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THE GROUNDHOG

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

Volume 32, No. 7

"Neighborly News from the Heart of Lookout Mountain"

July 2013

Tony Goggans: Mentone Troubadour

By Holley Midgley

The Oxford English Dictionary (OED) has a lot to say about troubadours. Troubadours "find, invent, and compose in verse; sometimes including wandering minstrels and jongleurs." It should also consider adding, "See Goggans, Tony."

Known in these parts for decades as the Mentone Troubadour, Tony Goggans has logged more miles than a '68 Winnebago. For more than four decades he has performed on guitar and keyboards at a dizzying array of high school dances, night clubs, tiny bars, huge auditoriums, mall openings, and Go Go dives. He's been in duets and show bands, recorded original music, done carpentry work so he could keep singing, and chased the elusive beast known as stardom. Recently, after commuting to Chattanooga for months to play several times a day on a local riverboat, he parked his traveling shoes and is (perhaps) permanently ensconced at Mentone's Wildflower Café. Sometimes he's at the microphone, and other times he strolls among the tables, troubadour style, delivering classics from the Beatles to Gershwin, and involving the audience to the max. Welcome home, Tony.

Born in Fort Payne, Alabama and raised



in the Land's Crossroads community near Rainsville, Tony says he doesn't remember there being a time when his childhood home wasn't filled with music and singing. His mother was lead vocalist in a group that traveled to area

churches for Saturday night singings. As Tony got older, he formed a duo with his younger brother, Mike. Their first gig was at the county fair, where their high school football coach caught their act and suddenly understood where their true talents led. "Y'all are singers, not football players!" the coach proclaimed.

Gaining confidence in his playing, Tony moved to Cherokee, North Carolina early in his career to seek opportunities in music. His first stop was as an accompanist to two "indians" who occupied a roadside stand devoted to selling quilts. "Our job was to distract fathers and kids while mom hopefully bought a quilt. I have strong suspicions that the "Indians" were not indians at all. But the feathers looked good." Eventually Tony and brother Mike were joined by their two younger sisters, Jan and Sue, and the Malibus band was born.

The Malibus must have been hot, because they stayed busy and built up a loyal following. Moving to the (now) famed Bowery bar in Myrtle Beach in the early '70's, the band found itself playing monstrously long gigs all summer—they would start at 10 AM and play until 1 AM

(Cont'd on page 12)

Home Sweet Hometown: Alabama for Oklahoma Animals

What can our sweet hometown do to benefit the Oklahoma hometowns that suffered in the recent storms? Two local sweet-hearted sponsors of the upcoming Julyfest have come up with an idea!

On Friday night, July 5th at about "dark" Charlotte Gentry of Mentone Realty and Cynthia Stinson of the Mentone Inn will offer a screening of the film *Oklahoma* free of charge in the pavilion behind the Mentone Inn. There will be popcorn, and the fun musical will be a delight for the whole family. Come sing along with your favorite tunes and consider making a

donation to Alabama for Oklahoma Animals, help pets left homeless or injured by the storm. Rated G (for Generosity).

If you will be unable to attend the movie and would like to make a donation, make checks payable to MAAC and mail to:

MAAC
P. O. Box 370
Mentone, AL 35984

Be sure to put 'Oklahoma Pets'
on the memo line.



THE GROUNDHOG

P. O. Box 387
Mentone, AL 35984

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**Have a Letter to the Editor
or a story idea? Send
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From The Editor

July is upon us. It's getting hotter and greener around here. Everyone's gardens are looking so good! I've seen some interesting "scarecrows" this year. Back on 103 out of Cloudland they've got a zillion Dollar Store bags evenly spaced around the whole boundary and fluttering, menacingly to keep the hungry birds at bay. They are not nearly so menacing as the whole dead crow hung in a Henagar garden to scare the living crows all the way back to Ider. The wig stand painted up with a bonnet placed at cabbage level was disturbing; I mean it was not nearly as disturbing as the crow, but..... I've seen some folks keeping deer out by hanging slices of Irish Spring in panty hose feet around the perimeter of the garden. That was so synthetically offensively stinky in Nature as to run off the humans as well, though-gak!



Camps are thriving and the town has gotten into the full summer swing. Julyfest is upcoming with art the focus again. If you're missing Mentone, you are probably thinking about the cooling spray of the falls or the icy bite of that first plunge into the Little River on a hot day. Come see us!

Best, Susan

We neglected to mention that last month's story of Lizzie Stewart was written by Greg Starnes and pictures of the Sacred Harp singing and Rhododendron festival were submitted by James Robert Chambliss. Our apologies!

Treasure On Lookout Mountain**First of Three Installments By Sandy Harris**

This story is historical fiction, set in the Civil War in the area of Valley Head, Alabama. The military information is true. However, the main characters are fictional, as is the story about the treasure belonging to the Colonel William O. Winston's family. For the next three months, The Groundhog will run installments of this story to commemorate the 150th anniversary of the battle of Chickamauga this September.

Sandy Harris is an author and retired teacher, who resides in Head River, Georgia. She is author of *Blazing New Trails*, a brief and out-of-print children's history of Chattanooga. Her latest book is a 2 in 1 Civil War historical fiction for young people, *Secret on Lookout Mountain* and *Traitors or Patriots*. Her books may be purchased at the Moon Lake Trading Company in Mentone.

PART I

Pulling on his dampened boots after a two-day rain, Private William Trimble gazed across the mighty Tennessee River. His 20th Corps of Union soldiers had been camped out in Stevenson, Alabama, for a few days before Major General Alexander McCook had given the orders to cross the river.

As the expanse of water lay before the men, William knew instinctively that soon he would be forced to march his sore, blistered feet for the many miles that stretched before them after the river's crossing.

The Caperton Ferry bobbing up and down on the waves, reminded William of his childhood and the little sailboat he had fashioned and floated down the creek on his family farm. Major General McCook, who was yelling orders, brought his thoughts back to the present as he once again tried to get the wet boots onto his sore, inflamed feet.

The ride across the broad, choppy river was soon behind the 20th Corps, and the thousands of troops in army blue began their march across Sand Mountain.

William turned to his friend Thomas and casually remarked, "Wonder how long it will take to get to Valley Head? Heard that's where we're headed for a few days before we march toward another battle with the Johnny Rebs." "Don't know," replied Thomas. "I'm so tired out now that I'm ready to take my bedroll and curl up for a good night's sleep. Glad the weather's turned warm and the rain's gone. Been so dry we needed it. Sure was gettin' tired of wet boots for the last week, though!"

"Know what ya mean," agreed William. "All this marchin' don't help our sore feet any. At least we'll have a pretty good dinner tonight since we jus' left Ft. Harker and supplies oughta hold out for a pretty good long time. Don't much like havin' jus' cornbread since the Rebs shut down our supply lines a few weeks back." That night the soldiers celebrated their river crossing by singing and talking among themselves around the smoldering campfires.

(cont'd on page 3)

Mentone Matters

By Mayor Rob Hammond

The Town of Mentone has applied for two grants. The first application submitted is for a paved walking trail around Mason Park and bathrooms for Mason Park. The estimated total cost for this project is \$55,000. The Town of Mentone would be responsible for \$20,000.

The second application is for a Community Development Block Grant for street resurfacing and storm drainage improvements on Cutler Avenue, Douglas Street, and the portion of West River Road connecting to Cutler. The estimated total cost for this project is \$229,800.00. The town would be responsible for \$38,300. These grants are very competitive. The town feels we have strong applications, and we are keeping our fingers crossed.



For the summer months we will have a police officer on duty at night. We will have a night time officer on duty part time during the rest of the year. This is in addition to the officer on duty during the day.

Treasure (cont'd from page 2)

One by one the men filed to bed, wondering what tomorrow would bring. Thankfully, the Rebel army was fairly far away according to scouting reports, so at least there would be just marching and no battles in sight for the next week or so.

Major General McCook came from a well-known family in Ohio. He was part of a group which included his father, eight brothers, and five first cousins, all of whom fought for the Union and were affectionately known as the “Fighting McCooks.” In addition to this leader of the 20th Corps, three of his brothers and two cousins rose to the rank of general.

Alexander McDowell McCook had graduated from West Point and had fought in the First Battle of Bull Run as well as the Battle of Shiloh. His record was less than stellar, except at Shiloh, but it wasn't from lack of trying. He just showed up, ready to do his best. He did what was asked of him, and hoped and prayed the results would be in favor of his beloved Union.

Upon the return of his scouts, Major General McCook gave information to Brigadier General J.C. Davis that for tomorrow night there was a favorable and spacious area where the troops could gather before heading up Lookout Mountain. Privates Nelson and Ritter reported of a large, lovely home in Valley Head, approximately twenty miles from their current location.

After General Davis approved of the next night's destination, McCook headed for bed, weary from the long day's river crossing and march across Sand Mountain. As he settled on his cot and lay looking up at the canvas tent, which had been his home for two years, the major general wondered how his father,

brothers, and cousins were faring in their areas of battle.

Bright and early the next morning, the men were up before dawn. They had a long-distance march ahead of them on this third day of September, 1863. After packing up their tents and eating a quick breakfast, the sun had peeped over the horizon. The men moved out quietly, wishing for a few extra hours of sleep. All was quiet as they trudged toward Valley Head, as it sat at the base of looming Lookout Mountain. The troops finally reached Winston Place and set up their tents in the area of Winston and Allen Springs

William felt blessed that both he and Thomas were among the men who were allowed to camp in the Winston's front yard.

“Have you ever seen such beauty?” remarked William.

“No, I haven't,” said Thomas. “This is by far the finest of all our campin' sites. Would ya look at those columns on that house! They're the biggest I ever seen!”

“I'm jus' glad we got lucky enough to git chosen to camp this close to the house,” replied William, as he began setting up his tent, and afterwards, cleaning his gun for sentry duty that night.

Winston Place was Valley Head's most prestigious home. It was owned by Colonel William O. Winston, who happened to be a Union supporter. Major General McCook's superior, General Davis, had already warned the men not to take any of the livestock or food belonging to the Winston's.

Colonel Winston had been a member of the Secession Convention in Montgomery before the war began. Along with his good friend from Cherokee County, Henry Sanford and others, he

(cont'd on page 4)

Want to know more about Mentone's early years?

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

Wildflower Cafe . Kamama Gallery
Crow's Nest Antiques

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

Live outside the area? Send a check in the amount of \$18 (covering shipping and handling) to MAPA, P. O. Box 50, Mentone, AL 35984, and a book will be sent to you. Be sure to include your shipping address.

