

GROUNDHOG

Volume 9 — No. 2

A Publication of the Mentone Area Preservation Association

AMERICAN LEGION

In 1948, a group of World War II veterans in Mentone organized an American Legion post for their community. Their first commander was Sammy Cash. Today, American Legion Post 215 continues to be an active community organization in Mentone.

"The soldiers and veterans are the backbone of the community," said Mr. Cash. He commented that Mentone had lost more boys during World War II than any town of its size in Alabama.

The Alabama National Guard has more members serving in the Arab Gulf than any other state, according to Mr. Cash.

"We are 100 percent behind the United States in this

Iraq War," he said.

Nationally, the American Legion is the largest veterans' organization with over two million members. Its membership includes men and women who served in the armed forces in World Wars I and II, the Korean War, and the Vietnam War. Their aim is support the interests of veterans, continue friendships formed while in the military, and to support disabled veterans. They are involved in programs that promote the American way of life and sponsor patriotic community projects such as Boys State and Girls State.

One of the activities the Mentone Legion Post has
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CHARTER MEMBERS OF LEGION POST 125 —

(From left) are Leonard Shigley, Max Cash, Leonard King, Sam Cash and Leland Cox. Mr. Shigley served in the Infantry, 36th Division. The 36th Division was originally the old Texas Division made up of members of the Texas National Guard before World War II. It has now been abandoned. Mr. Shigley has served as commander of Legion Post 215.

Max Cash served in the 11th Air Force as a radio operator and was stationed in Alaska. He remembers encountering Emerson "Stiffy" Prator a friend from Valley Head who was also in the Armed Forces at an airport in Fairbanks during a "whiteout." He said that often it is so cold in Alaska during the winter that even the air is frozen and you can't see anything.

"We couldn't get back to the barracks and just had to wait at the hanger. I never expected to see somebody from home out there," he commented.

Mr. King served in the Infantry, 98th Division.

Sam Cash, the first commander of Legion Post 215 served in the 3rd Armored Division under General George Patton. "I went in the first day of the invasion of Sicily," he recalled. He also spent time in North Africa during his tour of duty.

Mr. Cox served in the 245th Field Artillery also called the Americal Division.

"We are the only Division with both a number and a name," he explained. He said their Division was the first to take the offensive in World War II at Guadal Canal.

Barbara Gray Wins Golf Sweepstakes

Four years ago, Barbara and James Gray honeymooned at Hilton Head. After driving the golf cart for her new husband, Barbara decided to join the game and took up golf herself. Her interest in the sport led her to enter the Dove/Betsy King Sweepstakes and she came in a runner-up in the contest.

The sweepstakes was advertised in *Golf For Women* magazine.

"I had a feeling when I entered that I could win," Mrs. Gray said. "There are not that many women golfers and I thought I'd stand a good chance to win."

"We had been out of town and found a registered let-

ter notice in our mailbox when we returned. I knew it was the sweepstakes," she remembered.

Her prizes include a year's subscription to *Golf For Women* magazine, an Izod golf wardrobe, a golf umbrella, and a year's supply of Dove soap.

The soap and the golf umbrella have already arrived and she is choosing her golf wardrobe from an Izod catalog.

"The wardrobe is the most exciting part. There are not too many companies that design golf clothes for women. It is fun to be able to pick out what I want," she said.

"Golf is a great sport for anyone," Mrs. Gray says. "It's the type of game you can play to the best of your own ability and for your own satisfaction."

She says the challenge in golf is a personal one, you can always improve your game if you are willing to work on it.

"I know I'll be better, it takes a lot of time, practice and, concentration. My goal for this year is to put more time into practice," Mrs. Gray commented.

She said that even physical handicaps don't have to be an obstacle to learning golf. She has even encountered blind people on the golf course.

"They play with a companion who helps them line up their shots, tells them how far it is to the green and which direction they need to hit, but the blind person can place the ball as well as any sighted person," she said.

Another attraction of golf Mrs. Gray feels are the beautifully maintained golf courses.

"I grew up in Savannah, Georgia and I often visit my sister there. The golf courses are beautiful. Each course is different and I enjoy spending a few hours out of doors in the pleasant surroundings."

She plays most often at the Big Sandy Golf Club in Trenton as well as Terrapin Hills in Fort Payne. There is a ladies' league in Trenton that plays competitively.

"Competition challenges you to do better. It helps you overcome any self-consciousness and you can learn a lot from the others who play," she said.

"The type of people who like golf are fun to be with, they are a very friendly group," Mrs. Gray feels. She says that often when she is away from home she will start a game alone and along the way join another group.

The Gray's both play golf and travel with their clubs. Before moving to Mentone with her husband, a retired airline pilot, Mrs. Gray lived in Huntsville. She has one daughter, Stacia, who is a student at Northeast Alabama.



Barbara Gray wins golfers Sweepstakes.

Services For Seniors

By Emily Smith

The DeKalb County Council on Aging provides a variety of services to senior citizens Carol Beddingfield, director of the council told the Mentone Area Preservation Association at their February meeting. The Council is interested in establishing a satellite center in Mentone which would provide fellowship, programs, and recreation for local elderly people.

"The number one need for seniors in DeKalb County is transportation," Mrs. Beddingfield said. The Council on Aging operates 11 buses that go to all parts of the county. The bus for Mentone runs on Thursdays.

"The bus arrives about 8:30 or 9:00 in the morning and picks up passengers. They go to Fort Payne usually to shop for the morning then, to the Senior Center on Tyler Avenue to eat lunch. They return to Mentone by 1:00 p.m.," she explained.

The bus will hold 26 people but on the Mentone route they normally only pick up four people.

"We'd like to see more people use the bus. All you have to do is call the Senior Center and request that the bus pick you up and it will come to your door," Mrs. Beddingfield said.

There is no charge for the bus when it travels to the Senior Center. For other trips such as doctor's appointments, there is a \$1 charge.

The Senior Center is a new brick facility at 600 Tyler Avenue in Fort Payne. It is open Monday through Friday from 8 a.m. to 4 p.m. and also is open some nights for special activities. The Center is directly behind Spring Grove Park where a walking course is available everyday.

"We are having an open house Feb. 14 and everyone is invited to come and see our center," Mrs. Beddingfield said. She said the door prize will be an overnight trip to Lake Guntersville for the two couples 55 or older who come to the open house. One prize will go to the couple married the longest time and the other prize to the couple married the shortest time.

"This is our Valentine's Day surprise," she said.

On the topic of a senior satellite center for Mentone, Mrs. Beddingfield said there are presently eight nutrition centers in the county where meals are served regularly and two satellite centers where seniors meet once a month.

"We provide the programs," she said. Program topics range from talks on Medicare, Medicaid, and legal services. There are also recreational programs offered.

She distributed a survey that gives the Council on Aging an indication of areas of interests to seniors in the community.

Becky Everett, nutrition coordinator for the Council, supervises the nutrition center staffs and would be working with any program that operates in Mentone.

