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THE GROUNDHOG

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Volume 32, No. 3

"Neighborhood News from the Heart of Lookout Mountain"

March 2013

Tammy Beane Preserves Native American History Through Pottery

By Sandra Padgett

The window to our American prehistoric past is opened slightly by Native American pottery found in old burial mounds and settlement sites. Tammy Beane is one of our country's leading experts on this prehistoric and historic Native American pottery and shares her vision and insight through her work. She has been a student, practitioner, and teacher of this ancient form of pottery for the last 25 years and lives on Lookout Mountain, near Collinsville, Alabama.

Tammy's early years were spent in Imperial Beach near San Diego, California. Her family moved to the Gadsden area when she was fifteen years old. She earned a BS in Business Administration from Jacksonville State University and began her career with Merrill Lynch in



Birmingham in 1980. After several years in the corporate world she returned to school to obtain an engineering degree at University of Alabama Birmingham. While there, she met Larry Beane who was earning his Archeology degree. It was a life-changing meeting. Larry introduced her to pottery, Indian history, and the rich heritage of this area. He is a

National Park Ranger at Little River Canyon National Park. She did not finish her engineering degree but embarked on a career of research and reproduction of pottery that will help future

(continued on page 24)

Mentone's Cookin'!

Introducing the Mentone's Cookin' series. We are fortunate on this mountain, not only to have great artists, musicians and neighbors, but also to have great food! We've got great chefs, fine restaurants, family recipes and organic farmers to tell you about. We'll start off with a Tale of Two Kitchen Magicians.

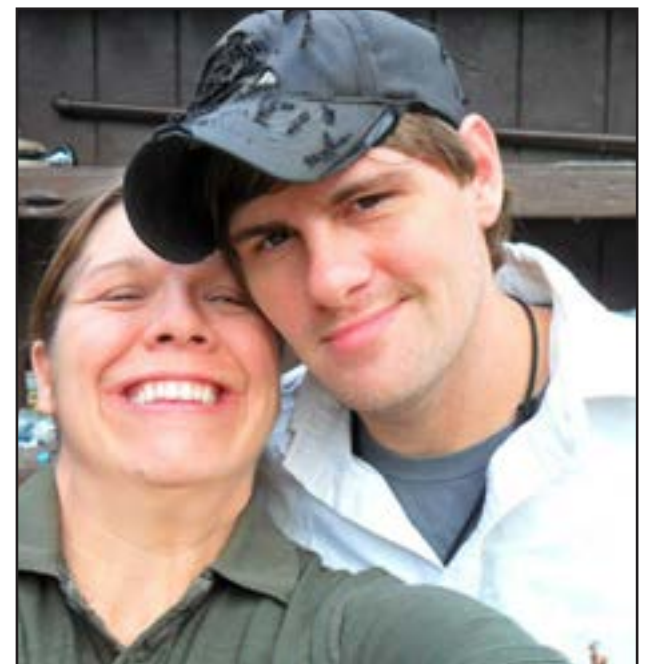
The Hardware Cafe

These days you'll find two guitars leaning against the dining room wall at Mentone's Hardware Cafe. Jessie Goggans has joined Thad Stevenson and yes, I said Hardware Cafe NOT Hard Rock Cafe, though the calibre of the musicians'/chefs' music rivals the famous establishment and, I must tell you, the quality of their food surpasses it. This local restaurant is located INSIDE the Little River Hardware store in Mentone. At the Hardware Cafe, there is a concern for community and care for quality that

By Susan Cheronos

corporate eating establishments simply can not mimic. That's not to say that corporate cooking didn't have an influence.

Thad Stevenson grew up in Gadsden and was living in Birmingham "three yard-sales ago" when he came for a visit and stayed. His systematic method of food preparation is gleaned from his early days in the corporate food industry. Although he fondly remembers his Nanny's food growing up, it wasn't until he entered the workforce that he discovered his natural talent for cooking. It began as the "simple pride one would take in any job" that he learned the basics of his craft well and as he worked in different restaurants he learned what worked and didn't work & kept the best practices of each and over time, he built an efficient style all his own. Working in the industry helped him learn timing, conservation, and to value a small manageable menu so



that food is carefully crafted and guests are never greeted with "we're outta that, again" and that food (and money) isn't wasted. He

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THE GROUNDHOG

P. O. Box 387
Mentone, AL 35984

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

March in Mentone. It's all about the daffodils, if you ask me! They are everywhere! They offer a happy dash of color in neatly tended beds and riotous free range profusion in spots where their much multiplied presence is the only sign of a long gone homesite.

They grace the foyer table, smell sweetly by the bedside and make a quick cheering bouquet for friends, especially when assisted in their efforts by snow drops, grape muscari, crocus, or the first thorny quince of spring.

Things are warming up on the mountain, the Canada geese are coming through and the vernal equinox will level our days with our nights. Persephone stirs.

It's Nature's New Year, and Easter is this month. It's a good time for new beginnings!



If you slacked off on your resolutions from January, now's a good time to review and revive your good intentions.

Planning is underway for an exciting Rhododendron Festival in May. Join the MAPA mixer on St. Patrick's Day to find out more.

A luncheon is also being offered to benefit the Food Outreach Program of St. Joseph's on St. Patrick's Day as well. For an \$8 donation and a canned good or two, you can get a whole plate

of delicious traditional Irish food.

Hibernation is over. There's lots to see and do, so check out the classes, photo competition and calendar to find something up your alley to enjoy or start a new hobby or project!

Best, Susan

Letter To The Editor

The recent article in *The Groundhog* caused me to remember another type of singing: the Dekalb Rolling Singing.

I was pastoring the Mentone Church of God in the period of 1958-1962 when I became acquainted with this approach to gospel singing.

The approach used by these singers was simple enough. They came to church with the latest Stamps-Baxter convention song books. The books were distributed to those in attendance. Since the songs were completely new to everyone, we had to learn them. Many attending could sing the new songs because they knew how to sing the shape notes. Sometimes we would sing the first verse over and over. (it was easy to place the words to the notes, especially if you sang soprano or alto.)

It was a lot of sheer enjoyment. There was

always someone who was an excellent piano player. The singings were conducted on a monthly basis on a Saturday night or Sunday afternoon.

I don't remember the names of the leaders of the Rolling Singing, they were from Fort Payne. Several people were especially good in their roles in the singing: Edd Bain and Kelly O'Rear (a great bass singer) as well as several from the Georgia side and the Mentone area.

When the singing concluded, the books were collected and everyone returned to their homes.

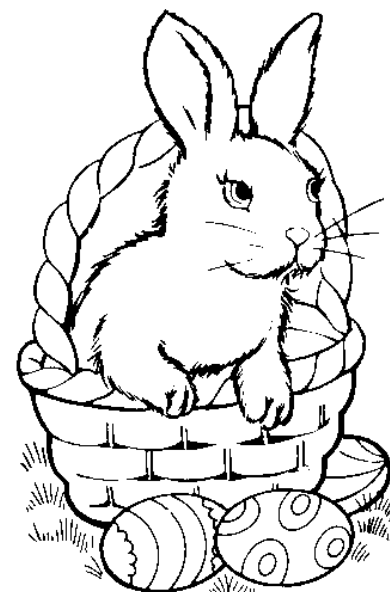
I miss the Christian fellowship and the good times we had learning the songs. I wonder what happened to the Dekalb Rolling Singing?

John S. Whitaker

Corrections for February Issue

Our apologies to Duncan Black for failing to list him as the writer of the wonderful story about Pamela and Ken Watters.
Great Job!

Also, we'd like to give credit for the beautiful snow pictures. Kayla Worthey submitted the photos of the Mentone Springs Hotel, St. Joseph's Episcopal Church and the country road. Cynthia Stinson of The Mentone Inn submitted the photos of The Mentone Inn and shed, the Hitching Post and the Mentone intersection. Thanks for contributing to The Groundhog!



Mentone Matters

By Mayor Rob Hammond

After the January town council meeting, the council held a work session with DeKalb County Emergency Management Agency Director Anthony Clifton and EMA officer Michael Posey. Anthony and Michael led a workshop on winter weather preparedness. In addition to our policemen, volunteers from the North Lookout Mountain Fire Protection District and the DeSoto Rescue squad participated. Among the issues discussed was the possible prepositioning of slag by ALDOT in Mentone so the state trucks would not have to go back to Dutton to reload during a snow/ice event. Also the Mentone fire department volunteers would like for the state to leave portable barriers here during the winter in the event AL 117 has to be closed.

The transport of hazardous materials across the bridge at Skyline was discussed. Director Clifton was going to discuss with state EMA the possibility of banning hazardous materials across Lookout Mountain if the replacement bridge is delayed much longer.



In the event of a power outage the volunteer fire department has several generators. If you are a citizen in the Mentone area who must have power to operate medical equipment, please contact us at town hall. We will make sure the volunteers have this information.

During a power outage the water customers on the high pressure system not only loose power, but water. The possibility of buying a generator for this pump was discussed.

Hopefully all businesses and families will consider having plans for winter weather emergencies. If you live on Lookout Mountain, owning a generator and chain saw is a good thing!

Wood Studio Wins Big!

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Planning for Rhododendron Festival Gets Underway

By Ray Padgett

Imagine: The unique sounds of traditional mountain music; the laughter of children learning their grandparents' games; the wide-eyed enjoyment of a heritage farmstead; demonstrations of weaving, pot-throwing, quilting, cow-milking (maybe!), horseshoeing, and chair-making; and the tempting tasty morsels prepared by our local chefs in a "Taste of Mentone". All of this, as well as the traditional display of wonderful arts and crafts, will be on display during the third weekend in May at Mentone's 31st annual Rhododendron Festival.

Elaine Gauldin, this year's festival chairperson, has her team beginning the busy preparations for this popular event. Responsibilities are assigned, sponsors identified, budgets are set and the community of volunteers are actively engaged in this exciting project. We now have chairs for eleven different committees, and volunteers to help on each one. In addition to Elaine, our committee chairs are Kayla Worthey, Holly Owen, Thad Stevenson, Laura Catherine Moon, Doreen Waters, Kaye Kiker, Mickey Luck, Beverly Bates, Misty Watters, Jeff Rymer, Larry Smalley, and Ray Padgett.

As always, our local Boy Scout troop will help with venue site preparation, parking and cleanup. However, volunteers are still needed to help with the planning, marketing, scheduling and prep work. We especially need help to run the Rhododendron Festival Hospitality tent, assist at events, and provide information,

directions and assistance to our guests. Please contact any one of the committee chairs to volunteer.

If you're interested in exhibiting at the festival, contact Elaine Gauldin for information at 256-634-0039, or by e-mail at rhododendronfestival@gmail.com. An exhibitor application is included in this issue of The Groundhog for your use. Exhibitor applications should be mailed to MAPA, P.O. Box 50, Mentone, AL 35984. Please note that we plan to use local chefs, instead of outside food vendors, for this year's festival.