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MAPA Elects New Officers

Rev. Charles White McGehee, first editor of *The Groundhog* and founding member of the Mentone Area Preservation Association (MAPA), wrote about the resurrection and preservation of Mentone in the early eighties – “More is involved in the resurrection of a town than economics. There are deeper and more personal reasons. People visit Mentone and inhale the air of something wonderful. They want to be a part of it. Many of them return to establish a permanent residence. Others build summer homes in preparation for the Long Vacation of retirement. Some lucky people carry the names of families who came to this section of Appalachia generations ago.” In my view, Rev. McGehee summarized what brings and holds people from all walks of life to our special part of the world.

MAPA was founded in 1982 to offer our community the opportunity to work together for the betterment of Mentone. Our goal is to preserve our natural environment, historic buildings, artifacts and history, while educating and sharing Mentone’s rich heritage with the local community and our thousands of visitors.

Every MAPA President before me had their own individual vision of what MAPA accomplishments should be for the coming year; but all agreed that our area has a unique natural beauty and heritage that deserves to be

protected and preserved. My goal, as your new MAPA President, is to work with residents and visitors to identify ways to preserve, protect and improve our area for present and future generations’ benefit.

We depend on the volunteer efforts of our members to accomplish the goals we set forth annually to perpetuate our mission. Through our monthly meetings, we establish our annual budget and what we hope to accomplish as an organization. This is not possible without your input and membership. The wonderful and creative ideas from our community are needed to not only protect and preserve our environment and heritage, but to improve the quality of life in Mentone.

Our new MAPA Board is: Amelia Kirk-Lolli and Elaine Gauldin (Members at Large), Susan Cheronos (Groundhog Editor – Member at Large), Laura C. Moon (Parliamentarian-Past President), Jerome Stephens (Secretary), Doreen Waters (Treasurer), Kayla Worthey (Vice-President) and me. We are asking all current MAPA members to renew their membership for the coming year, and to encourage your friends and neighbors to join! Please add your voice, expertise and energy to MAPA’s ongoing plans and work. We are a 501c(3) organization, so your contributions are tax deductible. Our new membership fees are \$20/year for individuals



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 Couples - \$15 a year

MAPA
 P. O. Box 50
 Mentone, AL 35984

and \$30/year for couples.

I urge you to join MAPA’s efforts to help ensure that future generations continue, in the words of Rev. McGehee, to “inhale the air of something wonderful” when they come to Mentone.

Thank you,
 Ray Padgett, President

Treasure (cont’d from page 3)

had voted against Alabama leaving the Union. Their side had been defeated, with Alabama entering the Confederacy in 1861.

Because of his loyalty, General Davis wanted to honor Colonel Winston and not take any of his possessions to help feed the huge army descending on Valley Head. As was the custom of the North and South, soldiers scavenged the countryside, looking for livestock and crops to feed the men.

This day was no exception. Many Valley Head residents found themselves without their cattle, hogs, chickens, and the crops they had just finished harvesting. There was much rejoicing

that night as the men feasted on what they had looted from Valley Head’s abundance. The men particularly enjoyed the chunks of beef and pork that graced their plates that warm September night.

William slowly got up as his time of sentry duty drew near. He stared into the black night as the soldiers began to settle down. He never saw a shadowy figure enter the Winston’s home later that night, but he would have been saddened had he know what was about to transpire.

PART II

everyone in the Winston household had been asleep for hours; the Colonel was snoring softly

in the big walnut four-poster bed upstairs. A soldier’s dark blue uniform gave him great cover. Little did William know that his friend Thomas Jones was a thief.

Thomas snuck in the house and stealthily moved from room to room. He felt along walls, pulled up the corner of rugs to see if there was a secret crawl space, and even felt behind paintings on the wall. He gently pulled up the bottoms and moved his hands underneath each picture in both the parlor and dining room. A dog barking under the dining room window caused him to freeze in his tracks. Afraid the mongrel would awaken the Colonel, Thomas

(cont’d on page 17)



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Classics in the Library

By Jane Faile

What makes a book a “classic”?

Unfortunately, the term has become so over-used in marketing that the meaning has become obscure. To be called “classic,” a work of art must stand the test of time. How much time, you ask? That depends on who’s defining (or selling) the item in question; my estimate is fifty years. Also, a “classic” can be defined simply as “good story, good character, good writing, meaningful theme.” You can see the pitfalls here – what I find “good” and “meaningful” may not be to someone else. Perhaps the best way to identify a classic is simply to take a look at the “classics” shelf in the Mentone Library; there, by example, we may be able to come to some understanding of what makes a classic.

Let’s start with Charlotte Brontë’s *Jane Eyre*. If all you know of this story comes from the many film versions of the story, you will be in for a surprise. The novel traces a young woman’s growth from innocence to experience, a “classic” theme in literature. It is Jane’s basic morality, her goodness, that develops from early hardship, through devastating betrayal, and finally to forgiveness and, one hopes, a measure of joy. Her relationship with Mr. Rochester, the heart of all film versions, is but one part of her journey. Jane is in conflict with herself; it is her path to self-realization that forms the arc of the narrative.

If Jane’s conflict is with the Self, Captain Ahab’s is with Nature. In Herman Melville’s *Moby Dick*, the tormented captain of the whaling ship Pequod risks all in his quest for the great white whale. This is a rousing tale – and a long one – and it will take you onto a 19th century whaling ship with a vividness rarely touched in modern fiction. The core of the story is about the issue of “natural evil.” Is the great whale a conscious entity exacting revenge for the slaughter of its kind? Or is he a creature, without a conscious intent to do harm; is he merely being a whale? What is the justice of Ahab’s quest: is he simply crazy? Or is he like Job, demanding that God explain Himself?

Harper Lee’s *To Kill a Mockingbird* tells a story of two young children, Scout and Jem, who serve as observers to the profound social conflicts in a small southern town in the mid-twentieth century. We watch with them as they try to understand their father, a lawyer defending a young black man in a rape trial.

They come to understand the meaning of prejudice, whether against those of another race or of different abilities, and to know the sacrifice that values like honor and integrity often require.

Other books on our “classics” shelf that deal with similar themes to those mentioned already are J.D. Salinger’s *Catcher in the Rye* about a young man’s disillusionment with society; Charles Dickens’ *A Tale of Two Cities*, perhaps one of the finest explorations of the meaning



of integrity in the midst of intense social upheavals; Stephen Crane’s short novel “The Open Boat” (in a collection called *Great Short Stories*), about survival at sea. For wonderful wit and humor, try Mark Twain’s collected stories; for mystery, Poe’s *Tales of Suspense*; for the young at heart, Kipling’s *Jungle Book*.

All of these books both entertain and stimulate thought; also, they continue to connect with new generations of readers. Next month I’ll write about classics of specific literary genres: westerns, science fiction, romance, mystery.



Bookmobile Visits Mentone

While Mentone enjoys the presence of the Moon Lake Library we also receive services by the DeKalb County Library out of Fort Payne, AL. Ms. Lisa Hawkins, Bookmobile Librarian, drives the bookmobile to the Mentone Town Hall, for a 30-minute stop, twice a month on Wednesdays. She brings selections from the library’s main collection to appeal to most readers. You can check out any bookmobile items without a library card. However, if you do have a DeKalb County Library card, you can go online to www.dekalbcountylibraries.org and search or peruse their main holdings to find items that you would like to reserve or check out through the bookmobile. Ms. Hawkins will coordinate to bring you those items at her next Mentone visit. In addition, you can return any DeKalb County library materials to the bookmobile and save a trip to Fort Payne. Bookmobile patronage in Mentone has been low the last several visits. The library will monitor the next four visits to determine if the community will support the time and expense of a bookmobile visit. Plan to meet and visit with Ms. Hawkins on her next scheduled visits: July 10, July 24, August 7 and August 21 at 10:30 in the Mentone Town Hall parking lot. If you have questions, please visit or contact the DeKalb County Library at (256) 845-2671.



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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.

Summer is here and I love the rain, the sunshine and the happy voices of children playing outside. The MERF house has fewer visitors in the summer but I always enjoy the family reunions and the summer socials that happen. The Senior Lunch Bunch crew will meet on the third Wednesday of each summer month at 1:30 p.m. for entertainment, fellowship and a wonderful dessert delight. Thanks to Mentone Community Church for hosting the first social with yummy banana pudding, Roger's homemade muffins and fellowship. Kathy McMunn entertained with some great jokes too such as: Why did the banana go out with the prune? Because he couldn't find a date!

Here's one she could use for our next social: Knock, knock. Who's there? Banana. Banana who? Banana split so ice creamed!

The MERF board has been abuzz with exciting news lately. On June 1st, they hired Elizabeth Harris to come assess the health care needs of Mentone with a grant received by MERF. She will be gathering information on what resources are already available in our area and what resources would be beneficial to have in our community. At the end of the summer, she will present to the board her findings and

recommendations on what MERF might be able to do to meet any discovered needs. MERF hopes to discover ways to continue to enrich the living and learning in our community which is our mission in all the activities that MERF does. Elizabeth wants to speak with as many Mentone residents as possible to see



what the needs of the community might be, so please spend time with her when she asks. She is a nurse practitioner with a business background. She has recently returned from three months working in a Kenyan clinic. A fun fact: her grandparents spent their honeymoon in Mentone so they knew a good place to come many years ago. If you have any thoughts or expertise you want to share with MERF, feel free to send an email to merf.mentone@gmail.com or call Kristen Emory (256-635-8477) or Sarah Wilcox (256-634-4673). Also, let us know if your

group would like to host Elizabeth at a meeting for her to gather information. Help MERF make a great assessment of our needs and resources in Mentone with your time and thoughts.

Have you seen the new "Leave Me in Mentone" fleece throws? They are perfect for these cool mountain evenings so pick one up today at our Julyfest booth or one of our local businesses: Crow's Nest Antiques, Little River Hardware, DeSoto State Park Country Store or Mountain Laurel Inn B&B. Thanks to everyone for always supporting MERF!

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



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JulyFest Art and Music Festival Scheduled for July 6 & 7

Organized by the Mentone Area Arts Council, JulyFest Art and Music Festival made its debut in 2012 attracting thousands to the mountaintop town for a weekend of free family fun. High atop Lookout Mountain in Mentone, the second annual event returns July 6-7, 2013, bringing with it two days of arts and crafts, free music by notable Alabama bands, a pet parade and more.

