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THE GROUNDHOG

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Volume 22, No. 2

"Neighborly "News from the Heart of Lookout Mountain"

February 2004



6th grade (left to right)

- 1st Place - Becca Freeman - bacteria terminator
- 2nd place - Erica Boyzo - flavor detective
- 3rd place - Kelsy Kemp - Cheeze-It or not
- 4th place - Emerald Poe - rainbow cheese

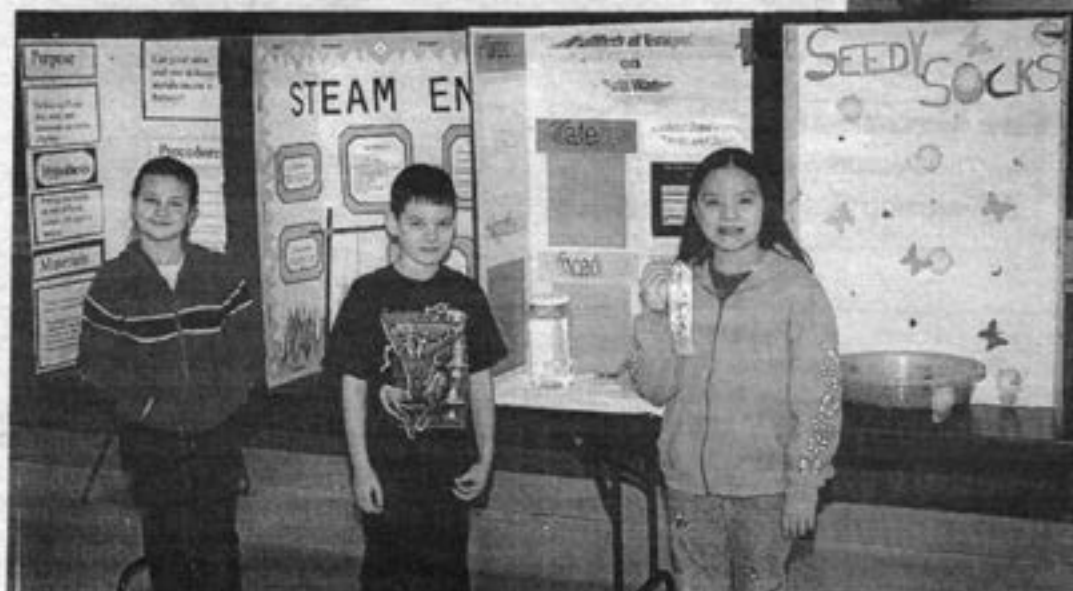
5th grade (left to right)

- 1st Place - Payton Day - subliminal soda
- 2nd place - Trevor Lewis - weed killers
- 3rd place - Jessica McKenzie-fastest melting liquid
- 4th place - Brian Jones - absorbency

Valley Head Science Fair

The Valley Head Science Fair was held on Monday, February 9, 2004. Once again, this year, there were some very good projects. We would like to congratulate the winners.

The Valley Head PTO would like to thank the following people for donating their time to judge these projects: Mr. R.E. Ringer, Mr. Roy C. Smith, Mr. Maynard Donahue, Mrs. Christina Wise, Mr. Bill Schwarz, Dr. Linda Johnston, Mr. Charlie Johnson, Mrs. Martha Gibson, and Dr. Bill Berry.



4th grade (left to right)

- 1st Place - Jordan Bethune - electrical experiment
- 2nd place - Morgan Smith - steam engine
- 3rd place - Michael Blalock - evaporation
- 4th place - Sana Costillo - seedy socks

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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.

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Your membership/subscription is tax deductible.

MAPA MEETING

The Mentone Area Preservation Association will meet on March 2, at the fellowship hall of the Church of God of Prophecy.

Their last meeting was the Christmas party in December. During January and February, due to the extreme cold weather, there are no meetings.

Please plan to come to the meeting and find out what will be taking place in the next few months with MAPA.

The Rhododendron Festival is the third weekend in May--May 15 and 16, with some events planned for Friday, May 14.



NOTICE

MAPA TELEPHONE: 256-634-4041
www.MentoneAlabama.org, MAPA'S web site, has a "Directory" to help visitors to our community find the places, things, and services they might want--much like the Yellow Pages in the phone book. If you have any information for the Directory, please submit it via e-mail to Listings@MentoneAlabama.org. If you already have a listing there, please make sure it is correct and up-to-date. Thanks for your help!



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Senior Lunch

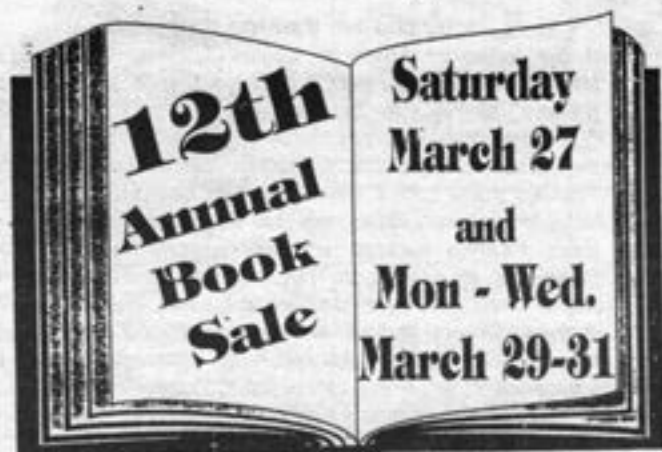
11:30 Every Wednesday at
the Community House from
February 25 until April 28

Contact m.e.r.f. c/o Little River Hardware,
at 634-4757, if your group would like to
prepare and serve one of these meals.



Travel Itinerary Senior Spirit of Cullman

On Thursday, March 4, 2004, a group of seniors from Cullman will be arriving in Mentone, at 1:00 pm by bus. They will park the bus beside the Crow's Nest/Hitching Post building and will browse through the shops and different areas of this historic community.



Donations Taken Through: Wed., March 17, 2004

12th Annual Book Sale to Benefit the DeKalb County Library

Donations of items for the 12th Annual Book Sale to benefit the DeKalb County Library are now being accepted. Due to limited space, encyclopedias, magazines, records and sets of books will not be accepted for this year's sale. Items accepted include: **books, both hardcover and paperback, for adults and children. Videotapes, CD's, DVD's, games and puzzles** will also be accepted.

The Fort Payne Culture Club members have begun to prepare for the sale, scheduled for Saturday, March 27, and Monday through Wednesday March 29-31. Use these cold, rainy days of winter to clean closets and storage areas, bringing the items listed above to the library. Please remember to donate items that you would want to purchase. Your donations now and purchases later will make this a successful sale.

DeKalb County Genealogical Society Meeting

Brenda Gilbert Abbott, Co-Publicity Chairman

The DCGS held their regular meeting on Sat., Feb. 14, at 10 a.m. in the Hunt Room at the DeKalb County Library in Fort Payne. Dues for 2004 are now due. We encourage those of you who have let your dues lapse due to sickness or other activities, to please consider rejoining. We need you in order to make our Society work better and make changes for the good of the group. We are looking forward to a great year of progress and larger attendance at our meetings. Hope to see you at our next meeting.

DeKalb Chapter #1456, UDC Meeting

Brenda Gilbert Abbott, Publicity Chairman

The DeKalb Chapter #1456 of the United Daughters of the Confederacy held their February meeting on Feb. 21st at the Spring Grove Apartments Activity Building. The Chapter is in the process of building our membership. If you have been a member of this chapter and have let your dues lapse, or would like to apply for membership, you may call Mrs. Martha (Herbert) Stanley by phone. At the present time, we are helping several ladies with new membership papers and also some members with supplemental ancestors papers.

The UDC is an organization dedicated to preserving our Confederate History and honoring our Confederate veterans. If you know of a confederate relative in your family, please contact us. We will help you research your relative's records and in marking his or her burial place with a Confederate marker.

For additional information, you may contact me by email at: abbottbc@bellsouth.net or contact our Chapter President, Mrs. Martha (Herbert) Stanley by phone.



Trip to New York

On December 9, 2003, Jeffrey Hopper flew his mom, Sible Hopper, and friend Debbie Flannigan on their first plane ride. Jeffrey flew them to New York for Christmas. They stayed 2 nights and 3 days and it was an exciting trip for them. The three of them went to see a Broadway Show named "IAIDA". The show was very good and everyone really enjoyed it. "Ground Zero" was also on their itinerary and some pictures were taken. They went shopping at Macy's and then went underground and did some serious shopping on Canal Street. There were a lot of good places to eat and they made the most of the trip. Now that the first flying trip was so "easy", Sible and Debbie plan to do more flying in the spring.

Healthy Heart Seminar

A Four Part Class

Thursday, March 4/Complex Carbs

Thursday, March 11/Good Fats

Thursday, March 18/Fiber

Thursday, March 25/Meal Spacing/Exercise

Where: Mentone Community House

Time: 6-8pm

Cost: \$20 or \$5 per class

Cooking Demonstrations

Food Samples

Lectures

Informal Atmosphere

For More Info Call: 256-634-4021

Moon Lake School News

Moon Lake Elementary School welcomes two creative ladies for six weeks of art instruction. Laura Foote is teaching art to students in grades 3-6 for six weeks, sponsored by the Mentone Educational Resources Foundation.

Paula Easter-Chamlee is working with students K-2, co-sponsored by the Moon Lake PTO and the Mentone Area Preservation Association. Student art will be on display in the school gym all day on Tuesday, May 11, and during the evening's PTO meeting. The public is welcome to come see the product of these art activities. We appreciate the contributions of the three organizations supporting this endeavor.

The interior of Moon Lake's cafeteria now features the twenty-four character education words that are taught each year. Characters exhibiting traits of those words can be seen in a colorful, four-wall mural that extends from floor to ceiling.

Directed by Laura Foote, Carter Breazeale, and Jennifer Miller, about twenty volunteers spent a week-end bringing the vision to reality. A stimulating work of art was created that will reinforce positive characteristics to students.

Moon Lake appreciates the many generous contributions of local individuals and groups through the years. Continuing this wonderful tradition that benefits Mentone's children so greatly, Andy Talton and Mark Elacqua of the Mentone Springs Hotel recently held a highly successful fundraising project with proceeds going to the school. Their support ensures positive educational experiences for the children of Moon Lake, and we are deeply grateful.

The annual Grade 5 state writing assignment will occur on Wednesday, February 25. Fifth graders have worked hard under the leadership of their teacher, Karen Prestwood, to prepare for this activity, and we look forward to seeing the fruits of their labor.

On Friday, February 27, class pictures and kindergarten and sixth grade cap and gown pictures will be taken.

The Moon Lake PTO will meet at 6:30 pm on Tuesday, March 9, featuring a program presented by Grades 3 and 6.

Report cards will go home for the third 9-weeks grading period on Friday, March 12, which is also the final school day before spring break. School resumes on Monday, March 22.

BARBARA KINGSOLVER'S PRODIGAL SUMMER

A Book Review
by Jane Faile

My "favorite" novel shifts from time to time, depending on mood, time of year, and current interests, but one book that has stayed on my "favorite" list for quite a while is Barbara Kingsolver's **Prodigal Summer**. An ardent environmentalist and a trained biologist, Kingsolver weaves a fascinating narrative that entertains while it teaches about how human beings interact with and affect the natural world.

The novel tells the interlocking stories of four people. Deanna is a forest service employee who lives alone in the mountains of southern Appalachia, tending trails, studying birds, and tracking a mysterious coyote family that's returned to the mountain. Lusa, a young widow and former entomologist, discovers creative ways to maintain the family farm she's inherited by not growing the area's staple crop, tobacco. Garnett, a retired agriculture professor, is trying to reintroduce the now vanished American chestnut tree by developing a blight-resistant strain. He is in constant conflict with Nannie, his seventy-something neighbor, an apple farmer who has always lived a bit on the edge and drives Garnett crazy with her insistence on not spraying her trees (he suspects she's a Unitarian). All of the characters are linked in sometimes surprising ways, which unfold as the story progresses.

Prodigal Summer is a lush, sensuous novel; one reviewer called it a "hymn to wildness." The title refers to what Kingsolver calls "the season of extravagant procreation," when all creatures seem to concentrate on reproducing their kind. Kingsolver shows us the interdependence of all beings and the often unfortunate role humans play in the dance of life as we interrupt predation patterns and create extinctions that have far-reaching effects, not only on plant and animal life, but on humans as well.

The Moon Lake Community Library has this novel plus two others by Kingsolver: **The Poisonwood Bible**, about a missionary family that moves to Africa in the 1960's, and **Pigs in Heaven**, which tells the story of a conflict between Cherokee tribal laws on adoption and a young white woman who has what she thought was legal custody of a Cherokee child. The library also has a copy of **Small Wonder**, a collection of Kingsolver's essays on environmental issues, many of which have appeared in the Sierra Club's magazine.

"Happy Valentine's Day" to Vets in Fann Home

By Marilyn Blanton Campbell

The ladies of American Legion Auxiliary Unit 215 at Mentone worked very hard in their meeting on January 13 to prepare valentines for the general populace of the Floyd E. "Tul" Fann State Veterans Home in Huntsville. Syble Tipton, Jo Carson, Maxine Wright, Marilyn Blanton Campbell, and Frances Fuller folded red cards with hearts and "Happy Valentine's Day!" sentiments on them, punched holes in them, inserted suckers, and then placed the completed valentines in envelopes they had made. Naturally, the suckers made the envelopes lumpy, but Mrs. Elizabeth Walls, Activities Director at the Fann Home, was grateful to get them when Marilyn dropped the two large brown paper bags of valentines off there on a recent trip to Huntsville.

Very few groups of any kind are as faithful as our Mentone ladies are when it comes to sending cards to the vets in the Fann Home. Twice a year--Valentine's Day and Christmas--the ladies of American Legion Unit 215 treat the general populace of the Fann Home to cards. Then, nine times per year--New Year's, Valentine's Day, St. Patrick's Day, Easter, Fourth of July, Halloween, Thanksgiving, Christmas, and birthdays--they send individual cards to the DeKalb County veterans in the Fann Home.

Please keep our veterans in mind; and, if you happen to know a veteran--or even a family member of a veteran--who is in a nursing home somewhere--make it your business to send cards. You do not have to actually know the person you are sending the cards to for them to be greatly appreciated. The reason those veterans are in nursing homes is very simple. They are beyond home care. It is heartbreaking to hear the stories of veterans who never get any mail from anybody.

