

**HAPPY 17TH
BIRTHDAY,
MAPA!!**

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BIRTHDAY,
MAPA!!**

**Celebrating
16 Years
in Print**

THE

GROUNDHOG

•Mentone • Valley Head •Hammondville •Cloudland •Menlo

**Provided FREE
Since 1982
By M.A.P.A.**

Volume 17, No. 2

"Neighborly News from the Heart of Lookout Mountain"

February 1999

PHILMONT SCOUT RANCH: SCOUTING PARADISE

By Bill Berry

High atop the rugged crests and deep inside the tranquil valleys of the Sangre de Cristo Mountains, Boy Scout youths and leaders from around the world discover the reason New Mexico is known as "The Land of Enchantment." Annually, more than 20,000 scouts hike the scenic trails and climb the lofty heights of Philmont Scout Ranch, a haven that introduces visitors to unequaled panoramas and experiences. Along the trails they go, never quite sure what force of nature awaits around the next turn.

Mentone's Boy Scout Troop 106 made the Philmont pilgrimage last July. I was among the fortunate 13 who gained outdoor skills, physical stamina, and spiritual insight along 100 miles of rigorous trails rambling through spectacular scenery. For 10 days and with about 40 pounds strapped to each of our backs, we witnessed firsthand the beauty and grandeur of the American Southwest.

Just north of Philmont, at Colorado Springs, we acclimatized ourselves to local scenery at the Garden of the Gods and to local culture at the Flying W Ranch. After climbing dusty hills in the garden and singing along with cowboy tunes at the ranch, we were ready for the challenges of Philmont.

At base camp, the Philmont ranger assigned to our crew checked our gear and gave us a crash course on survival in the backcountry, where bears and fatigue take their toll. After an overnight stay in Tent City (highlighted by an extremely close encounter with a marauding skunk in my tent), away we went into the wilds of Philmont. About two hours into our first day on the trail, we made a wrong turn; amazingly, this would prove to be our only misstep during the 10-day trek.

Guided by our Philmont map and trusty compass, daily we hiked from one campsite to another. Along the way, we were careful to leave behind only our footprints. This is the Philmont way. Largest of the five Boy Scouts of America national high-adventure bases, Philmont promotes appreciation of and respect for the natural environment. Visitors must follow the strict ethic of low-impact camping, ensuring that the wild beauty of the place will endure.

At each campsite awaited such comforts of home as a fire ring, a sump, a latrine, and a bear rope. Due to dry conditions, building open fires was illegal last July; therefore, we used only small camp stoves for cooking our packages of dehydrated food. Any unused liquids were poured down the sump deep into the earth, unused solids had to be packed into a plastic bag for disposal at base camp on the tenth day. Any "smellables," ranging from food provisions to photographic film (Sorry, no deodorant allowed on the trail!), were placed into burlap bags and hung from bear ropes high above the ground.

Rangers housed in remote locations provided varied activities, such as pole climbing, blackpowder rifle shooting, tomahawk throwing, shotgun shooting, and burro racing. These experiences offered not only hands-on opportunities, but also informative lessons of history and application. Prior to firing the shotguns, a 30-minute session explained the composition of shotgun shells and the operation of shotguns, and then allowed each participant to load his own shells. Before racing alongside the burros, a corral-side talk elucidated the nature and function of the locally native animal, and then offered each scout the opportunity to lead (or, just as often, be led by) a burro in a mad dash along a gently sloping course.



The members of Crew 719A (Mentone's Boy Scout Troop 106) are assembled in Philmont Scout Ranch base camp, with the rocky landmark known as Tooth of Time jutting skyward beyond a ridge in the background. Sitting in the front row (left to right) are Jack Corey, Ben Corey, Peter Hurt, Philmont ranger Steve Gay, Paul Whittle, Ken Miller, and Marlin Cox; and standing in the back row (left to right) are Josh Simpson, Jerry Simpson, Jordan Simpson, Justin Simpson, Bill Berry, David Gilbreath, and Robert McReynolds.

Just before entering our snug tents every night, we sat around a dark fire ring and reflected on personal insights. In the Philmont tradition, we summed up our thoughts in the form of "roses" (good things that had come our way that day), "thorns" (the opposite of roses), and "buds" (hopes and expectations for the next day). Each individual brought forth unique perceptions, thereby adding layers of meaning to the already rich Philmont experience.

Roses were often identified as the camaraderie of our crew, the beauty of the land, or the intensity of the adventure. Thorns were usually related to the

(Continued on Page 5.)

**To Subscribe to the Groundhog,
See Page 2.**

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SCHEDULE OF MEETINGS, EVENTS, AND OTHER DATES

•Friday, February 12, Lincoln's Birthday
•Sunday, February 14, Valentine's Day

•Monday, March 1, 6 p.m., Mentone Town Council
Meeting Town Hall

THE GROUNDHOG

P.O. Box 387, Mentone, AL 35984



Published monthly by the Mentone Area Preservation Association, MAPA 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.

Editor.....Evelyn Graves
Associate Editor/ typesetter.....Marie Dillenbeck
Contributing Writers.....Ruby Brock, Linda Brown, Eloise Brown, Madeleine Bullock, Marilyn Campbell, Bernise Crow, Marie Dillenbeck, Dowe Foreman, Evelyn Graves, Phil Harris, Lisa Moore, Sue Schwarz, Jennifer Smith

MAPA OFFICERS

President.....Homer Crow
Vice President.....
Secretary.....Corinne Caplano
Treasurer.....Dessie Newberry
Parliamentarian.....Bernise Crow
Member-At-Large.....Dorothy Crow
Member-At-Large.....Lucille Crowe

In case of errors in advertisements, The Groundhog assumes liability only for the actual space that is incorrect in the advertisement. Call Evelyn Graves at 634-4390 for advertising.

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. The Groundhog is due out by the end of each month.

The Groundhog Advertising Rates

Full Page.....	\$305.00
1/2 Page.....	\$205.00
1/3 Page.....	\$145.00
1/4 Page.....	\$110.00
1/6 Page.....	\$ 60.00
1/9 Page.....	\$ 40.00
Business Card Size.....	\$ 25.00
Classified Ads (minimum of 3 lines)	\$ 1.00 per line

Set up charges

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Name: _____

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Have The Groundhog delivered to your mailbox! Give The Groundhog for a birthday present or as a special gift for someone you love. If gift, give name and complete address of recipient. Renew your own subscription. Still just \$10/year. Send your check payable to:

MENTONE AREA PRESERVATION
ASSOCIATION (MAPA)
P.O. BOX 50, MENTONE, AL 35984

Your membership/subscription is tax deductible.

Arrow Disposal Service new garbage company

By Marie S. Dillenbeck

If you live in the city limits of Mentone, DeKalb County, (or outside the city limits), and need garbage service, Arrow Disposal Service is now the residential franchise contractor, having been awarded the contract by the DeKalb County Commission effective February 1st, and by the North DeKalb Solid Waste Disposal Authority (consisting of the towns of Mentone, Valley Head and Idler). Waste Management will no longer be handling residential service in DeKalb County or the towns of Mentone, Valley Head and Idler.

Current customers of Waste Management, Inc., will be changed over to Arrow Disposal Services, and you will be able to continue using the garbage container you now have. During the month of February, your old container will be taken and will be replaced by a new container. The new container will be green with a tan lid, and will have the Arrow Disposal Service logo on the side. You will also be billed during the month of February. That bill will contain an introduction to the new company and other information. Residential garbage pickup service will be billed by the quarter, at the rate of \$40.41 (\$13.47 per month for a three-month period).

The new company, Arrow Disposal Services, will operate a customer service office at 1000-B Gault Ave., S., Fort Payne. This office is in the English Village center, just around the corner from the Alabama Museum and Fan Club, across the street from the old football field. The local number is 845-1580. The toll free number is 1-877-845-1580. Call these numbers if you are signing up as a new customer. All old customers will be automatically changed over to the Arrow Disposal Services system.

There are applications/enrollment forms available at the Mentone Town Hall on the bulletin board for new customers. You may also go directly to the customer service office in Fort Payne and fill out an application there.

For the town of Mentone, there will continue to be courtesy dumpsters at the Town Hall and at the Little River Hardware through April 30, 1999. This is to allow garbage to be disposed of and to give residents time to complete applications with Arrow Disposal Service. If you are currently a Waste Management customer and have a container, you will be billed by Arrow Disposal Services as set out above. However, if you currently do not have a waste disposal service, you must contact Arrow Disposal Services immediately.

If you have previously sent a deposit to Waste Management, you should be receiving your original check or money order in the mail. If not, you may contact DeKalb County Solid Waste Officer, Calvin C. Haygood. Haygood can be contacted at 845-8532. However, complaints about service or questions about service should first be presented to the particular service provider for the area in which you live. If a satisfactory resolution cannot be reached, or the problem is not corrected in a timely or acceptable manner, Mr. Haygood should then be contacted.

Remember, that state and federal law prohibit the burning or on-site disposal of household garbage.

ALABAMA WINS RECORD 16th AMA AWARD

The awards just don't stop for the country supergroup Alabama. The quartet of Randy Owen, Jeff Cook, Teddy Gentry and Mark Herndon was honored by the American Music Awards Monday night, January 11, in Los Angeles when they were named as winners in the "favorite country group or duo" category for a record 16th time. Others nominated were Brooks and Dunn and the female trio Dixie Chicks.

The group is also the all-time leader in awards won by musicians in any type of music with a total of 21 awards. They have been awarded since 1982, when the American Music Awards were inaugurated.

In addition to being named top country group every year since 1982, with the exception of 1996, the group has twice had the country album of the year, had the top country video twice, and their 1987 album, "Greatest Hits," was named the best country album for that year.

Fifteen albums have reached platinum status, and five others have been designated the gold status by industry standards. Platinum indicates one million units sold, and gold signifies 500,000 units.

The latest album released by Alabama was "For the Record," a collection of their 41 number one hits. Released August 1998, it has sold over two million units, and features three new releases. One of those songs, "How Do You Feel in Love," reached the top of the charts in July 1998, as it was pre-released as a single before the album hit the streets. Second single, "Keepin' Up," is currently number 21 on the latest charts, and is rapidly rising towards possible number one status.

The group has sold over 58 million units and reigns as the all-time leader in records sold by a country group by a wide margin.

Do you have a picture or an article you would like to submit?

To submit pictures for an issue of The Groundhog, please get them in by the 15th of each month to either Evelyn Graves or Marie Dillenbeck. Copy or articles should be in no later than the 20th, so the paper can be printed on the 25th of each month. Thank you.

CORRECTION

In last month's issue, in the article on pages 8 & 9, "Musical Mountain Community Christmas in Mentone" a typo appeared that changed the intent of the sentence. The sentence was to have read: "Lovely praise songs throughout the entire evening created a holy atmosphere most worship services aspire to provide."

--PUBLIC NOTICE-- MENTONE PLANNING AND ZONING COMMISSION Meeting Dates for 1999:

March 18 June 17
September 16 December 16

All meetings are at 4 P.M., are open to the public, and are held in the Town Hall.

The Board of Adjustment will meet at 4 PM on Thursday, February 11, at the Town Hall to consider an application for conditional use.



LOOKOUT MOUNTAIN

Preferred Realty, Inc.

L M P R

6090 Highway 117, South
P.O. Box 44
Lookout Mountain Parkway
Mentone, Alabama 35984

Angela J. Wood
Owner and AL/GA Broker

Office: (256) 634-4672
Home: (256) 634-4169
1-888-256-1276

Cell: (256) 997-8138
Fax: (256) 634-4702

Website - WWW.DeKalbRealestateGuide.com/LMPR



(1) **ONE AND ONLY LITTLE RIVER CANYON.** 3 to 5 acre tracts overlooking Canyon, some with Waterfalls. Property adjoins Wild Life Management Land. Many tracts to choose from and all on Private gate access. Point and Bluff sections now available. Very Secluded \$25,000 to \$40,000. Appointment ONLY.



(2) **100 YEAR OLD OAK TREES.** Shade the 3 bdrm, 2 bath Older Home Located on Cutler Ave., MENTONE. 2 story with Detached Garage, City Water, Cable, and Walking distance to Downtown. \$51,900.



(3) **BUILT IN 1926. AN ORIGINAL CLOUDLAND HOME.** 2 story, Upstairs, being a Large Dormitory room with bath. Downstairs 2 bdrm, bath, living w/fireplace, Dining and Kitchen. All new wiring. City Water. \$69,900.



(4) **LAUREL CREEK LAKES SUBDIVISION.** Wooded lots starting at \$8,500. Lakeside (3 left) and pasture lots (2 left) starting at \$12,500. Mentone area, County Road 106. Common areas for hiking and fishing. Restrictive covenants. Owner financing available.



(5) **EAST BROW, CLOUDLAND, GA.** What a view from these 2 to 3 acre lots located off Hwy 157 North. Rock formations, wooded, private with 100 to 250 ft. of breath-taking edge of the world view. Starting at \$32,000. Owner financing.



(6) **ONE BLOCK FROM VALLEY HEAD SCHOOL.** Maintenance free vinyl sided, 3 bdrm, 1 bath, mostly Hardwood floor, ample closets, Carport, Fenced back yard. \$42,000.



(7) **WILD RIVER COMMUNITY.** 100x300 ft lots on the East Fork Little River. Secluded and Scenic. \$10,000 each. ALSO AVAILABLE 29 acres with over 800 ft. of river frontage for canoeing, fishing. \$85,000.



(8) **COTTAGE ON LAKE LAHUSAGE.** Furnished, Rustic 3 Bdrm 1 Bath, Fireplace, 2 decks and Screened Porch. All appliances. Also Efficiency apartment above Garage. Creek on the West Boundary. A unique structure with lots of Mountain Stone Accents. Dock on Lake. \$95,000.



(9) **MOUNTAIN RIVER ESTATES Phase 1 & 2** now open. 3 to 5 acre tracts on the middle Fork of Little River. Located off Lookout Mountain Parkway, 4 miles from downtown Mentone and 2 miles from the Ga. line. River front tracts starting at \$27,500, and 4-15 acre wooded stream tracts.



(10) **CLOUDLAND, GA.** Home or business could be the agenda of this 3 bedroom, 2 bath, approx. 1,500 sq. ft. completely fenced, stone fireplace, CH&A, rustic pine paneled, on 1 acre. Located on Lookout Mountain Parkway, Hwy 48. \$49,500. May be leased for business. Call for details.



(11) **HANDYMAN SPECIAL ON THE BROW.** 3 Bedroom, 1-1/2 bath. Hardwood floors, Stone Fireplace. Cozy cottage; walk to Downtown. Priced to sell. \$45,900.



