

**Celebrating
18 Years
in Print**

THE

GROUNDHOG

•Mentone • Valley Head •Hammondville •Cloudland •Menlo

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

Volume 18, No. 2

"Neighborly News from the Heart of Lookout Mountain"

February 2000

A Winter Experience Not Soon To Be Forgotten



Photo of ice on trees at Hershell and Sandra Pruitt Home in Mentone

Photo by Katie Gray

By Evelyn Graves

We quickly learn that we should never take anything for granted—even the weather—as we see what effect a few hours can bring into our lives that change us in one way or another for months and even years to come.

The recent ice storm that swept Mentone, coming quickly, silently, and innocently at first, covering the trees and ground with a white film, within a few hours had turned the entire mountain into what some described as a war zone. As trees were uprooted and fell to the ground and huge limbs and branches broke under the weight of the ice, the sound resembled that of gunfire. When the next morning came, a first look at the destruction that the storm had left in its path was overwhelming. Trees were bent low to the ground, many having fallen all around our homes, taking power lines down with them. My first thought was that we would never be able to put things back in order. Our driveway had seven trees that had fallen across it, while the neighbor above us who shares the same driveway had twenty-two trees to cut before he could get to us.

Many things came out of the storm besides the devastation. When the sun made its appearance for the first time, I have never seen anything more beautiful. The trees were glistening with all shades of red, blue, green, violet, and yellow; and the

branches appeared to be covered with millions of fine-cut diamonds and other precious stones.

The ice storm brought families and neighbors together in a cooperative effort like I have not seen since I was a child. The men of the community would get together and help each other cut firewood so that no one would be without heat for the winter. The women would get together to help each other make quilts so that everyone would have adequate cover for their beds when the cold weather came. It was this kind of spirit that prevailed. My husband and I spent two nights and three days at the home of our daughter and son-in-law, cooking on an old-fashioned wood cookstove and sharing what each family had in the way of food and lighting. It was a pleasant experience because we spent more quality time in those three days than we have ever had the opportunity to share. Our 12-year old granddaughter expressed it well when she said, "I want to experience it all—the bad with the good. I want to know how it feels to be deprived." We spent hours at the kitchen table playing games by the light of the lantern and making conversation in front of the fireplace.

There was such a feeling of gratitude as we began to be able to get out of the house and we saw hundreds of trucks of men working to restore electricity, telephones, and cablevision to the community. We could hear the hum of chain saws all night

and the roar of heavy trucks as these men worked continuously through the cold and windy nights.

Then the snow fell, and then another ice storm came. By this time, a large portion of Mentone had received power again. A lot of preventive work was done to try to avoid further damage to power lines.

Mentone residents are cleaning their property on these nice days. Many people have hired their cleaning done professionally, and bit by bit things are returning to a somewhat normal state. It seems to me that everyone has emerged from the storm with fewer things to complain about and more gratitude in their hearts for the good things that come their way.

(Additional photos on center pages and elsewhere.)

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

SUBSCRIBERS:

PLEASE NOTE YOUR MAILING LABEL.

If the words, "Subscription Expired" appears, please renew as soon as possible, as there will be no other notice. Thank you.

SCHEDULE OF MEETINGS, EVENTS, AND OTHER DATES

- Monday, Feb. 14 - VALENTINE'S DAY
- Monday, Feb. 14, 7 p.m., Mentone Town Council
Town Hall meeting room
- Monday, Feb. 21-children out of school
in observance of President's Day;
teachers have in-service
- Tuesday, Feb. 29, Leap Year

- Tuesday, March 7, 7 p.m., MAPA meeting,
Dessie's Kountry Chef
- Monday, Mar. 13, 7 p.m., Mentone Town Council
Town Hall meeting room
- Tuesday, Mar. 14, 6:30 p.m. American Legion
Meeting, American Legion Hall, Mentone

Standard Mail (A)
U.S. Postage
PAID
Permit No. 1
Mentone, AL 35984

CAR-R-SORT
Postal Customer
Mentone, AL 35984

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.

THE GROUNDHOG STAFF

Editor.....Evelyn Graves
Associate Editor/ typesetter.....Marie Dillenbeck
Contributing Editors.....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, Laura Catherine

MAPA OFFICERS

President.....Marilyn Mathews
Vice President.....Dot Crow
Secretary.....Marie S. Dillenbeck
Treasurer.....Dessie Newberry
Parliamentarian.....Homer Crow
Member-At-Large.....Rovene Truett
Member-At-Large.....Betty Bain

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.

Mentone, Alabama



Use this form to subscribe to The Groundhog

Name: _____

Address: _____

City: _____ State: _____ Zip: _____



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.

MESSAGE FROM THE MAPA PRESIDENT

By Marilyn Mathews



The February meeting of MAPA was cancelled because of the ice storm. We appreciate the fact that Dessie was preparing food for the crews working to get our utilities operational again, and her restaurant was open during our normal meeting time.

This seems like a good time to say "Thank you" to each and every one who worked so diligently to restore electricity, and telephone service, to clear the roadways, and all the deeds of just plain being neighborly.

We are beginning work on our spring festival and hope to have information in the mail to dealers very soon. Our plans are far from final, but we have some good ideas for improvement. We have changed the date to the Saturday and Sunday before Memorial Day (May 27 and 28, this year) because of so many conflicting events on the third weekend. We had dealers ask for space during our last festival; and with the inquiries we are receiving already, we look forward to another good festival. We would like to have as many local artists as possible, especially those willing to demonstrate their craft during the festival. If you, or someone you know, might be interested, please contact Betty Bain (634-0000) or me (634-4465) to get on our mailing list.

We should have MAPA on the internet soon as part of the Mentone website. The information is almost ready to be sent to the webmaster. If you have not seen the Mentone website, it is worth taking a look. Use the keyword Mentone and click on "Mentone, Alabama, nestled in the clouds atop Lookout Mountain". I will have more about this next month.

The next MAPA meeting is scheduled for Tuesday, March 7, at 7:00 p.m., in Dessie's Kountry Chef. New members and visitors are always welcome. We hope to see you then.



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	
Photos: \$5.00 initial shot	
No charge if the ad is camera-ready	
Changes: \$2.50 up depending on the extent of the change	
We will negotiate prices for a long-term contract on ads.	

Letter to Editor

January 31, 2000

Dear Editor:

Our new home in Mentone was completed last September, and we have had three wonderful visits to the mountain since then, although we are still living in Mobile for the time being. We were dismayed when we heard of the damage caused by the recent ice storm and worried about the condition of our new house.

However, thanks to the kindness of many of our neighbors and new friends, we are assured that all will soon be well. We would especially like to thank Deputy Tim Bailey of the DeKalb County Sheriff's Department who walked a mile through fallen trees and debris to check for broken glass. Dave and Heath Blalock who not only checked the house, but rescued the food in the freezer, Wymer Knight and Wayne Gautreau who chain-sawed trees to open our road. Marilyn Knight for walking around the house to make sure it was secure, and Al Blackburn who also went down to check for damage.

We are blessed to have such kind new friends and are thankful for and appreciative of all they have done for us. They gave so generously of themselves in our time of need, and we know they had their own problems to solve. We hope that we, too, can help others when the need arises, and we pray that everyone on the mountain is warm and safe.

George and Harriett Lillich
County Road 1970
Mentone, Alabama 35984



-PUBLIC NOTICE-- MENTONE PLANNING AND ZONING COMMISSION

Meeting dates for 2000

March 16 June 15
September 21 December 21
Other special or called meetings
will be posted as required

All meetings are held in the town public meeting room at 4 p.m. and are open to the public.

-PUBLIC NOTICE-- MENTONE PLANNING AND ZONING COMMISSION

The Town of Mentone Zoning Ordinance enacted in 1992 requires that when a structure is damaged to an extent of more than 50% of its value at the time of damage, it shall not be reconstructed nor used except in conformity with the provisions of the ordinance. Due to the recent damages caused by the ice storm, a survey of properties will be made to determine those structures that must either be removed or restored to a safe and or sanitary condition as required. No official action will be taken until April 1, 2000, in order for property owners to comply. Any questions, or for a determination as to whether your structure is in compliance, please call the **Zoning Administrator, C. E. Britt, 634-4278**, or city hall, 634-4444, and leave your request. We wish to help keep out city safe and sanitary.

A special day for Special Olympians



Cloudmont ski instructor Charlie Flatt gives Daniela Cunningham a slight push on the slopes of the Mentone resort during the Special Olympics Training clinic for Alpine Skiing Feb. 3rd.

Times-Journal photo by Steven Stiefel

CLOUDMONT SKI RESORT HOSTS ANNUAL SPECIAL OLYMPICS TRAINING CLINIC FOR THOSE IN WINTER GAMES

By Steven Stiefel, Times-Journal

Daniela Cunningham of Montevallo smiles in exhilaration as she glides down the slope of the Cloudmont Ski Resort in Mentone. Several yards behind her, ski instructor Charlie Flatt shouts congratulations for her technique. Stephanie Romeo of Homewood and Chris Young of Alabaster can hardly wait for their turns, a new confidence found in their eyes.

The three were among 70 athletes participating in the Special Olympics Training Clinic for Alpine Skiing Thursday morning, Feb. 3rd. The event is a series of training and competitions for people with mentally challenged conditions. According to Clinic Director Tim Ray, Thursday's exercises will help the athletes prepare for their trip to the Southeastern Regional Winter Games in Boone, N.C. "The Special Olympics affords them opportunities they might not receive in a regular school setting," Ray said. "These athletes might never get to play on a football or basketball team. For some of them, just walking on the snow 10 feet is a meaningful experience. There is some level of success achieved for each individual here."

The training clinic has been held at Cloudmont for about 20 years. Ray said there are always some who sneak over to the big hill before they're ready.

"The novices are the ones who are either going real fast, lying on the ground, or attempting to walk down the slope with their skis taken off," he said. Great care is taken to ensure the athletes learn the basics of controlling their skis, and 20 coaches were in Mentone Thursday to help.

Lori Higginbotham, director of the Winter Special Olympics in Alabama, said the Boone trip is a great experience for the athletes because they see what it is like to be away from their parents and learn basic living skills. "The training today is part of that, and they learn so quickly not to be afraid but to keep on trying," Higginbotham said. She said she is amazed how proficient many of the athletes have become at skiing in just a few years. "There are athletes here doing things I didn't know they were capable of doing," she said. "The progress they've made is incredible."

The clinic is also a chance for the athletes to form friendships that will last into the Southeastern Regional Winter Games and beyond. "Many of them correspond with one another after this, which is great in developing writing skills, as well," she said. "They love the scenery up here, and there's a certain joy in being in the snow."



Town's mayor, council up for re-election this year

Do you have what it takes to be a public servant? If you have a tough skin, an ear for listening, and a desire to make your community a better place, 2000 might be the year you decide to run for elected office. This is an election year for municipal officials. In the town of Mentone, a qualifying form must be filed by 5 p.m. with Town Clerk Marie Dillenbeck on July 18. Election day will be Aug. 22. Sept. 12 is the date set for a run-off election, if needed. Newly elected officials take office on the first Monday in October following the election. It is the responsibility of candidates to obtain an official election calendar from the clerk and verify the dates on which forms are due.

May 24 will be the last day a person can become a resident of Mentone and still be a candidate for election. By law, candidates must reside inside the Mentone voting district for a period of at least 90 days before the election.

Potential candidates have been free to raise money for the municipal election since Aug. 22, 1999. Under general law, there is no limitation on the amount an individual may contribute to the campaign of a person running for municipal office. However, a corporation is limited to giving \$500 per candidate per election.

The Mentone Town Council will have opportunities to change incoming elected officials' pay and set qualifying fees, both by ordinance, in February (Feb. 15 for the mayor and the council members).

Candidates may begin qualifying once notice is given July 5th of the election. Qualifying forms will be available from the clerk at the town hall after the notice is published.

The Fair Campaign Practices Act requires all candidates to file with the Probate Judge a list of two to five persons who will serve as their campaign committee within five days of qualifying to run for office. This form must be filed regardless of whether the candidate has reached the \$1,000 threshold.

All political advertisements must be clearly marked with a statement that the communication is a paid political advertisement. This statement must contain information which adequately identifies the person or committee that paid for or authorized the ad.

Additionally, the state ethics law requires candidates to file a statement of economic interests with the clerk, along with the qualifying form. Any candidate who fails to file this statement will be removed from the ballot. Incumbents already submit an annual report with the ethics commission.

Pre-election campaign disclosure reports must be filed 45 days prior to Aug. 22, unless a candidate has not raised or spent at least \$1,000. The first day to file the five to 10 day pre-election campaign disclosure form with Probate Judge Paul Thomas will be Aug. 11.

A list of registered voters will be published Aug. 17.

On-site absentee voting for voters who will be out of the county on election day will be Aug. 12 and Sept. 2, from 8 a.m. to 5 p.m. in the designated locations.

Those who fail to get elected must dissolve their campaign committees by filing a form with the Probate Judge after the election. Poll watchers can be appointed by candidates at the polling place, and those who fail will also have a few days after the election and run-off to contest the results.

Dixie Salvage

3630 N. Gault Avenue
Fort Payne, Alabama 35967

JOHN CROW

Business (256) 845-5475
FAX (256) 845-5475



Clara Cash recently fell during the ice storm as she made her way to her mailbox, which is quite a ways from her home. Walt Pullen, who regularly checks on her, was able to get Clara up and back in her home. She was photographed by the Red Cross after the ice storm. The Red Cross volunteers, Maurice Whitlow of Arab, and Lee Roy Johnson of Fyffe were delivering hot coffee and sausage and biscuits. The photograph appeared on page 1, of Section B, of The Huntsville Times January 27, 2000, issue.

Betty Chapman, is still recovering from her broken arm. We hope she gets complete use in her arm soon.

Congratulations to Christy Ferguson, of Mentone, Melancy Brindle, Angela Corbin, and Brandi Shirley, of Valley Head, who were named to the fall quarter Dean's List at Northeast Alabama Community College.

Congratulations to April Edwards, of Valley Head, who was named to the fall quarter President's List at Northeast Alabama Community College.

Continue to keep Linda and Scott Brubaker on your prayer list. Their son, Nicholas, has really been sick. He is so loved by his parents and is such a beautiful child.

Belated Birthday wishes to Alex Hazell, who turned 11 years old on Feb. 4. He celebrated his birthday for several days.

Daisy Elliott, innkeeper at the Mentone Inn was really introduced to the cold, this year. When the power went out during the ice storm, she had to keep warm by a gas log fireplace at the Inn.

