

**Celebrating
11 Years
in Print**

THE

GROUNDHOG

Mentone • Valley Head • Hammondville • Cloudland • Menlo

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Since 1982
by M.A.P.A.**

Volume 11, No. 2

"Neighborly News from the Heart of Lookout Mountain"

FEBRUARY 1993

WHERE THERE'S LOVE

By EVELYN GRAVES

When I think of the great lovers of all times, there were Romeo and Juliet, Anthony and Cleopatra, Rhett Butler and Scarlet O'Hara, and others who may come to mind.

Recently, I was reminded of a couple familiar to those of you who are old enough to remember — Jim and Willie Isabell. As a child, I remember seeing Jim and Willie as they walked the roads of Mentone to the store or post office. It was not unusual to see them on their 60-mile journey by foot to Hixson, Tennessee, to visit Tom Love, Jim's friend. Jim was quite a bit older than Willie, and he loved her dearly. They lived a very simple life. Jim always wanted to provide a home for Willie and promised to build her a real house someday. He kept that promise when he erected a very crude structure and covered it entirely with large tin cans which he had picked up here and there, flattened, and nailed to the outside of the house. Their stillborn baby was delivered in this house. When Willie became ill and was not able to make the trips to Tennessee by foot any longer, Jim built a small cart in which he placed Willie, and he pushed the cart every step of the way to Tennessee, picking up cans along the way. Willie was only 45 years old when she died, and Jim was very saddened by her death. He remained in the cabin he had built, and he was ministered to by a neighbor, Mrs. Geraldine Blalock, and her family. Mrs. Blalock always invited Jim for Christmas dinner, and the children gave him a small gift which brought tears to his eyes. No one knew for sure how old Jim was; but, according to information he gave to the Blalocks, he would be 118 years old, had he lived. Jim died at Hixson, Tennessee, while on a visit to his friend; and his body was brought back to Mentone and placed in the Little River Cemetery near Willie. Their baby was buried between them.

A home does not need to be a castle in Spain, a palace on the Riviera, or a Hollywood mansion to make a couple happy. It only takes a heart filled with love.

Evelyn has discovered that Jim and Willie, along with their stillborn child, lie in unmarked graves in Little River Cemetery. Won't you readers help provide a marker for the graves? Donations for a stone may be sent to Dr. Pat Seymour, P.O. Box 293, Mentone, AL 35984.



Heart Volunteers Will be Calling You

By PATRICIA HUIET

Mentoneians have always been known for their caring, concerned hearts; so often they reach out to help others. This year, for the first time, the American Heart Association has a team of neighbors in Mentone who are Volunteers for AHA. They will be asking for contributions, not only because they care, but because 75% of every dollar contributed remains in our affiliate area to finance research in state and local programs. The remaining 25% goes to the National Center to be used for research awards and grants, making the American Heart Association the largest sponsor of heart research, except for the federal government. It also provides the development of professional and public education, community service programs, and operational costs. Everyday, the AHA is fighting to save the lives of heart attack and stroke victims, and to reduce the risks associated with heart attack and stroke— to keep them from ever happening to you.

The following volunteers are asking for your contribution because they are fighting for your life: Bill Berry (634-4326), Ann Climer (634-4187), Gertrude Cox (634-4807), June Crow (634-4312), Kathy Gray (634-4635), Cindy Harrison (634-4454), Willie Haynes (634-4234), Gladys Howe (634-4629), Patricia Huiet (634-4584), Kathleen Johnson (634-4515), Naomi Potts (634-4497), and Vista Wester (634-4653). They will be calling on you to ask for your help to fight cardiovascular diseases which accounted for 42% of the state's total deaths in 1991 and which kills someone every 34 seconds. The fight against early death and disability from heart disease and stroke depends on your financial support.

If you wish to be a volunteer, contact Patricia Huiet.

We ask that you please be generous with your support. February is National Heart Month. If you are not contacted, call one of the volunteers. The contribution you make from your heart will come back to your own heart; we promise.



**DEKALB
COUNTY
CLEANUP
MAR. 20-21.**



Zoning Compliance

The Mentone Planning Commission met January 21, 1993, at the Town Meeting Hall. The following certificates of zoning compliance were approved: T. C. Milstead - for building a new house. Paul Smith, Jr. - for building a new house. The next scheduled meeting will be March 18 at 4:00 p.m.

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M.A.P.A. President's Column

By
PAT SEYMOUR



February, the month of LOVE and thoughtfulness, us upon us, so it's time for folks to get valentines of all sorts ready for February 14 — the day of LOVE.

More than one writer has observed that love is the master key that opens the door to happiness. Lasting happiness doesn't come when we look inwardly and selfishly to ourselves. It doesn't come from the things we do for ourselves. More often, it comes from what we do for others. There is the same difference in a person before and after he is loved as there is in a lamp before and after it is lighted. The lamp is there, and it is a good lamp; but, once lighted, it sheds light all around. So it is with us. Our real function in life is showing love to others. This principle was best taught by example nearly 2,000 years ago when "...God so loved the world, that he gave his only begotten son." The Savior Himself taught that "Ye are my disciples if ye love one another." The great miracle of love is that the more we share, the more we have to offer; and the more we have to offer, the greater our capacity to love. And the greater our capacity to love, the happier we are.