To send cards, you do not have to inconvenience yourself by leaving home. Just stamp them and put them in your mailbox for the postman to collect. Boxed cards can be purchased very economically--like 10 cents each--and individual cards can be had--for like 50 cents each--when you are out shopping for something else. Homemade cards are perfectly acceptable and often even more appreciated than the store bought ones. There is nothing any of us can do about the price of postage, but we can all set aside a stamp or two every few months to send a card to somebody who will enjoy it. The cards do not have to be for any particular occasion. "Hello" cards are perfectly acceptable.

So many people--particularly in the Fann Home--suffer from varying degrees of dementia and cannot really remember whether they got a card or not and most certainly cannot remember who they got a card from when they got one. However, when their family members go to check on them, it does those people a world of good to know that their loved ones have not been forgotten. On the other hand, can you even imagine being fully aware of who and where you are and receiving absolutely nothing in the mail? Which would be worse?

The ladies of American Legion Auxiliary Unit 215 at Mentone have a long-established policy of doing "what they can when they can." Years ago, the Unit 215 ladies used to actually go visit the DeKalb County vets at the Fann Home and take them balloons, bouquets, etc., but illness and death thinned their ranks so that there was nobody left to make those visits. World War II and Korean Conflict veterans make up the bulk of Post 215, and their wives are the majority of Unit 215. Just in case you were not aware, it has been almost 60 years since World II ended, so those vets are with-in their rights to be getting old. When the ladies of Unit 215 subtracted the ladies who were sick themselves, the ones who had sick husbands to look after, AND were sick themselves, and the ones with prior commitments, there was virtually nobody left to do much of anything.

Back when the ladies used to make visits to the DeKalb County veterans at the Fann Home, they learned very quickly that it was not ladies those old men wanted to visit with. They wanted to talk to other men.

Please, hold a warm spot in your heart for the ladies of Unit 215 and the cards that they send.

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A Friendly—



Valley View

By

ELOISE BROWN

Another year flew swiftly by and gave me another birthday—my granddaughter, Robin Darby and husband, Ray, came for the weekend and we were joined by eight other family members for a good dinner at Ruby Tuesdays Restaurant in Fort Payne. I received flowers, candy, and gifts and some sweet cards and had a happy birthday.

Mr. and Mrs. Ed Williams, from Lexington, KY, came by to see E.T. Holleman, Sunday, Feb. 8, and then went to Western Sizzlin for dinner.

Laura Margaret Allison is visiting her daughter Ansley McGinnis and John in Florence, SC. She suffered a fall at her home recently without any serious injury.

Christine and Walter Brooks went to Pigeon Forge recently and enjoyed the Louise Mandrell Show.

Ruth Pickett entertained thirteen members and one visitor of the UMW of Valley Head Baptist Church at her home, Feb. 10, with a soup and corn muffin lunch. They made Chrismons to add to the ones they have for their church Christmas tree.

Ed Ringer's nephew, David Ringer, from Florence, MS, visited him, Sun. Feb. 1, and attended Valley Head Methodist Church with him.

Andrew Killian and wife and baby daughter, spent the weekend recently with his grandmother, Oline Roberts.

Remember Ruth and Bert Pickett's granddaughter **Brandi McDade**, in your prayers, as she is scheduled for serious surgery, Feb. 19, at Hutcheson Hospital in Fort Oglethorpe.

Best wishes to **Jessica Harper-Brown**, who will celebrate her 21st birthday March 7. She is a student at Jacksonville College.

The **Kaolin Garden Club** met Feb. 12, at the Valley Head City Hall. Those present were Barbara Palmer, Susie Clark, Angie Broyles, Venus Fillmore, Marty Smith, Louise Sharp, Treva Windom, and Billie Harper, president. They made bird feed cup cakes and discussed plans for yard work on the Valley Head School grounds on Earth Day.

Denita Manifold fixed lunch, Jan. 28, for her daughter, Wendy, and grandson, Rory Quinn, from Woodstock, GA., and they were joined by Christine Brooks.

Ray Clements ate lunch with Christine and Walter Brooks, Mon., Feb. 16.

Floyd Harper has added new handle business to his work shop.

Cynthia Wooten, pharmacist, and husband, **Wayne Wooten**, have bought one half interest in Morgan Drug Store in Valley Head.

Estie Palmer's nephew, **Don Hartline**, came from Akron, Ohio, for the funeral of his step-father, Matt Green, Feb. 2, and is visiting Estie. With him is his

wife, Pat, sons, Donnie and Michael, and granddaughter, Lindsey.

Lillie Bowden and daughters, Jo Welch and Karen Freeman, spent several days in Fort Morgan, AL, on Wed., Feb. 11. They, together with Mike Welch and Mark Freeman, attended the memorial service for Lillie's nephew, Dr. David Forehand, at Peachtree Christ Church in Atlanta. He was a beloved and prominent veterinarian. He was only 53 years old and had a long, hard battle with cancer. A veterinarian scholarship was established in his memory at University of Ga.

Venus Fillmore is leading a drive to compile and preserve Valley Head history. They hope to fix the old jail in the Valley Head City Hall for a room for the items related to it.

Mozelle Crow, and **Kathy O'Shields**, have returned home after a stay in BMC DeKalb. We hope they will be completely well soon.

Carl Hale and **Clyde Hawkins** are patients at BMC DeKalb.

Eula Mae Robinson is in a hospital in Gadsden. Sincere sympathy to her for the loss of her son, Clifford, recently.

Selma Haney has been going to Birmingham for treatments. We hope all these patients have a complete and quick recovery.

The **Sunshine Club** met at Lillie Bowden's home January 22. Those present were Ada Campbell, Ruth Pickett, Verence Hawkins, Susie Clark, Estie Palmer, Ann Wright, and Eloise Brown. We plan to go to Randy's Restaurant at Trenton, Feb. 26, for lunch at 11:30.

Death has taken several good citizens from this area, recently, or who have strong ties to this area. Among them: **Bill Brown**, who was first cousin of my husband, Donald. He was a graduate of Valley Head High School, moved to Fort Payne. **Mildred Laws** - long time resident of Hammondville. **Addie Hall** - long time resident of Sulphur Springs, member of Sunshine Club, would have been 103 years old in March; **Margarite White Brown** - born and reared in Valley Head; **Lucile Knopps**, resident of Valley Head. This is a great loss and sincere sympathy to all the survivors of these persons.

Dot and Bill Blackburn and Linda Blackburn, and Martha and "Hoot" Gibson attended the annual dinner meeting of the DeKalb Democratic Club at the Tom Bevill Center in Rainsville, Feb. 5. Dot received a plaque honoring her for her many years of service to the Democrat party. Others honored were Johnnie Edwards, Stuart Monroe, and Wanda Padgent. Congratulations to them.

It's good that **Pfc. Christopher Busby** came home, but bad that he was badly wounded and sad that his brother, Kenneth, is still involved in the war. We hope the best for them.

Congratulations to **Gregory Tillman Carreker** of Valley Head High School, who received the D.A.R. Good Citizen Award, and to all other achievers.

Rejoice! Believe it or not—Springtime is just around the corner. Birds will be singing and flowers blooming in no time! The Easter Lily in the pot, that was seemingly dead, realized it was time to come to life, is now green and resurrected. I hope there are better days ahead for everyone.

Children of Aquarians

Jan. 20-Feb. 19

The children of Aquarius have talents fine and various; affable and diplomatic, they are creative and romantic. They love peace and harmony, they are just what they seem to be—having lofty aspirations—finding in all nature inspirations. Amethyst is their purple gem—It should adorn a diadem. The symbol of water bearer ignites the indigo wearer with forceful electricity; There is no egocentricity to prevent tolerance for all. They answer the thirst for knowledge call. Many achieve fortune and fame, igniting an eternal flame. Washington, our first president, his life in truth and service was spent. Lincoln, the great emancipator was a freedom and justice demonstrator. Many others rose to power and fame and enjoyed their hours and name—Others like I had only dreams that emitted some feeble beams. Aquarians will encourage, uplift and cheer—others and selves and always endure.

...Eloise M. Brown

Prophet of Spring

Groundhog, or Woodchuck, or Marmot
Or just a newsy, important varmint—
Whatever you are, by any name
As a prophet, you have won acclaim.

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

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

If the sun hides its shining face,
You won't return to hiding place,
but will remain to do your thing—
Balmy breezes of early spring
Will bless us all with warmth and joy—
So come on, your best instincts employ!

...Eloise M. Brown

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Mentone Loses Brow Park "Goodwill Citizen"

By Debbie Guffey

On December 27, 2003, Mentone lost a very special friend after being hit by a motorist on Scenic Drive north of Hwy 117. This is an area where drivers like to race down the hill after rounding the big curve below the water tower.

Anyone who has visited Brow Park in the past 3 years has had the wonderful pleasure of meeting "Claire", the greeter to the park, escort of strollers, playmate of children and dogs, and beggar of scraps from picnics (though one would know that this beggar was well fed by observing the size of her stout round body, she couldn't resist the possibility of treats). She even charmed her way into a bit part of Naomi Judd's recent FoodNetwork special while they were filming next to Claire's home.

God sent Claire to me on a cold January night in 2001 around 7:00 in the evening. She was accompanied by a man who was rather disheveled in appearance and appeared lost. Not being on the "beaten path", I was somewhat taken back on their arrival and his request to use the phone. I made several calls for him to no avail until he finally gave me his home number in Stevenson. His sister answered the phone and told me that her brother had some mental problems and she had made him an appointment for professional assistance a week prior and she had not seen him since and she was unable to come and get him.....Just my luck, now what do I do with this poor soul on a cold winter night? I turned to our local law enforcement officers for guidance in this awkward situation. The officer ended up taking him to Valley Head, gave him a few dollars and sent him on his way, but they left the dog. The man said that the dog wasn't his, she was only keeping him company while he traveled. I guess Claire led him to my house.

Claire was "in season" when she arrived, and it didn't take long for word to get around to the local canines that there was a beautiful new redhead in town and she was



"Claire"

open to suitors. We even had suitors come from Valley Head. We had Golden Retrievers, Bassets, Chocolate Lab, Coons, Heinz 57's, etc., show up in our yard. God was really pressing his/her luck with this one. I already had 2 Fox Terriers (one intact male), so I could not place her in our fenced yard. I checked around with local animal shelters about having her spayed. Lookout Mountain Animal Rescue could not do the surgery until she was out of season and others either didn't offer the service or it was very expensive. So, I made my appointment with LMAR, but when the time came around, they could not do the surgery due to a uterine infection. So, we took her to

our regular vet and went through 10 days of antibiotics. When we returned to LMAR for the procedure, they had not scheduled us a return appointment and would not have one for a couple of weeks...in the meantime, puppies were growing from specks to spots and time was running out. As all of you are aware, our area is inundated with unwanted animals who are dumped off, and I knew that I would have a hard time placing Claire and it would be virtually impossible to place a multitude of puppies. (I have run out of family and friends who feel sorry for me and take in these strays that God sends my way.) Needless to say, I ended up spending \$200 at a local vet in Summerville to have her spayed.

No one wanted this stray named Claire, so she stayed with me; and, of course, I fell deeper and deeper in love with her as every day passed. She had the most beautiful soul I have ever been blessed to meet. She was kind and gentle, never meeting a stranger. She loved everything: people, little children, other dogs, cats, sticks, nuts, food, gloves, tools. (I forgot to mention that she was somewhat of a thief when it came to gloves.)

Her death has left this big abyss in my heart that will never be filled. I know her friends will miss her terribly, as well. She meant a lot to a lot of people. I want to thank everyone who helped me after her death with their cards and calls, it means so, so much. The loss of a pet is hard, especially one who was so full of life and spirit.

**PLEASE DRIVE SLOW AND
PROTECT OUR CHILDREN
AND ANIMALS...**

I have ordered a few signs to post in our community to remind motorists of their responsibility in protecting our living treasures. If you are interested in buying one to place near your home, please contact me at 634-3698. They are made of metal and are the size of a regular street sign.

Several more pictures
taken during Christmas
can be found throughout
this issue of The
Groundhog.



Have you met me?

I destroy homes. I tear families apart.
I take children, and that's just a start.
I am more valued than diamonds,
more precious than gold.
The sorrow I bring is a sight to behold.
If you need me, remember, I'm easily found.
I live all around you, in schools, and in town.
I live just down the street, and maybe next door.
I'm made in a lab, but not one like you think.
I can be made under your kitchen sink,
or in your child's closet, and even out in the woods.
If this scares you to death, it certainly should.
I have many names, but there's one you'll know best.
I'm sure that you have heard of me,
My name is crystal meth!
My power is awesome. Try me and you will see.
But if you do, you may never break free.
Just try me once, I might let you go,
But if you try me twice, then I will own your soul.
When I possess you, you'll steal and lie,
You will do what you have to do, just to get high.
The crimes you'll commit for my narcotic charm,
Will be worth the pleasure you'll feel in my arms.
You'll lie to your mother, you will steal from your dad.
When you see their tears, you must feel sad.
Just forget your morals, and how you were raised,
I'll be your conscience. I'll teach you my ways.
I take kids from parents, I take parents from kids,
I turn people from God, I separate friends.
I'll take everything from you,
even your good looks and pride.

I'll be with you always, right by your side.
You'll give up everything, your family, your home,
your money, your friends, you'll be all alone.
I'll take and I will take until you have no more to give.
When I finish with you, you'll be lucky to live.
If you try me, be warned, this is not a game,
If I am given a chance, I'll drive you insane.
I will ravage your body, I'll control your mind.
I'll own you completely. Your soul will be mine.
The nightmares I'll give you when you are lying in bed,
and the voices you hear from inside your head.
The shakes, the sweats, and the visions you'll see,
I want you to know, these are your gifts from me.
By then it's too late, and you'll know in your heart
That you are mine, and we shall not part.
You'll regret that you tried me, they always do.
But you came to me, not I to you.
You knew this would happen,
how many times were you told?
But you challenged my power, you chose to be bold.
You could have said no and walked away,
If you could live over, now what would you say?
My power is awesome, as I told you before
I can take your mother, and make her into a whore.
I'll be your master, you'll do as I say
Even when I tell you to go to your grave.
Now that you have met me, what will you do?
Will you try me or not? It's all up to you.
I can show you more misery than words can tell.
Come take my Hand, LET ME LEAD YOU TO HELL!!!!