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

- Claudell Hall, 62, Valley Head, 1/9.
- Oscar Thomas Larnore, 90, Hammondville, 1/30.
- Edward William Fann, 83, Henagar, 1/30.
- Bernice H. "Janie" Longshore, 90, Valley Head, 2/3.
- Charles Justice Phillips, 84, Valley Head, 2/3.
- Maggie Ella Hale, 96, Valley Head, 2/4.

Keep Gail Crider in your prayers. Her father, Edward Fann, passed away Jan. 30th.

Happy February Birthday/Anniversary wishes to:

- 1-Jeff Willoughby; Micah & Michael Moore; •2- Karen Davis, Terry Bouldin; •3- Eloise Brown; •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 Vols; •13- Craig Hall; •14- J. Young, Allen & Penny Baugh (anniv.); "Angel" Rector; •15- Michelle Williams, Stacy Blansit; •16- Tommy Kilgore; •17- Ginger Tuxbury, Trey Moore; •18- Gail Crider, William "Jug" Crow, Rachel Harrison; •21- Wendy Manifold, David Ashley, Michael Stephens; •22- Derek McMahon, Lisa Cordell; •24 - Brandon Overstreet, Payton Day, Michael Chambers; •25- Thomas Moore (in memory of); •26- Sanford Hartline; •27- Nancy Rector.

Happy March Birthday/Anniversary wishes to •3-Nate Wilson, Laura Martin; •4-Ruth Porter, Durrell Owens; •5- Eiko Key, Shelby Langley; •6 - Inez Guffey; •11- Marie Hunt; •12- George Shankles. (Others will be in March issue, which will be published on March 9th and delivered on the 10th and 11th.)

Congratulations to the Valley Head Lady Tigers who tied for the crown with Fyffe for the Class 2A, Area 4 regular season title. Both went 7-1 in league play.

Dessie's Kountry Chef was the hub of activity and good food during the cleanup days after the ice storms. Hot food was in great demand. As soon as the power was turned back on at the restaurant, it filled up with hungry men who were working night and day to restore power to our area.

With this recent storm, Charles Flannigan has purchased a chipper to help clean up the debris caused by the recent ice storms. He is available to those who have need of tree removal and yard cleanup.

J.B. Flarity fell during the ice storm and broke his hip. Keep him in your prayers as he recovers. We hope it is a speedy recovery.

Phyllis Canull's mother also fell during the ice storm. We hope her recovery is swift.

Jean Gauld sends her love from Pelham, AL. She will be going out again in the mission field soon. At the present time, she is in prison ministry and loving doing the Lord's work. Wherever she is needed, Jean goes to share the message of the Gospel. Keep up the good work, Jean.

Mentone will be featured in an upcoming National Geographic book called National Geographic's Small Town Escapes. It will feature 80 small towns across America.

I leave you with this statement by Norman Vincent Peale: "If somehow or other we could contrive to let spiritual power loose in this world, this would be the golden age of humanity."



At Home
"While you are not"
 House watching and caretaking services
 McLenore's Cove & Lookout Mountain
 Bobbie
 706-549-2645



HAPPY 81ST BIRTHDAY TO GRANNY WHATLEY

Happy holidays have come and gone, as has Granny (Mayfred) Whatley's 81st birthday. Granny lives in Pomona Park, Florida. Her children, Sam from Mentone, Alabama; Pat and her husband Mike from South Carolina; and Mary Jo from Cocoa Beach, Florida, were home for Christmas and helped her celebrate her birthday early.

Grace Full Gospel Church celebrated with Granny on Sunday before her birthday. Then, on her birthday, Wednesday, January 12th, a group of her friends surprised her with ice cream, cake, and gifts. The house was full of joy, singing, laughter, and hearty wishes for many, many birthdays to come.

THE 2000 CENSUS IS COMING IN MARCH

In March, millions of questionnaires will be sent to Americans to gather information about us and count how many of us there are. By law, the data gained must be kept confidential for at least 72 years, and the Census Bureau cannot share our individual records with any other government agency, including welfare agencies, the Immigration and Naturalization Service, the IRS, courts, police, or the military.

Most people do not realize how important the census really is. We must all participate so there is a full and accurate count. Failing to do so could

cause us to lose millions of dollars in state and federal funds for an entire decade. About 180 billion dollars in funds for education, community development, and highway funds are up for grabs.

The 1990 Census population count for Mentone is 474. The census will affect the actions of industries concerning growth and jobs. The 2000 census will be critical for the town of Mentone to receive federal funds.

We encourage participation from everyone in order that Mentone does not lose vital funding.

Moon Lake/Mentone Community Library

Those wishing to donate to the Moon Lake/Mentone Community Library Fund can find donation cards--like the one shown below--at the Mentone Town Hall and at the Little River Hardware. These donations can be made in the name of a loved one to honor their name and/or memory.

At the Feb. meeting of the New Library Committee, Dr. Bill Berry announced that

\$30,454.58 had already been donated. An anonymous donor has pledged \$50,000, if the Committee can raise \$50,000 to match it. Plans are underway at the present time to contact an architect. Keep watching for more information.

The next committee meeting is March 21. We hope to have more great news to share with the community.



Moon Lake / Mentone
 Community Library Fund

A Donation Has Been Made

To _____ name _____

By _____

By Dowe Foreman

Hypertension has been aptly called the 'Silent Killer', because it usually produces no symptoms. Due to heredity and bad lifestyle habits, high blood pressure (hbp) usually creeps up on you. In rare cases the blood pressure (bp) rises quickly, resulting in malignant or accelerated hypertension. This is a life threatening condition and must be treated immediately. Symptoms may include drowsiness, confusion, headache, nausea, and loss of vision. But, as I said, this is rare but something to be aware of.

Certain types of people are in a larger risk group than others and should be checking their bp regularly and making necessary lifestyle changes. This is recommended if you have a family history of hbp, or are overweight, or over forty years old. Overweight people have a 50% higher risk than normal weight. Children that are obese and babies that are born underweight are at a greater risk for hbp when they become adults.

High blood pressure killed over 35,000 Americans in 1992 and was a major contributor to deaths from stroke, heart attack, and heart failure. Hbp can cause certain organs to deteriorate over time. If you do not get the help you need in reducing your hbp, you will be reducing your life span. Hbp causes 30% of all cases of kidney failure that require dialysis and transplant operations. Hbp is associated with mental deterioration, especially short term memory and attention.

Medicine's do not cure hbp, they simply help control it by opening up the arterioles. They have side effects, as do all drugs, and may cause problems in other systems of the body. It is best to lower your blood pressure without medications if possible. Do not take yourself off your medication. Only your doctor should do that; but, if you adopt a healthy lifestyle, you may be able to not only get off your meds, but feel better, live longer, and have more money due to the fact that your money is not spent on medication. Controlling your hbp can be helped with these changes:

- Avoid animal products. They contain saturated fats, most plants foods do not.
- Eat a low fat diet, by avoiding fried foods. Olive oil is safe to use in moderation, but not fried! You can achieve almost the same effect if you bake your foods correctly.
- High fiber as in whole grains, fresh fruits and vegetables.
- Eat 1 or 2 cloves of fresh raw garlic with every meal (or take garlic capsules).
- Eat more beans. (Yes, they are delicious cooked without meat!)
- Eat a lot less salt, read prepackaged foods to check sodium content. You need no more than 500 mg of sodium per day.
- Lose weight if overweight.
- Get plenty of exercise (under a doctor's order).
- Dress so as to not get chilled. Chilling constricts the blood vessels and raises blood pressure. Sunshine helps to lower blood pressure. It takes 24 hours to take effect.
- Avoid caffeine, cigarettes, and alcohol.
- Also, studies show that people that attend church on a regular basis tend to have lower blood pressures. Now we really don't have an excuse to not live healthier and happier any longer do we? See ya' next time!

(Parts of this article have been taken from the New York Online Access to Health and Wildwood Lifestyle Center and Hospital.)

Vegan Cooking School Recipe

By Dowe Foreman

Apple Syrup

- 12 oz. Can frozen apple juice concentrate (1- 1/2 C)
- 1-1/2 C water
- 4 Tbsp Cornstarch
- 1 tsp Lemon juice
- 1/2 Tsp Coriander

Blend all ingredients, briefly, on high. Pour into saucepan and cook over medium heat, stirring constantly until thickened and clear. Keep refrigerated. Yields 3 cups. Excellent on waffles, pancakes or as an ice cream topping.

VEGETARIAN COOKING CLASS

Learn how to make healthy, delicious recipes!

WHEN: Tuesday, February 22, 2000**TIME:** 6:30 pm**WHERE:** Mentone Community Center

Presented by

The Wildwood Lifestyle Center and Hospital

In conjunction with The Mentone Chapter of

The Wildwood Seventh Day Adventist Church

Hands-on lessons with a Special Demonstration

By Chef Miguel Larcher

\$5.00 fee for food expense

To pre register or for more info call,

Dowe Foreman - 256-634-4021,

or Stan and Linda Lawton - 256-634-4658 evenings.

Prime Realty

401 N. Commerce Street
Summerville, Georgia 30747

Willie McGraw, GA/ALA

706/857-3888 Home; Pager 706/857-9863

706/857-5980 (O)

706/857-5970 (F)

C.S. Baker, GA/ALA

706/859-9241 Pager

706/862-6566 Home

State Gen. Appraiser

HUD 203K consultant



LAURAWOOD - On the Brow - Wonderful view - Private location - 95% complete 2400± sq. ft. 2 story, 1st floor 2 BR, 1 Bath, Living rm w/Min Stone FP, Kitchen/Dining Comb, both leading to large screened in porch overlooking the valley. 2nd floor - 2 BR, 1 Bath, storage. Basement w/fin to suit.



"A VIEW FROM THE TOP" Prime is proud to announce our affiliation with "Laurawood". Brow lots and homesites atop Lookout Mountain. Imagine, your own mountain acreage, waking each morning with the sun as it highlights your spectacular valley view. The perfect spot for summer or permanent home-private community. Owner financing with terms to suit your needs. Plots available.



MRS. ROBBIE GREEN ESTATE - once in a lifetime opportunity. Approx. 2± acres - 1500 sq. ft. Original Mountain Home features Sun Room, Living room with stone fireplace, Dining Room, 3 BRs, hardwood floors, kitchen, 1 bath - much, much more - Located at the intersection of Hwy 48 and 157. Potential, Potential with the best location on the mountain. **REDUCED**



CLOUDLAND - IN THE PARK, needs a little TLC. On the market - Oct. 4. Make offer.

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 10 - 1.28 acres - 150 ft. of brow - \$27,500. Restricted with easy access to Hwy. 157. Great view of valley. **Sold**

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

Hwy 157 - 3 AC, 200 ft of Brow. Easy Access. \$47,500. **Sold** in view.

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. No subdividing. (No. G-44) **Reduced**

Cloudland - 1175 - State Line Road, T-2 - 44± AC - small lake open to wooded - Some frontage on Hwy 117. \$2000 per acre.

Lake Lahausage - T-1 - 7.8 AC with lake frontage; T-2 - 6 AC with lake frontage. **SOLD**

PRISTINE HIGH IN THE CLOUDS - Gadsden Avenue/Cloudland. You have always admired it. You have imagined yourself living there in its quiet serenity. **PRIME** is proud to offer this beautiful brick rancher with 2.5± acres of majestic beauty. Home features living room, dining room, kitchen, two bedrooms, 1-1/2 bath, sun room, utility room, 2 car garage, outdoor pool, and a back-up. Cloudland water system. Additional 7± acres available. Convenient to park and restaurant. (No. 27) **Contract Pending**



GET AWAY FROM IT ALL - 80± acres - Panoramic view from 1800 sq. ft. Mountain Home and full basement. Two fireplaces, hardwood floors, much more, private and secluded - Chattooga County - \$210,000.00.



"THE VICARAGE" - Southern Queen Anne Victorian charm & grace radiates from this fine period home. Featuring kitchen fireplace, formal dining, sitting room, formal entrance from veranda, formal sitting room, master suite, family room. Second level features bedroom, bath, sitting room. 3rd bedroom are only a few of the amenities. **A MUST SEE! Priced to SELL at \$189,000.00.**



CLOUDLAND - Golf Course Road, original mountain home, offers sun room/kitchen, dining room/great room overlooking patio, 3 BR, 1 bath, breezeway, utility room, guest cottage/game rm.; also on property M/H with 2 BR, kitchen, living rm., 1 bath, large lot 150x400. Cloudland water & well. \$89,000.00. (No. G-22)



MENTONE - County Road 106. Enjoy the magic of the mountain. 1998 modular featuring 3 bedrooms, 2 baths, kitchen/great room. Extended carport wide deck overlooking 13± acres w/pond. Central HVAC w/propane backup. Outbuilding. Good buy at \$69,500.00. Ft. Payne water available. (No. A-18) **SOLD**

MILITARY FUNERAL HONORS

Public Law 105-261, from the American Legion Bulletin, dated December 29, 1999, by Carol Williams, Director

Submitted by Commander Sherman Gough, American Legion Post 215 of Mentone

National Veterans Affairs and Rehabilitation Commission
1608 K Street, N.W., Washington, D.C. 20006

"It is our national obligation to demonstrate the country's gratitude to those who, in times of war and peace, have faithfully defended our country. The rendering of Military Funeral Honors for our nation's veterans is our final tribute to those who have made personal sacrifices in defense of our nation." (Office of Secretary of Defense)

"Honoring Those Who Served" is a Department of Defense program for providing dignified Military Funeral Honors to veterans who have defended our Nation. While Military Funeral Honors is a long standing tradition within the Armed Forces, this program is in response to a new law governing funeral honors for eligible veterans. The Department of Defense has implemented changes to comply with the new law and has launched a series of efforts to enhance and improve the quality of Military Funeral Honors for veterans. "Honoring Those Who Served" represents an important step forward in honoring our Nation's veterans.

Background. Beginning in 1998, the Department of Defense worked closely with the Veterans Service Organizations and Funeral Directors Associations to determine how best to deliver Military Funeral Honors to all eligible veterans whose families request them. This has been and will continue to be a challenging task given the significant military manpower and demographic changes that have occurred over the past decade. The end of the Cold War led to significant military force reductions. As of 1999, the active duty force level has dropped 33%—from 2.1 million members to 1.4 million. The Nation also reduced the size of the Reserve force, from 1.2 million members to 900,000 a 25% decrease. Today, Department of Defense deployments and commitments have created a higher operating tempo than before the end of the Cold War. As these force reductions were taking place, the number of veteran deaths was increasing dramatically. In 1989, the Department of Veterans Affairs (VA) counted 459,000 deaths. By the year 2008, the VA projects that number will increase to 620,000 annually, or an average of 1,700 funerals a day. This situation has led the Department of Defense to work with Veterans Service Organizations and Funeral Directors Associations to address the issue of Military Funeral Honors.

