

**Celebrating
18 Years
in Print**

THE

GROUNDHOG

•Mentone • Valley Head •Hammondville •Cloudland •Menlo

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

Volume 18, No. 3

"Neighborly News from the Heart of Lookout Mountain"

March 2000

Valley Head Women's Club Essay Contest Winners: Family



Becky Mays, 1st Place

THE FAMILY AND IT'S EVER-CHANGING ROLE IN OUR LIVES

Ask any number of people for their description of a family, and it is probable that each answer will be different. Webster himself has more than five interpretations for this basic building block of society. Some would say a family consists of Mom and Dad, a brother and sister, even a dog inside the proverbial picket fence. In every mind this picture perfect scene is somewhat standard, but for most people this is far from reality.

Throughout time, the general idea of a family has changed dramatically. In the days when our nation was a new frontier, the family was extremely personal, and a powerful part of society—all of life's activities revolved around the homestead. As times changed, each member became increasingly independent, exposing themselves to those not related by blood or marriage.

The type of family that one person belongs to is essentially impossible to put into words. Each member could have many titles and positions within the group. Categories have been created, to fractionate the vastness of what a family actually is, but the individual can best describe the family by the significance it holds in their lives.

Great or small, including those living throughout the world, or only the ones in your home, a family is as individual as those who complete it. No certain type of family is more or less advantageous than another, as each family is constructed to be beneficial and appropriate to each member it includes. Ever changing to meet the needs of it's inhabitants and the progression of the times, the family will continue to change and develop. It's role in human life will never diminish, as it is the preparation that most need for the future they create for themselves, and the additions that they will one day adjoin to their existing family.



Virginia Hatfield, 2nd Place

THE IMPORTANCE OF A FAMILY

Since the beginning of time, family has always been very important to everyone. No matter what day in age you live in or what kind of relationship you have with your family, they will still be the most important people in your life.

Aside from being extremely important, no matter what you do to disappoint or upset them, they'll always be your family. They will always help you to understand things that seem complicated to you, always help you with your toughest problems, and even give you their best advice on relationships. In short, they help you with most anything.

Whether your family lives in the same neighborhood or if they're spread out all over the world, always keep in touch with them. Let them know you love them and will be there when-ever they're in need of comforting.

After all, you may never really realize just how important your family is until they're gone. In closing, cherish every moment you get to have with your family and keep in touch with all of them because they are important.



Annie Harrison, 3rd Place

MOST IMPORTANT TO ME IS FAMILY

Throughout the world many types of families go through many different ordeals, either growing closer or more distant from one another. Through good times and bad times, my family remains the most valuable treasure ever given to me. There is no way that I could ever repay them for all they have given me.

On television I often hear how most of the family image has begun to deteriorate from its standards of closeness and stability. Your breath is lost immediately the moment when you hear how one family member has lost their life in the hands of another over small worldly value. How someone could take another's life that was their own bloodline is terrible.

My family is as precious to me as the air I breath and there is nothing in this world I would trade them for.

All entries were typed as submitted.

(Additional essays and photos on page 5.)

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See Page 2.**

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THE GROUNDHOG

P.O. Box 387, Mentone, AL 35984



Published monthly by the Mentone Area Preservation Association, MAPA was first conceived on Groundhog Day, 1982, and organized April 6, 1982, for the purpose of preserving and protecting the heritage, natural environment, and other unique qualities of life in the Mentone area, and is chartered as a non-profit organization by the State of Alabama.

THE GROUNDHOG STAFF

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

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

The deadline for all material for The Groundhog is the **15TH DAY OF THE MONTH** preceding publication. The Groundhog is due out by the end of each month.

MESSAGE FROM THE MAPA PRESIDENT

By Marilyn Mathews

There were lots of ice storm stories to share during our March 7, meeting, but it appears everyone is getting back to normal. It still amazes me that there was no more injury to people or damage to property. No matter our beliefs, we must have each had a Guardian Angel looking out for us.

We discussed our May festival, the **Mountain Craft Fair**, in some detail. MAPA plans to sell rhododendron plants again this year. This would be a convenient time to replace plants lost to the ice or to add to the ones lucky enough to survive it.

Response from vendors has been very encouraging and we are looking forward to having a good selection of crafts. Betty Bain did an excellent job of coordinating our fall festival and has agreed to be chairperson for the one in May. We are still looking for participants who do crafts such as knitting, crocheting, soap making, wood work, carving, pottery, etc., who would be willing to demonstrate their craft, as well as exhibit and sell their products. If you, or someone you know, is interested, please contact Betty or me. Betty can be reached at 256-634-4490, or 1-800-341-3381. I can be reached at 256-634-3645 or on email: mmathews@tds.net.

Our speaker was Marie Corsentino, activity coordinator with the DeKalb County Council on Aging. The information she shared with us was very informative, at least to me. I was not aware of all the services and activities the council makes available to our older citizens. They provide in-home assistance and care, home-delivered meals, transportation, assistance with employment, and some legal advice for those who qualify, in addition to all the fun activities held at the Senior Center (classes in ceramics, line dancing, and yoga; group trips, and monthly parties, to name a few). I have really condensed the information she gave us, but I hope I have given enough detail to pique your interest in getting more.



Letter to the Editor

February 16, 2000

Dear Ms. Graves:

Your coverage of the burning of the Rock Castle Cafe in Hammondville was very good and interesting. It brought back some long-term memories of that cafe.

