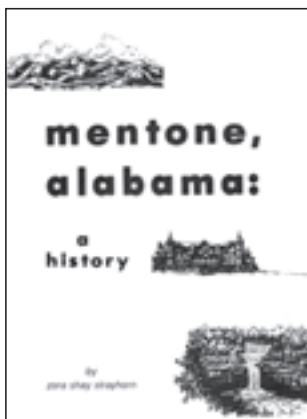
Do you have a story idea?

Perhaps a poem or recipe?

We welcome contributions!

Email groundhognews@yahoo.com

Learn about the History of Mentone



On sale at the Wildflower Café, Moon Lake Library, Green Leaf Grill, Little River Hardware, Mentone Market, DeSoto State Park, Earthly Elements & Bell Battelle. \$15; proceeds benefit MAPA.

The opinions, beliefs, and viewpoints expressed by the various authors in this paper do not necessarily reflect the opinions, beliefs, and viewpoints or policies of the Mentone Area Preservation Association.

Groundhog wood cut courtesy of Meg Justice.

Mentone Matters • by Mayor Rob Hammond



change. The town looks forward to working with the Farrells on this project.

The Cutler Avenue project is not yet complete. Bolt Construction still has 400 feet of pipe to install. Unfortunately this section is all rock and they are seeking additional equipment.

Work on the bridge has moved to the west side of the river and is progressing.

Ladd Environmental and ALDOT continue to iron out details on the sidewalk project.

The campers have returned home and students will soon be returning to school (too soon!). This summer has flown by.

Susan Rutland (her parents are Ann and the late Goodloe Rutland, who have had a place in Mentone for years) and Brian Farrell were at the last council meeting and presented their preliminary plans for the Mentone Springs Hotel site. They envision a four-story hotel with 36 rooms and 10 condo units. The hotel would have a restaurant with a capacity of 80. It would be constructed of stone and timber in the Tudor style and be called Second Wind. Plans could

Letter from the Editor

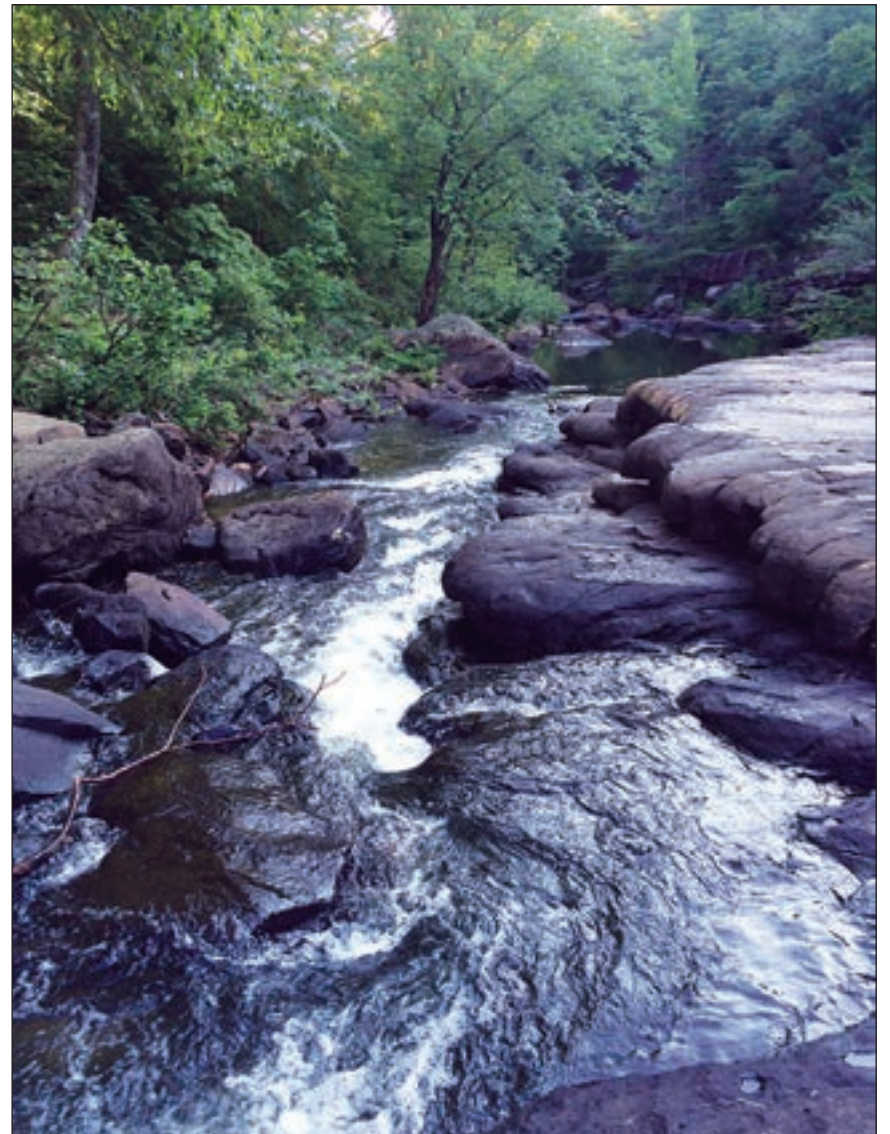
I hope you all have enjoyed this summer as much as I have. We've had an abundance of cool evenings, and even cooler mornings, with fairly dry air. It's been a joy. I've thought often of the local children and the visiting campers who have had such pleasant days during their summer vacation. The water quality of Little River has been consistently good, making for enjoyable water activities.

The songs of the cicadas and the tree frogs have charmed me, as always. On some evenings, it's been a challenge to carry on a conversation outside because the sounds of the woods have been so...loud.

One evening a few years ago, I was sitting on our back deck, listening to the bugsong, when suddenly the rhythm shifted, and I heard what sounded like a distant choir of women's voices singing the old Appalachian song, *Down in the River to Pray*, complete with harmonies. I was stunned, excited, confused... Was I imagining this? I decided to record it, as I had my phone at my side, and when I played back the recording, the song was more subtle, but it was there. After about 45 seconds, the rhythm of the bugsong shifted again, and normalcy returned.

A couple of weeks ago, I had the same experience while sitting by a large pond where all the critters were virtually screaming their songs—it was extremely loud. I began hearing male voices singing a kind of African hymn off to the right, which was then countered by male voices singing a variance of the song off to the left. It didn't last long. But it got me thinking.

I wonder if the tunes, hymns, and songs that began with the mountain folk of Appalachia and the African-American slaves of the South (and that have carried on through many generations) represent our ancestors' attunement to the natural sounds that



surrounded them? Long before the age of electricity, the people who lived close to the earth listened to the songs of the woods. As they developed ways to play instruments, and as they became more organized with written tunes, I wonder if they were mimicking the nightly sounds around them.

When I recently attended one of the Thursday singings of the Roman Singers, I pondered this further, as the harmonies and flat keys reminded me of this possible (probable?) connection.

The rhythms of nature are a powerful force, and I'm glad this relatively temperate summer season has allowed us to spend so many evening hours outside, away from the din of devices and the hum of electricity.

May you all enjoy the music in your life, wherever it comes from. —*Kelly*



Mentone Area Preservation Association

by Mark Hoffman

I just got back from a vacation trip to St. George Island, Florida (one of three barrier islands that delineate the southern perimeter of Apalachicola Bay) and can easily say it remains my favorite place on the Gulf of Mexico. Unlike Orange Beach, Gulf shores, Destin, Panama City, etc, it has no high-rise condos, is not crowded, and has a gorgeous state park on the eastern end of the island where you can spend a day on the beach without running across another human being. Heavenly!

Which leads me to...spending so much time in Mentone has spoiled me. And it's always nice and comforting to get back on the mountain. I am now totally reconfigured so that I appreciate (no, need)

to spend the majority of my time in an environment where there aren't any big crowds, where the pace is leisurely, and where you can interact on a personal level with the folks you come in contact with. Thank you, Mentone! Let's all do everything within our power and capabilities to help protect our incredible natural environment and the unique qualities which make Mentone so special—exactly what MAPA has been and will continue to do, but which we can't do without your support. If you haven't done so already, please consider becoming a MAPA member.

Mark Hoffman is president of the Mentone Area Preservation Association.

Documentary Premieres in Mentone

by Holley Midgley

About 325 people turned out on July 6 for the premiere of *Mentone: Where Little River Runs*, the video documentary that chronicles the history of our town. At the time of screening, the program was about 95% complete, and editing is continuing through the end of July.

The documentary covers a range of topics including how Lookout Mountain was formed, the Native Americans who inhabited this area, the natural splendor that has attracted people over the years, and the people who lived and worked here to create the town. Also covered are such notables with Mentone connections as Martha Berry and Congressman Miles Allgood.

The final version of the documentary will be mass duplicated. In late August, a complimentary copy will be sent to each mailbox or post office box in the

Mentone post office coverage routes. Plans are to make additional copies available for free (while they last) at Town Hall. Because of grant restrictions, no sales of the program are permitted. However, the final version will be posted on YouTube, and links will be placed on the web sites of several local organizations. Please look for additional information in future issues of *The Groundhog*.

Mentone: Where Little River Runs is being funded from several sources, and no town money has been used. This project is supported by a grant from the Alabama Humanities Foundation, a state partner with the National Endowment for the Humanities; The Mentone Area Preservation Association (MAPA); the Menlo-Tillotson Foundation; and the Alabama Bicentennial Commission.

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Susan Noel Retires from Teaching

by Kelly Leavitt



Susan Noel recently celebrated her retirement from a 33-year-long career as a teacher, primarily at Menlo School in Georgia. She grew up in Fort Payne and graduated from the University of Montevallo with a degree in Fine Arts.

"I didn't want to be a teacher, but my father wanted me to be one," Susan explained. "When my mother had a massive stroke, I came back here to help care for her, and someone convinced me to try substitute teaching. I found out I liked it, a lot, so I went back to school at Jacksonville State University to become a teacher."

Susan was hired by Menlo Principal Ed Thompson and she taught hands-on science for 25 years, as well as reading and social studies to grades 1 through 8. She also taught gifted classes for several years.

"Ed Thompson had the ability to pull people in who were truly gifted teachers," Susan said, "and they taught me to teach, certainly more than school did. When I was teaching gifted classes, I had to go to another school, and it dawned on me later, because I had come from teaching

and subbing and had seen a lot of situations, that it was beyond the ordinary how good the teachers at Menlo School were. They were phenomenal.

"Menlo is a very community-oriented school," Susan said. "I loved teaching the children of children I had taught, and eventually I was teaching the great-grandchildren of some of my students. I particularly loved the children and watching them grow. In 6th grade, they'd come in and they're still so young. By the end of 6th grade, they're into a new stage of development. And I loved observing them when something clicked for them. I will miss the children. I don't have children, and my students were like my children for a year."

Susan now plans to spend her time building a house on the Mentone brow, on property that's been in her family for a long time. "Once my house is built," she said, "I plan to travel. I hope to go to Europe again. I went to London once with a friend and I loved it. I'm also looking forward to spending a lot of time volunteering in the Mentone community."

Rhododendron Garden Club by Rhea Pirch



The July 9th meeting of the Rhododendron Garden Club was held in the MERF House at 10 o'clock. Hostess Marsha Merrell provided refreshments and for the meditation, Sharon Harris read an article about the praying mantis, the carnivorous insect that is named for its prominent long legs, which are bent and held together at an angle, suggesting a position of prayer.

President Marsha Merrell called the meeting to order. During roll call, each member was asked to name a flower they are deadheading. The answers varied from Hosta, Petunias, Dahlias, Zinnias, Roses, and Penstemon. Members were also asked to name a favorite way to protect themselves from the sun and insects. The most popular answer was wearing a white shirt with long sleeves, but commercial protectants were also mentioned, along with scarves and spraying on a natural lavender concoction to keep bugs away.

For the Horticulture Report, Martha Wood handed out a quiz she received while taking an Environmental Studies course (offered through National Garden Clubs, Inc.). She had us test our knowledge on environmental concerns, then gave us the answers, which were focused on the declining state of our earth. They served as a reminder to recycle, recycle, recycle!

The meeting continued with

discussion of old business. On June 6, Garden Club members planted a Red Bud tree at Mason Park to commemorate National Garden Club Month. Marsha reported that the butterfly houses are finished (thanks to community member Buddy Cole) for the students at Moon Lake Elementary School and will be delivered once school is back in session this month for the students to paint, decorate, and display in the school's garden area. Marsha also reported that the schedule for the upcoming Flower Show at the DeKalb County Fair is nearly finished and will be distributed via e-mail when it is complete.

As there was no new business to discuss, the business portion of the meeting adjourned, and member Dee Kelley presented her program on Eastern Bluebirds and Bluebird boxes.

The Eastern Bluebird is a darling little bird from the thrush family. Their pretty blue feathers, however, are a bit of a deception. They actually lack blue pigment. Instead, each feather barb has a thick layer of cells that absorb all wavelengths of color except blue. Only the blue wavelength is reflected and scattered, resulting in their blue appearance to our eyes. (Watchable Wildlife)

These lovely birds prefer open grasslands, meadows, and farms to wooded areas. They require cavities for nesting and will readily use a hand-made nest box placed in your backyard.

Dee brought along two bluebird boxes to show us and shared some pointers from "The Bluebird Book: The Complete Guide to Attracting Bluebirds" (Stokes) in building and placing them around the yard.

Bluebird boxes should be made with a light-colored wood such as pine or cedar, at least 3/4-inch thick. They don't need a perch, as this might encourage house sparrows, fierce competitors of the bluebird. The entrance hole should be 1-1/2 inches in diameter and the floor should be 4 x 4 inches. The height from the top of the floor to the bottom of the entrance hole should be about 5 to 7 inches. It makes it easiest to clean if the opening is on the side or front, and easiest to monitor if the box opens from the top.

Ventilation holes should be drilled at the top of the sides or the back, or gaps should be left between the roof and sides, and drainage holes should be drilled in the floor or the space between the floor and the sides.

The roof should overhang the entrance hole by at least 1 to 2 inches to keep out rain

and shade the entrance. Attaching the box to a tree or post should be easy.

The Bluebird box should be placed at least five feet above ground, facing away from prevailing winds, and toward open landscape, so they can easily find food. They're great friends for your garden, as they feed on grasshoppers, crickets, caterpillars and spiders. To encourage bluebird nesting, you can provide a heated bird bath nearby, and have a feeder filled with mealworms, raisins, or grapes.

A fun way to monitor Bluebird activity is to become part of a Bluebird trail, or, if you have property with plenty of wide-open spaces, create a trail of your own. Information and plans for building Bluebird boxes and Bluebird trails is available at alabamawildlife.org/uploadedFiles/File/Example_Bluebird_Nesting_Box_Trail_D32116.pdf

The August meeting will be held at the MERF House on Tuesday, August 13, at 10 a.m. Mellanie Tuttle and Martha Wood will help us prepare for the Flower Show in September.

Rhea Pirch serves as secretary for the Rhododendron Garden Club. The Rhododendron Garden Club is a member of National Garden Clubs, Inc., Deep South Region, The Garden Club of Alabama—District II and the Northeast Federation of Garden Clubs.



