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Volume 24, No. 2

"Neighborhood News from the Heart of Lookout Mountain"

February 2006

## Phyllis Burdge "WalkAbout Phyllosophies"



**Phyllis Burdge and her Walkabout companion and service dog, Justice**

On Friday afternoon, January 20, I received a call from Gayle Becker regarding an individual with a wonderful outlook on life who wanted to share her story in hopes that it would inspire others. Phyllis Burdge was going to be in Mentone on Saturday. We agreed to meet at the Wildflower Cafe in the morning. She would be traveling with her service dog, Justice. They were recently the focus of an article written by Russell Hubbard of the Birmingham News, entitled "Woman Walks to Share Message." Gayle Becker was going to be her host for the short time Ms Burdge and Justice were going to be in Mentone.

When asked why she was so willing to share her story Phyllis said, "People are evidently hungry for it because I get such wonderful response when I remind people of the value of individuals; that nobody outlives their usefulness; although many of us go through periods of time when we feel that way. If I can have anything to do about it, then nobody can hear me and still feel that they are without value."

A handicap does not have to be a handicap, she said. Over a decade ago, Ms Burdge was felled by multiple sclerosis, which is an auto-immune system condition that scars nerve fibers and disables the central nervous system. According to Phyllis "it was a



**Phyllis Burdge and Marie Dillenbeck listening to the hostess of the Wildflower Cafe play her guitar on the porch while Gayle Becker took the picture.**

miracle. The medical term is spontaneous remission."

Ms Burdge is a woman from Kansas who biked and walked to Birmingham from her home state with her dog, a 4-year old black lab named Justice. In order to do these walkabouts, she must have a sponsor and someone to drive the van so that she can walk.

Phyllis has a full-length brace on one leg, a cane in her right hand and Justice's service dog harness in her left. She spent 12 years unable to walk and became progressively more disabled from multiple sclerosis, including two on intravenous feeding, flat on her back unable to even comb her hair without suffering debilitating fatigue. She spent a lot of time in a hospital.

Her first service dog was named Alex. He was a golden retriever and had a personality a lot like Justice. Many times she was not able to push the life-line button, but Alex was able to pull the life line button when it was necessary. For two years, her hands were clenched in fists and Alex was there to help. Ms Burdge has fond memories of Alex.

Phyllis feels that she has been given another chance to contribute to society and to herself. With this chance, she talks to groups about living with a

disability and the importance of service dogs such as Justice. But it's mostly about the spirit of life rather than her own recovery. She and Justice are now touring the country ("WalkAbout Phyllosophies") in order to speak to anyone who will listen. She shares her story, which focuses on what she has done with her second chance at life rather than it does her recovery.

After her Birmingham speaking engagement, she went to Georgia. She drove, biked, and walked to get there. She also plans to go to Miami, after which she will be going back home to plan another walkabout.

"People are hungry for a positive message," Burdge said. "I fully plan on doing more."

Talking with her, you will find that she does not feel sorry for herself or her medical condition. Ms Burdge feels that this is an opportunity to prove that no one ever reaches a point where they are not useful. One just has to find out what special talent one has to give to those who are ready to hear a positive message.

Without her service dog, Justice, Phyllis would not be able to get her messages out to others. After the spontaneous remission, she set out to walk. By November 1998, she began her "walkabouts," her term for taking off on a few thousand mile biking and walking tour despite the stiff leg and other aches and pains remaining from her bout with her own nervous system's rebellion.

Continued to page 3.

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Published monthly by the Mentone Area Preservation Association, MAPA was first conceived on Groundhog Day, 1982, and organized April 5, 1982, for the purpose of preserving and protecting the heritage, natural environment, and other unique qualities of life in the Mentone area, and is chartered as a non-profit organization by the State of Alabama.

## THE GROUNDHOG STAFF

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

The DEADLINE for all material for The Groundhog IS THE 20TH DAY OF THE MONTH PRECEDING PUBLICATION.

## 2006 RHODODENDRON FESTIVAL DATE MAY 5-7

Tuesday, February 7, at 6:30 PM, there will be a meeting at Dessie's Restaurant for all MAPA members, business owners, and citizens to discuss the Rhododendron Festival set for Friday, May 5 through Sunday, May 7. This will be a community effort between MAPA, the businesses in and around Mentone, and Mentone residents. Volunteers are always needed to help at the festivals. If you would like to volunteer, come to the meeting and let us know where you are willing to help. THANK YOU!



## PUBLIC NOTICE

### THE PLANNING COMMISSION OF THE TOWN OF MENTONE MEETING DATES FOR THE FOLLOWING MEETINGS ARE:

APRIL 20, 2006  
JULY 20, 2006  
OCTOBER 19, 2006

All meetings are at 5PM on the 3RD THURSDAY of the months set out above. Meeting are held in the Mentone Town Hall meeting room. Any changes will be posted on the town bulletin board 7 days prior to any scheduled meeting shown above. Notice of the date and time of any special meetings will be posted 7 days prior to any such meeting.

## PUBLIC NOTICE

### THE MEETING DATES FOR THE REMAINDER OF FISCAL YEAR 2006 FOR THE TOWN COUNCIL OF MENTONE ARE AT AT 6:00 PM, AS FOLLOWS:

FEBRUARY 13, 2006  
MARCH 13, 2006  
APRIL 10, 2006  
MAY 8, 2006  
JUNE 12, 2006  
JULY 10, 2006  
AUGUST 14, 2006  
SEPTEMBER 11, 2006

All meetings are at 6PM on the Second Monday of each month. Any changes will be posted 7 days prior to any scheduled meeting shown above. Notice of the date and time of any special meetings will be posted 7 days prior to any special meeting.

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2005-2006 ARE:

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MARCH 23, 2006  
APRIL 27, 2006  
MAY 25, 2006  
JUNE 22, 2006  
JULY 27, 2006  
AUGUST 24, 2006  
SEPTEMBER 28, 2006

All meetings are at 4PM on the 4th Thursday, except where indicated by \*. Any changes will be posted on the town bulletin board 7 days prior to any scheduled meeting shown above. Notice of the date and time of any special meetings will be posted 7 days prior to any special meeting.

## Phyllis Burdge "WalkAbout Phyllosophies"

She packs up the minivan, attaches the bike to the rack on the rear door, and heads out. Along the way, she picks up sponsors, contributors and well wishers. When she finds someone interested in taking the wheel, she takes to the road on her bike or on foot while the helper drives the van. "I try to walk or bike at least four hours of every traveling day, provided I have a driver," she said.

Phyllis said, "I believe one can speak to audiences of 10, 100 or 600 hundred. There always will be someone who needs to hear my message." Since she is not motivated about money, she feels in some ways she is the richest person in the world. Phyllis feels that God has blessed her with an ability to get her message to those who need to hear that everyone has a purpose, and one just has to look for that purpose. She knows that those hearing her message go away feeling better about themselves and about the world they live in.

Ms Burdge said she didn't always feel that way herself until the "spontaneous remission" and decided to do something for others with handicaps. She is a woman of deep faith and is willing to share that faith along with her story so that others may know everybody has worth, including those with a handicap.

She makes do as she can and is always in the market for contributions—cash, volunteer drivers, gifts of gas, meals or lodging. There is no trust fund, steady job, or bank account back in Kansas underwriting the whole thing. "It's just me," said Burdge.

She has connected with the State Independent Living offices in several states: Kansas, Oklahoma, Missouri, Tennessee. "Everyone has something to contribute and we aren't the conditions that we have. I feel that there was a reason I was still lying there, still alive. In my case, I began to feel like I had outlived my usefulness. That's an awful way to feel, and I can help people get their arms around that."

"When I began to feel that way, I was blessed with people who showed me that I still have purpose. I

want to get that message out. I may not see those people, but I may see people in the audience who can make special efforts to help those who feel that they have no purpose. I remember thinking 'I am happy with the miracle.'"

"I feel that I have purpose and I am willing to share that. There are people who need to hear that each one has purpose." Burdge said her ministry is by no means of use only to people with devastating conditions. She decided that walking would be a way for her to get the message out to as many as will listen, hence PB&J American WalkAbout.

"I met Marie McKinley and Gayle Becker in Birmingham where I was speaking. They invited me to come here. I thought this would be good. It goes in line with what I was thinking, not just big cities. It was a great pleasure to come up here."