So, as we take time in this special month to think of the emotion called "LOVE", may each of us remember that the happiness we all seek will only come as we reach out and love someone else.

Mentone Area Preservation Association

The MAPA meeting was held at the Kountry Chef on January 5, 1993. President Pat Seymour, presided and called the meeting to order. She welcomed board members, members, and guests. Rev. C. Dennis Mays, permanent chaplain, opened the meeting with prayer.

There were no minutes of the December meeting, since it was the annual Christmas party. The treasurer's report was given.

Under old business: Rick Chapman, Goals Committee Chairman, stated that he and his committee, consisting of Mickey and Sherman Gough, would meet and make an updated report at the next meeting. Dot Crow, chairman of the committee distributing decals on behalf of the North Lookout Mountain Volunteer Fire Department reported that David Cryer had designed a decal, and the decals had been printed and were ready to be distributed to those individuals who had made a donation to the Fire Department.

Under new business: Bruce Bon Fleur tendered his resignation as MAPA member at large. Mickey Gough was appointed to fill the unexpired term.

The president then introduced the program participants, Donnie Voils, newly appointed Fire Chief of the North Lookout Mountain Volunteer Fire Department, and Jim Roberts, Assistant Chief. The January issue of The Groundhog was distributed to the members so they could review the needs of the fire department as presented. These needs were discussed. Bill Schwarz is chairman of the committee conducting a search for a fire engine. Dot Crow is in charge of the benefit for the fire department. The benefit will be held Saturday, February 6, at Moon Lake Auditorium, and will assist both the fire department and Moon Lake School. The "Magical Vetzels" will perform, as well as several gospel groups. Hot dogs, chili, and soft drinks will be served.

Following the program, Jack Jones announced that the Lookout Mountain Parkway Association has the new framed maps of Lookout Mountain on sale for \$25.00 each. The funds will be used to help pay for the overlook.

There being no further business, the meeting was adjourned and refreshments were served by MAPA members.

The next meeting will be Tuesday, February 2, at 7:00 p.m. at Dessie's Kountry Chef.



WHAT HAPPENED TO THE MARKER?
THE MAYS ROAD MARKER AT TUTWILER GAP HAS BEEN TAKEN DOWN BY THE PARKS DEPARTMENT AT THE DIRECTION OF THE ALABAMA HIGHWAY DEPARTMENT.



THE 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 50
Mentone, AL 35984

THE GROUNDHOG STAFF

Editor.....Judith Lollik-Andersen
Assistant Editor.....Evelyn Graves
Contributing Editors.....Ruby Brock,
Linda Brown, Eloise Brown, Bernise Crow,
Evelyn Graves, Doug Hoyt, Bill Schwarz, Sue Schwarz

MAPA OFFICERS

President.....Pat Seymour
Vice President.....Sherman Gough
Vice President.....Wanda Simmons
Secretary.....Marie Dillenbeck
Treasurer.....Dessie Newberry
Parliamentarian.....Homer Crow
Member-At-Large.....Mickey Gough

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 15th day of the month preceding publication.

TOWN OF MENTONE

Post Office Box 235
Mentone, Alabama 35984
ON TOP OF LOOKOUT MOUNTAIN

Max Cash, Mayor
Catherine Bailey, Clerk

COUNCILMEN

Larry Hooks
James Johnson
Hobson Kirby
Don Brock
Bobby Goss

January 4, 1993

Mentone Area Preservation Association
Post Office Box 50
Mentone, Alabama 35984

Dear President and Members:

After meeting in regular Town Council, and after unanimous agreement, the Mentone Town Council would like to make this Official Commendation to MAPA, its members and friends, for the beautiful Christmas decorations supplied and installed along our city streets during this most recent holiday season. Your efforts are in keeping with the spirit of "community pride" that sets Mentone apart from other communities.

This is perhaps the most beautiful Christmas display of lights and decorations Mentone has ever seen. Your efforts are hereby commended.

Sincerely,

Max Cash

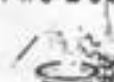
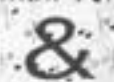
Max Cash
Mayor

At Moon Lake School

BENEFIT SHOW

Saturday Feb. 6th 1993

North Lookout Mtn. Volunteer Fire Dept



Moon Lake School

5pm - 6pm Hot dogs, homemade
chili and soft drinks will be sold

5pm - 6pm Gospel Group: The
Griffins & The Angel Heirs will sing

6pm - 7pm The Magical Vetzels will
perform Dazzling Magic for all ages

General Admission: Adults--\$2.00
16 & Under--\$1.00

Rock Wall Renovation

Current MAPA President, Pat Seymour, and Past MAPA President, Homer Crow, met with Mr. Dalmus L. Davidson, P.E., of the Alabama State Highway Department, and Mentone Mayor Max Cash on November 19, 1992. The Alabama State Highway Department offered to rebuild the native mountain stone wall from Mentone approximately one mile down Highway 117, and the Mayor of Mentone and MAPA accepted the offer. This undertaking would involve the replacement of the wall beginning in the spring of 1994, and the cost will be underwritten for approximately \$900,000 from the Enhancement Fund of the Alabama Highway Department.