Make plans now to attend MAPA's 31st annual Rhododendron Festival, May 18 & 19.



Steering Committee Members - seated left to right: Thad Stevenson and Jeff Rymer; standing left to right: Kay Kiker, Larry Smalley, Beverly Bates, Mickey Luck, Chairman Elaine Gauldin, L. C. Moon, Ray Padgett, Kayla Worthey and Holly Owen.

There are plenty of bed & breakfast inns and cabins to rent all over Mentone. It is strongly suggested that you book your lodging now, so go online and search for options soon. We'll look forward to seeing you here!



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MAKE CHECKS PAYABLE TO MAPA

MAPA Mixer Scheduled for St. Patrick's Day

By L. C. Moon

It is exciting to see the Mentone community uplifted by volunteers who have such passion to dedicate themselves to preserving the area through festivals, beautification projects, etc. Mentone Area Preservation Association had a fabulous meeting in February. All in attendance were hopeful and inspired about the future of Mentone and the prospects of working in conjunction with local groups such as City Hall, Boy Scouts, Moon Lake School, local churches, fire department, Mentone Area Arts Council, etc. MAPA is very grateful for MAAC for all their help especially procuring a \$1500 matching grant for the Rhododendron Festival.

MAPA is particularly eager to work in conjunction with MAAC to make Mentone bloom to its full potential. A beautification project is already in the works for both MAPA and MAAC. One of MAPA's up and coming projects is procuring 400 maple trees to be planted between the four-way stop to Desoto Falls and Wades Gap Road. David Gilbreath, local boy scout leader, attended the last meeting and agreed to allow the project to be a service for a local scout to oversee the planting as an Eagle Scout Award. David shared entertaining stories about Homer Crow, one of the founding members of MAPA, and how he persuasively lassoed the Boy Scouts into the festivals. He told the board how valuable the relationship



between MAPA and boy scouts became in order to help them raise money to attend local and national camps and help them learn how to be honorable in dealing with sometimes difficult people. He described some of the funny stories, challenging personalities and character building these experiences have provided many of the boy scouts.

MAPA feels the festivals, as well as the Groundhog, are exceptional in aiding with the preservation of Mentone. As a result MAPA is hosting a free mixer at the Wildflower Cafe on St. Patrick's Day, March 17, from 6:30 til 8pm. This is an opportunity to get acquainted with the MAPA board and members though the expressed goal of the mixer is to encourage anyone interested to become a volunteer in order to make the Rhododendron Festival the best ever. The committee has agreed to steer the festival toward a true old time mountain festival. We encourage you to come for hors d'oeuvres and beverages to get acquainted with how you can help Mentone. You do not have to be a MAPA member to attend.

Last but not least, be looking to hear more about an exciting new project MAPA is discussing. It is a video documentary with an oral history of Mentone natives, long time residents, etc. We all feel this project is invaluable to preserving the heritage of Mentone.

The MAPA board encourages you to bring your project ideas, comments and volunteer your time to help preserve and improve the quality of life in Mentone.

Hope to see you St. Patrick's Day at the Wildflower Cafe. May your times in Mentone be blessed!

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MAAC Calendar Photo Contest By Harriet O'Rear

MAAC is looking for twelve fantastic photos for a Mentone calendar to be published and sold on the weekend of the MAAC Home Tour and Silent Auction, April 27 and 28.

Guidelines for the contest are below:

- Photos are to depict Mentone, its environment, activities, and/or people.
- Entrants must be members of Mentone Area Arts Association (go to www.mentonearts.com for information on joining MAAC).
- Email the photos to Brad Lackey, brad@lookoutmountainphotography.com
- Submit color photos of high resolution. Winning photos will be sized by the calendar expert, Brad Lackey. You don't have to size them.
- Submit up to 8 submissions per person. One

person can have more than one photo in the calendar. We are looking for the best of the best photos.

- Credit will be given to the winning photographers.
- Brad and a committee of his choosing will make final decisions on winners.
- Photos are not to contain commercial buildings like shops or restaurants (no advertising).
- Photos are to be taken within the Mentone environs, which might mean within several miles of Mentone.
- Deadline is April 1. That means you have two months, including part of winter and part of spring, to take photos. You can certainly submit those you took in the past.

- Winners will be announced on April 7. Calendar will be published by April 25, just prior to the Home Tour. Put your nail into the wall and get ready.

PRIZES!!!

- 1st Place - Pair of tickets to MAAC Historical Home Tour on April 27 and 28, 2013
- 2nd Place - Two free classes, or lectures, or tours on the 2013 schedule
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For more information, visit
www.mentonearts.com.





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LIBS FROM THE LIBRARY

By Linda Brown

Valinda Miracle to visit Moon Lake Community Library

The Moon Lake Community Library is proud to announce a book signing/reception with Valinda Miracle, local author and well-known potter at Miracle Pottery in Valley Head.

The event will be held at Moon Lake Library in Mentone on Saturday, March 16 from 10:00 until 11:00 a.m. Valinda will be present to sign books, answer questions, and present excerpts from her writing. Refreshments will be served and there will be a door prize drawing for one lucky recipient of one of her new books, *The Dead Don't Bleed; Those Who Are Alive Do*.

Valinda's story is awe-inspiring. A number of traumatic and near-death experiences positioned her for anything but the success story she is today. As she herself says, "It's a miracle that I can make pottery." In the foreword to her book, Bobbi Jo Hamilton of I AM Ministries, states "...she has been blest with one miraculous rescue and recovery after another; and she attributes them all to God."

The *Dead Don't Bleed* is a fascinating and inspiring story of incredible faith, love and

survival against all odds. Come to the library and join us as we welcome this talented lady, and learn more about her book and her many gifts.

What's New at the Library

The winds and rain of January and February have swept in boxes of wonderful books from generous donors. Many thanks to our loyal supporters! There are too many new books to mention, so please come visit the "new books" shelf and take home a few to read. Until longer days appear, the library is open on Tuesdays and Thursdays from 3:00 to 5:30, and from 9:00 until 12:00 on Saturday mornings. Here's a list of new DVDs:

Veggie Tales (Silly Little Thing Called Love, and Esther: the Girl who Became Queen)

Dora the Explorer--Meet Diego!

Scooby's All Star Laff-a-Lympics Vol. 1

Care Bears--(The Secret of the Box, and Forever Friends)

Beauty and the Beast

The New Adventures of Pinocchio

Poltergeist

The World is Not Enough

Vincent Price

Collection

Shaggy Dog

Excalibur

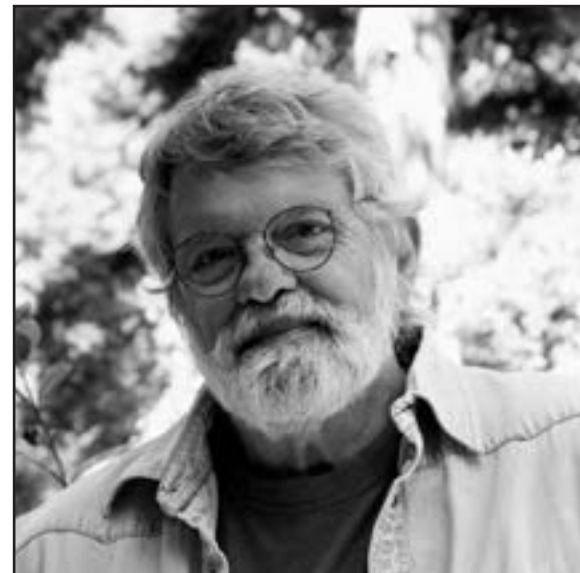
Groundhog Day

The Date Night

Movie Collection



"Seinfeld" Director and Producer to Sign Books in Mentone



AUTHOR TOM CHERONES will be giving a short reading, answering questions, and signing copies of his new book at Kamama on March 30, 2-3:30 pm. Cheron is best known as an award-winning TV director and producer. In his first published novel, *The Mystery of the Golden Goblet, A Hardy Boys Adventure*, he has conjured up a simpler era, a modern take on the old Hardy Boys series, which evokes a time when the male heroes of books and movies were idealistic, modest, courageous and part of close-knit families. Three 1950's era chums awaken after being "geriatrically" frozen for 50 years and find themselves healthy 70 year olds ready to finish high school and solve crime with their dad.



Cheron grew up in the 1950's in Tuscaloosa, Alabama. His hallmark as a TV director and producer was working on the first five seasons of the hugely successful "Seinfeld" comedy series, for which he received an Emmy, Golden Globe, Peabody and a Director's Guild of America Award. With his wife, Carol Richards, he divides his time between Florence, OR; Taos, NM; and Los Angeles, CA. His daughter is the editor of *The Groundhog*. Please "Like" him on Facebook at Tom Cheron - Author.

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A Wee Bit O' Green Helped Shape These Mountains

By Joan Byrum

A modern day miracle occurs each year on March 17th when the Chicago River turns an incredible shade of Irish green. On that very same day, beer in pubs from New York to New Orleans and from Boston to San Francisco turns as green as the Emerald Isle. A "wee bit o' green" is everywhere. Even the official Wearin' o' the Green takes place in Austin, Texas. So why is this green thing happening? It's St. Patrick's Day...or St. Paddy's Day, if you have had a bit o' that green beer!

St. Patrick is recognized as the patron saint of Ireland. He is credited with bringing Christianity to the Irish people. Born in Scotland c. AD 385 and died on March 17th in 461, he began his missionary work in Ireland in 432. That is the part of his story that has absolutely nothing to do with green beer or the green river. Green is where the legends take over history. I personally prefer a good legendary story to the absolute truth any day.

So why so much green on the Feast Day of St. Patrick? Irish folklore tells that St. Patrick used the green 3-leafed shamrock to explain

the Christian doctrine of the Trinity to the Irish. Shamrocks were worn in celebration of St. Patrick's Day as early as the 17th century. So the green comes from the shamrock, but it sure is a great leap from wearing a little green shamrock to dying rivers green and drinking green beer!

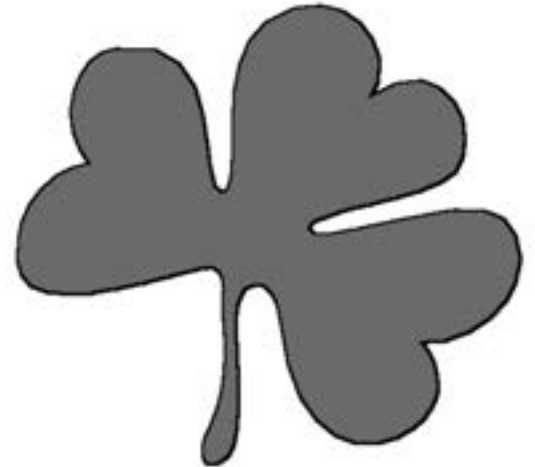
Another St. Patrick legend has to do with snakes. There are no snakes in Ireland...NONE! The tale is that while fasting and praying on a hilltop in Ireland, St. Patrick was attacked by snakes. His righteous indignation at having his prayers interrupted was so great that he took his staff and chased all the snakes into the sea. That may sound like a "tall tale" but the truth is there are NO snakes in Ireland.