In Phyllis' brochure, she sets out her "WalkAbout Phyllosophies"

- I am worthwhile simply because I am
- I am worthwhile regardless of what I can or cannot do
- Life is made up of relationships in which each of us has gifts and needs
- Purpose lies not in what someone asks of me or in what I'm paid to do
- Purpose lies in life itself...in living every moment to the fullest

Ms Burdge is a firm believer in interaction and the basic parts of it: the mental, emotional, physical, and spiritual. She said, "I believe in being in tune with your body and your spirit. The whole point is you are trying to do something about a situation, and you do not have to stay in a 'bad' situation. It's the old statement: Do what you can with what you have, where you are. Embrace life fully."

Phyllis picks up speaking engagements prior to the trip or on her way. Her current destination is Miami, almost 1,700 miles from her home in Washington, Kansas.

To get more information about her "WalkAbout Phyllosophies" you can go to her website:  
<http://www.lookyhere.org/pbj/phyllosopher@sbeglobal.net>

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**Rhododendron Garden Club News**  
By Linda Brown, Secretary

The regular meeting of the Rhododendron Garden Club was held at the MERF Community House on January 9, 2006. President, Gethryn Giles, called the meeting to order at 12:30 p.m. President Giles led the members in the Club Collect and the Pledge of Allegiance to the flag of the United States of America.

Refreshments were served to sixteen members by Dallyne Jones and Flo Kirby. The table decorations made the members think that spring could not be far away. Bright yellow table covers were centered with vases containing the variegated shrub, Aucuba. The members were invited to take the Aucuba branches home after the meeting and root them. Aucuba is a wonderful shrub which stays green in winter. Usually it has variegated leaves in the colors of green and gold. It will freeze when the temperature drops that low, but when the temperature rises, it will bounce back and be there for another day.

Dianne Kuehl introduced the speaker, Martha Wood. Martha is a member and past president of the Rhododendron Garden Club, a Master Gardener and a Flower Show Judge. Martha's subject was, Propagation - Making More Plants from Stems, Roots and Leaf Cuttings. She urged the members to research books and other material for ways to increase the plants in their gardens. Books on this subject and other gardening subjects are available in the Moon Lake Library. If you are not familiar with the library, ask the librarian to help you find them.

Martha urged the members to use a medium such as Pro-mix, perlite, vermiculite or nursery sand to start their cuttings in. She said that any medium containing soil could have mold, mildew or bacteria in it and this could prevent the rooting of cuttings.

Some of the ways to supply more plants for your garden include; dividing of established plants such as Hosta or daylilies, removal of slips or extra growths on plants such as dahlias or irises, rooting of soft-wooded stems such as most house plants, rooting of hard-wooded stems such as azaleas, evergreens, Aucuba and most other shrubs and layering of established outdoor shrubs such as rhododendrons. Also, leaves can be made to produce a plant by putting the stem in a rooting medium or by making many small cuts in the veins of the leaf and anchoring the leaf on top of the medium. This is a good way to increase your African violets or begonias.

She stated that the younger the growth the better the chance of success with rooting. Also, select stems without buds, cut stems just below the nodes and dip the end of the stems into a growth hormone. Look for a container of growth hormone in any gardening section at your favorite store.

She gave several tips for more successful propagation of plants. Plants may be placed in Styrofoam cups and covered with a plastic cup to create a miniature green house. When cutting stems that are dormant, cut the top of the stem in a flat cut and make the bottom cut an angled one. This way you and your plants will know which way is up. Martha urged everyone to try at least one of

these methods of propagation and multiply their number of plants with little or no cost.

After the program, the business meeting resumed with the reading of the minutes of the previous meeting by the secretary, Linda Brown. The

minutes were accepted as presented. No treasurer's report was available.

The president presented the proposed budget for the year 2006. A motion was made to accept the budget as presented. There being no further discussion, the president called for a vote and the budget was accepted by a show of hands.

Several members suggested that a time change be considered. It was decided to continue this discussion at the February meeting. The two times most likely to be considered are ten o'clock in the morning and two o'clock in the afternoon.

Wesley Chesnut was the recipient of the door prize which was a beautiful bluebird house. Could this bluebird house have been made by someone named Jimmy Jones? If not, then someone has copied his design.

The next meeting of the club will be Tuesday, February 14 at the MERF Community House at 12:30 p.m. The speaker will be Al Amador. His subject will be, Pruning.

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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## STRESS MANAGEMENT

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. "If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. "In each case, it's the same weight, but the longer I hold it, the heavier it becomes."

He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden."

"So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can. "Relax; pick them up later after you've rested. Life is short. Enjoy it! And then he shared some ways of dealing with the burdens of life:

\* Accept that some days you're the pigeon, and some days you're the statue.

\* Always keep your words soft and sweet, just in case you have to eat them.

\* Always read stuff that will make you look good if you die in the middle of it.

\* Drive carefully. It's not only cars that can be recalled by their maker.

\* If you can't be kind, at least have the decency to be vague.

\* If you lend someone \$20 and never see that person again, it was probably worth it.

\* It may be that your sole purpose in life is simply to serve as a warning to others.

\* Never buy a car you can't push.

\* Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

\* Nobody cares if you can't dance well. Just get up and dance.

\* Since it's the early worm that gets eaten by the bird, sleep late.

\* The second mouse gets the cheese.

\* When everything's coming your way, you're in the wrong lane.

\* Birthdays are good for you. The more you have, the longer you live.

\* You may be only one person in the world, but you may also be the world to one person.

\* We could learn a lot from crayons. Some are sharp, some are pretty and some are dull! Some have weird names, and all are different colors, but they all have to live in the same box.

\* A truly happy person is one who can enjoy the scenery on a delour."

Have an awesome day and know that someone has thought about you today. . . . . I did.

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(11) **On the Parkway** You can be the proud new owner of the property known as Little River Cabin located on DeSoto Parkway minutes from Fort Payne and Mentone. This building offers a fully equipped kitchen, dining room and large porch, stage for entertainment, and a rustic atmosphere in a charming renovated old home. Located between DeSoto State Park and Little River Canyon. \$225,000 (PLS #14532)



(2) **Retreat in Mentone** In this NEW construction offering 2 bedrooms, 2 baths, large family room with gas log fireplace, spacious kitchen/dining combo, screened front porch, side deck with Jacuzzi and more, sitting on a 1.23 acre wooded lot just minutes from downtown Mentone. \$220,000 (PLS #14384)



(7) **Enjoy lazy afternoons** and watch the sun set on the large deck of this almost complete home. Features include pine floors, gas log fireplace, vaulted ceiling with loft, stainless steel appliances and lots of windows. Make you want to retire before you retire? Call today for your appointment to see. \$339,000 (PLS #14396)



(4) **LOOKING FOR COUNTRY LIVING?** This 3 bedroom, 3-1/2 bath home offers hardwood and carpet, family room with fireplace, fully equipped kitchen, front and side porch, and is surrounded by 8 acres in a restricted subdivision could be it. Call today. \$219,000 (PLS #14836)



(1) **Cozy comfort** abound in this cozy and comfortable charmer. Walk into the open and inviting great room with built-in bookshelves and wood burning stacked stone fireplace. The state of the art kitchen features granite countertops and custom maple cabinets and on 3 acres with large storage shed and not greenhouses. With a view from every room, every day will be a vacation. \$219,000 (PLS #14402)



(9) **THE COMMERCIAL POTENTIAL** is endless in this great location at Foster's Crossroads. Most recently known as The Barnyard, this rustic building sits on .67 acres and has 2 public bathrooms, gas wall heat and window air conditioning. This property is located inside the Fort Payne City Limits. \$115,000 (PLS #14216)



(7) **SECLUSION just off DeSoto Parkway** - 3 bedrooms, 2 1/2 baths, beautiful Mountain view, one fireplace, central air conditioning, wonderful rock formation and much more situated on 1.9 acres in Mentone. \$149,900 (PLS #13846)



(8) **Bring a rocking chair** and a good book to relax on the front or back porch of this new cedar-sided cabin in Mentone. This new construction offers 2 bedrooms, 1-1/2 baths with loft and frontage to 2 ponds. Add it all up to make this one a great place to lounge around. \$129,900. (PLS #14405)



