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THE

GROUNDHOG

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

Volume 33, No. 6

"Neighborhood News from the Heart of Lookout Mountain"

June 2014

First Miss Rhododendron Pageant in 16 Years Proves Successful

By Joseph Hall

The 2014 Miss Rhododendron Pageant was presented by MAPA on Friday, May 16th, at the Mentone Community Church Family Life Center at 6:00pm, with thirty-one beautiful contestants from around DeKalb, Cherokee and Chattooga Counties competing for the titles. There was an auditorium full of family, friends and loved ones cheering and supporting their favorite contestants.

Our stage decorations were provided by the Moon Lake Trading Company in Mentone, and the local Boy Scouts volunteered and helped with the stage and auditorium set up. Miss Rhododendron was sponsored by Riverview Camp for Girls, Camp DeSoto, Camp Laney, Camp Skyline and Alpine Camp for Boys.

Our Mistress of Ceremonies for the evening was Miss Jackson County's Outstanding Teen Emily O'Rear, and crowning was done by Adrienne Hollmer, Miss Rhododendron 1997. Our distinguished panel of Judges traveled in

from all over the state of Alabama. Mrs. Diane Logan from Springville, Miss Miranda Ward from Birmingham and Mr. Sammy Akridge from Muscle Shoals had a packed afternoon



judging private interviews for the Teen and Miss contestants as well as judging photogenic before enjoying a meal provided by Kamamas.

By the end of the evening, the judges had chosen some amazing and beautiful young ladies to represent the Rhododendron Festival as Miss Rhododendron. Taylee Ann Keith of Mentone

was chosen Baby Miss Rhododendron; Avery Anne Spillman of Fort Payne was chosen Tiny Miss Rhododendron; Ana Zuniga of Valley Head was chosen Mini Miss Rhododendron;

Emily Wheat of Gaylesville was chosen Pre-Teen Miss Rhododendron; and Saddler Emory of Mentone was chosen Teen Miss Rhododendron. In our Miss division, Zoe Talley of Henagar was chosen Second Alternate, Ivy Mickley of Summerville, GA, was chosen First Alternate and Alexis Grace Manifold of Mentone was chosen as the new Miss Rhododendron 2014, also receiving a cash scholarship.

Alexis was present for the events of the Rhododendron Festival and will be making appearances throughout her year as Miss Rhododendron in the Mentone and Valley Head community. We would like to congratulate all of our winners and thank each of our contestants for being with us at our first Miss Rhododendron Pageant since 1998. We are looking forward to seeing you all again at next year's Miss Rhododendron Pageant.

First Class Artists/Musicians to Participate in JulyFest 2014

The Mentone Area Arts Council is continuing plans for on-going summer activities and events.

Join us on Lookout Mountain on July 19-20 for the annual JulyFest Arts and Crafts Show in Mentone, Alabama. The JulyFest Steering Committee is finalizing plans and everything is coming together. JulyFest 2014 looks to be another success with the planning, community and artist involvement. Organized by MAAC, this mid-summer event will feature a large and prestigious juried arts and crafts show at

beautiful Mason Park in downtown Mentone. Free music by notable Alabama bands and artists will be available. The pet parade, one of last year's favorites, a silent auction and dog adoption to benefit the Humane Society and Animal Resources of DeKalb County are just a few of the many activities taking place.

The arts and crafts show, beginning at 9am on Saturday, features works of more than 50 talented artists and craftspeople specializing in oil paintings, pastels, watercolors, drawings, photography, sculpture, wood art, rustic

furniture, pottery iron work, basketry, fiber and wearable art, jewelry including fused glass and precious and semi-precious metals and stones, as well as upcycled art--surely something for everyone!

The Pet Parade will feature all types of critters-birds, chickens, horses, dogs, goats and perhaps a pet rock or two, who will scamper, gallop, trot and amble around Mason Park at 9:30 am Saturday. The proceeds from the parade benefit the Humane Society and Animal

(Cont'd on page 3)

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.

**MAPA BOARD**

Ray Padgett, President
Kayla Worthey, Vice President
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groundhognews@aol.com

**Have a Letter to the Editor
or a story idea? Send
it to The Groundhog at
groundhognews@aol.com.**

Mentone Matters

By Mayor Rob Hammond



Tornado warnings and torrential rains on April 28 and 29 again created challenges for our police department and our volunteer fire department. All three of our officers were out most of the night. The fire department volunteers were on the side of the mountain several hours helping to clear AL 117 and controlling traffic.

Town Hall flooded and our chief Lamar Bray and our clerk Wilma Fletcher spent the next day mopping it out. Kamama's across 117 also suffered flooding. There was damage to

several town streets. County Road 631 washed completely out at Camp DeSoto. District 1 Commissioner Shane Wooten has been in contact with us, and we will learn more about repairs after the May 28 county commission meeting.

We met with FEMA representatives on May 22 and hope to recover some of costs incurred from the flooding.

The town accepted the bid from Jackson Paving for the paving of Cutler Avenue, Douglas Street and the portion of West River connecting to Cutler. Work should be completed this summer.

More Clean-up Thank You's

Last month these wonderful sponsors were accidentally left off of our sponsor list:

Mentone Market
Helena's Market
One World Adventure
Jim McGee

Many Thanks!

From The Editor

Many dedicated Mentone volunteers contributed to the success of The Groundhog over the last 32 years. Contributions from talented writers, photographers, and designers made it a great newspaper in style and content. Collection of verbal and written stories and old photos helped preserve the diverse and interesting history of people who called the Mentone area home. Others provided the legwork of pickup, mailing and distribution so that locals and visitors alike could look into the lives and enjoy the culture of Mentonians. Thank you to all who made it possible.

The Groundhog was the brainchild of the charter members of the Mentone Area Preservation Association (MAPA). The MAPA Board and members have managed its publication ever since. June begins a new year for MAPA and, in addition to The Groundhog, MAPA volunteers produce the Rhododendron and Colorfest Festivals, contribute time and money to other Mentone volunteer organizations and help with many local projects. At the beginning of our new year we plan to once again work to increase our membership. We ask you to join and work with the many other Mentone volunteers to preserve local history, make our community a safer, better place to live and to enjoy the work to make it happen.

Thank you!
Ray Padgett
For the MAPA Board



Join MAPA Today!
**Help us preserve
Mentone's history
and impact its future.**

Individuals - \$20 a year
Couples - \$30 a year

MAPA
P. O. Box 50
Mentone, AL 35984

JulyFest (cont'd from page 1)

Resource Center of DeKalb County. You can pre-register your pet at the MAAC website, or enter at the gate to compete. There is an entry fee of \$10. What? You don't have a pet...apply for one of the cute little puppies or adoptable dogs at the on-site Adoption Center and, if you act quickly enough, you will be able to enter your new pet in the parade. A silent auction will include items donated by artists, as well as local businesses and residents.

Live music will fill the air all weekend by talented area artists, and at 5 pm on Saturday, on the grounds of the Mentone Inn, Old Tymer's Barbecue of Fort Payne will serve up their famous B-B-Que at \$10 per plate. All the while you can tap your forks and feet to more music including a noted headliner beginning at 7pm. Be sure to bring your blankets and folding chairs.

Sunday morning at 11am the arts and crafts show will reopen in Mason Park with more music and art.

JulyFest is made possible in part through sponsorships from local businesses and residents and a grant from the Alabama State Council on the Arts.

Classes

Learn the techniques of landscape painting in this Plein Air Painting Class to be held on June 7 with artist/instructor Suzanne Royal. Cost is only \$30 for a 5-hour lecture/demo/painting class at Mountain Cove Farms. Make reservations at www.mentonearts.com. Pay online or at the event.

Color Mentone

This year's Color Mentone, the summer plantings of public areas, was another success. Completed in May, Mentone is alive with colors of newly planted flower beds. Thanks to all who participated in making Mentone a colorful place to live and visit.

You can be a part of MAAC. Visit our website at www.mentonearts.org to see how to join and contribute to celebrating Mentone through the arts.

JULYFEST 2014

July 19-20, 2014

ARTIST APPLICATION

Name _____

Address

City, State, Zip Code _____

Email Address

Telephone Number _____ Other Telephone Number _____

of Booths Required _____ Is electricity and/or water required? _____

Description of artwork, craft or food for inclusion in show

Please send two (2) images of your work for review by the Jury. Images should be photographs or on CD Rom. Some of your images may be used for advertising purposes for the show. You may provide a website address in lieu of photographs or CD if it is current and accurately represents the body of your work.

SUBMISSION INSTRUCTIONS/DEADLINE

Please mail your signed Exhibitor Application, images and check by July 1, 2014, to:

Mentone Area Arts Council P. O. Box 370 Mentone, AL 35984

I, the undersigned, agree to be responsible for my own booth space, my art work, and possessions at all times during and surrounding the show. The Mentone Area Arts Council or anyone affiliated with this entity will be not held responsible for items lost, stolen, or damaged, nor for injury to any person on the show grounds or any place connected with JULYFEST 2014. I release any of the above from any and all liability. I also agree that any photographs or videos containing my image may be used by MAAC for publicity.

JULYFEST 2014 Art Show information as well as an application will be posted online at www.mentonearts.org. For further information, please contact Beverly Bates at bjbates@bellsouth.net or 205-520-1556. You will be notified of your acceptance by July 3 and space location the week prior to the show.

Signature _____

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This Olde 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.

Thanks to so many wonderful folks in our community. Our year at MERF has been a great success. We recently held our 2nd Annual Taste of the Mountain & Art Auction. Through this fundraiser we were able to raise funds for the upcoming year. The money from the fundraiser last year enabled us to send teachers from Moon Lake Elementary School to teacher workshops, provide the Art, Music and Spanish teacher at Moon Lake Elementary School, provide educational field trips to Moon Lake Elementary School, and provide scholarships to college students in the community and many more activities. Thank you to all of you who gave of your time to make this fundraiser a success. It's because of you that we were able to make this fundraiser happen and continue our programs in the community. Also, thank you to all who attended and donated funds. We could not serve the community without your partnership.