St. Patrick's Day, although not a legal holiday anywhere in the U.S., is widely recognized and celebrated primarily as a nod to our Irish and American-Irish culture. The holiday has been celebrated here since the late eighteenth century prior to the American Revolution.

In the Appalachian Mountains, where we live, the Irish immigrants came bringing their music, poetry, and the love of story-telling.

Their language still influences our lyrical speech and colloquialisms. Amy Clark, Co-editor of "Talking Appalachian: Voice, Identity and Community" states that our language patterns, like these mountains with their stone faces and deep caves, have been around since the first wave of Scotch-Irish settlers.

So on March 17th, wear a bit o' green. Since we are a dry county, eat some corned-beef and cabbage because on St. Paddy's Day everybody is Irish!



St. Joseph's On The Mountain Hosts St. Patrick's Day Dinner

By Joan Byrum

What's for Sunday dinner at your house on March 17th? Since that happens to be St. Patrick's Day, a traditional Irish Dinner is planned by the Episcopal Church Women (ECW) at St. Joseph's-on-the-Mountain. Corned beef, potatoes, carrots and cabbage with buttered bread, a drink and dessert will be served after church from 12:00 until 2:00 in the parish hall at St. Joseph's. Tickets are \$8.00 and may be purchased from any ECW member as well as at the Mentone Market.

Proceeds from ticket sales will support the long running Food Cart outreach program at St. Joseph's. This ministry reaches those who need food for one or two meals to get them by until the next paycheck. No questions asked. Just leave something in the Cart for the next person when you can. The Food Cart Program



is a complement to the Food Bank outreach ministry at St. Joseph's. This program serves approximately thirty families per week. Other Mentone churches have made donations which have helped to strengthen the Food Bank ministry.

Marsha Cox Merrell, ECW President, stated that "St. Joseph's-on-the-Mountain has made feeding the hungry in our community an outreach focus for years. We hope Mentone residents and visitors alike will help us in this endeavor by attending our St. Patrick's Day Dinner and bringing at least one non-perishable food item for the Cart as well. Proceeds from the Dinner will help us provide for our neighbors in need." For more information you may contact Marsha Merrell, Joan Byrum, Kat Griffith, or Gethryn Giles.

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



St. Patrick's Day

No, he was not a leprechaun! In fact, he was not even Irish! Though little is known of his early years, we do know that he was born in Britain around A.D. 390, to a wealthy family. His father was a deacon and his grandfather a priest. It is written that young Patrick showed little interest in religion until he was taken prisoner by Irish raiders, at the age of 16, taken to Ireland and forced into slavery. In those 7 years, he became a "deeply believing Christian". He confessed that God spoke to him and told him to escape and return to Britain. There he studied to become a priest, and said God told him to return to Ireland in 432. He spent the rest of his life trying to convert the Irish to Christianity. It is said he used three leaves of a shamrock in his teachings to represent the Holy Trinity, the

By Angie Carden

Father, the Son and the Holy Spirit. Patrick died on March 17, 461. It was years later that he was honored as the Patron Saint of Ireland. Blue was the original color associated with St. Patrick, but as folklore grew about him, around the seventeenth century, people began to wear green ribbons and shamrocks in his honor. It was not until 1903 that Saint Patrick's Day became an official public holiday in Ireland, celebrated on March 17, the anniversary of his death.

Most often, when we think of Irish food, we think corned beef and cabbage, a Rueben or Irish stew. I decided to share a very simple Rueben Dip with you that only takes minutes to prepare and travels very well! I hope you enjoy this recipe and have a festive Saint Patrick's Day!

Hot Rueben Dip

In a large bowl, mix 1 jar (32 oz.) sauerkraut, drained, 10 oz. chopped, deli sliced corned beef, 2 c shredded cheddar cheese, 2 c shredded Swiss cheese, 1 c mayonnaise and $\frac{1}{4}$ c Russian dressing. If you would like, you can stir in 1 tsp. caraway seeds. Transfer to a sprayed 13x9 casserole dish. Bake at 350° for 25-30 minutes or until bubbly. Serve with any cracker you like, Irish soda bread, or for added fun, make your favorite homemade biscuits cut out with a shamrock shaped cookie cutter!

Irish Soda Bread

4 to 4 $\frac{1}{2}$ cups flour
2 TB sugar
1 tsp. salt
1 tsp. baking soda

4 TB Butter, cubed
1 cup raisins
1 large egg, beaten
1 $\frac{3}{4}$ cups buttermilk

Preheat oven to 435 degrees. Mix all dry ingredients in a large bowl. Using a pastry cutter or clean fingers, work butter into the dry ingredients. Add raisins.

Make a well with the mixture. Pour in egg and buttermilk. Stir with a wooden spoon until dough is too stiff to stir. Dust hands with flour; knead only to form ball. (Add more flour if too sticky. Make it like biscuit dough.) Transfer to greased iron skillet shaping into a round loaf. Make sign of the cross (X) with a serrated knife 1 $\frac{1}{2}$ " deep.

Bake for 35-45 minutes or until it sounds hollow when thumping. Be careful not to get too brown. Cover with foil tent and continue to bake until done if necessary.

Tina Burt Edmondson



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The Times of Our Lives

JAMES CECIL COX



The Valley Head Police Department assistant chief is remembered and described by citizens, colleagues and town employees as: "a great police officer"; "one of a kind"; "a nice guy" and "very dependable". James Cecil Cox was 56 when he died at his home in Sulphur Springs on February 12, 2013. His funeral was held at Ryan's Funeral Home in Trenton, Georgia and his burial was at Head Springs Cemetery in Valley Head.

Valley Head residents remember him as very dependable and helpful to everyone. Many remembered his sense of humor and expressed their love for him; and the sense of safety he gave to the community.

DeKalb County Sheriff's

Office, and the Hammondville and Mentone police departments are assisting Valley Head police Chief Bryan Phillips during this interim period. Officer Cox was a member of Sulphur Springs Baptist Church and the Alabama Fraternal Order of Police. He is survived by his wife Peggy Daniel Cox; son and daughter-in-law, James and Casey Cox; mother, Joan Cox; and grandchildren, Kara Cox and Austin Cox, all of Valley Head.

Friends at the bank, the water board, the drugstore, everybody expressed the same respect for their friend: You couldn't find a better police officer.

He was a true public servant. His many friends throughout the area will miss James Cecil Cox.

In honor of Officer Cox, let's all remember to thank our police officers and public servants that make our small town communities a better place to live.

Also Remembering...

William P. (Bill) Marshall, age 82 born July 22, 1930 to the late John and Philona Marshall passed away Saturday, January 26, 2013 at his residence.

Upon retirement in 1986 he moved to Dade County and became very involved in the community and surrounding areas. He was an active member in 21 different clubs and organizations. He was Veteran of the United States Air Force and a member of Slygo United Methodist Church.

Memorial contributions may be made to the W. P. (Bill) Marshall Scholarship Fund, P.O. Box 738, Trenton, GA 30752.



IT'S A BOY!

Heath and Tara Kirby announce the birth of their son, Jase Michael Kirby. Jase was born February 7, 2013, at St. Vincent's Hospital in Birmingham, weighing 6 lbs. 15 ounces and measuring 20 inches long. He joined two big brothers, Luke and Cooper Kirby. Proud grandparents are David and June Harris, Jim & Rhonda Kirby and Peggy Kirby.

March Birthdays

Mar 1 – Ally Smith
Mar 2 – Jimmie Sue Beason
Mar 4 – Corey Ingram
Mar 4 – Jeff Bain
Mar 4 – Lance Woods
Mar 6 – Annabelle Grider
Mar 11 – Bo Hammond
Mar 12 – Jeremy Hope
Mar 12 – Krystal Johnson
Mar 12 – Tommy Hairel
Mar 13 – Josh Pullen
Mar 18 – Sydney Johnson
Mar 19 – Dean Freeman
Mar 19 – Olivia Harrison
Mar 20 – Zach Jones
Mar 20 – Hobson Kirby
Mar 21 – Mary J. Chambers
Mar 22 – Lue Smith
Mar 22 – Jon Bain
Mar 24 – Dylan Lee
Mar 24 – Jimmy Phillips
Mar 25 – Vickie Blackburn
Mar 25 – Evelyn Graves
Mar 26 – Anna Carden
Mar 26 – Stephanie Worthey
Mar 26 – Sandra Boehringer
Mar 28 – Holly Owen
Mar 28 – Cindy Bethune
Mar 29 – Sam Collins
Mar 31 – Marlana Beasley

March Anniversaries

Mar 3 – Darrin & Amanda Smith
Mar 4 – In Memory of Coy & Betty Butler
Mar 11 – Hobson & Martha Kirby
Mar 18 – Rodney & Christine Ballenger
Mar 19 – Tommy & Joan Harrison

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What To Do Around Here!

March 2013 Community Calendar

- Mar 1 - Advanced Rappelling Class**, True Adventure Sports. 10 am-6 pm. \$125 per person. 256-997-9577.

Mar 1, 2, 6, 18 & 26 - Wild Cave Tour , True Adventure Sports. 5-7:30 pm \$30 per person. 256-997-9577.

Mar 1-2 - Lions Club Rodeo, Northeast Alabama Agri Center in Rainsville. Gates open at 6pm each night. 256-638-1650.

Mar 2, 9, 16, 28 & 30 - Rappelling Adventure, True Adventure Sports. 10 am-2 pm. \$37 per person. 256-997-9577.

Mar 4 - Celestial Navigation, True Adventure Sports. 6:30-8:30 pm. \$20 per person. 256-997-9577.

Mar 5, 15 & 27 - Extreme Night Hike, True Adventure Sports. Headlamp and guide included. 6-8:30 p.m. \$18 per person. 256-997-9577.

Mar 7 - Justin Johnson, Kamama Gallery. Multi-instrumentalist and award-winning slide blues guitarist offering diverse original music from blues, rock and funk to traditional jazz. doors open at 6 pm, concert at 7 pm. \$10 per person. 256-634-3001.

Mar 7 & 27 - Sky Swing Adventure, True Adventure Sports. 12-2 pm. \$45 per person. 256-997-9577.

Mar 8, 14 & 22 - Rock Climbing Adventure, True Adventure Sports (includes all gear). 10 am - 2 pm. \$35 per person. 256-997-9577.

Mar 9 - Computer Basics, Mentone Library, Instructor: Bob Hoffman, webmaster for many Mentone area websites, 10 am, \$10 per person.
- www.mentonearts.com.

