

Happy Birthday Groundhog



By Emily Smith

The Groundhog is 10 years old! In February, 1982, the Groundhog emerged in Mentone and began checking out his surroundings. Just like Punxsutawney Phil, the famed seasonal forecaster in Pennsylvania, our Groundhog is consulted by folks from far and near on a regular basis.

The first Groundhog featured Ruby O'Rear, well known and well loved in Mentone. She was in her 80's at the time of the interview. She has since passed away but is still remembered by many people here and her home, now owned by Cameron and Scott Vowell continues to bloom each spring with daffodils, lilacs, iris, lilies, and rhododendron.

Miss O'Rear was the Mentone correspondent for the Fort Payne Times Journal and chronicled the births, deaths, social events, and occasional snowstorms and early blossoming of redbuds in her columns.

Sandra Padgett wrote the article on Miss O'Rear. At the time of the Groundhog's birth, Charles McGehee served as the paper's editor. Bernice Crow was managing editor and Sandra Padgett, Jean McGehee and Donna Bukley handled the advertising. Well known artist, Ken Pennington of Rising Fawn, provided all the art work for the paper.

That first issue was supported by advertisers like The Log Cabin Deli, Ruby's, Crow's Nest Antiques, Camp Laney, Camp Skyline, Cloudmont Golf and Ski Resort, Nippersink Lodge, McGee's Gulf Mart, Mentone Springs Hotel, Mountain View Real Estate (now Mentone Realty), and C & H Lumber Company. Many of those original advertisers continue to support the Groundhog today.

News of the day, in 1982, included a visit to the Mentone Town Council by State Senator Lowell Barron and State Representative David Stout. Stout is now the mayor of Fort Payne. The discussion centered on the need for repairs to county roads and for water system improvements. Sam Barrett was Mentone's mayor at that time.

Over 200 people voiced their opinions on the telephone service for Mentone, Valley Head, and Hammondville at a January meeting at the Hammondville National Guard Armory. They called for an improvement of service and forestalled a rate increase.

John Cooper, a Mentone resident and attorney with offices in Valley Head, was responsible for pulling the

meeting together.

Another article tells of media coverage for Mentone including an article in the Anniston Star by Tom Mason. The Rhododendron Garden Club planted 75 rhododendrons along Highway 117 between the Mentone Inn and the bridge over Little River. Lynette McCary was chairman for the project.

Planning was under way for the 7th Annual Mentone Crafts Festival. Linda Brown was president for the 1982 Crafts Festival, Raymond Brown was vice president and Grace Howard was secretary.

The Alabama Band promised to donate money to Moon Lake School for their proposed gymnasium after the 1983 June Jam. They were recognized for their donation of \$2,000 to the local volunteer fire department and thanked by Fire Chief Sammy Cash and secretary Maxine Baty.

The death of John M. Graham on January 28, was noted in this first Groundhog. Graham retired to Mentone after a career as curator of the Brooklyn Museum of Art and the first consultant and vice president of Colonial Williamsburg. He was an uncle of Alex Glover and the late Rev. Graham Glover.

His personal collection of Wedgewood china, brought from England during World War II and soup tureens from the Campbell Soup Company are at the Birmingham Museum of Art along with collections of American paintings and American and English furniture.

These treasured old copies of The Groundhog, Vol. 1, No. 1 are yellowed and time worn but the original spark of creativity and community involvement of the paper continues to be reflected in today's publications.

MAPA and The Groundhog celebrate 10 years in Mentone

Projects and activities of the Mentone Area Preservation Association were remembered at the February MAPA meeting at the Mentone Town Hall as members celebrated the group's tenth anniversary.

Ed Disney showed the group a complete set of Groundhogs starting with the newsletters first sent out by MAPA.

"There is a lot of history in these," he commented.

The group also recalled some of the projects that have been of benefit to the community such as the completion of the Town Hall meeting room, also used as a court room, the paved sidewalk from the Hitching Post to the Kountry Chef, the community bulletin board at the Post Office, the caution light at Highway 117 and DeSoto Parkway, work on the rock wall on Highway 117 and donations to other groups and clubs in Mentone.

"We have done many things we can be proud of in the past ten years. I don't know why everyone isn't as sold on MAPA as we are," Mr. Disney said.

The Disney's provided refreshments after the meeting, including a cake.



Cloudmont's Covered Bridge

Bits & Pieces of History

from Zora Strayhorn's "History of Mentone"
The Turn of The Century

At the turn of the century, Mentone was becoming popular as a summer resort, and although there was no electricity nor fans, the cool mountain breezes were a refreshing relief from the heat of the cities. Residents had wells to bring up water by pail; outdoor plumbing, wood stoves to cook on, and wash boards to clean their clothes.

There was good fellowship and happy times recalled by many who remember dancing upstairs at the Hitching Post and at the Mineral Springs Hotel. Mentone was a magnet that drew people to the supposed life-giving, health-restoring curative waters and the vigorous climate.



Free the Gourdie

The Gourdie Chef was "kidnapped" from the Fort Payne DeKalb County Library last month and is being held for ransom by the Peoples Army to Free All Gourdies.

The ransom demanded by the group includes three points:

1. Donations by the people of DeKalb County to the Library totaling no less than \$1,000.
2. 75 or more new members to the Library.
3. A full pardon for all parties involved in the kidnapping.

The Gourdie Chef is the mascot of the Library and is featured in the DeKalb Cookbook printed by the Friends of the DeKalb Library. The Chef came from the Gourdie Shop in Mentone and is one of the creations of Sharon Barron.

Although some are calling this a publicity stunt to raise money for the library, Chris Wright, the Library director is concerned for the safety of the Gourdie Chef and hopes everyone will do all they can to assure the mascot's safe return.

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.

P. O. Box 51
Mentone, AL 35984
(205) 634-4731

THE GROUNDHOG STAFF

Editor.....Emily Smith
Contributing Editors.....Linda Brown,
Elaine Brown, Nova Dean Kilgore, Bernise Crow
MAPA OFFICERS

President.....Homer Crow
Asst. President.....Sherman Gough
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In case of errors in advertisements, **The Groundhog** assumes liability only for the actual space that is incorrect in the advertisement.

Letters to the editor are welcome. They should be typewritten and of reasonable length.

The deadline for all material for **The Groundhog** is the last day of the month preceding publication.