When I was in high school at Valley Head, perhaps in the late 1930s while in the tenth or eleventh grade, I had a paper delivery route involving the evening Chattanooga newspaper which I picked up at the Rock Castle Cafe in Hammondville where the bus from Chattanooga stopped in late afternoon. I would ride my bicycle over the gravel road from Valley Head to Hammondville and usually allow enough time to buy a six-roll packet of Merita cinnamon buns for five cents. These were undoubtedly the best cinnamon buns I have ever tasted, and I remember them so well because I was usually getting hungry by that time of the day.

I did not know the history of the cafe which you provided in your January issue of The Groundhog. I was particularly interested in learning that the rock veneer came from Colonel Milford Howard's Master School development after it failed in the late 1920s or early 1930s. I do remember "Hatchie" Hammond who operated the Rock Castle Cafe during the period that I delivered the Chattanooga newspapers.

It is sad to see such an old, well-known landmark burn. However, there are many happy memories associated with the Rock Castle.

We enjoy every issue of The Groundhog.

With warm regards and best wishes,

Sincerely,

E.T. York

Chancellor Emeritus

State University System of Florida

-PUBLIC NOTICE-- MENTONE PLANNING AND ZONING COMMISSION

Meeting dates for 2000

March 16 June 15
September 21 December 21

Other special or called meetings
will be posted as required.

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

-PUBLIC NOTICE-- MENTONE PLANNING AND ZONING COMMISSION Damage of Structures

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



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HEALTH NUGGET Hydrotherapy-What is it?

By Dowe Foreman

Hydrotherapy is the use of water in any of its three forms: solid, liquid, or gas (vapor) in the treatment of disease or trauma.

There are many ways in which water can be applied to relieve pain and treat diseases. All should become intelligent in its use in simple home treatments—cutting medical costs. Water, wisely applied, is a most powerful remedy!

Most of the effects of hydrotherapy work from the skin. In other words, the specific effects of hydrotherapy are not chiefly due to water, per se, but to the impressions of heat and cold made by this agent when brought in contact with the skin.

How does heat affect the body?

- Heat increases blood flow to the skin. This helps wound healing—speeds up healing.
- Heat opens the blood vessels. This brings fresh germ fighters to the target trouble.
- Localized heat application reduces pain.

How does cold affect the body?

- Cold reduces pain and swelling—like after a sprained ankle.
- Cold applications decrease blood flow to decrease hemorrhage following trauma and decrease local edema.
- Cold constricts the blood vessels.

Two weeks ago, I got the flu. It started with a sore throat. It was so scratchy! My husband also got sick with the same thing. So, we both decided to use hydrotherapy. In the morning, we were a little better, but still felt sick. We gave each other more hydrotherapy. Guess what? The next morning, we both were much better! In our class, we would demonstrate how to do this.

Natural hydrotherapy can help you save money, treat disease and build a stronger immune system in your whole family.

(This article was written by Raquel Schnabelhner of Wildwood Lifestyle Center and Hospital. Look for our Health Seminar coming in March!)

Vegan Recipe

By Dowe Foreman

Garbanzo (Chickpea) Spread

- 1 can garbanzos, drained and mashed
 - 1 large celery stalk, chopped fine
 - 1 small sweet onion, chopped fine
 - 1 Tbs. Chicken Style seasoning or to taste
 - 1/2 tsp. Salt (opt.)
 - 2 Tbs. Soy mayonnaise
- Mix well together. Keep chilled.
Excellent as a sandwich spread or on crackers.

VEGAN COOKING CLASSES THIS YEAR IN MENTONE

6:30 p.m. on the following dates

- April 11
- May 23
- August 22
- September 26
- October 24
- November 14
- December 12

All cooking classes will be held at the Community Center in Mentone.

Clip this box and post it on your refrigerator!



NATURAL REMEDIES SEMINAR

at the
Mentone Community Center

Date: March 27-30

Time: 6:30 p.m.

Topics:

- Hydrotherapy
- Herb use
- Learn to prevent and treat:
Colds, Headaches, Fever,
Insomnia, Anxiety/Nervousness,
and much more!
- Massage
- Wildflower use

This is a free service provided by the Wildwood Lifestyle Center and Hospital.

Please call in advance for information and reservations:
John or Dowe Foreman, 634-4021
Stan or Linda Lawton, 634-4658

THANK YOU

Thanks to everybody who helped during the ice storm. We greatly appreciate your checking on us and everything that was done for us.

Continue to keep Charlie in your prayers.

Charlie and Jewel Rogers

THANK YOU

Thank you and God bless each and every one for your prayers and thoughts throughout my illness. Without them, I would not have had the strength to be here.

Kathy Gregory-Sonsel
Pasadena, TX

THANK YOU

The family of Dorothy Williams (Flo Kirby's mother), who passed away Feb. 15, would like to express their deep appreciation to the Mentone and Valley Head communities for all the cards, flowers, food, visits, and prayers during this difficult time.

The Family
of Dorothy Williams



An article from the Knoxville News-Sentinel, Tuesday, Nov. 16, 1993

Best-kept secret even better in off season

By Rheta Grimsley Johnson

MENTONE, Ala. — This quaint town reminds me of pleasant things you put away for winter: the hammock, the oscillating fan, the lemonade pitcher. On a cool November afternoon, the mountaintop resort appears deserted. But about 600 lucky people remain year-round in Mentone proper, and more live on its wooded outskirts.

Today the only things rustling are leaves. The old hotel presides over a ghost town. The few shops are closed until the weekend. The 11 summer camps for children are quiet until next season.

Many of the distinctive cottages painted the dark red and green of forest berries have their shutter eyes closed and are blanketed with leaves. The October rush to see the foliage is over. And it's a long, cold time until the town's May rhododendron festival.

On the map, Mentone is found right on the bendy line that separates Alabama and Georgia. It's an easy hop—a couple of map inches—on up to Chattanooga.

