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THE GROUNDHOG

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

Volume 35, No. 3

"Neighborhood News from the Heart of Lookout Mountain"

March 2016

Kon'nichiwa (Hello) from MERF & 'Youkoso' (Welcome) to Taste of the Mountain and Art Auction

By Anna Mae Horn

This will be the fourth year that Moon Lake gym will be transformed into a magical display of the magnificent talent we have in the area and the wonderful rising talents that attend the school. On April 9, MERF will host Taste of the Mountain and Art Auction. Oriental Art will be the theme for this year's majestic event.

Attendees will be transported to the Orient once they walk through the doors of the hometown gymnasium and enter the Japanese garden setting. The transformation for last year's theme was amazing!

Moon Lake students have been learning how the Japanese use soft hues of blue and green. Also, Ms. Paula has taught them about such things as Japanese scrolls, pagodas, bonsai, "The Great Wave," and koinobori. Koinobori are carp-shaped wind socks flown to celebrate Children's Day (Tango no Sekku) in Japan on May 5. Lower elementary students have made their own art in honor of the holiday. Other students will be making table decorations for the evening and lucky auction attendees will be able to take home some pieces of the orient!

The annual Taste of the Mountain and Art Auction includes a variety of artwork by

local students besides the oriental pieces from individual students as well as group projects. In addition, there will be plenty of original artwork from our talented local artists. This year's event is still in the works, but commitments have been made from Scott Thomas, Rita Winters, Shannon Goshorn, and others to donate artwork for this terrific cause. Martha Sprayberry will once again

provide one of her beautiful homemade quilts.

Area restaurants also donate their time and delicious talent so attendees can sample a variety of exquisite dishes. We are blessed with a number of local food artisans who possess unlimited creativity. Their dishes are often pieces of artwork in themselves which stimulate the palate as well. It truly is a 'Taste of the Mountain.'

Funds raised throughout the



night, and the rest of the year, go to a variety of programs offered by MERF. They host lunches

(cont'd on page 13)



Welcome to Mentone!

By Harriet O'Rear

Finally, it's complete!!! After more than three years of preparation, waiting, and finally building, the railings for the turn-off area at the end of the rock wall on Highway 117 are complete. The result, which is a star in Mentone's crown for the next century, is worth the long wait.

In January 2013, The Groundhog reported that the long term project would begin "to build, with the coordination of the Alabama Department of Transportation and with the Mayor and City Council, a rock and locust post railing for a pull-off area at the rock 'Mentone' marker between Mentone and Valley Head. The rock columns, like the three rock 'Mentone' city limit markers, are in the same style of those built on the mountain in the 1930's by the Civilian Conservation Corps."

Mayor Rob Hammond and architect Don David coordinated efforts with Mark Barrentine from the Alabama Department of Transportation to secure a permit. A final design plan took almost three years to be approved, but approved it was.

Meantime, Mentone Area Preservation Association came to the fiscal rescue and agreed to fund the project which helps put Mentone's best foot forward for those going up and down the mountain. It will be a picturesque overlook for photos that will capture memories of Mentone. Dennis Gregory, a rock mason from

(cont'd on page 4)

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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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



The railing project at the Mentone sign coming up the mountain is complete--our visitors should have a great first impression of our town! Again thanks to MAPA for the financial support, to Mark Barrentine, ALDOT, for closely working with the town on permits, to Dennis Gregory for the rock work, to architect Don David for the design and submitting plans to ALDOT, and to Steve O'Rear and Chris Drury for helping with

the rock work and railings. Give special thanks to Harriet O'Rear for conceiving this project and seeing it through to completion despite some obstacles.

Our annual spring cleanup day will be Saturday, April 2. Those wishing to volunteer for litter pick-up should meet Lyle Nicely at the Mentone Inn parking lot at 9:00 AM. Electronic recycling (computers, fax machines, telephones, printers) will take place at Town Hall from 10:00 AM until 2:00 PM. A dumpster will be in front of town hall (no paints, household cleaners, batteries, tires, or any hazardous materials). There will be a community lunch at the Mentone Inn following the pick-up. Those wishing to volunteer/donate for lunch, please contact Lyle at 256-996-0169.

Finally, the third ALDOT public involvement meeting concerning the bridge will take place March 3, from 4:30 to 6:30 PM, Moon Lake School gymnasium.

From The Editor

Local organizations have been planning and working out details for upcoming events, and we will soon get to enjoy the fruits of their laboring. April 9, MERF will host Taste of the Mountain and Art Auction. This is MERF's primary fundraiser to provide many services to the community such as activities at the MERF house and a fine arts teacher for Moon Lake School. The event plans are coming together very well.

MAPA is working out details for the Rhododendron Festival which will be on May 21 and 22 this year. This is always a wonderful time to enjoy all that Mentone has to offer--local shops, good food, natural beauty, and Southern hospitality.

Southern hospitality is one of the many pleasures of living in this area. Friends are there when you need them, community involvement is abundant, and you never know when you will find a new friend in a stranger you meet. Since I have been working on The Groundhog, I have been blessed to meet many new people. New people who make me feel I belong in this old community where no one is a stranger for very long. People have welcomed me into

their businesses and into their lives; they have shared their stories with me, and I am grateful. I truly enjoy hearing stories from summer camp, swimming holes, old buildings, and the "old-fashioned" way of life. "Thank you" to everyone I have met.

~Anna Mae



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

Happy
St. Patrick's
Day!



MAPA NEWS

By Ray Padgett

Note: this is a continuation of our series to commemorate Mentone folks who kept MAPA and The Groundhog alive for the last 34 years.

The year 2000 brought a new millennium to Mentone and "computer failure" fears to the world. However, little changed in MAPA and *The Groundhog* volunteers. Hope Walker replaced Rovene Truett as Member-at-Large on the MAPA Board. The Colorfest festival returned and MAPA participated in the "World's Longest Yard Sale." MAPA "kept a 'guest list' and had people from 'all over' sign it." They even met some long lost friends.

Even though *The Groundhog* volunteer staff remained the same, new MAPA officers and board members were installed in 2001. New members were Margaret Taylor (President), Mickey Gough (Vice-President), Marie Dillenbeck (Secretary), Bernise Crow (Treasurer), Marilyn Mathews (Parliamentarian), and Hope Walker and Betty Bain (Members-at-Large). MAPA held a "Dinner and Ice Cream" meeting at the new Brow Park pavilion and continued to hold their meetings in The

Mentone Springs Hotel.

In 2002, *The Groundhog* volunteer staff remained the same and MAPA once again added new officers and board members. Jack Jones (President), Dot Crow (Vice-President), and Lucille Crowe (Member-at-Large). Meetings were held at Shady Grove Dude ranch. MAPA held a parade during Colorfest Week-end. Jack Jones was the parade host.

The 2003 MAPA and *The Groundhog* volunteers were much the same as the year before. Evelyn Graves remained *The Groundhog* Editor and Bernise Crow assumed MAPA President responsibilities. MAPA published a Mentone Directory of people, places, and services that may be of interest to area visitors--much like a Mentone yellow pages.

Evelyn Graves and Marie Dillenbeck continued as *The Groundhog* editor and associate editor in 2004 and MAPA officers of 2003 remained. MAPA began meeting in the Church of God of Prophecy Fellowship Hall in 2004. Colorfest was once again a huge success.

There was no change in *The Groundhog* staff in 2005; new MAPA board members were elected. New board members were Dessie Brown (President), Gregory Coe (Treasurer), and Page Cunningham (Member-at-Large). Sid Holcomb, President of the DeKalb County Commission gave an update on Mentone area road improvements, and residents along County Road 89 north of Mentone contributed to the cost of widening and paving the road by their property.

Once again, the MAPA Board thanks everyone for their long-term support of MAPA, its events and its publication of *The Groundhog*.

Our MAPA Board meets the second Wednesday of every month, 6:00 P.M. at Kamama Gallery. Visitors and members are encouraged to attend. MAPA is a community organization and needs everyone's ideas, energy, and input.

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Rhododendron Festival is Coming!

By Kayla Worthey

Plans for the 2016 Rhododendron Festival are underway and off to a blooming beginning. The festival is set for Friday, May 20th; Saturday, May 21st; and Sunday, May 22nd. Once again, all show exhibitors, artists, craftsman, businesses, and food booths will be located at Brow Park which is north of Hwy 117 on CR 89 and Cool Street. Vendor hours at Brow Park are 9am to 5pm on Saturday and 11am to 4pm on Sunday.

Every year, visitors seem to have a hard time finding Brow Park. There will be festival fliers available all over town with maps of each and every event. As a local, please encourage all visitors that you come in contact with to visit Brow Park, if they have not already. We want all of our visitors to get the full experience of the Rhododendron Festival.

Speaking of the full experience, we have a wonderfully talented musical line-up at the Brow Park Pavilion. You will enjoy a blended mix of local talent throughout the weekend. On Friday and Saturday nights you can enjoy great food and live music.

Beginning Friday, you can venture down to DeSoto Falls and enjoy a scenic boat ride on Little River (weather permitting). They will offer sightseeing cruises on Friday from 1pm to dusk, Saturday 9am to dusk, and Sunday 10am to 2pm.

On Friday night, we will be crowning the new 2016 Miss Rhododendron. The Miss Rhododendron Pageant will be held at the Mentone Community Church Life Center and will begin at 6pm. Miss Rhododendron will receive a one year scholarship provided by Northeast Alabama Community College and will be crowned by 2015 Miss Rhododendron, Miss Paige Smith. For pageant applications or information, email RhododendronFestival@gmail.com.

If you would like to volunteer for any of the activities before or during Rhododendron Festival, please contact the festival committee at RhododendronFestival@gmail.com. If you would like to be a festival exhibitor, please complete the application included in this issue of The Groundhog, or you can request an application by emailing RhododendronFestival@gmail.com.

Like our page on Facebook at "Mentone Alabama Festivals" to keep up with festival events and details as they are scheduled!

CALL FOR VENDORS RHODODENDRON FESTIVAL 2016 MAY 21 & 22

\$75 FOR A 12' X 12' SPACE
APPLICATION DEADLINE IS MAY 6

Name _____

Address _____

City, State, Zip _____

Phone _____ 2nd Phone _____ E-mail _____

Website Address _____

Category (please circle): Artist Crafter Retailer Business Food

Please provide a complete list and description of art, craft, products, food

Circle if needed: Electricity Water (\$25 extra)

Other Special Needs _____

Number of Spaces _____ Amount enclosed _____

All vendors **MUST** fill out an application to be considered for the festival. Please don't assume an email or prior participation secures your space. You will be notified of your acceptance no later than May 9. You will be notified of your space assignment 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.

If you require water or electricity, please indicate on the application. **There is an additional charge for electricity and/or water in the amount of \$25. 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 personal lighting or fans). No generators will be allowed.**

If you are an artist/crafter and this is the first time you have applied for the Rhododendron Festival, please provide photos of your work or a website or Facebook address. **ALL art/crafts should be handmade by the artist.** No ready-made merchandise is allowed. The Rhododendron Festival is strictly an arts, crafts, music and children's festival; therefore, no political or religious organizations will be accepted. Please contact RhododendronFestival@gmail.com if you have any questions.