A town meeting will be held at the Mentone Town Hall at 2:00 p.m., Feb. 26 to discuss the Supplemental Security Income grant the Council has received. Surveys will be available at this meeting.

She said one of the most unique programs at the Senior Center is the Senior Sock It To Me program where participants pair and package socks for four hours a day.

"This supplements their income and provides money for the Council on aging," Mrs. Beddingfield said.

She explained that they started the program four years ago when funding from the county was no longer available.

Another program that has proven successful is the Santa's Workshop. Seniors provided small handmade gifts that children could select and purchase for their family's at Christmas.

"We are planning a Health Fair on Feb. 21 from 9:00 a.m. to 1:00 p.m. at the Center," Mrs. Beddingfield commented. She said it was open to the public and would provide health screenings. A dietician will be available to help with meal planning. There is no charge for the Health Fair except for the cost of cholesterol screenings.

The Senior Center and the Council on Aging are not a "Fort Payne program," Mrs. Beddingfield said that they are growing everyday and have a current staff of 45 people.

Chipmills

Proposed chipmills in the Bridgeport, Alabama area will have an impact on DeKalb County and other counties in a 75-mile radius of the Bridgeport area.

Tammy Bean, a concerned resident of Bridgeport has spearheaded a citizen-based effort to oppose the chipmills along the Tennessee River.

"We are calling for a complete moratorium on all permits that T.V.A. and the Corps of Engineers could issue to allow the chipmill companies to build or expand," she said. "We want an environmental impact statement issued to cover all 42 counties that would be affected by the mills."

The chipmills will use clearcutting to harvest hardwood trees inside the 75 mile radius of Bridgeport. The trees would then be chipped and exported overseas. One of the companies, Donghae Pulp of Alabama, Inc., is a Korean owned entity. Others include Parker Towing/U. S. chips, Canal Chip Corporation, and Boise Cascade Corporation. State funds will be used to build larger docks at the port in Mobile and to build a new road to support Donghae. Opponents of the chipmills feel that the monetary benefit of these businesses will benefit Mobile and the State Docks and foreign countries more than Northeast Alabama.

"Each year an area larger than the size of Lake Guntersville which stretches from Guntersville Dam to Nickajack Dam will be clearcut just for the proposed four chipmills. That clearcutting is an 81 percent increase in logging," quotes materials opposing the chipmills. They estimate that each year 236 square miles or 151, 316 acres would be logged in the area.

Desmond Disney, president of Friends of Little River, said, "We need to push for a group that will protect the interests of landowners who could be affected by clear-cutting."

At a recent public hearing in Bridgeport, only six individual citizens spoke in favor of the chipmills. The opposition was "overwhelming" according to Ms. Bean.

"We hope everyone opposed to this will write letters now," she said. She said the T.V.A., the Corps of Engineers and legislators on both the state and national levels should be included in the letters.

Economic Picture

David G. Brouwer, a broker for the Edward D. Jones, Co. investments in Fort Payne says that his job is "to interpret the economic picture" for investors. He sees 1991 as a "great time" to accumulate assets at reasonable costs.

Economic history shows that "people panic at the onset of a crisis," says Brouwer.

"We need to keep the Mid-East situation in perspective," he commented. "It is not a global crisis but, the world against Iraq is unlike World War II."

What that means to the U. S. economy, he feels is a temporary situation where the stock market drops and then recovers and goes up.

Brouwer feels the Fort Payne area including Mentone, is insulated from many of the economic woes that plague other parts of the country. He says that the local mix of agriculture and the types of industry here make for a more stable picture.

"We may feel pinches in the coming year and there is already a slow down at some of the industries like Vulcraft and Valley Joist. I believe they will see business pick up soon, they are already seeing the bottom of their slow time. The Olympics coming to Atlanta will be a big help for those industries," he commented.

The hosiery industry contributes to the stability of the county's economy.

"Socks are not a discretionary purchase," he said. "You don't sit down and figure out if you can buy some socks like you would a new car or house."

Brouwer advises that "Americans need to realize there are no free lunches."

He comments that we "spend everything we make." The rate of savings in the United States is only about 5 percent of a person's paycheck compared to 10 percent in Europe and 20 percent in Japan.

The low savings rate is responsible for many of our country's economic woes, Brouwer feels. Certificates of deposit interest rates will be dropping which makes this an unprofitable investment.

"People on fixed incomes may not be prepared for this," he says.

His common sense advice to individuals to build their own financial security in the coming year: "Work at lowering your personal debt and begin to systematically accumulate assets such as stocks and mutual funds."

"The big financial disasters like the savings and loan situation are behind us now. We need to realize that taxes are not going down," he said. "If people don't save for themselves, no one will do it for them."

National Park Plans

A National Park stretching from DeSoto Falls to Etowah County may be a reality by the first of November, 1991 according to Billy McDow, DeKalb County Solid Waste Supervisor. In comments to the Lookout Mountain Parkway Association Meeting, Jan. 31, Mr. McDow said Congressman Tom Bevill is "pleased with the proposed boundary lines" being considered.

The move for a national park grew out of Mr. Bevill's desire for a park in his congressional district. He instigated a \$1.5 million study that included the area from the headwaters of the Little River to Nockalula Falls in Gadsden.

"The study says that the area is suitable for a national park," Mr. McDow said.

Target dates for various phases of the project are early to mid-June the study will be sent to the Department of Interior. Congressional hearings are hoped to be set in early October and the legislation necessary would be passed by early November according to Mr. McDow.

He said the area being considered is owned for the

Continued on Page 5

Happenings

By Emily Smith

Don't forget these important dates: Open House at the Fort Payne Senior Center, 600 Tyler Avenue, Feb. 14; Health Fair, Fort Payne Senior Center, Feb. 21; Mentone Town Meeting on SSI, Feb. 26 at 2 p.m.; the MAPA meeting on March 5 at 7 p.m. with investment counselor David Brouwer.

The Town Meeting on SSI (Supplemental Security Income) involves not only the elderly but anyone with a disability. This will be a time to meet the staff of the DeKalb County Council on Aging and learn more about the services they offer.

ALPHA DELTA KAPPA MEETS

The regular monthly meeting of the Alpha Zeta Chapter of Alpha Delta Kappa was held on Jan. 21 at Black's Best Western.

Tonya Little, a senior at Fort Payne High School, entertained the sorority members with a moving rendition of "For All the World." Tonya was a scholarship winner in the DeKalb Junior Miss Pageant.

The guest speaker, Elizabeth S. Howard, a well-known historical writer in this area, talked about her book, *THE VAGABOND DREAMER*. Mrs. Howard spent four years researching and writing about the life of Colonel Milford W. Howard, the subject of her book. She felt Colonel Howard was an intriguing, energetic person who lived and took part in life as few people even dream of living. Mrs. Howard's factual, yet entertaining account of Colonel Howard, created genuine interest in reading about this native Alabamian.