(12) **MENTONE CONNECTION.** Two story Cedar and Log Home on the West Brow, 1 mile from Downtown. 4 Bdr (master 1st level) 2-1/2 baths. Heart Pine Plank Flooring in Living, Dining, Den, Kitchen. Fireplace w/insert, CH&A, lots of storage and closets. Large Deck and Screened Porch for enjoying the Sunsets. 3 acres M/L. \$240,900.



(13) **BROW, BROW, BROW - MENTONE.** Approximately 3 acres with 300 ft. of view frontage. Property is on the West (sun-set) on Desoto Parkway. City Water available. Great Location. \$90,000.



(14) **INDIAN TRAILS** over 3 acre tracts on the highest point on the Brow overlooking North Fort Payne valley, to the Cumberland Plateau. City water available, access to and overlooking private lakes. Private access. Off Citadel Rock Rd. Restrictive covenants. \$30,000 each.



(15) **LOOKING FOR A FIXER-UPPER IN MENTONE.** 6 Room frame cottage, with Rock porch, located on Hwy 117 S, downtown Mentone. Approximately 2 acres. \$34,900.



(16) **67 ACRES ON THE EAST BROW LOOKOUT MTN.** Over 1,000 ft. of frontage, Rock formations, spring fed pond, artesian well, electric, and approx 5 acres cleared. Joining Wildlife Management and NPS. \$138,000. Also available: **VALLEY VIEW FOREST.** 6 to 17 acre Tracts on East Brow overlooking Pleasant Valley and Weiss Lake, and adjoins National Preserve \$10,000 to \$35,000.



(17) **SMALL FARM WITH HOME - MENTONE.** Great piece of property with 18 acres, two springs, pasture land, 2 Bedroom, 2 bath farm house with heart pine floors and walls, vinyl sided, Large Cellar. Country kitchen for canning those veggies. Outbuildings. Paved Road frontage \$84,900.



(18) **SOOTHING SOUND OF RAIN-DROPS ON A TIN ROOF,** brings back the warm cozy feeling in this 2 Bdrm, 2 bath cottage. 1 car garage and 3.8 wooded acres, and only three years old. Located in Mentone area. \$64,500.

OTHER PROPERTIES

(19) **20 ACRES** Wooded with Springs, Hollows, and Rock formations. Located on Co. Rd. 633, Mentone. \$40,000. Also available 10 acres and up ranging from \$1,500 to \$2,500 per acre. Owner financing to qualified.

(20) **DESOTO PARKWAY - (LOOKOUT MOUNTAIN PARKWAY)** 1.5 acres M/L, wooded, city water and natural gas available. Minutes from State Park and Fort Payne. \$10,500.

(21) **12 ACRES ON EAST FORK LITTLE RIVER.** Wooded and Private with 330 ft. of Water frontage. Relax on the Large Flat rock in the middle of River. \$78,000. Reduced to \$70,000.

(22) **OAKWOOD ESTATES** - 3 plus acre wooded and Pasture tracts available. Located in Mentone, County Road 106. Restricted Covenants. For permanent or Vacation Residential Homes. \$9,500 to \$12,500.

(23) **50 ACRES LOCATED IN CLOUDLAND, GA.** - Great Farm, with 20x40 Barn, Large Workshop, 3 outbuildings, Garage, 4 wells, Year around spring, 3 garden acres, Grape Arbors, Approx. 5 acres cleared. Beautiful Hardwoods. 12x70 Mobile Home with Rock foundation. Many more amenities. \$165,000. Show by Appt. ONLY.

(24) **FOR RENT,** 2 bedroom, 1-1/2 bath, cabin in Downtown Mentone by the week or weekend. Also 1 bedroom, 1 bath Log Cabin, fireplace and large screened porch. Call for info. Angela Wood (1-888-256-1276)

TOO MANY PROPERTIES TO LIST THEM ALL.

If L.M.P.R. doesn't have it, L.M.P.R. will find what you're looking for.

L.M.P.R. is Now licensed in Georgia, as well as Alabama. L.M.P.R. covers more of Lookout Mountain, to offer a wider range to choose from. Want to sell or looking to buy that special place in the mountains? Call Angela J. Wood. Multi-state Broker.

Mentone Grapevine II

By Marie S. Dillenbeck

Gail Crider has asked for everyone's prayers for her mother and father, Margaret and Ed Fann. Both are in the Collinsville Nursing Home. This has been a very hard time for her and her brother. Gail knows that the Lord will help them get through this. Please remember them in your prayers.

Congratulations to young weather artists whose drawings have appeared recently in the Times-Journal. Brandi Hawkins, 10, Valley Head (1/9-10); Erica Blalock, 4, Mentone, (1/16-17); School (12/15).

The memorial service for Mabel Crow Kirk, who passed away in San Francisco, CA., on Dec. 23, was very touching. She planned the service and for all who knew her and loved her, it was Mabel. She touched the lives of so many in all the same way: a gentle, loving way. Her wisdom reached out and touched us all. There will be a feature story on Mabel in the May issue of The Groundhog.

Myrtle Blansit fell recently and broke her hip. She has been in a lot of pain, and we wish her a speedy recovery. She also has a birthday on February 8th.

Frances Rosario Blix was in Mentone the weekend of January 16, staying with Sherman and Mickey Gough. On Saturday evening, a small group, including Ed and Gerry Disney and Marie Dillenbeck played a game of cards called "hand and foot" at the Gough residence. It was a great time to visit and enjoy fellowship.

Ginny Bosworth went back to Gainesville, Georgia, with Frances Blix for a few days, and Frances and her daughter Amelia stopped off at Dessie's Kountry Chef to have lunch before going back home to Gainesville, Georgia, after they took Ginny home to Fort Payne.

Ed and Gerry Disney will celebrate their 50th wedding anniversary on February 24. The owners of Nippersink just can't seem to find time to "retire." Congratulations, Ed and Gerry!

Keep Fena Smith and Onzie in your prayers as illness keeps plaguing Fena.

Ronald E. Bradberry of Valley Head was inducted into Northeast Alabama Community College's mathematics honor society, Mu Alpha Theta, during the Summer Quarter. Congratulations Ronald.

Kerstin Formhals spoke to her parents in Germany just before Christmas and found out that her brother, Frank, has cut his long hair. As a little incentive, his Grandmother promised him \$300. Frank plans on using the money to help fund his trip to the United States to visit in June. Kerstin's Mom and Dad are planning a trip here in June, also.

Beth Moore recently fell off a bar stool and broke her toe. (No, she wasn't drinking!) We wish her a speedy recovery.

TFP Goss said that his daughter, Markeitta Crane, who suffered a stroke in December, may be coming home around Valentine's Day. They earlier thought she might be home by the end of January. Richard Goss has shown some improvement and has been trying to respond since his automobile accident over seven weeks ago. Keep the families in your prayers.

Congratulations to Lisa S. Hope of Mentone and Christy D. Cushen of Valley Head, who were named to the fall semester president's list at Jacksonville State University. Both students maintained a grade point average (GPA) of 4.0. Congratulations also to Tonya Nicole Shanklin of Valley Head who was named to the dean's list. Students who maintain a GPA of 3.5 to 3.99 are eligible for this honor.

Connie Cook had a birthday party, Jan. 26, at her home next to the Mentone Superette. Friends and family enjoyed Turkish cuisine and other dishes. Happy Birthday, Connie!

Kathryn Jones recently had major surgery and is presently in the Stevenson Nursing Home while she recuperates. Keep her and her family in their prayers, especially her daughter, Evelyn, as she travels back and forth to see her mother, and her father, Herman, who is also at the nursing home.

Randle Rice is recuperating from a recent heart attack. Please keep Charlotte and Randle in your prayers.

The Tiger's Inn was written up "with its own special page" (page 24) in "Backroad Buffets & Country Cafes," a Southern Guide to Meat-and-Threes & Downhome Dining, by Don O'Brian. If you haven't already read the page on Valley Head, you can stop in the Tiger's Inn; and, while eating breakfast, brunch, lunch, dinner, or just having coffee, read the accolades for yourself. Also, the Tiger's Inn has new hours M-F: 5 a.m.-4 p.m.; S/S: 5 a.m.-2 p.m. No evening hours. Effective Feb. 3, 1999.

Deepest sympathies to the families of the following who have passed away:

- Thomas Earl Gardner, 61, Mentone, 1/14;
- Jess G. Ferguson, 92, Valley Head, 1/14;
- Della Flannigan, 94, Mentone, 2/1.

Happy Birthday to Buddy Hildebrand who had his 74th Birthday on February 1st.

Special birthday wishes to James Hall, whose birthday is February 21st.

Happy February Birthday wishes to: •1-Jeff Willoughby; Micah & Michael Moore; •2- Karen Davis, Terry Bouldin; •3- Eloise Brown, Don & Marquita Brown (Anniv.); •4- Alex Hazell, Ben Windom, Leslie Thornberry; •7- Kayla Powell, Mack & Debbie Flannigan (anniv.); •8- Myrtle Blansit; •9- Willie B. Langston; •10- Shelia Yamada (in memory of), Sybil & Danny Hopper (anniv.); •11- Kayla Voils; •13- Craig Hall, Carol Busby; •14- J. Young, Allen & Penny Baugh (anniv.); "Angel" Rector (3); •15- Michelle Williams, Stacy Blansit, Terri Campbell; •16- Tommy Kilgore; •17- Ginger Tuxbury, Trey Moore; •18- Gail Crider, William "Jug" Crow, Rachel Harrison; •20- Juanita Hartline; •21- Wendy Manifold, David Ashley; •22- Derek McMahan, Lisa Cordell; •23- Michael Stephens; •24- Brandon Overstreet, Payton Day (5), Michael Chambers; •25- Jimmy Frazier; •26- Sanford Hartline, Eula Mae Robinson; •27- Nancy Rector, Barbara Mathis; •28- Justin Wells, Paula Grisham

The greatest gift you can give another is the purity of your attention. -Richard Moss, M.D.

Mentone written up in boo Inn Spots & Special Place

Several local businesses recently appeared in Inn & Special Places. The book is a guide of where stay, eat and enjoy in 26 regions along the eastern States. The title of the segment in the book is tone/Northeast Mountains, Ala.

Included in the places to stay in this area are: W Place, Valley Head; Raven Haven, Valhalla, Mc Laurel Inn, Mentone Inn B&B, Mentone S; Hotel/Caldwell's Restaurant, Mentone; DeSoto State Lodge, Fort Payne.

Dining places listed - Mentone: The Dish, Lof Restaurant & Deli, Cragsmere Manna; Fort Payne River Cafe (Fischer Crossroads), Mountain Inn Restaurant (DeSoto Park Lodge).

Diversions/Attractions: Lookout Mountain, Mt Mentone Wedding Chapel, Sallie Howard Me Chapel, Mentone's Brow Park, Little River C National Preserve, DeSoto Falls State Park, See Caverns, and others.

Shopping: White Elephant Galleries, Hitching Serendipity, Gourdie Shop, Mountain Mamas Pottery, Lookout Mountain General Store, and Barnyard Day Night.

Inn Spots & Special Places is published by Wood Press and co-authored by Nancy and Richard Wood. Mr. Woodworth visited our area in October of 1998 was very impressed.



Possible Internet Connection for Mentone and Valley Head

I am still trying to find a server for an internet local phone access. We have acquired over a hundred signatures of people interested in internet service. If you have not already signed up and would like to have local access, you may sign up at the Valley Head Waterworks during working hours 8-4, weekdays; or at the Mini Stor Mall office located behind the Mentone Post Office.

Jim Gaylord, Mini Stor Mall office
53 Douglas St., Mentone, AL 35984
Phone: 634-4535

VALLEY GOLF DRIVING RANGE



Monday - Saturday 9:00am until Dark
Sunday 1:00pm - 6:00pm

Joe & Lillian Pickett Phone: 635-0082
3173 County Rd 611 • Valley Head AL 35989

DeKalb Singles Club

The "DeKalb Singles Club" is a non-profit organization. We are not a dating service. We are a group of single people who come together to share ideas to create an enjoyable atmosphere and fun-filled evenings for those who live alone or just have extra time on our hands.

We have business and social meetings on Tuesdays 6:30 p.m., games and refreshments on Fridays at 7 p.m., and we have a dance every fourth Saturday at the Community Center near Sylvania.

Our club-house is located on 1st Street in Fort Payne across from Word Lumber Co.

All functions are smoke and alcohol-free. For information, call:

Wayne Allen (Pres.) - 845-8848
Shirley Bain (Vice-Pres.) - 634-3642
Ruth Pridmore (Sec./Treas.) - 845-9028
Anyone over 21 and single welcome!!!

Philmont Scout Ranch: Scouting Paradise

February 1999 / The Groundhog/Page 5

Continued from page 1.



The crew gathers around the Philmont map, identifying trails, campsites, and activities that lie ahead.

quality of the trail food or, especially during a two-day deluge, to the condition of the weather. Buds typically looked ahead toward smooth trails, fine weather, and happy moments. My personal overall rose was the majesty of two constants. By day, I was delighted by a lush abundance of wildflowers carpeting scrubby meadows, by night, I was enchanted by a vast array of stars canopying expansive skies.

Midpoint in our journey, we ascended to an elevation of 12,221 feet atop Baldy Mountain. Windblown on the summit and keeping an eye to approaching thunderheads, we paused to rest our weary limbs and gaze at the awesome views. It was here, surrounded by the special place that is Philmont, I celebrated my birthday.

Philmont was once part of a sprawling mountain ranch owned by Waite Phillips, founder of Phillips Petroleum. In 1938 and 1941, he donated a total of 127,395 acres of the ranch to the Boy Scouts of America. Over the years, non-

intrusive trails and campsites have been constructed, leaving the ranch's terrain natural and undeveloped. Several of Mr. Phillips' original structures, such as his residential Villa Philmonte and his backcountry hunting lodge and fish camp, remain as noteworthy stops for trekkers today.

On the tenth day, after crossing the rocky crags of Tooth of Time Ridge, we descended a long switchback trail to base camp. There we returned camping gear, completed paperwork, showered for the first time in 10 days, dressed in clean clothes, and caught the last bus to nearby Cimarron for the best pizza we had ever tasted. Another night in Tent City, this one skunkless, and then we scrambled back up the road to Colorado Springs for our plane home.

The personal benefits of the Philmont experience are enormous. Rooted internally and indefinably, these benefits shall always go with us as we undertake challenging adventures in scouting and pursue rewarding endeavors in life.



Flag and feet planted firmly atop Baldy Mountain, Troop 106 surveys the dramatic landscape of northern New Mexico.



The crew relaxes muscles, cooks food, and tells tales around a campsite fire ring.