Anonymous (Submitted by a concerned citizen)



Margarite White Brown

March 21, 1930
to January 27, 2004

She was born and reared in Valley Head, graduate of Valley Head High School. She is survived by her husband, Billy O., Brown, Smyrna, GA; daughter and son-in-law, Laura B. and Rev. Wade Taylor, Alvarado, TX; son and daughter-in-law, David N. and Susan Brown, Marietta, GA; sister, Mrs. June White Harrison, Fort Payne, AL; brother, Robert R. White, Southern Pines, NC; granddaughters, Brindley Ann Taylor and Joanna Ellen Taylor; several nieces and nephews. She was an accomplished pianist at King Spring Baptist Church in Smyrna, GA, for more than 15 years. She was a member of Norton Park Baptist Church in Smyrna.

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Linda Patterson, owner of the chapel, said the idea for it began with a bell, and now that bell rings as newlyweds exit the door of the chapel.

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Congratulations!!



Anna Nicole Murphree

Mrs. Anna Nicole Murphree graduated from the University of Tennessee at Chattanooga on December 14, 2004. Mrs. Murphree received a Bachelor of Science degree in Secondary Education with endorsements in English and English as a Second Language. She graduated cum laude.

While a student at UTC, Mrs. Murphree received many honors, including induction into Phi Lambda Theta international Honor Society, Golden Key International Honor Society, Mortar Board, Sigma Tau Delta English Honor Society, and Kappa Delta Pi Educational Honor Society.

Since graduation, Mrs. Murphree has been employed by DeKalb County schools where she teaches ESL classes at Crossville High School.

Mrs. Murphree lives in Flat Rock with her husband, Keith and her step-son Matthew. Mrs. Murphree is the daughter of Lisa Goggins of Valley Head. Her grand- parents are Bennie and Kathy O'Shields of Valley Head; Ester Rievley of Flat Rock; and Reverend Jimmy O'Tinger of Adairsville, Georgia.

**Mom, Granny, Pop, Keith,
Matthew, Larry, and Leslie**

**Thank you for always believing in my
dreams and for always standing
behind me. I Love You.**

Annabelle

For Your "TO DO" List

Mend a quarrel.
Seek a forgotten friend.
Dismiss suspicion &
replace it with trust.
Write a love letter.
Share some treasure.
Give a soft answer.
Encourage youth.
Manifest your loyalty
in word and deed.
Keep a promise.
Find the time.
Forego a grudge.
Forgive an enemy.
Listen.
Apologize if you are wrong.
Try to understand.
Flout envy.
Examine your demands on others.
Think of your neighbor first.
Be appreciative.
Be kind and gentle.
Laugh a little.
Laugh a little more.
Be deserving of the confidence
of others.
Extend your hand to a stranger
and the warmth of your
heart to a child.
Find beauty in all that
surrounds you.
Speak your love. Speak it again.
Speak it still once again.

Author unknown.

Submitted by Nancy Lusk
Mentone, AL

Happy New Year, Mentone, from Cheshire, England!

This is a little bit late getting into print, but Jo Thexton and Carol Cutts, from Cheshire, England, have sent a very warm "Happy New Year!" greeting to everybody at Mentone--and especially to the many new friends they made while they were visiting here with Marilyn Blanton Campbell in September and October of 2002.

Come to think of it, Marilyn will be visiting Jo and Carol again later this year. So, ladies, please, get your recipes ready for Marilyn to take with her when she leaves in May. We all know exactly what it means to have a new recipe that is "tried and true" when we get ready to take a dish to the church supper, the club meeting, or celebratory meal at the Legion. When Jo and Carol returned to England, they took with them recipes that Mentone ladies had shared; and, so far, all they have used have been extremely well received.

Cooking is very different in England. They weigh their dry ingredients with a scale as opposed to using cups and spoons the way we do to measure them. So, Marilyn just sent Jo and Carol cups and spoons and American recipes from her family's archives. Therefore, they were already familiar with American cooking when they arrived at Mentone. Marilyn found it really quite amusing when Carol told the tale about making a Fresh Apple Bundt Cake and sending it home with her son, who lives in Sheffield. He took some of the cake to work and shared it with his co-workers, who found it really quite good. One of those women wanted the recipe, and she was quite crushed upon being told that there was no sharing it purely because it was an American recipe, and she had no cups and spoons to measure the ingredients.

In America, we find measuring cups and spoons in just about every store we go into--K-Mart, Wal-Mart, Dollar Tree, etc. However, in England, it is VERY rare for anybody to find measuring cups and spoons anywhere purely because they are on the metric system. Because they do not usually need that sort of thing very often, it is not to be found readily in their "shops" as they say. So much over there is the same while so much is so VERY different.

When Jo and Carol were here in Mentone, they enjoyed very much the opportunity to see how real people actually live in America. You have to admit that, in the movies and on television, one gets the impression that New York, Chicago, and Los Angeles are about all there is to America, and the South consists of Atlanta and New Orleans with the rest of us living in log cabins and fighting off Indian attacks every day. We live at Mentone and are used to being accepted the way we are without question or qualification; Jo and Carol enjoyed that, too. The rest of the world does not work that way. In the short time they were here, Jo and Carol felt like they had put down a certain amount of roots at Mentone.

Naturally, we send Jo and Carol back an equally warm "Happy New Year!" and wish only the best of good things for them. In time, they hope to get back to America and Mentone, but they sincerely hope the weather holds good. While they were here back in 2002, the remnants of Hurricane Isadore and Tropical Storm Lilly came through and somewhat dampened their enthusiasm, as well as reminding them of their home in England.

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Medical Philosophy

By John Baty

When one reads or views a categorization of the various agencies or operations, which are listed as "public service" agencies—from sewage disposal, to mental health programs, to local governments, to food regulation, to substance control, to protection of the environment, to the legal system, to public utilities, and hence forth—he finds the health establishment and its hospitals grouped with the other "service" divisions of our culture.

Now, I, and probably you, are alive only as a consequence of the effectiveness of our medial establishment; we give credit where credit is due to be logical and fair.

My definition of service is the provision of something, which I desire. This definition is not adequate for today's medical reality. The service one receives when he/she enters a hospital is what the doctors are willing to do unto the patient rather than what the patient might wish. Doing to rather than doing for is the word; the modern paradigm. If one has a special request or need not contained within the protocol of his "problem," the chances of having his need addressed are remote.

Notwithstanding that the profession of "doctor" is no longer as rewarding, and is sometimes downright dangerous, we feel that the designation of "service" should be removed and a more appropriate title affixed.

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By Marie S. Dillenbeck

On Saturday, January 24, 26 individuals met at the Community House to enjoy fellowship and food together. Thanks to Laura Foote, Sue Henry, Mae Hilburn, and Kat Griffith, everyone enjoyed homemade biscuits with butter and homemade jam/jelly, sausage, bacon, scrambled eggs, juices, coffee, and water. Besides those listed above, other individuals were: Bill and Dot Blalock, Norma Baker, Dot Crow, Nell Kent, Mrs Gertrude Cox, Elizabeth Roman, Willie Haynes, Marjorie Berry, Grace Pullen, Dorothy Shelden, Marie S. Dillenbeck, C.E. Britt, Blanche and Brandol Jones, John and Inelle Hurt, Herman and Mattie Golden, Vesta Wester, and Judy Wester.

After enjoying the brunch and fellowship, there were several stories told about old memories of Mentone.

Old Covered Bridge

Marjorie Berry said I can't tell you when the bridge was built, but I can tell you when it was broken. A loaded county road truck was crossing the bridge and it fell into the water in the creek. It was the day my brother, Jim and his bride to be, Dallyne, were going to run away and get married that weekend. Jim had his clothes down at his sister's place and he couldn't go that way. He was only 16 and borrowed a car, put his clothes in it and dreaded coming back by us, as his sister-in-law, Juanita, would see them as they ran away to get married. They had planned this for a week and it was in 1945. So that's when it fell.

Gertrude Cox said she had to cross it to go to school and kept watching the floor because the boards were so far apart and she didn't want to fall in.

Elizabeth Romans said there was a snake in the creek below the bridge and they threw a rock at him and hit it right on the head with the rock.

Dot Crow's father sawed the wood for the bridge. Frank Shigley built the bridge. Blevie Crow had the sawmill where the wood was cut. Frank Shigley also built the Merf House, where the group was meeting.

Yankees

Blanche told that Brandol's great, great grandfather lived in Marjorie Berry's house when the Yankees came and camped at the antebellum home in Valley Head. The Yankees were sent out to gather up food, and Brandol's father caught one of them getting food out of his kitchen and laid him low. That night, the Yankees came back and hung him and shot him 15 times. They hung him in Marjorie's yard, then later shot him. It was Marjorie's great, great, great grandfather, also.

Brunch at the Merf House

Uncle Hardy

Marjorie remembered that Uncle Hardy in a conversation in the living room said that Uncle Billy died in the corner and pointed it out. She said there used to be a bed in the corner. They stayed away from the corner.

Brandol told about the time Bill Emerson and Bill Smith talked him into going to Uncle Hardy's where he had a sack of peanuts and the boys got them and went through the woods eating the peanuts and dropping the hulls, and somehow they found out where we hid the peanuts in Gordon's barn in the loft. When they would come home from football practice, they would come by and eat peanuts, and drop the hulls. One evening, his dad looked at me and said "Why did you do that?" Brandol said, "What are you talking about?" His dad said, "We know you got Hardy's peanuts, because the sheriff followed the trail of peanut hulls." Hardy saw who it was the sheriff found and he would not press charges, so Brandol didn't get arrested.

Brandol said that Dave Gilbreath has elaborated on this story a good bit since then.

Brandol said his dad said he had to get the peanuts back and apologize to his Uncle Hardy and tell him he was sorry he took them. Brandol said he went up and took the peanuts and told the lie his dad said he had to tell.

Hardy said, "You know I would have given you the peanuts." Brandol, under his breath said, "Oh sure." He was lucky he just got off with a talking.

Other Memories

Grace Pullen said her dad made caskets as well as Marjorie's dad.

Elizabeth Jones Romans mentioned an incident where three boys' mother passed away and a neighbor came to the house where the casket was and saw the boys moving the casket. He asked them what they were doing. They said it was sunny and pretty outside and they moved the casket out so their mother could enjoy the sun.

Gertrude said that Jim Isbell took tin cans and hammered them and made them into a house.

Gertrude said that her husband, Leland Cox, was a postmaster and Jim couldn't read. So, Jim would ask him to read the letters to him at the post office. Jim had received a letter from his girl friend and as Leland was reading part of the letter, it said "my piles are just hurting me so bad". Leland was reading out loud to Jim and the post office was full of people.

Brandol and Marjorie said that Oliver Neal took his wife to the hospital on the handlebars of his bike. She was going to have a baby.

Marjorie said Brandol was the meanest "Halloweener" on the mountain. Elizabeth Romans said Colquitt drove a bus, and on Halloween night it was cold, there was an outside privy. A bus loaded with wood was up on the low roof of the barn. Brandol Jones, Bill Smith and Bill Emerson must have done it. Brandol said it was put up with 'great difficulty'.

Elizabeth said that toilet paper in the trees doesn't mean a hill of beans compared to what these boys used to do.

Nell said that when watermelons were lying on the ground they didn't belong to anybody and so it wasn't stealing them when they were on the ground.

Brandol said that when he was about 5 years old he went to the altar squealing and crying to be saved; but his mother picked him up and carried him back to his seat and said he didn't know what he was doing. It was after that that I began my life of By the way, I did not put the wagon on top of the barn.

Marjorie said that when all her sisters and sisters-in-law came home to have their babies--at that time, she didn't know where babies came from--she thought the doctor brought the babies in the satchel. Her mother would fix a tub of water out in the yard and put the smaller children in (naked) and tell them to stay there until the baby was born. However, one day, she jumped out of the tub to see if the doctor had brought the baby in the satchel. She said she had been in the tub so long she was puckered. When asked if she knew where babies came from, Marjorie said "long before my mother knew I knew."

Gertrude told about having to walk to Valley Head to go to school. The road was not paved then and they didn't go down the road as we know it now, but went down the side of the mountain to the school.

This was a wonderful time for great fellowship and to enjoy the stories they told of the old days in Mentone. I'm sure there are many, many stories/incidents that could be and have been told about life in Mentone many years ago.

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LIBS FROM THE LIBRARY

By Linda Brown

The Essay Contest was such fun and so exciting, at least for me and the FRIENDS of the Library. This event has a rather long history. Over a year ago, a lady in Mentone told me that she would give a donation to be used as prize money for an essay contest at Moon Lake Elementary School. After thinking this over, it seemed that the best place for this event to originate would be the community part of the library. I presented the idea to the Board of Directors and they all thought it was a very good idea. Of course, when anything is your idea, you always get to chair a committee to see that it gets done. It was decided to present it to Fifth Grade at Moon Lake because they are involved in the writing testing system of the State of Alabama. Then we thought we would also involve the Sixth Grade because they will be going on to Junior High School next year and need the experience and knowledge of writing papers. The subject of An American Hero was selected by the teachers, the rules were drawn up and a copy of these were given to each student in these grades to share with their parents. Copies were also given to the teachers and principal.

Deadlines were set and a panel of three impartial judges was selected. When the papers were picked up, we found that eighteen students had written an essay! The judges were facing a real challenge! They told me that all of the essays were very good, but some students had failed to follow the rules. Since this was a learning experience as well as a fun thing, they felt that this had to be considered. After reading each paper and weighing the contents carefully, they were, however, able to select three winners.

The judges selected Brandon Willingham as first place winner, Kaleb McMunn as second place winner and Leanna Webb as third place winner. They said that only a very few points separated the winners. These three students read their essays for the parents, teachers and FRIENDS of the Library at the PTO meeting on February 10. They did a wonderful job! They all said that they were nervous, but it certainly did not show in their reading. They read with great confidence and experience. I could see the pride showing on the faces of the parents and grandparents as they sat and listened to them read and they had every reason to be proud. I was very proud of them and only wish that everyone who entered could have won. The winning essays will be printed in The Groundhog. If all of them are not in this issue, they will be in a later one.