This is a cozy region of barn signs inspired by "See Rock City," of small farm houses with stone foundations nestled in the shadow of Lookout Mountain Ridge. The Little River runs its rocky course through one of the deepest canyons east of the Mississippi River.

Mentone was built as a place to survive brutal Southern summers, to escape yellow fever and the oppressive heat that once even the rich couldn't do anything about. Its heyday ran from about 1900 until the Depression.

Alice Mason O'Rear, daughter of one of the town's founders, "had been reading about the French resort Mentone," says current resident Bernice Crow, "and she said the name meant 'musical, mountain springs.'"

Mentone was first "discovered" by a man from Pennsylvania named Caldwell. The year was 1880, and Caldwell was looking for a healthy place to rear his family.

He was impressed by two mineral springs and the mountain and settled here; four years later he built Mentone Springs Hotel. The hotel advertised serving mineral water "with every meal."

Wealthy families from New Orleans, Mobile and other regional hot spots came by train to summer at the hotel. Others built cottages. And many summer camps sprang up as a place to "hide" children from yellow fever epidemics that ravaged the land. The camp tradition continues.

Crow was born in nearby Rising Fawn, Ga., but she grew up in Mentone. "And we who have grown up here know that Mentone's always had to depend on tourism to make a living."

So it's not surprising that even here, in Alabama's best secret, you have the unavoidable divide, the thing I call The Resort Split. Many newcomers want to avoid publicity and shudder at the possibility of Little River Canyon becoming a national park.

But longtime residents like Mrs. Crow think it might be a good thing. "Our family had to move to Chattanooga for a while to make a living for our children. Besides, the Little River is one of the cleanest rivers anywhere, and it won't stay that way forever unless something happens to protect it."

That's the only real trouble with beautiful resorts. You almost can't enjoy living there without worrying about the place changing. I know. I lived for a year on Simons Island, Ga., and swore never to settle in a place that swell again.

I was a nervous wreck.

But things seem in check in Mentone. There is a sign at the city limits proclaiming "Zoning Laws in Effect," and Crow says that came as a result of somebody's bright idea for an RV park in town. An RV park in this town would look like blood on a white eyelet bedspread.

Mostly Mentone harkens to the 1920s; it looks like towns in the Smoky Mountains must have looked before they started selling candles by the bushel and condos by the creeks. May Mentone rest in peace.

Rheta Grimsley Johnson writes this column for Scripps Howard News Service.

—Submitted by Jane Galloway



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Mentone Grapevine II

By Marie S. Dillenbeck

Clara Cash was back in the hospital after another fall in her home. She is now recuperating at Crowne Nursing Home to build up strength in her legs, so that she can return to her home. Please keep her in your prayers.

Continue to keep Charlie and Jewel Rogers on your prayer list. Charlie has undergone cancer treatments in the last few months.

Rovene Truett has been seen about Mentone, lately. She said she's feeling better. Keep her on your prayer list as she continues her treatments.

Congratulations to Anna Rievey, senior at Valley Head, who was recently chosen to represent Valley Head by the Fort Payne Optimist Club for outstanding youth. She was also chosen as the D.A.R. representative from Valley Head School. Anna is captain of the color guard in the Valley Head Band.

Congratulations to Helle Stak Neilson, exchange student from Denmark. Helle participated in the District Honor Band on Feb. 12. Her host parents are Kenneth and Beverly Windom. On March 4th, Helle, along with other Valley Head Band members, participated at Rainsville Civic Center, when the DeKalb County Junior High and Senior High honor bands presented their annual concert. Helle was named to the Senior High Honor Band (Alto Saxophone).

Congratulations to other Valley Head band students who participated in the same annual concert: Effia Harrison (Tenor Saxophone) and Annie Harrison (Trumpet). They were also named to the Senior High Honor Band.

The Student Guidance Association sponsored the Tiger Ball, which was held on Feb. 19, and the FFA sponsored the Sweetheart Dance on Feb. 25.

Have any of you made use of the new service Dowe Foreman has started? Her Save-U-Steps personal shopper services are invaluable to those of us who do not find it convenient to go "out of town" to shop or take care of errands.

J.B. Flarity made a very speedy recovery from his broken hip. He was in the town hall paying his water bill and proud of the fact he healed so quickly.

Congratulations to Valley Head School Science Fair winners: Overall: Zachary Cooper, 1st place-Erosion; Savannah Weller (4th Grade), 2nd place-Junk Food Fat; and Trista Blackmon (5th Grade), 3rd place-Sun Loving. FOURTH GRADE: Savannah Weller, 1st place-Junk Food Fat; Justin Grider, 2nd place-Breathless; Matthew Turner, 3rd place-Rhythmic; Jeffery Bain, honorable mention-Tip the Scale; FIFTH GRADE: Zachary Cooper, 1st place-Erosion; Dallas Manning, 2nd place-A Salt and Battery; Sydney Johnson, 3rd place-Here's Mud in Your Eye; and Cory Dobbins-The Greenhouse Effect, honorable mention. SIXTH GRADE: Trista Blackmon, 1st place-Sun Loving Plants; Tylor Harrison, 2nd place-Water Hardness; Tiffany Beard, 3rd place-Hydroponics; Dustin Davis, honorable mention-Density and Displacement.

Danny Greenleaf of G & G Business Machines in Fort Payne has had recent bypass surgery, along with other surgeries for his back and legs. It has been difficult for those in his office to keep him at home so that he will recover faster. Keep Danny in your prayers for a full recovery soon.

Ed and Gerry Disney celebrated their 51st wedding anniversary on February 24. Congratulations, Ed and Gerry!

