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THE GROUNDHOG

Mentone, Valley Head, Hammondville, Menlo, Cloudland
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Volume 37, No. 8

"Neighborly News from the Heart of Lookout Mountain"

August 2018

DeSoto Falls ON THE ROAD TO CHICKAMAUGA by Judge David Rains

In the summer of 1863, Union forces under the command of General William S. Rosecrans controlled much of Jackson County, Alabama, where Rosecrans' Army of the Cumberland rested after hard-fought combat against Confederate forces in middle Tennessee.

In late August of 1863, Rosecrans divided his three Corps of 58,000 men in three columns to encircle and compel a Confederate retreat from Confederate-controlled supply lines between Chattanooga and Atlanta.

The Twentieth Army Corp, under the command of Major General Alexander McCook, was ordered to cross the Tennessee River at Caperton Ferry (present-day Hwy. 117) near Stevenson to begin its advance across Sand Mountain



Ellison's Mill on Little River just above DeSoto Falls

and Lookout Mountain to engage Confederate forces under the command of General Braxton Bragg in Georgia. The force of 20,000 Union troops of the Twentieth Army Corps which moved through DeKalb County, Alabama, was one of the three columns dispatched by Rosecrans to advance against the Confederate forces holding these vital supply lines.

First Lieutenant Chesley A. Mosman of Company D, 59th Illinois Volunteer Infantry Regiment, was one of the Union soldiers in that movement of forces through DeKalb County. During his years in the Union Army, Mosman kept a daily diary of his experiences.

The following is an edited extract

(continued on page 5)

Little River Arts Council's Free Summer Music Series Continues in Mentone



The Little River Arts Council invites everyone to attend the last two concerts of their 2018 Summer Music Series. Both family-friendly concerts are free and all ages are invited to join in art activities during the show. Members of the Arts Council will be on hand to assist.

On Saturday, August 4, at 7 p.m., Lumbar Five will perform on the pavilion stage behind the Mentone Inn. Comprised of five chiropractors,

Lumbar Five is a roots rock band based in Chattanooga, TN. They play "honest, original music" written by Kathy Veazey and John Rawlston. The band also features Nick Honerkamp on bass, Jo Whittaker on drums and Kofi Mawuko on percussion.

On Saturday, September 1, at 7 p.m., Pierce Pettis will take the stage at the Mentone Inn's pavilion. Pierce Pettis is one of our generation's most masterful songwriters. The beautiful harmonies, inventive yet subtle percussion, strong guitar, and Pierce's rich vocals are a constant throughout his body of work.

"Pierce Pettis doesn't write mere songs, he writes literature ... End to end the songwriting is brilliant ... Pierce Pettis albums are events in my listening. His writing just gets better all the time and his singing is marvelous, wry, and warm." —*Sing Out!* magazine

(continued on page 11)



Singer/Songwriter Pierce Pettis

THE GROUNDHOG



The Groundhog is published monthly by the Mentone Area Preservation Association (MAPA). First conceived on Groundhog Day, 1982, and then organized on April 5, 1982, The groundhog has been in continuous

publication for 36 years. MAPA is dedicated to preserving and protecting the heritage, natural environment and other unique qualities of life in the Mentone area. MAPA is chartered as a 501(c)(3) nonprofit corporation.

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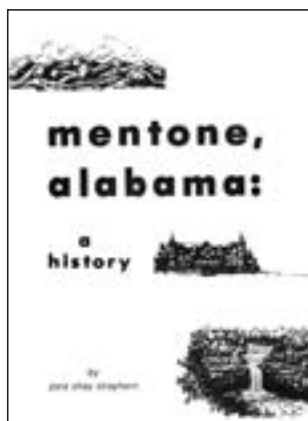
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***Do you have a story idea?
Perhaps a poem or recipe?
We welcome contributions!***

Email groundhognews@yahoo.com

Learn about the History of Mentone



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

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

Mentone Matters • by Mayor Rob Hammond



100,000 miles. Alpine, DeSoto, Laney, Riverview, and Skyline camps have agreed to purchase a new police vehicle for the town. This will be the third police vehicle the camps have donated.

On July 17 citizens voted 61 – 22 to allow alcohol sales for off premise consumption in the community development district. Some changes will have to be made to the existing alcohol ordinance before sales begin.

According to the Wright Brothers Construction Company's schedule of operations, Phase I and the moving of utilities (Mentone Water Works, Sand Mountain Electric Cooperative, CenturyLink, and Charter) should be completed by September 24. Construction on the bridge should begin on September 25.

Mentone's newest police vehicle has over

Letter from the Editor

We have enjoyed an unusually beautiful summer here in Mentone. The passing thunderstorms have brought fresh breezes (and a little drama!). During these storms, I've often thought of all the children at camps in and around Mentone, and how the afternoon rain has cooled off their day, or the evening thunder has lulled them to sleep.

The insect world seems to be celebrating the summer, as well. The bugsong in the woods around our home has been extraordinary. We haven't needed to use the air conditioning much this summer, so we've been enjoying open doors and windows. Sometimes, though, we have to close the windows just to watch a movie, because of the night sounds of crickets, katydids, frogs, and the like. Their song is not just loud, it's LOUD! I love falling asleep to their sounds. It feels so dimensional, because it's coming from all angles. Often everyone will get in sync with each other, and then...off goes one into another rhythm or pitch, and others follow. Inevitably, though, they all come back into sync once more.

The always-delightful lightning bugs were especially abundant this year, as were delicious and nutritious wild chanterelle mushrooms. (Enjoy Anne McLeod's story about chanterelles—and a recipe—on page 27.)

Our children remind us of the passing of seasons as they return to school this month, one grade further along their scholastic paths. Soon, we'll be enjoying what many are predicting, considering all the rain we've had, to be an extraordinary fall. We who live in this area are fortunate to be so connected to nature—it's proven to be good for our health, on all levels.

I'd like to wish a special "Happy Birthday" to Kayla Worthey, who celebrates her birthday on August 29. Kayla compiles our birthday list each month, and we are grateful. (If you'd like your birthday listed, let us know!)

Welcome to all the visitors who are visiting the Mentone area for the World's Longest Yard Sale. I have no doubt you'll meet some very friendly people as you travel through various communities on Lookout Mountain! Safe journey. —*Kelly*



Sometimes we are fortunate enough to be part of a moment when everything unimportant falls away and leaves us utterly awestruck.

—Ginger Beshears, Shinbone Valley, July 24, 2018

Mentone Area Preservation Association News

by Mark Hoffman



Hey there!
I am honored to have been elected as the new President of this incredible charitable organization. MAPA publishes *The Groundhog*, organizes and puts

on the Rhododendron and Colorfest festivals, and helps fund many other local organizations that make Mentone the amazing, unique, and wonderful place

that it is. Please join me in our efforts to educate the community about the importance of preserving and protecting its heritage and natural environs.

Kudos to Kelly Leavitt, who is doing a fantastic job as editor of this newspaper. She puts in countless hours on your behalf while attending to her responsibilities and exploring the various stories affecting our community. Let her know if you have something you would like to share with our readers.

Also, many thanks to Holley Midgley for his service as a MAPA board member. Unfortunately for us, he has had to resign due to demands on his time as a member of Mentone's Bicentennial Committee. We welcome in his place newly-elected Bill Shugart, and

look forward to the valuable insight and experience he will bring to the organization.

At our last meeting, the Board was happy to award a \$200 grant to Little River Arts Council for supplies needed to continue repainting the games on the driveway at Moon Lake School. MAPA has also offered to replace the school's basketball backboard.

Please let me know what you think we can do to help serve you and the greater Mentone area better. We welcome your input. I am easy to reach if you want to communicate one-on-one. Simply email me at mhoffmanatty@yahoo.com. Hope to see you soon!

Mark Hoffman is president of the Mentone Area Preservation Association.

Mentone Water System News

by Ben Shurett

Several dozen customers of the Mentone Water System attended the Water Board meeting on July 12 with questions about increased rates that began several months ago.

The Mentone Water Board serves the public and is committed to always being open to the public. Visitors are welcome at all meetings. Members of the Water Board include Chairman Wesley Griffith, who also represents the Mentone Town Council on the board, Bobby Brown, Tom Crowe, and Jim Hedgspeth; I serve as vice-chairman.

The group that attended on July 12 wanted to know why monthly water charges had increased and why some had significantly higher water bills.

Our rates have increased twice in the past two years. In both cases, it has been the result of the increased cost of the water we buy from Fort Payne Water Works. The price we pay for a thousand gallons of water has increased more than 70 percent, from \$3.75 per thousand to \$6.50 per thousand. In order to continue to provide our customers with clean, safe water on demand, we had to pass along a price increase.

Although the wholesale cost of water has increased by 73 percent, the cost to Mentone-area residents went up by only 37 percent. The minimum monthly charge for water is \$37.44 for the first 3,000 gallons, with a charge of \$15 per thousand gallons over that. We are pleased to have been able to keep the increases as low as possible.

The Water Board also faces the challenge of maintaining older pipes and will soon be updating water lines along Cutler Avenue, which has been the site of a number of breaks and leaks in recent months.

Mentone Mayor Rob Hammond announced last November that the town was awarded a HUD Small Cities Community Development Block Grant in excess of \$335,000. The Water Works Department will have to contribute a bit more than \$37,000 in local funds.

"The grant will allow us to replace the inadequate water mains that have reached the end of their productive lives," Hammond said. "This is a critical need and project for us. In fact, there have been times the entire Town of Mentone has been without water and, as much as that is a safety factor, it's a huge economic problem for us as well. Without adequate water, none of our restaurants or businesses can operate. That, in turn, causes a loss of tax revenue which ultimately impacts every citizen in our area. With the grant money, water mains will be replaced and new fire hydrants will be installed."

At the July 12 meeting, some residents complained of unusually high rates of water usage and how that has impacted their recent bills. The board acknowledged there may have been cases of incorrect water meter readings or the possibility of incorrect data entry. Anyone who wants to appeal an extraordinarily high bill should come to the water board in person and make an appeal. It is not necessary to pay a huge amount before appealing.

The Mentone Water Works office is located at 5972 AL Hwy. 117, adjacent to Mentone Town Hall. Office hours are weekdays from 9 a.m.-4 p.m.; the office is closed on Wednesdays. The board meets on the second Thursday of each month at 4 p.m.

Ben Shurett is vice chairman of the Mentone Water Board.

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MAPA
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www.MapaMentone.com

St. Joseph's on-the-Mountain Yard Sale

St. Joseph's on-the-Mountain Episcopal Church is once again participating in this year's World's Longest Yard Sale on August 3-5. This fundraiser enables the ECW (Episcopal Church Women) to support many of St. Joseph's outreach ministries.

The sale begins Thursday, Friday and Saturday mornings at 8 a.m. and continues until 5 p.m. on Thursday and Friday, and until noon on Saturday. This is an indoor (air conditioned) yard sale. Tents are also set up on the lawn.

Did You Know? . . .

Legend has it that Mentone, Alabama, was named by Alice Mason, daughter of John Mason, the town's founder. The name of the French city of Menton has been described as meaning "musical mountain spring" and it is thought young Alice appreciated the connection to her own hometown which boasted mineral springs believed to promote good health.

Colorfest

Saturday October 20 • 9am–5pm
Sunday October 21 • 9am–4pm

Apply online at
mapamentone.com

Vendor Application **Deadline August 28, 2018** • 12x12 Spaces - \$100

Notification of acceptance by email on September 2 will also include payment due date and payment options. *Please Do Not Send Payment at this time.*

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

Name _____ Business Name _____

Email address _____ Cell Phone or other Phone _____

Address _____ City, State, Zip _____

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

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

Medium / Product _____

Please provide photos of your work to: MentoneColorfest@gmail.com or provide a current Website/Facebook address above. Digital photos emailed are preferred to mailing. Your application will be declined if there is no way to view your work. Please put Last Name of Contact on pictures sent.

Food Vendors List all food & drink _____

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

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

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

Requests/Special Needs & Handicap Accessibility _____

We reserve the right to limit the number of vendors within a category or to deny an application. Notification of acceptance by email on September 2 will also include payment due date and payment options. Please Do Not Send Payment at this time. All times are Central time. You may set up your space on Friday 11am–5pm, or Saturday 6:30–8:30am. You **must** be set up both days. You may break down beginning at 4pm on Sunday—no earlier. Spaces will be assigned about a week prior to the festival. Festivals are strictly arts and crafts; therefore, no political or religious organizations will be accepted.