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Tips for Attending the World's Longest Yard Sale!

by Doreen Crow Waters

The World's Longest Yard Sale begins Thursday, August 1, and ends Saturday, August 3. The route goes directly through the heart of Mentone, so here are some tips to help you have a safe and enjoyable adventure, especially if you're visiting:

- 1 Bring CASH. Most vendors will not be equipped to accept debit/credit cards, and many will not accept checks from folks who are not local. Make sure you include plenty of small bills and plenty of change.
- 2 Prepare for the WEATHER. The forecast is for the mid-80s, with a reasonable chance of rain. Pack a hooded raincoat and proper footwear for walking in muddy areas. Wear loose-fitting, light-colored clothing, a hat, and sunglasses.
- 3 Limited RESTROOMS are available. In our small town, we have septic tanks instead of sewer drains. Consequently, homes and businesses are unable to handle large volumes of restroom visitors. Most businesses do not offer public restrooms, except for restaurants who offer restrooms to their customers only. There will be portable outdoor facilities available in several locations in town, including the Mentone Inn, the Wildflower Café, the Mentone Market, and the Log Cabin Village.
- 4 Take care of your PETS. If you must bring your pet along, make sure the pet is wearing a collar with tags, including your contact information. Keep the pet on a leash at all times. Carry plenty of water for them. Sadly, many pets get separated from their owners during the sale, so the smartest thing to do is to leave them at home.
- 5 Be very cautious when DRIVING. Be prepared to stop quickly. Often, visitors like to shop from their cars to decide whether to stop at a sale, which slows traffic considerably. Pedestrians often walk into traffic while crossing the road to attend sales. Relax, drive slowly, and keep an eye out for pedestrians and pets.

6 Pack SNACKS and DRINKS. It's important to keep hydrated! The restaurants will be filled to capacity most of the time, so the wait could be lengthy. We have two beautiful public parks in Mentone, perfect for picnics! Brow Park offers incredible views from the bluff, and Mason Park is right in the center of town with plenty of cool shade. Both parks have picnic tables and seating.

7 Have FUN!

Hope these tips help you enjoy the adventure of the World's Longest Yard Sale! It's a great chance to meet new people, pick up some great bargains, and find those treasures you never knew you needed.

Doreen Crow Waters is the administrator for the popular Facebook group, Mentone Area Visitor's Guide. She invites everyone to join the group to stay informed about what's happening in Mentone.



Read The Groundhog online at mapamentone.com/groundhog

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Making Music (continued from page 1)

group, and each one commented on Elizabeth's musical talent.

"She was a heck of a piano player," said multi-instrumentalist Mickey Luck, who plays the fiddle at the singings. "Most piano players have the book in front of them, but she could play piano by ear. She'd just need the name of the song and what key it was in, and off she would go."

Gail Kirby Collins said, "Boy, you should have seen Elizabeth sing! She didn't ever use a book on any of the hymns. She knew all the words and all the verses. I think she was programmed at birth."

"I was impressed with her timing on the piano

or the keyboard or the guitar, whichever she played," song leader Nelson Stallings commented. "She had perfect timing. She just had an ear and a natural ability to play the piano and guitar and keyboard."

As with many in our mountain area, Elizabeth was born, on January 2, 1924, into a family that loved playing music. Elizabeth's cousin and neighbor Kathy McMunn recalled, "When I was a kid in the '60s, the Jones family regularly made music on Friday or Saturday nights. People would come from all over. They'd sit on the porch or in the living room—all over the house—and they'd make music. I loved to listen to the music."

Elizabeth's mother, Maude Jones, played the pump organ. Her father, Hardy, would bring the piano from Camp DeSoto to their house when camp closed each year. Elizabeth took a natural liking to the piano, and learned by playing it during the months it was in their home.

Kathy McMunn tells the story of how Elizabeth first learned to play the guitar, which she played throughout her life. "One day when Elizabeth was still in elementary school, her older brother, Colquitt, borrowed a guitar and brought it home in the afternoon. He had to go out to the fields to work, but first he showed her how to play the C, F and G chords. He said, 'You practice these chords while I go out to work and when I get home, we'll make music after supper.' That afternoon, she practiced and when he got home, he played his fiddle and she was able to play along with him. She was a good guitarist, and she was a good pianist, both."

In later years (long before the interstate), Elizabeth and Colquitt would travel to the radio station in

Gadsden, and she played guitar while her brother played violin on air. Their sister, Mary Louise, was also an accomplished piano player.

Born and raised in Mentone, Elizabeth married Monroe Romans and enjoyed a long career as a

surgical nurse at Erlanger Hospital in Chattanooga. Having graduated from Baroness Erlanger School of Nursing in 1945, she became the Operating Room



Fiddler Mickey Luck and cellist Jan Wilkinson

Supervisor at Erlanger Hospital in 1953, where she was known as "the legend" by doctors and staff.

"She played all her adult life at her church in Chattanooga," said Kathy McMunn.

"When she retired in 1982, she returned to

Mentone and lived in her childhood home," the same home where she welcomed people to the Thursday singings. "Elizabeth always welcomed anybody and everybody who walked in the door," said Cathie Crow. "It was always fine, whether she knew them or not."

After her return to Mentone, according to her obituary, "She loved to 'run the roads' with her cronies and spread the town news." Her friends I spoke with consistently called her "a real character" who loved to know the latest news of everything that was going on in town.

Elizabeth regularly attended the Senior Lunches which are hosted by MERF at the Mentone Community House. After lunch, she would play a few gospel songs on the piano while the others sang together. "She never would offer to play," MERF executive director Sarah Wilcox said. "I would have

to ask her to play, every time. I think she liked being coaxed," Sarah said with a chuckle.

Coaxing was something Elizabeth herself did well. Cathie Crow, who currently plays the piano for the Thursday singing group, said, "She got me playing the

piano again. I had quit for about 10 years, but she kept encouraging me to come, and then to play, telling me how good it was and encouraging me. She's been a real blessing."

Jan Wilkinson recalled her own gratitude for Elizabeth's encouragement.

"She heard I played cello and asked me to come and bring my cello with me. I didn't at first because I was totally intimidated by very good musicians. I was a late bloomer in learning how to play the cello. I started taking lessons when I was 62, and after about 10 years, I fell off playing it. Well, she 'reprimanded' me and had me bring it the next week. It has been a joy ever since. She has been an inspiration and I thank her daily for encouraging me to get back on the cello and play music with people who love to play and sing."

"Elizabeth always called me Fiddle Man," said Mickey Luck, who explained that he had to learn

how to play his fiddle in flat keys to play the gospel hymns. "She was quite a character, very likable. She would kid with you a lot. She would just say what she had to say."

Nelson Stallings, Elizabeth's good friend since childhood, concurs: "She was a very unique person. She was so plain in her vocabulary. She would ask you whatever you thought, and tell you whatever she thought. She didn't hold back."

"Elizabeth was the most colorful friend I think I've ever had," said Wilma Fletcher. "She was just an amazing lady. Anyone who knew about her from Erlanger would let you know quickly that she ran the show. She cared so much for people, deeper than

(continued on page 17)



Elizabeth Romans playing the piano during one of MERF's senior lunches.



Singers Sue Schwarz and Debbie Frazier

Elizabeth Number One by Liz Baker

We first met about eleven years ago, but our families have been intertwined for almost a century. We were not really "kin," just cousins-in-law, but she accepted me as family nonetheless. Elizabeth Jones (Romans) was born just a few years after my grandfather, H. A. Johnson, became pastor of Mentone Wesleyan Church, now Mentone Community Church. The church was new, and still quite small. A little parsonage was soon built for the young pastor and family, but there was no salary. People gave what they could—a few eggs, a chicken, fresh milk, or perhaps a few pennies. The Joneses were Baptists, but also good neighbors. They shared freely of the bounty of their farm. They also shared friendship, laughter, and music. Music was important in the Jones household, and the Johnsons were invited to come over to sing and play any instrument they could lay hands on.

So is it any surprise that my introduction to Elizabeth was at the MERF house as she played piano for senior lunch? Dorothy Crow was there, with her

gorgeous contralto, and Elizabeth decreed that I should sing soprano (because that's what my mother sang), and that my husband Norm, a tenor, should sing bass (like my uncle had done many years ago). She was very persuasive, so he tried. Shortly afterward, a new pastor came to our church, St. Joseph's. Her name was also Elizabeth, and she became known as "Elizabeth Number Two." I was relegated to third place—Elizabeth Number Three. Number Two showed up each week with her guitar and we had some fine times singing and listening to Number One play for us. My favorite piece was "Wednesday Night Waltz." She always made a face at me, but played it anyway, if I asked nicely enough.

We had some good visits at her home or local restaurants for lunch, and found that we'd heard a lot of the same stories about our families' experiences in Mentone over the past 99 years. I wish there had been more of those visits and conversations. Number One, rest in peace, but know that you will be deeply missed. You are irreplaceable. —*Number Three*

MERF News

by Sarah Wilcox



My boards may be a little creaky and my paint a little flaky but I am full of life. I continue to open my doors to the young and the wise so my walls are full of joy, laughter and learning.

“The Mentone Educational Resources Foundation (MERF) is grateful for the many people and organizations that believe in the work being done in Mentone. On May 22, the Harland Jones Fund at the Community Foundation in Anniston chose MERF as a grant recipient this next year to provide Arts Education to all ages and to provide free tutoring to the local students.

“To enrich the learning and living in the community by identifying needs and coordination resources” is MERF’s mission, but it is also exemplified in our new friends, the Norwoods, at “A Little Something Extra” Ice Cream. MERF loves how they have identified a need and coordinated resources, so the ice cream truck was invited as MERF’s guest to Moon Lake Community Library’s summer social on Saturday, July 20. MERF wanted to thank all those who came to the social with a free treat from the “A Little Something Extra” ice cream truck. Anthony Norwood and his son, Hunter, the Ice Cream Expert (and big Auburn fan) served the Mentone community well with delicious Blue Bunny ice cream treats, such as Chips Galore Sandwich, Jolly Rancher Rainbow snow cones, Strawberry Shortcake, and Cookies ‘n Cream bars! Perfect for an afternoon of fun!

I enjoyed hearing from Anthony how this vision of an ice cream truck business kept waking his wife, Michelle, up at 2 a.m. every morning. Then, as they started looking into the feasibility of truly developing a business to teach social skills, life skills, and employment skills for amazing people with intellectual and physical exceptionabilities, such as

their son, Hunter, God kept opening the doors. How could they not proceed and see where this adventure would take them? The pieces kept falling into place, as they found equipment at below-value prices, as well as the perfect ice cream company to partner with. Anthony is amazed by how their food vendor encourages and works with them to supply the right treats. The snow cones are a big hit at the ball fields! The mobile ice cream unit’s purpose also strives to teach awareness, acceptance, and individual ability to every customer. I hope this was accomplished on that Saturday.

Hunter, the CEO, has been the “Ice Cream Expert” both times I’ve enjoyed their treats this summer. But just as the Norwoods didn’t want their son’s potential wasted, the company has 17 other “Ice Cream Experts”—employees who have been trained and certified to serve! I look forward to being served by more of these great employees. Michelle is also a special education teacher at Crossville when she is not manning the ice cream truck. If you didn’t get a treat



MERF's President, Kristen Emory, and Executive Director, Sarah Wilcox, receiving ice cream treats from CEO and Ice Cream specialist Hunter Norwood assisted by his dad, Anthony.

because you missed the summer social, you may have caught the Norwoods on WHNT channel 19 in Huntsville on July 2, National Ice Cream Day! Treat yourself and follow them on Facebook! Thank you to “A Little Something Extra” for joining us at our community event and teaching us to smile a little more and enjoy the everyday!

On July 17, Paula Easter offered a great felting class which will be repeated in August or early September, if there is any interest—just let MERF know. Art class was followed by a sandwich lunch and brownie ice cream—yum! Thank you to Mildred’s Meadow Farm for supplying MERF with fresh tomatoes and cucumbers to enjoy with our sandwiches!

August means school is here, after we survive the World’s Longest Yard Sale!! MERF is a volunteer-based organization, so volunteers will be needed again for MERF’s after-school tutoring program and senior lunches starting in mid-September. Volunteer tutors commit to one day a week to work with the same student for the entire school year. Tutor subs are also needed, if you cannot make a weekly commitment. Senior lunches need volunteers to provide a lunch or come help with setup and clean-up. If either of these opportunities interests you, contact Sarah at merf.mentone@gmail.com or 256-635-8193.

Sadly, on June 29, MERF said goodbye to another one of our original lunch bunch crew and piano player extraordinaire, Elizabeth Romans. I can see her now at the piano in her yellow “Leave Me in Mentone” sweatshirt, leading us all in great singing, or telling me what I need to do! I am thankful for her friendship and her sassy ways.

Sarah Wilcox is Executive Director of MERF, a local non-profit organization whose mission is “to enrich the learning and living of the community by identifying needs and coordinating resources.” If you would like to support our programs, tax-deductible donations can be mailed to P.O. Box 107, Mentone, AL 35984, or you may contribute online at merfhouse.org. Contact Sarah at merf.mentone@gmail.com or 256-635-8193 for more information.



Anthony and Hunter Norwood from “A Little Something Extra” ice cream truck are ready to serve Summer Social participants great Blue Bunny Ice cream treats.



Carleen Ozley’s grandchildren practiced their three-legged-race skills at the library’s summer social.



Josie LaGuerre learned to make felted bookmarks in a class offered by Paula Easter at the MERF House.

Colorfest

Saturday October 19 • 9am–5pm
Sunday October 20 • 9am–4pm

Apply online at
mapamentone.com

Vendor Application Deadline August 15, 2019 • 12x12 Spaces
Apply online at mapamentone.com

Notification of acceptance or waiting list by email on Aug. 23 will also include payment due date and payment options. *Please Do Not Send Payment at this time.*

Type of space: ☐ Art/Craft maker ☐ Food Vendor ☐ Organization

PLEASE PRINT.

Contact's Last Name _____ First Name _____ Business Name _____

Email address _____ Cell or other Phone _____

Address _____ City, State, Zip _____

Number of 12x12 Spaces needed _____ Facebook and/or Website Address _____

Art & Craft Makers \$120 *All Art Must Be Handmade By The Artist. NO Ready-Made Merchandise Is Allowed.*

Medium / Product _____

Please provide photos of your work to MentoneColorfest@gmail.com or provide a current Website/Facebook address above. Make sure your photos show your work clearly. Your application will be declined if there is no way to view your work. Digital photos emailed are preferred to mailing. Please put last name of contact on pictures sent by mail.