The pictures (see photographs below) of similar work done in the state of Virginia were most helpful in making the decision on behalf of Mentone. An inner core of concrete and steel would be covered by mountain stone saved from the present wall. It is the hope of the community that the wall would be a safety barrier in case of accidents, as well as a method of preserving the aesthetic beauty of the Mentone area. The uniformity of the reconstructed wall will be a great asset to its appearance. Workers will be employed locally to do the construction work.



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About Our Town

By
LINDA BROWN



The winter is steadily passing by. So far, it has been very mild, but the day I am writing this is very cold and raw. The terms used to describe the weather are very interesting. What exactly is "raw"? It seems to be a day that is wet as well as cold. "Cold as blue blazes" is another term we hear often. I suppose that blue flames do not appear as warm as yellow ones. I'm sure you can think of many more.

The town of Mentone continues to grow at a very steady rate. New houses are always being built somewhere. You would not believe the number of people who move (or at least change addresses) here. I print the town's water labels on the computer and try to keep the list updated. This is not easy, sometimes as many as ten or twelve names have to be changed and this is just on the water route. Recently, I was talking to a lady who lives here. She stated that if her present work in Mentone should be discontinued, she would have to find something else that would allow her to continue to live here. People are that determined to stay on the mountain.

I have watched and listened to the inauguration of Bill Clinton. I think America has a

chance now to become whatever the people want it to be. One man cannot do it by himself. It is up to everyone to do their part. One of our biggest enemies is apathy. As the saying goes, "a new broom sweeps clean". Just the newness of a younger man being in office will have a profound effect on the general feeling of the country. I heard a story of a preacher in the pulpit who stated that the two biggest enemies of religion were ignorance and apathy. He asked a member of his congregation if he agreed. The man replied, "I don't know and I don't care." Let's not have this attitude about our country. Be interested in what is done and said. Read the newspaper, watch the news programs, be informed; then, if you want something changed, set a program in motion to change it. Everyone will not agree with you, but so what? That's what makes democracy such an ideal way to live. Have you noticed that I always seem to have a subject to get on my soap box about? My grandfather was a preacher who sometimes preached on the street corners or wherever anyone would listen. I think I may be more like him than anyone else in my family.

Isn't Valentine's Day a fun day? You can tell anyone anywhere that you love them. I'm so glad that it isn't just a romantic thing any more. Send a valentine card or just a letter to Aunt Sally who lives by herself. Send one to Grandmama who isn't in very good health any more. Send one to a favorite teacher, even if you have been out of school for twenty years. Send one to your grandchild who lives far away. Send one to your best friend who moved to Ohio. You don't have to buy them, make them at home from odds and ends that you have on hand. HAPPY ST. VALENTINE'S DAY TO ALL!!

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COME TO THE COUNTRY IN MENTONE — Picture waking up in this 3 BR frame and stone ranch and looking out to the pond in the back yard, with large bamboo trees, and seeing deer or your horses getting their morning drink of water. It could be yours. Includes 10 acres for only \$685,000. Owner financing available.

HISTORICAL DOWNTOWN MENTONE — Beautiful wooded lot with wildflower gardens, 2 bedroom, 1 bath home with rock porches and small greenhouse. Walking distance to churches and gift shops. \$45,000.

WHAT A DEAL! — 77 acres located 4 miles from Mentone. The property has pasture land and brushy creek that flows through, 40 acres of wooded forest. Priced at only \$36,500.

MENTONE — 2 acre wooded lot **SOLD** Co. Rd. 106 (Alpine Rd.) 2 miles north of the state Park. 600 ft. of frontage. \$5,000.

A VIEW FROM LOOKOUT MOUNTAIN TO THE CUMBERLAND PLATEAU above Fort Payne, located off Merdick Rd. at Fischer Crossroads. 1-20 acre tract with 660 ft. of brow frontage. Wooded with streams that run through the property. \$30,000.

NEW HOME ON WOODED LOT — Minutes from DeSoto State Park and Mentone. 2 BR, 2 bath, 1,008 sq. ft. City WATER available. Pick out your own color of carpet and heating preferences and move in. \$42,000.

GREAT ADD-ON POTENTIAL — Reduced from \$37,000 to \$32,000. 1 brn downstairs and loft brn with 1 bath cottage, interior finishing required. Located on DeSoto Parkway, minutes from Mentone.

MILITARY ROAD ESTATES — Located in Cloudmont Resort. 3 acres on the West fork of Little River. Own the rock where a Civil War rifle was found. \$33,000.

VACATION HOME ON LITTLE RIVER CANYON — Loft bedroom, 1 1/2 bath, with 7.5 acres and a creek that runs across the property. \$68,000. Canyon View Forest (SUB).

LAKE LAMUSAGE — 3-4 bedroom, 2 1/2 bath home on 5 fenced acres 400 ft. frontage on river. Great room downstairs with fireplace. Too many amenities to mention. Handicap accessible. \$110,000.

VALLEY VIEW FOREST — (Subdivision of Canyon View Forest) Beautiful 5 acre tracts located on the East brow of Lookout Mountain overlooking the Georgia mountains. 9 miles south of Fort Payne Hwy. 35 2,000 acres of wildlife management area is your back door. \$10,000 by appt. only.