This year's Rhododendron Festival will be held all over Mentone, but the vendors 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, May 21, 12-6pm, or Saturday, May 22, 6:30-8:30am. Please be ready for the show to start at 9am. If you participate in the show, please plan to be set up for both days unless prior arrangements have been made. Please unload your vehicle and move to the parking area prior to setting up your space. You may break down beginning at 4pm on Sunday. Please clean up around your area prior to leaving. Also, if you are a food vendor, please do not dispose of grease on the ground at Brow Park.

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

Welcome to Mentone (cont'd from page 1)

Cloudland, remarked that on every day of work, cars would pull in behind the cement mixer and piles of rock and sand for tourists to pose for photos in front of the "Mentone" sign and partially built protective railings.

Dennis did the rock work with the volunteer help of Chris Drury and Steve O'Rear. GH Metal Solutions of Ft. Payne generously donated the steel railing supports. The city of Mentone spread gravel to level the area and is installing a

trash receptacle. The city will also maintain the area. Seasonal flowers will continue in front of the rock sign at the railings.

In true Mentone fashion, this was a combined effort of many people who came together for the improvement of the area. The railings are finished and the pull-off area should provide years and years of Mentone memories for both those who come to visit and those who call Mentone home.

This Old House: MERF Community House



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

Despite the cold, wet winter, there's been lots of warmth at the MERF house as tutors work with Moon Lake Elementary school students, senior lunches have begun again, and fun plans are being made for MERF's 4th annual Taste of the Mountain and Art Auction. MERF is so grateful for volunteers that tutor-Kat Griffith, Megan Halderman, Carl Ferguson, Joyce Smith, Anna Mae Horn, Bill Rutledge, Kara McMunn, Stan Gunter, Lolly Howser, Ivy Tarrant and Steve Lockhart. Many of these individuals have been tutoring with MERF for years! Of course there is great joy when senior lunches begin again so everyone can get together for great food, laughter and singing. We will miss our friend Elvira Fitzgerald, who we lost in January. Lunches began on Wednesday, February 24th and will continue until April 20th. The meal is served at 11:30 a.m. If you want to provide a meal, contact Sarah soon.

Believe it or not, planning for MERF's Art Auction is fun! Committees have been planning and dreaming how to have another fabulous event. The Moon Lake Elementary school gym is the place to be on Saturday, April 9th to support MERF and its programs. Local restaurants will showcase their culinary artistry by providing a "taste of the mountain" treat for ticket holders. Local artists from Moon Lake School and the professional art community will be providing great pieces for the silent and live auctions. Tickets need to be purchased in advance from a board member or from the Mentone Market. Come join the fun!

MERF: Mentone Educational Resources Foundation is a local non-profit with the mission "To enrich the learning and living of the community by identifying needs and coordinating resources." If you would like to support our programs, tax-deductible donations can be mailed to POB107 Mentone, AL 35984 or contribute online at www.crowdrise.com/MERF. Contact us at merf.mentone@gmail.com or 256-634-4673.



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Saturday, March 26 10:00 'til 12:00

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Miss Rhododendron



**Presented by
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Friday, May 20, 2016 at 6:00 p.m. CST

**Mentone Community Church, Family Life Center
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**Miss Rhododendron is part of the annual
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**Six Age Divisions for girls ages 0 to 18
Miss Rhododendron (Senior Division) will win a
One Year Scholarship to NACC.**

(NACC Admission Requirements apply)

**For more information and entry packets,
please email rhododendronfestival@gmail.com**

Your Library News Your Library News Your Library News



By Barb Stoll

Brrr....It's movie time!

Hi everyone; is it cold enough for ya? Well, come on in to your local community library for some warm, welcoming hospitality, and why not take home a few DVDs while you are there. We love our community and seeing all of you. If you enjoy your library, why not think about becoming a library patron or angel. We greatly appreciate your support; it is what keeps your library going.

This month we have some great new DVDs in stock, let's take a look:

Transformers Revenge of the Fallen - The battle for Earth continues in this action-packed blockbuster from Steven Spielberg. When college-bound Sam Witwicky (Shia LeBeouf) learns the truth about the ancient origins of the Transformers, he must accept his destiny and join Optimus Prime and Bumblebee in their epic battle against the Decepticons, who have returned stronger than ever with a plan to destroy our world.

Oblivion - Scott Mantz of 'Access Hollywood' calls this movie "A mind blowing epic." This groundbreaking cinematic event stars Tom Cruise as Jack Harper, the lone security repairman stationed on a desolate, nearly ruined future Earth. When he rescues a beautiful stranger from a downed spacecraft, her arrival triggers a nonstop chain of events that forces him to question everything he knows, and leaves humanity's fate in his hands. Academy Award winner Morgan Freeman joins Cruise in this "visually stunning" (Pete Hammond, Movieline), explosive story from the director of TRON: Legacy and the producer of Rise of the Planet of the Apes.

Jack Reacher - Here is another one for Tom Cruise lovers. Ex-military investigator Jack Reacher

(Cruise) leaps off the pages of Lee Child's best-selling novel and onto the big screen in the explosive thriller the critics called "Taut, muscular, gruff, and cool." (Peter Suderman, The Washington Times). When an unspeakable crime is committed, all evidence points to the suspect in custody who offers up a single note in defense: "Get Jack Reacher." The law has its limits, but Reacher does not when his fight for the truth puts him against an unexpected enemy with a skill for violence and a secret to keep.

Snow White & the Huntsman - From the producer of Alice in Wonderland comes a new vision that turns a legendary tale into an action-adventure epic. The evil Queen Ravenna (Academy Award winner Charlize Theron) will rule forever if she can take the life of Snow White (Kristen Stewart); so, she dispatches the Huntsman (Chris Hemsworth) to track her down. But the wicked ruler never imagined that the Huntsman would train the girl to become a brave warrior, skilled in the art of war. This movie has great special effects. This is also the extended edition. It is very graphic with lots of battle scenes, which are quite intense (just a heads up for parents).

Battleship - The battle for Earth begins at sea in this epic action-adventure starring Taylor Kitsch, Rihanna, Alexander Skarsgård, Brooklyn Decker and Liam Neeson. An international naval coalition becomes the world's last hope for survival as they engage a hostile alien force of unimaginable strength. Ripping across sea, sky, and land, Battleship is packed with special effects. This is a fun movie and has great bonus features on the disc also. "A big, bold blast, and explosively fun." -MSN Movies

Now You See Me - In this visually spectacular blend of astonishing illusions and exhilarating action from director Louis Leterrier (Clash of the Titans), four talented magicians mesmerize an international audience with a series of bold and original heists, all the while pursuing a den agenda that has the FBI and Interpol scrambling to anticipate their next move. It is also an all-star cast with Morgan Freeman, Jesse Eisenberg, Mark Ruffalo, Woody Harrelson, and Micheal Caine. This fast-paced and

intriguing movie is sure to please the family.

The Lion in Winter - This is not a new movie but it is wonderful. Starring Glenn Close and Patrick Stewart. King Henry II summons his cunning prison-bound

wife to his side as he prepares to announce the succession of the throne to one of his double-crossing three sons, none of whom is qualified to rule the monarchy. Based on James Goldman's Academy Award-winning screenplay. "Intense, darkly humorous, and wickedly ironic."

Islam--Empire of Faith - This PBS documentary is narrated by actor Ben Kingsley. The three-hour program tells the spectacular story of the great sweep of Islamic power and faith during the first 1,000 years--from the birth of the Prophet Muhammad to the peak of the Ottoman Empire under the reign of Suleyman the Magnificent. Historical re-enactments and a remarkable exposition of Islamic art, artifacts and architecture are combined with interviews of scholars from around the world to recount the rise of early Islamic civilization.

Call for Books: Our library book sales have been so successful that we could use some more books. So how about it folks, have books you would like to donate? With spring on the way (I'm being optimistic here) what better way to begin spring cleaning! We appreciate your donations so much. You folks are the heart of our Community Library.

Well, there you have it folks--some cold weather entertainment awaiting you at your Moon Lake Community Library. If you enjoy your library, why not think about becoming a library patron or angel. We greatly appreciate your support; it is what keeps your library going. Next month we will have some more great books and a bit of info about some items already at your community library. Until then, stay warm and enjoy the movie!

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St. Joseph's-on-the-Mountain Hosts St. Patrick's Day Dinner

What's for Sunday dinner at your house on March 13th? Since that happens to be four days before St. Patrick's Day, a traditional Irish Dinner is planned by the Episcopal Church Women (ECW) at St. Joseph's-on-the-Mountain. Corned beef, potatoes, carrots, and cabbage with buttered cornbread, a drink and dessert will be served after church from 12:00 until 2:00 in the parish hall at St. Joseph's. Tickets are \$10:00 for adults and \$4:00 for children. Tickets may be purchased from any ECW member, the church office, and at the Mentone Market.

Proceeds from ticket sales will support the Food Bank Outreach Ministry at St. Joseph's. This ministry helps to feed members of our community who are in need. This program serves approximately 35 families per week. This past year we have grown this outreach ministry by adding the "Children's Backpack

Program." The children attend Moon Lake Elementary School and are selected by the school to receive food for the weekend. These little bags of kid-friendly and healthy food, packed by volunteers, are slipped into their backpacks by their teachers on Friday. The other Mentone churches contribute significantly throughout the year making this type of growth possible. This collaborative effort has strengthened the Food Bank and made it a genuine "neighbor feeding neighbor" effort.

Marsha Cox Merrell, ECW St. Patrick's Day Dinner Fundraiser Chair, stated that "St. Joseph's-on-the-Mountain has made feeding the hungry in our community an outreach focus for years. We hope Mentone residents and visitors alike will help us in this endeavor by attending our St. Patrick's Day Dinner and bringing one non-perishable food item for the Food Bank as well.

Proceeds from the Dinner will help us provide for our neighbors in need."

For more information you may contact Marsha Merrell, Joan Byrum, or the church office.



Spending Spring Break at Home?

By Kayla Worthey

Did you know that a lot of visitors come to your hometown for their spring breaks each year? I challenge you to take to the great outdoors during your spring break and enjoy some of the great things to do right here in our area.

Here are 9 days of fun things to keep you busy:

Day 1 – Get out and enjoy some local downtown shopping. Fall in love with small town downtowns and their sweet southern charm. Visit Mentone Log Cabin Village and surrounding shops, check out Valley Head downtown stores, see what is new at Fort Payne Main Street in the heart of downtown, enjoy the history of downtown Menlo.

Day 2 – Take a trip to Tigers for Tomorrow, an exotic animal park and rescue preserve. It is home to over 100 animals, such as tigers, lions, leopards, cougars, wolves, bears, a camel, zebra

and more. They also have an animal contact barnyard full of farm animals and small exotic mammals like Goats, Llamas, Sheep, Emus, Peacocks, Deer and others. They are a last stop preserve, and the animals that come to live with them remain there for the rest of their lives.

Day 3 – Find your way to High Falls Park and its 35-foot waterfall. Formed by Town Creek, the falls span some 300 feet across at times. Near the base of the impressive High Falls is a natural bridge. This 25-foot span of rock features a large arch, eroded by the flow of water over hundreds of years. Because of its remote location, High Falls remains unknown even to many Sand Mountain residents.