Food Vendors \$125 List all food & drinks _____

If using a trailer: Length, include tongue _____ Serving window side: ☐ Driver's side ☐ Passenger Side

☐ WATER add \$25 ☐ ELECTRICITY 110V (\$25) Number of duplex outlets needed _____ 220V (\$50) Number of duplex outlets needed _____ *To avoid outages, electricity is reserved for food vendors and those who require it to show and demonstrate their Art or Craft (not for fans, etc.). No generators will be allowed.*

Requests Our Festival Venue is somewhat primitive with uneven ground, portapotties, no parking at vendor spaces, and outdoor weather. *We will do our best to accommodate on a case-by-case basis.*

Requests/Special Needs & Handicap Accessibility _____

Add additional pages as needed. **Questions?** Please email mentonecolorfest@gmail.com.

Performer Application Deadline August 29, 2019
Apply online at mapamentone.com.

We pay a small stipend of \$50 per performing member of your group. Your performing time will be 45 minutes long. Performances will be spaced to allow time before performance and after performance for set up and take down. We will also provide a table close by where you can have someone to sell CDs, etc.

Contact Name _____ Email _____ Phone _____

Type or Genre _____ Group Name _____

Name/s of Performers _____

Website Address _____ Facebook Page _____

Address _____ City State Zip _____

- Notification of acceptance or waiting list by email on September 9. We appreciate your effort to submit the following:
1. This application
 2. A picture to be used for media. Email to MentoneColorfest@gmail.com OR Mail to MAPA, P.O. Box 50, Mentone, AL 35984
 3. A performing sample. This could be a CD OR video OR a link to Facebook, or website, or YouTube. It will be used for our selection process.
 4. A short biography (100 words or less) that we can use for promotional purposes.

Applications and pictures sent by regular mail should be addressed to MAPA, P. O. Box 50, Mentone, AL 35984.
Please email MentoneColorfest@gmail.com with any questions.

MACC Update: **Driving Mr. Sequoyah** by Randy Grider

Objective: Deliver Sequoyah (molds) safely to Bronzart Foundry in Sarasota, Fla., for bronze casting.

Sixty hours, 1,236 miles later (with two teenager “helpers” in tow)—Mission Accomplished!

After spending the better part of two days in late June trying to secure affordable shipping rates for the already crated molds of Sequoyah, I was ready to pull my hair out. To figure density rates, I needed the weight rounded to the nearest pound (impossible without scales) and the best estimates from various freight companies were between \$784 and \$1,200.

I did a little figuring of my own and decided even with car rental, gas and two nights in a hotel, I could get the molds there much cheaper—if not faster.

I called my 17-year-old son Caden and 19-year-old daughter Ansley. I told them if they wanted to ride to Sarasota with me and Sequoyah, I was offering meals (at my expense) and as much beach time as they could squeeze between 1 p.m. Tuesday, June 25 (delivery at foundry), and 11 a.m. Wednesday, June 26 (departure for home).

Gotta love teenagers. They were up for the sun-sand-and-surf challenge.



Caden Grider and Sequoyah (aided by Ansley Grider) outside hotel in Tallahassee, Fla.

Artists Carl McCleskey and Besty Scott are gifting their work on Sequoyah sculpture to the Mentone Arts & Cultural Center (MACC) to be displayed in the outdoor Dr. Stephen Brewer Sculpture Garden at the southwest corner of the facility. We will have to secure funding for the bronze casting. (Any business or individual who wants sponsor the sculpture, please contact me by email or at the number below.) The garden is designated an “Open Spaces, Sacred Places”

garden and its creation will be paid for by a \$10,000 grant from the Community Foundation of Northeast Alabama.

Sequoyah, or (George Gist/George Guess as he called himself in English) was a Cherokee Indian who completed his independent creation of a Cherokee syllabary while living in nearby Willstown (now Fort Payne) around 1821. His syllabary made reading and writing in Cherokee possible. After seeing its value, the people of the Cherokee Nation rapidly began to use his syllabary and officially adopted it in 1825.

Needless to say, having the Sequoyah artwork—created by two renowned local artists—on permanent display is an honor. I feel the same way about having a small part in delivering it for casting. My kids also thought it was pretty cool and gave him the honor of not putting any luggage in his hallowed area in the back of the SUV.

They did take pictures with the Sequoyah sculpture cutout (Ansley serving as his non-existent surrogate legs) at the hotel in Tallahassee and again when we arrived at the foundry.

After touring the foundry, we all bid Sequoyah a warm adieu—more of a see-you again-soon.

Cost for getting Sequoyah to foundry—\$429.22. Sharing the experience with my kids who understood its greater meaning—PRICELESS!

Randy Grider is executive director of the Mentone Arts & Cultural Center. He can be reached via email at mentoneartscenter@gmail.com or by phone at 256-674-3366.



Protected Sequoyah molds arrive safely at Bronzart Foundry in Sarasota, Fla.



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AUGUST 23, 2019 7:30 PM

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311 Gault Ave. N., Fort Payne

 NEW 2500 SQ FEET of One Level Living with Stone and Vinyl exterior, 2 bedrooms, 2 baths, with 15 x 23 Master Suite, Master Bath with soaking tub and separate shower. Home is situated on 2 acres. \$279,900. MLS#11212165.	 NEW PEACE AND PRIVACY ARE YOURS! Three bed/1 bath home within walking distance to downtown Mentone. \$84,500. MLS # 1123288.	 NEW PRIVATE HIDEAWAY—3.60 +/- wooded acres surround this 3 or 4 bedroom, 2-1/2 bath BRICK home in Oakwood Subdivision in Mentone. Ready to be enjoyed by a NEW owner! Call for more details. \$194,500. MLS # 1120888	 REDUCED JUST THE PLACE FOR YOU TO CALL HOME! This three-bedroom, 1 bath home features newer CH/A unit, hardwood flooring, fireplace, and rear patio all within walking distance to downtown Mentone. The large lot includes 1.6 acres. \$159,000. MLS#1117032.	 REDUCED KNOWN AS HIGHPOINT AND ONE OF THE MOST CELESTIAL AREAS FOR STAR GAZING... This 7 BR, 6 BA manor boast onyx porcelain & tile baths, walk-in showers, granite & marble counter tops/vanities. Attached private living quarters with full amenities PLUS detached guest cabin. \$729,000. MLS#1119192.	 REDUCED NEW CONSTRUCTION! Don't miss your chance to customize the finishes in this new cabin now under construction in Mentone. Covered front porch, screened back porch, 2 bedrooms, 2-1/2 baths, laundry, open kitchen and living with corner gas log fireplace unit. \$152,500. MLS#1109748.
 NICE, NEAT, AND MOVE IN READY! Double-wide mobile home sitting on 1.82 acres. 3BR/2BA open floor plan with gas fireplace, separate dining, kitchen with ample cabinets, appliances, and center island/breakfast bar. \$79,900. MLS#1119654.	 SUNSET EVENINGS are abundant & lovely from this beautiful Mentone home on the brow. Spacious home 3BR (large bonus/4thBR), 2 1/2 BA. Commercial kitchen w/ island prep center/work space, gas cooktop, double wall ovens, side-by-side refrigerator, wine cooler, disposal, compactor & large pantry makes entertaining a pleasure. \$389,900. MLS #1114168.	 LOOKING FOR THAT GET-A-WAY that you will NOT want to leave? Take a look at this one of a kind property in Mentone. 1.2 acres with 100-year-old farmhouse and barn. \$199,500. MLS# 1119979.	 QUAINT DOWNTOWN BUNGALOW Looking for a new owner to enjoy the character and charm it offers. Built in 1910, the house has been fully restored, updated, and expanded. GREAT location on a quiet street. \$174,900. MLS# 1108601.	 REDUCED CRYSTAL LAKE LODGE in Mentone... Fifteen breathtaking acres surround you in this one-of-a-kind property. Call today for your private tour! \$570,000. MLS#1070805.	 REDUCED THE HISTORIC CRAGSMERE MANOR on 5+ acres serves as rental lodging and/or event hosting. Perfect setting for large or small groups, 6BR/4BA, Large kitchen, dining, and living area, covered pavilion. \$675,000. MLS# 1066481.
 GORGEOUS COUNTRY SETTING with a Modern 1-level, 4BR/3 Full BR home. Built in 2014! Open floor plan with a split bedroom design. Many upscale touches include a wood-burning fireplace, full stainless steel appliance package, crown molding, tile flooring, security system. \$365,000. MLS# 1099363.	 GREAT BEGINNINGS & OPTIONS are endless in Mentone with an unfinished home! Approximately 4,800 sq ft on 7.5 acres. Great investment opportunity to create a neighborhood of cabins leading to the Owner's Estate or Common Gathering Area. \$165,000. MLS#1099079.	 REDUCED OWNER FINANCING CONSIDERED! This tastefully designed cabin comes furnished and decorated! Main living area has open floor plan. Main level master has one of-a-kind style with reclaimed furniture. Loft bedroom, utility room, screened porch and wood burning fireplace! \$189,900. MLS#1110505.			

LOTS & LAND

#1011734... Located on a private road just minutes from downtown Mentone. \$21,900

#1034997—Approx. 6 acres on Middle Fork of Little River. \$48,900.

#1038089—Own a piece of the Brow! \$99,900.

#1039769—6.32+/- waterfront building lot in Mountain River Estates! REDUCED TO \$44,950.

#1065542—90 acres on Co. Rd. 89 in Mentone. REDUCED TO \$299,000.

#1070628—3.01 acres. 152' on West Fork of Little River. \$49,700.

#1070629—3.01 acres. 152' on West Fork of Little River. \$59,500.

#1073864—Brow Lot! .78 acres. REDUCED TO \$89,500.

#1076239—Cleared & wooded 3.6 acres on Scenic Hwy. REDUCED TO \$74,500.

#1076286—1.75 acre building lot in West Fork Subdivision. REDUCED TO \$39,900.

#1078140—18.3 acres, unrestricted, par-

tially wooded! \$66,800.

#1080922—.54 acres, Mentone Bluffs. \$69,999.

#1092235—Building lot in Laurel Creek Lakes. \$19,900.

#1098785—Beautiful wooded BROW lot in Mentone with winter views! \$77,640.

#1099911—LAST CHANCE to buy open land before entering into Georgia!!! \$179,000.

#1100905—A RARE FIND! Don't miss the opportunity to own 239 rolling wooded acres in Mentone. \$669,200.

#1107397—Build here! \$99,900.

#1107398—Build here! \$99,900.

#1107408—Build here! \$99,900.

#1107411—Build here! \$99,900.

#1107412—Build here! \$99,900.

#1108339—Better Than a Bargain...this is a STEAL! \$99,000.

#1111628—AMAZING VIEWS! YES, VIEWS!!! REDUCED TO \$81,900.

#1112787—40 acres in Mentone, AL with stream and untouched family owned property since 1923! \$200,000.

#1113936—Looking for a brow lot inside the city limits of Mentone? \$78,500.

#1116127—VISTAS AND VIEWS are breathtaking from this 3.2-acre tract on the brow in Mentone. \$199,900.

#1117656—Just Right! You'll find this 12.10 acre tract mostly wooded with plenty of privacy. Call TODAY for more information. \$41,900.

#1118808—A GREAT PLACE TO BUILD YOUR GETAWAY NOW! Level wooded lots with underground utilities, inside gated community. Just minutes to Historic downtown Mentone. Call today for more information. \$35,000

#1118810—A GREAT PLACE TO BUILD YOUR GETAWAY NOW! Level wooded lots with underground utilities, inside gated community. Just minutes to Historic downtown Mentone. Call today for more information. \$35,000.

#1118812—A GREAT PLACE TO BUILD YOUR GETAWAY NOW! Level wooded lots with underground utilities, inside gated community. Just minutes to Historic downtown Mentone.

Call today for more information. \$35,000.

#1118813—A GREAT PLACE TO BUILD YOUR GETAWAY NOW! Level wooded lots with underground utilities, inside gated community. Just minutes to Historic downtown Mentone. Call today for more information. \$35,000.

#1118815—A GREAT PLACE TO BUILD YOUR GETAWAY NOW! Level wooded lots with underground utilities, inside gated community. Just minutes to Historic downtown Mentone. Call today for more information. \$35,000.

#1118229—A great little investment property or place for your weekend get-a-way. \$49,900.

#1118898—BEAUTIFUL LAKEFRONT PROPERTY ON TOP OF WORLD FAMOUS LOOKOUT MOUNTAIN! sloping wooded lot inside gated community. Call Now for more information. \$30,000.

#1120910—Five-acre wooded property with stream, across from Lake Lahusage. \$62,000.

#1121175—Beautiful Treed Lot in Mentone with underground utilities! \$25,000.

#1123262—Lot 8 in Laurawood SB, 2 acres. \$50,000.

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Birthdays

2

Logan Goza
George Raley
Ginger Lee
Heather Dutton
Ashley Simpson
Ella Kay Bell

3

Halle Hilyer
Adriana Grace Hall
Wendy Haynes
Chance Pearson
Mary Frances Battles
Daniel Vest
Chet Perky

4

Phyllis Stephens
Savanna Goza

5

Hope Martin
Amanda Pilotte
Elizabeth Meadows
Amy Jones
Laura Easler
Matt Hilliard

6

Casey Stott
Dallas Bowman
Chris Collins
Josey Noles

7

Samantha Reed
Destiny Watters

8

Alex Gifford

9

Martha Browder
Carolyn Martin
Brayden Hughes
Cynthia Connor
Decker Allen Jones

10

Alex Whatley

11

Dianna Carden
Lila Jane McElhaney
Harlee Wooten

12

Kinsley Worthey
Amber Smith
Frances McNutt

13

Stephanie Potts
Brittney Barkley
Cindy Tipton

14

Jennifer Ferguson
Alan Black
Hannah Meadows
Ryan Hicks
Matthew Sword
Emilia Shores

15

Michael Langston
Dallas Gregory

16

Ashton Lee Indiana Jones

17

Sandra Pruitt
Mattie Belle McGee
Jacob Bain

18

Kinsley Mitchell

19

Ray Beeson
Michael Flannigan
Lee Pierce
Blake Villarreal

20

Carla Warren
Shane Ingram
Joseph Goza
Jesse Jones

21

Chloe Bell
Eddie Langston
Emma Crawford
Christina Stokes
Michele Black
Hannah Neel

22

Casey Gregory
Haven Downer
Keith Langston
Anthony McKenzie
Hazel Hilliard
Sinjhin Smith
Candice Wilbanks
Heather Williamson

23

Slade Carden
Lukas Boehringer
Phillip Pannell
Bandy Johnson

24

Dana Pangle
Tammy Larock
Nicole Callahan

25

Brenda Hall
Carolyn Coots
Jason Gregory
Aubrey Baker
Georgia Mae Baker
Kelly Johnson
Crystal Haynes

26

Brantley Hughes
Tom Shanklin

27

Sadie Carden
Howard Hilyer
Crystal Lee
Tamara Hawkins
Luke Durham
Jack Chambers
Charlotte McGee
Jaymie Ballard
Todd Godwin
Donna Johnson

28

Larry Gray
Hunter Izell
Courtney Gregory
Jase Gregory

29

Kayla Worthey
Donna Willingham
Susan Cheronos
Isaac Browder

30

Wesley Rhodes
L.C. Bone

31

Mark Battles
Ian Norman

Anniversaries

1

Carolyn & Eddie Coots
Kirk & Mikhaila Watkis

6

John & Amy Kirby

11

Rayford & Cindy Bethune

17

Bobby & Sandy Blalock

20

Heath & Lindsey Blalock

24

Dwayne & Laura McKenzie
Matthew & Taylor Smothers

25

Mike & Stephanie Potts

26

Will & Lori Blackburn

28

Joseph & Mandi Goza

29

John & Kim Johnson

30

Richard & Christy Harrison

Happy Day!