Law. On October 5, 1999, President Clinton signed into law the National Defense Authorization Act, Public Law 105-261. Section 578 of the Act reflects the extensive deliberations conducted on Military Funeral Honors over the past year. The law now includes the following:

- A basic Military Funeral Honors ceremony consisting of the folding and presentation of the flag and the playing of Taps for every eligible veteran upon request.
- A funeral honors detail to perform this ceremony shall consist of two or more uniformed members of the Armed Forces, with at least one member from the Service in which the deceased veteran served.

- Authority to reimburse members of Veterans Service Organizations and other authorized organizations for expenses when they participate with the military in the delivery of Military Funeral Honors. These individuals are covered for purposes of liability and workers compensation.

- Pays Reserve component members an allowance of \$50/day and provides retirement points, which are allowed to accrue above the annual 75 point cap, for performing honors details. Covers Reserve component members for liability and authorizes reimbursement for their travel over 50 miles.

Funeral Directors Kit. The Funeral Directors Associations, working with the Department of Defense, recommended the development of a kit to assist Funeral Directors in obtaining information on how to obtain Military Funeral Honors. The Department has developed such a kit and is sending it to all licensed Funeral Directors and to Veterans Service Organization headquarters. The kit contains:

- A Military Service Directory—providing telephone numbers for every state and county to arrange for Military Funeral Honors.
- A Military Funeral Honors Brochure, which highlights the basic elements of the funeral honors ceremony, defines eli-

gibility, and contains other relevant information on Military Funeral Honors.

- A list of Frequently Asked Questions providing answers to questions families may ask Funeral Directors about Military Funeral Honors.

- Instructional brochures on how to fold the flag for families who just want a flag without the ceremonial folding and presentation.

- A Compact Disc of "Taps" for situations where the family only wants the playing of "Taps" at the burial without the funeral honors detail.

Toll Free Telephone Number. This effort focuses on making it easier to request Military Funeral Honors. The Department of Defense will establish a toll free line (1-877-MIL-HONOR) for use by Funeral Directors to request honors. This system will be in operation by January 1, 2000. By using this number, Funeral Directors can reach the regional military offices to arrange for Military Funeral Honors ceremonies. The toll free line will provide Funeral Directors with a single point of contact to obtain the necessary information rather than calling various places. This will reduce the time spent by Funeral Directors to obtain the information they need to honor families' requests for Military Funeral Honors. At the recommendation of members of Veterans Service Organizations, the Department has designed the toll free number for Funeral Directors only. Family members should work with their Funeral Directors if they desire Military Funeral Honors.

Military Funeral Honors Web Site. The final phase of the Department's improved outreach is the development of a web site. The Department of Defense web site, located at <http://www.militaryfuneralhonors.osd.mil>, will contain pertinent information for the public and Funeral Directors about Military Funeral Honors, including a systematic procedure on the process to request honors. The web site will have links to other relevant web sites such as the Department of Veterans Affairs and links to current legislation on Military Funeral Honors.

"Taps" Compact Disc. Due to a limited number of buglers in the Military Services, a recorded version of "Taps" is often used. Based on comments that some recorded versions of "Taps" are of poor quality, the Department of Defense arranged to record the playing of "Taps" at Arlington National Cemetery on Memorial Day 1999. This version of "Taps" will be recorded on a compact disc to ensure superior quality playback. There will be wide distribution of the "Taps" compact disc to include all military units, Funeral Directors, and Veterans Service Organization headquarters from which their members may request copies.

Veterans Service Organization Participation. The National Defense Authorization Act for Fiscal Year 2000 allows reimbursement of expenses for members of Veterans Service Organizations and other organizations that train with and participate in the delivery of Military Funeral Honors with the military. For example, an organization might augment the ceremony by providing a firing party. This voluntary assistance would be in addition to the services provided by the Military Funeral Honors detail. If there are members of an organization in the area who may have an interest in assisting in the Military Funeral Honors ceremony, they or their organization should contact their local military units. At this time, a final decision on the development of a reimbursement policy for veterans' service organization participation is delayed through Fiscal Year 2000.

Funeral Directors. The Funeral Directors are a key to the success of the Department's initiatives to improve the delivery of Military Funeral Honors for veterans. The Funeral Director's understanding of how to obtain the honors, use of the toll free phone system to obtain honors, and awareness that only the Funeral Director should request honors, will significantly support the entire effort. The cooperation and support of the Nation's Funeral Directors in this process are essential for the successful delivery of Military Funeral Honors for those who have faithfully served their country.

The freedom this Nation cherishes is a credit to the men and women who have served in the Armed Forces. The Department's goal is to provide professional and meaningful

Military Funeral Honors for every eligible veteran recognizing their contributions to this freedom and the sacrifices they and their families have made for this Nation.

If there are any questions or concerns about the implementation of the Military Funeral Honors program, please contact the National Veterans Affairs and Rehabilitation Commission or the National Security Commission through The American Legion's Internet home page at <http://www.legion.org>.

Funeral Honors Strain Pentagon

Military Scrambles to Meet Mandate

From the Sunday, Jan. 2, 2000 issue of ???

Linda Hoffman Scripps Howard News Service

WASHINGTON—In 2000, an estimated 572,000 U.S. military veterans are expected to die, with World War II vets alone passing on at the rate of about 1,500 a day. That translates into something of a new headache for the Pentagon, which, as of Saturday, Jan. 1, must for the first time provide at least rudimentary funeral honors to each eligible veteran desiring one. Spurred by complaints from families who were unable to arrange military honors for their loved ones, Congress last summer ordered the armed services to send at least two active-duty or reserve troops to fold and present an American flag to the survivors and to play a rendition of "Taps." Now the military is scrambling to make sure that mandate is followed.

While wholeheartedly applauding the idea of funeral honors for each veteran, the Pentagon says a combination of base closings, deep personnel cuts, and rising veteran deaths has left it strapped when it comes to such duties. The strain is particularly heavy in Texas, Ohio, Michigan, Southern California, and New England, the Pentagon says. Nevertheless, the military says it will find a way to comply. Contrary to popular belief, such honors always have been a matter of custom, not law. "It's an appropriate tribute for all of our veterans," said Pentagon official Gail McGinn, in a recent article in an armed forces publication.

Under the congressional order, at least one of the honor guards members must come from the service of the veteran. To ensure a pool of honor guard members is always available, the services are considering making base honor guards a full-time job for select active-duty GIs. In some areas of the country, two to four funerals can be held a day—a schedule too heavy for volunteers or reservists, who commonly have other daily demands on their time.

To ensure uniform graveside performance by the two-person units, whatever their genesis, the Pentagon soon will send training videotapes that spell out requirements for dress, demeanor, and duties.

Vets and their families should not expect a bugler to attend. A shortage of buglers—500 serve in the military—means that recorded versions are more likely to be played. The Pentagon is dispatching more than 24,000 CDs of "Taps" recorded during the 1999 Memorial Day services at Arlington National Cemetery. The CDs will go to funeral directors, veterans' service organizations, and the military units that will conduct the ceremonies.

Honors will not be provided automatically, the Pentagon says. To be eligible, the veteran must have served in the active military and been discharged under other than dishonorable conditions. Members and vets of the Selected Reserves also rate the honors.

Funeral directors will be responsible for contacting the military to arrange for a ceremony. As of Saturday, January 1, 2000, the Pentagon expected to have a toll-free telephone number—1-877-MIL-HONOR—up and running for funeral directors only.

A new Internet site for the public explaining the burial honors process also is scheduled to be online at the same time. Its address is: <http://militaryfuneralhonors.osd.mil>





Valley Head's William B. Crow was honored by the U.S. Department of Commerce and the National Weather Service for his long-time service as a weather observer.

Times-Journal photo by Steven Stiefel

Head in the Clouds

Local man receives prestigious honor for weather observations

By Steven Stiefel, The Times-Journal

A Valley Head man has been honored by the U.S. Department of Commerce for outstanding contribution to the field of meteorology. For nearly 38 years, William B. Crow has recorded more than 14,000 individual daily observations as a National Weather Service Cooperative Weather Observer. On Jan. 21, federal officials presented him with the John Companus Holm Award, named in honor of a Lutheran minister who was the earliest known systematic weather observer in North America back in the 1640s.

The award is given to approximately 25 outstanding observers nationwide each year, and the competition for this honor is extremely high. Crow is the only Alabama observer to receive this award this year. It is one of the two most prestigious awards available to the nearly 12,000 National Weather Service cooperative observers across the country. The award also recognizes his involvement in community and religious activities.

Crow monitors the weather from devices in his back yard. He moved the equipment to Town Hall from 1984 to 1992 during his time as mayor of Valley Head. Prior to that, he served as 18 years on the town council. He has remained active

through much of his retirement at the Fort Payne/DeKalb County Senior Center.

He began monitoring the weather in 1958 and vividly remembers the winter storm of 1960, although he has officially received credit for records kept since 1962. Above and beyond his political activities, Crow is also a retired businessman.

A press release indicates his daily observations of temperature and rainfall have been essential to ensure the success of the meteorological functions performed by the forecast office in Calera for its area of responsibility. Crow's daily rainfall reports to the National Weather Service are also used as input into computer models used by the Southeast River Forecast Center in Atlanta to generate river forecasts for Alabama. His records are mailed at the end of each month to the National Climatic Data Center in Asheville, N.C., where they are processed for computer storage, published in the Alabama Climatological Data and become a part of the permanent record of the world's weather. Crow's extraordinary contributions have enabled the weather service to maintain a quality climatological database for Valley Head, where weather records date back to 1885.



A Friendly— Valley View

By
ELOISE BROWN

The ice is gone and electricity is on—for now! It was a beautiful scene—each little weed sparkling like diamonds—until it got worse and destroyed trees and cluttered up everything. We were so sorry for everyone whose power was off for days and so sorry for the men who had to work day and night in freezing rain to restore it. We appreciate them and electricity. We are almost helpless without it.

February has been a popular month for birthdays. Walter Brooks had a happy birthday. On Feb. 1, his daughters, Jolene Gilbert, Norma Huggan, and Martha Browder, brought breakfast, and, on Friday night after his birthday, took Christine and him to the Longhorn Rodeo in Chattanooga at the Roundhouse. Later, his brother, L.C. Brooks and wife, Arverlene, from Albertville, came and spent the day and took them to Western Sizzlin for lunch.

Dot Blackburn had several happy surprises for her birthday. Her son-in-law, "Hoot" Gibson called her to meet him at her back door—he delivered balloons, etc., and her daughter Linda and her friend, Betty Lewes, from Orange Park, Florida. Linda cooked a delicious dinner for them. Then, her daughter, Martha Gibson, told her they must go to Fort Payne for a surprise—and her name and "Happy Birthday" was in lights at the theater.

Myrtle Blansit's children and grand children and Norvell Franklin, made her birthday special, as they gave her a surprise party at the Promenade Hall, Sunday afternoon, Feb. 6.

Lillie Bowden went to Powder Springs, Ga., Jan. 17, for her sister Annierene Stephens' 80th birthday. She also went to Fort Valley and Perry and visited other relatives.

My birthday was Feb. 3. I received several nice telephone calls and some lovely cards and gifts and dinners at Captain D's and Western Sizzlin.

I attended a lovely baby shower at the home of Doris Chamlee, Jan. 29, in honor of Kelly Broyles. She received a lot of nice gifts. Others present were Sarah Haushalter, Edith Dean, Debra Rhodes, Pam Dean, Katy Dean, and Allie Rhodes. Several could not come because of the ice.

Vesta Hawkins' granddaughter Lynn and husband Paul Roberts, from Atlanta, visited her and Velma Hammond, Sunday, Feb. 6, and they had lunch at Dessie's at Mentone.

Doris and Jim Carmichael had a wonderful week with Emmy Ricketts and family, and Linda Thomas and family, the week after Christmas, at Beech Mountain, NC. Most of them enjoyed the skiing. Doris and Jim went with the Ricketts family, recently, to Tuscaloosa. They had dinner with William Thomas and friend at the University of Ala. William will have his master's degree soon, in Environmental Engineering.

Evelyn Clark's son, Loy and his wife, Margaret, from Birmingham, spent Sunday, Feb. 6, with her.

There have been several deaths in the neighborhood, recently. Sincere sympathy to each family.

S.B. Stinson remains in BMC-DeKalb, seriously ill. He is missed. Several people depended on him for help, and he was good to help them.

We rejoice that Olene Roberts is home and doing well after a stay in Cullman, recovering from hip and eye surgery. Her daughter, Martha Joan Killian, is also doing well after back surgery.

Myrtle Blansit spends time with her son, Donnie Blansit, at Rainsville, as he is having health problems.

Susie Clark has the pins out of her wrist, which she crushed in a fall. She is now taking therapy.

Ruth Pickett is recovering from surgery.

Verenice Hawkins is recovering from gall bladder surgery.

March - (Tanka Form)

Winter drags its heels,
Reluctant to give its ground,
Old and worn it feels,
But better in its esteem,
Than Spring as young and green.

March of Spring teases,
And tauntingly takes away,
Warm gentle breezes,
Reluctant to go and say,
"We will have our way and stay!"

March, like a lamb, might begin,
Soft and gentle as can be,
Then as swift and strong as sin,
Sweep the earth angrily--
Roaring as a lion in agony.

But March marches on,
And soon we will know
It will be gone,
And we may know April snow,
But everything begins to grow.

Winter must resign--be gone--
It has had its season.
We understand and have known--
Each cycle has its reason.
And unites with proper cohesion.

--Eloise Brown

Dr. L.M. Coleman is at Manor Care Rehab in Marietta, Ga. Laura Margaret Allison and Elizabeth Coleman are helping each other thru a difficult time. It is good to have sisters.

I hope and pray for better health for everyone who is sick.

Cindy Butler from Cartersville, Ga., spent a week with her sister, Gracie (Carol) Brown, and family, recently.

Congratulations to Christy Cushen, Terra Fletcher, Tonya Shanklin, and Michelle White, who were named to the President's List (All A's) at Jacksonville State University; and April Edwards, named to President's List (all A's) at Northeast Community College; also Melaney Brindle, Angela Corbin, and Brandi Shirley, and all other achievers.

Congratulations and appreciation to William ("Jug") Crow, who was honored by the U.S. Dept. of Commerce for his outstanding contribution to the field of Meteorology, for nearly 38 years of service as a National Weather Service observer and recorder.

