

the

Volume 4 Number 12

GROUNDHOG

A Publication of the Mentone Area Preservation Association

MARCH 1987

Herman Ledbetter

A Life Spent Close to the Land

When asked to give his secret for a long, healthy life, Herman Ledbetter replied "One thing is hard work. Hard work sweat-s the poison out of your body. You see a man who don't work hard enough to sweat, and that's a sick man".

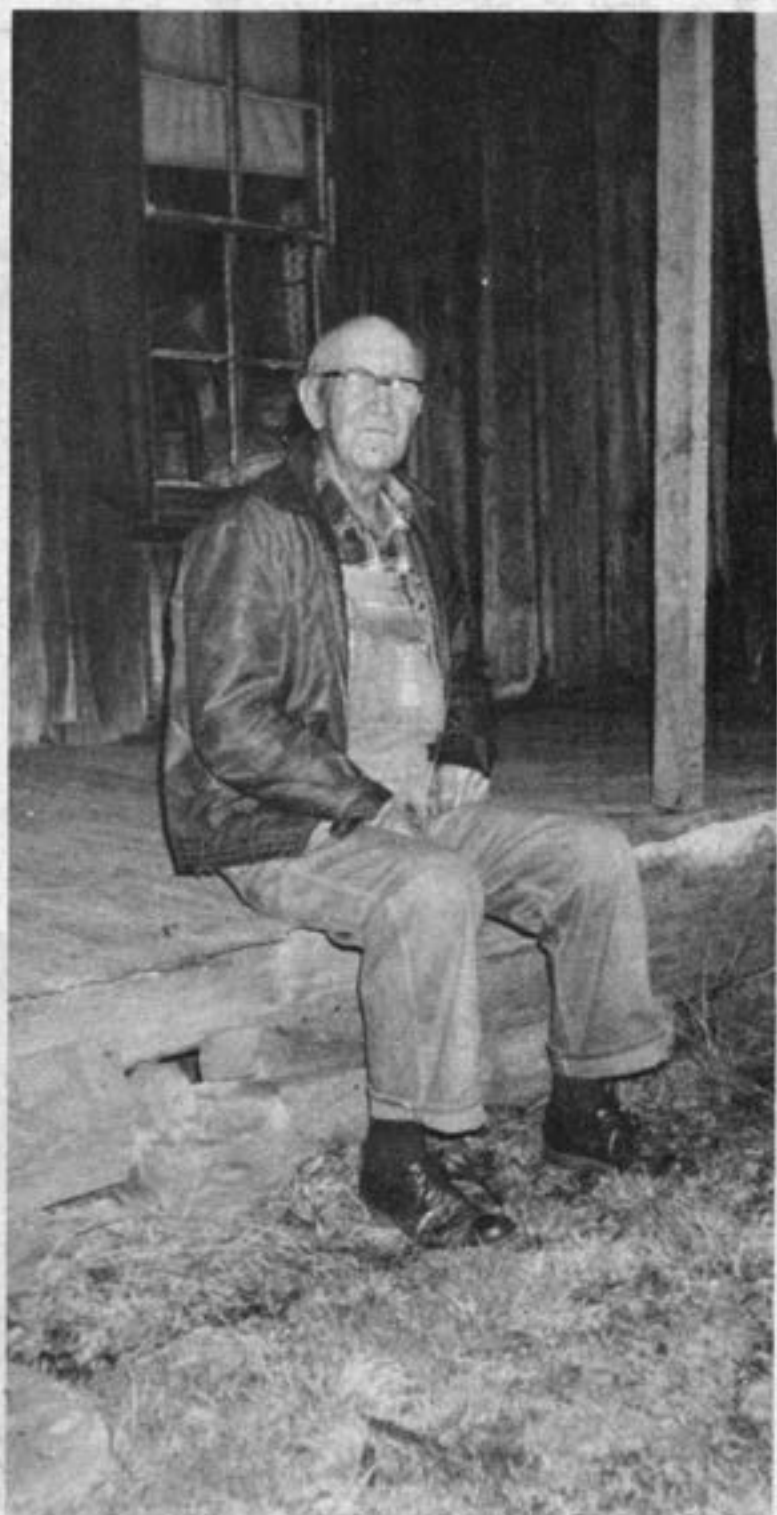
There has been ample opportunity in Mr. Ledbetter's life for hard work. He was one of eleven children born to Joe and Mattie Ledbetter "Who were just hard-working poor people, making enough with nothing left over". Mr. Ledbetter told of growing up dirt-poor at the turn of the century. "We had farmers rations- we raised most of all we ate. Mama would can enough to eat in the winter. She used fruit jars with galvanized lids and rubber rings to seal them. We went to school in a one-room country school house that was heated with a fire-place. There was an old water bucket with a dipper gourd and everyone used it.

We took our lunch in a lard pail - usually biscuits with whatever was left over from breakfast."

Life was hard, but there was a simplicity that is unheard-of in today's world. Mr. Ledbetter's mama dried peaches and apples to make pies. Wood was their source of heat - cut with a cross-cut saw for the fireplace. It heated the big wood cook stove that was used to prepare the family's meals and to seal the canning jars. "We made all our own jelly, kraut, bread, everything. We didn't buy much at the store". Mr. Ledbetter recalled "and we killed hogs for our meat. Mama always had chickens for eggs and cows for milk and butter".

Mr. Ledbetter got to complete the sixth grade, but then had to quit school to help

(continued on pg.7)



the GROUNDHOG

March 1987

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Minutes for MAPA Meeting March 3, 1987 Frieda Darnell, Guest Speaker

The meeting was called to order at 7:15 by Donna Bukley, Director.

The minutes from the February 3rd meeting were read and approved.

THE GROUNDHOG report was read showing a balance of \$539.56.

The treasurer's report was missing due to Harrell Jenkins' illness.

OLD BUSINESS:

The rock wall rebuilding project was discussed.

NEW BUSINESS:

A motion was made, seconded and carried to have a booth at the June Jam and to sell corn on the cob, coffee, and popcorn pending approval from Gaynell Pitts.

There was a discussion on whether or not a donation should be made to Comer Scout Reservation. It was decided to see if there is a specific need for which we can earmark some funds.

There was also a discussion about getting the shoulders of hwy 89 mowed from Mentone to the DeSoto Falls road. It was suggested that several persons should attend the next council meeting to urge this along.

The speaker of the evening was Frieda Darnell of the Historical Foundation of Huntsville. She told how their organization prevented the destruction of a number of historic buildings and in particular about an old hardware store. The Foundation was able to purchase the store by financing it through the heirs. It is now operating as a business in much the same way it was many years ago, selling items that are not available anywhere else. She showed slides of the inside of the store as it was when they purchased it. A very interesting program.

The meeting was adjourned at 8:15 by Donna Bukley, Bill Riedesel, Secretary

In Memorium:

Paul Prestwood passed away March 5, 1987. He grew up in Mentone and was loved by all who knew him. He always had a smile, a ready laugh, a soft word. He was a good and diligent worker, a trusted friend, a devoted son and grandson and brother. We will miss him.

Dr. Frederick Lawless, a family practitioner at Geraldine died March 5, 1987, as the result of an accident occurring several weeks earlier. As he assisted a stranded motorist, he was struck by an oncoming car. His death was sudden, as he had been expected to recover. Dr. Lawless was a dedicated and wise physician who exemplified the virtues of integrity, honesty and concern for others.

M.A.P.A. Meeting

Tuesday April 7

The Parlor

St. Joseph's On-the-Mountain
Church 7:00 p.m.



Maggie and Quilts

Rhododendron Festival

The tradition lives on—Mrs. Maggie Cordell has made two lovely quilts to be raffled off again this year at the Rhododendron Festival. This will make nine quilts she has made for MAPA and they are examples of her finest work. The tickets are a bargain at only \$1.00 each so get them while you can.

SPEEDING TRUCK PROBLEM ADDRESSED

March 2

The March town council meeting was held with Max Cash serving as Mayor Pro Tem in Rob Hammond's absence. The minutes were adopted as read. It was decided to wait until Spring before doing anything about the paving. A motion was made and carried to ask the county and state to help with the speeding truck problem on Hwy. 117 in Mentone.

No word as yet on the Cable T.V. situation.

A TIP OF THE HAT TO.....



.....Continental Telephone, for getting phone service back on line so quickly after the wind storm in February.

.....Shirlee Froehner, for working so hard on the Rhododendron Festival.

.....Rob Hammond, for mentioning the speeding truck problem in his TIMES JOURNAL interview and for always representing Mentone so beautifully.

.....Maureen Hammond, for trying so hard to find folks who can use the donated clothes at the Neighborhood Referral Center, and for being the caring, generous lady that she is.

.....Mabel and Frank Kirk for remembering...and sharing.
.....Dwight and Jean Powell, for unselfishly donating their time, energy, tools and supplies to THE GROUNDHOG News Office.

.....Eula (Granny) Cash, for always having a kind word and ready smile for all.

.....Jeff Cook, owner of WQRX, for playing all oldies all the time. We Baby Boomers love that stuff!

.....Sammy and Clara Cash for being the helpful, supportive people they are. M.S.

Our Town with Linda Brown

The birds are singing, the crocuses are blooming and the sunbeams are making the dust and cobwebs in my house more noticeable; can spring be far away?

Mayor Rob Hammond was one of the speakers for the Valley Head's Women's Club February meeting. The subject was the needs and concerns of the tri-city area.