Our tutoring program with Moon Lake Elementary school was successful as well. We have so many wonderful tutors that have graciously volunteered their time to serve the children in our community. Our tutors this year were: Liz Baker, Kat Griffith, Joyce Smith, Joan Byrum, Kara Miller, Bill Rutledge, Priscilla Allworth and Lucy Fowlkes. We also had some

wonderful folks who would fill in when tutors were not able to be there. Our wonderful substitutes were John and Elaine Mills, Lindsey Gallaher, Kathy McMunn and Shirley Hussel. We just want to say a huge thank you to them for their investment in the lives of our children.

We also had a wonderful season of senior lunches. So many organizations and businesses in our community have volunteered time, effort and money to serve our seniors. Thank you to all who have provided meals, served meals, given of your time and given of your money. We especially want to thank our regular servers Pat Peterson, Kathy McMunn, Norm and Liz Baker, San Hammond and Carolyn Nail and our food providers this spring Mentone Community Church, St. Joseph's Church, Hardware Café, Kamamas, Camp Alpine, Camp DeSoto, Camp Laney, Camp Skyline, the Boy Scouts and Mentone Market. The seniors thoroughly enjoy this time of fellowship with one another, and it would not be possible without you and your willingness to volunteer.

We are very grateful for your love and support of our community. Thank you for your partnerships and volunteerism. We look forward to another wonderful year of serving our community alongside you.

*God Bless,
Kristen Miller*

The MERF board wants to thank Kristen Miller for doing a great job organizing volunteers for tutoring and senior lunches, for keeping the MERF house calendar, for getting "Leave Me in Mentone" items displayed and sold and for enabling the Art Auction to be fun and successful. She stepped in and helped MERF well to continue our community work. The MERF board looks forward to hearing the difference she and her husband make with their missionary work in Jamaica. Kristen and Keith will continue to enrich the lives of those they

meet and work with in their future.

Who is a nominee for the Grammy Music Educator Award? Our own Ms. Paula Easter! She is the art, music and Spanish teacher supplied to Moon Lake Elementary School by MERF. Hopefully, everyone saw some of the artwork produced by her students in last month's groundhog. Thanks to the school parent that nominated Ms. Paula and sought recognition for the arts program at Moon Lake that is fun and amazing thanks to Ms. Paula's talent and hard work.

MERF appreciates everyone that stopped by our booth at the Rhododendron Festival and we are thankful to MAPA for working hard to bring together a great celebration of Mentone's heritage and beauty!

Join us for Senior Summer Socials at 1:30 at the MERF house on Wednesday, June 18th, July 16th and August 20th.

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

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Homer Lee Crow 1923-2014

By Sandra Padgett

Mentone will miss the good spirit, sage advice and smile of Homer Lee Crow who died May 26, 2014, at Parkridge Medical Center. He was born in 1922 to a family that is important in the history of Mentone. He had seven siblings, six brothers and a sister. Homer joined the Air Force at an early age and served in World War II in Australia and the Philippines. After the war, he worked for years for Mabry & Parker, a Chattanooga general contractor firm. He later began his manufacturing company that produced commercial and residential garage doors. During the latter part of that endeavor, Bernise his wife of 60 years owned the Hitching Post and operated Crow's Nest Antiques in Mentone. She became a beloved part of our town. When Homer sold his business in the eighties, he became a permanent

resident of Mentone. Retirement didn't suit him, so he began a wire harness factory in Fort Payne and became a business owner providing jobs again. Homer had been retired for several years, but continued his community involvement and work with MAPA.

Wife Bernise Cooper Crow, daughter Joyce LaVonne Cooper and granddaughter Jennifer LaVonne Pullen precede him in death.

He is survived by sons, Barry Lee Crow (Donnah) and Coy A. Crow, and a daughter, Doreen Crow Waters. There are seven grandchildren and six great-grandchildren.

His only surviving sibling is brother Dewey Crow who stopped by to reminisce about Homer. We talked about Homer's sense of humor, his work ethic his glazed peanuts and his duty to his country. We agreed he loved Bernise and his family with all his heart. After we comforted each other with happy stories, Dewey summed it up. He said: "Homer had about anything he ever wanted. He had a good marriage and a good life. He was blessed."

Burt Funeral Home is in charge of the arrangements. www.burtfuneralhomes.com.

The visitation is Saturday, May 31, 2014, from 2:00 p.m. - 3:00 p.m., and the memorial service is 3:00 p.m. at Burt Chapel in Valley Head. Rev. Don Brock will officiate.



*Bernise and Homer
at their 50th Anniversary Party*



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Mentone Wedding Chapel



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

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

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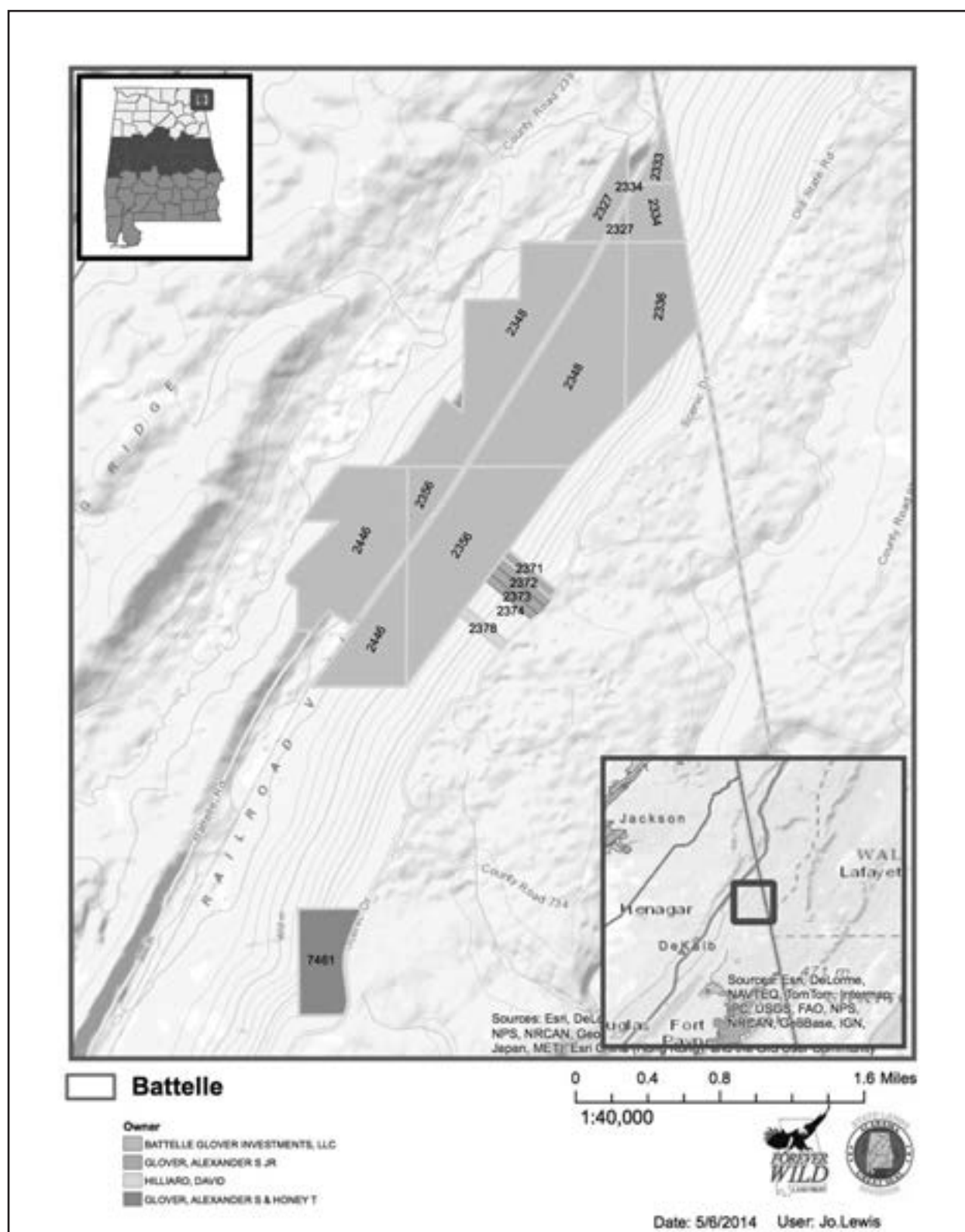
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By Angie Shugart

Thank you!



We Hope To Build Where You Hope To Live!

Mentone Business Association (MBA)

by Robert Hoffman
MBA President

At the MBA meeting on May 13th, we decided to adopt the logo shown above. Thanks to Beverly Smith at Snappy Graphics for doing the graphics on the logo. We also discussed some projects that we might be able to address in the near future and continue to look into ways to increase business in positive, low impact ways. In response to requests from local business people, we've changed the meeting time to be 6:00-7:00 on the third Monday of each month. Next meeting is scheduled for Monday, June 16th, at 6:00 in the MERF House. All are invited. Details about the MBA and our membership form follow and we encourage you to join us.

Our Mission

The MBA has been formed with the mission of sponsoring or supporting activities that will benefit businesses and business growth in the Mentone area. The objectives of these activities will be anything that will improve the business environment in Mentone, including increasing customer traffic, coordinating for the mutual benefit of various types of businesses, improved and cost-effective advertising methods, improved communication with local

town leaders to help bring about such changes, and other activities to enhance the health and success of our local businesses. Although all businesses are encouraged to join us, membership is entirely voluntary. MBA activities and projects will be undertaken that benefit the entire business community in and around Mentone, both members and non-members.