It seems like Spring today. The lilacs are budding and jonquils are coming up, and birds singing. The groundhogs got different messages in different places and sent different messages, but we can all hope for better days. They will probably be here sooner than later, as they fly by quickly!

Bernice Jane Holleman Longshore 1909-2000

We knew Janie when she
was as happy and bright
As a golden ray of sunshine
in the darkest night--
As she brightened wherever she might be,
With her sweet and radiant personality.
We grieved to see her captive
of these tragic years,
But she always greeted us with
smiles instead of tears.
She accepted with patience
her helpless plight--
Even loss of hearing and precious sight.
Now her spirit has been released
and whole again.
She can be radiant and happy
without grief or pain.

--Eloise Brown

Lookout Mountain Animal Rescue Inc.

Dear Friends and Supporters:

We are pleased to announce that we are open as of November 1, 1999, and have completed construction of Phase I of our facility. We have begun work on Phase II which consists of indoor/outdoor runs.

Lookout Mountain Animal Rescue, Inc. (LMAR) is a non-profit organization with a 501(c)(3) tax exempt status. Our goals are to expose the tragic plight of animals owned by irresponsible, neglectful and abusive individuals, offer low cost adoption, educate the community on the importance of spaying/neutering, as well as providing low cost spay/neuter, vaccination programs for those who are unable to afford regular veterinary care.

At present, we are working on the construction of our indoor/outdoor runs and fenced in back yard. We have applied for several grants as one means of generating funds to complete this project. But with the daily expenses of day to day maintenance we are about \$5,000 short of the money needed.

To be able to continually improve the services we are providing, we are asking you to include LMAR in your 2000 contribution budget. Whether it is a one time donation, or an annual contribution in any amount you can afford, please know that any and all donations to LMAR are greatly appreciated.

Sincerely,

Theresa Smith

Executive Director

LMAR

P.O. Box 416

Menlo, GA 30731

706-734-0812

Stock Up On Supplies Cloudland TRADE CENTER

ONE STOP SHOPPING

Hours: Mon-Thurs. 7 a.m.-10 p.m.
Fri-Sat. 7 a.m.-Midnight-Sun. 10 a.m.-6 p.m.

706-862-2711

- Sub Sandwiches
- Pizza
- Exxon Gas
- Fresh Bar-B-Que
- and Ice Cold Beverages
- Deli Meats and Cheeses
- Groceries
- Kerosene

- Plumbing & Electrical Supplies
- Well Pumps
- Water Filter Systems
- Propane Bottles Filled
- Videos
- Building Hardware
- Tools

Bed 'n Breakfast



Replenishing the spirit since 1927.

For Reservations, Call
(256) 634-4836 or (800) 455-7470
or write P.O. Box 290 Mentone, AL 35984

Ms. Daisy, Innkeeper

Come and enjoy peaceful Southern hospitality and nature at its best.

About Our Town

By
LINDA BROWN



Can you believe the ice storm that we just had? Everyone is saying that it is the worst one since 1960. That means that they must happen every 40 years and that is often enough. I remember the 1960 one very well. The main difference that I remember is that there were several inches of ice layered with snow on the ground. The roads were not in shape for travel so we were really isolated from the rest of the world. We were without electricity for a much longer period of time. But, as Aunt Catherine Bailey said during this storm, "We still had flues in our houses to set up heaters and stoves and were not so accustomed to all of the modern conveniences." This time, many more homes had a generator to keep the refrigerator and some lights on. I've heard of several who plugged the refrigerator and the television into the generator and spent their time in the lounge chair!

Bud Fielder remarked during this that Mother Nature always gives us something back when she takes so much away. We decided that one of her "gifts" was the beauty of the ice when it picked up the rays of sunshine. One of my trees had jewels of every color sparkling like diamonds! Another gift may be less insects this spring because it was so cold. 10 degrees or less on three mornings! Someone has said that the spring bulbs will bloom more proficently. It seems that they need the extremely cold temperatures.

I am so thankful that no one was hurt during the storm. I had a telephone throughout and heard from or checked on everyone I could think of. I had not realized before this that so many people depend on electricity for a medical treatment. I found that there are three such people within a block of me. The Sand Mountain Electric Cooperative was very good about getting electricity to these people as soon as possible. Another thing that they do is concentrate on getting electricity to the agencies that benefit all of us. These include the stores and restaurants and the water system.

My daughter, Gail Smalley, attends college at Jacksonville. During the storm, someone there asked her why she continued to live in "such a place." She replied that the advantages far outweigh the disadvantages. Think about this, you will either be more content or decide to move. I have always told people who are thinking of moving here to rent first and stay through one winter. This can be the determining factor in their decision.

Of course, another story that was breaking in Mentone during the storm was the hit and run accident and the stabbing of a Mentone resident. I know that everyone is glad that all of these victims are going to be all right. This was a case of an entire town being in the wrong place at the wrong time. Hopefully, this will never happen again in Mentone.

As always happens this time of year, many projects have been delayed. Two that I know of are the laying of the water lines and the new fire truck. Maybe both of these will be completed soon. I would like to thank that spring is just around the corner, but the groundhog did see his shadow.

Something that has caught my eye recently is the outside bulletin board at the post office. The notices are not being kept current. If you put a dated notice up there, please watch and take it down when the time is out. The post office is not responsible for this board in any way. They are doing the community a favor by allowing it to be there. I think that it is sponsored by MAPA. The ladies who put up the colorful background and kept it clean have moved from Mentone, maybe MAPA could appoint someone else to check on it.

This is the time of year that we all need to check on our residents who live alone. I heard that Gal Gilbreath fell recently, but nothing was broken. She was bruised and sore. Hope you feel better soon, Gal. As my almost 90 year old father-in-law, Raymond Brown, says, "When an older person falls, it is almost impossible to get up." Maybe that is the origin of the

saying, "My get up and go has got up and went."

This is the year the census will be taken. The way I understand it, everyone will receive a form to complete and mail back. If you do not complete it or mail it back, someone will visit you and get the information. It is very important that we get an accurate count for our town and county. So many funds and grants are determined by the number of residents in an area. This information cannot be used against you in any way and is sealed for quite a long period of time.

Recently, my aunt was looking for some ancestral information and hired a lady to help her. One of the things that the lady did was to look up the old census records. It was really surprising what was there. Many more people lived together than we ever thought. Sometimes it would be found that an older parent or a young man and his bride lived with an established family. Not only is the census important now but it is an excellent record of history.

There is one person in our family that we cannot find any information on except her date of birth and that she was married and died before she was fifteen. We would like to know where she is buried and maybe find out how she died. If we could find her in a census report we would at least know where she moved to after she married.

This is the month of love. Valentine's Day is February 14. Call someone and tell them you love them or send a card or flowers. It will brighten their day and make you feel better too.



MORGAN DRUGS

Donald R. Morgan

Valley Head
635-6812

The Lookout Restaurant

"Atop Lookout Mountain"
CLOUDLAND, GEORGIA

(706) 862-2515

Reservations Necessary Friday and Saturday

We Buy Standing Timber

Menlo Lumber & Pallet Company, Inc.

Highway 48

Menlo, Georgia 30731

(706) 862-2131

Builder's Supply Company, Inc.

Concrete Blocks

Building Materials

Roof & Floor Trusses

Fort Payne

611 Godfrey Ave. S.

845-1451

Sylvania

Highway #75

638-2244



The Country Journal

By
BERNISE CROW

January was fickle—half of it very warm and many plants blooming out of season, but the second half was very serious winter weather. The whole eastern part of the country was hit hard with snow and ice, and we got more than most places. Homer measured three inches of ice on limbs in our yard. He cut up limbs for firewood for the better part of three days, and we still had some debris that will take a while to remove—probably a month.

Being snowbound can be a lot of pleasure if one has food, a way to prepare it, and can stay warm. Even without electricity one can survive with kerosene lamps and candles for light. A few years ago, we used the Boy Scouts' way of cooking, using iron pots with heavy lids to cover, with hot coals from the fireplace. We baked potatoes, cooked beans, made stew, and even baked biscuits for breakfast. Our children were still living at home, and they loved the closeness of being together in a cozy atmosphere and playing games by firelight. It's a good time to do some reading, catch up on correspondence and generally relax. The children are happy to be out of school, sleep a little later and watch TV if there is electricity.

We were without power at our house for four days and five nights, but we were staying in Clattanooga most of the time, where the ice was not heavy enough to cause trees to fall. We have a wood burning heater in the basement of our home, and Lisa and Alex were able to stay there at night and keep warm. My nephew, Joe Elrod, kindly went up to the house and built a fire in the heater, and Lisa could add wood to it to keep it going.

Many people were prepared for the storm because of the Y2K scare, and I'm sure they were well supplied with emergency equipment. Some companies made a lot of money blowing out of proportion the idea of things failing when the new century arrived, but during the storm those emergency supplies could certainly be utilized. These emergencies do not happen every year, but one should always be prepared with "oil in their lamps," a good supply of canned goods on hand, candles, flashlights, and at least one gas heater if the home is electrically heated. In spite of all the ugly trimming of trees and chemical spraying that was done here on the

mountain earlier in the year, we still had power outages. Nothing can prevent heavy limbs breaking and large trees falling on power lines when we have ice as heavy as we did this time. It would be wonderful if all the lines were underground. We were fortunate to have phone service, and many people who heard of our problems called to check on us.

Being snowbound, or "icebound," is a good time for meditation, reflection and soul-searching. We stay so busy we don't take time to really know ourselves. The whole month of January is my time to reflect, and also to plan for future times when things begin to hum with activity again. Of course, here on the mountain, it was hard to relax when one heard limbs breaking and trees falling at all hours. It was eerie because one never knew when a tree might hit the house.

In times of emergency and stress, our good neighbors are very kind and thoughtful to check on one another. That is the good part of living in the country. We tend to grow closer in times like these. Alice Springer had some damage to the roof of her house, and of course big limbs down all over her yard. She was in Ohio when the first big ice storm hit, but was here when the second one came. She was glad she was here to check on things because there was a leak in her main house. She has full responsibility for getting repairs done, and that's a heavy load sometimes. Tony Teverino was the Good Samaritan near his home. He checked on all the neighbors, even taking food and water to Genie Dowaitt, and her daughter, Guinn. Where they live, they have wells with electrically operated well pumps. So when the power goes off, they don't have water. Tony found Genie sick with a cold or flu, and later she went to the hospital, very weak, and found out she had pneumonia. I hope she has improved by now. Lynn Castleberry and her children were able to survive with a woodburning fireplace, and a good neighbor supplied her with wood. Terrence McCabe and Joe Hines used Terry Hutcheson's generator to provide lights and water for a few days. Somehow Terry couldn't get in connected to his own house. Terry was the Good Samaritan for them.

Christina Wise said there were 79 trees down between her and Bill's home and road to DeSoto Falls! She said some of their large rhododendrons were smashed by falling limbs. It is good that not many homes were damaged by falling debris, so we can be thankful for that. Dessie Newberry fed the men who were working (some around the clock) at her Kountry Chef restaurant. We did not have a February meeting for MAPA because she was so busy, since we hold our monthly meetings at the restaurant.

It seems we had enough winter in two weeks to last for the whole season, but the famous groundhog Punxsutawney Phil saw his shadow on Groundhog Day, so that is supposed to mean six more weeks of winter weather. We usually have six more weeks of it, anyway. We can dream of better days... Spring cannot be far away.



PRESIDENTS' DAY

Dessie's Kountry Chef
CARRY OUTS WELCOME 634-4232
RESTAURANT
Voted Best Cook DeKalb County 1995 & 1997

WORLD'S BEST CATFISH & VEGETABLES

Dessie Newberry P.O. Box 425 Mentone, AL 35984
10am - 8pm Mon, Wed, Thurs, Fri, Sat. • Open Sunday 11am - 2pm

THE CITIZENS BANK OF VALLEY HEAD

*Large Enough to Serve You—
Small Enough to Know You!*

Valley Head 635-6292

Ider 657-5122

Member FDIC

Dogwood Haven I

741 Houston Loop Rd. W • Ft. Payne, AL 35968
Phone: (256)-845-0211

Assisted Living Residence
Brenda Pendergrass
Owner



Dogwood Haven II

751 Houston Loop Rd. W • Ft. Payne, AL 35968
Phone: (256)-845-8244

Stop by & chat with Bernise at CROW'S NEST ANTIQUES

Antiques,
collectibles,
glassware, books

(256) 634-4548



Located next to the Mentone Springs Hotel
OPEN 7 days a week - 10 a.m. - 4 p.m.

Antiques, Collectibles, Uniques
Owners, Judy and Louis Pierce
(256) 634-4529



MOUNTAIN-LAKE LOG HOMES, INC.

P.O. Box 1123
Pell City, AL 35125

Gary & Georgia Kelley

Tel: (205) 525-5536
Fax: (205) 525-5647

Web - <http://www.bestloghomes.com>
E-Mail - Info@bestloghomes.com

Custom Designs & Building
Services Available

JIMBARNA
LOG SYSTEMS





Two tree tops on east side of Mentone Town Hall, and a tree on the west side (not shown). Thanks to Charles Flannigan, these were removed so that power could be restored to the town hall on Wed., Jan. 26, following the first ice storm.



Benny Goss, Mentone Postmaster, surveying the damage to the front of the Post Office building. Much of the debris was later removed by Creative Tree Service out of Tennessee, hired by the Alabama Department of Transportation to clear Hwy 117 after the ice storm. They were using a chipper that "ate whole trees." Many downed trees and branches lined the highway all the way to the Georgia line.



Scene at Little River Hardware, looking west toward town

Photos by M. Dillenbeck

January 22 and A winter experience



Neighbor

This photo is only one of the numerous individuals who helped on County Road 648. Lamar is at the back of his truck, clearing snow. The trees broken by the ice storm. County Road 647, 648, and 649 were closed. All of those who benefited from the work done by the "neighbors help neighbors" with no question.



L/R: Raymond Brown, Alex Hazell, Linda Brown, and Kayla standing under tree in Raymond's front yard after the ice storm

Ice Storm Photos

Not soon to be forgotten



Ice bending tree branches to the ground. Tree tops broken and hanging down to the ground. Photo from Raymond Brown's yard on Cutler Avenue are indicative of trees everywhere on Lookout Mountain in the Mentone area.

Helping neighbor

Clear roads so cars could pass. Shown are Lamar King and a pickup truck with his chain saw, and the helper is removing branches among many others, was cleared by volunteers with their own chainsaws. These volunteers are so thankful that they live in an area where help is asked. Thanks to all of you unnamed heroes!

