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# THE GROUNDHOG

Mentone, Valley Head, Hammondville, Menlo, Cloudland  
P. O. Box 387, Mentone, AL 35984

Volume 32, No. 4

"Neighborhood News from the Heart of Lookout Mountain"

April 2013

## Artist Feature: A Studio Visit With Cynthia Luck

By Duncan Black

The magnetic pull of Mentone brought Cynthia Luck back to the mountain decades after memorable childhood experiences at Camp DeSoto. In between, she found great satisfaction in bringing up two daughters and a fulfilling career in teaching. Now, she has achieved acclaim as a successful pastel artist



whose work is hung in private collections and juried shows across the south.

Like many young girls growing up in Jackson, Mississippi, Cynthia's initial encounter with the arts was with mandatory piano lessons which stretched into a period of twelve years, though she desperately wanted to take painting.

"I had absolutely no musical talent and I still pity my poor piano teacher," the auburn-haired artist says.

At Vanderbilt University she added Art History as a minor along with her English major. Finally, after marriage, a move to Jackson, Tennessee, and the birth of her daughters, she found time to explore her artistic side with a local teacher, Aileen Spence.

"I began with hard pastels and moved into oils. I was in HEAVEN!" she exclaims. Through Mrs. Spence, she came to study with noted Ukrainian painter Sergei Bongart and later with

Paul Penczer, a Hungarian expatriate who had settled in Memphis.

"I spent two summer sessions in Idaho studying with Sergei and he opened my eyes to the magnificence of color in relation to light,



(cont'd on page 23)

## Mountain Music: Talking To Mickey Luck about The Dulcimer

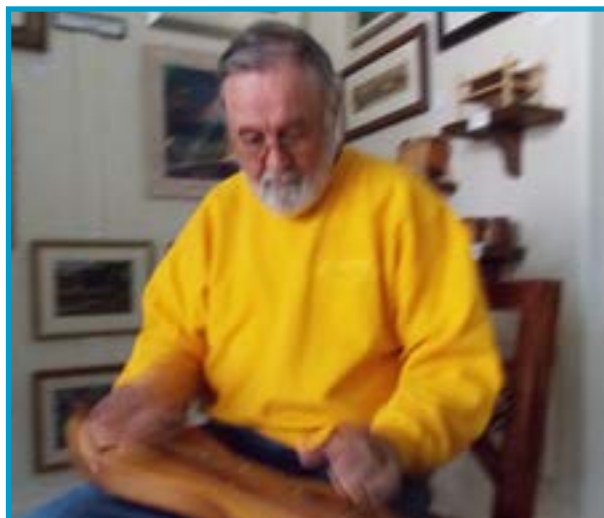
By Susan Cheronos

Because our neck of the woods was Indian territory when dulcimers began gaining popularity in this country, they didn't actually become part of our mountain music until relatively late. The beautiful rich sound they make blends well with the human voice and with mandolin and other traditional instruments from our area which helped pave its way down the Appalachians and into the heart of our mountain.

The American dulcimer evolved from simple instruments which came to this country with immigrants from Norway, Finland and Germany. In the upper part of the Appalachians, dulcimers gained popularity early. The rich mellow sound was easy to create on an instrument that was not too expensive to buy or too hard to make. When played with

a goose feather and a stick, the sound can be reminiscent of bagpipes. More often, nowadays, the instrument is simply played with fingers or a pic.

Dulcimers were, and are, popular instruments in the home. They are easy to learn



to play and provide satisfaction quickly at a basic level yet allow a lifelong player layers of complexity to master.

The soft full sound is lovely for a small group sitting close singing or playing together. It offers beginners entree into the musical world due to the ease with which it can be coaxed into giving a pleasing sound. The portability allows them to be brought along for socializing. There were even "courting" dulcimers, back in the day, constructed for thrilling tandem strumming in playful polite proximity.

When necessary, the output of sound from the dulcimer can be magnified with the use of...a possum board. Yes, Sir, I said "possum"! It's an odd, well, "possum-shaped" board that can be attached a few inches underneath the dulcimer so that the sound bounces off the board. This magnification can enable a dulcimer

(Cont'd on page 3)

## THE GROUNDHOG

P. O. Box 387  
Mentone, AL 35984

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## From The Editor

It's April, time for showers, flowers, taxes and fools! The trees are blossoming, prettily polluting with an outpouring of love and pollen. Golden forsythia is everywhere, redbuds mesmerize with their purple glow, daffodils are holding their ground even as the peonies begin clamboring their red fingers up and out of the sleeping soil. In the woods, the leaves are starting to make an appearance. First came the maples, their red tips casting a halo about themselves. Soon, the tulip poplars will start their bright green parade. From the valley in early spring we can easily see where they have staked out their hillside real estate.

It is a tricky time of year. Many gardeners have their soil tilled and their cold weather



crops or early spring bulbs coming along. Some gardeners are betting on the weather staying above freezing and may set out some plants too soon. After April 21st we have a 50% chance of being past the threat of frost. Many of us remember a few years back, a hard freeze came in May!... A hard freeze came and all the beautiful new little leaves on the trees were "burned" black, and we lost most of the blueberries and so much more that year! Only time, and early tomatoes, will tell whether it will be fool hardy or fortuitous to set out warm weather plants in April!

Best, Susan

## Coming To Mentone

By Andi Runnels

My husband Charlie and I were married in Montgomery in 1983. At that time I had never heard of Mentone, although Charlie was somewhat familiar with it. After enjoying a buffet luncheon with close family and friends, we headed to DeSoto State Park for the first part of our honeymoon trip. The next day all was well as we enjoyed a hike into Little River Canyon. We loved the beauty and serenity of the canyon and river. On the hike out, I began to feel a little queasy. By the time we neared the summit, my new husband was having to help me walk. We made it back to the car and the chalet, where my sickness hit full force.

I spent the second night of our honeymoon in the bathroom. Enough said about that! My poor husband attended to me and slept on the couch. By the end of the next day, I was beginning to think that I might live. Then.....it hit my husband. Thus began the third night of our honeymoon.

We both were wobbly by the next afternoon. Charlie managed to walk on noodle legs to the restaurant and got a large container of jello. It was the most delicious food that we had ever eaten! We eventually recovered enough to continue on to Tennessee for the rest of our honeymoon. We found out later that almost everyone who had attended our wedding had been stricken with the same illness..... salmonella. People talked about that wedding for years!

The years passed but we never forgot Mentone and how beautiful it was. In 2000 we decided to buy a cabin as a weekend getaway place. We actually found our cabin online, and after looking at several others, we knew that this

one was it. We had the best time shopping in antique stores and flea markets to find "cabinery" things. We came up to Mentone every chance that we got. If we had to go three weeks without visiting our cabin which we named "Twelve Paws", we would begin to have cabin withdrawal.

There came a point where we began to seriously discuss moving to Mentone full-time. We began to pray about it, and boy did the Lord begin to open doors! My husband was working as a sales rep for a sporting goods company and had most of southeast Alabama as his territory. Well, the salesman who had northeast Alabama decided to retire. Charlie asked his boss if he would allow him to transfer to this territory, and although it wasn't the boss's perfect will to allow this, apparently it was the Lord's, because the boss said "OK." Then, my husband was also given a very large account that he had not counted on. Our house in south Alabama sold just before the housing market crashed. There were several other things that just fell into place for us as well.

We have been blessed to live in Mentone full-time since 2008. We love our church Moon Lake Baptist, our friends, and the community. We have recently begun to attend the senior lunches at the MERF house and are having a ball meeting new people, sharing a meal and a song.

So what began in an inauspicious manner recently culminated on March 12th as we celebrated our 30th Wedding Anniversary. We cannot say enough times just how we feel so blessed to be living in Mentone, and we look forward to many more happy years on the mountain.



# Mentone Matters

By Mayor Rob Hammond

Saturday, April 6, is community clean-up day in Mentone. If you would like to help with the litter pick-up, please meet at the parking lot of the Mentone Inn at 9:00 AM. At around noon there will be a community cookout at the Mentone Inn Pavilion—everyone is welcome. Lyle Nicely is coordinating the event (256-634-4124).

April 6 will also be electronic recycling day. Bring items listed below by Town Hall between 10:00 AM and 2:00 PM. There is a \$10 charge for televisions—no charge on other items.

For a full list of acceptable and unacceptable equipment, go to the Creative Recycling website [www.crserecycling.com](http://www.crserecycling.com).

Finally, this month I would like to thank Gail



Chambers for serving on the town council for the last eight years. She has always worked hard for the betterment of the community. Family matters now require more of her time. Her seat on the council has been declared vacant, and by law the council must name her replacement.

*Dulcimer (cont'd from page 1)*

to participate with other instruments without being totally overpowered.

Local artist and musician, Mickey Luck had enjoyed weekly musical gatherings in Starkville, Mississippi during his years as a professor at Mississippi State University. Although his job was in Mississippi, he was still “living” in Alabama and found himself with time in the evenings while teaching Sculpture classes for the Art Department. Initially playing the dobro and then mandolin and fiddle with the group, he passed the time enjoyably. When he came to Mentone he missed the weekly musical expression and not only joined a choir, The Silver Tones, which meets weekly and sings for those in nursing homes and such, but also made a call to the community to see if there were others who might enjoy getting together to play the dulcimer.

There were! Eight years later, The Lookout Mountain Strummers, a group which has included Wayne Gautreau, Liz Baker, Dee Mitchell, Carol Padgett, Ted Howard, and Mickey, is still meeting every other Monday. They have performed together at the brow festival and welcome others to join them. If you think you might be interested in playing, or learning to play, the dulcimer with the local group, call Mickey Luck for information at: 256-845-1282 or email him at: [mluck@farmerstel.com](mailto:mluck@farmerstel.com).

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## Want to know more about Mentone's early years?

MAPA is offering Zora Strayhorn's popular book *Mentone, Alabama: A History*, a fascinating collection of information about many of Mentone's oldest structures, the early settlers and popular legends and lore. Also included are several historic photographs of the Mentone area. You can buy *Mentone, Alabama: A History* at the following businesses in Mentone:

Wildflower Cafe . Kamama Gallery . Crow's Nest Antiques

The cost is only \$15.00, and all sales proceeds go to the Mentone Area Preservation Association to further its goals for 2013. Help support MAPA and get answers to all your questions about the history of Mentone!

Live outside the area? Send a check in the amount of \$18 to cover shipping and handling, and a book will be sent to you. Be sure to include your shipping address.

# Rhododendron Festival is Coming!

By Ray Padgett

Festivals bring neighbors and visitors together to celebrate hard work, Mother Nature and creative accomplishments. They are fun-filled breaks that allow people to relax, laugh, and enjoy one another as others display their talents and wares. Sometimes they even make money for worthy community projects. The Mentone Rhododendron Festival shows off the sights, sounds and tastes of our community for everyone's enjoyment.

Festival committee members are feverishly working to make this year's festival another great event. Plans for old-time children's games and our "Taste of Mentone" highlight the festival expansion into new areas. Other new events include a Children's Art and Poetry competition, Sacred Harp singing, and two nighttime events that promise to add excitement to the atmosphere. As always, there will be plenty of arts and crafts in Brow Park as well.

The Rhododendron Festival is proud to present its first ever Art and Poetry competition for DeKalb County Schools. This competition is the brainchild of Amanda Lea, new counselor for Moon Lake and Valley Head schools. It is composed of three parts: Coloring Contest for kindergarten, first, second and third grades; Logo and Art contest for grades four through eight; and Illustrated Poem contest for grades nine through twelve. First place in each competition will receive \$75.00, and second place will receive \$50.00. If you need

an application or have questions, Amanda (aslea@dekalbklz.org) is the contact person for this event. Winners will be announced at the Children's section of the Rhododendron Festival in Mason Park, Saturday, May 18th, at 1:00 P.M. at the park gazebo.

We are extremely excited to announce that our Groundhog Editor, Susan Cherones, is arranging a special musical treat for our festival – Sacred Harp singing. Singing will take place at St. Joseph's-On-The-Mountain Episcopal Church, Saturday, May 18th, from 9:00 A.M. until 2:00 P.M. St. Joseph's is located on Scenic Highway (County Road 89), behind the Mentone Inn. Parking will be available on the south end of the church.

Great news for music and food lovers! A fish fry is planned for Friday evening, May 17th, and a pig roast is planned for Saturday evening, May 18th. Both events will feature free, live music by local musicians, and will take place at the open air pavilion behind the Mentone Inn. One World Adventure is responsible for Friday evening's event, and the Wildflower Cafe will handle the Saturday pig roast.