The next event sponsored by the FRIENDS will be a day of poetry. This event will be in April. I will give you

more details in next month's column. These events are as much fun for us as they are for the students. We get to see the students in their element at school and to experience the excitement and energy that they show.

The greatest need of the library is YOU! We need you to come by the library and fill in the information to receive a library card. Then we need you to come by and use the card. Also, we need those of you who have a card to come by and use them! It is very disheartening for our volunteers when they sit in the library all of the open hours and no one comes by. Some residents of Mentone have stated how much they miss the mobile unit of the DeKalb County Library. Our local library has many of the same books and we will try to get any that you request. We have set our open hours after much thought and consideration for you. We keep the library open during all daylight hours on Saturday and then later hours on Tuesday for those who work late. Please show us that this effort is not in vain by coming by to visit us!

Also, you can become a FRIEND of the library by coming by the library and leaving your donation and information with the volunteer on duty. We are considering many different things to do to show our appreciation to our FRIENDS and volunteers. We just need a little more time to get it all together. While we are "getting it all together", know that you are appreciated very much!

The Board of Directors of the Moon Lake Community Library meets on the third Monday of each month at 4:00 p.m. in the library. Our meetings are open to the public and everyone is invited to attend. However, to be on the agenda for any meeting, you must call Jan Wilkinson at 845-5048 at least three days before the meeting.

You can mail a suggestion, contribution or any other material to: Moon Lake Elementary School Community Library (or MLESCL), PO Box 184, Mentone, AL 35984.

The hours the library will be open during the winter months are: Saturday, 9 to 12 and Tuesday, 4 to 6. COME VISIT THE LIBRARY!

Aunt Judy

I grew my hair,
I grew my wings,
I grew my Halo and other things.

Everytime I walk by you, I say Hello,
But right now that will do.
You are high and I am low.

I will stand on the tip of my toes
Even though you're far away
I just say, come back some day.

Even though you are high
and I am low--

but that's O.K.

---Lauren McGee
02-04; Age 7

Poem, "Aunt Judy" Written by Lauren McGee, 7 year-old niece of Judy Miller, who passed away February 21.

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Cont. from
Page 14.

Weight Loss Tips

• Drink a large glass of water or unsweetened herbal tea a half hour before and after meals

• When you eat, there is always a point at which you let out a sigh. Usually, this sigh is followed by leaning back in your chair because your body recognizes it is full before your mind does. When you sigh, stop eating. This point was brought to my attention by my husband, Dane. When I asked how he can leave just three bites on a plate. He replied, "I sighed"

• Every morning when you wake and each night before you go to bed, take 10-20 minutes to stretch or get some sort of exercise: Dance, Jump Rope, Walk, Squats, etc.

Please consult your doctor before making changes to your healthcare regimen.

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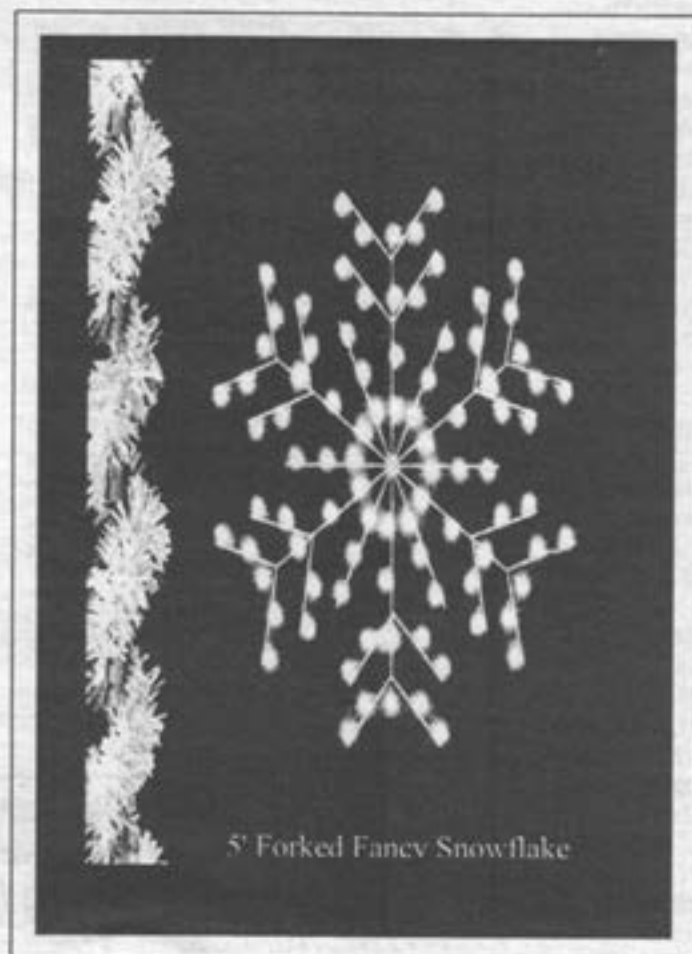


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New Christmas Decorations for Mentone Your Help Is Needed!

Due to the age, deterioration of wiring and cosmetic condition (i.e., exposure to the weather), it is the general opinion within the community that new Christmas decorations are needed for the town of Mentone. Every year before the decorations are hung, there is quite a bit of repair work needed prior to placing them on the poles. The existing decorations were purchased by the Mentone Area Preservation Association (MAPA) in 1992 or 1993, while Dr. P at Seymour was President of the organization. The Town of Mentone does not have sufficient funds to purchase the needed decorations.

A committee of concerned citizens, with Gail Chambers as the spokesperson and chairman of the committee, has been formed. Its purpose is to raise funds to purchase the new Mentone community decorations for Christmas. They will be doing this by contacting individuals and businesses for their help.

The committee has contacted Display Sales, which is a popular

and well-respected distributor of Christmas decorations and other display items. Pictured above is the 5' forked fancy snowflake decoration the committee would like to have placed in Mentone for the next Christmas season. The plan is to have at least twenty decorations placed on the power poles on Alabama 117, and near the square at the top of the mountain, on Co Rd 89.

The committee is looking for concerned, civic-minded persons with the enthusiasm, time, and willingness to work on this project to help out. This is a community effort, and churches, school, camps, clubs, businesses, groups or organizations are being asked to participate.

At the present time, the cost of one snowflake decoration is \$321. This price is good until the 27th of February, after that the cost increases.

Individuals are urged to consider being a part of this project. A decoration could be purchased in honor of or in memory of a loved one. (Possibly a plaque hanging

from the bracket that holds the decoration in place could be put on the decoration.) Also, several individuals or businesses may go in together to purchase one or more.

Commitments received at press time are from:

*The North lookout Mountain Fire protection District Volunteer Fire Department

*Town of Mentone

*Mentone Market

*Camp Laney (in memory of Arthur "Lightning" Goss)

*Camp Alpine

*Al & Dianne Kuehl

*Marie Dillenbeck (in memory of Dr. Pat Seymour)

*Mentone Area Preservation Association

Many more commitments are needed to meet the proposed 20 Snowflake decorations. Your help is greatly needed.

These new snowflake decorations will be something that we all can take pride in and enjoy for years to come. The display of lights during the Christmas season are enjoyed by the majority of the residents and visitors who travel up the mountain and go through our town. Please consider being a part of this project.

If you haven't received a letter or haven't returned your letter to the committee, you still have time to get it in before the 27th of February. You may also call one of the phone numbers provided below. The committee members are hopeful that there will be enough funds raised to have some type of decoration displayed in Mason Park next to the Town Hall.

Thank you for your support and generous response.

Contact persons are:

Gail Chambers
PO Box 13
Mentone, AL 35984
256-634-4507

Joan Byrum
Kristen Emory
Mentone Market
PO Box 543
Mentone, AL 35984
256-634-4686

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MENTONE ENVIRONMENTAL COMMITTEE: WEST NILE AND CLEAN UP EFFORTS

By L.C. Moon

The Mentone Environmental Committee met on January 28, 2004. Our meeting covered setting dates for clean up, the best ways to inform and get community involvement, as well as updating each other on our progress. Lyle Nicely got a commitment from the Beta Club that they will pass out informative door hangers about what is necessary for clean up efforts to be effective in controlling the population of mosquitoes. Mayor Britt assured us that the Town would provide the door hangers if the State does not have them reprinted in time to supply our community. Mayor Britt also assured us that, on April 1st, the Transfer Station will be in place so that we can then begin recycling the problem bottles and containers, as well as other items. (See the Mayor's Office Notes, elsewhere.)

Since the last article, I was referred by the DeKalb County Health Dept. to talk with Ashley Lovell of the State of AL Wildlife Dept. Ms. Lovell stated that, without a doubt, the most effective way to control mosquitoes is by clean-

ing up the environment. Obviously, this entails educating and enlisting the help of the citizens in the community. The next step she recommended was treating standing water with BTI. *Bacillus Thurengensis israeliensis* (BTI) is a bacteria applied to standing water. BTI affects the environment in such a way that it only disturbs mosquitoes' ability to reproduce without affecting any other part of nature's balance. Ms. Lovell also agrees that it is beneficial to incorporate natural predators, such as bat houses, martin houses, minnows in ponds, etc.

The Environmental Committee is asking for people in the community to help sponsor bat houses, particularly, or martin houses. Donations of \$50 or more would be very helpful, though any donation will help. Please call Lyle Nicely if you are interested in sponsoring homes for natural predators of the mosquitoes. The monies will go to pay for the bat houses; and any other leftover monies will go to compensate the boy scouts who have agreed to hang the bat houses around Mentone. Mountain Life intends to carry only locally made

bat houses and martin houses, as well as other all natural mosquito control and deterrent products for the home and garden. Mountain Life will also carry deet-free alternatives to effectively repel mosquitoes and insects from your body.

Ms. Lovell stated that there is inconclusive information, as of the present date, regarding which mosquitoes infect humans. They know that the Southern House Mosquito does host on humans. The Southern House Mosquitoes' breeding habitat is in mulch-filled, stinky water and containers. Many of the mosquitoes that transmit from bird to bird or bird to animals do not prove conclusively in lab studies that they also host on humans. The thought is that it is possible that mosquitoes may feed on a host that is not their preference, though there is nothing conclusive. The entomologists say there is much more that needs to be studied in order to target specific mosquito control and/or to isolate which mosquitoes are the biggest threat to humans or other hosts.

Mentone Clean Up Day April 24, 2004

Please attend the last meeting (April 1st, 6:30 PM) before Clean Up Efforts.
Expect Informative Door Hangers distributed by the Beta Club April 17.

Please participate for your health and the well being of the community!

WHAT CAN YOU DO NOW?

- Clean up trash—especially anything that can hold water
- Clean gutters for your home or for someone you know is not able
- Commit to putting up a bat house and/or martin houses
- Make note of places that you know hold water and are or have been potential breeding grounds, then report it to the Town of Mentone. If the breeding ground is on your personal property, then it is the property owner's responsibility to treat the area—preferably with BTI

Lyle Nicely (Chairman) 634-4124; Town Hall 634-4444



Chrismon tree

Pictured above are two photographs of the Chrismon tree at the United Methodist Children's Home in Selma, Alabama. The church was excited about all of the work the Mountain Laurel UMW of the Mentone United Methodist Church did to enhance the Chrismon Tree and the blessings it offered the children.



By L.C. Moon

During the month of February, many people are noticing the effects of the holidays on their waist line. Of course, this cannot impede on our desire to indulge in our favorite Valentine's Day sweets. Therefore, this month, I am going to give some suggestions on how to lose some extra inches and maintain a healthy body.

There is much controversy over what is healthy to eat. So, what version of a healthy diet do we accept? The mainstream media hypes us with fad diets and unrealistic ideals for most of us. Being a healthy size does not translate to being "skinny", nor does it mean that you cannot enjoy the food you eat. A healthy weight is truly unique to each person taking into consideration muscle mass, bone structure and other hereditary factors. It is well known that excess weight causes physical problems. This is due in large to the times and types of foods people eat as much as it is the quantity.

It is beneficial to get into a healthy eating routine. In the morning, before 9AM, drink at least an 8 oz. glass of water or herbal tea to get your digestive system active. According to Ayurvedic and Chinese doctrines, it is important to eat a good nourishing meal—which could include protein, fiber and greens, if possible—between 9-11AM. During the day, eating several small healthy meals or snacks gives your body the opportunity

Lookout Mountain Natural Healing

to digest and receive proper nourishment. Eating large meals expands the space in your stomach and overloads the digestive system. Your metabolism and digestion slow after 3PM. Eating after dark disrupts the body's balance of digestion, metabolism and melatonin production.

Every person responds differently to foods. There is a new theory out now about eating for your own blood type, in which some people are more adept to eating meat and others mostly veggies and nuts. Many people are finding out that they have a gluten intolerance. Gluten is found in wheat, oats, and barley, to name a few. These grains are often found in the Low Carb Diet foods sweeping the nation. If you are allergic to gluten, your digestion may be affected. You may experience bloating and gas, you may experience problems with your skin, etc. A balanced diet is a plan that you have to want to develop unique to you.

There are many balanced diet theories, though there are a few consistencies: 1) Drink 8-8oz glasses of water each day; 2) Eat a diet containing fresh fruits and vegetables; 3) Steer clear of hydrogenated oils; and 4) Eat a diet with good fiber content. Brown Rice and Sprouted Grains are often used as good gluten free alternatives, as well as having good fiber content. A low carb diet has not been proven unhealthy, though in order to maintain

your weight, you must be sure that your eating routine is one you can maintain for life. Otherwise, as you may have experienced and have no doubt seen—people that go on fad diets do not generally maintain their weight loss long term. Chocolate, carrots, raisins and potatoes are all high carb foods—though if they are foods you love, then I believe it is more damaging to completely abstain and feel deprived. The best way to weight control is to eat more nourishing foods, drink plenty of water, find a way to moderate the amount of food that you consume, as well as eating at the proper times.

Excess weight often stems from emotional overeating. Eating is a pleasure that we can enjoy all by ourselves. We can treat ourselves so that we are temporarily distracted from the pressures of the day or the sadness in our heart; we can ease boredom, etc. Lack of exercise combined with eating for comfort—instead of nourishment—are the biggest reasons we have so many overweight adults and children in the United States. Comfort foods are so easily accessible in the U.S.—i.e. convenience foods, fast foods, high sugar foods and nutrient deficient foods. Comfort foods do not provide nutrients that are conducive to providing consistent energy or nourishing the body or spirit. When you eat foods for the soul and exercise—even if it is dancing to your favorite songs in your living room—you feel better inside and out.