Photo by M. Dillenbeck



Icicles hanging on the fence.
Kayla Hazell looking out at the horses in the pasture.

Photos by Carol Hazell

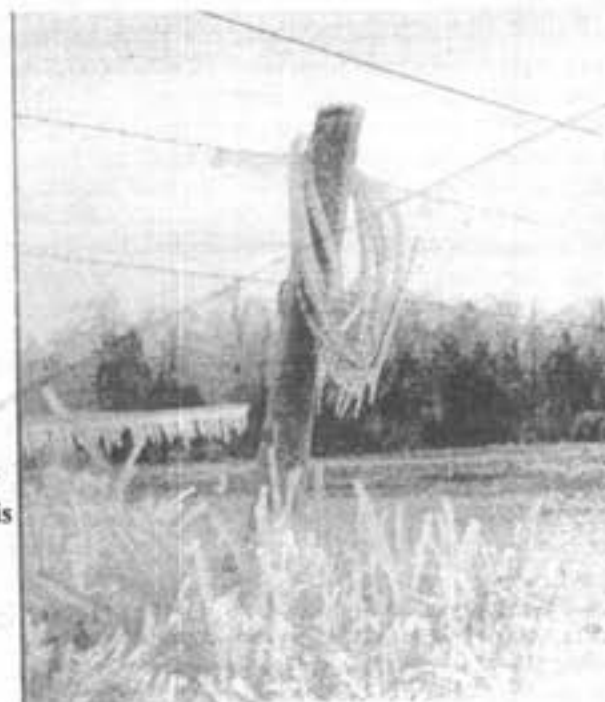


Well, standing
2/2000.
Photo by Carol Hazell



Ice on sign and in the grass and plants below

Wire wrapped around a pole completely covered in ice, as is the grass under the fence.



GARDEN HINTS

By Madeleine Bullock

This winter has proven to be the most unusual of all winters that I have experienced here in Northeast Alabama. We must all be wondering what is going on? what is happening? why? where are the cold winters of our childhood days? All these questions can only be answered by evolution and global warming.

With global warming on the increase and species and their habitats on the decrease, eco-systems chances for adapting naturally are diminishing. Most scientists believe that the warming of the climate will lead to more extreme weather patterns, such as more hurricanes and drought, longer spells of dry heat or intense rain (depending on where you are) in the world, rising sea levels as the polar caps begin to melt, which is already affecting many small islands. There is enough evidence to conclude that global warming is here and human-induced. 1997 and 1998 have consecutively been the warmest on record, and, according to the World Meteorological Organization, the 1990s were the warmest decade and also the warmest century during the last 1,000 years.

Scientists believe that global warming will lead to a weaker ozone layer, because as the surface temperature rises, the stratosphere (the ozone layer being found in the upper part) will get colder, making the natural repairing of the ozone slower. The ozone layer protects all life on earth from the harmful effects of the sun's rays. It has been depleting for many years now. Scientists have said that, currently over the Antarctic, the ozone hole is two-and-a-half times the size of Europe and growing.

NEWSPAPERS-MULCH: Newspapers and grocery store tabloids can be used as a mulch in the garden. Four or five layers of paper can be laid around plants and anchored down with a shovelful of soil or rocks/bricks/stones on the corner. The paper will decompose throughout the season. Additional layers may need to be added to prevent weeds from emerging. Avoid walking on the paper, especially after a rain or soaking. Wet-to-dry paper becomes brittle and tears easily. Paper remains can be tilled into the garden after the end of the growing season. Shredded newspaper can also be used—apply the shredded paper in three-to-four inch depths. Newsprint with colored pictures can be used with little problems. **AVOID** glossy, colored paper inserts, colored Sunday comics, or sections with heavy colored printing. Chemicals and heavy metals such as lead and cadmium used in the colored printing process can leach into the soil and may cause toxic problems with plants or their uptake.

SALAD CRESS: Cress is one of those leafy greens that makes you sound snooty and rich when you order a soup, salad or sandwich. However, it is quick and easy to grow (12-20 days from seed), and provides vitamins and minerals. How it became associated with afternoon teas and bridge luncheons is not fully known. Cress, as it is sometimes called, is a hardy salad/sandwich green that prefers growing in cool seasons, early spring and late fall. Sow ten to fifteen (10-15) seeds per foot of row every two (2) weeks starting as soon as the ground can be worked. Plantings sown after May 31 usually bolt or produce flower heads quickly. However, additional plantings can resume after Labor Day and continue until Thanksgiving if the ground is not frozen. Later plantings may not grow as fast and could be killed by severe temperatures.

SHIITAKES: Oaks are the most reliable wood for producing mushrooms. Three to five foot logs/limbs are cut. Five to thirty holes are drilled in each log, wooden plugs inoculated with the shiitake fungi (purchased through mail order supplies) are inserted into the holes, and then sealed to prevent drying. Canning-grade paraffin wax works well. Use a small amount of hot wax; quickly cover and spread to prevent the wax from penetrating the log and killing the fungi. Logs are watered to keep them moist, but allowed to dry between waterings. Optimum growing conditions include 60 degrees-80 degrees F., 80-85% relative humidity, and water when necessary. If logs develop green or blue surface fungi, discard. Logs seldom produce mushrooms before two-three years of incubation outdoors. The mushroom fungi must colonize the entire log first. Logs are soaked in water for six hours and not more than two days and stacked in an A-frame arrangement to allow air circulation, sufficient room for growth, and ease of harvest. Mushrooms mature within three days to a week after growing. Harvest usually occurs in the spring and fall after the rains and when temperatures are cool.

TEACHING

By Paula J. Left

Submitted by Mary Ellen Fielder, mother of Paula

This is making the rounds BIG time because it is so true! Honestly, as much as I LOVE teaching, it is such a relief to be out of the classroom right now. The profession is in serious trouble, which means trouble for our society, I think.

Sadly, the part about food stamps is true, sometimes even with two incomes if both parents are teachers. Isn't that a sad commentary about our nation's priorities? I figured out one time that if Michael Jordan made a certain number of baskets per game (I don't recall how many) at two points per basket, that, at his salary, he made my annual beginning teacher salary every time he made a basket. That's beyond comprehension really. To his credit, he recognizes that particular inequity and has a foundation that gives money to teachers for their classrooms on a grant basis. That doesn't address their personal financial situations, however, it's not even on the same page.

Amazingly, lots of people think teachers are overpaid! Worse yet, in some cases, they are!! Salaries are based almost exclusively on years of service, with little incentive to improve—to excel—to grow. In fact, in my county, according to the current salary schedule, it takes about seven years to break even on the cost of a Master's degree. So many people feel, "Why bother!" that USF has had to suspend the local elementary education Masters program for a lack of enrollment. Those seeking advanced degrees in Ed Leadership are counting on higher paid administrative jobs, not continuing their classroom teaching jobs. The talent drain is significant. Something like 40% of new teachers don't make it past five years before they leave in frustration with conditions or to take higher paying jobs outside education. The tenure-based structure has bred a sad amount of indifference, complacency, and staleness among some teachers that has a dreadful impact on their students and our schools. Yet, when the issue of merit-based bonuses is raised, there is a hue and cry that can be heard all the way to Tallahassee. It is shameful. It makes me wonder if there is room for idealism and if there is a chance to kindle an urge for excellence... in our ranks and among our students. It is a challenge that makes it a very exciting time to be working to influence education policy in this state. I think it is basically the same everywhere in the country. I am determined to do whatever I can to NOT settle for the status quo.

THANK YOU!

The Shed would like to express a few thoughts and say a few words. One thing David and I would like to say is that we give the community a special thanks for numerous things. First, thank you for the success of our new Christmas and Home Interior store. If you did not come to The Shed for New Year's Eve, you missed it. We had a wonderful time with all the fireworks and coordinating music to go with the light show. It was much better than the Fourth of July show. Special thanks go out to those who helped us during the show.

Next, The Shed would like to say thank you for allowing us to grow. Not only have we built a new fiberglass house for shade and tropical plants, but David and I have put up a new greenhouse twice the size of the ones we have had in the past. Everyone has ideas and dreams of what they want in a nursery and, in The Shed, it is coming true for you. We always want to hear your input on things, because if we can make your dreams come true that makes our dreams come true, too. Dreams mean a lot to people. Some dream, and it remains only wishes; but if someone comes to me and shares his or her dream, I will somehow try to make it reality for them. I can't promise for it to come true, but I will see if we can at least help make things better for them. I like helping people and showing them love. That is how I was raised, and there's so much love that is needed to be shared in Mentone with all the tragedies that have happened in the last three years. I told you guys once, and will say it again, David and I will always be there to care for you and help you out in any way we can. During the ice storm, David and I drove out checking on people that we knew may have had need of us due to health problems or lack of heat, food, blankets, warm clothing, etc. We drove around, offered our help, and invited many of you to stay with us and keep warm until the weather improved. Many chose to remain at their homes, but we did offer, so at least you know you can count on us to be there. If you are ever out of power or heat, please come down to The Shed; we have lots of room and warmth, food, and water. I was worried sick about people who were less fortunate than we were. Needless to say, The Shed had lots of trees down, as many of you did, too. We are offering our help now to clean up and get your yards back to ship shape with new shrubs and trees.

Many customers we spoke to were happy and pleased to know that we have begun carrying shrubs and trees. We started in the fall and will continue to do so. We have a huge shipment of all sorts of flowering shrubs and evergreen shrubs on order. We are also taking orders on trees. We have several orders pending as I write this to you. People are stopping in and placing orders for trees and shrubs daily. It's much better to plant in the winter and spring than the hot, blistering summer, so don't wait till it is too late; start now. The Shed will always have perennials and annuals—each year, we will carry new ones plus the AARSP #1 perennials and annuals of the year. We are doing many wonderful new things all because your dreams are now our dreams, too. Because of you—the community—this dream is about to become reality. We have several exciting things happening at The Shed, this year, so stop in and say "Hi" or call us for updates. As I said before, we are growing and getting stronger, and so is the community. We hope to have this place as pretty as it was once before the ice storm. Don't forget, we are taking appointments on cleaning up yards and landscaping them at a reasonable price. So, stop in for our Open House that began January 29th and will continue through February 12th. We have lots of hot new items for the spring such as garden supplies, Ortho chemical supplies, pond supplies, yard art, birdhouses, bird feeders, and a whole lot more! Again, we Thank You all for all that you want of your dreams and for making our dreams come true, too.

David and Cheryl Baker

256-634-4038

WOODLAND

202 GREENHILL BLVD.
FT. PAYNE, AL. 35967

WE'RE OPEN
7 A.M. - MIDNIGHT
7 DAYS A WEEK

WE ACCEPT
• WIC VOUCHERS • FOOD STAMPS
• QUANTITY RIGHTS RESERVED
• NONE SOLD TO DEALERS

845-1970

WE FEATURE ALL THIS AND MORE!

- MONEY ORDERS
- INCOMING AND OUTGOING
- FAX SERVICE
- VIDEO RENTAL
- POSTAGE STAMPS
- COPIES
- HOLIDAY/ARTIST DEPT.
- FLORAL DEPT.
- FRESH SEAFOOD
- EXTENDED LINES OF CREDIT
- SPECIALTY & DIET FOOD

SOIL STERILIZING: Soil is difficult to sterilize in the garden. Chemicals are not available to the homeowner for use in sterilization. Clear plastic can be laid over moist soil and kept in place for several months to kill weeds, seeds, and insects. Soil can be sterilized for indoors or in pits by placing moist in a kitchen cooking bag and heated in a 200 degree F. oven until a thermometer in the soil registers 140 degrees. Higher temperatures will destroy beneficial soil bacteria. Soil can be heated in baking pans covered with aluminum foil. However, cooking oil smells just this side of cooking cabbage and ventilation is definitely recommended.

Mentone Springs Hotel

(256) 634-4040

Home of

CALDWELL'S RESTAURANT

Sundays 7 a.m. - 3 p.m.

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.

Menlo 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.

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 **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 on N. Gault Avenue in Fort Payne holds mass services at 10:30 AM each Sunday, and Communion Services at 6 PM on Tuesdays.

Prince of Peace Lutheran Church, 114 First St. SW, Fort Payne, has regular Sunday services at 8 AM and Sunday School at 9 AM. We welcome the community to join us.

Pastor Rev. Gerhard Grau invites the public to attend the **Presbyterian Church** worship service at Cloudland, which begins at 10 AM, (EST), and the Menlo service which begins at 11:15 AM (EST).

Walnut Grove Baptist Church, on Highway 11 north of Fort Payne, welcomes everyone at Sunday School at 10 a.m., Worship service at 11 a.m., Wednesday night youth meeting with snacks, lessons, and activities at 6 p.m., and Wednesday night prayer meeting at 6:30 pm.

Wildwood Seventh Day Adventist Church, Mentone Chapter, is currently holding services in the Woodmen of the World building in Valley Head. Sabbath School 9:30-10:45. Worship Service 11:00-12:15. Wilbur Atwood, Pastor; Lay Pastor, Michael Schnaebellhner. Lew and Darlene Keith are doing well in the Philippines. They are doing another school there for the next few months. Look for cooking schools, hydrotherapy classes, and evangelistic meetings this year. Our new pastor is really on the move! We invite everyone to visit and worship Jesus together! He is so good!

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 6 PM. Rev. Charles Flannigan invites everyone to attend.

The **Valley Head Baptist Church** invites you to attend Sunday School at 10 AM; Worship Service at 11 AM; Sunday Evening Worship at 6 PM; Midweek Service (Wednesday) at 6 PM; Brotherhood breakfast and devotional at 8:30 AM, the first Sunday of each month; Women on Mission meet at 2 PM the second Tuesday of each month at different homes.

The **Mentone United Methodist Church** services are at 11 AM each Sunday. Sunday school is at 10 AM. Everyone is welcome. The Mountain Laurel Unit of UMW will meet during Sunday School on Sun., Feb. 13. Also on the 13th is a valentine's party for the children. Sunday, Feb. 20 is a covered dish dinner, followed by a baby shower for Pastor Linda Tucker.

Mount Calvary Baptist Church pastor, James Braddy, welcomes everyone to services every Sunday morning -- Sunday School begins at 10 AM, followed by worship hour at 11 AM, evening services at 6 PM, and Wednesday services are at 7 PM. All times are EST. All visitors are welcome and we encourage you to come worship our Lord, Jesus Christ, every opportunity available. Mount Calvary is located behind the Lookout Restaurant at Cloudland.