Letter to the Editor

An open letter to DeSoto Parkway
Residents and Area Landowners:

I'm writing in response to the paid advertisement in the last issue of Mentone Groundhog by Save Our Land.

The advertisement states: "Did you know that if Rep. Tom Beville's present legislation, H.R. 3665, passes and a national preserve is created in the Little River area, DeSoto Parkway will be owned and controlled by the National Park Service?" The advertisement goes on to say that: "most Parkway land is an outright deed to the State of Alabama."

This is not so. It is true that the State of Alabama owns land along the Parkway. It was acquired by the State (in some cases given to the State) during the 1930s when DeSoto State Park was established. It is not true that the Parkway will be owned and controlled by the National Park Service.

This land is not included in the proposal.

In the Special Resource Study - Little River Canyon Area prepared by the National Park Service, four alternatives are suggested for the preservation of the resource:

A - Focuses on what is called the PRIMARY RESOURCE AREA. It includes DeSoto State Park proper, DeSoto Falls, the land owned by the state in the canyon, the Little River Wildlife Management Area, owned by Alabama Power (approximately 10,000

acres), and Canyonmouth Park and Campground, owned by Cherokee County. It does not include the land owned by the state along the Parkway.

B - Focuses on all the Primary Resource Area described in Alternative A plus the SECONDARY RESOURCE AREA which includes approximately 19,000 acres of land adjacent to the Primary Resource Area. It also does not include the Parkway land owned by the state.

C - Focuses on Wild and Scenic River considerations.

D - Suggests no action be taken by the federal government, with preservation being left up to the state and local governments.

Realizing that neither the state nor the local government currently have the resources to acquire additional land in the area, Representative Beville introduced legislation (H.R. 3665) before Congress to establish the Little River National Preserve, using only the lands in the Primary Resource Area. The National Park Service is allowed to purchase land in the Secondary Resource Area but only at the request of the landowners. The Park Service is prohibited from approaching people outside the Primary Resource Area in regard to selling their land.

Another concern is that hunting will not be allowed in the proposed preserve.

People who oppose the National Preserve are telling sportsmen that hunting will not be allowed in the wildlife management area even though Representative Beville's legislation specifically states that hunting will be allowed under current state and federal laws. In fact the resource study states: "For the most part, small-game hunting is under-utilized, and small-game populations could withstand greater hunting pressure than is now being experienced." The study goes on to state: "The study team recommends that hunting be recognized to the maximum extent possible, consistent with the size of the area, safety of the visitors, and designation of the area. Seasons, limits, permits, weapons and other details would be established through consultation with the Alabama Department of Conservation and Natural Resources." Currently efforts are being made to have the state continue to manage the wildlife management area if a national preserve is established.

A lot of people are under the impression that the State of Alabama owns the wildlife management area. This also is not so. Approximately 10,000 acres is owned by Alabama Power and is leased to the state on a yearly basis. Alabama Power can decide not to renew the lease and do what they please with their land. They have already shown a willingness to sell it. We could "wake up" one day and find it in the hands of a private hunting club or developers (foreign or domestic) with no public hunting allowed at all.

Several years ago several thousand acres of the management area, that were owned by private interests other than Alabama Power, were sold to private developers. Now there are "No Trespassing" signs up in this area. If I'm not mistaken, this area is no longer available for public use; hunting, horseback riding, hiking, etc.

I understand that the management area used to be larger but over the years parts have been sold to private interest groups. Slowly we are losing the land in the management area that past generations have used for public recreation. We missed the opportunity years ago to acquire more land along the canyon for public use, now parts of that land are being developed. Is this going to happen to the management area? Are our children and grandchildren going to miss the opportunity to enjoy the management area like their parents and grandparents did? I hope not.

Special Olympians take to the slopes

This is reprinted from the Fort Payne Times-Journal, Thursday, January 23, 1992.

By STEVEN STIEFEL

The Times-Journal

MENTONE— Approximately 70 athletes from the Special Olympics took to the slopes of Cloudmont Wednesday for the 4th Annual Ski Clinic and Competition.

The group included children from Tuscaloosa, Anniston, Shelby County, Jacksonville, Fayette, Huntsville, Scottsboro, Talladega, and Birmingham.

"We have a lot of beginning skiers," said coach Glen Graham of Tuscaloosa. "But it's growing more each year. Three of the 12 in my group have skied at Cloudmont before."

He said the event has many benefits for the kids.

"It offers them the experience to do something that they don't get to do often but will never forget," Graham said.

"They're a little apprehensive at first, but eventually they learn. It's a great opportunity for them to meet new people who'll they see again each year. It's a social activity."

The children were assisted up the thousand-foot slope by Fort Payne's own Mike Griggs. There were instructor-volunteers from Cloudmont, Bair's Ski Shop in Mountain Brook, Alabama Outdoors, and the Birmingham Ski Club.

The snow was deep from Cloudmont's snow machines, and two inches of snow that fell last weekend and have been preserved.

There are various levels of experience, according to Gina Willis, assistant executive director of the Alabama Special Olympics.

"The children learn to side-step and wedging," she said. "There are four or five ability groupings."

One side of the slope was filled with children who became acquainted with their skis. On the other side, the more experienced athletes made tracks in the snow and enjoyed the exhilaration of sailing through the cold air.

Margaret Smith of Tuscaloosa, one of the athletes, said she likes to ski because "it gets you healthy and all. I like to see other people."

I wanted to share this information with you so that you can make an informed decision about the proposed national preserve. The National Park Service sent several copies of the draft Special Resource Study - Little River Canyon Area, including a map of the boundaries, primary and secondary, to the Fort Payne-DeKalb County Library. I urge you to read it, I think you will find it very informative and interesting.

Our next membership meeting will be: Tuesday, February 18, 7:00 p.m., Fischer Rescue Squad Building, Fischer, Alabama. The purpose of this meeting is to discuss the New Area Study Report, and Congressman Beville's legislation to establish the Little River National Preserve. All interested persons are welcome and encouraged to attend.

Desmond Disney, President
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Valley View

By Eloise M. Brown

The Valley Head United Methodist Women met at the home of Laura Margaret Allison, January 28. Frances Longshore led the program, "Caretakers of God's Gifts." She was assisted by Geraldine Hawkins and Gladola Holleman. Others present were Mary Taylor, Janie Longshore, Helen White, Vesta Hawkins and Eloise Brown.