Mar 9 - Paperweight Class, Orbix Hot Glass. 9am-1pm, \$130 per person. Class size limited to five students. Reservations required. 256-523-3188

Mar 9 - DeKalb County Bridal Fair, Rainsville First Baptist Church, organized by the Women's Care Center and sponsored by Zoom In Photography and Regions Bank. 1 pm-4 pm Advance tickets are \$5 and \$7 at the door. 256-845-0838.

Mar 9-16 - Finders Keepers Spring/Summer Consignment Sale - VFW Fairgrounds. Sign up NOW to become a consignor! Special pre-sale hours for consignors. 256-632-2420 or 256-638-5998.

Mar 11 - Afternoon Rock Climb, True Adventure Sports. 2-6 pm. \$34 per person (includes all gear). 256-997-9577.

Mar 12 - GPS Basic Training and Navigation Class Part 1, True Adventure Sports. 10 am-4 pm. \$45 per person. 256-997-9577.

Mar 12 - GPS Basics Training and Navigation Class Part 2, True Adventure Sports. 5-9 pm. \$45 per person. 256-997-9577.

Mar 14 - Computer Basics, Kamama Gallery, Mentone. 7 pm. \$15 per person. 706-398-0858. www.mentonearts.com.

Mar 15 - Flowers of The Pocket Wildflower Trail, St. Joseph's On the Mountain Episcopal Church, Mentone. Presenter: Jay Clark, 10 am, \$10 per person. www.mentonearts.com.
- Mar 16 - Night Zip Line Adventure**, True Adventure Sports. 7:30-9:30 pm. \$25 per person. 256-997-9577.

Mar 16 - Moon Lake Talent Show - Moon Lake School. Prizes for everyone, food and great fun. Show begins at 4pm. \$5 per Talent Show Entry. Admission is \$5 for adults and \$2 for kids. Proceeds go to Moon Lake PTO.

Mar 17 - St. Patrick's Day

Mar 17 - St. Patrick's Day Sunday Dinner - St. Joseph's On The Mountain Episcopal Church, Noon-2 pm, \$8 per person.

Mar 17 - St. Patrick's Day MAPA Mixer, Wildflower Cafe, 6:30-8 p.m., Free.

Mar 19 - Zip Line & Sky Swing Adventure, True Adventure Sports. 10 am-2 pm. \$50 per person. 256-997-9577.

Mar 19-21 - High Adventure Trip, True Adventure Sports. Price includes all activities, attractions, permits, fees, gear and guides. Food and lodging are not included. \$137 per person. 256-997-9577.

Mar 21 - Tales and Twangs with Story Teller Bruce Walker, Classical Guitarist Phil Weaver and featuring Jazz Trumpeter Ken Watters, Kamama Gallery, doors open at 6 pm, concert at 7 pm, \$10 per person, 256-634-3001.

Mar 22 - Plants of the Pocket - The Pocket on Pigeon Mountain. Join Brittney M. Hughes, for this botany trip. Meet at Nature Center; shuttle to site. 9:30 am-2:30 pm. \$10 per person. 256-782-8010.
- Mar 22 - Guided Tour of The Shirley Miller Wildflower Trail** - The Pocket in Walker County, GA. Led by Jay Clark. 9 am. \$10. Tour is limited to 20, so register early. www.mentonearts.com.

Mar 22 - Dedication of the Civilian Conservation Corp Museum, DeSoto State Park, 1:00 p.m.

Mar 22 - Night Zip Line, True Adventure Sports. 7:30-9:30 pm. \$50 per person. 256-997-9577.

Mar 24 - An Introduction to Permaculture - Tranquility Campground. Presented by Marcus Thomson. 1pm. \$10 per person. www.mentonearts.com.

Mar 25 - Rock Climbing/Rappelling Adventure Combo, True Adventure Sports. 10 am-2 pm. \$54 per person (includes all gear). 256-997-9577.

Mar 25-29 - SPRING BREAK - DeKalb County and Fort Payne City Schools.

Mar 25 - Sacred Harp "Practice" Singing, Ft. Payne Senior Center, 600 Tyler Ave. S.E. All invited to listen or learn - loaner books available. 6:30-8:30 pm. (Last Tuesday of each month through October) 256-845-8590

Mar 29 - Orienteering Class , True Adventure Sports. 10 am-1 pm. \$20 per person. 256-997-9577.

Mar 30 - The Mystery of the Golden Goblet Book Signing by Tom Cherones, "Seinfeld" Producer and Director. Kamama, 2-3:30 pm, 256-634-3001.

Mar 31 - Easter Sunday

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.

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

MAAC Wildflower Class and Tour of The Pocket Herald Spring!

Fourteen years old this month, The Shirley Miller Wildflower Trail at The Pocket was dedicated to Georgia's first Lady (from 1991-1998) in appreciation of her efforts towards conservation. This wonderful and unique preserve is a short jaunt from Mentone, and it is about to burst into bloom! March is the happening time for dozens of flowers you will encounter. If you go when the bluebells are in bloom, I hope you can describe the color blue you see. I could only come up with "other-worldly!"

There are two related classes being sponsored by MAAC you may wish to note:

March 15 - "Flowers of The Pocket Wildflower Trail" presented by Jay Clark, author and photographer of the book Wildflowers of Pigeon Mountain. 10 am, Parrish Hall, St. Joseph on the Mountain Episcopal Church (behind Mentone Inn) \$10 per person.

Prime yourself with a visual presentation of photos and discussion of the flowers that will be



Virginia Bluebells

seen the following week on the walking tour of The Shirley Miller Wildflower Trail at The Pocket on Pigeon Mountain. Copies of the fantastic book *Wildflowers of Pigeon Mountain*, written and signed by Jay Clark, will be available for purchase and you can use the book as a textbook the next week.



foamflower, wood poppy, etc. Bring your wildflower pocket guides and cameras.

The tour is limited to 20, and was sold out last year, so make your reservations early on www.mentonearts.com

Jay Clark



Wood Poppy

March 22 - Guided Tour of The Shirley Miller Wildflower Trail at The Pocket on Pigeon Mountain led by Jay Clark who is nationally recognized for his expertise on and photography of the flowers of our area, and of The Pocket in particular. Shirley Miller is the wife of former governor Zell Miller of Georgia. 9 am, \$10 per person, class is limited to 20.

Put this one on your bucket list, even if



March Bloom Schedule at The Pocket

This is from Gerry Williamson's online journal on uswildflowers.com

March 1-10:
Early March really starts the wildflower season at The Pocket. It's worth a visit for those close at hand, although if I could only make one or two trips I'd wait til later. Here is a list of the plants in the March Identification Guide for this time period:

- **Virginia Bluebell** – While not at their peak in early March, their pink buds will become abundant, a few blossoms will open up with their beautiful blue color.
- **Trout Lily** – These beautiful flowers will likely move into full bloom during the first half of March.
- **White Trillium** – will be forming their buds, and even though probably not open yet during the 1st half of March, they are beautiful in their pre-bloom form.
- **Cutleaf Toothwort** – While a few of these may have opened in February, they'll become abundant in early March.
- **Hepatica** – This wonderful flower may be dominant during the first part of March.
- **Carolina Spring Beauty** will be much more than budding.
- **Trailing Trillium** will probably start to show some color, but probably won't be fully open yet.

- You'll probably find some **Bloodroot** fully open.
- See if you can spot the **Spicebush** blooming along the boardwalk.
- **Rue Anemone** may be starting to add its white color.
- You may catch an early **Bellwort** opening it's hanging yellow blossoms.
- **Foamflower** may have some buds on the stem arising from last year's leaves.
- The **Wood Poppy** may tease you with a yellow blossom or two ready to open.
- The earliest of the **Dutchman's Breeches** will be forming their blossoms now.

March 11-20:
In mid-March the wildflowers really become profuse at The Pocket. There are several plants that will continue to bloom in mid-March from the early March list.

- The **Redbud trees** along the driveway should be starting to bloom.
- **Trout Lily** should be in abundance in mid-March.
- **Bloodroot** will continue bloom during this period, but will be waning.
- **Rue Anemone** will be in bloom.
- **Purple Phacelia** will be beginning to bloom, probably late during this time period.
- **Carolina Spring Beauty** should be abundant in mid-March.
- **Dutchman's Breeches** will have their short bloom period during this time.
- **Trailing Trillium** will likely begin blooming during

this time.

- The earliest of the **Large-flowered Bellwort** will be blooming, but the peak for this species will be later in March.
- You may spot a **Wild Geranium** or two during this period; peak is later.
- **Hepatica** will be in white, blue, and pink.
- **Virginia Bluebell** will be blooming, peaking probably in the 3rd or 4th week of March.
- **Wild Blue Phlox** will start to show up, but only a preview of their later dominance.
- **Wood Poppy** will start blooming in earnest during this period.
- **Long-spurred Violet** will be here late in the period, but you may need to walk the horse trail rather than the boardwalk to find them.
- **Canada Violet** will begin it's long run toward its dominance near the back of the boardwalk.

March 21-31
Wildflowers should be profuse in late March; this is a great time for a visit to The Pocket.

Virginia Bluebell	Foamflower
Trailing Trillium	White Trillium
Bishop's Cap	Large Flowered Bellwort
Dutchman's Breeches	Sharp-lobed Hepatica
Wild Geranium	Eastern Columbine
Jack-in-the-Pulpit	Yellow Mandarin (Fairybells)
Purple Phacelia	Canada Violet
White Baneberry	Wood Poppy

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.

It's been a bit chilly on the mountain lately but with Senior lunches starting up again, the heart of this house is warm. We deeply miss sweet Dot and Bill Blalock sitting at the front table with a smile and enjoying the food and music with the senior lunch bunch crew. We do hope that some of our crew that has not been feeling well lately will be able to join us again as the joy and laughter is back on Wednesdays.

Sarah came by the other day talking about the fun encounter that she had just had with Mrs. Long's kindergarten class. They were so excited to share some of the songs that they had learned last week. MERF sent the kindergarten, first and second graders on a field trip to a program by Jack Hartmann, who is a nationally known singer and songwriter of children's educational



I stretched my timbers over the other day and peeked in to see the 3rd graders creating some great architectural drawings of landmarks in Mentone. They were singing, drawing and concentrating on some great works of art with perspective. She has the room set up with art tables and supplies in the back and room for creating beautiful music in the front. One of her former students said "she makes you believe you can do something that you have never done before. We were able to do something new and different every class." Look at these beautiful pieces of artwork that Moon Lake Elementary school students have produced through the years. Mentone has lots of budding artists.