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., Tue, and Wed. nights. A "Super Saturday" event -- a mini-Vacation Bible School with a circus theme, is planned for one Saturday each month. A prayer and praise service is held one Sunday night each month. Contact the church at 634-4476 for more information on any of their events or services. Everyone is welcome.

Moon Lake Baptist Church invites you to attend Sunday School at 9:45 AM each Sunday, Morning worship and Children's Church are at 11:00 AM. First Place meets in the Fellowship Hall and GAs meet at 4:30 PM. Discipleship Training and Youth Choir meet at 5:00 PM, followed by Evening Worship at 6:00 PM. On Wednesday at 6:30 PM, Children's Bible Study meets in the Fellowship Hall, the Youth have Bible Study and Recreation Time, Adults meet for Bible Study and Prayer. Rev. Bill Russell, pastor, welcomes all.

Anyone interested in observing the **Sabbath and Holy Days**, please attend with us at 11 AM each Sabbath. Located 2 blocks on right on Hwy 85, off Highway 11, approximately 2 miles from Fort Payne. Call 845-2246 for information.

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. Each 2nd Sunday evening, the church has a singing at 6 PM. Everyone is invited for the singing.

Mentone Wesleyan Church invites you to join us for Sunday School at 10 AM and worship service at 10:45 AM. Bible classes Wed. 7:00 -7:45. Ladies' Bible study and low-impact aerobics Wed. 7:00 -7:45. Sweetheart Banquet Feb. 13th, 6:30 p.m. in the fellowship hall. Teen Lock-in planned for end of Feb. For additional information, call church office, 634-4210, Pastor Randy Addison. All welcome!

First Federal Bank

Fort Payne 845-1977 Rainsville 638-6342 Ider 657-6255

"We're more than Bankers,
"We're your neighbors and friends"



The Bistro



OPEN

•Fri, Sat. & Sun
Lunch - 11 a.m. - 3 p.m.
•Thurs., Fri. & Sat.
evenings - 5 to 9
CLOSED
between the hours
of 3 and 5 p.m.
Reservations can be
made by calling
256-634-8200.

Dr. Steven L. McGee Chiropractor



Appointments, Walk-ins,
Emergencies are Always Welcome!

Open Monday through Saturday
Approved Insurance Accepted

1913 Godfrey Avenue N.E., Fort Payne, AL 35967

(256) 845-2819

dish

Mentone's

TeaRoom Cafe

(256) 634-3669

Friday-Sunday

11:30 a.m. - 2:00 p.m.

Friday & Saturday Nights

6:00 p.m. - 8:00 p.m.

Located in
The Hitching Post

Mentone Community House Book Club

The third Thursday of each month
Thurs., Feb. 17, 10 a.m.

We'll discuss & enjoy:

"My Antonia"

by Willa Cather

For more information, call:

Sue Henry - 634-4599; or

Kathy Kirby McMunn - 634-4575



SAVE-U-STEPS

HATE SHOPPING?

Homebound? Busy?

Try

PERSONAL SHOPPER

Services provided
Grocery pickup, dry
cleaning, errands, etc.,
for Ft. Payne, Chattanooga,
and nearby areas.
Knowledgeable in
Natural Foods shopping
References available
upon request

CALL: Dowe Foreman

256-634-4021

Lookout Mountain Natural Healing: Natural Therapy for Cancer

By Laura Catherine AKA Moon

I like to write articles concerning herbs that grow on Lookout Mountain, but from time to time I am inspired to write about ailments that afflict everyone on Lookout Mountain and elsewhere. Cancer is a serious ailment that afflicts everyone whether it is directly or indirectly. I hope to inform you with methods of prevention, as well as alternative cancer treatments for yourself or someone that you love.

As the old saying goes, "An ounce of prevention is better than a pound of cure." If you listen to the main stream media, almost everything causes cancer. Of course there are the obvious things that cause cancer, like smoking, but it seems that one day you hear something is good for you and the next day it causes cancer. The best thing that you can practice is moderation. It really is possible to get too much of a good thing.

Your body functions on a system of balance. If you are not taking action to help the balance then chances are you are hurting the balance. As most any dietician will tell you, it is important to get the correct balance of proteins, carbohydrates, whole grains, vegetables and fruits. It is wise to take vitamin and mineral supplements because we do not get adequate nutrition as a result of the way most of our foods are processed. Pollution and pesticides we are exposed to daily in our society also take a toll on our immune system.

For your entire body, especially your colon, it is best to limit or stop your intake of bleached flour products. Whole grains (wheat, oats and bran) are great for your body. As are seeds, nuts (except peanuts because they are difficult to digest) and unpolished brown rice. Almonds contain laetrile- which is recommended to ward off cancer.

Your body also needs lots of raw fruits and vegetables. If you have cancer it is best if your diet contains 50%- 75% raw fruits and vegetables. Cruciferous (broccoli, cauliflower, cabbage, etc.), as well as yellow and orange vegetables (carrots, squash, yams, etc.) are known most as cancer fighters. Apples, berries, brazil nuts, cantaloupes, cherries, grapes and plums are all cancer fighters. Berries are known to help protect DNA. It is best to try and buy organic when possible. Otherwise it is wise to peel what you can and/or wash thoroughly to remove any pesticide residue.

One glass of wine a day is said to reduce your risk of cancer but dark grape juice is more effective. Any dark colored fruit juice is helpful for your body whether you have cancer or not. Everyone, especially cancer patients, should limit their intake of sugar because it can deplete essential nutrients. Honey and black strap molasses should be used as a substitute when possible. Honey is a sweetener that also contains valuable amino acids.

Your body has to work very hard to process animal proteins so you should limit your consumption of animal protein especially if you already have cancer. Fatty meats are especially dangerous because most all the toxins in animals are stored in their fat. Red meat contains uric acid. The acid can build up and cause damage to your system.

According to Prescription for Nutritional Healing, Japan and Iceland have low rates of cancer. This fact many attribute to the high content of iodine in their soil, their low consumption of red meat and other meats altered by hormones, as well as their high consumption of fish. Therefore it is recommended to eat broiled or boiled fish in place of other meat products and

try to use powdered kelp in place of salt. Kelp is a good source of iodine. If you can not handle switching from salt to kelp then you can buy kelp supplements at most any health food store. It is also recommended to never eat luncheon meats, hot dogs, smoked or cured meats.

Try to limit your consumption of dairy, except for yogurt, because the human body is not set up to digest dairy. Goat milk is the closest thing to human milk; therefore our bodies are more capable to digest its nutrients. Soy milk is the best milk for cancer patients because it does not produce mucous like milk from animals. If you must drink dairy then drink acidophilus milk. Your body needs the Lactobacilli it contains for proper digestion.

Your colon should have 85% Lactobacilli and 15% Coliform bacteria but most people have just the opposite. There are two forms of Lactobacilli readily available, Acidophilus and Bifidus. It is more effective to take them separately. If the liver does not contain healthy bacteria your liver is put under extra strain because of the ammonia released into the blood stream as protein foods are digested. If you have cancer you really can not afford to put your body under any strain because it needs all the strength to fight off the cancer. L. Bifidus is often preferred over L. Acidophilus for people with liver disorders. Bifidus will eliminate toxic wastes from your intestines. Prescription for Nutritional Healing recommends Bio-Bifidus from American Biologics because it is high quality.

As much as possible stay away from pesticides because the Environmental Protection Agency ranked them in the top three (3) environmental cancer risks. Fresh paints, cleaning compounds, hairsprays and other unnatural products should be avoided so as to decrease free radical production. The less strain your body is under the better it will be able to heal itself.

Red Clover is an excellent blood purifier and immune system builder for cancer patients, as well as to maintain health. The tea form is best. I would suggest use at night for cancer patients because it can be an appetite suppressant.

Dandelion is rich in many vitamins- especially vitamin A which is needed in higher quantities by cancer patients- and minerals. It is a natural diuretic, as well as stimulates and cleanses the liver. It also purifies the blood. Caffeine intake should be limited and dandelion root is sold as a coffee substitute- as is chicory.

Milk Thistle stimulates and cleanses the liver.

Echinacea cleanses and strengthens the kidneys, liver, pancreas and spleen. It boosts the immune system and benefits the lymph system. Echinacea should not be taken with the chemotherapy drug methotrexate.

Green Tea is used in cancer prevention and therapy.

Yellow Root-which is a native to Lookout Mountain-is an excellent blood purifier, immune booster and is known to have anticancer properties.

Parsley is a diuretic, helps strengthen and rebuild the liver.

Horsetail and Oatstraw are both high in silicon, which aids in healing. Both are high in calcium.

Essiac Tea from Resperin Corporation is one of the mostly highly recommended herbal remedies for cancer. It is known to have originated from the Ojibway Indians in Canada. Rene Caisse was a nurse that got the ingredients in the 1920s and did many lab and case studies that proved the herbs to be beneficial not only for cancer but as an overall heal all. Essiac has a

blend of herbs-burdock root, turkey rhubarb root, sheep sorrel and slippery elm bark-designed to relieve pain and allow the body to heal itself naturally.

Shark Cartilage stimulates the immune system and can reverse the growth of tumors. BeneFin is recommended by Prescription for Nutritional Healing because a high quality product is the only effective product. When taking shark cartilage it is best to supplement extra magnesium and potassium. However you must be very careful about the amount of potassium that you take because too much is as bad or worse than not enough.

Do not take any iron supplements when you have cancer because the body withholds iron from the cancer to inhibit growth. An iron excess can suppress the cancer killing ability of the macrophages in the lymph system.

Your body needs different supplies of vitamins and minerals when you have cancer. Cancer patients need extra vitamin A. Talk to your doctor about taking 50,000 IU for 30 days and then reducing to 25,000 IU. Also talk to your healthcare provider about Vitamin E-antioxidant and cancer fighter-400-800 mg daily-in emulsion form. Vitamin C with bioflavonoids-5,000 to 20,000 mg daily in divided doses. Chromium Picolinate-good to maintain and build muscle mass for strength. Garlic-2 capsules 3 times daily. Vitamin B complex-100mg daily-for normal cell function and division. Natural beta-carotene-25,000 IU daily or carotenoid complex-as directed on label because all cells need for repair and rebuilding.

Never take more than 100 mg of vitamin B3 (niacin). Talk to your doctor about whether or not you should take any at all. It is beneficial for liver function but has been discontinued for people with liver disorders.

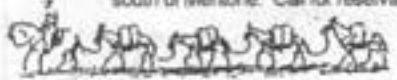
Cancer patients should try to find a multi-vitamin and mineral supplement that contains Selenium-which is a free radical scavenger-but does not contain iron. Selenium is recommended to be taken daily in as much as 200 mcg daily.

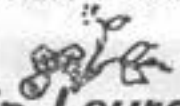
Other products to consider talking to your doctor about if you have cancer are as follows per advice of Prescription for Nutritional Healing: Superoxide dismutase (SOD)-free radical scavenger, Proteolytic enzyme-free radical scavenger, Coenzyme Q10-90 mg daily-for cell oxygenation, DMG-Dimethylglycine-helps body utilize oxygen, Aangamik DMG by Food Science Labs, Omega 3 Forte, as well as Omega-Plex beneficial for repair and production of new cells-from American Biologics, lecithin-every cell in your body contains lecithin-and melatonin.

Last but not least, there are other alternative therapies such as acupuncture, acupressure, massage therapy, reiki music therapy, yoga, etc.

Everyone has a different chemical makeup and mind frame. The treatment for all types of cancer varies. Keep in mind that healing with alternative therapies often constitutes a major lifestyle and state-of-mind change. It is always best to talk to and have a well informed, designated healthcare professional to monitor your condition and inform you about what treatments will work best for you.

Please consult your healthcare provider before making changes in your healthcare regimen. It is possible to do more harm than good if you do not take the proper precautions.

Open to Public
CLOUDMONT
 Ski and Golf Resort
 30th year of skiing
 The weather is cold enough to maintain the snow for skiing. Watch the weather channel.
 Check out our website, too: Cloudmont.com
 Think Soon! **Call (256) 634-4344.**
 OPEN 7 DAYS A WEEK
 Enjoy the winter with us. Skiing, hiking, fishing. Ski season Dec-Mar.
 Variety of resort accommodations atop Lookout Mountain 3 miles south of Mentone. Call for reservations.

SHADY GROVE DUDE RANCH
 HORSEBACK RIDING STABLES
 Trail Rides & Wagon Trips • Guided & Daily Rides \$10/hour
 Fun for the whole family
(256) 634-4344

a "rustic touch of class"

Mountain Laurel Inn
 (formerly Blossom Hill Bed & Breakfast)
 Innkeeper: Sarah Wileox
 For Reservations, Call (256) 634-4673 or (800) 889-4244
 or write P.O. Box 443, Mentone, AL 35984

Happy Valentine's Day

CRAGSMERE MANNA

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) 634-4677



Southern Properties

845-6000

302 Gault Ave. S., Fort Payne

Agency, Inc.

e-mail Southern Properties at: soprop@peop.tds.net

Visit our web site at: www.dekalbrealestateguide.com/southern



(1) 2-STORY BRICK HOME ON CORNER LOT IN VALLEY HEAD - This 3 bedroom, 2 bath house has an enclosed porch, pine and hardwood floors, a rock patio, storage basement, detached garage, fruit trees, and many other extras. \$69,900.



(2) WHAT A MOUNTAIN RETREAT SHOULD BE! Three bedrooms, 2 baths, 2 sitting rooms, sunroom, dining room and kitchen with breakfast nook, pine floors and walls. All this on more than 2 acres of elite brow front property. \$249,900.



(3) COMMERCIAL PROPERTY IN MENTONE Great location, building offers 5 rooms, a kitchen, bath and glassed-in porch with plenty of room for parking. \$65,000.



(4) MAKE YOUR MOVE into this beautiful home with acreage. Only 2 1/2 years old with 3 bedrooms, 3 baths, full basement, Pella windows, pine floors, deck, cathedral ceiling and so much more. If you've been looking for just the right house at the right price—look no further. \$142,500.



(5) SECLUSION JUST OFF DESOTO PARKWAY. 3 bedrooms, 2 1/2 baths - mountain stone fireplace - CHOA - 1.9 acres of woods, wonderful rock formations. \$137,900.



(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, CHOA, 2 car garage, deck, built-in appliances, custom made cabinets and much more! Call today. Only \$125,000.



(7) EVERYTHING YOU COULD WANT IN A MOUNTAIN HOME! You'll fall in love with this house at first sight. Beautiful pine floors, Mountain rock fireplace, screened sleeping porch, 2 bedrooms, 2 baths, central heat and air, and lighted decks going all the way down to the river. Don't miss your chance! Reduced \$165,000.