Buddy and Norma Williams celebrated their 54th wedding anniversary on March 2. Congratulations, Buddy and Norma!

Happy 92nd Birthday to Ruby Daniel. She will be 92 on March 31.

Happy 90th Birthday to Howard Mason, who will be 90 on April 11. Many more happy returns, Howard!

Happy Birthday wishes go to Maureen Brewer whose birthday is March 30.

On April 5, the Mentone Springs Hotel celebrates its 4th year of opening as a Bed and Breakfast under the ownership of David and Claudia Wassom. Congratulations.

Dessie Newberry of Dessie's Kountry Chef, celebrated being open for 9 years on March 6. Congratulations, Dessie.

Tommy Meadows of Pumpkin Center was a true hero on Feb. 10. He left his house at 5:45 a.m. going through DeSoto State Park on his way to work at Fritz Steel in Valley Head. He prefers driving down Wade Gap. On his way, he noticed smoke coming from the top of a home at the top of the gap. He stopped and pulled a lady from the burning house. Thanks for being there, Mr. Meadows.

DeKalb County residents were overjoyed to learn of the 12th consecutive "Best in State" win for the 1999 DeKalb County VFW Agricultural Fair. VFW members Harold and Doris Day and J.B. and Gail Elrod made the trip to Mobile to the Alabama Association of Fairs meeting held Jan. 20 through 23 in Mobile. They accepted the huge trophy awarded to the fair named "Best in State." Congratulations on a job well done.

The Mike and Tena Cryer Duo are back playing Old Standards of the 50s and 60s at the Kountry Chef on certain Saturday nights. After a three year absence, they started Saturday, Feb. 26, and are excited to be back. Mike and Tena will be playing Old Standards of the 50s and 60s on the following Saturday nights: March 11, 25; April 15, 22; May 27; June 24; July 8, 22; Aug. 19, 26; Sept. 9, 16, 23; Oct. 21; Nov. 11, 18; Dec. 15, 23. A Friday and Saturday schedule of Gospel singing, Blue Grass-Twenties, and more, can be seen in the Kountry Chef. There is music for everyone.

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

- Mrs. Lucille Setzer Jones, 78, Pinson, 2/8
- Welborn LaRoy "Chip" Matthews, Jr., 49, of Danville, 2/11
- Mrs. Dorothy Williams, 85, Mentone, 2/15
- James W. Hester 70, Valley Head, 2/16
- Joseph Henry Blalock, 78, Cloudland, 2/22
- Lloyd M. Colenutt, 88, Valley Head, 3/6
- Clyde Melton Blalock, 77, Ider, 3/6

Happy March Birthday/Anniversary wishes to those who have birthdays in the remainder of March: •17-Mary Jane Hunt; •18 - Sherryl Lewis; •19- Thomas Jacob Shepherd (1); Michelle Moore, Savannah Smith; •20-Wanda Simmons; •21-Wanda Black, Donna Bouldin; •22- Jimmy Cooper; •23-April Blansit; •24-Rick Chapman, Jimmy Phillips; •25- Evelyn Graves; •26-Angie Laney, Peter Stevens (8); •27- Gary Talley, Sharee Jenkins; •28-Betty Chapman, Brigitta Modglin, Frankie Lewchuk, Cindy Bethune; •30-Maureen Brewer, Donyal "Foots" Rector (in memory); •31- Ruby Daniel (92), Denee Jenkins.

Happy April Birthday/Anniversary wishes to: •1-Jerod Hulgian; •2-Milton Chambers, Mary Pearson, Effia Harrison and Annie Harrison; •3-Alfred Chambers; •4- Georgette McGee, Katie Brandon, Jamie Phillips; •5-"Possum" Heather Moses, Chris Black, Kaitlyn Dean (3); •6- John Chambers, Jennifer McGee; •7-Gail and Milton Chambers (Anniv.); Shannon Chappell (16), Venna Livingston; •9- Ashley Hartline; •10- Lisa Moore, Lindsey Carter; •11- Josie Crider (4), Howard Mason (90); •12- Tommy Dodd; •15-Frances Rosario Blix, Tommy Blansit.

(Others will be in April issue, which will be published on April 6th and delivered on the 7th and 8th.)

Sue and Bill Schwarz have already started their move to be permanent residents of Mentone. They have been cleaning out their home in Huntsville and moving their possessions to Mentone. Friends of Sue and Bill are mighty happy that they are finally going to be able to be full-time residents. They actually have been here almost a year, but they have been renovating their Mentone home.

Dorothy Shelden, my mother who lives in Las Cruces, NM, will be visiting me the first week in April. I am really looking forward to her visit. Las Cruces is a long way from Mentone. She will be a great help during the next issue of The Groundhog which is due to be published on the 6th of April.

Easter falls on April 30th, this year. Last year it fell on the day the time changed to Daylight Savings Time. This year, Daylight Savings Time falls on April 2nd. Remember to set your clocks forward one hour!

Be watching for the children during Spring Break, which is March 25 through April 2nd. They may be out walking, playing or riding their bicycles. Children are our most precious gifts from God.

THE DIFFERENCE

I got up early one morning and
rushed right into the day;
I had so much to accomplish that I
didn't have time to pray.
Problems just tumbled about me,
and heavier came each task;
"Why doesn't God help me?"
I wondered.
He answered, "You didn't ask."
I wanted to see joy and beauty, but
the day toiled on gray and bleak;
I wondered why God didn't show me.
He said, "But you didn't seek."
I tried to come into God's presence;
I used all my keys at the lock.
God gently and lovingly chided,
"My child, you didn't knock."
I woke up early this morning and
paused before entering the day;
I had so much to accomplish that I
had to take time to pray.