Robin Hawkins and her dad, Robert, visited her grandparents, Geraldine and Howard Hawkins. Robin drove a new car home from Brewton, AL. It was a gift from her grandparents.

The Sunshine Club met January 23 at the home of Gladys Stott with 11 members present. The President, Karen Freeman, presented a program on the goals that each county club will strive to achieve in 1992. She appointed Lilly Bowden to be Scrapbook Chairman and Ruth Pickett, Bess Bauerle and Jean Jones to make year books. Gladys Stott was appointed to be the Legislative Officer. Other officers elected and appointed were: President-Karen Freeman, Vice President-Gladys Cobble, Secretary-Treasurer Ruth Pickett, Devotional Chairman-Sue Cooper, Publicity-Eloise Brown and Addie Hall, Flowers-Gladys Stott, Cards-Addie Hall, Crafts-Billie Harper, Telephone-Evelyn Clark and Geraldine Hawkins and Dot Blackburn, Gladys Cobble and Vernice Young as the Social Committee.

Mary Lou Carmichael and Adelaide Biddle entertained with a Surprise Tea at the Overlook Apartments Party Room in Chattanooga, honoring Julia Biddle Hickey and Ronald Hickey, on their twenty-fifth wedding anniversary.

Venna Livingston spent two days in Chattanooga with her sister, Madge Sparks, while Madge's husband Clinton had surgery at Memorial Hospital.

Lucy and John Ricketts spent several days with their grandparents, Doris and Jim Carmichael, while their parents, Emmy and Dr. Mark Ricketts prepared his office for opening in Tuscaloosa.

Several persons from Valley Head and this vicinity attended the dinner given by the New Oregon Boy Scout Troop at Fischer. The very active troop is sponsored by the New Oregon Methodist Church and their leader is Mickey Bobo. They sold over 900 tickets to this dinner.

Mary "Tut" Wisted, daughter Tanya and son John, from Spring, TX, and Vern Alexander from Petersburg, VA, were entertained at dinner Saturday evening at the home of Mary Louise and Ted Holleman. They were her to attend the funeral of Brownie Tuttle. Others present were Mary Frances Tate, Janie Longshore, Adelaide Biddle, and Gladola and E.T. Holleman.

We have lost several people through death Jim Gifford, Claud Hawkins, Constance Osterlund and Dr. Quimby's brother. To their relatives and friends, sincere sympathy. We also lost Brownie Tuttle.

Mac Laws is recuperating from serious surgery at the hospital in Rome, GA. He is the son of Mildred and Taylor Laws. I am suffering from two neck fractures from a fall. This neck is a stern dictator. I'm having to mind it well. Please watch each step carefully these falls are not any fun!

MAPA hears Friends of Little River

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Desmond Disney, president of Friends of Little River, updated the MAPA membership about the proposed National Preserve for Little River at their February meeting.

"We support Congressman Beville's legislation," Disney told the group.

He said one of Friends of Little River's main concerns was for hunters in the present Wildlife Management Area.

"Public land along the river is disappearing rapidly," he said.

The first meeting Friends of Little River had was held specifically for hunters to address their concerns.

"We feel the best effort for us is with the National Park," Disney commented.

Another concern Friends of Little River had was the management of DeSoto State Park in the event the National Park Service had jurisdiction over that area. Concessionaires operated most National Parks and FOLR felt that the State Park people would be more in touch with the desire of local people to maintain DeSoto State Park's uniqueness. Beville's legislation does allow the State to continue operating the Park.

"We feel the Park Service will listen they listened to us," he said.

He urged everyone to write individual letters to Senators Shelby, Heflin and Bumpers in support of the Beville legislation. He also reminded the group that Sen. Shelby will be in Fort Payne for a public meeting, Friday, Feb. 14 at 7 p.m. at the Fort Payne City Courtroom.

Cellular phone service available in Mentone

The convenience of car telephones is now available to Mentone residents through the Farmer's Cellular Cooperative with offices based in Rainsville. The company is owned by Farmer's Telephone Cooperative and headed by Morgan Weeks.

The service area of the cellular system includes DeKalb County, Cherokee County and the portion of Jackson County east of the Tennessee River.

"A car phone can do anything your home phone can do," Weeks said.

Cooperative agreements with other cellular systems allow the Farmer's Cellular Cooperative customers to call as far away as York, Alabama, close the Mississippi State line and only be billed with a local call.

A variety of cellular phones in a large price range are available to consumers according to Weeks.

"We are totally committed to the service and satisfaction of our customers," he said. "We have 35 years of the good reputation and hard work of Farmer's Telephone Cooperative to back us up."

Cellular phones work on a radio frequency, sending a signal to a cell site where the radio waves are translated to a telephone land line.

Cellular users can take their telephones with them wherever they go, hunting, fishing, on trips. Battery units make the phones completely transportable.

For more information on the Farmer's Cellular Cooperative, contact their offices in Rainsville, 205-638-2100.

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Harry Springer

By Emily Smith

Just before the turn of the century, in May, 1895, Harry Springer was born on a farm in Jefferson, Ohio. As the son of a window glass blower, Springer witnessed the build-up of the industrial strength of the U.S. in the early 1900's.

Retired now and living in Mentone, he recounts with sharp accuracy the many events that have shaped American lives in the past nearly 100 years.

Springer's grandfather, father and uncles worked as window glass blowers from "November until Decoration Day in May." Because of the intense temperatures (4500°F.) required to melt the sandstone and sulphur, saltpeter and charcoal for the molten glass, it was made in the winter months. Sandstone, readily available in Pennsylvania and West Virginia, was hauled to the factory on wagons where it was crushed and mixed with the chemicals.

The factories worked around the clock in three shifts with shifts changing each week. Workers would rotate working 8 a.m. to 4 p.m. one week, 4 p.m. to midnight the next and midnight to 8 a.m. the third week.

The Springer's moved frequently to find work in the glass factories of Pennsylvania and West Virginia. A glass factory in Mt. Jewett, PA, the highest elevation in the state, was home for the Springer's for a time.

"You could go from Erie, PA, on the Pennsylvania Railroad and then up to Mt. Jewett on a narrow gauge train," Springer remembered. "The train had a steam engine fired with wood and narrow cars to ride."