The Rhododendron Festival is growing and showing off our local north Alabama talent for everyone's enjoyment. However, many hard-working volunteers are needed to make the festival run smoothly during this busy weekend. PLEASE VOLUNTEER! You can contact our festival chair, Elaine Gauldin at (256) 634-

0039, or by e-mail at jgauldin@centurytel.net.) or contact any of our committee chairs to volunteer.

An exhibitor application is included in this issue of The Groundhog and can also be obtained from any of the festival committee chairs and at businesses around Mentone.

We hope to see you at The Rhododendron Festival on the third weekend in May!



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## LIBS FROM THE LIBRARY

By Linda Brown

You can't tell where you're going unless you know where you've been. If this is not an old country saying, then it should be. Our March meeting is set to install our new Chairman and new members of the Board of Directors. Also, it is a time of reflection since every member is asked to bring a short summary of the area they were responsible for the past year. We welcomed Mickey Luck as the new Chairman and pledged our support of projects offered during the coming year. The term for board members was explained and we will have two positions to fill in 2014.

There is no better way to get a group of people thinking about what they want to see accomplished than to have them write what has been done. The first report was on the FRIENDS of the Library. The Chair of this area was not present but a discussion was had to stress the importance of our FRIENDS and to start thinking of ways to involve them more in the operations of the library.

The next item was the annual calendar which

we present to the public. Dianne Kuehl reported that 175 calendars were ordered. We decided this year to not charge for a calendar and all except three have been distributed. There are 916 listings of birthdays and anniversaries, 36 ads plus the picture ad, 6 of these as single spot color ads and 3 are full color ads. The next two reports were to remind us of works still in progress: the Bridge Benefit, April 27, 2013 beginning at 12:30 p.m. If you play bridge and would like to join this benefit, let a library board member know or leave the information at the computer desk.

Another ongoing project is Operation Paperback. The chair of this is having some health problems but we will continue this mission. Bring paperbacks to the library and tell Beverly that they are for this project. They go to our troops in the military. We plan to have a book sale at the Rhododendron Festival on May 18 (10 am-5 pm) and May 19 (11 am-4 pm). Look for a white tent somewhere downtown and come in for a really good buy.

I will continue the notification of volunteers to work at the library until Harriett Lillich is able to resume this task. We wish her well and send our love to her. Liz Baker reported many book and DVD acquisitions this year. She will continue this assignment, so continue to add to the wish list on the computer desk in the library. She tries to get any and all books and DVD's on the list.

is coming. What would we do without Beverly Ashley as our librarian? She is special, and we are fortunate to have her. Beverly, Miss Beverly or Bev, whatever you call her, stands ready to help in any way she can. I have watched her in almost any situation imaginable. She loves children, her face lights up and she glows when talking and helping them to love reading as much as she does. She has a vast knowledge of both school and community materials in the library.

She is willing to help in any situation. I know of her helping families when they are down on their luck. She will take care of those hurt and in failing health without a thought of any compensation. She loves dogs and cats and chickens and anything else which happens to come into her yard. She is a true friend and we are so fortunate to be her friends. Right now, she is making quilts for two small children she just found out live close to her. We are so fortunate and just plain lucky to have her as a librarian!

New hours: Tuesday and Thursday 3:00 to 6:00 PM, because the time has changed and we now have more afternoon light, and Saturday, 9:00 to 12:00 AM. As always, no fine if you use the deposit box outside the door.

Write to us at: Moon Lake Community Library, PO Box 481, Mentone, AL 35984; and to be on the agenda for the next meeting on April 18, 2013 at 3:00 PM, tell Beverly or call Mickey Luck at 256/845-1282. You are welcome to attend our meetings. We appreciate your comments.

I have saved the best for last. Keep your fork, something better

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## Valinda Miracle Talks About Her Book

Valinda Miracle, author and owner of Miracle Pottery, visited Moon Lake Community Library recently to discuss her new book, *The Dead Don't Bleed...Those Who Are Alive Do*. The book chronicles her life and the many hardships she has faced since a very young age. However, it is most of all a triumphant testimony to her faith in God and her determination and courage to overcome. Valinda has experienced rejection, abuse, and numerous life-threatening accidents and illnesses, including several near-death experiences. She shared her perceptions of these events and stressed her reliance on faith to see her through. Valinda was quick to recognize people in her life who have supported her. These included kindly neighbors who taught her life skills that were critical to her duties of caring for a younger sister. Following the death of her mother, Valinda was expected to manage, at age nine, the home she shared with her father and sister. She also recognized her husband, Bill, for his patient support, especially following her severe head injury. Following this injury, Valinda had to relearn many basic skills, but also discovered her hidden artistic ability. She said that a friend encouraged her to take a pottery class, and the rest is history! She was not successful at first, but she persevered, and is now an accomplished ceramics artisan. Valinda has also created several beautiful and inspiring paintings, which she describes as gifts from



God.

Valinda ended her talk with an opportunity for the audience members to ask questions. She was gracious in taking the time to discuss all of them. She ended her presentation by assuring everyone that if she could survive the many traumas of her life, so could we all. Valinda strongly emphasized God's faithfulness to her as the primary reason she has survived and flourished.

Valinda Miracle's book is available for check out at Moon Lake Community Library.

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# Home Sweet Hometown - The Thief

By Rebecca (Becky) Couvillon

*There are some special perks to living in a small town. Kindness is one of them. All around us folks (and others as you'll read) are making Mentone special. Here is a story about one of them.*

At our cottage in Mentone, since it's mostly rural, there are a few dogs and cats that run loose. Interestingly, they all seem to be tame and well behaved. That is until a new dog was added to our neighbor's menagerie (she has a soft heart for animals) last summer. She lives at the end of our road and has 3 dogs and several cats. The new dog is a beautiful large chocolate lab. We didn't know her name at first so our grand-daughters called her "Sticks" because she followed them to the river one day and retrieved sticks both in and out of the water.

She followed them home that day and they fed her some of their dog's food. She was eating away when she noticed one of the girls was watching her. "Sticks" stopped eating, looked at her and must have decided she didn't like being looked at, so she picked up the bowl filled with the food and carried it home. We got a good chuckle but didn't realize it was an omen of things to come. A few days later, I discovered a cushion missing. Next it was a plastic flower pot, the cat's water bowl and the plastic container I kept the cat food in. When I saw "Sticks" pass in front of the cottage with a large empty aluminum lasagna pan in her mouth it dawned on me that she was probably the culprit

who took the cushion and bowls. A few weeks I had noticed a bottle of wine stain remover, but thought it belonged to our friends who were staying with us for the weekend. I told her I saw it but didn't know it was from her and thanked her for it. She asked me if I liked the wine too, it was a Pinot Noir. I told her I didn't find any wine and the search began. We looked all over the place but couldn't find it. We couldn't imagine what happened to it.

A few days later, another neighbor came over, and we told him about the missing bottle of Pinot Noir. "Dang", he said, I thought I had a wine fairy. He found the bottle in his drive. It had teeth marks around the plastic that covers the cork but it was not open. We knew straight away who had taken it and thanked goodness we didn't have to deal with a drunken dog; we had enough problems when she was sober. "Sticks", who we now know as Lucy, likes garbage bags. She tears into them with a vengeance and is interested in any new item we put in our yard. I became cautious about what we left out. But, one forgets. I bought some plants at a local nursery and put them on the floor boards in the back of the car. After unloading, I had to vacuum the mats. I decided to clean the entire inside; but after cleaning the front, I stopped for a glass of ice tea. I got distracted, so it was a while before I went back out. I looked for the floor mats and two were gone. I thought surely not, but yes, the thief had struck again.

My husband scoured the woods for the mats,

but no luck. He ran into our neighbor's Dad and he told him Lucy was still a pup and very mischievous, and yes, a thief. He said he found all sorts of stolen items around his house as well as his daughter's and that the "thief" was probably out right now looking for something to loot. Since that time, Lucy has chewed another neighbor's electrical wiring (without getting electrocuted); dug in and overturned garbage cans, stolen another bowl from us with "Cat" on it; and attacked our red smoker, turning it over and helping herself to the left-over pork ribs. We brace ourselves for the next stunt, but with a smile on our lips. I suppose that folks would think of her as a nuisance, and surely she is, but we have a soft spot for her. She's a rescue dog and is really gentle and sweet, just full of mischief, and she will calm down soon (we hope!). And, she's part of the charm of this small wonderful place.



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# A Taxing Issue

By Jane Faile

When I was about ten years old, my fifth grade teacher introduced us to “word problems.” These were those math exercises that posed various scenarios: you have so many ducks and you want to sell some for so much money, etc. These made me absolutely CRAZY. I wanted to scream: “kill the ducks!” Or, simpler, just give me the numbers and let me do the problem without all those words. My brain simply could not combine “words” with “numbers” – these, I thought, were separate issues. The numbers sullied the beauty of words (I was by then an avid reader), and the words seemed like alien invaders in number territory. I recall one particularly awful incident when I was trying to do homework problems and just could not “get it.” I became so frustrated I literally fell on the floor and screamed, beating my fists on the floor, and frightening my parents to death. This was not the first hysterical fit I threw over “word problems,” and about the only way to calm me down during one was to get my older brother John to sit with me and calmly explain the mysteries of the exercises. Even then, my frustration grew, because he so clearly understood this stuff, and, since I wanted to impress him, I pretended to understand.

I have never “outgrown” this issue. As a young adult, one of the rites of passage was paying taxes. When I became a member of the workforce and had to pay taxes for the first time, I was surprised how easy it was. One short form, a signature, and zip! A few weeks later I had a nice little refund in my hands and could buy a new record. This lasted well into my first



marriage; we didn't make much money, so all we ever used was the “short form.” Besides, he was a math major and kinda liked working on the tax returns, so I gladly let him.

But with the passage of time, my income increased, and my second husband, Wayne, encouraged me to get into “investments.” Also, we'd purchased a house together and now had mortgage payments. Suddenly, the short tax form no longer worked. Long form. Schedule A. Schedule B. Attachments. Statements. Deductions. This was NOT easy. It was as though all those “word problems” I screamed over in the fifth grade were coming back, full force, to make my life miserable. Here's a sample from recent IRS instructions of the kinds of things that make me chew my hair:

- “However, do not use the tax table or tax computation worksheet if any of the following applies....(followed by five exceptions, with subheadings)”
- “Subtract line 7 from line 6; is the amount on line 6 more than the amount on line 9? Multiply line 10 by 25%. Multiply line 12 by 26%.” They may as well say “except on Tuesdays of odd-numbered years and only on cloudy days.”

Again, though, I lucked out. Wayne loves to do this kind of stuff – at least, I think he does. He gets lost in all those numbers, the what if's, the if-then's. I would happily pay a large sum of money to an accountant to take care of our tax returns, but Wayne wants to know where every penny goes, so each year, he figures it all out, lets it sit for a couple of weeks, then together we go through the forms, line by line, and ink in the figures. Recently he's actually allowed TurboTax to help out. Which means I can now ignore it all for another whole year. So, I'm going to stop writing about this right now and do something not number related, like feed a duck.

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*Each month, we will feature a favorite family recipe from one of our readers. If you have a recipe you'd like to submit, please send it to [groundhognews@aol.com](mailto:groundhognews@aol.com) or mail to P. O. Box 387, Mentone, AL 35984. Please include any additional information such as where you got the recipe, its history or details you think would be of interest to Groundhog readers.*



## The Month of April

The City of Mentone has declared April "Diet" month! No more pintos, cornbread and fried potatoes! ...April Fools! I can't even imagine the uproar that would cause for us Mentonians! I had planned on writing about Easter for this April edition, but as we all know, that fell in March this year! So, we will just do a little historical review for the month of April. "Aperio" Latin, meaning "to open or bud", "Aprilis" Roman word for April, also known as Aphrodite's Month, in Greece, for the Greek goddess of love. There are several more words from which April was derived. Of course, the main association here in the US with the word "April", is April Fools Day. April Fools' Day is celebrated in many countries on April 1 every year. Also referred to as All Fools' Day. April 1 is not a National Holiday, but is widely recognized and celebrated as a day when people play practical jokes on each other. Precursors of April Fools' Day include the Roman festival of Hilaria, celebrated on March 25, and the Medieval Feast of Fools, held December 28, still a day on which pranks are played in Spanish-speaking countries.