Those attending the January meeting include: Angie Bell, Hazel Benefield, Barbara Cole, Rhonda Crowe, Maree Culpepper, Aubie Dean, Clarice Driskill, Belle Henderson, Jacqueline Higgins, Sarah Horton, Rachel Hughes, Fannie Kennedy, Angela Leslie, Elizabeth Lanier, Juanita McCollum, Doris Patterson, Martha Peck, Fostena Roden, Mary Shipp, Nadine Shipp, Linda Smith, Bonnie Tallent, Donnie Tallent, Debra Talley, Tommie Tumlin, Carol Whiteside, Brenda Willingham, Sue Wills, Norma Wilson and Sherry Wright.

Linda Frith, CLU, an agent with Metropolitan Insurance in Gadsden, was recently recognized in Birmingham as being the top sales producer in the Alabama-Mississippi territory for 1990. This area includes over 300 agents. Linda has been in the insurance business for almost 30 years, and specializes in estate and retirement planning. She and her husband, Greg, are part-time residents of Mentone. Metropolitan is the largest insurance company in the United States in terms of amount of life insurance in force. It was recently cited by USA Today as having the most secure investment portfolio of all the leading life insurance companies.

Groundhog Day

By Emily Smith

We don't know whether the famous groundhog in Puxacatawby, Pennsylvania saw his shadow on Feb. 2 or not but any groundhog who came out in Mentone that Saturday saw his shadow. The beautiful sunshine and warm temperatures gave all of us an energy burst. We saw lots of folks taking advantage of the spring like temperatures to catch up on chores over the weekend.

The bad news is that when the groundhog sees his shadow, we're supposed to have a late spring. It's not surprising that some groundhog somewhere sees his shadow every year and we have more winter weather than any of us can stand. Those groundhogs are not the best forecasters!

The Groundhog received a letter from Thelma Rice in Nolensville, Tennessee asking us to send the paper to her granddaughter, Carol Vines in Bremen, Georgia. Carol's grandfather was the Rev. Marshall T. Rice, Sr., who pastored the Howard Chapel Mission for a time. Feb. 2 is Carol's birthday as it is our publisher's the Mentone Area Preservation Association. We are nine years old.

In the short time that MAPA has been around they've worked hard to fulfill their purpose of preserving and protecting the heritage, natural environment, and other unique qualities of life in the Mentone area. The membership of MAPA includes both full time and part time residents of Mentone and others who are interested in our community.

They are a hard-working and caring group of people and we salute them for their efforts!

Correction

In the advertisement for Shady Grove Lodge, Dude and Guest Ranch, the 3-hour breakfast Ride (Minimum 6-8 people) was advertised for \$15 hour. It should have read \$15 per person. THE GROUNDHOG regrets any inconvenience this may have caused.

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MENTONE'S

GROUNDHOG

Published monthly by the Mentone Area Preservation Association. M.A.P.A. was first conceived on Groundhog Day, 1982, and organized April 6, 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 non-profit organization by the State of Alabama.

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Letter To The Editor

Almost six months ago the eyes of the world turned to the developments in the Persian Gulf. On Aug. 2, the leader of Iraq, Saddam Hussein, aggressively took over the free nation of Kuwait.

This action by Saddam directly conflicts with the United Nations, which was created in 1945 to settle international conflicts peacefully. Saddam has refused to let the free country of Kuwait return to a peaceful state, and in turn a war has begun.

We have seen friends and family members deployed to the Middle East to protect our interests in the area. It has been a trying time for everyone involved and it is the hope of all of us that the war will end very soon.

I am asking you to pray for peace and the safe return of all the men and women who have been deployed. Alabama residents already have lost loved ones in this conflict. The loss any one life is a tragedy.

While we think and pray for our military personnel, the families left behind also need support. It is hard to imagine what it is like at home when a child asks a question about missile attacks. It must be very hard for a mother or father to comfort a child and still remain the strong hold for the family. And it must be very difficult to tuck a child into bed and then face a quiet home without a spouse.

If you know of anyone who is alone while his or her spouse is deployed, please call them. Voicing your support for them is so important during this time. They need to understand that they are not alone and that you care and pray for them. Your call can mean so much during this fearful time.

Thank you for supporting your friends and loved ones. God bless America.
Gov. Guy Hunt
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PRESCRIPTIONS

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Valley View

By Eloise Brown

I am thankful to be able to write to you and be out some after my surgery. I appreciate, so much, each card, call, visit, food, thought or prayer. Thanks to the item in *The Groundhog*. I received a card from California. This little paper really gets around — It would be interesting to know how many states it reaches. I can add two — Maryland and Ohio.

The Sunshine Club meeting for January was canceled because of snow; the school children were thrilled to go home at 9 a.m.

Doris and Jim Carmichael went to the Fiesta Bowl and parade in Phoenix, Arizona. Al and Judith Hammond also attended and went sightseeing with them; they saw the Grand Canyon, Painted Desert, and Indian reservations. They had beautiful weather with snow on the mountain. They were proud to see Matt Hammond play in the game.

F.T.G.2 (S. S.) Doug Jones of San Diego, California spent Christmas with his parents, Jean and John Jones.

Tillie Schlicher spent three weeks with her son, James Wells and family in Florence, Colorado. They flew over the Rocky Mountains and viewed the Gorge.

Bill Livezy is convalescing at home after staying three weeks in B.M.C.-DeKalb with pneumonia.

Walter Brooks was honored with a surprise birthday party Jan. 31 at his home. Those attending were Jolene Gilbert, Dale, Rebecca and Laura from Henagar, Matthew, Martha and Bubba Browder, Mandi and B. J. from Mentone, Norma Hulan from Valley Head, and, of course, Walter's wife, Christine.

Georgia McKown is feeling better. Sadie Cooper visited her aunt, Ida Wilson at Ider, and helped her celebrate her 92nd birthday.

Janet, Jimmy, Van and Teresa Cooper enjoyed a weekend trip to the Bahamas. Chris Cooper is back in school at U.T.C.

The U.M.W. of Valley Head Methodist Church met at the home of Laura Margaret Allison with Elizabeth Coleman as co-hostess. Adelaide Biddle gave the program, "The Seasons in a Woman's Life," assisted by Venna Livingston, Helen White, Velma Hammond and Mary Louise Holleman.

Maurine and Maynard Donahue invited the following friends in to share Brownie Tuttle's birthday cake: Helen and Richard Rockenbach, Judith Anderson, Mary Louise and Ted Holleman. Brownie was one of my best and favorite teachers, and taught my children too. No, I won't tell how old you are, but you are getting old enough to brag about it. (She stays busy doing lots of good work for her church and clubs).

Howard Hawkins is able to be out after a stay in B.M.C.-DeKalb.

I'm glad to report that Evelyn Phillips is much improved after a long illness. Gladola Cannon Holleman is able to be out after surgery.

Brad Hawkins is at home from B. M. C.-DeKalb. Our prayers are with him and his family.

My two little great-granddaughters, Sharon, age 7, and Kirsten Darby, age 4, called me from Cleveland, Ohio, and sang, "Happy Birthday" to me. That was the cutest song I ever heard!

My daughter told her friend, "I send my mother things I think will be good for her — and she makes it into fried pies!" Yep! That's the way apricots taste best!