The two-day event opens at 9 a.m. with the prestigious juried arts and crafts show featuring the works of about 50 talented artists and craftspeople who specialize in oil paintings, pastels, watercolors, photography, sculptures, wood art, rustic furniture, pottery, iron work, basketry, fiber and wearable art, and jewelry. The juried show will be held under the trees in Mason Park where visitors can enjoy a leisurely stroll as they shop for one-of-a-kind art.

Registration for the pet parade starts at 9:30 a.m. at Mason Park with the parade taking to the streets at 10 a.m. Festival goers can also take part in the silent auction and dog adoption to benefit the Humane Society and Animal Resources of DeKalb County.

Live entertainment is slated for Saturday and includes performances by Saxophonist Bill Henson from Rainsville at 11 a.m., banjo player and vocalist Chris Hale at 1 p.m., and Mentone's Jess Goggans at 3 p.m. At 5 p.m., Old Tymer's Barbecue of Fort Payne will fill plates with their famous barbecue on the grounds of the Mentone Inn as festival goers enjoy the melodies

of light-rock musician Jerry Bloom. Cost is \$10 per plate. Headlining this year's event is country star Leah Seawright who will take the stage at 7 p.m. with her band, including drummer Mark Herndon formerly with the group Alabama, for a two-hour performance.

On Sunday, July 7, Mentone's Larry Joe Hall is slated to perform from 1 to 4 p.m. at the Mason Park gazebo. Categorized as folk, rock and country, Larry's style is punctuated with strong clear vocals and precise guitar playing.

JulyFest Art and Music Festival is made possible through a grant from the Alabama State Council on the Arts plus Title Sponsor The Mentone Inn, Presenting Sponsor Mentone Springs Hotel, and other local sponsors Cool Breeze Cottages LLC, Allison and Mark Jackson Family and The Art Gallery at Mentone.

Hours are 9 a.m. to 9 p.m. on Saturday, July 6 and 11 a.m. to 5 p.m. on Sunday, July 7 (Central Standard Time). Festival goers are encouraged to bring a lawn chair and picnic blankets. All activities take place rain or shine and admission is free.

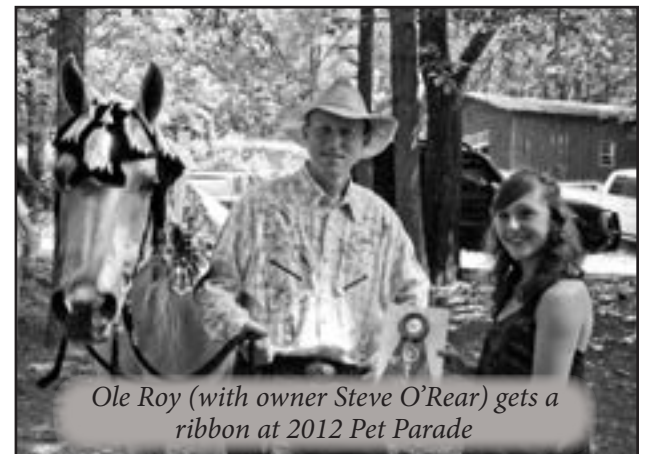
For more information, visit www.mentonearts.or or contact Festival Chair Cynthia Stinson at mentoneinn@gmail.com.

Founded in 2006, The Mentone Area Arts Council (MAAC) is a non-profit tax exempt organization that has enriched the quality of life for people in Mentone, Alabama, and neighboring communities by raising funds

for the arts, sponsoring events, providing educational opportunities, and strengthening cultural resources for the benefit of all businesses and citizens in the Mentone area.



Leah Seawright in concert Saturday night



Ole Roy (with owner Steve O'Rear) gets a ribbon at 2012 Pet Parade

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Mentone's Cookin' -

Mentone and a Sense of Community Always Includes Food

By Sarah Wilcox

Community: The Gift of Being Together and Enjoying Good Food

This past spring I was overwhelmed by a sense of community and gratefulness for those with vision to provide ways to enrich the Mentone Community when we were preparing for MERF's first fundraiser. I have been fortunate to be a part of many diverse communities throughout the years from work, from friendships, from church and from new adventures. Someone wrote: Community is inside of you – but it's not about you. It's about other's experiences with you. My life in Mentone from coming here as a little girl attending Camp DeSoto, working as a college student and now as a business owner and non-profit board member have taught me the beauty of knowing that joy of having experiences with others. Community has provided me and many others a sense of belonging, working toward a common goal, a sense of ownership and having fun, meaningful experiences together.

I often came to Mentone to be refreshed and renewed as I was growing up and living off of the mountain. Sitting on a porch overlooking

the valley, sharing meals with friends and walking in the woods was always perfect therapy for getting my life in perspective. Now I get to live here, hike in my woods, ride my bike, expose others to the beauty of Mentone and share fun and fellowship with many wonderful people. I am grateful for the great experiences of community I have enjoyed since moving here almost 17 years ago.



In 2000, I had fun writing my first cookbook, *Mountain Laurel Inn and Mentone Memories*, and incorporating memories from the many communities that I have had the pleasure to enjoy. Each of the recipes originated from a friendship, the breakfast table or a memorable time in my life. Below the recipe describes

the contributor or the reason for including it. Under Eggs Rancheros, it says "This is one of many recipes my mom sent me as she panicked over the thought of my cooking breakfast for a living. It is a favorite among guests." The impetus for the cookbook was from guests asking for recipes after being served breakfast at the B&B but I also enjoyed adding recipes from childhood, my time as a teacher in Athens, GA, as a part of Camp DeSoto, as a memory of college and special community gatherings. Despite not knowing how to cook when I opened the B&B, I used my resources and now over 1200 cookbooks have been sold. There are six recipe sections in the book: "Breakfast at Mountain Laurel Inn", "Camp Delights", "Great Grub from Community Gatherings", "Baxter's Buffet", "Mountain Laurel Inn fruits and breads", and "Fabulous Food from family and friends". There are ideas for campfire dinners and desserts, dog biscuits for your favorite pup, brunch ideas and treats such as bubble bread, sausage and cheese dip and fried kudzu. Copies are for sale at Mountain Laurel Inn B&B, if you need a new delight to share with your community.

Thankful for the Mentone community-Sarah Wilcox

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**THE
RECIPE CORNER
BY
ANGIE CARDEN**

INDEPENDENCE

We all have it; we all know how we got it; we all know what it means; and I hope we all support our troops! But how many of us actually take time to enjoy it? Our independence means more than cooking out and setting off fire works once a year on July 4th. Most of us are so busy every day with our work, our children, our chores, our errands and so much more that I wonder how often we Mentonians savor the beauty every time we drive up or down our gorgeous mountain. I am sitting at the brow as I

am writing this, basking in the glory of my view to the Valley and of Sand Mountain. I have lived here my entire 40 years on this planet, and I am still amazed each time I come to this spot and just take a few relaxing minutes to soak in the beauty of my surroundings and the freedom to come here any time I want! With all that said, I do wish you all a Happy and Safe Fourth of July!

What is more American than Apple Pie? Here's my Apple Cobbler Recipe!

Apple Cobbler

Preheat oven to 400°.

In a sprayed 13x9 dish, add 2 cans apple pie filling, 2 tbsp cinnamon and sugar and 2 tbsp diced butter.

Now, in a mixing bowl, add 1 1/2 cups of flour, 1 1/2 cups of sugar and 1 1/2 cups of milk. Whisk together until smooth. Then pour over your apples and bake about 25 minutes or until crust is formed and golden brown!



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What To Do Around Here!

July 2013 Community Calendar

July 1, - Zip Line Adventure. True Adventure Sports. 10am-12:30pm. \$50 per person. Pre-registration required. 256-997-9577.

July 2 - Bouldering Adventure - True Adventure Sports. 2-6pm. \$27 per person. (includes all gear). 256-997-9577.

July 2 - Independence Day Celebration in

Fort Payne
The City of Fort Payne invites you to a wonderful celebration with free hot dogs, soft drinks, American flags, live entertainment, and a fantastic fireworks display. Event takes place at the Fort Payne High School football stadium and begins at dusk. 256-845-1524



July 3 - Poisonous Plants of Alabama. True Adventure Sports. 2-4pm. \$15 per person. 256-997-9577.

July 4 - 30th Annual Sand Mountain Potato Festival Sand Mountain is well known for its rich diversity of agricultural products, including potatoes. Celebrate our heritage with live music, arts and crafts, entertainment, games and fireworks. Event begins at 10 a.m. and culminates with a beautiful fireworks display. 256-657-6282.

July 4 - Lon Eldridge in Concert. Kamama

Gallery. 7pm. Doors open at 6pm. \$10 per person. Reservations requested. 256-634-3001.



July 4, 6, 8, 20, 22 - Rappelling Adventure. True Adventure Sports. 10am-2pm. \$37 per person. 256-997-9577.

July 5&6 - DeSoto State Park's Annual Independence Day Events. Enjoy good ol'

fashioned fun at DeSoto State Park, participate in the flag making contest, enjoy a pool party, sit back & enjoy DeSoto's

parade, & eat home-made ice cream at the ice cream social. Free to the Public; Great for all ages! 256-997-5025.



July 5, 16, 25, 26 - Wild Cave Tour. True

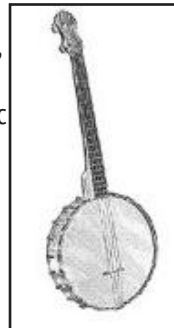
Adventure Sports. Explore in one of NE Alabama's most unique all-weather caves, Manitou Cave, in the heart of Fort Payne. 5-7:30pm. \$30 per person (includes helmet, cave lamps and guide) 256-997-9577.



July 6, 20, 27 - Top Rope Rock Climbing-Cherokee Rock Village. Hosted by: DeSoto State Park & Goldstar Enterprises. 9am-4pm. \$35 per person (shuttle \$5 per person). Ages 7-adult. Sign up in advance by calling the DeSoto State Park Country Store at 256-845-5075.

July 6 & 7 - Julyfest Art & Music Festival

in Mentone. Mason Park. Organized by the Mentone Area Arts Council. Saturday, 9am-9pm. Sunday, 11am-5pm. Juried art show will feature 50 artists. Music throughout each day. Old Tymer's Barbecue of Fort Payne Saturday at 6pm. \$10 per plate. Headlining this year's event is country star Leah Seawright who will take the stage at 7 p.m. with her band, including drummer Mark Herndon formerly with the group Alabama. 256-634-4836.