There are a few herbs that are known to help with weight loss. Chickweed is an herb that grows in almost everyone's yard. The late Tommie Bass would say, "Got weight trouble. Get Chickweed on the double." Dandelion is a nutrient rich herb that is helpful for reducing water retention. These herbs can be made into a Tea in combination with other herbs or eaten as foods—such as a salad green or in soup. Guggul or guggulipid is an herb used for fat metabolism. It was approved in India in 1986, as a lipid lowering drug, according to the American Nutraceutical Association, though it has been used for centuries. In lab studies, guggul reduced weight and cholesterol levels. The mineral Chromium is also essential in fat metabolism.

Your body is truly a temple and a miracle machine. Eat and drink to fuel your machine with the nourishment needed, envision yourself and your body as a miracle and a blessing. When you exercise, you are putting into action the knowledge that you're maintaining your temple or machine. You improve your physical, mental, and spiritual health especially when you take a walk in the fresh air. If you find it difficult to develop a routine, then it is helpful to keep a journal to write down everything you eat and drink, how much exercise you get and/or any other thoughts you have. The thoughts in your journal can be about how you feel about yourself, things that are bothering you or about your desire to be healthy. The key to a healthy body is to take an active role in your health, be conscious of your emotions (what motivates you to eat or feel), what foods you eat, and how much exercise you get.

Cont. to
Page 11.

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PIEDMONT, 332 ACRES - Just 3 miles South of town with paved road frontage on Mack Alexander and Old Piedmont Gadsden Hwy., level to rolling. Price \$1,450.00 per acre.

ESTES ROAD 20-180 ACRES - Level to gently rolling, beautiful views, paved road frontage, county water, planted pines. Price \$1,500.00 per acre.

DEKALB COUNTY

HAMMONDVILLE, LEA CHAPEL RD - 5 to 107 acres, wooded, level to rolling, county road frontage. Priced at \$1,400.00 per acre.

323 ACRES IN MENTONE, AL - level to rolling terrain, streams, several lake sites, pine plantation planted 2001. Excellent for deer and turkey hunting. Price \$1,350.00 per acre.

ETOWAH COUNTY

1,037 ACRES, CANNON GAP RD. - On Dry Creek Mountain, paved road frontage and beautiful views. Will subdivide. Price \$1,450.00 per acre.

3 TO 25 ACRE TRACTS - Just 1/2 mile off of Hwy 278, planted pine plantations, paved road frontage and county water. NO RESTRICTIONS! Price \$1,400.00 per acre.

85 ACRES, HWY 278 - Between Piedmont and Gadsden, AL. Paved road frontage, county water, pine plantation planted 2000. Great view! Price \$1,550.00 per acre.

279 ACRES, WEST ETOWAH CO. - Great for hunting! Deer & turkey in abundance. Level to rolling terrain. Pine plantations 13 yrs. old. Price \$1,350.00 per acre.

SILCO AND MAYO ROAD - 3 to 40 acre tracts with paved road frontage, county water, gently rolling terrain with planted pine plantations. NO RESTRICTIONS. Price \$1,300.00 per acre.

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1,400 ± ACRES - Beautiful views! Located on the North side of Weisner Mountain, South of Centre, AL, level, gently rolling, to steep terrain, paved road frontage, county water, pine plantations, and hardwoods. Price \$1,350.00 per acre.

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**Polly and Alfred Chambers
shortly before their marriage in 1938**

On Saturday evening, December 6th, Mr. and Mrs. Alfred Chambers were honored with a surprise reception given by their children and grandchildren to celebrate their 65th Wedding Anniversary. The reception was held at the Mentone Revival Center Fellowship Hall. Family members and friends stopped by during the evening to



**Alfred and Polly Chambers
at their 65th Wedding Celebration**

fellowship with the couple. Some even brought their guitars. Music was played, songs were sung, and everyone seemed to be enjoying catching up on "old times", as well as current events.

The couple have had three children: Juanita (now deceased, 1985); Kenneth, Valley Head, AL; and Milton, Mentone, AL; 13 grandchildren; and 11 great grandchildren.

Polly and Alfred would like to convey their thanks to everyone who stopped by to share in celebrating this special event with them.

God Bless You!



Jacie Rose O'Tinger

Larry and Andrea O'Tinger would like to proudly announce the birth of their daughter, Jacie Rose, born on Jan 19, 2004. Jacie weighed 10 lbs and was 21½ inches in length.

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SURPRISE, SURPRISE!**By Marilyn Blanton Campbell**

Last year, the ladies of American Legion Auxiliary Unit 215 here at Mentone sustained two very big surprises when it came to Girls State. Their first major surprise came when they realized that there were people—other than themselves—who actually cared enough about Girls State to donate money to support that effort.

Just in case somebody has forgotten, Girls State is an intense seminar in state and local government and lasts a week. This year, Girls State will be held June 6-11 on the campus at Troy State University with the boys being somewhere else entirely, so there is no reason whatever for the girls to be distracted from their studies. The girls will live in the dormitories, and proper supervision—as always—will be provided. Naturally, the girls will be expected to behave themselves.

Last year, the Unit 215 ladies were feeling really good about the Girls State situation purely because they had been able to get donated every penny they would need for the girl's tuition. However, the ladies sustained a severe let down, to say nothing of a surprise, when it came to light that there was not a qualified candidate to send to Girls State. The ladies had kept meticulous records on the money that had been donated, and they returned every cent of it. Marilyn Blanton Campbell, President of Unit 215, remarked, "We may not be young and healthy any more, but we are honest." Collecting money for a specific purpose and then not using it for that is dishonest, so the money was returned with letters of appreciation and explanation. Naturally, the ladies were disappointed that there was not a qualified candidate.

Now, the time has come for the ladies of Unit 215 to start working toward sending their candidate to Girls State this year. If you or your organization would like to help, please make out your check to American Legion Auxiliary Unit 215; and stipulate Girls State in the "for" blank. Funds for Girls State can be given to any member of Unit 215 or mailed to Marilyn Blanton Campbell at PO Box 8, Mentone, AL 35984.

There is more to Girls State than just a week's study of state and local government. It is a very good opportunity for the girls, many of whom come from small schools and even smaller communities, to go—under proper supervision—out into the world and see what it is all about. Girls State gives the girls a chance to see what going away to school feels like and often whets the appetite for higher education. Everybody knows that institutional food is never like what one's mother fixes at home, but the girls get a chance to see how campus life works when they have to get up and report to the dining facility for breakfast and then make it to class on time. In addition to everything else, the girls make friends there that they will meet again and again all their lives, as well as becoming acquainted with their own personal potential. Because it is a gathering of just girls, many of the young ladies feel more at ease than they would in a mixed group, and lots of them open up to reveal more personality than their friends and families knew existed.

In the past, the young women who have attended Girls State have returned to report to the ladies of Unit 215 that they had enough fun to make it worth their while to go, even if they had not learned anything they could use later in the classroom. Those former candidates always smiled when they told about their new friends, too.

Unit 215 always pays their candidate's tuition, as well as giving the girl some spending money so that she can buy herself a t-shirt with the college logo on it, and pay for any incidentals that might arise. Again, the ladies of Unit 215 would like to thank everybody who supported their efforts last year toward Girls State and ask again for help this year.

RHODODENDRON GARDEN CLUB**Gethryn Giles**

The Rhododendron Garden Club met at the Mentone Community House on January 13, 2004. The meeting was called to order by President Martha Wood at 12:30 p.m. There were 19 members present. Liz Stephens was a visitor. After the pledge of allegiance to the flag, Peggy Roark gave a devotional on women in scripture. Hostesses were Flo Kirby and Gethryn Giles.

After refreshments, the minutes of the meeting of December 9, 2003, were read and approved. It was reported that Mary Ellen Fielder has been in the hospital, but is much better. Wymer Knight, husband of member, Marilyn Knight, is having open heart surgery in Rome, GA, today.

Dallyne Jones, Chair of the Horticulture Committee reminded the members that the birds need food and water this time of the year. Bird feeders should be kept clean and full, and the bird baths need to be thawed if they are frozen.

Announcements included:

- Jan 11 at Asheville, AL, meeting of the District II Board
- Feb 18-22 - Southeastern Flower Show, Atlanta, GA
- Feb 24&25 - Landscape Design Study Course Huntsville
- March 4-67 the Deep South Convention, Baton Rouge, LA
- March 10-12 - Flower Show School, Course 4, Huntsville, AL
- April 14-17, The Garden Club of Alabama, Inc. Convention, Decatur, AL
- May 17-19 - National Garden Clubs, Inc. Convention, St. Louis, MO

For those members who will be unable to attend a flower show, Jan Wilkinson announced that the Moon Lake Library has a lot of books on flowers which are available to check out.

Linda Brown stated she needs "junk" CD's and other items for the Ecoteers.

The program was presented by Martha Wood. It was a delightful video on the Philadelphia Flower Show.

The meeting adjourned at 1:50 p.m. The next meeting is February 10. The door prize was won by Dallyne Jones.

The Rhododendron Garden Club is a member of the DeKalb/Cherokee Federation; The Garden Club of Alabama, Inc., District II; and the National Garden Clubs, Inc., Deep South Region.

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Rhododendron Garden Club**February 10, 2004****by Gethryn S. Giles**

The meeting was called to order at 12:30 pm. There were 18 members present. Jenny Rogers, Doris McPherson, Marguerite Kenney, Carolyn Woodson and Dorothy Shelden were visitors.

After the pledge of allegiance to the flag, Margaret Baker gave the devotional. Hostesses were Dorothy Cyr, Lucette Dix and Virginia Setze.

Harriett Lillich introduced her sister, Marguerite Kenney from Birmingham, who introduced Jan Ennis. Mrs. Ennis gave an excellent program on Floral Arrangements. Mrs. Ennis not only showed different types of arrangements, but also asked the audience to help her. Everyone received supplies for a small Valentine's arrangement. Door prizes were given by the speaker.

A motion was made to dispense with the reading of the minutes of the January meeting.

There was no old business.

Under new business, the president informed the members that the club has been invited to participate in a flower arranging contest to celebrate the 120th anniversary of the Mentone Springs Hotel to be in September 2004. Shirley Hussel moved that the club accept this invitation. Motion passed.

President Wood announced that the Garden Club of Alabama is accepting used printer ink cartridges. These will be recycled and the money made from this will be used for scholarships.

Announcements included:

- Feb. 18-22 - Southeastern Flower Show, Atlanta, GA
- Feb. 24 and 25 - Landscape Design Study Course, Huntsville
- March 10-12 - Flower Show School, Course 4, Huntsville
- April 14-17 - The Garden Club of Alabama, Inc. Convention - Decatur, AL

The meeting adjourned at 2:50 pm. The next meeting will be March 9th. Marie Dillenbeck won the door prize.

The Rhododendron Garden Club is a member of the DeKalb/Cherokee Federation; The Garden Club of Alabama, Inc., District II; and the National Garden Clubs, Inc., Deep South Region.

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(1) **PEACEFUL COUNTRY** - This 3 bedroom, 1-1/2 bath, brick home has living room, kitchen w/dining and separate den, all located on 9 acres of wooded property and waiting for you. Call for your appointment TODAY! \$73,000 (PLS #12173)



(2) **CLOUDLAND, GA** - New listing with 5 bedrooms, 2 baths, over 3500 square feet. This log home was built in 1928 and is filled with character. Priced at \$172,500. (PLS #11807)



(3) This **CUSTOM BUILT HOME** offers 4 bedrooms, 2 baths, large eat-in kitchen area, spacious living room with fireplace and multi-purpose basement and includes 2.9 acres. \$199,000.



(4) **ROOM TO ROAM** in this 3 bedroom, 2 bath home offering lots of extras. Great room with cathedral ceiling, wood floors, recreation room, barn and fenced pasture on 3 acres connecting DeSoto State Park. \$129,500.



(5) Looking for a **MOUNTAIN RETREAT** - 8 self contained cabins, office building that could be converted into living quarters, numerous RV and camp sites all on 13+ secluded acres adjoining DeSoto State Park. \$395,000.



(6) **LESS THAN 1 MILE** from downtown Mentone and sitting on over 1-1/2 acres, this home offers 3 bedrooms, 2 baths, an open porch on front and a sunroom on the back. All appliances to remain including washer and dryer, 2-car carport with workshop and a 20x24 building for extra storage... office... craft shop...etc. \$92,500 (PLS #11605)



(7) **PRIVACY A PRIORITY?** Try this cabin on one wooded acre. Cedar siding, metal roof, 2 bedrooms, 2 baths, covered front porch, side deck. Under construction and waiting for you to help decide interior decor. Only \$89,500. (PLS #12217)



(8) **PRIME LOCATION IN DOWNTOWN MENTONE** - formerly Dessie's Restaurant, approximately 3000 sq. ft. building with great parking. Now ready for your business. \$250,000.



(9) **COUNTRY AT ITS BEST** describes this rustic style home with spruce ceiling-floors and walls. Add charm to the 3 bedrooms, 2 baths and great room, large front porch looking out at a beautiful field from the 3.5 acre wooded lot. Listed at \$150,000. (PLS #11719)



(10) **INCREDIBLE VIEW! IMMACULATE HOME!** This lovely brick home features over 5000 square feet of living space, 5 bedrooms, 3 full baths, 2 half baths, with decks, patios, circle drive, beautiful landscaping and situated on over 3 acres for privacy. Owners must relocate...All reasonable offers will be considered! (Additional lot available also.) \$459,000 (PLS #11917)



(11) **Almost maintenance-free BROW HOME** with 3 bedrooms, 2-1/2 baths, large eat-in kitchen with island, cozy living room with fireplace, den/pool room with pool table already there. Great views of the valley. \$250,000.



(12) **ESTABLISHED OLD HOME PLACE** in historic Mentone...House is over 100 years old and is restorable with 16.8 acres. This home has several primitive barns and sheds all surrounded by huge Oak trees. Retreat to an era gone by for less than \$100,000.