Melinda and Jeff Adkins cooked and served a delicious breakfast at the Valley Head United Methodist Church last Sunday. Everyone enjoyed it very much especially the big biscuits that Jeff made from "scratch." You would do well to come to our church and enjoy Jeff's next surprise.

Send the Groundhog to The Middle East



We will send the Groundhog free of charge to Mentone men and women serving in the armed forces in the Middle East.

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Comments On The War

The war with Iraq is on everyone's mind. The Groundhog asked people at the Mentone Superette to comment on the war. "I don't think we have any choice but to be there. If we don't stop him (Saddam Hussein) now, we'll have to stop him later." — Al Blackburn.

"I'd like the boys to get home soon with the least amount of bloodshed." — Martha Kirby Nation.

"I wish it was over and we could get them home again and get this country going again. It seems like it's hurting our whole economy." — William Blackburn.

"I wish it was over although the war is pulling us all closer together. I'd like the boys to come home and be with their families." — Mae Hunt.

"I support the guys over there, but I hate the idea of war. I hope they can come back soon." — Donna and Curtis Jackson.



Al Blackburn.



William Blackburn.



Martha Nation.



Mae Hunt.

The Ramblings Of A Midwinter Moth

By Blaine Derck
Mentone Wesleyan Church

Late one Saturday evening I walked out on to the front porch to catch a breath of fresh air. It was a typical mid-winter evening on Lookout Mountain with a dense fog clinging to the ground like a glove that was perfectly fitted to its wearer. The humidity hung thick on the front porch ceiling of the parsonage forming a layer of dew on every cold nook and cranny. Everywhere you touched you left your mark in the dew, like fingerprints on a newly polished mirror. I spent a few moments drinking in my surroundings and trying to gather my thoughts. In the quietness of the moment I noticed something strange.

As I looked at the ceiling I observed what appeared to be the scribbles of a child like crayon on the wall. Further study of this unique discovery yielded the cause of these little scribbles. The little paths turned out to be the midwinter ramblings of a moth, which circled back and forth in the moisture. Following these ramblings you would think that this insect had totally lost its way.

Confusion was the norm in this insect's life. He would leave the sphere of the influence of the porch light and would circle around and around in helplessness. You may ask what is so important about the ramblings of a mid-winter moth? That's a good question. That little insect reminds me of how we go about our everyday lives. Our days are filled with running here and there with things like a trip to the hardware store, a quick stop at the superette, a couple of phone calls and a letter or two that need to be written. Life becomes the ramblings of a midwinter moth. Just like this haphazard insect we range at times far from the light trying to accomplish things in the dark corners of our lives without the illumination of the light of the world.

As we face the days that stretch before us, we face days of potential uncertainty. The world situation is totally unstable especially when we look at the Persian Gulf crisis, and the unclear financial stability of America. Not only are we dealing with these struggles, but what about our own personal confusion of everyday life? It's true what Christ said in the early verses of Matthew's gospel, "Each day has enough troubles of its own" (Matthew 6:34).

Life is uncertain and we don't know what tomorrow holds, and this uncertainty leaves us with two basic options. We can either go at life with an I don't attitude of "well whatever happens, happens" or we can face the future with the hope that God wants to be an integrated part of all that happens in our lives both big and small.

As an elderly gentleman was out walking with his young grandson, he asked the youngster, "How far are we from home?" The boy answered, "Grandpa, I don't know." The grandfather asked, "Well where are you?" Again the boy answered, "I don't know." Then the grandfather said with a grin on his face, "Sounds to me as if you are lost." The young boy looked up at his grandfather and said, "Nope, I can't be lost. I'm with you." The year of 1991 has its uncertainties but if we are with the Father we will never be lost, all we have to do is acknowledge our need of him and he will guide us through everyday life. The choice is ours.

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Country Journal

The month of January was one of rain, mist, and fog — not even good "duck" weather! It's a wonder the birds didn't drown in their attempts to sing! That expression is borrowed from my brother, Don Castleberry, when he stayed in the state of Washington one year.

It has been so gloomy I did not find the incentive to do all those little piddlin' jobs I had saved for this time of year. Correspondence had the priority, and some number of cards and letters were written.

In between showers, I did plant some bulbs that were about to bloom in the boxes. It's hard to dig in the mud. I will let you know if they bloom. On my agenda is the task of writing the history of St. Joseph's Episcopal Church, and getting the Mentone brochures re-printed. The problem is getting motivated. My procrastination works overtime in January. All I have accomplished has been cooking, eating, and gaining weight. It takes a long summer of strenuous activity to shed these pounds that start accumulating during the Christmas holidays. I will do it!

Those of us who work hard all summer and get rest in the winter months, should enjoy this time for relaxation, reflection, and making preparations for spring.

We worked most of last year on the Hitching Post re-wiring the whole building — improving and repairing plumbing; replacing boards on the upper story of the building; replacing rafters that had decayed on the wide eaves; and painting the entire structure. We have more insulation to do, and painting to do inside. It is wonderful to get these basic repairs done — and we have a new deck on the south end of the building that we will utilize this summer. It makes a nice entrance to Wanda Simmons' Country Corner. Our hope for the future of this year, and subsequent years, hinges on the outcome of the Persian Gulf crises. It is hard to plan with enthusiasm when the young men and women of our country are involved in this conflict. This is a terrible thing to be happening in a world of high-tech cultural society. It does seem like intelligent human beings could settle their differences at a conference table. Our economy was already at a low ebb before we entered this war, and the monstrous cost it will be to us for a long time will not be easy to bear. Those of us who lived through World War II remember well the days of food shortages — rationing of sugar, coffee, meat and other commodities such as shoes, and gasoline for cars. And there were no new cars built from 1942-46. Let's hope this conflict does not last long, both for us and for the innocent people of Iraq and Kuwait — Any way life goes on, and we make the most of it.

Ann Wright is chairperson for landscaping, or planting shrubs along the bike path in Mentone. It has looked a bit overgrown along the path, and we hope it will look much better in the spring. Ann is doing this, with a committee, for the Rhododendron Garden Club. I look forward to working with her on this project. Any volunteers would be welcome — to donate plants or physical labor.

The garden club was one of the first organizations in the county to adopt a mile of public road to clean. Ferne Fitzgerald has done a good job coordinating this work. Now M.A.P.A. has taken the next mile, from the city limit eastward. Lynn Bathurst got this started last year while serving as president. Homer Crow put the action behind it when he appointed Sherman Geoff as chairman of this work. The rain has kept us from doing a good job this winter, but spring cannot be far behind when we can go out in force to tackle this thankless job. It would be good if we could persuade "trashy" people to stop throwing things out of vehicles onto the lovely roadsides. I have noticed it does slow a bit when a place is cleaned well. But, once a few cans and bottles are there, they think one more will not hurt. People who throw trash on the roadsides lack respect for others.

We miss the restaurant being at the Mentone Springs Hotel — just hope it can re-open soon. We enjoyed many delightful meals there during the holidays. Many people have expressed their disappointment when visiting Mentone and finding the restaurant closed. The Lookout has been closed for the month of January — I am sure they needed a rest. That place has been a success for many years, and just keeps growing.