The United Methodist Women met at the home of Jane Meadows for their meeting. The program was "Call to Prayer and Self-Denial." This is a mission program in which all Methodist women participate once a year. A national and an international mission project benefit from the proceeds.

MAPA is to be commended for their untiring efforts to get the rock wall repaired. The repair and cleaning of the wall is certainly improving the looks of No. 117. Spring clean-up time is here. Let's improve our community for ourselves and for those who visit with us.

Concerned Women for America meet at Lookout Mountain Christian Conference Center on the first Friday of every month at 10 AM at the Red House. All ladies of the local area are invited. CWA is a Christian organization whose purpose is to preserve the rights of the family.

All of the area churches are now in the quiet period of observing Lent. Several have told me that they will be having activities starting around Easter. Watch for the announcements in next month's GROUNDHOG.

SWAP SHOP—Thanks to the person who is going to supply me with some catnip later in the spring. I really appreciate all the offers of catnip that I received. Maybe this time I will have better luck with it. Gail Smalley has some patterns suitable for junior cheerleader outfits to give away. She has sizes 7, 9, 14 and maybe some others. Call her at 635-6511 or call me if you can use these. The lady who works for Quality Plus Photo across from Western 'Sizzlin' would like to have some old metal lip-stick cases or very, very old Avon plastic ones. She needs the twist-up mechanism to use in her art of eggery. Take these by to her or get them to me. Let me know what you need to find or have that someone might use, and I'll put it in print for you. Let's make this our column. Thanks to everyone who has told me that they enjoyed the article and also to those who have sent me acknowledgments.

Linda Brown Rt. 1, Box 271 205-634-4755
Cove Rd. Free Baptist Church reopened Sunday March 15th. 9AM Sunday School, 5PM Prayer Meeting. Minister Allen Ballinger.



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Amelia and Daughters

PRESTIGIOUS POSITION FOR FORMER MENTONE RESIDENT

Amelia (Mrs. Bob) Brooks, owner of the Mentone Inn and past Director of the Mentone Area Preservation Association, is now residing in Palm Springs, California, where she helps manage the exclusive Ingleside Inn, retreat for many Hollywood celebrities.

Amelia and family hope to return to Mentone during the summer for a vacation. Her mother, Mabel Kirk, told THE GROUNDHOG that Amelia is working hard, but finds the position very rewarding. She hopes to see all her friends when she returns.

Sandra Padgett, owner of the Mentone Springs Hotel, has leased the Mentone Inn and will continue to operate it in the tradition begun by Amelia, but with her own special touches.



Mentone Camp Directors Go to Washington

Susan and Larry Hooks of Camp Skyline Ranch, Rob Hammond of Camp Laney, Marty Griffin of Saddle Rock Camp and Dick O'Ferrall of Camp Alpine for Boys have just returned from the Private Independent Camps Annual Conference. This year's meetings were held in Washington, D. C. where more than 150 camping leaders gathered to share information on the latest trends and research in the field of private summer youth camping.

At the close of the meetings, the camp director participated in the 2nd International Camping Congress where more than 1,500 individuals and organizations from all over the world gathered to share ideas to enhance the quality of summer youth camping. International delegates came from as far as Japan, India, Israel, the Soviet Union and several African nations.

The theme of this Congress was "Our Fragile World" and emphasis was placed on camping's traditional concern and leadership in environmental study and conservation. Among the speakers who gave messages of guidance and support to the Congress delegates and their special interest in both the development of youth and environmental education were First Lady Nancy Reagan, entertainer and environmentalist Pete Seeger, William Penn Mott (U.S. National Park Service Director), and T. N. Kahl (India's ambassador to the Soviet Union).

From the Editor....

by Mickey Strickland

In a Democratic, capitalistic society such as ours in which success is often measured in dollars and cents, I don't believe the average citizen is aware of how much the structure of our lifestyle is dependent upon quiet, behind-the-scenes generosity. There are heroes in this land, and they are usually not recognized nor do they seek recognition. They get little in return for their kindnesses—the advertising aspect is negligible—yet it is their charity which forms the basis for most community undertakings that provide the things we have become accustomed to, and we often take these people and their support for granted.

When a school, organization, church or club begins to formulate a plan to raise money for various improvements and projects, one of the first considerations is how much they can expect the merchants to donate—from money to food to merchandise. These merchants take out ads no one sees, give endless sums of money, donate good, saleable items, allow their businesses to be collection places, give street and floor space to selling booths, sponsor individuals in all sorts of marathons and contests and on and on. Often their profit margin is so small they can ill-afford the generosity, but they do it anyway.

Even the good will and patronage of the soliciting organization is not always guaranteed, and as most of these businesses do not ask for nor expect gratitude and praise, usually the gift goes unremembered until the next fundraiser.

If each of us paused to think of how many times each year these people are asked for help, I think we would get some idea of the impact they have on our lives.

As space permits, THE GROUNDHOG will feature some of these Special People, for it is time they received more than just a few lines on a paper or poster.

We should try to do business with those merchants who have opened their hearts and bank-books to all of us. They deserve our support—they certainly give us theirs!

There is a dangerous trend afoot in this nation, and that is the wave of book burnings. Heaven help us, it is our own state of Alabama that leads the pack. This type of action has marked the beginning of the end for other societies and ours is not immune. If this fanatical disease is allowed to spread, it could create a sick and detestable atmosphere of persecution that could be the death of our free society.

New Arrival!

Mayor Rob Hammond and wife Sam are the proud parents of another baby boy. Robert Mac III was born on the 11th of March in Rome, GA. Mother, papa, brother Jordan and baby are all doing fine!



Service Wives

Mrs. Roy Barkley III, the former Anita Biddle of Mentone and her five-month old daughter, Sarah, are preparing to join their husband and father in Rapid City, South Dakota. Roy is stationed at Ellsworth Air Force Base there, and the family will make their home there for three years.

Mrs. Webb Platt, known to all of us as Traci Blankenship, will be leaving for Germany soon to join her husband there. Traci and Webb's little girl, Emily, who is just five months old, will accompany her. Mother and daughter are anxiously awaiting orders to leave. Traci hopes to do a lot of sight-seeing and plans to "trade her old truck for a Mercedes!"

We wish these brave young mothers a safe journey and all the best for a fantastic adventure.



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NAME: _____

ADDRESS: _____

MOUNTAIN WATCH

BY CHARLES WHITE MCGEE

Recently while driving down McCallie Avenue in Chattanooga, we passed a tailor shop. Jean said, "I really wish you would get a tailor made suit." My feelings were negative. The only other times I enjoyed the luxury of a tailor-made suit were in celebration of two events.

The first was a dual celebration—of my 21st birthday, and for being made editor of THE SENTINEL, a venerable weekly newspaper in Summit, Mississippi. Grady Jackson, a friend in Rotary and a skilled tailor, made the measurements. The result was an oxford gray double-breasted masterpiece which I wore for many years.

On the second occasion, some twenty years later, the suit was an ordination gift from my attorney friend Roscoe Hogan in Birmingham. Graduate studies for the ministry were completed at Tufts University in Boston, I was serving my first church in Upton, just west of the city, and was to be ordained in the Birmingham Unitarian church that summer.

These reasons for pride were amplified by the fact that I was taking a semester of church history at Harvard Divinity School. Notification of Roscoe's gift came in a letter from a prominent law firm in Boston. I was to meet a young law clerk, William Cohen, at a tailor shop on Beacon Street. He was to be in charge of all arrangements.

Young Cohen was waiting at the curb when I arrived, carrying an umbrella, with a formality that would have belittled a diplomat from the British embassy. After the measuring and choice of fabrics, he said, "We'll notify you in a few weeks when it's ready for fitting and delivery." So this suit, an item of dignity, charcoal gray and single-breasted, was worn not only at my ordination, but at countless weddings, funerals and Sunday services.

There's something special about a tailor-made suit. There's a luxurious feel about it. To have this experience twice in one's lifetime is indeed a blessing. Perhaps this is why I refused Jean's offer that day on McCallie Avenue. How much of this elegance and joy can one sustain?

Not long ago we dined with Roscoe Hogan in Birmingham. "Did you know that that young law clerk is now Senator William Cohen from the state of Maine?"

Senator Cohen is very much in the news these days, especially as a member of the Senate Foreign Affairs Committee conducting hearings on the Iran Arms Affair.

So, my friends who have long endured references to the fact that Jack Dempsey stood up with me at my first wedding, now will occasionally be subjected to the story of how Senator William Cohen arranged for a tailor-made suit.

These are times when Jean and I have difficulty choosing gifts for each other. There is uncertainty about whether our wants are fewer, or that we have carefully managed to get the things we want. Some time ago a friend, also on what is nowadays known as "fixed income," said, "Isn't it good to buy anything we want?" Better, of course, to be younger and have more unfulfilled expectations.

Shortly after our marriage we lived in Cahaba Heights, an outskirt of Birmingham, and we sometimes ate at a fine delicatessen named Browdy's. Afterwards we'd wander around the place, admiring the exotic cheeses, pastries, sausages and other items. We'd say, "Wouldn't it be wonderful to be able to buy all of this stuff we wanted?"

Years later, on our way back to Florida from a vacation in Mississippi, we stopped in Birmingham and had lunch at Browdy's. The boys were no longer in college. We certainly were not wealthy, but both were working and at the peak of our incomes. "Okay," one of us said, "Let's buy anything we want at Browdy's."