Anyone in the Mentone area is invited to join, but especially those that own and/or operate businesses of any kind. No dues are currently being charged, but may be determined as necessary in the future and our membership agrees. MBA meetings and progress are currently being documented online at website MBA.MyMentone.com. To join, fill out the form that follows and send by U.S. mail to Robert Hoffman, PO Box 321, Mentone, AL 35984. The form may optionally be done online at MBA.MyMentone.com.

Membership Benefits

If you have some suggestions and ideas on ways to improve the operation of your business and others in Mentone, you may want to join. The MBA provides a forum for presenting and discussing these ideas with like-minded individuals who will provide support and suggestions as to the best way to implement the ideas.

If you want to be better informed of what other local businesses are doing, you might want to join. We frequently email members to

let them know when businesses open/close in town, when others change their hours/days of operation, and what's happening or planned that may affect your business in either a positive or negative way.

If you want to increase your business, you might want to join. It's possible that other MBA members will have some ideas on ways to improve the situation. We're all looking for things we can do to bring more customers into our shops and then to convince them to buy something once they're in.

If you think there are ways that we could work with the Town Council to improve the overall appearance and accessibility of our shops and businesses, you may want to join. Since the MBA plans to work closely with the Town Council on future projects, you may stand a better chance of your voice being heard by being an MBA member.

If you're interested in hearing how nearby towns are bringing in new customers and enhancing their business situation, you may want to join. Since the MBA is in close contact with the Fort Payne Chamber of Commerce and their Merchants Association, we continue to get suggestions from them on what techniques they've found to be successful.

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Mentone Business Association (MBA)

Membership Form

Name _____

Mailing Address _____

City, State, Zip _____

Email Address _____

Phone _____

Your Business Name _____

Send form by U.S. mail to Robert Hoffman, PO Box 321, Mentone, AL 35984. The form may optionally be completed online at MBA.MyMentone.com.

Remember When

By Angie Carden

The Groundhog published an article about Simmie Sherman Vernon thirty years ago.

Mr. Vernon was the son of Robert Vernon who was born in 1845 as one of 14 children. At the age of 19 he built what many consider the first home of Mentone proper, the log cabin that is the central structure of St. Joseph's on-the-Mountain Church.

Robert Vernon was apparently considered a valuable and outstanding citizen because the road from Mentone to Valley Head was named Vernon's Gap. Many said his prayers were so loud that he literally "held the mountain together".

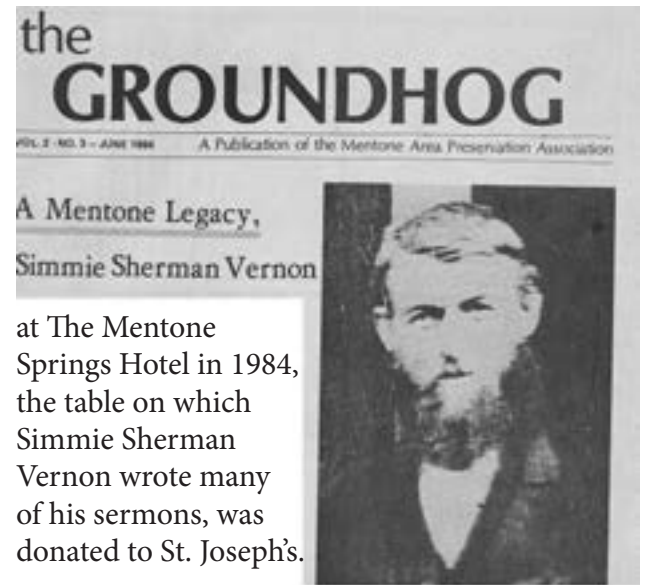
Robert and his wife, Polly Ann Peyton, had six children--five boys and one girl. Simmie Sherman was born Nov. 6, 1869.

In 1884, Simmie worked for Dr. Frank Caldwell in the construction of The Mentone Springs Hotel, receiving 50 cents per hour.

He was wed to Lucy Jane Payton on Feb. 13, 1890 and remained in the cabin built by his father that is now part of St. Joseph's. Also, according to family records, he was very instrumental in starting a church in Mentone sometime around 1893.

Simmie moved his family to Oklahoma around 1907 and continued to preach for no income as he always had. Simmie died in his home on Turkey Mountain near Tulsa on March 9, 1935.

During a reunion of Vernon family relatives



at The Mentone Springs Hotel in 1984, the table on which Simmie Sherman Vernon wrote many of his sermons, was donated to St. Joseph's.



The Times of Our Lives



Ms. Nell Kent of Mentone was crowned Miss Crowne Health Care on Wednesday, May 14, 2014.

Left: Haley Stinson of Troy, AL, daughter of Cynthia Stinson of Mentone Inn, welcomed Walker Reece Stinson on April 16, 2014. Seven pounds and 18 3/4 inches.

Congratulations, Laurelle Brooke Miles

Laurelle turned 19 and is finishing Hueytown High School in Jefferson County. The proud Pappa is Walt Miles. Walt and Laurelle will be moving to Mentone (Cloudmont) in the near future. Laurelle plans to attend Northeast Community College and hopes to enter their nursing school.



Note of Thanks

The family of Alan Johnson of Mentone would like to express our thanks to all who sent flowers, cards, food; offered condolences, prayers and kind thoughts during our time of grief after Alan's death on May 15, 2014. Your love and kindness will never be forgotten.

Sincerely,
Kathleen "Kat" Johnson

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Summer Days Are Here At Last!

And I think most of us feel, well overdue! But, I must admit, I have mixed emotions about this. I do love the cold and directly related to the fact that I work all summer in a very hot kitchen cooking for hundreds of hungry boys, this time of year finds me begging for the return of cold winter days! All that aside, I like summer, too. There is nothing better to me than the smell of a BBQ! I do get very excited at the thought of people pulling out and uncovering those grills! Maybe because I spent my summers as a child on Weiss

Lake with the men of our families standing over a grill. Besides that, the smoke of the grill makes everything taste better. Even bread!

So, while you are deciding what to get for dad this Father's Day, remember to check out grills and grilling accessories! Go all out and get dad his own monogrammed grilling apron.

Here's a great grilling recipe for you to give him as well! Happy Father's Day!



Grilled Brown Sugar Pork Chops

- Preheat your grill to med-high heat.
- In a small saucepan, combine ½ c firmly-packed brown sugar, ½ c apple juice, 4 tbsp olive oil, 1 tbsp soy sauce, ½ tsp ground ginger, salt and pepper. Bring to boil.
- Combine ½ c water with 2 tsp cornstarch in small bowl and whisk into brown sugar mixture. Stir until thick.
- Lightly brush your grill with oil and lighty brush sauce over chops.
- Cook about 5-6 minutes, turn and baste other side. Total grill time if cooking 1 inch chops is 10-12 minutes. Serve with remaining sauce.



THE RECIPE CORNER BY ANGIE CARDEN



June Birthdays

June 1 – Sible Hopper
June 1 – Kayla Hellums
June 3 – Brittney Harrison
June 3 – Donald Stephens
June 3 – Byron Haynes
June 4 – Lisa Crowder
June 5 – Doris Chamlee
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 8 – David Dean
June 8 – Vince Wright
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 10 – Joyce Wright
June 13 – Kristi Chambers
June 14 – Luke Harrison
June 14 – Jerry Stokes
June 15 – Campbell Smith
June 15 – Brad Wright
June 16 – Sara Langston
June 16 – Kayla Crow
June 16 – Mason Vest
June 16 – Sara Langston
June 17 – Hope Carden
June 17 – Andy Beason
June 17 – In Memory of Lucille Griffith
June 18 – Ashley Ingram
June 18 – Ozell Thornberry
June 18 – Josh Smith
June 19 – Sierra Chambers
June 20 – Keri Miller
June 20 – Logan Chandler
June 20 – Brandy Rosson

June 21 – Nick Langston
June 21 – Catherine Bailey (104 years young!)
June 22 – Judy Smith
June 22 – Zachary Potts
June 22 – Nathan Keith
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 27 – Ashtynn Carden
June 28 – Josh Baggett
June 28 – Chris Stokes
June 29 – Jacob Bain
June 29 - JoAnn Bain
June 30 – Cooper Hilyer

June Anniversaries

June 1 – Wink & Stacie Painter
June 5 – Alfie & Kristi Chambers
June 6 – Tom & Joyce Tate
June 15 – Michael & Jennifer Owen
June 18 – Phil & Krissy Harris
June 19 – Josh & Emmy Smith
June 22 – Andy & Jimmie Sue Beason
June 23 – Rusty & Angela Chambers



What To Do Around Here!

June 2014 Community Calendar

Jun 1-6 - Moon Lake Baptist Church Vacation Bible School. Registration Sunday night at 5pm followed by games and a meal. Then from 6pm to 8:30pm will begin the first mountain climb! On Monday thru Thursday nights from 6-8:30 PM, we will venture to different mountaintops and see what unfolded there. Friday night will be our Family Night (beginning at 6 PM) where parents can see and hear about the adventure and fellowship with others during the meal that will follow. All children from age 3 years to grade 6 are welcome hikers. If any children need transportation to and from the church, please contact Carolyn Hendon at (256) 634-4704.

Jun 2-3, 9-10, 16-17, 23-24 - Tadpole Adventure Club for Tikes. The Tadpole Adventure Club is an introduction to a camp setting with creative play, arts and crafts. Perfect for kids ages 2-4. DeSoto State Park \$55 per 2 day session or (\$75.00 with lunch option). Pre-registration required. Must sign up at least 2 hours ahead of time. 10 a.m. to 1 p.m. 256-634-8370.

