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THE GROUNDHOG

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

Volume 32, No. 6

"Neighborhood News from the Heart of Lookout Mountain"

June 2013

Artist Feature: Wil Henry Cobble

Thanks to Holley Midgley for the reprint of the March 2008 article from Lookout View.

It is utility that separates fine art from craft. The more useful an object the less art is ascribed to it. ...the mere notion of usefulness as a criterion for artistic excellence is absurd--
Thomas Mosier, cabinetmaker, New Gloucester, Maine

Wil Henry Cobble makes chairs, really nice chairs. We're not talking about lumbering bar stools or a rough plank on hulking legs, but elegant, hand crafted works of art that are designed to last for generations as mute testimony to the careful attention to detail and patience of their maker. Wil builds American Windsor chairs, the chairs that he credits with building the country (or at least for giving us a place to sit down while it was being built). And he is as passionate about chair making as



By Holley Midgely

painters or sculptors are about their chosen means of artistic expression. For him, chair making is the culmination of a dream he's had since he was a child.

Wil Henry and his wife Katie Bird Cobble (see the January 2013 issue of The Groundhog for an article featuring her and her pottery) live on the brow of Lookout Mountain between Mentone and Fort Payne, Alabama. The child of a Fort Payne steel manufacturer who was himself the child of a hosiery manufacturer, Wil attended Auburn University and then tried his hand at building houses. It turned out that the early 1970s was a lousy time to be in home construction. Meanwhile his father was starting to notice the potential for a phenomenal growth of the hosiery business in their hometown. As recently as 10 years ago more than 40% of the socks in the entire world were being made in

(cont'd on page 2)

Mentone's Cookin'

Chef Christian Shanklin was 6 years old and living in Los Angeles when he started cooking for his mother. At the age of 12 he was transplanted to the middle of Sand Mountain. Adjustments ensued. Among the blessings of the cross country move were an introduction to Mentone, which would become "home" even when traveling out West or deployed in Iraq and the large gardens flanking both sides of his grandfather's home near Sylvania where Christian was immersed in the hearty, healthy lifestyle and culture of Southern cuisine from soil to table.

Mornings of plowing, evenings of shelling peas, days of canning, fresh meals created from the garden's peak and the bounty of the hunt. Grandfather Leonard Mitchell was famous for his bird dogs. His grandmother was a "fried chicken on Sunday" traditional Southern cook, heavy on the sugar, light of biscuit. And

By Susan Cherones



Christian was not allowed in her kitchen. At first. He began to insinuate himself, ever so slightly, into her domain; stopping by, washing his hands, lingering a while, being ready to hand

her a tool - proving himself useful.

He gathered a palette of Southern flavors from her and there is no doubt his early experiences with her laid a foundation for his relationship with food. It is, however, not his earliest experiences with her cooking that are a beacon in his life now. It is his later experiences with her cooking that guide him, the ones after her tumor.

Given mere months to live, the plucky woman began to research her condition and, armed with knowledge and resolve, set about to improve her lot. Knowing better, she did better and consistently over time, her natural approach and the changes she made in her diet paid off, or should I say, are still paying off. High Point native, Margaret Stringer Mitchell is still with us and doing very well, thank you. Her "months to live" turned into 20+ years (and counting) of healthier living.

The idea of food as medicine is the cutting

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THE GROUNDHOG

P. O. Box 387
Mentone, AL 35984

Published monthly by the Mentone Area Preservation Association, MAPA was first conceived on Groundhog Day, 1982, and organized April 5, 1982, for the purpose of preserving and protecting the heritage, natural environment and other unique qualities of life in the Mentone area, and is chartered as a 501c3 non-profit corporation.



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**Have a Letter to the Editor
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From The Editor

June is busting out all over! The mountain is in full leaf and flower. Gardens are fleshing out and the produce is already rolling in at the Farmers Market on Wednesdays and Saturdays in the village square.

We had us a fine Rhododendron Festival! Hope you came. One of the highlights for me was hosting a Sacred Harp singing at St. Joseph's Episcopal. The church made the singers welcome and the singers made the church rafters ring! Festival goers dropped in throughout the day in a steady stream, and some even picked up the loaner books and sang along. Chef Christian catered a meal featuring turnip green casserole and "Deviled" peacock eggs for the 30 or so singers. County commissioners Ricky Harcrow and Shane Wootten attended the singing which raised more than \$600 for the non-profit Sacred Harp Musical Heritage Association which, among other things, provides subsidized low cost camperships of \$200 for youth, up to age 30, to attend Camp FaSoLa, the Sacred Harp singing camps held at Camp Lee and Camp McDowell each year. Learn more at www.campfasola.org.



The summer solstice is upon us. The time when spring officially gives way to summer. Summer in Mentone is synonymous with Camp. All around us counselors and campers are swelling the population lending their energy to the town buzz. Look out for them, they may be jogging just over that next rise, and some days there will just be a morass of glamorous SUV's snarling traffic, so be aware.

Best, Susan

Letters to the Editor

Dear Editor: Please let the Chicken Lady know that her articles travel far and wide. I send them to a friend in San Angelo, Texas, and she in turn sends them to her sister-in-law in Elgin, Illinois. I missed the April story. Any chance a compilation of the articles might become available? Ann Clark, Fort Payne.

*Dear Ann: A compilation is in the works. Thanks for enjoying my crazy life.
Sincerely, The Chicken Lady*

Wil Henry Cobble (cont'd from page 1)

Fort Payne. The bottom was beginning to drop out (so to speak) of the pantyhose market at about this time, so his father took an outdated pantyhose machine and began modifying it to make the then popular tube sock. Father and son worked together to get the multi-feed machine running, then traveled to Tennessee to buy hundreds of additional old machines. Wil's job was to take parts for the modification of the older machine's frames to build multi-feed machines that would produce a sock in half the time of the existing machinery. He kept assembling more and more of them until they were able to produce truly prodigious amounts of socks. And he discovered along the way that he found a lot of satisfaction in making things, and working with his hands.

Now, flash back to a family trip to Gatlinburg in the 1960s. As they sauntered along one of the town's main streets, the Cobbles kept passing shops where craftsmen were plying their trade. To this day Wil remembers the "Eureka" moment when he noticed a hand-carved apple. He remembers, "I was just knocked out, and kept saying to myself 'How do they do that?' It looked so real. Somebody had made that thing with their hands!" At the time he had no inkling of how he could produce something similar, but he did know that he was smitten with the idea of doing so- someday.

Now, flash forward 4 decades. One day Wil mentioned to Katie that he really wanted to learn woodworking. She told him about North Carolina's Campbell Folk School. They went for a visit in 2002. Wil enrolled in a table making class. Katie enrolled

in a pottery making class. Three table making classes later he became aware of a chair school, and decided that was definitely what he wanted to do. It was the beginning of new artistic passions for the couple as they took up their new endeavors with gusto. But the process was not without frustrations. "It was so different from anything I had ever done," says Wil. The instructors handed him a piece of wood that he describes as being about the size of something you'd throw in a fireplace. They told him to make a spindle, and not to cross the vertical fibers. "After half a day went by I was starting to wonder why I had picked that course. My spindles looked like some of the carrots I had peeled as a kid. I was ready to go home. Since it was about lunchtime, I went out and sat in my truck for awhile and thought about it. I'd been dreaming about this for forty years!"

Long story short: he stuck with it, took a total of 6 chair making classes over the next four years, and today is turning out incredible pieces that match anything you've ever seen. He estimates his first chair took around 150 hours to make. By the time he had made his thirteenth chair he figured he was "starting to get it," and that he would keep improving and learning. He became a devoted student of the process, voraciously reading books and more books, absorbing the techniques and advice of others, and making steady progress. Although he started with Campbell's patterns, he began to understand the algebra and geometry behind the process that would enable him to place sighting angles and boring angles on seat backs with mathematical accuracy. And he figures his production time per chair is now down

(cont'd on page 5)

Mentone Matters

By Mayor Rob Hammond

During the February council meeting a committee consisting of the mayor, the police chief, council member Gerald Bailey, and council member Ray Padgett was given the assignment of presenting to the full council guidelines for the use of Brow Park and Mason Park for festivals and large groups. The committee met at Town Hall Saturday, February 23, 2012.

The committee reported to council at the regular March meeting and the guidelines below were adopted by the council.

Hobson Kirby was elected by the council to fill the unexpired term of Gail Chambers.



Guidelines for Use of Town Parks For Festivals and Large Groups

- Each user group must obtain a permit for use and include a \$250 security deposit. The security deposit will be returned when the park is deemed clean and damage free.
- Each user group will be required to leave the park(s) used in the same condition as they found it—clean and damage free. A representative from the Town and the user group will do a walkthrough before and following the event to determine if there is any damage or if further clean-up needs to be done.
- User group must provide porta-potties and dumpster for events.
- MAAC, MAPA, MERF can provide the Town with a yearly event schedule. The Town will reserve these dates each year until otherwise informed.

Mason Park will have the following additional restrictions:

- No commercial food vendors will be allowed
- User group must have a “wet weather” plan with contingencies if Mason Park is too wet to use.
- No trucks or cars allowed in park including loading and unloading.
- No parking on Mason Drive
- Maximum of 50 vendors for any event
- Electrical outlets were installed for the Christmas lights. Capacity is limited.
- The water department is a separate legal entity from the Town. Check with the water department before using electricity or water from the water works side of the building.
- If nighttime security is needed the Town will provide at a cost of \$100 per night.

Traffic Guidelines

- Town will provide police car with blue lights flashing to slow down traffic.
- Town can provide yellow vests and hand held stop signs for volunteers to serve as crossing guards at Mason Park and Hitching Post/Mentone Inn crossings.
- ALDOT can provide congested area ahead signs. User group must pick up and return to ALDOT district headquarters in Dutton. Town will reserve the signs upon the request of the user.