Around the shelves we wandered, choosing the things we precisely wanted. Apprehensively we stood at the checkout counter. The bill was \$13.62. I leave to you any conclusion that might be drawn from this experience.

We've enjoyed watching a number of things during the past few weeks. Most joyous has been the progress of the wall up the mountain which now is underway largely because of MAPA's persistence. Several times we went to Valley Head for breakfast at the Tiger's Inn, going afterward, next door to observe the steady progress of John Cooper's new office. This routine gave opportunity to watch the wall rockwork while going both down and back up the mountain.

In the not too distant future we hope to be watching similar progress on the townwalk from the Hitching Post to the Post Office. This will help knit our town together better, make walks through the business sector more safe, and give a comfortable togetherness to the various businesses along the way. It can be done and we will find a way.

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Mountain Greenery

by: Desmond Disney

Continued from
JANUARY



To correct for excess alkalinity apply finely ground sulphur or iron sulfate. Sulfur remains effective for years but acts more slowly than iron sulfate and should be applied a month or two before planting. To lower the pH $\frac{1}{2}$ to 1 unit apply sulfur at the rate of $\frac{1}{2}$ pound per 100 square feet. Since iron sulfate acts quickly it does not have to be applied far in advance of planting and it contains iron, which promotes the production of dark green leaves and richly colored flowers. However, iron sulfate drains away quickly and should be replaced every two to three years by sprinkling the powder on the ground under and around the shrubs and watering it into the soil. Three pounds of iron sulfate per 100 square feet will lower the pH $\frac{1}{2}$ to 1 unit.

If your soil is too acid, you can correct it by adding finely ground dolomite limestone to the soil. It is preferable to work the limestone into the soil throughout the entire growing area in which the shrubs are to grow. For most soil use about 5 pounds of limestone every 100 square feet. Since limestone is also slow acting, it should be applied before planting six months to a year.

When you are ready to place the plant in the ground, fill the hole about one-third full with the soil mix, tamp it down, then stand the plant in the hole upright. Lay a board or other straight object across the hole. The soil level on the trunk of the shrub should touch the board so the plant will grow at the same depth as before.

Depth is important because roots require air as well as moisture; they suffer when extra soil is placed on them reducing their air supply. If a choice has to be made, it would be better to plant a shrub too shallow than too deep. For container grown plants gently loosen any roots that are coiled around the ball of soil or that are tangled together. For balled and burlaped plants cut the ropes around the top of the soil ball and fold the burlap down from the trunk.

Pack more soil mix around the bottom two-thirds of the soil ball, tamping it down to eliminate air pockets. Then fill the hole with water and wait for it to soak in. Finish filling the hole to the level of the soil ball. Form a saucer with a two inch rim around the edge of the hole with the excess dirt, then fill the saucer with water.

During the first year in the garden, new plants should be watered whenever rainfall is insufficient to keep the soil moist to the touch. The little earthen saucers will help concentrate the water where it will do the most good.

A good layer of mulch will also help the soil remain evenly moist (and cool) throughout the year. Wood chips, ground bark, pine needles, leaves, well decayed sawdust all make good mulches. The mulch shields the soil from the drying effects of the sun in the summer

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and prevents deep frost penetration during the winter. It also keeps down weeds and protects the plants' feeder roots which lie close to the surface. Apply the mulch right after planting in a layer about 2 inches deep if you use firm materials such as wood chips or bark; 3 to 4 inches deep if you use compressible materials such as pine needles or leaves.

Finally, newly planted shrubs need little fertilizing.

Over-feeding is especially harmful to newly set shrubs because their root systems are too small to assimilate nutrients in quantity; it may burn their roots and weaken or kill the plant. A light dusting of a slow acting fertilizer, bone meal for those plants that do not require acid conditions, cottonseed meal for those that do spread under the plant should be more than enough to get the plant off to a good start.

COUNTRY LAWYER

There's a new legal eagle in Valley Head and he is just what the doctor ordered! His name is Terry Hucheson and he and his wife Dorma just moved here from Huntsville.

Terry is originally from Defuniak Springs, Florida but has lived for the last 25 years in Huntsville where his father and Dorma's worked with the Army Missile Program at Redstone Arsenal. Terry has one daughter, Janet, who is twelve.

Terry obtained his undergraduate degree with a triple major in Criminal Justice, Sociology and Psychology. He decided to become a lawyer, he said, because law had always held a fascination for him and "It was a good way to make a living and get to live at Mentone."

Hiking and fishing are two of Terry's favorite activities and he used to love to spend week-ends at Little River Canyon. One day he was at Mentone and met Ray Padgett, dressed in overalls and sawing lumber at the Mentone Springs Hotel. What a surprise when Terry learned that he and Ray hailed from the same town of Defuniak Springs and had even been born in the same hospital.

Terry and Dorma were impressed with the friendly people around here and started coming to Mentone every week-end for several years to help with the Hotel renovation. Terry was working as a microbiologist with Proctor and Gamble at that time, but decided to obtain a degree in law and ultimately move to Mentone.

"Dorma is my rock, he said. She supported all that I've done and is a part of all I do and all I am."

When asked about his new practice with John Cooper, he replied, "I just want to be a country lawyer. I love the independent, self-reliant spirit of the people that live here and I will handle any type of legal need they have. Kind of like Dr. Quimby is a country doctor. I want to be that kind of lawyer."

Terry's background in Sociology and Psychology give him an edge when dealing with legal situations. He has insight into human nature and understanding for life's problems that can only come through serious study and introspection into the functions of society in relation to the individual and his culture.

Terry and Dorma live in Mentone and hope to build a home here soon. This area is indeed fortunate to have them, and we welcome them into our extended community family.



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Special People

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Scott Rabun, manager of the Ft. Payne K-Mart typifies the K-Mart image - clean-cut, sincere and dedicated. He had only praise for this area and the people who live here. He told the Groundhog that he likes Ft. Payne and the surrounding area better than any place he has ever lived.

K-Mart contributes to others, both on a local and a national level. The company is concerned with the American quality of life and puts its money and time where it counts.

To celebrate their 25th Anniversary, The corporation has planned a Learn to Read Program that will reach over half the homes in this country. It is geared to teach illiterate adults to read and write and spell using phonics. K-Mart wants to include those who need it most in their work, and this is quite a magnanimous undertaking. However, it is typical of this company who feels such a social conscience toward all segments of our society.

The K-Mart Corporation also helps finance an organization whose principal aim is to clean up waterways so that fish and wildlife will thrive. They are very concerned with the environment and do something about it.

On a local level, K-Mart is always one of the first to donate space and supplies to groups and organizations. At Christmas, K-Mart works hard to help provide needy children with a little joy and happiness. Last year, their Children's Tree was a huge success and will be repeated next Christmas Season.

K-Mart is made up of a lot of Special People and each contributes in his or her own way. The result is a corporation with a human touch. A company that wants to make a difference. And it works. M.S.

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Monkey Business

by Luther Keith

My mother, like a lot of other men and women, is an avid reader of the supermarket tabloids—you know the ones with the three inch headlines that scream "WOMAN WATCHES AS GIANT BIRD CARRIES AWAY HUSBAND" or "VAMPIRE ROBS BLOODMOBILE." My mother says that though most of the stories don't seem possible, only a fool would say that they are "impossible." She then recites a long list of events that at one time were thought to be impossibilities: man walking on the moon, Watergate, acid rain, etc., etc. Last week my mother told me about the latest story she had just finished reading in one of the tabloids, and though it sounds improbable, who's to say that it's impossible?

It seems that there were two brothers living in Africa. They spoke not a word of English—or any other language or dialect for that matter. Their diet consisted of bananas and other various fruits, and they were quite content to pass the time away singing, eating, and swinging from one branch to the next. These two brothers were identical twins, and their resemblance didn't prove otherwise. They were young, impressionable, and full of energy, like all healthy youngsters everywhere. The brothers' names were Ben and Boris; Boris and Ben were little brown furry monkeys.

A man by the name of Dr. Sad happened to be walking through the jungle one day, collecting samples of the local flora, when to his surprise Boris fell out of a tree and landed at the good doctor's feet—Boris had slipped on a banana peel. Dr. Sad, a man that could be counted on in times of need, hoisted the then unconscious Boris onto his shoulders and made his way at a brisk pace to the nearest hospital, which, though only eight miles away, took Dr. Sad the better part of two days to get there. The injury to Boris turned out to be no more than a mild concussion, and the blisters on Dr. Sad's feet were equally as mild. In no time the pair were fit as fiddles.

The day soon arrived when Dr. Sad was to leave Africa and return to the states, where he instructed others at a revered college on the ins and outs of the plant world. But Dr. Sad faced a problem: What to do with Boris? He couldn't return him to where he had found him because he couldn't remember exactly where that was. So he did the only thing he thought proper under the circumstances: He took Boris with him.

Dr. Sad sent Boris to school, and before you could say "Johnny got his gun" Boris had breezed through elementary and then high school. Because Dr. Sad believed that everyone was entitled to a college education, he enrolled Boris in the very college in which he instructed. Boris, following in the footsteps of Dr. Sad, breezed through seven years of college, earning his doctorate, or walking papers as Boris called them, in biology. After graduation, Dr. Sad and Dr. Boris returned to Africa to study the plant life. As fate would have it, Ben, who had given up any hopes of ever seeing his brother, was sitting in a tree when he spied the two biologists stooped over a purple-blue flower and noticed that one of them strongly resembled his brother Boris. Only he knew it couldn't be Boris because Boris wouldn't be caught dead in a Safari jacket, khaki pants, and brown boots. Ben moved in closer to get a better look, and lo and behold, it was his brother Boris, turning up after all these years only blocks from where he had disappeared.