April holds a ton of historical days. I will only

By Angie Carden

mention a few because they are so numerous! On April 2, 1513, Ponce De Leon sighted Florida and claimed it for the Spanish Crown at present day St. Augustine. Also, on April 2, 1792, Congress established the first US Mint at Philadelphia. April 3, 1860, the Pony Express service began as the first rider departed from St. Joseph, Missouri.

Martin Luther King, Jr was shot and killed on April 4, 1968 in Memphis, TN. And we should all remember that George Washington became the first President of the United States of America on April 30, 1789. There are so many more historical facts that occurred in April. I recommend you look them up sometime, because they are very interesting.

Mentone has its own April history including the 4.6 earthquake of April 2003 and the devastating tornadoes of April 2011. But on a lighter note, Mentone in April is a beautiful place, even with our occasional snow! The days are longer and the colors are popping! And everywhere you look, you see a garden. Which brings me to this month's recipe. In honor of the Greek Goddess, Aphrodite, Here is a fantastic Greek Chicken Salad!

### Greek Chicken Salad

Layer together:

3 c shredded Romaine lettuce, 2 c cooked chicken, 1 can garbanzo beans (chick peas) drained and rinsed, 2 tomatoes, chopped,  $\frac{3}{4}$  c black olives and 1 (4oz) container crumbled Feta cheese.

Lemon Herb Dressing:

In a bowl, mix together:

3 tbsp lemon juice (I recommend fresh),  $\frac{1}{2}$  c olive oil, 1 tbsp fresh, chopped mint, oregano and parsley,  $\frac{1}{2}$  tsp salt and pepper. Whisk together and serve over salad!

Tina Burt Edmondson



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# What To Do Around Here!

## April 2013 Community Calendar

**April 1, 6 & 20 - Rock Climbing / Rappelling Adventure Combo.** True Adventure Sports. Includes all gear plus instruction. No prior climbing experience needed. \$54 per person. 10am-2pm. 256-997-9577.

**April 2 - Botany Trip to The Pocket.** Shirley Miller Wildflower Trail, Crockford-Pigeon Mountain Management Area. Join DeSoto State Park botanist, Brittney M. Hughes, and JSU Field Schools Coordinator, Renee Morrison. Easy to moderate short hike. Meet at DeSoto State Park Nature Center; shuttle to site, 9:30am-2:30 pm. \$10 per person (transportation to site included) Call 256-782-5697 to pre-register.

**April 2 - Orienteering Class.** True Adventure Sports. Survival skills, map reading, compass reading and topography. Bring your own compass or purchase one at our store. \$20 per person. 10am-1pm. 256-997-9577.

**April 3 - 6th Annual Spring DeKalb County Library Book Sale.** Old 3rd Street Curb Market in downtown Fort Payne on corner of 3rd Street SE and Gault Ave. 10am-4pm. 256-845-2671.

**April 3, 5, 8, 16, 24 & 30 - Wild Cave Tour.** True Adventure Sports. Explore in one of NE Alabama's most unique all-weather caves, Manitou Cave, in the heart of Fort Payne. Includes helmet, cave lamps and guide. \$30 per person. 5-7:30pm. 256-997-9577.

**April 4 - Debbie Bond, the Alabama Blues Queen, in Concert** - Kamama, 7pm. \$10. Doors open at 6 pm. Reservations suggested. 256-634-3001.

**April 4 & 9 - Zip Line Adventure.** True Adventure Sports. Pre-registration required 6 pm the day before the adventure. \$50 per person. 10am-12pm. 256-997-9577.

**April 4 - Square Dancing Lessons.** Duos and Solos Square Dance Club, Tom Bevell Enrichment Center, 115 Main St. W., Rainsville. 6:30-9:30 pm every Thursday, \$10 per month for singles; \$20 per month for couples. www.duosandsolos.com.

**April 5 - Fairy Tales & Fun.** DeSoto State Park Campfire Ring in the Improved Campground. Watch "Fairy Tale, A True Story" under the stars. Seating is limited, bring your own chairs or quilts. Snacks provided. In case of inclement weather movie will be moved to DeSoto's Nature Center, next to the

Country Store. 6:30-8:30pm. Free. 256-997-5025.

**April 5-6 - Northeast Alabama Home & Garden Expo.** Northeast Alabama Agri Business Center, Rainsville. This event invigorates you to begin planning your spring and summer gardens and remodeling projects. Vendors will offer products for sale, educational information, and displays of suggestive ways to utilize their products. 256-638-1650.

**April 6 - Mentone Spring Clean Up,** sponsored by Lookout Mountain Heritage Alliance. Mentone Inn. 9am.

**April 6 - Growing Up WILD and Living Wild: Fairy Houses.** DeSoto State Park. 10am-Noon, Free. Pre-registration required. 256-782-5697.

**April 6 - Build a Fairy House of Natural Materials.** Mason Park, Mentone. Renee Morrison, Asst. Director of Jacksonville State Field Schools; President of Environmental Education Association of Alabama; author of Calico Fairies and Calico Ghosts. 1-4 pm, \$10. www.mentonearts.com.

**April 6 - First State Bank's 4th Annual 5K Run/Walk.** DeKalb County public lake, Sylvania. Also Fun Run for children ages 5-11. \$5. Cost to enter is \$20 if postmarked by March 22. The cost is \$25 thereafter. Race day registration is 7am. Pick entry forms up at the bank or online. 256-845-6101.

**April 6 - Sculpt Your Own Flower.** Orbix Hot Glass. Minimum of 3 people and maximum of 5 in each class. 9am and 10am. Reservations required. 256-523-3188.

**April 6 - Book Signing with Greg Starnes.** The Book Shelf. 10:30am-12:30pm. 256-844-8663.

**April 6 - Aaron Wilburn at the Pickin' Post.** The Pickin Post has moved to it's new location in Fort Payne next to Gary's TV & Appliance Warehouse on Hwy 11. Tickets available now at Blacks Tire, Rainsville, Rogers Music and Pawn, Fort Payne. \$15 each. Show starts at 6 pm. 256-996-8910.

**April 7, 14, 21 & 28 - Rappelling Activity.** DeSoto State Park. Meet guide at Lodge at 1pm and caravan or take shuttle (\$3) to and from rappel site. Ages 10-adult. \$30. Includes all gear. Sign up at Country Store or 256-845-

5075. Details www.alapark.com.

**April 7 & 12 - Night Sky Swing Adventure.** True Adventure Sports. Pre-registration required by 6pm the day before the adventure. \$45 per person. 7:30-9:30pm. 256-997-9577.

**April 8, 13, 27, 29 & 30 - Rappelling Adventure.** True Adventure Sports. No previous experience necessary. Trip includes gear plus instruction. \$37 per person. 10am-2pm. 256-997-9577.

**April 9-11 High Adventure Trip** - True Adventure Sports. A 3 day adventure including a Wild Cave Tour, Rock Climbing, an Extreme Night Hike and relaxing canoe trip. Price includes all activities, attractions, permits, fees, gear, and guides. Food and lodging are not included. \$137 per person. 256-997-9577.

**April 11 - Using iGROW Lights.** Alabama Organics. Special guest speaker Ari Seaman from iGROW Lights. Induction lights have been around a while but are fairly new to agriculture. There will be free food and drinks, and everything in the store will be on sale tax free that day.

**April 11 - Native American Stone Structure Sites Near Mentone and in Other Alabama Areas.** Kamama Gallery. Harry Holstein, Professor of Archeology & Anthropology at Jacksonville State. Dr. Holstein has spent 30 years studying and excavating native American history deposits, mostly in our area of Alabama. He is credited with finding the site of Coosa, which is the name of the chief, the nation, and the town, now under Lake Weiss, and the path of DeSoto through Alabama. 7pm, \$10. www.mentonearts.com.

**April 12-14 - Expedition Alabama: Family Camping 101.** DeSoto State Park. Course is \$150.00 for family of 4, \$15 for each additional family member. For details and registration, visit www.alapark.com.

**April 12 & 15 - Rock Climbing Adventure.** True Adventure Sports. Trip includes gear plus instruction. No prior climbing experience needed. \$35 per person. 2-6 p.m. 256-997-9577.

**April 13, 19 & 22 - Extreme Night Hike.** True Adventure Sports. Intended for a large group team-building exercise, this hike has a bit of bouldering, scrambling, spelunking,

and working together. Headlamp and guide included. \$18pp. 7:30-10 p.m. 256-997-9577.

**April 18 - GPS Basic Training and Navigation Class Part 1.** True Adventure Sports. Learn how to use a map, compass, and a handheld GPS. \$45 per person. 10am-4pm. 256-997-9577.

**April 18 - Pierce Pettus in Concert,** Kamama. Pierce is a veteran singer/songwriter who's work has been called poetry. 7pm. \$10. Doors open at 6pm. Reservations suggested. 256-634-3001.

**April 18-21 & 25-28 - "Blood Brothers".** Northeast Alabama Community College. Call 256-638-4418 for more information.

**April 19 - DeSoto State Park's Civilian Conservation Corps Museum Dedication.** Rescheduled from March. 1 p.m. The museum is located in the "Contact Station" located at the original entrance to DeSoto State Park on Country Road 618. Brittney. Hughes@dcnr.alabama.gov.

**April 19 & 24 - Mountain Bike Tour.** True Adventure Sports. This three-hour tour includes a mountain bike rental, instruction, and a guide for safety, direction, and information. \$65 per person. 3-6pm. 256-997-9577.

**April 20 - Paperweight Class.** Orbix Hot Glass. Maximum class size is five. Reservations Required. \$130 per person. 9am-1pm. 256-523-3188.

**April 20 - Fly Fishing for Beginners.** Little River Canyon Center. Join Conservation Coordinator and master outdoorsman B.J. Johnson for this fly fishing workshop. This workshop will be on dry ground, not in the river, but by the end of the workshop you will be river savvy! 10am-2pm. \$20 per person; pre-registration required by Wednesday April 18. 256-782-5697.

**April 20 & 21 - ACTHA Trail Rides.** Valley View Ranch, Cloudland. Find out more or sign up at the ACTHA website (www.actha.us).

**April 20 & 26 - Night Zip Line.** True Adventure Sports. \$50 per person. Pre-registration required by 6 pm the day before the adventure. 7:30-9:30pm. 256-997-9577.

**April 21 - Macro Photography - Wildflowers.** McCleskey Farm, 2375 State Line Road. Join Betsy Scott and



focus on wildflower portraits. Both technique and composition will be addressed. Wear boots and clothes suitable for hiking through meadows and woods. \$15 per person. 4pm CST. [www.mentonearts.com](http://www.mentonearts.com).

**April 22 & 26 - Afternoon Rock Climb.** Includes gear plus instruction. No prior climbing experience needed. \$34 per person. 2-6pm. 256-997-9577.

**April 23 - Bouldering Adventure.** True Adventure Sports. Includes all gear plus instruction. No prior climbing or bouldering experience needed. \$27 per person. 2-6 p.m. 256-997-9577.

**April 25 & 27 - Treasure Hunt Adventure.** This 5-hour adventure will take you deep into the heart of Manitou Cave. Solve and follow each clue in order to find the next one, and

ultimately the Treasure! \$65 per person. 2-7pm. 256-997-9577.

**April 21 - DeKalb County Master Gardeners Plant Sale,** VFW Building Fort Payne Fairgrounds. Many unusual plants including annuals, perennials, vegetables, natives and heirlooms will be for sale. Plants were started from seed or propagated by local Master Gardeners. 7am-1pm.

**April 27 - Visit to The Planetarium at Jacksonville State University.** Dr. Laura Weinkauff will sponsor a stellar attraction--a tour of the Planetarium at Jacksonville State University to follow the night sky event on March 30. Bring the whole family. 10am Central, price to be announced. [www.mentonearts.com](http://www.mentonearts.com).

**April 27 - Blow Your Own Ornament.** Orbix Hot Glass. Design and blow your

own ornament with the help of one of our glass artists. No reservations are needed--first come, first serve basis. All ages (at least 5 years old). 9am-12pm. Cost is \$35 per ornament blown. 256-523-3188.

**April 27 - Rendezvous at the Rim.** Little River Canyon National Preserve, Fort Payne. A day of family fun. Go on guided hikes, become a Junior Ranger, learn about geology and the flora and fauna of Little River Canyon. 5K Walk/Run. Food and activities for kids of all ages. Held at the Little River Falls parking lot. 10am-3pm. 256-845-3957.

**April 27 - Bridge Benefit.** Moon Lake Community Library, Benefits Moon Lake Community Library. 12:30pm. \$25 per person. 256-634-3661.

