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THE GROUNDHOG

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

Volume 35, No. 9

"Neighborhood News from the Heart of Lookout Mountain"

September 2016

Colorfest Comes Early This Year -- October 15 & 16

By Anna Mae Horn

Fall is fast approaching, which means Colorfest is just around corner- October 15 and 16. Many people have been looking forward to it since last year. This year's Colorfest promises not to be a disappointment- carriage rides, boat rides, children's activities, fabulous food, lots of musical entertainment, and, of course, plenty of arts and crafts!

Colorfest volunteers are meeting every week coming up with new ideas, planning, calling, scheduling, discussing, and working on Colorfest details. If you would like to be a part of the fun, join them at Kamama and pull up a chair any Thursday around 1 o'clock. They

are also looking for a few people to sit under the shade of the tent for a few hours during the festival and, also, some people to help with set up and take down of festival items.

Colorfest officially starts on the third Saturday of October, but events will actually start before then. Pumpkin Patch Jubilee starts now! There is no application or fee this year, just decorate your business using the theme of "Fall on the Mountain." Any business that is decorated by Sunday, October 2nd will be entered into the contest automatically. Judges are selected by MAPA and decide which businesses get the cash prizes: \$50, \$25 and \$15 consecutively for the top three. The winning businesses will

(cont'd on page 3)



GREEN LEAF GRILL IS ONE OF BAMA'S BEST

It's no secret that Southerners love catfish. It's no secret, either, that The Green Leaf Grill can serve up some good food. Now, the whole state knows that Mentone has some of the best fried catfish in the state.

Earlier this year, Alabama Catfish Producers announced the inaugural Bama's Best Catfish Restaurant Challenge and asked customers to nominate their favorite place to eat catfish. Over 150 nominations were received statewide. The Green Leaf Grill made the cut when those were reduced to the top four. Jimmy and the restaurant staff feel "honored and excited to have been selected as one of the top four finalists for the Best Catfish in Alabama."

The only requirement for a restaurant's nomination in the contest was that it serves

U.S. Farm-Raised Catfish. Judges for the event were Alabama Commissioner of Agriculture and Industries John McMillan, WSFA-TV news anchor Judd Davis, and Alabama Farmers Cooperative's Jim Allen. The judges taste-tested catfish at the top four restaurants, and they said it was a hard decision. All the finalists were awarded a plaque to recognize their tasty dishes. The contest ended in August to highlight national Catfish month. The challenge was created to highlight and reward Alabama restaurants for serving tasty and nutritious U.S. farm-raised catfish, and Mentone is proud to have one of those fine establishments.

Congratulations to The Green Leaf Grill for serving some of the best catfish, and other dishes, in the state!



THE GROUNDHOG

P. O. Box 387
Mentone, AL 35984

The Groundhog is published monthly by the Mentone Area Preservation Association, MAPA (Website: www.mapamentone.com; Email: mapamentone@gmail.com) and was first conceived on Groundhog Day, 1982, and organized April 5, 1982, for the purpose of preserving and protecting the heritage, natural environment and other unique qualities of life in the Mentone area, and is chartered as a 501c3 non-profit corporation.



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Contact The Groundhog

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

MENTONE MATTERS

By Mayor Rob Hammond



In the spring, a motorist ran into one of the rock columns at the overlook down the mountain. The column was knocked off its foundation intact. It was going to be a formidable job to get the column put back in

its place. Many thanks to Jesse Crabtree, Kevin Worthey, and Mark Wright for tackling this job on a rainy Friday afternoon and getting the column back in place. Wade O'Rear volunteered to replace the damaged wooden railings.

It looks like the widening and paving of AL 117 will take a couple of weeks longer. Mentone residents will have to factor in more time in getting to our destinations. The bridge notwithstanding, I think we will be happy with the results.

Rather than get all stirred up watching the nightly news, I have retreated to my history books. Right now, I am reading John Adams by David McCullough. The hardships and sacrifices our founding fathers and their families endured in creating this country are truly inspirational. In comparison, it is somewhat embarrassing we complain about so many things for which they would have been thankful.

From The Editor

School has been back in session for almost a month now. Our daughter will be getting her mid term report soon. When I was her age, we didn't start school until the end of August; we had barely gotten in school when we had a long weekend for Labor Day.

This is when we had family reunions. They don't seem very prevalent any more. I don't know that my kids have even ever been to one. For several years, we had the reunion at my school playground because it was so near my grandmother's home. Many times the cousins and I would even walk up there, but not if someone let us ride in the back of their truck!

There was always a big crowd. Not just the cousins that I saw on a regular basis, but second and third cousins. A baseball game was mandatory! There were always plenty of us to have a good game. Sometimes there was enough to have two complete teams. However, as long as we had two for the bases and two for outfield on each team along with a pitcher and a catcher, we made it work.

Of course, since this was held at my school, I felt that gave me a home court advantage at saying what all we needed to do. I always felt compelled to take them over to the cemetery. As an adult, I know that churches often started schools in the community or donated land (in the case of the Moon Lake School) for them to be built on. Of course, this situates the cemetery close to the school. As a child we thought it peculiar, a little creepy really, that there were ancient above ground vaults so near the playground. We were always respectful of the gravesites. We liked to look at the dates and the old names that sounded strange because they weren't used as often any more. But the thing that was the strangest was the one vault that was in the woods down the small hill from the cemetery. I don't know why it was located there, but there were always frightening stories about the vault covered with moss and hidden behind

overgrown bushes. I felt a sense of satisfaction in telling my cousins the latest and scariest versions, of course!

These days, I see some of the distant cousins every few years in passing. I only see the first cousins a few times a year, maybe. Life has a way of happening and getting too busy for visits. I suppose that is why family reunions are so scarce these days. I do make it a point to call or visit my remaining aunts, stay in touch with them, and make sure my children get to know them. They even know most of their children. These days it seems the most likely place for a family reunion may be at Wal-Mart!



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

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

MAPA
P. O. Box 50
Mentone, AL 35984



MAPA NEWS

By Ray Padgett

The Mentone Area Preservation Association (MAPA) filed its Articles of Incorporation in July, 1990, and amended them only once, in March, 2012. The amendment was included to emphasize that MAPA’s purposes were focused on charitable and educational endeavors. However, MAPA’s purpose is best described by section 3 (b) of its Articles of Incorporation: “To promote and encourage historical research; to acquire, by purchase, gift, device or otherwise, the title to, or the custody and control of, historic or scenic spots and places; to preserve and

protect buildings and sites of historic or scenic interest; to collect and preserve records , relics, and other things of historic or scenic interest; to mark places of historic or scenic interest with suitable monuments and markers; to foster and promote public knowledge of and interest in local history, and to generally promote and make known the history and scenic beauty that make the Mentone, Alabama, area unique.”

In the interest of promoting local history, MAPA would like to begin a log of items or property that may have significant historical value to be held in MAPA records and will prove useful as the Cultural Center becomes a reality. We would like for everyone who knows of or owns such to please identify the item, its historical importance and its ownership. Contact a MAPA Board Member with the information so that we can begin a log of items to be considered for inclusion in the planned MACC Museum. Please lend your knowledge and hand to help protect and preserve Mentone’s heritage for coming generations to enjoy.

MAPA thanks everyone for their support and invites you to become a member. The MAPA Board meets at 6:00 P.M. the second Wednesday of each month at Kamama Gallery.

Volunteer!

Colorfest (cont'd from page 1)



be announced on the Brow stage on Sunday, October 16 at 2pm.

Everyone may want to go ahead and get started on their scarecrow now as well. Anyone can enter the Scarecrow Holler event; you can find all the info on the application in this issue. Their is no fee, and the winning entry will receive a \$50 prize. Scarecrows will be displayed at the Mentone Springs Hotel site this year.

Also, some activities will start on Friday, October 14th. There will be boat rides from DeSoto during the day followed by food and music at night. The old Mentone Springs Hotel site will come alive with sounds of music and laughter of the Colorfest crowd on Friday and Saturday night. Mentone Market Food Truck will be serving up delicious food each night. Will Dooley and Friends will be the headliners for Friday night. Many people know these local guys who feel at home any where and encourage everyone else to make themselves at home while listening to their music. Saturday night, the sounds of the local band Permagroove will fill the air where the Grand Old Lady once stood. Additionally, there will be continuous music filling the brow and echoing through the valley from Brow Park Stage during both days of the festival.

Mentone Brow will be filled with food, arts, and crafts of all kinds. MAPA is expecting about 75 vendors; all carefully chosen to provide a nice variety of merchandise for the shoppers as well as a scrumptious selection of food for hungry visitors. Last year, mother nature was very gracious to us, and we hope she will be again. Of course, we can’t promise good weather, but we can promise that if you make it to Colorfest, you will have a terrific time.

Other activities will be taking place all over town. Don’t forget to pick up your Colorfest Go! Scavenger Hunt forms at the MAPA tent. Then, as you stroll through town, visit the shops on the form to find the answer to the trivia question as well as a small surprise. Don’t forget to catch any Pokemon that may be hanging out around town as well!

The third weekend falls a little earlier this year, so start making your plans now to be in town for Colorfest. Last year, approximately

(cont'd on page 4)

2016 COLORFEST
SHOW APPLICATION

OCTOBER 14-16

\$75 FOR A 12' X 12' SPACE

APPLICATION DEADLINE IS OCTOBER 2

Contact Name_____

Business Name_____

Address_____

City, State, Zip_____

Phone_____ Cell Phone _____

E-mail_____

Website Address _____ FB Page _____

Type of Vendor: ___Art/Craft ___Food ___Business(promo only) ___Organization ___Sponsor

Description of Art/Items_____

Check if needed: ___110V Electricity (\$20) ___220V Electricity (\$20) ___Water (\$20)

Other Special Needs_____

Number of Spaces_____ Amount enclosed_____

This year’s Colorfest Festival will be held all over Mentone, but the artists will be located primarily at Brow Park. Show hours will be 9am-5pm Saturday and 11am-4pm Sunday. You may set up your space on Friday, October 14, 12-5pm or Saturday, October 15, 6:30-8:30am. Please be ready for the show to start at 9am. If you participate in the show, you MUST set up for both days. You may break down beginning at 4pm on Sunday. Cars MUST be moved to specified vendor parking area after unloading.

If you require water or electricity, please indicate on the application. There is an additional charge for electricity and/or water. To avoid outages, electricity is reserved for food vendors and artists who require it to show and demonstrate their art or craft. (i.e. not for lighting or fans). No generators will be allowed.

You will be notified of your acceptance no later than October 5. Spaces will be assigned the week prior to the show, but please check in with the information tent when you arrive as space numbers can change. All spaces will be on a first come, first served basis, and no spaces can be reserved from show to show. We reserve the right to deny your application.

If you are an artist and this is the first time you have applied for Colorfest, please provide a photo of your work or a website or Facebook address. Your application will be declined if there is no way to view your work. **ALL ART MUST BE HANDMADE BY THE ARTIST. NO READY-MADE MERCHANDISE IS ALLOWED.** Colorfest is strictly an arts, crafts, music and children’s festival; therefore, no political or religious organizations will be accepted. Please contact MentoneColorfest@gmail.com if you have any questions.

Thank you.

Send completed application form to:
MAPA, P. O. Box 50, Mentone, AL 35984
Make Checks payable to MAPA

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Contact List_____ Recd _____ Ck# _____ Emailed _____ Approved _____ Declined _____

Reason _____

Colorfest (cont'd from page 3)

15,000 people came to Mentone to experience Colorfest. This year, MAPA hopes to have another record turn out. If you are coming from out of town, be sure to book your rooms now. Last year, all local hotels, motels, cabins, as well as all the bed and breakfast inns were filled to capacity. Be sure to check out DiscoverLookoutMountain.com for a lodging directory, courtesy of DeKalb Tourism. They have cozy bed and breakfast spots, cabins, hotels, and even RV camping locations.

Record numbers last year meant record sales for vendors at the festival as well as local merchants. You better believe they will be stocked and ready for more festival goers this year. The increase in visitors created a few issues for the festival planners concerning travel. It was a nice surprise to have so many new faces in town, just not the best situation on the roads. But, do not be deterred if you are dreading the traffic this year. True to their diligent and determined manner, committee members approached the issue vigorously, planned accordingly, and exhibited precision with Rhododendron traffic. Vendors now park in designated areas and are shuttled to the festival at the brow. This allows more parking closer to the festival itself for all those attending the festival. Also, boy scouts and police officers will be available to direct traffic and keep it moving smoothly.

Check back next month for more details on our vendors and entertainment line up. Looking forward to seeing you all at Colorfest 2016!

Scan for
Colorfest
Info



How To Play

1. Pick up a Colorfest GO Game Sheet at the MAPA table at Brow Park.
2. Find as many businesses as you can by the clues provided on the Game Sheet. (All businesses are within walking distance of the festival)
3. Once you find the business, you must also find a Treasure Item that is also clued on the game sheet.
4. Once you find both the business and the treasure, ask the owner to initial your Colorfest GO Game Sheet.
5. The owner will then give you a small gift of some kind (one reward per team, at the owner's discretion).
6. Repeat steps 2-5 above until you have

- completed the entire Colorfest GO Scavenger Hunt!
7. Complete the "contact information" on the game sheet and return it to the MAPA table by 3pm on Sunday afternoon. Every player/team that completes the Colorfest GO Scavenger Hunt over the Colorfest weekend will be eligible for our \$50 Cash Grand Prize courtesy of MAPA!
8. If no player completes the entire game, there will still be a winner based on a drawing of those who completed the most finds. You will be contacted if you are the winner!