Use of the Council Room at Town Hall

- The council will consider the use of the room for a special event benefiting the Town of Mentone.
- No regular meetings will be considered.

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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2013 Rhododendron Festival -- A Mountain Heritage Celebration

By Ray Padgett

Festivals are celebrations of changing seasons, special events and the positive nature of the human spirit. Rhododendron blossomed on queue, musicians created old time musical masterpieces, Mentone cooks outdid themselves and people came to enjoy it all at Mentone's 31st annual Rhododendron Festival.

The Rhododendron Festival highlighted Mentone to our many visitors and brought volunteers out by the dozens to help celebrate our heritage with music, food, art and laughter. It was an opportunity to renew old friendships and to meet new neighbors and visitors. These are the gauges of a successful festival.

The Mentone Area Preservation Association thanks all those who helped make this year's festival possible: the 13 volunteers who comprised the Rhododendron Festival Planning Committee; festival sponsors who contributed \$1,800; the Mentone Area Arts

Council for a \$1,500 grant; more than 25 event volunteers; the five artisans who performed craft demonstrations; five chefs from local restaurants who participated in the "Taste of Mentone"; Moon Lake School who hosted a bake sale and provided a choral performance; Valley Head High School Athletic Club who sold hot dogs and snow cones; the clowns and magician who entertained the children; the twelve musical groups who provided traditional mountain music; Fifty-eight arts & crafts exhibitors; and the thousands of visitors who came to share in our celebration. This was truly a Mentone community festival!

Even with a few weather setbacks, the 31st annual Rhododendron Festival was a spiritual and financial success for our town. Thanks to all who contributed to make it happen. We couldn't have done it without you!

(See a photo recap of the festival on page 24.)



Join MAPA Today!
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Mentone's history
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Individuals - \$10 a year
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100 Computers Awarded to Valley Head Graduates

Around the year 2002, the members of the Lookout Mountain Wholistic Center, led by minister, and best-selling author of "The Four Spiritual Laws of Success", Rev. Edwene Gaines, met, as they have twice a month for 13 years, to enact their mission which is "to love, to serve, to teach, to heal, to pray, to play! To nurture and support each individual's search for spiritual truth."

Exploring the question, "what really matters," the number one concern shared by the group was for "the children." In an effort to "think globally and act locally" the group began to think up ways to support our local children. Over the years, many different programs have been offered by the LMWC to support local children including faculty development by local team building company, ExperrienceWorks, at Moon Lake and last year "adopting" a 6th grade class at Valley Head and sending a member of the group to teach something different for the students each Friday for the school year; a program that brought learning and joy to the "teachers" as well as the students.



On Thursday, May 16th, Brandy Pecault and members of the LMWC were proud to attend the Awards Day in the new Valley Head gym and presented, for the 10th year in a row, 10 laptop computers and printers to the top 10 graduating seniors. (In a further effort to "act locally" the equipment was also purchased locally at Custom Word.) Winners are selected from both the fields of academic as well as technical achievement.

2013 Academic Winners

Chance Hodges
Lily Harrison
Jacey Graham
Haven Downer
Mirian Espindola

2013 Technical Winners

Michael Chambers
Tyler Spencer
Araceli Taylor
Shelby Doss
Casey Gregory





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LIBS FROM THE LIBRARY

By Linda Brown

It takes a community to have a booksale!! Where does it start? The Moon Lake Community Library Board of Directors discusses the possibility of having a book sale. This would give the people in the Mentone area a place to recycle books and maybe would make a little profit to help with the expenses of the library. Let's do it- it is now official. When and where? It is decided to ask to participate in the festivals of Mentone. We will ask for a display spot in the Rhododendron Festival of 2013. How to get books? We will ask everyone in the community to help with the collection of books to sell. We are given a site in the Rhododendron Festival and are now ready to have our sale. Not so fast, there is much to be done. A dynamic lady volunteers to be the chairman of all activity. A list of FRIENDS of the Library is prepared and each one is contacted to stay two or three hours at the book sale to help our customers, better known as "lovers of books", find their treasures. Books come into the library on almost every open

day. They are sorted into the ones we need to complete our collection for the shelves and the ones which go into the sale. Arrangements are made with the M.E.R.F. organization to house part of our books in a spare room of the Mentone Community House and some are stored in the library. The day before the sale all able-bodied persons gather to move books. Wait a minute! We can't stack books out on the side of the street. We need a tent. A wonderful person has an extra and he says that we can use it. We put the tent up, knowing that we will not need it to protect our books, but just in case. Tables, strong enough to hold heavy books, are borrowed from one of the local churches. They are placed in the tent and the men and trucks start to move books. A major job--books are heavy and boxes of books are heavier. After several trips to the Brow Park site, our books were ready to be put on display. There are several persons in the area who can organize books and they like to do it. We get them to sort the books into groups and they are placed on the tables ready for sale. This completes our work for the day before. Oh, I forgot, just in case it should rain, the books are wrapped with tarps which are gathered from the community. All is well for the night. Saturday dawns clear and sunny. Our first volunteers are in place, we have some change in the money box and we are ready for persons to come and buy. This is a good day and many of our books now have a

new home. The people are in a good mood and many stopped to chat and look at the books. This usually led to a sale and an explanation of the wonderful library which is shared by the community and the elementary school. We tell them, it is one of a kind and worth your trip to see us in action. Sunday

(cont'd on page 18)

Wil Henry Cobble (cont'd from page 2)



to around 65 hours.

Windsor chairs have well over 20 different variations, including the bow back, comb back, the continuous arm, the sack back, and the fan back; Wil says he's mastered maybe half a dozen types. He wants to learn other configurations, as well as to become more astute with his skills so he can increase his speed. But he doesn't want to mass produce chairs using short cuts or manufactured spindles. A spindle that is carefully hand-made is stronger and lighter than a machine-made spindle, mostly because the maker pays attention to the fiber, or grain, of each piece. He learns to "read" the wood. A carefully crafted hand-made spindle "actually reflects the light- it's like a cut diamond with flashing facets."

The idea is to make a strong, light-weight chair. Historically chairs were often transported to market in a wagon, or even on the back of a horse or mule; they needed to be light enough- ten pounds or less- to make transportation easy. They had to be both comfortable and durable; a good handcrafted Windsor should last hundreds of years. That's the kind of chair Wil constantly strives to build.

He also loves to share the joy he feels in the creative process. He's even considered giving classes to

(Cont'd on page 6)



Summer finally came to Lookout - sun is shining, rains have slowed and camps are open. Cool breezes and iced tea are once again divine. Come on up to Mentone and visit Kamama Gallery.

Twiggs Coffee Shoppe serves great coffee, pastries, sandwiches and good conversation with neighbors and friends.

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This Old House: MERF Community House

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

What a way to end the spring senior lunches! The Boy Scouts treated a full house to a wonderful last meal of fresh grilled hamburger and hot dogs. People were sitting everywhere and enjoying the great meal, fellowship and entertainment. MERF appreciates all those that made another season of lunches possible this spring. Everyone was fed well by Mentone Market, St. Joseph's Church, Little River Hardware Café, Mentone Inn, Camp DeSoto, the Garden Club, Camp Skyline, the Boy Scouts and Camp Laney (twice). The lunch crew also appreciates all the kitchen elves that come every week to help set up, serve and clean up: Kathy McMunn, Shirley Hussel, Jill Whitten, Tom Emory, Kristen Emory and San Hammond. And what would a senior lunch be without great entertainment and singing from the black hat poet Doug Kiker, piano extraordinaire Elizabeth Romans and multi-talented Bonnie Easler. Lunches take the summer off but each month a fantastic Summer Social will be the place to be. We will greatly miss the sweet smile and wonderful hugs from Polly Chambers. Rest in peace sweet one.

The summer is a bit quieter too as after school tutoring takes a break. MERF is involved with Moon Lake School in many ways but the most important program is our Tutoring Program. The Principal and Teachers at Moon Lake School work closely with MERF to determine if students need extra help with their school work. Then every Tuesday and Thursday students walk over to the MERF House with their Tutors and are tutored by wonderful volunteers. Many thanks to the tutors for the 2012-2013 school year who were, Liz Baker, Priscilla Allworth, Joyce Smith, Kathy McMunn, Joan and Jim Byrum, Rita Shirley, Kat Griffith, Lucy Fowlkes, Shirley Hussel, Elaine Gauldin, and Elaine Mills. We have a special thank you to our substitutes, Charlotte Berryman, Kerri



McMunn, and all the girls from Skyline Camp. Together, kids and tutors had a wonderful school year. The tutors work on math and reading but they also give the children of Moon Lake School another adult to care about them and their school work. If you are interested in being a tutor next year please call Kristen Emory, 256-635-8477.

MERF is grateful to everyone that came out to the Rhododendron Festival and supported MERF and its programs by purchasing a "Leave Me In Mentone" t-shirt, cap, fleece throw or artwork. Ms. Paula Easter, Lea Long, Joyce Smith and Dorma Hutcheson did a great job of displaying MERF's goods and braving the debatable weather. All proceeds fund our programs and help keep the Community House in good shape. If you missed the booth, find "Leave Me In Mentone" items on sale at Crow's Nest Antiques, DeSoto State Park Country Store, Little River Hardware, Mentone Market and Little River Hardware. Thanks MAPA for putting on another wonderful festival and letting MERF be a part of it.

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.

Wil Henry Cobble (cont'd from page 5)

teach others how to make a chair. A few years ago he gave his father a certificate for a chair class for Christmas. But it wasn't his intention to send his dad off to the North Carolina folk school; the purpose was to induce him to spend time with Wil to learn how to make a chair. The two of them got down to business. At one point his dad said he hoped they could speed up the process so they could get in some golfing. "But to me," says Wil, "this is my golf. I can remember the joy I felt when I made my first chair. And I remember the joy that my dad got. It makes you feel so good to see the smiles on people's faces when they make something they had no idea they could make."