--Author Unknown

MRS. LUCILLE SETZER JONES

Mrs. Lucille Setzer Jones, 78, of Pinson, passed away Feb. 8. Funeral services were held Feb. 12 from Valhalla Funeral Home. Burial was in Valhalla Cemetery.

Survivors include son, Ron Setzer; four grandchildren: Ronnie Setzer II, Kimberly White, Steve Setzer, and Erin Setzer; two great grandchildren: Katherine Setzer and Ronnie Setzer, III; and a sister, Mildred Booth.

She was preceded in death by her husband, Rufus Colquitt Jones.

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Reservations Necessary Friday and Saturday

Valley Head Women's Club Essay Contest Winners: Family



Kayla Green, Wil Blackburn, and Livvy Griffith, each holding their Family essay award certificate. Teacher Mrs. Donis Barkley, Moon Lake Elementary School

Kayla Green, 1st Place MY FAMILY



My family is Linda (grandma), Kris (brother), and me. I love my family.

My grandmother is very sweet. I love it when we watch movies.

When I am scared or anything else, she is always at my side. When I need help on my homework, she helps me in a sweet way. She tells me it's not what counts on the outside it's what's inside.

My brother is sweet. We play games together. Sometimes we fight but we say we're sorry. When he is gone I miss him. He is my twin brother. I love him so much.

My family is so sweet. I enjoy being with them. We have fun on the weekends. Sometimes we even play games or watch movies.

Kayla Green

Moon Lake Elementary
Mrs. Donis Barkley, Teacher



William Blackburn, 2nd Place FAMILY

Our family is in the nursery and landscaping business. When I was two years old my Dad built our first greenhouse. He and Mom worked very hard. After two years my Dad built another greenhouse and my little sister was born. We now have three greenhouses and a small country store.

All of my family helps in the greenhouses, even our two golden retrievers. Their names are Katie and Nugget. They are good guard dogs when my Mom works at night planting flowers.

We now have employees to help my Dad with his landscaping. They work long hours in Atlanta and Rome, Georgia.

William Blackburn

Moon Lake Elementary
Mrs. Donis Barkley, Teacher



Livvy Griffith, 3rd Place TRIPS WITH MY FAMILY

When my family goes on vacations we are all 'smushed' together. As you can imagine this poses a very uncomfortable atmosphere. Because our closest relatives live in Jackson, Mississippi we usually have to travel for long periods of time. My family doesn't get along very well on long trips. Sometimes my dog travels with us. She sits on us and makes us hotter than we already are.

Because we have such a big family, a lot of complaining occurs. Going on long trips with my family isn't very fun.

Livvy Griffith

Moon Lake Elementary School
Mrs. Donis Barkley, Teacher



Becky Mays, Virginia Hatfield, and Annie Harrison, each holding their Family essay award certificate. Mrs. Rhonda Lasser, 11th Grade teacher, Valley Head



Winter Meeting

by Marilyn Blanton Campbell

The ladies of the DeKalb-Cherokee Federated Garden Clubs met at Western Sizzlin on Gault Avenue in Fort Payne at 6 p.m. the evening of February 14 for their regular winter meeting in the Santa Fe Room with Kaolin Garden Club from Valley Head being the only group in the federation not represented.

Federation President Ann Wright called the meeting to order. Secretary Linda Brown called roll and read the minutes of the last meeting that had taken place November 8, 1999. Treasurer Ann Houston read the financial reports, and then the ladies got down to some very serious work. Unavoidably, the meeting ran long, because there was so much to be accomplished.

They discussed at length the **Every Light A Prayer For Peace** ceremony that the DeKalb-Cherokee Federated Garden Clubs sponsored at the DeKalb County Library on Grand Avenue in Fort Payne the last several years. That has always been such a meaningful service to say nothing of being absolutely beautiful, but the ladies were generally agreed that it was a shame and a disgrace that so few people ever attend it. Because of the near total lack of participation on the part of the public in general and garden club ladies in particular, the ladies discussed not having that ceremony at all any more on the federation level and leaving it up to the individual club to each have its own service. At that point, Linda Brown moved that the DeKalb-Cherokee Federated Garden Clubs no longer sponsor the Every Light A Prayer For Peace Service. Pat Shippey seconded, and the motion was carried. The ladies did not give up on their effort without long and diligent work. They had publicized it to the point of making pests of themselves, had served really nice refreshments, and had even changed the date on the Every Light A Prayer For Peace ceremony in the hope of increasing attendance, and nothing seemed to help. From the public, only the participants attended, and garden club ladies did very little better.

The **spring luncheon** was next on the agenda. Cedar Bluff Garden Club had been considering hosting the spring luncheon and finally decided against it. At that point, it became evident that another location would have to be secured. The ladies discussed a menu for the occasion, and Mrs. Aubie Mae Dean moved that \$10 be set as the flat fee for that meal regardless of the menu and location. All the ladies present seconded the motion, and it was carried by acclamation. On the subject of the spring luncheon, the ladies discussed its every facet—menu, location, cost per person, rental for the site, and speaker as well as programs, flower arrangements, and door prizes, but few final decisions were made, because there were questions to be asked outside the group about securing a location.

For the spring luncheon, firm plans were made to have Azalea Garden Club to do programs for the occasion. Ider Garden Club agreed to do registration. Fort Payne Garden Club was scheduled to be in charge of the flower arrangement and other decorations for the head table. Rhododendron Garden Club and Flowering Dogwood Garden Club were listed to do the door prizes. Cedar Bluff was put in charge of securing a speaker for the occasion.