.....

Performer Application **Deadline September 5, 2018**

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

Contact Name _____ Email _____ Phone _____

Type or Genre _____ Group Name _____

Name/s of Performers _____

Website Address _____ Facebook Page _____

Address _____ City State Zip _____

A short biography (100 words or less) that we can use for promotional purposes. _____

Notification of acceptance will be on the 10th of September. Only the application is necessary if you performed at 2018 Rhododendron Festival, unless you would like a different Bio or Picture.

We appreciate the effort to submit the following:

1. This application
2. A picture to be used for media. Email to MentoneColorfest@gmail.com OR Mail to: MAPA, PO Box 50, Mentone, AL 35984
3. A performing sample. This could be a CD OR video OR a link to Facebook, or website, or YouTube. It will to be used for our selection process.

Vendors and Performer Applications should be mailed to MAPA, P. O. Box 50, Mentone, AL 35984.
Please email MentoneColorfest@gmail.com with any questions.

DeSoto Falls: On the Road to Chickamauga *(continued from page 1)*

from Mosman's diary which chronicles the Union occupation of DeKalb County for about two weeks in 1863 before the Battle of Chickamauga.

August 30 – We crossed [the Tennessee River] at 4:30. ... High mountains.

August 31 – We marched a mile and a half, along the butt of the hill and then went up it. ... We found it one and a half miles to the top. ... The river, mountains and [wagon] trains made a grand scene. ... Finally came to camp.

September 1 – Slept well.

September 2 – We marched about 14 miles today and camped at the foot of the mountains in Lookout Valley ... in DeKalb County Alabama. ... [O]ur cavalry encountered a small squad of the enemy's cavalry which it routed, capturing ten Johnnies and chasing the balance down the valley in the direction of Lebanon ... the county seat.

September 3 – [M]oved southeast to the opposite side of the valley and camped in an open field. ... The camp is near Col. Winston's place, whose orchard the boys stripped of nearly all the fruit – mostly apples. ... Gen. Stanley's ... command consisting of nearly a Corps of cavalry are camped but a short distance from us.

September 4 – Rumor says that Rebel Gen. Wheeler with 7000 cavalry, passed just east of us.

[S]tarted east or southeast ... coming soon to the camp of the cavalry and McCook's headquarters. ... Battery wheeled into line and unlimbered the cannon on the run. ... It must be McCook intends to be ready to receive any [Rebel] visitors....

September 5 – We are camped near a hamlet called Winston Seventeen civilians take the oath of allegiance and start north for Illinois. Some join the Regiment here as soldiers.

September 6 – [Cavalry] reports that the Johnnies are 12 miles east of us ... across the valley blockading it and further progress. ... It is Sunday and we have preaching at division headquarters....

September 7 – A captain and ten men went out this morning ... to a house some two or three miles beyond our lines.... [A] large party of Rebels (reported to be one regiment of infantry and one of cavalry) suddenly came upon them at a bayonet charge. Our men retreated to their guns and began firing and falling back. ... The Rebels ... returned the fire killing one of our men, wounding others and

three or four captured.

September 8 – Practice saber exercise....

September 9 – ... It is said there is a fine cataract – water falls 60 feet—and a big cave some distance east. ... Report says that the bodies of four of our boys in blue were found in a thicket, murdered.

September 10 – I went up [foraging] with Company H for beeves ... and we stopped at the cataract.



Ellison's Mill near DeSoto Falls

It is a cataract or cascade sure enough. The stream leaps down 20 feet onto a bench of rock and then take a further plunge ... into a basin 100 feet wide and 150 feet long. The stream above the first fall had cut a deep channel. It must be 100 feet from the surface above to the water in the basin. Basin is said to be 60 feet deep. I went swimming in it ... and we couldn't find bottom anywhere except at the edges. Swam across and got under the waterfall which gave us a pretty heavy shower bath.

The bluff of rock was arched and there was a great space in behind the waterfall but it was too dark to see how far it went. Drift wood and pine bark piled up back of the falls.

About one quarter of a mile below [the waterfall] the water all disappears under the rocks but reappears lower down.... The water is clear as crystal and the lower edges of the basin is a fine white sand.

Pine logs 40 feet long and slabs from the saw mill above have come over the falls.... Built a raft out of slabs and went out into the basin. But it would be a villainous state for one to be surprised by bushwhackers while taking his bath. Our own men took a throw at me with a rock from the bank above.

September 11 – Went southeast towards the cascade, crossing Little River We found a fire in the timber and ground showed the prints of horses feet and

where they had been tied to trees, showing that it had been a picket post of the enemy.

September 12 – Two men ... came in [to camp]. They had the oath of allegiance in their pockets and were going north to get out of the war. They said that ... our men are in the valley 25 miles further on.

September 13 – Marched to the foot of the [east side of Lookout Mountain] and went in to camp [near Alpine Georgia].

September 14 – Rumor says that Gen. George H. Thomas, [commanding general of the Fourteenth Army Corps which was ordered by Rosecrans to engage Bragg's left flank] has more than he can attend to and we must reinforce him. ... [W]e are ordered to be ready to move at a moments notice. ... [N]o one knows just when the whole Rebel army may be thrown on one of our Corps, with the other Corps beyond supporting distance.

September 15 – [M]arched up the mountain [Lookout Mountain] again....

September 16 – We located our reserve post and three sentries out on [Little River] so as to control the approaches. Good saw and grist mill on the river, belonging to a man names Ellison, just above our post.

September 17 – Went swimming in the pool. Heard there were some rooms in the rocks so off I went to explore them. Had to creep along a bench or ledge of rock jutting out to get to them. The ledge was 20 inches wide and it was 60 feet to the ground if one fell off. ... We pried off some big rock – 500 pounds—and send them rolling down into the canyon, breaking down trees as they went bounding along.

We could hear cannon firing away to the northeast. ... Rumored that we will go to the front.

Beginning on September 19, 1863, approximately 125,000 Americans, 58,000 Union and 66,000 Confederate, engaged in deadly combat near Chickamauga Creek. By the end of the day on September 20, 1863, almost 35,000 Americans lay dead or dying or missing. The Battle of Chickamauga was the bloodiest two days of the Civil War.

Source: *THE ROUGH SIDE OF WAR: The Civil War Journal of Chesley A. Mosman* (Arnold Gates, ed.) (Basin Publishing Co., 1987).

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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.

What does the World's Longest Yard Sale mean besides crowds on the mountain and the end of summer? The beginning of another school year at Mentone's beloved Moon Lake Elementary School. Soon the joy of Moon Lake Elementary School students will tickle my walls again. Paula Easter will begin her 15th year as the Arts Program Director at Moon Lake Elementary, funded by the Mentone Educational Resources Foundation (MERF). Why is an Arts program so important? It improves academic skills, develops visual and audio skills, gives students confidence, develops decision making and perseverance, increases creativity and responsibility, enhances working with others, and improves motor skills. And most importantly, Ms. Paula's class is full of energy and fun! MERF is very thankful for all that Ms. Paula creates with the Moon Lake Students through art, music and Spanish.



Bea Crow

Summer is a wonderful time to hear the sounds of campers enjoying the mountain with songs, laughter, and robust cheering. The MERF seniors enjoyed receiving cards from the Skyline Camp girls during their Summer Christmas and many of them wrote them back to the girls. The senior lunch bunch crew enjoyed each other's company at the MERF house on Thursday, July 26, for a light lunch and ice cream with sprinkles and whipped cream. For those wanting to develop their creativity, an art class for adults by Paula Easter followed the lunch. The MERFettes, formerly known as the MERF kitchen elves, also gathered in July for fellowship and planning of the lunches to start in September. Thanks to Dee Dee Dunkerley and Hazel Bickerstaff for hosting a wonderful lunch at their house. Several of us are moving in to the guest room! Unfortunately, MERF did have to say a final goodbye to Bea Crow and Sibyl Sadowski in late July. Mrs. Crow, who would have been 102 in October, was described as a force to be reckoned with as she ran circles around many of us with her stamina, frankness and quick wit. Sibyl was described as bringing a brightness everywhere she went. MERF will miss both of these friends this fall.

Thanks to the Moon Lake Library board for organizing a wonderful day



Sibyl Sadowski

of community fun on Saturday, July 28. MERF had fun playing with neighbors and being able to talk about the work of MERF. A group of mothers with young children met with Sarah on July 25 to discuss any ways that MERF can facilitate enriching the learning of the moms and their children. If you want to be involved with this group, please let Sarah know.

MERF is a volunteer-based organization, so volunteers will be needed again for MERF's after-school tutoring program and senior lunches. Volunteer tutors commit to one day a week to work with the same student for the entire school year. Tutor subs are also needed if you cannot make a weekly commitment. Senior lunches need volunteers to sponsor a lunch or come help setup and cleanup. If either of these opportunities interest you, contact Sarah at merf.mentone@gmail.com or 256-635-8193.

Guess who is turning 25 in September?!

Sarah Wilcox is the "voice" of the MERF House. MERF is a local nonprofit 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 P.O. Box 107 Mentone, AL 35984 or contribute online at crowdrise.com/MERF. Contact us at merf.mentone@gmail.com or 256-634-4673.



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Mentone Arts & Cultural Center

A CONVERSATION WITH RAY PADGETT & RANDY GRIDER

by Kelly Leavitt

The Mentone Arts and Culture Center (MACC) has been a dream long in the making.

Mentone businessman and town council member Ray Padgett has been a driving force behind this major effort. In his estimation, Mentone's lack of a suitable large space for community gatherings, artistic performances, and the display of historical artifacts and reproductions proves the need for a facility to accommodate each of these needs.

The Center is projected to be a 5,000 square foot building with an eventual projected cost of \$1.9 million. The plan is for the Center to be built on three and one-half acres of donated land on Highway 117 on the eastern edge of town. Birmingham architect Clay Birchfield, who also owns a home on the Cloudland brow, has worked with Florida architect Don David, who owns a home on the Mentone brow, to design a building which will serve the various needs that have been identified by MACC's current board of directors (Marsha Hurt, Ben Shurett, Rob Hammond, Ray Padgett, John Dersham, Olivia Dodd, Philippe Lathrop, Rev. Tom Bell, Melinda Whitt, Hank Willett, Dr. Brue Head, Jim Harris, and Meg Richardson).

The project is designed to be built in a series of phases. Phase One is in the process of being implemented. As of now, the only thing standing between the dream and the breaking of ground is \$300,000. I recently met with Ray Padgett, president of the MACC board, and Randy Grider, MACC executive director, to discuss the plans, the challenges, and certain concerns and questions of the community.

Phase One is centered on a state-of-the-art multi-purpose center which will include a stage suitable for

theater, dance, and other performing arts, and a wing that will house a commercial kitchen and restrooms. A grant has been awarded for the installation of a sculpture garden which will feature native plantings, seating areas, and a life-size sculpture of Sequoyah which is being crafted by bronze sculptor Carl



McCleskey and his wife Betsy Scott.

Plans for Phase Two include a lobby, additional wings with classrooms, a museum which will double as a storm shelter for the community's use, a 450-person amphitheatre for outside performances and large gatherings, and more garden space.

Actress Sandra Lafferty has agreed to serve as Artist in Residence for Theatre and Film for the Center. Sandra lives in the area and has performed in over 50 films, including *Walk the Line* and *The Hunger Games*. She is still very active in film and has two new movies coming out this year.

"It's our hope that we will be able to offer classes much in the vein of the famed John C. Campbell Folk School," said Ray, "so we can draw artists from elsewhere to come to Mentone to learn various

forms of art from qualified teachers. We also hope to rent the space for corporate retreats and meetings. We recently heard from TVA that they plan to use the prospect of the Center as a recruitment tool to draw corporations to move into DeKalb County."

"None of this is going to be easy," Ray conceded.

"Ten years from now, people will be saying, 'This is great.' Twenty years from now, it'll be even better. Fifty years from now, hey, it'll be a force. It's not going to happen tomorrow."

The project has gained the support and financial backing of several state entities such as the Alabama State Council on

the Arts (ASCA) and the Alabama Mountain Lakes Tourist Association. MACC recently received a grant from the Daniel Foundation, which will match individual grants up to \$40,000. "This was a big win," said Randy.

To date, the Center has raised about \$300,000. "Considering our long-term pledges and in-kind donations, ranging from the land to architectural design to our promotional video, we've certainly raised over \$500,000," said Ray.