SENIOR HEALTH

Help for Medicare Part D Patients in the Coverage Gap

by Lynn Hixon

By this time of year, many people find they are in the coverage gap (donut hole) with their Medicare Part D coverage for their prescription drugs. You may think that there is no hope for you until you have paid your way out, but there is hope available thru the Senior Rx program. We can act as the go-between you, your doctor, and the drug companies to help you receive free medications. Many drug companies will offer free name brand drugs once a patient has met certain income eligibilities and out of pocket spend down requirements. Some drug companies will furnish free name brand drugs even if the patient has a Medicare drug card! You may also qualify for extra help through Social Security. Call DiAnne with the Senior Rx program or Lynn with the SHIP program at the DeKalb County Council on Aging at 256-845-8590 to see if you qualify.

Do You Enjoy Writing?

We always welcome our community's contributions to *The Groundhog*. If you enjoy writing or have ideas for stories that you think would interest our readers, let us know!

Do you enjoy talking to others about local history or memorable events? Do you recall with fondness certain people who made Mentone what it is today? Help us sustain *The Groundhog's* tradition of preserving Mentone's history and serving its current population.

The Groundhog staff and MAPA board are here to assist you if you will help us get these important stories and biographies written down to share and save for posterity. (If you are worried about your writing skills, everything is edited before print.)

We'd also appreciate your ongoing submissions of photographs, artwork, poetry and recipes. Email us at groundhognews@yahoo.com or give us a call at 256-289-2002 to let us know how you would like to be a part of this great paper.

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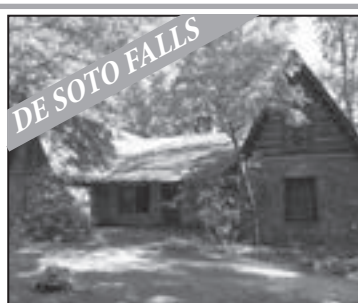


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Assoc. REALTOR®
256-996-7624

Office: (256) 634-4767



SURPRISINGLY SPACIOUS LOOKOUT MOUNTAIN cedar-sided ranch on 9.51 acres with lower-level "mother-in-law" suite (with its own garage). 3012 sq. ft. 5BR/3BA total. Great outdoor spaces: private hot tub deck off Master Suite, screened back porch, striking octagon-shaped back deck, fenced dog kennel area, gorgeous woodland with stream. Just off DeSoto Parkway; inside Ft Payne City Limits. Income potential for renting lower level as AirBnB. \$269,900 (1124303)



THE ESSENCE OF MENTONE! STORYBOOK STONE & LOG COTTAGE, overlooking the gorge at DeSoto Falls, designed & built by Phyfer Smith in the 1920s. Filled with mountain charm, eclectic antique furnishings & lots of memories! Great room w/original ceiling pole timbers; stone wall accented by a huge fireplace; pegged, wide-plank walnut floors. 5BR/3BA. Stone "apron" overlook offers an unparalleled vista of the falls & gorge. Sited on 2 lots, totaling 0.9 acres. Two, screened sleeping porches where the sound of the falls sings you to sleep. It's magical! \$750,000. Call Charlotte for details! 256-996-5995



BUSINESS IS BOOMING! Mentone's iconic gas station and eatery, Helena's Gas & Deli, is a thriving restaurant, bar & grill, store, & gas station. Locals and visitors to Mentone alike know this is the place to go for delicious food, reasonable gas prices & cold beverages. Lots of paved parking & add'l wooded land behind the building for future growth. Opportunity knocks! \$350,000 (1119821)

..... LOTS and LAND

HISTORIC EAGLES' NEST PROPERTY! 5 acres. Over 600' brow frontage; paved road; stone bridge; two, or more, about condos? Is that at all possible? Who knows? Go ahead & dream it, build it! \$375,000 (1117380)

2 WOODED ACRES with a tiny little rustic one-room camping cabin (no plumbing, water or septic installed). Hardwoods, picturesque boulders, wild turkey, deer...most any kind of wildlife found in these hills. Here's your place to build that home where you can return to peace and quiet at the end of the workday. Perfect, too, for a retirement home or weekend getaway. Owner financing available. Public water available, too. \$36,000.

30 ACRES (+/-) IN MENTONE of mostly hardwood forest, some pasture land. Slight slope to offer a great elevation for future cabins, a farm, hunting cabin or whatever your Mentone dream dictates. \$105,000 (\$3,500 per acre)

DESOTO FALLS AREA LAKEFRONT LOT with approx. 94' frontage on the prime part of W Fork Little River, the truly navigable part where you can canoe, kayak or pontoon all the way to Mentone! So much natural beauty, so rarely available. \$155,000 (355152)

COOL STREET brow-front property with beautiful old stone fireplace chimney, part of the foundation, plus a small garage. New survey. An original Mentone summer home once stood here, owned by the same family since early 1920s. Approx 0.45 acre lot in an area where properties are seldom available. \$118,000 (1070474)

LIBBY LANE. It's one of those almost secret places in Mentone; sort of in the heart of the town, no traffic, quiet, and close to the highway & East Fork Little River. Mostly hardwood forest, level, public water & power available; paved road. \$39,900 (1095291)

NEED A BIT OF EARTH? Well, here it is! Less than 5 minutes from downtown Mentone. Public water & power avail. A single acre, unrestricted, has been very hard to find in this area until now. \$27,500. (1109345)



LOCATION & AMAZING BOULDERS give this property real appeal. Yes, it started off life as a double-wide, but that's where "blah" ends & interesting begins. Beautiful stonework by local mountain craftsmen & by the Creator Himself surround this well-maintained home. The private backyard holds a veritable wonderland of boulders! 3BR/2BA. Located in the heart of Mentone, just behind the Mentone Market. \$115,000. (1123873)



UNIQUELY MENTONE RIVERFRONT HOME w/beautiful garden areas; screened porch; large deck; gazebo & the sight & sounds of W Fork Little River. Intriguing spaces inside & out. Pagoda-inspired gated entry; privacy fence. Open, vaulted great room w/corner windows & seating; large, masonry & stone, wood-burning fireplace; hardwood & pine plank floors on main level. Large, main-level master suite w/access to gardens/parking area. Bonus areas: sun room, office w/library & loft areas. 2BR up-stairs w/jack-n-jill BA. Inviting outdoor areas w/many native & transplant species & moss garden. Paths down to swimming hole w/big rock river access. New deck. \$334,500. (1098813)



KINDA QUIRKY, KINDA RUSTIC, PLENTY COOL. Artsy vintage signs on the porch, garage bays w/fun amenities (a working claw-foot soaking tub on one side, a queen-size hanging bed on the other), this place is big on little curiosities. Two complete living areas. Rent one, use the other? Main-level space has bunk-house feel w/ kitchenette; upstairs is a little more spacious, w/full kitchen, lg bedroom w/balcony, & decent-sized living area. Mostly furnished. \$129,900 (1124536)



KNOCK, KNOCK! Who's there? Well, it could be you! Cute & cozy cottage w/private upstairs guest quarters. Furnished. Front & back porches w/benches & swings. Main level w/hardwood floors; 1BR/1BA; light & breezy living area; handy kitchen. Upstairs is a tree-house-feel, efficiency apt w/claw-foot tub nook, privy closet, wood floors & multiple beds. Storage bldg. Near DeSoto Falls, State Park, Corner Scout Camp. Just off the parkway. \$129,900 (1124542)



PRE-CIVIL WAR ERA LOG CABIN plus 2 add'l small cabins. Main cabin is 2BR/2BA; huge living area divided by Mountford. Mountain stone fireplace, wood-burning fireplace, etc. etc. etc. Beams. Screened porch. Detached 2-car carport. Wood walkways between cabins. Stone garden waterfall and ponds. 3 cabins (totalling 4BR/4BA) on approximately 1.2 acres. \$129,900 (1083512)



FURNISHED CABIN ON 5 WOODED ACRES. 3BR/2BA, approx 1800 sq ft; wood-burning fireplace; open living/dining; spacious kitchen w/lots of cabinets. Beautifully furnished, including locally-crafted table & benches. Front porch & side deck. Land is lush with native holly trees, huge boulders, large hardwoods. PLUS this property offers a river-side park area across the road with OVER 300' ON W FORK LITTLE RIVER. There's a nice launch site for kayaks; river-side deck; level areas for picnicking, camping, outdoor adventures of all sorts. Newly-installed driveway & convenient parking. \$229,000 (1086017)





The late Harry Reid was an artist from Selma, AL, who spent summers at the family home on Cutler Avenue in Mentone. He painted this watercolor of the old covered bridge that used to cross Little River, connecting West and East River Roads. The bridge collapsed in 1945. The painting has been owned by the Clay Stiles family for many years.

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Moon Lake Community Library News by Kelly Leavitt

Thanks to everyone who came to our Summer Social on Saturday, July 20! The day started out rainy, so we gathered in the library, socializing, playing games, and eating pie. We had quite a large and cheerful crowd.

Thanks to MERF's Sarah Wilcox for being such a great supporter. She brought 'bubble baseball' which was a bit hit and, once it was bit drier outside, she organized a 3-legged race on the MERF lawn. AND, on behalf of MERF, she arranged for an ice cream truck, with complimentary cold treats for everyone!



Fire chief Joseph Lee

Thanks also to our Dedicated Pie Judges, Gene McKee, Joseph Lee, and J.D. Trammell, and to Kristen Emory for serving the judges their tasting slices and for calculating the scores. As the photos attest, the judges took their work very seriously, while thoroughly enjoying themselves.

Congratulations to 1st place winner Carleen Ozley for her peanut butter pie, 2nd place winner Jan Wilkinson for her chocolate chiffon pie, and to 3rd place winner Kerry Breithaupt for her three-berry cream cheese pie. Other entries included black forest pie, lemon meringue pie, grasshopper pie, four-later chocolate pie, German chocolate pie, pecan pie, peach pie, blueberry pie, and butter maple black walnut pie...all delicious and baked with love. Thanks to you all for helping to make the summer day so fun (and tasty!).

We invite you to come and browse our impressive selection of books and DVDs, as well as our section of books for sale. Located at 4607 AL-Hwy. 117 in Mentone, the library is open Tuesdays and Thursday from 3–6 p.m., and Saturdays from 9 a.m. until 1 p.m.

On August 3, we'll be having a pop-up book sale at the Mentone Farmer's Market between 10 a.m. and 1 p.m. Please stop by to say "Hi" and see if any books catch your eye. All proceeds benefit your community library.

Kelly Leavitt is the librarian at Moon Lake Community Library.



Mentone police chief Gene McKee and DeSoto Rescue Squad lieutenant J.D. Trammell



Congratulations to Carleen Ozley and her team of granddaughter-bakers!

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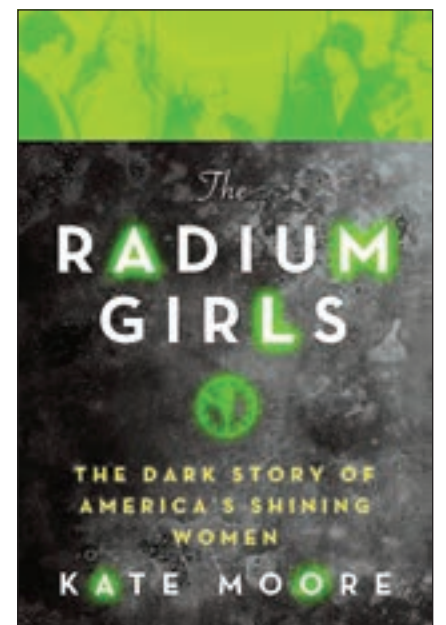


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Moon Lake Book Club 8/17 @ 10:30 am

Join fellow book lovers on for a discussion of *The Radium Girls: The Dark Story of America's Shining Women* by Kate Moore. The book tells the true story of early 20th-century American women who were hired to paint watch dials with a luminous and deadly substance. The story is historically informative, unsettling, and, ultimately, inspiring.

The book club will meet on Saturday, August 17, at 10:30 a.m. at Moon Lake Community Library in Mentone (where the book is available for check-out). Everyone is welcome to join the discussion. Coffee and hot tea will be served.



Community Game Nights Fridays, 8/9 & 8/23 @ 6 pm

More fun evenings are in store as we gather around the game tables. Bring your favorite game or come learn how to play a new one.

Games are good for your brain, and playing them with others is good for your spirit. Bring a finger food to share in the pot luck. Coffee, tea and water will be provided. All ages are welcome.



River Voice by Bill Shugart

In late summer, Little River begins to turn brown due to dissolved organic matter and slower river flow. As vegetation decays, tannins leach into the water making it darker in color and more acidic. The brown coloration of the water is similar to what happens when we make tea. This does not necessarily mean it is dirty or unsafe for swimming. Leaf litter is one of the most abundant contaminants resulting from stormwater runoff. Each fall, millions of deciduous trees put on an amazing show of autumn color and then drop all their leaves. Some

savvy gardeners turn them into mulch and compost, but much of that biomass is captured by the forest floor where it decomposes giving nutrients back to the soil. However, some of it gets washed or blown into the ditches and storm drains, then into our creeks, rivers and lakes. When all of that biomass hits at once the nutrient load is high. Aquatic plants thrive on nutrients but when the load is too high, explosive growth can occur which is then followed by rapid decay at the end of the plant's growth cycle which results in depleted oxygen levels. Like most living things aquatic animals die without oxygen. Soil Erosion is another problem that also depletes O₂ levels. Silt fills spaces in between and under rocks destroying habitat for small aquatic animals that are critical food source species for larger aquatic animals. Soil erosion and high nutrient loads are issues we see in the Little River Watershed. At times we see large amounts of soil erosion or sediment pollution due to land development, logging and county roads that haven't been maintained properly. Because most of Little River has a shallow riverbed and because rare and endemic aquatic and plant species live in this unique habitat, pollution from erosion can create severe and irreversible negative impacts.

Rains bring higher E-coli levels

It is half-way through our SwimGuide Season and the water in Little River is MOSTLY really clean!! Our waterlogged selves can also attest, the water is perfect!! Samples have been collected during varied weather conditions. Because of this, we have seen some high E. coli levels as a result. This is a result in stormwater runoff. Lookout Mountain has seen some gully washers over the past few weeks! This large amount of rain in a very short amount of time can result in some very turbid (muddy) water! The runoff can carry animal droppings on the ground into local streams, causing elevated E. coli concentrations. The soil can also contain bacteria and other contaminants that can make you sick. The E. coli Bacteria is killed by sunlight (UV specifically), so having low water clarity reduces the chances that bacteria in the water will be exposed to sunlight and die. With that said, please use caution when swimming within a 24-hour period after a rain event, especially if you have open cuts or a compromised immune system. We encourage everyone to follow our weekly updates on littleriverwaterkeeper.org or TheSwimGuide.org to

make sure your area is safe to swim in.