Day 4 - Discover DeSoto State Park with over 3500 acres that include hiking and biking trails, many waterfalls, and its largest tourist attraction- the 104-foot DeSoto Fall. It also features a picnic area with playground, Olympic-size swimming

pool, nature center with interpretive programs and live animals. It even has campgrounds if you want to pitch a tent for the night.

Day 5 – Go on an adventure with True Adventure Sports. Choose from an extreme night hike, a wild cave tour, zip line and sky swing adventures, rock climbing, rappelling, treasure hunts, and much more.

Day 6 - Try your hand at Golfing. Visit one of the 4 local public golf courses and find your handicap. Lil' Mole Run Golf Course is located in Mentone and offers 18 holes and will challenge you with sand pits and ponds. Saddle Rock Golf Course, located in Mentone, DeSoto Golf Course, located in Fort Payne, and Rainsville Golf & Country Club are all on 9 holes from 18 tees with water hazards and sand traps.

(cont'd on page 15)

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Full Laundry Service

Rotary Club of Fort Payne Invites Mentone Residents to Attend a Meet and Greet Reception



Mentone, Alabama (February 9, 2016) — The Rotary Club of Fort Payne is hosting a “Meet and Greet” reception at 5:30 p.m. on March 22 at Kamama. Members of the

Fort Payne club will be on hand to provide information on Rotary International and explore opportunities for residents of Mentone to be a

part of a vital international service organization.

Rotary, a global network of community volunteers, is one of the largest and most influential international humanitarian service organizations worldwide. Founded in Chicago on February 23, 1905, today over 1.2 million members belong to 33,000 Rotary clubs in more than 200 countries and geographical areas. Their work improves lives at both the local and international levels, from helping families in need in their own communities to working toward a polio-free world.

Rotary members, as volunteers, conduct

projects to address today’s humanitarian challenges, including illiteracy, disease, hunger, poverty, lack of clean water, and environmental concerns while encouraging high standards in all vocations. Rotary members strive to build goodwill and peace, and provide humanitarian service in their communities and throughout the world. For more information, visit Rotary.org. Or call Ben Shurett (256)997-7922, Rotary Club of Fort Payne.

Rotary -- Join leaders, exchange ideas, take action, and have fun!!!!

“Women Empowered for Change: Making A Difference Through Advocacy”

By Paula Tally & Karole Ohme

This is a FREE advocacy skills learning event open to all northeast Alabama women. The event will take place on Tuesday, March 15, 2016, at 6:00 p.m. on the campus of Northeast Alabama Community College in the Math/Tech Building, room 119. This event is sponsored by the Progressive Women of Northeast Alabama (PWNA). Free refreshments will be provided by PWNA members. Three outstanding women advocates will share their knowledge and experience. They include Rev. Susan Parker, Ph.D., Cumberland Presbyterian Church; Carol Gundlach, MSW, Policy Analyst, Alabama ARISE Citizens Policy Project; and Angie Shugart, Co-Founder, One World Adventure Company and Little River Waterkeeper.

Rev. Parker of Morgan County, Alabama, completed four college degrees by attending night classes while working full-time. After serving at Calhoun Community College and Athens State College from 1972-1996, Rev. Parker completed her career in education as Athens State’s Chief Development Officer. She then chose to serve her state as an elected official. In 1998, she won the statewide election to become Alabama’s State Auditor (1998-2002). Following the completion of that term of office, she once again entered a statewide election, winning the four-year position of Public Service Commissioner. In 2014, she entered and completed a new field of study to become an ordained Cumberland Presbyterian minister. She now serves in that capacity on a part-time basis in three churches.

Policy analyst, Carol Gundlach focuses her advocacy efforts on tax and budget policy and public assistance at the Alabama Citizens’ Policy Project, a function of Alabama ARISE, the statewide citizens’ organization of which she is a co-founder. Previously, she served as Executive Director of the Alabama Coalition Against Domestic Violence and also as State Coordinator

of the Alabama Coalition Against Hunger. In addition to sharing her expertise with other Alabama advocacy groups and projects, Carol has taught social work policy and community organization at both Auburn University and The University of Alabama.

An active environmental advocate, Angie Shugart co-founded One World Adventure Company and Little River Waterkeeper, an Outdoor Education 501(c)3 organization. She is responsible for the growth of the organization’s focus on environmental literacy and advocacy. Her direct leadership extends to development and direction of adventure day camps for youth, environmental education outreach programs and projects, as well as eco-tourism events. Her advocacy for the Northeast Alabama region has earned for her many leadership positions at the local, state, and multi-state levels. In 2015, The Times-Journal, DeKalb County, Alabama’s oldest newspaper, named her a recipient of the “40 Under 40 Award” based on her leadership service and commitment to progress in DeKalb County.

Progressive Women of Northeast Alabama

(PWNA) is an organization with more than 40 members in the Alabama counties of DeKalb, Jackson and Marshall. Speaking on behalf of the PWNA’s Events for Women Planning Committee, Chairperson Karole Ohme stated that a primary purpose of PWNA is supporting and conducting non-partisan research, education, and informational activities to increase public awareness

of issues affecting women. With this purpose in mind, the committee established these event goals:

- to empower women in finding and using their voices to bring about positive change in their everyday lives;
- to recognize that even though women have many different interests, they have much common ground regardless of age, race, religion, political affiliation or socio-economic background;
- to instill a belief that women have an important voice which can be used for positive change in their community, state, nation and the world.

PWNA expresses special appreciation to Northeast Alabama Community College for providing a place for this event. For more information, call 256-634-0117.



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THE
RECIPE CORNER
BY
ANGIE CARDEN

MARCH

Spring is “MARCHing” in! At this point in time while and decided on a happy medium. It’s a light
Sany other year, I would be thankful winter but hardy soup that can hold it’s own if it’s cold
was nearing it’s end. But, related to the fact that out but can also sooth your soul if it’s a bit warm
winter all but eluded us this year, I am not sure out! Well, that’s my experience anyway! I hope
where I stand on the food scale at the moment. you will try this one. I think you will enjoy it!
I’m still yearning for hot, thick soups; yet, I’m (And it hold’s true whether you’re wearing shorts
hankering for garden fresh veggies that actually or sweatpants.)
taste like they were meant to! So, I pondered a

Chicken and Spinach Soup

Preheat your soup pot to medium low. Dice 1 large chicken breast, (roughly 8 oz) and 1 large carrot. Add 2 tbsp olive oil and 2 tbsp butter to your pan and brown your chicken and carrot. When you see some good color, grate in 1 clove of garlic, (of course you can mince or press if you prefer!). Now, add in 6 cups chicken broth, 1 tsp salt and pepper, and a 6 oz bag of baby spinach (will look like a ton, but wilts down quickly!), and 1 can of white beans. I prefer Cannellini beans, but you can use Great Northern or any white bean you like. Raise the heat to high and bring to a rolling boil. Then reduce to low and simmer 15 minutes. This is the time I would urge you to dip it out into a soup bowl or large mug and top with grated Parmesan and large, crunchy croutons! But, that’s just me!

Merry Spring and Happy Cooking!

March Birthdays

- Mar 1 – Ally Smith
- Mar 1 – Jonathan Cuzzort
- Mar 2 – Jimmie Sue Beason
- Mar 2 – Dewayne Pierce
- Mar 2 – DR SUESS
- Mar 3 – Kama Jade Blalock
- Mar 3 – Dawson Bone
- Mar 4 – Corey Ingram
- Mar 4 - Jeff Bain
- Mar 4 - Lance Woods
- Mar 4 – Clara Lee
- Mar 4 – Becky Stott
- Mar 5 - Ashley Gifford
- Mar 6 – Annabelle Grace Grider
- Mar 6 - Randy Hilliard
- Mar 7 - Paige Ware
- Mar 8 – Whitney Smith
- Mar 8 – Mayson Bailey
- Mar 10 – David Rape
- Mar 10 – Autumn Hulgan
- Mar 10 – Frances Day
- Mar 11 – Bo Hammond
- Mar 11 – Jay Chadwick
- Mar 12 – Jeremy Hope
- Mar 12 – Krystal Johnson
- Mar 12 – Tommy Hairel
- Mar 12 – Emily Allen
- Mar 13 – Josh Pullen
- Mar 13 – Kelsey Wade
- Mar 13 – Gracie Shank

- Mar 13 – Julia Ross
- Mar 14 - Elizabeth Hodge
- Mar 14 – Hunter Robertson
- Mar 15 - Ronnie Hilliard
- Mar 16 – Raymond Coots
- Mar 16 – Jesse Bone
- Mar 16 – Johnny Crider
- Mar 16 – Van Battles
- Mar 16 – Finley Darwin
- Mar 17 – Camden Bell
- Mar 18 – Sydney Johnson
- Mar 18 – Jeremy Henderson
- Mar 18 – Kendall Israel
- Mar 18 - Alexis Nance
- Mar 19 – Dean Freeman
- Mar 19 – Olivia Harrison
- Mar 20 – Zach Jones
- Mar 20 – Hobson Kirby
- Mar 20 - Koley Thompson
- Mar 21 – Mary J. Chambers
- Mar 21 – Paul Peppers
- Mar 22 – Kallie Ingram
- Mar 22 – Lue Smith
- Mar 22 – Jon Bain
- Mar 22 - Steve Patton
- Mar 22 – Robert Baker
- Mar 23 – Guy “Squeak” Smith
- Mar 23 – Wyatt McGee
- Mar 23 – Lori Manifold
- Mar 23 – Roberta Cash
- Mar 23 – Cutter Battles
- Mar 23 - Kathy Graham
- Mar 24 – Dylan Lee
- Mar 24 – Jimmy Phillips

- Mar 25 – Vickie Blackburn
- Mar 25 – Evelyn Graves
- Mar 25 – Skylar Haney
- Mar 25 - Skeeter Hilliard
- Mar 25 - Robert Smith
- Mar 26 – Anna Carden
- Mar 26 – Stephanie Worthey
- Mar 26 – Sandra Boehringer
- Mar 27 – Abby Davis
- Mar 27 – Jamie Darwin
- Mar 28 – Holly Owen
- Mar 28 – Cindy Bethune
- Mar 29 – Sara Lee
- Mar 29 - Donna Hilliard
- Mar 31 – Marlana Beasley
- Mar 31 – Lindsey Blalock
- Mar 31 – Chad Wooten

March Anniversaries

- Mar 3 – Darrin & Amanda Smith
- Mar 3 – Jimmy & Gaynell Worthey
- Mar 7 – Tommy & Ruth Battles
- Mar 8 – Garrett & Amanda Collins
- Mar 11 –Hobson & Martha Kirby
- Mar 18 – Rodney & Christine Ballenger
- Mar 19 – Tommy & Joan Harrison
- Mar 21 – Shaunathan & Abby Bell
- Mar 23 – Nick & Tina Langston
- Mar 25 – Tommy & Christie Langston
- Mar 30 – Tylor & Hope Harrison

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What To Do Around Here!

March 2016 Community Calendar

Mar 2 - Orienteering Class. Basic yet essential skills for survival navigation are brought to you in map reading, compass reading, and topography. True Adventure Sports 10a.m.-1p.m. 256-997-9577.