Ben eagerly grabbed a vine and swung down to the jungle floor, ran over to Boris, gave him a monkey hug, and greeted him with a warm monkey song that he and Boris had sung while growing up. Boris looked at Ben, then looked at the good Dr. Sad, then without further hesitation tore off his clothes and along with Ben headed for the trees. Dr. Sad, feeling that he had just lost a son, turned and made his way back to camp, no longer interested in the purple-blue flower.

I listened to my mother tell this story and I have to admit that I don't doubt such a thing could happen. My mother gave me the paper in which the story appeared, and it now hangs on the wall in my bedroom, the three-inch headlines proclaiming: "EDUCATED MONKEY GOES BANANAS."



Foodwise

Bruce's Foodland 8th Annual 4-H Club Beef Sale

by Shan Bruce

Every year in the spring Bruce's Foodland buys prize winning choice beef from the DeKalb County 4-H Club Beef Show. This year Bruce's bought the DeKalb County Grand Champion calf, raised by Lee J. Godwin. Bruce's also bought 2 other prize winning calves from the county show. Bruce's Foodland will be featuring this prize winning, grain fed, choice beef in their Ad beginning March 18th.

Shan Bruce, owner of Bruce's Foodland says, "We are proud of our young 4-H Club members and the outstanding job they do in raising these fine animals. We are privileged to be a part of this great DeKalb County 4-H Club program and feature the very best every year."



DeKalb County 4-H Club Grand Champion Calf.

Bruce McDonald, Lee J. Godwin and Shan Bruce

As dietician at Camp Skyline in the summer, I know the problem associated with dry mixes in paper boxes. Well, there's something new—mixes in gallon cans. I tried them for the first time last year and was well pleased. Bernard Foods has them, and the selection is wonderful. Always fresh with the longest possible shelf life. M.S.



Crafts Corner

by Helen Turner

Well, wintertime is almost behind us and it is time to think about Spring and all that is associated with it—like flowers popping up all over, grass to mow, and Easter (which is not that far away!) Now is a good time to start planning for all the different events, one of which is the Easter Egg Hunt, which brings us to this month's craft.

Cover eggs with cold water in a saucepan. Boil for 10 min. at a simmering boil. When eggs have cooled enough to handle you can begin to decorate. My favorite method of decorating the eggs is wax relief.

Prepare as many colors as you like from the commercial egg dyes available. Take a crayon, small candle or use a brush and melted wax to draw patterns on the egg. If there are any parts of the design that you would like left white, fill that area in with wax.

Next, dip your egg in the lightest color, such as yellow. Draw wax over parts of the egg you want to remain yellow. Repeat for as many colors as you like, remembering to always go from light to dark in your coloring process. Also remembering layering such colors as blue over yellow will give you green.

These eggs are also very nice for Christmas decorations. If you want to keep them, decorate raw eggs and let the insides dry up. This results in a much stronger egg than if you blew them out and left only a shell.

Don't forget that boiled eggs are a cooked food and subject to spoilage like anything else, and after cooking, should not be kept out of refrigeration for more than four hours. Have Fun.

COUNTRY JOURNAL

BY BERNICE CROW

Mardi Gras

Everyone has a yen to see the crowd, join the parades and see the colorful costumes of the New Orleans Mardi Gras. There is nothing to compare with the excitement of mingling with all sorts of people, who for a brief few days enjoy life to the fullest. Now take two naive country people, from Mentone, and plant them in the midst of the crowds, and you have total frustration. Homer and I went this year (just two weeks ago) when a real crowd was in attendance. It was something to see!

There were colorful, interesting floats passing in parade most of the day Saturday on Canal St., the first day we were there. We had no idea of what to expect. Soon we were reaching and grabbing for beads, cups, and doubloons being tossed by those riding on the floats just like everyone else. I love band music, and we heard plenty of it. Some was New Orleans jazz, and many high school bands from various parts of the states played beautiful marching music. We saw bands from Dallas and Houston Texas, some from California, Virginia and N. Carolina. I especially enjoyed the color guards and the military bands. The bands marched between floats. The Mounted police, and Shriners rode well groomed, decorated horses.

Saturday night we stayed in Gulfport, MS, which is 60 miles away. There were no rooms available in a 60 mile radius of the city. Sunday afternoon there was a fabulous parade there, which surprised us. We stayed there Sunday night, because we did not have reservations till Monday in New Orleans. We went back to New Orleans Monday and sat in the lobby of the Hilton Inn all afternoon waiting for our room. It was fascinating to watch the people. We enjoyed the suspense of waiting to see Rex, the king of all Mardi Gras festivities, come in on a big riverboat Monday night. There was a costume ball later, which we did not attend. Another parade followed that night, right by our hotel. We also shopped through the Riverwalk Mall, which has everything imaginable one would want to buy.

Tuesday is actually the big day—the last day before Lent, and this was the full day. The parade started at 9:00 and were still going when we left at 5:00 PM. Miles of streets were barricaded, with no motor vehicles allowed except those in the parades. We were fortunate to be invited to sit in the bleachers with a group of government workers, and have a better view of everything. The Zulu parade was most entertaining, even the bands danced in the street when there was a snarl in the traffic ahead of them. First come the president in a long limousine, then a section of marchers, then the vice president, and the secretary—all in long limosines.

In the afternoon we pushed and shoved our way down a short section of Bourbon Street in the French quarter, and decided we had enough of this for a while. It was a well organized affair, and I thought a well-behaved crowd. Much better than I would have thought possible. There was booze, but we only saw two or three people who had over-indulged, and everyone was having a wonderful time, including us.

We brought back hundred of strands of beads to be tossed to the crowd by our queen, at the Rhododendron Festival parade.

If you get the opportunity to go to the New Orleans Mardi Gras, by all means go, once.



Thanks Mentone

Moon Lake School was able to buy two wonderful books with the Campbell's soup labels you helped us collect.

Next year we hope to buy bigger and better school supplies because we will be collecting labels all summer. You can drop your labels at the Groundhog box across from the Hitching Post or at the Mentone Superette.

In addition to Campbell's soup labels we can also use labels from these food items: Prego, Mrs. Paul's Swanson's, V-8, Franco-American, and Recipe dog food.

Please ask everyone you know to help us collect.

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Arts & Leisure

People to see - Places to go - Things to Do

Rome, GA

MARCH

March 21, 22, 1987
Arts and Crafts Fair..... Riverbend Mall
March 22 - May 8, 1987
"A New Season" by Mary Cooper-Smith, An Exhibit of Watercolor, Oils and Pastels.... Chieftains Museum
March 22 - 28, 1987
Senior Thesis Show by Carol Gaines Summer..... Art Gallery, West Georgia College, Carrollton
March 23 - April 10, 1987
March 23 - April 10, 1987
Ceramic Exhibit by Mariann Wynn-Benson..... Moon Gallery, Berry College

MUSIC

March 18, 1987
Community Concert Association presents: Stephen and Nadia Gordon..... Rome City Auditorium, 8:00 p.m.
March 28, 1987
Rome Symphony Orchestra and Chorus present:
An Evening with Haydn - "The Creation"..... Rome City Auditorium, 8:00 p.m.

THEATRE

March 28 - 30, 1987
Shorler College Theatre presents: "The Night Thoreau Spent in Jail"..... Callaway Theatre, 8:00 p.m.

WHATEVER

March 20, 1987
The Vernal Equinox..... High Noon, Clocktower Hill
Egg Stand To Celebrate Spring..... Corner of E. 2nd Ave. and E. 5th Ave.

MUSIC

April 1, 1987
April 1, 1987
Noon Arts Series presents: Milton Gay, Tenor..... Sara Hightower Regional Library, Noon - 1:00 p.m., Auditorium
April 8, 1987
Noon Arts Series presents: Shorler College Vocal Jazz Ensemble..... Sara Hightower Regional Library, Noon - 1:00 p.m., Auditorium
April 15, 1987
Noon Arts Series presents: Darlington Chorale Ensemble..... Sara Hightower Regional Library, Noon - 1:00 p.m., Auditorium

THEATRE

April 10 and 11, 1987
Berry College Theatre presents: "Telling All Night"..... E. H. Young Theatre, 8:00 p.m.

Around Rome

April 3 - 4, 1987

Home and Lawn and Garden Show - Riverbend Mall - 10AM - 9PM - Free
404/295-4328

April 11, 1987

Children's Fun Fair - Riverbend Mall - presented by Berry College - 10AM - 9PM - Free
404/295-4428

Ft. Payne, AL

March 21 - 2:30

The Landmarks Theater Production of PUSS IN BOOTS will be held. This is a giant musical Puppet Show.

April 4 - 7:30

JUST JOHNSON will be presented by Landmarks. This will be an evening of songs made famous by Al Johnson. The program features Barbershop Singing from the Heartland Harmonizers.