Jun 2, 14, 26 - Rappelling Adventure. Come experience the thrill of rappelling down the sheer sandstone gems of NE Alabama. No previous experience necessary. Each trip includes all the gear plus basic instruction. 10 a.m. to 2 p.m. 256-997-9577.

Jun 2, 5, 6, 13, 18, 30 - Wild Cave Tour. Go beyond where the average tourist explores! This 2.5 hour adventure is for those of you ready to explore on your knees, on your belly, in the mud and through tight tunnels. Explore in one of NE Alabama's most unique all-weather caves, Manitou Cave, in the heart of Fort Payne. Adventure includes helmet, cave lamps plus a fun informative guide. Meet at True Adventure Sports. 5 p.m. to 7:30 p.m. 256-997-9577.

Jun 3, 9, 21 - Extreme Night Hike. This end-of-day adventure does not slow down just because it's dark. Intended for a large group team-building exercise, this hike has a bit of bouldering, some scrambling, some spelunking, and a whole lot of required working together. Headlamp and enthusiastic guide included. Meet at True Adventure Sports. 7:30 p.m. to 10 p.m. 256-997-9577.

Jun 4 - Celestial Navigation. 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. Meet at True Adventure Sports. 6:30 p.m. to 8:30 p.m. 256-997-9577.

June 5 - Amy McCarley Performance at Kamama Gallery. Good things come to those who wait – and this summer, alt-country fans will be rewarded for their patience. On June 10, singer-songwriter Amy McCarley will release *Jet Engines*, the highly anticipated follow-up to her 2011 self-titled debut. Produced by Kenny Vaughan (Marty Stuart and His Fabulous Superlatives) and George Bradfute, *Jet Engines* is a sterling collection of original music anchored by McCarley's earthy alto as she leads listeners on a musical road trip that travels from the twangy traditional country featured on the toe-tapper "Here I Am" to the smoldering Americana of the title track. McCarley, who was named a Northern Alabama Artist to Watch by The Huntsville Times in 2012, has already taken her home state by storm. With *Jet Engines*, she firmly establishes herself as a rising star on the national roots music scene. Show begins at 7pm. Admission \$10. 256-634-3001.

Jun 7 - Outdoor Landscape Painting Class. (Plein Air Painting) presented by the Mentone Area Arts Council will be held 10am-3pm central time at Mountain Cove Farms in Georgia. Instructor will be noted artist Suzanne Royal. Make reservations at www.mentonearts.org.

Jun 7-8, 14-15 - "Whitt's Wit" Art Show of Clay Sculpture by Neal Whitt. Kamama's. 256-634-3001.

Jun 7 - Free Fishing Day. On this day you can fish in public waters without a fishing license. Some lakes may require fees and permits. For more information, visit www.outdooralabama.com/fishing/freefishing.cfm.

Jun 7-8 - Mounted Shooters of America. MSA competitions at the Northeast Alabama Agri-Business Center. Free admission for spectators. 256-638-1650.

Jun 7, 20 - Rock Climbing / Rappelling Adventure Combo. Nestled in the NE corner of Alabama are some of the best and unique sandstone cliffs in the country. Come experience first-hand what rock climbing and rappelling is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. 10 a.m. to 2 p.m. 256-997-9577.

Jun 7 - Storytime at the Canyon Center: Where the Wild Things Are by Maurice Sendack Little River Canyon Center staff and volunteers will read aloud unique children's literature every first Saturday of the month. Storybooks will be available for purchase.

Little River Canyon Center. 11 a.m. to Noon. Free and open to everyone. 256-782-5697.

Jun 7, 27 - Night Zip Line. All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. Enjoy the thrill of the zip line at night. Pre-registration required at True Adventure Sports by 6 pm the day before the adventure. 7:30 p.m. to 9:30 p.m. 256-997-9577.

Jun 7 - Pugsley Buzzard At Vintage 1889. Vintage 1889 at the Big Mill is excited to have Pugsley Buzzard. Come and enjoy a great night of music. 8 pm. \$10 cover. 256-845-3380.

Jun 10-13 - Canyon Camp for Children (at Little River Canyon Center). Hands-on environmental education, outdoor fun, arts and exploration of the natural world abound in this camp. These camps leave children begging for more JSU Field School fun! Children learn all about Little River Canyon National Preserve and DeSoto State Park... the river, the plants and the animals! 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) 9 a.m. to 2 p.m. \$150 per participant; pre-registration required (limited to 10 campers) 256-782-5697.

Jun 10, 28 - Zip Line Adventure. All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. Pre-registration required at True Adventure Sports by 6 pm the day before the adventure. 10 a.m. to 12 p.m. 256-997-9577.

Jun 10-12 - High Adventure Trip. This is a 3 day adventure including a Wild Cave Tour, Rock Climbing, An Extreme Night Hike and end with a relaxing canoe trip. Price includes all activities, attractions, permits, fees, gear, and guides. 256-997-9577.

Jun 12 - New Artists in the House. Kamama's. Our new sculptors Steve Loucks and Lynette Hesser will be available to meet and talk to patrons about their art. 256-634-3001.

Jun 12-15 - Alabama Band Fan Appreciation Weekend. Fort Payne's own Country music group ALABAMA invite you to their Fan Club & Museum and weekend activities throughout DeKalb County. Tour the Fan Club, attend an autograph session, enjoy concerts, and much more. 800-557-8223.

Jun 12 - Singing With the Stars. Enjoy the Songwriters Symposium Open Forum from vocal contest finals to Teddy Gentry & the

Rockit City Band in concert. Advance tickets are \$10 for adults; day of show will be \$15, and \$5 for students. All proceeds benefit the DeKalb County Children's Advocacy Center. At the Tom Beville Lyceum on the NACC campus. 6 p.m. 256-997-9700.

Jun 13 - Knot Class & Application.

Introduction and instruction to essential knots and their application for camping, rappelling, rock climbing, outdoor survival, and other applications. 1 p.m. to 5 p.m. 256-997-9577.

Jun 13 - Jeff Cook Fan Appreciation Daze Show.

Come enjoy Jeff Cook and the Allstar Goodtime Band for their annual fan appreciation concert. Will be at DeKalb Theatre in downtown Fort Payne. Doors open at 5 p.m. and show starts at 6:30 p.m. Get tickets now and pick up at the door. \$20 each <http://www.jeffcook-agb.com/page7.html>.

Jun 14 - Blow Your Own Ornament. This had become very popular here at Orbix Hot Glass. Come design and blow your own ornament with the help of one of our glass artists. No reservations are needed, it is on a first come, first serve basis. For this we welcome people of all ages (at least 5 years old). 9 a.m. to 12 p.m. Cost is \$35 per ornament blown. 256-523-3188.

Jun 14 - Green & Gray Saturday. The National Park Service staff and volunteers will present "Green & Gray" programs on the second Saturday of each month. Topics include park resources and activities, climate change, recycling, energy conservation, eco-gardening, exotic plants, native landscaping, pollution prevention, green energy, and more! Little River Canyon Center. 10 a.m. Free and open to everyone. 256-845-8548.

Jun 14 - Orienteering Class. Basic yet essential skills for survival navigation are brought to you in map reading, compass reading, and topography. Bring your own compass or you may purchase one at our store. 10 a.m. to 1 p.m. 256-997-9577.

Jun 14 - Randy Owen's Fan Club Concert on the Farm. Come and enjoy fandamonium on Randy Owen's farm. You must be a member of the fan club to come, so join today. www.randyowen.com.

Jun 15 - HAPPY FATHER'S DAY

Jun 15 - Benefit Concert, The Alabama Fan Club. The group ALABAMA will be doing a benefit concert for the Perez family from Valley Head. Fan Club Office opens at 8:00am (for paid fan club members to pick

up wristbands for VIP area) Concert free and open to the public (please provide your own lawn chair) If not a member of the Fan Club, can sign up day of show for \$35 (not required for entry to concert) Doors open at 12 p.m. and concert at 2 p.m. 256-845-1646.

Jun 16 - Zip Line & Sky Swing Adventure. All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. Pre-registration required at True Adventure Sports by 6 pm the day before adventure. 10 a.m. to 2 p.m. 256-997-9577.

Jun 17 - Bouldering Adventure Atop Lookout Mountain. Come experience first-hand what bouldering is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. We will climb on some of the best boulders atop Lookout Mountain. No prior climbing or bouldering experience is needed. Meet at True Adventure Sports. 2 p.m. to 6 p.m. 256-997-9577.

Jun 18 - Mountaineering Adventure. This 4-6 hour adventure starts with a rappel into a low light maze where we will stop and anchor part of the way down the rock wall and travel on the rock face mountaineering style to get to our main destination. True Adventure Sports 10 a.m. 256-997-9577.

Jun19 - Jazz Sensation Liz Wood in Concert. Kamama. The concert starts at 7 o'clock after a set menu dinner starting at 5:30 cst. Admission \$10. 256-634-3001.

Jun 19 - Afternoon Rock Climb. Come experience first-hand what rock climbing is all about in the afternoon with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. TAS 2 p.m. to 6 p.m. 256-997-9577.

Jun 20-21 - Georgia Ponies of the Americas Regional Show. Northeast Alabama Agri-

Business Center. 256-638-1650.

Jun 20 - Sky Swing At Night Adventure. This is an adventure of a lifetime. Enjoy the thrill of the swing at night. Pre-registration required at True Adventure Sports by 6 pm the day before the adventure. Meet at True Adventure Sports 7:30 p.m. to 9:30 p.m. 256-997-9577.

Jun 21 - Sculpt Your Own Flower. Orbix Hot Glass. Have you ever wanted to actually sit at the gaffer bench and feel what it is like to shape hot glass? It's all about hands on experience in a safe and fun atmosphere with a final product we know you will love. There is a minimum of 3 people and a maximum of 5 in each class. 9am and 10 am. Reservations are required. 256-523-3188.