Mar 3 - ALDOT Public Meeting for Hwy 117 Bridge. The Alabama Department of Transportation will conduct a Public Involvement Meeting for ALDOT Project BR-204 (512) Bridge Replacement over the West Fork of Little River on State Route 117 in the Town of Mentone / DeKalb County. 4:30-6:30 pm Moon Lake Elementary School gymnasium. Contact Troy Bell by phone at 800-819-7418 ext. 7263 or by E-mail at bellt@dot.state.al.us.

Mar 3 - The DeKalb County Master Gardeners Presents "Native Plants with Jay Clark." This is a 'bring your lunch and learn' program. Drinks will be available, so just bring your lunch and enjoy learning. The Coal and Iron Building on the corner of Gault and 5th Street NW. 11:30a.m. to 12:30p.m.

Mar 3, 4, 5 - Krazy Kudzu Follies. This event offers you the opportunity to see community leaders take the stage to perform random acts so silly they leave the audience breathless with laughter. Sponsored by the Fort Payne Chamber of Commerce and held at the DeKalb Theatre. 6p.m. Tickets are \$15 per person or 2 for \$20. 256-845-2741.

Mar 3, 28 - 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. TAS 10a.m.-2p.m. 256-997-9577.

Mar 4 - Larry Joe Hall will be performing this evening. For more information or reservations, call the Wildflower Cafe at 256-634-0066.

Mar 4&5 - Rainsville Lions Club Annual Rodeo. NEAL Agri Business Center. The rodeo will consist of bareback riding, team roping, barrel racing and bull riding. Admission for adults is \$12, children \$7, and children 5 & under free. 256-638-1650.

Mar 5 - Elisha Tatum will be performing. For more information or reservations, call the Wildflower Cafe at 256-634-0066.

Mar 5 - Kamama Class Series - Lydia Randolph. A painting class entitled "Painting van Gogh's Sunflowers" will be led by Lydia Randolph. 12-4p.m. \$60 includes all supplies. Contact Kamama at 256-634-3001 to confirm a spot for yourself!

Mar 5 - The Inputs. Teen rock group will perform 7-9p.m. \$6 cover. Contact Kamama at 256-634-3001 to confirm a spot for yourself!

Mar 5, 12, 19, 31 - 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. TAS. 10a.m.-2p.m. 256-997-9577.

Mar 6, 13, 20, 27 - Adair Arthur will be performing during Sunday Brunch. For more information or reservations, call the Wildflower Cafe at 256-634-0066.

Mar 7 - Celestial Navigation. This two-hour class is a basic introduction to navigation by the stars. Learn how to navigate without the use of a compass or GPS with the same rules used for almost six thousand years. Meet at True Adventure Sports. 6:30-8:30p.m. 256-997-9577.

Mar 8 - 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. 6-8:30p.m. 256-997-9577.

Mar 9, 21, 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 helmets and cave lamps, plus a fun informative guide. True Adventure Sports. 5-7:30p.m. 256-997-9577.

Mar 10 - Arts and Humanities Speakers Forum. Northeast Alabama Community College in Rainsville would like to announce its annual Arts and Humanities Speakers Forum to be held in the college's Tom Bevell Lyceum featuring award-winning author George Singleton. The event will begin at 10a.m. and be followed by a book signing and reception in the lobby. At 5p.m., Singleton will do a reading and book signing in the college's library. Both events are free and open to the public.

This event is offered for the community as well as the students, faculty and staff at Northeast and is co-sponsored by the college's English and Fine Arts Division and Sigma Kappa Delta, the English honor society. For more information regarding the Arts and Humanities Speaker's Forum, contact Joan Reeves, NACC Chair English and Fine Arts, at 256-638-4418 or 256-228-6001, ext. 2231 or reevesj@nacc.edu.

Mar 10 - Sky Swing Adventure. Enjoy

the thrill of the swing at night. Pre-registration required at True Adventure Sports by 6p.m. the day before the adventure. Meet at True Adventure Sports 12-2p.m. 256-997-9577.

Mar 10 - Debbie "Happy" Cohen. Author and adventurer Debbie "Happy" Cohen will be speaking on joy-based living and "vulture culture" - cleaning the debris of your life and mind! \$10. 7-9p.m. Contact Kamama at 256-634-3001 to confirm a spot for yourself!

Mar 11 - Clare Donohue. Jazz singer Clare Donohue will be performing this evening. For more information or reservations, call the Wildflower Cafe at 256-634-0066.

Mar 11, 25 - Rock Climbing Adventure. Come experience first-hand what rock climbing is all about with guides who are fun, safe and energetic. Trip includes all the gear plus basic instruction. No prior climbing experience is needed. 10a.m.-2p.m. 256-997-9577.

Mar 12 - Matheny's Bridge Clean Up & Trail Work Day. Matheny's Bridge on South Sauty Creek is a tributary to Lake Guntersville and historic site that many people visit in the summer. The area is heavily used, and there is a need to clean up an old dump site. Rain date - March 16. If you have questions or would like to participate, contact angie@oneworldadventurereco.org or call her at 256-634-8370. Find us on FB to Like & Share our page!

Mar 12 - Spring Quilt Show. Menlo Lawrence Center. Sponsored by MHA Resident Association and MHA Reading Volunteers. Center is located at 71 Edison Circle, Menlo, GA. Show is from 9a.m.-2p.m. General Admission \$3. Information call Diane at 256-294-3663 or Glenda at 706-862-2240.

Mar 12 - Blow Your Own Ornament. 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. We welcome people of all ages (at least 5 years old). 9a.m.-4p.m. Cost is \$38 per ornament. 256-523-3188.

Mar 12 - Larry Joe Hall will be performing this evening. For more information or reservations, call the Wildflower Cafe at 256-634-0066.

Mar 12 - Rikki Taylor Trio. Join us for original blues, bluegrass, and roots music. 7-9p.m. \$10 cover. Contact Kamama at 256-634-3001 to confirm a spot for yourself!

Mar 12 thru 19 - Finders Keepers Spring/Summer Consignment Sale. You will find gently used, good quality name brand children and adult clothing

and shoes, home furnishings, electronics, books, toys, furniture and more, all at great prices. Sign up NOW to become a consignor! Will be held at the VFW Fairgrounds. Special pre-sale hours for consignors. Call for more details! 256-632-2420 or 256-638-5998.

Mar 13 - St. Patrick's Sunday Dinner. By the Episcopal Church Women (ECW) at St. Joseph's-on-the-Mountain. Corned beef, potatoes, carrots, and cabbage with buttered cornbread, a drink and dessert will be served after church from 12-2pm in the parish hall at St. Joseph's. Proceeds from ticket sales will support the Food Bank Outreach Ministry at St. Joseph's. Tickets are \$10 for adults and \$4 for children. Tickets may be purchased from any ECW member, the church office, and at the Mentone Market.

Mar 13 - Cooking Class - Guilt-free Burgers. Burgers and fries--always delicious, not always healthy. We'll show you how to make this classic American entrée without ruining your diet or killing its flavor. \$15 for nonmembers. \$10 with membership. Membership is free. Wildwood Lifestyle Center, 435 Lifestyle Lane, Wildwood, GA 30757. 2-4p.m. CST. For more information, go to wildwoodhealth.org/Healthmadesimple/guilt-free-burgers or call (423) 212-5014.

Mar 14 - Afternoon Rock Climb. Come experience first-hand what rock climbing is all about in the afternoon with guides who are fun, safe and energetic. This trip includes all the gear plus basic instruction. No prior climbing experience is needed. TAS 2-6p.m. 256-997-9577.

Mar 15 - "Women Empowered for Change: Making a Difference Through Advocacy." A non-partisan advocacy skills learning event for northeast Alabama women of all ages and interests will be held on Tuesday, March 15 at 6:00p.m. at Northeast Alabama Community College in the Math/Tech Building, room 119. The three outstanding women advocates who will share their experiences and skills include Rev. Susan Parker, Ph.D., Cumberland Presbyterian Church; Carol Gundlach, MSW, Policy Analyst, Alabama ARISE Citizens Policy Project; and Angie Shugart, Co-Founder, One World Adventure Company & Little River Waterkeeper. This FREE event is sponsored by Progressive Women of Northeast Alabama (PWNA). 256 634-0117.

Mar 15 - 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 10a.m. to 4p.m. 256-997-9577.

Mar 16 - Treasure Hunt Adventure. Do you enjoy trying to solve riddles and clues? This 5-hour adventure will take you deep into the heart of Manitou Cave. You will have to solve and follow each clue in order to find the next one, and ultimately the Treasure! TAS 3-8p.m. 256-997-9577.

Mar 17 - 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. 2-6p.m. 256-997-9577.

Mar 17 - Poetry Night & Limerick Contest. St. Patrick's Day activities are from 7-9p.m. Contact Kamama at 256-634-3001 to confirm a spot for yourself! Mar 17 - Happy St. Patrick's Day! Mar 18 - Chris Hale will be performing this evening. For more information or reservations, call the Wildflower Cafe at 256-634-0066.

Mar 18 & 19 - Kamama Class Series - Sunny Carvalho's painting to bookmaking class! \$200. For information email Sunnycdolls@aol.com.

Mar 18, 19, 20 - Home & Garden Expo. Enjoy dozens of displays featuring products for home improvement, gardening, housewares, recreation, etc. Northeast Alabama Agri-Business Center. Free admission. 256-638-1650.

Mar 18, 30 - 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. 7:30-10p.m. 256-997-9577.

Mar 19 - Larry Joe Hall will be performing this evening. For more information or reservations, call the Wildflower Cafe at 256-634-0066.

Mar 19 - CPR Course. Desoto Rescue Squad will hold this community course at the Mentone Community Church Life Center. Cost is \$20 and registration is limited to 20 people. Call 256-755-1023 to reserve a seat.

Mar 19 - 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. Reservations are required. 256-523-3188.

Mar 19, 25 - 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 6p.m. the day before the adventure. 7:30-9:30p.m. 256-997-9577.

Mar 20 - 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. 1p.m. - 2:30p.m. Reserve by noon Saturday, the 19th. Cost is \$5. To learn more or reserve a spot send an email to cottagepaper@bellsouth.net or call 205-349-4026.

Mar 22 - Rotary Club Meet & Greet. Members of Fort Payne Rotary Club will be on hand to provide information on Rotary International and explore opportunities for residents of Mentone to be a part of a vital international service organization. The reception will

be held at Kamama at 5:30p.m. For more information, visit Rotary.org. Or call Ben Shurett 256-997-7922.

Mar 22 - 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 6p.m. the day before adventure. 10a.m. to 2p.m. 256-997-9577.

Mar 24 - Kamama Class Series - Larry Joe Hall's "A tale of two mountains." This class will include a guided meditation. \$10. 7-9p.m. Contact Kamama at 256-634-3001 to confirm a spot for yourself!

Mar 25 - Good Friday Celebration. Come enjoy great music with the Gold City Quartet and Wilburn & Wilburn. Advanced tickets are \$12 and \$15 at the door. DeKalb Theatre in downtown Fort Payne. You can purchase tickets at Black's Tire or Rogers Music & Pawn. 256-996-8910 or 256-459-4769.

Mar 25 - Jess Goggans will be performing this evening. For more information or reservations, call the Wildflower Cafe at 256-634-0066.