Well, the sunshine has returned, for a few days at least. Now the trouble with that is that my windows look so dirty it's a shame. I even ventured to clean some of them last week. The birds were busy, flitting around looking for nesting sites, and it was nice to be out of doors without getting wet. Now the gardening fever has hit me, and I want to do more plantings. There are several shrubs that I want: pyracantha, Spirea, Snowball, and any other plants we do not have. Homer got Kiwis last year, and wintered them in pots. This spring he will plant them in a row, where he has posts strung with wire on which they can run. Let's hope they run! This is a kind that is supposed to be hardy enough to stand our freezes in winter. We also plan to plant Loufah seeds again this year. Rev. Claud King gave us seeds one year, and we enjoyed them. They are a vine, much like the gourd-producing bright yellow blooms that develop into a long gourd-like fruit. When it dries, you peel the outside skin off, and have a wonderful sponge-like center that is good to use in the kitchen to wash pots and pans, or to use in the bathroom as a sponge.

The Groundhog did see his shadow, but I was so glad to see my shadow that I didn't worry about the old adage that we would have six more weeks of winter weather because of this. We will have about six more weeks of winter anyway. And Groundhog Day has a special significance to me because we met with Bruce Bon Fleur on this day in 1982, for the purpose of organizing a community program for the preservation and enhancement of our small area. So Happy Birthday to us. We were not officially organized until April of that year, when the by-laws were adopted, and a name of Mentone Area Preservation Association was selected.

Happy birthday to all of you who were fortunate to be born this month. Homer's niece, Lila Pettet, was born Feb. 1 — fifty years ago — our daughter Joyce Cooper, was



Members of Mentone's Brownie Troop No. 793 — Relax after a hike at DeSoto State Park. (From left) are Cody Pless, Emily Smith, Ashley Foster, Jessica Pless, Chrissy Drake, Becky May and Emily Collins.

Friends Of Little River

Friends of Little River is distributing their new color brochure. The brochure, printed by Ebsco Media, was produced at no cost to F.O.L.R.

"The whole publication was donated, the pictures and all the printing," said Desmond Disney, president of Friends of Little River.

"We have the opportunity to protect a rare natural phenomenon that is, for now, virtually unspoiled," the brochure states.

It points out that the Little River Canyon is a very fragile ecosystem where even small changes can alter the river and its resources dramatically.

"Several million people live within a 150-mile radius of the Little River Canyon, so the Little River corridor is a prime site for vacation homes and industrialization. Without a protection plan for the river, carelessly planned development, poor forestry practices, and incompatible industries could irreparably damage the fundamental character of the river," the brochure says.

Plans for a national park would help protect the river. Other protections for the river are the Wild and Scenic River status being considered in Washington, D. C. and the designation of Little River as a National Outstanding Resource Water at the state level.

"We have an opportunity now to assure that the water

quality of the river will never be allowed to decrease," Mr. Disney explained.

The Friends of Little River is a diverse group of citizens united to provide permanent preservation and protection of the Little River, its corridor, watershed and other resources.

Year Of The Lifetime Reader

First Lady Barbara Bush will serve as honorary chair of "1991: The Year of the Lifetime Reader," the new national campaign sponsored by the Library of Congress to remind Americans of the joy and importance of reading as a lifelong activity. This campaign promotes reading and literacy projects that benefit all age groups, from early childhood through old age. However, there are many adults in our area who are not lifelong readers; many adults are total non-readers or such poor readers that they have never experienced the joy of reading a bedtime story to their children or curling up on a rainy evening with a good book. Many adults have difficulty reading road signs, restaurant menus, or even directions on their medicine bottles, but they do not have to remain in this state of isolation from their world. There is help available. If you know of someone who needs help with reading, please pass this information on to them.

The Northeast Alabama Adult Education Program is offering FREE adult reading classes; these classes are open to any adult age 18 or older. Books and material are provided at no charge. Please help us spread the word about the help that is available to the non-readers or poor readers because they are not able to read this article for themselves. For further information, call one of the numbers listed below, or call your local board of education, or call the Adult Education Office in Fort Payne at 845-0465 or contact Juanita Smith, Moon Lake School, 634-4113. Classes for adults are held at Moon Lake Thursday, 6-9 p.m.

Town Council

With seven miles of cable already strung, Mentone Cable only has two miles to go Gary Haas of Gary's TV and Appliance in Fort Payne told the Mentone Town Council at their February meeting.

"Slowly but surely," Haas says, "The guys are working every day."

He said the only problem is they have had to skip some areas because Contel has not done what they need to do to prepare the power poles for the television cable wires.

Haas said as soon as they get the "head-in" equipment installed at the antenna they will put a few houses on the cable in a test area. He also said that by working slowly rather than paying a crew to come in and install the wiring in a few days the quality of the work is higher.

Empty cable spools at the tower site are "up for grabs if anyone wants them."

Requests for new water service to areas outside the Mentone city limits will be delayed. Mayor Max Cash commented Mentone is "in limbo" until the Fort Payne Water Board rules on a request from Mentone to increase the amount of water it supplies Mentone.

Mentone currently receives three million gallons of water per month. The town has requested that be increased to four million gallons per month and 4.4 million gallons per month in the summer.

In other matters, the town plans to check with the state highway department to see if a better method to slow traffic down through Mentone along Highway 117 can be found.

born in Fort Payne Feb. 10 — 39 years ago. All these dates or years sound preposterous. And Roy Matthews had a birthday the 3rd — I can't count that far!

This is the month of Lincoln and Washington's birthdays, so some great people arrived on this planet in the shortest month of the year. Mr. Hal Howe was born the 29th of February, so they did not have to make a birthday cake but every four years! And to me, he was one of the greatest.

Maybe next month I will have some exciting news. We have not traveled since November, except to Pensacola, Fla., on a business and pleasure trip combined. But there are many short trips we can make right here in our own area that would be hard to rival anywhere in the world.



Winter Scene — All the leaves have blown away, only these berries remain.



American Legion

Continued from Front Cover

started is placing American flags at the graves of veterans who are buried near Mentone.

"We do this on Decoration Day and go to all the cemeteries in Mentone, to Whitehall, and to a private cemetery," said Jesse Crabtree, the present Post Commander.

The Mentone Legion Hall located on Cove Road provides a meeting place for the 63 members of the post as well as for the Ladies' Auxiliary. The Hall is open for other groups who need a meeting place also.

Property for the Legion Hall was donated by Lila Low Van Zandt a sister of Ralph "Buck" Low one of the charter members of the post.

"The community really got behind us when we started building," recalls Sammy Cash, the first post commander. "People either gave money or lumber to build and we got underway."

In recent years improvements were made on the Hall including restrooms, new light fixtures, a new door, a kitchen with cabinets, ceiling fans, a refinished floor, and new front steps. According to present post commander Jesse Crabtree, the improvements began when Leonard Shigley was Post Commander and continued under Howard Carson's leadership.