July 6 - Paperweight Class. Orbix Hot Glass. 9am-1pm. \$130. Reservations required. Class is limited to 5. 256-523-3188.

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

July 7, 14, 21, 28 - Rappelling Activity.

DeSoto State Park. Hosted by: DeSoto State Park & Goldstar Enterprises. 10am. \$30 (includes all gear). Ages 10-adult. Pack a lunch. Sign up in advance. www.alapark.com/DeSotoResort/Adventure Excursions/ or at 256-845-5075.



July 9 - Zip Line & Sky Swing Adventure. True Adventure Sports. 10am-2pm. \$50 per person. Pre-registration required by 6 pm

the day before adventure. \$50 per person. 256-997-9577.

July 9-11 - High Adventure Trip. True Adventure Sports. This is a 3 day adventure including a Wild Cave Tour, Rock Climbing, An Extreme Night Hike and canoe trip. \$137 per person (includes all activities, attractions, permits, fees, gear, and guides) Food and lodging are not included. 256-997-9577.

July 10 & 11 - Rocks and Rivers. Hosted by: DeSoto State Park & Goldstar Enterprises.

Participants will experience a day of rock climbing and paddling Weiss Lake. 9am-3pm. \$35 per person for rock climbing and \$30 per person for paddling. \$60 for both activities. Ages 7-adult. Sign up in advance. 256-845-5075.



July 12-14 & 19 - 21 "Crimes of the Heart" Northeast Alabama Community College Theatre presents "Crimes of the Heart". Call 256-638-4418 for more information.

July 12 - Extreme Night Hike. True Adventure Sports. 6-8:30pm. \$18 per person (includes headlamp and guide). 256-997-9577.

July 13 - Sculpt Your Own Flower. Orbix Hot Glass. 9-10am. Reservations are required. Class size is 3-5. 256-523-3188.

July 13 - Rock Climbing Adventure. True Adventure Sports. 10am-2pm. \$35 per person (includes gear and instruction). 256-997-9577.

July 13, 22 - Night Sky Swing Adventure. True Adventure Sports. 7:30-9:30pm. \$45 per person. Pre-registration required by 6 pm the day before the adventure. 256-997-9577.

July 17 - GPS Basic Training and Navigation Class, Part 1. True Adventure Sports. 10am-4pm. \$45 per person. 256-997-9577.

July 17 - GPS Basics Training and Navigation Class, Part 2. True Adventure Sports. 5-9pm. \$45 per person. 256-997-9577.

July 18 - Sally Barris in Concert. Kamama Gallery. 7pm. Doors open at 6pm. \$10 per



person. Reservations requested. 256-634-3001

July 18 - Treasure Hunt Adventure. True Adventure Sports. This adventure will take you deep into the heart of Manitou Cave. 3-8pm. \$65 per person. 256-997-9577.

July 19 - Rock Climbing Adventure Nestled in the NE corner of Alabama are some of the best and unique sandstone cliffs in the country. 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. \$35 per person. 10 a.m. to 2 p.m. 256-997-9577

July 20 - Third Saturday Sunset Event This Third Saturday is an afternoon of family fun in downtown Fort Payne. This public event will include food, live music, a car show, and activities from 5 p.m. to 8 p.m. 256-996-3857

July 23 - Rock Climbing Adventure. True Adventure Sports. 2-6pm. \$35 per person (includes all gear). 256-997-9577.

July 25 Zip Line Adventure. True Adventure Sports. 10am-2pm. \$50 per person. Pre-registration required by 6 pm the day before the adventure. 256-997-9577.



July 26 - Extreme Night Hike. True Adventure Sports. 7:30-10pm. \$18 per person (headlamp and guide included). 256-997-9577.

July 26 - Campfire Talk: Salamanders of Alabama. DeSoto State Park Campfire Ring

in the Improved Campground (In case of inclement weather will be located in Nature Center). Join Jacksonville State University's Dr. George Cline and learn about the more than 40 salamander species in Alabama and how to identify them. Seating is limited, so bring your own comfortable camp chair if you wish. 8 p.m. to 9 p.m. Free & open to the Public; Great for all ages! 256-997-5025.



July 27 - Blow Your Own Ornament. Orbix Hot Glass. No reservations are needed--first come, first serve basis. Ages 5 up. 9 a.m. to

12 p.m. \$35 per ornament blown.
256-523-3188.

July 27 - Rock Climbing Adventure. True Adventure Sports. 10am-2pm. \$35 per person (includes gear). 256-997-9577.

July 27 - Afternoon Rock Climb. True Adventure Sports. 2-6pm. \$34 per person (includes gear). 256-997-9577.

July 27 - Extreme Night Hike. True Adventure Sports. 7:30-10pm. \$18 per person (includes headlamp and guide). 256-997-9577.

July 27 Campfire Talk: Voices of the Night, Frog Calls of Alabama. DeSoto State Park's

Campfire
Ring in the
Improved
Campground.
Join "Dr.
Frog" George
Cline from
Jacksonville

State University for an unforgettable evening of romance and songs from the amphibian voices of the season. 8-9pm. Free & open to the Public & Great for all ages!
256-997-5025.



Ongoing

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

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

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

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

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

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

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

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

Free food for needy families. New hours: Tuesdays, 9am – 12pm. The Bank at

St. Joseph's on the Mountain Episcopal Church. Recipients and new applicants. Joint effort between St. Joseph's Community Outreach Ministry and North Alabama Food Bank.

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

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

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

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

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

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

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

July Birthdays

July 1 - JohnTyler Lawton
July 1 - Marilyn Slaton
July 2 - Karen Potts
July 2 - Byrum Emory
July 2 - Virgil Battles
July 3 - Nick Black
July 4 - Jack Carden
July 5 - Sherry Crabtree Powell
July 5 - Steven McElhaney
July 6 - Lily Barnes
July 6 - Dawson Crow
July 6 - Dustin Burt
July 7 - Coy Butler (in memory of)
July 7 - Loretta Bain
July 7 - Marcus Crider
July 7 - LaShae Jones
July 8 - Daniel Phillips
July 9 - KayLee Tucker
July 10 - Steve Lanier
July 10 - Addison McClure
July 11 - Kanissa Smith
July 11 - Brooklyn Carroll
July 11 - Lacie Clure Keith
July 11 - Kori Willingham
July 12 - Charles Gray
July 12 - Cindy Harrison
July 13 - Jordan Goza
July 13 - Sissy Crider
July 14 - Will Blackburn
July 14 - Dave Vest
July 14 - Jeffrey Hopper
July 14 - Paul Crawford
July 14 - Teena Bain
July 14 - Bella & Ava Harrison
July 14 - Dylan Flannigan
July 15 - Jason Dean
July 15 - Tatum Lanier
July 15 - Paul Zulker
July 16 - Nathan Hargrove
July 17 - Christopher Black

July 17 - Valerie Burt
July 18 - Loy Langston
July 18 - Lily Cash
July 19 - Anna Bobo
July 20 - Becky Langston
July 20 - Lindsay Black
July 20 - Jeff Clure
July 21 - Tonya Crider Hilyer
July 21 - Paxton Harper
July 21 - Brianna Powell
July 21 - Peggy Johnston
July 22 - Jim Bates
July 22 - Linda Clark
July 22 - Charlie Runnels
July 23 - Amanda Smith
July 23 - Taylor Blalock
July 23 - Logan Chambers
July 23 - Emmie Chambers
July 25 - Rylee Vest
July 25 - Bill Berrry
July 26 - Claire Wilkinson
July 26 - Pam Dean
July 26 - Gracie Carol Butler
July 26 - Megan Smith
July 27 - Dexter Smith
July 27 - Kelley Hughes
July 28 - Debbie Flannigan
July 28 - Kelly Owen
July 30 - Zack Dean
July 30 - Zach Bain

July Anniversaries

July 9 – Logan & Courtney Chambers
July 9 – Al & Vickie Blackburn
July 16 – Hoyt & Karen Potts
July 18 – Zach & Tamara Bain
July 20 – Charles & Amanda Gray
July 23 – John & Alicia Lawton
July 24 – Don & Yvonne Brock



The Times of Our Lives



Lily Barnes, granddaughter of Jim and Beverly Bates, enjoyed feeding one of Harriet and Steve O'Rear's baby goats recently.



Hayden Marie Knowles. Parents: Cecily Knowles of Mentone and Adam Knowles of Valley Head. Grandparents: Casey and Tracy Cartwright of Mentone. And Bobby and Shirley Knowles of Fyffe. Little brother: Conner Knowles

Tony (cont'd from page 1)

the next morning. The Bowery was small and cramped, but always crowded. Patrons could get anything they wanted to drink as long as it was beer or cokes. The walls were covered with state license plates and would-be witty signs like, “Old fishermen never die; they just can’t raise their pole.” Next summer, they’d do it again. It was exhausting and confining, and the Malibus eventually decided to give up the gig to another Fort Payne band called Wildcountry, who were eager for the shot. Wildcountry also built a following, changed their name to Alabama, and sold 73 million records and had 30 number one country music hits on the Billboard Magazine

charts. Dang!

Tony is often asked if he knows every song ever written, to which he replies, “Yes. But I don’t like to play some of them.” Old joke. In fact he often finds he actually does know a requested song, even if he thinks he doesn’t. “The other night a couple requested “The Gambler,” he says. “ I told them I didn’t know it, but we all tried anyway and we found that we could do the whole song.” The vast repertoire he has amassed is due, in part, to the hectic playing schedule the Malibus had after they left the Bowery. Booking agencies in New York and Miami kept them busily moving up and down the east coast, often playing seven days a week. They performed from Goose Bay, Labrador, upper New York state and Boston in the north down to Miami in the south. “We were just living day to day and having a good time. We never had any money,” Tony remembers. They were young and fun loving, and the fact that much



of the band was made up of siblings didn’t seem to tamper down the good times one iota.

Tony knows now that those years provided him with the great adventure of his youth. Frequently the Malibus backed up ‘50s stars like Freddie Cannon, the Moonglows, the Drifters (all three versions), and the Shirelles. They had to learn all the songs of the bands they were playing behind, and Tony soaked it up and filed it away for later recall. They recorded a couple of original songs that became regional hits in the Carolinas; for awhile it seemed possible that they might take off to the big time. It never happened, but the musical mystery tour that was the Malibus kept on keeping on for years.