The **flower show design class** was then discussed. That is the session where skilled flower show judges take the flower show schedule book and show the ladies how to interpret a particular section of it by creating either a flower arrangement or floral design using the specifications listed there. No final decisions were made about who to get for that, when to have it, where to have it, and how much to charge for it. Last autumn, the ladies held their flower show design class at the Woodmen of the World Building at Valley Head, and they learned a lot that they were able to implement when flower show time came at the VFW Agricultural Fair in Fort Payne in October.

The gentlemen of the VFW here in DeKalb County are well within their rights to be proud of the fair they sponsor each year, and the ladies made official note of the fact that yet another trophy for the best fair in the entire state had been presented and was now in the hands of those devoted and deserving men. Good job, Fellows! With that in mind, the ladies discussed how badly the flower show room at the fairgrounds building needed to be painted.

Last year, the ladies painted part of the floor themselves and paid to have the rest of it painted. That freshly painted floor

DeKalb-Cherokee Federated Garden Clubs

only served to make the walls look worse in need of repainting than was already the case. With that in mind, the ladies then discussed asking the gentlemen of the VFW to paint or cause to have painted the flower show room at the fairgrounds building. After some discussion, Pat Shippey moved officially to have the request made about painting the building. Linda Brown seconded, and the motion was carried.

The ladies moved on to the discussion of the **flower show**. As yet, there has been no official theme chosen for either the fair or the flower show, but the ladies proceeded with their discussion. They talked about a theme, and several were suggested. The point was made that in the past the entire presentation appeared to be far more impressive than the theme of the fair in general and that of the flower show in particular were either the same or very close.

In the past, the DeKalb-Cherokee Federated Garden Clubs had printed flower show schedules that contained the same information as the fair books, and that procedure finally became so cost prohibitive that the ladies resolved to use only fair books from this point because of the outrageous cost of doing otherwise. In the name of being official, Annette Orr moved that the federation use fair books, and there was a multiple second. The motion was carried.

On the subject of the flower show at the fair, the ladies went on to discuss their usual policy of providing a light snack for the judges, who usually have to get up especially early, travel some distance, and arrive needing refreshment after a long drive. The point was made that there is really no use in providing snacks for more than the judges purely because the garden club ladies have already had their breakfast and afterward dressed themselves up to look especially nice for the occasion, so they do not want to run the risk of spilling coffee and/or juice all over themselves. It is also easier to keep from making a mess in the floor of the flower show room than it is to have to clean it up.

The judges usually arrive ready to powder their noses and go straight to work, so they want to go ahead and get started. Who wouldn't? The fair committee usually treats them to a dinner of their choosing at a very nice local restaurant, and spoiling their appetites for that lunch would be at best ill advised.

The ladies also discussed **landscaping the DeKalb County Tourism Association's newly renovated building**. The various garden clubs in the federation are expected to contribute money toward that effort, and the Cedar Bluff Garden Club plans to donate the Oakleaf Hydrangeas. According to the landscape architect's plans, shrubs in various heights are to be placed around the building up close to the structure, and seasonal flowers will be located around the outer edges. The various garden clubs in the federation will contribute to this effort, and a plaque will be placed on the wall to recognize the fact. This is supposed to be very nice when it has been finished.

It was necessary to do so very much business at this particular meeting because attendance at the November meeting had been so dismal. With that in mind, the discussion turned to the actual physical facilities of the flower show. The height of the niches will be increased, and miniatures no longer have to be eye level.

In the past, getting somebody to do the **educational exhibits at the flower show** always proved to be the most difficult part of the entire effort, so several years ago the federation set up a schedule whereby each year three clubs get a turn to do the educational exhibits. The specifications are listed in the flower show schedule, and each club's ladies appoint somebody from among their membership to create a display that educates as well as delights the public. For the 2000 fair, Cedar Bluff Garden Club, Flowering Dogwood Garden Club, and Fort Payne Garden Club will have their chance to impress one and all with their educational exhibits. Planning those will be facilitated by learning the theme for the fair and the flower show.

The ladies of the DeKalb-Cherokee Federated Garden Clubs have for years helped with registration at the **Home and Garden Show at the Civic Center at Rainsville**. That has been scheduled for **March 18 and 19 this year**. In registration, computers have replaced the ladies, so they have been moved to the job of greeting people at the door for that particular event.

While their meeting was in session, the ladies established their **federation calendar for the year**. The **spring luncheon was set for April 29**. Every Light A Prayer For Peace had been

scheduled for November 19, but that was dropped from the calendar when the ladies voted not to have that any more on the federation level. The **VFW's Agricultural Fair in Fort Payne has been set for October 2-7 at the fairgrounds**. Everybody please mark that date and keep it in mind when flower planting time comes. Everybody wants to have wonderful healthy specimens to enter in the fair come October. In view of the last few years, it might be a good idea to consider weather and grow some plants that thrive in wet and normal weather, as well as others that are especially well suited to dry weather.

The ladies attending were: Ann Wright, President of DeKalb-Cherokee Federated Garden Clubs and member of the Rhododendron Garden Club, Linda Brown, Secretary of DeKalb-Cherokee Federated Garden Clubs and member of the Rhododendron Garden Club, Barbara Cavin, President of Cedar Bluff Garden Club, Alice Roe, Corresponding Secretary of Cedar Bluff Garden Club, Mickey Gough, Vice-President of Rhododendron Garden Club and Historian for DeKalb-Cherokee Federated Garden Clubs, Ann Houston, Treasurer for DeKalb-Cherokee Federated Garden Clubs and President of the Rainsville Garden Club, Karen Swift, President of Fort Payne Garden Club, Reita Grant, President of Flowering Dogwood Garden Club, Aubie Mae Dean of the Azalea Garden Club, Lois Fuller, Flower Show Chairman and Treasurer for Ider Garden Club, Lorie Stubbs, President of Ider Garden Club, Pat Shippey, Parliamentarian for DeKalb-Cherokee Federated Garden Clubs and member of the Flowering Dogwood Garden Club, and Marilyn Blanton Campbell, Non-Flower Show Publicity for DeKalb-Cherokee Federated Garden Clubs.