THE ONE AND ONLY CANYON VIEW FOREST — (Subdivision) 5 acre tracts overlooking Little River Canyon National Preserve and adjoining 2,000 acres of wildlife management area. Many tracts to choose from. Few with waterfalls and creeks, and all have private access. By Appt. only. Starting at \$25,000.

Mountain Homes, Woodlands, Canyon, River
and Brow Properties



The Recipe Corner

By
SUE SCHWARZ

Now that the holidays are behind us and we face the fact that we may have put on a few pounds during the holidays, we are also tempted to put a diet plan into our list of New Year's resolutions. I have learned from experience that this doesn't work well, so Bill and I are trying to focus more on long-term changes in our eating habits toward more healthy foods, in particular, those lower in fat. With that in mind I'll share some recipes that are low fat and satisfying.

Chicken Stew

- 4 C chicken broth defatted
- 1/2 C Chopped onion
- 1/2 C chopped green pepper
- 1/2 C sliced celery
- 2 C cooked chicken skinned and diced or shredded
- 1 box frozen corn
- 1 box frozen lima beans and/or frozen green beans
- 1 large can tomatoes
- 1 T worchestershire sauce
- 1 t oregano
- salt and pepper to taste.

Combine broth, onion, green pepper, celery, and chicken and simmer for thirty minutes. Add rest of ingredients and simmer for 30-45 minutes. Correct seasonings. Serve with a good bread and crispy salad — ymmm.

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MENLO — Immaculate and nicely decorated 3 bedroom, 1 bath home is convenient to library, churches, bank and shopping and features living room, dining area, kitchen, utility room, CH&A and above-ground pool all on a .9 acre lot. Priced at only \$37,750. Call today.

CLOUDLAND — This tri-level home in a serene setting features 3 bedrooms, 2 baths, living room with fireplace, kitchen with large eating area, screened porch, deck and garage. Only \$59,000.

CLOUDLAND — 156 acres with approximately 1/2 mile Little River Frontage. Priced at only \$625 per acre.

CLOUDLAND — Spacious, light and airy describes this 3-bedroom, 2 bath, new modular home on approximately 11 acres. This nice home also features a large kitchen with eating area, living room with fireplace, den, deck, central heat and air. Priced at \$72,000 and shown by appointment only.

MENLO AREA — This 69+ acre farm, currently being used for cattle, has approximately 1320' paved road frontage, creek, stocked pond, a three-bedroom, one bath house and several barns. Priced at \$115,000.

MENLO — Well insulated 3-bedroom home features central heat/air, thermal windows. Large landscaped yard and has above ground pool with deck, patio, garage with attached carport and paved drive. Dramatically reduced — Call for your appointment NOW. Only \$59,000.

MENTONE, ALABAMA — Beautiful brow lot contains approximately 5.8 acres with 300' of brow frontage. Priced at only \$22,500. Co-Broker of Southern Properties.

CLOUDLAND — Approximately 50 acres on Lookout Mountain in Alabama. Mostly cleared, pond and small creeks. Reduced to \$800 per acre. Co-Broker of Southern Properties.

CLOUDLAND — Walker County — This beautiful home on the brow features a large living room with fireplace, 2 bedrooms, 2 baths, eat-in kitchen with built-ins, solarium deck, large laundry room, central heat and air all on approximately 2 acres. Shown by appointment only.

CLOUDLAND — Beautiful brow lot with 190' of brow frontage and containing approximately 1.28 acres. Great buy at only \$16,000.

LAKE LAHUSAGE AREA — This beautiful, three-bedroom home offers a large living room, sun room, kitchen with breakfast area, one full bath, combination utility room and 1/2 bath, carport, central heat and air and thermal windows on a nicely landscaped yard. Priced to sell at only \$89,900. Co-Broker of Southern Properties.

CLOUDLAND — 250 acres with beautiful hardwoods, small pond and creek. Great for your own private hideaway or hunting preserve. REDUCED TO \$500 PER ACRE.

CLOUDLAND — This 3-bedroom, 2 1/2 bath, ranch style home has been freshly painted and carpeted just ready for your family to move into. Priced at only \$49,000.

MENLO — NEW LISTING — Great slider home in city limits. This large 11-room home built around 1900 features 5 bedrooms, 2 baths, storm windows, central heat and air, new roof, some vinyl siding and a nice level 150' x 140' lot in nice clean neighborhood. A must to see for the person who is looking for an older home to remodel and decorate. Priced at \$59,900.

LOOKING FOR A NICE FARM? — JUST INSIDE GEORGIA — MENTONE VICINITY. Approximately 52 1/2 acres featuring a newly remodeled home with 3 or 4 bedrooms, deck, 1 1/2 baths, central heat and air, vinyl siding and other amenities. Outbuildings, barn and lake complete this beautiful piece of property. Call today for an appointment. Priced at only \$99,900.