COLORFEST 2016

SCARECROW HOLLER CONTEST

Official Application/Entry Form

Please Print Clearly

Applicant Contact Name: _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Scarecrow Name _____

Deadline for entry is **Monday, October 3, 2016.**

To enter, please mail this form to: MAPA, PO Box 387, Mentone, AL 35984

or email/scan to: MentoneColorfest@gmail.com

Thank you for your participation in MAPA's Scarecrow Holler Display during Colorfest 2016. Your participation and support will help make this annual event successful. We want to showcase Mentone and make 2016 Colorfest a success; Scarecrow Holler will be an important part of that.

CONTEST RULES

- Please maintain the Colorfest theme of "Celebrating the Fall Season on the Mountain" for your scarecrow.
- The application must be received no later than October 3rd.
- Areas measuring 5 feet square will be assigned and numbered for each Scarecrow. You will be contacted with your assigned number using the information listed above, no later than Thursday, October 6th.
- Set up will be Friday through Sunday, October 7th - 9th at the Mentone Springs Hotel Site.
- Scarecrows will remain up through Halloween and must be removed by Saturday, November 5th.
- Any display that is not removed by that time will be discarded.
- Scarecrows should be in good taste, family friendly and keeping in the theme of the festival and should not reflect controversial, social or political situations. No handouts, promotional materials or free giveaways can be associated with any entry.
- No electricity will be available for displays, but hay bales and construction tips will be available.
- MAPA and the Scarecrow Committee reserve the right to remove any Scarecrow that does not meet these standards. Scarecrows must be constructed to withstand weather conditions. It is suggested that entrants check on their display periodically.
- Judging/Prizes: Prizes will be awarded to winners as follows: 1st place: \$75, 2nd Place: \$50 and 3rd Place: \$25. Judging criteria will be determined by the Scarecrow Committee, to include originality, theme, content, etc. Judges will be provided by sponsoring organization(s). Winners will be featured in the next issue of *The Groundhog* publication. MAPA and the Colorfest Committee reserve the right to use photographs for future publicity.

This Old House: MERF Community House - August



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.



Twenty three years ago, the dream of a committed group of community members came into being as MERF was formed into reality. So thankful for the vision of the first board and the fortune of having the ability to purchase the community house and land from Dee and Rudolph Bell. Since 1993, the MERF board and the Mentone community have worked hard to dream of and to implement ways to enrich the health, growth and learning of Mentone area residents.

As the school year begins, let's celebrate a

great friendship between Moon Lake Elementary School and MERF.

A majority of MERF's efforts and finances benefit Moon Lake Elementary School as, on average, \$12,500 is spent annually on the year-long school Arts program which includes art, music and Spanish; field trips to such places as the Huntsville Orchestra and the Atlanta Alliance theater; teacher workshops; and after school tutoring. This past year, MERF also enabled the students to write and illustrate their own book with every family receiving a complimentary copy. Additionally, three classroom teachers received full funding to attend the North Alabama Early Education Conference this summer. Many former Moon Lake Elementary School students also receive a Sue McLaurin Henry scholarship for spring semester to support the continuation of their education. So, here's a "Hoorah!" for twenty-three years of working together to enrich the living and learning of our Mentone children!

MERF is always thankful for a community that enables great experiences for teachers and students. September has arrived, so afternoon tutoring will begin near the end of the month. If anyone is interested in working with a Moon Lake student once a week in the tutoring program, please contact Sarah immediately at merf.mentone@gmail.com. Subs are also needed if you don't feel you can commit to tutoring every week. This is an opportunity to enrich your life as well as the life of a local student.

September also means the weekly senior lunch bunch crew will be gathering again at the MERF house. The first senior lunch for the fall will be at 11:30 a.m. on Wednesday,

September 21st. It will be great to be gathering again, seeing each other, and singing. Anyone interested in supplying the meal or in helping to serve and to clean up, contact Sarah. The last fall lunch will be Wednesday, November 16th. Looking forward to cooler weather and beautiful foliage soon.

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.merfhouse.org. Contact us at merf.mentone@gmail.com or 256-634-4673.



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Your Library News Your Library News Your Library News



By Barb Stoll

Harry's Back!

Up, Harry Potter and his wizarding world are back in *Harry Potter and The Cursed Child*. This book however, is a bit different from the other seven Harry Potter books as it is a special rehearsal edition of the script. It is the eighth Harry Potter story and the first to be officially presented on stage. But, don't worry folks, it reads great and easy. This story takes place nineteen years after the Battle of Hogwarts.

It was always difficult being Harry Potter, and it isn't much easier now that he is an overworked employee of the Ministry of Magic, a husband, and a father of three school-age children. While Harry grapples with a past that refuses to stay where it belongs, his youngest son Albus must struggle with the weight of a family legacy he never wanted. As past and present fuse ominously, both father and son learn the uncomfortable truth--sometimes, darkness comes from unexpected places.

Magic: This latest novel by Danielle Steel is magical. It starts on a summer evening, with the kind of magic found only in Paris. Once a year in the City of Light, a lavish dinner takes place outside a spectacular landmark--the Eiffel Tower, the Louvre, Notre Dame...a new setting each time. Selected by secret invitation, the guests arrive dressed in white, with the tables and chairs, white linens, flowers, fine china, sparkling Crystal, and an elegant dinner. Amid this wondrous White Dinner, a group of close friends stands at the cusp of change.

Spanning the globe, this breathtaking novel follows these indelible characters through a transformative year of successes and heartbreaks until the next White Dinner.

The House of Secrets: This bestseller by Brad Meltzer is sure to please. When Hazel Nash was six years old, her father taught her: Mysteries need to be solved. He should

know. Hazel's father is Jack Nash, the host of America's favorite conspiracy TV show, *The House of Secrets*. Now, years later, Hazel wakes up in the hospital and remembers nothing, not even her own name. She is told she's been in a car accident that killed her father. Then the FBI shows up, asking questions about her dad and his connection to the corpse of a man found with an object stuffed into his chest: a priceless book that belonged to Benedict Arnold. Mysteries need to be solved--especially ones about yourself.

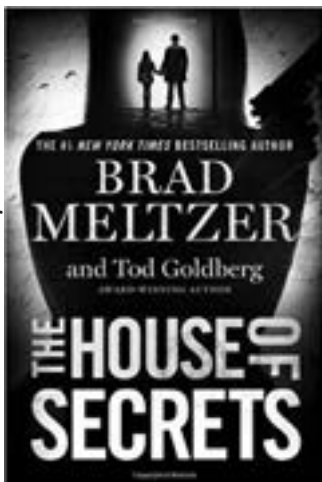
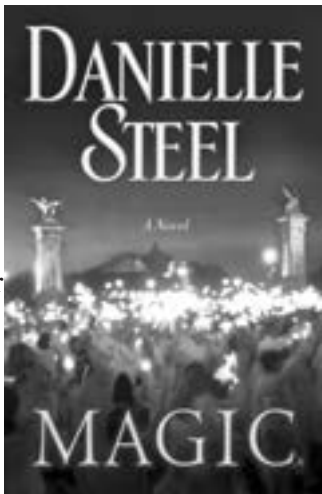
Duty and Honor:

In this explosive new novel in the bestselling-thriller series by Tom Clancy, Jack Ryan, Jr., no longer has to chase down the perpetrators of global violence and terror.... Because now, they are coming after him. Even though he's on forced leave from the clandestine intelligence group known as The Campus, Jack Ryan, Jr., still finds himself caught in the crosshairs after an attempt on his life is thwarted when he turns the tables on his would-be dispatcher.

Jack follows clues that lead him to the European Union's premier private security firm and founder, Jürgen Rostock--a former general in the German Special Forces command. And something in Jack's past has put him squarely in Rostock's lethal and relentless crosshairs.

Well, there you have it folks, some of the latest bestsellers in all different genres. And hey, we have lots more where that comes from in your Community Library. Come on in and see all that we have. There is something for everyone.

Also, we are looking for new volunteers. We only ask for 3 hours of your time per month. Just ask when you stop by the library, or contact a board member.



Atop the Mountain Book Club

By Dr. Linda Raughton

Several years ago, while touring Monticello in Virginia, I found a quotation by Thomas Jefferson that truly speaks to my heart, "I cannot live without books." Are you aware of the shrinking numbers of avid readers? Do you love to read various genres and have wished you could share your reading experiences with other avid or potentially avid readers? Now is your opportunity to join a monthly book club. As a seasoned, retired English instructor, I hope to share my love of books with everyone as we review, collectively, each book.

Grab a copy or add to your Kindle David Baldacci's *Wish You Well*; complete by meeting date; and plan to offer your thoughts. David Baldacci, known for his suspense novels, took time out to revisit his roots in southwestern Virginia atop the Appalachian Mountains. Having both his mother and grandmother to recount stories, Baldacci used oral history to shape stories about the hardships and adventures of both the land and life. Louisa Mae Cardinal (Lou) and her younger brother, Oz, have two opportunities to visit the mountain 'Wish You' well to make a life-changing wish for their mountain family, a family, plagued with trials and tribulations, while leaving behind their most precious personal items as collateral.

Adults and teens alike, join Julia Capps and me, Linda Raughton, in Mentone for our first book review and light refreshments on Wednesday, September 14, 2016, at 3:00 P. M. on the cozy porch of Mentone Realty or inside, depending on the weather.



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Henagar, AL 35978
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Little River Arts Council Helps Celebrate Centennial



By
**Rhea
Pirch**

The Little River Arts Council joined with the Little River Canyon Center to help celebrate the 100th Birthday of the National Park Service on Saturday, August 20th with a free concert at the Canyon Center's Amphitheater Pavilion.

Nearly 150 people braved the dark skies and brief rain showers to listen to the Southern Rock sounds of Marc Womack, Jacob Stiefel & the Truth, and headliner Them Dirty Roses. The music started at 6:00 and ran until 10:00 p.m. This concert winds up the third year of the Summer Music Series, made possible through a grant from the Alabama State Council on the Arts and the National Endowment for the Arts.

Next on the calendar for the Little River Arts Council is the Ninth Annual Home Tour and Silent Auction, to be held on October 22nd and 23rd. This year's home tour is shaping up with several quaint local homes, landmarks, and businesses already on the tour. The silent auction, held at Mentone Town Hall, will offer a wide variety of art, certificates, and gift items from local businesses. Tickets for the home tour are \$10 each and will be sold at the Town Hall on both days of the event. Proceeds will help to support arts programs in the Mentone area.

New on the Arts Council's calendar is the

First Annual Creative Spirit Market. This weekend event will take place at DeSoto State Park's Picnic and Pavilion area on November 12th and 13th. Adding a twist to a typical arts fair, this event will be designed as an open air showcase, with artist demonstrations, locally-created fine art, premium hand-crafted goods, as well as an interactive kid's art area. Shoppers can browse and watch artists in their creative process, listen to music, plus purchase goods from fine and folk artists such as painters, potters, quilters and fiber spinners, culinary artists and craftsmen. Artists and craftspeople are invited to apply for this unique artistic



opportunity on the Little River Arts Council website, www.littleriverartscouncil.org.

The Little River Arts Council is a non-profit organization open to all artists, musicians, writers, poets and appreciators of art. To find out more about the organization or to keep notified of upcoming events, visit the Little River Arts Council Facebook page or the website at littleriverartscouncil.org.

Save the Date

9th Annual Home Tour
and Silent Auction

presented by
The Little River Arts Council

Saturday and Sunday,
October 22 & 23

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Valley Head Cemetery In Memory of...

5K Run/Walk and Fun Run

Saturday, September 24, 2016

Rain or shine

Race will be held at The Valley Head Cemetery
Located at Hwy 117 and Carmichael Road, Valley Head

Registration: 7:00 am Race Begins: 8:00 am

Fun Run begins after the 5K

Register by September 9, 2016, to guarantee a t-shirt

5K Run/Walk - \$25 Fun Run - \$20 T-Shirt Only - \$15

**Please note this is a correction to the announcement
in the August 2016 issue:**

The Top 3 Finishers in each Division Will Receive Medals.

\$50 Prize will only be awarded to the Overall top male and female in the 5K race.

Ribbons will be awarded to all Fun Run participants.

Registration forms available at various local merchants or register online at:

<https://racesonline.com/events/valley-head-cemetery-run>

Contact Sherry Lewis at 256-657-1616 for more information.

MBA news: It Really Is All About Mentone



By
**Charlotte
Gentry
MBA
President**

"I'm so glad we came." "It was just wonderful!"
"When are you going to have another movie night?" "We're already planning for next year!"

These are just a few of the comments overheard after the showing of *Southern Heart* for the 2nd Annual Mentone Free Outdoor Movie Night. In spite of the threat of rain, about 100 folks came out to the Mentone Inn Pavilion to enjoy a free concert by Jerry Bloom followed by the showing of the movie.

The crowd was a great mix of those who had never seen the movie before and those who wanted to revisit the nostalgic, "feel good," love story filmed mostly in Mentone during the 90s and featuring many local folks alongside professional actors. One of the musicians from the film, Gary Waldrep, came with his fiddle and joined Jerry during his concert before the movie.

When rain finally did move in about halfway through the movie, everyone simply picked up their chairs and went onto the pavilion to enjoy the rest of the movie. Crowded, but fun!