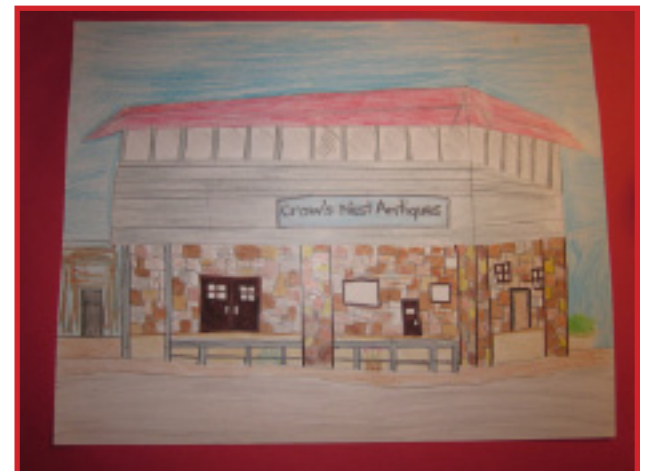
And guess what? You will have the opportunity to bid on some local artwork soon. The MERF board was so excited the other night at their meeting talking about their first local fundraiser. Kristen has gathered a wonderful committee to create a fabulous evening called "A Taste of the Mountain and Art Auction". Keep your eyes and ears open to be a part of this fun evening in April. To make sure you are on the guest list, contact Kristen Emory at merf.mentone@gmail.com.

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 P.O. Box 107, Mentone, AL 35984 or contribute online at www.crowdrise.com/MERF.



music. He sings live and demonstrates fun and creative movements to a wide variety of early childhood topics. The kindergartners showed her the penguin salute along with singing some catchy tunes. She can't wait to see them perform again.

Did you know that Ms. Paula Easter, who MERF supports to teach Art, Music and Spanish at Moon Lake Elementary School, has moved into the former Head Start building in front of me? I love seeing the children so excited about going to their arts class now in its own building.



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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 9AM.

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

Our Lady of the Valley Catholic Church on N. Gault Avenue in Fort Payne holds Mass Services at 10AM each Sunday-English; 1PM-Spanish; 6PM-English; Tuesday 6PM-English; Wednesday 4:30PM-Spanish; Thursday 6:30AM-English; Friday 9AM-English.

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.





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NEW LISTING

CRAFTSMAN EXECUTIVE BROW RETREAT Near Desoto State Park. Custom 2200sf; 3BR/3BA brow home features incredible wood and trim details. Library panels in Keeping Room open to an eat-in kitchen w/granite counters, SS appliances & generous cabinets. Master Suite on main level w/jacuzzi & sep shower. 1000sf unfinished basement w/tall ceilings & covered deck. 3.5acre lot wooded w/garden spot \$289,000 (MLS#797079)



HAPPY PLACE

LAKEFRONT RETREAT: 2BR/1.5BA cabin w/WB Fpl, lg screened porch; guest cabin w/2BR (one a 3-bunk rm), gas-log Fpl, full KIT, bath w/claw-foot tub & sep shower, 2 screened porches; library cottage w/open library room, office area, 1/2 BA & upstairs studio/BR. Furniture, carvings & whimsical statuary (even a lifesize alligator!) by mtn craftsmen Kaw-liga, Phil Faircloth & Lightfoot. 1.55 acres. \$289,000 (MLS#799345)

Stop by our Log Cabin in front of the Wildflower Cafe, we always look forward to a visit from our neighbors and friends.

.....
LOTS and LAND

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

57.98 ACRES with majestic water oaks, 2 year-round springs & a great building site on first ridge w/water, power & septic. Ideal property for horses or hunting w/views, pasture & woods; well-marked lines (ready for fencing); mature trees. Hand-dug well & old stone springhead are remnants of this historic farm. \$225,000. (MLS#428133)



NEW LISTING



INCOME PRODUCING

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

"OOLAKANO," a Native American word that means "to be at peace." Find your peace at this Mentone lakeside cabin. One of only 3 small getaway cabins on private Rock Lake, Oolakano offers 2BR/1BA, large deck w/hot tub, all appliances, linens, decor, kitchen ware, furnishings included! Enjoy canoeing, kayaking, fishing, or just relaxing in the hot tub. Just off the Scenic Hwy. \$125,000 (MLS#400129)



SUNRISE VIEW

STATELY MOUNTAIN MANOR ON LOOKOUT BROW. Entertain in luxury with panoramic views from every room. Featuring vaulted ceilings, stone wood-burning fireplace, all new kitchen w/granite, large dining, huge covered stone porch, basement storm shelter & carport/pavilion. This home has it all! Situated on 3.44 acres of prime brow that adjoins over 1000 acres in conservation helps insure a lifetime of privacy & preservation. This 3400 sq ft, 3BR/3BA is remarkably well appointed with inviting ambiance. Reasonably offered for \$599,000. (MLS#882781)

MENTONE LAND WITH CREEK running through corner. 4.42 acres of beautiful wooded land in WestFork SD of Mentone. Peaceful, abundant wildlife, myriad hiking/walking areas. Restricted. The privacy and trees you want at a price you'll find quite attractive as well. \$36,000 (MLS#564362)

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

20 ACRES W/NICE FISHING POND & DOCK, corner property, mostly woodland. Great place to take the family, park a camper and enjoy the weekends. Nice land, nice pond, nice price!!! \$85,000. (MLS#418106)

4.43 ACRES & RV ALREADY SET UP! Unrestricted property holds a lot of promise when you're ready to build. But, while you're waiting to build, you can enjoy weekends in the RV that goes with the property! Private drive off winding country road. \$52,000. (MLS#311288)

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

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



WATERFALL



PRIVATE PARADISE on Lookout Mtn. Watch your own waterfall from the huge front porch of this secluded, hand-crafted, 1260 sq ft log cabin with 31 fabulous acres on Tatum Gulf. Property features a pond with gazebo & paddle boat, extensive trails to 2 waterfalls. Close to 800' on brow with inland property having pond, rock formations & public water. This is a wildlife wonder & the views are incredible. The log cabin has an open floorplan that features a stone fireplace, beam trusses & vaulted ceilings. Perfect property for a few or many to enjoy. Very private. Offered at \$599,000. (MLS#566631)



MENTONE



HISTORIC

THE ABBEY CABIN that could double as a wedding chapel. Stained glass door & windows; beautiful wood-burning fireplace. This home is a treasure for quiet moments. This home has income potential as well as country living as its best. Offered at only \$97,500. (MLS#606867)

THE LARMORE HOUSE, a landmark home on the National Register & 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 (there are six in the house altogether); the smokehouse w/hand-carved rafter pegs; servant's quarters w/massive stone firepit. Surrounded by ancient cedars & walnut grove. \$169,900 (MLS#535973)

SOLD

A Mother Reflects During Season of Hope

FRED TIMOTHY CASTLEBERRY

12/22/90 – 03/28/12

A person's life is made up of many events. But there are only a handful of events that profoundly affect a person for the rest of their life on this earth. I believe that for a woman especially two of those events are having a child and losing a child. The having brings an unbridled, immeasurable joy even if that baby was not planned. The losing of that child brings an unbridled, immeasurable sadness...even if it was sort of expected.

Fred was not planned, at least not by his dad and me. But God had his own plans and on December 22, 1990 Fred Timothy Castleberry was born.

And again, on March 28, 2012 God had his own plans. My son Fred, who was barely 21-years-old took his last breath as I stood there and watched. I watched his eyes as his spirit left his body. I watched as the single tear rolled down his cheek after. And I will always believe that tear was for me..."I love you mom" and for the sheer joy he was experiencing at the time..."I see Jesus".

In between those two dates was a LIFE. One that in this short space I cannot even begin to talk about and describe. One that meant more to me than my own.

I do not know the reason Fred got cancer at the age of 19. I don't know why he died at the age of 21. There is only One who knows the reasons. What I do know is that I miss my baby and would give anything and everything to have him back with me. At the VERY least I would give everything for just 5 more minutes with him. 5 more minutes for one last hug. 5 more minutes for one last "I Love You" to him and from him. 5 more minutes to tell him how proud I was to have him as my son. I so look forward to the day that he meets me with his big smile and warm hug.

And I do know where Fred is. I know beyond a shadow of a doubt, and I know I will see him again. Just a few short weeks ago I had that confirmed. I was laying in bed trying to sleep in the afternoon (since I mostly work at night), and my eyes were closed. I started thinking about Fred and as normal I started remembering his last 3 days on this earth...in the hospital bed at UAB, not able to breath, a C-pap machine and IV's, him finally not being able to respond to me when I spoke to him but eyes open, finally watching his eyes as his spirit left his body and the single tear that fell from his eye as he passed.

That afternoon while I was trying to sleep it got very dark, abnormally black really, behind my eye lids. Suddenly, before I could shed a



tear myself a face appeared out of the blackness. Sort of a fade-in. I knew at once it was Fred – just his face from a lying down position. Then his face faded back into the blackness. I was laying there mentally willing his face to come back when a light appeared out of the blackness above where his face had been. First a roundish orb, pulsating and fluctuating from bright to brighter. Then the orb slowly took on the form a a figure with arms...again, fluctuating and getting brighter and more defined. That part of the vision faded also after a few seconds. The figure receded and was almost immediately replaced by a small hole in the blackness. A small area of whiteness. In that hole appeared a man. He had shoulder-length brown hair. And as I watched another figure appeared into the scene. The the man with the brown hair opened his arms wide and the second person was pulled into an embrace. They stood together for just a few seconds, hugging each other and then that scene also faded away.

I laid there for the longest time with my eyes squeezed shut just hoping I would get one more glimpse of what I had seen. I knew I had been granted a vision from God of what had happened as Fred's spirit was leaving his body. He saw God...the bright light, the orb, the figure as his spirit got closer and closer. And finally Fred was welcomed into Heaven by Jesus. Jesus spread his arms and held Fred close to Himself to let Fred know that he was home and everything was ok now. I opened my eyes and a tear fell. A tear of joy and thankfulness. Just like Fred's last single tear. And I laid there and smiled and thanked God for that vision.

I got to work later that night and was telling my co-worker what had happened, about the vision. As I was telling her I happened to look at the calendar hanging on the wall. It was January 28, 2013...exactly 10 months since my baby had

passed from this earth to his new home. I had not even realized the date until then.

March 28...exactly one year since my baby left this earth. Do I miss him? Oh my yes! And I will miss him and still shed tears for my loss until the day I join him. There is a hole in my heart that nothing or no one will ever fill. My daughter, my granddaughter, my family and friends all have their own places in my heart, but the hole Fred left will never be filled. BUT...I KNOW where he's at and I KNOW I will see him again!

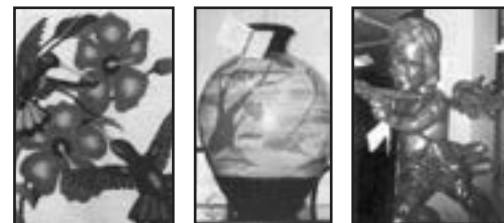
By Lynn Castleberry



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Home Sweet Hometown

From the day my 19-year-old son Fred was diagnosed with cancer and we started what turned out to be an uncountable number of trips to Birmingham. Through the year and a half of chemo and radiation treatments. Up until the day he passed away and beyond. There were so many people who came through to help us in some way...And I want to take the time right now to thank them all. Each and every one. I can't remember everyone's name. I don't even know everyone who helped as some helped anonymously. I just know that this wonderful community called Mentone, and a lot of people I worked for and with helped us in some way or other during one of the most trying and painful periods of our lives... and I want everyone to know how much I appreciated whatever you did.