(9) **Take a recess from the rat race** in this very private and authentic log cabin with 2 bedrooms, 1 bath, living/dining/kitchen combo and front porch all on 1.66 heavily wooded acres on a private road. \$119,000 (PLS #14345)



(10) **NORTH BROW** - New construction featuring 3 bedrooms, 2 baths, gas burning fireplace, front porch, back deck and more with approximately 1000 square feet of living space. \$295,000 (PLS #1311)



(11) **Picturesque cul-de-sac location** - 4 bedrooms, 3 baths, living, dining and den with wood burning fireplace and great studio over garage. 3 levels of decking with farmable mountain and valley views. Privacy fencing and more. \$450,000 (PLS #13693)



(12) **Want a great brow view** without the brow price? Then you'll love this 3 bedroom, 2 bath home with a view of the valley and Sand Mountain. Perfect for a weekend cabin or year round. Under construction and near completion. \$169,000 (PLS #14342)



(13) **Valley Head** - Don't miss your chance to see this recently built brick rancher in Valley Head offering 3 bedrooms, 2 baths, sunroom and so much more \$134,500 (PLS #13771)



(14) **Located on DeSoto Parkway**, this home offers 3 bedrooms, 3 1/2 baths, 2 lofts, wood floors throughout, screened porch, deck with hot tub, 1 bedroom guest cottage, greenhouse and a spacious great room for relaxing...and the list goes on! Fresh interior and exterior paint, new light fixtures, new kitchen appliances and more. Must see to appreciate - only \$429,000. (PLS #14448)



(15) **Hwy 117 in Mentone** - This building site offers you a foundation ready for new construction as well as a basement barn. Call for more details. \$49,900 (PLS #13904)



(16) **You'll never regret the convenience!** Located within walking distance of downtown Mentone, this 1920's cottage offers 3 bedrooms, 1 bath, rock fireplace, screened porch storage and basement on 3 lots. \$72,500. (PLS #14302)



(17) **Enjoy the beautiful view of Lookout Mountain** and the surrounding wildlife from your own private setting! Newly remodeled brick rancher features large double carport, landscaping, new carpet, vinyl windows, central H&A, plumbing, ceilings, gutters, paint and ceiling fans. Convert the unfinished basement into a playroom, additional bedrooms or laundry. The possibilities are endless. \$109,900 (PLS #14429)



(18) **A beautiful extra-large yard** with huge trees, flowering plants, decorative fish pond and privacy fencing from an attractive home in Valley Head. This 3 BR, 2 bath home features a sunroom, 2 fireplaces and a 3-car garage with a breezeway to the house PLUS an extra storage building. \$105,000. (PLS #13688)



(19) **Native mountain foliage** creates a level of privacy for this 3 bedroom, 2 bath brick house sitting on 3 acres with 300' on the West Fork of Little River. Amenities include a split bedroom design, large family room with cathedral ceiling and mountain stone wood-burning fireplace, screened porch overlooking a walkway shaded by mature rhododendrons to the river. \$275,000 (PLS #14035)



(20) **GET-A-WAY! HIDE-A-WAY!** ...in this mountain cottage and enjoy a relaxing evening off the back deck or a restful visit on the screened front porch. As if the view and location was not enough, other features include 3 bedrooms, 2 baths, Pine tongue and groove walls, pine hardwood flooring, ceramic flooring, countertops and backsplash, wood burning stove, and nature at its best. Don't get relaxed YET, call and we will do the rest. \$142,500 (PLS #13696)



(21) **OPEN FOR BUSINESS IN DOWNTOWN MENTONE!** If you have always dreamed of having your own business, now is the time and place in Mentone for you to make it happen. This retail shop is Zoned B-1 and would make a perfect gift shop or restaurant. Features original hardwood floors and walls with built-in shelving and 3 wooded counters. Commercial type kitchen with ceramic tile flooring, stainless steel sink, glassed front porch and side deck. Great business opportunity for only \$89,500. (PLS #14154)

## OTHER LISTINGS

(22) 1.56 acres on the brow near DeSoto State Park. \$55,000 (PLS #10133)

(23) 4.23 acres on Hwy 117 **SOLD** de the Mentone City Limits. Property can be used as residential or commercial. \$19,900 (PLS #13271)

(24) **HIGHLAND SPRINGS** - NEW subdivision located in the heart of Mentone just off County Road 648 (Cove Road). Several lots to choose from with mild restrictions. Lot prices start at \$28,000.

(25) **Hammondville...** Building lots starting at \$5,000/lot. Call for more information.

(26) **Ready for development**, or to build your dream home. Gently rolling pastures, water, and a beautiful view of Lookout Mtn. 571 feet of road frontage on Hwy 11 with Wills Creek on the back of the property. Fenced on 3 sides. \$362,000 (PLS #10149)

(27) 12 acres of gently rolling, heavily wooded paradise. Great for getting close to nature. City water is available. \$79,900 (PLS #14534)

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**CO. RD. 103, MENTONE** -Ranch style home offers great room, kitchen 2 bedrooms, 1 full bath and 1 half bath. Attached garage & detached carport. Lovely 2.41 +/- acre lot. Restricted. (No.G-004)



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(2) **LARGE & LIVABLE!** Country kitchen with work island and finished walk-out basement lend a roomy ambience to this sprucely-kept single-story L-shaped ideally set on 10 acres. 3BR/3 baths. Pantry. Horses welcome. \$196,500 (PLS 14248)



(3) **TOP-DRAWER HOSPITALITY!** Give legendary parties in this 3BR/2BA mountain wooded-40 home. This residence boasts hardwood flooring. Private drive. Ample storage space, gas heat. Mature plants all on 2.6 acres overlooking the Valley. \$399,900 (14568)



(4) **MOUNTAIN OPULENCE!** Beautiful & bewitching 4BR/3+BA Colonial. Custom, pristine two-story boasting an open floorplan, spacious bedrooms, plus a sun room and Garage apartment. Private winding drive, brick walkways. \$549,900 Call for your private showing today! \$549,900. (14516)



(5) **HAPPY HAVEN FOR A SMART BUYER!** Treat yourself to this tempting, 2-bedroom Ranch-type within walking distance to historic downtown Mentone. Very welcoming, with hardwood flooring, fireplace and screened porch. Natural woodwork. Move in now. \$149,900. Excellent price at \$149,900 (14474)



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John Brown  
Anna Carden  
Kacy Corsentino  
Valarie Dewberry  
Byrum Emory  
Ethan Harrison  
Samantha Harrison  
Mason Hester  
Dale Howard  
Phyllis James  
Bailey Kirby  
Justin Langston  
Sam Langston  
Molly Manifold  
Lexi Owen  
Matthew Phillips  
Noah Watters

### Grade 1 All -A's & B's

Noah Durham  
Laura Easler  
Emily Hilliard  
Gavin Millican

### Grade 2 All-A's

Emily Brown  
Sierra Chambers  
Eli Durham  
Justin Easler  
Kara Goss  
Kateland Grider  
Dawson Kincer  
Amelia Lee  
Dylan Lewis  
Elizabeth Meadows  
Andrew Williams  
Mackenzie Willingham

### Grade 2 All -A's & B's

Paige Brooks  
Byron Haynes  
Mikayla Owen  
Jimmy Swain  
Tommy Tullis  
Savannah Wallace

### Grade 3 All-A's

Kaitae McGee  
Levi Owen  
Samantha Purvis  
Amelia Saferite  
Meagan Sutton  
Marysa Wigley  
Brooke Wright

### Grade 3 All -A's & B's

Alex Davis  
Amber Frazier  
Jakob Gilbreath  
Kalee Hatfield  
Kali Haynes  
Shelby Jackson  
Caleb Johnson  
Alexis Manifold  
Orion Nicely  
Taylor Purvis  
Courtney Roden  
Paige Smith

### Grade 4 All-A's

Veronica Kinoshita  
Michael Langston

### Grade 4 All -A's & B's

Hunter Blalock  
Bleu Davis-Stone  
Brittney Harrison  
Jaimee McGee  
Adam Miller  
Mikey Petersen  
Kanissa Smith

### Grade 5 All -A's & B's

Beth Durham  
Lily Harrison  
Amber Hilliard  
Jill Hope  
Austin Jones  
Pam Mangum  
Taylor Poff  
Danielle Powell  
Augusta Smith  
Alex Whatley

### Grade 6 All-A's

Tiffany Easler  
Kaylee McMunn  
Brandi Miller  
Haley Saferite

### Grade 6 All -A's & B's

Hope Carden  
Alley Hatfield  
Jessica Howard  
Caitlin Kirby  
Daniel Phillips

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## WHISKERS By John Baty

While visiting a patient in "the" hospital, recently, I noticed that his beard was beginning to grow. "Will they not shave you?" I asked. "Oh, yeah," he replied, "but considering how lousy I have felt for the last tow weeks, I thought letting it grow might testify to some resistance to the uselessness that threatens to close in on a fellow in this situation." I agreed that the fighting spirit was the best way to go when depression threatens. It seems to be our nature to rebel against convention; against the dominating status quo when our strengths are diminished. I doubt if our need to maintain self-sufficiency, autonomy of choice, is learned. Perhaps somewhere deep within our genetic makeup lies hidden a molecular arrangement programming us to resist the usual, the commonplace, the familiar.