Why have an annual event to show the same movie? Well, why not? It's all about Mentone. This special place with a rich history, beautiful natural scenery, and interesting folks from all over the place is woven into a fictional story that leaves you smiling. We need more smiles and feelings of good will these days!

The goal of the Mentone Business Association is to draw attention to Mentone, its businesses and attractions, sort of like an unofficial chamber of commerce. Movie night is a great way to do just that!

Thank you to all those MBA members who made this year's movie night a success. "Lights, Camera, Action!" award to Kat & Bob Frey. Thank you to MBA's Secretary Lisa Schad and Vice President Sharon Habin for pitching in wherever needed (and for dressing up in your 90s outfits!). Thanks to Cynthia Stinson, Innkeeper of the Mentone Inn, for being her gracious self and allowing us to use the pavilion free of charge. Thanks to Jim Rogers and Melody Sellers, Glenn & Holly Houston, Jeff Rymer and Sylvia Constantino for helping with the popcorn and moving things around when it started raining. Thanks to the folks at Village Ice Cream Shoppe for bringing the hot dogs and ice cream for folks to purchase during the show. Thanks also to Mentone Realty for funding to make it all possible.

MBA is a group of folks interested in the business and future of Mentone. You don't have to be a business owner to belong, but we'd love to see all business owners in Mentone be involved. There are no membership dues. We meet every 2nd Monday of the month. We'll be returning to our 6:00 pm meeting time for September 12, and we will meet at the Pavilion at the Mentone Inn. Join us! Also, visit our facebook page.



COFFEE HOUSE EVENING AT "PAPA JOE'S"

Mentone Writer's Group announces the first-ever "Papa Joe's Coffee House Evening." The event will be free and open to all. St. Joseph's on the Mountain in Mentone has graciously agreed for this community event to be held in the parish hall on Friday, September 16 at 7:00pm. There will be poetry readings, stories, music and perhaps a few comedy acts. Several local writers will be there to share their work, as well as talented singers and instrumentalists. As scheduling permits, there will be an "open mic" time. So bring your own stories, or sing us an original song. In addition, there will be free coffee and goodies! There is ample parking available in St. Joseph's two parking lots (next to Mentone Inn and just past the church on Hwy 89). If you need more details or directions, call 256-635-8775. Be sure to put this delightful event on your calendar and "come on down to Papa Joe's!"

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THE
RECIPE
CORNER
~
September

*This month's recipe is
contributed
by Sarah Wilcox
of Mountain Laurel
Inn B&B*

Fall is a great time to serve side dishes focused on apples, although this Hot Apple Fruit recipe is served all year long at Mountain Laurel Inn B&B. It can be served for breakfast or as a side dish for dinner. Some cooks even put ice cream on top for a dessert! This recipe comes from “Mountain Laurel Inn and

Mentone Memories” cookbook available for purchase from Sarah at Mountain Laurel Inn. You can find contact information as well as a few more “Favorite Bed and Breakfast Recipes” on the web at mentone.net. Hope you enjoy the days ahead as the fall graces our mountain.

Hot Apple Fruit

- 4-6 peeled and sliced apples
- 1 can of cranberry sauce
- 1 stick of butter
- 1 cup of brown sugar
- 2 cups of oatmeal
- Pecan halves (optional)

In a saucepan, melt the butter. Turn off the burner and mix in the sugar and the oatmeal to make the topping. Fill the bottom of a 9x13 Pyrex dish with the apples. Slice and make a layer of the cranberry sauce on top of the apples. Then, cover the cranberry sauce layer with the topping. Garnish with pecan halves, if desired. Bake at 350 degrees for 40-45 minutes.

September Birthdays

- Sept 1 – Connie Bell
- Sept 1 – Yvonne Brock
- Sept 1 - Dustin Burt
- Sept 1 – Lindsay Elkins
- Sept 2 – Grace Tucker
- Sept 2 – Lincoln Carden
- Sept 3 – Callie Ann Shoults
- Sept 3 – Stella Mae Akins
- Sept 3 – Katie Smith
- Sept 4 – Vance Carden
- Sept 4 – Markettia Crane
- Sept 4 – Karen Smith
- Sept 4 - Cloyce Allen
- Sept 5 – Evelyn Jensen
- Sept 6 – Craig Stanfill
- Sept 6 – Terri Gilreath
- Sept 6 – Austin Farmer
- Sept 6 – Benjie Mason
- Sept 7 – Amelia Saferite
- Sept 8 – Van Freeman
- Sept 8 – Adele Phillips
- Sept 8 - Anastasia Kelley
- Sept 8 – Herman Johnson
- Sept 9 – Makenna Stalvey
- Sept 9 – Emma Harrison
- Sept 9 – Dillon Kirby
- Sept 9 – Ashley Harrison
- Sept 10 – Morgan Gregory
- Sept 10 – Angela Downer
- Sept 10 – Sam Langston
- Sept 10 – Anna Lee
- Sept 10 – Jake Easler
- Sept 10 - Paul Miller
- Sept 10 - Chasity Smith
- Sept 11 – Amanda Collins

- Sept 11 – Robert Johnson
- Sept 11 – Brittney Johnson
- Sept 11 – Chandler Johnson
- Sept 12 – Shane Burt
- Sept 12 – Wyatt Spencer
- Sept 12 – Cynthia Stinson
- Sept 12 – Soni LaRock
- Sept 13 – Macy Hirst
- Sept 13 – Marcus Pardue
- Sept 14 – Jacob Rosson
- Sept 14 – Pat Hunter
- Sept 14 - Benjie Crabtree
- Sept 14 – Griffin Winn
- Sept 15 – Betty Blalock
- Sept 15 - Mikhaila Potts Watkis
- Sept 15 - Tina Cooksey
- Sept 16 – Haley Jacobs
- Sept 16 – Kathy Casler
- Sept 17 – Sam Easler
- Sept 17 – Angie Carden
- Sept 17 - Brittany Villarreal
- Sept 18 – Connie McElhaney
- Sept 18 – Stacey Brown
- Sept 18 - Ann Kelley
- Sept 19 – Taylor Chaparro
- Sept 22 – Addison Shoults
- Sept 22 – Cade Henderson
- Sept 22 – Cody Tedder
- Sept 22 – Scout Smith
- Sept 24 - Darrel Clark
- Sept 24 – Rusty Morrison
- Sept 24 – Bill Parker
- Sept 25 – Nicole Stott
- Sept 25 – Gavin Bain
- Sept 26 – Amy Henderson
- Sept 26 – Kenny Busby
- Sept 27 – Alfie Chambers
- Sept 27 – Libby Tubberville
- Sept 27 - Adam Hilliard
- Sept 27 - John Meadows

- Sept 27 - Jacob Meadows
- Sept 27 - Edris Gardner
- Sept 27 - Allen Wheat
- Sept 27 – Jordan Cordell
- Sept 28 – Bailey Kirby
- Sept 28 – Alley Hatfield
- Sept 28 – Tommy Langston
- Sept 29 – Rusty Chambers
- Sept 29 – Amy Keith
- Sept 29 – Braden Henderson
- Sept 29 – Larry Bone
- Sept 29 – Dillon Bone
- Sept 30 – Melissa Roe
- Sept 30 – Gracie Welden

September Anniversaries

- Sept 1 – Shane & Ashley Ingram
- Sept 3 – Josh & Mamie Miller
- Sept 4 – Carl & Katy Tubberville
- Sept 5 – Benny & Kathy Graham
- Sept 6 – Jeff & Melissa Couch
- Sept 13 - Zach & Ashley Jones
- Sept 19 – Joseph & Crystal Lee
- Sept 20 – Caleb & Megan White
- Sept 23 – Kevin & Kayla Worthey
- Sept 23 – Casey & Kayla Hellums

EATIN' WATERMELON
By Doug Kiker

Many things remind me of the old South,
Right at the top of the list are barefoot boys eating watermelon -
And spitting seed out of the sides of their mouth.
We would be going good; no knives and forks or spoons.
That must be understood.
To eat right--a 'melon must be busted,
Not in a hard slam...to do this only one or two of us could be
trusted.
Then, every time, it never failed,
Someone would say--“eat this or you’ll wind up in jail.”
Then, another would laugh and say-
“That ain’t so--there’s jus’ no way.”
He would spit seed both north and south.
This was necessary to clear his mouth.
Then everyone would laugh and roll in the grass and weeds,
And all together we would bellow out
“Cause we’re gonna SUCK SEED!!!”

What To Do Around Here!

September 2016 Community Calendar

September 1 - Sky Swing Adventure. This is an adventure of a lifetime. Enjoy the thrill of the swing. Pre-registration required at True Adventure Sports by 6 pm the day before the adventure. Meet at TAS. Noon to 2 p.m. 256-997-9577.

September 2, 20 - Extreme Night Hike.

This end-of-day adventure does not slow down just because it's dark. Intended for a large group team-building exercise, this hike has a



bit of bouldering, some scrambling, some spelunking, and a whole lot of required working together. True Adventure Sports. 7:30 p.m. to 10 p.m. 256-997-9577.

September 3 - Sculpt Your Own Flower.

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

September 3 - Cruise In. The Jackson County Cruisers will have a Cruise-In on the square in Scottsboro, AL. Admission is free, but register for our giveaway (a large roll around tool box), and bring your chair so you can listen to the music by Sugartruck Band. Any money made from tee shirt sales, 50/50 tickets, or donations goes to our "back packs for kids" project to help needy kids have food on the weekend. Starts at 5 p.m.

September 3 - Paracord Survival Bracelet

Workshop: Beginner's Class. Paracord has a million uses and handy to have around. Since it is so helpful, people like to weave paracord into bracelets called survival bracelets. In the Beginner class you will learn how to make 2 types of paracord bracelets. The first bracelet will be an Oat Spike Sinnet bracelet. Once you get the hang of working with paracord, then we will move on to the Cobra bracelet. This workshop is for 8 years old and older. All ages welcome. All supplies provided. 10 a.m. to Noon. DeSoto State Park. \$10 supply fee. Workshop is limited to 10 people, so pre-registration is required. 256-997-5025.

September 3 - Paracord Frog. Paracord is often called survival cord because it has so many uses. This cord can hold 550lb and can be used for making shelters, rafts, fishing and many more things. A survival bracelet typically only has between 7 and 10 feet of paracord woven in to it. In this class you get a chance to work with paracord to create something new and very different from a bracelet: a frog. All materials are provided.

1 p.m. to 3 p.m. DeSoto State Park in Fort Payne, Alabama (Location disclosed at time of registration) \$5.00 supply fee. Workshop is limited to 10 people (ages 8 to adult), so pre-registration is required. 256-997-5025.

September 3 - Treasure Hunt Adventure.

Do you enjoy trying to solve riddles and clues? This 5-hour adventure will take you deep into the heart of a cave. You will have to solve and follow each clue in order to find the next one, and ultimately the Treasure! TAS. 3 p.m. to 8 p.m. 256-997-9577.

September 3, 12, 16, 29 - Wild Cave Tour.

Go beyond where the average tourist explores! This 2.5 hour adventure is for those of you ready to explore on your knees, on your belly, in the mud and through tight tunnels. Adventure includes helmet, cave lamps, plus a fun informative guide. True Adventure Sports. 5 p.m. to 7:30 p.m. 256-997-9577.

September 5 - Ider Mule Day.

This annual event showcases Sand Mountain's rich agricultural heritage. Enjoy a parade of mules, horses, carriages, antique tractors and more. A horse pull, mule pull, antique tractors and cars, arts and crafts, food, children's games, and so much more make this day one you won't want to miss. Event takes place in the town of Ider and begins at 9:30 a.m. 256-657-4184.

September 5, 21 - Afternoon Rock Climbing.

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

September 7, 20, 26 - Rappelling Adventure.

Come experience the thrill of rappelling down the sheer sandstone gems of NE AL. Each trip includes all the gear, plus basic instruction. 10 a.m. to 2 p.m. 256-997-9577.

September 8 - GPS Basic Training and

Navigation Class Part 1. Learn how to use a map, compass, and a handheld GPS. Learn basic navigation and how to pinpoint a location for quick return, or quick rescue. Also learn how to search by waypoints or coordinates. True Adventure Sports. 10 a.m. to 4 p.m. 256-997-9577.

September 9 - Mountain Bike Tour. This tour explores some beautiful trails and paths atop Lookout Mountain or Sand Mountain. Come have an enjoyable ride without the fear of getting lost. This three hour tour includes a mountain bike rental, instruction, and a guide for safety, direction, and information. Meet at True Adventure Sports. 10 a.m. to 1 p.m. 256-997-9577.

September 9 - GPS Basics Training and Navigation Class Part 2. You will learn to find a beacon placed in the woods as a

SAR attempt while knowing your position, and the position of your teammates. True Adventure Sports. 5 p.m. to 9 p.m. 256-997-9577.

September 9 - Campfire Talk: Weather

Wonders. Meteorologist Tim Troutman with the National Weather Service will be providing a severe weather safety presentation that will highlight all of the weather hazards that affect residents in north Alabama. Some of the topics that Tim will discuss will include: Severe storms, tornadoes, flash flooding, lightning safety, winter weather and weather safety. DeSoto State Park's Campfire Ring in the Improved Campground. Free to the Public. Great for all ages! Call 8 p.m. to 9 p.m. 256-997-5025.