Massive mountains punctuated by pristine valleys compose the physical setting of Philmont.

The Church News

By EVELYN GRAVES



Sunday morning services at **Winston Memorial Presbyterian Church** are held at 8:15 AM each Sunday, except no services on 5th Sunday. Reverend Jerry Davis and Reverend L. A. Smith are alternate speakers for these services.

The **Valley Head United Methodist Church** Sunday School is at 9 AM each Sunday and Worship is at 10 AM.

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

Mento Church of Christ invites you to attend the 10 and 11 AM services and evening services will be at 7 and 9 PM. Visitors are always welcome.

Union Hill Baptist Church Sunday School is at 10 AM. Worship is at 11 AM. Adult Choir practice is at 4:30 PM. Discipleship Training is at 6 PM, and Evening Worship is at 7 PM. Wednesday evening at 5 PM is Youth Choir practice with GA's and RA's meeting on alternate Wednesdays at 5 PM. Each 2nd Sunday evening, the church has a singing at 6 PM. Everyone is invited for the singing.

The **Mentone Revival Center** and Pastor Alfred Chambers and his wife Polly, invite everyone to join in worship on Sunday at 10 AM. Wednesday evening worship begins at 6:30 PM.

The **Mentone Church of God of Prophecy** wants to invite you to attend their services. Sunday School is at 10 AM, with Worship at 11 AM. Evening services begin at 5:30 PM. Wednesday evening service is a time of prayer, worship, and to allow specialized ministries to be boosted. The first Wednesday night before Sunday is Youth services, the second Wednesday night is mission services, the third Wednesday night is Heritage services, and the fourth Wednesday night is Care Ministries (local missions). Men's Brotherhood is every fourth Saturday at 8 AM in the church. Women's prayer service is every Wed. morning at 9:30.

Moon Lake Baptist Church invites you to attend Sunday School at 9:45 AM each Sunday and Worship at 11 AM. Youth Choir practice is at 6:30 PM each Wednesday. Discipleship Training is at 5 PM each Sunday, and Evening Worship is at 6 PM. The Men's Prayer group meets every Wednesday at 6:45 AM and Church Bible Study is at 6:30 PM on Wednesdays. Jan. 13, 20, 27, 6:30 PM. Children's Choir and Adult and Youth Bible Study. Karen Lee has been called as Minister of Music and is doing a great job with the choir.

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Wildwood Seventh Day Adventist Church, Mentone Chapter is currently holding services in the Woodmen of the World Hall in Valley Head. Song Service and Sabbath School-9:30-10:45; Worship Service 11:00-12:15; Pastor Wilbur Atwood; Lay Pastor, Bill Pyke. We invite you to attend and worship with us. Thank you to all of our visitors this past month. We really enjoy having you with us. Bon Voyage! to Lew and Darlene Keith who have left for the Philippines on another mission trip. They will be holding another medical missionary training program for the folks on the island of Palawan. They will return at the end of March. Please keep them in your prayers.

Mount Calvary Baptist Church welcomes you to attend services on Sundays and Wednesday Evenings...we have added a few new Sunday School classes, and you may join whichever class is comfortable for you at 10 AM. Pastor James Braddy brings the message at 11 AM, Sun., and 7 PM on Wednesdays. We would all like to welcome you as a visitor and you are welcome to attend our church on a regular basis if you do not have a home church. Our singings will resume again in the spring. We discontinue them in the winter months. We are located 2 miles behind the Lookout Restaurant at Cloudland. Come Praise the Lord with US. You may call 706-862-2651 for directions.

The **Harmony Grove Baptist Church** invites everyone to come and worship with them. God's Country Church is located on Co. Road 259 (Hawkins Road). Sunday School is at 9:45 AM; Morning Worship is at 11 AM; Evening Worship is at 6 PM; Wednesday Night Prayer Service is at 6 PM.

Our Lady of the Valley Catholic Church holds mass services at 11:30 AM each Sunday. Tuesday evening services are at 6 PM and children's and adults' education classes are at 6 PM each Wednesday.

Mentone Wesleyan Church is committed to being a Bible teaching community church where all peoples of all races, social standing and diverse church backgrounds are welcomed and loved. Sunday School 10 AM, Worship Service 11 AM, Youth Ministry Sunday afternoon 4:30 PM; Bible Study Wednesday 7 PM. Mark your calendars! The southern gospel group, "Covenant," will be with us February 21st in our 11:00 AM service. You will not want to miss this great group.

St. Joseph's on-the-Mountain Episcopal Church services are Sunday at 10:30 AM, with Sunday School at 9:30 AM. Small groups meeting on Sun., Tues. and Wed. nights. Contact the church at 634-4476 for more information. Everyone is welcome.

The **Mentone United Methodist Church** services are at 11 AM each Sunday. Sunday school is at 10 AM. Everyone is welcome.

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Legion Ladies Send Valentines to Vets at Fann Home

by Marilyn Blanton Campbell

In keeping with their history of sending cards to lift spirits of this state's veterans, the ladies of American Legion Auxiliary Unit 215 at Mentone have sent a box of valentines to be distributed to the entire resident population of the Fann Home. "Tut" Fann State Veterans Home in Huntsville by Activities Director and her staff. "It has always been unit's policy to do what we can when we can, and we are really keeping our germs to ourselves until the cold and season passes. That seems like a highly advisable course of action with so many of our people being sick lately. We members who have already had more than one bout with whatever it is that has been going around this winter, and our sincere belief that people who are elderly and/or infirm do not need the respiratory contagion on top of their health problems," Mrs. Syble Batey Tipton was quoted as saying in a statement issued Thursday, January 21.

Unit 215's ladies always send individual cards to the Fann Home residents from DeKalb County--they started out seven and are now down to five gentlemen--at least six times each year (Valentine's Day, St. Patrick's Day, East Fourth of July, Halloween, Thanksgiving, Christmas, their birthdays). This year, they were able to find especially nice New Year's cards, so they sent them, too. As part of the celebration of this past Christmas, these ladies sent a box of Christmas cards along with their very best wishes for a happy holiday season to Ms. Angela Shirley, Activities Director at the Fann Home, for distribution to the entire resident population of the Fann Home and some of the staff.

The ladies of Unit 215 try to make at least one visit per season to the Fann Home and take balloon bouquets to DeKalb County men, but the winter visit does not always materialize due to illnesses among the ladies that they think it would be better not to share with others.

When the ladies of Unit 215 do visit the Fann Home, they do it totally unannounced and with an open mind, going looking for something to complain about because of all problems they have seen discussed in the media, but, so they have found nothing that was not already in the process of being addressed. The ladies always come away from the Fann Home convinced that Alabama's veterans are fortunate to have a place like that to go when they are medicated beyond being taken care of by the families and in their homes.

When groups of ladies visit the Fann Home, they always come away believing that, while the veterans are extremely nice about visits from women, it is men they had much rather see and talk to, and the ladies can readily understand that. Therefore, the ladies encourage any and all men's groups with the time and inclination--to go visit Alabama's veterans. The ladies are convinced that, by actually visiting the Fann Home, anybody will be able to see for himself exactly how well that particular facility is meeting the needs that it is intended to address.

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Marie T. Walker Promoted to Major

Marie T. Walker, daughter of Helen Frazier and the late William Frazier, was promoted to the rank of Major on Oct 1, 1998. Marie is currently serving with the 944th ASTS USAFR, Luke AFB, AZ. Marie works with ComCare as a psychiatric 1 Mental Health Nurse Practitioner, in Phoenix, AZ.



Early ancestors hold secret to losing weight

A study published by the *Journal of the American Medical Association* shows that over one third of adult Americans are overweight, up from one quarter just 15 years ago. American's eating habits today include 200 percent more snack food and 115 percent more processed food, like fast food pizza, lasagna and tacos.

Here lies the central cause of American's battle with the bulge. Our early ancestors ate food in its natural state, and didn't mix foods of different origins at one eating. Today's highly processed fast foods—with their mixtures of fats, protein, sugars and other carbohydrates—are the antithesis of how we should be eating, according to Michael Faulhaber, president of OtheA Foundation.

The mixture of fat, protein and refined carbohydrates presents a particular problem. While the digestion of proteins and fat barely change the insulin level, carbohydrates require lots of insulin to control the blood sugar. The excess glucose (blood sugar) is converted to and stored as fatty tissue. A diet high in processed foods not only adds pounds but can result in a permanent overproduction of insulin which, in some cases, can lead to diabetes.

The key to losing weight is to eat foods separately according to their origin, thereby aiding proper digestion and avoiding insulin overproduction.

Lowering Blood Pressure Without Drug Use

It is hard to imagine, but one in four Americans have high blood pressure, so naturally we would assume it to be a natural part of aging. But this is not the case. According to health expert Christine Northup, M.D., research shows that in other countries, blood pressure goes down with age.

The question is, "why is high blood pressure, which can lead to stroke, kidney and heart disease, so excessive here?" The answer is simple—our diet.

Our goal should be to be at a blood pressure reading of 135 over 90 (the first number is the pressure when your blood contracts, the second when it expands). To get to these figures, the DeKalb County Council on Aging suggests the following:

- Double up on fruits and vegetables. Instead of eating one serving at a time, eat two.
- Have a cup of berries or carrots, instead of half a cup. Consuming nine daily servings of fruits and vegetables and cutting back on salt can lower risk by 15 percent, according to a recent report. Make at least two of those servings bananas. They are vital for lowering blood pressure, according to Harvard's Frank Sachs, M.D.
- Have your vitamin C! Research shows getting 1,000 mg. of vitamin C daily can cause blood pressure to fall as much as four points.

• EXERCISE! People who do not exercise have a 35 percent greater risk of blood pressure problems, according to one study.

• Not smoking. Smoking adds to the damage that high blood pressure may cause to your arteries.

• Smiling. The blood pressure of pessimists tends to be five points higher than that of optimists, a study reveals. Researchers think negative emotions pump up the output of stress hormones, which can cause blood pressure to soar.



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EAST BROW - SCENIC VIEW LOTS All our lots offer uncluttered views - watch the sun and moon rise in elegance. Outlook Properties - Hwy 157 - Cloudland, Lot 8 - 2.36 acres - 151 ft. of brow - \$37,500. Lot 10 - 1.28 acres - 150 ft. of brow - \$27,500. Restricted with easy access to Hwy 157. Great view of valley and surrounding mountains.

Hwy 157 - 10 acres backs to State property on two sides. \$3,000 per acre. Sold as a whole.

Hwy 157 - Cloudland - T1 - 1.60 acres - 100 ft. of brow, T2 - 1.52 acres - 100 ft. of brow. Beautiful views - easy access. Restricted. \$30,500 each or will tender as a whole.

Mountain River Estates - Hwy 117 Mentone - Phase 1 & 2 now open. 3 to 5 acre riverfront tracts starting at \$27,500.00. 4 to 15 acre mtn. stream tracts starting at \$10,000.

31.5 acres on Hwy. 48 near Menlo Creek, pasture, and planted pines.

Cooper Ridge - Teloga Creek traverses northern boundary of this 92+ acre tract of rolling hills with beautiful view of Lookout Mountain. Private entrance, county water available. \$2400 per acre. No subdividing. (No. G-44)



MENTONE - HWY. 117S - Multi use potential. 1500 sq. ft. home features living room, dining, kitchen, 3 BR, 2 car carport. Also on property is 1-room cabin w/mountain stone FP. 2.5+ acres. \$55,000. 24 Hour Property info-1-800-801-8882 #805



CLOUDLAND - Beautiful two story log home overlooking the east fork of Little River sports 3 BR, 4.5 BA, kitchen, formal dining, great room with mountain stone fireplace, screened porch overlooking river, den with wet bar and mountain stone fireplace, 2 car garage, shop, and storage area, plus large unfinished attic on 2.5 +/- acre tract, showcased by mountain laurel, rhododendron, and natural beauty of the mountain. Too many amenities to list, and priced at only \$129,000. (No. G-57)



MENTONE, ALA - Co. Rd. 106 - Nest 3 BR, 1 BA, living room, kitchen/dining combination, appliances included, large lot. \$54,500 with owners paying up to \$2,500 in closing. APPT. ONLY!! #A-23



CLOUDLAND, GA - East Fork of Little River runs through your backyard! 6.33 acres, mtn. tract & Home w/huge great room, FP, finished basement. 24 Hour Property info-1-800-801-8882 #804

BIRTHS



Bailey Kira Kirby

Bailey Kira Kirby was born Sept. 28, 1998, to Preston and Amy Kirby. Her grandparents are Hobson and Martha Kirby and Ralph and Irene Willingham. She has a four-year-old sister, Caitlin.



Samantha Diane Harrison

Samantha Diane Harrison, daughter of Cindy and Tommy Harrison, was born October 11, 1998. Her big sister is Melissa Harrison. She is the granddaughter of Linda Clark and Mr. and Mrs. Tom Harrison, Jr.

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UGF-FUNDED AGENCIES - MAKING A DIFFERENCE IN DEKALB COUNTY THE DEKALB COUNTY CHILDREN'S ADVOCACY CENTER

Contributors to the annual United Givers Fund Campaign help to provide many needed services and programs for DeKalb County residents. Through a series of question-answer-type articles, UGF will spotlight each of its 12 member agencies with information on the variety of services available and on how to obtain more information or to apply for services. Today's spotlight is on The DeKalb County Children's Advocacy Center.

Q. What is The Children's Advocacy Center and what do they do? **A.** They provide a neutral, home-like setting for the investigative interviews of children who have been victimized by sexual or physical abuse. They provide services to children and their families in accordance with child abuse prevention, intervention, and strengthening families.

Q. Who conducts the interview and how and where is it conducted? **A.** The interviews are conducted by a specially trained interviewer in a "child friendly", non-threatening setting which helps to reduce the trauma for the child. Emphasis is placed on giving the child time to tell their story in their own words. Stuffed animals, toys, books, child-sized furniture in an "age-appropriate" room help to make the child feel comfortable.

Q. How is the information obtained during the interview passed along to law enforcement, social workers, prosecutors and others who need to be involved in the case? **A.** The agency representatives are able to watch the interview on closed circuit television. It's this communication and teamwork between agencies that helps to minimize the number of interviews and allows for proper evidence collection.

Q. What types of prevention programs are available at the center? **A.** The Child Abuse Prevention Program is a child/adolescent abuse prevention program which teaches children and youth how to recognize possible abusive situations and what to do should it occur. Staff members and trained volunteers from the community present the program within the Fort Payne City and DeKalb County schools grades K-6.