Each craft has a language and tools all its own. Such terms as braces and bits, spoke shaves, scorps, froes, and riving the wood are peculiar to the modern furniture building process. But this is the way Windsor chair making has been for hundreds of years. A single chair might involve a variety of different woods: white pine, maple, white oak, ash, or hickory. Each has properties that make it desirable for some part of the chair. And like other artists, Wil makes sure that he leaves his mark- made with a branding iron- on each piece. An artist that uses more traditional mediums like oil or water color, or even marble, can literally sign his or her name to a piece. Similarly, the bottom of each of Wil's chairs has his name, the number of the chair, and the date they were made, burned right into them. He's given some of his chairs to relatives, and he'd like to think that generations down the line his descendants and their descendants will remember who he was, and that they'll appreciate the time and effort, not to mention the love, he put into each one.

When you ask Wil Henry Cobble if he considers himself an artist or a craftsman, he pauses, then, with a twinkle in his eyes, he says, "You don't have to make a painting that is comfortable. I have to make a chair that, first of all, works as a chair. Then I make it a piece of art. In a way, this is a lot harder."

Want to contact Wil Henry Cobble? Email him at wilhenry@mac.com.



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Plans Underway for the 2013 JulyFest Art and Music Festival

The JulyFest Steering Committee, chaired by Cynthia Stinson, is off to a great start. A juried art and craft show in Mason Park on Saturday and Sunday, July 6 & 7, featuring the very best artists throughout the area and state, will highlight this event. A selection committee will ensure visitors will be able to peruse and shop authentic and unique art pieces. Music will also fill the air, from Friday night through Sunday, ranging from talented individual singer/songwriter artists to bluegrass and cover groups.

The Pet Parade was such a hit last year that the committee has decided to bring it back, complete with all types of pets including pigs, chickens, goats, dogs and possibly a pet rock. The cost to enter your

pet is only \$10, and the proceeds from the Pet Parade and a silent auction will benefit the DeKalb County Humane Society. Costumes are encouraged, of course.

Interested artists should fill out the form on this page by June 21; go to the website, www.mentonearts.com and print, fill out and mail in the form there; contact bjbates@bellsouth.net and a form will be emailed to you; or, forms will be available at various retailers in Mentone. Along with application and payment, artists should include photos or CD's of their work. A recent website address will also suffice.

Those interested in becoming a sponsor should contact Cynthia Stinson at mentoneinn@gmail.com. For complete

information on the event, be sure to visit www.mentonearts.com.

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Take A Step Back in Time at the CCC Museum

By Nicole Stowe

Come check out the newest additions to the Civilian Conservation Corps Museum. People of all ages can enjoy a truly unique experience while learning more about Fort Payne's CCC. For more information, please contact Brittney M. Hughes, Park Naturalist at 256.997.5025, or email Brittney.Hughes@dcnr.alabama.gov.

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a.m. - 4:00 p.m.
Sundays: 1:00
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Coming To Mentone

Thanksgiving in May

We've been coming to the Rock House for as long as we can remember. In 1961, Jim and Penny Lyday bought this 1920's getaway on Lookout Mountain as a vacation home for family and friends. Every year as the leaves started to turn, we would turn towards the mountains and gather for a Thanksgiving feast. As kids, the kitchen was like a candy store - you couldn't see the counter beneath the multitude of pies, cakes, cookies, and candies; all free of charge and accessible twenty-four hours a day. As we grew older, the candy store stayed, but we also realized that this place held something more magical within its cozy rock walls. With each year that we made the trip, we had the remarkable opportunity to share in the joy of our family and comfort those whose years had been a little bit harder. When we were younger we took for granted that this gathering would happen, that everyone would always be here, and yet, as the years go by we realize how precious and fleeting those times are. Now, every time we get together, we're reminded of those we've lost just as we celebrate those who have joined along the way. Just as times have changed, so has this house and

our family with it. The stable has given way to the David/Beau workshop, which now shares the backyard with Mellanie's greenhouse and compost pile. Generations of our family have cherished memories here; as children biking to the falls and playing pranks, teenagers playing football in the grass and sneaking food in the middle of the night, adults bringing prospective spouses to be vetted and laughing around the bonfire, and parents watching their children go through it all again. That's what makes this weekend so special. Marion Boyles, the oldest among us at 97, made the long journey from Colorado with her daughter and granddaughter to celebrate again this family in a place that has been home to us all. We've dubbed this weekend "Thanksgiving in May" and as many who could join, have. In the midst of our hectic and scattered lives, for this brief weekend we've had the chance to come together and pause, sharing in the gift of family love. As we say goodbye for now, but hopefully not for long, we realize how appropriate this new holiday is, as in May we all give thanks for this gift the Lydays and Tuttle have again given us.

With love and eternal thanks,
Children of the Rock House

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**THE
RECIPE CORNER
BY
ANGIE CARDEN**

Father's Day Means Steak For Dad!

When we think of June, not only do we ponder tending the gardens and the heat of Summer, we also recall lifetime memories of our Fathers! So that got me thinking about the history of Father's Day and Mother's Day. Mother's Day was made a National Holiday in 1912 after Anna Jarvis campaigned for it after having a Memorial Service for her mother in 1908. Father's Day was "founded" in Spokane, WA at the YMCA by Sonora Smart Dodd in 1910 in honor of her Civil War Veteran father, William Jackson Smart, who raised six children on his own. Although not initially successful then, she began promoting it again in the 1930's, raising awareness to a National level. But it wasn't until 1966 that President

Lyndon B. Johnson issued the first Presidential Proclamation "honoring" fathers. Finally, six years later, President Richard Nixon signed it into law in 1972 as a permanent national holiday! That's a long time between Mother's Day and Father's Day being recognized. It seems to me that "Dads" usually fall a little short in the praise and recognition departments! So, I ask that you go a little above and beyond this year and give your father an amazing day of gratitude and love! Or spend a little more time in memory of your father! Happy Father's Day to all the dads out there. I love you Dad!

I don't know any dads who wouldn't love a fantastic steak for Father's Day! Here's one of my personal favorites!

Marinated Flank Steak

In a gallon sized ziplock bag combine:

1/4 c low-sodium soy sauce (let's keep dad healthy!), 2 tsp honey, 2 tsp grated ginger (or 1 tsp ground ginger), 2 tsp lemon zest, 2 garlic cloves, minced, 1 tbsp dry sherry or red wine, 1/4 tsp crushed red pepper flakes and shake to mix. Now add your steak and refrigerate for 2 hours (or overnight), turning bag occasionally. Now, when you are ready to grill your flank steak, be sure to remove it from the fridge 30 minutes before you cook it to help insure that it will be tender and juicy!

Preheat grill med-high and grill each side for about 6 minutes. Depending, of course, on how you want it cooked, just add or subtract a little time!



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What To Do Around Here!

June 2013 Community Calendar

Jun 1 - History Hike to the CCC Quarry.

DeSoto State Park. Learn how the Civilian Conservation Corps constructed the original structures that you can still see in the park today. Moderate to mildly strenuous due to rocky terrain. Roughly 2 miles round trip. 10am-12pm. Bring water and snack and wear sturdy shoes. Free. RSVP 256-997-5025.

Jun 1 - Afternoon Rappelling Adventure.

True Adventure Sports. No previous experience necessary. 3-7pm. \$37 per person (includes gear and instruction) 256-997-9577

Jun 2 - Vacation Bible School Kick-Off. Moon Lake Baptist Church. 5pm. VBS is June 3-7, 6-8:30pm each evening. If a ride is needed, contact Christy Crisler at 256-697-4150 or christycrisler@gmail.com.

Jun 3, 15, 27 - Rappelling Adventure. True Adventure Sports. No previous experience necessary. 10am-2pm. \$37 per person (includes gear and instruction). 256-997-9577.

Jun 3, 6, 7, 14, 19 - 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.

Jun 4-6 - Canyon Camp for Children.

Little River Canyon Center. Hands-on environmental education, outdoor fun, arts and exploration of the natural world abound in this camp. Children learn all about Little River Canyon National Preserve and DeSoto State Park. These camps fill quickly so register early. Fee includes lunch and supplies. Ages 7-11 years. Little River Canyon Center (and some off-site travel) 9am-2pm. \$150 per participant; pre-registration required (limited to 10 campers) 256-782-5697.

Jun 4, 22, 24- Extreme Night Hike. True Adventure Sports. This hike has a bit of bouldering, scrambling, spelunking, and a whole lot of required working together. 7:30-10pm. \$18 per person (includes headlamp and guide). 256-997-9577.

Jun 5 - Celestial Navigation. True Adventure Sports. This two-hour class is a basic introduction to navigation by the stars. Learn how to navigate without the use of a compass or GPS with the same rules used for almost six thousand years. 6:30-8:30pm. \$20 per person. 256-997-9577.

Jun 6 - GPS Basic Training and Navigation

Class, Part 1. True Adventure Sports. Learn how to use a map, compass, and a handheld GPS. Learn basic navigation and how to pinpoint a location for quick return, or quick

rescue. Also learn how to search by waypoints or coordinates. Note: Compass and handheld GPS required. 10am-4pm. \$45 per person. 256-997-9577.

Jun 8 - Sculpt Your Own Flower. Orbix Hot Glass. Minimum of 3 and a maximum of 5 in each class. 9am and 10am. Reservations are required. 256-523-3188.

Jun 8, 21 - Rock Climbing / Rappelling Adventure Combo. True Adventure Sports. 10am-2pm. \$54 per person (includes all gear and instruction). 256-997-9577.