September 10 & 11 - Yoga On The

Mountain. Start your morning off right with Dee Brown. Classes are held from 8 a.m. to 9 a.m. at DeSoto State Park. Cost is \$5. To register contact 256-634-8370.

September 10 - Paperweight Class. This class is designed for those who really just want see what molten glass is all about. Feel the heat, gather from the furnace, sculpt the glass into your own design. It is ultimately about the experience, some experimentation, and a couple nice paperweights to take home or to the office to show your friends. Please join us for some in-depth discovery. Reservations required. \$135 per person. 9 a.m. to 1 p.m. 256-523-3188.

September 10, 17, 24 - Rock Climbing

/ Rappelling Adventure Combo. Come experience first-hand what rock climbing and rappelling is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. 10 a.m. to 2 p.m. 256-997-9577.

September 10 - DeKalb County Tornado

Memorial Benefit Car Show. Come join the fun! Open to cars, trucks, tractors, motorcycles & other vehicles of interest. Trophies will be awarded to "best in Show" winners in all categories. Also featuring food vendors, bake sale, auction and music. All proceeds will go toward the upkeep of the tornado memorial. DeKalb Schools Coliseum. 4 p.m. to 8 p.m. 256-996-4846 or 256-717-7256.

September 13, 16 - Zip Line

& Sky Swing Adventure. All our zip lines are set up just before the adventure to ford a gorge or cross from



one high point to another. Pre-registration required at True Adventure Sports by 6 pm the day before adventure. 10 a.m. to 2 p.m. 256-997-9577.

September 14 - Atop the Mountain Book

Club. Adults and teens alike, join Julia Capps and me, Linda Raughton, in Mentone on the cozy porch of Mentone Realty for our first book review and light refreshments. Grab a copy of, or add to your Kindle, David Baldacci's Wish You Well; complete by meeting date; and plan to offer your thoughts. 3pm. We will move inside if the weather mandates. For directions or questions, call 256-635-8775.

September 15 - Zip Line Adventure. All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. Pre-registration required at True Adventure Sports by 6 pm the day before the adventure. 10 a.m. to Noon. 256-997-9577.

September 16 - Coffee House Evening at

"Papa Joe's." Poetry readings, stories, music and perhaps a few comedy acts will be presented at St. Joseph's on the Mountain in Mentone. Everyone is welcome to come out and enjoy the presentations or bring their own original material in case there is time for an "open mic" portion. There will be free coffee and goodies served with ample parking available. Event starts at 7 p.m. For more details or directions, call 256-635-8775.

September 16 & 17 - Vintage Pickin' Barn

Sale. Shop from some of the best vendors from around the South! Vintage marketplace featuring: Farmhouse • Primitives • Rustic Junk • Industrial • Shabby & French Country • Repurposed goods and more. There will be live music and local food vendors! Priority Pickin' Passes for both days are \$15 for private 3-hour shopping day of the event from 9 a.m. to Noon. General admission tickets are \$6 per day and sale runs from Noon to 5 p.m.

September 16 - Campfire Talk: Butterflies

of Alabama. Join lepidopterist and photographer, Vitaly Charny, co-author of 'Butterflies of Alabama,' to learn about the many species of butterflies in the great state of Alabama. Seating is limited, so bring your own comfortable camp chair if you wish. Where: DeSoto State Park. Campfire Ring in the Improved campground, next to campsite 93. Gate will open 30 minutes before program starts. (Held in nature center in case of inclement weather) 7 p.m. to 8 p.m. Free to the Public; Great for all ages! 256-997-5025.

September 17 - Fort Payne Three Arts Boom

Days 5k & Fun Run. The Fort Payne Three Arts club will host a Boom Days 5K & Fun Run. It will start on the corner of 5th and Gault. Registration will be from 6:45 a.m. to

7:45 a.m. and race will start at 8 a.m. Fun Run to follow. Register at racesonline.com or call 256-996-6441.

September 17 - Medicinal Plants and Alternative Medicines. This workshop is designed for both homesteader and prepper to make alternative medicinal salves, tinctures and liniments. This program will be presented by Darryl Patton, well-known herbalist and, in fact, author of "The Southern Herbalist." Little River Canyon Center. 9 a.m. to 4 p.m. \$20 per person; pre-registration required. 256-782-8010.

September 17 - Blow Your Own Ornament. This has become very popular here at Orbix Hot Glass. Come design and blow your own ornament with the help of one of our glass artists. No reservations are needed; it is on a first come, first serve basis. For this, we welcome ages 5 years old and up. 9 a.m. to 12 p.m. Cost is \$35 per ornament blown. 256-523-3188.

September 17 - Boom Days Heritage Celebration. This annual art and musical event displays citizens of Fort Payne taking a second look at their past and the heritage passed down to them through the arts and crafts of our area. Many events will take place the week prior to the celebration on Saturday. The Boom Days Heritage Celebration will feature many of these facets in the presentation of musical performances as well as art displays in City Park. 10 a.m. 256-845-1524.

September 17 - The 16th Annual John Benge Commemorative Motorcycle Ride. We welcome you to join us as we ride in commemoration of DeKalb County's Cherokee Indian Heritage and all Indian Nations who were forced to walk on the Infamous Trail of Tears. The ride is strictly voluntary and you Ride at Your Own Risk. The John Benge Ride is in remembrance of those

who walked this trail and brings awareness to this tragedy.

September 17 - Third Saturday Downtown Cruise-In. You can come out and enjoy an afternoon of family fun activities in downtown Fort Payne. This public event will include food, live music, a car show, and more from 5 p.m. to 9 p.m. 256-996-3857.

September 17 - Campfire Talk: Dragonflies & Damselflies. Join lepidopterist and photographer, Vitaly Charny, to learn more about the fascinating life-cycle of Alabama's Dragonflies and Damselflies. Stunning photographs to see! Seating is limited, so bring your own comfortable camp chair if you wish. DeSoto's Campfire Ring in the Improved Campground (In case of inclement weather, it will be located in Nature Center). 7 p.m. to 8 p.m. Free to the Public. Great for all ages! Call 256-997-5025.

September 17, 26 - Night Sky Swing Adventure. This is an adventure of a lifetime. Enjoy the thrill of the swing. Pre-registration required at True Adventure Sports by 6 p.m. the day before the adventure. Meet at TAS. 7:30 p.m. to 9:30 p.m. 256-997-9577.

September 18 - Tri-State Paper Crafting. Join us to learn, create and be inspired while crafting with papers, stamps, inks, punches, and die cuts. No experience needed. Kamama Gallery in Mentone AL 1:00-2:30. Reserve by noon Sat the 18th. Cost is \$5. To learn more or reserve a spot, send an email to cottagepaper@bellsouth.net or call 205-349-4026.

September 19 - Rock Climbing Adventure. Come experience first-hand what rock

climbing is all about with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. 10 a.m. to 2 p.m. 256-997-9577.



September 23 & 24 - Collinsville Annual Quilt Walk. Stroll through the beautiful historic Victorian homes of downtown Collinsville and view some of the most wonderfully handcrafted quilts you have ever seen. Hours are Friday from Noon to 5 p.m. and on Saturday from 10 a.m. to 5 p.m. 256-524-3296.

September 23, 30 - Night Zip Line Adventure. All our zip lines are set up just before the adventure to ford a gorge or cross from one high point to another. Pre-registration required at True Adventure Sports by 6 p.m. the day before the adventure. 7:30 p.m. to 9:30 p.m. 256-997-9577.

September 24 - Valley Head Cemetery 5K Run/Walk and Fun Run. The Valley Head Cemetery Association is holding a 5k run/walk. All the proceeds will go toward maintaining the cemetery. Register by September 9 to guarantee a t-shirt. Online registration closes on September 16. Race begins and ends at Valley Head Cemetery. Race is on rain or shine. \$25 5k Run/Walk, \$20 Fun Run, \$15 shirt only. Registration day of race at 7 a.m. and race begins at 8 a.m. racesonline.com or 256-657-1616.

September 24 & 25 - Shabby Cow Market. Do you love all things vintage? The Cozy Nest and Cotton Belle are getting together to

present their first annual Shabby Cow Market. This will be a vintage themed festival with live music, food, and more. Held indoors at Ferguson's Wedding Venue and Courtyard in the heart of historic Attalla. For information, call 256-504-6144 or find Shabby Cow Market on facebook.

September 26 thru October 1 - The 61st Annual DeKalb County VFW Agricultural Fair. Rides on the midway, great food, live entertainment, livestock exhibits, agricultural displays, awards, and so much more. Held at the VFW Fairgrounds. Gates open at 5 p.m. 256-845-4752.

September 26 - Ladies Paint Night. Join us for a fun night of painting as we raise funds for a great organization. Special guest will be speaker Karmen Smith, artist Lydia Randolph and music by Savannah Sibert. Proceeds benefit the Children's Advocacy Center. DeKalb Theatre Courtyard. 6 p.m. Call for reservations 256-997-9700.

September 28 - Celestial Navigation. This two-hour class is a basic introduction to navigation by the stars. Learn how to navigate without the use of a compass or GPS with the same rules used for almost six thousand years. Meet at True Adventure Sports. 7:30 p.m. to 9:30 p.m. 256-997-9577.

September 30 - Campfire Talk: Herps Around Your Home. Join us for a fun campfire talk in the Great Outdoors! Amphibians and reptiles comprise about 17,000 species of vertebrates on this planet, and surprisingly, many species are 'comfortable' living with people. Come join Dr. George Cline (aka Dr. Frog) and his friends as he presents this talk about these 'friends' that live among us. Seating is limited, so bring your own comfortable camp chair if you wish. 7 p.m. to 8 p.m. DeSoto State Park's Campfire Ring. Free & open to the Public. Great for all ages! 256-997-5025.

Ongoing Calendar

The Little River group of Alcoholics Anonymous is adding another meeting. They will meet every Saturday and every Tuesday night at 6pm at St. Joseph's on the Mountain Episcopal Church, Mentone, AL. Both meetings are Open AA Discussion Meetings. Anyone who thinks they might have a problem with alcohol is welcome. The meetings are also open to members of Al Anon. Questions? call 256-634-3060.

AL-ANON family and friends support group. Meets every Tuesday at 6:00 pm at St. Joseph's on the Mountain Church in Mentone, AL. Same time and location as the AA Meeting. Come join us and help us grow!

Ballroom dancing lessons offered at DeKalb County Council on Aging on Monday nights from 6pm to 8pm. 256-845-8590.

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

Mentone Town Council meets the 2nd

Tuesday every month at 6pm in the town council room. Everyone is welcome.

MAPA Board meets on the 2nd Wednesday of each month at 6:00pm at Kamama Gallery.

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

Lookout Mountain Parkway Association meets every 3rd Wednesday of the month at 11am. Call to find out how to get involved! 256-845-3957.

DeKalb Quilters meet every 4th Tuesday, 9:30am, Second Baptist Church in Fort Payne. DeSoto Rescue Squad meets the 1st Saturday of the month at 9am at the MERF house in Mentone.

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

FREE FOOD for eligible persons and families. Hours: Wednesdays, 9 AM to noon. New applicants welcome during these hours. Joint effort between St. Joseph's on the Mountain Episcopal Church (Community Outreach Ministry) and the Food Bank of North Alabama.

Mentone Fire Department meets the 3rd Monday of every month at 7pm. Mentone Town Council meets every 2nd Tuesday at 6pm.

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

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

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

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

The Rhododendron Garden Club meets on the second Tuesday at 10:00AM at the MERF House. 'Green thumbs' and 'brown thumbs' welcome! For more information, call 256-634-4403.

Valley Head Band meets on Tuesdays 4-6 pm at Smith Nursery at the top of Sand Mountain off of Hwy 117. 256-605-5404.

Scrabble Club will meet the first Monday of the month from 11-1 at Kamama Gallery and Cafe. Call Kaye Kiker 205-609-8100 or Clare Donohue 954-292-8130 with questions.

The DeKalb County Genealogical Society meets the second Saturday of every month in the DeKalb County Public Library, 10 AM.

Yoga on the Mountain: Start your morning off right with Dee Brown. Classes are held from 8-9 am each Thursday and Friday at DeSoto State Park. Cost is \$5. To register call 256-634-8370

Moon Lake School Student of the Month



Kaden Garner was chosen as Moon Lake Student of the Month for August. Kaden is in Kindergarten and his favorite class is PE. His favorite color is red and his favorite sports are tee ball and football. Kaden likes to climb trees and catch bugs, especially scorpions. Congratulations Kaden!

Little River Festival at Moon Lake School

Moon Lake 4th grade history class recently learned about festivals celebrated in Alabama. The students learned that festivals are held to celebrate and preserve the region's history, culture, food, crafts and music. In order to give the students a first hand understanding of festivals, fourth graders decided to celebrate the Little River by creating a Little River Festival. Students researched the characteristics of the area that would be celebrated by their festival with a committee for every category. Each committee formed their own outline of what to bring to the festival based on what they had researched and learned about the area surrounding Little River. Students also created buttons to wear with unique logos for the festival. We all had a great time.