Q. What is the "Parent Education Program" and how can it help me to become a better parent? **A.** Parent Education Programs are available to anyone who is interested. The mission of the program is "to help all parents understand their children and feel good about how they are caring for their children." Parents learn ways to handle difficult parenting situations such as tips for improved communication, techniques for positive discipline, and methods for enhanced self-esteem. Classes are offered frequently and are free of charge.

Q. What is the "Healthy Homes" Program? **A.** This is a program that offers a number of services to first-time mothers through home visits, support groups, parenting information, and referrals.

Elizabeth Wheatley, Executive Director of the DeKalb County Children's Advocacy Center, says since the organization opened in late 1991, their programs have expanded to include child abuse prevention, parent education, intervention, school-based prevention programs, first-time teen mothers programs, and says at least two more programs are currently in the planning stages.

Ms. Wheatley says in addition to UGF funding, The Center receives special grants/funds from other sources including The National Children's Alliance, the Alabama Network of Children's Advocacy Centers and The Children's Trust Fund. In addition, special fundraisers are held by the Center.

On February 11, 12, and 13, the Center will hold its 1st annual Dinner Theatre to benefit The DeKalb County Children's Advocacy Center. The Musical Comedy, "Smile on the Mountain" will be presented at the DeKalb Theatre Fort Payne. (See back page for flyer.) Reservations required for the dinner which begins at 6:30. The play begins at 7:30. General Admission tickets are also available for the play only.

If you would like more information about any of the programs offered by The DeKalb County Children's Advocacy Center or if you would like to volunteer to help with the school-based or other programs, call the Center at 997-9700.

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SPORTS AFIELD

By
PHIL HARRIS



Sports on the Scene

Fyffe's Lady Devils won an unprecedented seventh straight DeKalb County Tournament Championship. They cruised past rival, Valley Head, in the finals 65-40. Fyffe has hit its peak at the right time. Depth and defense make teams wilt under pressure.

Plainview boys rolled to a relative easy DeKalb County, Tournament Championship. The Bears outlasted Collinsville 75-54, to win a second straight county title. Coach Terry Mitchell's squad hopes to use this as a catalyst for area tournament time. Plainview was upset in the first round last year by Pisgah.

Basketball season is nearly over. Area tournaments begin this week. Regular season area champions will host the tournaments. The area champion and area runner-ups move on to the sub-region round. A win in the sub-region earns you a trip to Jacksonville for the Region tournament.

Here is a look at how the girls and boys of DeKalb County shape up for area tournament time.

GIRLS

Collinsville - The Lady Panthers, just two years removed from a final four berth in Birmingham, have fallen on hard times. They open the 1-A Area 14 tournament against Gaylesville at West Brook.

Ider (5-17) - The Lady Hornets have been competitive all season. They open 2-A Area 14 against Skyline at Fyffe. If Ider wins, they get area favorite, Fyffe.

Plainview (11-16) - The Lady Bears have had a pretty good season. Problem is, they are one of the toughest areas in the state, 3-A Area 16. Plainview plays Sylvania at North Sand Mountain. The winner gets undefeated NSM.

Sylvania (9-17) - The Lady Rams have shown signs of brilliance, but youth rears its ugly head too much for Sylvania. They are a couple of years away. Beating Plainview would be fun, playing North Sand Mountain is not.

Geraldine - The Lady Bulldogs lost their leader in Bambi Phillips last year. Leadership has been a problem, though talent is there. Geraldine hosts the 2-A Area 13 tournament and plays West End. Geraldine is dangerous.

Valley Head (23-7) - The Lady Tigers have enjoyed another wonderful year. Coach Bobby Holloway's team moved from the 1-A ranks to 2-A this year. They play Section in the 2A Area tournament at Fyffe. The winner probably gets Fyffe. This team has the potential to get to Birmingham. Fyffe stands in the way.

Crossville (13-6) - The Lady Lions host the 3A Area 10 tournament. They play the winner of the Sardis/St. Clair County game. Crossville is a heavy favorite to claim the area crown.

Fyffe (26-2) - What can you say about the Fyffe Lady Devils that has not been said time and time again. They host the 2A Area 14 tournament. They play the winner of the Skyline/Ider game. This team plays hungry. They want something back they lost last year.

Fort Payne (16-10) - The Ft. Payne Lady Cats have been overshadowed by the success of the boys' team. They continue to put together winning season after winning season. They play Scottsboro at Buckhorn in the 5-A Area 15 tournament.

BOYS

Ft. Payne (25-3) - The top story around DeKalb County has been the Wildcats. A school record 25 wins and a packed gym whenever they play. Ft. Payne will host the 5-A Area 15 tournament. They play the winner between Johnson and Hazel Green.

Valley Head (15-12) - The Tigers are going to finish with their first winning season since 1987. Congratulations to Coach John Tidmore's team. They also won a game in the DeKalb County tournament. These guys want more. They play Ider in the 2-A Area 14 tournament. The winner gets Skyline.

Fyffe (8-16) - The Devils have enjoyed very little success this season. They did upset Valley Head in overtime to slip into the third seed spot for the area tournament. They play Section at Skyline for a berth in the sub-region.

Crossville (22-4) - The Lions are pretty good. They are the number two seed in the 3-A Area 10 tournament at Litchfield.



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National Sports at a Glance

College Football: Tennessee won the National Championship for the first time since 1951. They were impressive in a 23-16 win over Florida State. The BCS played its way out and the best team won the National title. Tennessee may be better next year. To all you critics of Tennessee and the SEC: Eat your heart out.

The Groundhog top ten: (1) Tennessee, (2) Ohio State, (3) FSU, (4) Florida, (5) Arizona, (6) Wisconsin, (7) UCLA, (8) Michigan, (9) Georgia Tech, (10) Tulane.

Pro Football: The Atlanta Falcons danced themselves into Super Bowl XXXIII. They upset Minnesota and gave us a reason to watch the Super Bowl. Denver won impressively, but that did nothing to dampen what the Falcons accomplished. Atlanta did something I never dreamed they could do.

College Basketball: Connecticut went down to defeat for the first with an upset loss to Syracuse. Duke and Cincinnati have been playing well. Now, they get a shot at being number one. Auburn has been the big story at 20-1. They may not be a final team. They are fun to watch.

The Groundhog top ten: (1) Connecticut, (2) Duke, (3) Stanford, (4) Maryland, (5) Cincinnati, (6) Auburn, (7) Kentucky, (8) Michigan State, (9) Arizona, (10) Wisconsin.

Women's Basketball: Tennessee continues to dominate the college ranks. An early season loss to Perdue probably did them good. The SEC women's tournament is in Chattanooga later this month. Women's College Basketball has become some kind of popular. Five SEC teams lurk in the top 25. (1) Tennessee, (8) Georgia, (19) Auburn, (21) Alabama, (23) LSU.

Pro Basketball: the strike is finally over. Michael Jordan has retired, and a new era for pro-basketball has begun. Can the NBA win back the fans? Probably by playoff time.

The Groundhog pick: Utah vs. Indiana in the finals. That does it for another month. God bless!



Poem About Covers

(Groundhog 1983-85)

By Charles White McGehee

(Reprinted from the August 1985 issue)

Gracing the first GROUNDHOG cover was **Ruby O'Rear**.
Granddaughter of the Mason who led the way here.
Next came a fire chief, **Sammy Cash** of fame,
Forester with many relatives by the same name.
Then came a mayor whose name was **Sam Barrett**.
He quit when his health didn't let him bear it.
Young Postmaster **Benny Goss** was next in line,
Who everyone agrees he is doing fine.
Millford Wriarson Howard emerged from our history,
Dreamer, builder, writer—still a mystery.
Linda Brown was shown as an example for us all,
Crafts Festival, garden club, ever standing tall.
Mayor Barrett's successor evolved at Town Hall,
Young **Rob Hammond** of Camp Laney heeded the call.
Our new policeman, native **Rufus Colquitt Jones**
Vowed law without fear or favor—he made no bones.
The source of our name, **Menton**, Pearl of France:
Thus the Mediterranean was given a chance.
Doc Long took a photo of those mysterious caves
That stand above the falls, far from the waves.
Artist **Jimmy Frazier** drew the legend that thrives:
Granny Dollar, one of Mentone's haunting lives.
A lawyer became priest, named **Graham Glover**.
He built St. Joseph's and made our cover.
Eighteen eighty-four—a very good year,
Celebrated the Centennial in the best of cheer.
Then it followed with very good reason
That founder **John Mason** was given his season.
Simmie Sherman Vernon was ushered on stage;
He built our first house at a very early age.
Who then more fitting than **Nelda Howe**?
Historian, Hal's wife, most worthy of a bow.
Next on the cover, **Leonard Shigley** was shown:
American Legion, Rescue Squad, he's well known.
Jessie O'Rear Whitehead, paragon of wisdom & wit,
John Mason's granddaughter, a constant great hit.
Center of our town, standing proud and tall,
The Mentone Springs Hotel, grandmother of us all.
Then another historical edifice across the street,
The Mentone Inn, gaining in favor as a retreat.
Then following was **Sequoyah** and the tragic story
Of the Trail of Tears and a loss of glory.
A country lawyer with a home in our town
Is **Bobby Lee Cook**, of national renown.
Another dreamer, **Bon Fleur**, name of **Bruce**,
Restored Cragmere, put his talents to use.
Former Mayor **Bob Daniel** has been known to frown,
Says he just wanted to clean up the town.
Who more appropriate than a Mentone teacher,
Kathryn Jones, whose influence was a feature?
Mayor of Berry Patch, poultryman, wheel in TVA,
On the cover **Jimmy Berry** was given his day.
World War I Ace, artist **William Terry Badham**
Tied Bobby Jones at golf—he almost had 'im!
On our doorstep, spreading music o'er the earth,
The group **ALABAMA** stays in the soil of its birth.
Now is **Lee Davenport**, still going strong,
Councilman off & on since '36—that long!

— CWM



Happy 17th Birthd Mentone Area Preservat



History of The Ground

By Marie S. Dillenbeck

The Groundhog started out as a newsletter after the organization of the Mentone Area Preservation Association (MAPA) on April 6, 1982. The first officers of MAPA were: Bruce Bon Fleur, Director; Sandra Padgett, Associate Director, and Bernise Crow, Secretary-Treasurer. The first newsletter was dated July 1982, and the editor was Charles White McGehee, along with his wife, Jean McGehee. It has always been distributed free to the Mentone area. Later, in 1992, it expanded to Valley Head, Hammondville, and Menlo, GA.

The title of the newsletter came from the fact that the members who formed the MAPA organization met on Groundhog Day, February 2, 1982, at Cragmere Manna Restaurant. The purpose of the newsletter was to provide details of MAPA activities and other community ventures, such as craft fairs, garden club activities, and other items of interest. MAPA's purpose is to enhance the beauty, natural environment, and quality of life in the Mentone area. The monthly meetings are the first Tuesday of every month at 7 p.m. Speakers generally are selected for each meeting, and the general public is invited.

The second newsletter, along with other news, announced the placement of a bulletin board at the Mentone Post Office by MAPA. The cost of mailing the newsletter was \$52, and was distributed to the entire Mentone community. It also announced a decision to send out one more newsletter to the community and then restrict it to members only, pending other arrangements. The first Color Festival was announced to combine Dicker Day, horseshoes, Halloween, and foliage watching.

With sponsorship by local businesses, which Jean McGehee volunteered to arrange, the newsletter continued. Cooper Appliance in Valley Head was the sponsor of the October 1982 newsletter, followed by Morgan Drugs of Valley Head for the November issue, and Central Bank of Fort Payne for the December issue.

The first issue of The Groundhog as a newspaper was the April 1983 issue featuring Ruby O'Rear, who was the daughter of Samuel A. and Alice Mason O'Rear. Her mother, Alice, was credited with naming the town Mentone. The first editor was Charles White McGehee; Managing Editor, Bernise Crow; and Sandra Padgett, Jean McGehee, and Donna Buckley, were in charge of advertising. The first issue was funded by advertisers and consisted of four pages. Desmond Disney was listed in the second issue as the photographer. Charles White McGehee wrote a column, "View Point." Regular columns appearing were "Mountain Cookery" (initials JDM at end), and "Mountain Greenery," with no bylines.

By 1986, the paper grew to twelve pages. During their tenure, Charles and Jean McGehee took no salary for their hard work. They turned all profits back to MAPA. Several columnists had joined the paper. Jean McGehee wrote a column, "Leftovers," which first appeared in the January 1985 issue. The groundhog logo is a drawing of a groundhog done by artist Ken Pennington. (This logo continues to appear throughout The Groundhog and is always found on the staff page. Other drawings of groundhogs are also by Mr. Pennington.)

In July 1986, new editors, Luther (Lew) and Darlene Keith were appointed to begin with the August issue. Charles McGehee continued to write articles under the heading of "Mountain Watch," as he had while he was editor. "Our Town" by Greg Purvis began in the June 1986 issue and continued until January 1987. Beginning with the August 1986 issue, the column "Mountain Greenery" had the byline of Desmond Disney. The column "Mountain Cookery" had bylines under Darlene Clifton Keith and Luther Keith.

In February 1987, Linda Brown became under the "Our Town" heading, and she continued the column. In the March 1987 issue, Be started her "Country Journal" column. He wrote under "Crafts Corner" during her association with the paper.

In 1987, Mickey Strickland became the editor of the March issue. Jean McGehee was the copy editor. Powell and Helen Turner were associate editors. Mickey Strickland's tenure as editor, which she resigned in Sept. 1990.

Nova Dean Kilgore wrote "Country Corner" from May 1987 until 1990. Eloise Brown joined columnists in the November 1987 issue with "Valley Head," which became "Valley View" in the 1988 issue. Janice Galloway Smith of Cloudland wrote a column, "The View from Cloudland," months beginning in Nov. 1987.

Mentone Author Howard Cash Marsh wrote stories during the years 1986 to 1988.

Emily Smith was appointed editor for the October issue, and continued as editor until she resigned in 1992, when her husband Rev. Tim Smith was. During the month of April 1992, when Bruce and Marsha Bon Fleur handled the advertising, expanded its readership to Valley Head, Hammondville, and Cloudland/ Menlo, Ga. Bruce also wrote articles for the paper.

Judith Lollik-Andersen was appointed editor in 1992 until April 1993. Evelyn Graves was the editor in charge of advertising beginning in October 1992.