Jun 8 - Campfire Talk: Birds of Prey. DeSoto State Park Interpretive Campfire Ring in Campground. (In case of inclement weather,

program will be moved to the Nature Center) Join David Haggard, naturalist from TN state parks, for a showcase of an American Bald Eagle and various birds of prey to



demonstrate each bird's unique abilities, adaptations, predator/prey relationships, specific characteristics, natural histories, and the personal histories of each bird. Gate will open 30 minutes before program. Seating is limited, so bring your own comfortable camp chair if you wish. 6pm. Free. 256-997-5025.

Jun 8, 28 - Night Zip Line. True Adventure Sports. 7:30-9:30pm. \$50 per person. Pre-registration required by 6 pm the day before the adventure. 256-997-9577.

Jun 10 - Poisonous Plants of Alabama Class. True Adventure Sports. 2-4pm. \$15 per person. 256-997-9577.

Jun 11-13 - High Adventure Trip. True Adventure Sports. 3-day adventure including Wild Cave Tour, Rock Climbing, Extreme Night Hike and relaxing canoe trip. \$137 per person (includes all activities, attractions, permits, fees, gear and guides). Food and lodging are not included. 256-997-9577.

Jun 11 - Zip Line Adventure. True Adventure Sports. 10am-12pm. \$50 per person. Pre-registration required by 6 pm the day before the adventure. 256-997-9577.

Jun 13, 22 - Basic Pine Needle Basketry.

DeSoto State Park Nature Center. Learn the basic steps to making a coiled basket from longleaf pine needles and take home your own



creation. Coiling is the technique of creating baskets and art from pine needles and was a part of pre-Columbian Native American crafts. Ages 12 and up. 9:30am-1:30pm. (Bring a snack) \$10 (includes all materials). Pre-registration required. Class limited to 10. brittney.hughes@dcnr.alabama.gov or 256-997-5025.

Jun 14 - Can Snakes Crawl Backwards?

DeSoto State Park Nature Center. Jacksonville State University Biologist Dr. Chris Murdock will teach you all about amphibians and reptiles of Alabama...& will bring along some live creatures as well! 8-9 pm. Free. Great for all ages! Seating is limited. 256-997-5025.

Jun 15 - Paperweight Class. Orbix Hot Glass. Class size limited to 5. at the largest will be five students. 9am-1pm. \$130 per person. Reservations Required. 256-523-3188.

Jun 15 - Orienteering Class. True Adventure Sports. 10am-1pm. \$20 per person. Bring your own compass or you may purchase one at our store. 256-997-9577.

Jun 15 - DeSoto Scout Trail Swimming Hole Hike. Meet at the DeSoto State Park Lodge. This will be a moderate to strenuous 3 mile round-trip hike, lasting approximately 4 hours featuring hiking & swimming in Little River. Terrain is very rocky, with steep inclines on some parts of the trail. 10am-2pm. 256-997-5025.

Jun 15 - Third Saturday Sunset Event. Downtown Fort Payne. This public event will include food, live music, a car show, and activities. 5-8pm. 256-996-3857.

Jun 15 - Venomous Organisms of Alabama. DeSoto State Park Nature Center. Jacksonville State University Biologist Dr. Chris Murdock returns to talk about venomous reptiles: the facts, the myths and the misunderstandings of these interesting reptiles. Meet some live creatures! 8-9pm. Free. Great for all ages! Seating is limited. 256-997-5025.

Jun 17 - Zip Line & Sky Swing Adventure. True Adventure Sports. 10am-2pm. \$50 per person. Pre-registration required by 6pm the day before adventure. 256-997-9577.

Jun 18 - Bouldering Adventure. True Adventure Sports. 2-6pm. \$27 per person (includes all gear and instruction). 256-997-9577.

Jun 20 - Afternoon Rock Climb. True Adventure Sports. 2-6pm. \$34 per person (includes all gear and instruction). 256-997-9577.

Jun 21 - Night Sky Swing Adventure. True Adventure Sports. 7:30-9:30pm. \$45 per

person. Pre-registration required by 6pm the day before the adventure. 256-997-9577.

Jun 21 - DeSoto State Park Campfire Talk: Spiders!

DeSoto State Park's Campfire Ring in the Improved Campground (in case of inclement weather will be located in Nature Center) Join Alabama State Park Ranger Mark Jackson to

learn about common spiders of Northeast Alabama & how to identify the beneficial spiders from the ones that are dangerous to humans. Seating is limited, so bring your own comfortable camp chair. 8-9pm. Free. Great for all ages! 256-997-5025.



Jun 22 - Blow Your Own Ornament. Orbix Hot Glass. 9am-12pm. \$35 per ornament. No reservations needed--first come, first serve basis. Ages 5 and up. 256-523-3188.

Jun 22 - The Crossroads Freedom Fest. Rainsville City Park. Music, food, inflatables and fireworks show. 3pm. 256-638-7800.

Jun 22 - DeSoto State Park Campfire Talk: Snakes Alive!

DeSoto State Park's Campfire Ring in the Improved Campground (In case of inclement weather will be located in Nature Center) Learn about the different

snake species of NE Alabama, both venomous & nonvenomous. Seating is limited, so bring your own camp chair. 8-9pm. Free. Great for all ages! 256-997-5025.



Jun 25 - Rock Climbing Adventure. True Adventure Sports. 2-6pm. \$35 per person (includes gear and instruction). No prior climbing experience is needed. 256-997-9577.

Jun 26 - Rock Climbing Adventure. True Adventure Sports. 10am-2pm. \$35 per person (includes gear and instruction). No prior climbing experience is needed. 256-997-9577.

Jun 28 - 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. 10am-12:30pm. \$30 per person (includes helmet, cave lamps and guide). Meet at True Adventure Sports. 256-997-9577.

Ongoing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

2013 CAMP SCHEDULE

CAMP	SESSION	OPENING DATE	CLOSING DATE
DeSoto	1	Saturday 6/1	Wednesday 6/26
Alpine	1	Saturday 6/1	Wednesday 6/26
Riverview	M	Sunday 6/2	Friday 6/7
Riverview	1	Sunday 6/9	Friday 6/21
Riverview	A	Sunday 6/9	Friday 6/14
Laney	1	Sunday 6/9	Friday 6/21
Laney	B	Sunday 6/9	Saturday 6/15
Skyline	A	Sunday 6/9	Saturday 6/15
Riverview	B	Sunday 6/16	Friday 6/21
Riverview	2	Sunday 6/23	Friday 7/5
Riverview	C	Sunday 6/23	Friday 6/28
Laney	A	Sunday 6/23	Saturday 6/29
Laney	2	Sunday 6/23	Friday 7/5
Skyline	B	Sunday 6/23	Saturday 6/29
Skyline	2	Sunday 6/23	Friday 7/5
DeSoto	2	Saturday 6/29	Wednesday 7/24
Alpine	2	Saturday 6/29	Wednesday 7/24
Riverview	D	Sunday 6/30	Friday 7/5
Riverview	3	Sunday 7/7	Friday 7/19
Laney	3	Sunday 7/7	Friday 7/19
Skyline	3	Sunday 7/7	Friday 7/19
Riverview	4	Sunday 7/21	Friday 8/2
Riverview	E	Sunday 7/21	Friday 7/26
Laney	4	Sunday 7/21	Friday 8/2
Skyline	C	Sunday 7/21	Saturday 7/27
Skyline	4	Sunday 7/21	Friday 8/2
Alpine	Jr.	Saturday 7/27	Tuesday 8/6
Riverview	F	Sunday 7/28	Friday 8/2

Congratulations to the following students!

These Dekalb County Released Time Bible Education participants earned scholarships towards a week of Summer Camp 2013 at Ponderosa Bible Camp in Mentone.

Moon Lake School
Autumn Owen - \$50
Hannah Gorham - \$150
Jamie Mayhew - \$150
Laden Crowe - \$50
Tanner Gatewood - \$50

Ruhama School
Jaime Tomas - \$100
Juana Tomas - \$50
Lorena Miguel - \$50
Peyton Spillman - \$100
Taylor McReynolds - \$150
Vanessa Farmer - \$50

Sylvania School
Alysia Ferguson - \$50
Brak Baird - \$50
Brinn Farmer - \$50
Cassie Bray - \$50
Cole Hepler - \$50
Dakota Atchley - \$50
Emma Atchley - \$50
Kaitlyn Wilson - \$50
Monika Rico - \$50
Selena Rodriquez - \$50

Fyffe School
Emily Anderson - \$50

Geraldine School
Dawson Jay - \$50

Crossville School
Destinee Ramsey - \$50
Haleigh Crump - \$50
Jacqueline Olivares - \$50
Jazmine Mullinax - \$50

Collinsville School
Audrey Bradshaw - \$100
Dulce Pascual - \$50
Nate Bradshaw - \$50

Henagar School
Bryanna Meyers - \$50
Chloe Isler - \$50
Franki Wells - \$50
Kenadie Lee - \$50
Natasha Britton - \$50
Payton Hensley - \$100

Plainview School
Regan Williams - \$50



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Area schools participated in this event in three categories: Coloring contest, Art/Logo Contest and Illustrated Poem Contest. Overall winners were selected from each category, and their works were displayed at the recent Rhododendron Festival. Amanda Lea, Counselor for Valley Head High School and Moon Lake School, coordinated the event.

Art/Logo Contest (4th-8th Grades)

First Place:
Sabrina Jones - 6th Grade
Geraldine High School, Mrs. Tuten

Second Place:
Allen Benjune - 4th Grade
Plainview High School, Ms. Bunch

Third Place:
Jocelyn Matul--5th Grade
Plainview High School,
Ms. Henderson

Illustrated Poem Contest (9th-12th Grades)

First Place:
Angelica Francisco - 11th Grade,
Crossville High School, Ms. Lutha

Coloring Contest Winners (K-3rd Grades)

First Place:
Lizabeth Barriento Ruiz - 2nd Grade
Crossville Elementary School,
Mrs. Bobbitt

Second Place:
Redick Smith - Kindergarten
Geraldine High School, Mrs. Gilbert

Third Place:
Autumn Owen - 3rd Grade
Moon Lake Elementary School,
Mrs. Sarratt



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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.