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CHATTANOOGA, Tenn

March 1 - 25, 1987

Ten In Tennessee..... Hunter Museum 267-0968

March 6 - 21, 1987

"Death of a Salesman" (Play)..... Chatt. Little Theatre 267-8538

March 15, 1987

Scottish-American Ballet Company..... Hunter Museum 267-0968

March 19, 1987

Andreas Schiff (In Concert)..... Tivoli Theatre 267-8535

March 20 - 21, 1987

"I Do I Do" (Musical Comedy)..... Backstage Dinner Theatre 629-1565

March 20 - 22, 1987

Soar Into Springtime..... Eastgate Mall 894-0906

March 21, 1987

Chatt. Bass Association Fishing Tournament..... Chester Frost Park 886-5129

March 21 - 22, 1987

Choo Choo Cat Fanciers..... Convention and Trade Center 756-0001

March 22, 1987

Doug Warner and Michael Carver (In Concert)..... Hunter Museum 267-0968

March 25 - 29, 1987

Spring Leisure Living Show..... Eastgate Mall 894-0906

March 27 - 28, 1987

"I Do I Do" (Musical Comedy)..... Backstage Dinner Theatre 629-1565

March 28, 1987

Adventure Hunter's Casino Night..... Hunter Museum 267-0968

March 28 - 29, 1987

Chatt. Symphony Pops Concert..... Tivoli Theatre 267-8535

March 28, 1987

UTC Big Mouth Bass Tournament..... UTC Athletic Dept. 755-4788

April 3 - 4, 1987

"I Do I Do" (Musical Comedy)..... Backstage Dinner Theatre 629-1565

April 4 - 30, 1987

16th Annual Tennessee Watercolor Exhibition..... Hunter Museum 267-0968

April 4 - 5, 1987

Spring Festival Days..... Audubon Acres 892-1499

April 4 - 17, 1987

The Quilts of Tennessee..... Hunter Museum 267-0968

April 10 - 11, 1987

"I Do I Do" (Musical Comedy)..... Backstage Dinner Theatre 629-1565

April 11, 1987

Verdi (IL TROVATORE) (Opera)..... Tivoli Theatre 267-8535

April 16 - 19, 1987

Chatt. Lookouts vs. Columbus (Baseball)..... Engel Stadium 267-2208



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Call Moon Lake School for more information (634-4113)

(continued from front page)

his Mother farm. His Dad had crippling rheumatism and could not always do the farm work. Mr. Ledbetter was the oldest, so most of the burden fell to him. As the other children got old enough to hold a hoe, they headed for the fields, too. That's the way life was back then - survival depended on the efforts of everyone in the family.

That kind of life seemed to develop responsibility and self-reliance in children - they were needed and they knew it.

One bright spot in young Herman's life was his visits with his maternal Grandfather. They would spend hours fishing in the little creeks near grandfather Studdard's home. He taught a little fellow how to bait a hook and then spit on it because they won't bite if you don't spit on the worm ... boy."

Mr. Ledbetter's first wife, whom he married in 1916, was the youngest of four children. They were married just five years when she died, leaving two small children. One month later their 19 month old son joined his Mother in death, leaving the grieving young husband and father to raise the little girl, but not alone. On her death bed, his wife made a last request - that he marry her sister Effie so that the children would be taken care of. That was the beginning of a union that was to last fifty-two years and produce four more children. Effie Ledbetter was a beautiful person - always kind, always patient. She worked hard, just as the whole family did. In the last years of her life, Mr. Ledbetter cared for her at home until her illness became so severe that she had to be placed in a nursing home, where she died.

Tragedy has played a formative role in the character of Herman Ledbetter. His daughter, Doris, died at fifteen just two days after becoming ill. He has survived over half of his brothers and sisters. He lost a grandson several years ago, and his oldest daughter after a debilitating illness. But it seems those people who live in close partnership with nature understand that life is a cycle of seasons, each one bringing as much rain as clear, bright days. They endure with a quiet acceptance that the storms of life cannot be stopped, but that inner resolve and faith can provide a refuge.

When asked why he came to Mentone to live, Mr. Ledbetter replied, "I lived over near Pumpkin Center and just wanted a change of climate." He and his family moved to the area in 1937, but it was not until 1943 that he moved into his present home. He purchased the house and 45 acres for \$500.00 from Dr. Chaney, who owned the Lahusage property. The house had been coal company property and was built as a home for a mining family. It is the last one of its kind in the area.

Herman Ledbetter still has many of the items he and Effie started out with many years ago. A beautiful old organ, wood cook stove, and an iron bedstead are some of them. He has purchased a television and put in gas heat, but for most of his 89 years he did not have these luxuries. He still makes a garden every year and cans his own food.

When asked about his diet, and if it contributed to his longevity, he answered, "I eat common food, day in and day out. Us-

ually the only meat I eat is at breakfast, then I have my vegetables for dinner. I never eat anything but cornbread and milk for supper. If I eat between meals, it's raisins, apples or oranges. I would say if it don't agree with you, don't eat it.

Except for surgery when he was 54, Mr. Ledbetter had never been to a doctor until he was 80. "Didn't need one", he said. "The best way to do when you get sick or feel bad, is just wear it out. Black Draught and Calomile were about the best medicine. And, I never had no X-rays and don't intend to."

Summing up his attitude about life, Mr. Ledbetter said "I've lived a rough life, but I'm glad I got to do it. Course, I've done things I wish I hadn't, but so has most everybody else. I try to do right, stay home, and mind my own business. You know, home is a good place to be."

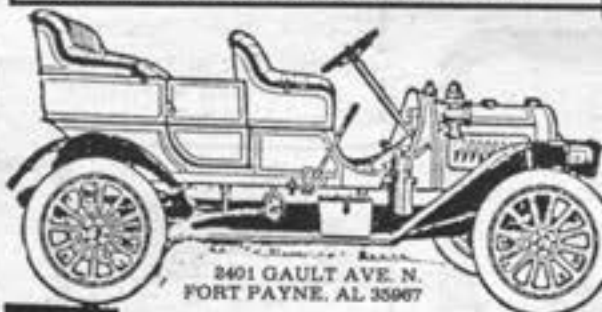
Book of the Month



by Rachel Manning

Some of the new books available at the DeKalb Co. Library

Elmore Leonard's Bandits - Leonard
Sailing With the Wind - Looker
Whistler in the Dark a Tim Simpson Mys. - Malcolm
Treasures of the Atocha - Mathews
Poison an 87th Precinct Novel - McBain
Convoy Commodore - McCutcha
To Cure Them All - Miller
At Home in Thrush Green - Miss Rea
St. Peter's Finger - Mitchell
Castle of the Winds - Montague
Those Who Call - Muirhead
Willie Cather the Emerging Voice - O'Brien
Chase the Heart - Osborne
Among Friends - Pogrebin
Noah's Ark - Poortvli
Price Waterhouse Go to New Tax Law - Price
Back to Basics - Readers Digest
New Orleans' Legacy - Ripley
Amer Date with Destiny - Roberts
Ask For the Moon and Get It - Ross
Raiders and Rebels - Sherry
Anywhere But Here - Simpson
Ivy Larkin - Stoltz
Fidel Castro a Critical Portrait - Seale
Ropespinners Conspiracy - Thomas
Search for Signs of Intelligent Life - Wagner
Echoes in the Darkness - Wambaugh
Anger Diabetes Assn Holiday CKBK - Wedman



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IN MENTONE

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Zora speaks before St. Clair County Historical Society:

*On February 22nd at 2 PM I spoke before the St. Clair County Historical Society at the Liberty Cumberland Presbyterian Church in Odenville, AL. by invitation. The church is one of the oldest in the state of Alabama and filled with history.

When I asked them what they wanted me to speak about, they informed me that they would like about half the time spent on the history of Mentone and the other half on present day Mentone, the camps, recreational facilities, craft fairs, shops, eating establishments, etc.

So that is what I did: Madoc, DeSoto, Cherokees, Civil War, Gay Nineties (Resort Boom), Colonel HOWARD, AND Mentone Today: The Centennial, MAPA, Ski Slope, differences over tourism, Groundhog, and of course Mentone, Alabama: A History.

It delighted and surprised me that so many who attended were familiar with Mentone and loved the area; also that MAPA was preserving the past with an eye over the growth and preservation of the natural beauty of the present.

Several said they would like to make up a tour and attend the Rhododendron Festival in May, especially to take a ride along Little River."

by Zora May Strayhorn

The Journey of Reddog

Part II. of the Story of Reddog

by Gregory Purvis

The road south was rough but without many of the dangers of the larger logging roads, where the white-man did not look kindly on Indians. After two days, Reddog had reached a rocky summit overlooking a small trading town, a town called Gadsden. While there were loggers and rougher people within the town's embrace, many Indians from the surrounding countryside traded in the small city, so it was relatively safe. And Reddog had to get directions to the Silver Falls. None of his kinsmen had ever been there, for it was considered a place of great taboo and great power. The supernatural horrors surrounding the tainted land around the Falls might very well destroy Reddog, but if he survived the trip, he could perhaps convince the Elder Keepers of the Falls to aid his village and his people.

The streets of the city were paved with gravel, and large dogwood trees lined the sidewalks. There was a barber shop, a few boarding houses, a dentist and doctors office, and a saloon. The night had fallen, and only slightly drunken men walked the streets. Cautiously Reddog advanced towards one of the swaying men near the front of the saloon, swatting in the sounds of laughter and rough voices.