Over time, Tony has developed his troubadour approach to performing. He knows what his mission is, and he has spent time learning to “read” an audience’s mood. He knows he is there to deliver what they want. When one talks to him it’s clear that he is as much a philosopher as he is a musician. He has come to understand that a troubadour must come into a room and set the groove. Everybody there is part of the show. “There are

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Plans are in place to expand to the site of the former Windward Farms Restaurant on 117 . . . just minutes from the heart of Mentone. The new shop will feature shabby chic, eclectic driftwood designs, and other furnishings for the home and garden.



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just moments when the whole room becomes one. You have no audience anymore. When an audience is really into it, I'm just background music. You get a ton of those moments as a troubadour, and that's why I keep doing it. I have never seen myself as anything but an entertainer."

Most musicians find they have a lot of free time on their hands when they're not performing. Filling his free time with long periods of contemplation and reflection is a passion for Tony. Call him a thinking-man's guitar player, and that would be about right. He would rather sit in a beautiful, quiet place watching a stream and journaling on his iPad than doing almost anything else except performing. He has filled more than 25 notebooks with his observations. Lately he has been thinking and writing about "the what is." When the crowd is right, and the magic starts, he says, "There isn't a crowd there then. There is only one person, one subject, one now, one is!" He credits his readings of Aristotle and Plato for his worldview.

Just as Tony was influenced by the ever present music in his boyhood home, one of his two daughters, Jesse, is well on the way to establishing her own chops in the local music world. On the afternoon after the interview for this article, he was going into a recording studio to help Jesse record several of his compositions. Truly, the acorn doesn't fall far from the tree. A fortunate few fans and friends of Tony's have heard him sing some of his own songs, like "Don't smoke pot and read the Bible," and "The River of Now." One of his favorite themes is balance. Here's part of a verse from "In the Middle":

*I ain't good and I ain't bad
I ain't happy but I sure am glad I'm in the
middle.
Ain't no troubles in between,
Lord it sure is fun
When the two become one.*

There is talk of a Malibus reunion, to be held at 4:00 PM on July 20, at the opera house in Fort Payne. The free concert will bring together many musicians who played with Tony in the Malibus, and is being sponsored by Landmarks of DeKalb County. But if you can't wait til then to see Tony Goggans become one with an audience, check him out each Thursday through Sunday at Mentone's Wildflower Café.

Wildflower Cafe

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Live Music Weekends

Appalachian Tony Goggans performs at Wildflower most weekends, but as he says, "I'm just your back up band." Come sing along with Moon, Ben & staff or simply tap your feet & enjoy!

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Worship

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

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

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

Visitors are always welcome at the **Valley Head United Methodist Church**. Please join us each Sunday morning for a traditional worship service at 9:30AM.

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

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

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

Pastor - 845-4314. Everyone welcome.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Berry Healthy Mountain

By L. C. Moon

Summer is upon us and the blooms are transforming into fruits. Soon we will be enjoying the local and wild blueberries, blackberries and elderberries. I remember the first time I came to Mentone and the wild high bush and low bush blueberries (aka huckleberries) were just ripening. It was in late June of 1998. I had never seen blueberries growing wild!

For two years prior to coming to Lookout Mountain, I studied the native plants of Alabama and the Southeast, curious about their habitat and uses. Discovering the lush ecological diversity around the Little River provided me with a wild and free southeastern field school.

I dedicated four years to living off the land, most of the time without power or running water, and discovered many interesting facts, some of which are that the native berries aren't just for snacks, jams, jellies and wines. They are packed full of medicinal and nutraceutical benefits. The fruits of elderberry, blackberry and blueberry are high in antioxidants, vitamins A and C, and as a result are beneficial for the immune system, healing and vision. They also aid in the prevention of cancer, high blood pressure and cholesterol.

The fruits of blueberry and blackberry are rich in vitamin K, which aids in proper blood clotting and bone health. They are also high in fiber promoting healthy digestion. Blueberry fruits are known to act as a laxative and blackberries maintain regularity, though the leaf tea of both, especially blackberry, are helpful in

ceasing diarrhea.

The fruits of blackberry and blueberry have many similar benefits to elderberry but blueberry and blackberry are much more closely related in their uses. For instance the fruit and leaves of both blue and blackberry are beneficial in stabilizing blood sugar levels as well as blood glucose levels in those with type 2 diabetes. Their leaves also carry antioxidants and the vitamins, A, C & K. Both of the blue and blackberry leaf teas are beneficial as a tea or gargle to relieve soreness in the mouth and throat.

On the other hand, Elderberry leaves are known to be toxic. Sometimes, it is the dosage that makes something a medicine or a poison. Hence, the proper dosage of elderberry leaf tea, based on age and size, is known to produce a sweat that will release toxins from the body as well as increase urine output. Also elderberry leaf tea can relieve pain and aid in healing a minor burn.

Both blueberry and blackberry fruits

and leaves are known to aid in curing poor appetite and urinary tract (bladder) infections. Blueberry is a relative to cranberry and as a result eating blueberries, drinking the leaf tea or the unsweetened fruit juice, will help prevent and eliminate bladder infections.

When it comes to a sore throat, cough, cold or viral infection I would sooner reach for elderberry than blueberry or blackberry. The tea of the flowers helps treat fever, excess mucous, upper respiratory problems and hay fever. The bioflavonoids and proteins within elderberry protect the cells from the invasion of cold and flu viruses. I always include elderberry in my cough remedies and when used in combination with other herbs such as Echinacea, mullein and wild cherry, the result is always rapid healing and relief.

While blueberries and blackberries are great summer time treats to eat directly from the source, you should preserve, dry or lightly cook elderberries rather than eating them raw. If you would like to make a wild food cold and flu fighting cocktail with your berries gather 4 cups of fresh elderberries, or use 2 cups dried, and combine with one cup of water.

Simmer over low heat in a glass, enamel or stainless steel pot about 45 minutes, stirring and mashing berries once in a while. Strain the juice and return juice to the pan. Add in one-teaspoon fresh ginger root and 1 teaspoon of whole cloves, simmering fifteen minutes longer. Measure the amount of infusion and add equal parts honey and brandy stirring until honey is melted. Cool completely, bottle and store in refrigerator. A tablespoon a day could help keep the doctor away, though some doctors will recommend to only take elderberry in five day increments.

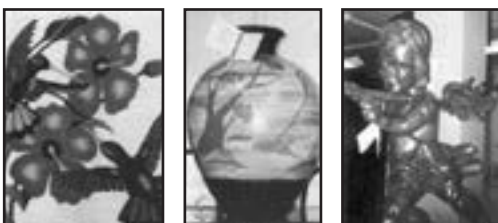
There are little to no side effects to consuming the fruits of elderberry (when prepared), blueberry and blackberry. Though two weeks before any surgery it is wise to avoid drinking the leaf teas of the berries as they help thin the blood. And it is wise for me to tell you to consult your health care provider before making any major changes to your health care regime. May you delight, be nourished by the fruits of Lookout Mountain, and have a "berry" healthy summer.



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3 ACRES IN TWIN OAKS. A great place to build your dream home. Large shaded lot with underground power & water. Gated entrance with paved drive. \$36,000 (644069)

RARE WEST FORK LITTLE RIVER LOT. Canoe, fish & swim w/deepwater access. You can paddle all the way to Desoto Falls! Easy sloped access. Camp Laney area. \$160,000. (332814)

4.42 ACRES WITH CREEK. Build just the right getaway or mountain home. Wooded. At the end of the road. Lightly restricted. Public water slated to be installed soon. \$36,000 (564362)

WEST FORK LITTLE RIVER: 4.5 acres with 450' frontage. 1 mile from Hwy 117. Gently terraced with access off paved road (where power & water are available as well). \$145,000 (339911)

TATUM GULF 7.59 ACRE BROW parcel with utilities installed and 1698 sq ft home roughed in. Majesty for minimal price. \$175,000. (Co-broke with Rick Wyatt Realty) (743276)

EAST FORK LITTLE RIVER: 3 acres, wooded, riverfront with stream & waterfall. Paved road access. Minutes from Mentone. Just up river from Lake Lahusage. Seller will build to suit. Just listed for \$99,900. (815833)

BUY ONE GET ONE FOR \$1! Wooded land! During the "Hunter's Ridge Buy One Get One For \$1" lot sale, you can get more for your money! Buy Lot 13 and get Lot 12 (that's a total of 5.3 acres) for only \$26,000! Additional lots are BOGO, too. Call for more details and a plat. (872377)



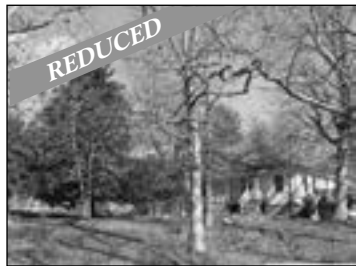
PRIVATE PARADISE on Lookout Mountain. See your own waterfall from the front porch of this secluded hand-crafted 1260 sq ft, Appalachian-style log cabin nestled into 31+ acres on Tatum Gulf. A pond w/gazebo & paddle boat, extensive trails to 2 waterfalls & approximately 800' on brow with inland property having streams, rock formations & city water for 8 lots (already platted) with incredible views. The log cabin has an open floor plan with stone fireplace, beam trusses & vaulted ceilings. \$599,000.00 (Co-Broke w/Rick Wyatt Realty) (803047)



LAKE ACCESS BUNGALOW in the woods. Listen to the birds sing from the covered front porch of this 1100 sf, 2BR/1BA home w/det. shop. Fresh interior, full floor plan, public access & a simple front yard. A simple, affordable option for home close to Mentone with deeded Lake Lahusage access across the quiet road. \$89,000. (790982)



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



CHARMING COUNTRY HOME-STEAD. Located in Mentone. Experience the best in country living in this 1200 sq ft, 2BR/1.5BA, quaint farmhouse with eat-in kitchen, wood floors & a wonderful yard. The barn, workshop, studio, garden spot, orchard & fenced pasture with 2.7 acres & mature trees complete the package. Even better, it's now priced at \$159,000. (770663)



PEACEFUL WOODLAND BUNGALOW with detached studio cabin & garden shed playhouse. Enjoy this great location close to Desoto State Park & Mentone. Situated on a quiet road, this 2BR/2BA, well-kept home has an open floor plan & additional room for 3rd BR or office. Fenced back yard, garden & fire pit. Year-round residence or getaway. \$170,000 (489385)