(continued on page 12)

~ The Lookout ~ Restaurant and Tea Room

Sunday All-You-Can-Eat Buffet \$12.95

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AND

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So Much to Say...and not sure where to start • by Paula Easter

Well, the time has come—camp season is over for me and now it is back to school. This is one of those times in my life that lately seem to be coming quite more frequently than they used to, where I understand exactly what my parents meant when they would say, “I can’t believe the summer is over and it is already time for you to go back to school.” Of course, I could always see the secret joy in my mother’s eyes as she said that to me. Daddy worked, and at times that included traveling so he didn’t have the “joy” of taking care of me all day, every day, like my mom did. Oh, but summer meant an incredible adventure for me with my Daddy.



He always made me feel so important because he showed me how to read the road maps and I was his navigator. (Like he really needed any help.) When we would go to dinner I *always* got to order anything that I wanted on the menu, and to this day I can still remember the pain of my first experience with jalapeño peppers in Texas. (Daddy loved to tell that story.) One summer when we couldn’t take a “big vacation” because I had to have surgery, Daddy planned a surprise trip for all of us to Calloway Gardens, where he taught me how to swim and I got to be his caddy on the golf course. Growing up, my summer adventure vacations meant seeing so many beautiful places and learning about so many wonderful things. I was such a lucky girl.

As we start back to school, I hope all of my Moon Lake students will have wonderful adventures to

share with me. As a side note, we will be going on a “Road Trip” in the Fine Arts classroom this year... without ever leaving our room! (Stay tuned for more to come!)

This past Father’s Day, I had a very unusual experience happen to me. During the course of that day, I had five different individuals who loved and worked for my Daddy remind me of a story that no one in Chattooga County will ever forget. I was asked by a sweet local person to share that story with my Mentone family in *The Groundhog*, and since I have been talking about my Daddy, I’m sharing the story that I posted on my Facebook page.

Isn’t it funny how some memories live with you and others forever, and always bring a smile to your face, even a laugh and usually a chuckle

too? Ironically, today, Father’s Day, I have had five different people, who knew and loved my Daddy, remind me of just such a memory (even though I know I’ll never forget this story) between my Daddy and me.

I’ll share today, because I know there are others, like me, who might need a smile or a laugh...to remember a memory of your own...as we send our Father’s Day wishes heavenward.

I was the ripe old age of 3 with a new tea set and a new table with matching chairs. Daddy was busy at his desk doing paperwork (AND babysitting me, supposedly) while Mom was at Wednesday night choir practice. I was so excited about my new gifts and kept on and on to Daddy to have a tea party. In an effort to get me to let him work he said, “Sure!”

So I set the table and we had our “tea party” as Daddy continued to work...

All of a sudden—Daddy used to say it was like lightning struck him—he thought, “Where is the only place my Paula can reach water?”

Yep...he slowly walked to the bathroom door, saw all the water puddled around the toilet, and couldn’t bring

himself to go the rest of the way in to look!

As he was a supervisor for Georgia Rug Mill at the time, I don’t think anyone there that worked with him or for him didn’t know the story about how I gave my Daddy a “tea party” from the toilet!

Hope my story gave you a smile...as it always does me. Love you Daddy!



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Rhododendron Garden Club • by Mellanie Tuttle



The Rhododendron Garden Club met at the Boy Scout House for the July 10th meeting. Hostess Madelon David provided the delectables. The meeting was called to order by President Mellanie Tuttle, the group pledged the flag, and the business meeting followed.

During roll call, members shared leaves that were insect-damaged and asked, "What are you doing about the insects?" Before pulling out the insecticide or pesticide and randomly spraying, be sure to identify the insect causing the damage. True story—one member called another in horror that her plants were covered in caterpillars and the leaves were destroyed. What should she do to kill them? It turns out that the plant was milkweed and the larvae would be monarch butterflies. Do Not Spray! Welcome to Barbara Umland who has joined the club and brought pepper plants for all!

Master Gardener (MG) and Horticulture Chair Martha Wood shared that now is the time to trim trees, pinch back plants for second growth and plant annuals for color. Peruse catalogues for fall and spring bulb orders and root prune shrubs for transplanting in the spring. Former president and visitor for the day, Jan Wilkinson, reported that a black bear was sampling her hummingbird feeder. Gardener and Conservation Chair Marsha Merrell urged anyone with a bear sighting to call the Alabama Wildlife Federation (800-822-9453) or the Alabama Black Bear Alliance. Design Chair Mellanie Tuttle encouraged everyone to participate in the workshop for design practice on August 23 at 3:00 p.m. at the VFW building. The designs for the Federation fall flower show will be explained, examples provided and everyone given the opportunity to make a design. All fun, no pressure.

Dee Kelley has been manning the upkeep at the Post Office front flower bed. Geraniums, coneflowers, cleome, and other annuals are lovely with their pops of color. Martha Wood (MG), Mellanie Tuttle (MG), Mary Shurett (MG), and Karen Kruse met on July 12 to weed, plant, and mulch the brick bed at the back of the Post Office. Thanks to all who gave us words of encouragement. One gentleman thought marijuana would be a good addition so folks could grab a cigarette as they went by. We'll pass on that suggestion. Be sure to drive by and notice the Phlox, Salvia, Hosta and other plantings.

The Challenge Class is a new design added to the NGC (National Garden Club) Handbook. Each person is given the same set of plant material, containers, and components and has the freedom to create a floral design. Plant material from Mellanie's yard included iris, lily, and Arundo donax foliage, seed pods from an

unidentified weed, and pine fronds. Containers were recycled hydrogen peroxide bottles cut with a utility knife so the bottom square was about an inch tall. An emeritus flower show judge donated small vintage needlepoint flower holders, which were attached with blue stick-um to the containers. Fifteen dollars spent on button mums, Baby's breath and white daisies was the only cost. Designs were to be twelve inches in height, width, and depth. Handouts explaining visual balance and a brief explanation of the class were given prior to dispersing the materials. Visual balance is a design principle of equilibrium. Visual weight is distributed either equally (symmetrical balance) or unevenly (asymmetrical balance) on either side of an imaginary axis. Created designs leaned toward the asymmetrical balance so they would have been considered creative; symmetrical is more traditional. Marsha Merrell, who practices Ikebana, placed her "three sticks" and was done. Three designs exceeded the twelve-inch parameters, so would have had points taken off in conformance of design (must stay within the boundaries). It was a good day. Everyone claimed they enjoyed the Challenge Class and all would have received high ribbon awards at the fall flower show!

No excuses now, ladies. You have proven you can do it!

The next RGC meeting is Tuesday, August 14 at the Boy Scout House (cabin behind Little River Hardware) at 10:00 a.m. We will be gearing up for the Federation flower show at the Fairgrounds in Fort Payne. There is still time to put together terrariums, dish gardens, and container-grown plants. Clean the pots, trim off bug damage, find that perfect entry for blue ribbons! Anyone living in DeKalb County can enter horticulture. So much fun!

The Rhododendron Garden Club is a member of National Garden Clubs, Inc., Deep South Region, The Garden Club of Alabama - District 11 and the Northeast Federation of Garden Clubs.

*Gardeners and flower lovers are welcome
to join the Rhododendron Garden Club!
Our next meeting is on Tuesday, August 14,
at 10 a.m. at the Boy Scout House.*

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Mentone Arts & Cultural Center News • by Randy Grider

Kids' Activities & Blues Show



As many are transitioning back to school and preparing for autumn, the Mentone Arts & Cultural Center (MACC) is gearing up for a busy second half of the year.

We are in the middle of an important fundraising campaign to take advantage of a \$40,000 challenge grant from the Daniel Foundation of Alabama. Your gift will be matched dollar for dollar during this campaign.

Renowned architect Clay Birchfield recently completed bid specs for Phase 1 of the regional MACC facility. We invite anyone who would like to see the detailed plans for the facility to set up a meeting with myself or MACC Board President Ray Padgett – 256-674-3366 or 850-974-3271, respectively.



ART 4 KIDS program, July 2018

On Wednesday, August 1, from 1–3 p.m., MACC will wrap up its final ART 4 KIDS Summer Art Series. The free program for kids ages 5-12 will feature nationally acclaimed actress Sandra Lafferty, who serves as MACC's Artist-in-Residence for Theatre and Film. To reserve a spot for your child, call MACC Board Member Meg Richardson at 256-635-8986.

On Saturday, August 4, MACC will take part in Pete the Cat Day in Fort Payne from 9 a.m.–3 p.m.

Pete the Cat creator and Fort Payne native James Dean will be available from 10 a.m.–2 p.m. to sign books and prints. MACC and other local organizations will host children's art activities in the Fort Payne City Park during the event.

On Friday, August 24, from 7–9 p.m., Drew Sterchi and the Blues Tribe will perform a benefit concert at the MACC Education Center and Gallery (5951 AL Hwy. 117, Mentone). Admission is a suggested donation of at least \$15 and all proceeds will benefit the MACC building campaign.

A native of Tennessee, Sterchi started playing guitar at the age of 14, doing covers of Steppenwolf, Rolling Stones, The Doors, and The Kinks. As every musician knows, there comes a moment that not only changes your playing, but the direction of your life. That epiphany came to Drew when he heard Chicago blues icon Michael Blumfield's blistering solo on the song Texas from the Electric Flag's album Long Time Coming. "After that all my playing started tilting toward a more expressive blues style."

While opening for artists like Johnny Winter, James Gang, Bonnie Bramblett, Sea Level and Dr. John, Sterchi's band got busy honing their unique style of the blues—a blend of old school electric and acoustic blues, R&B, and some classic rock. While most blue eyed blues bands emulated their idols down to the note, the band only borrowed what was needed to form their original sound.

Now Sterchi has reunited with his long time band mates to create yet another new experience called Blues Tribe. They are incorporating the rock sounds



Drew Sterchi and the Blues Tribe

and blues influences from their history to create an approach to new material that tells a story in a personal way. With Milton Hamrick on bass and Burnard Tate on drums, the rhythm section is locked down while Fred Mayes adds tasteful color on key boards. The band's secret weapon is revealed when Virginia Sterchi takes the stage to sing her heart out for the audience.

Sterchi's latest effort, *Left Here With the Blues*, is a collection of material that speaks of his own history—songs that tell a personal story of his own experience and musical evolution over the years.

Randy Grider is executive director of the Mentone Arts & Cultural Center.

August Events

Wednesday 1 • 1–3pm
ART 4 KIDS

Saturday 4 • 9am–3pm
Pete the Cat Day, Fort Payne

Friday 24 • 7–9pm
Drew Sterchi and the Blues Tribe

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Moon Lake Community Library News • by Kelly Leavitt



Thanks to everyone who came to the library's summer gathering on July 28. Truly a good time was had by all. It was great to see so many children having a fun time, and I think everyone there made at least one new friend. That's what it's all about! Congratulations to Kerry Breithaupt who placed first in the pie baking contest with her Hawaiian pie. (See our Facebook page for her recipe!) Congratulations to Carleen Ozley, who placed second with her chocolate chip pie. And congratulations to Rhea DeRoche Pirch for placing third with her lemon meringue pie. (Each of the pies were so close in the scoring—144 points, 143, and 142). Eleven pies were entered in the contest, and everyone quickly devoured them after the judging was complete. Thanks to Cynthia Stinson for being "the pie lady" and organizing the contest. Thanks to Jerome Stephens, Chuck Peters, and Valley Head Mayor Lamar Brae for taking their roles as judges so seriously! Many thanks to Diane Kuehl for her cheerful and willing assistance (and overall dedication to the library); to Sarah Wilcox for leading the 3-legged races (so many laughs!) and for representing MERF; Randy Grider for representing MACC; Michael Stone and his son Michael III and JD Trammell for representing DeSoto Rescue Squad; Paula Easter for hosting a marble painting activity; various members of Little River Arts Council; and the library board.

It was really a lovely time...based on feedback, this might become a new Mentone tradition. Photos of the day are featured in the center spread on pages 14–15.

We are seeking an artist to paint our newest "little library" which will be installed at the Mentone Post Office on August 26. For more details, please see our web site or Facebook page. The due date for proposals is August 5.

Drop by the library during the World's Longest Yard Sale and browse the books we have for sale (\$1 each). We'll be open from 9 a.m. until 4 p.m. on Friday, August 3, and Saturday, August 4, for your convenience.

We have many new books and DVDs in our collection. We're also in the process of shelving our nonfiction books by topic (rather than the traditional Dewey system), so it will be easier to find books of interest.