Happy
Father's
Day

NEIGHBORLY NUTRITIONAL NAGGINGS

By Nadine Mettlemore

Well, it's summertime. The bugs are out, it's hot and sticky and that means pretty soon you'll be reaching for a beverage. You know I just care about your health, so it is with love and respect that I say "What? Do you think your body is made of sweet tea?!! I know, I know it's the "house wine of the South," a cultural phenomenon, tasty as all get out, and so full of sugar it could paralyze a pachyderm's pancreas! Don't even get me started on the caffeine, or decaffination procedures. Oy! Turns out, your body is not mostly tea, or even diet Mountain Dew, for that matter. It's mostly water-if you were to be fully dehydrated in some horrible over drying mishap you'd weigh up to 75% less, though not a pretty diet plan. I'm convinced aging is largely daily dehydration decade after decade. Mama, bless her heart, had to be on IV fluids once in the hospital and she lost 20 years off her face in no time. Surely you're not vain enough to finally start drinking water for your looks? Humph! What do you think your tired old desiccated organs look like in there, huh? Your poor liver needs a full quart of it's own each day just to do it's job. Your liver can't burn fat without enough water. Hello. For health (and beauty) this summer, and always, drink plenty of filtered water, spring



or tap, add lemon for flavor, intrigue and ph balancing. Add a splash of 100% cranberry juice (not the tasty cocktail variety, the hardcore full sour berry kind that's expensive at the health food store) it further aids your liver, kidneys and helps rid the body of cellulite. Not that anybody said anything about you wearing shorts.

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Sage Advice From A Gardener: "SHE'S COMING ALIVE!"

By Ginger Beshears

The title is a line from the book *The Education of Little Tree* and it's a phrase that always comes to mind in the spring and early summer seasons. The vegetable garden is indeed coming alive with roots and fruits and leaves and flowers, all commanding attention and rewarding me with heavenly tastes and beautiful colors and shapes.

I'm eating the second planting of radishes; the beets will be ready to pickle next week; the last of the turnips are in the frig; the broccoli, lettuce and spinach are fading; cabbages are looking good; and the summer vegetables are beginning to flower. I harvested English peas a couple of days ago and reached into the hilled Irish potatoes, pulling out just a few little ones to have one of my favorite spring meals of peas and new potatoes. Believe me, I wasn't disappointed. The peas were like little delicate candies and the potatoes, a variety called rose gold, oh so buttery and creamy. It's a meal I wish everyone could enjoy.

I must admit, this spring has been a bit difficult, weather wise, with the cool, extra wet periods and some things in the garden have suffered. I had an outbreak of mildew on the early peas and bacterial spot started on the peppers. I use a disease control product called Serenade. It is labeled for use in organic gardening and is actually a bacteria, *Bacillus subtilis*. I've found it helpful in controlling early blight on tomatoes and it seems to be keeping the bacterial spot on the peppers in check. The key seems to be early application when disease conditions are occurring and consistent reapplication at 5-7 day intervals.

In organic gardening, it's a lot about nurturing the soil as best you can. You want the microbes in the soil healthy and abundant to aid you in creating the best possible environment for the plant roots to uptake the needed nutrients. It's also helpful to keep in mind that you're not really trying to eliminate any pest or disease, only trying to keep them in check, in balance if you will. And you have to be willing to accept that some years the environmental conditions and timing of events will create stresses and strains that will do a particular plant in. It is the way of things. Observing the happenings in a garden year after year has blessed me more than I would ever have imagined...so many lessons gleaned.





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.....
LOTS and LAND

57.98 ACRES with majestic water oaks; 2 year-round springs & a great building site with water, power & septic. Great horse or hunting property with distant views, pasture & woods. Well-marked lines ready for fencing. Hand-dug well & old stone springhead. \$225,000. (428133)

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 FREE! Wooded land! During the "Hunter's Ridge Buy One Get One Free" 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 \$25,000! Additional lots are BOGO, too. Call for more details and a plat. (872377)



THE LARMORE HOUSE, built in 1836, one of the few remaining early homes in DeKalb County. Feel the history in its hand-crafted doors; wavy window glass, well-worn heart-pine floors; massive stone Fpl in the kitchen (six in the house altogether); the smokehouse with its hand-carved pegs in the rafters; the servant's quarters w/massive stone firepit in the middle of the floor. Surrounded by ancient cedars & walnut grove. 3.49 acres. \$159,000. (MLS#535973)



FAMILY GETAWAY COMPOUND, VACATION RENTALS OR BOTH! 3 fully-furnished cabins on private, fully-stocked, Rock Lake. Enjoy outdoor activities like fishing or canoeing, or just relaxing in a hot tub under the stars (each cabin has its own hot tub). Screened gazebo, lg shop building, picnic pavilion, horseshoe pit, all on 5 acres. Foundation for 4th cabin in place. Just 2 miles from downtown Mentone, on a private road. Great rental history! \$310,000 (MLS#540943)



CUSTOM LOG & STONE HOME is a one-of-a-kind find! 3BR/2.5BA with over 3,000 sq ft of living space plus an incredible view off the East brow from various porches and decks! Wide-plank heart pine floors; custom cabinetry; granite countertops; top-of-the-line appliances; 2 stone fireplaces (one of which is on a porch); stair-lift chairs on both staircases; 4 porches; huge 4-car garage with tons of work space; concrete driveway & a gated entry. This well-crafted home with vast views of the Shinbone Valley and distant Georgia mountains beyond is newly listed for an incredible \$369,000! (Co-broke with Rick Wyatt Realty) (MLS#681082)



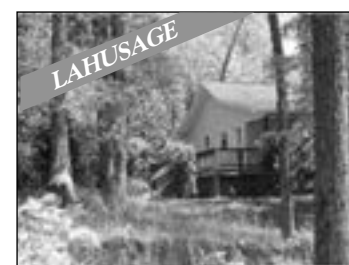
CRAFTSMAN EXECUTIVE BROW RETREAT. Near Desoto State Park. Custom 2200 sq ft; 3BR/3BA home features incredible wood & trim details. Library panels in keeping room. Granite kitchen; SS appliances & generous cabinets. Master suite w/Jacuzzi, sep shower, granite & tile. Upstairs vaulted living area w/built-ins & 2BR/1BA. 1000sf unf basement w/tall ceilings & deck. 3.5 acres w/open garden spot. \$289,000. (MLS#797079)



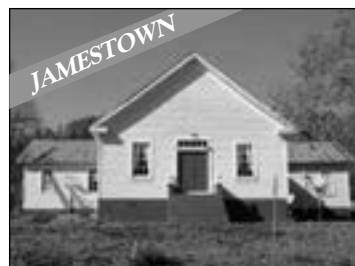
THE BERRY FARM. 15 acres (to be divided out of 40 total) with board-batten farm house. 2 out-buildings. **SOLD** Cross-fenced. Perfect for return to the land to raise chickens, cows, goats, sheep or whatever strikes your fancy! \$169,500. (MLS#754360)



GORGEOUS CABIN IN THE WOODS, at the end of a quiet lane. Perfect for those who want to be nestled in the woods, but not too far away from it all. 3BR/2BA; main-level MABR suite w/lg jetted tub & sep shower in bath. Beautiful HW floors; vaulted beam ceiling & WB Fpl. Wrap-around deck w/covered front porch; new concrete drive and your own private bridge! \$170,000 (MLS#636012)



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 workshop. Fresh interior with new paint & floor coverings. Covered porch; deck; public water; well; R-30 +insulation & a spring-fed stream in front yard. A simple & affordable option for home close to Mentone with deeded Lake Lahusage access across the quiet road. Nicely priced at \$89,000. (MLS#790982)



HEAVENS! Circa 1870 church divinely transformed into a split 2BR/2BA home w/awe-inspiring great room w/2 gaslog Fpls; original heart pine floors & walls throughout. Custom-designed cabinetry (some using original church pews) in KI/DI area. Master suite w/glorious bath featuring tub & sep tile shower. 2nd BR w/sitting area/office (or 3rd BR). Laundry w/pantry. Country church home blessedly reasonable. \$57,000. (MLS#313842)



RESIDENTIAL/COMMERCIAL. Less than 1/4 mile from Post Office. So much potential! A home rental, a business, or both. **SOLD** 3BR/2BA w/2 gaslog Fpls, too. 3.5 acres w/2nd BR w/sitting area/office (or 3rd BR) of the house. Large ferns along small stream. Big trees. Excellent frontage along Hwy 117 to attract customers to your business. Priced at only \$65,000. (MLS#971491)



THIS HOUSE COULD BE FLIPPED OR USED AS RENTAL INCOME. It offers two bedrooms and one bath with a large living area, huge new back deck, great two car garage and paved drive. This one has lots of possibilities. Offered at \$59,900 (MLS#512871)



RUSTIC CABIN IN THE WOODS near Desoto State Park. Enjoy nature from this quiet, 5-acre woodland setting. Put your own finishing touches on this nearly-finished 1300 sf w/large kitchen, vaulted living room & 2BR/1.5BA. Gas log fireplaces up and downstairs. The lot has mainly hardwoods and a small covered shed for BBQ or projects. Priced \$100,000. (MLS#511682)

Also look for our listings at AlabamaMountainLiving.com

Lookout Legends: Lizzie Stewart

Charlotte Elizabeth “Lizzie” Russell Stewart was a true Confederate heroine. A normal, middle-class housewife before the outbreak of hostilities, she would become a pillar of strength for her children, husband, neighbors and fellow captives. She was a strong and intelligent woman who managed to keep her family alive and together against overwhelming odds.