Times change and so do habits unique to each individual. I wonder if anyone other than barbers still use the straight razor. Or are all such relics relegated to the flea market collectors. My Daddy shaved with a straight razor on which he honed on an ultra-fine rock hone. Then, he would "strop" the sharp thing on a leather strap. (No, he never whipped any of the children with his razor strap, probably because the strap he owned had metal handles on the end and would have done too much damage for any crime of disagreeing with him or Mother.) How those old fellows could get a decent shave with those things is a mystery to me. Daddy could do a passable job.

One of my brothers who was fresh home from World War II ran out of razor blades. In frustration, he decided to use Daddy's straight blade. He was recently only partially recovered from Malaria and rather weak and shaky. The first stroke he made with the dangerous blade, he laid open a gash across his ear. He decided to wait until he got some blades for his "safety" razor.

Another brother, on hearing of the mishap, recalled a fellow he knew who used a straight razor. It seems the man practiced some non-conventional behavior. According to brother, the fellow slept in the nude and on arising in early morning, the first item of clothing he put on was his hat. He then got his soap dish, brush, and straight razor and sat in the middle of the front room floor, cross-legged like the Indian image, with nothing on but his hat and proceeded to lather his face and shave without the benefit of a mirror.

I picked up a straight razor once and tried to find an angle which I might apply it to my face. Any way I held it, it seemed dangerous as heck.

Those stories of frontiersmen in the days of Crockett and Boone shaving with a double-bitted axe must have been myths. Surely!



## REMEMBERING Jessie Louise Wells (1923-2005) Valley Head, Alabama

Although you left us on December 29, 2005, you are still very much in my thoughts. When my parents died thirty years ago, you so unselfishly helped fill that lonely void. I admired you very much. You were a wonderful Aunt, homemaker, cook, talented seamstress - only to mention a few of your many contributions. If only I could have inherited some of them! You made your life's choices early and I tried to accept them and honor your wishes. Memories of the many late afternoons in recent years spent setting and talking on your front porch are very vivid. As our years too quickly passed, my concern for your welfare mounted. Then I received that dreaded call - you had fallen and broken a hip; two months later the other hip. I felt deep sadness when you were never able to return to the home you loved.

You are gone but will long be remembered and forever loved.

Mary Sue Baty, Niece

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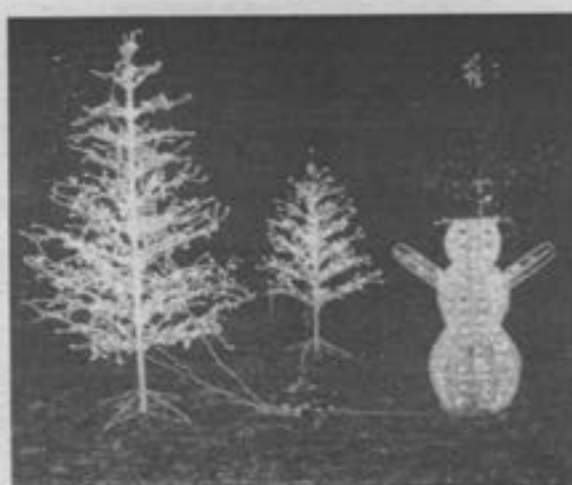
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*Christmas*

*in*

*Mentone*





The  
**Country  
Journal**  
By  
**BERNISE CROW**

Last month, I couldn't get my mind to function and didn't get an article written. So, I'm still thinking of Christmas, and the beauty of our little town of Mentone. Many thanks to everyone who worked to brighten the area with beautiful small white lights. I was not able to do much to the Hitching Post, but Pam Baggett put greenery and bows in the windows and made it look like Christmas. Now, we have to remove the wreaths and greenery, so we can plant some spring flowers soon. Spring can't be far behind. My daffodils and tulips are up and growing, and robins are hopping around the yard in Chattanooga—all signs that spring is near.

We had a wet January for the most part, and it was not as cold as it was in December. Sometimes February and March can give us some cold days. We all remember March of 1993, when we had the biggest snow storm in decades. We were in Chattanooga for several days, and Homer decided to come back to see if he could get to the house to check on things. If he had not gotten behind a snow plow and followed it down Highway 89 to our house, he would never have made it. He happened to have a movie camera with him, and he filmed it all the way. It's beautiful—the drifts on the side of the road were about four feet deep. Our electricity was only off for one day, I believe, but some areas were without power much longer. And last year, we had a snow shower one day in April—a bit unusual. With all our modern technology, we cannot control the weather. The meteorologists study weather patterns and try to predict or forecast when it will rain, and they are seldom correct. The wind can change directions quickly and turn the rain in a different direction.

The good part about February is that it's the last full month of winter, and it's a short month. I heard a man speak of February as being the month to plant lettuce, garden peas, and other greens. Sounds good to me, if the groundhog doesn't see his shadow! Spring is when things burst out and come to life. Birds start singing and doves are cooing, and redbuds are bursting into bloom. Then I am thankful for seeing another spring, when the miracle of resurrection has become a reality.

February is the month for expressing our love to others. Valentine's Day is a fun time when the children write little poems, and paste red hearts on lace covered paper to bring home from school to give to their mothers. I always enjoyed mine, and kept some of them in scrapbooks. It's a great time to express our love to those dear to us. It would be wonderful day for a wedding. I remember when Homer and I went with Chester and Lucille to see them get married February 14, 1947.

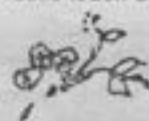
Now, we have computers that can produce lovely cards, and are more personal when we add our own sentiments to them. It would be good to send a card to someone who would be surprised to hear from us. Everyone likes to hear the words "I love you." Some men have problems expressing themselves, so they can buy lovely cards with the words expressed for them. Our son Barry always finds the most beautiful, sentimental cards of anyone I know. They bring tears to my eyes, and I place them in a scrapbook and enjoy them over and over again.

Now, I have something new and very important to tell our community. Homer and I, and many other members of the board of MAPA, are elderly and not well, and we had decided we could not continue to produce two festivals in Mentone every year—in the spring and autumn—so the board voted to discontinue the Rhododendron Festival. Now, we have some merchants and friends who have met with the board and asked if we would help them do the festival. We have a few things to put into writing and get into action because of the time element. It takes a lot of time to get the letters sent out to vendors so they can get them back to reserve their booths. I am excited that L.C. Moon and Sarah Wilcox have organized a group to do the work. MAPA has worked on these festivals for 25 years, and we need some younger people who will join MAPA and carry on these festivals. I am thankful for renewed interest in doing things for this community.

We are very fortunate to have participation from the Boy Scouts, American Legion and fire department. These festivals bring visitors to our town, and in turn, our bed and breakfasts, restaurants, and other businesses profit from them. We look forward to working with the merchants to produce the 2006 Rhododendron Festival.

**A note from Doreen, Bernise's daughter.** Thank you for all the kind words and prayers in Mom's behalf recently. She continues to fight the good fight of faith. Your love and support strengthens our family during a very difficult time.

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## LIFE IN THE 1500s

An e-mail from Texas:

The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be. Here are some facts about the 1500s. These are interesting!