The library is open Tuesdays and Thursdays from 3–6 p.m. and Saturdays from 9 a.m. to 1 p.m. Library cards are free to residents of the area; there are no geographical limitations.

See you at the library!

Kelly Leavitt is the librarian of Moon Lake Community Library.

Summer Music Series (continued from page 1)

Pettis has performed in all 48 continental states as well as in Canada and Europe, appeared nine times on American Public Radio's Mountain Stage, been featured on National Public Radio's E-town, Morning Edition and World Cafe ... appeared on VH-1, CBS News, and the Nashville Network.

During his long career, Pierce Pettis has been a writer at Muscle Shoals Sound Studios in Alabama, recorded for Fast Folk Musical Magazine in New York, won the prestigious New Folk songwriting competition at the Kerrville Folk Festival in Texas, and was a staff songwriter at Polygram/Universal Music Publishing in Nashville. He has received numerous songwriting awards, including a 1999 ASCAP Country Music Award for You Move Me --recorded by Garth Brooks.

After three critically acclaimed albums on the Windham Hill/High Street label, Pettis joined Compass Records in Nashville, releasing five albums. "That Kind of Love", (2009) received raves from XM/Sirius Satellite Radio, Paste Magazine, Performing Songwriter, American Songwriter, The (London, UK) Sunday Express, Image Quarterly . . . to name a few. The album was ranked at #2 nationally, in February of 2009 in the Roots Music Report for acoustic/folk releases. Pettis plans to release a new album for Compass Records Group in 2018.

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MACC Conversation (continued from page 7)

The cost for Phase One is estimated to be about \$600,000, which will cover the installation of utilities, the main building, and parking lot. "The construction bid package is complete, so now we can take it to contractors and get bids. Then we'll know what Phase One will really cost," said Ray.

One of the most common concerns voiced by the community is the future sustainability of the Center. I asked Ray and Randy how the Center will support itself and how the community can be assured that the Center, once built, will indeed be able to be used for decades to come.

"The ASCA has made a long-term commitment to us. They want us to succeed," said Randy. "They love what we're doing. They've already committed over \$70,000 to us. We know that we'll receive grants from them going forward. Once we get built, there will actually be more funds available to us. We've got lots more grant opportunities than we do capital. Capital is the hardest. Brick and mortar is the one we struggle with right now. Everybody wants to fund you once programs are in place."

"I don't know if we'll ever get to where we're self-sustaining," Randy continued. "We have laid the groundwork to make up any gap with government funding, whether it comes from the ASCA or from different foundations, like the Daniel Foundation or the ones out of Chattanooga, because they all support us. Sustainability is not a question for me."

Ray offered his personal opinion. "After five years, I think it will sustain itself. That gives us five years to get programs established and to get people to know us in the region."

"People will come. We've got people on our board

like Dr. Brue Head, who helped get ballet started in Mobile. We have a lot of people giving money, and they wouldn't if they thought it was just going to be an empty building. They're committed," said Randy.

"One of the things we're just beginning to investigate," said Ray, "is working with the local colleges to establish a working joint venture with them, for them to teach and get class credit to use the facility. All of this—it's not just one little part—it's a whole community and everything you can envision around the arts."

"One of the really good uses of the building," Ray continued, "will be to have cooking classes for organic food. We're located over there by the farm [The Farm at Windy Hill]. We can have classes on how to eat well, how to create your own healthy food. To me, that's all part of it. If we have a full kitchen, obviously we can have conferences and provide locally grown food. One of the attractions is we can have totally organic food to serve at the conference that's cooked and grown on site."

"We have a built-in source of students, with all the camps in Mentone," Ray said. "I believe a lot of the parents, if they have something to do like this, would come up here to stay while their kids are in camp. A lot of them would be up here to take courses. We also see it as a place that any civic group can utilize. The majority of the time, it can be used by the community. It's designed so civic groups and clubs can utilize the space."

"The whole persona of Mentone is that we're a little arts village," said Randy. "We're quiet, we're just a really nice place that people love to come to and they love the art mixture that's in with the community.

Having a place that covers the entire artistic spectrum is our goal. The other part of that is the museum. Right now, there's no place to house our history, which is something we can offer for generations to come."

I asked what types of artifacts they foresee displaying in the museum. "We're going to start collecting items from people around the area," said Randy. "There are people who have committed to donate," Ray said. "Doreen

Waters volunteered to donate things like Alice Mason's wedding gown."

"The other part will be the Native American art, which will be a mixture of authentic art and replica art that's been done by people like Tammy Beane, official museum replicator for several of the tribes. Then we can pay homage to the Creek and the Cherokee who were here before the Europeans came in," said Randy.

"I really think that we won't have space to house all that will be donated. We'll have to be selective and we'll have to build something else just to keep it, where it wouldn't be on display, but to store it," said Ray. "I think we'll do what a lot of museums do, and we'll have to alternate exhibits," Randy said. "So maybe it's Miss Mason's dress and that period of the Gay 90s, and then next time it's something else, and you kind of keep a theme going. Also, we've already been offered a variety of travelling exhibits."

"The big benefit of this project is two-fold," said Ray. "It will be education on how to do stuff, but it will also be education with travelling exhibits that everybody who comes through this area can come look at. It would be a good asset to this community."

The board is aware that the Mentone area has a high poverty population, many of whom don't have the opportunity to experience art programming. "A critical issue," said Ray, "is that this area of Lookout Mountain is considered a 'Poverty Area' by the federal government, with little to no tax revenue available to address life-changing exposure to arts-related education for area residents." I asked how people with limited financial means will be able to participate and enjoy the Center. Ray was assured in his stance that financially disadvantaged children will not be charged for events or programs.

"In my world, you don't charge a poor kid for exposure to art," Ray said. "That's one of the big benefits—giving regular working people access to something that I think can change their lives, that I never had as a kid. Getting into acting, learning to play a musical instrument, learning to paint—to me, all of those things are life-changing for little kids. A lot of our activities will be free because many of our local kids can't afford it."

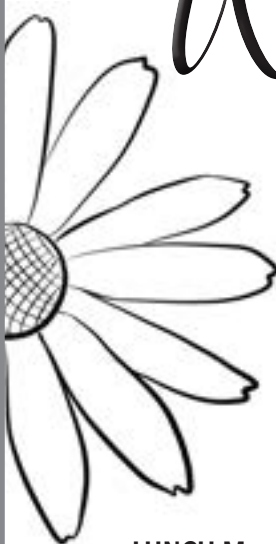
"We're working with the board to establish 'Making a Difference' scholarships for this purpose," said Randy. "If we had a program where the supplies cost \$100, that's a case where we use our scholarship funds. We'd have some money put aside, as a scholarship, that would pay for that. We will need a way to identify people in need, or for them to just

(continued on page 21)

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Open House Schedule
Monday, August 6 — 4–7 p.m.

School starts on
Tuesday, August 8!

- 4–4:20 Welcome in Gym
- 4:25–6:25 Group Sessions
- 1 Attendance/Welcome Letter—Mrs. Davis/Gym
 - 2 See Saw—Mrs. Gorham/1st grade classroom
 - 3 CHAMPS/3D printer—Mrs. Ballenger/3rd grade classroom
 - 4 Volunteer programs—Mrs. Long (Kindergarten classroom)
 - 5 Art—Ms. Paula/Art room
 - 6 Google Classroom—Mrs. Lance/21st Century classroom
 - 7 21st Century After School—Mrs. Prestwood/5th grade classroom
 - 8 IXL—Mrs. Bunch/6th grade classroom
- 6:30–7 Grade Level Classroom Meetings

session

	K	1	2	3	4	5 /6
4:25	1	2	3	4	5	6
4:40	2	3	4	5	6	7
4:55	3	4	5	6	7	8
5:10	4	5	6	7	8	1
5:25	5	6	7	8	1	2
5:40	6	7	8	1	2	3
5:55	7	8	1	2	3	4
6:10	8	1	2	3	4	5

Moon Lake School has a variety of needs which can be met by volunteers from within the community at large.
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PIES!



Mickey Luck and his grandson, Wyatt



Ru

Community GATHERing at Moon Lake Library!



Ruth Hathorn & Rita Shirley



Mickey and Cynthia Luck



Phyllis King and her granddaughter, Allie



Sarah Wilcox and Carleen Ozley



Carleen Ozley's granddaughters and their friends



Ruth Hathorne's granddaughters, Amenah and Sayjah



JD Trammell, Michael and Mike Stone—DeSoto Rescue Squad



Jessica Harper-Brown and Baxter

Beatrice Crow

October 16, 1916 — July 18, 2018

Bea Crow, a longtime resident of Mentone, passed away peacefully in her sleep on July 18, 2018, at the age of 101. Originally Beatrice Kerby, she was born October 18, 1916, the third of six children on a farm near Ider in DeKalb County. From early on, Bea was a force to be reckoned with, in part because of her quick wit and her solid determination.

In her early teens, Bea was plowing the family garden behind a mule when a woman stopped to ask for directions. That woman was Martha Berry, founder of Berry College in Rome, Georgia. Ms. Berry saw a spark in Bea and personally invited Bea to come live in her home and attend school. Her time at Berry, helping in Ms. Berry's home, taking classes, and meeting influential people, like Model T inventor Henry Ford, helped mold her into the person she would become. She often talked about her time at Berry fondly and loved to share her memories with all

who would listen.

At the age of 19, Bea went to work at Alpine Camp and would go on to feed hungry campers and counselors three times a day for over six decades. It was at Alpine that she met her husband Leonard, who sold fresh vegetables to the camp. After she and Leonard married they moved to Baltimore, Maryland, where Leonard served his country in the Navy and Bea worked for the family who owned Procter & Gamble. Bea and Leonard eventually moved back to the Alpine Community of Mentone on Lookout Mountain where they lived the rest of their lives.

Bea lived her life to the fullest and very seldom slowed down. While working at Alpine during the summers, she also found time to run the largest commercial egg operation in DeKalb county, rear her five children, and entertain and feed her community.

Bea knew only how to work hard; there was not a garden she could not cultivate, a snake she would not chase away, a meal she refused to cook (always cooking by feel or taste—she thought recipes were unnecessary), or a visitor she would not welcome. But as hardworking as Bea was, she was just as selfless. Her joy was entertaining guests; believing that life only happened around a table and you are happier when you're fed—whether you want to be or not. For those fortunate enough to dine at Bea's table, it was easy to see that her gift was food. She excelled at cooking, serving, and, of course, eating—mostly sweets (Bea would often start with dessert first).

Bea is preceded in death by her loving husband Leonard Crow, daughter Mary Ann (Crow) Smith, and granddaughter Pam Collins. She is survived by four children: Gail Collins, Bob (Cathie), Gary (Cathy), and Karen Tate (Pat), 10 grandchildren, and 25 great-grandchildren.

Cherokee Runner Completes Trail of Tears • by Larry Smith



Kallup McCoy II, the young Cherokee man who began his 777 mile run of the Trail of Tears in Fort Payne, reached his destination in Oklahoma on June 28. He began his run on Monday, May 21, from the former site of one of the removal sites that gave Fort Payne its name.

His first day's run took him by where the John Benge Detachment of over 1,000 Cherokees congregated eight miles below Fort Payne at what is now the Lebanon community. They began their trek to the West in late September of 1838, and did not reach their destination until January 17, 1839.

McCoy was greeted at the Cherokee Heritage Center at Park Hill, Oklahoma, by a large crowd of Cherokee dignitaries, and others. Park Hill is located close to Tahlequah in northeast Oklahoma, which serves as capital of the Cherokee Nation.

"The run was not for me, but for all Cherokees and to honor all my ancestors who made the journey due to the forced removals in the 1830s," he told the welcoming group.

He made the grueling run to also bring attention to drug addiction among many Cherokees. He spread his message through various radio, television, and newspaper interviews. His next plan is to open a recovery house in Cherokee, North Carolina, where he resides.

Larry Smith is the vice president of the Alabama Trail of Tears Association.

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August 2018 Community Calendar

All Times are Central. This calendar is subject to change.

August 1, 15, 18, 22, 31—Zip Line

Adventure. All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. Pre-registration required. True Adventure Sports. 10am. 256-997-9577.

August 1—Arts 4 Kids Summer Arts Series. Art, Music & Drama. Ages 5-12. MACC Education Center & Gallery, 5951 Ala. Hwy. 117, Mentone. All supplies provided. 1–3pm. Seating is limited. 256-635-8986.