Little River Wild & Scenic Designation

Alabama has approximately 77,242 miles of river, of which only 61.4 miles of one river is designated as wild & scenic—less than 1/10th of 1% of the state's river miles. The West Fork of the Sipsey Fork of the Black Warrior River is located in the Bankhead National Forest and shockingly, is the ONLY Wild & Scenic River in our water rich state of Alabama. The Little River Waterkeeper is working with the Alabama Rivers Alliance in order to nominate and designate parts of Little River as Wild & Scenic. We feel that creating the argument will be somewhat easy however, it will take an official act of the US Congress to make it a reality. Little River spans the Dekalb and Cherokee County borders along Lookout Mountain and is the perfect choice for the region's next Wild and Scenic River. Thousands of visitors each year come to Lookout Mountain because of Little River. It is home to many rare and endemic flora and fauna. Because of the growth that is projected to take place in our region over the next 35-40 years, there is not a better time than now to protect this Wild & Scenic worthy landscape. Public land managers of Desoto State Park and the Little River NPS along with other natural resource managers from Fish & Wildlife and US Forest Service would be charged with protecting the river's scenic and recreational values, and new dams would be forever prohibited. Designation would not affect private property and would ensure that the experiences and economic benefits Little River provides today will be there for future generations. This effort requires enthusiastic local and regional support. We are in the process of identifying key river stakeholders and community partners. Over the next several months, we will begin reaching out to stakeholders asking businesses and individuals to endorse the nomination. We invite you to join the movement to protect Little River!

Southern Exposure Film Update!

Jebb Brachner has been in the area shooting some great footage of Little River for the 2019 Southern Exposure Film Fellowship. We had the good fortune to take he and his colleagues to some of our favorite places along the river, from the headwaters to the mouth. I believe it was a good experience for them. They enjoyed meeting so many great members of the community while in town. The film is currently being edited to reflect the phenomenon that is Little River. It will tell a story of why people flock here and why the folks that live here are the heart of Lookout Mountain. It will remind us just how important the river is to this community and how protecting it is vital for future generations.

The Little River Waterkeeper will host the Southern Exposure Film on Thursday, September 26, at the Little River Canyon Center. Mark your calendar! We will send out more details in the coming months.

Bill Shugart is the Little River Waterkeeper. He can be reached at wysugart@littleriverwaterkeeper.org.

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You are the most talented, beautiful, creative and hard working person I have ever known. On top of that you have been exceptionally giving to so many others - and certainly me.

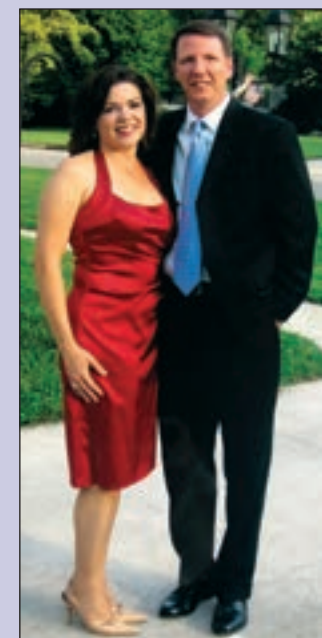
Ahead of the curve at every stage...Valedictorian, Alabama Law grad, award-winning news reporter and anchor, and respected attorney. Along the journey...piano, clarinet, singing, painting, knitting, writing and travel to 32 states and 30 countries. You have done it all, from the beginning, on your own...independent and self-made.

You are a brilliant and extremely important example of how to live a fully balanced life for our sons Jackson and Nathan. You are adored by Mom Judy and brother Stan... and everyone within range of your Dad knew how proud he was.

You have my full respect, my admiration and love... for all the days we've had - and the many more wonderful ones to come.

My greatest happiness in life is sharing every day with you.

Chris



Making Music (continued from page 8)

most people. She had love in her voice."

Grounded in music, Wilma's friendship with Elizabeth developed about five years ago. "I called her several times a week, sometimes every day," said Wilma. "I'd say, 'I just want to find out about my best friend.' She would laugh so loud. She liked for me to call her my best friend. I just truly loved her. As well as Dorothy. I really loved her, too."

"Elizabeth had some very, very sad times, but she was also happy in her life," Wilma continued. "She lost her only son, Bill, who died in 2012, and there were times that she really felt very sad."

Amelia Kirk Lolli, who visited with Elizabeth every day in her later years, said, "It just about killed her when her son died. She was a wonderful mother. We had so many good talks." Amelia also grew up in

Mentone, surrounded by the music of the mountain, and she has enjoyed attending the singings since the group formed. "I love all the harmonies of the voices," she said.

"We enjoy singing together so much," said Cathie Crow. "The week before she died, I told her, 'Elizabeth, if this is too much for you, you just let us know.' She said, 'It's never too much for me. No matter what, y'all keep singing.' The next week, she was in her bed and couldn't really respond, but she'd lift her hand and try to make the motions of participating. So, we went right ahead, because she told us to."

"She played right up to the end," recalled Mickey Luck. "She'd sit in her recliner chair and we'd put a keyboard in her lap so she could play. When she became confined to her bed, the musicians still

gathered around. She'd holler out, 'Boy that sounds good!' or 'You guys are good today. That was a good one!'"

"Elizabeth made this little group very, very close," said Wilma Fletcher. "It developed in a way that we all care for each other very much."

The Roman Singers continue to meet for about an hour very Thursday afternoon, starting promptly at 3 p.m. Bob and Cathie Crow are now hosting the singing in their comfortable home. The group invites anyone interested to join them. The Crows' address is 43 County Road 621 in Mentone. If you'd more information, call Cathie at 256-634-4230.

"We're a good group and we are a close group," said Wilma Fletcher. "We just really care about each other. The old hymns have a lot of meaning to them, and we don't want to give them up."

Ongoing Community Calendar

Mentone Town Council meets the 2nd Tuesday every month at 5pm at Mentone Town Hall. Everyone is welcome.

Valley Head Town Council meets monthly on the 1st Tuesday at 6pm.

DeSoto Rescue Squad meets the 1st Saturday of the month at 9am at the MERF house in Mentone.

The North Lookout Mountain Fire Protection District Board meets the 3rd Monday of every month at 7pm.

Mentone Farmers Market is open year-round on Saturdays from 10am-1pm in the Town Square.

FREE FOOD for eligible persons and families. Wednesdays, 9-11am. New applicants are welcome during these hours. Joint effort between St. Joseph's-on-the-Mountain Episcopal Church (Community Outreach Ministry) and the Food Bank of North AL.

Ryleigh's Closet is a clothing closet that provides men's, women's, and children's clothing to those in need on 2nd and 4th Mondays of each month from 4-7pm. Mentone Community Church, 90 Summerville Rd. 256-634-4210.

The Farm Market at The Farm at Windy Hill is open Fridays from 2-5pm and Saturdays from 12-2pm. Seasonal produce, grass-fed and finished beef, pastured and wooded pork, and pasture-raised eggs. 445 Road 942, Mentone, AL. Email info@thefarmatwindyhill.com.

Moon Lake Community Library is open on Saturdays from 9am-1pm, and Tuesdays and Thursdays from 3-6pm. Visit moonlakelibrary.org.

The Rhododendron Garden Club meets each month on the 2nd Tuesday at 10am. 'Green thumbs' and 'brown thumbs' welcome! 256-634-4403.

The Lookout Mountain Knitters meet each

Tuesday at 3pm at Moon Lake Community Library. All are welcome.

Writing anyone? NOTE: This group will meet on the 2nd Thursday, 8/8, due to the yard sale. Point of the Pen is a small, supportive writing group that welcomes anyone to join us for a casual sharing time with other writers interested in life stories, poetry, and fiction. Come to Moon Lake Community Library on the 1st Thursday of each month at 3:15pm. Call 256-635-8775 for details.

Lookout Mountain Strummers mountain dulcimer group meets on alternate Thursdays at 1pm at St. Joseph's Episcopal Church. For a schedule and directions, send an email to norbaker194@gmail.com. Beginners are welcome.

Sacred Harp Singing in Ft. Payne at the Senior Center every last Tuesday of the month through October. All are welcome, loaner books are available, and you're welcome to listen if you prefer.

Beginning yoga classes are taught by certified teacher Jamie Baugh on Wednesdays at 1pm. \$5. St. Joseph's Parish Hall, Mentone. 256-634-4476.

DeKalb Quilters meet every 4th Tuesday at 9:30am. Second Baptist Church in Fort Payne.

The DeKalb County Genealogical Society meets the 2nd Saturday of every month in the DeKalb County Public Library, 10am.

The Little River group of Alcoholics Anonymous meets every Saturday & every Tuesday night at 6pm at St. Joseph's-on-the-Mountain Episcopal Church in Mentone. Open AA Discussion Meetings. Anyone who thinks they might have a problem with alcohol is welcome. Questions? Call 256-638-7308.

Hope Faith-Based Recovery Ministries, a Christian-based support group, meets each Friday at 6pm at Church of God of Prophecy on Hwy. 117 in Mentone. 706-331-7359.

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*All times are Central unless otherwise noted.
Calendar entries are subject to change.*

August 2019 Community Calendar

All times are Central unless otherwise noted. Calendar entries are subject to change.

August 1–4 World's Longest Yard Sale—1st Thursday thru Sunday. Travel the scenic byways of America for more than 450-miles of yard sales and unique treasure finds. Follow the Lookout Mountain Parkway from Gadsden, Alabama to Chattanooga, TN for the southern portion of the sale. Connect with the U.S. Highway 127 in Chattanooga for the remainder of the route to Hudson, MI. 888-805-4740.

August 1, 10, 15, 26—Rock Climbing / Rappelling Adventure Combo. Come experience first-hand what rock climbing and rappelling is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. Meet at True Adventure Sports. 10am–2pm. 256-997-9577.

August 2, 7, 12, 24—Rappelling Adventure. Come experience the thrill of rappelling down the sheer sandstone gems of NE AL. Each trip includes all the gear plus basic instruction. True Adventure Sports. 10am–2pm. 256-997-9577.

August 3, 11, 24—Guided Kayaking Trip on Little River. Enjoy a scenic flat-water guided kayaking trip on the West Fork of Little River above AA Miller Dam. Pack your lunch because we stop along the riverbank to rest and admire the peaceful river. You can even bring a hammock to string up and chill in the shade! It is a great way to enjoy the day and is recommended for all ages. Sit-on-top kayaks and canoes are included in the fee. Reservations are required and space is limited. Sorry, no personal watercraft is allowed. Difficulty: Easy. Location: DeSoto Falls Time: 10am–2pm Cost: \$35 for adults \$25 kids 12–17 (kids under 12 who are not paddling are free) To register, call 256-634-8370 or email angie@oneworldadventureco.org.

August 3—The Linger Longer Pop Up Art Series. The Linger Longer Pop Up Art Series is hosted by the Little River Arts Council and features an artist of the month at the Linger Longer Pavilion behind the Mentone Inn. Featured artists are Meg Tannehill Justice and Kory Lankster. 10am–1pm, or when the artists decide to leave.

August 3—Moon Lake Library's Pop Up Book Sale. New and used books, DVDs and CDs for sale. Near the Linger Longer Pavilion and Mentone Farmers Market. 10am–1pm.

August 3—Summer Music Series: Sistrum. Enjoy this harmony-intensive Americana

band from Chattanooga, featuring three strong lead vocalists (Kathy Veazy, Laura Walker and Lori Mast) who also play keyboard, fiddle, slide guitar and stand-up bass. They perform their own songs as well as a wide mixture of interesting covers and are backed by John Veazy and his talent on guitar. Sponsored by Little River Arts Council. Free & open to everyone! 6pm–9pm. Linger Longer Pavilion, behind the Mentone Inn in Mentone. littleriverartscouncil.org.

August 3—Terrapin Hills Fairway 5K & Fun Run. Terrapin Hills Fairway 5K & Fun Run! Sign up & commit yourself to walk or run at racesonline.com/thcc5k. 5k starts at 7am with Fun Run for all kids starting at 8am! Terrapin Hills Country Club, 5501 Club Dr NW, Fort Payne. 256-845-4624.

August 3—The Perrys at The Pickin' Post. Come enjoy The Perrys at The Pickin' Post. Tickets are available at Black's Tire in Rainsville, Dallas' Place in Crossville and Roger's Pawn & Music in Fort Payne. Located at 833 Old Hwy 35 East. Tickets are \$15 per person. 6pm. For more information call 256-657-3817 or 256-996-8910.

August 4 National Friendship Day

August 4, 10—Guided Waterfall Adventure @ Yellow Creek. Join One World Adventure Company for an exciting guided adventure on Weiss Lake! We take a short trip by kayak, then spend the day jumping off boulders into the water below or wading in a refreshing pool beneath a magnificent waterfall! You don't want to miss this amazing excursion at one of Alabama's hidden outdoor gems. Spaces are limited. Difficulty: Easy to Moderate. Location: Yellow Creek, Leesburg, AL. 10am–2pm. \$35/adults, \$25/kids 12–17 (kids under 12 who are not paddling are free). To register, call 256-634-8370 or email angie@oneworldadventureco.org.

August 6—Celestial Navigation. This 2-hour class is a basic introduction to navigation by the stars. Learn how to navigate without the use of a compass or GPS with the same rules used for almost 6,000 years. Meet at True Adventure Sports. 7:30pm–9:30pm. 256-997-9577.

August 7 Back to School!

August 7, 21—Outdoor Classroom. All ages and for the whole family! This is an outdoor adventure with learning, exploration skills, and good fun outside. You can expect spending the day outside participating with nature and getting a chance to learn from the natural world and what it has to teach.

You will learn hands on skills to help you understand and inhabit the natural world around you. You will get to meet other families with the same interests, share skills and stories, your children will get to make new friends, learn important social skills, play outside, play games that encourage learning and using their senses as well with teamwork and communication skills. Parents will have a chance to meet and learn from other parents, learn how to do outdoor activities in a safe and productive way, as well as have an opportunity to pass on what they know to not only their kids, but other families. 9am–1pm. DeSoto State Park. \$5/single child and parent, or \$10 for the whole family. Pre-register, minimum class size required. What you will need: Outdoor clothes (weather dependent), closed toe shoes, water bottle, snacks, lunch, and a blanket to sit on. Contact Robert Wilson at Seven Pines Survival: sps@sevenpinesurvival.com or 209-559-0040.

August 9 & 23—Community Game Night. Free and open to everyone! Come play games with your friends and neighbors. Finger food potluck. 6pm. Moon Lake Community Library, 4607 AL-Hwy 117, Mentone

August 9—Marty Haggard—A Tribute to Merle Haggard "My Dad". Marty Haggard, oldest son of the legendary Merle Haggard, pays tribute to his dad through stories and songs. Enjoy an evening of real country music. 7pm. Doors open 6pm. \$26 advance general admission tickets (includes tax & fees). \$30 at the door. martyhaggardtickets.com/fortpayneal. Order by phone at 1-800-838-3006. This is a family-friendly event. Call 318-658-6780 or email jody@martyhaggard.net with any questions. DeKalb Theatre, 306 Gault Ave N., Fort Payne.