LITTLE RIVER ESCAPE

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Girls dance to raise money for St. Jude's Children's Hospital

Dubbed the "Tiny Dancers" by area journalists, seven young girls wanted to help children who have cancer. They have spent the entire year preparing for the 4th Annual Dance for St. Jude's to be held on September 24. This year they invite everyone to come to The Tom Bevill Center located at 115 Main Street W. in Rainsville, Alabama to help them raise money for St. Jude's. The event begins at 5:00 pm with food for all in attendance, followed by an interpretive dance performance to various genres of music, all choreographed by the girls themselves. They will accept donations at the door as well as donations mailed to Tiny Dancers, 2007 County

Road 123, Dutton, AL 34744. As in past years, supporters may purchase T-shirts designed by the girls for \$20.00. The deadline for T-Shirt orders is September 10th.

Food and venue fees are paid for by the families of the dancers. 100% of donations go to St. Jude's. The money comes from donations and t-shirt sales from friends, families, and businesses. Over the past three years they have raised (and hand delivered) a total of approximately \$28,000 to St.



Above l to r: Jonna Graham, Abby McGee, Halle Roberts, Sydnee Griffith, Madelyn Griffith, Emily Hulgán, and Sarah Griffith wait to hear the total donations received for St. Jude's Children's Hospital at the 2015 Charity Dance.

Worship

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

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

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

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

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

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

Prince of Peace Lutheran Church, 1519 Smith Gap Road (County Road 85), Fort Payne. Regular Worship Services are at 10AM Sunday. Bible class or Lent/Advent services every Wednesday at 6:30PM. Steve Schrader, Pastor - 845-4314. Everyone welcome.

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

Meeting at 6:30PM.

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

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

Menlo Church of Christ invites you to attend the 10AM and 11AM services and evening services are at 5PM on Sundays and Wednesdays. Visitors are always welcome.

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

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

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

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

Mentone United Methodist Church, 415 Cutler Avenue, Mentone, Alabama invites you to come and worship with us. Each Sunday, our Worship Service is at 11AM and Sunday School is at 10AM. Tony Gunter is the pastor. The service of Holy Communion is celebrated the first Sunday of each month, the second Sunday is Youth Sunday and Fifth Sunday is a service of music and pot-luck lunch. Bible Study Wednesdays at 6:00PM.

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

Youth Bible Study, Adult Bible Study and Prayer Meeting are all at 6:30PM. Rev. John Inman is the pastor.

Alpine Community Church, 115 Hwy. 337, Menlo, GA. Pastor and Rev. Rodney Blaylock 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, invites everyone in the Mentone and Cloudland Communities to services-- Sunday School 10 AM (GA Time) Morning Worship 11 AM (GA Time) Wednesday Prayer Meeting & Bible Study 5:30 PM (GA Time) Bro. Brian Keith is the pastor.

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

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

Mentone Community Church, 90 Summerville Rd, Mentone, AL 35984. Pastor Tim Miller; Crosswalk Sunday School K through Adult - 9:15am; Adult Worship Service - 10:30am; JC Kids Worship Service - 10:30am. Van Ministry for Children pick-up/take home, ages k-12, for all surrounding areas 8:15am. For children pick-up and drop-off van, please call Donna Bunn 706-398-0720. Wednesday small group study - 6:30pm.

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. Pastor Ian Conerly. 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.

Gravel Hill Baptist Church, 14701 Hwy 11 South, Ft Payne, AL 35967 has Sunday School 10 AM & Worship Service at 11 AM each Sunday. All welcome! Wednesdays at 6PM we have supper and a brief devotional time together. Pastor George Moses.

Greater Vision Ministries Church of God, 38623 US HWY 11, Hammondville, AL 35989. Come as you are . . . LEAVE CHANGED! Sunday School 10 am, Sunday Worship *10:45 am, (*Nursery & Kid's Church). MidWEEK re-charge Wednesday 6:30pm. Loving God & Serving Others. Pastor Tim Coppock. 256-601-0679.

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

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



Senior Health: Planning Ahead

By Lynn Hixon

There are several ways to create documents that express your wishes for future health care in the case you are unable to make or communicate decisions yourself. Taking a few steps now can help ensure that your wishes are honored in the future.

An advance directive is a written statement that explains how you want medical decisions to be made if you are unable to make them for yourself, including who you would like to make these decisions. If you do not create an advance directive and are unable to make decisions on your own behalf, state law will operate to give this authority to someone else, usually a relative. That person will then make choices about your medical care. Advance directives may take the form of a health care proxy, durable power of attorney, or living will. Make sure to update your directive periodically to reflect changes in your medical condition or treatment preferences.

A health care proxy is a document that appoints another person (called a proxy or agent) to make health care decisions for you if you are unable to do so. Your proxy should make health care decisions for you according to your wishes or according to his/her assessment of your wishes, including your religious or moral beliefs. There are two circumstances where a health care agent will be needed. One is temporary inability to make health care decisions. For example, if

something unexpected happens while you are having a surgical procedure and are under general anesthesia, and you are temporarily unable to make your own decisions. If a health care



decision needs to be made, your health care agent may make the decision. The other circumstance would be permanent inability to make health care decisions. For example, if you are in a persistent vegetative state or suffer from an illness that leaves you unable to communicate, your health care agent can be your voice and make your health care decisions.

A durable power of attorney is a document that allows you to appoint another person (your agent or attorney) to make health, financial, and other legal decisions on your behalf if you are unable to do so. For example, your power of attorney

can deal with issues of medical insurance such as choosing health insurance policies for you (selecting your Medicare health or drug plan), paying for health care, and appealing coverage denials, when applicable. This does not take away your own rights to make these decisions; it simply adds an additional person who has authority to as well.

A living will describes the type of care you'd like to receive in specific situations if you are incapacitated. It is also known as a directive to physicians, a health care declaration, or a medical directive. The living will provides information directly for your physician and does not appoint an agent to make decisions for you. For example, you can express your desire to not be resuscitated if your illness or injury progresses to a certain stage, or you can state that all viable medical options are to be used as aggressively as possible in all situations, or that certain treatments should not be administered under any circumstances.

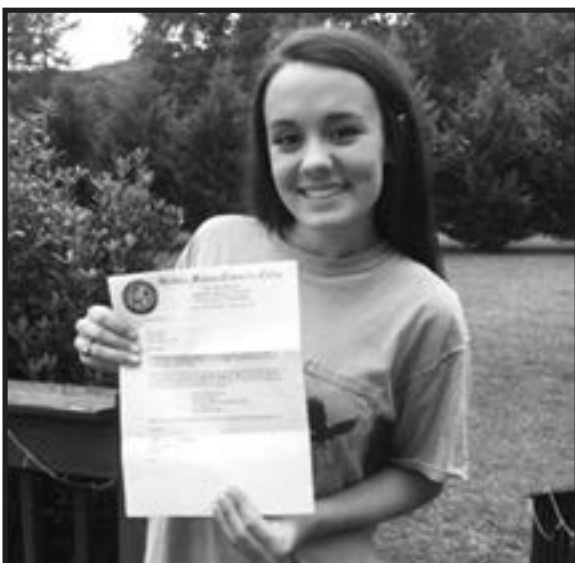
Regardless of the form you use, make sure to share copies with your health care providers, family members, or friends who may be responsible for making decisions about your care. If you need more information please call your SHIP coordinator, Lynn Hixon, at the DeKalb County Council on Aging at 256-845-8590.



The Times of Our Lives

Sydney Vest awarded Scholarship for NACC

By David Marks, VH Counselor



Valley Head high school prides itself in working towards bringing student achievement to the forefront. As part of the growing academic programs at Valley Head, the

Top Right:

Congratulations to Barbara Neel, Family and Consumer Science Teacher at Valley Head High School, for being the DeKalb County Teacher of the Year!

Bottom Right:

Valley Head School appreciates members of the Lookout Mountain Wholistic Center for purchasing items, filling back packs, and paying class fees for K-6th grade students in need.

faculty has teamed up with Northeast Alabama Community College to offer Dual-Enrollment classes to our students. This program allows our students to earn both high school and college credits.

One such student is Sydney Vest. Sydney is a senior at Valley Head, and we are proud to announce she has been awarded a One Semester Scholarship for her high academic achievement while participating in the Dual-Enrollment program.

As a staff member of Valley Head, we are always excited and proud of our students and the hard work they put forth in education. I would like to thank Northeast Alabama Community College, Mrs. Rhonda Lasser, who is our Dual-Enrollment teacher on staff, and all of our faculty for the work they put forth in helping our students to achieve success.

I would also like to say "Great Job and Congratulations" to Sydney for the hard work she has put forth while taking her Dual Enrollment class.





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•••••
LOTS and LAND



HOW DOES ONE PUT A PRICE ON SOMETHING SO SPECIAL? To be right there at DeSoto Falls. To hear it, to see it, to be able to experience it from your private back deck. It's an amazing thing. To be able to fish most any time or put in a kayak most any time from the public launch at DeSoto Falls Lake. Nothing compares. Then there's the log cabin home with its heart pine floors; 3BR/3BA; library; wood-burning mtn stone fireplace; large kitchen; hand-made doors...the list goes on. Rock formations, woods and a fence separate the property from State Park-owned land. So much beauty. So seldom does something like this come on the market. Asking \$725,000 (1052152)



"THE BURREN." 3BR/2.5BA mountain retreat cabin, just off DeSoto Pkwy, nestled among intriguing rock formations, surrounded by woodlands. The features you want such as metal roof; screened porch; wood-burning mtn stone fireplace; private back deck w/hot tub; 2nd floor balconies; bunkbed closet; on 1.9 acres. Large screened porch offers expanded living area outdoors. Furnishings negotiable. Active rental. \$199,900 (1052151)



IT HAS THE CLASSIC LOOK & THE LOCATION! A huge wrap-around porch welcomes you to this spacious 4BR/3.5BA home. Open kitchen w/new appliances, island & bfast area; formal living & dining rooms; family room w/reclaimed barnwood & antique mantel; HW floors on main level. MABR suite w/sitting area, walk-in closet & Juliet balcony. Full basement w/single car garage. Lg carport, concrete drive & a peaceful shady backyard. \$285,000 (1047778)

GREAT NEW PRICE!! 9.5 ACRES WITH A BEAUTIFUL POND; hardwoods. Adjacent to DeSoto State Park. Build a dream cabin overlooking a picturesque pond. Convenient to Mentone. Possibilities for more than one cabin? Maybe a compound for multiple tiny cabins? This location would be ideal for rentals! Buy it, dream it, build it! Now \$79,500. (1040913)

ACREAGE WITH A SMALL LAKE HIDDEN IN THE WOODS. Solitude & nature await your getaway on this lightly-restricted 4.33 wooded acres fronting on Full Moon Lake. Located only 5 minutes from downtown Mentone in Laurel Creek Lakes SD, that also features walking trails and 3 lakes. Two lots being sold as one. Build on one, or both! Could be divided in the future. 45,000. (1048869)

2.2 UNRESTRICTED, WOODED ACRES Mentone. Corner property; excellent areas to walk, bicycle or keep a few chickens. Public water & power at the road. Great building site for one or a couple of cabins. \$18,000 (1011111)

WOW! Build your dream home with a view! 3-acre building lot overlooking beautiful Weiss Lake. Already cleared & ready to build upon with mature trees left for shade, utilities at the road. \$40,000 (1051832)

A PROPERTY RARE. Yes, you can buy wooded acreage. Yes, you can have a brow-side view. Yes, you can have abundant wildlife. BUT, where else will you find 44 acres of hardwood mountainside with forever views, several level building sites AND a registered cave? Tally Cave, recognized, explored & mapped by cave groups across the SE. This special piece of earth is looking for a special caretaker to own and preserve it. Don't let it get away. Priced at \$119,000 (785767)

4.43 WOODED ACRES, unrestricted. Septic tank to accommodate a 3BR/2BA home, gravel drive, public water & power already in place! Great place for RV, ready to build. You'll not find a better price in Mentone. Now only \$33,900. (311288)

2 WOODED ACRES with a tiny little rustic "cabin" (no plumbing!) & a whole lot of promise for your future mountain home site. Hardwoods, picturesque boulders, wild turkey, deer...most any kind of wildlife found in these hills. A quiet place to find yourself returning at the end of the day, or as a weekend getaway. \$45,000. (1034503)

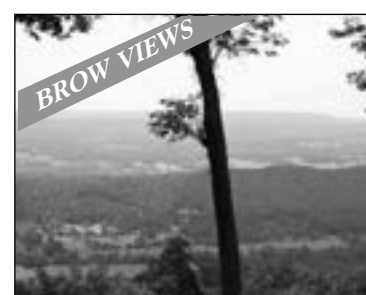
NEW LISTING! VIEWS OF SUNRISES, SUNSETS, sparkling water below from awesome vantage points! It's all right here on approx 106.5 acres with approx 1400 ft frontage on Ft Payne Reservoir. Paved road frontage on Hwy 137 and Oakwood Ave. Joins lots along Portobello Rd, Feathersound and the Highlands! This property has it all! Beautiful woodlands, beautiful views and beautiful potential. Roads already cut in, public water on property. Bulk of property lies in Fort Payne City Limits. An estate in the making. \$550,000 (1045845)



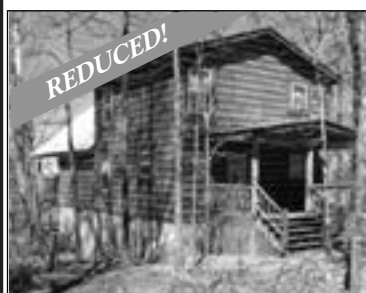
JUST PLAIN ADORABLE! "Carpenter Gothic"-style cottage with the steep gables, pointed arches, wood moldings, charm & quaintness that are the hallmark of this style of architecture. Naturally-landscaped with wildflower gardens; a carpet of green moss; wet-weather stream; peaceful woods. Built to be energy efficient. Screened back porch. 2BR/1.5BA. On 1-acre lot. It's tiny, but oh-so cute! Now priced at \$119,900 (1006846)