During the tenure of then MAPA president Seymour, from June 1992 to July 1993, the paper averaged 16 and 20 pages. Dr. Pat had been a teacher and was an excellent writer. She invited people to contribute to the paper and to submit items of interest about the community, encouraging the regular columnists to "keep it short." Ruby Brock joined the columnists with "Minute" in Sept. 1992; and Sue Schwarz "Corner" also first appeared in the same issue. In the present issues, Bill Schwarz began called "River Watch," in the Oct. 1992 issue, with the Jan. 1993 issue and up to the present. Evelyn Graves writes the "Church News" column in 1993. Charlyne O'Rear joined the paper with "Beauty Tips," which appeared for many months. Between the Counter" by Brutus was added in 1993, as was "Mentone Grapevine" by Pat Seymour. Dr. Pat's death in 1996, Marie assumed the "The Mentone Grapevine." When Brutus moved to Atlanta, Ga., he soon became involved in life and is no longer writing his column.

Ernest Smith, Mentone's resident historian, contributed several articles since 1993. His articles are always interesting and full of facts. Ernest always does a lot of research when he writes.

From May to August 1993, Marie Dillenbeck, editor, and Evelyn Graves, assistant editor in charge of advertising. In August 1993, Evelyn Graves was appointed editor. Marie was holding the position of secretary of MAPA and could not hold two positions on the MAPA board. Since 1993, Marie has been the editor of The Groundhog, first with equipment at the home, then with equipment in her home. In the paper making sure there are no typos, is advertising, does the billing and other financial operation. Without Evelyn's diligent work with advertisers and making sure the advertisers get the money collected, the paper would not be able to continue.

to the Association

Newspaper



supporting. Both the present editor and the associate editor write different articles for the paper, each with their own style of writing.

Garden Club news and Woman's Club news continues to be written by different individuals; "Garden Hints" by Madeleine Bullock, began in 1994; a sports column, which was begun by Bill Crane in 1994, is now written by Phil Harris. For a period of time, Menlo News came from Bo Blalock. *The Groundhog* needs another writer or writers from the Menlo/Cloudland area to bring us news from their towns. Lisa Moore writes the Valley Head School news and contributes to other articles. Many writers have submitted wonderful stories that have added to the drawing power of interest in *The Groundhog*.

Marilyn Blanton Campbell began in 1997 to bring news of the American Legion Post 215 in Mentone; and, as secretary of the Rhododendron Garden Club, submits monthly articles. In August 1997, Dowe Clifton Foreman, introduced a column called "Health Nugget" and includes vegetarian recipes. In 1998, a new column called "Lookout Mountain Natural Healing" by Laura Katherine a/k/a Moon was added.

The Groundhog continues to uphold the initial purpose of providing details of MAPA activities and other community ventures, and has become widely read, with approximately 275 individual subscribers throughout the United States, and oftentimes overseas in Japan and Korea. Six thousand copies are published each month and distributed in the Mentone, Valley Head/Hammondville, Cloudland/ Menlo areas free of charge. MAPA pays for the postage for the Mentone mailing and the individual subscribers. The paper is self supporting due to advertisers, many of whom have been faithful since the beginning issues of *The Groundhog*. Without their support, this newspaper would not be available to the general public and subscribers. If you do not presently receive *The Groundhog*, you can pick up a copy from one of the advertisers in each issue. They distribute them free from their places of business.

Of the original advertisers in 1983, Crows' Nest Antiques, Cloudmont Ski & Golf Resort, Mentone Springs Hotel, Nippersink Lodge, Log Cabin Restaurant & Deli, Mentone Inn, Cragsmere Manna, Morgan Drugs, The Citizens Bank, The Lookout, The White Elephant Galleries (now White Elephant Antiques Galleries, and Burt Funeral Home, continue to regularly support *The Groundhog*. Other early advertisers in the local area included Ruby's Variety, Mentone Superette, The Tiger's Inn, Gourdi's, Rock Castle Cafe, and Lookout Mountain Nursery.

Many columnists have been with *The Groundhog* since their early issues, and several new columnists have been added. We thank them for their continued support, too.

This article is to try, on the anniversary of MAPA, to give a history of the many, many individuals who have given of their time and talents since 1982 to produce each issue. They secured advertising, collected news/special interest items and pictures, and promoted the purpose of the Mentone Area Preservation Association each time an issue was published.

Evelyn and I would like to thank the readers for their continued interest. It is your concern for each issue that keeps us working to produce a monthly paper that you want to keep subscribing to each and every year. Your comments are always welcome, and we appreciate positive suggestions that will enable us to do our best. So, please keep renewing your subscriptions and sharing your issues with others.

(Note: Any omissions of names of those who have worked so hard on each issue was not intentional. For those omitted, please accept my apologies.)

HAPPY BIRTHDAY TO MAPA February 2, 1982 -February 2, 1999 History of Officers in MAPA

Date of Service	Director	Assoc. Director	Treasurer	Secretary
4/82-6/30/82	Bruce BonFleur	Sandra Padgett	Bernise Crow	(Secy/Treas)
7/1/82-6/30/83	Bruce BonFleur	Grace Howard	Bernise Crow	(Secy/Treas)
7/1/83-6/30/84	Homer Crow	Mabel Kirk	Bernise Crow	(Secy/Treas)
7/1/84-6/30/85	Homer Crow	Donna Bukley	Amelia Brooks	Shurlee Froehler
7/1/85-6/30/86	Amelia Brooks	Donna Bukley	Bill Riedesel	Shurlee Froehler
7/1/86-6/30/87	Amelia Brooks	Donna Bukley	Polly Cameron	Bill Riedesel
			Harrell Jenkins	Treas. 10/86-6/87
7/1/87-6/30/88	Bill Riedesel	Ray Froehler	Harrell Jenkins	Jean McGehee
7/1/88-6/30/89	Jack Jones	Ray Froehler	Bill Pilson	Frances Rosario
7/1/89-6/30/90	Lynn Bathurst	Harry Weaver	Harrell Jenkins	Bernise Crow
7/1/90-6/30/91	Homer Crow	Sherman Gough	Harrell Jenkins	Mickey Gough
7/1/91-6/30/92	Homer Crow	Sherman Gough	Harrell Jenkins	Mickey Gough
7/1/92-6/30/93	Pat Seymour	Sherman Gough	Dessie Newberry	Marie Dillenbeck
7/1/93-6/30/94	Pat Seymour	Sherman Gough	Dessie Newberry	Marie Dillenbeck
	Sherman Gough (Aug/Sept 93)			
	Jack Jones (Oct 93-June 94)			
7/1/94-6/30/95	Dessie Newberry	Bill Schwarz	Charlyne O'Rear	Marie Dillenbeck
7/1/95-6/30/96	Bernise Crow	Jim Lyday	Mickey Gough	(Secy/Treas)
7/1/96-6/30/97	Bernise Crow	Jim Lyday	Penny Lyday	Mickey Gough
7/1/97-6/30/98	Jerry Waters	Homer Crow	Dessie Newberry	Susan Cheronos
7/1/98-6/30/99	Jerry Waters	Homer Crow	Dessie Newberry	Corinne Caplano
	Homer Crow (Nov. 98).			



GROUNDHOG DAY

Punxsutawney Phil did not see his shadow February 2nd, so we will have an early spring this year.

Groundhog Day is the annual ritual where otherwise sensible people brave dreary weather to determine whether the groundhog has seen its shadow. If the groundhog does see its shadow, the belief is that there will be six more weeks of winter. No shadow predicts an early spring.

So, how did an animal with coarse, reddish-brown fur, a squat body, short legs and rodent-like teeth end up as the official mascot of the start of spring?

Like many of our customs and traditions, predicting the weather in this manner dates back nearly a thousand years. Christians in Jerusalem were marking the holiday as early as the 4th century A.D.

According to *Compton's Interactive Encyclopedia*, Europeans celebrated Candlemas Day on Feb. 2, which commemorated the purification of the Virgin Mary 40 days after the birth of her son. It also marked the presentation of the infant Jesus in the temple.

Candles for sacred uses were blessed on Candlemas Day. The Europeans believed sunny weather on Candlemas Day meant six more weeks of winter.

A transcript of the Feb. 2, 1996, broadcast of "Earth and Sky," which was dedicated to the topic of Groundhog Day, includes this old English rhyme:

"If Candlemas Day be fair and bright,
winter will have another flight.
But if it be dark with clouds and rain,
winter is gone and will not come again."

Germans added the belief that an animal—a hedgehog, badger, or other hibernating creature—frightened by its shadow on Candlemas Day meant a long winter. The "Earth and Sky" transcript notes that Germans had an expression that "a shepherd would rather see a wolf enter his stable on Candlemas Day than see the sun shine."

German settlers to America brought with them in the 18th century the belief of predicting the weather this way and adopted the groundhog—in some parts of the country called a woodchuck—as their prognosticator.

The ritual might have fallen by the wayside but for the efforts of a pair of newspapermen, Clymer H. Freas, a newspaper editor, and W. Smith, an American congressman and newspaper publisher, who organized an annual festival in Punxsutawney, Pa. A groundhog named Punxsutawney Phil—actually, a succession of Phils—has predicted the weather each Feb. 2, since 1887.

Canadians have their own version of the holiday with a groundhog called Wiarton Willie.

Sun Prairie, Wisconsin, calls itself the home of Jimmy the Groundhog and the "true Groundhog Capital of the World."

And, not to be outdone by our Northern neighbors, both Tennessee and Georgia have celebrations. Georgia is home to General Beauregard Lee, Official Weather Prognosticator for the state. Silver Point, Tenn., is home to that state's festival.

(From the *Gadsden Times*, Life & Times, 2/1/99)

January slid by quietly here, but many storms and tornadoes caused a great deal of damage in areas not far from us. It must be a horrible thing to be caught in the wake of a tornado. I pray that I may never experience such a thing. The weather has been unseasonably warm and that causes storms--when cool air mixes with the warm currents. But the warm weather gave us opportunity to clean yards of leaves and fallen limbs and get ready for spring. I hope to plant some bulbs today! They are in my procrastination corner--in a box where they are going to bloom soon if I don't get them in the ground.

My daughter, Doreen, says I've been in hibernation during January; and that is about right. Homer and I had the old flu virus, or whatever, and it left us drained and tired. So, away to my cozy little house in Chattanooga where I had plenty of wood for the fireplace, a good comfortable chair and a good bed. I did not even call my friends while there. I did a lot of reading, working on picture albums, scrapbooks, and watching old movies on television. The popcorn made in the microwave was a good snack. The movie "The Old Man and the Sea" and "Spencers' Mountain" are old ones, but I had never seen them and enjoyed them very much. The Waltons, a television series a few years ago, was fashioned after this movie.

The Hitching Post has a new metal roof and that eases my mind about any leaks. Homer has put posts upstairs to brace the roof where it had sagged and it looks better. When one has an old building, there are always maintenance problems; but if we can keep up with them, I love the old ones. Joe Hines has watched and protected the water pipes and that relieved us of that responsibility. Frozen pipes have been a worry ever since we owned the building. We only had one week when the weather was cold enough to freeze the pipes this January.

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THE VALLEY HEAD WOMAN'S CLUB

By Flo Kirby

The January 20th meeting of the Valley Head Woman's Club was held at the beautiful home of Judy and Michael Shelley.

An inspirational devotional was given by Maxine Wright in the absence of Sue Hamilton. The scripture reading was from the book of Genesis and was relevant to our topic, "Preservation of Natural Resources."

President Evelyn Graves reminded members of our promise to prepare a meal for seniors on the first Thursday of February, March and April. Those planning to cook in February are Doris Carmichael, Edna Morgan, Judith Hammond, and Ruth Hammon; March - Inelle Hurt, Helen Longshore, and Flo Kirby; April - Evelyn Graves, Jan Wilkinson, and Dallyne Jones.

Doris Carmichael reported that our pecan sales campaign was very successful. Everyone worked very hard including several husbands who were pressed into service. Their help is very much appreciated by all.

Minutes of the last meeting were read by Doris Carmichael in the absence of Judith Hammond. Helen Longshore gave the Treasurer's report.

Our newest member, Marilyn Knight, was installed by Inelle Hurt. We welcome her into the club and look forward to an enjoyable and rewarding relationship.

A really great program was presented by Jan Wilkinson on the Gardens of England. She and husband, John, visited England in May and brought back beautiful pictures of many gardens and scenes of the countryside. They also attended the Chelsea Flower Show in London.

Delicious refreshments were served by hostesses Judy Shelley, Helen Longshore, Maurine Donahue, and Marilyn Knight.



February is a short month and is an interesting one. We have President's day when Washington and Lincoln's birthdays are celebrated, and Susan B. Anthony's birthday has been added to theirs. Groundhog Day is a fun day. We should celebrate it here because that was the day a group of local citizens met to discuss community improvement plans; and from that meeting, and several subsequent meetings, M.A.P.A. was formed. To me that was an exciting day. We met with Bruce Bon Fleur February 2, 1982, at Cragmere Manna. Other meetings were held at St. Joseph's Episcopal Church and at the fire hall. It was at the fire hall that the bylaws were voted on and accepted by members. Harrell Jenkins, Rev. Graham Glover, and John Morrison presented the by-laws after much study and several meetings for working on them. Since then, we've made several changes on them, but the main ideas have remained the same. Rick Chapman and a committee revised the current by-laws by which we are now governed. At our February meeting we usually have a beautiful cake to celebrate Founders Day. This year, our meeting will be on Groundhog Day!

We meet at 7:00 P.M. the first Tuesday of every month except January. You are all invited. Dessie Newberry prepares wonderful refreshments for us, and we have good speakers. If you do not attend our meetings, you will not know what you like our plans. We need new members with new ideas and a willingness to work for the benefit of the Mentone Area. The area covers more than just the town of Mentone. All the people on the Mentone mail route receive The Groundhog and I know most of you enjoy it as much as we do.

We have some new members who have been a great asset to the organization; Hugh and Marilyn Matthews, Rovene Truett, Ellen Thompson, Susan Cheronos, and Corinne Caplan. These people have worked hard at any project in which we've been involved. Jerry and Doreen Waters worked extra hard and as their business permitted. They still support us but can't work as much as they did.

And we have Valentine's Day which is a fun time for children at school and for lovers everywhere. I remember making valentines at school with construction paper. We cut red hearts from the paper and put all kinds of little ornaments on them and then exchanged them with each other. I still enjoy getting valentines and my children and grandchildren usually send them to Homer and me. I'm a romantic, I guess, and I usually decorate the table with flowers and red candles to create a little glamour. So, girls, make a little special dinner for your husband or friend, or invite your favorite couple to share with you. This is the time to show your loved one that you care. You could find your wives some nice gifts at one of our Mentone shops. Rovene Truett has lovely things, handmade and reasonably priced, at her shop called Ro's Kreations. The Goul Shop has nice gifts, and so does the Village Boutique, and White Elephant Antiques Galleries. We have many shops with a good variety of things to offer. So, let's spend your money at home and support our local merchants.

Happy Valentine's Day

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(3) COZY AND COMFORTABLE log and frame cottage with log garage-guest house-12x24 enclosed and heated in-ground pool on over 1 acre with a DeSoto Parkway location. Owner says make offer! \$129,500.