I hope that at the time that you did whatever you did for us I thanked you in person. I surely hope I did. But I confess I stink at sending thank-you cards, or any other card for that matter. Time gets away from me. And the raw emotions I feel from his loss are still so strong. So I want to right now say THANK YOU to all of you. I wish I had the space to name everyone and details of what they did. I wish I knew the name of everyone who helped. But I do have to name a few...

First and foremost I want to thank my bestest friends in the whole world...Ben and Linda Hardy. I can never say thank you enough or ever hope to repay them for the time, care and money that they gave us during that time and since his passing especially. But even before Fred was diagnosed with cancer, they were always

just a phone call away. Linda has been there for me and us in so many ways...time, money, advice. And Ben spent countless hours taking Fred clay shooting or fishing...and just hanging out. Thank both of you from the bottom of my heart for making our lives better just by being our friends.

I also want to thank Amy Kirby for the bake sale she held to raise money for us (and anyone who baked or bought)...and for the free haircut!

And there is no way I could write this without thanking Kristen and Tom Emory, owners of our own Mentone Market. For the spaghetti dinner, fixing the gas line and filling the tank and being a drop-off point...Thank You!

St. Joseph's on the Mountain Episcopal Church, and Ann Chestnut helped me more than they will ever know. During the last 9 months or so of his treatments they helped with vouchers for gasoline almost on a weekly basis. Thank you for your generosity.

The Mentone Community Church also helped with the cost of gas and I want to thank them also.

And there is absolutely no way I could write this without thanking Moon Lake Baptist Church, particularly Brother Terry, Rick Baker and Steve Harris. The money I received from the Church was greatly appreciated... the expenses associated with that awful disease called cancer, even with insurance, are unbelievable. But what I appreciated even more than the money was the care, concern and personal attention Fred got.

I also need to whole-heartedly thank Brian Bain and the people I worked with in the Deli

A Thank You From Lynn Castleberry

at Bruce's Foodland. New tires, enough food to feed an army when Fred passed and recognition of Fred at the last Relay for Life...just to mention a couple of things for which I owe them thanks.

Then there were the nurses, technicians and staff at the Kirklin Clinic on Acton Road. I could go on for pages about that wonderful, caring group of people. From our first day there I felt they cared for us and about us on a personal level...Fred was just not another patient. In particular I want to thank Nikki and Barb. They "adopted" Fred. They celebrated holidays with him bringing him candy and decorating his IV pole. They took him to eat and/or brought him lunch sometimes. They brought us a huge amount of food for Thanksgiving dinner. Two weeks before Fred passed Barb got off from work and drove Fred and I all the way home when our car died in Birmingham. And they talked with him about dying. They knew what kind of cancer he had. They knew his chances of survival were not high. And even since Fred passed away they have kept in contact with me and comforted me when I have expressed doubts and pain. Thank You Nikki, Barb and the whole crew! I will never forget what you did for us.

As I have said, I can't name everyone...I wish I could. But please know that I am eternally grateful for everyone...and there are a lot of you...

I can't say thank you enough or ever pay you back. But I am continually looking for a way to "Pay it Forward."

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New Museum Showcases CCC By Brittney Hughes

Dedication: Friday, March 22, 2013

**Time: 1:00 p.m. DeSoto State Park,
DeKalb County, Alabama**

For over a year, DeSoto State Park staff and volunteers have been hard at work with the goal of opening a Civilian Conservation Corps Museum in DeSoto State Park. On Friday, March 22, 2013, a dedication will be held to commemorate the opening of the museum.

"2013 marks the 80 year anniversary of the beginning of the Civilian Conservation Corps, and we are so glad to finally be able to showcase this part of history. It has long been a dream of many of our staff members to open a museum here and it is finally coming true," said Desoto State Park Naturalist, Brittney Hughes.

An often overlooked part of U.S. history, the Civilian Conservation Corp was a program enacted by President Franklin D. Roosevelt during the Great Depression years as a way to bring relief to millions of unemployed Americans. The CCC was designed to provide jobs for young men who had difficulty finding jobs while at the same time implementing a general natural resource conservation program in every state and territory.

DeSoto State Park was developed by the Civilian Conservation Corps in the mid 1930s to early 1940s, and was known as State Park #5. In November of 1933 a CCC camp was built in the town of Fort Payne and in early 1934 work was started above Fort Payne on Lookout Mountain. The CCC boys then built roads, trails, culverts, a 9-hole golf course, and stone structures such as picnic pavilions, barbeque

pits, cabins, and a group lodge. Many original structures can still be seen today.

DeSoto's CCC Museum was made possible with a \$10,000 tourism grant in late 2011. Since then work has been ongoing;



renovating the historic building, performing research, and preparing interpretive materials.

For information and a sneak peek of the museum, see DeSoto State Park's Blog at www.civilianconservationcorpsindsp.blogspot.com or contact Brittney Hughes at DeSoto State Park, www.Alapark.com/DeSotoresort.

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!

Hollers From The Hollows: Scary Tales From Residents of DeKalb County

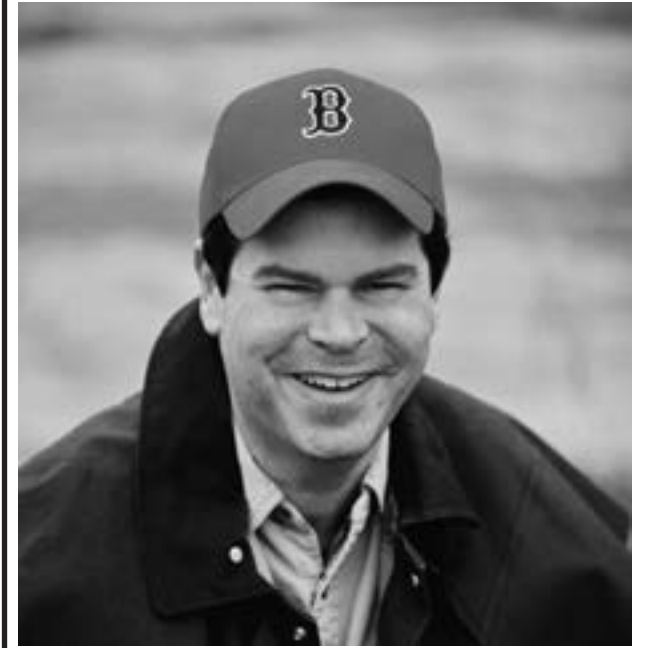


Photo Courtesy Kayla Cobb

Greg Starnes moved to DeKalb County in the autumn of 2009, and began writing full-time in 2010. Having met two authors who had written ghost story books about other counties in Alabama, he thought DeKalb County would have some wonderful stories. After all, history and haunts go hand in hand. Sure enough, when he began asking folks if they knew of any stories they would be willing to share, several enthusiastically did so. In no time at all, he had collected 17 scary tales. The result was *HOLLERS FROM THE HOLLOWES*.

The stories are all from residents of DeKalb County, and the illustrator and photographer for the book are also from DeKalb. The book is published by the Ardent Writer Press in Brownsboro, Alabama. It can be found at Mentone Realty, Kamama, The Book Shelf, The Fort Payne Chamber of Commerce, The Little River Canyon Center gift shop, DeSoto State Park country store gift shop and The Art Nook in Fyffe. It is also available online at Amazon.com.

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Rhododendron Garden Club

By Linda Brown

Thirteen members of the Rhododendron Garden Club hurried into the M.E.R.F. Community House at 10:00 A.M. on Tuesday, February 12, 2013. The wind was blowing and it was cold and they were looking forward to a good meeting.

President Peggy Roark was finally able to establish order and start the meeting. Roll call was to name a green or blooming plant in your garden. Peggy explained that Mimi Anderson had cancelled her program for today. Peggy suggested that each member describe an insect, good or bad, in their garden. They were not to give the name and the members were to guess the insect from the given clues. This proved to be quite creative and a lot of fun. The first insect described was the lady bug. It has flown in a space capsule and even eaten aphids while up there. It is good to have on your plants but sometimes they are a nuisance to the homeowner when there are too many and they

fall everywhere on sunny days. The common garden spider, nicknamed Hopalong Cassidy, was described as having the ability to write with their web. Everyone recognized the Japanese beetle when the first sentence of description was that it ate everything in its path, usually beginning with the roses. The praying mantis was guessed when the description included that it was a good insect to have, had short front legs and was often found in a “praying” pose. The walking stick was then described as looking more like a brown twig to not be confused with the praying mantis. The wasps, yellow jackets and hornets were described as real pests as they sting both humans and animals. Though maybe not an insect, the slug was mentioned as destructive and nasty. It was stated that a bowl of beer would attract them and become a death trap. They will try to get to the beer and fall in and drown.

Martha Wood gave a horticulture report on the propagation of roses. She supplied a specimen which she had pruned off of her rose. She said to cut into segments, dip the stem in rooting material and place in a hole where you want the rose to grow. It was agreeable with all to host a Senior Lunch soon. A menu was

planned and plans were made for times, etc. The area in front of the post office will be planted as last year. The club agreed to keep that area neat this summer.

The members voted to host a Small Flower Show. The date set was June 11, 2013. This will give the club members some experience in how to hold a flower show and will serve as part of the requirements for the completion of the Judge’s School for Mellanie Tuttle. Details will be announced later.

Next month’s program is to be Raised Beds by Mike and Jan Keracher. They have asked that the club members come to their garden. More details will be given in the notice of the meeting. If you would like to visit for this meeting, call a club member and ask for details.

Shirley Hussel was awarded the door prize. Meeting was adjourned.

Next meeting: Tuesday, March 12, 2013 at the home of Jan and Mike Keracher. We welcome guests and invite anyone to become a member.

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

NEIGHBORLY NUTRITIONAL NAGGINGS

By Nadine Mettlemore

I’m not going to lie about it. If you get me started talking about nutrition, I just may not stop. It’s National Nutrition Month, and I am seizing the opportunity to start nagging you about your health. Nutrition has been the focus of my study for ten years. It’s terribly inconvenient to know certain things about nutrition. It’s a whole lot easier to just pop a top and nuke something to stave off hunger than it is to really nourish yourself. I’d sure like the convenience of doing it that way, except that I seem to notice a lot of people are sick, and I don’t feel so good when I eat that way; and maybe that’s somehow related. It’s inconvenient to know things because it kind of might start you thinking about ch-ch-changing, and no matter how you slice it, change-is-hard.

I realize this advice is unsolicited. You didn’t ask me what I think about YOUR health anyway, so read on at your own risk. I am not a trained nutritionist. I’m a nagging neighbor; so, that being said, if it’s consensual with you to proceed, let’s talk about ...wheat.