Walter and Lizzie Stewart and their three surviving children moved to Lookout Mountain after the Civil War in search of fertile farm country. The textile mill in New Manchester, Georgia had been destroyed by Union troops under orders from General William T. Sherman. There was no other work available close to their home. They settled in the Colbran community on what is today County Road 55 and were members of Liberty Methodist Church - later renamed McNutt. Since there was no cemetery there, Lizzie was buried in the nearest church cemetery, which was Mt. Vernon Baptist Church Cemetery. It is located at Alabama Highway 176 and DeKalb County Road 83. Walter is also buried there, along with several of their grandchildren (in unmarked graves).

Lizzie was born 3 December 1835, and married Walter Stewart on 10 August 1851 when she was just 15 years old. Moving from Forsyth to Campbell County, Georgia, the couple immediately began raising a family. Their 5th child was born in the autumn of 1861, a few short months before Walter enlisted in the Confederate army.

Undoubtedly lonesome, she nevertheless



Lizzie's monument was paid for with donations received from the members of the DeKalb Rifles Sons of Confederate Veterans Camp, the ladies of the DeKalb County 1456 Chapter of the United Daughters of the Confederacy and others.

kept busy by working at home on her loom and selling the fabric to townspeople. She later went to work at the New Manchester Manufacturing Company mill as a bookkeeper – all the while raising five children by herself.

On 2 July 1864 Union cavalry suddenly appeared on the banks of Sweetwater Creek with orders from General Sherman to place the entire population under arrest. He charged them with treason for making cloth for the Rebel army. At the time, Lizzie was still mourning the loss of her youngest child who had died less than two months earlier.

It took a week for wagons to arrive in order to transport the captives to Marietta. Once in that city, they had to camp outside in the heat and rain for several days while awaiting rail transportation to Louisville. They were issued rations, but it was practically inedible. Lizzie

had been smart enough to bring along some bread and a few other items of food, and it sustained them on their forced journey.

The Stewart family was confined in the Louisville Female Refugee Prison – a boarding house surrounded by a high wooden fence. Though not quite as harsh as a military prison, conditions were nonetheless deplorable. Poor sanitation and lack of privacy were just two of the problems. Several of the captives died from disease or exposure, but Lizzie was diligent in keeping her children and herself alive and well. That resolve was made even stronger after briefly speaking with Walter when he was brought through on his way to Camp Chase.

If Lizzie signed an oath of allegiance, it was not until the spring of 1865 when the war was almost over. She was able to rent a house in town with money she earned as a bookkeeper, and the children were allowed to attend school. When Walter was released from Camp Chase, he walked back to Louisville, moved into the house, and together he and Lizzie saved every penny they could until they were able to purchase train tickets back home. There is no doubt that her friends looked to her as a source of strength, as several other female residents of New Manchester also survived and returned home to Georgia.

Lizzie Stewart died 20 July 1887 and was buried in an unmarked grave in Mt. Vernon Cemetery on Lookout Mountain in DeKalb County, Alabama. However, thanks to the effort of several local historians and preservationists, she now has a beautiful monument at the head of her grave.

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Look Out for the Lookout Alabama Magazine

By Sandra Padgett

The Lookout Alabama magazine will begin publishing in June 2013. Randy and Olivia Grider have a combined 35 years experience for national magazines, newspapers and websites. Randy, a native of Rainsville, and Olivia, from Pinson, hold Journalism degrees and are the only husband and wife duo to each win the Jesse H. Neal Award, considered the Pulitzer Prize of business journalism.

Randy states, "in an increasingly fast-paced, homogeneous world, the Lookout Mountain region possesses a rare sense of peace and place. Breathtaking views from the rim of Little River Canyon, splendid waterfalls, lush forests and rocky bluffs overlooking pristine valleys leave visitors spellbound."

The Southern hospitality, musical and

artistic talents and strong work ethic of its people complete the area's charm. The magazine will share this message to a select multi-state readership through articles, images and videos on their www.lookoutal.com website.

They will tell the stories of the people and places of this magnificent mountain. The quarterly magazine will print 5,000 copies and be distributed within a 250-mile radius.

The magazine's stated mission--"to celebrate, promote and preserve the unique culture, history and natural beauty of the Lookout Mountain through a high-quality magazine, collaborative community partnerships and events."

The premier issue is splendid! The photography and articles are extraordinary--it has a Madison Avenue feel. Mentone is well represented with articles featuring the Mentone Springs Hotel, Kamama Art Gallery and Twigg's Coffee

Libs (cont'd from page 5)

is rainy, and the people are slower to come to the festival. After lunch they do come and we are very pleased with the amount of books sold. Once again, a community effort shows the concern for books left on the tables. They are packed into boxes and carried to the Moon Lake Community Library. Here they will stay and will be for sale. Come by and buy! Hardback books are two (2) dollars. Large soft backs are one (1) dollar and paperbacks are fifty cents. Come on our open days and look at what we have. It does indeed take a community to have a book sale! Our hours for the library to be open are Tuesday and Thursday, 3:00 to 6:00 PM, and Saturday, 9:00 AM to 12:00 PM. Remember, no fine if you use the deposit box outside the door. Write to us at Moon Lake Community Library, PO Box 481, Mentone, AL 35984 ;and to be on the agenda for the next meeting on Saturday, June 22 or Saturday, July 20, both at 10:00 A.M., tell Beverly or call Mickey Luck at 256/845-1282. You are welcome to attend our meetings. We appreciate your comments.



Olivia and Randy Grider

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Business and Organization News

St. Joseph's Scholarships Awarded

St. Joseph's On the Mountain Episcopal Church would like to congratulate this year's recipients of the Vann McCary Scholarship. There are 10 deserving students who will be receiving the award. The fund has been awarded to many deserving students, of varied ages--some having just graduated high school and some going back for a career change. It has been an honor for many years for St. Joseph's Church to support and encourage area students to reach their educational and career goals.

This year's recipients are Dallas Wade Gregory, Amber Natosha Griffith, Caitlin Marie Kirby, Brenda Lilliana Hernandez, Brandi Sloane Miller, Melinda Elizabeth Baugh, Araceli Segura-Taylor, Haven Danielle Downer, Lily Suzanne Harrison and Shelby Lynn Doss.

Sassafras Opens in Mentone

Julie Sisam has opened a new business in the Log Cabin Village of Mentone. She calls it "Sassafras" and her goal is to bring an "eclectic mix of beautiful things at reasonable prices" to Mentone. Her shop is tastefully decorated with a variety of new and resale items for the entire family. Her stock includes clothing, shoes, belts, purses, hats, jewelry, collectibles, home décor and gift items.



(from l to r) Asst. Chief Toby Manifold, Ken Cordell, Gus Spahr, James Rhodes, Chuck Lawley, Will Blackburn, Kaleb McMunn, Bob Crow, Chief Joseph Lee and David Tucker)



United Givers Fund held a luncheon at the Arc of DeKalb for their 10 member agency directors on Monday, April 29th. Following the luncheon, agency directors spoke about the programs and services they provide to the citizens of DeKalb County. They also discussed ideas for the fall 2013-14 UGF campaign.

Pictured are: (back row l-r) New UGF board member Amy Spurgeon, Tricia Shankles- Child Resource Network, Kristen Emory-CASA, Christy Wood- Arc, Yonnie

Beam- Kelly's Rainbow, Nathaniel Ledbetter- UGF President. (front row l-r) Betsy Smith- UGF Executive Director, Carolyn Harrison- Child Development Center, Christine Megill- Girl Scouts of North Alabama, Nancy Cobble- Salvation Army Present but not pictured are new UGF board members Jennifer Newsome Bell, and Jennifer Barber, Liz Barrontine- Partnership for a Drug Free DeKalb, and Nikki Phillips, UGF Secretary.

Mentone's North Lookout Mountain Fire Protection District has added a great new fully-equipped tanker/pumper truck to the department. A brand new 2014 International was purchased with a FEMA grant that covered 95% of the \$280,000 cost and a private donation was given to cover the other 5%. This truck will carry 2,500 gallons of water and has all the "bells and whistles."

Did you know that it costs \$1000 to insure one truck each year? Being a volunteer fire department, the NLMFPD relies on county tax funds and private donations from the community. Support your local fire department and make a donation today! Send to P. O. Box 154, Mentone, AL 35984.



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The Progressive Women of Northeast Alabama Award Scholarships

The Progressive Women of Northeast Alabama recently awarded four scholarships to Northeast Alabama Community College students, on the recommendation of Toni H. McGriff, Ed.D, scholarship chairman and her committee. Two women received scholarships in the amount of \$1,000 each, and two women received scholarships of \$750 each. The money may be used for tuition, fees, or books.

Receiving \$1,000 was Tammy of Scottsboro. Tammy is studying nuclear medicine (how to operate the equipment, not surgery) and will complete her degree this summer.

Receiving \$1,000 was Beverly. Beverly had to leave Ider High School before graduation to help her family. She re-enrolled in school to try to finish her degree in Computer Science.

Investment Act, but that has expired leaving her with the choice to drop out and work or borrow funding.

Receiving \$750 was Graciella, a 2013 graduate of Plainview High School. She works full time at McDonald's, and she will receive Pell Grant assistance this fall when she enters NACC full time.

According to McGriff, "There were 19 applicants and each had a compelling story. All applicants had very high GPAs and excellent references, and each of those selected for an interview did a very good job. We believe that education is the foundation for success and the success of a family rests heavily on the woman of the family. When they have an education, it is more likely that their children will pursue an education as well."