The American Legion Auxiliary has added other improvements such as curtains and appliances for the kitchen.

"Organizing the ladies' Auxiliary was the best thing that was ever done for the post," commented Mr. Cash. "When you get the women behind you, they can get things moving."

Jane Meadows is the president of the auxiliary. Gertrude Cox serves as secretary-treasurer. The auxiliary is open to wives, mothers, sisters, daughters, and granddaughters of Legion members and of those who died during or after an honorable discharge from World Wars I and II, the Korean War, or the Vietnam War. It is also open to women who are eligible to be members of the American Legion.

Mrs. Meadows husband is a member of the Legion, but as a child she was also a member of a Junior Auxiliary in Birmingham where her father was a member of the Legion.

The Auxiliary hosts the annual dinner for Veteran's Day and helps when Mentone hosts district meetings. They meet the same time as the Legion, the 2nd Tuesday of each month.

Officers of the Legion Post along with Jesse Crabtree are: Ray Froehler, vice-commander; Ed Ringer, adjutant; Rudy Bell, sergeant-at-arms; and Leland Cox, chaplain. The fund-raisers they have held in recent years have "given us some money to do some things with," says Mr. Crabtree.

Mountain Almanac

ROSES ARE RED — Are you shopping for fresh flowers for your Valentine? St. Valentine's Day is a traditional day for giving flowers to that special someone in your life. Most people associate roses with Valentine's Day as the red rose means "I love you."

Roses come in a wide variety of colors including yellow, peach, pink, white and a few novelty colors. Purchase your roses from a reputable business.

When you bring roses home, strip leaves from the stems that will be under the water in the vase. Fill a pan with warm water. With a sharp knife, cut one-half inch of the stem off under water. Put the rose into a vase with warm water and flower food.

Flower food is available at your florist or substitute one-half cup flat lemon-lime cola. Change the water every three days to keep your roses longer. Fresh roses should last 7 to 10 days in your home if the temperature is cool.

Enjoy roses all year round, not just at St. Valentine's Day!

WHY DO VALENTINE ROSES COST SO MUCH? — Feb. 14 is a day for sweethearts! Many people associate roses with this holiday and wonder why they cost so much.

Roses are not always as expensive as they are in February. It takes about eight weeks for a commercial rose bush to produce a rose. Roses need a lot of light and warm temperatures, difficult to find in December and January. Since production is difficult and everyone wants them, the economic law of supply and demand drives the price up.

Roses are least expensive in June when we have warm temperatures and sunlight, ideal rose growing conditions.

If your budget won't allow you to send roses this month, consider giving your Valentine another flower. Carnations are a fragrant alternative and will be appreciated just as much. Azaleas and other red potted plants are available at this time of the year as are colorful daffodils, hyacinths and tulips. Then surprise him or her with roses in June!

Park News

The 1991 Canyon Clean-up is set for March and according to DeSoto State Park superintendent Talmadge Butler, "There is more to do."

"This year we hope to expand the area we are cleaning up. There are roads near the canyon that need to be cleaned. There are some roadside dumps and some regular roadside litter. Some of it will eventually move downstream to the canyon," Butler says.

The clean-up effort will concentrate on one weekend as in the past but other groups and individuals can be scheduled to work when they are able.

Butler said they are now keeping ten miles of roadway clean that they had not been able to clean before because "you gave us a start — you showed that people care about all of the canyon and you helped us clean it up the first time. Now we are trying to keep it clean."

The Spring Canyon Cleaning has received awards both nationally and at the state level.

ACCESSIBLE HANDICAPPED TRAIL

DeSoto State Park is planning a trail for the park's handicapped visitors. Park Superintendent Talmadge Butler first envisioned the trail three years ago and is hoping funding for construction of the trail can be donated by the public.

The proposed 300 yard trail is to be built near one of the streams in the park and would accommodate those in wheelchairs, those with other mobility problems, or those who are sight impaired. It would be built of treated wood and to barrier free standards.

Butler estimates that the cost will be at least \$30,000. Additional money donated would be used to provide extras such as, good signs and pay for modifications to the park's Nature Center so it will also better accommodate the handicapped.

"Donations for the trail must be made to DeKalb County Special Trail Fund — not to DeSoto State Park," Butler says. They can be sent to him at the park or to: The DeKalb County Special Trail, First State Bank, Fort Payne, AL 35967-1299.

National Park Plans

Continued from Page 1

most part by large timber companies or is publicly owned by the state.

"Very few private residences are included in the area," he said.

Mr. McDow commented that the national park would be a good industry for our area, employing approximately 60 people. He said DeSoto State Park would probably continue to operate as a "separate entity" from the national park.

"Different areas would have different designations so hunting could continue," he added.

Road improvements for State Highway 117 and the Desoto Parkway from Mentone to Desoto State Park are being planned for the near future and will be a joint state-county project Mr. McDow said.

"Roads will be improved as soon as the weather permits," he said.

In other business, the Parkway Association heard reports from the three state vice-presidents: Joe Barnes for Alabama, James Mackey for Georgia, and Bob Elmore for Tennessee.

A committee was formed to look into a tourist — aimed publication of a map showing all of Lookout Mountain and the areas of interest. Mr. Mackey commented that some state highway maps do not even show Lookout Mountain.

Parkway Association president Jack Jones, reminded members it is time to renew their membership for 1991.

Dedication

By John Baty

A long time ago — probably about three generations ago — Moon Lake School was threatened with closing. It seems the funds to run the school were exhausted. Probably some who read this may recall the time more clearly than it was told to me. If so, it would be interesting to hear the story from different people who may have witnessed the problem.

As I was told, the PTA met in emergency session to discuss the possible closing. The teachers, a man and his wife, I believe, spoke and said that if the community could furnish just a little cash and any food that could be spared, they would be happy to continue teaching on a temporary basis without pay until the emergency was over. Some gave what money they had and others contributed whatever food supplies they could spare. Some pledged food that might be forthcoming in the future.

I was told that with this arrangement the School continued to function until the crisis was over.

Such dedication is rare in our time with the "give me" psyche that is prevalent today. Personal acquisition seems to be the norm while idealism has suffered in recent decades.

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Alabama Traveler

Azaleas Crown the Season in Alabama

By Marilyn Jones Carter
Alabama Bureau of Tourism & Travel

Walter Bellingrath, founder of Bellingrath Gardens near Mobile, once compared his estate to a beautiful woman with a change of dress for each week in the year.

Alabama is much like Bellingrath's estate. She has a change of dress for every season. And the most spectacular of her costumes is usually worn during the spring. That's when the entire state, from the mountains of north Alabama to the sandy beaches of the Gulf Coast, bursts forth with the beauty of Alabama azaleas.

According to James H. English, Jr., supervising wildlife biologist for the Alabama Department of Conservation and Natural Resources, azaleas in Alabama are either native to the state or cultivated. Cultivated azaleas, which grace the lawns of many Southern homes and can be seen during the state's annual spring pilgrimages, differ in two aspects from the native azaleas. Native azaleas occur naturally in Alabama whereas most cultivated azaleas came from India and Asia and were introduced to this area by botanists. Another difference is that native azaleas are deciduous, which means that they lose their leaves during winter. Cultivated azaleas are evergreens.