Reddog knew very little English. "Tell me Silver Falls? DeSoto..." he attempted. The drunk laborer stared at him from behind bloodshot eyes.

"Stupid Injun talk like he's maybe a little crazy, he does," slurred the man.

The drunk held out a bottle of bitter smelling liquor. "Wanna drink, Injun-boy?" Reddog shook his head, his throat contracting to the smell of the liquid in the man's bottle. He stepped from the shadows into the tavern's glare. The man stared up in amazement. He was looking at Reddog's crimson hair.

"Injun's got red hair! Red hair!"

Reddog stepped back into the shadows quickly, and the man seemed to instantly forget about his red hair.

"You know Silver Falls? DeSoto?"

"You wanna know how to get to DeSoto, boy?"

Reddog nodded, looking around him nervously.

"Easy, boy. Just get on the north trail and it'll go off about thirty miles sorta north-east. Everybody knows how to get there..."

Reddog muttered something in Cherokee as a thanks and headed over the railroad tracks to the trail, leaving the city and the white men behind him. Fear lay heavy in his heart.

The journey to the Silver Falls would take him until

several hours after dawn to complete, if he kept a moderate pace up. In two nights, if all went well, Reddog could be back with his wife Rising Dawn, back with his people. He would have to walk fast...

The night was dark as pitch, and Reddog was sweating even though it was cool out. His blood-red hair clung to his back with perspiration. The slender trees brushed him, scratching at his tough flesh like claws. Unseen things moved around Reddog's body. He was a woodland Indian, but he didn't like the woods. They scared him, seemed to swallow him in their depths. They were also sacred. No matter how many times men cut them and carved them, the wood-spirits would always remain.

His brown eyes searched ahead for pitfalls, for the trail was quite overgrown with foliage. Sounds came to his ears. The snapping of twigs. He pushed on, ignoring the sounds. Trees cracking. Reddog moved onwards. Great clods of earth being torn upwards. Reddog ran into the flank of a grizzly bear.

Fear welled up inside him. His enemies, the Bear Tribe, had sent this demon against him. His deft hands moved instinctively, grasping the bone hilt of his hunting knife.

The bear reared up, snarling, teeth bared. Reddog clenched the knife, and drove at the furry creature with it. The blade hit, burying itself in the bear's muscle near its heart.

The muscle was tough and many inches thick. The bear-demon reared again and brought its hellish claws down across Reddog's back, leaving shreds of buckskin and great red slashes in the young Indian's skin. Reddog screamed: his body seemed to be all red now. With the last of his strength, he hammered at the still-embedded knife wildly. He heard a barely audible rip, and the bear fell out of him, screaming with rage and pain.

Much later Reddog climbed out from under the bear's corpse. It was nearly dawn, the first traces of pink showed on the horizon. He crawled. He hobbled, sometimes even half-walked. He must get to the Silver Falls. The Elders would help him. Their magic would protect the village...he must go on. (Continued)

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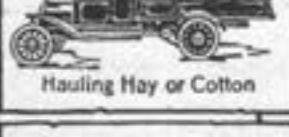
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WHY HERBS?

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree in which is the fruit of a tree yielding seed; to you it shall be for meat.

Genesis 1:29

He causeth the grass to grow for cattle and herbs for the use of man.

Psalms 104:14

And the leaves of the tree were for the healing of nations.

Revelations 22:2

Herbs are a food, Genesis 1:29. They are Nature's remedies and have been put here by an all wise Creator for our use. There is an Herb for every disease that a human can be affected with. Herbs feed and regulate organs and glands. They cleanse the cells. Herbs act on the blood, metabolism and all life's processes including the nervous system — thus are capable of bringing the body into health.

How rich we are because of herbs; how bland indeed life would be without them. For centuries, "Nature's Miracle plants" have been serving man well — healing nearly all our ailments, protecting our garden... flavoring our food... sweetening the air we breathe... gracing our houses and grounds... stimulating our senses... and opening our souls, just to name a few. If you're a family that's friendly with nature, you're sure to want to make this a part of your home. We invite you to share Nature's true wealth and enrich your entire life....

For one believeth he may eat all things; another who is weak eateth herbs.

Romans 14:2

And the fruit thereof shall be meat and the leaf thereof for medicine.

Ezekiel 47:12

The purpose of this sheet showing the historical uses of Herbs is to edify and enlighten the general reader, not to sell medicine or advance any claim and is merely educational material for personal enjoyment and is not intended for prescribing. The following items include herbal foods that help supply nutritional deficiencies related to each ailment.

CONCENTRATED FOOD IN CAPSULATED FORM 100 capsules per bottle

UVA URSI — Diabetes, kidneys, spleen, liver, dysentery, piles, ulcer on cervix, uric acid.
VALERIAN — Nervous disorders, muscle twitching, spasms, cleans kidney stones, sleep.
WHITE OAK BARK — Varicose veins, gums, douches (1 tsp. quart), good for hemorrhoids.
WOOD BETONY — Indigestion, headache, stomach, gout, varicose veins, heartburn.
YARROW — Flu, ulcers, liver bile, blood coagulant, gall bladder, tonic, yeast infection.
YELLOW DOCK — Great blood purifier, leprosy, syphilis, acne, high iron, cancer tumors.
YUCCA — High fiber, arthritis, rheumatism, gout, cataracts, scalp problems, cancer.
PAU D'ARCO — Cancer All Types, Parkinson's, Palsy, Diabetes.
TODAY'S HERBAL HEALTH BOOK — The easiest understood book I have ever found. It tells you what you want to know.

A FEW FACTS ABOUT HERBS

Herbs are better in capsule form because, usually making tea of them does not release all the ingredients from the herb. Herbs are rich in minerals which most foods today do not have enough of, because of the fast growing and over processing methods of farming today. If your body does not have enough minerals, it does not matter how many vitamins you take, they will not do much good, because your body will not use them, they will go straight through you.

Herbs are not drugs. Chemical drugs interfere with the body's processes to try to heal or cure, and the body resists this, thus we have the side effects. Herbs help the body to heal itself. Herb combinations are more effective than one single herb for the following reasons:

Combinations of Herbs usually have two or more activating Herbs. These will stimulate the part of the body that needs the most help. Some Herbs work better in fighting disease in its early stages, while other Herbs work better fighting the disease itself. Thus we can use Herbs for preventing many illnesses and aches and pains. No two people react exactly the same to a particular Herb, and it is better to mix some Herbs because some Herbs should not be taken alone. They can be very irritating unless combined with other Herbs to soothe the irritation. The longer you have had a problem, the more of your body will be involved, and the longer it will take to overcome, depending on age and how bad you were to start with.

The key to using Herbs is consistency.

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DIFFERENT COMBINATIONS FOR DIFFERENT PEOPLE

- APS II — Used for pain, neuralgic pain, headaches, toothaches, after child birth pain, etc.
ARX OR ARTA — Used to eliminate the symptoms and cause of arthritis. Cleanses and reduces the swelling and inflammation of soft tissues and joints without harmful side effects.
RCC-X OR BP — Purifies and detoxifies the blood and body. Removes toxic waste, revitalizing the body. Boils, skin rash, eczema, psoriasis, uric acid neutralizer, skin problems.
CT-X OR CA — Natural calcium for rebuilding nerve sheaths, veins and artery walls, bone, teeth, etc. Prevents cramps and charley horses, calms nerves, aids sleep and supplies calcium. Aches, allergies, bursitis, cartilage, fractures, growing pains.
GC-X OR CAPSICUM & GARLIC — Helps to lower blood pressure. Noted as a blood pressure equalizer. Circulation clogs - nerves, stress, tension.
ICP-X OR CCA — Used for respiratory problems, colds, flu, sinus, bronchitis, tonsillitis.
LH OR COMFREY & FENEGREEK — Cuts mucus in the lungs, a respirator, sore throats, nasal passages, emphysema, pneumonia, allergies - hayfever, bronchial.
COMFREY & PEP SIN — A great digestion aid, breaks down mucus, increases food absorption.
REX OR EIGHT — Reduces nervous tension, anxiety, stress, restores nervous system, aids sleep.
EW-X OR EW — For strengthening, healing and brightening the eye. Known to heal lesions and remove cataracts and heavy film from eyes. (2-3 capsules dissolved in 1/2 cup of water for eye-wash).
FASTING PLUS — Helpful on cleanse. Stabilizes and helps keep glands functioning on fast.
CX OR FC WITH DONG QUAI — Used for female problems, cramps, menopause. Beneficial for uterine complaints, hot flashes, hormone imbalance, breast problems.
FENEGREEK & THYME — Stops migraine headaches, reduces mucus buildup, upper respiratory.
FEVER FEW — Severe migraines, less muscular tension, safe sleep, liver, kidneys, etc.
FITNESS PLUS — To strengthen muscles after neglected exercise, torn ligaments or sprains.
IX — Anemia, convulsions, cramps, fatigue, M.S., Parkinson's, pituitary gland.
FV — Will stop nausea, morning sickness, flu, vomiting.
GGC — Quick pick up and endurance, vitality, age spots, drug withdrawal, relieve depression, memory.
HERBAL PUMPKIN — Eliminates parasites, tumors, cancers, prostate, cleanses bowels of toxin.
IG-S OR HIGS — Eliminates infection for hypoglycemics in glands, cleanses glands.
HS II — Strengthens and tones heart muscles and tissues. Helps eliminate cholesterol.
HVS — Promotes natural sleep. Excellent relaxant for nerves and tension. Helps induce sleep.
HYA — Helps treat adrenal glands, anemia. Use to normalize blood sugar level in hypoglycemia, weakened system, liver.
CLT-X — Colitis, irritable colon, diarrhea, bowel problems, indigestion, intestinal mucus.
JP-X OR K — Corrects kidney and bladder problems, bedwetting. Aids in passing waste from blood stream.
ARTHRITIS BLACK PILLS FROM CHINA — Rheumatism, bone & joint pain, acute neuralgia or back pain, inflammation limbs, paralysis.
LB-X OR LBS II — Cleanser of lower bowels, colitis, relieves diverticulitis, bad breath, constipation.
HSN-W — Skin, hair, nails.
COMBINATION POTASSIUM — Heart, allergies, constipation, colic, injuries, burns.
BLG-X OR LIVA — Great for cleansing, strengthening, correcting the functions of the liver and gallbladder, age spots, spleen.
PT-X OR P-14 — Treats the pancreas. Activates and stimulates the pancreas to its normal functions thus regulating the correct use of sugar in the blood stream and acts as a natural insulin and is a tremendous aid in correcting diabetes. Good for hypoglycemia, kidneys and prostate.
PLS II — Flu, gangrene, rheumatism, ulcers, bone knitter, poultice, back problems, fractures.
U — Ulcers, colitis, colon, dysentery, diverticulitis, bad breath.
P-X OR PS II — For prostate problems, may dissolve kidney stones, hormone balance, urinary cleaner.
SF — SKINNY FORMULA — Weight reduction, dissolves fat, curbs appetite, balances hormones, cleanses bowels, eliminates nervous tension due to dieting. (More chickweed for rapid loss).
SPECIAL FORMULA NO.1 — Removes old encrustations of old fecal matter and body buildup of toxins, wastes, etc. (which may be stored for years), in the colon which are toxicifying the system. It also cleanses waste matter from the liver and gall bladder.
KC-X OR TS II — Revitalizes and promotes healing of the thyroid, restoring normal function. A natural source of iodine, other minerals. Helps to store up needed energy and vitality.
5W — Prenatal, eases delivery, cramps, hormone regulator, uterus.