EXPANSIVE VIEWS & PLENTY OF ROOM INSIDE & OUT makes this Mentone brow-front home a fantastic possibility for your personal family getaway, residence or rental. 4BR/2.5BA; beautiful hickory floors in KI/DI/LR; stainless appliances; 2-car att garage (convert it into a huge den w/brow view?); room for add'l cabin or shop/garage; nicely landscaped; iron & stone fence w/gate; deck; brow-side sitting areas; path for going to lower brow level where there are natural shelves/overhangs to explore. Possibilities for a lower-level cottage, too. Needs a bit of updating, but with approx 170' brow frontage, this place could be the best buy on the mountain at only \$239,000. (1038210)



THE VIEW IS SPECTACULAR from this approx 1600 sq ft; 2BR/2.5BA, brow-front cottage. Sunroom w/Champion windows & doors to enjoy views of the mountain. Once a part of the Brow Park, this is a great location for a great view. Single car garage. Potential Plus! Along the Scenic DeSoto Pkwy, near Camp Comer & DeSoto Falls; between Mentone & State Park. \$205,000 (970236)



YOU CAN SEE FOR MILES in this 3BA/2BA, cabin situated on the brow in Mentone! Peeled pine handrails, exposed beams, rock foundation, granite counter tops, hickory cabinetry. Wood & tile floors. Gorgeous tile work in MA BA shower. Front porch; double back porches; stone fireplace. Great cell service! Easy walk to Brow Park for festivals & to downtown Mentone shops & restaurants. The list goes on... Call now for an appointment! \$249,900 (1041591)



CHARMING BUNGALOW with screened front porch; lots of old-fashioned flowers & plantings; big shade trees. Deep lot with private back yard, woods & small stream. 3BR/1BA; nostalgic knotty-pine kitchen; DR; enclosed back porch w/laundry room & storage room. Original heart pine floors. New ext siding. Outbuilding/shop w/metal roof & new siding. Location has possibilities for commercial as well as residential/rental uses. Act quickly! This is a fantastic price! \$79,900 (1043685)



BROW VIEWS, SPACIOUS HOME WITH GUEST QUARTERS & 8.77 ACRES. Adjacent to DeSoto State Park, just outside Mentone, in Rocky Top Estates. So much to see, inside & out, from whichever angle you look. Screened porches & decks galore to enjoy pleasant, relaxing moments or for entertaining. Stunning vaulted ceiling & stone/masonry woodburning fireplace in open great room/kitchen area; Main-level Master Suite offers views from vaulted window wall; gas-log Fplce; twin walk-in closets w/organizer system; private bath. New HW floors; new exterior paint scheme. Attached guest cottage w/kitchen & its own screen porch. Garage w/future living space overhead. Extras galore! \$349,500 (1050823)



SAGE ADVICE: Gardening in August

By Susan Seago



September brings lovely cool weather, changing leaves, and some great blooming plants. I would like to mention a few shrubs, trees, and perennials that put on a beautiful display this time of year.

Let's begin with the ginkgo tree. It is one

of the oldest species of all trees. The leaves are shaped like a fan- quite unique. In the fall, its leaves turn a golden yellow, and when they fall, the ground

looks like a carpet surrounding the tree. It is a medium height shade tree, growing to about twenty five to thirty feet tall.

Another great tree for fall color is the maple (acer). There are so many maples from which to choose, but I especially like the Autumn Blaze or October Glory. They put on a brilliant red display. These are medium height trees- allowing plenty of shade, but not taking up the whole yard.

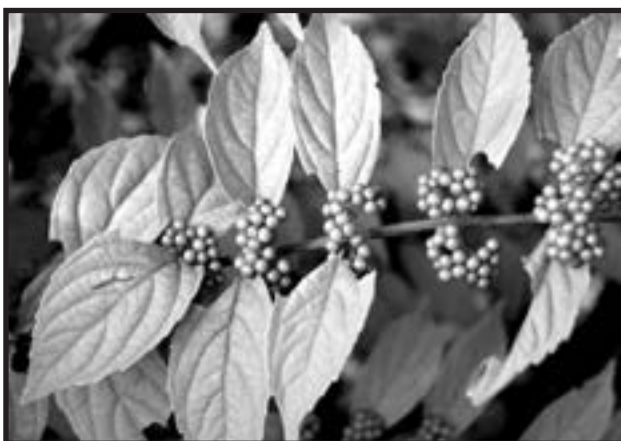
Some shrubs with good autumn color are the hydrangeas, most of which turn red before dropping off for the winter. The oak leaf



hydrangea, with its large leaves, is especially attractive in the garden. The huge blooms dry on the stem and can be used as natural décor for the holidays.

Crape myrtle leaves also turn red before dropping. Their blooms may also be cut and used during the Christmas season.

One shrub that provides winter food for



the birds is the beautyberry (calicaarpa). It develops clusters of purple berries at each leaf node in early autumn. The berries are a great dessert for the birds and attractive for people to see in bloom.

The toad lily (tricyrtis), one of my favorite perennials, produces tiny



orchid shaped blooms at each leaf node during September. After blooming, the whole plant will die back for the winter and put out new growth in the spring. The tiny flowers are white with purple spots, very pretty.



Of course, chrysanthemums are colorful autumn blooming perennials. FYI: they first bloom in late May. When the blooms fade, cut the stems back to about four inches on or after July 4, and they will rebloom in September through the first frost. Then, they will die back until the next spring.

Finally, there are the wonderful tall (and short) perennial grasses with their graceful swaying plumes. They provide winter beauty and also protection for the birds that stay with us through the season. Additionally, they give a unique texture to the garden.



In Memory of Family and Friends in the Mentone Area

Mr. William "Bill" Russell

Mr. William "Bill" Russell age 91, of Mentone, AL, formerly of Thompsonville, KY entered Glory on Tuesday, August 23, 2016. He is survived by: 5 daughters; Brenda (Creed) Gross, Vickie (John) Griffis, Sandra (Marty) Benton, Pamela (Ben) Martin, and Angela (Kim) Nichols. Special son Randy (Michelle). Sisters; Reba Ballard, Earline Jackson, and Jarline Bernd, 10 grandchildren, 22 great-grandchildren, 7 great great-grandchildren with one on the way, and a host of nieces and nephews. Mr. Russell was preceded in death by parents Mae Hale and Jeffrey Dock Hale; brothers Dude Russell, Jim Russell, and Joe Russell; sisters Nova Strong and MaryBelle Vance; and grandson Bobby Darrell Russell.

Mr. Russell was a mechanic by trade and owned a service station in Mentone. He served on both the Desoto Rescue Squad and Mentone Town Council for many years. He loved to deer hunt and fish, and he also loved to brag about his green thumb and beautiful flowers to his sisters. Mr. Russell loved his community and would do anything to help out a neighbor in need. He was well respected throughout the community.

Mr. Dennis Gladston Coots

April 25, 1931 - August 14, 2016

Mr. Dennis Gladston Coots, age 85, of Mentone, Alabama passed away at his residence on August 14, 2016. He is survived by his son Glenn Coots of Rainsville, daughter Betty Mayhew of Mentone, sister: Ruby Smith of Mentone, 5 Grandchildren, 12 Great-Grandchildren, and 6 Great Great-Grandchildren. He was preceded in death by his first Wife Lovella Coots, Wife Clara Elizabeth Coots, Grandson Matthew Tate, his parents, six Brothers and one sister. He was laid to rest at Bankhead Cemetery.

Mr. Bobby Ray Freeman

Mr. Bobby Ray Freeman slipped away peacefully into his eternal home on August 4, 2016. He is survived by his wife Wanda Sue Freeman of Valley Head, children Misty (Eric) Bruce of Fort Payne, Alison (Scott) Barber of Birmingham, Heather (Philip) Moore of Cedar Bluff, Josh Pullen (Amanda Goza) of Valley Head, and Laura (Donnie) O' Tinger of Scottsboro, brother Eddie W. (Teresa) Freeman of Fort Payne, sister Cathy (Bobby) McKinney of Fort Payne, and 12 grandchildren. Honorary Pallbearers were the DeKalb Bassmasters. Mr. Freeman was laid to rest at Bankhead Cemetery.

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608

RUSTIC CABIN near Mentone. 1-1/2 story, 2BR/2.5BA home, open floor plan, large vaulted ceilings. Loft guest bedroom overlooking living areas. Lge screened in porch. \$239,000. MLS #1017671.



220

TWO CABINS minutes from DeSoto State Park and Mentone. Cabin 1 has approx 640 sq ft. Cabin 2 has approx 432 sq ft. Both cabins have 1 BR/1BA and sold furnished with all appliances. \$114,900. MLS #1036084.



617

TWO FURNISHED CABINS on 6.4 ACRES.... One Price! Minutes from DeSoto State Park and Downtown Mentone. Down Home offers 2BR/2BA. Southern Charm offers Loft, 1BR and 1BA. Space for approx. 7 additional cabins. \$279,000. MLS #1026581.



606

CUSTOM CABIN w/vaulted great room and kitchen, oak flooring, and wood burning fireplace in this 2BR/2 1/2BA home. Sleeping porch w/FP. Secluded w/ gated entrance near downtown Mentone. \$248,000. MLS #1051679.



623

TWO Residences on the Brow with 45 +/- acres! Rock walls, walkways and patios. Call for more details. \$495,000. MLS #815966



ENJOY LIFE UNINTERRUPTED in this custom-built log get-a-way on 4 secluded acres. Loft BR and 1 BA with wood floors and a front rocking chair porch. Hurry before someone buys the cabin of your dreams for only \$110,000. MLS #564870



602

ENJOY THE BROW VIEW from porch of this 1,800 sq. ft. home w/brand new appliances. Two-story home with vaulted and open living has 3BR/2BA, furnished and gas log fireplace. Enjoy soaking in the hot tub on the beautiful deck. \$279,900. MLS #1048786



641

BEAUTIFUL Mountain Get-Away with gorgeous view year round. 3 bedrooms, 2 bath, shake-sided outside w/low maintenance metal roof. Deck. \$239,900 MLS #1000691.



600

Vintage bungalow, completely remodeled, zoned Commercial/Residential w/250' on Hwy 117. Bright & sturdy 1940's-era, 3BR/1BA gem. Wood walls; period trim details. Updated with new electrical, plumbing, floors & cabinets. Enjoy the views from the deck or screened porch across the creek in back. Great location to live, rent or work within walking distance of town. \$125,000. MLS #1046940



607

UNIQUE!!! Main House, Guest House, Boathouse and approx. 470' of frontage on Little River. \$749,000 MLS #1007556



Lake Lahusage in your back door! Bank owned 2BR/2BA cottage AND 2-car garage with apartment potential. \$247,500 MLS #654813



MENTONE MINI FARM!!! 2 BR with possible 3rd BR or bonus room, open kitchen & living area, hardwood & carpet floors, floored attic storage, 4-car carport, 3-car detached garage w/apartment, barn and pond. \$115,000. MLS #1045075



613

3BR/3BA HOME on 2.8 acres w/brow view walking distance to town. 2 master suites, each w/access to porches & views. Cathedral ceilings, exposed beams, pine floors, wb fireplace, lge screened porch, open deck for grilling, irrigation system, full-house generator. MLS #1037784. \$350,000.



621

UNBELIEVABLE brow home on 1.95 acres. 4BR/3BA, open living/kitchen area with gas log fireplace, formal DR, lge. pantry, numerous decks and screened porch. Many gorgeous rock formations, a detached 2-car garage/workshop, garden shed, and so much more. \$329,900. MLS #1048899.



909

Secluded, Custom log cabin, 2BR/2BA, wooded lot, 2+ acres, security system, privacy gate, detached storage. \$279,500 MLS #332033



1400

3BR 2BA home in Hidden Lake Sub. Use of 14 acre lake. LRw/hardwoods & FP. Open kit/breakfast, DR w/built-in cabinet, screened front porch, back deck, 2-car garage. Adjoins Little River Canyon. \$220,000. MLS #1025640.



208

CUSTOM HOME. 4500 sqft+ w 5BR/3.5BA, LR, wood burning Isokern fireplace. Master w/sitting room. Pro landscaping, screened porch, courtyard, 2 decks on 1.37 acres. community lake. \$499,900. MLS #1011520.



637

CHARMING RETREAT! 2 BR/2BA vintage log cabin in Mentone. Master suite has private screened porch leading to native rock water fountain. Included are 2 guest cabins connected by decks & walkways. \$197,000. MLS #1046823.



624

Owl's Roost! Adorable cabin on wooded lot, furnished with brass bed and country antiques. \$116,000 MLS #690326



611

2BR/3BA 3+/- year old roof. Garage apt w/BR & BA. Balcony, gallery w/storage, winter sunsets, downtown location, gas heater in kitchen, garage and apartment. WB fireplace. 2-car garage. Built in 2004. \$289,000. MLS #1029587.



639

ONE STORY RANCH - 3 bedrooms, 2 baths on 1.35 acres on County Road 148 in Mentone. \$139,900. MLS #1046824



604

Bear's Lair - Adorable cabin currently in a rental program. 3BR/2 BA with a brow view. \$274,900 MLS #692795



208

In the heart of Mentone, this updated 3BR/2BA home features hardwood floors, custom cabinets, FP & storage space. New carpeting upstairs. Barn w/storage & workshop. \$229,000. MLS #1051222.