Mar 26 - Paperweight Class. This class is designed for those who want see what molten glass is all about. Feel the heat, gather from the furnace, sculpt the glass into you own design. It is ultimately about the experience, some experimentation and a couple nice paperweights to take home. Join us for some in-depth discovery. Reservations required. \$135 per person. 9a.m. to 1p.m. 256-523-3188.

Mar 26 - Clare Donohue Quartet will play jazz and blues. \$10 cover charge. 7-9p.m. Contact Kamama at 256-634-3001 to confirm a spot for yourself!

Mar 26 - Annual Easter Egg Hunt. HOP on over to the MERF House lawn for

an egg hunt and lots of fun brought to you by the Mentone Churches. 10a.m. to Noon.

Mar 26 - Fort Payne Reservoir/Wills Creek Clean Up & Work Day. Help the crew at Fort Payne Water Board protect your drinking water! Reservoir and Wills Creek clean up - Volunteers will remove litter from the reservoir shoreline, roadsides, and bridge near the FP Water Treatment Plant. Rain Date - April 2. If you have questions or would like to participate, contact Angie at One World Adventure. angie@oneworldadventureco.org 256-634-8370. Find us on FB and Like & Share our page!

Mar 26 - Music at the Wildflower. Larry Joe Hall will be performing for lunch today and Abby Parks entertains this evening. For more information or reservations, call the Wildflower Cafe at 256-634-0066.

Mar 26 - Katrina Barclay & Guests. Come enjoy Katrina Barclay, Mants Brothers, Megan Saunders & The Driftless for a great night of music. DeKalb Theatre in downtown Fort Payne. 7p.m. Tickets are \$7 per person.

Mar 27 - Happy Easter! We wish you a delightful holiday filled with friends and family.

Mar 29 - Knot Class & Application. Introduction and instruction to essential knots and their application for camping, rappelling, rock climbing, outdoor survival, and other applications. 1-4p.m. 256-997-9577.

Mar 30 - 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 True Adventure Sports. 2-4p.m. 256-997-9577.

Ongoing Calendar

AA Alcoholics Anonymous meets every Tuesday at 6:00pm at St. Joseph's on the Mountain Church, Mentone, AL. 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.

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 Bevill Center in Rainsville by Duos and Solos Dance Club. 256-638-2780.

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

the Gymnasium.

FREE FOOD for eligible persons and families. Hours: 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 the second Tuesday of each month at 10 AM at the MERF house in Mentone. (No meetings in June and July) 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 Times of Our Lives



Elizabeth Marie Rich made her Egrand debut on February 11, 2016. Her loving parents are James Rich and Harli Burton who live in Cloudland, Ga. Proud grandparents are James, Sr. and Teresa Rich as well as Bill and Anna Mae Horn. Miss Elizabeth was born at Floyd Medical Center at 10:39 am weighing 7 lbs 7oz and measuring 20 inches long.



Corey and Abby Davis would like to announce the birth of their son, **Rhett Lee Davis**, born February 11, 2016 at 6:13am at Erlanger Medical Center. Rhett weighed 6lbs and 12oz and was 21 inches long. Big brother Reid is excited to have little brother home! Grandparents are Larry and Sally Johnson of Mentone and David and Melinda Davis of Ider.



Annabelle Grider would like you to meet her baby brother **Hudson Lee Grider**. Hudson was born on January 25, 2016. His proud parents are Stephanie Worthey and Shane Grider. Grandparents are Jimmy and Gaynell Worthey and Larry Grider. Hudson also has a brother Justin (Hannah) Grider and two other sisters: Patti(Vance) Carden and Sydnee Grider.



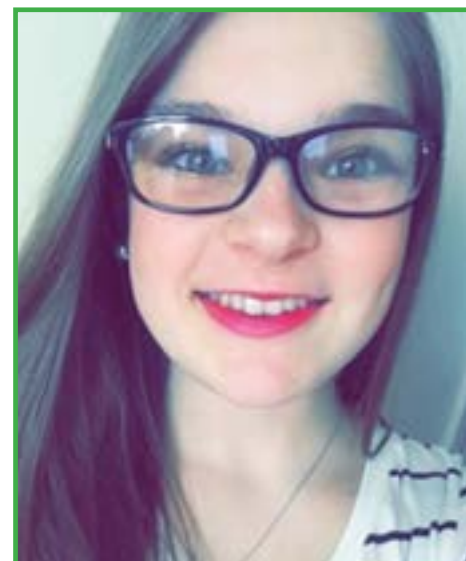
Congratulations! Michael Stone was selected as Moon Lake Student of the Month.



Aidan Joseph Dupree was born to Adam and Alex Dupree on January 5th, 2016 at 5:05a.m. at Erlanger Hospital in Chattanooga, Tennessee. He weighed in at 7lb 6oz and measured 19 3/4 inches long. Proud Grandparents are Al and Vickie Blackburn and Tarry and Barbara Dupree, all of Mentone.



Neal Whitt at the opening reception of his exhibit "Oxymorons" at Lowe Mill in Huntsville. The exhibit will continue in their 3rd Floor East Gallery through March 5.



Valley Head Junior Brooke Moore has been selected as one of four who will represent the Sand Mountain Electric Cooperative Youth Tour in Montgomery. Brooke is a very hard working student who excels in the classroom and out. Brooke will now be a potential winner to visit Washington D.C. on behalf of S.M.E.C. We would like to congratulate Brooke on her hard work, and we are very proud to have her represent Valley Head School!



Ray and Sandra Padgett join Jimmy Rogers by the fire in his new endeavor as co-owner (along with Mikell Frechette) of the former Moonlight Bistro in The Log Cabin Village. Opening soon.



Taste of the Mountain (cont'd from page 1)

for senior citizens, award Sue McLaurin Henry Scholarships, sponsor teacher workshops, and offer ACT prep classes. For Moon Lake Students they provide field trips, tutoring classes, and a fine arts teacher for music, art, and Spanish lessons.

For over a decade, that teacher has been Ms. Paula Easter. She is a delight to the students as well as the parents. She graciously shares her knowledge and personal experiences along with her amazing talent. However, if you ask Ms. Paula, she is the lucky one. “I love what I do. I appreciate MERF and the community for making it possible for me to work with my precious Moon Lake children. It is wonderful to work in a town like Mentone where the community is exceptionally supportive of the school and the children.”

Ms. Paula enjoys motivating her Moon Lake students to look within themselves to make their mark. She began this year by reading “the dot” and encouraging each one to make the best dot they could make. Math, literature, and a host of other educational materials are incorporated into her lessons. Art lessons cover material such as ‘The Blue Riders’- Kandinsky, Klee, and Marc. The elements of art are taught in all projects whether individual or group. This year, students have created several group projects that will be up for auction at Taste of the Mountain and Art Auction. Group work is exciting for the students as they see their individual artwork joined with the work of others to create a new look. Ms. Paula uses group projects to teach the students “we are each unique, but together we can make a masterpiece”

On March 8 beginning at 6pm during Fine Arts and Family Night, there will be a preview of students' art pieces. Family fun night will be a great time to see all the fabulous artwork that has been created this year at Moon Lake. Families will have a chance that evening to create a piece and take home too. There will also be some singing (perhaps in Spanish) and a lot of fun for everyone.

Mentone Educational Resource Foundation gladly assumes the mission of introducing Moon Lake students to the world of fine arts, thus creating a diverse educational experience which opens students' eyes to all that the world can be and allows them to express themselves in a way of their own choosing. Young children don't often get a say in what happens in a classroom, but with Ms. Paula they do. She, of course, lays out guidelines and then allows their imagination to take form on the posters and canvases in her



room. Often, her room is filled with song and the floor is vibrating with dancing rhythms. Alongside the traditional classroom setting for academics, Moon Lake students are fortunate to have a class for artistic expressions.

Another benefit the children receive from MERF is extraordinary field trips. In February, Ms. Paula carried fourth graders to the Huntsville Symphony Orchestra for 'Carnival of the Animals' which will also feature ballet dancers.

In March, she will take fifth and sixth graders to the Alliance Theatre in Atlanta. They will see ‘The Lion, The Witch, and The Wardrobe’ and take a backstage tour. These trips are sponsored by MERF.

As you can tell, money spent at Taste of the

Mountain and Art Auction 2016 enriches the lives of many people: Moon Lake students, Mentone senior citizens, and the entire community. Tickets must be purchased in

advance. They can be bought at Mentone Market or from MERF at merf.mentone@gmail.com or 256-634-4673. Don't miss out on a special evening that celebrates and supports all of MERF's programs. Join MERF April 9 at 6p.m. for delectable cuisine and to see that "Moon Lake Students have a heart for art."

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Mentone Wedding Chapel

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

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

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

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. Terry Turner 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 Jeff Davis. Address: 1203 New Oregon Dr., Ft. Payne, AL 35967. Phone 256-845-7446.

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

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.

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



It Takes A Mountain Village

Part 1: The Mission of Dorothy Crow and Friends

By Liz Baker
with Elizabeth Romans
and Amelia Kirk-Lolli

Mentone has a long history of sharing and looking out for neighbors. Dorothy M. Crow was an outstanding example of this. Known as "Tootie" or "Toot" to her friends, she was raised in Mentone but had a supervisory career with DuPont in Chattanooga. When the company offered early retirement, Dorothy was one of those who accepted. She then headed back home to her beloved Mentone, but it was not to a life of idleness. She had been very involved in charitable causes in Chattanooga, and she saw no reason to just sit on the porch and rock. Dorothy was blessed with a gorgeous contralto voice, and she loved to sing. Now, she had a little more time for music!

As another of her activities, she and a sister worked part-time as marketing hostesses at local grocery stores. It was an engaging activity, but they noticed something troubling--the wasting or discarding of good, usable food. As a person who had been active in various charitable endeavors, Dorothy knew that there were many people who were in need of food. As her friend Elizabeth Romans put it, "Tootie had a big heart. She really cared about people. And she was a FRIEND." Dorothy was determined to salvage as much usable

food as she could for those who needed it. At first, it was a struggle, but she was able to establish a small food ministry at Mentone Church of God of Prophecy. One day when she was working there,



the local ministers had a meeting. The pastor of Mentone United Methodist Church took note of the program and put her in touch with a friend who happened to be a grocer in a North Alabama town. A partnership was formed! On a monthly

basis, for over twenty years, this grocer provided her with salvaged goods. He would even call her if he knew of a vehicular accident involving food. Elizabeth recalls rushing out to salvage gallons of milk and many other items that otherwise would have been discarded. After their salvaging missions, Dorothy's team would assemble as many as 80 or 90 boxes of food, and announce that they were open for business. The success of their efforts soon necessitated a larger space. Through various contacts, they were able to secure space in the Hammondville armory. They retained that space, continuing to serve clients, until Dorothy's death about one year ago at age 88. They were assisted by Senator Lowell Barron in getting air conditioning, freezers, and refrigerators, but all of the work was done by volunteers.

When Dorothy Crow passed away in January of 2015, Elizabeth Romans contacted St. Joseph's food ministry and offered the remainder of their stock. This included a large number of canned hams that had been procured for Easter boxes. These were greatly appreciated by St. Joseph's food bank clients.

Watch for follow-up information on St. Joseph's food bank program, which operates every Wednesday from 9:00 until 11:30 AM. In true Mentone fashion, it is generously supported by many individuals and other churches in the area.