Jun 21 - 6th Annual Freedom Fest 5K & 10K. Don't miss the area's largest fun run/walk. There will be hundreds of dollar in cash prizes for the winners in several age categories, plus dozens of valuable door prizes to be given away. Early registration through June 14, 2014 is \$25; after June 14 it is \$35. The first 400 to register will receive a dri-fit t-shirt and race bag. Registration and starting of race is at Broadway Baptist Church in Rainsville. For online registration, contact info and more, visit the event page. 8 a.m.

Jun 21 - 2nd Annual American Legion Poker Run. Come ride and then enjoy food, fun, live entertainment, cash prizes and more. Route includes DeSoto Falls, Lookout Mountain Parkway, Little River Canyon and Mentone. Registration at Fort Payne Powersports from 9 a.m. to 10 a.m. 256-506-6956.

Jun 21 - Blue Grass on the Rim. Jacksonville State University presents the premiere Canyon Concert Blue Grass on the Rim at Little River Canyon. The concert will be hosted by Tim Watson and feature Ronnie Reno and the Reno Tradition. Bring your lawn chairs and enjoy. Tickets are \$25 and Children 6 and under are free. 3 p.m. to 9 p.m.

256-782-5697.

Jun 23 - Poisonous Plants of Alabama Class. This class is a brief overview of many poisonous plants in Alabama. There are many types of poisonous plants, learn how to spot them and what to do if you are affected by them. Also learn the vital role they play in our wilderness. Meet at True Adventure Sports Training Center. 2 p.m. to 4 p.m. 256-997-9577.

Jun 24-27 - Canyon Camp for Children (at Little River Canyon Center). Hands-on environmental education, outdoor fun, arts and exploration of the natural world abound in this camp. These camps leave children begging for more JSU Field School fun! Children learn all about Little River Canyon National Preserve and DeSoto State Park... the river, the plants and the animals! 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) 9 a.m. to 2 p.m. \$150 per participant; pre-registration required (limited to 10 campers). 256-782-5697.

Jun 24 - Rock Climbing Adventure. Nestled in the NE corner of Alabama are some of the best and unique sandstone cliffs in the country. Come experience first-hand what rock climbing is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. 2 p.m. to 6 p.m. 256-997-9577.

Jun 25 - Rock Climbing Adventure. Nestled in the NE corner of Alabama are some of the best and unique sandstone cliffs in the country. Come experience first-hand what rock climbing is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. 10 a.m. to 2 p.m. 256-997-9577.

Jun 27 - Wild Cave Tour. Go beyond where

the average tourist explores! This 2.5 hour adventure is for those of you ready to explore on your knees, on your belly, in the mud and through tight tunnels. Explore in one of NE Alabama's most unique all-weather caves, Manitou Cave, in the heart of Fort Payne. Adventure includes helmet, cave lamps plus a fun informative guide. Meet at True Adventure Sports. 10 a.m. to 12:30 p.m. 256-997-9577.

Jun 28 - Paperweight Class. This class is designed for those who really just want see what molten glass is all about. Feel the heat, gather from the furnace, sculpt the glass into you own design. It is ultimately about the experience, some experimentation and a couple nice paperweights to take home or to the office to show your friends. Class size at the largest will be five students so everyone has adequate time at the bench working. There will be material provided before the class for you to review and become familiar with concerning safety and basic glassblowing vocabulary. Please join us for some in-depth discovery. Reservations Required \$130 per person. 9 a.m. to 1 p.m. 256-523-3188.

Jun 28 - The Crossroads Freedom Fest. Come and enjoy the family fun at Rainsville City Park. There will be music, food, inflatables, and a big fireworks show to end the day. Event will start at 3 p.m. For more information call 256-638-7800.



Ongoing Calendar

MAPA Members meet on the first Tuesday of each month at 6:30pm at 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 11am. 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 eligible persons and families. Hours: Tuesdays, 9 AM to noon. New applicants welcome during these

hours. Joint effort between St. Joseph's on the Mountain Episcopal Church (Community Outreach Ministry) and the Food Bank of North Alabama.

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.

Valley Head School CHAMPS meet the first Monday of every month at 6pm in the Gym.

The Mentone Business Association (MBS) will meet the third Monday of each month from 6-7pm.

And the Rhododendrons Bloomed!

By Ray Padgett

Anticipation for this year's Rhododendron Festival was high and widespread. Volunteer festival planners knew they were creating a festival that would be enjoyed by a broader base of both local and visiting guests. The Miss Rhododendron Pageant was revived; a real children's section was planned with pony and carriage rides, slides, dunks, spins and painted faces; music was everywhere (14 local performers/groups, Sacred Harp singers, and a fabulous blues performance); taste of Mentone food was abundant; boat rides awaited; and the talents of our festival artists, craftsmen and gardeners were on display. Marketing efforts

included newspaper, radio and TV interviews, announcements and articles. Everyone was ready!

Friday evening events started the festival with style and grace. You had a choice - fish fry and live music or the first Miss Rhododendron Pageant since 1998. Boat rides provided visitors with beautiful, scenic rides on the Little River with Rhododendrons in full bloom. All events were a hit. The Miss Rhododendron Pageant had over 200 people in attendance and was a great stage to highlight our area's young ladies.

Saturday and Sunday the music continued in the Brow Park pavilion without a hitch while visitors enjoyed the sounds of Mentone. Some artists had great success and plant sales were at

Jess Goggans sells new CD to Scott Thomas



an all-time high even though the rainy drizzle and Huckleberry winter kept most visitors away. The rides, games and ponies came but they never made it out of the chute. It turned into two dreary days of unseasonable cold - this is the part you can never adequately plan for, you only hope it doesn't happen.

MAPA thanks our volunteers, sponsors, town officials, exhibitors and citizens (who donated their property for use during the festival) for making the Rhododendron Festival possible; however, an enthusiastic thank you and heartfelt appreciation go out to all the hardy souls who attended our festival in spite of the dismal, damp and cold weather.

Apparently, the plants loved the rain and the Rhododendrons bloomed. Volunteers are undaunted and already planning for Colorfest.



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Present
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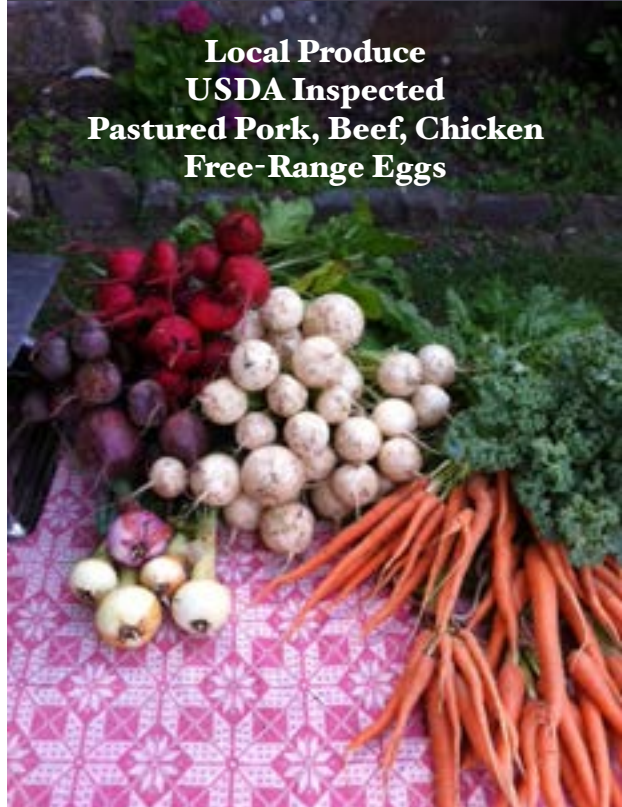
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Rhododendron Festival Pictures

By Christy Miller Evans Photography



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Worship

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

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

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

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

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 5PM on Sundays and Wednesdays. 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. 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. Bible Study

Wednesdays at 6:00PM.

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. Bro. Whitney Smith 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.

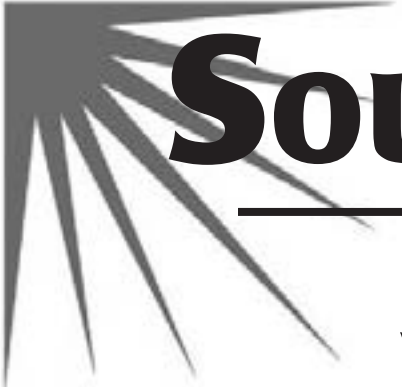
The Church of God 7th Day in Hammondville located just off Hwy. 11 N. at corner of Hwy. 117 and Palmer Road. Sabbath School classes at 9:30AM and Worship Service at 11AM. Visitors are always welcome.

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

VACATION BIBLE SCHOOL

Jun 1-6 - Moon Lake Baptist Church VBS. Join us for a Mountain Top Adventure that is Rock Solid. Games and hot dog supper the first night of activities. Each night we will be on a new Mountain Top Adventure. Friday, June 6, will be Family Night complete with a program by the children and a fellowship meal. Classes for children 3 yrs. old to 6th grade. Bus pick up will be available. For more information watch for flyers and posters.





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 2BR/2BA · \$129,900 2.7 Acres · MLS #837473	 4BR/4BA · \$324,900 2.36 Acres · MLS #924137	 3BR/2BA · \$289,000 7.2 Acres · MLS #450846	 1BR/1BA · \$59,900 Lot · MLS #499665	 2BR/2.5BA · \$274,500 1 Acre · MLS #961097	 2BR/2BA · \$247,500 .68 Acre · MLS #654813
 3BR/2BA · \$269,900 1 Acre · MLS #902940	 3BR/2BA · \$163,500 4 Acres · MLS #637008	 1BR/1BA · \$465,000 .42 Acre · MLS #970196	 2BR/2BA · \$279,500 2.3 Acres · MLS #332033	 5BR/5BA · \$545,000 .95 Acres · MLS #338039	 3BR/3BA · \$274,500 2.37 Acres · MLS #421306
 3BR/2BA · \$419,000 4 +/- Acres · MLS #902720	 1BR/1BA · \$128,000 1 +/- Acres · MLS #690326	 2BR/2.5BA · \$225,000 2 +/- Acres · MLS #621178			

LOTS AND LAND

3.22-acre lot in West Fork Subdivision. \$29,900. MLS #881041.