LAKEFRONT RETREAT: 5BR/4BA in all! MAIN CABIN w/2BR/1.5BA, WB Fpl, lg screened porch; GUEST CABIN w/2BR (one a 3-bunk rm), gas-log Fpl, full KIT, bath w/claw-foot tub & sep shower, 2 screened porches; LIBRARY COTTAGE w/open library room, office area, BA & upstairs studio/BR. Furniture, carvings & whimsical statuary (even a lifesize alligator!) by mtn craftsmen Kaw-liga, Phil Faircloth & Lightfoot. Outdoors there's a grilling shed, 2 fire pits & a fish pond w/fountain forged in 1860. 1.55 acres. \$289,000 (799345)



LINCHPNEY & COOL ST, where the brow views & lovely sunsets are only a glance away. Immaculate, one-level, rambling ranch-style home. 4BR/3.5BA; sep office; det 2-car gar/shop; att single carport; deck; WB Fpl in fam rm; gas log Fpl in den. Space galore for multi-family or single family use! Approx 3,000 sq ft. New roof; new heat/AC combo unit in semi-detached office area. Right behind Mentone Inn! \$195,000 (657739)



WOODLAND CABIN with all the right stuff: spacious porches on front & back; mtn stone Fpl (gas logs); 2 (or 3) bedrooms; 2 full baths; lotsa wood inside & out (wide pine plank floors & local poplar in MABR); easy-care lot that you don't have to spend all your vacation time mowing! Great location between DeSoto State Park & Mentone, just off the DeSoto Parkway. Close to Camp Comer Scout Reservation. \$169,900 (979406)



BARGAIN GETAWAY! This could be your weekend get-away, residence or rental. Located right across the road from Little River Canyon! Not only is there a quaint, wood-sided home, there's a great barn, gazebo and BBQ area. Sure, this place needs a little TLC, but at this price you really won't find much else on the market, sitting on about an acre (with beautifully-landscaped yard) that'll be better. \$39,000. (803058)



WELL, HERE IT IS! Newly-remodeled, 3BR/2BA, 2240 sq ft, home in Mentone with 2 large shops on two acres. You'll appreciate features like an enclosed front porch with hot tub; deck with 30' AG Pool; HW & tile floors; new kitchen cabinets; Master suite w/huge bath. Each bedroom has its own walk-in closet. Large, beautiful living room. A place to call home & have a business. Only \$89,000 (668044)

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Treasure (cont'd from page 4)

stood completely still for the next few minutes. No one stirred, and so he returned to his search. So far, there had been nothing. He wasn't about to search the bedrooms and chance waking the occupants, but as he felt under the next to the last painting in the dining room, he was rewarded for his effort. Behind the picture, was a hole in the wall in which had been placed a small, crude wooden box. Using a small metal pin, Thomas' fingers had soon been able to open the little homemade safe. Prior thefts before the war had given him valuable experience in this kind of lawlessness.

He slowly opened the box and felt around the sides to determine the contents: a small bag of gold and Mrs. Winston's jewelry. He had indeed hit the jackpot!

After returning the picture to the wall, and making sure it was straight, Thomas hid the valuables in his coat pockets and quietly exited by the same door he had entered. He escaped William's notice as he crept noiselessly back to his tent.

Having no idea that anyone had even entered their home that night, not a soul in the Winston household missed the gold or jewelry. It would be quite some time before the theft would be discovered.

Thomas acted as if nothing was different. He had thrust his booty deep into his rucksack and went through the next day with business as usual. He had been thieving since his early teens but had never been caught. This emboldened him further in his exploits, although he had never stolen from his fellow soldiers.

"Fire! Fire!" rang out the warning, as gusty

wind fanned flames from one of the camp fires to the nearest tent. Men ran, filled leather buckets with water from the nearest spring and hurried to pour it on the flaming tent.

Major General McCook rushed to his men, only to find the fire had spread to two additional tents. Private Miller lay on the ground, covering his eyes with his hands and groaning. "Help, please help!" he screamed as he writhed on the grass in excruciating pain.

McCook quickly dispatched William to go to fetch the camp doctor, who had heard all the commotion and was already headed toward the noisy crowd. Doc took one look at Private Miller's eyes, bandaged them and informed him it would take a few days to assess the damage after the swelling went down.

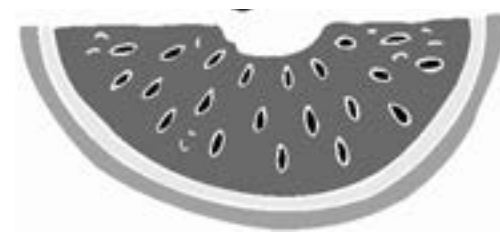
The general assigned Private Miller to Thomas, ordering him to let Miller sleep in his tent and care for the wounded soldier while his eyes were bandaged. Thomas breathed a sigh of relief, knowing that the concealed treasure in his rucksack would remain safe, since Miller couldn't see and was destined to spend most of his time lying on a cot. With his eyes bandaged, Thomas was sure his guest wouldn't be up to rummaging through someone else's bag out of curiosity.

Three days passed, Doc checked Miller's eyes, and his fellow soldiers rejoiced with him as he was given a clean bill of health. Thankfully, for Thomas, Miller was moved to a different tent, the secret remaining safe for at least the present.

One World Adventure Plans July 4 Fundraiser



Starting at 1pm and going til 10 pm on July 4th, One World Adventure is hosting a day of family fun at Heartwood Field, located just off CR 117 & 106 (follow the signs). There will be old-fashioned games and a watermelon eating contest. BBQ will be provided by Mountain Song Farms and Bluegrass performed by Will Dooley, Tony Brooke, the Tatum Brothers, Will Hadaway and local dulcimer players. There will also be an open picking circle, so bring your instruments! There will be a fireworks show at 9? Proceeds will benefit the The Little Riverkeeper.



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NEIGHBORLY NUTRITIONAL NAGGINGS

By Nadine Mettlemore

Of course you know that anything containing unsprouted wheat is terrible for your health, and if you have the sense God gave a turnip you know French fries are also not your friend. Lots of stuff will harm you slowly over time, but what will build you up? You don't have to purge your plate of carbs to lose weight or gain health. You just have to plan your plate. Stay away from corn, so no cornbread. (don't raise your voice at me, it's only for your own good, and you know it.) Eschew russet potatoes and choose little red ones. They are still tasty but don't have as much starch. You can also lean on rice and rice products! Rice pasta can easily become a mainstay! Rice crackers make good snacks. Quinoa is an ancient grain high in complete protein; millet is a grain that helps alkalize the body. Both of those can be mixed half with rice, and of course, brown rice is better for you than white. You knew that, right? Treat cauliflower like mashed potatoes and spaghetti squash like noodles! Here's a list of what to choose and what to avoid and an interesting recipe to try.

Choose the following:

Rice	Red Potatoes
Spaghetti squash	Cauliflower
Sprouted wheat products	Spelt
Quinoa	Millet
Oats	

Avoid the following:

Corn
Fried potatoes
Soy
Russet or big brown
baking potatoes
Regular white or
wheat bread
Wheat, durum,
semolina pasta

Grits
Cornbread



Crispy Smashed Roasted Potatoes

2 to 15 baby red or yellow potatoes (about 1-1/2 oz. each; 1-1/2 to 2 inches in diameter)
2-3/4 tsp. kosher salt
1/2 cup extra-virgin olive oil

Boil the potatoes:

Put the potatoes in a large saucepan (preferably in one layer) and cover with at least an inch of water. Add 2 tsp. kosher salt to the water. Bring the water to a boil over high heat, reduce to a simmer, and cook the potatoes until they are completely tender and can be easily pierced with a metal or wood skewer. Make sure they are cooked through but don't overcook. The total cooking time will be 30 to 35 minutes.

While the potatoes are cooking, set up a double layer of clean dishtowels on your countertop. As the potatoes finish cooking, remove them

individually from the water, and let them drain and sit for just a minute or two on the dishtowels.

Flatten and cool the potatoes:

Fold another dishtowel into quarters, and using it as a cover, gently press down on one potato with the palm of your hand to flatten it to a thickness of about 1/2 inch. Repeat with all the potatoes. Don't worry if some break apart a bit; you can still use them. Cover a large rimmed baking sheet with aluminum foil; put a sheet of parchment on top of the foil. Transfer the flattened potatoes carefully to the baking sheet and let them cool completely at room temperature.

Roast the potatoes:

Remove the pan of potatoes from the refrigerator, if prepared ahead. Heat the oven to 450°F. Alternatively, if you have a convection function, turn it on and set the temperature at 400°F. Sprinkle the potatoes with about 3/4 tsp. salt and pour the olive oil over them. Lift the potatoes gently to make sure some of the oil goes underneath them and that they are well coated on both sides. Roast the potatoes until they're crispy and deep brown around the edges, about 30 minutes if using a convection oven, 30 to 40 minutes if roasting conventionally, turning over once gently with a spatula or tongs halfway through cooking. Serve hot.

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The Chicken Lady

By Kristen Emory

Even the Chicken Lady makes a mistake every once in a while. Last month I submitted the first draft of my article and trust me the first draft is not very good. Usually Tom, my husband and most surely NOT the Chicken Man, edits and adds smart and funny remarks to make the Chicken Lady sound even better. For some reason he does not want it out that he loves my girls too. But he does. Just last night after he had cleaned out the chicken poop from under his outside grill, he said, "Look at Favorite Chicken, she is on top of my grill roosting for the night. I do like me some grilled chicken!" There you have it he does like my girls.

Now lets try this again with the finished product. Like a good omelet you have to have all the ingredients to make it just right...Enjoy.

It has come to my attention that there are some wonderful Mentone Kids who love to have the Chicken Lady article read to them by their mother. With that in mind I thought I would just tell a few funny stories about my chicks. This article will not have any book knowledge to share or any Kristen knowledge to help you raise a healthier, happier hen.

As you all know, my mother likes to eat the eggs that my dad's chickens produce but don't ask her to do anything else. The same goes for Tom's mother Sandy. She loves the eggs but really does not enjoy the chickens. A while ago she came over to the house and as usual she was trying so hard to like and enjoy my beloved, chickens. She was getting out of her car and Lacey (Cagney's a.k.a. Favorite Chickens best friend) came up to greet Nana. In a most appropriate manner Nana leans over and speaks to Lacey. Just like you would talk to a dog, "hi chicken, how are you today? I haven't been this close to a chicken in a long time." As she begins to straighten up from her stooped position Lacey flies up into the air and tries to peck the ring right on her finger. Nana screams bloody murder, "This chicken is attacking me. What do I do?" My response... "You shouldn't wear such pretty jewelry. You know all the girls love the bling-bling Nana."