**April 27-28 – Mentone Area Arts**

**Council Tour of Historic Homes and Silent Auction.** Experience Mentone as it was a hundred years ago when summer homes welcomed visitors who arrived by carriages and train. Approximately ten historic homes and buildings will be featured and each site will be hosted by docents in period attire. 9am–5pm Central on Saturday; 11am-4pm Central on Sunday. Tour Tickets are \$12.50 for non-members; \$10 for members and will be available at Mentone Town Hall. The Silent Auction items will be displayed in the Town Hall and bidding sheets will be available during tour hours. Bidding ends at 4pm Sunday when purchases can be claimed. Items will be online at [mentonearts.org](http://mentonearts.org) prior to the auction and online bidding will be available. [www.mentonearts.com](http://www.mentonearts.com).

# Ongoing

MAPA Members meet on the first Tuesday of each month at 6:30pm in the MERF House in Mentone.

Gluten Free/Diabetic All Natural Cooking classes with Brenda Trace will be held at Little River Hardware at 6pm on Wednesdays. Classes \$10.

Lookout Mountain Parkway Association meets every 3rd Wednesday of the month at lunch. Call to find out how to get involved! 256-845-3957

Karaoke every Saturday Night. 6-10pm, The Blue Lantern. Nice, clean family entertainment. Located on Co. Rd. 642 in Mentone, 0.7 mi No of Hwy 117.

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

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

Free Square Dance Lessons offered most Thursdays, 6:30pm, at Tom Bevill Center in Rainsville by Duos and Solos Dance Club. 256-638-2780

Moon Lake Elementary School PTO meets every 2nd Tuesday of the month at 6pm in the Gymnasium.

Free food for needy families. New hours: Tuesdays, 9am – 12pm. The Bank at St. Joseph’s on the Mountain Episcopal Church. Recipients and new applicants. Joint effort between St. Joseph’s Community Outreach Ministry and North Alabama Food Bank.

Mentone Fire Department meets the 3rd Monday of every month at 7pm.

Mentone Town Council meets every 2nd Tuesday at 6pm.

The Lookout Mountain Wholistic Center meets the 1st & 3rd Wednesday of every month at Rock Ridge Retreat Center in Valley Head at 6:30pm. Everyone is welcome!

Mentone Farmers Market open year round every Saturday, 10am-1pm.

Storytime at the Canyon Center every first Saturday of the month. 11am-Noon. Free. 256-782-5697.

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

Little River Canyon Center River Rhythms Nature & Art Family Fun Program every fourth Saturday from Jan-Oct. 1pm - 3pm; No Fee. Call Renee Morrison at 256-782-5697.

## April Birthdays

- April 1 - Angie Miller
- April 1 – Michele Kincer
- April 2 - Milton Chambers
- April 2 – Ellie Cox
- April 3 – Ray Padgett
- April 4 – Jamie Vest
- April 4 – Mina Blalock
- April 5 – Kaitlyn Dean
- April 5 – Jana Goss
- April 6 – Jennifer Cruse
- April 6 – John Chambers
- April 6 – Ethel Manifold
- April 7 – Shannon Chappell
- April 7 – Kansas Lee
- April 7 - Kyle Miller
- April 8 – Angie Lawton
- April 9 – Josh Goss
- April 10 - Brittany Bain
- April 10 – Newly Ingram
- April 10 – Paul Ethan Blackwell
- April 11 – Jordan Beasley
- April 11 – Joey Garrett

- April 11 – Josie Crider
- April 13 – Brian Blalock
- April 14 – Carl Tubberville
- April 15 – in memory of Tim Carden
- April 16 – Preston Kirby
- April 16 – Danny Hopper
- April 16 – Al Blackburn
- April 17 – Ann Cash Harrell
- April 18 – Taylor Verdon
- April 19 – Butch Manifold
- April 23 – Lauren McGee
- April 25 – Cooper Kirby
- April 26 – Molly Manifold
- April 27 – Kaden Johnson
- April 27 – Emily Miller
- April 28 – Stacey Bowman
- April 28 – Austin Reed
- April 30 – Mandi Browder Goza

## April Anniversaries

- April 7 –Milton & Gail Chambers
- April 11 – Nathan & Lacie Keith
- April 14 - Kevin & Kerri Puckett

## ST. JOSEPH’S ON-THE-MOUNTAIN EPISCOPAL CHURCH VANN-MCCARY SCHOLARSHIP

St. Joseph’s is now accepting applications for the Vann-McCary Scholarship which has provided funds to students from the Mentone, Hammondville and Valley Head areas who wish to further their academic education post high school. Applications from qualified candidates will be taken until May 1, 2013.

Priority is given based on financial need and academic record. Before the scholarship is awarded, proof of admission and enrollment must be provided on an official form from the school. The scholarship is available for a maximum of four years. The student must maintain a course level of 8 credit hours per semester and maintain the equivalent of a 2.8 grade point average on a scale of 4.0 in order to qualify for succeeding years. To obtain an application packet, contact the church office at 256-634-4476.



## Mentone Area Arts Council Presents The Sixth Annual Tour of Historic Homes, Places and Silent Auction

The Mentone Area Arts Council will turn back the hands of time on April 27-28 presenting the Sixth Annual Home Tour featuring Historic Homes and Places of the Mentone and Cloudland area. Visitors will experience a peek into authentic turn-of-the-century homes and places that are rarely seen. Tour hours will be Saturday, April 27, from 9am-5pm CST and Sunday, April 28, from 11am-4pm CST. Tickets and auction items will be available at Town Hall in downtown Mentone. Cost: MAAC members \$10.00 and non-members \$12.50.

Visitors will be greeted by guides dressed in historic costumes elaborating the history of each remarkable stop. A taste of some of the tour stops are as follows:



**St. Joseph's on the Mountain** has at its heart the oldest original log structure in Mentone, built in 1832. Dark pews in the chancel area were stained and hand rubbed by George Washington Carver.



Step into the summer home of **Martha Berry** where she entertained worldly visitors including Henry Ford. Built in the 1920's, this large home features a dog trot design to cool the many bedrooms and living areas.



Built in the 1920's with large porches on the brow, **Huckleberry Point** captures the essence of the early summer homes. Lovingly restored with amazing views this home is a must see.



**The Lyday's Rock House**, where Jim Lyday wrote "First off the Mountain", showcases the skills of the master stone masons from the turn of the century. A smaller log cabin built in 1926 is also part of the tour. (above)

**Nippersink** was built in the 1930s by the Taylor Distillery family and is a beautiful example of log, stone and twig architecture by master craftsmen of the time. (left)

**Eleam House**. Originally built by wealthy Floridians, on the brow at Cloudland in the late 1800s, the foundation and the rock walls were double rocked inside and out. Water from a spring was piped to the house, almost a mile. It was the first house on the mountain with running water & power. A huge rocktrough in the basement where the water was stored served as a fridge. Now rebuilt on the original foundation, the house is a memorial to change coming to the mountain. (right)



Photo by Brad Lackey

The home of **Ruby O'Rear**, known as the flower lady of Mentone and granddaughter of Mentone's founder John Mason, is nestled among an array of mountain wildflowers and colossal trees. A carved stone fireplace by a noted English carver is found in the living room.



Not to be missed is the restored **Lawrence House**, home of the founding father of Menlo. Located at the bottom of the mountain, it boasts six carved mantles and the Georgia Champion American Holly Tree.



Photo by Brad Lackey

The **Cloudland Presbyterian Church** is a jewel of stone and stained glass that will take you to a time before paved roads. Built in the depression era, stones for this were lovingly gathered by parishioners in horse drawn wagons.







Juliette Low, founder of the Girl Scouts, personally established only one camp in her lifetime. At **Camp Juliette Low**, located on Little River in Cloudland, Georgia, you'll be met by campers in pantaloons and vintage uniforms for a tour of the almost unchanged original camp buildings.

### The Silent Auction

A fantastic Silent Auction will again be held in conjunction with the Home Tour and is a major source of funding for MAAC projects such as the rock entries, the flower planting in downtown Mentone, and the series of classes, tours and lectures. The auction items will be displayed at the Mentone Town Hall where tickets are sold on the weekend of the tour. Visitors will bid on quality original arts and crafts donated by talented members of Mentone Area Arts Association--landscapes, pottery, iron silhouette lighting, glass jewelry, weavings, ceramics, woodworking and more. Also on hand will be signed prints, baked goods, wildflowers, native plants, antiques, furnishings, weekend trips at fabulous weekend rentals and bed and breakfasts, hunting trips, tours, certificates for meals at Mentone's five star restaurants, gift certificates, memorabilia and interesting books. This year for your convenience the auction will be online as well to allow for early bidding.

If you are interested in donating an item for the Silent Auction or becoming a sponsor for the Home Tour, please contact Heather Nicely at 256-276-8422 or [heather@mentonerealtyinc.com](mailto:heather@mentonerealtyinc.com).

Be sure to check out the calendar for a schedule of MAAC classes and lectures, and visit [www.mentonearts.com](http://www.mentonearts.com) for information on our upcoming JulyFest.

## This Old House: MERF Community House

*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.*

Looking forward to Spring arriving on the mountain with all of the beautiful flowers and trees. Come enjoy the walking trail in front of the MERF house now that there is more daylight. This winter has been a little rough as we have lost several of our wonderful friends that join us at lunch on Wednesdays. Since November, we have said goodbye to Bill and Dot Blalock, Grace Crow and Norma Baker. We are thankful that new friends have joined us and some of our regulars have been able to join us again like Martha Sprayberry. There is still lots of fun and joy each time we come together. And spring means the annual community-wide Easter Egg hunt sponsored by all the local churches. Oh what fun to see all those children running around me finding all those eggs and enjoying being with their family and friends.

So much laughter too at the last MERF board meeting. What a fun board to serve on. They certainly do enjoy their time together planning great programs for the Mentone Community. Their current delight is a fabulous evening called "A Taste of the Mountain and Art Auction" at the Moon Lake School Gym on April 6th. Specially selected artwork from the Moon Lake students will be bid on after enjoying culinary delights from our local restaurants. I hope I can peek over there and see how elegant they will transform the gym and how much fun they will be having. All the proceeds from ticket

sales and the auction will enable MERF to continue to support the Arts program at Moon Lake School. Hope you were one of the smart ones and purchased a ticket or table. Check next month for great pictures from the evening. Contact Kristen Emory at [merf.mentone@gmail.com](mailto:merf.mentone@gmail.com) for more information.

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



(Photo Courtesy of Dave Hall)

### ABSOLUTE ESTATE AUCTION

**SATURDAY, APRIL 20**

**12 NOON CST**

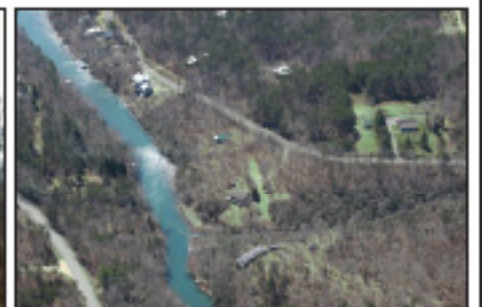
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# Worship

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

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

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

Visitors are always welcome at the **Valley Head United Methodist Church**. Please join us each Sunday morning for a traditional worship service at 9AM.

**Wildwood Seventh Day Adventist Church**, Mentone Chapter, is currently holding services in the Woodmen of the World Hall in Valley Head. All are invited to attend! Sabbath School and Song Service: 9:30-10:45AM, Worship Service 11:00-12:15. Pastor - Wilbur Atwood; Lay Pastors - James Hartley and Ryan Bunnel.

**Our Lady of the Valley Catholic Church** on N. Gault Avenue in Fort Payne holds Sunday mass in English at 10:00 a.m. and 1:00 p.m. in Spanish. Tuesday at 6:00 p.m. in English, Wednesday at 5:00 p.m. bilingual, Thursday at 6:00 p.m. in English, Friday at 9:00 a.m. in English and Saturday at 6:00 p.m. in bilingual.

**Prince of Peace Lutheran Church**, 1519 Smith Gap Road (County Road 85), Fort Payne. Regular Worship Services are at 10AM Sunday. Bible class or Lent/Advent services every Wednesday at 6:30PM. Steve Schrader,

Pastor - 845-4314. Everyone welcome.

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

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

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

**Menlo Church of Christ** invites you to attend the 10AM and 11AM services and evening services are at 7PM and 9PM. Visitors are always welcome.