Trim 'N' Tangy Pork Vegetable Stir-Fry

- 4 ounces vermicelli noodles
- 2 t vegetable oil
- 8 ounces pork tenderloin, thinly sliced
- 1 large carrot, peeled and sliced, about 1/2 Cup
- 1 clove garlic, crushed
- 4 ounces fresh chinese pea pods or one 6-ounce package frozen pea pods thawed
- 1 6 ounce package radishes, quartered, about 1 cup
- 1 small bunch watercress, stems removed
- 2 T cider vinegar
- 1 t soy sauce
- Freshly ground black pepper, to taste.

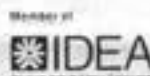
Prepare vermicelli noodles according to package directions. Meanwhile, in 12-inch skillet over high heat, heat oil; add pork slices, cook about 8 minutes, stirring constantly until well browned. Remove pork to plate lined with paper towels. To drippings in skillet, add carrot, scallion and garlic; cook about 5 minutes stirring constantly until tender-crisp. Return pork to skillet along with pea pods, radishes, watercress, vinegar, soy sauce, pepper and 1/2 C water; bring to boil. Reduce heat to medium; simmer 3-5 minutes, stirring occasionally until pea pods and radishes are tender-crisp. Meanwhile, drain vermicelli. Toss vermicelli with pork and vegetables to serve. Makes 4 servings

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A Friendly Valley View

By
ELOISE BROWN

Doug Jones was home for Christmas from San Diego. Bonnie Jones and children, Megan, Rebecca, and John Paul, are visiting Jean and John Jones while her husband, Roy, is being transferred from Grotton, Connecticut, to Norfolk Naval Base, Virginia.

Mary Louise and Ted Holleman ate Christmas dinner with Elizabeth and Nelson Ellis at Rainsville; the Saturday after Christmas, John Holleman took them on a tour of the west coast of Florida. They stayed a few days in Fort Myers and toured Thomas Edison's and Henry Ford's summer homes and the Edison Museum. Then they went to Key West, saw Ernest Hemingway's home, and up the east coast to Daytona Beach and to the New Year's ball games.

Doris and Jim Carmichael and Emmy and Mark Rickets, of Tuscaloosa, went to New Orleans to the Sugar Bowl. They report that they saw lots of DeKalb countians there. They also visited the zoo and aquarium.

The Prayer Group of Valley Head Baptist Church met with Sadie Cooper. Present were Gladys Cobble, Priscilla Monroe, Jean Jones, Martha Stanley, Jo Woods, and Teresa Cooper. The work on the church is almost finished and they are planning a Rededication Service the first Sunday in February.

I was sorry to hear that Dr. Roger Culpepper, of Ider, had suffered a heart attack and was in a Gadsden hospital. I hope by now he has recovered and is back in business. Also, hoping a complete recovery for Jackie Skelton of Mentone.

Adis Barnard and her daughter, Jean Cassidy, came from Huntsville, Sunday January 10, and attended services at Whitehall Methodist Church, where they presented a Communion Set and Church Bible in memory of John Barnard. They took Frances Longshore home with them for several days' visit.

Laurie Longshore has returned to Moscow University in Idaho, after spending the holidays with her family and enjoying a ski trip to Spokane, Washington.

Mary Louise and Ted Holleman entertained a group of friends from Camp DeSoto at their home. They were celebrating the birthdays of Ted, Sue Henry, and Jimmy Graves. Others present were Evelyn Graves, Marsha and Phil Hurt, Jean and John Corey, and Adelaide Biddle.

Valley Head has lost another gracious lady when Patsy Hammond passed away. She was a faithful member of Valley Head Methodist Church as long as she was able.

I am glad that one of my "loves"—poetry—had a place in the presidential inauguration. I think Maya Angelow deserved the honor. She said her poem reflected the oneness of the spirit in our country at its best. Personally, I think our governor should promote unity and good will by leaving that Confederate Battle Flag off the capital building — I agree with the Judge and his decree.

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Valley Head Woman's Club Report

BY MAURINE DONAHUE

In January the Valley Head Woman's Club met with Mrs. Phil Hurt in her lovely, new home in its arduous setting. Hostesses were Mrs. Hurt, Mrs. Claude Howe and Mrs. Larry Longshore.

The subject of the program was "A Better World through Foreign Exchange". Mrs. Alex Hamilton, president, presided.

Mrs. Tom Bauerle gave the devotion, basing it upon Job 28, "Behold, the fear of the Lord, that is wisdom and to depart from evil is understanding," and Proverbs 1, Solomon's instruction to know wisdom, understand justice, judgement and equity. Our country and, indeed, the world is in the midst of change. God will impart wisdom to believers. Solomon was teaching his people how to live. Mrs. Bauerle concluded with the poem, "Make the Year a Stepping Stone for Growth" by Helen Steiner Rice.

Mrs. Lea Gill, head of the Educational Foundation for Foreign Study, (EF), said you do not have to have teen age children to host a foreign student. You may have young children who would look up to an older student, or you may have no children at all. It doesn't matter.

Mrs. Gill introduced the foreign exchange students, Toni Nayha and Martin Froberg, both of whom are from Sweden and are students at Valley Head High School. Being from Stockholm and a large nearby city, the boys had to adjust to life in a small, rural town.

Sweden is a socialist country having socialized medicine and education. There is sometimes a long wait to get medical care but in an emergency you are cared for right away. There is also private practice of medicine, but, it is very expensive.