The family also lived in Kane, PA, a town in the same county where another glass factory was located.

The town was named for Dr. Elisha K. Kane who owned a railroad and the hospital there.

"Dr. Kane was the only man ever to take out his own appendix in 1907," Springer said. Dr. Kane's nurse did assist him but, he performed the surgery on himself.

At the age of 14, Springer had his first job, delivering newspapers for \$.60 per week.

"I delivered the Bradford Evening Star and a morning paper, rain or shine," he said. "The bundles of papers came on the B.R.P., the Buffalo, Rochester and Pittsburgh. Sometimes the train was late, as late as 10 p.m."

"I walked, couldn't afford a bicycle in those days," he smiled.

Springer received his education in Kane, PA, "the best school I ever went to," where he was a champion speller in the 7th grade.

"Every Friday, we had a spelling bee with Eastside School. My job was to spell them all down by 3:30 p.m. so we could be dismissed and go home," Springer said.

There were 42 students in his school and he was taught by "Miss Disney, the best teacher I ever had."

She was in her twenties and blond," he remembered.

"The State of Pennsylvania furnished everything for the schools in those days, pencils, paper, pinpoints and ink," he said.

In 1911, Springer moved to Conneaut, OH, on Lake Erie where he made his home for many years. He worked at the D & C Dock Company, the "biggest iron ore port in the world" as a timekeeper.

Iron ore was shipped through the Great Lakes from Duluth, MN in 12,000 ton boats.

"Big electric Hulets unloaded the ore in 15 ton buckets. It took about three hours to empty the hold on the boat. The ore was put on the Bessemer Railroad cars and taken to Pittsburgh to the steel mills," he said.

"I can remember the names of the boats," he said. At that time Conneaut was a busy port city on Lake Erie. In winter however, ice closed the port.

"In 1917, it was so cold, about 280 below zero for about a week. The ice in the harbor was six feet deep," Springer remembered.

Blue Pike fishing was a big industry on Lake Erie at that time and commercial fishermen would bring in boats loaded with two to three tons of the fish daily.

"They took so many fish out of the lake it just about ruined the fishing," Springer said. "Then, big cities dumped their sewers right into the lakes and rivers and killed even more fish. They have stopped doing that now and Lake Erie is coming back."

Entertainment for young people included dancing, ice skating and roller skating. Springer enjoyed all the activities available in Conneaut.

"I did a lot of dancing in my younger days. Mostly round dances, waltzes and schottische. I remember when Irene Castle and her husband introduced the Fox Trot," he said.

Dances were held on Wednesday and Saturday nights. The local dance master had an four piece orchestra made up of a piano, violin, drums and cornet.

"Rudy Valley came through town once and awhile and his orchestra performed for us," said Springer.

After working at the dock for six years, Springer joined the Carpenter's Union and learned the trade, apprenticing for three years before becoming a full fledged carpenter. He worked in the heating and roofing business for several years after that.

"First we put in coal furnaces, then oil and later gas," he said.

On July 15, 1916, Springer married his wife of 76 years, Mamie. They raised two sons, Robert and Richard.

Springer was drafted in 1917 for World War I and assigned as a dispatcher for the motorcycle division. The war ended before he was sent to Europe.

"Kaiser Wilhelm couldn't take over England," he commented.

Springer retired from the heating and roofing business in 1960 and moved to West Hollywood, FL where his son Richard lived.

Richard had been interested in Mentone for several years and retired here in 1982. He had bought a home on the brow twelve years earlier with a guest house for his parents who moved from Florida at the same time. "Alabama has nice, friendly people," he says. "I don't like the mountains too much or the crooked roads I'm more of a flatlander. The weather here is nice, it's just halfway between Florida and Ohio."

Richard's death this past fall was "quite a blow" to the family as was the older brother Robert's death in 1985.

The Springer's live an independent life. "I do the cooking and the housework," he said. Mrs. Springer is confined to a wheelchair after a fall broke

her hip a few years ago. Their daughter-in-law, Alice, provides them with groceries, transportation and other support.

"I'm an awful good cook, Mamie says," Springer smiled. "She eats like a bear, has a good appetite."

Springer attributes his long life to "clean living."

He says, "No smoking and no drinking and a lot of hard work that's my remedy. I don't have any kind of organic ailment, occasionally an ache or pain but that's all."

Springer is not the only surviving member of his family, his sister, Mabel Call lives in Fort Payne and is 92. She moved her with her son, Kenneth Call, who retired from Pan Am.

"When you've lived as long as I have, you see a lot of things. I remember when we had hand crank telephones. I saw the first radios everybody was crazy about that. We all made our own radios, powered by a car battery, then came the television," he said.

Just a few years ago, the Conneaut News Herald printed an article written by Springer about the businesses in Conneaut in the early 1900's.

Linda Frith, CLU, an agent with Metropolitan Insurance in Gadsden, was recently recognized as the company's leading sales representative in the Alabama/Mississippi region for 1991. This is the second consecutive year for Linda to win this prestigious honor. Linda and her husband, Greg, have a residence in Mentone...the Hanging Cottage...and spend a considerable amount of their time "on the mountain."

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Gratefully,
Pat Seymour

Paint the States

Living in a tent, traveling in a van, searching the scenic back roads of America for their canvases, was the life for Barry and Sandra Stebbing for over a year.

The slogan on the side of their van said, "Paint the States," the name of their odyssey. They recounted the highlights of their adventure at the January meeting of the Lookout Mountain Parkway Association.

The Stebbings started their adventure in Bar Harbor, Maine, on July 3, 1990. They were joined by another painter, Frank van Latum, and traveled across the northern United States, then zigzagged through Idaho, Wyoming, Nebraska, Missouri, Kansas, Colorado, Utah, Nevada, and California. The final leg of "Paint the States" took them across the southern portion of the country. Their trip was completed on August 8, 1991, at New York Harbor and their last painting was the Statue of Liberty.

"We now tell a great story of how good the people of America are," Sandra told the Parkway group. "The trip made us more patriotic and proud to be part of this country."

The idea for the project was Barry's. He lived and painted in Key West, Florida. A bachelor before the trip and Barry met and married Sandra just before embarking on the journey.