Most people got married in June because they took their yearly bath in May, and still smelled pretty good by June. However, they were starting to smell, so brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the Bath water."

Houses had thatched roofs--thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained, it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

The floor was dirt. Only the wealthy had something other than dirt. Hence the saying, "Dirt poor". The wealthy had slate floors that would get slippery in the winter when wet, so they spread thresh (straw) on the floor to help keep their footing. As the winter wore on, they added more thresh until, when you opened the door, it would all start slipping outside. A piece of wood was placed in the entranceway. Hence the saying a threshold.

(Getting quite an education, aren't you?)

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate

mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it that had been there for quite a while. Hence the rhyme, "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, bring home the bacon.

They would cut off a little to share with guests and would all sit around and chew the fat.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell; thus, someone could be saved by the bell or was considered a "dead ringer."

And that's the truth... Now, whoever said History was boring!!!



**Thomas Dodd (L) holding new baby Helena Parker Dodd, and Catrina Dodd(R) (Inset is Baby Helena)**

Thomas Dodd and Catrina Dodd would like to announce the birth of their baby daughter, Helena Parker Dodd, on November 16, 2005.

Grandparents are Dana L. Dodd of Mentone and Don and Glenda Ingram of Mentone. Uncles are Corey and Neely Ingram. Aunts are Shelly and Juli Ingram and Sarah Dodd.

Congratulations to one of our local couples, Thomas and Catrina Dodd, on the birth of their beautiful daughter.



**PFC Thomas Dodd**

We also want to wish PFC Thomas Dodd the best of luck as he serves in Iraq to protect our freedoms. Thomas Dodd is the son of Dana L. Dodd, and the brother of Sarah Dodd. We will all keep you in our prayers and will take good care of your family until you return home safely.

From your friends and family in Mentone.

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## LIBS FROM THE LIBRARY by Linda Brown

A new and wonderful thing is about to happen with the Moon Lake Elementary School Community Library!! The members of the Board of Directors have decided to have a Book Sale in February! This Winter Book Sale will be held inside the MERF Community House from Monday, February 13 through Saturday, February 18. The hours for the sale are 9 a.m. until 4 p.m. each day. The reason for this sale is that you have given us so many books we are already out of storage space! We think this is wonderful and thank you all so much. The books to be offered for sale are both paper-back and hard-back books. We are unable to trade in as many books in Chattanooga as we were in the past, they also have too many books. This means that we have some books that are still on the best-seller lists, we just already have a copy on our shelves.

We know that many of you like to read paper-backs because of the convenience of carrying them with you. For this reason, we have continued to tell everyone to bring us their paper-backs for our sales. As with our sale in August, the prices on all books will be very reasonable. We will have the sale open on the days when the Rhododendron Garden Club and the Senior Lunch meets in the Community House. The books will be in one of the smaller rooms, so make an effort to find them. Come one, any or all of the days when the sale is open and shop until you drop!

The customers who have purchased our calendars seem to be enjoying them. I have sold several to people who did not know of the program in time to get the birthday/anniversary information in but have told me that they want a calendar and given me their information for next year's calendar. Also, everyone likes the color in the ads. Next year the picture will leave no doubt as to what the building is, the sign should be very visible. We have to get all of the information in so early that we did not have the sign up for this year's picture.

I have given all of the information regarding the Essay Contest to the students of the 5<sup>th</sup> and 6<sup>th</sup> grades at Moon Lake Elementary School. I am writing this before the deadline to pick them up from the students so I don't know what kind of response we will have this year. They will be writing in the "expository style" of composition. When I explained this to them they seemed to be very excited about the title, My Favorite Place in Mentone. Immediately they started to name places in Mentone that they liked. You may be surprised at some of them, I was. Some of the places that I heard mentioned were the river, someone's home, a store, some of the churches, a certain big rock and woods and trails. I suspect that these students may go on to be journalists or promoters for the DeKalb Tourists Association. I can hardly wait to read the finished papers.

I have asked for the front page of The Groundhog next month to print the three winning essays. This year, instead of reading them for the members of the Parent-Teacher Organization, the students will read them over the speakers at school during the morning announcement time. Best of luck to all of you!

A big THANK YOU goes to the persons who judge the essays. We never tell the students, teachers or even the members of the Board of Directors for the Moon Lake Library who they are. They always ask that it be this way and we honor their wishes. The

papers have a system of numbers to identify them, so a name is never used. This seems to be fair to students and judges.

Jenny Rogers, who is the daughter of Oscar and Shirley Hessel, visited the Moon Lake Library for the first time last week. She stated that she was, "blown away" by it. She said that her mom has urged her to visit the library ever since she moved here over two years ago but she has not found the time until last week. She said that one of the things that impressed her most was how clean and orderly everything was. Also, she could not believe how many books we have on the shelves and what high quality reading material is there. She stated that usually when she visits a library, she might find one book to check out and take home. She immediately found at least fifteen in our library that she wanted to take home. She mentioned that she might set up a cot and move there so she could read all of the time. Because she was just applying for her library card, she could only check out one book. She told me that she would be there when the doors open Tuesday to get her card so she can check out her four books. She has also signed up to be trained to work as a volunteer. Dianne Kuehl does all of the training so we will set up a date to train Jenny soon. Jenny, welcome to Mentone and to our Moon Lake Community Library!

The Senior Lunch program will resume on February 15 and Virginia Setze and Judy Dowiat are excited about the "traveling library" for them again this year. This is another of the programs that is sponsored by the FRIENDS of the Moon Lake Community Library. We are always trying to come up with ways to help the community of Mentone. If any of you have some ideas that we might try, be sure to let us know. We feel that we are helping to meet the needs of students and older adults but we would like to have a program for younger adults, especially the parents of young children. Some ideas we have discussed include a book club, a reading/writing club, computer classes and others. Let us know what your interests are and we will discuss the idea.

The Reading for Pizza program is continuing for this school term. The success of this program depends on the adults who check out books in the library. Each time you check out a book you should tell the librarian on duty to mark you down as a star for one of the grades in Moon Lake Elementary School. Sometime closer to the end of the school year the points (stars on the chart) will be counted and the class with the most will be given a pizza party. Be sure to participate in this program. Show your student that you think reading books is important.

Watch this column for upcoming events that are being sponsored by the Moon Lake Community Library. Participate in them when you can and come and visit us in the library during our open hours.

Remember that our Board of Directors now meet on the third Monday at 3 p.m. in the library. Our meetings are always open to the public and you are welcome to attend any of them. However, if you want to address the board, we do ask that you call Jan Wilkinson, 845-5048, and request to be placed on the agenda. Our next meeting will be February 20<sup>th</sup>.

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To become a FRIEND, a volunteer in the library, or to receive a calendar you may write to us at this address: Moon Lake Community Library

Post Office Box 481  
Mentone AL 35984

OPEN HOURS:

TUESDAY, 3:00-7:00 P.M.

SATURDAY, 9:00 A.M.-12:00 NOON

 **BOOK SALE**  
All proceeds go to  
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February 13-18, 9-4 each day  
MERF Community House