XA — Male sex rejuvenator, helps rebuild and strengthen sex glands. Reduces frigidity, balances hormones. Great for female, too.

SNX or FOUR — Sinus, asthma, bronchitis, allergies, hay fever, colds.

CONCENTRATED FOOD IN CAPSULATED FORM 100 capsules per bott.

SINGLE HERBS

- ALOE TABS — Chlorophyll, highly nutritive, alkalizes body rapidly, provides all essential vitamins and minerals, detoxifies body, improves appetite, allergies, gout, relieve pain of arthritis, burns, cuts, sunburn, ulcers, insect bites.
BARBERRY BARK — Aids in digestion, diarrhea, improves appetite, typhoid, jaundice, bile.
BAYBERRY — Helps heal mucus membranes, cancer, fatty tumors, diarrhea, anti-toxicant.
BEE POLLEN — Contains 18 different amino acids, vitamins, minerals, enzymes. Allergies.
BLACK COHOSH — Female estrogen, high blood pressure, hot flashes, spinal meningitis.
BLACK WALNUT — Cleanses parasites, TB, tape worms, amoeba diarrhea, skin diseases.
BLESSIED THISTLE — Increases gastric secretion, appetite, takes oxygen to brain, fever.
BLUE COHOSH — Makes childbirth easy, uterine trouble, bronchial mucus, spasms.
BUCKTHORN — Rheumatism, gout, dropsy, skin diseases, warts, stimulates intestinal tract.
BURDOCK — Blood purifier, diuretic, acne, cankers, psoriasis, boils, neutralizes poisons.
BUTCHERS BROOM — The best single herb for circulation, phlebitis, prevents blood clotting.
CACTUS — Acne, boils, skin problems, venereal disease, arthritis, cleans the blood.
CAPSICUM — Stops bleeding by direct application, circulation, shock, reduces fever, colds.
CASCARA SAGRADA — Chronic constipation, gall stones, increases peristalsis of colon.
CATNIP — Soothing to nerves, reduces fever, colic, convulsions, promotes sweating.
CHAMOMILE — Increases appetite, helps stop smoking, kidney and spleen, poltice for pain.
CHAPARRAL — Tumors, cancer, warts, psoriasis, arthritis, acne, blood purifier, boils.
CHICKWEED — Eats carbohydrates (fat), deafness, bronchial cleanser, weight reduction.
COMFREY — Blood cleanser, ulcers, stomach, kidneys, bowel, healer, emphysema.
CORN SILK — Prevents bedwetting, kidney and bladder trouble, painful urination, prostate.
DAMIANA — Aphrodisiac, impotency, overcomes loss of nerves, energy to limbs, asthma.
DANDELION — Diuretic, kidneys, vitamins and minerals, iron anemia, indigestion, cleanser.
DONG QUAI — Oriental herb for female problems, hot flash, menopause, depression.
ECHINACEA — Any infection, lymph glands, swollen glands, blood poisoning.
EYEBRIGHT — Aids the vision, upper throat, eyewash, allergies, hay fever, expectorant.
FENNEL — Suppresses appetite, expells gas, acid stomach, gout, colic, cramps, spasms.
FENUGREEK — Healing, poltice, lubricates intestines, eyes, ulcers, reduces fever, gargle.
GARLIC — Normalizes blood pressure, reduces fever, yeast infection, colds, removes warts.
GINGER — Expells gas, intestinal stimulant, stops diarrhea, colds, nausea.
GOLDEN SEAL — Natural Antibiotic, uterine bleeding, healer, pyorrhea, cure-all type herb.
GOTU KOLA — Memory lapse, depression, longevity, mental pick-up, awareness, nerves.
HAWTHORNE — Excellent food for heart, low blood pressure, hypoglycemia, stress, sleep.
HO SHO WU — Restore hair color-growth, fertility, long life, anti-tumor properties.
HOPS — Indigestion, sleep, toothache, earache, diuretic, gas cramps, hyperactivity.
HORSETAIL — Builds strong fingernails, hair, skin problems, fatty acids and starches, silica.
JUNIPER BERRIES — Kills fungi, kidneys, urinary, bladder, deep eye lesions, prostate.
KELP — Good for glands, thyroid, trace minerals, natural and organic minerals, weight.
LICORICE — Hypoglycemia, adjust blood sugar, quick energy pick up, estrogenic, throat.
MARSHMALLOW — Respiratory problems, brights disease, lung, carbuncles, boils.
MULLEIN — Respiratory ailments, wash for open sores, swollen glands, sleep, pain.
MYRRH GUM — Mouth sores, brush teeth for pyorrhea, bad breath, douches, hemorrhoids.
PAPAYA MINT — Relieves upset stomach, aids in digestion, high blood pressure.
PARSLEY — Bad breath, kidneys, jaundice, fevers, helps prevent cancer, stops lactation.
PASSION FLOWER — Relieves headaches, epilepsy, convulsions, relaxant, hypertension.
PEACH BARK — Morning sickness, diuretic, lung congestion, sedative, heals external sores.
PSYLLUM — Excellent colon cleaner, bulk, rids mucus, anti-intoxication, normalizes bowels.
RED CLOVER — Blood purifier, relaxing to nerves, spasms, cancer, stimulates liver, gall.
RED RASPBERRY — Dysentery, diarrhea, strengthens uterine walls, removes canker, douches.
REDMOND CLAY — Minerals, cleanses intestinal tract, insect bites, heals wounds, acne.
ROSEHIPS — Nat. Vit. C, diuretic, aids digestion, blood purifier, cramps, nerveine, headache.
SAFFLOWERS — Aids in releasing uric acid, indigestion, anti-gas, natural digestant.
SAGE — Anti-tumor properties, relieves nausea, morning sickness, restores hair color.
SARSAPARILLA — Male hormone, rheumatism, gout, skin problems, antidote for poisoning.
SAW PALMETTO — Asthma, ovaries, prostate, Indians used to increase bust size, colds.
SCULLCAP — Nerve tonic, rabies, relieves pain, convulsions, epilepsy, induces sleep.
SIBERIAN GINSING — Anti-fatigue, rejuvenator, sexual stimulant, anti-stress, endurance.
SLIPPERY ELM — Normalizes bowel movement, diarrhea, inflamed wounds, soothes stomach.
THYME — Expells gas to relieve colic, bowel pains, stops whooping cough, acid indigestion.

MAKES KIDS DO BETTER IN SCHOOL

Ode to a Nightingale—

Part two

in a series

Johnny Hulan remembers her grandmother and the little store and post office she ran: "She had penny candy back then, and cloth by the pound. She called it pound goods. She would peddle vegetables from her black buggy in the summer. This gave her a chance to visit with the summer people."

Miss Emma believed in fresh, wholesome food and delighted in her garden. As a young wife and mother she wrote, "I proceeded to plant and sow the seed, and waited anxiously to see the first above ground. All grew very fast and I was amply repaid for labor bestowed, by plenty of nice fresh vegetables."

When she moved with her husband and two little girls to Lookout Mountain to their homestead, she marveled at the crops that could be grown: "Corn, sorghum, peas, millet, oats and rye do well here, and a great many have begun to raise cotton. Sweet and Irish potatoes, turnips and vegetables grow to perfection and as a general thing our people raise plenty of vegetables to do them for both winter and summer, frequently having old vegetables when the new ones come in." She went on to list many kinds of fruits and melons and pumpkins, too, which "grow so luxuriant it seems they want to grow into another country!"