August 1—Treasure Hunt Adventure. Do you enjoy trying to solve riddles and clues? This 5-hour adventure will take you deep into the heart of a cave. You will have to solve and follow each clue in order to find the next one, and ultimately the Treasure! True Adventure Sports. 2–7pm. 256-997-9577.

August 2—Art in the Alley. Bring your friends and let's have some fun! Join us after work for Art in the Alley, and enjoy local food, music, and art in Fort Payne's Entertainment District - and Boom Town Makers Market. Enjoy Yappy Hour @ Art in the Alley! Bring your 4-legged friends for special treats, photos and more. Look for the festival lights in the Alley behind the theater; visit Boom Town Makers Market for our Summer Art Opening. 5–8pm. 324 N. Gault Ave., Fort Payne.

August 2–5—World's Longest Yard Sale. The World's Longest Yard Sale offers 4 days of treasure hunting, bargaining, and sightseeing along 675-miles of scenic roadways and charming towns. Enjoy shopping along Lookout Mountain Parkway (named one of America's most scenic drives by Reader's Digest), which travels throughout DeKalb County. Everything from antiques, collectibles, furniture, dishwares to local fresh produce and homemade jams and jellies along with food vendors and live entertainment can be found. Shoppers are encouraged to wear comfortable shoes and sunscreen and bring plenty of water. Vendors are typically active by 8am and operate until late in the evening each day of the event. Admission is free. For lodging information, directions, road closures, and more information, visit ShopLookoutMountain.com or call the DeKalb Tourism at 888.805.4740.

August 2, 11, 16, 27—Rock Climbing/Rappelling Adventure Combo. Come experience first-hand what rock climbing and rappelling is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed.

10am–2pm. 256-997-9577.

August 2, 3, 6, 8, 9, 10, 11, 16, 17, 20, 23, 27, 29—Zip Line Adventure. All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. True Adventure Sports. 2:30pm. Pre-registration required. 256-997-9577.

August 3–4—Guided Backpacking Trip for Beginners. Have you always wanted to get into backpacking? Here is a great way to start! Learn all you need to know so that you can head out on your own outdoor adventure. A summer backpacking class, and a great class for beginners/intermediate. Topics to learn: backpacking essentials, camping items to choose and use, fire building, cooking, etiquettes, pitching and striking camp, setting up a tent or hammock, and more! Hiking is moderate, about a mile one-way to backpacking campsite. Check in 9am Friday; check out 12pm Saturday. DeSoto State Park. Meet at DeSoto's Nature Center, next to the Country Store on County Road 89. \$75 per person includes all equipment. You will need to provide your food. If you want to register as a family call for special prices. Discounts if you have your own backpacking equipment. Pre-registration is required, as class size is limited. Have questions? Call 209-559-0040 or email Robert Wilson (Seven Pines Survival) for more details: sps@sevenpinesurvival.com

August 3, 8, 13, 25, 29—Rappelling Adventure. Come experience the thrill of rappelling down the sheer sandstone gems of NE AL. Each trip includes all the gear plus basic instruction. True Adventure Sports. 10am–2pm. 256-997-9577.

August 3—Dallas Walker. Up and coming country music artist Dallas Walker with his band Nashville is making his first live appearance in Fort Payne, AL. Join him and his band for a night of Great Country Music and Dancing! DeKalb Theatre. 7–9pm.

August 4, 11, 18, 25—Yoga on the Mountain. Interested in starting your day in a positive way? Enjoy a yoga class in a beautiful place! These yoga classes are alignment-based, which makes the class perfect for those beginning their yoga practice or for those wanting to try something new. Classes are open to residents and park visitors alike. No

pre-registration required. Hosted by One World Adventure Company & DeSoto State Park. 8am. DeSoto Falls Picnic area, 7 miles from the main park area. \$5/person. Bring mat/towel & water. Some mats and props available for use. Call Angie Shugart at 256-634-8370 for any info. Classes can be booked for small groups.

August 4—Glass Mosaic Stepping Stone Workshop. Hosted by DeSoto State Park. The Serious Skills series is a variety of classes and workshops that provide opportunities to discover a hidden talent or learn a new skill for personal enrichment. Classes are open to local residents,

overnight guests and park visitors. Learn the beautiful and ancient art of mosaics! Artist Linda Munoz will teach design, techniques, and the skills of class cutting, gluing, and grouting with special emphasis on safety. Participants

will work on their own stepping stone, and discover different ways of working with glass. DeSoto State Park Nature Center. \$40 includes all supplies. Workshop space is limited, pre-registration is required. 10am–3pm. Call 256-997-5025 or email Brittney.Hughes@dcnr.alabama.gov to sign up or for more info. See beautiful mosaic examples from Linda Munoz at littlriverart.com.

August 4—Summer Music Series: “Lumbar Five”. Concert on the outdoor stage on the lawn of the Mentone Inn as part of the Little River Arts Council's Summer Music Series. Family-friendly and FREE. Enjoy free art activities during the show. This event will happen during the World's Largest Yard Sale. 7–10pm. littlriverartscouncil.org.

August 4—Park After Dark—Night Walk. Get to know DeSoto State Park after dark! You never know what you can discover during the night; we will be using our senses to discover what can be seen, heard, or even smelled on this fun walk! All ages welcome, children must be supervised. We will walk from the DeSoto State Park Lodge to a small area called the frog pond. Terrain will be a mix of asphalt and dirt road, closed toed shoes are preferred. Bring a small flashlight or headlamp if you wish (red light preferred) or there will be some flashlights available (first come-first served). Please no dogs, as our nighttime friends can be shy. Free and open to

everyone. This hike may be cancelled in case of rain. Meet at the Lodge at 9pm. Call 256-845-0051 for any info or email Brittney.Hughes@dcnr.alabama.gov.

August 4—Pete the Cat Kids' Parade & Dedication of Pete's Alley. Attention ALL Kids! Want to meet Pete the Cat? Of course, you do and now's your chance! Join Fort Payne Main Street and The City of Fort Payne as we cut the ribbon for Pete's Alley, a place connecting with Wi-Fi, friends, shopping, parking, and of course — learning more about Pete the Cat. 9am: Parade lineup at the crosswalk on Gault, connecting the Strand Restaurant to Pete's Alley. 9:15am: Remarks from the Honorable Councilwoman Lynn Brewer, President of Fort Payne Main Street, and Mayor Larry Chesser, Mayor Fort Payne. 9:30am: Let the Parade Begin, led by Pete the Cat and friends, and as many kids as we can muster! From Pete's Alley to the Coal and Iron Building. 10am: Line up to meet and greet James and Kimberly Dean and have them sign 1 item (ONLY – we must respect their time and allow as many kids to come through as possible). The line will begin outside the Coal and Iron Building in a designated place. Get your face painted while in line. Be sure and step into the special area next to Fort Payne Main Street's office for a FREE eye exam for kids from the Fort Payne Lions Club. Visit the BIG art tent in the old Mapco Parking Lot and the Jumpy House in City Park. Enjoy free blue cotton candy courtesy of Fort Payne Rotary Club and blue snow cones!

August 7, 14, 21, 28—Art Lessons with Lydia Randolph. \$20 / supplies included. Boom Town Makers Market, 324 N. Gault Ave., Fort Payne. 256-630-1597.

August 9—Veterans' Social. Free lunch included. DeKalb County Council on Aging, 600 Tyler Ave. SE, Fort Payne. 9–11am. To register, call 256-638-7106.

August 9, 25—Extreme Night Hike. This end-of-day adventure does not slow down just because it's dark. Intended for a large group team-building exercise, this hike has a bit of bouldering, and a whole lot of required working together. True Adventure Sports. 7:30–10pm. 256-997-9577.

August 10, 20, 24—Wild Cave Tour. This 2.5 hour adventure is for those of you ready to explore on your knees, on your belly, in the mud and through tight tunnels. Adventure includes helmet, cave lamps plus a fun informative guide. True Adventure Sports. 5–7:30pm. 256-997-9577.

FUN for
everyone!

August 2018 Community Calendar

All Times are Central. This calendar is subject to change.

August 10—Zip Line & Sky Swing

Adventure. All our zip lines and sky swings are set up just before the adventure to ford a gorge or cross from one high point to another. True Adventure Sports. 7:30pm. Pre-registration required. 256-997-9577.

August 11, 16—Night Sky Swing

Adventure. This is an adventure of a lifetime. Enjoy the thrill of the swing at night. True Adventure Sports 7:30–9:30pm. Pre-registration required. 256-997-9577.

August 12—Harvesting Your Own Survival

Foods. Join Survivalist Robert Wilson of Seven Pines Survival in a hands-on class in learn how to identify, gather, and prepare edible wild plants commonly found in the South. This is a class for beginners who want to get their feet wet (literally) in Survival and Wild Crafting. Fun family class where we will be harvesting Cattails and other plants. Bring a water bottle, notebook and pencil, camera. Clothing suitable for getting into water. \$5. 10am–12pm. DeSoto State Park. Meet in front of lodge. Pre-registration is required. Email Robert at sps@sevenpinesurvival.com.

August 13—Legal Help for Seniors. Meet with a TARCOG attorney at DeKalb County Council on Aging, 600 Tyler Ave. SE, Fort Payne. 10am–3pm. To register, call 256-845-8590.

August 14—Knot Class &

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

August 15—Creative Placemaking

Discussion. Join us for a discussion of how we can use the arts and culture to make a multi-layered difference in our community. Brow Park. 6:30pm.

August 15—Bingo for Seniors. Wills Valley Recreation Center, Fort Payne. 9–11am. Free lunch included. 256-845-8590.

August 15—Rescue Rappelling Class. 8-10 hour class. This class reviews advanced rappelling then teaches you rescue rappelling. Learn rescue rigging, rescue hauls, rescue rappel devices, rescue knots, safety procedures and protocols, rescue gear, and emergency belaying. 9am–6pm. Meet at True Adventure Sports Training Center. \$179. 256-997-9577.

August 16—Senior Health Fair. DeKalb County Council on Aging, 600 Tyler Ave. SE, Fort Payne. 8:30–11:30am. 256-845-8590.

August 17—Campfire Talk: Crawfish of

Alabama. Join us for fun campfire talk in the Great Outdoors! Alabama leads the nation in crayfish species; get to know some of them! When it comes to freshwater aquatic species of mussels, snails, crayfish, fish and amphibians, the state of Alabama is the nation's leader in biodiversity. Of the roughly 400 known species of crayfish, at least 97 of them can be found in Alabama. Join Jacksonville State University's Dr. Sarah Wofford to discover some facts about these fascinating creatures! Seating is limited, so bring your own comfortable camp chair if you wish. 8–9pm. DeSoto State Park's Campfire Ring in the Improved Campground, next to campsite 93. Gate will open 30 minutes before program starts. (Held in nature center in case of inclement weather.) Free for all ages! For details, 256.997.5025 or email Brittney.Hughes@dcnr.alabama.gov.

August 17, 31—Night Zip Line Adventure.

All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. True Adventure Sports. 7:30–9:30pm. Pre-registration required. 256-997-9577.

August 18—Canning Class. It's both for the beginner and a more advanced canner. We will be sharing canning tips, discussing water bath versus pressure cooking, and answering questions. We'd love to have you join us and share some of your canning tips. 10am. Fort Payne Feed & Garden.

August 18—Basic Pine Needle Basketry

Class. Learn the basics of pine needle basket coiling, an old craft with a long history. Join artist Brittney Hughes to learn the basic steps to making a coiled basket from longleaf pine needles. Each participant will learn the basic skills of pine needle basketry and take home their very own creation (or the start of one). The art of coiling baskets is universally common to indigenous peoples. Coiling is the technique of creating baskets and art from pine needles and was a part of pre-Columbian Native American crafts. Today, pine needle baskets and art are made primarily for decorative purposes. All materials (pine needles, thread, sewing needle, and small center for basket) furnished. Class is for ages 10 to adult. JSU's Little River Canyon Center; 10am–3pm. \$25 supply fee. Pre-registration required; class number limited to 10. To pre-register, call 256-997-5025 or email Brittney.Hughes@dcnr.alabama.gov.

August 18—Third Saturday Sunset

Cruise-In. A family fun event featuring a car cruise-in, children activities, food, art show, and live entertainment! Gault Avenue in Downtown Fort Payne is closed from 1st–5th Street for the event. 5–9pm. Contact Amelia 256-996-3857 or Terry 256-996-2668.