.49-acre lot with 100' on West Fork Little River. \$168,000. MLS #553323.

7.13-acre lot in Mountain River Estates Sub. \$49,500. MLS #656265.

1.95-acre lot at Lake on the Brow Subdivision. \$44,900. MLS #984141.

1.02-acre lot in Hidden Lake Subdivision. \$55,000. MLS #762331.

1-acre lot in Hidden Lake Subdivision. \$50,000. MLS #665968.

1-acre wooded, Lakefront Lot in Private, Gated Subdivision. \$55,000. MLS #945265.

1.06-acre lot at Hidden Lake Subdivision. \$60,000. MLS #867272.

7.8 acres border Armstrong Creek and Webb Branch. \$47,500. MLS #581146.

12.1 acres....mostly wooded. \$48,500. MLS #632461.

7 acres - East Fork of Little River. \$29,900. MLS #641045.

40 acres - off the beaten path, hunters paradise. No restrictions. \$110,000. MLS #752857.

400' deep lot located south of Mentone on DeSoto Parkway. \$149,900. MLS #963487.

One or two wooded lots on Cutler Avenue in Mentone. One lot offered at \$19,900 and both at \$37,500. MLS #682942.

Corner lots in secluded and private subdivision walking distance to East Fork Little River. \$29,900. MLS #939357.

106' of prime brow view with paved road frontage. \$109,500. MLS #403694.

Lakefront! 200' of water frontage and 169' on paved road frontage. \$55,900. MLS #845943.

Approx. 2 acres on a dead-end street. Unrestricted. (2 tracts available, totaling approximately 4 acres). \$9,650. MLS #407038.

4.4 acres - located on the North Brow in Mentone. \$190,000. MLS #392849.

MAPA Donation Honors Mr. Parker

By Sandra Padgett

Sometimes a thoughtful deed goes unrecognized for decades. That was the case in Charles "Railroad" Parker's kindness that he exhibited decades ago. Charles, known as "Railroad", lived on the brow and was very involved in community affairs. He was the first to offer help when needed. He attended festivals, volunteered to civic efforts and was a great storyteller. He had retired from the Railroad Co.

Don Coley of Centre, AL approached me and said: "I want to give MAPA a donation to honor my old friend Charles Parker." He then gave me cash in the amount of \$30.06. I was certain a story would be forthcoming regarding the extra six cents. "Railroad" took Don on his first hunting trip and taught him safety, how to shoot and where to hunt. He then began

mentoring Don's friends, and they took trips for years and became friends. "Railroad" always used his trusty Thirty aught six. The others graduated to advanced and more expensive guns, but "Railroad" insisted a man only needs the .30-06. So because of his kindness, consideration and teachings, MAPA is \$30.06 richer, and I enjoyed sharing stories of an old friend and had a happy trip down memory lane. Thank you Don Coley! And Charles Parker!

School News

The Valley Head Athletic Club met on Wednesday, May 14, 2014, to conduct regular business and vote in officers for the 2014-2015 School year. Officers elected were: President, Dave Vest; Vice-President, Kayla Worthey; Treasurer, Donna Willingham; Co-Secretaries, Krissy Harris and Amy Henderson. The Athletic Club will meet on an "as needed" basis throughout the summer months and then will return to regularly-scheduled meetings as the school year returns. With many fundraisers already in

the works, the Athletic Club is looking for your participation. If you are interested in becoming an Athletic Club Member, a volunteer, or you would just like to make a contribution to

the organization, please contact ValleyHeadAthleticClub@yahoo.com or call Dave at 256.418.2386. These athletes, children and students and Valley Head need your support. Thank you!

PUTTIN' IT ON

By Doug Kiker

There are things my wife told me every young girl ought to see,
She named one then two and three.

I thought these over for a time,
Then picked a favorite of mine.

In our life together we've talked of everything under the sun;
Some were downright serious-others just for fun.
Subjects from logs to frogs and even turtles;
But, she laughed almighty hard telling me how
Her mama put on a girdle.

You remember that garment made to fit like another hide,
And getting it right was tough,
There was no slipping to the slide.
From what I've heard the wearing of a girdle
Is mostly pride.
Or maybe a bulge to hide.

Be that as it may, all joking aside,
Seems like putting on a girdle is too hard to abide.
I've even heard that when the job was finished,
Tears of joy were cried,
Probably that would be denied.

Anyway, the moves that Mama would make
Were enough to make the room shake.
Why! Those squirms and turns would challenge a snake.
Then, finally it was on looking good
Anyone could see...
Wouldn't you know it? Mama had to pee.

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Welcome To Mentone!!



Stop by our Log Cabin office in the heart of Mentone. Porch sitters welcome!

..... LOTS and LAND

EAST RIVER ROAD. River View parcel near the bend in West Fork upstream from Desoto Falls. Approved for building a small cabin. Town limits of Mentone in nostalgic area offers a great spot to watch the river flow. Priced at \$44,000.00 (959304)

LITTLE RIVER WATERFRONT 3.11-acre building lot. Conveniently located just north of Camps DeSoto & Skyline. Lightly restricted; 150' of frontage on West Fork Little River just above Taylor's Ford. \$54,900. (735107)

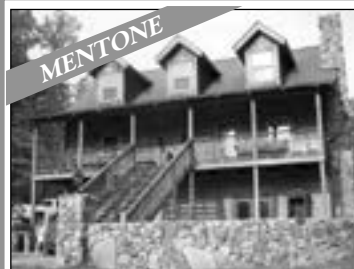
TWO ACRES WITH DRIVEWAY, public water at the road. Private, surrounded by woods, level building spot already prepared. Approx one mile from downtown Mentone on Scenic Hwy N. \$29,900. (840634)

10.8 ACRES ON N. BROW. Approx 340' of brow frontage, half the land on top mountain, other half extends down into valley allowing you to choose your view. Awe-inspiring views; interesting rock formations; large trees. \$199,900. (928654)

WOODSY WATERFRONT LAND. Solitude & nature await your getaway on this lightly-restricted 4.33 acres on Full Moon Lake, in Mentone's Laurel Creek Lakes. Walking trails; 3 lakes; Equestrian friendly. 2 lots sold as one. \$49,900. (387932)

NATURAL EAST FORK RIVER FRONTAGE. Experience the wonder of the most natural part of Lookout Mountain on these 5 acres with 420 ft of river frontage; mossy rock ledges; mature trees. Perfect for nature lovers. Adjoining 6 ac. also avail. \$45,000. (805140)

A PROPERTY RARE 44 acres of hardwood mountainside with forever views, several level building sites AND a registered cave. Tally Cave, Lookout Mtn, in Valley Head & Mentone. This special piece of earth is looking for a caretaker to own and preserve it. Don't let it get away. \$119,000 (785767)



LOG CABIN LUXURY. That may sound like a paradox, but this is one VERY nicely-appointed log home! Three levels, including a walk-out basement apartment with gorgeous antique bar. Lake view and common area access to canoe or fish. 5BR/3BA (large loft used as 5th BR). Approximately 3100 sq ft, able to accommodate a crowd or be cherished by a few. Top of the line fixtures, beautiful hardwood floors and tile floors (including hand-made tile from Istanbul). Beautiful rock work on chimney and foundation. Great rental or full-time residence. \$269,000 (541512)



LET'S GO TO THE MOUNTAIN! Gather up the eats, hop in the car & spend the weekend in your own log cabin! Small in size, big on what you'll want in a retreat or a place to live life more simply. Wood interior; new kitchen; 1BR/1BA (new bath); new furnishings & appliances; wooded backyard; front yard w/fruit trees & garden areas; quaint "outhouse-look" wellhouse. Great rental possibilities, too! \$94,900. (840095)



NEW TINY LITTLE CABIN. Cute as a button. Nice front porch; charming interior that puts one in mind of a cabin of yesteryear. Painted plank floors, plank interior walls, handcrafted interior doors, efficient kitchen w/all appliances. Beautiful masonry, WB Fplc. Main-level BR & BA; upstairs loft BR & 1/2 BA. A personal mtn getaway or perfect rental. Low-maintenance lot w/small stream. Sweet, simple, small. Brand new! \$115,000 (690127)



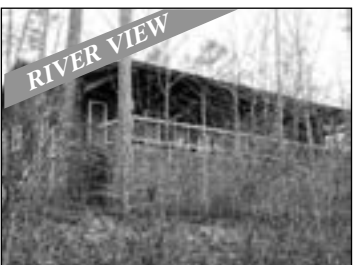
AFFORDABLE HOME IN MENTONE. 3BR/2BA double-wide home with good-sized, detached, 2-car garage/workshop. Situated on two partly cleared acres, part wooded, with a small wet-weather stream in the woods. Private back yard for garden spot or add'l building sites. Small, patio on the front. Public water. Paved road. Owner financing possible with acceptable terms. Just listed for \$53,000 (672984)



THE HARMONY OF WATER, TREES AND EARTH. Named "Grace Glen" by current owners, they've found it to be a place to get away from the day-to-day hustle and bustle, unwind and be at peace. Listen to Brush Creek flow, watch it wind its way along the North boundary of the almost 2 acres (over 300' on creek). Two lots, one mostly cleared, the other wooded, go with this 3BR/2BA, 2-story frame cabin featuring screened porch, sunrooms (one off Master BR), balcony off huge upstairs BR/gameroom, welcoming front porch and lovely interior. Sold mostly furnished. \$182,500 (400932)