Spring Break (cont'd from page 7)

Day 7 - Visit the Little River Canyon National Preserve! It is home to the Little River Canyon, scenic drives, a backcountry area, and a 'green' JSU Canyon Center. Little River itself is unique because it flows for most of its length atop Lookout Mountain. That is very uncommon for rivers and that is part of what makes it a tourist

attraction, that and its sheer beauty. You can hike, bike, walk or drive.

Day 8 - Make a trip to Collinsville Trade day. It houses around one thousand vendors, making it one of the largest outdoor markets in the south. Be one of almost 30,000 visitors on a typical Saturday. You will find all kinds of antiques, collectibles, children's toys and clothes, work clothes and boots, fishing gear, fresh fruits and

vegetables, furniture, tools, accessories, livestock, and a whole lot more! You could just go for the food. You can get homemade ice cream, yummy hand dipped corndogs, authentic Mexican food and of course hamburgers and hotdogs. The best part...real fresh squeezed lemonade.

Day 9 - Rest and Relax. You are going to need it!

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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)

FRONTAGE ON WEST FORK, Little River. 3.69 acres, lightly restricted, private. Rhododendron, mountain laurel, sandy riverside bank & seasonal creek. Water meter already in place, adjacent lot also avail. Own your own piece on Mentone, riverside! 65.800 (1032896)

DAY SPRING. One seldom hears of lots for sale in this private, gated community with its common areas of massive, dramatic boulders; walking paths & access to E Fork Little River. Lot 14, 3.25 acres. Beautiful hardwoods & level-to-gently-rolling topography. \$40,000 (1027151)

LAKEFRONT LOT; pleasant walking paths & a common area with gazebo for special events. One-acre lot; 139' lake frontage. Restricted, gated community. Adjacent to Little River Canyon Nat'l Preserve. \$40,000 (1023260)

DOWNTOWN MENTONE lot. Remnants of the old stone foundation and hand-dug root cellar still in place. Septic tank of unknown condition also on property. Commercial or residential possibilities! \$39,000 (765396)

2 WOODED ACRES with a tiny little rustic cabin & 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)

257' FRONTAGE ON WEST FORK,
Little River. 2.83 acres, lightly restricted,
private. Rhododendron, mountain laurel,
sandy riverside bank. Water meter
already in place, adjacent lot also avail-
able. Own your own piece on Mentone...
riverside! \$50,800 (1032895)

8.9 ACRES WITH APPROX 136' BROW FRONTAGE on Citadel Rock Rd, near the back entrance of DeSoto State Park. Beautiful wooded land with large paved road frontage. \$89,000 (692925)

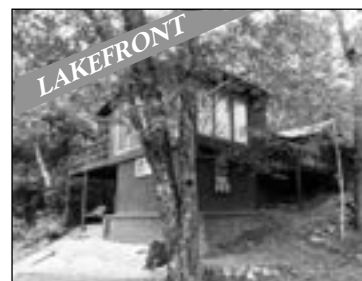
2.2 UNRESTRICTED, WOODED ACRES Mentone. Corner property; excellent areas to walk, bicycle or keep a few chickens. Public water & power at the road. Great building site for one or a couple of cabins. \$20,000 (1011111)

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! (1026014)

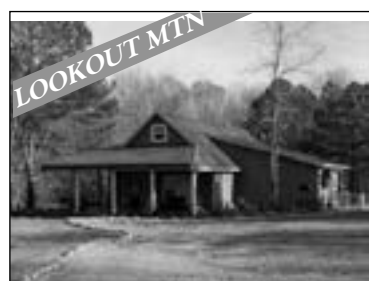
WALNUT COTTAGE. Downtown Mentone. 2BR/2BA. From the studs to the rafters & everything in between, this is a new house. Hardwood floors, stainless appliances, vaulted ceiling, quality fixtures, custom-designed interior & exterior. The perfect Mentone getaway or home. Beautiful landscaping, screen porch, fenced back yard & new deck w/pergola. \$148,000 (1023749)



HAVE YOU BEEN DREAMING of a place? A smaller home, perhaps, with a bit of land? This might be what you've been searching for! 2BR/2BA home w/5 acres (on both sides of stream w/waterfall); great garden spot; shop; woods; fun & funky outbuildings (studio? guest quarters? limitless uses!); creekside treehouse for fair-weather gatherings; privacy at end of small lane. Lookout Mtn, between Ft Payne & DeSoto St Pk, minutes from scenic natural beauty or trips to town. You'll find yourself putting down roots & not wanting to leave this charming little paradise. Public water, plus a good well. \$165,000 (1038209)



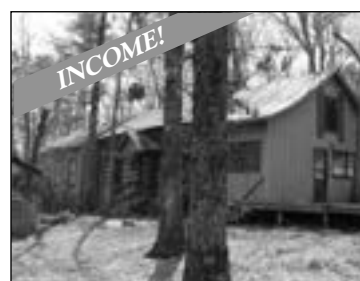
WATER, ROCKS, TREES. The stuff of the mountain. Original fishing cabin w/additions on Lake Lahusage. Approx 1000 sq ft. 50' frontage. 5' deep. Original Scenic view. Over 1000 sq ft. 2nd floor apartment above. Plenty of room for guests, small kitchenette & full bath. Single-car det garage. Charming, interesting, quirky. \$155,000 (1028058)



SPACIOUS, GRACIOUS, HOME & 6 ACRES adjoining a nature preserve (state park-maintained biking/hiking paths). 3BR/3BA home was completely renovated in 2013. Every room has space seldom found, always appreciated! Open KI/DR with tons of counter space & cabinetry. Main-level master suite w/deck & screened porch, plus a room-sized closet. Land has round pen & small woodland. \$235,000 (1035584)



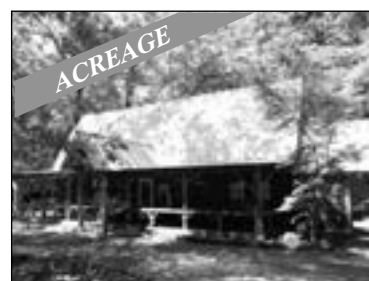
THE BEAUTY OF LITTLE RIVER CANYON! Listen to the river rushing below from this attractive, quiet & secluded 3BR/2BA cabin, bordered by LRC Nat'l Preserve. The rim of the canyon is just outside the back door. Enjoy the changing colors of the mountain from the 12x24 deck or one of the balconies off the upstairs bedrooms. Wood-burning Fpvc; wood floors; all appliances. \$149,900 (1001006)



PRE-CIVIL WAR-ERA LOG CABIN w/additions, plus 2 add'l income-producing, small cabins. Main cabin has 2BR (one is a loft)/2BA; kitchen & dining area; huge living area divided by a Mountford-style fireplace. Fantastic stone work inside & out: fireplace, sidewalks, patio, etc. Handhewn logs & beams. Screened porch. 2-car carport. Stone garden waterfall & ponds. 3 cabins on approx 1.2 acres. \$197,000 (1014789)



HOME ON 3.31 ACRES with detached guest quarters that could be used as an office, classroom or business. 1-level home; 3BR/2BA; spacious KIT; LR w/mtn stone Fpce (fitted w/gas logs); large sunroom (currently used as office by owner). Plenty of room to build whatever you're needing. If gardening is your thing, the land has great drainage & sun exposure for crops/fruit trees, etc. \$165,000 (1030378)



SPACE & SOLITUDE. Woodland cabin w/20 acres on the outskirts of Mentone where the wildlife roam & the peace & quiet kind of grows on you. Great porches, a screened porch, & a BA master bedroom. The 1BR has a full bath, the porch is perfect to quench your thirst after a day of relaxing or playing on the property. It doesn't get any better than this. \$225,000 (1028955)



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; newer SS appliances; 2-car att garage (future den w/brow view?); 1.46 acres w/room for add'l cabin or shop; iron & stone fence; deck; brow-side sitting areas; path 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 \$269,000. (1038210)



FIRST HOME OR DOWNSIZING?
This 3BR/2BA charmer may be for you! One-level w/ new tile in guest bath & laundry, new metal roof, new carport & storage bldg. Master BR w/walk-in closet, double french doors leading to deck (also access from LR). Step-saver kitchen w/large pantry & new appliances. Situated on 0.5 acres w/room for a garden. Minutes from schools! \$65,000 (1037360)



The Mountain Herbalist

SASSAFRAS

By L. C. Moon

Photos provided by Jay Clark - Author of *Wildflowers of Pigeon Mountain*

Sassafras is one of my favorite native botanicals because it brews into a tasty soothing beverage or tea, makes a delicious food, and I have used it with success as a tonic year round. It is also one of the key ingredients that started root beer.

A gentleman named Mr. Hires was the man behind making root beer and sassafras famous. He went on his honeymoon and was served a root and herb tea. He enjoyed it so much that he decided to market it as a relaxing healthy soft drink. He was a prohibitionist who was given council that folks who got relief from whiskey were not going to stop alcohol for an herb tea. So, they began to market the soft drink as "root beer" attaching many true benefits of sassafras to the marketing scheme, along with a few false.

The truth is sassafras root has been used on the east coast and Appalachian Mountains for generations as a spring tonic to cleanse and tone the body's system. A quote from the third Foxfire book states, "In the spring of the year when the blood is too thick, there is nothing so fine as a sassafras stick. It tones up the liver and strengthens the heart, and to the whole system new life doth impart."

Sassafras is best known as a spring tonic and alterative (an herb that alters the body to a more balanced healthy state). I have felt the benefits of the root for my own health. It has helped me cleanse my system and ward off, or shorten the duration, of an array of illnesses.

The root of sassafras contains diaphoretic

and diuretic properties. Diaphoretics increase perspiration to rid the body of toxins. Diuretics promote urination, which allows the tea to benefit the organs responsible for eliminating waste from the body, especially the kidneys and bladder.

Dandelion can be used in combination with sassafras to clean the blood and benefit the liver. Dandelion is a bitter, yet vitamin and mineral packed, herb. It is made more palatable when combined with sassafras.

The stomach and bowels are known to get support from sassafras root because it can help relieve gas and colic. However, I prefer herbs such as lemon balm, ginger, catnip, fennel, red raspberry leaf, or chamomile to relieve stomach nausea.



Applied externally, sassafras can be used as a wash for eyes, wounds, and skin problems. The oil of sassafras can also be applied to a toothache to aid in easing pain- though I would use devil's walking stick as my first native plant choice for a toothache.

The most commonly used medicinal parts of sassafras are the roots and the root bark. Sassafras leaves are most commonly used as a culinary herb. However, the bark of the tree, the young tops, and leaves are also occasionally used medicinally.

Sassafras as Food

As winter prepares to turn to spring, I reminisce about the sweet delicious lemony taste of the sassafras leaves, one of the many blessings I find while foraging for food in the spring woods of Lookout Mountain. The fresh, small, less mature leaves are so delicate it seems as though they melt in my mouth. Since my daughter Zoe was 2 years old, sassafras leaves have been her favorite wild

food treat. The fresh leaves can be eaten directly from the tree or added to spring salads. The powdered form of the dry leaf is used in Gumbo file' and to thicken soups.

Sassafras was used for many years to flavor soft drinks--hence the name "the root beer tree." Many drink manufacturers replaced sassafras with synthetic flavoring for cost purposes, but also because of a study done that indicated the component safrole (contained in sassafras) has carcinogenic properties.