Receiving \$750 was Tracy of Fyffe. She has been on the Workforce



Southern Properties

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 THIS 3 BEDROOM, 1 BATH house is located in the Brow Park Subdivision in downtown Mentone and is situated on 4 lots. Included are 3 outbuildings for \$89,900 (830573)	 CUTE LITTLE RED COTTAGE! Located In Mentone Close To Downtown, 2 Bedrooms, 1 Bath, Living Room, Sunroom, Bonus Room, Situated On 6 Lots And Detached Storage Building. \$85,000 (931993)	 SITTING ON TOP OF THE WORLD... UNIQUE "round" cabin offering an open living space, 2BR/1BA, most all furnishings, 9.58 acres and SPECTACULAR views of the valley and mountains beyond. \$275,000 (328583)	 ENJOY LIFE UNINTERRUPTED in this custom built log get-a-way on 4 secluded acres. Loft BR and 1BA with wood floors offering a cozy atmosphere and a front rocking chair porch complete the picture. Hurry before someone buys the cabin of your dreams for only \$110,000 (564870)	 FIRST TIME OFFERED. Main house, guest house and 45 acres on the west brow of Lookout Mtn. A must see for \$799,000 (815966)	 The Gate House is now for sale. Sitting at the entrance to Shady Grove, this 3 bedroom, 2 bath is ready to move in or rent out. Large living/dining combo, fully equipped kitchen, rock fireplace and wrap porch. \$110,000 (683377)
 POSSIBLE COMMERCIAL LOCATION or great residential property near downtown Mentone! House has been completely remodeled with new electrical wiring, new plumbing, new screened porch and deck, plus More! All move-in ready! \$130,000 (488926)	 INCREDIBLE BROW HOME offers three levels to enjoy the gorgeous view. Kitchen has b;fast bar and stainless appliances. MBR has private deck, FP and wood walls and ceilings. Outside enjoy the stacked rock FP/bbq grill, patio and decks. Come see this unbelievable home today! \$589,000 (965370)	 A stones throw from snow skiing, hiking, canoeing & golfing. 3BR/2BA rustic cottage w/ open floor plan, wood floors, wood burning fireplace, large kitchen area w/island, front & back porch...rocking chairs included!! Great central location on DeSoto Pkwy. just minutes from downtown Mentone, DeSoto Falls and the Park. Large lot w/potential for another cabin. \$169,000 (779115)	 GREAT INVESTMENT OR YOUR OWN RETREAT! Open Design cabin with 1 bedroom and 1 bath being sold FULLY FURNISHED with sleeper sofa, gas log fireplace, whirlpool tub and a private hot tub on the back deck. Currently in Rental Program just minutes from DeSoto State Park and Mentone. \$69,900 (499665)	 ENJOY MANY HOURS on the large deck overlooking the beautiful valley below in this 3 BR/2 1/2 bath home located in the Lake on the Brow subdivision. Extra garage/workshop and storage building along with a gated entry, fully fenced yard and additional lot make this one have it all! \$329,000 (649658)	 YOU WILL ENJOY the warm ambiance of this 3BR/2BA, 1 1/2 story cabin on 5.69+/- acres that adjoins DeSoto State Park. Screened porch. cozy kitchen w/b'fast nook, living area w/rock FP, and an open loft. Detached 2-car carport with an unfinished kitchen and bath with a bedroom upstairs. \$295,000 (732138)
 Have it all - rapids, swimming hole, rocks and sandy beach on 3 East Fork of Little River lots. Includes a furnished 2 bedroom, 1-1/2 bath log cabin with wood running buck stove, sleep loft, porch and deck. \$219,900 (589918)	 CUSTOM 3BR/2.5BA cedar sided home on 1 acre. Great room w/fireplace, kitchen/dining combo, above-ground pool w/deck, BONUS room, 2-car garage, all overlooking pond. \$199,000 (326959)	 YOU CAN SEE DESOTO FALLS!!! Take advantage of this once in a lifetime opportunity. See the falls all the way to the basin. Hear it and almost feel the mist from the comfort of your home. 1 BR cottage ready to use or rent. Make this one yours!!! \$465,000 (970196)	 SECLUDED MOUNTAIN RIVER ESTATES!! Great location with Middle Fork Little River at the rear of property! \$189,000 (353611)	 READY FOR THE COLLECTOR, this 2BR/1BA home has bookshelves everywhere! In the living room...in the den... in the kitchen and in the garage. Also included is a 20x20 storage building with wall to ceiling shelves. All situated on a 1 acre lot. \$89,900 (809133)	 LAKEFRONT LIVING!! Walk right out the back door to custom built wooden decks and walkways to your own boat dock on Lake Lahusage. This 2BR/2BA cottage with gas or wood burning fireplace and screened porch, 2-story 2-car garage. ONLY \$284,500 (654813)
 Peaceful setting in Mentone with 3BR/2BA, office, sunroom and screened porch. Property borders Brush Creek. Being sold with furnishings. \$195,000 (965143)	 Secluded, rustic 3BR/2BA, WB fireplace, kitchen w/appliances, main level MBR/BA, 2BR upstairs each with sitting loft. Metal roof, lge front porch in gated subdivision adjoining Little River Canyon Preserve w/ access to 14 acre lake, walking path, picnic area, hiking trails. \$235,000 (527991)	 A bit of HISTORY in this log cabin located across from the brow. 3 BR, 2 BA, L-shaped living/dining/kitchen combo, wood floors, and is being sold with furnishings. \$189,000 (838721)	 CUSTOM BUILT, 2 BR/2BA log cabin situated on shaded, woodland acres. Two stone fireplaces, luxurious loft, 3 season sleeping porch, detached storage, additional small cabin, lily pond, kitchen with 5 star six burner gas range...reduced \$279,500 (332033)	 First Time Offered for sale! Alpine Lodge - Make it home or investment property. 3 Bedroom, 3 Bath, open living/dining/kitchen, walk-in pantry, large island, wood burning stacked rock fireplace, wrap-around porch and grand views. Call for more information. \$269,000 (391589)	 LAKE ON THE BROW - LOG HOME, 3BR/3BA, Brow Lot w/Unsurpassed VIEWS! Stacked Rock FP, Screened Porch, Unf. Basement, Access to 2 Private LAKES. \$298,500 (421306)

MORE HOMES

COZY CABIN IN THE WOODS! 2 bedrooms W/king sized beds, 1 BA with garden tub minutes from DeSoto State Park and Mentone! Log siding w/metal roof, wood floors & walls, rock FP, private hot tub on large back deck. Selling FURNISHED. Great weekend getaway or investment property. Currently in Rental Program. \$89,900 (341293)

PEACEFUL WOODED SETTING. Home features 2 covered front porches, living room W/wood burning FP, eat-in kitchen, 3 BR, 2 1/2 BA, laundry room, attached garage. Recent upgrades include gunstock wood floors, ceramic tile, wood stove insert, paved drive, ceiling fans, landscaping, fenced yard, back deck, workshop w/elec/water, new water heater, wood shed, GENERACK GENERATOR. On 5 acres, move in ready!! \$179,500 (917245)

6 ACRES & BEAUTIFULLY RENOVATED 3BR/3BA Lookout Mountain home near Desoto State Park and updated with new flooring, fixtures, cabinets, bathrooms, and full appliance package including washer & dryer!! Spacious master suite with french doors, oversized walk-in closet, luxury bath, private deck & screened porch. ApproxSqFt:2794/ApproxAge:2003 \$229,000 (781653)

LOTS AND LAND

30 ACRES WITH BROW VIEW near DeSoto State Park. Heavily wooded. Can be

divided into 2 parcels. \$179,900. (690332)

A GORGEOUS PIECE OF LAND TO BUILD ON!! This Mentone building site offers a level 3.22 acres with lots of hardwoods and power & water available at the road. You will love this peaceful site located in West Fork Subdivision. \$29,900 (881041)

BUILD ON THE WATER'S EDGE ...approximately 100' of waterfront on West Fork Little River. \$168,000 (553323)

NOW'S YOUR CHANCE to purchase 100 to 243 acres on Lookout Mountain (Mentone). \$3900 per acre (785191)

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

PLENTY OF LAND TO BUILD AND FEEL SECLUDED! Wooded 7.13 acres in Mtnn River Estate. Restricted land with possible creek flowing on back of prop \$49,500 (656265)

246 ACRES on Lookout Mountain....\$1,082,400. (928084)

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

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

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

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

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

LOTS AND LOTS OF ACRES. 246 acres in Mentone. \$1,082,400 (928084)

BROW LOT IN MENTONE featuring a unique log structure with open living space, 1 BR, 1 BA. Plenty of acreage to build something new or enjoy the atmosphere of days gone by. \$279,900 (412695)



The Times of Our Lives



"Mamaw" Passes at Age 92

On Monday, May 6, 2013, Mentone lost another long time resident. Dora Pauline "Polly" Elrod Chambers (known as "Mamaw" to many) passed away at the age of 92. Polly became a Christian at the young age of 8 and lived a faithful Christian life everyday which showed in the

love that she had for everyone. She never looked down on anyone, no matter who they were or what they had done. Her love was truly unconditional for everyone she met. She loved to do things for people and help everyone around her. Even in her last days, she worried about others and offered her help to them, not ever thinking of herself. Polly and her husband, W.A. "Alfred" Chambers pastored at the Mentone Revival Center for many years and led many people to the Lord through their ministry.

Polly is survived by her 2 sons, Kenneth and Gail Chambers of Valley Head and Milton and Gail Chambers of Mentone; a brother, Charles and Nora Elrod of Fort Payne. She had 22 grandchildren, 23 great-grandchildren and 2

great-great-grandchildren, several nieces and nephews and a host of honorary grandchildren to whom she would introduce herself as "Mamaw." Polly was preceded in death by her husband; daughter, Juanita McClure; brother, J.B. Elrod; and sister, Lilly Shrader.

Polly was laid to rest on May 9 in Bankhead Cemetery in Mentone beside her husband of almost 71 years. God has certainly gained a most precious angel that will be sadly missed here on earth by everyone that has ever had the pleasure of knowing her.

We would like to thank everyone that has said a prayer, brought food, visited, sent flowers or cards and Mentone Community Church for supplying the meal for our family after the service. A very special thank you to Rev. Marlon Williamson and Pastor Tim Miller for their heartfelt words. We appreciate the outpouring of love that we felt during this difficult time.