(13) **HIGH ON A HILLTOP!** Situated on almost 23 acres, this beautiful southern home and farm have more than you can imagine! Four bedrooms each with its own bath, and two half baths, spacious great room with stacked stone fireplace, huge laundry/hobby room, finished walk-out basement with full den, fireplace and built-ins, handsome study also. Property totally fenced with new wood fence, huge barn with horse stalls and a concrete basketball court inside. \$899,000. (PLS #11858)



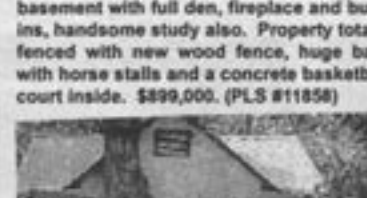
(14) **ROOMY RANCH!** This 3 bedroom, 1 bath has more space than you can imagine, making this a **MUST SEE!** This house offers a large eat-in kitchen, spacious living room/den with gas log fireplace, additional den that could serve as a formal living/formal dining/play room or office, 3 car carport, 2 outside storage sheds, covered entertainment area, shared tree-lined concrete driveway AND a heated 20x40 pool with pool house. What more could you want. \$139,900. (PLS #12159)



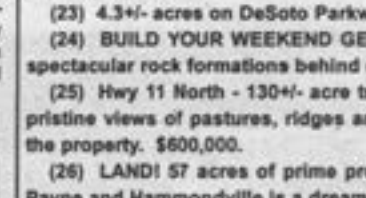
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(15) **NEW LISTING!** 3 bedroom, 2 bath home with 9.89 acres with 1800 square feet, appliances to stay, rock fireplace and located near DeSoto State Park. \$150,000. (PLS #11809)



(16) **COZY COUNTRY CHARM** in downtown Mentone - 2/3 bedrooms, 1 bath with antique footed tub, living/dining combo, pine floors and walls, rock fireplace, central heat and air and a storage building on 2 acres. Fenced side yard. \$72,500. (PLS #12051)



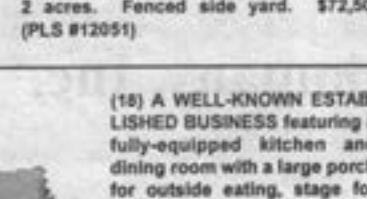
(17) **QUALITY CONSTRUCTION IS A TIMELESS ASSET.** This 3 bedroom home on a level, shaded 3/4 acre lot offers tongue and groove wood walls, hardwood and pine floors under the carpet, spacious rooms, ample closet, CH&A, roof only 5 years new, den which could be a 4th bedroom and a large outside storage building/shop. Just minutes from downtown Mentone. \$69,900. (PLS #11935)



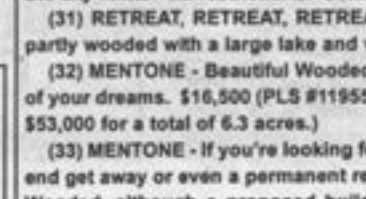
(17) **QUALITY CONSTRUCTION IS A TIMELESS ASSET.** This 3 bedroom home on a level, shaded 3/4 acre lot offers tongue and groove wood walls, hardwood and pine floors under the carpet, spacious rooms, ample closet, CH&A, roof only 5 years new, den which could be a 4th bedroom and a large outside storage building/shop. Just minutes from downtown Mentone. \$69,900. (PLS #11935)



(18) **A WELL-KNOWN ESTABLISHED BUSINESS** featuring a fully-equipped kitchen and dining room with a large porch for outside eating, stage for entertainment and a rustic atmosphere in a charming renovated old home. Located between DeSoto State Park and Little River Canyon and only 10 minutes from Fort Payne and Mentone. \$129,500. (PLS #10215)



(18) **A WELL-KNOWN ESTABLISHED BUSINESS** featuring a fully-equipped kitchen and dining room with a large porch for outside eating, stage for entertainment and a rustic atmosphere in a charming renovated old home. Located between DeSoto State Park and Little River Canyon and only 10 minutes from Fort Payne and Mentone. \$129,500. (PLS #10215)



(19) **MENTONE** - Build your cabin on this secluded yet convenient lot located near DeSoto State Park. \$19,500 (PLS #11730)

(20) **WEST FORK SUB.** - 254' of river frontage (Little River) Gently sloping with great building sites. Lightly restricted. \$40,000 (PLS #10134)

(21) **LAND** - Wooded Corner Lot just South of Downtown Mentone. \$5,500. (PLS #11805)

(22) **GENTLY ROLLING, WOODED VACANT LAND IN VALLEY HEAD.** Perfect for development. Extensive paved road frontage. 62 acres listed at \$3,000 per acre.

(23) **4.3+/- acres on DeSoto Parkway.** Only \$44,500.

(24) **BUILD YOUR WEEKEND GET-AWAY** on this 1.17+/- acres filled with spectacular rock formations behind city hall in Mentone. \$14,500.

(25) **Hwy 11 North - 130+/- acre tract** enjoys the setting of the valley with pristine views of pastures, ridges and Wills Creek which meanders through the property. \$600,000.

(26) **LAND!** 57 acres of prime property located on Hwy 11, between Fort Payne and Hammondville is a dream come true. Call today! \$384,750.

(27) **LAND AND LAKE**...40+/- acres with a 5+/- acre lake and Brush Creek runs through it. The lake was stocked with Bass and Bream 2 years ago and is approximately 35' deep. \$180,000.

(28) **Brow property** ...1.7+/- acres on County Road 166 near Desoto State Park. \$37,500.

(29) **3.68 +/- acres on the Brow** near Desoto State Park. \$59,900.

(30) **OPPORTUNITY AWAITS** - 10 acres on Hwy 117, East of Mentone. 3 mobile homes and 2 one bedroom apartments and room to grow. Outside the city limits - no restrictions. \$158,500.

(31) **RETREAT, RETREAT, RETREAT** - This 40 acres is partly cleared and partly wooded with a large lake and wooded stream. \$170,000.

(32) **MENTONE** - Beautiful Wooded lot for your weekend get away or home of your dreams. \$16,500 (PLS #11955) (Can be purchased with PLS #11954 for \$53,000 for a total of 6.3 acres.)

(33) **MENTONE** - If you're looking for just the right place to build your weekend get away or even a permanent residence, this property is waiting on you. Wooded, although a proposed building site has already been cleared, this property is what you have been looking for. \$37,500 (PLS #11954) (Can be purchased with PLS #11955) for \$53,000 for a total of 6.3 acres)

(34) **LOOKOUT MTN.** - build your dream home on 3 beautiful wooded acres near DeSoto State Park. Water and power available. Some restrictions. \$25,000 (PLS #12002)

(36) **A GREAT FIND** - 18 plus acres on County Road 106. Heavily wooded, road frontage and city water available. Great for subdividing at \$4250 per acre.

OTHER LISTINGS

RECIPE CORNER

By Sue Schwarz

In thinking about this column, I realize that I have been writing this for over ten years, now. That's a lot of recipes. We have been enjoying living here full time now for four years and semi-full time for several years before that. This month, I hope you will enjoy the Silky Fudge Sauce and the Chicken Tamale Pie (not necessarily together). The Chicken Tamale Pie is from a Bisquick cookbook and The Silky Fudge Sauce is from a source unknown to me....one of those recipes I cut out of a magazine and found a few months ago and tried and want to share with you.

SILKY FUDGE SAUCE

- ½ C butter or margarine
- 1 (4-ounce) sweet chocolate bar
(such as Baker's German Sweet)
- 1 C sugar
- 1 (5-ounce) can evaporated milk
- 1 t light corn syrup
- 1/8 t salt
- 1 t vanilla extract

Melt butter and chocolate in a heavy saucepan over medium low heat. Stir in sugar, milk, syrup and salt, and cook over medium heat, stirring for 5 minutes or until sugar dissolves and sauce is smooth. Remove from heat and stir in vanilla. Serve warm (great with vanilla ice cream). Yield: 2 cups.

CHICKEN TAMALE PIE

- 2 C Bisquick mix
- ½ C cornmeal
- 2 T margarine or butter, melted
- ¼ C chicken broth or milk
- 2 C cut-up cooked chicken
- 1-½ Cups shredded cheddar cheese
- 1/3 Cup chopped green onions
- 1 package (10 ounces) frozen corn, thawed
- 1 can (4oz) chopped green chilies, drained
- 1 can (2-¼ oz.) sliced ripe olives (1/3 cup)
- 1-½ t ground cumin
- 1 t salt
- 1 T milk
- ¼ t ground cumin

Mix baking mix, cornmeal, margarine and chicken broth until soft dough forms; divide in half, press one half on bottom and up side of 9-inch greased pie plate. Mix chicken, cheese, green onions, corn, chilies, olives 1-1/2 t cumin, and the salt. Spread into pie plate and shape other half of dough into ball. Knead 5 times on floured surface and roll into 9-inch circle; place over filling. Press lightly to seal edge of pie. Mix milk and ¼ t cumin and brush over crust. Bake 30 to 35 minutes at a 375° oven or until light brown.



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(1) **THE GALLERY COTTAGE**, Mentone 7 room house, newly remodeled inside and out. Kitchen, bath and a glass front porch. Great commercial location. Landscaped 1.4 acre lot, with lots of parking. Open your own business and live in Mentone. \$125,000.



(2) **MOUNTAIN CHATEAU** Cloudland community. Open Greatroom, Rock FP. 2 bdrms plus a Loft Suite with bath. C/H/A, full bath down, Wood accents. 16x15 screened porch and New Deck. Finished basement and 1 car garage. Easily maintained yard. \$191,500.



(3) **RIVER PROPERTY**, East Fork Little River Estates. 4.4 acres nicely wooded and 120 ft on the river. City water, private road. \$50,000.



(4) **MENTONE COTTAGE**, all new plumbing. Stone fireplace. Remodeled with new flooring throughout. Sits on 3 lots. 3 bdrm 1 bath. Screened porch & fenced. \$73,500.



(5) **ONE OF A KIND LOG, STONE AND CEDAR SHAKE LODGE**. This unique find is complete with Heart Pine Plank floors throughout. Open Great room and a loft with built-in beds. Stone fireplace in Living area, and the custom kitchen with a stone fireplace. French doors open to the sleeping porches and master Bdrm. A must see, with much more to offer. ~~\$299,000~~, REDUCED to \$275,000.



(6) **NESTLED ON A SHADY LOT** sits this 3 bedroom 2 bath cottage with Rock fireplace and screened porch. A Metal roof soothes the sound of summer rain. Located on DeSoto Parkway, minutes from Park and Mentone. \$69,900.



(7) **MOUNTAIN RIVER ESTATES**. A River runs through it! Direct Access from the Lookout Mtn. Parkway, on AL Hwy 117. Minutes from Mentone and Cloudland, GA. Three to 7 acre riverfront Tracts starting at \$35,500. Five to fifteen wooded stream tracts from \$21,000. Restricted covenants apply.



(8) **COMPLETELY REMODELED AND LIKE NEW**. One level Ranch-style home, with apartment. 3 bdrm, 3 bath, Living room with stone fireplace. Separate dining room. New kitchen cabinets, counters, flooring. New Roof, lifetime warranty windows. Screened porch and breezeway. Wired Generator. So much more. Containing 3.6 acres M/L. Hwy 117, with commercial potential. \$120,500.

OTHER PROPERTIES

- (12) **SECLUDED** wooded acreage, with power, septic, well, driveway installed. Homesite area cleared. Lightly restricted. 11 ac M/L. \$40,000.
- (13) **INDIAN TRAIL ESTATES**. Building lots on the West Brow, above N. Ft. Payne, county road, city water access, view lots starting at \$10,000; wooded lots starting at \$6,000.
- (14) **WILD RIVER COMMUNITY** 220x300 on the East fork of Little River. Secluded and Scenic, with pools and Rapids. \$30,000.
- (15) **WILDLIFE ABUNDANT** on these three 20+ acre tracts. Mostly Open Land, Rolling hills, ponds. May be purchased individually or together. Priced \$2,000 an acre. Located in Mentone area with deeded access road.
- (16) **CANYON VIEW FOREST** adjoins National Preserve, and wildlife Management. 5 acre tract, wooded with drive, power, well installed. Private access behind locked Gate. Overlooks Little River Canyon National Preserve. \$60,000.
- (17) **BREATHTAKING VIEW** on the West Brow, GA. 5.25 wooded acres and 230 ft on the Bluff. City Water. Paved Road. \$89,000
- (18) **RESORT AREA RIVERFRONT PROPERTY**. Building lot with 299 feet on the West Fork River. Woods and rocks. Call for appt. to view. \$43,500.
- (19) **LAUREL CREEK LAKES SUB.** Lots 1&2 approx 2.77 acres wooded with half of Arrowhead lake. Surveyed and perked. Great place to build that Weekend retreat. \$23,500.
- (20) **EAST FORK LITTLE RIVER ESTATES**. 3.8 acres with 1.75 ft on water located in Cherokee County. City Water, wooded, private road. Restricted Covenants. \$35,000 **PENDING**
- (21) **2.25 ACRES**, on CO RD 106, City water available, mostly cleared with lake site, Large Oak Trees, where the Old Homeplace used to be. \$56,000.
- (22) **BUILDING LOTS ADJACENT TO BROW**. 4 lots over an acre. Level, surveyed, perked. Paved Road 89 North. Mentone. Lightly restricted. \$15,000 each.
- (23) **89 ACRES** of Wooded Brow property with creek and waterfall. Private drive with bridge. Great views, \$240,000.



(9) **CHARMING BRICK BUNGALOW** sitting on 1.65 acre corner lot. 3 Bdrm 1 bath, living room with fireplace, separate dining, wood floors, C/H/A. Level, Fenced Backyard, quiet setting. Mentone \$69,000.



(10) **WHAT A LIFETIME FIND**. All anyone could ask for in one location. Start with 80 acres of wooded and pasture. 3 miles of trails. 2 residences. One small cottage, 2 bdrm/1bath. 20x30 garage. With a small pond on the upper 40. Continue down the winding drive to the Main house, 3 bdrm/2 bath on a 10-acre LAKE stocked with fish. Private and Serene. Mentone. \$349,500.



(11) **CREEKSIDE AT LOOKOUT**. Two Brow tracts available. 5 acres with over 400 ft on the Brow. Wooded with drive. \$95,000. Also 7.7 acres wooded with 300 ft. \$115,000. Gated subdivision. Common areas for hiking. Cloudland, GA (Photo to the left.)