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04/02

# Wildflower Cafe

## February 2006

| Sun                                           | Mon          | Tue                                                                                                        | Wed                  | Thu                                       | Fri                                | Sat                                                                                   |
|-----------------------------------------------|--------------|------------------------------------------------------------------------------------------------------------|----------------------|-------------------------------------------|------------------------------------|---------------------------------------------------------------------------------------|
| OPEN<br>10-2<br>CHEF<br>BEN'S<br>BRUNCH       | CLOSED       | CLOSED                                                                                                     | 1 OPEN<br>9-3 PM     | 2 OPEN<br>9-3 PM<br>OPEN<br>MIC<br>6-9PM  | 3 OPEN<br>9-3<br>DINNER<br>6-9     | 4 OPEN<br>9-3<br>PIZZA!!<br>DINNER<br>6-9                                             |
| 5 OPEN<br>10-2<br>CHEF<br>BEN'S<br>BRUNCH     | 6<br>CLOSED  | 7<br>CLOSED                                                                                                | 8 OPEN<br>9-3 PM     | 9 OPEN<br>9-3 PM                          | 10 OPEN<br>9-3<br>DINNER<br>6-9    | 11<br>1 YEAR<br>ANNIVERSARY<br>LIVE MUSIC<br>OPEN 9-9PM<br>JOIN US FOR<br>THE PARTY!! |
| 12<br>OPEN<br>10-2<br>CHEF<br>BEN'S<br>BRUNCH | 13<br>CLOSED | 14 OPEN<br>VALENTINE'S<br>NIGHT<br>GOURMET<br>DINNER WITH<br>CHEF BEN<br>ROMANCE &<br>ROSE<br>INCLUDED 8-9 | 15 OPEN<br>9-3 PM    | 16 OPEN<br>9-3 PM<br>OPEN<br>MIC<br>6-9PM | 17 OPEN<br>9-3<br>DINNER<br>6-9    | 18<br>OPEN<br>9-3<br>DINNER<br>6-9                                                    |
| 19<br>OPEN<br>10-2<br>CHEF<br>BEN'S<br>BRUNCH | 20<br>CLOSED | 21<br>CLOSED                                                                                               | 22<br>OPEN<br>9-3 PM | 23<br>OPEN<br>9-3 PM                      | 24<br>OPEN<br>9-3<br>DINNER<br>6-9 | 25 OPEN<br>9-3PM<br>5-9PM<br>CAJUN<br>DINNER<br>MARDI GRAS<br>PARTY LIVE<br>MUSIC     |
| 26<br>OPEN<br>10-2<br>CHEF<br>BEN'S           | 27<br>CLOSED | 28<br>CLOSED                                                                                               | 1 OPEN<br>9-3 PM     | 2 OPEN<br>9-3 PM<br>OPEN<br>MIC<br>6-9PM  | 3 OPEN<br>9-3<br>DINNER<br>6-9     | 4 OPEN<br>9-3<br>DINNER<br>6-9                                                        |

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7& 8) **COTTAGE ON LAKE**: Cottage on Lake Lahusage, Mentone. 3 bdrm 2 bath, open Great Room design. Double sided stack Rock Fireplace. Large screened porch. 2 Decks, one with Hot Tub, walkway to the Dock. Float, Boat, or Fish from this wonderful Home. \$399,900.



(11) **EAST FORK LITTLE RIVER**, 5.4 acres with over 220 feet on the water. Gently sloping to the Bluff. Hardwoods, Private access, Wild and Scenic area on the river. \$65,000.



(12) **CANYON VIEW FOREST** on the East rim of Little River Canyon. 5 acres wooded with Canyon View and access. Private Gated area. A must see. \$70,000.



(9) **FOR SALE**: 13 acres Large Garage Shop, 2 bedroom 2 bath Home, located on Hwy 117 in Mentone. Great Commercial potential. Pasture land and Wooded. Much More. \$189,000.



(10) **36 ACRES**. Brick cottage with apartment upstairs. Across from the Canyon point. Wooded and some open land. Road frontage on County Rd 255 and Little River National Preserve Hwy 176. \$650,000.



(13) **SECLUDED EAST BROW VIEW TRACTS**. Great view of the Valley below. 3 to choose from or buy combination for more privacy. Over 5 acres each. \$37,000 a piece.

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(15) **OAKWOOD SUBDIVISION**. 3 acre tracts for \$19,500. Also all pasture tracts together containing 15 acres, city water, restricted. \$80,000.

(16) **14 ACRES ADJOINING LITTLE RIVER NATIONAL PRESERVE**. Wooded Canyon across the street. A must see and only minutes from convenient Ft. Payne. Located between Co. Rd. 255 and Hwy 176 (Canyon Road Park). Priced at \$173,000.

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**MENTONE** come and see our new gated community called the Northbend, under construction with restrictive covenants, underground utilities, paved roads, and walking distance from the downtown crossroads, prices starting at 37,500.



## HUNTER'S RIDGE

Mentone's Newest Mountain Wonderland

Phase II is now being completed. Act quickly and pick your mountain retreat while lots are still available. Phase III will be developed in the early spring. Hiking trails, common area for picnics on the Little River, and restrictions to insure the integrity of this wooded wonderland. Only 2 lots remain in Phase II.

## DOWNTOWN MENTONE COMMERCIAL LOTS

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**Mentone Log Cabin** located in scenic Laurel Creek. Pasture land also is included. This cabin is in a wooded area located on small lake. \$195,000.

**BOOK SALE!**  
**FEBRUARY 13 - 18**  
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**9 a.m. - 4 p.m.**

*All proceeds go to Merf  
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## Remembering the Simple Silence

By Cathy Haven Howard

I have just recently returned from a ten-day trip to the mega city that is Southern California. I was visiting family and friends from Santa Barbara to San Diego. As I navigated my day-to-day life through the interstates, the cell phone calls and the street traffic, I realized how bombarded I felt with city noise and stress. I felt overloaded and overwhelmed. I slowly began to realize how much I have become accustomed to my simpler and quiet life in Mentone. I began to strongly crave the peace and the serenity that I can more easily access in the silence of the forest.

Returning home, I quickly saw that I had many things to attend to that demanded my time and creative energies. Some of these were tied to deadlines that add stress and pressure to my perceptions of what I "needed" to do. Even at home, in my retreat center, I was really beginning to feel the deep desire to "retreat" and spend time alone and in silence. Then I realized that I was already being provided with this opportunity right in my own backyard.

On February 16th Corky Cayton, Master Firewalk Instructor from Memphis, will be coming to Heartwood Retreat Center to facilitate an I AM Silent Retreat. According to the 14th century German theologian, Meister Eckhart, "there is nothing in all creation closer to God than silence." This retreat is designed for those people who have never attended a Silent Retreat, or who have limited experience of one, and would like to gift themselves with this experience. We will begin with small (10-15 minutes) periods of meditation and build consecutively.

This retreat is non denominational and will allow you to be "walking with your God:" experiencing body movement in the field of Heartwood; doing an open-eyed meditation around a campfire, spending time at a private space on the river; and concluding with journaling on Sunday, followed by a period of sharing. Wonderful vegetarian meals will be prepared by our own Magnolia Rose, formerly owner of Magnolia Joe's restaurant.

One participant called her silent retreat a "spiritual spa." If you are interested in creating a fuller, deeper experience of your connection with the Divine and giving yourself a gift to your soul, then contact us at 256 634-0503 or on the web at [www.heartwoodsanctuary.com](http://www.heartwoodsanctuary.com).

## 3rd Annual Wildflower Art Show On the Lawn of the Mentone Inn May 20th, 2006; 10 AM - 5 PM

By L.C. Moon

The lawn of the Mentone Inn will be home to the 3rd Annual Wildflower Art Show on May 20, 2006. Did you get the opportunity last year to see the great success of the Wildflower Art Show brought to you by the Mentone Area Arts Council (MAAC)? The show included artists of photography, canvas, sculpture, metal art, pottery and more. The artists and visitors had a wonderful day that was topped off by great music that evening. The Art Show was great fun and we look forward to achieving another beautiful Art Show in 2006.

MAAC hopes that you will join us and spread the word to artists and art lovers to come out for the Wildflower Art Show on Saturday May 20th, 2006. The Mentone Area Arts Council (MAAC) hopes to bring many more community enriching events to support art and culture in Mentone and the surrounding areas. What a great weekend to have an Art Show in Mentone since nature is already displaying a grand work of art with the many wildflowers.

If you would like to be considered for the Art Show, please stop in Town Hall toward the middle of February to pick up a registration form. The fee for entering the art show is \$35. There will be a prize for the winner of Best of Show. All of the art is juried and must be approved before being accepted to the Wildflower Art Show. The screening process will ensure the quality of art so that the art show is known area wide to attract true art lovers.

If you have any questions, would like to become a member of the Arts Council, would like to know how to be involved in this and upcoming events, or if you would like to make a donation to the Mentone Area Arts Council, please email- [MAAC35984@aol.com](mailto:MAAC35984@aol.com) or stop in Town Hall for a flyer toward the middle of February. If you are an artist and would like information about the upcoming local art gallery in Mentone @ Mountain Life, please call (256)634-3333 or email [LCMoon03@aol.com](mailto:LCMoon03@aol.com).