According to Rosemary Gladstar, author of *Herbal Healing for Women*, the safrole in this study was isolated and extracted from the plant and injected into lab animals in extremely high doses. Because of this extreme isolation of safrole, it is not surprising that some cancerous tumors formed on the animals.

Safrole is oil based and, as a result, is highly insoluble in water; therefore, it should be little to no concern of toxic effects of drinking sassafras tea. To be safe, you may not want to drink strong sassafras teas several times daily for more than two weeks at a time.

During my research, I have found no definitive cases of sassafras related cancer or poisoning to humans in all the history of sassafras consumption. Interestingly, the laboratory in Japan that documented safrole being linked to cancer and possible liver damage in animals still uses sassafras as a natural therapy for treating cirrhosis of the liver. This is a perfect example of how important the details are when considering the results of a study, particularly regarding medicinal herbs. Dosage and nutritional balance are important while aiding in healing with any medicinal substance.

Identifying, Harvesting and Preparing

The smell of sassafras is a great indicator for positive identity. The leaves smell like they taste-lemony. The small leaves of sassafras saplings are more easily accessible and better tasting than the leaves on the matured 10 to 60 foot tall tree that sassafras can become. When I smell the wood

(cont'd on page 19)

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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. \$119,000. 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.



603

REAL BARGAIN. Lge 3BR/2BA home blocks from downtown Mentone. Screened porch, open floor plan, garage, bonus room, workshop plus storage bldg, fire pit, and more. \$249,700. MLS#1001478



606

West Brow of Lookout Mountain. 3BR/2BA, 2,500+/- sq. ft. main house, rock walls on 2.9+/- Acres. \$329,000. MLS #815966



612

COZY, COMFORTABLE charmer. Open great room w/built-in bookcases & stone fireplace w/gas logs. Kitchen has Corian countertops and custom cabinets. On 2 brow lots w/ storage building and greenhouse. \$399,000. MLS #1024616.



602

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.



211

"Like New" near DSP & Mentone, LR w/ vaulted ceiling, hardwoods, wb fireplace. Custom kit w/stainless appliances (includes w/d). Covered front porch, lge back deck. 1.22 acres. \$188,000. MLS#1021858



600

UNIQUE!!! Main House, Guest House, Boathouse and approx. 470' of frontage on Little River. \$850,000. MLS #1007556



607

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



601

CUSTOM Heritage Log Home, 2.5 acres. 3BR/2.5BA, open floor plan. Stone FP, vaulted ceilings, bonus room, 2-car garage, outdoor fireplace, and more. Located in gated Northbend Subdivision. \$379,000. MLS#1035384



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. \$375,000.



632

BEAR CLAUS LODGE! Open floor plan, 3BR + loft/3 1/2BA stone fireplace, beamed ceilings, wood floors, granite countertops, stainless appliances. Covered deck w/ fireplace, hot tub, outdoor kitchen, and more on 2.20 +/- acres. \$329,000. MLS#1035859



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. \$230,000. 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.



722

1.6 ACRES in Lake on the Brow Sub w/120' water frontage!! 3 BR/2BA home, main level master, walk-in basement, screened front porch, storage bldg, workshop & lge back deck. lake privileges. MLS#1037179. \$198,500.



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.



615

GOLDEN OPPORTUNITY! Let tenants pay your mortgage. 5 apts, lge retail space & storage bldg on Hwy 117 minutes from Mentone. 1.5 acres, fenced. Appointment only! \$187,500. MLS #1013991.



604

Bear's Lair - Adorable cabin currently in a rental program. 3BR/2 BA with a brow view. \$284,900. MLS#692795



605

One bedroom, one bath cottage on DeSoto Parkway with 2.7+/- acres AND a BROW view! Surrounded by mature landscaping and rock walls. \$299,900. MLS #1018162



502

2BR/2BA off DeSoto Pkwy. near Mentone & DSP. Amenities include kitchen apps, breakfast area, new central HVAC, HW floors, ceramic baths, bonus room & Studio/Guest House. \$159,900. MLS #1029563.



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! \$225,000. 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. \$249,500. 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. \$239,900. 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. \$495,000. MLS #1019610

LOTS AND LAND

#392849 - 4.40 ACRES on Brow in Mentone. \$190,000.
#403694 - 106' of prime brow view with paved road frontage. \$109,500.
#656265 - 7+ WOODED ACRES in Mtn. River Estates. \$41,000.
#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 and 169 feet on paved road frontage. \$42,000.
#945265 - 1 ACRE LOT in Hidden Lake Sub. \$50,000.
#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. \$25,500.
#1016118 - 3.04 WOODED ACRES in Oakwood Sub. \$25,500.

#1021165 - 2 ACRE LOT offering lake and brow footage. \$78,000.
#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.
#1034400 - 1.29 ACRES with gorgeous brow view. \$110,000
#1034402 - 1.3 ACRES with gorgeous brow view. \$110,000
#1034997 - Approx. 6 ACRES on middle fork of Little River in Mtn. River Est. \$48,900
#1037600 - PANORAMIC VIEWS from 7.2 acre brow lot in scenic Mentone. \$180,000.
#1037601 - PANORAMIC VIEWS from 6.62 acre brow lot in scenic Mentone. \$180,000.
#1037602 - PANORAMIC VIEWS from 8.6 acre brow lot in scenic Mentone. \$180,000.
#1037603 - PANORAMIC VIEWS from 8.9 acre brow lot in scenic Mentone. \$180,000.
#1037604 - PANORAMIC VIEWS from 8.8 acre brow lot in scenic Mentone. \$180,000.
#1038089 - 6.4 acres on Co. Rd. 89, Lot 8, in Mentone. \$155,000



104

4-acre retreat in Mentone. Vaulted ceiling great room, 2-3 BR (or 2 BR w/office), 2 tile baths, and lge laundry room. Wood walls & floors, fireplace, wrap-around porch, garage/workshop. Convenient to downtown. \$225,000. MLS#1034271.

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Remember When . . .

By Angie Carden

The Groundhog ran a cover article in March of 1987 titled “Herman Ledbetter: A Life Spent Close to the Land.” It read as follows:

“When asked to give his secret to a long, healthy life, Herman Ledbetter replied ‘One thing is hard work. Hard work, it sweats the poison out of your body. You see a man who don’t work hard enough to sweat, and that’s a sick man.’

There has been ample opportunity in Mr. Ledbetter’s life for hard work. He was one of eleven children born to Joe and Mattie Ledbetter ‘Who were just hard-working poor people, making enough with nothing left over.’ Mr. Ledbetter told of growing up dirt-poor at the turn of the century. ‘We had farmer’s rations- we raised most all we ate. Mama would can enough to eat in the winter. She used fruit jars with galvanized lids and rubber rings to seal them. We went to school in a one-room country schoolhouse that was heated with a fireplace. There was an old water bucket with a dipper gourd and everyone used it. We took our lunch in a lard pail- usually biscuits with whatever was left over from breakfast.’

Life was hard, but there was a simplicity that is unheard-of in today’s world. Mr. Ledbetter’s mama dried peaches and apples to make pies. Wood was their source of heat, cut with a cross-cut saw for

the fireplace. It heated the big wood cook stove that was used to prepare the family’s meals and to seal the canning jars. ‘We made our own jelly, kraut, bread, everything. We didn’t buy much at the store,’ Mr. Ledbetter recalled, ‘and we killed hogs for our meat. Mama always had chickens for eggs and cows for milk and butter.’

Mr. Ledbetter got to complete the sixth grade, but then had to quit school to help his mother farm. His Dad had a crippling rheumatism and could not always do the farm work. Mr. Ledbetter was the oldest, so most of the burden fell on him. As the other children got old enough to hold a hoe, they headed for the fields, too. That’s the way things were back then- survival depended on the efforts of everyone in the family.

That kind of life seemed to develop responsibility and self-reliance in children- they were needed, and they knew it.

One bright spot in Herman’s life was his visits with his maternal Grandfather. They would spend hours fishing in the little creeks near Grandfather Studdard’s home. He taught a little fellow how to bait a hook and then spit on it ‘because they don’t bite if you don’t spit on the worm...boy.’

...When asked why he came to Mentone to live, he replied, ‘I lived over near Pumpkin Center and

just wanted a change of climate.’ He and his family moved to the area in 1937.

...When asked about his diet, and if it contributed to his longevity, he answered, ‘I eat common food, day in and day out. Usually the only meat I eat is at breakfast; then, I have my vegetables for dinner. I never eat anything but milk and corn bread for supper. If I eat between meals, it’s raisins, apples, or oranges. I would say if it don’t agree with you, don’t eat it.’

...Summing up his attitude about life, Mr. Ledbetter said, ‘I’ve lived a rough life, but I’m glad I got to do it. Course, I’ve done things I wish I hadn’t, but so has most everybody else. I try to do right, stay home, and mind my own business. You know, home is a good place to be.’”

I absolutely loved this article. Mostly, because it sounds just like the lives all my Grandparents and Great-Grandparents told of living here on this mountain. I remember drinking ice cold well water from a bucket and ladle at my Great-Grandpa Bain’s house, and the smell of all the fresh laid out fruits and vegetables in Great-Granny Bain’s kitchen. I loved that! And I love stories of the good ol’ days!

Mountain Herbalist (cont’d from page 17)

from a large down sassafras tree, I am reminded of my love for the tree. While the leaves are distinctly lemony, the smell of the wood and roots shower my senses with the aroma of sweet licorice and a hint of lemons.

Sassafras saplings are light bright green with tan/grey bark forming in scaly lines and patches. Mature sassafras trees grow crooked and curvy with rough grey bark. Sassafras has three different shaped leaves- one is ovate, another leaf is three lobed, and yet another, less discussed shape, takes on the appearance of a mitten. If in doubt that it is sassafras, then pull off a leaf, crush, then smell for the lemony aroma.

I enjoy harvesting sassafras roots from trees that are bush height and overly abundant in their location. However, the size of the tree does not always indicate the size of the root. The root can be harvested anytime of year. I prefer harvesting sassafras roots during early spring or late fall.

Gently dig the mountain dirt away from the base of the sapling to find which direction the root appears to be growing- straight down or off to one side. Then, pull and wiggle the roots around, digging more if necessary. Sometimes, the tree readily pulls right out of the earth, as if it is ready to fulfill its destiny as medicine. Other times, you must continue pulling the earth away from the root or the root will break off half way or at the base of the sapling. If I do not get the whole root, I leave it in the Earth because another sapling will

usually grow from that root.

The larger roots take some considerable time to dig around them in comparison to the average finger-size sapling root. Some people harvest roots from large sassafras trees only taking part of the root.

After harvesting the root, it is best to wash thoroughly. Some peel the root bark, though I prefer to either use the whole roots fresh, or dry them in sections. I recommend cutting the root into pieces before drying. Sassafras must be dried in a well-ventilated and non-humid environment because it is prone to mold. If you do not have an herb dryer or dehydrator, you can use a little heat from the oven- 250 degrees with oven door cracked- to get some of the moisture out before placing in a well-ventilated area to further dry. When sassafras completely dries, store in an airtight container to maintain optimum freshness.