LOVELY, CABIN-STYLE RESIDENCE. Up on its own little mountain, surrounded by woods & rocks, yet in downtown Fort Payne. 3BR/2BA. WB Fplc (gas insert); Ponderosa pine paneling; Dutch door to dining area. New windows, baths, HVAC unit, appliances & more. 1.15 acres; gazebo; private guest cottage or playhouse, hidden in the trees. Views of Lookout Mtn from up here are pretty spectacular, too. \$175,000 (555041)



CABIN ON 6.12 ACRES, overlooking the river at Lake Lahusage. Enjoy your time in the mtns in this 3BR/2BA, "split BR design" cabin. Large front porch affords you a view as well as a place to relax. Inside is a wonderful mixture of convenience & mountain cabin rusticity. Beautiful stone Fpl; pine floors, walls & ceilings; hand-hewn, wood-beamed entry to kitchen w/oak cabinets, pantry & stainless appliances. Hot tub & furnishings incl. \$199,900. (562232)



PLAIN AND SIMPLE. Think of it as a place to begin, with simple, straightforward construction & layout; neutral colors; decent-sized yard; small deck & fenced backyard for pets or younguns. Just a hop off the DeSoto Parkway. Lots of upgrades including new exterior vinyl, newer metal roof, new floor coverings, new kitchen, new CH/A....pretty much good as new. Add'l prop avail. \$69,900 (488462)



SUNSETS OVER DESOTO FALLS and a rare opportunity to own a lot right there near the falls on the West Fork of Little River. Look up and downstream perched on a hillside of rhododendron above the Falls. Swim, boat, fish, & hike to the falls from this 94' waterfront lot in an incredible, natural setting. This is a great place to build and enjoy one of those places that is increasingly rare. New price of \$162,500. (355152)



GET AWAY TO LAKE LAHUSAGE, Mentone's own mountain lake. Beautiful, cedar-shake-sided cottage with granite kitchen; vaulted living area w/stone fireplace (gas logs); hardwood floors; 2BR/2BA with sleeping loft & full, mostly-finished walk-out basement for add'l BRs or games. Screened porch; outdoor deck area w/fireplace & stone BBQ; covered stone patio; stone walkway to dock. Best buy on the lake at only \$239,000 (558629)

Also look for our listings at AlabamaMountainLiving.com

Rhododendron Garden Club

By Mellanie Tuttle

The May meeting was held at Marsha Merrell's home on May 13th. Six members and two guests were present. While waiting for everyone to arrive, the members participated in a horticulture report by showing and trying to identify various wildflowers. We decided blue phlox was a worthy wildflower and did not transgress into the weed category. What's the definition of a weed? A plant that is not valued for where it is growing and is usually of vigorous growth. Sweet Cicely has a wonderful anise aroma and is a host plant for the Black Swallowtail butterfly. The leaves are edible and have been used to ease lung ailments; chewing the root will relieve sore throats. However, those tenacious seeds that attach to pants legs and pets are such a nuisance - definitely a wildflower and probably a weed.

Peggy Rourke called the short business meeting to order. There were no minutes from the April meeting (walked the Shirley Miller Wildflower Trail). Dianne Kuehl gave the Treasurer's report and then we shared a smorgasbord of salads provided by the members. It was a delicious meal and enjoyed by all (was not six potato dishes like our December luncheon).

Mellanie Tuttle gave the meditation and program on butterflies. Butterflies are a diverse and fascinating study - over 17,000 species located on every continent except Antarctica. Some can fly as fast as 35 mph but the average speed for a butterfly is 3-5 mph. The Monarch travels over 2000 miles in its migration from Mexico to North America while others move just a few feet during their short life cycle. Butterflies are insects (order Lepidoptera - as

are moths) so have a series of life changes from egg to larva to pupa to adult butterfly. A great web site that shows the life cycle of the butterfly can be found at <https://www.youtube.com/watch?v=7AUeM8Mbalk>.



watch?v=7AUeM8Mbalk.

Caterpillars need host plants to eat after they hatch and then the adult butterfly needs nectar plants for sustenance to lay the eggs and start the cycle over again. Unfortunately, climate change and overuse of pesticides are decimating the butterfly population. One of the best things we can do for our fluttery friends is to make a butterfly garden. Butterfly gardens need to be messy--leaf litter and bushes for hiding from predators, a variety of nectar and host plants not cut down because the tiny eggs may need to overwinter. A butterfly can't hover so plants need to have a good "landing pad". Muddy water

offers minerals and allows the males to show off. A rock nearby is the perfect drying off spot. I've declared my entire yard a butterfly sanctuary! To get started in your own butterfly garden check out: <http://www.gardenswithwings.com/butterfly/35984/> It has pictures of butterflies in our zip code and then another click on the box and a list with host and nectar plants appears. So beautiful and convenient.

The garden club takes a break for summer. We will resume on the second Tuesday in August.



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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. \$149,900 (22190)



WILD RIVER LODGE on the East Fork of Little River. Custom Timber Frame, 5 bedroom, 4 bath, Great Room, Dining, Kitchen with full appliance package. Custom Oak cabinets. 2,000sq ft wrap around porch and deck. Screened porch with wood burning fireplace. Gas fireplace inside. Loft with end to end bunks with storage. Outdoor kitchen, 250 gal smoker, sink stainless counter tops. Dual fuel HVAC. Secure gated. 4 acres. So many amenities. \$650,000. (23021)



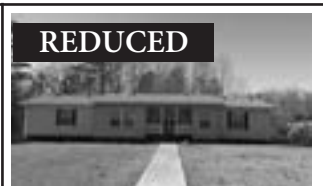
"THE NUTHOUSE CABIN. Quaint Weekend getaway with open living kitchen design. 2 bdrm 1 bath, covered porch to watch the wildlife. 1 acre wooded with large Rock formations. small shed. located at the end of private drive. complete with furnishings. \$139,000. (22833)



MAINTENANCE FREE vinyl faux brick bungalow. 2 bedroom, 3 bath. Great room with rock, gas fireplace. Eat in kitchen/dining, full semi finished basement. Located on DeSoto Parkway, Mentone. \$169,000. (23036)



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)



PALM HARBOR HOME on 6 acres w/ artesian springs, fenced pasture land. 3bdr 1.5 bth living room w/ Gas log FP separate dining area, kitchen with island bar, all appliances CHA, full deck on rear of home. \$110,000. (23030)



36 ACRES on the West Fork little River, 1250 ft on water. 700 ft drive, power and water to this point. Wooded, some clearing, rock outcroppings, and bluff views. One of a kind find. \$255,000 (22995)



THE LOONEY BIN Cedar Cabin in the woods, open floor plan with Great rm, eat-in kitchen. Tiled island and counters, Stainless appliances, Loft area, 2 bdrm 2 tiled baths, Tung and Groove walls, FP, Covered Deck w/ Hottub. Furnished, Lovely setting and investment \$229,000 (22973)



NEWLY BUILT cottage style, vinyl sided. 1 bdr 1.5 bath open floor plan with living dining combo. Hvac stainless appliance package, hickory cabinets. tung and groove walls throughout. covered front and side porch for outdoor enjoyment. 1.5 acres, garage shop and storm shelter. \$107,000. (23023)



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. \$65,900 (20892)



SOUTHLAND LOG HOME, on the East fork little River. 5.5 acres. Deck, lighted walkway to lower property. stone patio halfway to river steps and landing to river. 2 bdrm, 2 bths. loft. Vaulted ceiling with exposed beams. fully equipped kitchen with granite counters. stacked stone FP. 2 story with Basement. Separate 30x40 garage, large enough for motor home. Private but with all the comforts. Price reduction to \$275,000. (#19919)



'THE APPALACHIAN CABIN is a furnished log cabin nestled in the woods in Crestline Park Subdivision. 3br/2bt with kitchen/dining combo, open floor plan, and loft. Amenities include CHA, gas log fireplace, hot tub, 3/4 wraparound covered porch, kitchen appliances, furniture, etc. Great investment opportunity or make this your weekend getaway! \$110,000 (23028)



.6 ACRE West Brow lot, 1 mile south of downtown Mentone. Wooded with rock formations. Great building lot. Prime location, great sunsets. 5 lots available. \$114,900. (23043)



.75 ACRE WEST BROW LOT, 1 mile south of downtown Mentone. Wooded with rock formations. Great building lot. Prime location, great sunsets. 2 lots available. \$124,900. (23042)



UPGRADED BLOCK BUNGALOW IN HENAGAR. Darling 2 bdrm 1 updated bth. Living, dining, Kitchen. new roof, totally re-plumbed. 2 storage buildings garage, carport, county water and underground utilities. 1 acre, quiet location. \$55,000. (22974)



ONE ACRE on Scenic Lookout Mountain Parkway. Level, great building site for that weekend getaway. \$30,000. (23037)



1.8 ACRES on East Fork of Little River. Easy access to river from common trail that runs along the banks of the river. Bluff views. County water available. Gated community. \$115,000. (23022)



3.8 ACRES located in East fork little River Estates. Nicely wooded with a portion of the historic Dinky Line Railway. 175 ft. on river (Cherokee Co. Mentone). covenants & restrictions. county water and power available. \$53,000

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)

OLD HOMEPLACE next to Shady Grove Dude Ranch. 1.7 acres. Great building sites. Non-restricted. Reduced \$18,500 (21599)

5.7 WOODED ACRES with a beautiful view across from Lake Lahusage. The driveway has been started to build your Mentone getaway!