## Mentone Wedding Chapel

Nestled in the woods atop Lookout Mountain, near Mentone, Alabama, this quaint little chapel is surrounded by ferns, forest and flowers. The chapel is a scaled version of traditional Appalachian churches of days gone by. Stained glass windows filtering soft forest sunrises and soft organ music accent an ambience fitting the wedding ceremony. Inside wooden pews will seat approximately 60 guests.



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.

[Candle Lit Ceremonies • Music • Photography  
• Flowers • Receptions • Lodging • Luncheon]

To arrange your wedding or renewing of your wedding vows, call

256-634-4181

## February 2006 / The Groundhog/Page 17 Friends of the Little River Meeting Saturday February 11th, 1 PM MERF House

Support and protect your town and the integrity of the Little River. The booming growth and development in Mentone and surrounding areas has the potential to harm the Little River unless we monitor and protect our precious natural resource. The great news is that the Mentone Environmental Committee is merging with and reviving the Friends of the Little River to create and implement plans for preserving the environment surrounding the Little River.

Desmond Disney is currently president of the Friends of the Little River. Desmond, Bill Adams and many others worked very hard on the preservation of the Little River. The duties of Friends of the Little River ended up in the hands of only a few people and it became too difficult to maintain. Now we are seeing a renewed sense of duty as well as a lot of interest gaining momentum to take action to protect the Little River! The duty of protecting the river will include but is not limited to—monitoring watersheds that flow to the river, trash clean up, regular water testing and overall being mindful of how we treat our river. Please join us for the beginning of the revival of Friends of the Little River. Desmond will attend the meeting and Lyle Nicely will facilitate the meeting. The meeting will cover some of what Friends of Little River will work to accomplish. There will also be a vote for officers/board members for the Friends of the Little River. It is a 501-C3 Nonprofit Organization.

Call Lyle Nicely with any questions; or if you are interested in making a donation but cannot make the meeting—as monies are needed to purchase water testing kits, etc.

Lyle Nicely (256)634-4124

### I AM SILENT RETREAT

Thursday February 16th to Sunday 19th  
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Retreat fee: \$244

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## Lookout Mountain Natural Healing:

### Hardwood Therapy

By L.C. Moon

Winter is a peaceful time in the woods of Lookout Mountain. Day or night you can walk through a forest lined with sleeping trees and filled with the music of the river, creeks and waterfalls. All the while as you walk you can hear the whistle of the wind through the branches and the wildlife stirring. The sounds of the loud tromping deer, the song of a bird and the rustling of the leaves underneath the path of a turkey are so pronounced during the Winter days in the forest. The Winter nights are still home to the creaking trees, possums, coyotes, coons and the haunting echo of the owls. The creak of a tree and the persistent hooting call of the owl bring great relief to break the sometimes eerie silence deep in the woods at night.

Identifying the sounds of the woods, the plants and trees requires spending a lot of time in the forest. Learning tree bark, buds, limbs, leaf scars and growth patterns allows a deeper relationship with the trees. I feel I am growing from an acquaintance- that only knows the nickname of the trees- to a close friend that recognizes the tree for its true identity. Standing among the trees day and night in the winter, feeling their peaceful sleep- just before they awake in spring with a display of bright green leaves- reminds me of the unlimited potential within all of us.

The stately oaks (*Quercus*) are a place for animals to make their homes and provide great materials for baskets and furniture. We are all blessed by the beauty of the white oaks (*Quercus alba*) as well as the stinky red oaks (*Quercus rubra*) (if you have ever had pieces of red oak in your home for firewood, then you know what I mean). They both provide materials for warm fires with plenty of coals and bless us with food and many folk remedies. Oak is very astringent and two teaspoons of dried white oak bark simmered in about a pint of water is known to be great for diarrhea when used as a tea. The tannin content is what makes the oak so astringent. Therefore if you plan to use the acorns as a food source you will want to boil them in several changes of water before eating them or grinding them into meal for baking.

Oak is known to be a mild anti-tumor remedy and antiviral. Author Alma Hutchens writes that oak decreases mucous in the stomach so as to help cure post nasal drip, allow for better food absorption and in turn possibly raise metabolism. External application of a tea made with oak leaves or bark has proven to be beneficial when used as a wash for skin rashes and inflammations. Tommie Bass (old time folk herbalist) recommended a tea of white oak bark applied externally for decreasing age spots but offered no guarantees. In Mountain Medicine by Darryl Patton you can find detailed folk stories about how Tommie Bass used oak as medicine. Usually white oak is used internally more so than red oak however Tommie Bass recommended red oak bark to be used internally for cirrhosis of the liver, a bleeding bladder and thrush. Trying to Give Ease says that White oak is an 'alterative' which is a term that is very vague. Simply put 'alterative' means it cleanses impurities and alters the body from an out of balance state to a more healthy state of being with no real physiological explanation.

Hickory (*Carya*) limbs have been used as a switch for naughty children or to heal the earaches of many in years past. I hear many stories about grandparents going out and cutting a green hickory limb and holding it over the fire until

the sap comes out to drip in the ear of the ailing patient. The medicinal purposes of hickory are not commonly employed any more. The hickory was most commonly used for purifying the system or as a wash of ulcers and sores. Jethro Kloss author of Back to Eden recommends mixing one teaspoon of the granulated bark or leaves with one cup of boiling water and simmered for thirty minutes.

Hickory was very valuable for more than medicine to the pioneers. When hickory bark is combined with alum it makes a greenish dye. Hickory was a favorite for many when using potash for the alkali in the soap making process. The nuts have also been suggested to be broken and boiled for making soap. Hickory was used for tools, large screws, flails for thrashing grain, furniture and more. You can receive a sweet treat from the hickories if you tap them as you would a maple tree. Much of the *Carya alba* was spared from being cut down because the fruit was so good. The Hickory nut has a pleasant taste and can be eaten straight from the shell.

Most herbalists have their favorite remedies and Wild Cherry (*Prunus Serotina*) is one of mine. I have a lot of experience with Wild Cherry as an effective medicine. In my experience the bark of the Cherry tree has worked great for clearing mucous from the lungs while healing the lungs. Whenever my daughter, Zoe, gets a cough I walk through the woods and find a cherry tree with a limb close enough to reach with my knife. I cut around the limb until it is ready to break from the tree. I bring the limb home, skin it off the bark, put the bark in a ceramic, glass or stainless steel pot, and cover with water about an inch above the bark. I lightly boil the bark 30 minutes and then let it cool and steep on the turned off eye of the stove. This is the process of making a decoction. If I am using my wood stove to make a decoction then I monitor when the water begins to simmer and lightly boil for 25- 45 minutes depending on the heat of the stove. I remove the medicine from heat to steep and cool. After the decoction has cooled to warm I make it into syrup by adding local honey. I often use other herbs with this combination for the sinus and lungs such as pine needles, mullen, anise, fennel, horehound and chickweed. I rely a lot on my instincts as to what herbs to use for each person and I do not always use the same herbs. The wild cherry tree does not produce an abundance of berries in this area though they are edible. The seed contains cyanide. The wild cherry fruit is much better in jams and jellies. The cooking of the berries destroys the cyanide so there is no need to pit the cherries when making jams.

The botanicals of the forest can provide tools, furniture, heat, food and medicines. They can also be our friends welcoming us to experience the silent therapy that only the beauty of nature can provide. Awaken to the hardwoods of the forest for they are symbols of strength and balance/ growth and rest. They are reminders of our sleeping potential and metaphorical examples of how being balanced, with our roots firmly in the ground will allow us to grow strong with many branches in our own lives. If you have any questions regarding retreats, herbal remedies, natural soap, skin care and therapies or natives plants you may contact me at [www.MountainLifeMarket.com](http://www.MountainLifeMarket.com) LCMoon03@aol.com, (256)634-3333 or P.O. Box 224 Mentone AL 35984

The format for this article is inspired by and dedicated to Tony and Dana Goggans.

## The Kite Runner:

A Review by Harriett Lillich

From time to time, I read a book that touches me so much that I want to share it with friends. Recently, I read *The Kite Runner*, and it had that effect on me. This is a first novel by Khaled Hosseini, born in Kabul, Afghanistan, but currently a US citizen and an internist. The book draws vivid portraits of Afghanistan both before the Russian invasion and after the Taliban takeover. But it is in the use of language and the skillful portrayal of his characters that make the book memorable.