A sassafras decoction tea- can be made of the roots or root barks whether it is fresh or dry. A tea decoction is different from a tea infusion. A decoction is a boiling method used to brew roots, bark and seeds- whereas a tea brewed from leaves generally should not be boiled, but the leaves steeped in hot water.

I use the handful measuring method or simplers method. I place a large handful of roots cut into approximately 6-inch pieces with one gallon of water. In order to make a tea decoction, the root and/or bark should be broken or cut into pieces and boiled.

I prepare herbs in enamel, glass, or stainless

steel pot to protect the herbs from being altered from their original state. I am careful to keep the pot covered while boiling so the essence of the plant remains in the tea. I boil the decoction for at least twenty minutes. Remember, the longer you boil- the stronger the tea. Let the tea steep until cool enough to handle and strain it through a stainless steel mesh strainer, cheesecloth or a nonmetal strainer. The tea can be served hot or cold.

I hope this has helped you become more rooted in the benefits of sassafras and, maybe, inspired you to step back in time this late winter and early spring to clean the blood and tone the body.

While studying natural remedies I have learned, when healing naturally, letting go of what does not serve you- cleansing mind, body, soul- and supporting what does serve you- toning mind, body, soul- are always the best approach. For those who have not used sassafras, though I know it to be safe for me, it is wise for me to tell you to consult your healthcare provider before making any changes in your healthcare regimen.

If you have any questions about wildflowers, native plants or sassafras you may contact me at the Wildflower Café (256)634-0066 or on our Facebook.

“Healing does not mean going back to the way things were before, but rather allowing what is now to move us closer to God.” - Ram Dass

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NEW  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)	NEW  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	 7182 OLD STATE RD. What a view. 11.2 acres with over 600 ft. on brown with 2 rock bluff points. Power, water, septic installed. The mobile home with 2 BR, 1BA and covered deck is a bonus. Place to stay while building that dream home. Nicely wooded. \$172,000. (18543)	PENDING  612 FOREST AVE. Remodeled from top to bottom, inside and out. In town charmer with 3 BR, 2 BA. Open living room and kitchen. Original hardwood floors, new HVAC. Covered porch and side patio. \$65,000 (22979)	 8.75 ACRES with 200 ft on West Fork Little River. Hardwoods, hollies, and easy access to river. Level to rolling terrain. \$95,000 (23183).
 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! \$125,000 (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. \$53,000	 DIXIELAND DELIGHT Farm in Mentone, AL. Beautiful 19.3 acres with open pasture, 2 ponds, wooded area with trails for horseback or ATV. Barn with tack or equipment storage. Fenced for livestock. City water and paved road frontage. What a setting! \$150,000	 3.77 ACRES located at Canyon View Forest Subdivision. Wooded and joining the bluff of Little River National Preserve. \$60,000	 THE SHADOWS, A UNIQUE LOG CABIN. Sunroom, 2 bdrm, 1.5 baths. 2 fireplaces. Living Dining combo, sitting room. Native Landscaped yard. Covered porch. \$189,000. (23143)
 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. \$150k (22865)	REDUCED  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)	 NICE LEVEL WOODED property with partial drive and home-site cleared. Previous perk test. easy access to the middle fork of little river.. Restrictive cov. apply. Located Mountain River Estates. \$57,000	 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	 CAMBRIA BLEU compound. California style in serene country setting. 2 story Herringbone brick home complete with archway entrance. Porches overlooking lake, fields, old home place and the ridges beyond. Inside on main level, walk-in to the foyer that opens into the great room, dining with travertine FP. Gourmet kitchen with high end appliances, granite counters, eat-in bar, cherry cabinets throughout entire house. Master with glamour bath, dressing room. 2 additional bedrooms and bath. Large utility w/ built in cabinets, freezer, w/d. Downstairs suite has 2 bdrms, Den and bath. So many amenities and landscaped naturally with flora and fauna. The Guest Cottage is 2 bdrms, 1 bth, living room with ceramic wood burning insert. Heart pine floors, ceilings, and walls. The old home place on property was built in 1895 when the land was homesteaded. Even the African geese stay and all the wildlife abound! Total of 90 acres.	NEW 

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, perc tested. Lightly restricted. Seller is very motivated! REDUCED \$49,900 (19865)

6.1 ACRES with Brushy Creek running through, drive way in place, wooded. \$33,000 (23044)

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)

Rhododendron Garden Club

By Mellanie Tuttle

The Rhododendron Garden Club meeting on February 9 was cancelled due to the weather, so the meeting was rescheduled for the 23rd. Due to the late meeting date, this month's article will be quotes from the meditation planned for the February meeting. Next month's article will be full of information on Mason bees from the February meeting and all about container gardening from the March meeting, which will meet in the home of Penny Lyday/Mellanie Tuttle.

The purpose of meditation according to Webster is to "engage in mental exercise for the purpose of reaching a heightened level of spiritual awareness." The February meditation was selected from Sue Monk Kidd's book, *The Secret Life of Bees*, and from other authors who were also fascinated with bees. May these quotes engage your mind and heart.



"If the bee disappeared off the face of the earth, man would only have four years left to live."

~ Maurice Maeterlinck, *The Life of the Bee*

"Bees do have a smell, you know, and if they don't, they should, for their feet are dusted with spices from a million flowers."

~ Ray Bradbury, *Dandelion Wine*

"The keeping of bees is like the direction of sunbeams."

~ Henry David Thoreau

"Bees... by virtue of a certain geometrical forethought, knew that the hexagon is greater than

the square and the triangle and will hold more honey for the same expenditure of material."

~ Pappus

"For better or worse, honeybees are often much too busy to be bothered with personal reflection."

~ Susan Brackney

"Everything takes time. Bees have to move very fast to stay still."

~ David Foster Wallace

"One can no more approach people without love than one can approach bees without care. Such is the quality of bees..."

~ Leo Tolstoy

"I hadn't been out to the hives before, so to start off she gave me a lesson in what she called 'bee yard etiquette'. She reminded me that the world was really one bee yard, and the same rules work fine in both places. Don't be afraid, as no life-loving bee wants to sting you. Still, don't be an idiot; wear long sleeves and pants. Don't swat. Don't even think about swatting. If you feel angry, whistle. Anger agitates while whistling melts a bee's temper. Act like you know

what you're doing, even if you don't. Above all, send the bees love. Every little thing wants to be loved..."

"Nobody around here had ever seen a lady beekeeper 'til her. She liked to tell everybody that women made the best beekeepers, 'cause they have a special ability built into them to love creatures that sting. It comes from years of loving children and husbands."

"There is nothing perfect...only life."

"Honeybees depend not only on physical contact with the colony, but also require it's social companionship and support. Isolate a honeybee from her sisters and she will soon die."

"The queen, for the most part, is the unifying force of the community, if she is removed from the hive, the workers very quickly sense her absence. After a few hours, or even less, they show unmistakable signs of queenlessness."

"A worker bee is just over a centimeter long and weighs only about sixty milligrams; nevertheless, she can fly with a load heavier than herself."

"The way those bees flew, not even looking for a flower, just flying for the feel of the wind, split my heart down its seam."

"Place a beehive on my grave
And let the honey soak through.

When I'm dead and gone,
That's what I want from you.
The streets of heaven are gold and sunny,
But I'll stick with my plot and a pot of honey.

Place a beehive on my grave
And let the honey soak through."

~ Sue Monk Kidd, *The Secret Life of Bees*

The next meeting will be on March 8 at 10 a.m. at the home of Mellanie Tuttle (19508 Scenic Hwy ; 634-4403). The program will be on container gardening.

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.

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ALDOT Project BR-204 (512)**Bridge Replacement over the West Fork of Little River on State Route 117 in the Town of Mentone / DeKalb County**

The Alabama Department of Transportation will conduct a Public Involvement Meeting for the above project as follows:

Thursday, March 3, 2016, 4:30 pm until 6:30 pm
Moon Lake Elementary School, gymnasium
5866 E River Rd
Mentone, AL 35984

The proposed project is the replacement of the bridge over the West Fork of Little River on Alabama Highway 117 in The Town of Mentone in DeKalb County.

The purpose of this meeting is to ensure that as the environmental process wraps up any interested parties have had an opportunity to provide input regarding this project and share their views and comments regarding potential impacts. The meeting's format will be two part. The first half will be an informal session beginning at 4:30 pm. No formal speeches or presentations are planned. The second half will be a Public Forum format and will begin at 5:30 pm and end at 6:30 pm. Persons wishing to make comments during the Public Forum must register at the Sign-In Table. Representatives of the ALDOT and its consultant will be available to answer any questions relative to the project. Preliminary maps, tentative schedules and a copy of the Categorical Exclusion and draft copy of the Section 4(f) statement and will be available for review.

In addition, the draft of the Section 4(f) statement and a copy of the Categorical Exclusion are available for review on the ALDOT web site (www.dot.state.al.us) prior to the meeting. They will also be available at the meeting for review.

Comments, which will become part of the official project record, may be made at any time prior to, at, or within ten days following the hearing. A recorder will be available for anyone wishing to leave recorded comments. Written comments may be left at the hearing or mailed to:

Johnny L. Harris, PE/PLS
Region Engineer, ALDOT
1525 Perimeter Pkwy NW Ste 400
Huntsville, AL 35806-3575
 or E-mailed to:
bellt@dot.state.al.us

Any individual requiring special assistance due to a disability or sensory impairment should contact Troy Bell at the above address, by phone at 800-819-7418 ext. 7263, by fax at 256-582-8922 or by E-mail at bellt@dot.state.al.us. Requests for assistance should be made no later than 5:00 pm on Tuesday, December 1, 2015.

Sage Advice: Pollinators

**By Susan Seago, Co-Owner
Earthly Elements Garden
and Rock Shop**



They are part of the bug kingdom that moves from one plant to another, carrying pollen with them. Many of them have disappeared or become scarce, but we can help bring them back. The overuse of chemicals and poor management in the landscape can be reversed to help increase the population.

Some of my neighbors are preparing their early spring garden for cool weather vegetables. I suggest leaving some small areas to plant bright colored flowers to lure the pollinators to the garden. Marigolds are super easy to grow; just drop a few seeds on the ground and lightly cover with soil. Not only will they draw the pollinators, but they will help keep the bad bugs away with their scent. Zinnias are also good and very pretty, too. Overall, plant a variety of flowers that will bloom all summer to keep the pollinators coming.

We are all receiving plant catalogs in the mail right now, so look at those flowers and shrubs that most appeal to you. This is a good starting point. My suggestion is to talk with a local garden expert for advice on which plants to use in sun and shade, as well as knowing your

(cont'd on page 23)

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Sage Advice (cont'd from page 22)

soil requirements. Yes, it does matter where you plant and what kind of soil is in your yard and garden. A flower that requires a lot of sun will not do well in the shade and vice versa. And, yes, the soil is the most important part of your garden.

You have plenty of time to plan your garden. April 15 is the average date of frost in our area, so planting vegetable and annual flower plants should be after that date. We still have some

cool days ahead, so get a cup of your favorite coffee or tea, curl up in your favorite chair, and enjoy making your list of those seeds or plants you want to include for your garden or landscape this year. Then, if you have questions, consult a knowledgeable person and begin gathering your supplies. Come late spring, you will be glad you did.

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