MENTONE MINI STORAGE UNITS AVAILABLE
FOR INFO, CALL ANGELA WOOD AT 256-634-4672

It's Girl Scout Cookie time!! Support girl Scouts by buying your favorite cookies!
Starting January 14, the Girl Scouts deliver cookies;
and sell direct beginning February 27. Look for a booth near you.





HAPPY 85TH BIRTHDAY, GRANNY WHATLEY!!

Yay! A special Happy Birthday goes out to a special lady known to many as Granny Whatley. Granny turned 85 on January 12. Granny now lives in Florida, but still has many friends and family here in Mentone who love and miss her. Her son, Sam Whatley, Joyce Blankenship and her daughter, Jo, were there, and spent a few days with her and they had a great time. Granny has three children, 11 grandchildren, 11 great grandchildren, and 1 great great grandchild, and another on the way. We love you, Granny.

Love, from your
Family and Friends

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Starting Over

By Gethryn S. Giles, February 3, 2004

I have never liked to walk, so Mentone should be the perfect setting for me, since everyone drives everywhere. The only person I have ever seen walk across Highway 117 from the Mentone Market to the Mentone Post Office is Benny Goss. And this was when he owned the market and would take a break from the post office and go across the street to check on the market. Anyone else who wants to visit both places drives from one to the other.

Other members of this writing group like to walk, but not me. Marilyn walks with her dog every morning. Harriett and George used to walk on County Road 106 and keep it spotlessly clean and I have often seen Jane walk from her house to Harriett's to attend a meeting of the writing group. I would just drive from my house to Harriett's if I lived where Jane does. But not me, I drive to go to Margaret Baker's house, and it is probably less than 1000 yards from my house.

Early last fall, I attended a seminar on Women's Health. I learned several new things that day; one was that women often feel different from men when they have a heart attack. Another was a lot of practical information about how to care for yourself. The speaker really convinced me that a little exercise is a good thing and I came home telling Gene that we were going to start walking at least three times a week.

So—several days later we walked to the gate and back. Gene managed to accompany me for at least three times. Then I had to walk by myself—his back would be hurting, or he had something on TV he wanted to watch—or something else was happening. For the first three nights, I walked to the gate and back and then I would go through the gate and down the road for a few feet. I even made it all the way to Cleo's gate and back to my house a few times. But, as usual this effort to start over didn't last long and I haven't walked any since before Christmas.

When making my New Year resolutions, I didn't even

think about making one about walking. But circumstances were to prove me wrong.

On January 23rd, Gene and I went to Atlanta for me to attend a seminar, which was to last two days. Several weeks before we were to go, I got in touch with Margaret Baker's son-in-law, Britt, and made reservations at the restaurant where he was the executive chef. On Monday before we were to leave Mentone on Thursday, Margaret called me and said that Britt had left this restaurant, but he recommended a restaurant near our hotel—the Mid-City Cuisine. We were staying at the Sheraton Mid-Town, which is located at the corner of 14th Street and Peachtree. The Mid-City Cuisine's address is 1575 Peachtree. We talked with the people at the hotel and we all agreed that we did not need a taxi. It is a real safe section of town, near the Woodruff Museum and surely we could walk a short block and a half. Our reservations were at 7:00 p.m. and we left the hotel at 6:40. After we crossed 15th street, the first building number we saw was 1231. Well, surely, the restaurant would be in the next block—WRONG—. We walked—and walked—and walked. Both of us were out of breath, the wind was blowing, and it was cold. Finally, we arrived at 1575—and, to our delight, it was the right place. By then, it was after 7:00 and, panting, we walked up the steps into the building.

After supper, the hostess said she would call a taxi for us. Apparently, we looked as bad as we felt when we arrived at the restaurant. When we got in the taxi, we asked the driver to clock the mileage and tell us how far we had walked. It was only eight-tenths of a mile, but it had seemed like eight miles to us non-walkers.

Starting over—Well, I don't think so. We know we need to walk, but I guess we'll just keep on doing what we are used to—why, even in France, we refused to have a walking tour of the town of Beaune. We told our guide just to drive us through the city. —That's probably what we'll keep on doing—driving, just like everyone else in Mentone.

Contrary February

February, so contrary,
How do your breezes blow?
You tease of Spring, the Robins sing,
Then you bring ice and snow!

Buds stretch and yawn, to greet the dawn—
Retreat again to sleep—
Jonquills arise, look at the skies,
Lay down their heads and weep.

Part of the scene turns timid green,
Then fades away to gray.
Make up your mind, what will we find
When we awake with day?

Earth stirs and tries to life arise
But does not know to warm or freeze—
February, do not vary!
Blow us a warming breeze!

...Eloise M. Brown

Mrs. Mildred O'Shields Laws 1916-2004

Mildred was a lady of the land,
Its qualities and needs she could understand.
Her life was rooted in its fertile soil,
She delighted in its work and toil.
To plant vegetables and flowers and watch them grow
Brought complete satisfaction she could know.
A bountiful harvest she could always reap—
But not all just for herself to keep—
She was always happy to divide and share,
She enjoyed cooking good things to eat,
Always proud to share a meal or a treat.
Her country fried potatoes and orange candy cake
Any prize in the place could easily take.
Ever willing to help every way that she could
She was a blessing to the whole neighborhood.
Her life was her home, the land, family and friends—
A faithful heritage that beautifully blends
She will be remembered by those who remain—
Lady of the land and home and its domain.

...Eloise M. Brown



An American Hero
John F. Kennedy
by Leanna Webb
Third Place Winner

An American Hero to me would be John F. Kennedy. He was a hero for his bravery, and determination. John F. Kennedy is a hero to me for his bravery. He had enlisted as a seaman in the US Navy. For a few months, Kennedy was stationed in Washington DC. Following the attack on Pearl Harbor on December 7, 1942, he applied for sea duty. Late in 1942, Kennedy was assigned a PT boat. His PT boat was called to patrol duty in the South Pacific. Shortly after midnight on August 2, 1943, a Japanese destroyer cut his boat in half. Kennedy and 10 men clung to the wreckage all night. The next morning, Kennedy ordered his men to swim to a nearby island. He had received an injured back during the attack, but managed to pull one of the disabled crewman to shore. Kennedy spent four days in the water searching for help. Kennedy's crew was rescued on August 7th. For his bravery, Kennedy received the Navy and Marine Corps Medal.

Finally John F. Kennedy is an American hero to me because of his determination. Kennedy was determined to pass what is now called civil rights. Civil rights allow every American to be treated equally. Kennedy once stated, "we are committed to a world wide struggle to promote and protect the rights of all who wish to be free." It should be possible for Americans of any color to receive equal service in places such as hotels, restaurants, theaters and retail stores. Not every person has an equal talent or an equal ability, but we should have an equal right to develop our talent and make something of ourselves. Kennedy also stated, "it is not enough to pin the blame on others, but to say this is a problem of one section of the country. A great change is at hand, and our task, our obligation, is to make that change, peaceful and constructive for all. Those who do nothing are inviting shame as well as violence."

John F. Kennedy was an American Hero to me for his bravery during the war on Pearl Harbor, and for his determination to fight for civil rights. John F. Kennedy will always be remembered for all the great things he has done, and will always remain an American hero to me.

Works Cited:

John Fitzgerald Kennedy, The World Book Encyclopedia, 1989ed.
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An American Hero
Henry Ford
by Kaleb McMunn
Second Place Winner

How would our lives be different if not for gas powered vehicles? Henry Ford was born during the Civil War, in 1863, in Dearborn, Michigan. His parents names were, Mary and William Ford. His parents always encouraged Henry's curiosity.

Even when Henry was a little boy he enjoyed machinery and tools. While he was still young, he invented a way for wagon drivers to open their gates without having to get off their wagons. One time, at his grammar school, Henry and some friends were trying to make a simple steam engine, when, it exploded and pieces went flying everywhere! The fire from the explosion burned down part of the schoolyard fence. His dad however, did not punish his son, he only said, "Be more careful when you play."

When Henry Ford was just sixteen years old he left his family's farm and went to Detroit, Michigan. As part of his education he worked and apprenticed at several companies. One was Michigan Car Company. But he only worked there for six days! Next he worked at James Flowers and Brothers Machine Shop. In 1880 he took an apprenticeship at Detroit Drydock Company.

In 1888 Henry Ford married Clara Jane Bryant. They only had one child, a son, named Edsel. After he got married, he worked at Edison Illumination Company. While he worked there, on his off time, he was trying to develop a gas powered engine in his shop behind his house. Finally through 1895 and 1896 his quadricycle was closer to being finished. The quadricycle had four bicycle tires and was mostly made of wood and it only weighed 500 pounds. He was ready to take his first test drive on June 4, 1896, but he ran into a big problem. His big problem was, the quadricycle was too big to fit out of his workshop door! So he grabbed an ax and knocked out part of the wall so it would fit out!

In 1903, Ford founded a new company, The Ford Motor Company. This company was known to make the Model A, the Model T, and after that, in 1927, they introduced a new Model A. Henry Ford's cars were used in both World War I and World War II. When he started making cars, the mechanics put each car together one car at a time. Then in 1913 he invented a faster way of making them, the assembly line. He always wanted to make cars that were both affordable and reliable so that any person could afford to buy one.

In the United States today almost every person has an automobile. If not for Henry Ford, we might not have the speed and convenience of gasoline powered vehicles. He was truly one of my American Heroes.

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An American Hero
J. C. Watts, Jr.
by Brandon Willingham
First Place Winner

What is an American Hero? I believe a hero is someone who's character is built from honesty, values, and morals. That is why I chose J.C. Watts, Jr. as my American Hero.

Julius Caesar Watts, Jr. was born on November 18, 1957, in the small town of Eufaula, Oklahoma. He is the fifth of six children born to Helen and Buddy Watts. Watts grew up in a poor, black neighborhood. Despite being poor his parents wanted to instill the importance of education to all of their children. Watts grew up learning about such things as character, values, and good morals, by practicing these things in everyday life he grew to be well-known in Oklahoma and was seen as a strong leader in his community. He graduated from Eufaula High School in 1976. Watts then attended the University of Oklahoma and graduated in 1981. As a leader J.C. Watts Jr. lead the Oklahoma Sooners football team to several victories, including the 1980 and 1981 Orange Bowl. After graduating from Oklahoma he spent six years in Canada starring in the Canadian Football League. After his football career, Watts and his family returned to Oklahoma. He became the owner of a property management company, and also took on the job as youth minister. Watts enjoyed teaching children and served as a spiritual and moral guide for young people.

Watts reputation as an honest, hardworking leader grew more and more. Watts then decided to run for office of Oklahoma Corporation Commissioner. He won the election, and that made Watts the first black person to be elected to statewide office in the history of Oklahoma. During his four year term he gained the trust of more voters, he then considered running for United States Congress. Watts again won the election in 1994 and was the first African-American Republican elected to Congress.

Watts took some big steps in life, but by using values, morals, and building good character he accomplished great achievements.

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<<http://www.jcwatts.com/news/news20030322.htm>>

NOTES FROM THE MAYOR'S OFFICE

Nothing is more distasteful than a negative attitude. Sure, none of us wishes to be inconvenienced, but for our own good and self preservation we are a land of people who must pass rules, regulations, and laws that will protect us from each other or we will destroy ourselves. What would have happened at World War II if the atomic bomb had not come along when it did. I shudder to think what could have happened.

However, today, we must constantly guard against others from developing even more powerful and destructive methods to capture us and make slaves of us and our generations to come. Thus, we must pass laws--both domestic and international--to protect us from each other and ourselves. Ordinances (laws) are necessary for the protection of and the safety and welfare of the people; and sometimes just to remind us that we are not the only ones occupying this planet. Therefore, the viscous dog ordinance, nuisance ordinance, zoning ordinance, traffic ordinance, and tax ordinances are in effect.

It appears we need to establish some sort of a burn permit requirement so as to ward off a swooping forest fire as seen out west. Also, an ordinance for a drive way permit is needed, as contractors are not providing for proper drainage.

We held a public hearing as required by law on the FEMA Flood Insurance Program on February 12th and there seemed to be no objections. The council will go forward at the next meeting to join the program, which is required in the event of a disaster.

The 'meals on wheels' program is being depended on more and more by our shut-ins and the disabled. We were getting frozen meals for seven (7) days each a week but with the governor's budget problems we have been cut to five (5) a week. I cannot thank the volunteers enough who deliver these meals. If you should know of someone who, you think, may need them, please call Linda Brown (634-8006) or my (634-4444 or 634-4278).

April 1st is the planned target date for the recycling center to be open. The environmental committee has set April 24th as Mentone clean up day. The rules regarding the use of the center are as follows:

- No household garbage or dead animals will be accepted.
- The center will be open on
 - Saturday mornings: 7:30 a.m. until 1:00 p.m. and
 - Wednesday afternoon 1:00 p.m. until 5:00 p.m.
 - Other special times will be posted.
- The items that will be accepted are as follows:
 - aluminum cans and scrap aluminum;
 - glass and plastic containers;
 - copper, brass, iron, steel
 - batteries, radiators, air conditioners;
 - tires (no truck or tractor tires)
 - used motor oil (gallons)

Later on, we will accept paper and cardboard.

The Church News

By Evelyn Graves



Sunday morning services at Winston Memorial Presbyterian Church are held at 9AM each Sunday, except no services on 5th Sunday. Rev. Jerry Davis and Rev. L.A. Smith are alternate speakers for these services.

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

The Valley Head Methodist Church prayer meeting is Wednesday night at 5PM. Bible study is Wednesday night at 6:30PM. A prayer chain has been formed. Sunday School is at 9AM each Sunday and Worship is at 10AM.

Wildwood Seventh Day Adventist Church, Mentone Chapter, is currently holding services in the Woodmen of the World Hall in Valley Head. All are invited to attend! Sabbath School and Song Service: 9:30-10:45AM. Worship Service 11:00-12:15. Pastor - Wilbur Atwood; lay Pastors - James Hartley and Ryan Bunnell.

The Harmony Grove Baptist Church invites everyone to come and worship with them. God's Country Church is located on Co. Rd 239 (Hawkins Road). Sunday School is at 9:45AM; Morning Worship is at 11AM; Evening Worship is at 6PM; Wednesday Night Prayer service is at 6PM.