August 12—Author Talk: John Dersham. Dersham will discuss his book, "My Alabama: John Dersham Photographs a State." Books will be available to purchase and the author will have a book signing after his talk. Moon Lake Community Library, 4706 AL-Hwy. 117, Mentone. 6pm. Free. Light refreshments will be served.

August 13—Knot Class & Application. Introduction and instruction to essential knots and their application for camping, rappelling, rock climbing, outdoor survival, and other applications. True Adventure Sports. 1pm–5pm. 256-997-9577.

August 13—Cornwall Strummers. The second Tuesday of each month, the Canyon Center hosts the Cornwall Strummers for an informal and educational dulcimer concert. Come enjoy, ask questions, or bring your own instrument and join in a fun dulcimer

group pickin'. 10am. Free and open to everyone. Little River Canyon Center, Fort Payne.

August 16, 29—Night Zip Line Adventure. All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. Pre-registration required at True Adventure Sports by 6 pm the day before the adventure. True Adventure Sports. 7:30pm–9:30pm. Call: 256-997-9577.

August 16–18—Mentone Dance Weekend. Do you want to have a groovy time with your fellow contra dancers? Come to our Mentone Dance Weekend! Our theme for this year is Woodstock! Twirl and whirl to the amazing sounds of the Rodney Miller Band and the Red Mountain Yellowhammers. Cis Hinkle and Beadle will be calling. \$103/person. More details at footmadbirmingham.org/mentone.

August 17—Moon Lake Book Club. Open to everyone. Discussion of "The Radium Girls: The Dark Story of America's Shining Women" by Kate Moore. 10:30am. Moon Lake Community Library, Mentone.

August 17—The Linger Longer Pop Up Art Series. The Linger Longer Pop Up Art Series is hosted by the Little River Arts Council and features an artist of the month at the Linger Longer Pavilion behind the Mentone Inn. Featured artist is Kat Monroe. 10am–1pm, or when the artist decides to leave.

August 17—DeKalb County Heart Walk. DeKalb Regional Medical Center is hosting a free community event and Heart Walk with local community businesses and leaders. The Heart Walk is the American Heart Association's premiere event that brings communities together to raise funds and celebrate progress in the fight against this country's No. 1 and No. 5 killers, heart diseases and stroke. Rotary Pavilion, Downtown Fort Payne. Race starts at 8am.

August 17—Rappelling Certification Class. This class covers rappelling basics indoor and basics outdoor. Learn about rappelling safety/rappelling gear and its application, rappelling knots and application, and rigging points needed for rappelling. Review safety procedures, knots, gear, and rigging points; then learn how to safely rappel and do several rappels before returning to the office for the rappelling test and knot exam. True Adventure Sports Training Center. \$165/person. 10am–6pm. 256-997-9577.

August 17—Basic Pine Needle Basketry Class. Learn the basics of pine needle basket coiling, an old craft with a long history. Class is for ages 10 to adult. JSU's Little River Canyon Center. 10am–3pm. \$25 supply fee. Pre-registration required; class

August 2019 Community Calendar

number is limited to 10. For details or to pre-register, call 256-997-5025.

August 17—Celebrating Model Aviation Day. A fun day of flying, fellowship and food. Public is invited to watch and learn about model aviation. We are supporting Friends of DeKalb County Animal Adoption Center who will be at the event. Raffle to support this organization with donations from local restaurants. Come join in the Fun, Flying, Food, and Fellowship. Bring swap items. Any aircraft welcome. Public invited. 8am-5pm. More info: dekalbrcflyers.com.

August 17—Plant Discovery Hike. Join naturalist Robert Wilson, "The Traveling Herbalist" from Seven Pines Survival for an experiential journey within the forest, taking in every opportunity to learn more about the natural world. On this meandering hike, Robert will identify many native plants of the southern Appalachians and will teach you how to recognize the natives found in the park. Journey throughout DeSoto State Park to see what can be seen along the trail. Easy to moderate meandering hike. As with all outdoor events, if it is stormy or very poor trail conditions, the hike may be cancelled. If the weather is questionable, please call ahead to make sure the hike is a go. 9am. DeSoto State Park, Fort Payne. Meet at DeSoto's Country Store on County Road 89 (porch). Free and open to everyone! Have questions? Email Robert at sps@sevenpinesurvival.com or call 209-559-0040.

August 18—Imports vs Mini Trucks. Small meet to bring the community together and showcase some beautiful cars and trucks. Best import and mini truck wins a prize. Bring the kids and the whole family for a day of beautiful cars and great people! Will also welcome two step revs if anyone wants to pop off a few times. Akins Furniture, Fort Payne. 12-4pm.

August 18—Serious Skills Series: Making Wild Teas. Hosted by DeSoto State Park. The

Serious Skills series is a variety of classes and workshops that provide opportunities to discover a hidden talent or learn a new skill for personal enrichment. Classes are open to local residents, overnight guests and park visitors. Join Robert Wilson "The Traveling Herbalist" from Seven Pines Survival for a class on teas made from different types of wild plants that can be harvested throughout the year. These teas will range from pleasant teas, to the more medicinal type teas. Robert will go over what plants the teas are made from, safe gathering practices, how to prepare the teas, and what they are useful for. 1pm-4pm. DeSoto State Park, Fort Payne. \$10/person. Pre-registration is required. Call 256-997-5025 or email Brittney.Hughes@dcnr.alabama.gov to sign up or for more info.

August 21, 22—Rock Climbing Adventure. Come experience first-hand what rock climbing is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. True Adventure Sports. 2-6pm. 256-997-9577.

August 22—Bouldering Adventure. Come experience first-hand what bouldering atop Lookout Mountain is all about with guides who are fun, safe, and energetic. No prior climbing or bouldering experience is needed. Meet at True Adventure Sports. 2-6pm. 256-997-9577.

August 24—Fyffe UFO Days Annual 5K Run. Come join us for an "Out of This World" experience! Cash prizes for Top Overall Female and Top Overall Male runners. Door prizes! Fyffe First Baptist Church. 5K sign in begins at 7am. Race begins at 8am. The festival begins at 10am with food, music, vendors, and fun for the whole family. Register at racesonline.com. All proceeds benefit Fyffe Cheer Program.

August 24—Fyffe UFO Day. Hot Air Balloon Rides showcase this unique family outing!

Arts and crafts, children's games, food vendors, antique tractors, live entertainment, street dance and much more make this event fun for the whole family. Fyffe Town Park, Fyffe. Gates open at 9am. Music starts at 10am. 256-623-2222.

August 24, 28—Rappelling Adventure. Come experience the thrill of rappelling down the sheer sandstone gems of NE AL. Each trip includes all the gear plus basic instruction. True Adventure Sports. 10am-2pm. 256-997-9577.

August 24—Orienteering. Need some fun family time? Come join Robert Wilson of Seven Pines Survival and JSU Field School Staff for the day as we teach you and your family some of the skills needed for orienteering. Orienteering is a sport that requires navigational skills using a compass and a map to navigate from point to point in diverse and usually unfamiliar terrain whilst moving at a fast pace. In this class, we will focus on map and compass skills. Learn skills such as how to use a compass, pace counting, navigation, and more! What to bring: water bottle, snacks/lunch, notebook, pencil. What to wear: pants and closed toed shoes are recommended, a hat if desired, and bug repellent/sunscreen. 9am-3pm at Little River Canyon Center Space is limited! For more information or to register, please contact Robert Wilson at sps@sevenpinesurvival.com or 209-559-0040.

August 27—Afternoon Rock Climb. Come experience first-hand what rock climbing is all about in the afternoon with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. True Adventure Sports. 2-6pm. 256-997-9577.

August 30-31—Overnight Camping Skills Class. Most needed camping skills are brought to you as well as advanced skills such as how to find dry fuels, how to build a fire without smoke, how to start a fire without matches or flint, lean to construction,

and safety barriers. True Adventure Sports. 5pm-9am. 256-997-9577.

August 31—Bowdrill Class. Survivalist Robert Wilson of Seven Pines Survival will teach you about the bowdrill. Everything you will need to make your very first bow drill set will be provided. Including all the information you need to succeed. Don't be fooled, this class takes patience, persistence, and the eagerness to learn. Not only will learn how to make a bow drill, but knife safety and how to properly use a knife as well. This class starts at 9am and ends when you succeed! What to bring: water bottle, notebook, pencil, and camera. Little River Canyon Center. \$40/student. Pre-registration is required. Limited to 5 participants. Contact Robert Wilson at sps@sevenpinesurvival.com or 209-559-0040 for more information or to register.

August 31—Southern Mason Jar-The Art of Woodburning. Hosted by DeSoto State Park. The Serious Skills series is a variety of classes and workshops that provide opportunities to discover a hidden talent or learn a new skill for personal enrichment. Classes are open to local residents, overnight guests, and park visitors. Pyrography, or woodburning, is the art of decorating wood or other materials, the term meaning "writing with fire" dating back to the 17th century. Participants in this class will learn the basic techniques of decorative wood burning and painting designs from artist April Blanks, and will work on an 8x10 piece featuring a mason jar with cotton balls. This class is for ages 14 to adult. 9am-12pm. DeSoto State Park, Fort Payne. (Location disclosed at time of registration). \$25.00 includes all supplies. Workshop space is limited to 10, pre-registration is required for attendance in this class. Call 256-997-5025 or email Brittney.Hughes@dcnr.alabama.gov to sign up or for more info.

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Strummers at the Little River Canyon Center

by Betsy Dillbeck

Once a month during the summer, the lobby of the Little River Canyon Center resonates with the unique sound produced by a group of musicians playing dulcimers.

The sound is reminiscent of what some might call “ole timey mountain music.” Well, that is exactly what it is, and what better place to present this music and the traditional instrument of this music, than on the top of DeKalb County’s Lookout Mountain.

The Appalachian dulcimer is a fretted string instrument of the zither family, typically with three or four strings, originally played in the Appalachian region of the United States, according to Wikipedia.

But for many in the group, called the “Cornwall Strummers,” it is a way to play their music as a group and to enjoy the company of other seniors who have taken quite an interest in playing the dulcimer.

Paul and Betty McWhorter founded this group of 19 musicians about three years ago. “We saw an article in the newspaper about lessons on the dulcimer given by a group called the RSVP (Retired Seniors Volunteer Program) in Guntersville,” said Paul. “Betty thought it would be fun. We got some other folks to go along and we took the six-week course. The dulcimer is pretty simple and it wasn’t difficult to pick up.”

Going along with Betty and Paul were their two aunts (sisters-in-law), Martha McWhorter and Louise Nelson, both in their late 80s. Everyone lived on Cornwall Drive in Cedar Bluff, so when they got together as a group to practice, they became the

“Cornwall Strummers.”

Ms. McWhorter and Ms. Nelson had previous musical training and said, “It was easy and fun to learn a new instrument and we love the monthly group. It’s a way for us to keep active and we enjoy being with the other members.”

The McWhorters started as a group of six and now they number 19 members when all can get together. “It sort of evolved through just ‘word of mouth,’ a quilting group, and friends of friends,” said Betty. Besides gathering at the Canyon Center, they play at nursing homes in the area, churches, and have played at the Cherokee County Historical Museum and library.

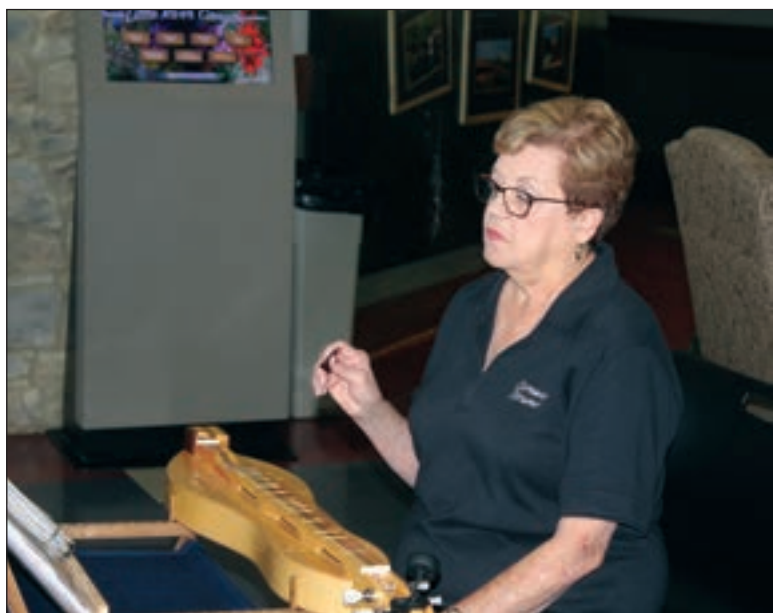
“Our selections are primarily old hymns, gospel, and ‘fiddle’-type tunes, and other traditional folk tunes from the Appalachian area,” said Paul. “Most of the music is familiar to our players.”

Playing along with the “Strummers” is Linda Arthur, a flutist and resident of Lookout Mountain. “I was playing at a craft festival, and the group was also there. I wondered how my flute would sound with them, asked, and

they invited me to join.”

Arthur mostly plays the Native American flute, which she has bought from Native American craftsmen in the Arizona area. “I first heard the flute played at the Grand Canyon and just loved the sound,” explained Arthur. “I came home and met someone who played and gave lessons. That was nine years ago, and I still play every chance I get. And, the acoustics in this lobby are amazing, letting the flute

(continued on page 22)



Barb McWhorter is the group leader and director of the Cornwall Strummers.



The dulcimer Barbara McWhorter plays is made of box elder, with a beautiful pinkish grain to the wood.



Paul McWhorter’s instrument of choice is a hybrid of the banjo and dulcimer, called a “banjolo.”

The Appalachian dulcimer has many variant names. Most often it is simply called dulcimer. The instrument has acquired a number of nicknames: “harmonium,” “hog fiddle,” “music box,” “harmony box,” and “mountain zither.”

Although the Appalachian dulcimer first appeared in the early 19th century among Scotch-Irish immigrant communities in the Appalachian Mountains, the instrument has no known precedent in Ireland or Scotland. Because of this, and a dearth of written records, the history of the Appalachian dulcimer has been, until fairly recently, largely speculative. Since 1980, more extensive research has traced the instrument’s development through several distinct periods, had origins in several similar European instruments: the Swedish hummel, the Norwegian langeleik, the German scheitholt, and the French epinette des Vorges.

Charles Maxson, an Appalachian luthier from Volga, West Virginia, speculated that early settlers were unable to make the more complex violin in the early days because of lack of tools and time. This was one of the factors which led to the building of the dulcimer, which has less dramatic curves.

The soprano Loraine Wyman, who sang Appalachian folk songs in concert venues around the time of the First World War, created a brief splash for the Appalachian dulcimer by demonstrating it in concerts, and was portrayed in *Vogue* magazine holding her instrument.