(4) A PLACE TO HANG YOUR HEART! You'll get that warm and cozy feeling when you enter this beautiful new home in Mentone. Features, water, electric, and carpet and hardwood flooring throughout. Let your green thumb do the work on the beautiful rock gardens around the trees in the front yard. Call today to see. \$95,000.



(6) COUNTRY SOPHISTICATION! One look is all it will take for you to fall in love with this custom built home in the mountains. Only 4 years old with 3 BR, 2 baths, CHGA, 2 car garage, deck, built-in appliances, custom made cabinets and much more! Call today. Only \$135,000.



(7) ENDLESS POSSIBILITIES-Spacious Rustic living area with tile floors & lots of wood-2 offices, workroom, pantry, 2 car carport-2 apartments - 1 chalet, 1-1/2 acres on Hwy 117 in Mentone. Live in it, have a business in it or sit back and collect the rent. A must see to appreciate. \$157,500.



(5) COUNTRY LIVING IN THE HEART OF MENTONE - Three bedroom, 2 bath custom built home, pine floors, fireplace open to living area and master bedroom, large kitchen and dining area, sun-room, and private courtyard. \$142,500



(9) COMMERCIAL POSSIBILITIES ON HWY 117. This 3 bedroom, 2 bath modular home comes with a fully equipped kitchen, living room, dining room, sunroom, central heat and air, 20x30 shed/garage and a nice landscaped yard on over 1 acre. Call today for more details. \$69,900.



(8) COTTAGE COMFORT - you will love sitting on the front porch taking in the view. This 2 bdrm, 2 bath home is located on six lots adjoining the Mentone City Park. All for \$99,000.



(11) CREAM OF THE CROP - two old log cabins and a new addition make this a great retreat. 3 bdrms - 3 baths - den - great room - 3 fireplaces-rock and wood floors-2 CH/A units-patios & decks with an unbeatable view of the valley. Call today for your appointment! \$315,000.



(10) A MAGICAL MOMENT HAPPENS WHEN YOU ENTER THIS WONDERFUL 4-YEAR-OLD LOG HOME close to DeSoto State Park. Secluded in the woods, you can enjoy the large porches, the pine floors, solid wood walls, high ceilings with spacious loft room, and beautiful landscaping. A perfect get-away location, but only minutes from town. Enter today. \$169,500.

OTHER LISTINGS

(12) MONTHLY RENTAL 2 bd 1 bath cottage in downtown Mentone. \$450 a month. References and damage deposit required.

(13) WEEKEND OR WEEKLY RENTAL available. 3 bdrms and 2 baths will accommodate 8 people. For more information, call Susan Collins.

(14) 10 ACRE TRACTS - gently rolling heavily wooded-with creek. Close to downtown Mentone on private road. "Lightly" restricted. \$25,000.

(15) OPPORTUNITY IS KNOCKING - 88 acres of partially wooded land in Mentone close to the "old" Park entrance. Lots of privacy for your homesite. \$89,000.

(16) HANDY MAN'S DREAM - New cabin ready for the inside to be finished with personal touches. Plan is for 2 bedrooms, 1-1/2 baths, great room, and sun-room. All on 2.3 acres for only \$29,900.

(17) MAKE THE MOVE TO MENTONE! Building lot on DeSoto Parkway - 200 feet of road frontage. \$10,000.

(18) Lake on Brow - two great building lots. Over 1 acre Lake lot \$37,500. 1.4 acre Brow lot \$45,000.

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The Recipe Corner

By
SUE SCHWARZ

Well, here we are romping off into another year. It hardly seems possible that it is time to think about the February Article for *The Groundhog*. I was looking through *Southern Sampler*, a cookbook compiled by the Martha White Company and found this nice recipe for a Heart Cake. The directions for making a heart shaped cake are simple and it is fun to do for your loved ones. The cake is baked in one 8-inch square pan and one 8-inch round pan (or you could use 9-inch pans if you prefer). When the cakes are baked and cooled, cut the round one in half and position them on adjoining sides of the square cake to make a heart shape, frost and enjoy. If chocolate is your favorite, then use your favorite chocolate recipes. I am sharing the ones from the *Southern Sampler* in the column this month, which are 'Easy Yellow Cake' and 'Strawberry Frosting'. The yellow cake is one bowl, really easy and really good, and the Strawberry Frosting is yummy too. Enjoy, and Happy Valentines day to all of you.

Easy Yellow Cake

- 2 C sifted Martha White All-purpose Flour
- 2 t baking powder
- 3/4 t salt
- 1 1/2 C sugar
- 1/3 C shortening
- 1/3 C (5 1/3 Tablespoons) butter or margarine, softened
- 3/4 C milk
- 1 t vanilla
- 3 eggs

Preheat oven to 350 F. Grease and flour baking pans.* Sift flour, baking powder and salt together into mixing bowl. Add remaining ingredients to flour mixture. Beat with electric mixer on low speed for 30 seconds, scraping bowl constantly. Turn mixer to high speed and beat for 3 minutes, scraping bowl often. Pour batter into prepared pan. Bake for 25 to 30 minutes or until cake begins to pull away from sides of pan and toothpick inserted in center comes out clean. Cool in pan on wire rack and serve as desired.

* If you are not making the heart shaped cake, this cake can be baked in a 13x9x2 inch pan.

Strawberry Frosting

- 1/4 C butter or margarine, softened
 - 4 C sifted Confectioners Sugar
 - 1 pkg. (10 ounces) frozen sweetened strawberries, thawed
- Cream butter and sugar together in mixing bowl until light and fluffy. Drain strawberries, reserving juice. Blend strawberries into creamed mixture, adding reserved juice as needed to achieve desired spreading consistency.



Mentone Wedding Chapel

Nestled in the woods on Lookout Mountain at Shady Grove, near DeSoto State Park, this small chapel is a scaled-down version of the early churches of the past.

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GARDEN HINTS

By Madeleine Bullock

It seems that we here in the States are not the only ones that are being plagued by flocks of crows or ravens. The dictionary says that a crow and a raven are one and the same - whichever name one prefers to call the ugly creatures--as relatives living DownUnder also report flocks of the birds converging on their land, too.

I keep trying to tell myself that I should not feel so nervous about the birds, but it is hard not to, seeing as how they got their bad name by being the devilish bird that appears in the movie 'The Omen,' in the poem 'The Raven' by Edgar A. Poe and countless superstitious tales of death and doom.

For gardeners and farmers, they are real pests as they pick the corn seedlings for food, they scare off other birds that are beneficial by eating insects and worms. (I also heard that crows feast on smaller birds, but that is hearsay). Some people say that placing plastic or concrete owls strategically in the gardens will help to keep the crows away, but they (owls) have to be moved every week, as the crows are not stupid birds. Aluminum pie plates attached to posts or poles by long strings will enable the plates to flutter in the breeze is also said to help deter the birds. A cotton farmer also said that leaving a dead crow strategically will keep them away, too. All are worth a try anyway to see which ones work. If anyone has any hints or ideas, I would appreciate hearing about them, and I give due credit, one could either e-mail me at gardenhints@juno.com or write to M. Bullock, Garden Hints, 2927 County Rd. 633, Mentone, AL 35984. I would appreciate ANY hints or tips.

Another problem we may be faced with this spring are snails and slugs due to the very wet and mild winter. If you are like me, you would NEVER touch one of those things dead or alive. So, the next best is to give them what they love most, and that is a bowl or shallow dish of beer! Slugs just love the stuff and will come from all corners of the garden to imbibe copiously and drown themselves into oblivion! Then simply dispose of them to your discretion. To make a beer substitute mix water, molasses, cornmeal, flour and baking yeast.

If skunks are a bother then put some Ex-Lax in a strategic location for them. Hopefully, they will be too busy to come back or will get wise and stay away after that treat.

Raccoons usually are a pest here. So, we took to hooking up a radio in the garden and leaving it on all the time during the growing season--puzzled quite a few visitors, too--plus, it's said that plants like to be talked to. One could also leave unwashed, perspiration smelling clothes hanging on branches near the garden, or plant squash around the corn. The coons hate to tread on the prickly vines.

For red ants or fire ants, I heard on the news that the best fighter now is the latest chili pepper known as the habanero. (It is said to be 100 times hotter than jalapeno.) You make a drench with it and pour it on the beds, or just powder or crush it and sprinkle it on the beds. Please watch that you don't get it near or in your eyes, and wash your hands with lemon or vinegar after handling. I usually just leave my ant beds undisturbed, as I think they keep the soil and yard clean.

Gardening according to the moon's phases and signs: all crops that yield above-ground should be planted during the waxing or increasing moon (new moon - full moon). The first week (between New Moon and First Quarter) is best for crops producing seeds on the outside, such as asparagus, broccoli, cabbage, cauliflower, celery, lettuce, parsley, spinach. The second week (between First Quarter and Full Moon) is best for crops bearing seeds inside the fruit such as tomatoes, beans, cukes, peppers, melons, etc.

All crops that produce their yield in the ground (root crops) should be planted in the waning or decreasing moon (from Full Moon - New Moon), preferably during the first week. Do not plant on the day of the Full Moon or New Moon.

When planting during the different phases of the moon, always plant on days in the sign of Cancer, Scorpio, Pisces, Taurus, Libra or Capricorn. The first day of the Sign is better than the second day. Do not plant in Aries, Sagittarius, Aquarius, Leo, Gemini, or Virgo. Leo, Gemini and Virgo are barren times, good for destroying weeds; and, in January, the dates are: 1, 4, 5, 6, 7, 8, 31. For February: 1, 2, 3, 4, 23, 24, 27, 28. For March: 1, 2, 21, 22, 26, 27, 28-30.

For February, the best days to plant above ground crops: 17, 18, 21, 22, 25, 26. Root crops: 5, 6, 7, 8, 9, 12, 13, 14. Flowers: 5, 6, 7, 17, 18, 25, 26. Transplant: 17, 18, 21. Seed beds: 8, 9, 25, 26. Prune: to encourage growth: 8, 9, to dis-

courage: 19, 20. Wean animals: 10-15. Slaughter farm meat: 1-7. Set hens & incubators: 22-28.

For March: above ground: 19, 20, 23, 24, 25. Root crops: 3, 4, 5, 6, 7, 11, 12, 15, 16. Flowers: 3, 4, 5, 15, 16, 23, 24, 25. Transplant: 19, 20, 23, 24. Seed beds: 6, 7, 23, 24, 25. Prune: encourage - 6, 7, discourage - 18. Wean: 8-16. Slaughter: 3-10. Set hens & incubators: 25-30. Check your calendars for the Moon's Phases.

HOW TO GROW GINSENG

Over the years, farmers have developed a cultivated ginseng system, and it takes about 7 years from planting to harvest. Farmers build raised beds in partially shaded areas of forest, or under shade covers. After seeding, they weed and mulch young plants, then usually spray a fungicide to protect the crops from blight.

At one point, cultivated ginseng brought \$100 per pound but with the Asiatic economic problems combined with Chinese production, the prices fell to about \$16 per pound. Wild ginseng root still commands high prices for export to China. The price of top-grade dried native root runs between \$300 and \$500 per pound. The Chinese think wild ginseng root is much more potent than cultivated root.

It's simple to start your patch or acre, starting with a rake and hoe. Find an area of hardwood forest, a mixed stand of poplar and oak is good. Rake the area free of leaves--that's about 5' wide and 50' long then hoe three shallow furrows down the area. Plant the seeds about 4" apart and cover them 3/4" deep. If the soil needs it, add calcium sulfate.

After planting the seed, rake about 2" of leaves back over the bed. Plant in November. In 8-10 you can harvest wild-simulated ginseng. Growing ginseng can add value to timberland the key is being able to grow it where you can protect it from theft.

Ginseng seed costs about \$50 per pound. For information on production or purchasing seed, contact Andy Hankins, Virginia State University, P. O. Box 9081, Petersburg, VA 23806, or Bill Slagle, Walnut Meadows Ginseng, Rt. 3, Box 186, Bruceton Mills, WV 26525.

Well people, I hope that some of this information can be of some help in the up-coming pleasurable days of gardening that's ahead. Some internet web sites that might be of interest to farmers, resort and camp owners, and anyone with a golf course: (www.progressivefarmer.com); Beef Check Off Program (www.beef.org); Deltapine Seed (www.deltapine.com); Monsanto Roundup (www.roundupready.com); Novartis Seed (www.nk.com); Sure-Grow seed (www.suregrow.com); Yamaha (www.yam-motor.com); Terra's Precise In agriculture is a program and a complete line-up of pesticides and seed--including Terra and Riverside brand products--available from Terra (www.terraindustries.com); see photo and specs on Bush Hog's agricultural, turf and landscape and golf course maintenance products, plus find out company info (www.bushhog.com).



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By Marilyn Blanton Campbell

January 12, 1999, the Rhododendron Garden Club convened at 12:30 p.m. for its regular monthly meeting at the Mentone Community House on Highway 117. President Jan Wilkinson called the meeting to order and introduced guest and speaker Sarah Horton. She continued to read the devotional poems "Tranquil Moments," by Katherine Smith Matheny and "The Priceless Things" by Garrett Ann Schultz in honor of the fact that the earth is sleeping during the winter season, and Mrs. Wilkinson led the group in a short prayer. Mrs. Wilkinson thanked the hostesses for the occasion-Heather Nicely, Mickey Gough, and Marie Dillenbeck. Sherman Gough was drafted by circumstance to help with the refreshments, and he did a wonderful job. A problem with the propane caused the refreshment committee to get a late start, so the meeting continued while the food finished cooking.

Dianne Kuehl led the ladies in the Pledge of Allegiance. Secretary Marilyn Blanton Campbell called the roll. President Wilkinson welcomed the ladies and recognized visitor, Corinne Caplano, who was there as the guest of Phyllis Canull, a new member. Mrs. Campbell read the minutes of the November meeting, and those were approved as read. There were no minutes for the December meeting due to the fact that meeting was the annual Christmas luncheon with very little actual business conducted. Treasurer Barbara Blalock gave the financial reports, and those were approved as read as well. Under Committee Reports, Mickey Gough gave the Horticulture Tip. It made perfectly good sense when she said that placing a coffee filter in the bottom of a flower pot would keep the soil in and let the water pass through. President Wilkinson added another highly logical gardening hint. She explained that putting 4 disposable diapers in the bottom of the outdoor pots kept the plants in them from needing watering so often.

Under new business, President Wilkinson gave out a list of Latin names to be matched to the common names and pictures of the flowers displayed on a poster board on the wall. She called out the correct names just to let the ladies see how many of them they got correct.