Our Lady of the Valley Catholic Church on N. Gault Avenue in Fort Payne holds mass services at 10:30AM each Sunday; and Communion services at 5PM on Tuesdays.

Prince of Peace Lutheran Church, 1519 Smith Gap Road (County Road 85), Fort Payne. Regular worship services are at 10AM and Sunday School at 9AM. Steve Schrader, pastor - 845-4314. All are welcome.

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

Anyone interested in observing the Sabbath and Holy Days, call 845-2246 for time and location.

Presbyterian Church worship service at Cloudland begins at 10AM (EST), and the Menlo service begins at 11:15AM (EST).

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

Mount Calvary Baptist Church, Cloudland, GA, welcomes everyone to come and take part in our church services. Sunday School at 10AM; Worship Service at 11AM. Sunday evening at 6PM, and Wednesday evening at 7PM.

Lighthouse Fellowship, Cloudland. Turn at the produce stand, pass the tennis court, and go to the stop sign. Go right two blocks. A church alive is worth the drive. Sunday School 10AM; Worship - 11AM, Alabama time. Everyone is welcome. Phone: 706-862-2607.

DeSoto Church of Christ invites you to attend Sunday Bible Study at 10AM, Worship at 11AM. Wednesday Bible study at 6PM. 256-634-4147.

The Mentone Revival Center and Pastor Alfred Chambers and his wife, Polly, invite everyone to join in worship on Sunday at 10AM. Wednesday evening worship begins at 5:30PM.

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

Mentone Community Church Sunday School 10AM; Sunday Worship 10:45AM; Sunday evening service 6:30PM. Wednesday evening service 6:30PM with Bible study and Teen class. Nursery provided for all services. Pastor Rick Haworth welcomes all.

The Mentone Church of God of Prophecy Sunday School is at 10AM, with Worship at 11AM. Evening Services begin at 6PM. Rev. Charles Flannigan invites everyone to attend regular services.

Mentone Church of God invites you to attend their church. Sunday School - 10AM; Morning Worship - 11AM. Sunday evening - 6PM; Wednesday evening - 6:30PM. Pastor Brian Hancock welcomes all.

St. Joseph's on-the-Mountain Episcopal Church A place of prayer, thanksgiving, and celebration. Come by any time to pray and give thanks. Open 24 hours every day. Sunday service is at 10:30AM.

The Mentone United Methodist Church services are at 11AM each Sunday. Sunday School is at 10AM. Pastor Les Brown welcomes everyone. The Ethel Brown Unit of UMW meets on the 1st Wednesday at 11AM in the fellowship hall and the Mountain Laurel Unit of UMW meets on the 3rd Monday at 12:30PM, subject to change due to scheduling.

Moon Lake Baptist Church welcomes you. The Sunday schedule is: Bible study 9:45AM; Morning Worship - 11AM; Children's Choir Practice - 4:30PM; Youth Choir, Disciple-ship Training & YGAs - 5PM; Evening Worship - 5PM; Adult Choir Practice - 7PM; Wednesday: Team Kids, Youth & Adult Bible Study - 6:30PM. Young Women's Prayer & Share Group meets each Wednesday evening at 5:30PM.

Cove Road Baptist Church invites all children of the surrounding area to attend children's church. Parents are also invited for SS and church. SS at 9AM; Worship at 10AM. Sunday Evening Worship at 5PM. All times CST.

Lea's Chapel Baptist Church welcomes you to worship with us. 10AM Sunday Bible Study, 11AM Morning Worship, 6PM Evening Worship, Wednesday 6-8PM Awana (ages 4 to 18); 6:30PM Praise and Prayer Time. Located at 4212 County Road 751. 635-1001.

The Fort Payne Christian Center and Pastor Ken & Elaine Holleman invite everyone to join in Worship on Sunday at 10AM. Wednesday Evening at 6:00 PM. God Bless you.

About

Our Town

By
LINDA BROWN



Here we are in the middle of winter and so far, we haven't had a snow storm or other really bad weather. This may or may not be a good thing. Some years when the first part of winter is mild, we have had some very nasty storms later. In other years, it would continue to be mild and we would have an early spring. The crocuses in my yard are already up and the yellow ones are about to burst into bloom. I always have very weak moments and order more bulbs than I have a place to plant. I did this again. Recently, I received a card telling me that my order of bulbs which are named, **Grand Mother's Cutting Garden**, will be shipped sometime in March. I think I remember that there are more than 100 bulbs in this collection. Where will I put them? Also, I have ordered some caladium bulbs, but I have a place for them. I love caladiums, they make such a show and are not that hard to grow. I never take the bulbs up, they are not expensive and I buy new ones. This way, the garden is never the same.

I still need all of the junk CD's that I can get. My daughter, Gail, decided that she wanted a differently shaped holiday tree for next year. She offered me the one she has been using for the town hall. Of course I jumped at the chance. I had to throw the one we had been putting up in the garbage last year. Ann Wright gave it to the town and we have used it for a lot of years. The holder finally broke to the point of not being repairable. Bobby had wired it, tied it with string and we had even glued it, but its time had come. The Partridge Peas Junior Garden Club and I will need many CDs to decorate the newer tree this year.

Also, I need some medium sized or even small margarine tubs and the lids. The tubs will become houses for a Native American exhibition during History Week at Moon Lake Elementary School in May. The kindergarten class is making about eight different types of the houses that the Native Americans lived in. These will be displayed in a sand table. The lids will be the foundation for a totally different house, so I need them too. We will display the names of the houses and the tribes who lived in them above the table. Plan now to come to school and be a part of this celebration. I will let you know the exact dates and other details and I'm sure that a letter will go home with each student.

Some excavating has been done for the site of the Mentone Recycling Center. When we get everything in place and have the program up and running, we will post notices as to open days and hours. Hopefully, this will not be abused as some centers have. Often, one or two people will abuse a program and cause it to be closed to everyone. This happened to the recycling center that was at the old Wal Mart store in Fort Payne. The one that is being planned for Mentone can be a big help for everyone, but we will all have to do our part in adhering to the rules and regulations.

The work in Mentone always slows down during the winter months. This is true because of wet ground and cold temperatures. The rehabilitation project for the water works should be getting underway this spring. Here again, is an example of a project that proves that it is harder to maintain than to build initially. It is always easier to plant a garden than to keep the weeds out of it. Sometimes I think that in the case of gardens, it might be better to plow up everything in the fall and start over in the spring. Of course, we would destroy a lot of plants that need several years to become productive. Some of my shrubs are just now getting large enough to be pretty and some need to grow a few more years. I planted three new butterfly bushes last year. My old ones just seemed to sort of play out. They were straggly and sparse of leaves. I pruned one of the ones that I left and pulled two others out of the ground.

I have had an interesting experience with a different aspect of gardening. I help Crystal Scott publish the magazine that is sent into the homes of all garden club members in Alabama. Mary Summerville is the State President and has chosen the harmony hydrangea as her theme flower. We decided to put a different species of hydrangeas on the covers of the magazine during the two years that Mary will be president. We will publish eight issues. While it sounds easy to find this many pictures suitable for covers, remember that most hydrangeas are white. The spring issue will be printed in color and we have started looking for a picture that would be suitable. It has not been an easy thing to find. One fact has become very clear, people who make gardens do not take photographs. Everyone says that they had beautiful plants last year but do not have pictures. Every new experience brings some new and interesting revelations. I am about ready to go with a cover of wild flowers. A lady in Boaz told me that she has some gorgeous pictures of her wild flower garden.

For some reason, I have had my childhood on my mind this winter. I think that I am just now realizing how hard the winter was for my mom. As I have said before, dad worked long hours and didn't get home until after dark during the cold months. This left mom responsible for tending to all of the animals and making sure that we had enough wood and coal to last through the night. I remember one time she was splitting stove wood and a stick flew up and cut her nose very badly. She managed to get to the house and we stopped the bleeding and put a bandage on it. This had to have been before I was twelve years old because we moved from the farm when I was twelve. She had to milk the cow twice a day and then we had to strain and cool the milk. I suppose we could just set it outside in the winter. I remember more about summers. I probably didn't like the cold, short days then either. Splitting stove wood was an experience in itself. Someone would haul logs cut to a certain length into our yard and dump them there. This length was to fit in the stove that we used for cooking. The logs would be split into about four sections, but they always had to be split again to make them thin enough to burn fast to cook the food. Mom was doing this-second splitting when she was hurt. I don't see how women ever baked a cake or bread, how did they regulate the temperature? My brothers and I would play with the stove wood and build what we called, "pig houses." This is where you criss-cross the sticks and make a square pen. The ever-present wood chips were the "pigs." The Native American

home that the kindergarten class made in January used this same technique. We used craft sticks to make the walls and then covered them with brown paper for the roof. The idea was new to them, so I knew that they did not have stove wood at home. They enjoyed doing this and now when I go into their room they all ask when we are going to do another project.

During one of the worst ice storms in Mentone's history, my mother-in-law and I cooked on a wood stove for about fifteen people. The electricity was off for more than two weeks, so we put up a flue, installed the heater and cooked on it. We didn't make a lot of fancy food, but I do remember that she would bake biscuits for breakfast. Also, I remember that we made a lot of banana puddings because the delivery trucks would bring bananas and vanilla wafers to the store. Sterlyn Brown and I would walk to the store, across yards and pastures, and buy whatever they had in stock. That was the longest two weeks of my life, and I know that it was for Mary Brown. We were constantly entertained by the dry wit of Pat Priest, who was a school teacher at Ider and since school was out he stayed with us. He had a birthday during the time of the storm and managed to get to Fort Payne and buy a birthday present for all of us. He said that he was so thankful for his life that he always gave presents to others on his birthday. We also had the

Methodist preacher, Bob Carter, staying with us and he loved to argue. Just give him a subject, any subject. He kept us from getting bored. I'm sure that, to this day, Bob Carter would say that he didn't argue, he was just good at presenting the opposing view. This is one of those experiences in life that you are glad you had one time, but once is quite enough.

We are having so much flu and colds in the community that sometimes I think we should call off all meetings and other gatherings and stay home. Of course, the children would have to stay out of school as that is where a lot of it gets started. Recently, we have heard of quite a few people who have been diagnosed with cancer and others who have had heart surgery. A person in the business of health care told me that by the year 2020, at least two-thirds of the people alive will be more than 65 years of age. I suppose that this applies to America and other developed countries. I can't believe that the third world countries could improve their standard of living that soon. I wish that they could. The sight of starving children and old people with their ribs sticking out should make us realize how much work needs to be done. I suspect that more drugs and medical supplies could be put to use in these countries if the producers of such items would stop thinking with their bank accounts and start thinking with their hearts.

Dear, sweet Ruby Brock is back in Mentone in her house. She wanted to come home and I appreciate her family allowing it and helping her to do it. She seems to be feeling better each day. Welcome home, Ruby! So many people live alone here in Mentone. If you live close to one of them, give them a call or go and visit. What better way could you find to pass the time on a winter afternoon?

February is known as the month of LOVE. This little four-letter word has many meanings. See how many you can think of. Start with Love Your Neighbor as Yourself. I love all of you.

Attention All Mentone Merchants ANNUAL NETWORK GATHERING

Sunday, March 14, 2004

4-7 p.m.

@

MERF (community) HOUSE

If you own a store, place of lodging, or area attraction.

Join us for an evening of sharing information

To benefit *all* of our guests.

We want to know what you offer.

Bring flyers, brochures, menus, cards to share.

Sponsored by: **Mentone Tourism & Special Events Committee**



God's Minute

by Ruby Brock

A new commandment I give unto you that ye love one another as I have loved you, that ye also love one another. John 13:34

We think of February as the love month, but Jesus said, "I give you a new commandment: love one another as I have loved you. Jesus loved every day, not just on Valentine's Day. He proved his love by helping those who were in need. Have you called your mother or friend to say, I love you?"

I know all are very busy, but please take time to call someone and say, I love you. Happy Valentines Day!

MENTONE ENVIRONMENTAL COUNCIL

COMMUNITY CLEAN-UP DAY

**Saturday, March 20th
9:AM till 1:PM**

**We need
YOU**

Join us on the town square
to get your vest,
bags, assignment
& join a group. Bring a group.

Lunch will be provided
afterwards.

Tel: 256-634-4124

Rain Date March 27, 2004

Mentone Tourism & Special Events Committee

**Meets the Second Sunday of every Month @
MERF House at 4:PM.**

2004 HISTORIC WALKING TOURS

Saturday May 29, June 5, June 12, June 19, June 26, July 3

Christmas In Mentone, 2004

Ongoing commitments of the Committee

Newest Item: Mentone Visitor's Handbook

A very inexpensive way to advertise your business to folks who are already in town, or planning a soon visit.

Supplemental State Grant Applied For

Contact Laura at 634 3333 or LCMoon@aol.com

Open to all business owners in the area.

**Please join US March 14 for our
Annual Network Gathering**

SCHEDULE OF MEETINGS, EVENTS, AND OTHER DATES

- Thursday, Feb. 26, 4PM, Waterworks Board Meeting, Mentone Town Hall meeting room, open to the public
- Tuesday, Mar. 2, 6:30 PM, DeSoto Rescue Squad, Mentone Community House
- Tuesday, Mar. 2, 7 PM, MAPA Meeting, Fellowship Hall, Church of God of Prophecy
- Monday, March 8 6PM, Town Council Meeting, Mentone Town Hall meeting room, open to the public
- Tuesday, Mar. 9, 12:30PM, Rhododendron Garden Club, Mentone Community House
- Tuesday, Mar. 9, 6:30 PM, Moon Lake

- Elementary School PTO Meeting
- Tuesday, Mar. 9, 7 PM, American Legion Hall, Post 215 Meeting
- Tuesday, Mar. 16, 6:30 PM, DeSoto Rescue Squad, Mentone Community House
- Wednesday, Mar. 17, ST. PATRICK'S DAY
- Thursday, Mar. 18, 10AM, Mentone Book Club, Mentone Community House
- Thursday, Mar. 25, 4PM, Waterworks Board Meeting, Mentone Town Hall meeting room, open to the public
- Thursday, April 1, APRIL FOOLS DAY

Senior Lunch

**11:30 Every Wednesday at
the Community House from
February 25 until April 28**

Contact m.e.r.f. c/o Little River Hardware,
at 634-4757, if your group would like to
prepare and serve one of these meals.