(8) ALMOST NEW CHALET - 2 bdrms - 2 baths detached garage - cable, just minutes from Valley Head School. \$63,500.



(9) CHECK YOUR OPTIONS in this 3 bedroom, 3 bath home featuring living room, dining room, 2 dens, sunroom overlooking L-shaped in-ground pool and 3 car garage with storage room, and fenced yard. Attractively priced at \$150,000.



(10) MENTONE SPRINGS HOTEL AND CALDWELL'S RESTAURANT. Historical Landmark in downtown Mentone currently being run as a bed and breakfast. Restaurant seats 100+ people. Great for weddings, receptions, conferences—endless possibilities. For more information, please call 256-845-6000. \$650,000.



(11) 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. \$65,000.



(12) PARADISE FOUND—Privately situated on 26 acres, this rustic home has 3 bedrooms, 2 baths, a beautiful in-ground pool, rock fireplace, screened porches, large basement, a three-car garage with spacious garage apartment, and gorgeous landscaping. Close to Little River Canyon—the property has a creek running through it and plenty of places for hiking and enjoying nature. \$175,000.

OTHER LISTINGS

(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) PRIME PROPERTY - 6 acres on DeSoto Parkway ready for developing. Almost 600 feet of road frontage. Great opportunity! \$55,000.

(16) LAKE ON BROW - two great building lots. Over 1 acre Lake lot \$37,500. 1.4 acre Brow lot \$45,000.

(17) TWO - 3 1/2 ACRE BROW LOTS just minutes from DeSoto State Park. \$40,000 each.

(18) 1.75+ ACRES IN WEST FORK SUBDIVISION. \$28,500.

(19) WEST FORK SUBDIVISION - Over 3 acres in West Fork Subdivision. This property is wooded and has a spring. Lightly restricted. \$15,000.

(20) BROW PROPERTY - 2.64 +/- acres on the West Brow of Lookout Mountain. Located less than one mile from downtown Mentone. \$45,000.

•Southern Properties has buyers looking for building lots, brow property, River property, farms and acreage.

•If you are considering selling your property in DeKalb County, please call us today.

Susan Collins Residence - 634-4695, Broker, GRI - CRS

Sara Quinn Residence - 845-1881, Broker, GRI - CRS



Haven't these past weeks been a shock to us all? We can feel truly blessed that, with all of the destruction Mother Nature threw our way, there seems to have been little damage to homes and people.

I have pulled out those cook-in-the-fireplace (or on-top-of-a-kerosene-heater) skills. Bill and I decided that sweet potatoes, wrapped in foil, and cooked in the fireplace were our personal favorites.

I decided that this month I would share some favorite comfort foods. I hope you enjoy the recipes.

Happy Valentines Day to all

Potato Pancakes

2 Cups coarsely-grated potatoes (wrap in a clean dish towel and wring to squeeze out as much moisture as possible.)

3 large eggs, lightly beaten

1-1/2 T all-purpose flour

1/4 C finely chopped onions (or to taste)

1-1/4 t salt

1/4 C vegetable oil

Combine all ingredients, but oil in a bowl. Heat oil in a large skillet. Drop spoonfuls of the potato mixture into the skillet and spread to 3-in cakes about 1/4 inch thick. Fry until brown on bottom, reducing heat to keep from scorching. Turn and cook the second side until crisp, 3-5 minutes each side. Good served with sour cream and chives, applesauce, and/or ketchup.

Sue's Swiss Steak

2 pounds round steak, 1-inch thick
and cut into serving-size pieces

seasoned flour

4 T butter

2 T oil

Garlic to taste

Large onion, sliced thin

1-16oz can diced tomatoes

1-10oz can beef broth

Pound flour into steak. Let steak stand 1/2 hour. Heat the butter and oil in large skillet and brown the steak very well on both sides. Place browned steak in a baking dish. Add all other ingredients and cover tightly. Bake in 325° to 350° oven 1 to 1-1/2 hours or until steak is tender.

What's New At Woodmasters Gift Gallery?



Dept. 56 Monopoly Lighted Villages

Emmett Kelly, Jr. Clown Figurines

Crown Mulling Spices • Cinnamon Bun Candles

Captain Rodney's Gourmet Foods/Sauces

New - Lighthouse Collection • Ty Pillows Pals & Buddies

Special Valentine Gifts • Photo Frames

WoodMasters' Gift Gallery

in the Sawyer Building • Downtown, Fort Payne

256-845-2367 • "Always, A Gift For Everyone"

The Valley Head Woman's Club

By Flo Kirby

The Valley Head Woman's Club held its January meeting at St. Joseph's Episcopal Church in Mentone on January 19. In spite of the windy, cool day (which turned into rain by the time the meeting ended), twenty-one members and one associate member attended.

Sue Hamilton brought an inspirational devotional reading from Psalm 1 and Psalm 23. President Evelyn Graves called the meeting to order, and the roll was called and minutes of the last meeting were read by Secretary Judith Hammond. Helen Longshore gave the Treasurer's report.

Inelle Hurt inducted our newest member, Sandra Pruitt, into the club. We gladly welcome her and look forward to a mutually enjoyable and productive association.

The program topic was hobbies and collections. Members brought samples from their collections and told how they started on that particular one. There was such an interesting variety: beautiful quilts, small porcelain dolls, iron trivets, salt and pepper shakers, Lilliput Lane cottages, ceramics, stained glass, Lladro porcelain, exquisite teapots, and most unusual of all, two samovars. These are large urns used to boil water for tea. One was a beautiful silver from Persia (Iran), and the other was brass from Russia. These date about 1850 and were purchased in the Middle East.

Refreshments were provided by hostesses Dallyne Jones, Jan Wilkinson, Evelyn Graves, and Flo Kirby. The raffle was won by Doris Carmichael—a bird house made by Jim Jones.

BRIDGESTONE

BF Goodrich

Westmoreland Tire Co.

301 South Gault Ave.

Fort Payne, AL 35967

(256)-845-5656

1-800-443-9149



Happy Valentine's Gift from Sue Schwarz

Fudge Pie - Mary Jay

1/4 C cocoa

2 T flour

1 C sugar

2 large eggs, beaten

2 t vanilla

1 stick butter, melted

1 unbaked pie shell

Mix well all ingredients together.

Pour into pie shell. Bake at 350°

for 25 minutes. Serve warm with

vanilla ice cream.

Dance like no one's looking

Submitted by Dick Keefer

We convince ourselves that life will be better after we get married, have a baby, then another. Then, we are frustrated that the kids aren't old enough and we'll be more content when they are. After that, we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage. We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, are able to go on a nice vacation when we retire. The truth is, there's no better time to be happy than right now. If not now, when? Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway.

At times, it seems to me that life is about to begin—real life. There always seems to be an obstacle in the way, something to be gotten through first, some unfinished business, time to be served, a debt to be paid, then life would begin. The reality is these obstacles are our life, and accepting this reality allows us to see there is no way to happiness. Happiness is the way.

So treasure every moment, for time waits for no one. Stop waiting until you finish school, until you go back to school, until you lose ten pounds, until you gain ten pounds, until you have kids, until your kids leave the house, until you start work, until you retire, until you get married, until you get divorced, until Friday, until your car or home is paid off, until winter, spring, summer or fall, until you are off welfare, until the first or fifteenth, until your song comes on, until you've had a drink, until you've sobered up, until you die, to decide that there is no better time than right now to be happy.

Happiness is a journey, not a destination. So work like you don't need money; love like you've never been hurt, and dance like no one's looking.

Serving

Individual investors since 1871



VICKY C.
KIRBY

INVESTMENT
REPRESENTATIVE
616A Gault Ave. N.
P.O. Box 680705
Fort Payne, AL
35965-1806
256-845-2610
1-800-258-6064

Stocks

Mutual

funds

Bonds

Government
securities

CDs

Money

market funds

IRAs

Tax-free
bonds

...and much more!
Call or stop by today!

Member SIPC

DAVID G.

BROWER

INVESTMENT

REPRESENTATIVE

201 Grand Avenue N.

P.O. Box 167

Fort Payne, AL 35967

256-845-4360

1-800-800-6973



Edward Jones



Times-Journal photo by Steven Stiefel
Valley Head's main squad car was heavily damaged by a falling tree on Highway 117 Sunday evening. The backup vehicle is 10 years older than this model. The vehicle was insured, Chief Ken Busby said.

Valley Head police car lost in ice storm

By Steven Stiefel
The Times-Journal

The town of Valley Head lost its main police squad car during the ice storm the weekend of Jan. 22 on Lookout Mountain. The Crown Victoria was driven by Police Chief Ken Busby who responded to a call from a Mentone officer who was stranded on Highway 117 and needed to get out. It was approximately 2:30 a.m., Jan. 23, and trees weighted down by ice began snapping and falling onto the highway.

Busby said he parked his car on the highway on the side of the mountain

and was using a chain saw to cut a tree blocking the lanes, as two employees of the DeKalb County Road Department assisted.

"A tree fell right on the middle of the police car and knocked down the two county employees," Busby said. "They had some scrapes and bruises."

Busby said the car was Valley Head's main squad car, and the backup is a 1986 Chevrolet. He said it may cost \$20,000 to replace it, but some of the items inside may be salvageable. The trunk was damaged, permitting the freezing rain to enter the car.



L/R: (front) Marjorie Harper, Savannah Weller, Samantha Weller, and Tiffany Harper; (back) Troop 1012 leaders, April Nix and Dana Weller

Groundhog photo by Marie Dillenbeck

Girl Scout Troop 1012 Celebrates North Alabam Cookie Booth Sale Day Feb. 5, from 12 noon to 4 p.m. at their booth located at Bruces' Foodland Plus in Fort Payne

According to scout leader, April Nix, Troop 1012 did great on the cookie sales. They sold 1019 boxes of cookies during the sales. On Thursday, January 13, the scouts delivered the cookies. Troop 1012 participated in the booth sales on February 5th. Girl Scout cookies—Samoas, Thin Mints, Do-si-dos, Tagalongs, Striped Chocolate Chip, Trefoils, Reduced Fat Apple Cinnamon, and Lemon Drop—were available for those who did not purchase them through the cookie sale. For those who missed both the cookie sale and the booth sale, you may contact scout leader, April Nix, at 635-6298, about cookies.

On February 19, all the scouts of Unit 1, including Troop 1012, will meet at the Fort Payne Middle School lunch room from 9 a.m. to 12 noon. This celebration is called "Thinking Day." International friendship is the emphasis. Each troop picked a country and will bring samples of food from the countries selected.

The history of Girl Scouting began with Mrs. Juliette Gordon Low who established it in the United States in 1912. March 12, 1912, was the first troop meeting in the home of Mrs. Low in Savannah, Ga. A charter was issued to the Girl Scouts of the U.S.A. in 1950, by the U.S. Congress. Girl Scout Sunday is March 12. Girl Scout week will be March 12 through March 18. This will be their 88th celebration year.

Troop 1012 is a very new troop, and welcomes any support that the readers can offer, whether it be a monetary donation, or participation in the cookie sales or other money making projects. If you would like to help support this troop in any way, you may call leader, April Nix at 635-6298. Your help will be appreciated.

"60 years continuous service by the same family"

BROWN'S CLEANING & LAUNDRY

"An old company with new ideas"

Uniform Rental • Dust Control • Vault Storage for Furs
& Wools • Drapery Cleaning with Machine Decorative Fold • Soeds,
Leather & Fur Cleaning • Fire Restoration & Odor Removal • Wedding
Gown Preservation • Alterations • Linen Rental • Pillow Cleaning

817 Gault Ave. N. 845-3241

Full Laundry Service

INVENTORY CLEARANCE

25% - 75% OFF

Selected items

Little River Hardware
and Miscellaneous Mercantile

5190 AL HWY 117, Mentone AL 35984

1-256-634-4757

1-800-634-4787

FAX (256) 634-4105



EXCAVATION

CHERT • FILL DIRT • AND TOP SOIL

Office 256/638-4845 Home 256/845-9675

Fax 256/638-4842 Mobile 256/997-7498

Jimmy Tidmore

Fort Payne, AL

TREE SERVICE

We're local, insured, and licensed.

We have bucket trucks and chippers and will come out and give free estimates.

Lookout Creek Fence Farm



Old Fashioned Split Rails Rock n Rail Moss Covered Mountain Stone
Pick-up or Installed Free Estimates Flag Stone

Robert (Cub) Brown
256-635-6420

1952 Co. Rd 759
Valley Head, AL 35989

ALL POWER LINES ENERGIZED



Students at Moon Lake Elementary School returned for their first full day of classes since the ice storm knocked power out on Lookout Mountain two weekends in a row. Fifth graders pictured left to right heading to class are: Logan Chambers, Kelly Swindall, Katie Herndon, Livvy Griffith, Justin Tyler Smith, and Wil Blackburn.

Times-Journal photo by Scott Turner

According to an article in the Times Journal on Feb. 2, by Steven Stiefel, the Sand Mountain Electric Cooperative reported all lines had been energized and those still without power were being assisted on a case-by-case basis.

Spokesperson Diane Hale said many of the isolated outages involve meters pulled off houses, service wires down, etc. These do not fall under SMEC's responsibility, and homeowners will need electricians to do the necessary repairs before the power company can reset the meter.

Widespread damage was caused by the Jan. 22 ice storm, as other damage as a result of the Jan 29 ice storm, particularly in higher elevations.

Many residents said it looks like a war zone in Mentone, as hundreds of trees are down, tops broken off others, and branches everywhere. Matt Lipka of Mentone, who travels extensively, said that when he came back into the area, through Huntsville, Scottsboro, Sand Mountain, and Chattanooga, he was stunned by the difference in Mentone, with all the broken trees and downed trees. They are noticeable as soon as you start up the mountain.

Crews have worked tirelessly to make necessary repairs and have power restored as quickly as possible. Joe Wheeler

Electric Cooperative, North Alabama Electric Cooperative, Central Alabama Electric Cooperative and Mastec, each sent two crews to assist. Teddy Line Construction sent three crews. Asplundh had nine crews working on the lines. Southern Pine Electric Cooperative, Covington Electric Cooperative, Dixie Electric Cooperative, Cullman Electric Cooperative and Scottsboro Power Board sent one crew each. This does not include the linemen who assisted the Fort Payne Improvement Authority and were recognized recently. Sand Mountain Electric has 45 linemen, the equivalent of six line crews consisting of five or six men per crew.