August 18—Meet the Makers of Boom

Town. During the 3rd Saturday Sunset Cruise-in Downtown. 324 N. Gault Ave., Fort Payne

August 18—Rappelling Certification

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

August 20—Zip Line Adventure. All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. True Adventure Sports. 12–2pm. Pre-registration required. 256-997-9577.

August 22—Rock Climbing / Rappelling

Adventure Combo. Come experience first-hand what rock climbing and rappelling is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. 2–6pm. 256-997-9577.

August 23—Rock Climbing

Adventure. Come experience first-hand what rock climbing is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. 10am–2pm. 256-997-9577.

August 24—Concert: Drew Sterchi and

the Blues Tribe. Admission is a suggested donation of at least \$15 and all proceeds will benefit the MACC building campaign. MACC Education Center & Gallery, 5951 AL Hwy. 117, Mentone. All supplies provided. 1–3pm. Seating is limited. 256-635-8986.

August 24—Bouldering Adventure—Atop

Lookout Mountain. Come experience first-hand what bouldering is all about with guides who are fun, safe and energetic. No

prior climbing or bouldering experience is needed. True Adventure Sports. 2–6pm. 256-997-9577.

August 25—Fyffe UFO Day. The last Saturday of August offers a day of free family fun as the town of Fyffe comes together for its annual Fyffe UFO Day. What began as a tribute to the 1989 UFO sightings, today, the annual event is an Unforgettable Family Outing celebration where the only flying objects found are colorful hot-air balloons. Hot-air balloon rides are available, weather permitting, by advance reservation only. Live entertainment featuring many local musical talents. The free event also offers tethered hot-air balloon rides (weather permitting), arts and crafts, antiques cars and tractors, games for children, a street dance and an assortment of food vendors. Fyffe Town Park. Attendees are encouraged to bring your lawn chairs and picnic blankets. 10am–11:30pm.

August 25—Plant Discovery Walk. Join Robert Wilson for a short nature hike around the boardwalk area at DeSoto State Park and learn to identify some common plants. This is a short basic plant identification class with some basic info about medicinal, edible, and utilitarian uses. It is suggested to bring a camera and note book. Meet in DeSoto State Park Country Store & Information Center. 9am–12pm. Free & open to everyone. 256-997-5025.

August 27—Beginner Line Dance

Workshop. DeKalb County Council on Aging, 600 Tyler Ave. SE, Fort Payne.. 256-845-8590.

August 28—"Living off the Grid in Alaska".

Meet Romey Atchley and hear her tales of living off-the-grid in a remote area of Alaska for the past -19 years. Free for all ages. 6:30pm. Moon Lake Community Library, 4670 AL Hwy. 117, Mentone.

August 28—Colorfest Vendor Application Deadline. mapamentone.com

August 28—Sacred Harp Singing. Free lunch included. DeKalb County Council on Aging, 600 Tyler Ave. SE, Fort Payne. 6:30–8:30pm. 256-845-8590.

August 28—Afternoon Rock Climb. Come experience first-hand what rock climbing is all about in the afternoon with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. True Adventure Sports. 2–6pm. 256-997-9577.

August

Birthdays

- 2

Logan Goza
George Raley
Ginger Lee
Heather Dutton
Ashley Simpson
Ella Kay Bell
- 3

Halle Hilyer
Adriana Grace Hall
Wendy Haynes
Chance Pearson
Mary Frances Battles
Daniel Vest
Chet Perky
- 4

Phyllis Stephens
Savanna Goza
- 5

Hope Martin
Amanda Pilotte
Elizabeth Meadows
Amy Jones
Laura Easler
Matt Hilliard
- 6

Casey Stott
Dallas Bowman
Chris Collins
Josey Noles
- 7

Samantha Reed
Destiny Watters
- 8

Alex Gifford
- 9

Martha Browder
Carolyn Martin
Brayden Hughes
Cynthia Connor
Decker Jones
- 10

Alex Whatley
- 11

Dianna Carden
Lila Jane McElhaneey
Harlee Wooten
- 12

Kinsley Worthey
Amber Smith
Frances McNutt
- 13

Stephanie Potts
Brittney Barkley
Cindy Tipton
- 14

Jennifer Ferguson
Alan Black
Hannah Manning
Ryan Hicks
Matthew Sword
Emilia Shores
- 15

Michael Langston
Dallas Gregory
- 16

Ashton Jones
- 17

Sandra Pruitt
Mattie Belle McGee
Jacob Bain
- 18

Kinsley Mitchell
- 19

Michael Flannigan
Lee Pierce
Blake Villarreal
- 20

Carla Warren
Shane Ingram
Joseph Goza
Jesse Jones
- 21

Chloe Bell
Eddie Langston
Emma Crawford
Christina Stokes
Michele Black
Hannah Neel
- 22

Casey Gregory
Haven Downer
Keith Langston
Anthony McKenzie
Hazel Hilliard
Sinjhin Smith
Candice Wilbanks
Heather Williamson
- 23

Slade Carden
Lukas Boehringer
Phillip Pannell
Bandy Johnson
- 24

Dana Pangle
Tammy Larock
Nicole Callahan

Anniversaries

- 1

Carolyn & Eddie Coots
Kirk & Mikhaila Watkis
- 6

John & Amy Kirby
- 11

Rayford & Cindy Bethune
- 17

Bobby & Sandy Blalock
- 20

Heath & Lindsey Blalock
- 24

Dwayne & Laura McKenzie
Matthew & Taylor Smothers
- 25

Mike & Stephanie Potts
- 26

Will & Lori Blackburn
- 28

Joseph & Mandi Goza
- 29

John & Kim Johnson
- 30

Richard & Christy Harrison
- 25

Carolyn Coots
Jason Gregory
Aubrey Baker
Georgia Mae Baker
Kelly Johnson
Crystal Haynes
- 26

Brantley Hughes
Tom Shanklin
- 27

Sadie Carden
Howard Hilyer
Crystal Lee
Tamara Hawkins
Luke Durham
Jack Chambers
Charlotte McGee
Jaymie Ballard
Todd Godwin
Donna Johnson
- 28

Larry Gray
Hunter Izell
Courtney Roden
Jase Gregory
- 29

Kayla Worthey
Donna Willingham
Susan Cheronos
Isaac Browder
- 30

Wesley Rhodes
L.C. Bone
- 31

Mark Battles
Ian Norman



Ongoing Calendar

Mentone Town Council meets the 2nd Tuesday every month at 6pm at Mentone Town Hall. Everyone is welcome.

Mentone Water Board meets monthly on the 2nd Thursday at 4pm.

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

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

The Farm Market at Windy Hill sells fresh produce, eggs, beef, and pork every Friday from 3–6pm Central. 445 Road 942, Mentone.

Fort Payne Main Street Fresh Farmers Market is open Tuesdays 5–8pm and Saturdays 7am–Noon. Locally grown fruits and vegetables. For more information, call Tim Harris at 256-996-2131.

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

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

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

Moon Lake Community Library is open on Saturdays from 9am–1pm, and Tuesdays and Thursdays from 3–6pm. Enjoy complimentary coffee, chess and other games of strategy on Saturday mornings at 9am. Visit moonlakecommunitylibrary.org.

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

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

Writing anyone? Point of the Pen is a small, supportive writing group that welcomes anyone to join us for a casual sharing time with other writers interested in life stories, poetry, and fiction. Come to Moon Lake Community Library on the 1st Thursday of each month at 3:15pm. Call 256-635-8775 for details. (NOTE: There will be no meeting in August.)

The Lookout Mountain Knitters meet each Tuesday at 3pm at Moon Lake Community Library.

Ryleigh's Closet is a clothing closet that provides men's, women's, and children's clothing to those in need on 2nd and 4th Mondays of each month from 4–8pm. Mentone Community Church. 90 Summerville Rd. 256-634-4210.

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

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

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

The Little River group of Alcoholics Anonymous meets every Saturday & every Tuesday night at 6pm at St. Joseph's-on-the-Mountain Episcopal Church in Mentone. Both meetings are Open AA Discussion Meetings. Anyone who thinks they might have a problem with alcohol is welcome. Questions? Call 256-634-3060.

AL-ANON family and friends support group meets every Tuesday at 6pm at St. Joseph's-on-the-Mountain Church in Mentone. Same time and location as the AA Meeting.

Hope AA/NA, a Christian-based support group, meets each Friday at 6pm at Church of God of Prophecy on Hwy. 117 in Mentone.

Exercise Room is open at the DeKalb County Council on Aging each week, Monday through Friday (except for certain holidays), from 8am to Noon. 256-845-8590.

Ballroom dancing lessons are offered at DeKalb County Council on Aging on Tuesdays from 1:30–2:30pm for beginners and 2:30–3:30pm for advanced. 256-845-8590.

Line dancing lessons are offered at DeKalb County Council on Aging on Tuesdays from 1:30–3:30pm. 256-845-8590.

Free Square Dance Lessons are offered Thursdays, 5:30–8:30pm, at Tom Beville Center in Rainsville by Duos and Solos Dance Club. Everyone is invited to watch, and if you can round dance or square dance, you are welcome. \$5 fee for non-members. Beginner classes to be announced. 256-638-2780.

Calendar entries are subject to change.



Charlotte Gentry
Broker/Owner
256-996-5995



Mentone Realty



Holly Watson-Houston
Assoc. BROKER®
256-996-0552



Melody Sellers
Assoc. REALTOR®
256-996-5297

www.mentonerealty.com

"The Natural Choice" Office: (256) 634-4767

Welcome To Mentone



Stop in and see us at our log cabin office in the heart of Mentone. Porch sitters welcome!

LOTS and LAND

EASTERN LOOKOUT MTN'S EDGE, expansive views, gorgeous sunrises. 1-acre lot w/approx 120' brow frontage; paved road; public water. Driveway tile already in place. Just right for your mountain home or getaway. Lake on the Brow Subdivision allows for use of lakes in common areas. Only a mile or so from famed Little River Canyon Nat'l Preserve, Jacksonville Center & favorite swimming holes of Little River. Less than 15 minutes to Ft Payne. \$59,900 (1088539)

OWNER FINANCING AVAILABLE! 2 WOODED ACRES with a tiny little rustic one-room camping cabin (no plumbing, water or septic installed). Sort of a getaway or place to stay until you're ready to build your mountain home. Restricted. \$39,700 (1034503)

JUST ENOUGH IS JUST RIGHT. And we think you'll find this 11.9 acres to offer just enough land, privacy and elbow room. It is right in the heart of the community. If you might want a property to have milled into the lumber you'll need to build. Not too much, not too little, & at a perfect price. \$41,900 (1087348)

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

SOUTH COOL STREET brow-front property w/beautiful old stone chimney, part of the foundation, plus a small garage. New survey. An original Mentone summer home once stood here; owned by the same family since early 1920s. Approx 0.45 acre lot in an area where properties are seldom available. Build your own memories! \$125,000 (1070474)

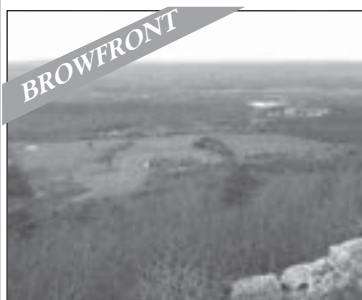
30 ACRES (+/-) IN MENTONE of mostly hardwood forest, some pasture land. Slight slope to offer a great elevation for future cabins, a farm, hunting cabin or whatever your Mentone dream dictates. \$105,000 (\$3,500 per acre)



Please watch for kids as they return to school.