Sandra, a photographer, kept a pictorial journal of their trip and narrated a slide presentation for the Parkway group. She also did a study of scarecrows along the way, finding a great and colorful variety in the fields they passed.

With few exceptions, the national landmarks along the way were bypassed along with the main arteries and major cities.

Instead, the artists leaned more in the direction of patterns of color, subject matter with variance; and rhythm and rhyme within the confines of nature. They chose scenes such as hog farms in Nebraska, corn fields in Kansas, a lily pond in Maine, autumn vineyards in the Napa Valley of California and a stretch of swamp in Alabama.

During their journey, war in the Persian Gulf broke out. They were in Goodwater, Alabama, when news of the war came. Goodwater, although a very small town, had more residents involved in the military and sent to the war per capita than any other town in the U.S. The artists shared in the feelings of deep concern that the people of Goodwater had for their friends and relatives serving in the conflict.

"Painting on location is very different than painting in a studio," Sandra explained.

A gift of a canopy early in their trip made it possible for the artists, working in oils, to paint in all kinds of weather. One of Sandra's slides shows Barry seated next to a fire to keep warm while painting on a cold, rainy day.

"We camped in all kinds of weather and basically lived outdoors for a year and a half," she said.

They lived on a very tight budget of \$207 per week for food, gas and supplies.

"We ate oatmeal for breakfast, rice and vegetables for supper and lots of sardines," Sandra laughed. On one occasion they traded a painting for a steak supper and sometimes enjoyed invitations to join those they met for a meal.

Along the way, they were often invited to visit nearby schools and tell the children of their journey. The youngsters' interest in their project was a source of encouragement to the artists.

"People took us in and we had wonderful experiences with people all along our way," she said.

"We named our van 'Hannibal'. It was like a big elephant as we lumbered across the mountains," Sandra said.

The van was equipped with a special rack on the roof to carry the paintings. On sunny days, paintings were hung in the sun to bake and harden. The photograph of a clothesline full of paintings with tall trees in the background and the van and tents in the foreground gave the Parkway group an understanding of the Stebbings life on the road.

Two scenes painted while in Tennessee are familiar

to Mentone an evening on Lookout Mountain and the Chattanooga Choo-Choo.

The Stebbings said they love this area and find many exciting subjects to paint and photograph.

After the journey, the Stebbings and Van Latum parted. The Stebbings are now looking at other prospects which have opened to them. Projects in Russia and in Saudi Arabia are possibilities on the horizon for the couple.

Of his philosophy on painting, Stebbing says, "I would like to imagine each of these paintings hanging in a gallery surrounded by a host of other works. Yet, possessing that rare quality which draws the view in, having eyes settle upon it, pondering brush strokes and juxtaposition of color. Let it be pleasing; an elixir for the heart; a wellspring of pleasure and a sanctuary for the mind. Let it be simple and lovely and pure, and a breath away from reality."

Obituaries

Gifford

Mr. James (Jim) B. Gifford, age 77, of Valley Head, Ala. died Wednesday, January 22, 1992 in Mentone.

Mr. Gifford was a native of DeKalb County and was a heavy equipment worker.

Funeral was Friday, Jan. 24 at Burt Funeral Home, Valley Head Chapel, with Rev. L.A. Smith officiating. Burial followed in Valley Head Cemetery.

Mr. Gifford is survived by his wife, Mrs. Ruby Gifford; sons, James Gifford, Nashville, Tenn.; Thomas Gifford and William Gifford, both of Valley Head; daughter, Mrs. Sarah Finklestle, Charleston, SC; brother, Willard Gifford, Menlo, GA; sister, Mrs. Mary Lyons, Centre; 4 grandchildren, one great-grandchild.

Pallbearers were nephews.

Kerby

James Elbert Kerby, age 60, of Mentone, Ala. died Monday, February 3, 1992 at Erlanger Hospital in Chattanooga, Tenn.

Mr. Kerby, son of the late Jeff and Melissa Hunt Kerby, was a native of Mentone and was a saw miller.

Funeral was Wednesday, Feb. 5 at Burt Funeral Home, Valley Head Chapel, with Rev. Tim Smith officiating. Burial followed in Mountain Home Cemetery.

Mr. Kerby is survived by his wife, Jackie Key Kerby; sons, James Lavon Kerby of McDonald, Penn.; Lonnie Dale Kerby of Henagar; daughter, Cathy Kerby Stephenson of Rocky Mountain, N.C.; four grandchildren; brother, Jeff Kerby Jr. of Florida; sisters, Marie Tucker of Valley Head, Gussie Mae Smith of Rome, Ga. and Lola Blalock of Mentone.

Pallbearers were David, Mike and James Tucker, Dale Kerby, Edward Haney, Robert Brandon and John Smith.

Country Cooking

By Nova Dean Kilgore

MEATLOAF

4 lbs. ground beef
3 eggs, beaten
1/2 tsp. pepper
1/2 cup chopped celery
1 1/2 cups milk
2 cups oatmeal, uncooked
2 tsp. salt
1/3 cup chopped onion
3/4 cup ketchup
2 TBSP. prepared mustard

Mix all ingredients thoroughly. Bake in moderate oven about 2 hrs. Serves 20

BARBECUE HAMBURGER BALLS

1 1/2 lbs. hamburger
1 tsp. salt
1 cup catsup
3 TBSP. sugar
SAUCE: 3/4 cup chopped onion
3 TBSP. vinegar
3/4 cup rolled oats
3/4 cup milk
1/2 cup water
1 TBSP. worcestershire sauce

Mix well and form balls and fry in flour. Mix sauce and pour over meat balls and bake at 350° for 1/2 to 2 hours.

BEEF TIPS

2 lbs. round steak (or desired amount) cut in 1 inch strips. Brown with onions and 1 TBSP. oil. Put in roaster and cover meat with water and bake for 2 hours at 300° or until done.

ADD:

1 can beef bouillon soup, 1 small can mushrooms. Add water and salt and pepper to taste and make thickening with flour and water and pour over contents and cook until thick. Pour this over cooked rice.



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Brownie Tuttle
at Valley Head's
Church sign
dedication, 1991



Brownie Tuttle – Quite a lady

By Emily Smith

(Taken from Memories of Friends and Family)

Amid the sounds of hammering nails and sawing boards, a baby's cry startled the workmen building the Alexander's house next to Woodhaven. Lotta Brown Alexander, known by all as Brownie Tuttle was born.