The Sickness and Worry Report brought the ladies up to date on community misery, and they sang "Happy Birthday" to Marie Dillenbeck and Christina Wise.

Betty Chapman made the motion that Rhododendron Garden Club put a \$25.00 memorial in *Hortensia*--the Garden Club of Alabama's magazine--in honor of the club's Past-President Mabel Kirk, who passed away on December 23 in California. Marie Dillenbeck seconded that motion. Ann Wright made the motion that the ladies of the Rhododendron Garden Club make their personal memorial contributions in honor of Mabel Kirk to the club and designate them for a new sign in Ed Mason Park in Mentone, and all the members present seconded that motion.

Under announcements President Wilkinson told the ladies that the local VFW Fair in Fort Payne had won First Place in the state again. This makes eleven years in a row. The flower show certainly contributed to that distinction, and Mrs. Barbara Blalock was congratulated again for her success as the person in charge of the flower show for the past two years. With the weather as dry as it was this past year, there were times when Mrs. Blalock and the ladies who did the flower

show looked like miracle workers purely by having flowers there to exhibit.

The ladies were served a delicious lunch of Spinach Quiche, Sweet Potato Souffle, Glazed Nut Cake, Chocolate Chip Muffins, Blueberry Muffins, Chocolate Brownies, a lovely pink, congealed salad containing fruit, and served with coffee, iced tea, and hot cider. While the ladies were eating, Mrs. Sarah Horton--master gardener, grandmother, and retired teacher--presented the program about butterfly gardening.

Mrs. Horton pointed out that butterflies can be found over most of the world, but she had never been able to find any biblical references to the beautiful creatures. Butterflies are excellent pollinators, and they have contributed greatly to the study of heredity.

What makes a butterfly garden different from any other kind of garden? This was the major question that Mrs. Horton covered in her talk. A butterfly garden can be just about any shape, size, or location. In a butterfly garden, one usually sets out the particular plants that the butterflies happen to like. Sometimes one simply leaves native plants growing rather than removing them. Chemicals are not used in a butterfly garden to avoid poisoning the butterflies. There is no cutting done in a butterfly garden in order to protect the larvae. There are certain host plants that each species happens to like, and those are where the butterflies lay their eggs. In a butterfly garden, the butterflies need a large, flat, dark colored rock on which to sun themselves. Butterflies also enjoy "puddling." Depressed areas in rocks can contain water or damp sand and prove a favorite place for many butterflies. Butterflies also need a place to hide for the winter.

Among the most interesting things Mrs. Horton had to say in her talk was her statement that kudzu was used as a food source by the larval stage of the butterfly called the silver spotted skipper. Prior to this, most of the ladies had never heard a legitimate use for kudzu other than maybe offering brush fire practice for firefighters in winter and keeping goats entertained in the summer.

Flower nectar, tree sap, and rotten fruit are favorite food sources for butterflies.

Butterflies have a great many enemies, among which are fire ants, birds, other insects, and humans with their spraying and mowing.

Gethryn Giles won the hostess gift. Mrs. Horton presented some gifts that were won by Mickey Gough, Christina Wise, and Peggy Roark.

The Rhododendron Garden Club's next meeting is scheduled for February 9, 1999, at 12:30 p.m. at the Mentone Community House. All the ladies are asked to bring a favorite soup mug to that meeting where they will be served hot soup. Nothing enhances the flavor of hot soup like a favorite mug. A limited number of mugs will be available for sale--\$5.00 each--to the ladies who fail to bring theirs. That will enable the hostesses for the occasion to generate some income for the club.

The Rhododendron Garden Club is a member of the National Council of State Garden Clubs, Inc. Deep South Region, the Garden Club of Alabama, Inc., Garden Clubs of District II, and the DeKalb-Cherokee Federated Garden Club.

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**About
Our
Town**
By
LINDA BROWN



Here we are in the month of LOVE again. February is a strange month, first it only has 28 (sometimes 29) days. You never know what the weather will be, I have seen flowers bloom in February and I have seen ice and snow storms in February. I think maybe it was put in to hold January and March together. Anyway, someone had the good sense to put in Valentine's Day. This is a day that makes everyone happy. You don't have to cook and entertain, unless you really want to. You can buy a box of candy for your favorite girlfriend and then help her eat it. You can send flowers to anyone. Recently I read somewhere that men like to get flowers on their birthday so they probably would like flowers for Valentine's Day, too. You can send cards to everyone you know, young and old. You can make the cards or buy them, both are accepted equally. You can do just about anything you want to celebrate Valentine's Day. Just do it!

I don't know of a lot that is going on in Mentone right now. I do know that we have had quite a few automobile accidents and at least one fire. We need to be more careful. When the roads are wet, they are slick!! Highway 117 has always been that way and will always be, so be extra careful when you are on it. Also, please watch for what my family calls "eighteen wheelers", those huge trucks that come through Mentone. Most of them are carrying heavy loads and it would be almost impossible for them to stop if you pull out in front of them. I saw a dear lady step out in front of one recently. The driver saw her and did get stopped, but I'm sure he got quite a scare from it, I know I did. We really need to realize that the traffic on this highway has increased tremendously in the last few years.

The weather is holding up the water project in the Lee Crowe community right now. Those in the Baty community have their water lines in place. They all tell me that they really enjoy having city water. Not only do they not have to worry about dry summers, but the water is not "mineral" and that means that their clothes stay white and their sinks don't have that red stain anymore. The Crowe community has to have a pumping station because of the elevation. This is what is holding up progress for them. Hopefully, this will be in place soon.

When I was thinking about Valentine's Day, I thought what always happened at our home when I was young. Dad always got Mama a box of Whitman's Sampler candy. Back then it came in a beautiful yellow box, but the best was the cardboard dividers inside. They made about six compartments of different sizes. Mama always gave me a box when it was empty.

The best part was what I did with the box. I made it into a doll house. My great-grandmother had given me a doll that was about one and one-half inches tall. It was white china. I always made clothes for it by cutting a circle of cloth with a hole in the middle. I put this over her head and tied a ribbon around her waist. This way I could make her dresses long or short to fit the occasion. I could make her a party dress using velvet or a "housedress" using gingham checked.

The candy box was her house. I would make each compartment into a different room. Some walls were painted, some were papered with wall paper that I made and some were colored with crayons. The furniture was made from anything I could find. I remember using spools, piece of wood, pieces of cardboard, lids from bottles, match boxes and any thing else that I thought looked like a bed, stove, dresser or chair. I covered the couch and chairs and made bedspreads and curtains from scraps of fabric. My doll and I had a new house every year and each year it was prettier.

My two brothers' favorite toys were boats "whittled" out of very thick pine bark. They would shape them like canoes and they would really float. Winter was the time for making them and then when spring came they would float them in the creek. It seemed that everywhere we lived there was a creek nearby. My brother, David, remembers that Mama would always tell us to hurry and get our work done so we could go fishing in the creek. We always hurried and she always took us! Mama loved to go fishing!!

These toys did not cost our parents any money. I have really worked at not getting upset with all of the toys children have today. They get something new every time they go to town and their closets will not hold what they already have. But there is still hope. I heard more than one parent say at Christmas that they should just give their children the boats that the toys came in. They had more fun with them than the toys. Maybe we should listen to our children more. Perhaps they would be happier if we gave them a candy box or a piece of pine bark.

Maybe it was not the candy box or the pine bark that made my brothers and me so happy, maybe it was the LOVE that always existed in our family. Show your children that LOVE them. Our minister recently stated that LOVE is not an emotion. LOVE is caring and taking time to show it. LOVE is being there when someone needs you. LOVE is taking so much time to love a neighbor on a cold day. LOVE each other. I LOVE all of you. Happy Valentine's Day!!



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LOOKOUT MOUNTAIN NATURAL HEALING: COMMON COLD & SINUS PROBLEMS

By Laura Katherine AKA Moon

Common cold and sinus problems are generally caused by a virus which can lead to infection. Prescription for Nutritional Healing by James F. Balch, M.D. and Phyllis A. Balch, CNC, states that you can catch a virus from yourself because of poor eating habits, stress, etc. Nutritional Healing also states healthy adults average two colds per year. Children are prone to more colds because they have weaker immune systems that have not yet gained immunity to certain viruses.

It is best to prevent a cold with good nutrition or begin healthy treatment at the first sign of sinus or cold symptoms. The time span of cold and sinus problems varies from person to person and virus to virus; but, if the virus takes hold, the time span averages from five to nine days. Unhealthy habits, such as lack of fresh air, lack of exercise, uncleanliness and/or not enough fluids (especially water) may prolong cold and sinus problems. Water and fresh air allow your body to cleanse itself naturally. Lack of exercise will not allow the mucus to dispel itself naturally, though. If a fever is involved, you should get plenty of rest. You should also avoid dairy products at the first sign of cold and sinus problems, because dairy increases the production of mucus. Replace dairy with calcium supplements.

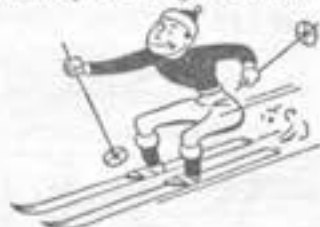
All vitamins and minerals are beneficial in healing and maintaining health. Vitamin C is one of the most beneficial vitamins to treat a virus of any sort. Vitamin C allows your body to produce interferons needed by your immune system. Interferons are a natural defender of viruses produced by your immune system. You can obtain vitamin C through vitamin supplements or through unsweetened fruit juices, such as orange, apple, grape, grapefruit, lemon and pineapple juices. You may alternate these juices, but it is best not to mix them. If you must sweeten the juices, then honey is best, since honey is also useful in healing. Honey contains some minerals, vitamins C, D & E & B-complex vitamins, whereas sugar depletes your body's vitamin supply.

There are many herbs that are beneficial for cold and sinus problems. Echinacea and Goldenseal are two of the most beneficial. Echinacea contains potassium, Vitamins A, C & E, which are all helpful in healing. Echinacea is beneficial to your immune system and contains anti-viral and anti-inflammatory properties. Goldenseal also contains potassium, vitamins A, C & E and anti-inflammatory properties. It also contains B-complex vitamins, acts as an antibiotic and has properties that cleanse the mucous membranes, as well as counter-acts infection. Goldenseal, Echinacea, Camomile, catnip and red raspberry leaf tea are all beneficial for relieving fever. Goldenseal and Echinacea are beneficial used together or alternated. The other herbs are best used separately. Caution should be taken when taking Echinacea if you are allergic to any of the sunflower family. You should not take Goldenseal if you are allergic to ragweed or if you are pregnant.

There are several ways to relieve sinus pressure. Alternating hot and cold applications on the sinus or bathing the whole face with the hottest water you can stand, then splashing your face with cold water is helpful in relieving sinus symptoms. A hot bath, eating hot soups, or drinking warm herbal teas can also help relieve sinus pressures. If you would like to use a sinus spray, salt water spray is better than nose sprays at the local drugstore. Nose drops and sprays can shrink and weaken vessels in your sinuses. They can also be addictive, cause worse congestion when you stop using them, as well as cause dangerous elevations in your blood pressure.

Last, but not least, cough and sore throat can cause problems. For cough, you can inhale the smoke from mullein leaves to help expel the mucus. For sore throat, you can gargle salt water or goldenseal tea for relief.

If symptoms persist and/or worsen, such as greenish mucus lasting for more than a week, then it would be wise to contact your health care provider. If you begin antibiotics, then drink acidophilus milk to replace the good bacteria destroyed by antibiotics.



HEALTH NUGGET

By Dowe Foreman
NOT JUST A BEAN

Several years ago, I was fed a tofu burger. It was, to say the least, "A learning experience!" What I actually learned was that, given the right recipe, tofu can be downright tasty!

Tofu is made from the soybean, which is loaded with healthful qualities. I use soy sour cream and drink soy milk. My sister makes her soy milk straight from the bean, while I get mine straight from the carton. So, you have your choice. But, not only are these items tasty, they are truly good for me. Soy lowers high cholesterol and triglycerides AND lowers your risk of cardiovascular disease. Several cancer preventative agents are in soybeans. Antioxidants prevent our DNA from being attacked by harmful carcinogens. Two isoflavones that are unique to the soybean are Genistein and Daidzein. These isoflavones inhibit the growth of cancer cells (just about every kind, including breast, colon, lung, prostate, skin, leukemia). Soy also reduces menopausal symptoms and helps to prevent osteoporosis.

The soybean is used in varied ways and in all kinds of recipes, but I use them in the form of tofu most often. (No, not burgers!) There are several types of tofu: refrigerated and non-refrigerated, extra-firm, firm, soft, and silken. Here is a recipe using silken tofu. It is excellent as a topping for fruit salad or dessert.

VEGAN RECIPE

Tofu Whipped Cream

1 C tofu (silken)

4 t vanilla

1/2 C fructose

1/2 C oil

Rinse tofu and drain. Crumble with hands and measure. Blend all ingredients on high until smooth, stopping blender 2-3 times to stir contents. Keep refrigerated.

(Recipe from our cooking school.)

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A Friendly— Valley View

By
ELOISE BROWN

February, so contrary,
how do your breezes blow?
You hint of Spring,
birds gaily sing—
Then you threaten snow!

So far, we have been spared from catastrophes, and had some beautiful weather.

Jean Jones was a gracious hostess for the Sunshine Club on January 21, at her home. She served a delicious lunch of two kinds of soup, corn muffins and cake, tea and coffee. Our president, Lillie Bowden, was absent so Ruth Pickett, secretary, presided and gave her report. She reported that the club gave a memorial gift to Violet Hill Church in memory of Tillie Schlicher and one to Hammondville Baptist Church in memory of Jewell Palmer and a food tray was sent when "Brody" Hawkins died. I gave the devotional and Jean Jones asked the blessing and Susie Clark read the poem, "I Can't Remember." Others present were Evelyn Clark, Anna Daniel, and Gladys Cobble. The February meeting will be at the home of Verence Hawkins.

I made a bad mistake last month I gave Ruth Pickett's granddaughter, Brandi McDade and Ruth's "sixth great-grandson," to Lillie Bowden. I am sorry—but now they are where they belong.

Ruth and Bert Pickett had as their guests recently, their daughter, Patti Spencer and her daughter, Brandi McDade and son, Jaxon, also Ruth's sisters, Betty Bracken and Selma McElhaney.

Olene Roberts had as visitors recently, Tom Killian and family from Chattanooga, and her son John Roberts and his wife Dianne, and daughter, Jennifer and a friend from Cullman.

Sadie, Van and Teresa and Tyler and Lana Cooper and Shirley Cook went to Birmingham on Saturday night to see the Ringling Bros. and Barnum and Bailey Circus, which they enjoyed immensely.