Emma Smith took great pride in her garden and depended upon it to feed her family. Her despair was evident when she woke up one Sunday morning with it all destroyed: "But Alas! While we were calmly sleeping, the cattle and sheep did break in and steal. We arose to look out on a beautiful day, when horror of horrors! There were 10 head of cattle and 20 sheep browsing around in our garden, after eating everything eatable. All our delicious vegetables disappeared in one night. I tried to cry but knew it would do no good." She did not linger in sorrow, but always strove to "let the sunshine in." A kind neighbor furnished me with seed and with the help of the children, proceeded to start anew.

Johnny Hulan recalls the rock-walled spring where the family got its water. Miss Emma spoke of the spring in one of her essays: "and another advantage we have plenty of wood and water. Pure sparkling water, fresh from the fount, uncontaminated with the impurities of lower lands. All through the dry spell last year, when complaints were heard from different directions and people in the valleys round about were hauling water, we had plenty of water for both using and plenty for stock of all kinds."

The old spring is still at Nightingale farm, and Darlene Keith, Miss Emma's great-granddaughter and her grandson, Ben Smith, went there a few weeks ago. Ben cleared some of the debris from the icy water and the lit-

tle spring ran as fresh and clear as before.

Johnny Hulan tells of spending the night with her grandmother: "She always had cows she milked, and she would let us churn the butter. It did not matter who was visiting, she always read from the Bible and had family prayer before bedtime, often asking guests to join in. Then she would sit up and read by the light of a coal-oil lamp."

Johnny loved the big feather beds at her grandmother's. "The feather beds were so warm and comfortable. My grandmother taught us how to make them up properly—how to do the smoothing before the spread went on. We had to do it just so," she said.

Miss Emma cooked on a big Home Comfort wood stove and let Johnny and the other grandchildren help with the cooking. "In those days, we dried our own apples," Johnny recalled, "and we would mix them up with sugar and nutmeg and make fried pies in a big iron skillet."

Miss Emma delivered a lot of babies on the mountain for she was a very capable midwife. Mary Strickland Winn remembered an incident: "A family moved across the road from us, and when the wife's time came to deliver her child there was no time, nor any money, for a doctor. Miss Emma came and delivered that baby as good as any doctor."

"She was wondrously intelligent," said Ms. Winn, "and loved wildlife, especially birds. She was called upon to give talks at gatherings, schools and churches. She would talk about how people should take care of nature."

Clara Green Cash loved to go to the Nightingale Store as a little girl with her Mama and sometimes her Uncle Bud Green. "We'd walk to the store, and Miss Emma would always have fresh-baked gingerbread or light bread for us to eat. She had coconut macaroons and stick candy, too. One day Mama left me with Daddy, who was clearing land, while she went to the store. Miss Emma sent me two kittens, the first I ever owned."

Miss Emma loved children dearly and often wrote about them. She advocated patience and love in an era when "spare the rod" was the prevailing attitude: "Mothers, don't speak harshly to your little ones; they are tender, delicate little flowers, and their love is more valuable than the love of the whole world. If there is any love outside of my Heavenly Father's love that I have confidence in and highly appreciate, it is certainly the love of a child."

She needed the love and respect of her family, and wrote of them in many articles. "We were sitting by the fireside," she wrote, "and I reached over and clasped my boy's hand and I could not notice the contrast, his was large and strong, mine small and weak, and said, Clyde, some day you may be wealthy yet you would be willing to give a good part of your wealth for only a clasp of your Mother's hand."

But just a few short years later Clyde was killed, and Miss Emma's writing took on a more somber tone with more emphasis placed on the hereafter with welcome respite from the cares of the world. "No, there is nothing worth living for," she said wistfully, "but my poor old eyes can see beyond this world a heaven worth trading thorny paths to reach...after a tempestuous life...it is worth living to gain Heaven."

NIGHTINGALE ESSAYS

BY EMMA J. SMITH

The Bird With an Open Mouth

We were walking in the wood land at the close of the day. A pitiful cry came to our ears, a pleading cry, some little creature must be in distress, and yet, what is it? And where is it? We look up, thinking to find whatever it is, in the trees. Not so, it is nearer than we thought. We hear that little pleading, hungry note again, at our feet. We part a high bunch of grass and there in that bunch of grass is a tiny nest, and in that nest just one little lonely bird, young not even feathered with mouth open crying for food, expecting each moment for mammy to bring some tidbit and drop in that open mouth, poor little bird! How I wish I could fill that open mouth, and ease the pangs of hunger. I thought what a helpless little thing! How dependent, if mammy bird failed to come it would die of hunger, there alone in the nest, in the grass. We left it still crying for food, and as we strolled onward I could but think of the tiny bird with an open mouth and reason seemed to say, that we with all our boasted independence are just as the little bird, with an open mouth crying for food are we not dependent creatures? Are we not helpless creatures clamoring for food? Begging the crumbs from our Master's table crying for His love, pleading for his mercies, dependent on God for all we have in this life and the life beyond. As the bird with an open mouth, we are clamoring for food, food for our bodies, food for our souls, lest we perish. We open our mouths to the Lord; he hears our pitiful cry and fill our hearts with praise and joy. We realize the source of all our help, hunger drives us to cry unto the Lord for food, just as the tiny bird in the little nest in the bunch of grass.



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Remembering...

with Mabel Crow Kirk

OLD GRIST MILLS OF MENTONE

Alpine Mill

Colonel Milford Howard was an extraordinary man whose vision for the mountain fired the hopes and dreams of not only local people, but also of individuals from far away places who wanted to be a part of the wonderful things he planned.

When he was developing his River Park, he wanted a water-powered mill as part of the operation. A site was selected on a spot near where another mill had stood. Probes Mill, owned and operated by a man and his wife, was built sometime after the War Between The States but before 1900. Little is known about the Probes Mill, except that it served as a grist mill for local residents.

In 1924, Joe Biddle began a dam on Little River which was to be named for him when it was completed. Mr. Biddle, a former British sailor, was approaching 70 years of age, but was still a master craftsman. He had holes drilled in the river bottom for iron pipes to be set. Then local men and boys wheelbarrowed cement. Mr. Frank Kirk of Mentone remembers helping haul the concrete with a wagon and mules.

The dam was built of concrete and stone, reinforced with a double row of steel rods. It was 150 feet across and solid as a rock. A large boulder just below the dam was chosen to hold the mill house. Then an overshot wheel was erected.

Mr. Joe Blalock, well-known as an excellent stonemason, helped construct the race which was a stone trough that tunred the water to the wheel. There was series of gates which helped bring the water up to the desired levels.

Mabel Kirk's father, John B. Crow, was the first miller. Mabel remembers the mill, and how her father would grind the corn to the desired fineness between the huge stones. People came from all around with their corn to be ground and they brought their own sacks to carry it home. Col. Howard and Mr. Crow kept a portion of it in return for the grinding.

Colonel Howard hoped the Alpine area, as it is now called, would be an intellectual retreat where people could come to enjoy the rustic, scenic beauty of the mountain. The complex began as River Park, but the name was later changed to Vagabondia.

Frank Kirk remembers the times he and Clyde Wilks would climb into the water wheel and make it see-saw back and forth. "As I look back now, I realize how dangerous that was," Frank said, "but it was great fun then."

Mabel Kirk remembers Colonel Howard and the excitement he brought to the area. "Col. Howard made everyone aware of the possibilities of the area. He gave people something to look forward to, and something to hope for when the economy of the mountain was at a low ebb."

Col. Howard's dream was never fully realized, the mill and other buildings fell into disrepair and were burned or destroyed. But the visionary spirit that dwells in the wild and lovely places on this mountain still lives to haunt the hearts and minds of special people. There have always been those who marched to the beat of a distant drummer, and always those who are ready to believe in them.



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Valley Head

Letter



February 22, 1987

Dear Sir,
I'd like to thank the city of Valley Head for the helpful and professional treatment I received when I recently suffered an accident coming into Valley Head.

On Wednesday, February 11, I was driving from my home in Huntsville to Atlanta to interview college students at Atlanta University. In the curve coming into Valley Head, a dog jumped into the road. I swerved to avoid him, lost control, and crashed into a tree. The first person to come by stopped and offered to take me to a phone. Before I could take him up on his offer, a pickup truck with a mobile phone stopped from a local appliance store. The gentleman called the police, chased down the number for my uncle Leroy Spears, called my uncle and disappeared before I could thank him.

Officer Johnny Ferguson arrived within five minutes of the accident. He was helpful, sympathetic, and professional. He insured that I was not injured, investigated the accident, and arranged for Sam Whatley to tow my car.

Sam worked to correct the damage to make the car towable, pulled the car out of the ditch, and agreed to carry me and the car back to Huntsville the next day. Not only was his price more than fair, his service was excellent. If you ever need towing up in your neck of the woods, I can heartily recommend him.

I won't say that I enjoyed the accident, but I will say that I was very fortunate to be helped by friendly and professional people like Mr. Whatley, Officer Ferguson, and my unknown benefactor from the appliance store. I think Valley Head can be proud of its people, and I thank them all.

W. Michael Guillebeau
504 Greenacres Dr.
Huntsville, AL



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