You may know this already but Chickens love shiny objects and bright colors. My toe nails are painted red for the summer and I can hardly walk outside with out one of them pecking at my toes. If I sit still long enough they will all try to get in a nibble or two. Not the most pleasant of experiences. So, maybe a little bit of knowledge? No sandals for the refined chicken

farmer who wants to keep her manicured toes looking nice. My mother would be proud.

My dad, Jim, got new tennis shoes last week and they have orange strings. He has to either walk quickly or sneak through his coop. His chickens love those shoe strings. What do you do when you have four chickens attacking your feet? Tread carefully; you do not want to step on a chicken. A scared ruffled chicken is a site and makes quite the ruckus. Another nugget "running around like a chicken with"...well you know. Ha nugget! One heavy foot upon a chicken could spell disaster for man and fowl.

I'm thinking a nice pair of dark colored non slip boots is a good choice when working in high chicken traffic areas. Ever heard this one "that's slicker than chicken ____"? Feel free to ask my dad why this is a good idea...at least the non-slip part.

I wonder why bright colors and glimmering shiny objects draw in chickens. Does this mean that chickens can see in color? Unlike dogs, can my chickens see me as I am with my bright colors, perfect nails and all my diamond rings, ha ha? Perhaps next month I will look all this up in my book and I let you know the answer. Now, I have to go give a chicken a bubble bath. My girls love their bubble baths, maybe we should

do nails?

Here is the answer to my question about what chickens see, not from my book but from Google.

"Chickens may have "bird brains," but their eyes are a different matter. When it comes to color vision, these farm fowl have bested humans in many ways, a new study finds. The superior color vision comes down to a well-organized eye, structurally speaking, the researchers say.

They mapped five types of light receptors in the eyes of chickens. They discovered the receptors were laid out in interwoven mosaics that maximized the chicken's ability to see many colors in any given part of the retina, the light-sensing structure at the back of the eye.

"Based on this analysis, birds have clearly one-upped us in several ways in terms of color vision," said study author, Dr. Joseph C. Corbo of Washington University School of Medicine in St. Louis, Mo. "Color receptor organization in the chicken retina greatly exceeds that seen in most other retinas and certainly that in most mammalian retinas."

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 3BR/1BA · \$89,000 4 lots · MLS #830573	 2BR/1BA · \$85,000 6 Lots · MLS #931993	 2BR/1BA · \$275,000 9.58 Acres · MLS #328583	 1BR/1BA · \$110,000 4 Acres · MLS #564870	 3BR/1BA · \$799,000 45 Acres · MLS #815966	 3BR/2BA · \$110,000 .84 Acre · MLS #683377
 3BR/1BA · \$130,000 Lot · MLS #488926	 2BR/1BA · 89,900 .64 Acre · MLS #341293	 3BR/2BA · \$169,000 1 Acre · MLS #779115	 1BR/1BA · \$69,900 Lot · MLS #499665	 3BR/2BA · \$298,500 2.83 Acres · MLS #649658	 3BR/2BA · \$295,000 5.69 Acres · MLS #732138
 3BR/1.5BA · \$219,900 2.2 Acres · MLS #589918	 3BR/2.5BA · \$199,000 1 Acre · MLS #326959	 1BR/1BA · \$465,000 .42 Acre · MLS #970196	 3BR/2BA · \$189,000 6+ Acres · MLS #353611	 2BR/1BA · \$89,900 1 Acre · MLS #809133	 2BR/2BA · \$284,500 .68 Acre · MLS #654813
 3BR/2BA · \$195,000 .95 Acre · MLS #965143	 3BR/2BA · \$235,000 1 Acre · MLS #527991	 SOLD 3BR/2BA · \$189,000 .60 Acre · MLS #838721	 2BR/2BA · \$279,500 2.3 Acres · MLS #332033	 3BR/2BA · \$269,000 4.5 Acres · MLS #391589	 3BR/3BA · \$298,500 2.37 Acres · MLS #421306
 3BR/2.5BA · \$259,900 3.45 Acres · MLS #982922	 3BR/2BA · \$269,900 1 Acre · MLS #902940	 1BR/1BA · \$279,900 8.3 Acres · MLS #412695	 3BR/3BA · \$269,000 1 Acre · MLS #594685	 3BR/1BA · \$99,500 .27 Acre · MLS #483441	 3BR/3BA · \$199,900 1.6 Acres · MLS #526384
 3BR/2.5BA · \$179,500 5 Acres · MLS #917245	 3BR/3BA · \$219,000 6 Acres · MLS #781653	.78-acre lot with 106' on brow. \$109,500. MLS #403694. 7.13-acre lot in Mountain River Estates Sub. \$49,500. MLS #656265. 1.95-acre lot at Lake on the Brow Subdivision. \$52,900. MLS #984141. 1.02-acre lot in Hidden Lake Subdivision. \$55,000. MLS #762331. 1-acre lot in Hidden Lake Subdivision. \$55,000. MLS #665968. .95-acre lot in DeSoto Bluffs Subdivision. \$49,500. MLS #595179.		1.7-acre lot at Lake on the Brow Subdivision. \$55,900. MLS #845943. 1.06-acre lot at Hidden Lake Subdivision. \$60,000. MLS #867272. 246 acres..woods and stream on Lookout Mountain. \$1,082,400. MLS #928084. 100 to 243 acres on Lookout Mountain. \$3,900 per acre. MLS #785191. 3.04-acre lot in Oakwood Subdivision. \$32,000. MLS #980192. 3.46-acre lot in Oakwood Subdivision. \$35,000. MLS #807940.	
LOTS AND LAND 3.22-acre lot in West Fork Subdivision. \$29,000. MLS #881041. .49-acre lot with 100' on West Fork Little River. \$168,000. MLS #553323.					

Sage Advice From a Gardener:

Bring On The Pollinators

By Susan Seago, Fine View Garden Center

For several years, gardeners have noticed the decrease in the honey bee population. We have become so dependent on chemicals to help us with weeding and pest control that we have made the outdoor environment harmful to the bees and butterflies. So, let's do something about bringing the bees and butterflies back to the garden. And now is a perfect time to set upon the pleasant task.

First, target those pesky bad offenders with a safe alternative, such as insecticidal soap or beneficial insects that prey on the bad guys. It may take some extra effort on your part, but do some research on safer methods. Your local garden center professional, the internet, or the library are great sources of information. Did you know that the Master Gardener program especially targets safe means of dealing with "bad" bugs, disease, and fungus? This course is available to all interested individuals. Call your local extension agent for times and dates of the classes. I took this course a few years ago and, even though I work with plants and pests every day, I learned so much to help me in my work.

Secondly, provide shelter. Our wonderful mountain environment provides some great shelter with all the trees and flowering shrubs that grow naturally around us. Bees, birds, and butterflies need safe havens to feed, water, and reproduce. If you don't have "wild" area that will give them undisturbed areas, plant one. Provide shallow pools of water for the butterflies. An upturned bottle with a depression in it will give plenty of water for them. Birds love to bathe in shallow ponds or streams.

Finally, serve the pollinators an ongoing feast. Native plants bloom at the right times for pollinators. Plant masses (three or more) of the same plant. Some plants, such as parsley, fennel and dill are sacrificial in that the larva feed on them; the good point is that the parsley is a perennial and will grow more food for them and us. Other plants serve as nesting spots; birds love to build their nests in hollies as the sharp pointed leaves protect them from predators. They can also feast on the seeds and insects that abound in the forest.

Another drinking spot can be a muddy site or bog. An example is the muddy area I created yesterday when I watered my containers in the yard. As I was leaving home last evening for an appointment, small blue butterflies were drinking from the muddy spot I had created. Rain gardens can also provide this watering area. There are many plants that enjoy a moist environment to beautify as well as protect the pollinators.

Lastly, here are some great plants that will invite pollinators to your garden and provide them with food:

- The Blanket Flower (*Gaillardia* spp.) provides color to draw bees.
- Joe Pye Weed (*Eupatorium* spp.) provides nectar.
- Sunflower Seed (*Helianthus* spp.) production increases when native bees feast on them.
- Asters (*Symphyotrichum* spp.) with a lot of color will draw a broad range of pollinators.
- Purple Coneflower (*Echinacea* spp.) provides wonderful beauty while luring pollinators.
- Lavender (*Lavandula* spp.) attracts honeybees, the most efficient of pollinators.
- Butterfly Weed (*Asclepias* spp.) provides feed and a spot for the caterpillars to lay eggs that become butterflies.
- Bee Balm (*Monarda* spp.) has a long blooming season to attract bees and butterflies.
- Rosemary adds fragrance plus lovely blue blooms for the pollinators to dine upon.
- Cosmos (*Cosmos* spp.) offer an extremely long bloom period, from spring to the first frost.
- Russian sage (*Perovskia* spp.) is a good nectar source late in the season when other perennials are finished blooming.
- One of the best pollinator shrubs is the

Abelia, blooming from early summer to frost, providing nectar and great fragrance.

There is still plenty of time to fill your garden with the plants I have mentioned. Most of them are readily available at garden centers now. Do your part to protect our pollinators. Oh, yes, bees only sting when provoked. I simply tell the bumblebees at the store to go someplace else and they usually buzz off!