Virginia Livezy will move to the Fountains in a few days. We will miss her so much, but glad she will be safe and better situated. We hope she will be happy and content.



Enjoy a fine dining experience on the brow of Lookout Mountain.
You'll love the sunsets and good food at Cragmere.

Friday-Saturday 5-9 p.m. DeSoto Parkway - Mentone
For reservations, call Bonnie at

256/845-2209 or 256/634-4677

The White
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Galleries

Judy and Louis Pierce
(256) 634-4529

OPEN M,Wed-Sat: 10 a.m. - 5 p.m. ; Sun: 1-5
Tues - closed

Antiques, Collectibles, & Uniques
Dealers welcome - space available.

Laura Margaret Allison has enjoyed an extended visit with her daughters and their husbands—Peachie and David Cearley at Alpharetta, Ga., and Ansley and John McGinnis, at Florence SC.

Mary and Ted Holleman spent the day recently, with Betty and "Red" Adams in Gadsden. Betty is having back problems, and so are Emily Brown and Lillie Bowden.

There is a lot of sickness. Foyl Cooper, Joe and Helen Waters, Myrtle Blansit, Paul Burnett, among others. I am trying to get well. Our pastor, Jeff Adkins, has recovered well from nasal surgery, but is having throat problems. We hope, for all, complete recovery!

Maureen Hammond attended two very special events recently, that gave her much pride and pleasure. On January 20, she attended the very impressive installation ceremony of the Cum Laude Society, where her granddaughter, Camilla Yamada, was installed as a member. Her certificate stated, "The Cum Laude Society has granted this certificate to Emi Camilla Yamada, in testimony of admission to the fellowship of the Society, in recognition of meritorious attainments."

On January 23, Maureen attended the initiation party of her grandson, Elliott Yamada, by the Mississippi Gamma Chapter of Sigma Alpha Epsilon Fraternity at the Downtown Grill. Elliott was elected V.P. of the pledge class with a grade average of 3.5. The Chapter was founded at the University of Mississippi in 1866. Since the inception of the Alpha Chapter on March 9, 1856, at the University of Alabama, S.A.E. has grown to become one of the largest social fraternities, with over 200,000 initiates in over 200 chapters in every state and Canada. S.A.E. was the first fraternity to be founded in the south, the first fraternity to build a national headquarters, and the first fraternity to found a leadership school for its members. At Ole Miss, S.A.E. has had some very distinguished alumni, such as Supreme Court Justice L.Q.C. Lamar, Haley Barbour, Chairman National Republican Committee and novelist, William Faulkner. In 1993, the Chapter's advisor, Trammel Welis, was awarded Greek Advisor of the Year.

Venna Livingston and I have twins—pups that is! Altho I swore off years ago of ever having another one—we surrendered to the irresistible charms of these little mutts. I realize how much pleasure I have denied myself for years, because of the fear of grief at a pet's loss, which I had years ago. A puppy has so much love and loyalty to give, and clownish antics to give laughter and joy.

We can feel the promise of Spring in these warm days, and the robins and jonquils have shown their impatience. I hope we are not disappointed by a long postponement by more wintry blasts—but I fear we must have them, so we can appreciate more the beauty of Spring.



The Love We Show On Valentine's Day Should Last All Year



Valentine's Day is far more than a romantic occasion and a financial blessing to the greeting card companies, the florists, and the candy stores. It is also a symbol, an annual reminder of the way we should be all year long.

The key word is "love", and there are many definitions and expressions of it that should be a part of our everyday lives. The list is endless: doing a good deed for someone, running errands, doing the shopping for a sick neighbor, visiting those in the hospital or a retirement home, reading to the blind, offering a ride to someone in need of it, bringing someone to your House of Worship, and

above all, helping your House of Worship any way you can. Any act of assistance can be considered one of the many facets of love, and to be reminded of that is perhaps the finest function of Valentine's Day.

They do not love that
do not show their love.
— William Shakespeare

"Let us not love in word...
but in deed and truth."
— 1 John 3:18



Prophet of Spring

Groundhog, or woodchuck, or marmot,
Or just a newsy little varmint—
Whatever you are—by any name—
As a prophet, you have won acclaim.

In February, you awake—
Open wide your eyes—quake and shake—
Leave your cozy den in the ground,
Come up for air—look all around.

If your shadow should appear,
You return to your den in fear—
Six more weeks of wintry weather
Will keep us denned in together.

If the sun hides its shining face,
You won't return to hiding place,
But will remain to do your thing
With balmy breezes of early Spring.

On your special prophetic day,
Come on out and play and stay.
Groundhog proclaim that it is time
To bask in lovely Springtime clime!

—Eloise Brown



Paper Hearts

Valentines are paper hearts
Frothy with ribbons and lace,
Eloquent of lovers' arts,
Speaking of beauty and grace.

Bringing joys to hearts of youth
Causing dreams for just a while,
May be toys without the truth—
Just to deceive and beguile.

Only time is proof of love—
Companionship of sharing—
United by God above
Into circle of real caring.

Paper hearts are nice to see
But give me hearts that are real,
always true, whatever may be,
To reach, to give and to feel!

—Eloise Brown



Valley Head School News

By Lisa Moore

The Valley Head PTO would like to thank Denny and Paula Grisham for the donation of tin for the walkway roof from the elementary buildings to the main building. They are also excited about the work being done behind the school at the new play area. Thanks to a lot of local citizens, we are able to have this done. The school is getting ready to remove the gas tank in order to have more play area, and new drainage tiles are being installed.

The Valley Head Band Boosters are excited about the new band building. The County Board of Education has its workers renovating the building at this time; and, hopefully, it will be ready to occupy before the end of this school year. Anyone who wants to help is invited to do so.

Moon Lake School News

By Evelyn Graves

Moon Lake is currently preparing for its second annual Read-A-Thon from February 1 through February 12. All Read-A-Thon donations will go toward the school library fund.

•Tuesday, February 2, at 6 PM, will be the second annual Family Night, with refreshments and a program in the school cafeteria, followed by visits by parents to their children's classrooms.

•Tuesday, February 9, at 6:30 PM, the PTO will meet in the school cafeteria.

•Friday, February 12, will be the individual class valentine parties.

•Monday, February 15, will be a school holiday in observance of Presidents Day.

•Thursday, February 18th, sixth grader, Andrew McCole will represent Moon Lake at the County Spelling Bee.

•Thursday, March 4, will be Spring school pictures and basketball cheerleading and Club pictures.

HAPPY 4TH BIRTHDAY!



Michael Austin Chambers and Sierra Chambers

Michael Austin Chambers will celebrate his 4th Birthday on Feb. 24th!!! Michael is the son of John and Mary Chambers. Grandparents are Milton and Gail Chambers of Mentone; Juanita Hartline McGuire of Ft. Payne; Sanford Hartline of Mentone; the late Robert Johnston of Valley Head; and Deborah Johnston of Trenton, Ga. Great Grandparents are W.A. and Polly Chambers of Mentone.

Michael has an 8-month old baby sister, Sierra, who is shown in the picture with Michael.



Mrs. Samuel Paul Williamson

Janet Leigh Hutcheson and Samuel Paul Williamson were united in marriage on Saturday, November 28, 1998, at 5 p.m. at the Church of the Nativity Episcopal in Huntsville with the Rev. Kerry Holder officiating.

The bride is the daughter of Rose Anne Messina of Union Grove and Mr. and Mrs. Terry Glen Hutcheson of Mentone. The groom is the son of Mr. and Mrs. Larry Boyd Brandon of Huntsville.

The bride was given in marriage by her father. Candace Blankenship was the maid of honor. Bridesmaids were Amy Elizabeth Williamson and Amy Katherine Brandon, sisters of the groom, Melissa Blankenship, Danica Eilerman, Sharon Stamper,

and Gavin Whitsett Hooker.

The flower girl was Allison Pearson.

Best man was the groom's father. Groomsmen were Jason Hooker, John Ingram, Brian Lee, Hunter Pearson, Joe Schneider, Bart Stephenson, Brent Talley, and Shea Thomas. Ushers were Chris Blankenship Ramey Blankenship, Barry Bright, Stephen Hall, Ben Riley, and Scott Winn.

A reception was held at the Early Works Grand Hall. A rehearsal party was given by the groom's parents at the Hilton Huntsville.

After a wedding cruise to the Caribbean, the couple resides in Huntsville.

Our Founding Fathers Received Their Wisdom From God



The freedoms that we enjoy in this country today were secured for us by our great leaders in the early days when they framed the Constitution and set up our system of government that has remained in place ever since. They had many difficult decisions to make about these matters, as well as those dealing with war and peace, and although their personalities were quite different, they had one important trait in common. They relied on God's guidance for those

major decisions, and so they always proved to be the right ones. For that, we should be forever grateful to these men for their wisdom and faith that shaped our destinies, and we can best pay homage to them by attending our House of Worship and thanking God for them, then doing our best to emulate them by following their exemplary footsteps.

God is above all earthy rulers, and His law above all human laws.
— James H. Fairchild

"He that shall humble himself shall be exalted."
— Matthew 23:12

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Check out our website, too: Cloudmont.com

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Fun for the whole family
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5th ANNUAL DINNER THEATRE
TO BENEFIT
The DeKalb County Children's Advocacy Center
Featuring:
the Musical Comedy



Written By:
Connie Ray

Conceived By:
Alan Bailey

Musical Arrangements by:
Mike Craver and Mark Hardwick

February 11th 12th & 13th
at The DeKalb Theatre in Fort Payne

Dinner at 6:30 p.m. * Play at 7:30 p.m.
\$ 25.00 - Couple (by reservation only)
\$ 15.00 - Single (by reservation only)
\$ 6.00 - General Admission

For reservations or more information call 997-9700

SMOKE ON THE MOUNTAIN takes place in the small sanctuary of Mount Pleasant Baptist Church in Mount Pleasant, North Carolina near the Blue Ridge Mountains. It's a summer night in 1938. The United States is in the last years of the Great Depression. The play presents a Saturday Night Sing featuring the Sanders Family in their first night back on the gospel circuit in five years. Pastor Oglethorpe, a young and enthusiastic minister, has enlisted the Sanders Family in his efforts to bring his tiny congregation into the "modern world".

Opening night jitters combined with the pastor's worry that Miss Maude and Miss Myrtle in the amen corner won't take too kindly to "modernizing" things, keep the evening on the verge of chaos.

As the family members unfold their thought provoking life experiences between songs you will find yourself laughing, tapping your foot, clapping your hands and maybe even identifying. The Sanders Family are prayed up, tuned up and ready to go- and you don't want to miss it.

SMOKE ON THE MOUNTAIN is good wholesome family entertainment
Ya'll come!

PLAY CAST:

Rex Harrison Jr., Kim Collins, Russell O'Dell, Amy Gregg,
Charles Mauney, Jr., Jaime Mauney, & Tony Jennings.



Valentine Banquet

At Mentone Church of God
Saturday, February 13, 7 PM
Dine in only (Reservations Required)
Plates \$5.00 each (\$10/couple)
Please call Sandy Shelton at 634-4418
or Jane Galloway 634-4251
to make reservations.

Come to the banquet and enjoy a
good meal in a beautiful candlelit
setting with the person or persons
you call your Valentine(s).

**ADVOCACY CENTER
ANNOUNCES PARENTING
CLASSES**

The Children's Advocacy Center in Fort Payne has announced its schedule of upcoming parenting classes.

Jan. 25 - Maximizing Your Child's Potential, Dr. Arlene McFarland, Speaker

Feb. 1 - to be announced

Feb. 8 - Growth and Development, Dr. Mike Story, speaker

Feb. 22 - Positive Parenting, speaker from Mt. View Hospital

April 19 - Children and Stress, speaker from Mt. View Hospital

May 24 - Anger Management, speaker from Mt. View Hospital

Classes are from 1 to 8 p.m. at the Center located at 104 Alabama Avenue Northwest in Fort Payne.

More information on pre-registration is available at 256-997-9700.

No childcare is provided.

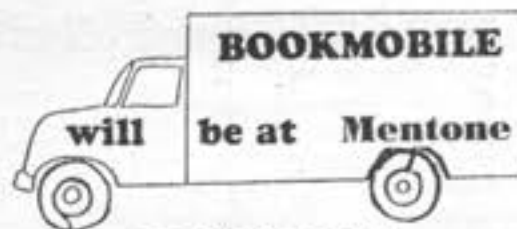
**Larry Dodson's
"Comforting Thoughts"
Prints on Sale**

You can still purchase a Larry Dodson print of "Comforting Thoughts" by contacting the DeKalb County Children's Advocacy Center.

This print was made especially for the Advocacy Center as a fund raiser. The cost is \$10.00 and is available at the Advocacy Center, Mon-Fri 8 a.m.-5 p.m.; and also at the tag office in DeKalb County. Call 256-997-9700 to reserve your copy.



The DeKalb County



on Wednesdays
from 11:30 a.m. until 1:00 p.m.

•February 3 and 17

•March 3, 17, and 31

•April 14 and 28

•May 12 and 26

•June 9 *

•July 7 and 21

*Bookmobile's Vacation



God's Minute

By Ruby Brock

A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.

By this shall all men know that ye are my disciples, if ye have love one to another.

John 13:34-35

When we think of February, we think of Valentine's Day--a day to show love. First, we are to love the Lord, but Jesus gave us a command to love one another. Not only in word but in deed and in truth. The Valentine cards are beautiful and mean so much to the receiver but kind words and deeds mean much more. Try it.

Happy Valentine's Day!



The
**Artists
Guild**
P. O. Box 29
Mentone, AL 35984

**3rd Annual Student
Visual Art Competition
Sponsored by Artist Guild and
Big Wills Arts Council**

The Artists Guild and Big Wills Arts Council announces its third annual Student Visual Art Competition. Students from all over the county--grade K-12--are invited to submit artwork for judging. Prize will be awarded for each grade level and a scholarship to Northeast Alabama State Community College will be awarded to the 12th grade winner. Winning work will be displayed in the Picture Show Gallery in the DeKalb Theatre and/or other business locations in the Fort Payne area during the month of March.

To enter, please submit two-dimensional work no larger than 16x20 to the Big Wills Arts Council office at 304 Gault Avenue North, Fort Payne. (Please call 845-2224 for a time that you can deliver). Include (attached to the back of the artwork) your grade level (K-12), name, address, phone number, homeroom teacher or art teacher's name, and the name of your school. Teachers are encouraged to submit the collected work from their class or school. Arrangements can be made to pick up the work from the school.

Deadline to enter is February 25, 1999. Reception and awards presentation will be March 7, 1999, from 2 to 4 p.m.