General Manager Mike Simpson, who was out in the cold with the workers, said conditions were "miserable," and he thanked the public for its patience. "Without the help of the crews who came in to assist us, it would have taken much longer to get where we are," Simpson said. "The National Weather Service warned about additional bad weather, and several of the crews were called back to their own areas, which is understandable. I would have done the same thing if it were our employees somewhere else and severe weather was threatening here. But it did slow us down."

The January 29th storm did produce problems, but far fewer than its predecessor. "Damage wasn't as widespread because tree limbs can only fall once, and most of the weaker branches already fell," Simpson explained. "Additional branches fell, but the situation was not as severe as the first storm." His concern now is the large number of tree branches which did not fall under the weight of ice, but were likely weakened.

The little spring storms, with high winds, will probably bring those branches down on lines for months to come. We're several months away from being back to the point where we were before the first ice storm. But we're pleased to report our system is operational.

He said eight of SMEC's 12 substations receiving electricity from TVA were inoperable at one point, affecting about 23,000 of the cooperative's 28,000 customers in DeKalb, Jackson and Marshall counties.

Simpson said the heaviest damage, based on his observations, occurred between Fyffe and Geraldine, near Hammond's Crossroads, as well as in Heragar, Pea Ridge, and Mentone.



THE 2000 CENSUS IS COMING IN MARCH

In March, millions of questionnaires will be sent to Americans to gather information about us and count how many of us there are. By law, the data gained must be kept confidential for at least 72 years, and the Census Bureau cannot share our individual records with any other government agency, including welfare agencies, the Immigration and Naturalization Service, the IRS, courts, police, or the military.

Most people do not realize how important the census really is. We must all participate so there is a full and accurate count. Failing to do so could cause us to lose millions of dollars in state and federal funds for an entire decade. About 180 billion dollars in funds for education, community development, and highway funds are up for grabs.

The 1990 Census population count for Mentone is 474. The census will affect the actions of industries concerning growth and jobs. The 2000 census will be critical for the town of Mentone to receive federal funds.

We encourage participation from everyone in order that Mentone doesn't lose vital funding.



The tree pictured above fell from across the road and on to the fence surrounding the play area for the students. The portion of the fence that was not knocked down can be seen in the above photo behind and to the left of the students.

Groundhog photo by Marie Dillenbeck

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

LOOKOUT MOUNTAIN

Preferred Realty, LLC

L M P R

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) **ADORABLE FURNISHED COTTAGE, MENTONE.** 3 Bdrm, 2 Bath, Pine Floors, Rock Fireplace, 2 wood-ed lots. Just bring your overnight bag, and stay awhile. Located on Hwy 117, Downtown Mentone. \$78,500.



(2) **REMODELED FARMHOUSE AND 3 ACRES.** Seven rooms plus screened porch. Paved road, Large Garden areas. Wooden 2-bay Garage. Storage shed. \$41,800.



(3) **WILD RIVER COMMUNITY.** 100x300 ft lots on the East Fork Little River. Secluded and Scenic. \$10,000 each. ALSO AVAILABLE: 3 acre tracts-EAST FORK OF LITTLE RIVER, secluded, with natural deep swimming hole and rapids. Wild and Scenic beauty surrounds you. \$30,000 each.



(4) **WEST BROW, MENTONE (89) NORTH** Two 5-acre tracts. Great for recreational activities (Rock Climbing, Hang gliding, etc.) Unobstructed view. ~~\$47,500 each.~~ Reduced \$15,000 each.



(5) **52 ACRES, LOCATED IN CLOUDLAND, GA.** Great Farm with 20x40 Barn, Large Workshop, 3 outbuildings, Garage, 4 wells, year around spring, 3 garden areas, Grape Arbors, Approx. 5 acres cleared. Beautiful Hardwoods. 12x70 Mobile Home with Rock Foundation. Many more amenities. \$145,000. Show by APPT. Only.



(6) **PICTURE YOURSELF ON THE COVERED PORCH** overlooking the large pond stocked with fish, small creek lined with perennial beds, and immaculate 2 Bdrm 2 bath cedar home with C/H/A, large open Living and Kitchen, with all updated appliances. All this, plus 8 acres of pasture, woods, and garden area with fruit trees. Reduced to \$135,000.



(7) **THE BIG WOODS, EAST FORK RIVER, 75 acres** M/L available with access from Paved Road, and County Water. Over 600 ft. of River, 3 springs, wet weather cascading water fall. Also, part of the Historical Dinky Line Railway. \$248,000.



(8) **THREE STATES CAN BE SEEN**, from these Tracts located on the West Brow, in Dade County, Ga. Minutes from Chattanooga. (1) 13 acres \$70,000; (2) 19 acres \$70,000; Hwy 189, Lookout Mtn. Parkway.



(9) **DOWNTOWN Cloudland** built in 1926, 3 Bedroom, 2 bath, Two story Home with Tin roof, living with fireplace, screened porch, all new wiring, city water. \$65,800.



(10) **INDIAN TRAILS NOW OPEN.** Over 3 acre tracts available on West Brow overlooking North Ft. Payne, and as far as the eye can see. Restricted covenants and owner financing available. Starting at \$35,000 and wooded acreage minimum 3 acres \$5,000 an acre. City Water available. APPT ONLY, GATED AREA.



(11) **FOR LEASE: HOME ON LAKE LAHUSAGE** 4 Bdrm, 2 bath, living room, Den, Kitchen, Double Fireplace, City Water. Boat dock and Boat House. Mentone, with the prettiest view of the lake. Call for more info. References required. \$600 per month.



(12) **LOG CABIN ON EAST FORK LITTLE RIVER.** 3.4 acres with over 200 ft on the water. 2 Bdrm w/Loft, Adobe Fireplace, Mexican Tile floors, Island Bar, 2 C/H/A systems, and 4 decks. Great potential \$125,000.



(13) **MOUNTAIN RIVER ESTATES** Direct access from Lookout Mountain Parkway on Hwy 117. 3 to 7 acre riverfront tracts starting at \$27,500. 6 to 15 stream tracts from \$17,600. Restricted covenants apply.



(14) **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.



(15) **ADIRONDACK STYLE (1800'S) LOG LODGE** sitting on 2 private acres in downtown Mentone. Complete with Dog Trot separating the Kitchen with Fireplace and Living Area with Fireplace. Unique 4 Bdrm, 2 Bath. Screened Breezeways, and Porches. Wood Floors, and Tin Roof. Separate Guest Well. Step back in time with this One-of-a-kind FURNISHED HOME. Reduced to \$210,000.

OTHER PROPERTIES

(16) **WEEKEND/WEEKLY RENTALS**, available on the Brow and Downtown Mentone. 1,2,3 Bedrooms. \$85.00 and \$125.00 nightly. Call Angela Wood for more info.

(17) **COUNTY ROAD 633, WOODED TRACTS** from 10 acres and up, ranging \$2,000 to \$2,500 an acre. Owner Financing to qualified buyers.

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

(19) **ALPINE AREA, RIVERSIDE DR., 2 WEST FORK** Riverview lots, city water available. Access to deep water for canoeing. \$35,000.

(20) **VALLEY VIEW FOREST.** 5 to 17 acre tracts on East Brow overlooking Pleasant Valley and Weiss Lake; adjoins National Preserve. \$10,000 to \$35,000.

(21) **R. LEE CROW SUBDIVISION** - 8 lots (approx. 4 acres) UNRESTRICTED, with Lake frontage. \$15,000.

(22) **DESOTO PARKWAY, 3 ACRE BROW TRACT.** City water available, rock bluffs, level for building. Minutes from DeSoto State Park. \$90,000.

(23) **SPREAD YOUR WINGS** in this roomy, 2700 sq. ft. almost new, 4 Bdrm 3 Bath home on 9 acres, atop Lookout Mtn. Double walled construction. Greatroom w/FP, Dining, C/H/A, City Water, Screened and open porches-too many amenities to list them all. Plus a 26x40 Garage Shop. \$250,000.

(24) **TWO 2-acre tracts** on Hwy 157N, level and wooded with a Vista View of the Mountains. \$22,000 each.

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 licensed in Georgia, as well as Alabama.

L.M.P.R. covers more of Lookout Mountain, to offer a wider range to choose from.

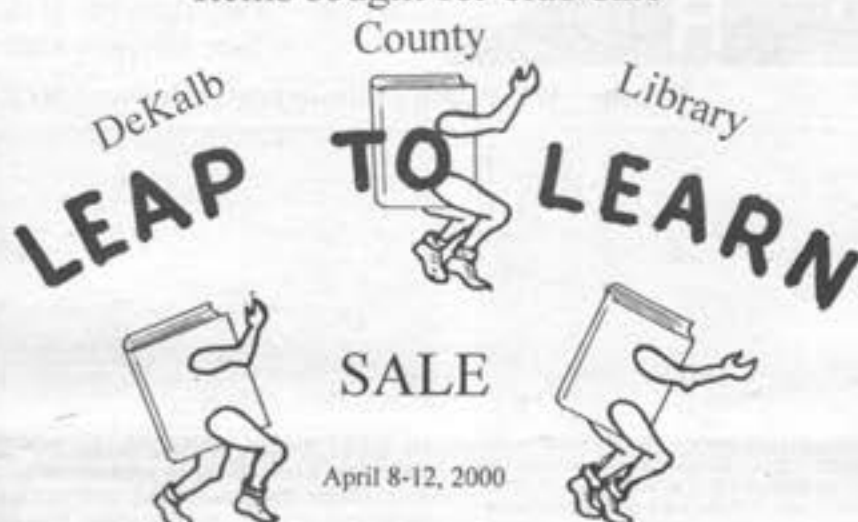
Want to sell or looking to buy that special place in the mountains?

Call Angela J. Wood. Multi-state Broker.

LIBRARY BENEFIT

April 8-12, 2000

Items sought for club sale



Donations through March 25

It's the year to take a "Leap to Learn." The Fort Payne Culture Club is again inviting everyone to be a part of the annual sale to benefit the DeKalb County Public Library to be held in April--April 8-12, 2000. Donations of sale items are being accepted at the library where the Culture Club members have already begun preparations.

Start now to go through books, hard cover and paperback, for adults and chil-

dren. Games and puzzles, as well as video tapes and CDs, are popular, also. Remember to only donate books and other items you would want to buy. Things that have been stored in a damp place and have mildewed cannot be used for health reasons.

So leap into an early start toward making a valuable contribution for another successful sale.

Donations through March 25.



Thank you

I would like to thank everyone who sent flowers or food to us when my father, Edward Fann, passed away on January 30. Thank you, also, for all the prayers. May God bless each one of you.

Gail Crider



God's Minute

By Ruby Brock

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

John 13:35

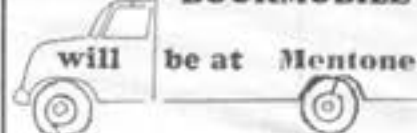
Love is not just a word with four letters. It's something you can feel. It's something you show in deed and in truth.

As we think of Valentine's Day, let us ask ourselves, who do we love? Let those we love know it. Don't say you were just too busy. Take time to show it in deed and in truth.

Happy Valentine's Day!

The DeKalb County

BOOKMOBILE



Every other Wednesday
from 11:30 a.m. until 1:00 p.m.

January - 19
February - 2, 16
March - 1, 15, 29

-PUBLIC NOTICE-- TO MENTONE WATER CUSTOMERS WEEK OF FEB. 21-25, WATER TANK REPAIR. PLEASE READ!

The Town of Mentone is planning to make some repairs to one of its water storage tanks. In order to do so, it will be necessary to shut the water supply off to the tank and drain it. We are scheduling this repair for the week of February 21-25. It is hopeful that everything will go as planned. We ask that you make note of this and conserve water as much as possible during this period. It is suggested that you limit showers, baths, clothes washing, and any non-essential uses.

In the event we run into some difficulties that do not allow us to return to normal operations, please watch for any notice posted at the usual locations: Mentone Post Office, Mentone Superette, Mentone Town Hall, Ruby's Variety, and also at the Little River Hardware.

We also would ask that every customer be especially observant for water leaks. We are preparing a water information package that will be helpful to all of us in policing for water leaks throughout the system. This package should be available to you some time in March at several locations. We should have an announcement in the March issue of *The Groundhog*.

Thank you for your help and understanding.

The Town of Mentone



HOMEMADE CHILI SUPPER

on Lookout Mountain at Cloudland, GA

A HOMEMADE CHILI SUPPER will be held on Saturday, February 12, from 5-7pm (GA time). TRI-COUNTY VOLUNTEER FIRE/RESCUE SQUAD is holding the supper as a fund-raiser. Adults \$4, children \$3.

Supper includes Chili, crackers, choice of sandwich, fresh made cinnamon roll and drink; vegetarian chili will also be available.

The supper will be held at the Tri-County headquarters on GA Hwy 48 at the GA/AL state line.

TRI-COUNTY VOLUNTEER FIRE/RESCUE serves the top of Lookout Mountain in Chattooga County, GA, and AL counties DeKalb and Cherokee, within a five-mile radius of their station. Chief Taylor Adams said, "This chili supper is important to our tri-county community. It will help us come together in fellowship and help us retire the debt on our fire truck."

The squad has tripled in size during the past year. There are now 15 active volunteers and 3 more who take care of public relations and paper work. Each of the 15-member squad has attended 60+ hours of training taught by Assistant Chief Jim McCray, DeKalb County AL. McCray recently announced, "Soon, all members will be certified First Responders and Fire Fighters for both Georgia and Alabama." In March the squad hopes to offer CPR training to the community. For more information, contact Chief Adams at 706-862-6515 or McCray at 256-634-0207.

"Jazz and Jambalaya"

The Rose Haven Center for Domestic Violence is proud to bring *Jazz and Jambalaya* to Gadsden at the Senior Activity Building, Saturday, February 26th, from 7:00 p.m. until midnight.

Jazz and Jambalaya is as good as it sounds. Come enjoy the smooth flavors of our featured band, "The Jazzmen" while you enjoy Creole cuisine and dancing.

Tickets for *Jazz and Jambalaya* may be purchased by sending a written request, plus donation of at least \$30.00 per couple or \$15.00 per person to:

Rose Haven
P.O. Box 1548
Gadsden, Alabama 35902

All proceeds will go to the Rose Haven Center for Domestic Violence Victims. Don't forget, *Jazz and Jambalaya*, coming Saturday, February 26th, 7:00 p.m. until midnight, at the Gadsden Senior Activity Building. Get your tickets today.

Remember. Tickets for *Jazz and Jambalaya* may be purchased by sending a written request, plus donation of at least \$30.00 per couple or \$15.00 per person to:

Rose Haven
P.O. Box 1548
Gadsden, Alabama 35902