Schools are free from elementary school through college. Children start school at age seven. High school is much more difficult in Sweden, students must take two foreign languages and may take four or five. Some difference in terminology was noted as the boys said 'read' a subject or group of subjects rather than 'to major' in or take' a subject. Most students take German and English.

In the socialist state, there is no under class, no homeless, because the government provides for all. The crime rate is low although they do have some gangs. They have few minorities.

There are no shopping malls as the stores are downtown in the cities.

Toni's family emigrated from Finland after World War II. Both parents of both students work because taxes are so high. Anything above \$3,000 per month is taxed at 55%.

There is compulsory military service for seven months at age 18, unless you are in school.

Students do not get any school credit for their year abroad, but, the prestige of a school year abroad is a big help in getting a job.

In conclusion, the boys sang their national anthem in Swedish.

Mrs. Hamilton presented the boys with round stones washed down Little River from Lookout Mountain at Canyon Mouth Park on which she had painted native owls, as a memento, to be used as paper weights. She gave Ms. Gill a hand painted picture of native flowers.

Delicious refreshments with an international flavor were served by the hostesses.

Beauty Tips

By Charlyne O'Rear



Do You Have Dry Skin?

Maybe your skin just seems dryer during the winter months.

CHARACTERISTICS OF DRY SKIN

It can look and feel tight, drawn.

It chaps, flakes, and may look parched or leathery.

Deep or fine lines appear around the eyes and mouth, pores are almost invisible.

Dry skin, which becomes more common as we grow older, also occurs in young skin. Sun, wind, extreme heat or cold, poor health and inadequate nutrition are constantly robbing skin of its moisture, making skin even drier.

Dry skin requires gentle cleansing that does not strip the skin of its natural moisture. Exfoliation will remove dry flaky skin cells that can make the skin dull and lifeless, and leave the skin with a healthy glow. Extra moisture and emollients are needed to control surface flakiness, soften fine lines and keep the skin soft and supple.

After bathing avoid brisk drying habits, just pat excess water with a soft towel and apply a good moisturizer (the greasier the better) while the body is still damp.

For dry rough feet: try applying petroleum jelly all over your feet, put on an old pair of cotton socks and



The Country Journal

By
BERNISE CROW

We are over Christmas celebrations, have decided on New Year's resolutions, enjoyed the successful win of Alabama over Miami in the Sugar Bowl and are already anticipating the joys of springtime. The seed catalogues have arrived during our days of gloomy weather only fit for ducks and humans who love to sit by the fireplace and read. The catalogues make us want to start planting, weeding, and general gardening.

There are many tasks to be finished during the quiet slow days of winter. It is time to sort out things from closets — throw out those things we have not worn in a year. That's the only way to remain neat and organized. I know people who do this every year, and they always keep just the things they will use and know exactly where to find them.

It's just as important in this new year to sort out the clutter from our minds — the things that hinder us from functioning well as a neighbor, friend and fellow companion on the highway of life.

We should learn to keep fresh new thoughts and ideas on our minds and forget all those nagging worries that confused us and kept us from being productive in past years. Toss out any thoughts that can hinder us from being well-balanced, control the desire to retaliate, do something good for that person who has seemed to do mean things to us. Do not dwell on those things we cannot change. Do something about the things we can change. Be productive. Think positively. Each day is a fresh beginning. It

wear them to bed. This works wonders for your hands too, be sure to use cotton gloves.

When you really feel that your body needs extra attention, try the following: after your bath, pat excess water away and apply the petroleum jelly all over your body, slip on the socks, gloves, and a flannel night gown—the next morning you will feel as though you are living in a NEW SKIN!

Don't forget! Following a sensible diet, regular exercise and drinking at least eight glasses of caffeine-free liquids a day will keep you in good health as well as do wonders for your dry skin!

If you have questions on skin care, cosmetics application or what's new in fashion, please write to me, Charlyne O'Rear in care of The Groundhog. I'll be happy to try and find the answers you need.

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starts with a clean sheet, and we are the ones who can make it cluttered and messy. Read good books—I do mean good books. There is so much to learn, and we can learn as long as we live.

We alone are responsible for our actions. We must not blame other people for our failures, but learn from our mistakes.

So, I hereby resolve to quit grieving about things over which I have no control, keep physically active, rest when necessary, eat healthy foods, think healthy thoughts, be willing to do more for others, and accept the helping hand of others, gracefully, when extended to me.

May we have more sunshine in our lives. Give of ourselves more often. It is only through giving that we truly receive.

We have sold our home, and we are in the process of packing to move. We are taking small things to Chatanooga and will store some furniture until we decide where we will live in Mentone. This is a difficult task, since we have accumulated so many things I don't want to toss out. But, I have been able to part with some things. Some we have sold to the Tavarinas who are buying our place, and some will go to the Hitching Post. Maybe we should move more often and clean the clutter from closets and storage areas. It would make for a cleaner home.