The instrument achieved its true renaissance in the 1950s urban folk music revival in the United States through the work of Jean Ritchie, a Kentucky musician who performed with the instrument before New York City audiences. The American folk musician Richard Farina (1937–1966) was also bringing the Appalachian dulcimer to a much wider audience, and by 1965 the instrument was a familiar presence in folk music circles.

Appalachian dulcimers are often made by individual craftsmen and small, family-run businesses located in the American South and particularly in Appalachia. They are traditionally constructed of wood and were typically made all of the one wood using wood commonly found in the particular area of the mountains where the builder lived. American hardwoods such as walnut, oak, cherry, and apple are still frequently employed by makers. Most recently, guitar aesthetics and construction ideals have been applied, with a tone wood such as spruce or cedar preferred for the top of the soundbox. —Betsy Dillbeck

Mentone Area Church Directory

Mentone, Alabama

Cove Road Baptist Church invites everyone in the Mentone and Cloudland Communities to services—Sunday School 10am (GA time) Morning Worship 11am (GA time), Wednesday Prayer Meeting & Bible Study 5:30pm (GA time). Bro. Brian Keith is the pastor. 2415 County Road 631.

Howard's Chapel (Church in the Rock) has regular services at 10am each Sunday. You are invited to attend these services or visit the church at other times. Casual dress is always acceptable. County Road 617.

Mentone Church of God of Prophecy has Sunday School at 10am, with Worship at 11am. Evening services begin at 5:30pm on Sunday and 6pm on Wednesday. Bro. Whitney Smith invites everyone to attend. AL Hwy 117 (across from Mentone Post Office).

Mentone Community Church invites you to Crosswalk Sunday School (K through Adult) 9:15am, Adult Worship Service 10:30am, JC Kids Worship Service 10:30am. Pastor Tim Miller. Van Ministry for Children pick-up/take home, ages K–12, for all surrounding areas 8:15am (please call Donna Bunn 706-398-0720). Wednesday small group study 6:30pm. 90 Summerville Rd. 256-634-4210.

Mentone United Methodist Church invites you to come and worship with us. Each Sunday our worship service is held at 11am and is led by Rev. Heidi C. Bender. Sunday School is at 10am. The service of Holy Communion is held the first Sunday of each month and fifth Sundays are a service of music with a pot luck lunch afterwards. 415 Cutler Avenue. 256-634-8006.

Moon Lake Baptist Church is a growing community of believers from various walks of life who endeavor to share the light, life, and love of Jesus with all we meet. We gather together for practical Bible study at 10am on Sunday. You can count on an encouraging and life-engaging message at 11am each Sunday. At 6pm, on Sunday, we enjoy a time of praying together. On Wednesdays at 6pm, we have groups for our children, students, and adults. 4671 Al Hwy. 117. 256-634-4568. Connect with us on Facebook at "Moon Lake" or Pastor Mike at "Mike Ellis".

St. Joseph's on-the-Mountain Episcopal Church welcomes everyone to 10:30am Sunday service of Holy Eucharist. Open for daily prayer and thanksgiving. Supporting our community with outreach. 256-634-4476. 21145 Scenic Highway. stjosephmountain.dioala.org.

Spirit Expression Ministry, a Chapel of the Alliance of Divine Love, invites you to sit with us in sacred circle on the second and fourth Sundays of the month at 11am Central at Heartwood Center, 7 miles from downtown Mentone. Reverend Cathy Haven Howard facilitates a spiritual wisdom topic. Email havenhoward1@gmail.com for directions and questions.

Summit Church of God in Mentone invites you to be in service Sunday morning 10:45am, Sunday night 5pm, Wednesday Bible Study 6:30pm. Pastor Lance Kincer.

Hammondville, Alabama

The **Church of God 7th Day** invites you to Sabbath School classes at 9:30am and Worship Service at 11am. Visitors are always welcome. Located just off Hwy. 11 N. at corner of Hwy. 117 and Palmer Road. 256-717-5040.

Greater Vision Ministries Church of God invites you to Sunday School 10 am, Sunday Worship *10:45 am, (*Nursery & Kid's Church). MidWEEK re-charge Wednesday 6:30pm. Pastor Tim Coppock. 38623 US Hwy 11. 256-601-0679.

Valley Head, Alabama

Lea's Chapel Baptist Church welcomes you to worship with us. 10am Sunday Bible Study, 11am Morning Worship, 6pm Evening Worship. Wednesday 6–8pm Awana (ages 4–18); 6:30pm Praise and Prayer time. 4212 County Road 751. 256-635-1001.

Valley Head Baptist Church invites you to come and worship with us. On Sunday, Bible Study is at 10am & Morning Worship is at 11am; Kidz Connection is at 5pm, Evening Worship at 6pm. Kidz Connection & Youth meet on Wednesday from 5–6pm & a snack supper is provided. On the second Wednesday of the month, there is a church-wide covered dish Fellowship Meal at 6pm. 265 Church Street. 256-465-1242.

Visitors are always welcome at **Valley Head United Methodist Church**. Please join us each Sunday morning for a traditional worship service at 9:30am. Tony Gunter is the Pastor. All are welcome. 146 Church St.

Wildwood Seventh Day Adventist Church, Mentone Chapter, holds services in the Woodmen of the World Hall. All are invited to attend. Sabbath School and Song Service 9:30–10:45am, Worship Service 11am–12:15pm. Pastor - Wilbur Atwood; Lay Pastors - James Hartley and Ryan Bunnel.

The best and most beautiful things in the world cannot be seen or even touched—they must be felt with the heart.
—Helen Keller

Fort Payne, Alabama

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

The **Fort Payne Christian Center** and Pastors Ken and Elaine Hollman invite everyone to join in Worship on Sunday at 10am, Wednesday evening at 6pm. 3610 Grand Ave. SW. 256-997-0047.

Grace Presbyterian Church (PCA) invites you to Sunday School at 9:45am; Sunday Worship at 10:55am. 256-845-4756. 5760 Gault Ave. NE.

Gravel Hill Baptist Church welcomes you to Sunday School at 10am & Worship Service at 11am each Sunday. All are welcome. Wednesdays at 6pm, we have supper and a brief devotional time together. Pastor George Moses. 14701 Hwy 11 South.

New Oregon United Methodist Church is located just off DeSoto Parkway, 1/4 mile south of Fischer Crossroads. We invite you to worship with us on Sundays. Sunday School for all ages 9:45am, Traditional Worship 11am, and Sunday Evening Service 6pm. Sunday Evening youth meet at 5:30pm. We have Wonderful Wednesdays during the school year with Bible

studies for all ages, meal at 5:30pm and classes at 6:15pm. We also have Wednesday morning Bible study at 8:45am, and knitting every Tuesday at 9am. Pastor Ian Conerly. 1204 New Oregon Drive NE. 256-845-7446.

Our Lady of the Valley Catholic Church holds Sunday mass in English at 10am and 1pm in Spanish. Tuesday at 6pm in English, Wednesday at 5pm bilingual, Thursday at 6pm in English, Friday at 9am in English and Saturday at 6pm in bilingual. 2910 Gault Ave. N. 256-845-4774.

Prince of Peace Lutheran Church holds regular Worship Services at 10am Sunday. Clifford Herd, Pastor. Everyone is welcome. 1519 Smith Gap Road (County Road 85). 256-845-4842.

St. Stephen Anglican Church invites you to attend service on Sunday mornings at 8am. 411 SW Grand Ave. (in the basement of Killian & Killian Attorneys). Father Rodney Jackson, 205-405-0055; Deacon Jack Gilbreath, 256-845-2605.

Walnut Grove Baptist Church, on Highway 11 north of Fort Payne, welcomes everyone at Sunday School 10am, Worship Service at 11am, Wednesday night youth meeting at 6pm, and Wednesday night Prayer Meeting at 6:30pm. 3606 Greenhill Blvd NW. 256-996-0929.

Cloudland, Georgia

Cloudland Presbyterian Church welcomes everyone to come join us for services, with Pastor Jan Warren-Taylor. Bible Study Sunday at 9am (Eastern) and Worship at 10am (Eastern). 150 Partain Road.

Menlo, Georgia

Alpine Community Church Pastor Jeremy Stroop welcomes each and everyone to worship service Sunday mornings at 11am GA time; Sunday School 10am GA time; and Wednesday night Bible Study at 7pm GA time. 1104 Hwy. 337, Menlo GA. 706-862-6641.

Menlo Church of Christ invites you to attend 10am and 11am Sunday services and evening services at 5pm on Sundays and Wednesdays. Visitors are always welcome. Annual Homecoming and Gospel Meeting on July 14–17, 2019: Sunday Services 10am & 11am & 5pm EDT; Homecoming Covered Dish Meal Spread at the Lawrence Center at noon on the 14th; Weeknight Services Mon–Wed 7pm EDT. Visiting Evangelist: Bro. Gary McCurdy of Piedmont, AL.

Menlo Presbyterian Church (ECO) invites everyone to attend services with us. Sunday School at 10am (Eastern) and Worship Service at 11:15am (Eastern). Rev. Jan Taylor is our pastor. We are located at 70 North 6th Ave., next to the park in Menlo.

Summerville, Georgia

Redemption Worship Center invites you to "Find Love, Encouragement, & Purpose!" Wednesdays: Hour of Power Bible Study 6:30pm; Chosen Generation Youth 6:30pm. Sundays: Sunday School 9:30am; Morning Celebration 10:30am. Pastors Dr. David & Penny Reeves. 174 West First Avenue. 706-808-0909.

Send any changes to *The Groundhog*
at groundhognews@yahoo.com
or P.O. Box 387, Mentone, AL 35984.

The family of Charles Flannigan wishes to thank everyone for your prayers, phone calls, cards, and all the wonderful food you brought us. And thanks to all our wonderful neighbors for your help during his illness. We will never be able to repay you. A special thanks to the Mentone Church of God of Prophecy for the wonderful lunch they prepared for us after his funeral. Thank you. God bless.

—The family of Charles Flannigan

Lookout Mountain Plein Air Group

The Lookout Mountain Plein Air group is a group of plein air artists who meet weekly at locations in and around Mentone to paint out-of-doors. The group meets on Tuesdays at 9 a.m. and then often enjoys going out to lunch together after painting for a few hours. Observers and all levels of painters are welcome. If you have any questions or would like to join the group, contact Barbara Umland at barbaraumland7@gmail.com.

- August 6—Finster’s Paradise Garden
- August 13—Crystal Lake Lodge
- August 20—Merrell House on CR 89 N
- August 27—The Farm at Windy Hill

Photo at right: Eugenia Johnston



Strummers (continued from page 20)

sound just hover and blend with the dulcimers.” The ceiling in the Canyon Center lobby is about 30 feet high.

Listening to Arthur play with the dulcimers, her flute seems to give a peaceful, subtle sound with the dulcimers, who sometimes, have a more “tinny” sound. Paul McWhorter says that many have compared the dulcimer sound to bagpipes, reflecting back to the Scotch-Irish who settled the Appalachian region.

Accompanying the dulcimer this moth were two friends of Arthur’s, music teachers Larry and Waana Sullins from Memphis, TN, playing the guitar and flute. “They’re professionals and really enjoyed the opportunity to play with the group,” said Arthur.



Larry and Waana Sullins, left and center, from Memphis, TN, and Lookout Mountain resident Linda Arthur, right, played along with the Strummers in July. Arthur regularly joins in their performances and practices.

“We play the four- or three-stringed dulcimer,” said Paul. “It is not what they call a “chromatically sealed” instrument and only plays in the key of D. It is fretted and the frets are usually played with one’s fingers. It’s very basic and easily learned.”

Paul plays a “hybrid dulcimer,” a “banjo dulcimer,” or a “dulcijo.” It looks like a dulcimer but with a banjo-head on the body. “The sound is more ‘banjo-like’ than the plain dulcimer,” he says.

For more information on the group, email the McWhorters at bmcwhorter@tds.net. They will be playing again at the Canyon Center on Tuesday, August 6. Visitors are welcome to come and enjoy the music.

Betsy Dillbeck is a retired newspaper publisher and editor living in Fort Payne.



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

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

To arrange your wedding or renewing of your wedding vows, call 256-634-4181



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Friendship Benches

by deJoly LaBrier

Last fall, I was eating with a friend in a local restaurant, and during a pause in our conversation, I couldn't help noticing the number of people with their heads bowed toward their phones. A table of four women caught my eye. Three of the women were deep into what was on their phone, while one looked wistfully out the window, no one to talk to. She seemed sad. Here she was with three other women who said they were friends, but what was on their phones seemed more important than conversation with her. This scene made an indelible mark on my heart.

One of the most basic needs we have as human beings is to connect with other human beings. We need each other. We can't exist in a vacuum. Yet we are bombarded by billboards, commercials, and ads that tout the next brightest shiny object in the world of technology. Thus, our connections get thinner and thinner, leading to complete breakage and a feeling of isolation.

A phone can't hold a child who is sad or sick. It can't comfort an elder who is feeling abandoned.

Recently I was approached by a friend with an idea of a way to reach a broader base of people who are looking for someone to listen to them, to be acknowledged, to be heard. Not to be judged or fixed. The previous examples were some specific reasons this idea appealed to me.

We aren't the only country that is suffering with the lack of connection because of technology. The Friendship Bench Project in Zimbabwe is a successful evidence-based intervention developed to bridge the mental health treatment gap. With only two psychiatrists in the country, their mission is to "enhance mental well-being and improve the quality of life through the use of problem-solving therapy delivered by trained lay health workers. They focus on people who are suffering from common mental disorders, such as anxiety and depression."

"Friendship benches are a safe place for people struggling with anxiety and depression to find help," says Sheba Khumalo, lay health worker. "We are not conventional; our therapy rooms are outdoors under trees and our therapists are elderly Zimbabwean women. These women are city lay health workers who have become known as "community grandmothers." (For more information on this project, see friendshipbenchzimbabwe.org.)

This model has been used around the world with great success. In cities like Chicago and New York, groups have gotten together to provide "listeners" for whoever would sit down in a chair across from them in a public, yet not obvious, place. In general, the chairs are always filled, and the conversations actually often end with a hug, due to the mutual connection made during the conversations. With the deepening dependence we are seeing regarding technology, having a human being in front of us, actively listening to us, is a novel and much-needed experience.



On school playgrounds around this country, there is a movement to add "Buddy Benches" to each one. This bench idea was created by a 6th grade boy who felt there was a need in his school. He didn't like that some kids had friends and were included, and others not. It is a bench where a child who wants to play or needs a friend will sit. They are often children who don't have friends and may not be chosen for team sports. Other children are encouraged by their teachers to go to the bench and talk with the other



child. Soon they are off joining in games and creating connections that are needed for healthy friendships.

In Mentone, these Friendship Benches could be well used. They wouldn't be a substitute for good mental health therapy. But who doesn't have a situation that they need to talk about with a neutral person? A "listener" doesn't need to be a grandmother or therapist to sit and listen, although that is the model in Zimbabwe. It can be anyone who is able to listen without judgment or criticism, and who will keep the conversation confidential. It can be a bridge to health and well-being that doesn't cost a co-pay or long trip to Chattanooga, Huntsville, or Birmingham.