From her arrival in the upstairs bedroom of her cousin's home, until her death just one day short of her 89th birthday, Mrs. Tuttle was an integral part of the life of the people of Valley Head and Mentone.

She taught business typing and shorthand at Valley Head High School for many years. Her interest in her students was a continual source of encouragement.

"She didn't have any children of her own but, treated all of us as if we were her children," Bernise Crow remembered.

Mrs. Tuttle greeted all newcomers with a plate of cookies and an invitation to worship at Winston Memorial Presbyterian Church in Valley Head where her funeral services were held. The Church was built by Mrs. Tuttle's family and she was a staunch and active church member. Ever thoughtful of others, she even planned her funeral service in every detail.

The oldest of three children of Lotta Brown and David C. Alexander, Mrs. Tuttle grew up in Valley Head. Tragically, her younger sister, Constance (Mrs. J.R. Osterlund of Henagar) died only a few days before Mrs. Tuttle this year. The youngest child of the family, David, is also deceased.

Her childhood was happy and she considered all of Lookout Mountain her playground. She adored her father and joined him fishing in Little River. She also rode on the back of his motorcycle, exploring the countryside.

Never one to shy away from a challenge, Brownie learned to drive a Model-T Ford on the unpaved roads of DeKalb County in the early 1900's.

She and her brother and sister found their entertainment close to home. Using their mother's very large dough board, the three would take turns sailing down the nearby spring branch. Mr. Alexander built the children a "Toonerville Trolley" to take them from the house to the spring branch they loved.

As a student, Brownie excelled. Her sister, Constance, coached David, then a baby, to ask Brownie about her spelling grade.

"Hunnert, Brownie?" he'd croon from his high chair.

The response was either a grin and a nod or Brownie's head would be hung in shame.

Her love for learning was transmitted to her students. She taught two generations of children at Valley Head.

Brownie married Edwin Tuttle after being single for many years. Mr. Tuttle had one child, Mary, who Brownie readily adopted. Mary is now married to Tim Wisted and is known as "Tut."

Mrs. Tuttle died Monday, January 27, following a heart attack. Her funeral was held Thursday, January 30. She is survived by her daughter, Mary "Tut" Wisted of Spring, TX, four grandchildren and two great-grandchildren; a niece, Marlon Odell of Henagar and a nephew, Robert Vaughn of Riverdale, GA.

Our Town

By Linda Brown

Politics once again raises its ugly head. As we go into this election year, we are already seeing the mud slinging and back stabbing. Why can't the candidates present their qualifications, tell us what they plan to do to solve the problems and let the voters decide who they think will fill – the positions best.

We, the public, do not appreciate or enjoy the constant exposure of the private lives of these people. We are not even sure what is and is not the truth in all of the media stories. How can we expect our youth of today to know how to treat each other when we as adults do not seem to know. We can always say "Don't do as I do, do as I say." But anyone who has been a parent or worked with young people knows that this doesn't work. When will our society go back to the golden rule of treating each other as we want to be treated? That's my soap box speech for this month.

Mentone has dreams and dreamers. I heard of a person who has recently moved to Mentone who plans to design an item that would make our lives better. A man who has lived in Mentone all of his life is planning to market an item that he invented. There are many plans being put into action that will make Lookout Mountain a better place to live.

Some of these people may never achieve their goal of a better quality of life, but at least they have tried. February is the month to dream. Whether it's of a new house, a flower garden or a vacation, now is the time. We have just celebrated the birthday of Dr. Martin

Luther King. His, "I have a dream" speech will always be a part of our history. We should all dream.

I often walk on the sidewalk by Highway 117. One day, two men were standing outside the Hitching Post looking at the Mentone Springs Hotel. As I approached, they asked me why a large hotel was in the middle of a town as small as Mentone. They were from small towns and had never seen anything like the hotel. I explained the history of Mentone and they went on their way. But, I continued to think of the rich heritage we have and what a unique place we live in. We should do whatever we can to preserve and keep this for future generations.

I have a calendar that has covers of *The Saturday Evening Post* dating back to the 1930's. I would like to see one of the magazines, just to see what the prices were then, what everyone wore, what the news was and on and on. Just think how much more the hotel will mean to our grandchildren and their children.

There is so much controversy over the solid waste disposal sites. Everyone agrees that we have to have them and no one wants one close to them. What are we going to do with the garbage? A recycling program is a great idea but someone has to organize and maintain it. Did you know that already there is no place to dispose of tires? How long before other things are added to the list. Our throw away lifestyles are catching up with us. We, in this period of time, seem to be faced with so many problems. Has it always been this way, just different problems for different times?

I suspect that it has.

HAPPY VALENTINE'S DAY!!

BROWNIE A. TUTTLE 1903-1992

She was a lady – calm and serene,
With poise and dignity befitting a queen;
She radiated beauty of spirit and soul,
And held fast to duty to reach her goal,
Much knowledge from books and life she learned,
Passed it on to students whose love she earned;
So many lives she touched and blessed,
Every one loved and admired her as the best.
She gave generously of herself, talents and time –
An example of diligence and devotion sublime –
To her church, her family, schools, and friends –
Harvest of service that never ends.
She enjoyed many happy and fruitful years,
So we should rejoice and dry our tears
We shall always remember her time that we shared
And be thankful that much suffering she was spared
As she passed on to her well earned rest,
We believe that God knew for her it was best.
Her going leaves a large void – an empty space
No one can adequately fill her place.
January thirty-first her birthday in more ways than one.

Born from life to life, when all is said and done.

By Eloise M. Brown

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February is Heart Month!



Aerobics — a step to better fitness

Fitness Is Key To Better Heart Health

Good news couch potatoes! Exercising to the point of exhaustion is out, fitness is in. And, many people are finding that the benefits of fitness building gives them great rewards for their effort.

At the Weight Management and Aerobics Center in Fort Payne, manager Edna Brill of Valley Head, has observed many positive changes in clients.

"Not only are they losing weight, but everyone says they feel better and have lots more energy," she says.

Health experts tell us that the days of pushing yourself until you are out of breath and ready to collapse are over. Instead, aerobic exercise is recommended. Aerobic exercise is set by guidelines of the American College of Sports Medicine as increasing the heart rate to within 60% and 90% of your maximum heart rate.