107

Incredible View! Brick home on 5 acres features 5000+ sq. ft. with 5 BR/3BA/2HB, decks, patios, beautiful landscaping. Kitchen with top-of-the-line appliances, keeping room w/FP, formal entry, living and dining areas, two levels of patios and decks for entertaining and enjoying the view. \$369,000. MLS #1038938.



908

Little River/Lake Lahusage/Mentone! East Fork of Little River, cottage has FP, wood floors, P&B ceiling in living area, NEW porch, deck, some doors & windows, HVAC, dock, walkway, fence, paint! Most furn. remains! \$215,000. MLS #1019742



910

NEAR LITTLE RIVER CANYON. 3BR/3BA log cabin w/lake, wood floors/walls/ceilings, open living/dining/kitchen, rock woodburning FP, screened porch, deck,, Loft/basement/gameroom. \$224,000. MLS #1017450.



610

HANDCRAFTED WOODWORK throughout this 2BR/2BA mountain home. Great room w/ cathedral ceiling, full front & back porches, lge utility room all on a wooded lot. Located in laurel Creek Lakes w/ access to 3 lakes & walking trails. \$174,500. MLS #1017650.



619

LIVE & PLAY ON THE WATER! 200' of frontage on East Fork of Little River featuring 3BR 2BA, rock floors, some carpet, all appliances, WB fireplace, & storage building. Call for more details. \$239,999. MLS #902940.



618

BROW PROPERTY! 2BR/1BA home on 2.3 +/- acres. Lots of wood features inside the house, enclosed porch and more. \$209,000. MLS #1015755.



707

Cabin overlooking the water features pine walls & floors, vaulted 23' ceilings and fireplaces. Enjoy your own relaxing paradise w/plenty of Mountain Laurels and rocks. Built to preserve the property's natural beauty..\$459,900. MLS #1019610



820

LOTS AND LAND



205

RUSTIC CABIN with gas fireplace, kitchen, and sleeping nook, private porch downstairs. Lge BR/BA and sitting area upstairs. Laurel Creek Lakes with access to lakes & walking trails. \$139,900. MLS #1041437



MINUTES FROM DESOTO STATE PARK & MENTONE! 2BR/2BA, wood floors, walls, ceilings; fireplace; being sold fully furnished--includes appliances, whirlpool tub & private hot tub on the back deck. Excellent rental potential or your own private retreat. \$89,000 (1041842)



401

Golden Opportunity! Let the tenants pay your mortgage. 5 apartments, large retail space and storage building located on Hwy 117 just minutes from downtown Mentone. Sitting on 1.5 acres, totally fenced. Appointment only! \$187,500. MLS #1013991.



1403

WHIPPOORWILL FARM. 2BR/2BA rock log home w/sunroom, FP, updated kitchen. Historic barn, 2-stall stable w/1BR/1BA apt. Screened sleeping cabin, dbl garage, fenced pastures, trails, rock walls/patio, gazebo, outdoor shower, old spring house & fire pit. \$995,000. MLS #1042624



EXECUTIVE HOME w/300+/- of brow frontage. Approx. 7,000 sq. ft. 4BR/3.5BA, open kitchen, living and dining room, hardwood flooring, vacuum system, bonus room, back up generator, dual heating, front & back covered porches, 2-car garage, guest house, shop/barn w/apt, tractor shed, shop vacuum system, 18 acres, gated. \$559,000. MLS #1044145.

#392849 - 4.4 acre tract on brow. \$190,000
#403694 - 106' of prime brow view. \$109,500.
#656265 - 7+ WOODED ACRES in Mtn. River Estates. \$39,000.
#665968 - 1 ACRE LOT in Hidden Lake Sub. \$40,000.
#762331 - 1.02 ACRE lot in Hidden Lake Sub. \$40,000.
#845943 - 200' of water frontage \$42,000.
#945265 - 1 ACRE LOT in Hidden Lake Sub. \$49,000.
#1011734 - .69 ACRE wooded lot on Brush Creek. \$27,900.
#1014183 - 1.5 ACRES. Brow Lot on CR 89. \$124,900.
#1016112 - 3.46 WOODED ACRES in Oakwood Sub. \$23,500.

#1016118 - 3.04 WOODED ACRES in Oakwood Sub. \$23,500.
#1021165 - 2 ACRE LOT offering lake and brow footage. \$59,900.
#1026589 - LIBBY LANE. .49 acres West Fork Little River. \$162,000.
#1027934 - 4.42 ACRES on River Lane, W. Fork Sub. \$29,900.
#1032720 - 2.8 acres with travel trailer, water, septic, dock. \$82,500.
#1034997 - Approx. 6 ACRES on middle fork of Little River. \$48,900
#1038089 - 6.4 acres on Co. Rd. 89, Lot 8, in Mentone. \$155,000
#1038473 - 7.7 acres of brow property (2.5 acre building area). \$125,000
#1038477 - 6.9 acres of brow property (.7 acre building area). \$59,900
#1038482-103485 - 7.1 -7.5 acres of brow property in Mentone (.8 -1.7 bldg

areas).
#1038483 - 7.5 acres of brow property in Mentone (1.2 acre bldg. area). \$69,900.
#1038485 - 7.3 acres of brow property in Mentone (1.7 acre bldg. area). \$69,900.
#1038697 - 7.8 acres of brow property in Mentone (1.9 acre building area). \$69,900
#1039769 - 6.32+/- waterfront building lot in Mountain River Estates! \$51,750
#1045110 - 7.9 acres on brow. \$169,000.
#1045206 - 3.3 acres of historic property in the heart of Mentone. \$325,000.
1046423 - 4.3 acres, County Road 89, Mentone. \$34,500.
1046743 - .81 acres, Hunter's Ridge, Mentone. \$19,900.

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Rhododendron Garden Club

By Mellanie Tuttle

The Rhododendron Garden Club met on August 9, at the MERF House. After calling the meeting to order, President Martha Wood led the members in the Pledge of Allegiance. Mellanie Tuttle was presented with a Life Membership to The Garden Club of Alabama. Committee reports followed Carol Argo’s devotional “Garden Meditations by Rev. Max Coots.

We want to give special thanks for Harriett Lillich who passed away this month and send our deepest sympathy to her husband George and their girls. Max Coots’ poem about friendship hints at how much we loved Harriet and how much she will be missed.

The August meeting is always about planning for the Fall Flower Show at the DeKalb County VFW Agricultural Fair, held from September 26 through October 1st. The Flower Show theme this year is “Toys From the Attic” and will be judged on Monday the 26th. Horticulture can be entered by anyone living in DeKalb County; only garden club members can submit the floral design entries. A Stretch, Multi-Rhythmic,

Parallel, Still Life, Tubular, and other Creative designs will challenge exhibitor’s imagination and creativity. Our club this year will have an educational exhibit. Now to get busy putting it all together!

The next meeting will be on September 13 at 10:00 at the MERF House. The program by Dianne Kuehl, “Ten Plants/Flowers You Cannot

Kill” should be motivation for all the brown-thumbers out there! We hope you will join us.

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.

Garden Meditations

By Rev. Max Coots

Let us give thanks:

For generous friends, with hearts – and smiles – as bright as their blossoms;
For feisty friends, as tart as apples;
For continuous friends, who, like scallions and cucumbers, keep reminding us that we’ve had them;
For crotchety friends, sour as rhubarb and as indestructible;
For handsome friends, who are as gorgeous as eggplants and as elegant as a row of corn, and the others as plain as potatoes and so good for you;
For funny friends, who are as silly as Brussels sprouts and as amusing as Jerusalem artichokes;
And serious friends as unpretentious as cabbages, as subtle as summer squash, as persistent as parsley, as delightful as dill, as endless as zucchini and who, like parsnips, can be counted on to see you through the winter;
For old friends, nodding like sunflowers in the evening-time
And young friends coming on as fast as radishes;
For loving friends, who wind around us like tendrils and hold us, despite our blights, wilts, and withering;
And finally, for those friends, now gone, like gardens past that have been harvested, but who fed us in their time that we might have life thereafter.
For all these we give thanks.

2016 Valley Head School Football Schedule

Valley Head Varsity Football Schedule

Sept 2	@Coosa Christian	7pm
Sept 8	Homecoming Parade	5pm
Sept 9	Jacksonville Christian Academy @ VH	7pm
	Homecoming	
Sept 16	Spring Garden @VH	7pm
Sept 23	BYE	
Sept 30	@ Cedar Bluff	7pm
Oct 7	@ Gaylesville	7pm
Oct 14	Woodville @ VH	7pm
Oct 21	BYE	
Oct 27	Collinsville @ VH	7pm

Valley Head Jr. High Football Schedule

Sept 6	Fyffe @ VH	6pm
Sept 12	@ Gaylesville	6pm
Sept 19	BYE	
Sept 26	@ Collinsville	6pm
Oct 3	Gaylesville @ VH	6pm
Oct 10	Cedar Bluff @ VH	6pm
Oct 17	@ Ider	6pm

Valley Head PeeWee Football Schedule

Sept 3	@ Plainview	9am, 10am, 11am
Sept 10	Section @ VH	3pm, 4pm, 5pm
Sept 17	Stevenson @ VH	3pm, 4pm, 5pm
Sept 24	BYE	
Oct 1	@ Pisgah	9am, 10am, 11am
Oct 8	@ N.S.M	9am, 10am, 11am
Oct 15	@ Ider	9am, 10am, 11am
Oct 22	Dade Co. @ VH	3pm, 4pm, 5pm

*1st & 2nd grade team plays first, followed by 3rd & 4th grade team, then 5th & 6th grade team.

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CEDAR CABIN in the woods, open floor plan with great room, eat-in kitchen, 2 bedrooms, 2 tiled baths, pine floors, tile counter and island in kitchen, loft, tung and groove walls, covered deck with hot tub. Fireplace. Stainless appliances. Nice quiet setting. Appt Only. \$219,000 (22973)



LEVEL WOODED LOTS in Crestline Park Subdivision in Mentone. Lot 24. 1.27 acres. Great area to build that getaway cabin in the woods. \$25,000 (23184).



TUCKED AMONG THE RHODODENDRONS, Hemlocks, Oak trees is a rustic 1 3/4 story, 3 bdrm, 2bth home. on 3.85 acres Listen to the creek run over the rocks from the screened porch. Open floor plan, wood burning FP. Hot tub. Furnished. Located in Cloudland, GA. Seasonal views. \$182,000



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



8.75 ACRES with 200 ft on West Fork Little River. Hardwoods, hollies, and easy access to river. Level to rolling terrain. \$89,000 (23183).



THE SHADOWS, A UNIQUE LOG CABIN. Sunroom, 2 bdrm, 1.5 baths. 2 fireplaces. Living Dining combo, sitting room. Native Landscaped yard. Covered porch. \$169,000. (23143)



CHARMING LOG CABIN circa 1920s in Cloudland, GA. Renovated but kept with its original logs, windows, floors & doors. 4 bdrm, 2 bth. Living room with stone FP. 3 french doors leading to the screened porch & large deck, that overlooks stone picnic tables, stone FP, and BBQ chimney. Seasonal view. A must see! \$115,000 (23096)



HIGH ROAD, Cloudland, GA. 5.5 acres with stream and small waterfall. 3bdrm, 2bth, ranch style home. Living room, new flooring, kitchen with built in pantry, CHA. Guest cabin with 1 bdrm, 1 bth. 3 bay garage/workshop. 2 wells. \$148,000. (23152)



3.8 ACRES located in East fork little River Estates. Nicely wooded with a portion of the historic Dinky Line Railway. 175 ft. on river (Cherokee Co. Mentone). covenants & restrictions. county water and power available. \$40,000 (23152)



COTTAGE ON LITTLE RIVER CANYON. What a peaceful setting and private. 2 bdrm with sleeping loft, 2 baths. Great room with Rock Fireplace. Covered front porch and grilling deck. Adjoins on the back side Wildlife management and in the front the canyon preserve. Private access. Appt Only. \$140k (22865)



3.77 ACRES located at Canyon View Forest Subdivision. Wooded and joining the bluff of Little River National Preserve. \$60,000



ONE OF THE BEST VIEWS on Lookout mountain, Cloudland GA. 2-BR 2 bath Log Home on Brow with dramatic rock outcroppings & pastoral view of Shinbone Valley. Cathedral ceiling, solid wood floors, rock FP. Lots of windows & built in storage. Screened porch and patio on brow. HVAC. 2-car garage, 2-car carport, workshop, etc. \$259,000



NESTLED AMONG LARGE ROCK FORMATIONS is a quaint 2 bdr, 2bth cottage with open living/dining room with gas fp. Sunroom/office off master suite. Screened front porch multi level decks, outdoor shower, garage workshop. Quiet and Serene this setting makes for a great getaway or home. \$148,900 (23164)



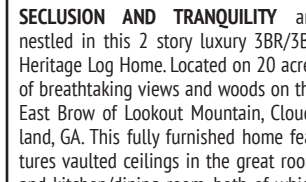
HISTORIC DINKY LINE Railway runs through the property. 3.8 acres on the East Fork Little river. 175 ft on water with a deep swimming hole, and rapids. Lightly restricted. County water and power available. Located on Lookout Mtn Mentone area. \$46,000



LAKE WINDMILL ESTATE.. 103 ft. on 13 acre lake on the brow. Wooded, sloped. Build your home here restricted. \$45,000.