If you are interested in this project and want to get involved, either financially to buy the benches, or be one of the listeners, contact me at lifesasaonesie@gmail.com. My friend who first approached me about this is willing to donate one of the benches. Hopefully, one day soon we will have an "unveiling" of the first friendship bench in Mentone.

August in Mentone's history. . .

Compiled by Annette Stone

1983

In a reverse motion, the Mentone Town Council voted unanimously to return the Police protection to 25 hours weekly per the request of the town's policeman. The officer's opinion was that the town has adequate protection under the present circumstances.

1985

The Groundhog reported on the torrential rains of late July, in which portions of Fort Payne were inundated and a dam collapsed near Dogtown on Lookout Mountain.

1987

St. Joseph's Episcopal church was saved from possible total destruction thanks to a visiting couple from Montgomery, Al. As guests of the Mentone Inn, the couple smelled smoke and saw flames behind the stained glass windows. They notified the staff at the Inn who then called the Fire Dept. Another guest grabbed a water hose and sprayed the building until the Mentone fire department arrived.

1988

The State of Alabama responded to Mayor Hammond's request, on behalf of MAPA, to give permission for the construction of a bicycle path from the Hitching Post to the Post Office. This

would give pedestrians a safe place to walk on the main thoroughfare and bring the town closer together.

2003

Moon Lake Principal Bill Berry reported that "we are all thrilled to see the school's most major facelift in its history with beautiful new white siding, blue metal roof, red ceramic tile porch, leveled halls with new tile, new exterior lighting, and a new trophy case displaying the school's many trophies earned by Moon Lake students in academics, athletics, and other extracurricular activities."

Source:
Groundhog archives



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Date Change for Point of the Pen Writing Group

To avoid the often-crowded road conditions of the World's Longest Yard Sale, the writing group will meet on Thursday, August 8, instead of the regular first Tuesday of each month. The group meets at 3 p.m. at Moon Lake Community Library. Everyone is welcome.

Valley Head Cemetery Run In Memory Of by Sherryl Lewis

New date! New route!! 5K and 10K!!! Timing provided by Pin Point Timing. Great door prizes. You asked for it. Now come run it!

Valley Head Cemetery Run In Memory Of has grown and changed location. We've added a 10K and the new course will begin on the square in Valley Head. The route will take runners on a scenic run up Violet Hill Road and back to the town square. The race is set for Saturday, October 26, at 8 a.m. Registration forms are available at Nena's Produce and General Store in Valley Head at the foot of Lookout Mountain or register online at Race Roster. All proceeds will go toward maintaining the Valley Head Cemetery.

Help us honor your loved ones by sponsoring a memorial. Come run or walk with us in memory of all the memorials. We give away great door prizes. Prizes and medals are awarded to the overall male and female winners. Medals are awarded in the top 3 male and female places in each age category.

If you would like to sponsor a memorial or an ad, make a donation, or learn more, contact Sherryl Lewis at 256-657-1616.

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Cloudland/Menlo News by Pat Johnson

Cloudland 5K Fun Run, Barbecue, and Yard Sale

We at Cloudland Community Park would like to say a huge THANK YOU to everyone who helped make our 4th Annual Star-Spangled 5K Fun Run a success! We are so thankful for all of the sponsors, volunteers, and participants who helped with this event.

We began the day with perfect weather, starting the 5K Fun Run at 7:30 a.m. EDT. We had 32 finishers from ages 8 to 80, and everyone finished the hilly course in just over an hour (64 minutes). We awarded five medals: 1st in youth male and female, 1st in adult male and female, and oldest finisher. Ian Connerly, #9, took the top spot and the adult male category with a time of 20:37. Second was Madelyn Smith, #7, our adult female winner, with a time of 23:51. Our next finisher was 10-year-old male Hayden Carr, #22, with a time of 24:01. Audrey Smith, #6, was the first youth female to finish the race, with a time of 36:55.



Ukulele Band of Alabama

Our oldest participant award went to Malcolm Mitchell, #18, 80 years old, with an impressive time of 59:22.

Later in the morning, a large crowd enjoyed fantastic entertainment by the Ukulele Band of Alabama. BBQ plates were served, with BBQ prepared by Bobby Cavin and sides and desserts prepared by numerous volunteers. We appreciate everyone who helped and participated

in this event, and hope that everyone will continue to be a part of all of the great things to come. If you weren't able to participate this time, we welcome you and hope you will be a part of our future special events at Cloudland Community Park! We would love to have you.

Cloudland Community Park is a non-profit organization. All proceeds go toward the upkeep and improvement of our community park, located at 284 Gadsden Avenue, Cloudland, Georgia 30731.



The winners of the Star-Spangled 5K Fun Run, L to R: Audrey Smith, Madelyn Smith, Malcolm Mitchell, Ian Connerly, Hayden Carr

Labor Day Gospel Fest

The Cloudland Volunteer Fire Department is hosting its annual barbecue and Gospel Sing on Labor Day, September 2, at the fire hall next to the Cloudland Community Park. It will start at 11 a.m. Eastern time and go until 1 or 2 p.m. Everyone is invited to come have barbecue and enjoy the Gospel Sing.



In Memoriam

Virginia Hammond Welch

December 3, 1932 – June 12, 2019

Virginia Welch passed away in June in Menlo. She had been a city council member since 1995. She was on the council because she really cared about the welfare and progress of her community. Though she was in her mid-80s, she remained busy

and active until just a few months ago. Just last summer, she was still taking care of all of the city planters and flowers. She was a remarkable lady in many ways. She was born in Chattooga County and married J.D. Welch. They had two children, Donna and Mike. They moved to Fresno, California, for a number of years, but J.D. and Virginia came back to Menlo upon retirement and spent the remainder of their lives here.



Sue Schwarz shared this photo she took while her step-daughter, Janet Schwarz Hamilton, gave Sue's late husband Bill and her a ride in her private plane over DeSoto Falls (and their home) a few years ago.



Celebrate National Model Aviation Day on Saturday, August 17. Join in the fun, flying, food and Fellowship for all ages. Any aircraft are welcome.

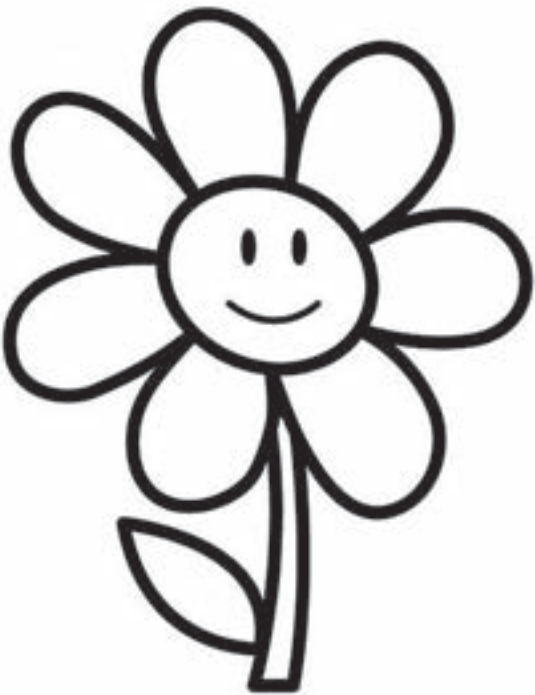
The DeKalb RC Flyers will be supporting Friends of DeKalb County, AL Animal Adoption Center. Donations are welcome. All proceeds will benefit the center, an all-volunteer, foster-based, 501(c)(3) non-profit organization whose mission is to improve

visibility and increase awareness of the countless number of abandoned, homeless animals in DeKalb County, with the ultimate goal being to unite these deserving animals with the perfect family to call their own. A raffle will support this organization with donations from local restaurants.

The gate opens at 9 a.m. at Jacoway Field, 23rd St. SE in Fort Payne. For more information, visit dekalbrcflyers.com.

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- WALL BEDS** (Murphy Bed style)—We have all size Wall Beds. Great for spare room and small areas. Come see our showroom in Collinsville, AL on Hwy 68 at the Alabama Mattress Outlet. Store 9–5 Mon.–Sat. Call 256-523-3622 or Andy Crow 256-490-4025.
- COTTAGE & CABIN RENTALS** in Mentone, AL, high atop LOOKOUT MOUNTAIN near the attractions and downtown. Best Brow Views, River Front and more. See us at cottagesofmentone.com. Call or text anytime 504-481-8666.
- 15 AWESOME, UNRESTRICTIVE ACRES** one mile from downtown Mentone. Perfect for custom built cabin or mobile home. Wooded and borders with babbling creek, bring goats, chickens etc. Only \$75K. Mountain Properties, Inc. 256-516-4663.
- NICELY UNRESTRICTIVE, LEVEL** wooded 13 acres. Build cabin in the woods. Old homesite and cleared spot. A creek runs through it. Public water and power at the road. \$65K. Mountain Properties, Inc. 256-516-4663.
- FEELS LIKE YOU ARE LIVING IN A PARK.** 3 Bedroom, 2 Bath in the woods, RV carport, office and sunroom that is heated. 2-car garage. 1.3 acres \$172,500. Mountain Properties, Inc. 256-516-4663.



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The Lookout Restaurant
The Vineyard Cafe
- OTHER**
Alabama I-59 Welcome Center
Little River Canyon Center
Rim of the Canyon Café & Grocery

Book Review by Anne McLeod

Set List by Ray Atkins, Mercer University Press, 2018



Ray Atkins's novel, *Set List*, will pick you up and spin you back and forth between the 1970s bar band scene and the present day where the band's leader encounters his own mortality. Blanchard Shankles, native of Sequoyah, Georgia, has faced challenges before—a feckless, alcoholic father and a mentally unstable mother prone to behaviors embarrassing on her better days and horrific on her worst. But when a cardiac event lands him in an east Tennessee hospital, Blanchard's dreams of an appointment with death propel him back home to come to terms with even older heartaches.

Every chapter of *Set List* is named for a 1970s hit song: “I Don’t Need No Doctor” by Humble Pie; “Dream On” by Aerosmith;

“Third Rate Romance” by The Amazing Rhythm Aces, and so on. This is the set list of Blanchard's life as well as for his band, most recently and aptly renamed Murphy's Law. Murphy's Law, for those who have not heard of it or have forgotten what it means, is the old adage that “Anything that can go wrong will go wrong,”

and for Blanchard that seems to be the case more often than not. Blanchard, while fatalistic, is still a fighter, determined to live—or die—on his own terms.

The closing of every chapter is a song composed by Blanchard and his best friend and bass player John Covey, who faithfully backs him up on stage and off. These read so much like songs that ought to have been recorded in the 1970s, that the reader will almost believe that he or she has heard them on the radio.

References to places like Little River Canyon and Fort Payne are no coincidence. Ray Atkins is a graduate of Valley Head High School and an English instructor at Georgia Northwestern Technical College; he currently lives in Rome, Georgia. When he spoke in May at Moon Lake Community Library, he explained that Sequoyah is a dead ringer for Summerville in Chattooga County, Georgia. *Set List* and Atkins's other five published books are steeped in local geography so that readers familiar with our hills and mountains will recognize them, even when names are sometimes changed. Rediscover them through the eyes of unforgettable character Blanchard Shankles in *Set List*.

Set List by Raymond Atkins is available for check out from Moon Lake Community Library.

Anne McLeod is the school librarian at Moon Lake Elementary School and a director of Moon Lake Community Library.



During a recent visit to the home of Jim and Sharon Jones Harris, I was impressed by a large framed display of crewel embroidery hanging on the wall. Sharon explained that when she was so busy raising young children, days ran into each other and she missed having a sense of immediate accomplishment, so she took up embroidery.

“I tried to learn how to knit when I was pregnant with my son, Tom,” she said. “I learned to go one way, but didn’t know how to go back the other way. I didn’t have anybody to teach me.

“So I began to practice various embroidery stitches. When the family settled down at night, often in front of the television, I enjoyed working on my embroidery. I appreciated having something to do where I could feel that certain sense of accomplishment I’d been missing.

“I probably worked on the flower sampler 40 or 45 years ago. I did several pieces back then.”

This particular piece, which illustrates native wildflowers, one for each letter from A to Z, was stitched with wool thread on a linen backing.

Sharon and Jim returned to her native hometown of Mentone after retiring from respective careers in nursing and insurance in the Florence area of northwest Alabama. Sharon had the piece reframed and it now graces the walls of the beautiful home they built above Little River. —Kelly Leavitt

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The Linger Longer Pop-Up Art Series, sponsored by the Little River Arts Council, showcases local artists each month at the pavilion behind the Mentone Inn. Artists will be at the pavilion with art demonstrations and work for sale from 10 a.m. until 1 p.m., but they are welcome to “linger longer” if they so choose. Meg Tannehill Justice and Kori Lankster will be featured on August 3 and Kat Monroe will be featured on August 17.

Meg Tannehill Justice • August 3

Meg Tannehill Justice is a childhood doodler turned grown-up artist/illustrator. She grew up in the south and currently lives in Scottsboro. She and her husband Jerry share a passion for the mountains and hope to live full-time on their Mentone property soon. An Auburn University graduate, Meg has a degree in fine art and illustration. In 2016, Meg began focusing on printmaking. “My art is influenced by all things from nature and the countryside where I live. Favorite subjects include animals, plants, mysteries of nature and the stories they tell. Every drawing has been carved into a linoleum block and is printed by hand. Each one is slightly different from the next, making every print one of a kind and unique.” You can find Meg’s online Etsy Shop at MegTannehillJustice and follow her art process on Instagram and Facebook.

Kori Lankster • August 3

A self-taught artist from Sand Mountain, Alabama, Kori Lankster says, “I’ve always been drawn to otherworldly landscapes. I try to create inter-dimensional perspectives while capturing my love for nature and the supernatural.” This sentiment comes through in her works, as they



often feature planets, botanical aspects, crystals and other whimsical items in a range of colour. Kori recently started her artists’ Instagram. You can follow her creative journey at [instagram.com/klank_kreative/](https://www.instagram.com/klank_kreative/)

Kat Monroe • August 17 Katherine Monroe has been an aspiring artist for the last 10 years. She graduated from Northeast Alabama Community College with degrees in Studio Art and Art education. She specializes in abstract art as well as stencil design. She puts her creative side to work with stencil work on recycled vinyl records, paint pours on canvas, and free hand work on all mediums.

Linger Longer Pop-Up Art Series Schedule

September 7 **Taylor Allison**
October 19 **Eugenia Johnston**

Little River Arts Council Summer Music Series *Sistren*



FREE Concert for all ages
Saturday, August 3 • 7–10pm
at the Linger Longer Pavilion
behind the Mentone Inn

Sistren is a harmony-intensive Americana band from Chattanooga featuring three strong lead vocalists (Kathy Veazy, Laura Walker and Lori Mast) who also play keyboard, fiddle, slide guitar and stand-up bass. They perform their own songs, as well as a wide mixture of interesting covers, and are backed by John Rawlston and his talent on guitar.



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