Paved road frontage, city water available, perc tested. Lightly restricted. Seller is very motivated! REDUCED \$49,900 (19865)

HEAVILY WOODED ACREAGE with wet weather spring. Paved road frontage along County Road 106, and just minutes from downtown Mentone. \$100,000 (22248)

6.4 ACRES. Partly open field and wooded tract of land in Oakwood subdivision. Lightly restricted. Surveyed, Perk. 2 lots 9, 10. \$45,000 (22650)

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

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

EAST BROW tract located Valley View Forest. Georgous views of Weiss lake in the distance. Camping shed, hot stove, outside deck, fire pit.

Parklike setting, rock formations. \$90,000.

3 ACRES located on the West Fork Little River above DeSoto Falls. Deep water for boating. level wooded property with native Holly throughout. Circular drive, perced, water meter installed. 70ft on water. \$110,000

6.1 ACRES with Brushy Creek running through, drive way in place, wooded. \$36,000. (23044)



The Mountain Herbalist

Wildflowers of the Mountain Fields

By L.C. Moon

Lookout Mountain is home to a wide diversity of wildflowers. Last month I discussed the slogan, "May all your weeds be wildflowers." In keeping with this theme, we will look at Plantain (Plantago), Oxeye Daisy (Chrysanthemum leucanthemum) and Ragwort (Senecio jacobaea), discovering each of their benefits as useful wildflowers, rather than pesky weeds.

Plantain is one of the most prevalent of our wildflowers. If you are not familiar with its name, you are probably very familiar with its leaves and flowers because plantain grows in most every lawn, field and even in the cracks of the side walks. It was called White man's foot by the Native Americans because it was found often where the new colonists had stepped.

The Plantain family, Plantaginaceae, contains more than 200 species. The most common in our area are the broad leaf (plantago major) and the lance leaf (plantago lanceolata). The broad leaf, as it notates, has a wider leaf than the lance leaf, though there is no difference in their medicinal benefits.

Plantain is well known to be good for helping take away an insect itch or sting. I pluck the leaf from the ground, chew it and then apply it to my bite or sting. I also dry the leaf and make an oil infusion to add to my beeswax skin salves because it is known to help inflammation of the skin and aid in healing of wounds, rash and bruise. A poultice of the leaf is also known to help stop bleeding.

Plantain can be made into a tea for its nutrients as well as to aid in helping heal health

ailments. "The International College of Herbal Medicine states that plantain leaf has anti-inflammatory, analgesic, antibiotic and immune-stimulating properties." Plantain seeds or flower heads contain fiber and can lubricate the digestive tract to aid in digestion. A decoction of the root is known to be good for the lungs and coughs.

An infusion of the leaf makes a tea known to increase uric acid excretion from the kidneys, which could make it useful in treating gout, as will it is astringent and is known to help treat diarrhea or dysentery. The leaves also have a high vitamin and mineral content which can help replenish the nutrients lost as a result of diarrhea.

Plantain contains calcium and large amounts of Vitamin A as well as potassium, magnesium, sodium, phosphorus, zinc and copper, as well as vitamins C and K making plantain leaves not only a remedy but also a backyard green that makes a great nutritional addition to a stir-fry or soup.

Oxeye Daisy is a showier backyard wildflower than plantain. I see the white flowers lining the roadsides, river trails and fields in beautiful clusters. When I come across it on hikes I pluck the little leaves and eat them as wild a snack. Its fresh taste also helps increase saliva if I am feeling thirsty. Like plantain I would add the leaves to stir-fry or soup. I also would add oxeye daisy leaves to fresh salads or as a light seasoning for fish or chicken.

Medicinally Oxeye daisy has similar uses to plantain, externally and internally, i.e. coughs, colds, bruises and inflammation, but

it is not as potent as plantain. Oxeye Daisy also has similar uses to chamomile. It is known to be a much milder sedative than chamomile but both are known to help with night sweats. Also similar to chamomile, you would want to avoid oxeye daisy if you have bad allergies to ragweed. However I recently heard oxeye daisy flower head tea could help clear sinus of congestion. It is not uncommon that an herb that causes an allergy to some can be a healing ally to another.

Ragwort is one such herb that can seem like both a bother and a blessing. The small clustered golden flowers of ragwort have inspired literary writers and painters as well as provided dyes of yellow and green for Native Americans. Ragwort should not be confused with ragweed, the well-known allergy culprit.

While ragwort and oxeye daisy are equally as showy in their display in fields and on roadsides, ragwort is much less desirable to most. For farmers of livestock, ragwort is more of a bother than a blessing because it can cause irreversible cirrhosis of the liver in livestock. Thankfully for most farmers,



(Cont'd on page 22)



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Mountain Fog

By DeSoto Red

Hey there neighbor! Before you get too comfortable, I need to warn you about something. I'm laying down some mighty deep thoughts this month! It's some of that wise sage, guru, soothsayer talk. Turn, run and don't look back if you want to neighbor! I'll understand.

We all get geared up around here for The Rhododendron Festival, which is always the third weekend in May. Several volunteers work hard planning this thing. Sponsors pay good money to help with the cost of this event. The vendors pay a pretty steep fee to set up at Brow Park and be part of this festival. Well, this year it decided to be unseasonably cold and rainy the third weekend in May! The weather, to say the least, was not conducive to a good festival.

I felt bad for everyone involved with The Rhododendron Festival, especially the folks that had hopes of selling a lot of that fine looking, handmade stuff. "Well, we can't control the weather!" I heard that a lot. It's the truth but probably wasn't much comfort to those vendors.

All that rain and all that weather controlling talk got me to thinking neighbor: What if we could control the weather? Well, maybe at least the whether-or-not-it-rains part. I got excited. That lasted for about a minute and a half!

Think about it. How would it work if we



could control rain? By "we" I guess I mean the Government of the United States. Would we all get to vote on "Official Rain Schedules"? Should farmers get 2 votes? Would some be labeled "pro rain" and some "pro choice"? Would conservatives be for less rain and liberals for more rain? Would you hate your neighbor because he wants more rain than you? Would it become a state's rights issue and some states threaten to succeed from the union? Would we see "bootleg rain"? Oh it could get mighty complicated neighbor! I've just described the tip of the iceberg.

With all of them thoughts and more swirling around in this old red head, I came to this conclusion: Thank God we can't control the rain! Maybe there is a lot of other things us humans shouldn't be dabbling in too. I guess all them vendors took one for the betterment of all mankind that weekend!

See you around town, neighbor.

Mountain Herbalist (cont'd from Page 21)

livestock often shy away from ragwort.

Most of the medicinal uses of ragwort are employed externally. Like plantain and oxeye daisy it can be used to aid in healing sores, bruises and even gout. It has also been used as a wash for cancerous ulcers and as a gargle for ulcers in the mouth.

As always, I hope to inspire you to look differently at what may appear to be weeds in your life and see them in a new light. Life is full of tiny miracles and undiscovered blessings that sometimes seem for the moment like a bother. Though ragwort, oxeye daisy and plantain are very different in appearance, and aesthetic beauty, they all have similar qualities to aid in healing. So during the month of June, as you gaze at the beauty of Lookout Mountain, "May all your Weeds be Wildflowers."

I must remind you it is wise to consult your health care provider if you make any changes to your health care regimen. If you have any questions or want to schedule a plant walk or talk, you can contact me on Facebook through the Wildflower Café.

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Day*

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Sage Advice: New Perennials for the Gardener

By Susan Seago
Earthly Elements Garden Center,
Summerville, GA

The Rhododendron Festival in Mentone on May 18-20 was great! Yes, we had to deal with some rain, but when the rain stopped each day and the sun came out, the people came out, too. We want to thank each and every person who stopped by our booth and shopped. We met many new people and a lot of repeat customers came by too. Thank you, thank you, thank you!!! And thanks to all those who helped to put together this festival. You really outdid yourselves.

There are many new perennials for the gardener. Perhaps you have one of these already, but if you don't, any of them will make a great addition to your landscape.



Centaurea 'Amethyst in Snow'

The centaura 'Amethyst in Snow' has a frilly white edge with a pretty purple center. It grows in full sun and comes back faithfully every year. It's a new variety of the old fashioned Bachelor's Button.

The tall phlox 'Red Caribbean' is a good addition to the sun perennial garden. It only gets about 15" tall so will make a lovely medium height flower. And it is resistant to mildew, which you have to deal with when planting the older phlox varieties.

Shade perennials include heuchera 'Plum Pudding' and hostas 'Autumn Frost' and 'Wheee', all wonderful additions to the landscape. Plum

Pudding has been around for awhile, but its very colorful foliage just makes the garden pop. It has a dainty little bloom although the foliage is the star of this plant.



Heuchera 'Plum Pudding'



Hosta 'Autumn Frost'

Hostas come in thousands of varieties, but the two mentioned are above average. The 'Wheee' is just fun to look at with its scalloped variegated leaves, and the 'Autumn Frost' is a show stopper. Both hostas need part to full shade.

Weigelas have been around for a long time, but the Weigela 'Tango', with burgundy leaves and red blooms truly adds beauty to the garden. It is a sun plant, but enjoys some late afternoon shade. A cold snap during summer and the cool autumn breezes will cause it to bloom more than once a year. I think it will be one of my favorite shrubs.

Begin a new garden or add to your existing beds. All of the plants mentioned will do well in our magical mountain environment. And the stress-relieving pleasure of digging in the dirt will just add



Weigela 'Tango'

to the delight of living on the mountain!
Happy Gardening!

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Eight painters honed their skills in oils, acrylics and watercolors under the direction of Durinda Cheek recently at a Plein Air Painting Class (painting in the outdoors) sponsored by the Mentone Area Arts Council. The class was held at Mountain Cove Farms in Georgia. Another class will be held on June 7 and will be taught by noted artist Suzanne Royal. Sign up at www.mentonearts.org.



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