The term 'aerobics' actually means 'requiring air to live.' When you exercise aerobically, you are giving your muscles the oxygen they need and using up stores of fat that have accumulated around muscle fibers.

Aerobic exercise increases the body's ability to rid itself of fatty acids because the fatty acids need oxygen to burn. According to fitness author and consultant Covert Bailey aerobic exercise makes the body "a better butter burner."

Bailey, teaching in a seminar on the Public Broadcasting System, bases the "better butter burner" theory on a study of the complex chemistry of the body and how exercise affects that chemistry.

Too much fatty acid, turning into an abundance of cholesterol in the blood and fat cells in the body are the root cause of many of today's health problems, especially those related to the heart.

Working towards overall fitness, Bailey contends, is the best thing a person can do for his health.

Aerobic exercise can take many forms, walking, jogging, bicycling, tennis, and many other activities.

"Aerobics done properly will not cause sore muscles. Muscle soreness and not feeling well after exercise can cause us to give up on the exercise we need," said Edna Brill.

Glycogen is used up by the body when performing anaerobic exercise such as lifting weights. The by-product of using glycogen is lactic acid which causes a burning sensation in the muscle that has been worked.

"You don't have to 'go for the burn' to exercise," Mrs. Brill commented. She points out that anaerobic exercise in conjunction with aerobic exercise does tone and firm muscles.

The key in aerobic exercise is monitoring your heart rate so that you know if you are in that target area of 60% to 90% of maximum exertion. This is most easily done by checking the pulse rate.

In laboratory, graded exercise tests using a treadmill and a heart rate monitor a linear relationship has been shown between heart rate and exercise intensity. Actually measuring the amount of oxygen breathed in and out indicates how well the body is burning fatty acids.

The formula for calculation what your maximum heart rate should be is to subtract your age from the

Pastor's Column

By Curtis Bridges
Moon Lake Baptist Church

Winter is quickly giving way to spring and, with it, the multitude of beauty which it brings is fading. Few see beauty in winter for the birds seldom sing, the sun seldom shines, and the animals seldom scurry through the woods. There are times of silence. Winter provides a time when, if one stands perfectly still, he or she hears nothing, only a piercing silence is present. One can strain to hear distant sounds while what is actually heard is silence.

Silence is the element which drives many people from the beauty of winter. Few contemporary men and women know how to handle silence. There once existed individuals well skilled in sculpting silence. They were experts. They ran to and embraced silence rather than avoid it. The mystery of silence was known by them: listening is learned only in silence. Few know this mystery today. Men and women have mastered, instead, the lesser skill of hearing.

Hearing does not require less effort. Yet, it remains a lesser skill for it requires less intimacy. Listening is an act of intimacy. Hearing is an act of speech. Those who listen assimilate the words communicated. Those

figure '220'. Thus, if you are 50 years' old, your maximum heart rate is 170 beats per minute. Now, you want to exercise so that your heart rate is within a range of 60%-90% of that rate or between 102 and 153 beats per minute.

Checking your heart rate has to be done while you are still moving so that the heart will not slow down too much. You can time your pulse beats for 10 seconds then multiply by 6 to get a fairly accurate reading of the heart rate.

Aerobic exercise strengthens the heart muscle and after a time the resting heart rate, the slowest a person's heart beats, will decrease. Considering that a person's heart must last them all their life, a stronger heart can beat longer. According to the American Medical Association Home Medical Encyclopedia, as the condition of the heart is improved through regular exercise, it becomes "thicker and stronger, and the stroke volume (the amount of blood pumped with each beat) is increased. As a result of these changes, the heart must do less work to achieve the same level of efficiency."

At the Weight Management and Aerobics Center in Fort Payne, Mrs. Brill and the instructors check the heart rate frequently during classes. They also remind the clients that if they can't talk to each other, they need to slow down.

"It isn't necessary to stop, in fact, you need to slow down and cool down at the end of any exercise session before you stop. Just slow down and catch your breath. You can resume when you feel ready," Mrs. Brill says.

Other benefits of aerobic exercise include a lowering of the blood pressure and of cholesterol levels and stress reduction.

Greta Love, one of the aerobic instructors at the Weight Management Center, says, "I'd do aerobics for that reason (stress reduction) if nothing else."

Another important aspect of fitness along with exercise is diet.

"Eating right and exercise go together," reminds Mrs. Brill. "You wouldn't be doing yourself much good to leave here after an aerobics class and eat a high fat and sugar meal."

"Eating fat makes you fat," she says.

Home remedies for heartburn

By Dick Frymire

- Eat a slice of raw potato.
- Eat a raw carrot.
- Eat two peach-pit kernels once a day for four days.
- Never lie down when you have heartburn.
- Eat six almonds, chewing each one thirty times.
- Grate a raw potato and squeeze out all of the juice. Add twice the amount of warm water and drink.
- Add the juice of one-half lemon and one-half teaspoon of salt to a cup of warm water and drink.

who hear prepare to communicate. Listeners interpret between the lines. Hearers know only the base meaning of words. People who know how to listen are deeply touched each time they practice the skill. People who know how to hear are seldom touched. Those who listen respond after communication has taken place. Those who hear respond in their minds before the communicator is finished speaking.

Many people have put the skill of listening far behind them while they readily adopt hearing as their mode of communication. Unfortunately, hearers are the people who miss God's voice. Listeners are the people who, because they are willing to become intimate, identify and respond to God's voice. Both hearers and listeners may do many "good" activities for God. In fact, these activities may be "righteous acts." Hearers, however, keep busy doing what they "think" is honorable to God. Listeners, on the other hand, become busy for God only after they know for certain the work God desires for them to do.

(1 Samuel 3:7-11 NIV)

Local couple are chiropractic patients!

Meet Jim and Phyllis Roberts, owners of Ruby's Variety Store, located in Mentone, and patients at the Elrod Clinic of Chiropractic.

Mrs. Roberts became a chiropractic patient after having an automobile accident on September 19, 1991. Phyllis had been treated at the local hospital in Fort Payne, but she continued to have severe head pain and back pain (Mrs. Roberts had also lost control of her left arm). Rather than continuing on the prescribed pain killers and muscle relaxants that she was taking, Phyllis decided to go to a Doctor of Chiropractic for her pain.