For nature and flower lovers interested in the origin of Alabama's native azaleas, you may want to note that these flowering beauties belong to the genus *Rhododendron*, a name easily understood by anyone who has ever seen the magnificent azalea bush in bloom. The word "rhododendron" is derived from the Greek words "rhodon," meaning rose, and "dendron," meaning tree. English says there are probably no more than 16 species of native azaleas found in the

eastern United States, of which 10 are found in Alabama. The growth habit and flower forms vary considerably between the different species with some shrubs being dense and growing to a height of five feet, while others tend to be more sparsely branched with a growth potential of 15 feet.

Although spring is the peak season for enjoying Alabama's native azaleas, the period of bloom ranges from March to August, depending on the species. The Piedmont azalea, which is found throughout the state, and the Florida azalea, found in the southern portion of Alabama, are both March bloomers. The Oconee blooms in April and is found in east central Alabama, while the Alabama azalea blooms in May and is found in the central and western portions of Alabama.

In May and June in northeast Alabama, you'll see the Flame azalea in bloom in the Appalachian Mountain region, and in the Cumberland Plateau region, the Cumberland azalea blooms in June. The Sweet azalea, the largest of Alabama's native azaleas, can be found on moist mountain tops in north Alabama during June and July. The latest bloomer is the Plumleaf azalea which can be seen in the east central portion of the state in August.

Alabama's native azaleas span the color spectrum from white, yellow and orange to scarlet red, pink and lavender, with many species bearing a delightful fragrance.

To see Alabama dressed in her most beautiful colors, a visit to Bellingrath Gardens during March and early April is a must. That's when the gardens are ablaze with the brilliance of more than 250,000 azalea plants in about 200 varieties. The panoply of color is everywhere in the gardens. Millions of blooms in an array of dazzling colors are seen from the gardens' entrance to the riverfront, along

each side of the gardens' pathways and in such special areas as the Oriental-American section.

Many of the larger plants are highly venerable, having been originally transplanted from old Gulf Coast homes when Mr. and Mrs. Bellingrath first created the estate in the late 1920s. Since that time, literally thousands of people have made the annual pilgrimage to behold the incomparable beauty of Bellingrath's azalea season. For more information, call (205) 973-2217.

The azalea showing in Alabama is of such popularity that festivals, pageants and races are held across the state in its honor. The most noted is the Mobile Azalea Trail Festival which takes place in late March. The event comes complete with Trail Maids dressed in Old South attire, arts and crafts and special children's activities. An Azalea Trail run, which includes a 10-k and two-mile run, is held in conjunction with the festival. For details, contact the Mobile Jaycees at (205) 432-6162.

Another noted event, the Azalea-Dogwood Festival in Dothan, was inspired by the Mobile Azalea Trail Festival. Its trail winds around 10 miles of beautiful homes in the Azalea-Dogwood Garden District. The event is held in March on the peak Sunday of the azalea-dogwood blooms. Prior to the festival, a pageant is held to select the festival queen and her court. The queen and an entourage of 300 Trail Maidens stand on lawns along the trail route in antebellum gowns and greet friends and visitors riding the Azalea-Dogwood Trail. For more information, call (205) 793-0191.

For Alabama vacation and travel information, write or call the Alabama Bureau of Tourism and Travel, Dept. AT, 532 South Perry St., Montgomery, AL 36104, 1-800-ALABAMA.

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Our Town

With Linda Brown

War and peace, sun and snow, love and hate, life and death, joy and sorrow; I'm sure everyone reading this has experienced some emotional feelings concerning these opposites since the last issue of **Groundhog**. Such a short period of time and so many things have happened. America has gone to war! But we live in Mentone and this won't affect us that much — wrong! We agonize with the children who have parents in the war zone; we grieve at the death on both sides and we will pay the cost, higher gasoline prices now and the very real possibility of more taxes in the future. We see the faces of the prisoners on our television screen and feel hate for those who victimize them, but we feel love for them and their families. War tears us apart and yet draws us closer together. War is terrible!

Recently, we received the first snow fall of the winter. It was beautiful! The flakes came floating down to soften some of the ugliness and hurt. Children came home from school early and because the day was warm and the snow wet, they made snowfriends and threw snow balls. They were happy.

Mr. and Mrs. David Wright have a new daughter. Alayna Brook was born Jan. 13. Grandparents are Mr. and Mrs. Bill Wright, Mr. and Mrs. Robert Green and Joe Bialock. All are doing well. Welcome to Mentone, Alayna.

Do you find time passes slowly on these dreary winter days? I have a suggestion. Visit someone that you know could use some company. There are plenty here in Mentone. When you have visited all of these, visit someone in Mountain Manor Nursing Home in Fort Payne. If you don't know someone personally, just walk in the front door and ask for Tabitha. She is a very friendly and caring person and will quickly suggest a resident who needs a smiling face with some loving words. Sometimes the best thing you can do is listen. It would be hard to find a better way to spend an afternoon. One Mentonite who would enjoy a visit or card is Lily "Nanny" Smith. She is in the room with her daughter-in-law, Mae Smith. Mae has been in the nursing home several years now and loves to have company. She enjoys the "soaps" but likes to have them interrupted by live folks. She likes to receive mail also.

Sympathy is expressed to Dale and Kent Kirby in the death of their father, Tom Kirby. Tom could be seen walking around Mentone most any day. He very quietly went his own way and will be missed.

The main reason Mentone is special to me is the people. I love the mountain scenery but I love the people more. One of these special people is Leroy Snider. Leroy takes care of our water system. He makes sure the chemicals that are added in Fort Payne are enough but not too much. He runs lines to new homes and repairs others when needed. He makes sure the tanks are always full and this is not an easy task when all the camps are in session in the summer. Leroy reads the meters and if you have a question about the reading he will do what he can to solve the problem. Never take the availability of fresh water for granted. I have drawn water out of a well with a bucket and carried it up a hill to the kitchen. My Mom would use it immediately and back I would go for more. It is much easier to turn on the faucet. Thanks Leroy!

As a rule I try to stay away from organized religion in this column. But I will break my own rule this time; pray for our troops in the middle east, pray for the innocent civilians who are caught in the middle of this conflict and pray for the leaders who must make the difficult decisions in this war.

Country Cooking

Recipes for tasty desserts for diabetics are often hard to find. These are from an Amish cookbook I came across recently and they made my mouth water just to read them.

The Amish people first came to America in the 1600's and 1700's settling in Pennsylvania. They were protestants from the area of Germany, Switzerland and France who were seeking religious freedom. The Amish live a very sim-

ple and frugal life and are well known for the delicious food they enjoy.