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

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

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

**St. Joseph's On-The-Mountain Episcopal Church**, 21145 Scenic Highway, Mentone. Everyone welcome to 10:30AM Sunday service of Holy Eucharist. Open for daily prayer and thanksgiving. Supporting our community with outreach. Call for more information, 256-634-4476, <http://stjosephmountain.dioala.org>

**Mentone United Methodist Church**, 415 Cutler Avenue, Mentone, Alabama invites you to come and worship with us. Each Sunday, our Worship Service is at 11AM and Sunday School is at 10AM. Rev. Tony Gunter is the pastor. The service of Holy Communion is celebrated the first Sunday of each month, the second Sunday is Youth

Sunday and Fifth Sunday is a service of music and pot-luck lunch.

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

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

**Cove Road Baptist Church**, County Road 631, Mentone, Alabama. Brother Marlin Stames, Interim Pastor, welcomes all to Sunday School at 9AM (10AM GA time) and Sunday night services at 5PM (6PM GA time).

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

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

**Mentone Community Church**, 90 Summerville Rd., Mentone, AL 35984. Sunday Services: Sunday School

9:15AM-all ages; Sunday Service 10:30AM; Bible Study Wednesday 6PM; Youth Services 7PM Sunday and 6:30PM Wednesday (Meet at Mentone Revival Center Building). Pastor Tim Miller.

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

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

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

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

*Send any changes to The Groundhog at [groundhognews@aol.com](mailto:groundhognews@aol.com) or P. O. Box 387, Mentone, AL 35984.*







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**9.2 ACRES ON BROW!** Vistas stretch out practically forever! Wooded land w/boulders & rock ledges along brow, land down below so you can pick your view. Best price for brow land in the Mentone area. \$119,900. (MLS#367456; PLS#22684)

**20 ACRES, POND & DOCK**, corner property, mostly woodland. Take the family, park a camper & enjoy the weekends. \$85,000. (MLS#418106; PLS#21863)

**SUNSETS!** Approx 1.54 acre lot on S Brow of Mentone (maybe a mile from the village) Perfect spot to build a brow cottage. Or, set up some chairs & enjoy the sunsets till you're ready to build! \$120,000 (MLS#689948; PLS#21308)

**62.32 ACRES WITH GREAT VIEWS** of both valleys and Lookout Mtn from ridge top with great building sites on elevated, level ground. Own your own hunting preserve, secluded woodland retreat, or investment. \$175,000 (MLS#313915; PLS#19492)

**LITTLE RIVER NEAR DESOTO FALLS.** Build perched on a hillside looking up and downstream. Deep water access for swimming, fishing & boating. Nature hike to the Falls. \$175,000. (MLS#708869; PLS#22036)

**ELEVATED VIEWS**, sunsets, boulders & big trees mark this rare, 1.5 acre building lot within walking distance of Mentone center & Brow Park. Paved road frontage & city water at road. Build your dream getaway today. \$60,000 (MLS#738834; PLS#22705)



**MOUNTAIN HOME OR RETREAT** on 2.5 wooded acres in Twin Oaks at Lahusage, just 7 miles from downtown Mentone, away from noise & traffic. 3BR/2.5BA; vaulted great room; stone hearth gaslog Fpl; pantry; wide-plank pine floors; all wood interior; full front porch (half is screened) & screened back porch; det garage/shop. Great walking areas. This one-owner custom home is offered at only \$219,900 (MLS#812341; PLS#22859)



**GRACIOUS & WELCOMING**, designed for living & sharing! Local stone work inside & out; Brazilian cherry floors; pantry; great Kit w/lots of cabinets; sunroom w/dining & seating where you can see forever across the woodland & mountains beyond. Privately situated on 7 rolling acres (adjacent 3.5 acres also avail) w/numerous wild & cultivated flower gardens. 2 screen porches. \$249,000 (MLS#686827; PLS#22851)



**DELIGHTFUL FARM HOUSE** get-away or residence! Enjoy the simple life in this 1648 sq ft, 3BR/1BA, well-preserved charmer. New roof & new windows; spacious country kitchen; room for 2nd bath; great "Granny's Attic" for add'l living space. Big screened porch, back deck, large trees, meadow views & nice plantings. This vintage Mentone home in the Moon Lake area is now only \$110,000. (MLS#939381; PLS#22040)



**LOG CABIN** in Hunters Ridge, on 2.06 acres. 2BR/2.5BA, great covered front porch to enjoy the serenity & quietude of nature. Hardwood floors & yep, you can see forever across the meadow & mountains beyond. Stone Fpl w/gaslogs completes the mtn getaway atmosphere. \$125,500 (MLS#479473; PLS#20916)



**REMARKABLE CRAFTSMANSHIP & VERSATILITY.** Custom log home on 27.7 rolling acres w/stocked, spring-fed lake brings to mind many possibilities. Winery? B&B? Lodge? Farm? Residence? 30x60 shop w/30' covered porch, equipment sheds & 2-car det garage. Pro appliances & granite in KI; huge master suite (heated floor in MABA); full basement w/WB fireplace & 4-person, cedar sauna room. \$485,000 (MLS#449728; PLS#22771)



**IT'S JUST RIGHT!** 2BR/1.5BA cabin in the heart of Mentone. Steps away from sunsets & Brow Park views, dining, shopping & festivals. Wide-plank pine floors. Frame exterior & metal roof. Nice front & back porches (back porch could be enclosed for 3rd BR or screened & left a porch). Newer appliances. Small, private back yard. Great rental, too! \$119,000. (MLS#392381; PLS#22850)



**SIMPLY CHARMING!** More spacious than you might realize. Browse cottage tucked away behind a lush, bird-song-filled garden along the Scenic Pkwy. Part of what was once Brow Park Lodge (a "motor court" active in late 50s-70s), transformed into an inviting 2BR/2BA get-away. Vintage stone floors in sunroom; screened porch; attached garage. At \$229,000, it's quite a deal! (MLS#423110; PLS#21972)



**A CABIN ON THE RIVER FOR LESS THAN \$100,000?!?** YUP! But, oh my goodness, that is one ugly little cabin. Well, maybe it does have potential. It has a great dock & 134' river frontage; rhododendron & mountain laurel; trillium; columbine. Interesting rock formations. The cabin isn't quite so bad, really. Hmm. Gee whiz, where else are you gonna find a cabin on the lake for only \$99,500? (MLS#717120; PLS#22071)



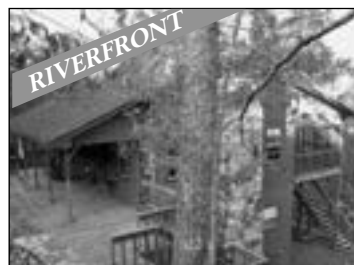
**CHARMING COUNTRY HOME-STEAD.** Experience the best in country living in this 1200 sqft, 2BR/1.5BA, quaint farmhouse with eat-in kitchen, wood floors & a wonderful yard. The barn, workshop, studio, garden spot, orchard & fenced pasture w/2.7 acres & mature trees complete the package for only \$169,000. (MLS#770663; PLS#22843)



**LAKEFRONT RETREAT:** 5BR/4BA in all! MAIN CABIN: 2BR/1.5BA cabin w/WB Fpl, lg screened porch; GUEST CABIN: 2BR (one a 3-bunk rm), gas-log Fpl, full KIT, bath w/claw-foot tub & sep shower, 2 screen porches; LIBRARY COTTAGE: open room, 1/2 BA & upstairs studio/BR. Furniture, carvings & statuary (even a lifesize alligator!) by craftsmen Kawliga, Phil Faircloth & Lightfoot. 1.55 acres. \$289,000 (MLS#799345; PLS#22609)



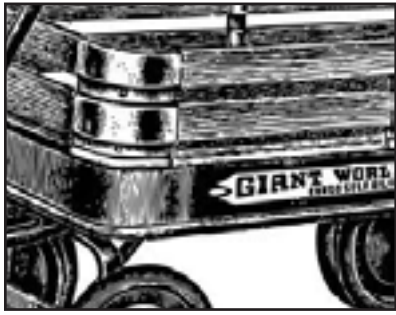
**"HUNTER'S HIDEAWAY."** A fully-furnished cabin on private, stocked, Rock Lake in Mentone where you can just bring the fishing poles and groceries and get started enjoying your own mountain getaway! Enjoy outdoor activities like fishing or canoeing, or just relaxing in the hot tub under the stars. Located 2 miles from downtown Mentone, off the Scenic Pkwy. \$125,000 (MLS#703695; PLS#22750)



**STONEHEDGE** on East Fork Little River, Mentone. Fabulous stonework surrounds this approx 1800 sq ft, 3BR/3BA cabin on 2.07 acres w/over 350' river frontage where the river is wide & deep enough to enjoy great swimming, fishing & kayaking. Screened porch overlooking water. Most furnishings included. Add'l 27+ wooded acres available. \$387,500. (MLS# 764346; PLS#22842)

Also look for our listings at [www.AlabamaMountainLiving.com](http://www.AlabamaMountainLiving.com)





## When We Were Wee

By Larry Smalley

Hello, It's been a couple of months since my last article, but with spring coming it seems as though everything has gotten busy.

I have noticed in the past 20 years or so what a throw-away nation we have become. We never expect longevity out of anything we buy anymore. Do you remember when you called a serviceman to your house to repair your T.V.? I remember Don Wright who worked for Cooper

Appliance in Valley Head ran a van that came to your house. Don would carry in his suitcase of tubes and other complicated devices, fix your T.V., leave a ticket on the table and he was off to another call. If it was something that could not be fixed in the field he would carry it with him to his shop and there he would do the work that was needed. You never thought about buying a new one unless yours was beyond repair.

Can you think back to the times when you actually owned a few or maybe just one pair of shoes? When you wore holes in the soles you would take them to Greens Shoe Repair for a half sole. I was telling someone about this the other day and even told them about shoe taps. Those were small flat pieces of metal the shoe shop would install when they put a new pair of heels on your shoes. It kept from wearing the heels down and also made a clicking sound when you walked around the halls at school.

Clothing has changed to a point of no return. Remember the iron on patches for the holes you wore in the knees of your jeans from shooting marbles? Now they pay for jeans with holes torn in them, some of the jeans just had other material sewed over the holes. I remember when tight jeans were thrown away for some that would fit--WOW, imagine that now.

I know that every generation has their own changes and own styles and that's what makes us remember. If we think back to our time, there were things that the earlier generations couldn't understand about us. That's the beauty of the whole thing. We need to understand the generation now, but not lose sight of ours. If we can do that, maybe we won't be judgmental; and who knows, we may even see something we wished we would have done. Remember, a little kindness goes a long way.

## NEIGHBORLY NUTRITIONAL NAGGINGS

By Nadine Mettlemore

If there was ever a case of "do what I say, not what I do" this would be it! I'm going to tell you like it is and what you ought to do about it, but that doesn't mean I follow my own advice all the time. I'm here to nag you about your health, after all, not make excuses for mine! I'm not a nutritionist, but that doesn't stop me from telling you what I think you need to know on the subject!

So, you know sugar's no good for you, of course. But did you know that for many folks honey and maple are also too glycemic? The artificial sweeteners are just awful for you, so you can't use those-but where can you turn for a little sweetness?

Your number one safe sweetener is stevia. I know, you tried it once and didn't like it. Well, try it again! Almost everyone can indulge in as much stevia as they like. If you get too much stevia, or the "wrong" brand it can be just awful!!! I like Sweet Leaf stevia plus. You just need a whisper of it to sweeten a cup of tea or coffee and about 5 Tablespoons makes a good enough batch of all natural low glycemic chocolate chip cookies.

You can also likely get away with some agave nectar or coconut sugar. These all natural, low glycemic sweeteners give you some very sweet options.

What I think you should do is sweeten your deserts or beverages to just under sweet enough with stevia and then top it off with a touch of agave for a pleasing level of sweetness. I like to make tapioca (avoiding cow's milk, we'll talk about that later) with stevia and then drizzle a little agave over the top--

you would love my tapioca!

When baking, try using whey powder to contribute to bulk and sweetness.

Reserve coconut sugar for special occasions as I am told harvesting it prevents the plant from ever bearing again and that just sounds terrible, poor plants!

And, you really should back away from the banana. It's too glycemic for you. Several popular, friendly sounding fruits and vegetables, despite their innocuous appearance, can be pretty hard on your body. If you've been used to eating sugar or bread, chances are, your pancreas could also use a break from some common foods that are really high in sugar.