UNIQUELY MENTONE RIVERFRONT HOME W/BEAUTIFUL GARDEN areas, screened porch; large deck; gazebo & the sight & sounds of West Fork Little River. Intriguing spaces inside & out. Pagoda-inspired gated entry; privacy fence. Vaulted great room w/corner windows & seating; large, masonry & stone fireplace; hardwood & pine plank floors on main level. Lg main-level master suite w/access to gardens/parking. Sunroom, office w/library & loft areas. 2 bedrooms upstairs w/jack-n-jill bath. Inviting outdoor areas w/many native & transplant species & moss garden. Paths down to swimming hole w/big rock river access. Partial, unf basement. \$390,000 (1098813)



THIS IS WHAT WE CALL A VIEW! And this place has so much more! Lovely frame & stone cottage on the brow at Mentone. Over 3000 sq ft; 3BR/4BA; lg bonus room for 4th BR, office, exercise or play room. Main-level Master Suite with wall of windows to enjoy the view. Huge kitchen is a dream for those who love to cook & entertain: granite counters, commercial gas cooktop, double wall ovens, wine cooler, disposal, compactor, gas fireplace, enormous pantry. Large dining room opens onto brow-side screen porch & decks. New wood floors & ceiling; new paint; new windows in MA BR & Living. Detached 3-car garage w/efficiency apartment & shop. Wrought-iron gated entry; circular, paved drive. \$419,000 (1084334)



QUALITY SPEAKS FOR ITSELF. Rough-sawn cedar-sided cabin on 2.91 wooded acres; 8x42 front porch; 12x42 back porch; 2x6 ext walls; 2x12 floor joists; Galvalume roof; 2x10 roof rafters; big efficiency, on-demand water heater, air conditioning, central vacuum, hand-drawn shutters, beautiful LR w/10x12 shop. Main-level MABR. Custom cabinetry. Wide, pine-plank floors. Huge laundry! 10x12 shop. So much more! Now priced at \$198,500 (749941)



RELAX, IT'S "MOUNTAIN TIME." You've worked hard for it, you're ready to unwind. Here's that cabin filled with rustic flavor & mountain charm. All-wood interior; vaulted, open LR/DR/KIT. Spacious, main-level MABR & bath. Large loft BR w/bright shower bath. Front porch & big screened back porch for just kicking back with no worries. Laurel Creek offers 3 lakes and well-kept walking trails to explore wildflowers & native plant life. A sweet package, a sweet price. \$173,900 (1089804)



SALE FELL THRU! PRE-CIVIL WAR ERA LOG CABIN w/additions, plus 2 add'l small cabins. Main cabin has 2BR (one is a loft)/2BA; kitchen & dining; huge living area divided by Mountford-style mtn stone fireplace. Fantastic stone work inside & out. Hand-hewn logs & beams. Screened porch. Det 2-car carport. Wood walkways between cabins. 3 cabins (totalling 4BR/4BA) on approx 1.2 acres. \$153,500 (1083512)



EXTRAORDINARY! From the moment you walk onto the spacious porch with its wood-burning fireplace, then you enter the cabin and smell that rich, wood smell, you know you're in for something special. The living space; main floor; 2nd floor; 3rd floor; 4th floor; 5th floor; 6th floor; 7th floor; 8th floor; 9th floor; 10th floor; 11th floor; 12th floor; 13th floor; 14th floor; 15th floor; 16th floor; 17th floor; 18th floor; 19th floor; 20th floor; 21st floor; 22nd floor; 23rd floor; 24th floor; 25th floor; 26th floor; 27th floor; 28th floor; 29th floor; 30th floor; 31st floor; 32nd floor; 33rd floor; 34th floor; 35th floor; 36th floor; 37th floor; 38th floor; 39th floor; 40th floor; 41st floor; 42nd floor; 43rd floor; 44th floor; 45th floor; 46th floor; 47th floor; 48th floor; 49th floor; 50th floor; 51st floor; 52nd floor; 53rd floor; 54th floor; 55th floor; 56th floor; 57th floor; 58th floor; 59th floor; 60th floor; 61st floor; 62nd floor; 63rd floor; 64th floor; 65th floor; 66th floor; 67th floor; 68th floor; 69th floor; 70th floor; 71st floor; 72nd floor; 73rd floor; 74th floor; 75th floor; 76th floor; 77th floor; 78th floor; 79th floor; 80th floor; 81st floor; 82nd floor; 83rd floor; 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MACC Conversation *(continued from page 12)*

let us know that they can't afford a program. We're not going to stop anybody at the door. There will be enough free activities that kids will always have the opportunity to participate."

I circled back to the question of sustainability and wondered how free programming will be profitable. "I think we're going to have enough programs that will cover our costs. We're looking at ways to get staffing paid for on a federal or state level, and we'll also count on volunteers, like everyone does. Our big costs are basically our utilities, other than instructors. I think we can offer enough performances that will pay for all of that. Plus, our state funding. The Alabama State Council on the Arts has said, I don't know how many times, 'We are going to help you be successful.'"

Randy said the most common concern he hears within the community is that folks believe the Center will never get built. "Anybody can say, 'I don't know how that's going to work'. I don't see that as a problem. You can wow something to life or you can question it to death. We have too many talented people involved, and I think with the persona and atmosphere of this town, everybody's going to want to contribute to make sure we are successful. I don't know why they would be opposed to such an addition to our community. I think one thing that people should understand is that there's no city tax money going into this project. This is all being funded by private donations, or from foundations, and they're not putting their money into a boondoggle that's not going to work. We have dedicated people on our board who are working hard to make sure it works for everybody."

"The Center adds to the community; it doesn't distract from the community," Randy continued. "It's not sitting in the middle of our park or on the brow. It's in a nice location where it doesn't disrupt the aesthetics of downtown. We see it as a win/win, especially with what we can do with the school kids and also what we can do with bringing in tax revenue that will benefit residents."

"This idea certainly didn't come from me," said Ray. "It all started back in the 1980s with Homer and Bernice Crow. Bernice had a museum up at The Hitching Post. All of these concepts have been around and have been talked about for years and years. Basically, this project started with my sitting down with Rob Hammond. He said, 'You know, I think we can do this. Let's see what we can do.' It would definitely be an asset to the community."

I asked what the employment opportunities for our community would be and Randy cited such areas as staffing of the gallery, grounds keeping, custodial work, and food preparation. "There will also be teaching opportunities for art and music," Randy said. "Anytime we hire a teacher, most of those people would be local, or a lot of them would be, at least initially. Once it gets going and we really have a year-round, full-blown facility, we'll need people from other areas to come in and help."

It's hard for a timeline to be put in place until all the needed money is raised. "One potential donor could make this happen today," Ray said, "and we could break ground this summer. Realistically, we can certainly start building by next spring."

"We don't want to borrow money," Randy said. "We do have some fundraisers coming up. We're currently offering music and art programs [at the Center's temporary headquarters in downtown Mentone], but they're not really fundraisers. We have a fundraising committee, plus now we're utilizing the Daniel Foundation's matching grant. We have a business plan and a design committee. All this joined with the dedication and expertise of our board and many other volunteers—we'd have to try hard not to succeed."

"Every one of our board members brings some type of strength," Randy continued. "The main thing is they all love Mentone and they want to see Mentone grow in a way that's good, that's nice for the community. They think this would be a huge part of growing in a way that benefits the community and the whole region."

Ray and Randy agreed that the project needs community support. Ray said, "If we have everybody's support, we could possibly break ground in six weeks because there are donors who will be financial contributors when they see greater community support. Obviously, strong community support helps any project have a better chance of success."

"I'm a mathematician," Ray continued. "I'm not a marketer. I know how to explain. If somebody wants to sit down and talk to me, I'd love to talk with them. I am always here."

Community conversation is well warranted regarding this project. If you'd like to share your opinion or ask any questions, Ray can be reached at 850-974-3271. Randy can be reached at 256-674-3366. The project's site plans and drawings can be viewed at mentoneculturalcenter.org. I also invite readers to email me at groundhognews@yahoo.com.

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 ENJOY SUNRISE & SUNSET VIEWS in this cozy Mentone home located on Scenic Hwy. Open family room, dining and kitchen. Call for appointment today! \$299,900. MLS #1069365	 VINTAGE BUNGALOW, completely remodeled, zoned Commercial/Residential w/250' on Hwy 117. Bright & sturdy 1940's-era, 3BR/1BA gem. Wood walls; period trim details. Updated with new electrical, plumbing, floors & cabinets. \$125,000. MLS #1046940	 UNBELIEVABLE brow home on 1.95 acres. 4BR/3BA, open living/kitchen area, formal DR, numerous decks and screened porch. Many gorgeous rock formations, a detached 2-car garage/workshop and more. \$323,900. MLS#1048899.	 A MUST SEE! Downtown Mentone 1BR/1BA fully furnished, redecorated log cabin! Walk to every event, festival, restaurant, then mosey to the front porch of your retreat and enjoy the music! \$159,000. MLS #1087805	 THE HISTORIC CRAGSMERE MANOR, on 5+ acres serves as rental lodging and/or event hosting. Perfect setting for large or small groups, 6BR/4BA, Large kitchen, dining, and living area, covered pavilion. \$699,000. MLS#1066488	 JUST MINUTES FROM MENTONE & 1.5 mi. from DeSoto State Park. "Stone's Throw" offers 3BR/2BA with tons of extras! \$189,000 . MLS #1089979
 MENTONE BROW HOME! 2BR/2BA brow home with tons of character! Enjoy all the extras like hardwood floors, rustic wood walls, gas log fireplace & more. Being sold furnished. Call today! \$329,000. MLS #1076700	 3.3 ACRES of historic property in the heart of Mentone. Start-ing at \$325,000. Call for details. MLS #1045206	 THE VERY BEST of both worlds awaits you in this custom built home situated on beautiful Lake on the Brow. Breathtaking views of the valley below in sight from your front porch. \$324,500. MLS #1088251	 PRIVATE MENTONE COTTAGE! You'll love this gorgeous Mentone cottage that feels like a private retreat. Hardwood & tile floors, woodburning FP, covered porches, & more! \$154,900. MLS #1072513	 LIVE & PLAY ON THE WATER! Enjoy 200 feet of frontage on the East Fork of Little River in this waterfront home. \$197,500. MLS #1090616	 CRYSTAL LAKE LODGE in Mentone... Fifty breathtaking acres surround you in this one-of-a-kind property. Call today for your private tour! \$734,900. MLS #1070805
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LOTS and LAND

#1014183—1.5 acres. Brow Lot on CR 89. \$124,900.

#1027934—Lot on River Lane. \$29,900.

#1021165—2-acre lot offering lake and brow footage. \$59,900.

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

#1038089—6 1/2 acres with approx. 250' of road frontage and 1-1/2 acres of level land for a secluded home site. \$138,000.

#1039769—6.32+/- waterfront building lot in Mountain River Estates! \$49,950.

#1056358—3.2 acre lot on the brow in Mentone near DeSoto State Park. \$269,500.

#1057429—4 acres in Valley View Forest. \$79,900.

#1065542—90 acres on Co. Rd. 89 in Mentone. \$360,000.

#1065504—One acre on Co. Rd. 89 in Mentone. **REDUCED TO \$139,900.**

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

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

#1073864—Brow Lot! .78 acres. **REDUCED TO \$104,000.**

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

#1076286—1.75 acre building lot in West Fork Subdivision. \$42,000.

#1076577—Lot 6, Hunter's Ridge. **REDUCED TO \$13,900.**

#1078002—Brow view, 4.4 acres. **REDUCED TO \$125,000.**

#1078140—18.3 acres, unrestricted, partially wooded! \$66,800.

#1079713—Gorgeous lot in Mentone with .81+/- acres in Hunter's Ridge Subdivision. \$15,000.

#1080922—.54 acres, Mentone Bluffs. \$59,999.

#1081506—7 wooded acres within walking distance to DeSoto State Park. \$70,000.

#1083789—2.11 acres with 300' of waterfront in beautiful West Fork Subdivision. \$44,900.

#1092235—Building lot in Laurel Creek Lakes. \$24,500.

#1092172—Spend your summertime on the LAKE... or spend forevermore! 1.70 acres with over 200' of waterfront at beautiful Lake on the Brow. \$49,000.

#1094616—ON LOOKOUT MOUNTAIN. Lakefront lot in Gated Community. \$32,500.

#1098750—Beautiful, wooded BROW lot with Winter Views! \$77,640

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Cloudland News • by Pat Johnson



Audrey Smith, Madelyn Smith, Sara Pless, Ian Conerly

Cloudland Community Park held their annual Star-Spangled 5K Fun Run on June 30. The Ukulele Band of Alabama provided entertainment after the run, while everyone enjoyed delicious Bar-B-Q cooked on site by Bobby Cavin.

The race winners were: Ian Conerly #9 (fastest male over 18), Madelyn Smith #21 (fastest female over 18), Audrey Smith #22 (fastest female under 18), and Sara Pless #30 (fastest senior).

The park's next event will be the annual Burning Leaf Festival on October 27 which will feature craft vendors, music, games, and food. Put it on your calendars and come join the fun.



The Ukulele Band of Alabama



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Mentone Area Church Directory

Mentone, Alabama

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

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

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

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

Mentone United Methodist Church invites you to come and worship with us. Each Sunday our worship service is held at 9am and is led by Pastor Carol Gullatt. Sunday School is at 10am. The service of Holy Communion is held the first Sunday of each month and fifth Sundays are a service of music. 415 Cutler Avenue. 256-634-8006.