THE WHITE COTTAGE. Adorable 2 bdrm 1.5 bath. Completely Remodeled. Walk to the shops and restaurants in Mentone. Living room, updated kitchen, and cute breakfast nook. Established rental property and a great investment. \$128,500 (23209)



SECLUSION AND TRANQUILITY are nestled in this 2 story luxury 3BR/3BA Heritage Log Home. Located on 20 acres of breathtaking views and woods on the East Brow of Lookout Mountain, Cloudland, GA. This fully furnished home features vaulted ceilings in the great room and kitchen/dining room, both of which have handcrafted rock fireplaces. Fully equipped kitchen with granite and concrete countertops, stainless steel appliances, and eat-in bar. Amenities include 4 CHA units, laundry room, and separate potting shed/workshop. The detached 2-car garage has a full upstairs 1BR/1BA and extra storage room. An ideal mountain escape! Craftsmanship and attention to detail makes this property one of a kind. Appointment only.. \$825,000. (23208)



LOTS AND ACREAGE

5.7 WOODED ACRES with a beautiful view across from Lake Lahusage. The driveway has been started to build your Mentone getaway! Paved road frontage, city water available, per tested. Lightly restricted. Seller is very motivated! REDUCED \$49,900 (19865)

5 ACRES on the East brow tract overlooking Pleasant Valley. Rock pallacades, wooded. See Weiss Lake in the distance. Private gated area. Joins National Preserve & Forever Wild protected property. \$60,000 (22866)

.6 ACRE West Brow lot, 1 mile south of downtown Mentone. Wooded with rock formations. Great building lot. Prime location, great sunsets. 5 lots available. \$90,000. (23043)

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

3 County Road 66. (23186)

VALLEY VIEW FOREST East Brow view 6.7 acres \$31,915

The Garden

By Jason Clark, Son of Jim Clark of Valley Head

As a boy growing up, I remember working in the garden with the rest of my family: my mother and father, my brother and my self, my grandmother, my aunt, uncle and two cousins. We all worked on the garden for what seemed like the whole entire summer. Plowing the field, preparing for planting--that took several days.

I remember watching my dad or my uncle trying to start that old turn-crank Farmall tractor. It was huge! Those two grown men fought to start that tractor. I remember the rumble it made when it was running. When my dad would use the tractor, he used to let me ride in his lap. I sure enjoyed that part! Hated the garden, though.

The field would be turned and chopped on one day; then, after a few days, when all the dirt would dry, it would be plowed again. Then, a few days later--I have never seen this be done by any one else--a huge heavy piece of wood would be hooked to the back of that tractor and the dirt would be smoothed out flat.

When the time came to plant the garden, everyone would be up at who knows what time. I remember getting up and looking out at the yard. There were bags and bags of seed, fertilizer, tomato plants, watering pales, and a hand push plow. Oh well, there goes a whole Saturday of playing, down the tube!

For some reason, they showed me how to use that hand plow, and let me at it to make seed rows. They told me how many to make, and I did it. My grandmother would use a garden hoe to make holes to set the tomato plants. We had so many tomato plants!

Once all of the holes were dug and the rows prepared, everyone would get a coffee can full of fertilizer and spread it out in the row or into the holes. They showed me how much to spread, so I did it. Once the fertilizer was down, it was time to plant.

Everyone would grab some tomato plants and set them in the water-filled holes. I'm pretty sure there was one complete row of tomato plants. That's not many you say? Well one row of that garden was about 30 yards long. Figure that up. That's a lot of ketchup!

We had a number of different kinds of

vegetables in our garden. We had corn, okra, black-eyed peas, green beans, squash, cucumbers, tomatoes, turnips, butter beans, and cabbage. Once, we did popcorn and even took a shot at watermelons. One time, we even did potatoes; but, that is a story of its own. We always had at least four rows of corn. To me,



that's a lot of corn for a family.

Once all the plants were set, the rows and holes were covered. Now, I understand why the dirt was smoothed out! Organization! We knew exactly where to walk, and where NOT to walk. We knew where weeds and grass were okay, and where it wasn't.

Watering the garden was necessary because summer was always so hot and dry. My grandmother's house had a well with an electric pump. I remember watching my dad get that pump started and primed. There was a super long water hose on that thing! That is how the garden got watered. The water that came out of that thing would have some funky looking brown frothy foam. Dad said it was okay, so I was okay with it.

Every other Saturday or so, I would get up out of the bed, watch some cartoons, and get some cereal. Once I decided to go outside, I remember seeing my grandmother out in that garden with a hoe, just wearing out the grass and weeds. I always thought she was older than the dirt in the garden and could never figure out how she could work so hard.

I remember when it was time to pick green beans. We would have several garbage bags full of green beans. Once we got them picked, we would take them to my grandmother's house

and put them on the floor that was covered with newspapers. I thought that was over with. Boy was I wrong!

The day after we picked the beans, we all went back to my grandmother's house. I remember them handing me a knife. My mom grabbed some beans, threw them in a pot, and sat them down in front of me. She took a few beans, showed me how to cut them, pull the strings off, and cut them in half. They had to be a certain length. Once she showed me how to cut beans, she put me at it. There were four of us cutting and stringing beans. That took all day! The whole day! I hated it. I wanted to play.

The very next weekend, the process would start all over again, except we weren't cutting and stringing; we were shelling black-eyed peas. Good grief! I hated that, too. After all of that was over with, my grandmother would work tirelessly in the kitchen, canning all of these beans and peas. We had so many beans and peas! I never understood why. Then, it came time to pick the corn. That's just the easiest thing in the world. One of us would pick corn; the other would follow with a wheel barrow where the corn was carried. Once the wheel barrow was full, it would be carried to a picnic table and emptied. This would happen several times. (Remember, we had at least four rows that were about 30 yards long!) The next day, the corn would be shucked and the silk brushed off. Not done yet! We had to cut the stuff off the cob. Then, one day my grandmother, mom, and my aunt would spend the whole day making creamed corn and getting it canned too. Glad I wasn't involved in that mess.

The other vegetables were not so bad. Well, the okra was bad. That stuff is furry, and after handling it all day, you would itch for a week! Oh, yes, that got canned too. There were three houses that had storage rooms full of canned vegetables. And the deep freezer at my grandmother's was jammed absolutely full of frozen vegetables.

Then, there were the potatoes. My grandmother's house had an old dirt floor garage on the side of it. We stored potatoes there. This

(Continued on page 22)

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The Garden (cont'd from page 21)

was such an unreal process. I can not remember how potatoes were planted, but they got planted. I don't think anyone was prepared for what was about to happen with these potatoes! This only happened once. I think everyone lost their sense of humor when all of these potatoes were ready.

My dad had some old Dodge pick-up built in the 40's or 50's, not too sure. I do remember that it started by pushing a pedal in the floor board. And I remember that it was spray painted baby blue. This was a large truck. We dug potatoes all day one day. The bed of that truck was absolutely full above the sides with potatoes. I also remember everyone standing around that truck staring at the amount of potatoes we produced.

They decided to put down news papers on that dirt floor in my grandmother's garage. We put the potatoes down on the papers and they covered them with lime to keep them from rotting. That worked pretty well, but there were so many potatoes that we just couldn't eat them all, and a lot of them rotted. For as long as I can remember, that garage smelled like rotten potatoes. I don't think it was ever discussed; I think it was just decided--never again will there be a potato planted in that garden!

I can remember my grandmother taking some of those fresh vegetables that came from that great garden and making homemade vegetable soup. Lots of it! She made it and froze it. The freezer was always full of something.

I never understood the reason for any of that until I got older. We were self sufficient. We



always had something to eat. Not only was it good, it was good for us. We all worked together. We all took care of each other. We were always together. I hated that garden when I was growing up; now, I miss it. Not just the garden, but the work it took to make it. The togetherness we had as a family.

Our lives are much the same as that garden. We all begin as a seed. We are nurtured, and we grow. We mature or rot, but ultimately, we end up in a garden. Somehow, we go back to the earth. And somewhere, there is always a new seed. It is a process that we call life that always comes full circle.

It is our job here on Earth to plant seeds; to love and nurture each other. God does the rest. God makes us grow. We just work the garden. If we work the garden, we will be rewarded at the

harvest, never to be hungry.

Time, you think, is long. Think for a second. Is it? Do you really have long? I am 42 years old. I look and I see how quickly I got to 42. My life is probably half over. Now is it really that long? No. Everyday we all should take time to work in the garden; to sow some good seeds and contribute to goodness and kindness.

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Healing Arts Circle

By Lisa Schad

This month's Healing Artists Circle focuses on how some local artists find their work to be a healing process or a part of their health regime and how their creations can be healing for their customers as well.

As I sat amongst the rich woven shawls and ponchos, Silvia Constantino, owner of Hummingbird at Loom, shared with me how she goes deep inside by listening to spiritual music or healing meditations while she creates her wearable art. Many of her yarns come from her home of origin, Cordoba, Argentina, and she invites them to speak to her as to how they will be woven together as she spreads out all the yarns of different colors on the table when she prepares a new piece. "When I weave, I find my peace. Creating is a meditation. I am in the moment."



Silvia shared how it has been a learning opportunity to share her creative studio within the shop at Mentone. She must shift from her creative state to customer service when shoppers come in. She says it is another form of meditation to do this, and she loves to share her creative process with buyers, as it connects them to her work. She loves to see folks wearing her pieces with the joy and love she puts into them.

Scott Thomas, of Scott's Happy Art, is a self-taught artist inspired by his grandmother, who helped raise him. He says that the textures and patterns of his pieces reflect the influence of her quilting. They also reflect his love of nature and Mentone.

Scott said he began with 3D pieces; a chair, musical instruments and memorabilia. "I like to take vintage items made in the USA, from the 50's or earlier- like cameras, clocks, and even a globe- and take them beyond their original functional purpose. They are in juxtaposition of what they actually are with what they could be- ornate and colorful." Scott's first piece was the chair on which he was sitting in his new studio at The Village in Mentone, which clearly reflected the quilting aspect and the start of his well known dot painting. "The multi-dot style is relaxing, although it takes a lot of concentration. I have to slow down—like meditation. I work on some aspect of my art every day as part of my health regime."

His love of music has influenced his painting of

instruments. He has painted an accordion, a trumpet, a cello and a guitar with his colorful patterns of microdots and shared how an instrument takes longer with respect to preparation. "The guitar took 75 hours, part of which was removing the strings."



Scott enjoys the good feeling of satisfaction to be part of someone having a happy memory of a loved one or event when he paints family memorabilia. "After I painted the microscope of a client's deceased husband, she told me that I had 'captured his essence' in the microscope. Another time, I painted a mounted bass that a couple had caught at the family lake. I take objects that hold memories and make them desirable again in a different way. Something that might have sat in an attic is now displayed and enjoyed every day."

This artist has recently expanded into 2D canvas and has begun to create pendants with small images of his canvas art. "Trying new creative outlets is like a palate cleanser; it gets my creative juices going to try a new format."

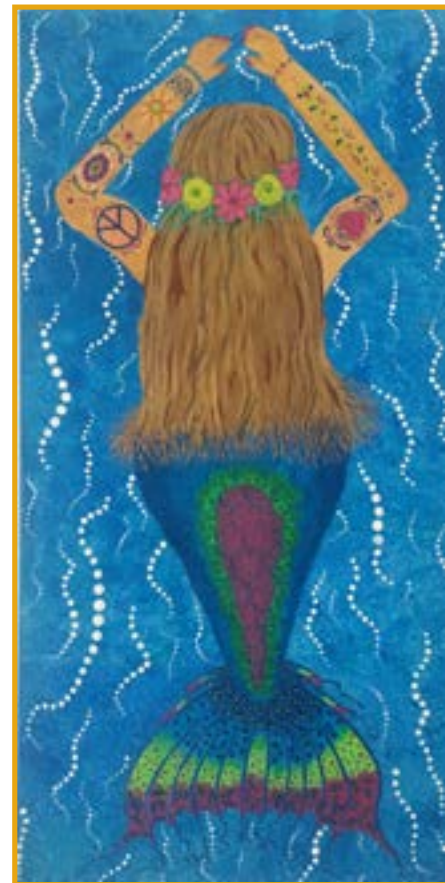
He went on to share that the name "Scott's Happy Art" came from the feedback that customers offered—that his whimsical style and bright colors help them feel happy when they look at and interact with his art.

I can speak to Scott's healing art personally with

respect to a piece I had commissioned from him. I have an affinity for mermaids and when I started to see Scott's "Little River Critters" series, I asked him to paint me a Little River Mermaid in the same style. This was Scott's first time painting a person so it served as a creative push for him artistically. I felt he personalized her perfectly for me by adding healing symbols and a name bracelet. She hangs in my massage foyer to remind both clients and myself to relax and go with the flow and with her arms out front, she is both swimming and massaging; she portrays the river and the 75% water that is all of us.

Art is healthy and healing- for those who view it, for the artist, for the recipient, and sometimes provides a healthy connection to each

other, the world around them, or to someone who has passed on. The concept of a healing arts circle evolves around the idea that people can share their healing knowledge and experience that evolve from an artistic concept.



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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.

To arrange your wedding or renewing of your wedding vows, call
256-634-4181