Once you taper off sugar and all the artificial sweeteners you really need to start looking at the other foods that may be problematic. For most folks who've been eating the Standard American Diet, the following fruits and vegetables are just too glycemic to be well tolerated. You are likely no exception. See if you don't feel better getting off sugar and avoiding:

|           |                |
|-----------|----------------|
| Bananas   | Watermelons    |
| Oranges   | Beets          |
| Pineapple | Corn           |
| Peaches   | Sweet Potatoes |
| Plums     |                |

A lot of folks who have problems with sugar are low in the trace minerals chromium (picolinate) and/or vanadium. Try supplementing for support. If you know you are going to eat sugar at a particular meal, you can also try to "block" that sugar with the Ayurvedic herb gymnema sylvestre. If you can tolerate that one, you should only use it occasionally--no more than once a day as it can block minerals as well as sugar. Also, you aren't blocking the effects the sugar has on fungus in the body and believe me, if you have been eating sugar, you, my dear are a walking fungus farm; but we'll talk about that some other time...when you're ready. But trust me, you want to starve that stuff!



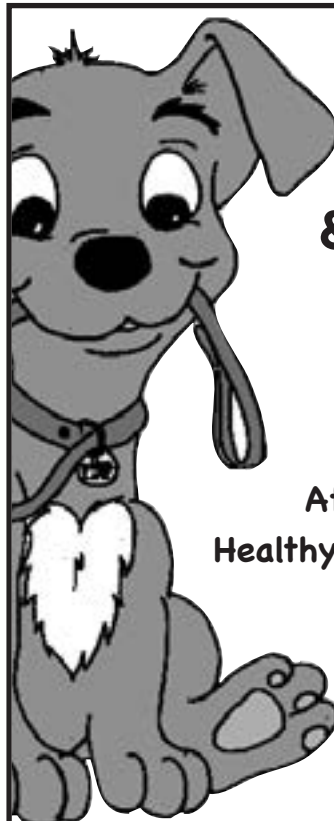
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## Sage Advice From The Garden

*We're grateful to be hearing from local folks about Gardening and we'd like to hear from you, too! We're especially interested in how you've been successful with plants native to our area. If you have Sage Advice for making bounty or beauty grow, please share it with us in an article of about 600 words. (Out of the box idea: If you don't garden, but know someone interesting who does, interview them and take pictures!)*

My name is Mike Harper, owner of Alabama Organics Indoor-Outdoor Garden Center in Hammondville, operated by my wife, Nicolet, and myself along with a little help from my friends and family.

Being pretty much a life-long resident of Valley Head, one might think that gardening would just come naturally to me. It is true that I was exposed to gardening at an early age. I wasn't too happy about it. I did love watching my father plow the garden. My father, and almost everyone else back then, used a horse or a mule to work the garden. Children were used to help set out plants and tote water for the baby plants. My mother usually did the actual planting, I liked that part of it, and I liked it when the Irish and sweet potatoes were harvested. It was amazing to me to watch that middlebuster plow going down the row, revealing what had been growing under the soil all summer. The rest of it was pretty much miserable--digging, pulling weeds, and picking vegetables in the hot Alabama jungle. Maybe this is why I think indoor gardening is a viable alternative to traditional gardening. Speaking of traditional gardening...

If you are reading this, it must be April. What should we do? Well, now it is time to refer to Alabama Gardener's Almanac by Barbara Pleasant. This means (maybe) that part of your garden is already growing. Cool weather crops like onions, lettuce, cabbage, broccoli, and greens of all sorts may already be planted. If not, I say plant some anyway. Barbara says mulch your potatoes. Plant some Swiss chard which can stand the hot weather. Plant tomatoes, but take measures to protect them from the cold nights. Then, near the end of April, after the last frost, plant seeds of cucumber, squash, corn, snap beans, cantaloupe, and watermelon. Don't forget about herbs. Plant dill, fennel and summer savory, and pinch back those basil tops (that you planted earlier in the spring, just like me, right?) Harvest parsley, rosemary, and oregano to dry. Save the pepper plants for last; they love the hot weather. All those little creatures in your garden, (no, not the deer, rabbits, squirrels, rats, cats and dogs,) are bugs. Some are good and some bad. You should acquaint yourself with them and try to attract the good bugs by planting things that they like (flowers are good) and deter the bad bugs, organically, of course. There are many organic pesticides available now that actually work, I know this because local gardeners (customers) tell me what works. Okay, enough about gardening for now.

Most Mentonians don't know this, but my wife and I help a lot of tourists find their way to Mentone. We are strategically located here by I-59, so I am the first hick (rural person) that they encounter when they get off the freeway.

## By Area Gardeners

Here is how it usually goes, "Can you tell me how to get to Mentone?" Then I say, "Go across the ridge to Hwy. 11, turn right, then left onto 117 toward Valley Head, that will take you right up to Mentone" Then they say "Are you sure? I'll have to check my GPS." "No, lady, I am not sure, I have only lived here for about 59 years." I don't really say that, I just want to.

Don't forget that Monday, April 22, is Earth Day. Alabama Organics, and many more, will be at the Valley Head City Park, along with students and teachers from Valley Head School, to celebrate Earth Day. Happy Gardening!



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# Rhododendron Garden Club

By Linda Brown

You never know where you will find the Rhododendron Garden Club of Mentone, Alabama. On March 12, 2013, ten of the members could be found inspecting a new way of gardening. They met at a home on Highway #89 where the couple had bought the house in 2010 and have since created a platform garden. The members were treated to the showing of a slide show of before and after pictures and the progress made during the creation of this garden space. After the showing, the members journeyed to the outside gardens.

I was not able to attend the meeting but as I understand from those who were there, that a platform garden is a combination of raised beds and other gardening amenities. For the sake of understanding, let me explain what a raised bed is. This is basically a box made of timbers. The timbers can be any kind of wood. This garden's raised beds were made of cedar wood, one of the best to use. Three to five timbers are stacked on top of each other and usually left the length they are when bought. These were six feet and three feet in length. It seems that this couple understands the mountain very well as they erected a fence around the gardens which is high enough that a deer cannot jump over it. After you make the box you fill it with soil, the richer the better. We have raised beds and we put some "woods dirt" which is mainly decayed leaves and then we buy soil and cow manure to finish filling it.

I understand that winter crops were growing in the platform garden and this included kale, strawberry plants, onions and other cold

weather crops. The owner of the gardens has included a storage bin for the necessary tools and seats on the corners of the gardens. Herbs and flowers are planted on the ground around the inside of the fence. An ornamental frog completes the garden; and since he is posed in a dancing position he is named Frog Astair. The members were given Moon Flower seed by the hosts and Cone Flower starters by a member.

The members then met at the home of Madelon Houghland who served refreshments. Mellanie Tuttle presented the meditation. Peggy Roark, president, called the meeting to order. Gethryn Giles, treasurer, reported that all dues and fees have been paid.

Martha Wood gave a horticulture report on seedlings and demonstrated various seed-starting containers. Marsha Merrell, Conservation Chair, alerted the members to House Bill 181 which seeks to make Alabama a dumping ground for toxic sludge. Other announcements of the many upcoming events were made.

Save the Date! On June 11, 2013 there will be a Flower Show at the M.E.R.F. Community House in Mentone. The schedule has been prepared and plans are being made to have a small but beautiful show. More details later.

Next month's meeting on April 9; the members will meet at 10:00 a.m. at the M.E.R.F. Community House and clean the Heritage Garden. Bring a sack lunch and

hostesses will furnish drinks and dessert. We welcome guests and invite anyone to become a member.

*The Rhododendron Garden Club is a member of Northeast Alabama Federation of Garden Clubs, The Garden Club of Alabama, Inc., District II, Deep South Region and National Garden Clubs.*



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# Local Obstacle Challenge on Horseback

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**By Linda Galbraith**

Is there anything more breathtaking than Lookout Mountain? I can think of only one thing, and that is experiencing Lookout Mountain on horseback!

It is a crisp morning and as I am sitting on my front porch as I watch a doe and fawn trot through the front pasture. She stops for a moment then takes her fawn back into the woods. As they disappear my eyes migrate to my beautiful mare, Dotty. Dotty was born at my barn in Florida. I raised her from a foal and introduced her to the mountains when my husband and I moved to Mentone. We had lived in Florida for the last 20 years. His dream was to one day move to the mountains and unexpectedly “one day” arrived. We found our new home in Mentone, Alabama! “Alabama?” I said, “Seriously, Alabama?!” He told me he was sure that I would love it. Our friends on the other hand asked him how he thought he was going to get me to move to ALABAMA. He quickly replied “No problem. I will just take her horses up and she will follow.” He loves Alabama, and as much as we all hate to tell our husbands that they are right, he was right. My horses and I do love our new home.

We settled in to our new surroundings and I quickly found that what my husband and I enjoy about our new life was not exactly the same. For him, it is sitting on our front porch each morning watching the deer, the birds and the seasons change. I, on the other hand enjoy the deer, the birds and the seasons, but my true passion is experiencing Lookout Mountain on horseback. I found that the Alabama and North Georgia mountains are even more majestic from the back of a horse. The crisp clean streams

seem just a little more mesmerizing. The wild flowers seem a little more vibrant, graceful and memorable. I have found that when you are on a horse, especially if that horse is your best friend, you somehow feel that you are not just seeing the surrounding beauty, it seems that you slowly become a part of the historic mountain trails with each of your horses’ heartbeats and every hoof print you leave behind.

So, there I was. I couldn’t wait to start exploring the new and exciting trails. Not being familiar with riding in the mountains I asked hubby to join me. He gently reminded me that his “horse’s” name is “Polaris”. Polaris the 4 wheeler, and despite his unconditional love, he wasn’t getting on a horse! Not to be discouraged, and not having met any fellow riders, I was left to wander the mountains alone. It was wonderful, but something was missing. I knew that as much as I enjoyed my time alone with my lovely mare, I wanted to share all these new experiences and all the beauty with other riders. That is how I came to find the organization ACTHA, American Competitive Trail Horse Association. ACTHA is an organization solely dedicated to quality horsemanship and safety on horseback. An ACTHA ride is a 6-8 mile ride with 6 obstacles challenges along the trail. It is not a “speed” event, but a nice relaxing trail ride that incorporates obstacle challenges to test and help improve your horsemanship. After exploring the ACTHA website, [www.actha.us](http://www.actha.us), I found that this organization was fantastic, and just what I was looking for. They offer organized trail rides all over the United States. ACTHA introduces lone riders

like myself to new trails within a safe venue. ACTHA also has a “find a buddy” program. “Find a Buddy” allowed me to locate other trail horse enthusiast in my area! I quickly found a kindred spirit and she and I have been exploring the trails with ACTHA for almost a year!! We have won ribbons and exciting prizes. We have had an opportunity to meet many new friends that share our passion. We have improved our horsemanship and ridden some amazing trails. In the end we all agree that our favorite thing about ACTHA is that it has given us an opportunity to continually improve and enjoy our partnership with the horses we love!

Our enthusiasm for ACTHA has led to the organization of two ACTHA trail rides on April 20 and 21 at Valley View Ranch in Cloudland, GA . It will be great fun for you, your friends and your horses!! Anyone interested can find out more at the ACTHA website ([www.actha.us](http://www.actha.us)). Sign up and join us on the trail at Valley View Ranch!