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. Pastor Mike Ellis. 4671 AL Hwy. 117. 256-634-4568.

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

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

Hammondville, Alabama

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

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

Valley Head, Alabama

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

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

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

*Love is patient,
love is kind....
Love never fails.
Corinthians 13: 4, 8*

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

Fort Payne, Alabama

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

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

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

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

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

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

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

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

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

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

Cloudland, Georgia

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

Menlo, Georgia

Alpine Community Church Pastor and Rev. Rodney Blaylock welcome each and every one to worship service Sunday morning at 11am GA time; Sunday School 10am GA time; Wednesday night Bible Study 7pm GA time. 115 Hwy. 337. 706-862-6641.

Menlo Church of Christ invites you to attend 10am and 11am Sunday services and evening services at 5pm on Sundays and Wednesdays. Visitors are always welcome.

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

Summerville, Georgia

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

Send any changes to *The Groundhog*
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MENTAL HEALTH: Depression • by Karole K. Ohme

A diagnosis of Major Depressive Disorder, according to DSM-5 criteria, is based on the clinical judgment of a mental health professional. Components of the assessment include questionnaires, interviews and subjective opinion. The client must concurrently manifest five or more symptoms from a list of nine symptoms for at least a two-week period of time; these symptoms must represent a change in functioning from previous functioning; and at least one of the symptoms must be depressed mood or loss of interest or pleasure. The symptoms must cause clinically significant distress or impairment in social, occupational, or important areas of functioning and not be attributable to substance abuse, a medical condition, or some other mental disorder.

There is no one cause of Major Depressive Disorder, nor is there consistency among individuals as to who will or will not be vulnerable to this disorder. There appears to be a subtle interplay of what we inherit genetically and what we experience over time. Stress, anxiety and depression are interconnected. Chronic stress is a major cause of both anxiety and depression. The impact of depression on lifestyle affects every aspect of an individual's life, including physical and mental health, as well as life expectancy.

This diagnosis requires intervention and treatment by a professional clinician. Research shows that the most effective treatment is a combination of antidepressant medication and psychotherapy.

Often, we confuse situational discouragement with depressive disorder. Feelings of loss, grief, fear, anger, loneliness, sadness, boredom, anxiety, frustration, isolation, and uncertainty are a few of the emotions that may be inaccurately called depression.

These negative feelings can best be managed by identifying them, exploring their source, and then considering what can or cannot be done about them. All humans experience life circumstances, from time to time, which will likely lead to negative feelings. These feelings need to be taken seriously, but they do not necessarily mean the person is clinically depressed. Most individuals dealing with these feelings would be well served to seek short-term professional help in order to more accurately assess the negative feelings and to determine effective management strategies. Even the simple act of listing stressors, as well as possible ways to better manage them, can resolve some distress. Negative feelings thrive when we feel overwhelmed by life circumstances. Organizing and prioritizing can give us a sense of control. When we feel more in control, there is less space for negative

feelings and more room for positive feelings. In other words, it is important to involve the brain, rather than try to swim in a whirlpool of emotions.

Helpful strategies for managing negative, discouraging feelings can be categorized into the physical, mental, spiritual, and social aspects of our lives. A key factor is maintaining a healthy balance among these areas. Balance can be best achieved by deliberately structuring daily life. Good nutrition and a balance of rest and exercise affect emotional health, as well as physical health. Having and using spiritual support is important in managing emotions. Those of us who have a sense of purpose, as well as a sense of self-worth, are less likely to stay in a negative state of mind. Stimulating, challenging activities, as well as a strong sense of humor, strengthen emotional health.

Healthy relationships with caring, supportive friends and family are invaluable to our emotional well being. Finally, practice mindful accentuation of the positives in your life, both large and small.

Karole K. Ohme is a Licensed Professional Counselor.



SENIOR HEALTH: Advance Directive • by Lynn Hixson

An advance directive is a written statement that explains how you want medical decisions to be made if you are unable to make them for yourself. It is important to think about who should be responsible and what choices they should make on your behalf. Some states have a standardized or statutory form, while other states allow you to draft your own document.

A Health Care Proxy is a document which allows you to appoint another person (called a proxy or agent) to make health care decisions for you if you are unable to do so. Your proxy should make health care decisions for you according to your wishes or according to his/her assessment of your wishes, including your religious or moral beliefs.

There are two circumstances when a health care agent will be needed.

- Temporary inability to make health care decisions: For example, if something unexpected happens while you are having a surgical procedure and are under general anesthesia, and you are temporarily unable to make your own decisions. If a health care decision needs to be made, your health care agent may make the decision.
- Permanent inability to make health care decisions: For example, if you are in a persistent vegetative state or suffer from an illness that leaves you unable to communicate, your health care agent can be your voice and make your health care decisions.

A Power of Attorney is a document that allows you to appoint another person (your agent or attorney) to make health, financial, and other legal decisions on your behalf if you are unable to do so. For example, your power of attorney can deal with issues of medical insurance, such as choosing health insurance policies for you (selecting your Medicare health or drug plan), paying for health care, and appealing coverage denials, when applicable.

A Living Will describes the type of care you'd like to receive in specific situations, if you are incapacitated. The living will directly provides information for your

physician and does not appoint an agent to make decisions for you. For example, you can express your desire to not be resuscitated if your illness or injury progresses to a certain stage, or you can state that all viable medical options are to be used as aggressively as possible in all situations, or that certain treatments should not be administered under any circumstances.

If you need more information please call the DeKalb County Council on Aging at 256-845-8590.

Lynn Hixson is the SHIP counselor at the DeKalb County Council on Aging.

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Chanterelles

by Anne McLeod

For most of my life I followed a rule: Never eat any wild mushrooms. Ever.

Then about three years ago, I discovered chanterelles. We were living in Athens, Georgia, and it had been a weird, damp summer, the kind that leaves you checking your closets for moldy shoes and following monthly rainfall amounts with grim fascination. The rain that year washed out some local farmers' spring plantings but later in the summer yielded a surprise crop. Suddenly the farmers markets were awash with chanterelle mushrooms.

Raised on the basic button mushroom and having only recently fallen in love with shiitakes, I bought some of these strange orange mushrooms at a market, cooked them up, in what I don't remember, and found them pretty tasty. They had a mild flavor, not as distinctive to me as shiitakes, but one that I could develop a taste for.

Days later I spotted my neighbor Edwyna scouring the woods behind our houses.

"There's chanterelles growing out here! I picked these from your front yard. There's a lot more back here."

Sure enough, little folds of orange edged up through the oak leaves. The ones in her bag did look like the mushrooms I'd bought for \$5 for a little bag the week before. Edwyna worked at one of the farmers markets and had confirmed it. The reason chanterelles

identify a mushroom, the rule about not eating wild ones still applies. (Later I would find a couple of orange imposters in the yard, trying to insinuate themselves near the chanterelle beds and was able to quickly determine that they were not chanterelles. It was a reminder to double-check each mushroom.)

After I was able to find consistent information from reliable sources about what to look for, my suspicions decreased to the point that I cooked up the mushrooms Edwyna had shared and consumed them with about the same degree of caution your typical suburbanite assigns to venison. I was thrilled. At last our shady yard had yielded an edible crop of something.



Researching the identifying characteristics of chanterelles netted me an unexpected bonus in that recognizing one mushroom led me to look at others more closely and to wonder what they were. A world that had been completely mysterious to me became a little less so. Now I noticed the fungus on the forest floor, admired perfect caps in varying colors, turned them over to see the gills or lack thereof, not because I was thinking of eating them but because I was curious about what they were. After all, if this crazy looking orange mushroom was a highly sought after gourmet prize, what kind of back story did the others have? Annie Dillard in *Pilgrim at Tinker Creek* discusses the rewards of this type of curiosity about the world. "I would like to know grasses and sedges - and care. Then my least journey into the world would be a field trip, a series of happy recognitions." Noticing is its own reward.

One question about the chanterelles remained. Would they appear again or was this a one-off event, our woods enriched by random spores during that summer of

intense storms? The next year, no chanterelles. But the following year, they were back, dotting the woods behind the house.

After I retired this summer and we moved to Mentone, I spotted some familiar orange sprouts out the back window of the cottage. Could they be chanterelles? I put my shoes on and rushed outside. Yes! I felt like a friend had followed me to Alabama.

Down the dirt road in back of the house we found even more chanterelles. A new patch sprouted in the grass out by the road, and we marked it off so it wouldn't be mowed under. We had omelettes, a chicken and vegetable braise with mushroom sauce, homemade pizza, and risotto.

Risotto, made with arborio rice, is a lovely side dish or main course, and despite its need for frequent stirring, is easy to make, especially if the stirring is done with a glass of tea or white wine situated nearby. This is a versatile recipe that can be made with onions or turnips in place of the mushrooms.

Risotto with Chanterelles

2 tablespoons butter
2 cups fresh chanterelle mushrooms chopped (shiitakes would also be excellent)
2 cloves garlic, pressed (optional: fresh rosemary sprig)
1 quart chicken or vegetable stock
2 tablespoons olive oil
1 cup arborio rice (available at Ingles) (optional: 1/2 cup dry white wine)
1/2 cup to 1 cup shredded Parmesan cheese (not the kind in the green can but actual cheese)
Salt to taste

Melt butter in skillet over low-medium heat until hot but not brown. Add mushrooms, pressed garlic, and rosemary if desired. Cook until moisture from mushrooms is gone but mushrooms are not dry. Set aside.

Heat chicken or vegetable stock over low-medium heat. Reduce heat to keep it warm without bringing it to a boil.

In a large, heavy bottomed saucepan, heat olive oil until shimmery. Add rice and stir frequently. The rice will turn translucent in the oil. Once you spot that change in the rice, you will begin adding the liquid ingredients. If you are using wine, add it first, stirring until it is absorbed. Then begin adding the heated stock, about a half cup at a time, stirring after each addition until the rice absorbs the stock. Then add another ladle of stock, allowing it to be absorbed in turn. Keep adding stock until the rice is cooked and creamy but not mushy. Taste it to check the texture as you get close to finishing. This usually takes about 20 minutes and I sometimes have a little stock left over, but your results may vary.

After the rice is done, fold in the mushrooms and Parmesan cheese. Salt to taste and enjoy!



Photo by Ginger Beshears

had been popping up in markets around town was that chanterelles were popping up all over town in people's yards. Red and black Athens was enjoying a wave of orange.

Edwyna gave me a few, pointed out where the mushroom beds were on our property, and left me alone with this bounty.

But, my rule!

I regarded the chanterelles with suspicion, remembering a friend who had described her wild mushroom-consuming dad on a family vacation to a cabin in the woods: "He spent the weekend tripping and throwing up." Not my desired outcomes so I did some research online, checking out several YouTube videos by knowledgeable chanterelle hunters. I read multiple websites about the distinguishing characteristics of the chanterelle as well as those of the not-so-benign mushrooms they most closely resemble.

Here, because I am not an expert mycologist, I suggest you do the same. Unless you can accurately



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Romey Atchley: Living off the Grid in Alaska

For 19 years, Romey Atchley and her husband, David, have lived in Alaska's Nowitna National Wildlife Refuge, two hundred miles by boat from the nearest Athabaskan Indian village. Romey and David live a subsistence lifestyle among the wild animals on their land, where they hunt, fish, garden, tan hides, and homeschool their son, Sky.

Romey is the author of a children's book entitled *The Adventures of Barefoot and Boofoot* and is currently working on a book about her coming to Alaska entitled "Swimming Upstream." The Atchleys been featured in such publications as *BBC Magazine* and *The Sun* in England and photographs of the family's daily life hang in an art gallery in London. In 2017, filmmaker Floortje Delsing, host of Dutch TV's *Naarheteinde Vanderwereld (To the End of the World)*, produced a 45-minute documentary of the Atchley's unique life. The documentary, which contains stunning cinematography by Renee Gerards, can be viewed on YouTube by searching "Romey Atchley."

Romey and Sky visit her parents, Liz and Jerome Baker, once a year at



Romey Atchley

their home in Mentone. On Tuesday, August 28, at 6:30 p.m., Moon Lake Community Library invites you to meet Romey Atchley and hear about her many experiences in the Alaska wilderness. She will also share some of her many photos. Refreshments will be served. There is no charge for this family-friendly program.

Tuesday, August 28 · 6:30 p.m.
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