Famous Canine Missing



My dog Lucy has been missing for 6 days now. Preston found Bailey's dog in Hammondville at the armory on Sunday. I am sure they were together. I'm just trying to get the word out to as many people as possible. I have posted several pics of her. Lucy is very "famous" in my neighborhood and is even the character in a book. LOL!!! You ran the story about "hometown thief" called "sticks" -- that's my Lucy. My neighbors and I are saddened by her disappearance. Contact groundhognews@aol.com if you have any information.



Olive S. Jones celebrated her 95th birthday at her youngest daughters home, on April 25th 2013. Listed below are the family members in attendance. top row from left, Nathan Jones, Terry Simpson, Angela Wood, Gary Jones, Chelsea Manning, Garrett Manning, Doug Hair Jr., Marsha Hair, Doug Hair, Lee Rodgers; 2nd row from right, Ann Rodgers, Nancy Jones, Cindy Jones, Rebecca Miller. front row Oliver Jones, Olive S. Jones Janis Carrier, and long time friend Isbell Moody.

Wedding Tea

The Moon Lake Baptist Church family along with other community friends are hosting a "His & Her" tea in honor of the upcoming wedding of Trey Kincer (of Mentone) to Allison Meeks (of Geraldine). We would like to invite you to join us on Saturday, June 15, from 1-3pm in the Moon Lake Baptist Church Fellowship Hall.

The couple is registered at Walmart and the Wishing Well in Fort Payne.

June Birthdays

June 1 – Sible Hopper
 June 1 – Kayla Smith Hellums
 June 3 – Brittney Harrison
 June 4 – Lisa Crowder
 June 6 – Angela Valentine
 June 6 – Keegan Johnson
 June 6 – Christy Harrison
 June 6 – Brayden Harrison
 June 8 – Ethan Harrison
 June 8 – Gail Smalley
 June 8 – Rachel Manifold
 June 9 – Sydney Vest
 June 9 – Denita Manifold
 June 10 – In Memory of Dwight Gray
 June 10 – Amanda Gray
 June 10 – Michelle Chappell
 June 10 – Patty Tucker
 June 13 – Kristi Chambers
 June 14 – Luke Harrison
 June 15 – Campbell Smith
 June 16 – Sara Langston
 June 16 – Kayla Crow
 June 16 – Mason Vest
 June 17 – Hope Carden
 June 17 – Andy Beason
 June 18 – Ashley Ingram
 June 18 – Ozell Thornberry
 June 19 – Sierra Chambers
 June 20 – Keri Miller
 June 20 – Logan Chandler
 June 20 – Brandy Rosson
 June 21 – Nicky Langston
 June 22 – Judy Smith
 June 23 – In Memory of Lou Langston
 June 23 – Jack Johnston
 June 23 – Benny Goss
 June 24 – Brenda Goss
 June 24 – Kenneth Chambers
 June 26 – Andrew Crowe
 June 28 – Josh Baggett
 June 28 – Chris Stokes



June Anniversaries

June 1 – Wink & Stacie Painter
 June 5 – Alfie & Kristi Chambers (20 years)
 June 6 – Tom & Joyce Tate (50 years)
 June 18 – Phil & Krissy Harris
 June 22 – Andy & Jimmie Sue Beason
 June 23 – Rusty & Angela Chambers

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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)	 NEW PRICE 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)	 EAST FORK LITTLE RIVER. 5.4 acres partially cleared. 200ft on river, secluded with private road access. lightly restricted \$95,000	 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. great room with rock fireplace. screened porch with a view of the canyon rim. over 5 acres. A must have. \$165,000	

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)



The Chicken Lady

By Kristen Emory

It has come to my attention that there is 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 chickens. This article will not have any book knowledge to share or any Kristen knowledge to help you raise a healthier, happier chicken.

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. She loves the eggs but really does not enjoy the chickens. A year 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 (Favorite Chicken) best friend, came up to greet Nana. Nana leaned over and spoke to Lacey in a most appropriate manner, 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." And as she straightens up from her stopped position, Lacey flies up into the air and tries to peck the ring right off of 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 hens love bling bling."

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 and if I sit still long enough they will all try to get a nibbler or should I say a pecker. That might not be an age appropriate statement. Sorry mom.

My dad got new tennis shoes last week and they have orange strings. He has to either walk quickly or very slowly through his coop. His chickens love his shoestrings. What do you do when you have four chickens attacking your feet? You walk carefully and sure of foot because you do not want to step on



a chicken. That could be fatal.

I wonder why color and shine draw chickens in? Does this mean that chickens can see in color? Unlike dogs, can my chickens see me as I am with my bright colors and all my diamond rings, ha ha? Maybe next month I will look all this up in a book and I will let you know the answer. Right now I have got to go give a chicken a bubble bath. Happy Summer.

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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 sunrises 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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Mountain Music Series -- Henagar Pickin'

By Susan Cheronos

Every Thursday night in Henagar you'll find anywhere from 10 to 30 musicians gathered in a wide circle in Loretta Shankles canning kitchen. It all started about 7 years ago in a barber shop when Clinton Bell invited a couple of pickers to stop by one Thursday evening. As the years went by, the barber shop picking became so popular that some nights folks would show up to find it so crowded they just had to load their instruments back up and head home. That's when Darrell Shankles decided it was time to build the canning kitchen he and Loretta had dreamed of and make it big enough for dozens of musicians to play while dozens of listeners ate, danced and socialized.

He made the big room (it's behind their home attached to a shop outbuilding) with materials that would best suit the music and started inviting the Thursday night pickers to come play. And come they have every Thursday night since. Even the Thursday after Darrell died. Loretta insisted.

She welcomes each of her guests with a warm hug and a big pot of some simple tasty fare. Other folks bring this and that and before you know it the kitchen counters are covered and are all well fed.

She doesn't pick, but sometimes Loretta contributes her lovely voice to the harmony on a favorite bluegrass or gospel tune, hovering over the shoulder of a brother or friend like an angel as she takes a break from her steady stream of kitchen oriented hospitality.



Pickers come in all stripes; sunburned men in from the fields, daughters and dads, husbands and wives, cousins and kids.

Mark Mitchell is a State Farm agent by day but finds balance in making music. Mark is so well balanced, in fact, that in addition to the Thursday night Pickin', he also plays rock and roll every other Saturday night and in church on Sundays.

Jamie Bowman of Bowman & Weaver Equipment is similarly well-balanced. A member of the Thursday night picking from the very beginning, he also finds many outlets in a week for musical expression, playing rock and

roll with Mark on Saturdays and in church on Sundays.

Jamie and Mark are about the midpoint in age, with about as many teenagers as octogenarians picking; more 70 year olds than twenty-somethings. Pickers bring guitars, banjos, mandolins and fiddles. Many swap out instruments and take a turn at the standing bass. Loyd Ivey plays harmonica, sings Amazing Grace to the tune of Brown and has been

known, even in his mid-eighties, to break out in buck dancing at a particularly rousing tune. Willard Byrum dropped in last night to croon a few old country favorites.

Listeners sometimes dance a bit or join in a well known chorus. Talk around the circle ranges from farming pleasantries to musical escapades and neighbor names like the Luvern Brothers and those Alabama boys come up in tales told.

The history here has no separation from the present moment. The instruments they choose, the songs they know and how they know them, all of these things are so blended with their granddaddy's past and the middle of next week as to become one great sauce. An unbroken tradition of music as daily bread is alive and well one mountain over. Sop it up!



Mentone's Cookin' (cont'd from page 1)

edge of Christian's food ethic. He can, and will, prepare just about any type of cuisine; international flavors a favorite. His passion, however, is in providing nourishment, not merely delighting the taste buds with trickery, but rather, creating fresh meals of what the body needs, and leaving out what it doesn't. "That is Art, Science..., and Love," he says solemnly.

Rather than working off a fixed menu, Christian prefers improvising meals with what is fresh. He loves mixing music with food and eating with his hands, preparing food to be handled. "I've read that as soon as our hands touch food, the body starts releasing the enzymes needed to break it down," he says.

When I asked Christian why so many chefs around here have a musical bent he said, "How could it be otherwise? Music and food so overlap that the metaphors are right there. At my best, as a chef, I am the conductor, I know the notes and the tone I want. I bring in the instruments to create harmony, highlight the melody. There are trios, quartets. It's all about

frequency, anyway," the corners of his eyes creasing in a gentle confident smile as he "hears" the perfect meal.

A marine of commanding frame, Christian seems at home in a world of fire and knives, yet his gentle steady voice could rock a baby to sleep. He has worked in just about every kitchen on the mountain, as far back in time as Dessie's and Dish, as far away as The Lookout and at all the village favorites; the last year and a half at the Mentone Springs Hotel. He is friends with, and has learned from, all of the chefs he worked with along the way and is considered by many of them to be the master of "complement." The art and restraint that allows leaving out a little



something here so that it can be brought in there, his refined palate akin to a musician's "perfect pitch."

As the new Head Chef at Mountain Grove at Cloudland Bed & Breakfast, guests are finding his meals to be "a highlight of their visit to Lookout Mountain." In addition to evenings of international flavors and soirees of food and musical pairings, Chef Christian, working with a team that includes a nutritionist, is creating customized nutritional responses to improve any condition in a peaceful, mountain wellness retreat setting.

Reservations are being taken for upcoming Customized Wellness Retreats and "Dinner and a Show" which will be offered both Friday, June 7th and Thursday, June 27th. Chef Christian is available at Mountain Grove or your place for breakfast parties, luncheons, cooking classes, catering, or to serve as your personal chef for parties, dinners or lifestyle maintenance. Healthful meals can also be ordered for pick up or delivery. For more information contact Mountain Grove at: 706-862-6676 or visit www.mgbb.com.