On October 18, 1991, she visited The Elrod Clinic of Chiropractic and began her return to better health. After several visits, Phyllis was out of pain and her left arm had been restored to normal.

What does Phyllis have to say about the results that she obtained under Chiropractic care? "The relief of such pain as I had has affected my work in business matters, as well as in my personal life making it much fuller as a result of having good Chiropractic care..."

Many of you know Jim and the difficulties that he has had with his lower back. Well, Jim came to the clinic on December 16, 1991, complaining of severe low back pain and pain in his left leg. While filling out the paperwork for admittance, Mr. Roberts could not even sit down to give us the information that we needed. Since Jim owns his own business, it was necessary for him to lift stock, sit for many long hours to deal with the accounts at the store, and also, while his wife was under our care, to help her shop for items for the store.

Because of all of this, it was very important that he take care of his pain right away!!!! How did Jim benefit from Chiropractic care? "After 2 visits, I could get up and down much easier, and now after approximately 5 weeks, I have little to NO pain."

Now Phyllis is a Wellness Tracking patient, opting to continue her Chiropractic care with Jim is making great progress toward becoming a Wellness Tracking patient himself. Stop by and talk with them, at Ruby's Variety Store, about their Chiropractic experience!!

Have you been having head pain, neck pain, back pain, arm/leg pain, joint pain, and migraine headaches that you have been told "you're just going to have to learn to live with it?" You Do Not have to learn to live with it — Choose Chiropractic care as an alternative to the Pain or to the expensive drugs!!!

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Country Journal

By Bernise Crow

Teapots are a fascination to me. Their graceful spouts are interesting and lovely.

I counted 110 of these pots of varying sizes and shapes in my collection. Some are of brass, silver, or pewter; most are pottery types in whimsical forms and not very expensive.

The first teapot I purchased was a red tomato shaped one that I gave my mother-in-law as a birthday gift in 1947. Then when she passed away, it had my name on the bottom and I have it back. I suppose the real collection started with a fifty-cent teapot that I purchased at a rummage sale at St. Luke's Methodist Church in Chattanooga. Then Joyce, my daughter, made a pretty ceramic one for me with a strawberry motif. My other daughter, Doreen, gave me one that looks like a Buddhist priest leaning on his staff. I have one in a pumpkin color and shape that was made in Occupied Japan, following World War II. Maggie Cordell gave me one that belonged to her mother. I got a brown one from Shurlee Froehler that was her mother's.

Most of my collection are old ones but some are quite new-whatever appeals to my sense of intrigue or beauty is what I buy. I have small ones, large ones, and in-between sizes. There are two very small ones that probably were part of a child's teaset.

When we travel, I look for teapots and have brought a few home...one from an antique shop in British Columbia, Canada, is Humpty-Dumpty; one Bennington Pottery brand which is highly collectible, came from an antique shop on the Isle of Capri near Ft. Myers, Fla. and a blue Delft one from Amsterdam in the Netherlands. We bought three teapots in London-a small brass one on Portobello Road; a silver one and a porcelain one from the famous Harrod's department store. Of the Shakespeare collection.

Tea is a good drink which gives us a lift without injuring our health. The herb teas, such as camomile or

comfort, can be very good. The practice of afternoon tea was a tradition started by Anna, Duchess of Bedford, in England. So popular did it become that by mid-Victorian times it was an accepted practice.

At first, tea was very expensive and only the elite could afford it. No other beverage in the world has a history as interesting as that of tea. It was first imported to other countries from China, and the trips by old sailing vessels was long and treacherous. Through centuries, men from all walks of life have played their part in the story of tea, even the so-called Boston tea-party in the United States. At one time, tea was grown in Virginia.

Now, in one day, 1,000 million cups of tea are consumed to refresh, to soothe, to stimulate, or simply to enjoy the delicate, distinctive flavor.

The English take milk with theirs, the Russians prefer lemon, and in Tibet they use "brick tea", thick and black and laced with Yak's butter! The Arabs prefer a glass of mint tea.

Not until 780 A.D. did the first book on tea appear. It was written by Lu Yu and tells how tea was then prepared from a cake of hard pressed leaves, toasted, then shredded and steeped in boiling salted water. Japan took to tea and developed a ritual ceremony on tea drinking, still practiced today.

Today the great tea producing countries are India, Ceylon, China, and Japan, followed by Indonesia, Africa, Pakistan, Formosa, and Mozambique.

Throughout the seventeenth century, tea was gradually becoming known. The strange and costly drink reached Paris in 1648 and two years later was to be found in England and America.

There is a legend that a sailor from "foreign parts" brought tea home to his mother. She did not know what to do with it, so she poured boiling water over it, but threw away the liquor and tried to consume the leaves.

I like tea in all forms, and served in about any style. (omit the Yak's butter!). In summer a tall glass filled with ice and freshly brewed tea and a slice of lemon is hard to beat. It cools and refreshes like nothing else

can do.

In cold weather, we drink hot tea, using a different teapot each time and experimenting with different flavors.

The way to make good tea with the best flavor is to use a brown or white porcelain pot, first filled with hot water to warm the pot. Pour out this water, put in tea leaves or bags, and fill with boiling water. Let it steep for four to six minutes and serve the tea in a china cup. This is elegance of the very "Upper U" as they say in Britain.

An afternoon tea with croissants, scones, or cookies, is most refreshing and a custom I would like for us to have in Mentone. We should have a tea room for this purpose. I am sure it would be successful. I am enjoying a good hot cup of tea as I write.

My collection of teapots is a pleasure, both in appearance and function. Tomorrow I may use the Delft teapot, and the next day the lovely soft pink one, shaped like Aladin's lamp, made in the U.S.A.

We had fun trying to get a waiter in Rio de Janeiro, Brazil to understand that we wanted iced tea. So we learned the word for ice and tea. He brought us a glass of ice and hot tea, which we combined. He watched the procedure and knew what we wanted after that. Many places in the northern United States do not serve iced tea but they are learning that it is a very popular drink to serve with meals.

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PLEASE TAKE THIS SURVEY TO RUBY'S OR TO THE MENTONE SUPERETTE AND PLACE IN THE BOXES PROVIDED. OUT-OF-TOWN SURVEYS, QUESTIONS, COMMENTS AND DONATIONS, PLEASE SEND TO:



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