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Mentone Welcomes New Rector of St. Joseph's On-the-Mountain Episcopal Church

By Evelyn Graves

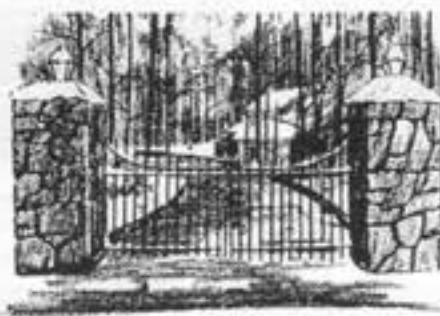
St. Joseph's parish has been anxiously awaiting the arrival of the new rector, Newell Anderson, who officially filled the pulpit on the first Sunday in January. The town of Mentone shares in the parish's excitement as we learn more about this outstanding man.

The Reverend Mr. Anderson was born in South Carolina, but he grew up in the state of Georgia. He graduated from Georgia Tech, worked for Lockheed in Marietta, Georgia, for a period of time, then worked for two different radio stations in Atlanta. He graduated from seminary at The University of the South in 1972. The Reverend Mr. Anderson has served in a number of parishes, including Trinity in Columbus, Georgia; Cathedral of St. Phillip in Atlanta (which is the largest Episcopal church in Atlanta); St. John's in College Park, Georgia; and his most recent parish, Stone Mountain, Georgia.

The Reverend Mr. Anderson, his wife, Tisa, and their two children, Jonathan, 7, and Christina, 4, are excited about their move to Mentone. The Andersons have two grown children who live elsewhere.

The new rector enjoys several interesting hobbies. Among these are photography, ham radio, computers, backpacking and hiking. He helped to get a ham radio station set up in Haiti for the benefit of the missionaries serving there. It is called Cap Hatein. Anderson has already enjoyed hiking into the Canyon and other sites on the mountain. All of his hobbies can be enjoyed to their fullest on the mountain because its natural beauty is every photographer's paradise; with the excellent transmission capabilities of the location, he should be able to continue his ham radioing; and of course, we all know the hiking and backpacking opportunities are unlimited.

When asked if the entire family liked Mentone, the Reverend Mr. Anderson responded enthusiastically, "We don't like it—we love it!"



MADAPERCA
Mentone, Alabama

MADAPERCA By EVELYN GRAVES

I was so pleased when I learned that Don and Yvonne Brock have opened a Bed and Breakfast in one of Mentone's most beautiful sites -- the home of the late Carl and Mary Wiegand. The Wiegands, I am sure, are familiar to most of you. The estate, name MADAPERCA, derived its name, in fact, from a combination of Mary, Daisy (her mother), Percy (her father), and Carl. Many beautiful parties have been held in the Wiegand's home, and their hospitality was unexcelled.

I have other memories of this area just a few yards past the house. This area was at one time called "Riverside." It was here that most of Mentone's children learned to swim many years ago, and it was also here that Camp DeSoto provided a lovely water pageant every summer. The entire community, as well as surrounding communities, were invited to attend this spectacular event. It began just at dusk, and the underwater lighting was superb as we watched the graceful movement of the young girls as they performed. I remember one pageant, in particular, when someone across the river quoted the poem, "Hiawatha", as the young "Indian maidens" swam under the water in various formations. These were thrilling events.

The most memorable event for me was my own baptism. This was the regular place for the baptisms to take place. In time, the river frontage was no longer available to the public.

After the deaths of the Wiegands, it seemed at one point that MADAPERCA was going to be lost to Mentone, and then Don and Yvonne Brock purchased it. I know of no other more gracious couple than Don and Yvonne. It is, indeed, exciting to learn of their Bed and Breakfast, and to quote from the brochure, "MADAPERCA Bed and Breakfast is located in the historic district of Mentone, Alabama; it is near many summer camps; it is awake to the sound of Little River passing over a historical dam; it is upstream from DeSoto Falls; it is near all the arts and crafts of Mentone, atop Lookout Mountain on Highway 117, Mile Marker 5; midst a bird sanctuary. All rooms have a river view, cable TV, telephone, and a private bathroom. MADAPERCA is a smoke-free facility and is open year-round. Secretarial services, copy services, and FAX services are available. There is one suite available with kitchen, fireplace, and patio. Nearby MADAPERCA there is swimming, sunning, hiking, climbing, nature walks, foliage walks, fishing, hunting, golfing, bird-watching, skiing, jogging, and fine dining." It is indeed "A Riverside Retreat".

More information about MADAPERCA, rates and reservations may be obtained by calling (205) 634-4792.

The Church News

By
EVELYN GRAVES



Things are going well at the Moon Lake Baptist Church with the calling of the interim pastor, Rev. Bill Jennings, and the new Youth Director, Robert B. VanCleave. Mr. and Mrs. Mike Young, along with their three children, have joined the church recently. Mike is an ordained Baptist minister who is affiliated with Ponderosa Bible Camp. The church is very happy to have them join and feel that they will be a tremendous asset to the church. Visitors are always welcome in the services which begin at 11 o'clock each Sunday morning and 7 o'clock on Sunday evenings.

The Mentone United Methodist Church plans a Valentine Party for the children on February 14. The UMW will meet at the church on Thursday, February 4.

Winston Memorial Presbyterian Church invites all those in the Valley Head area to join in worship on Sunday mornings at 9 o'clock.