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|  <p><b>THIS 3 BEDROOM, 1 BATH</b> house is located in the Brow Park Subdivision in downtown Mentone and is situated on 4 lots. Included are 3 outbuildings for \$110,000 (830573)</p>                                                                          |  <p><b>BROW LOT IN MENTONE</b> featuring a unique log structure with open living space, 1 BR, 1 BA. Plenty of acreage to build something new or enjoy the atmosphere of days gone by. \$279,900 (412695)</p>                                                                                                           |  <p><b>SITTING ON TOP OF THE WORLD...</b> UNIQUE "round" cabin offering an open living space, 2BR/1BA, most all furnishings, 9.58 acres and SPECTACULAR views of the valley and mountains beyond. \$275,000 (328583)</p>                                                                                                                                                                                            |  <p><b>ENJOY LIFE UNINTERRUPTED</b> in this custom built log get-a-way on 4 secluded acres. Loft BR and 1BA with wood floors offering a cozy atmosphere and a front rocking chair porch complete the picture. Hurry before someone buys the cabin of your dreams for only \$110,000. (564870)</p> |  <p><b>FIRST TIME OFFERED.</b> Main house, guest house and 45 acres on the west brow of Lookout Mtn. A must see for \$799,000. (815966)</p>                                                                                                                                                                                  |  <p><b>The Gate House</b> is now for sale. Sitting at the entrance to Shady Grove, this 3 bedroom, 2 bath is ready to move in or rent out. Large living/dining combo, fully equipped kitchen, rock fireplace and wrap porch. \$110,000 (369781)</p>                                                                              |
|  <p><b>POSSIBLE COMMERCIAL LOCATION</b> or great residential property near downtown Mentone! House has been completely remodeled with new electrical wiring, new plumbing, new screened porch and deck, plus More! All move-in ready! \$130,000 (488926)</p> |  <p><b>INCREDIBLE BROW HOME</b> offers three levels to enjoy the gorgeous view. Kitchen has b;fast bar and stainless appliances. MBR has private deck, FP and wood walls and ceilings. Outside enjoy the stacked rock FP/bbq grill, patio and decks. Come see this unbelievable home today! \$589,000 (965370)</p>   |  <p><b>A stones throw</b> from snow skiing, hiking, canoeing &amp; golfing. 3BR/2BA rustic cottage w/ open floor plan, wood floors, wood burning fireplace, large kitchen area w/island, front &amp; back porch...rocking chairs included!! Great central location on DeSoto Pkwy. just minutes from downtown Mentone, DeSoto Falls and the Park. Large lot w/potential for another cabin. \$169,000 (779115)</p> |  <p><b>A BEAUTIFUL SUNSET</b> is an added bonus you can enjoy from the large back deck on this 3BR/2BA log home. Wood burning fireplace, built-in bookshelves, eat-in kitchen with appliances and a rocking chair front porch to kick back and relax! \$299,900 (500332)</p>                    |  <p><b>ENJOY MANY HOURS</b> on the large deck overlooking the beautiful valley below in this 3 BR/2 1/2 bath home located in the Lake on the Brow subdivision. Extra garage/workshop and storage building along with a gated entry, fully fenced yard and additional lot make this one have it all! \$329,000 (649658)</p> |  <p><b>YOU WILL ENJOY</b> the warm ambiance of this 3BR/2BA, 1 1/2 story cabin on 5.69+/- acres that adjoins DeSoto State Park. Screened porch. cozy kitchen w/bfast nook, living area w/rock FP, and an open loft. Detached 2-car carport with an unfinished kitchen and bath with a bedroom upstairs. \$295,000 (732138)</p> |
|  <p><b>Have it all</b> - rapids, swimming hole, rocks and sandy beach on 3 East Fork of Little River lots. Includes a furnished 2 bedroom, 1-1/2 bath log cabin with wood running buck stove, sleep loft, porch and deck. \$219,900 (589918)</p>             |  <p><b>CUSTOM</b> 3BR/2.5BA cedar sided home on 1 acre. Great room w/fireplace, kitchen/dining combo, above-ground pool w/deck, BONUS room, 2-car garage, all overlooking pond. \$199,000 (326959)</p>                                                                                                               |  <p><b>ENJOY THE WARM AMBIANCE</b> of this 3BR/2BA 1-1/2 story cabin on 5.69 acres adjoining DeSoto State Park. Screened porch, cozy kitchen w/breakfast nook, living area w/rock FP and high ceiling, open loft. Level yard with mature plants &amp; water feature. Detached 2-car carport w/unfinished kit. and BA with a BR upstairs. \$295,000 (732138)</p>                                                   |  <p><b>SECLUDED MOUNTAIN RIVER ESTATES!!</b> Great location with Middle Fork Little River at the rear of property! \$189,000 (353611)</p>                                                                                                                                                       |  <p><b>READY FOR THE COLLECTOR,</b> this 2BR/1BA home has bookshelves everywhere! In the living room...in the den... in the kitchen and in the garage. Also included is a 20x20 storage building with wall to ceiling shelves. All situated on a 1 acre lot. \$89,900 (809133)</p>                                         |  <p><b>LAKEFRONT LIVING!!</b> Walk right out the back door to custom built wooden decks and walkways to your own boat dock on Lake Lahusage. This 2BR/2BA cottage with gas or wood burning fireplace and screened porch, 2-story 2-car garage. ONLY \$284,500 (654813)</p>                                                     |
|  <p><b>Peaceful setting in Mentone</b> with 3BR/2BA, office, sunroom and screened porch. Property borders Brush Creek. \$195,000 (965143)</p>                                                                                                                |  <p><b>Secluded, rustic</b> 3BR/2BA, WB fireplace, kitchen w/appliances, main level MBR/BA, 2BR upstairs each with sitting loft. Metal roof, lge front porch in gated subdivision adjoining Little River Canyon Preserve w/ access to 14 acre lake, walking path, picnic area, hiking trails. \$235,000 (527991)</p> |  <p><b>A bit of HISTORY</b> in this log cabin located across from the brow. 3 BR, 2 BA, L-shaped living/dining/ kitchen combo, wood floors, and is being sold with furnishings. \$189,000 (838721)</p>                                                                                                                                                                                                            |  <p><b>CUSTOM BUILT,</b> 2 BR/2BA log cabin situated on shaded, woodland acres. Two stone fireplaces, luxurious loft, 3 season sleeping porch, detached storage, additional small cabin, lily pond, kitchen with 5 star six burner gas range...reduced \$279,500 (332033)</p>                   |  <p><b>First Time Offered for sale!</b> Alpine Lodge - Make it home or investment property. 3 Bedroom, 3 Bath, open living/dining/ kitchen, walk-in pantry, large island, wood burning stacked rock fireplace, wrap-around porch and grand views. Call for more information. \$350,000 (950770)</p>                        |  <p><b>LAKE ON THE BROW - LOG HOME,</b> 3BR/3BA, Brow Lot w/Unsurpassed VIEWS! Stacked Rock FP, Screened Porch, Unf. Basement, Access to 2 Private LAKES. \$298,500. (421306)</p>                                                                                                                                              |

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**106' OF PRIME BROW VIEW** with paved road frontage. \$109,500 (403694)

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**246 ACRES** on Lookout Mountain....\$4400 per acre. (928084)

**WATERFRONT LOT** in Restricted Lake on the Brow Community! 104 feet of water frontage! Mild Restrictions in File. Common Lake and Brow Areas! Call Today! Only \$52,900! (984141)

**2 BUILDING LOTS** in Hidden Lake Sub. Gated community on a 14 acre lake with walking path around lake. Borders the 14,000 acre LRNP. \$75,000 ea. (762331-665968)

**DESOTO BLUFFS** - .95 acre wooded lot with panoramic view, nice trees and level yard. Paved road frontage, city water. \$49,500 (595179)

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this 3 +/- acres on the East Fork of Little River. This lot features approx. 175' of river frontage and offers a gorgeous setting for your dream home. \$75,000 (801334)

**LAKEFRONT!** Bring your camping gear until your cabin on the lake is built. Features 200 ft of water frontage and 169 ft on paved road frontage, light restrictions to protect your investment and common lake and brow areas. Access and waterfront cleared and ready for your tent or cabin. \$55,900 (845943)

**LAKEFRONT LOT!!** Wooded Lot w/ Frontage on 14 Acre lake. Privately located in a gated Community on Lookout Mountain, AL, this Restricted Area offers nearby access to Little River Canyon. Visit [www.hiddenlake.com](http://www.hiddenlake.com) for more information. \$60,000 (867272)

**LOTS AND LOTS OF ACRES.** 246 acres in Mentone. \$1,82,400 (#928084)





## The Chicken Lady

By Kristen Emory

*Our chicken lady is running around like a chicken with its head cut off and couldn't scratch out a story this month—here is #2 in her series, previously published.*

What do you do when you are absolutely positively scared of chickens? You sit in the coop with them and give them cute names, like Thelma and Louise. And when this doesn't work you buy more chickens, right? Just smaller ones.

I get to put my well earned Psychology Degree to work by performing a little Desensitization Therapy (I learned that in a book). Without telling anyone, I load up and head to Tractor Supply to see Faye. I tell Faye about my minor fear of chickens and my plan with baby chicks. My fear is not of the chickens themselves, but of the quick movements they make as they fly around and squawk. She shows me how to hold a chick and fills me in on what to feed them and how to care for chicks that are only a week old. Yes, I said it, a week old. Caring for the chicks will require a light, smaller living quarters, different feeders and waterers, a few weeks in the house, and more study in my chicken book.

Now, remember, I have told no one. I am on my own. Faye and I begin to pick out the best baby chicks and she informs me that I have to buy SIX. SIX, what am I going to do with six baby chicks?

I move forward with 2 red chicks, 3 black chicks, and 1 white chick (she was on sale and feisty). When I say "feisty," I mean running through the aisles trying to make the great escape. I had to save her. What is safer, roaming the streets of Fort Payne or Mentone? "Load her up Faye, she's going with me."

I am headed back to Mentone with six baby chicks in a box at my feet. Luckily, Tom was not home at the time of my arrival and I get all necessary items together. I find a large tub that the chicks can live in and decided to put the tub and the baby chicks in the extra-large dog house (we have four outside dogs) to keep the chickens safe until nighttime.

Minor setback, the dog house door is just a little bit small for the chicken tub. I make a quick phone call to my Dad, he was busy. With what? He is retired and I need his help. I inform him, "I am getting out the power tools. Can I cut the dog house door with a skill saw? Hurry an' help me before Tom gets home." No time, I am moving on, there are lives at stake here. I plug in the saw and start cutting. I look through the cloud of sawdust and pulling in the driveway is my lovely husband. I'm busted! Tom quickly informs me that he likes all my fingers and finishes my chore with a smile on his face.

Long story short, the tub now fits in the dog house even though the chicks reside in the back room of our house. At least until I can get Tom to build me another chicken coop. "A small one honey, nothing fancy."

My therapy is going well. The baby chicks are helping. I cannot say I am fearless, but I am less fearful.



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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.

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|  <p><b>FALLING LEAF LODGE.</b> Charming rustic cabin nestled in the woods. Lots of porches to enjoy the outdoors of this 2 bdrm 1.5 bth with loft. Custom floors and doors, lots of windows, WB FP open living w sunroom dining area. Also a Workshop for the Hobbieist a must see. \$164,000 (22190)</p> |  <p><b>STUNNING MOUNTAIN HOME</b> and Retreat. Newly renovated kitchen, 2 living areas, and Gas FP. Open loft above the 2nd living area and open kitchen design. MBR has separate entrance to the deck, guest BR, and 2 BA. 700 sq ft. 2 rm guest cottage and a glassed Greenhouse/artist studio. Many possibilities with this wonderful property. Now \$249,000 (20562)</p> |  <p><b>"THE NUTHOUSE CABIN.</b> Quaint Weekend getaway with open living kitchen design. 2 bdrm 1 bath, covered porch to watch the wildlife. 1 acre wooded with large Rock formations. small shed. located at the end of private drive. complete with furnishings. \$139,000. (22833)</p> |  <p><b>MOUNTAIN CREST CABINS.</b> Fully furnished log cabin nestled in the woods on 5.7+- acres, next to Cloudmont Resort. 'Up in the Clouds' is 2br/1bt with kitchen/dining combo, and large crawlspace that can be made into a basement. Amenities include CHA, gas log fireplaces, hot tub, 3/4 wraparound covered porch, kitchen appliances, furniture, decorations, linens, etc. "Appointment Only" \$150,000. (22793)</p> |  <p><b>9 ACRES</b> located on the east fork Little River with 500 ft on river, and 550 ft on Gilbert branch. Old homeplace. Concrete slab, power, well and septic. Privately located. Great place to build that getaway cabin! \$149,900 (22148)</p>                                                                                                  |  <p><b>JUST BELOW LAHUSAGE</b> on the east fork of Little River. 5.4 acres M/L wooded with plenty of flora and fauna, and over 300 ft on the water. Rock bluff along rivers edge. Priced right at \$60,000. (22187)</p> |
|  <p><b>WILD SCENIC LITTLE RIVER LOTS,</b> privately located off Co. Rd. 628, Mentone. Two lots combined to make 2.2 acres with 337 ft on river. Partially cleared building area. What a View. \$65,000 (21685)</p>                                                                                      |  <p><b>HISTORICAL MARTHA BERRY HOME</b> in Downtown Mentone. Built in 1900's. An original Mentone dwelling, this home features 6 bedrooms, 7 baths, 2 living areas, and large dining area. Remodeled kitchen, 2 large porches, and Deck. Native foliage surrounds the 2-story home. \$397,000 (22160)</p>                                                                  |  <p><b>NICE LEVEL WOODED PROPERTY</b> with partial drive and homesite cleared. Previous perk test. Easy access to the middle fork of Little River. Restrictive cov. apply. Located in Mountain River Estates. \$73,000 (20892)</p>                                                     |  <p><b>3 ACRES LOCATED</b> on the west fork Little River 1 mile above DeSoto Falls. Deep water for boating. Level wooded property with native Holly scattered throughout. Circular drive, perc tested, water meter installed. A beautiful spot to build that retirement home. 70 ft on the water. Quiet neighborhood. \$125,000 (21648)</p>                                                                                   |  <p><b>WALTONS MILL SITE PROPERTY.</b> Back in the civil war there was a grist mill located on this east fork river site. A unique property with 900 ft on the water, 2 building sites, easy access to the water, large rock overhang and flat rock bottom for easy floating down the river. A true Gem, 10 acres. REDUCED TO \$175,000 (20451)</p> |                                                                                                                                                                                                                                                                                                            |
|  <p><b>6.1 ACRES</b> on the east fork Little River. Wooded with 370 ft on river. Access road and easement for utilities. Privately located, great for canoeing, swimming. Build that getaway or just enjoy camping. \$65,000 (22115)</p>                                                                |  <p><b>EAST FORK LITTLE RIVER.</b> 5.4 acres partially cleared. 200ft on river, secluded with private road access. lightly restricted \$95,000</p>                                                                                                                                                                                                                         |  <p><b>EAGLES AERIE.</b> A unique Octagon-structure Home on the West Brow of Lookout Mtn. 8.8 acres, 3bdrm 2bth, Great Room W/FP Open kitchen/Dining. Heart Pine Floors &amp; Views from every Room. A must see. \$395,000 (22539)</p>                                                 |  <p><b>6 ACRES ON THE BLUFF</b> of the east rim of Little River canyon. Creek bordering one boundary, large rock overhang. Views of a waterfall and the canyon below. Joins the national preserve. Private gated community. \$83,000 (22858)</p>                                                                                                                                                                              |  <p><b>COTTAGE ON LITTLE RIVER CANYON.</b> Peaceful setting and private. 2 bdrm 2 bth with sleeping loft. great room with rock fireplace. screened porch with a view of the canyon rim. over 5 acres. A must have. \$165,000</p>                                                                                                                    |                                                                                                                                                                                                                                                                                                            |