Plans for Spring Luncheon And Preparations To Work Home and Garden Show

The ladies of the DeKalb-Cherokee Federated Garden Clubs are scheduled to serve as greeters at the Home and Garden Show at the Rainsville Civic Center March 18 and 19. The various garden clubs in the federation are scheduled to work as follows:

Saturday, March 18

- 9-10:30 Rainsville Garden Club
- 10:30-12 Fort Payne Garden Club
- 12-1:30 Ider Garden Club
- 1:30-3 Azalea Garden Club

Sunday, March 19

- 12-1:30 Flowering Dogwood Garden Club
- 1:30-3 Rhododendron Garden Club

Kaolin Garden Club and Cedar Bluff Garden Club were not assigned a specific time, but they were given to understand that they are expected to show up as general reinforcements to help any way and any time they can.

The **DeKalb-Cherokee Federated Garden Clubs Spring Luncheon** has been scheduled for **April 29, 2000, at Minvale Baptist Church Family Life Center** (205 Nineteenth Street N.W. in Fort Payne). Registration is scheduled for 11:30 a.m. The cost for the luncheon is \$10.00 per person to be paid at the local club level with a club check to be sent to the federation treasurer.

The assignments have been made to accomplish the necessary tasks in preparation for the luncheon. Programs-Azalea Garden Club, Registration-Ider Garden Club and Cedar Bluff Garden Club, Head Table-Fort Payne Garden Club, Door Prizes-Flowering Dogwood Garden Club and Rhododendron Garden Club, Tables-Rainsville Garden Club and Kaolin Garden Club. Each club should take two wrapped door prizes valued \$5 to \$10.

Funds raised over the cost of expenses will go into the DeKalb-Cherokee Federated Garden Clubs treasury to be used for the fall flower show. As yet, the theme of that flower show has not been announced, but it should be forthcoming in time for the ladies to plant their gardens. The height of some designs will be increased, and the garden club niche will be an exhibit as opposed to a design. Information on all this should be readily forthcoming, as well.



Garden Hints: KAVA

By Madeleine Bullock

Well, another gardening year is about to begin and here in Mentone we have seen some of the strangest and worst weather imaginable.

Even though the mountain looked like a glittering, sparkling crystalline fairy tale land, the ice storm left a huge amount of damage. Once the beautiful ice melted off all the tree branches and limbs—or what was left of the trees, as most of the branches could not bear the huge weight of the thick ice coating—most of them came down, tearing down power and phone lines that left over 30,000 homes without electricity for over a week and in some places longer. Out at my place, it was out for nine days.

Hopefully, it is over for the year, but we still have to contend with La Niña. The U.S. drought monitor shows the year isn't starting off too well. The year 2000 began with an ominous dryness across a huge area of the south, the southeast and the midwest. La Niña usually signals dryness in the U.S., especially across the southern tier states.

Every few years, La Niña and La Niña take turns cooling and heating the Pacific Ocean temperatures. El Niño brings the warm warm water and La Niña the cool. This is La Niña's second year, and Texas and the southeast will be affected by it. Arizona suffered through its driest November, and much of Texas is still in severe drought and has never fully recovered from dry years earlier in the 90s.

I have come across a new addition to add to your list of seeds if you like cucumbers, it is called WHITE WONDER put out by Burgess Seed Company.

The full potential of a Rose? The rose has traditionally been called the "Queen of Flowers," and rose oil is considered the queen of essential oils. Rose oil is a renowned aphrodisiac. Ancient Romans spread rose petals on the bridal bed. Perhaps they were aware of the rose's purported effects on facilitating conception in women and increasing the production of semen in men. It also is believed to have a powerful effect on the uterus by helping to regulate cycles. Rose oil can be expensive, though. You're more likely to see rose oil in skin care products, since it keeps skin looking young and free of wrinkles.

Lavender oil: Try a lavender oil bath when you feel run down, tense, have sore muscles, or have chronic sinus or respiratory tract infections. Mix 5-10 essential oil drops for every teaspoon of either almond or apricot kernel oil, then add it right to the bath water. (For a foot bath, add 4-8 drops of oil to warm water and stir. Soak for 15 minutes.)

Patchouli oil: A favorite aphrodisiac among hippies in the late 1960s, a perfume made with patchouli oil may make you even more attractive to your intended.

Peppermint oil: You can add potency to a four ounce bottle of calamine lotion by adding about one half teaspoon of peppermint oil to it. Rub the new and improved lotion on poison oak, poison ivy, or other itchy, burning skin rashes.

Ginger: Take a bath in ginger tea (1/3 of the tub should be ginger tea, the rest tap water) to induce sweating to break colds or fevers. A ginger tea foot bath will work, too, and helps ease sore and aching feet.

Garlic: Stop coughs and aid colds with a garlic plaster applied to the soles of your feet. Make the plaster from several minced cloves of garlic mixed with a little olive oil to cover, then wrap in a protective cloth and apply to the bottoms of your feet. (Warning: Don't apply the plaster directly to your feet; it may burn.)

Here Comes Kava! Haven't heard of it? Well, get ready for kava. For centuries, this plant from the South Seas has been used as an effective and natural way to relieve stress. The Western world is just catching on to this safe alternative to potentially dangerous tranquilizers, sleeping pills, and anti-depressants. Compared with other drugs or alcohol, kava offers tranquil relief without side effects, without being habit forming, and without costing a fortune.