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REDUCED



FALLING LEAF LODGE. Charming rustic cabin nestled in the woods. Lots of porches to enjoy the outdoors of this 2 bdrm 1.5 bth with loft. Custom floors and doors, lots of windows, WB FP open living w sunroom dining area. Also a Workshop for the Hobbieist a must see. **\$155,000 (22190)**

NEW PRICE



STUNNING MOUNTAIN HOME and Retreat. Newly renovated kitchen, 2 living areas, and Gas FP. Open loft above the 2nd living area and open kitchen design. MBR has separate entrance to the deck, guest BR, and 2 BA. 700 sq ft. 2 rm guest cottage and a glassed Greenhouse/artist studio. Many possibilities with this wonderful property. Now \$219,000 (20562)



"THE NUTHOUSE CABIN. Quaint Weekend getaway with open living kitchen design. 2 bdrm 1 bath, covered porch to watch the wildlife. 1 acre wooded with large Rock formations. small shed. located at the end of private drive. complete with furnishings. \$139,000. (22833)



MOUNTAIN CREST CABINS. Fully furnished log cabin nestled in the woods on 5.7+- acres, next to Cloudmont Resort. 'Up in the Clouds' is 2br/1bt with kitchen/dining combo, and large crawlspace that can be made into a basement. Amenities include CHA, gas log fireplaces, hot tub, 3/4 wraparound covered porch, kitchen appliances, furniture, decorations, linens, etc. *Appointment Only* \$150,000. (22793)

NEW PRICE



9 ACRES located on the east fork Little River with 500 ft on river, and 550 ft on Gilbert branch. Old homeplace. Concrete slab, power, well and septic. Privately located. Great place to build that getaway cabin! \$138,500 (22148)



5 ACRES ON THE EAST BROW tract overlooking Pleasant Valley. Rock pallacades, wooded. See Weiss Lake in the distance. Private gated area. Joins National Preserve & Forever Wild protected property. \$65,000 (22866)



WILD SCENIC LITTLE RIVER LOTS, privately located off Co. Rd. 628, Mentone. Two lots combined to make 2.2 acres with 337 ft on river. Partially cleared building area. What a View. \$65,000 (21685)



HISTORICAL MARTHA BERRY HOME in Downtown Mentone. Built in 1900's. An original Mentone dwelling, this home features 6 bedrooms, 7 baths, 2 living areas, and large dining area. Remodeled kitchen, 2 large porches, and Deck. Native foliage surrounds the 2-story home. \$397,000 (22160)



NICE LEVEL WOODED PROPERTY with partial drive and homesite cleared. Previous perk test. Easy access to the middle fork of Little River. Restrictive cov. apply. Located in Mountain River Estates. \$69,900 (20892)



3 ACRES LOCATED on the west fork Little River 1 mile above DeSoto Falls. Deep water for boating. Level wooded property with native Holly scattered throughout. Circular drive, perc tested, water meter installed. A beautiful spot to build that retirement home. 70 ft on the water. Quiet neighborhood. \$125,000 (21648)



LOG CABIN known as "Knowus Ark" is a hidden jewel of a property on the East Fork of Little river. 2 bdrm 2 bth, loft, screened porch, covered porch and double deck. Adobe wood burning FP, tiled floors. Also a separate artist studio. Trail to the river with a nice swimming hole. Privately located on 6.4 acres. \$299,000 (22069)



WORMAHOOTABOO FARM. Beautiful land with open pasture, 2 ponds, wooded area with trails for horseback or ATV. Barn with tack or equipment storage. Fenced for livestock. City water and paved road frontage. What a setting \$129,000 (20161)



6.26 ACRES OF MAGNIFICENT VIEWS, woods, and complete seclusion located on the East Brow of Lookout Mountain, Cloudland. 2bd/2ba rustic home, with tung & groove walls and ceilings. Open floor plan with kitchen/dining room combo, sleeping loft, and utility room. Floor to ceiling windows surround the great room. Sit and enjoy the sunrises from the rock patio that overlooks Shinnel Valley. Amenities include CHA, wood burning stove, and separate storage/shop. Nicely landscaped with 400ft on the brow. Appt Only. \$330,000. (22952)



EAGLES AERIE. A unique Octagon-structure Home on the West Brow of Lookout Mtn. 8.8 acres, 3bdrm 2bth, Great Room W/FP Open kitchen/Dining. Heart Pine Floors & Views from every Room. A must see. \$395,000 (22539)



HILLTOP SETTING, 2 story maintenance free siding. 4 Bdrms 3.5 baths Eat in Kitchen, Great Room w Gas FP, Den, lots of walk-in closets Wraparound porches. approx 3500 sq ft. landscaped with mature plantings. a must see on 5 acres M/L \$450,000



COTTAGE ON LITTLE RIVER CANYON. Peaceful setting and private 2 bdrm 2 bth with sleeping loft, greatroom with rock fireplace. Screened porch with a view of the canyon rim over 5 acres. A must have. \$165,000. (22865)

LOTS AND ACREAGE

WOODED 39.8 ACRES, level mixture of hardwoods and Pines, some trails through property. Over 2500 ft. of paved road frontage. Could be nice development opportunity. Build a few cabins in this spot. REDUCED TO \$163,800 (21649)

NICELY WOODED 5 ACRES on DeSoto Parkway with Stream. Can be Residential or Commercial. Land has old homesite and green house. Large Rock formations.

Possibilities are Endless! **REDUCED TO \$90,000 (19419)**

BUILD YOUR DREAM CABIN in the woods! 2.56 acres across from Lake Lahusage. Paved road frontage, city water available, perc tested. Lightly restricted. Owner financing available. \$40,000 (19149)

NICE WOODED 3 ACRES next to Mountain

Crest Cabins. Great building site for yourself or for rental cabins. Wildlife and trees are abundant. Priced to sell at \$25,000. (22095)

HEAVILY WOODED ACREAGE with wet weather spring. Paved road frontage along County Road 106, and just minutes from downtown Mentone. \$110,000 (22248)

6.4 ACRES. Partly open field and wooded tract of land in Oakwood subdivision. Lightly restricted. Surveyed, Perk. 2 lots 9,

10. \$45,000 (22650)

1.66 ACRE TRACT with septic, county water, well, and power. Lightly restricted. Cleared and ready to build that cabin in the woods! \$18,000. (22747)

3 WOODED ACRES on the parkway. Gently sloping to level with many hardwoods. Great location to build your weekend cabin between DeSoto Park and Mentone. \$25,000 (22918)

Business and Organization News

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The Graceful Giraffe is a new retail shop located in the heart of Mentone offering local and global arts and crafts. Globally, they offer a wide selection of handcrafted jewelry from fair-trade countries as well as hand-painted cloth, leather, sisal, jute and mudcloth purses, bags and backpacks. They have all-natural soaps, soy-based moisturizers, essential oil body mists and offer all the popular fragrances of Habersham Candles.

They are proud to offer the works from local artists including: Ceramics from Karen and Kim Britt, Jewelry by Trisha Kennemer, Wire Art by Heather Nicely, Carved Stone Vessels by Lyle Nicely, Photography by gallery photographer, Marie Whitten, mixed-media photography by Chattanooga resident Mary Brett and the the works of blacksmith artist Walter Howell. They have a selection of Walter's hooks, grill accessories, and fireplace/firepit tools in the shop, and they can assist you in placing custom orders from many of the local artists.

DeSoto State Park's Mountain Inn Restaurant is Open!

The Mountain Inn Restaurant at the DeSoto State Park Lodge will be RE-OPENING on Friday, June 21st! On March 18, 2013 a small tornado went over the DeSoto State Park Lodge and caused damage to the Motel Rooms, 1 cabin, & the Lodge & Restaurant facility. There is still repair work to be done, but luckily the work has reached the point where we can open the Main Dining Room, Desoto Room, & Canyon Room of the Mountain Inn Restaurant for sit-down dining & meeting rooms reserved for groups. The porch section and the deck located on the back of the Lodge are still currently closed. We hope that you can visit soon!



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Mentone Wedding Chapel



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

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

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Artist Feature: Carolina Homes Nuckolls

Caroline Homes Nuckolls is a native of Bramwell, West Virginia, and currently resides in Marietta, Ga. Her work, and workshops, have been featured at Kamama in Mentone. Caroline studied art at Sullins College in Bristol, Virginia, where she received an



Amelia B. Martin Art Scholarship working toward an Associate of Fine Arts. She attended Bluefield State College, earning an Associate of Science in Nursing and a Bachelor of Arts.

Caroline's art continued, working with oil pastels and watercolors.

Workshops in which she has participated since moving to Atlanta include Colored Pencil with Carol Sutherland and Watercolor with Rose Mary Steiffle at the Atlanta Botanical Gardens, Oil Pastels with Carly Clements and Figure Painting with Charles Scoggins. She also attended workshops by Florida artists Roscoe Wallace and the late Gale Bennett.

In June 2001, she arranged for a private painting lesson in Monet's Garden in Giverny, France with Gale Bennett, Founding Director of ArtStudy-Giverny. This experience truly changed the direction of her life. She returned to ArtStudy for an 11 day session in September of that same year. Due to the tragic events of "9-11", she was unable to return to the United States as planned and continued painting in Monet's Garden and completing a total of 43 paintings! In 2002, she returned to ArtStudy Giverny as an assistant to Mr. Bennett and returned each successive summer. When Mr. Bennett died in March 2008, she became the Resident Manager of ArtStudy and returned in 2009 to manage the final sessions of ArtStudy-Giverny.

Caroline has taught private students and workshops in West Virginia, Virginia, Florida, New York, Georgia and Giverny, France. She was chosen by Mr. Bennett to teach his session at ArtStudy in 2008 and has the honor of carrying his legacy of teaching Gale Bennett's

"Observation with Imagination". This method emphasizes observation and creativity, utilizing warm and cool colors, and brush stroke and composition techniques developed during the Impressionist movement.

Caroline's paintings are in private and corporate collections in the United States, Canada, Germany and France. Caroline is represented by Letoliacha Gallery, 69 rue Claude Monet in Giverny, France.

*A Modern American in Giverny,
A Journey from Florida to France*

Kamama Gallery - On Thursday, July 11, artist and instructor Caroline Homes Nuckolls will tell her story of living and painting in Claude Monet's famous French village. Caroline has been in love with art all her life and studied art at Sullins College in Virginia. Her life direction changed with a marriage, family and nursing career, but not her love of art.



Art fairs, museum and gallery visits and art projects with her children

fueled her desire to return to making art, not just appreciating and collecting. A gift of oil pastels hailed the return to making art, followed several years later gifts of watercolor paint sent from Oberlin, Ohio and London, England. Was this a hint? The journey continues.....

Hear about how the famous coastal route of 30-A in Panhandle Florida, a long-time AAA membership, a gift subscription to Artists Magazine, a community chorus which sang for the Danish Queen and her Prince Consort, and an overbooked flight led to a "once-in-a-lifetime" opportunity and the establishment of Art Colony Giverny art school in France. Come experience 12 years of wonder in Monet's Garden, the

waterlilies and Japanese bridge in Giverny, and the surrounding environs through the eyes of a modern American in Giverny.

Kamama Gallery, Thursday July, 11, Mentone 6:00-pm, refreshments provided - \$5.00 cover.

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