You don’t tolerate it. I hate to be the one to break it to you, but, from the obvious villiany of nutrient-deprived white bread to the chunkiest, nuttiest organically stone-groundiest, most fairly

traded and costly boule on the shelf, your body doesn’t want it and will prove it to you in just a short time.

I’m not going to argue with you about it. I love it like you do and have been addicted to it just like you are. It’s WHEAT; it’s crust; it’s loaf; it’s yeasty-warm lovin’ from the oven; it’s the very staff of life... and your body hates it as much as your taste buds love it. Just trust me for now, ‘cause the real thing to worry about, the tricky part, is what to do instead of wheat?

Keep a food diary of what you eat, and let me know how long it takes you to believe your body didn’t want that wheat. You might try easing off of it as wheat-withdrawals are real!!!

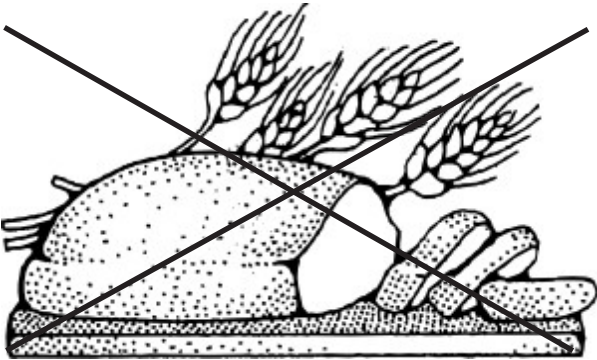
Here are some things to try:

- Rice, brown rice
- Noodles made from rice (I can’t tell the difference with a good sauce)
- Rice tortillas for all things Mexican and they make a great “wrap” as well for sandwiches. They have a delicious texture and taste!
- Sprouted grains, even wheat, for some like Ezekial breads and noodles, and cereals, a Biblical formula. The plant consumes its own gluten when it sprouts.
- Spelt bread (a wheat, but not a type we have been over exposed to)
- Snack chips and crackers made with lentils, chickpeas, rice and nuts
- Alternate flours like tapioca, oat, almond and coconut
- Prepared mixes like Pamela’s Gluten-free

- Prepared products like Udi’s
- Oats and oatmeal, avoid corn (I’ll nag you about that later)

You’ll be surprised when you start seeing how wheat is in a lot of things. Be vigilant about getting off of it. Ask questions; request more options; and keep a food dairy (I’m nagging you now; there, I’ve said it twice). Once you’ve been completely off of it for a good long while, a few months at least, try introducing it back in and keep a record of what you notice. Do you get the sniffles after eating? Do you get gas? Is there bloating, discomfort or digestive or elimination responses? Just asking.

Lots of local places are stocking up on wheat-free goodness--J.Spencer’s, the Wildflower, Hardware Cafe, Little River Hardware, Ingles Grocery, Domino’s Pizza, Trenton Health Food and Wildwood Country Store. If you find something that works great for your family, let us know. This kind of change is hard, and people need support!





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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 \$110,000 (830573)	 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)	 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 (369781)
 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)	 A BEAUTIFUL SUNSET is an added bonus you can enjoy from the large back deck on this 3BR/2BA log home. Wood burning fireplace, built-in bookshelves, eat-in kitchen with appliances and a rocking chair front porch to kick back and relax! \$299,900 (500332)	 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)
 COZY COTTAGE with a unique atmosphere offerig 2BR/2BA, open living area, rock FP, CH&A, screened porch with hot tub, complete appliance package. Currently on a rental program. Great investment opportunity! Call today. \$154,900 (875310)	 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'LL FALL IN LOVE with this comfortable 2BR/2BA cabin with large screened porch, open living/kitchen with bar area, and stacked rock fireplace. Currently on a rental program. Call about this investment opportunity today. \$218,000 (437098)	 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. \$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. \$350,000 (950770)	 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)

LOTS AND LAND

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level yard. Paved road frontage, city water. \$49,500 (595179)

NO MORE DAYDREAMING about Living on the Water when you purchase this 3 +/- acres on the East Fork of Little River. This lot features approx. 175' of river frontage and offers a gorgeous setting for your dream home. \$75,000 (801334)

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

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



The Chicken Lady

By Kristen Emory

It was a dark and wet night, like most all nights this winter. You cannot walk anywhere in our yard that you don't muck up in mud. So, when Tom walked in one night with muddy feet and pants I did not think much about it or what he had been doing. I asked him and he said he just had to get something out of the yard. I asked no questions. Several hours later it was time to close the Mentone Market and Tom strongly suggested that I ride with him. I have to admit I was not happy about this at all. My couch and blanket were very comfortable as I watched TV with the children. But I went any way.

Picture this, Tom and I in the car together and if you know Tom you know he is a man of few words. He looks over at me and he says, "Charlie is dead." My response, "Charlie who?" I quickly run through my brain of all the Charlie's we know that could have died and made Tom so serious. "Tom, Charlie who?" I say again. "Kristen, Charlie the chicken." I cannot speak and tears rise from within me over a chicken.

This was no ordinary chicken. This chicken ran through the aisles of Tractor Supply trying to escape and I bought her just for Tom. This baby chick was so crazy the kids named her Charlie for actor Charlie Sheen. This hen had

us all convinced that she was a rooster and I didn't want a rooster in my yard with my hens. This is the rooster that went to the Vet to get neutered (caponized) but after surgery laid an egg in the dog kennel because she was really a hen. This was the chicken that was a rooster on the outside, hen on the inside. This was the hen that was the smallest of my flock but laid the biggest chicken egg you have ever seen. This was the dirtiest white chicken and she tried to crow every day.

So yes, I cried a few tears. It was a sad night for me. Then I asked the question, "How did she die." The answer, "A hawk got her." Tom



said that he went outside and when he walked out into the yard the hawk rose up from eating Charlie and flew away. My dear sweet husband buried Charlie in our graveyard of past pets all alone. He took it upon himself to keep the death scene from me so I wouldn't have to relive it over and over again. It must have been a real mess.

I pulled myself together and Tom and I told the children. Byrum, who is fourteen, and not

Wood Studio (continued from page 3)

Wood Studio has continued to produce this signature piece for over 30 years.

The fully suspended seat and back are comprised of hand stretched saddle leather. The vegetable tanned leather provides support while being flexible enough to cushion. When seated, the individual draws the wooden frame of the rocker together. The joints are through mortise and tenon, pegged forever with brass pins. The strength of the mortise and tenon joinery has been proven for centuries and enhances the distinct character of this simple rocking chair. Each Lookout Mountain Rocker comes natural in color with a select hand rubbed oil and wax finish that is durable and easily maintained. Wood Studio offers this signature piece in a variety of native hardwoods, including walnut, cherry, maple, red and white oak, and ash. We are open to special requests for other select materials. The Lookout Mountain Rocker is available in dark brown and saddle tan leather.

Each Signature Selection offered by Wood Studio is 100% handmade by the Cochranes. We guarantee that each piece will be free from defects in craftsmanship and materials for as long as the piece and the Cochranes are around. Wood Studio builds each piece to provide for generations of enjoyment. Each chair is \$3,950."

(Chicken Lady Continued)

real fond of the chickens anyway, shrugged his shoulders. "Sorry, Mama. How did she die?" As

Tom tells the story Saddler begins to cry louder and louder. She says, "I never thought I would cry about a chicken, but it was Charlie."

It was Charlie. Charlie the chicken, the rooster or the hen. It did not matter because she was ours. She was one of my original six hens from Tractor Supply that we as a family raised together. She/he will be missed and we loved our strange crowing hen.

(Kristen and her husband, Tom, own the Mentone Market with their children, Byrum and Saddler)



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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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Business & Organization News

Mulberry Corner Open For Business

Faye and Taylor Adams have a new space, Mulberry Corner, available for your party and gathering needs. They have refurbished the fire hall next to their business, AAA Hardware, on Highway 117/Highway 48 at the Alabama/Georgia state line. Amenities include a large dining area which seats 25 – 30 people, a gas-log fireplace, kitchen with stove and refrigerator, and two bathrooms. The Adams opened Mulberry Corner in time for the holiday season and folks have used it for pot luck dinners and a shrimp boil. Check with Mrs. Faye Adams at 706-862-6515 for a tour of Mulberry Corner and to discuss availability and rental rates. Most days (except Wednesday and Sunday), you can find her from 8 am til 5 pm EST behind the counter at AAA Hardware at 12509 Highway 48 in Cloudland, Georgia.



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Congratulations to Mountain Laurel Inn

BnB Finder has named the Mountain Laurel Inn in Mentone a Guest Favorite for 2012. The Guest Favorite Award, based on independent reviews posted to the site and guest preferences, is the highest distinction awarded by BnB Finder. "Guests at the Mountain Laurel Inn gave it high marks for the friendly atmosphere and the delicious breakfasts provided by Innkeeper Sarah Wilcox," according to Mary White, founder and CEO of BnB Finder and author of the book, *Running a Bed & Breakfast for Dummies*. "The



Sarah Wilcox with Ambassador Lickety Split

Progressive Women Meet

For their February meeting, the Progressive Women of Northeast Alabama met at Fonseca Restaurant in Arab. Keynote speakers Darrell Turner of Heflin, Alabama, and Horace Clemmons, candidate for District 8 Alabama Senate seat, addressed the group of 25 members and guests.

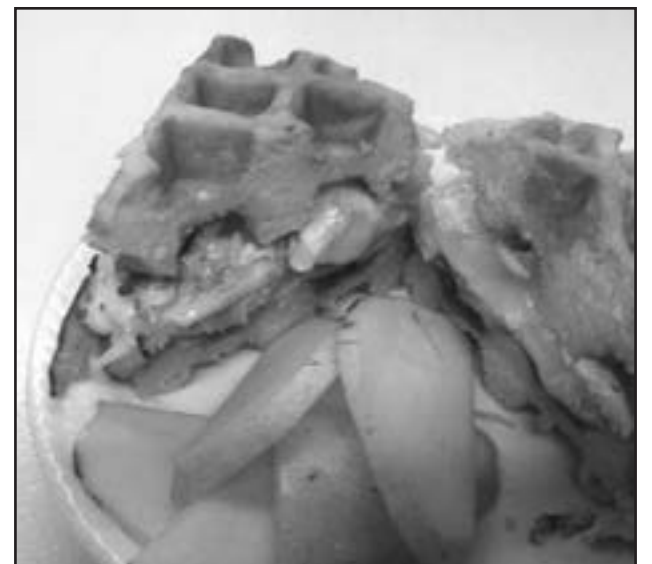


Attendees included Kay Kiker, Reita Grant, Darrell Turner, speaker, Regina Baker, president, and Marguerite Wilborn.

relaxing surroundings and personal touches provided by Sarah are what keep bringing guests back." User-generated reviews have surpassed rating systems, traditional travel guides and inspections as an important source for researching potential accommodations. Guests consistently leave reviews while visiting websites like BnB Finder or on the go using their smartphones to access sites such as BnB Finder-Mobile. Before booking a getaway, many travelers read these reviews, making guest comments one of the most valued decision-making tools for potential travelers. To see the article, go to: www.BnB Finder.com/MountainLaurel.