The Fifth Sunday Night Community Service was held January 31 at the Valley Head United Methodist Church with the minister from John's Chapel leading the service.

The February UMW meeting of Valley Head United Methodist Church will be held at the home of Mrs. Elizabeth Coleman. Mrs. Laura Margaret Allison will assist with hostessing of the meeting.

The Valley Head Baptist Church expects to be moved back into their own sanctuary the first Sunday in February. The youth will be attending a Youth Convention in Birmingham on February 12-13.

A revival is scheduled at the Mentone Church of God for the second week in March. The young boys of the church will be going to Gatlinburg to a Winterfest the second week-end in February. A dinner is planned for sometime in February. The date will be announced later. A singing is scheduled for the first Saturday night in February. The Heartwarmers will be the special singers for this event.

The Mentone Church of God of Prophecy will have a Youth Valentine Party on Saturday, February 13, at 6:30 p.m. at the church. On February 14 there will be a special service on Godly Love.

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The River Watch

By
BILL SCHWARZ

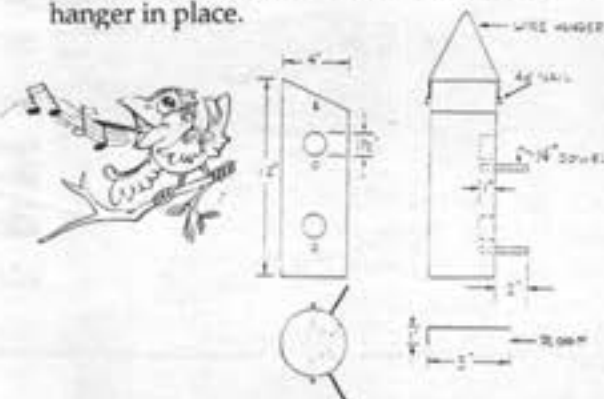
Winters Are For The Birds

I have a grey winter sweatshirt that proclaims the title of this month's article. It really expresses my feelings on the subject. I really do like the shirt and wear it a lot. Sue got it for me several years ago when she realized how much I dislike winter. Pictured on my nice warm shirt are several chickadees and a cardinal looking for seeds and other food. All of which brings us to the real topic for this month... birds and how we humans can help them survive a really bad time of the year.

Birds feed on insects and seeds, both of which are in short supply during the winter. In order to survive cold weather, birds have a high metabolic rate to generate the body heat needed for life. They depend upon fat (animal and/or vegetable) in their diet for a lot of that metabolic heat. Some folks put out suet (animal fat) for the birds to eat and it is a great boon to the birds.

Here's a mixture that the birds find very tasty (I haven't truly interviewed a bird on the subject, so that last statement was deductive reasoning based on observation) and once they find it, consume it in great quantity. Mix together in equal parts: vegetable shortening (el cheapo brand), peanut butter (not chunky style) and bird seed (what ever type you want to use). Pack that glop into the holes of the feeder (fat stick) shown below, and hang it where you can see it and watch the fun.

To make the fat stick feeder, start with a small log from your wood pile (I've shown 4 inch diameter, but anything from 3" on up would do fine). Cut the log to 12 inches or so in length and slant-cut one end (that'll be the top and will help shed rain). Drill two holes, each 1 1/2 inches in diameter by one inch deep, turn the log 1/3 to 1/2 way around and drill two more holes, same size. About one inch below the center of each of these holes drill a 4 inch hole, again one inch deep. Next, cut four three-inch long pieces of 1/2-inch wood dowel and gently tap the dowels into the small holes. These will be the perches for the birds. Next, drive a 4d nail about 3/4 of the way into the log on opposite sides of and about 1/2 inch down from the slant-cut top. Twist a loop in each end of a 14-inch piece of wire (baling wire, electrical wire, or coat hanger). Place the loops over the nails and now bend the nails over to hold the wire hanger in place.



If you want to get fancy, put an aluminum "roof" on the feeder. Cut a 5 x 6-Inch piece of thin aluminum sheet. Make a 1-inch wide, 90-degree bend along the 6-inch side. This will leave you with a 5-inch square roof with a 1-inch overhang. Attach the roof by punching two holes to correspond to the wire hanger placement. Put the roof on top of the log and pass the wire hanger through the holes, make your loop in the ends of the wire and then attach the loops to the nails.

The fat stick is easy to make, looks great hanging in your yard and the birds will love you.

Happy New Year to all, may this year be better than last and bring great joy to you and yours. See you next month.



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It's A Boy!



Ricky and Shannon Kean of Mentone announce the birth of their son, Gareth Dillion, born December 11, 1992 at BMC DeKalb. He weighed 7 lbs. 2 oz. and was 20 inches long. He has a sister, Loren Brooke, who is 3 years old. Grandparents are Al and Mae Hunt of Mentone and George and Kathy Bevel of Fort Payne, Alabama.



God's Minute

By RUBY BROCK

And all things, whatsoever ye shall ask in prayer, believing, ye shall receive. Matt 21:22

When needs are so great, and jobs so hard to find, sickness and doctor bills are pressing, remember the promise made by Jesus. The key is "prayer" and "believing". You will be surprised what God will do. Try it today.

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