LOTS AND ACREAGE

|                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                    |
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| <p><b>WOODED 39.8 ACRES,</b> level mixture of hardwoods and Pines, some trails through property. Over 2500 ft. of paved road frontage. Could be nice development opportunity. Build a few cabins in this spot. REDUCED TO \$163,800 (21649)</p> <p><b>NICELY WOODED 5 ACRES</b> on DeSoto Parkway with Stream. Can be Residential or Commercial. Land has old homesite</p> | <p>and green house. Large Rock formations. Possibilities are Endless! \$100,000 (19419)</p> <p><b>BUILD YOUR DREAM CABIN</b> in the woods! 2.56 acres across from Lake Lahusage. Paved road frontage, city water available, perc tested. Lightly restricted. Owner financing available. \$40,000 (19149)</p> | <p><b>NICE WOODED 3 ACRES</b> next to Mountain Crest Cabins. Great building site for yourself or for rental cabins. Wildlife and trees are abundant. Priced to sell at \$25,000. (22095)</p> <p><b>HEAVILY WOODED ACREAGE</b> with wet weather spring. Paved road frontage along County Road 106, and just minutes from downtown Mentone. \$110,000 (22248)</p> | <p><b>6.4 ACRES.</b> Partly open field and wooded tract of land in Oakwood subdivision. Lightly restricted. Surveyed, Perk. 2 lots 9, 10. \$45,000 (22650)</p> <p><b>1.66 ACRE TRACT</b> with septic, county water, well, and power. Lightly restricted. Cleared and ready to build that cabin in the woods! \$18,000. (22747)</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



# Waiting At The Cotton Gin

## By Doug Kiker

Men playing checkers  
Moving every now and then  
Keeping out of the sun;  
Never minding who lost or won.

Dogs sleeping near their masters  
Tails curled under to avoid rocking  
chair disasters.

Other men and boys carving some  
thing  
Or maybe nothing.  
Just whittling...didn't matter.  
Still others, pitching horseshoes,  
Making quite a clatter.

Then there was washer pitching,  
Hot summer breezes  
Stirring dust causing noses to start  
itching.

An unruly boy being warned  
With the threat of a switching.

The dull clink of two nickels  
Being exchanged for  
Two cold RCs and two pickles.

The giggle of boys experiencing  
Pickle vinegar tickles.  
The sudden stop of motion and sound  
When the faint scent of perfume causes  
everyone to look around.

Some bashful men just look skyward,  
Others tend to inspect the ground.  
Until it's discovered  
She's the wife or mother,  
Maybe both-but surely one or the  
other.

They all smile and nod  
Pretending not to listen  
When she talks to her brother.

The thump, thump of the cotton gin  
Growing louder or fading  
Depending on the wind.

Some older men said they could tell  
Whose cotton was in the hopper.

There were friendly wagers,  
And lots of grins.  
I never knew of anyone a bet to win.  
They just laughed and  
Wiped the snuff off their chin.

Then, it was time to go...  
A good time was had by all.  
It was a reason to look  
Forward to the Fall.  
Cotton ginning time.  
A memory of mine.

Cynthia Luck (cont'd from page 1)

and the absence of light. I learned the subtleties and transparency of shadows and the opaque quality of highlights,” she says. Her conscious attention to these effects are apparent in her work today.

“Paul Penczer introduced me to the human figure in art and its ability to give scale to surroundings. I enjoy it when people and landscapes converge,” she emphasized.

Cynthia’s subject matter ranges from exuberantly colorful still-lifes to fanciful landscapes that sometimes exaggerate undulating topography, and kaleidoscopic meadows and beaches populated with brightly-attired characters. All offer her vision of art as a celebration.

Cynthia began teaching art in the public schools in Jackson, from elementary to high school. Simultaneously, she completed a Master of Fine Arts degree at Memphis State University.

A job opportunity for her husband, Micky Luck, led them to the University of Missouri, where he headed up a large arts and crafts studio. A paucity of teaching positions in art in Colombia encouraged her to pursue a Master’s in Interior Design. Not long after completing that degree, the Lucks moved back south to Tuscaloosa, where she joined the interior design faculty at the University of Alabama.

“I was still trying to paint with no studio space and keeping my oils in the freezer to keep them from drying out. My brushes went unwashed and the frozen food packages had paint all over them. It was a losing battle, and I lost twenty years of painting. However,” Cynthia pointed out, “they were still twenty successful years. I loved the University, our program, and our students. We spent many weekends

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in Mentone and bought land with a spectacular view of the valley.”

When retirement came, they drew up plans for their dream house with commodious space for individual studios. A local architectural firm helped them envision a house with panoramic windows, vaulted ceilings, multiple levels, and galleries where their personal collections are housed.

Cynthia immediately went back to her painting and shortly thereafter discovered the joys of soft pastels. “Their glorious colors just sang to me. I found that, unlike oils, the little sticks of color would patiently wait for me without changing qualities. They are hardy, stable, and fade-proof. It is a delight to select the size of paper without having to stretch and prime a canvas. It is immediate gratification and I am hooked on my new medium!” she enthuses.

For the past two years, jurors for the Alabama Pastel Society Show in Birmingham have selected her work for exhibition. The International Southeastern Pastel Society’s judges also included her in their Atlanta show, where her work was purchased.

Her pastels can be seen and purchased in Mentone at Kamama Gallery. “I am grateful to Ray and Sandra Padgett who motivated me to show my art by offering me space in their new gallery. My studio walls were full and I had never made the effort to mat and frame my newest work. Now my pastels are in various states and collections. Life still intervenes with my artistic pursuits, but I am focused on my painting, my husband, Mick, our cats and ancient dog, our friends and family. It is a broad focus,” she says with a grin.

# Mentone's Cookin' - "Mom, What's For Dinner?"

By Susan Cheronos

## An Interview With Cookbook Author Angie Carden

"You don't have to cook hard to cook good!" That's reassuring advice from lifelong Mentone resident, groundhog contributor and cookbook author, Angie Carden. When Angie became a wife 23 years ago, she faced the challenge of feeding a family, but she wasn't totally unprepared. Her mother has been the cook at Camp Laney for 26 years and also used to run the Truck Stop up at Sulphur Springs.

Being from Dekalb County, of course, food was very important.

"Back when I got married, everything was fried, and we had meat and potatoes every night. That's just the way it was." Her own style of cooking has evolved over the years and was influenced by her mother who grew up with a different taste pallet in Chicago. Angie tells about when her mother first moved here 40 years ago. She had never had cornbread; and since it was such an important local staple, she set about learning how to make it which proved a challenge since everybody teaching her had a different way of preparing it! Now, she is praised for her excellent cornbread.

With a husband and three children, Angie had to get creative! She found that none of her children would touch meatloaf; however, she discovered if she took meatloaf mixture and made it into "baked hamburgers" the kids would eat it up!

Over the years, folks have often turned to Angie



for help. Her sister, Kayla Worthy, next door might call and ask advice about what time to start "this" if she was serving "that." Panicked newlyweds just starting out and seasoned cooks alike sought her counsel, and it eventually occurred to her to write a cookbook.

She thought about the idea for years and eventually her daughter Anna, 14, really became her champion, encouraging her to take the action steps and gain the courage to move forward with her dream. After a particularly good meal, her daughter would ask, "Did you write down the recipe? You should put this one in your book, Mom!"

Angie didn't want to write another "recipe book", she didn't like the format. She imagined sitting at the kitchen table explaining to a friend how to prepare a meal and came up with the idea for her

"conversational cookbook." More than just a list of ingredients and a formula, Angie has advice on side dishes and a meal guide. She suggests substitutions and offers all kinds of tips. She found nothing was really written this way, but she thought it sure would have been helpful to her if there had been something like this when she was starting out.

She believes today's cooks should feel empowered to step out of the box our mothers and grandmothers were in and take advantage of some modern conveniences and healthier ways of preparing food. Angie feels that with just a little bit of planning and a little different way of thinking, anyone can cook good food affordably with ease and avoid resorting to fast food.

Her new cookbook has just arrived from the publisher and is also available on her website, [www.weareallcooks.com](http://www.weareallcooks.com). The title is *Mom, What's For Dinner*. It's a friendly guide designed to help you get great meal results.

Her advice to new cooks is don't be afraid! "Your family will appreciate your time, effort and love in trying to prepare good meals, and you won't be perfect every time--you can always go out if it's a total disaster."

Angie is the author of our monthly recipe corner article, and we are so proud of her new publication! Look for it soon in Mentone!

## Nettie Grace Crow (1921-2013)

By Sandra Padgett

Grace Crow was the daughter of John and Maggie Crow of Mentone. She was born on their farm in the Alpine community and enjoyed an agrarian childhood that involved hard work and carefree mountain play. John and Maggie had eleven children. Former MAPA advisor and founder Mabel Crow Kirk (Mrs. Frank) was Grace's sister. Dorothy Crow, Mentone resident is her surviving sister.

During World War II, Grace went to live with Mabel and Frank Kirk at their home in San Diego, California. Their daughter Amelia Kirk-Lolli, former president of MAPA, was a young girl and was thrilled to have a playmate. Amelia always thought of Grace as an older sister instead of an aunt. This love continued through many decades and indeed Amelia continued her "sisterly" devotion until Grace's last days in the nursing home where Amelia visited her every day.

Grace graduated from Fort Payne High before she moved to San Diego. Like many young women during World War II, her focus was toward building a career instead of a family. She began as an office clerk at Consolidated Aircraft, San Diego. After the war she had an opportunity to move to New York, NY; and

she bravely moved to the city in 1947 to begin a decades long career with American Housing Corporation. In the late sixties she moved to Durham, North Carolina and became an appraiser. This successful career continued until her retirement in 1989. Grace moved to Mentone and enjoyed helping Amelia with the Mentone Inn. She helped care for her elderly sister Mary Lee in Chattanooga, reconnected with childhood friends, and became active in Howard's Chapel Church, appropriate since Colonel Howard was a frequent visitor in her girlhood home. She enjoyed being back on her mountain. So many of us can understand that force that draws us back to this mountain where we experienced happy childhood days. Whether you enjoyed two weeks of camp or endless summer days with your family, Mentone will beckon you home.

Grace Crow was aptly named; she was the epitome of grace.

All her days reflected the grace and beauty of her mountain heritage. She lived a life filled with happiness wherever she called home; but especially in Mentone – her first and final home.

Nettie Grace Crow was buried at Little River Cemetery on February 27, 2013.

*Colonel Howard and Grace-1925*



Grace Crow, Amelia Kirk-Lolli and Dorothy Crow