Changes at the Hardware Cafe

Jessie Goggans has joined Thad Stevenson in partnership at the Hardware Cafe. They are located inside the Little River Hardware store. The two musical chefs are serving breakfast and lunch from 9ish-2ish Monday through Thursday. On Wednesdays they will be offering "Beans & Ham - Pay What You Can." Because, as chef Thad says, "people are hungry in our neighborhood and they don't have to be."



Enjoy a Waffle Sandwich at The Hardware Cafe.



Thad & Jessie (continued from page 1)

keeps in mind the price of a meal at McDonald's when choosing his lunch prices and tries to provide as much food value as he can for about the same amount of money allowing hardworking families an affordable alternative to fast food.

Chef Thad has learned much from friends chef Ben of J. Spencer's and chef Christian of the Mentone Springs Hotel, whom he credits with being the the Master of complement, which he says is similar to playing music with friends, "you leave something out, so that something else can complement. So that a plate with, say, four items brings all the flavors together, each part of the harmony, but not the whole song."

As happens to many in Mentone, he immediately "fell in" with the right crowd. Mentors and peers in Music, Cooking and Life begin reshaping the man, musician and chef he is, and is becoming. As his tastes and skills have been sharpened, so have his sensibilities awakened. He took on the cafe a year ago as a way to express his own unique love for community by feeding folks in his own way. "Mentone kind of lets you be. You can breathe, so you can be as creative as you can afford to be." He balances the books while staying balanced by maintaining a practice of fairness and service. He also makes sure to take some time every day to play music, be outdoors, and spend time with the people (and animals) he cares about. Since many weeks don't provide him with an actual "day" off, taking some time daily helps him prevent burn-out and assures his life contains the things worth living for.

Taking on a business partner has also allowed him more time for his other pursuits and business opportunities and given both of these musician/chefs a base for their unique expression, both musical and epicurean. Jessie Goggans shares a lot of Thad's values and they have many things in common. He recognizes her value to him, "as a woman, she brings balance, perspective, and soul to the place", not to mention her skill on the grill and the nice new menu.

Jessie grew up here on the

mountain playing at festivals with her dad, Tony Goggans. She began waiting tables and made her way into the kitchen where she discovered a similar artistic expression in food as in music. She loves to bring together rich flavors, textures, and in both, she is fearless.

In addition to working with other great chefs on the Mountain, she watches, and learns from the Food Network, noting that all the best places, even little out of the ways restaurants, slow roast their meats for flavor. Her sandwiches, like the Hot Brown, piled high with crockpot cooked real turkey, are out of this world! She points out that their Traeger grill allows them to use apple, hickory or mesquite wood pellets and operates in such a manner as to cook the food almost convection style as well.

Jessie is planning on expanding the menu to include more gluten-free and vegetarian (and vegan) items, including hummus spread, eggplant paninni and veggie burgers cooked on the Traeger grill. It's her big heart that wants to provide such diners with their very own menu, "so that everything they see is something they can eat" and that they don't have to hunt through a "regular" menu for slim pickings.

When not at their own place, the two chef/musicians can be found with their families & friends performing music or in the kitchens of other eateries and they have worked or do work at The Wildflower, The Mentone Springs Hotel, The Rusty Fox and The Lookout, among others.

If you're real lucky (or if you ask) when you visit the Hardware Cafe, you will be treated to a sampling of their fine musical talent as well. Unlike the Hard Rock Cafe, these guitars aren't for show! Luckily, I asked & I got three Thad originals with my strawberry cake and a little Jessie on the side!

The friends' cafe schedule allows them to patchwork a life, doing what they love. Thad is serving as the food chairman for the upcoming Rhododendron Festival which plans to highlight local chefs.

The two not only share a love of music and of food, they both love their families and to be of service to their community, whom they look upon as extended family. "You don't

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Little River Canyon Center
Ralph's Grocery

always have to make money," notes Thad, and with that in mind, the two have made a commitment to offer

"Beans with Ham, Pay What You Can" at The Hardware Cafe, an opportunity for anyone in our community to stop in and get a hot bowl of food at whatever they can afford on Wednesdays. They imagined a community where anyone could eat, this was a step in that direction.

The Hardware Cafe is open for

breakfast and lunch from 9-2ish Monday through Thursday.

I stopped in the other day while Birmingham's Channel 6 News reporters were in for their 2nd meal of the day, raving about the hamburgers and slaw, mind you. Earlier in the day they had recorded a segment for an upcoming series on unique places to visit in Alabama. Look for that to air on Channels 6 and 48 on Saturday, March 9. We'll try to post it to our Facebook page.

Mountain Music: Welcome Larry Joe Back to Mentone

By Susan Cheronos

“It’s not folk, or rock or country”, says Larry Joe Hall, when asked about his style of music. “If it’s good, I’ll do it!” Since 2004 his sets, which do include songs categorized as folk, rock and country, have been delighting Mentone at festivals, events, B&B’s and restaurants. Larry Joe sings soulfully with a strong clear voice and plays guitar with precision, covering old favorites and interspersing his originals. He has been a favorite at The Wildflower for years and has provided music for diners at The Mentone Springs Hotel, The Lookout Restaurant & J. Spencer’s Restaurant.

He comes from a musical family, and came into his musical own during “the British invasion.” His mother, a singer, one of the Lowe sisters, had a weekly radio show on Atlanta’s WSB. Both of his brothers were also musicians and they all three had bands in high school. All of his uncles on his mother’s side played guitar and sang. In addition to the rock bands he was in and rock concerts that he attended, he also trained as a “serious” musician, was the drum major in the marching band and went on to study music on a full scholarship at Columbus College. He was also the timpanist for the Columbus Symphony Orchestra. After

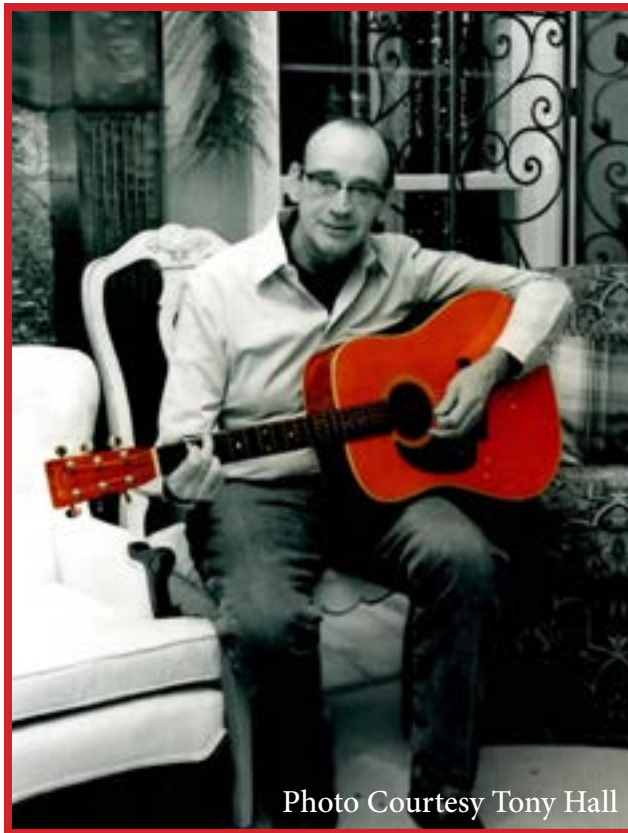


Photo Courtesy Tony Hall

graduation, he taught middle school music.

He has been writing and performing music since he was 9. Most of his inspiration has come from literature, though some songs written are about family and life experiences, such as

The Traveler, about his grandfather. Many of his songs come to him, words and music all together, in a rush after reading a particularly moving piece of writing. He finds the artistic atmosphere of Mentone most conducive to creativity and particularly enjoys being a part of the community of musicians that make Mentone home.

After deciding to make his living with his music full time, most of his gigs were booking in the Atlanta area and he returned to be closer to work. Atlanta was home to Larry Joe growing up; and from the High Museum, site of his last job, he could see the dome of the Christian Science Church on Peachtree, which was set in place by his father, a non-musical crane operator.

When not singing or writing songs, Larry Joe can often be found exploring the hiking trails of DeSoto State Park, one of his favorite pursuits--one of the reasons Mentone is home to Larry Joe again, having just returned last month. Lately, he has been appearing at The Rusty Fox Pizza Parlor (downstairs at The Mentone Springs Hotel). His album, Bare Bones, is available wherever he is performing. For a list of upcoming gigs find Larry Joe on Facebook.

Tammy Beane (*continued from page 1*)

generations better understand their American ancestry.

Tammy explains: “We had some fantastic southeastern prehistoric potters. I am continually inspired and challenged by their quality of work. The simplicity of using clay from the ground and wood firing still fascinates me. The traditional techniques I use are much the same as our potters of a thousand years ago. The highlight of keeping this tradition alive has been to share some of the old techniques I have learned over the years with the Cherokees and Choctaws.” Tammy feels like a bridge between the archeologist and the Native Americans. Her life’s work is paying homage to our early artists.

Creating museum quality reproductions of prehistoric and historic Native American pottery of the Southeastern U.S. is Tammy’s profession and avocation. The pottery is reproduced for museum exhibits, archeologists and individuals. She has worked with the University of North Carolina, The Museum of the Cherokee Indian in North Carolina, The Cherokee Heritage Museum in Oklahoma and The Choctaw Nation in Durant, Oklahoma to help facilitate the revival of traditional Southeastern pottery.

Tammy’s special expertise is her ability to replicate vessels and figures from prehistoric

sherds. Her knowledge of the culture, building materials, construction and firing techniques of our Native American ancestors allows her to envision the complete article and to then construct an exact replica. She obtains clay from the same sites used for the original article and then constructs each item in the same manner as the original. Her prehistoric cooking pots, water pots, burial pots, figurines and animal replicas are found in museums and private collections across the southeast.

Teaching others the art of constructing prehistoric pottery is a passion of Tammy’s and she spends weeks each year traveling around



the Southeastern U.S., teaching her special craft and bringing a better understanding of our American heritage to fellow art and history lovers. She brings the clay, forms and paddles to class and passes on her art to willing and enthusiastic students, young and old.

Her work is exhibited in museums and universities across the United States. Birmingham Art Museum, Moundville Archaeological Park, Tennessee Valley Art Center, Knife River Indian Village (North Dakota) and Ocmulgee Mounds National Monument (Kentucky) are a few exhibitors.

Mentone welcomes Tammy to the Rhododendron Festival to demonstrate her work on Sunday May 19, 2013. Her work is available at Kamama in Mentone.