DIETETIC FOODS PUMPKIN PIE

- 1 — 8-inch Sweet 'n' low graham cracker pie crust (see below)
- 1/2 teaspoon salt
- 1/2 teaspoon ground cloves
- 1 1/4 teaspoons Sweet 'n' low (6 packets)
- 1 cup milk (scalded)
- 1/2 teaspoon cinnamon (may use less spice)
- 1 cup cooked pumpkin
- 1 egg beaten

Add salt, spices, Sweet 'n' low and egg to pumpkin, then gradually add the milk. Pour into a well greased 8-inch pie pan. Place in shallow pan of water and bake in a 300-degree oven for 1 hour until knife inserted comes out clean. While still lukewarm slip the baked filling into the pie crust.

GRAHAM CRACKER PIE CRUST

- 10 graham crackers finely crushed
 - 2 tablespoons melted butter
 - 1/4 teaspoon Sweet 'n' low (1 packet)
- Combine all ingredients and press into 8 or 9-inch pie pan. Chill before adding filling.

APPLE PIE

- 15 sucaryl tablets
 - 1/2 teaspoon cinnamon
 - 2 tablespoons all purpose flour
 - 2 tablespoons melted butter or more
 - 1 tablespoon lemon juice
 - 1/4 teaspoon salt
 - 6 cups peeled, sliced tart apples
 - 8 or 9 medium sized apples
- Line a 9-inch pie pan with standard pie dough. Mash sucaryl tablets and dissolve in lemon juice. Combine flour, cinnamon and salt; mix with butter or margarine. Put apples in crust and spread butter mixture over apples. Bake in oven at 400 for 45 to 55 minutes. Cool.

OATMEAL COOKIES

- 15 packages sweet 'n' low or 4 teaspoons liquid sweetener or fruit juice
 - 1/2 cup oleo (softened)
 - 1 egg
 - 1 teaspoon cinnamon
 - 1/2 teaspoon soda
 - 1 cup oatmeal
 - 1 teaspoon vanilla
 - 1 cup flour
 - 1/2 teaspoon salt
 - 3/4 cup cold water
 - 1/2 cup raisins or nuts if desired
- In large mixer bowl, combine oleo, sweetener, vanilla and egg. Beat 2 minutes at high speed, scraping bowl occasionally, until well blended. Add flour, cinnamon, salt, soda and water. Beat at low speed until well combined, about 2 minutes. Stir in oatmeal, raisins and nuts. (Dough will be soft). Drop by teaspoon 2 inches apart onto greased cookie sheets. Bake at 375 for 12 or 15 minutes. Makes 42 cookies. Store in refrigerator.

SUGARLESS COOKIES

- 1 1/4 cups water
 - 1/2 cup cooking oil
 - 2 cups raisins
 - 2 teaspoons cinnamon
 - 1/2 teaspoon nutmeg
 - 2 eggs beaten
 - 2 teaspoons liquid sweetener or fruit juice
 - 2 cups flour
 - 1 teaspoon baking powder
 - 1/2 teaspoon salt
 - 2 tablespoons water
- Combine water, raisins, oil, and spices. Boil for 3 minutes then let cool. Add the beaten eggs, sweetener and water. Sift and add the flour, baking powder and salt. Add 1/2 cup chopped nuts if desired. Drop by teaspoon onto greased cookie sheet. Bake at 375 for 12 minutes.

Aging Program Survey

This survey is from the DeKalb County Council on Aging. It may be returned at the Town Meeting, Feb. 26, at 2 p.m. at the Mentone Town Hall. Copies of the survey will also be available at the meeting. Response to the survey will help the Council in their plans to open a satellite center in Mentone.

AGING PROGRAM SURVEY

- Name _____
- Address _____
- Date of Birth _____ Phone _____
- Married _____ Widowed _____ Single _____
- 1) Would you like weekly fellowship with people your age? _____
 - 2) Do you have any hobbies? _____
 - 3) Are you a member of any clubs? _____
 - 4) Would you visit a Senior Center for fellowship and meals? _____
 - 5) How often do people visit you? _____
 - 6) Are you interested in volunteer opportunities? _____
 - 7) Are you interested in going on trips with groups of Senior Citizens? _____
 - 8) Do you exercise or walk daily? _____
 - 9) Do you cook your meals? _____
 - 10) Are you able to shop for yourself? _____
 - 11) Do you do light housekeeping for yourself? _____
 - 12) Do you need transportation? _____
- Directions to your house _____
- 13) Do you receive Medicare? _____
 - Medicaid? _____
 - 14) List programs you would be interested in attending _____



ONE OF MENTONE'S MOST UNIQUE COTTAGES — This 2 bedroom, 1 1/2 bath cottage has a combination kitchen, great room, 3 nice extra screened porch, garage, and fenced yard. Located within walking distance to Mentone's shops on 4 beautiful lots. REDUCED to \$69,000 or 2 lots and cottages, \$54,000.

TWO-STORY HOME — Within two miles of Mentone. 4 bedrooms, 2 baths and fireplace. Located on 1 1/2 acres. Great Price \$42,500.

MINI RANCH — The grounds are wonderful with about 4 1/2 acres of the five acres fenced with a pond and small barn. The ranch style home has 4 bedrooms, 2 baths and separate 2 car garage with apartment possibilities upstairs. A great buy at \$47,000.

DOUBLE-WIDE MOBILE HOME — Beautiful location on 24 wooded (some cleared) acres within 3 1/2 miles of DeSoto State Park. Mobile home has 3 bedrooms and 2 baths, \$35,000.

DREAM HOUSE IN FT. PAYNE — Terrapin Hills Golf Estates, too much to describe! Must See! \$164,900.

ACREAGE AND LOTS

THE PERFECT PLACE — That log cabin you've always wanted is just waiting to be built on these beautiful wooded building sites. With access to Lit-

tle River, city water and only a mile from DeSoto Park, truly the Perfect Place. Prices \$9,500 to \$18,500.

6 ACRES WITH A VIEW — See the sunset for only \$6,500.

65 ACRES — Owner financing with 10 percent down. Beautiful wooded acreage, \$35,000.

20 ACRES — 1/4 mile of Little River frontage and from the building site you can see it all. Owner financing \$60,000.

85 ACRES ON LITTLE RIVER — With 1/4 acre along the River. This is an outstanding piece of property, \$95,000.

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Owner/Broker
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MAPA MEETING March 5 — 7:00 p.m.

Mentone Town Hall

Everyone Welcome

**SPEAKER: DAVID BROUWER
ON INVESTMENTS**

FOR SENIORS

- ★ Bus to Fort Payne — Thursdays Call 845-1014 for Pick-Up.
- ★ Open House — Fort Payne Senior Center, 600 Tyler Avenue, February 14.
- ★ Health Fair — Fort Payne Senior Center, February 21.
- ★ Mentone Town Meeting On SSI — February 26, 2 p.m.

MENTONE EMERGENCY NUMBERS

Fire Department 634-4545
Police 634-4757



Show Someone You Love Them With **The Groundhog**

For only \$10, you can join the Mentone Area Preservation Association and receive every copy of **The Groundhog** at home. Send your check to: MAPA, P. O. Box 50, Mentone, AL 35984 or call (205) 634-4731.

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