The book begins: "I became what I am today at the age of twelve, on a frigid overcast day in the winter of 1975. I remember the precise moment, crouching behind a crumbling mud wall, peeking into the alley near the frozen creek. That was a long time ago, but it's wrong what they say about the past, I've learned, about how you can bury it. Because the past claws its way out. Looking back now, I realize I have been peeking into that deserted alley for the last twenty-six years." What happened in that alley? What became a turning point in the life of a twelve-year old child? I am hooked and begin to turn the pages to discover the answers.

The story that unfolds is about two young men: one, Amir, is wealthy and privileged; the other, Hassan, is not. Their lives are entwined from birth, and as the novel unfolds, the author takes us through the range of emotions from love, hatred, envy, loyalty, fear, betrayal, and guilt. The two boys are inseparable as they grow up, but just as they are poised to come of age, an act of betrayal changes the relationship between them. In the end, there is redemption and a note of optimism.

Afghanistan has been a country little known to Americans until fairly recently. And, while this novel is not about the political turmoil that has engulfed the country in recent decades, there are unforgettable glimpses of Afghan life both before and after the Soviet invasion. "Rubble and beggars. Everywhere I looked, that was what I saw. I remembered beggars in the old days too--Baba always carried an extra handful of Afghani bills in his pocket just for them; I'd never seen him deny a peddler. Now, though, they squatted at every street corner, dressed in shredded burlap rags, mud-caked hands held out for a coin. And the beggars were mostly children now, thin and grim-faced, some no older than five or six. They sat in the laps of their burqa-clad mothers alongside gutters at busy street corners and changed 'Bakhshesh.' And something else, something I hadn't noticed right away: Hardly any of them sat with an adult male--the wars had made fathers a rare commodity in Afghanistan." Simple language; powerful images.

I will remember the story of Amir and Hassan for a long time to come. I hope many who have not read the novel will soon do so. A copy is available in the local library.



*Happy Valentine's Day*



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.

Visitors are always welcome at the **Valley Head United Methodist Church**. Please join us each Sunday morning for a traditional worship service at our new time: 9AM. Help us welcome our new pastor, Jimmy Hall, and his wife, Ruth.

**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. 635-2002.

**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: 9:30-10:45 AM, Worship Service 11:00-12:15. Pastor - Wilbur Atwood; Lay Pastors - James Hartley and Ryan Bunnell.

The **Harmony Grove Church** located on County Road 239 invites you to attend Sunday School at 10AM and worship at 11AM. Sunday evening service is at 5PM. Thursday evening service is at 5:30PM.

Our **Lady of the Valley Catholic Church** on N. Gault Avenue in Fort Payne holds Mass Services at 10:30 AM each Sunday. Scripture and Communion Services at 6 PM 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 6:30PM.

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

**Grace Presbyterian Church (PCA)**, 5760 Gault Ave., NE, Fort Payne, AL. Rev. Billy Dempsey, Pastor, Sunday School - 9:45 a.m.; Sunday Worship - 10:55 a.m.

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

**Alpine Community Church**, 1115 Hwy 337, Menlo, GA. Homecoming Sept. 18, 2005; Special singers and groups. Summerville Group from Summerville, GA. The Mountain Boys from Fort Payne, AL. 11:00 Georgia Time, Sept. 18, 2005. Pastor Rev. Tommy Pledger.

**Presbyterian Church** Worship Service at Cloudland begins at 10AM (EST), and the **Menlo** Worship 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.

**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 Leroy Nichols and wife, Nell, invite everyone to join in worship on Sunday at 10AM and 11AM, and Sunday night at 6PM. Everyone is welcome.

**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 Worship-11AM. Wednesday evening service-6:30PM with Bible study and Teen class. Nursery provided for all services. Senior Pastor Rev. Rick Haworth and Youth Pastor Ryan Haworth welcome 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 Randall Beagles 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.

**Moon Lake Baptist Church** invites everyone to attend Sunday School at 9:45AM, Sunday Worship at 11AM, Discipleship Training at 5PM, and Sunday evening worship at 6PM. Sunday evening Bible Study for children and youth is at 5PM, and an Adult Special Studies class is being taught for those who prefer the study to Discipleship Training at 5PM. A membership class is also available at 5PM, taught by Dr. Bill Russell, Pastor. Wednesday evening prayer service is at 6:30, with children and youth activities at 6:30PM, also.

## Dial-A-Devotional 634-0103

is provided daily by Evelyn Graves as an extended ministry of the Moon Lake Baptist Church. Feel free to call any time of the day or night.

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## RHODODENDRON FESTIVAL 2006

Friday - Sunday - May 5th - 7th

### WANTED: LOCAL ARTISTS AND CRAFT DEMONSTRATORS!

*We want locals to demonstrate their talent and display their work!  
Back-in-time skills & crafts or any hand made art form:*

WOOD WORK - TOY MAKERS - SPINNING AND WEAVING-  
SEWING/CROCHET/KNITTING - SCULPTORS - PAINTERS - BASKET WEAVERS - ETC...

If you are not willing to demonstrate your crafts, we would still like for you to apply. Community is growing stronger in Mentone. We hope this year is the start of community enjoying and participating more in the Spring Festival. We are already seeing a great beginning to what we hope is a great relationship between MAPA, the businesses, and the Mentone Community! Special thanks to all of the businesses and community that have come forth to join and help MAPA put on the Spring Festival--each will be mentioned and praised after the festival. Anyone who would like to help prepare for or be part of the art at the festival, please contact Ms. Moon 845-6030 or LCMoon03@aol.com.

**SEE YOU AT THE FESTIVAL!**



By Dr. William Russell

If you've ever had a day in which everything went wrong, you should become familiar with 1 Sam 21:10-22 and Psalms 34. Murphy's Law had been at work in David's life, even forcing him to hide in the hometown of the slain giant, Goliath himself. David was very low, pretending insanity as his only hope of escape. But then it was on this occasion that David wrote Psalm 34 with its opening notes of praise.

We can turn our problems into praise when we remember:

**God Relieves Our Fears (v.4).** He can deliver us from every one of them.

**He Brightens Our Faces (v.5).** We look to Him and are radiant, as Moses was in Exodus 34.

**He Defeats Our Foes (vv.6,7).** "The Prince of Darkness grim, we tremble not for him."

**He Provides Our Food (vv. 8-10).** He is meeting every need.

Next time you have a bad day; try turning your problems into prayers and your sighs into songs.



## THIS IS THE YEAR THE GROUNDHOG CELEBRATES ITS 24TH YEAR OF PUBLICATION.

### MENTONE, ALABAMA HANDBOOK

*Guide to Lodging, Restaurants and Shops*

Ad space for the handbook is due on March 15th, 2006.

Also please submit a calendar of any events that are open to the public in Mentone.

It has not been confirmed yet whether we have the grant from the state to do the 2006 handbooks though we plan to go forward with the project regardless. The price for the ads hinges on the grant. If we have the grant, then the ad costs will be: small= \$40 or large= \$75. If no grant, then the cost will be nearly double. The ad space size is: small=one business card or large=two business cards.

There is limited space; so, please contact LCMoon03@aol.com or (256)845-6030 for more information.

If you have email please contact the email address.

### SCHEDULE OF MEETINGS, EVENTS, AND OTHER DATES

- Thursday, February 2, GROUNDHOG DAY and 24th Anniversary of The Groundhog
- Tuesday, February 7, 6:30 PM, MAPA MEETING, Dessie's Restaurant to discuss the Rhododendron Festival set for Friday, May 5, through Sunday, May 7-- a community effort
- Saturday, February 11, 1PM, Friends of Little River Meeting at Mentone Community House
- Monday, February 13, 6PM, Town Council Meeting, Mentone Town Hall meeting room, open to the public
- Tuesday, February 14, VALENTINE'S DAY
- Tuesday, February 14, 12:30 PM, Rhododendron Garden Club, Mentone Community House
- Tuesday, February 14, American Legion meeting 6:30 p.m., American Legion Hall
- Thursday, February 16, Mentone Book Club, 10 AM, Mentone Community House
- Monday, February 20, PRESIDENTS' DAY - STATE AND FEDERAL HOLIDAY
- Thursday, February 24, 4PM, Waterworks Board Meeting, Mentone Waterworks Board Room, open to the public