Kava Defined: Kava is an esteemed mind and mood altering agent that occupies a central place in the culture and customs of Oceania. The island communities of the South Pacific, from Hawaii and the Marianas Islands along the Tropic of Cancer down to New Zealand below the Tropic of Capricorn, form an area known as Oceania. This includes the three distinct cultural regions of Polynesia, Melanesia, and Micronesia. The Marshall and Solomon Islands, New Guinea, Fiji, Samoa, Tonga, and Tahiti are all found within Oceania,

whose diverse island people form a pan-cultural, multi-ethnic melange. Oceania offers some of the most exotic island life on earth. The swaying palm trees, volcanic landscapes, glistening sandy beaches, vast coral reefs, and indigenous native cultures of Oceania reflect a notion of paradise that is widely shared by peoples of other parts of the world.

The name kava is applied both to the plant *Piper methysticum* and to a pungent beverage prepared from its roots. A robust and attractive perennial shrub with smooth, heart-shaped green leaves, kava is a member of the Piperaceae (pepper) family, whose 2,000 or more diverse species have been widely distributed throughout Africa, India, Southeast Asia, and Indonesia since antiquity. A small number of *Piper* species are used as spices and medicines, including *Piper nigrum*, from whose red berries both black and white peppers are prepared, and *Piper betle*, whose nut contains a stimulant known as arecoline and is chewed with lime throughout much of Southeast Asia.

Piper methysticum, or cultivated kava, is a descendant of wild kava, *Piper wichmannii*. Botanists assert that at one time all kava was *Piper wichmannii*. Cultivated kava is greatly preferred over wild kava, which is only rarely used as an "extender" when cultivated kava is in short supply.

A lush, leafy green plant, kava grows densely and is harvested when it is approximately six to eight feet in height. Kava is planted in a manner similar to that of sugarcane. Sections of kava stalks are laid in trenches of mud, where they sprout. The stalk sections are then planted in shallow trenches, where they grow to maturity in five to seven years. By that point, kava roots have typically become a thick, knotted mass and are suitable for preparing the kava beverage. Once planted, kava roots continue to grow and send up new stalks. Thus, kava gardens and plantations grow perennially and are typically passed on to successive generations.

Varieties of Kava: As is true with countless plants used for human consumption, including tomatoes, bananas, apples, coffee, and rice, numerous varieties of kava are under cultivation. The various cultivars of kava are distinguished by both their physical characteristics and by their effects upon body and mind. In kava, the kavalactones, the pharmacologically active compounds in the kava plant and beverage, act upon body and mind, while the relative proportions and potencies of the kavalactones from one variety to another determine the nature and intensity of psychosomatic effects.

Physical characteristics of kava plants may vary widely. Different kava cultivars or varieties are distinguished by the colors of their leaves and stalks, the thickness of stalk joints, the length of the stalk between joints, the presence of spots, and other visible factors. Certain plant cultivars are more highly prized than others, and almost every kava grower has favorite cultivars that are preferred for their effects. In 1902, Western botanists identified nine varieties of kava in Samoa. In 1935, botanical literature listed twenty-one varieties found in the Marquesas. Five years later, 14 Hawaiian varieties were known; and, in 1984, more than 72 varieties were reportedly cultivated on the islands of Vanuatu.

Varieties of kava are also prized for their: Ornamental and spiritual worth. Kava is central to the rituals and various life passages of the people of Oceania. Plants are exchanged and used at virtually all significant occasions and ceremonies.

They are often cultivated to grow in specific shapes and are presented as gifts at weddings and other special occasions. On the island of Tanna in Vanuatu, kava grown for customary exchanges is cultivated in the trunks of tree ferns, where they yield attractively shaped kava plants known as *nikava tapuga*.

Historically, the consumption of kava made from *nikava tapuga* was a privilege reserved for chiefs and men of high rank. It is believed that the powerful plant spirit *Mwatiktiki* dwells in *nikava tapuga*, which surely accounts for the privilege associated with drinking such kava. According to custom, chiefs and other people of high rank would be favored with a closer relation to such a spirit than individuals of lower social standing. Though this kind of strict social delineation has diminished somewhat over time, social standing still plays an important role when consuming kava. Whoever ranks highest at a kava ceremony is served first. Others are served in the order of their social standing within that particular group.

In addition to high-ranking native people, other individuals may also be served first or early in kava ceremonies. Honored individuals of other societies and backgrounds typically enjoy

preferential status in a kava ceremony. With the exception of Presbyterian Church officials, who have vigorously opposed indigenous native kava use as an act against their own one true god, virtually everyone of social significance is served kava when they visit most of the islands in Oceania. President and Mrs. Lyndon Johnson were served it when they visited Samoa in 1965. Queen Elizabeth II and other members of the British royal family have consumed kava when they have visited Fiji, as did Pope John Paul II when he stopped on the island in 1986. Ambassadors, dignitaries, and officials from other nations are regularly served kava when they visit or hold important meetings on South Pacific islands. Kava consumption is thoroughly integrated into life in that region, and it is the first act performed at important community functions and gatherings.

Our Anxiety Society: Kava holds great promise for mitigating three of the most common health disorders: anxiety, depression, and sleeplessness. The effects of stress and anxiety can include a weakened immunity system, nervousness, indigestion, difficulty concentrating, sleeplessness, and an overall haggard feeling.

When anxiety blossoms into full-blown panic, symptoms can include tachycardia, palpitations, dizziness, syncope, trembling, dyspnea, choking or smothering sensations, paresthesias, and extreme fears of dying, losing control of the mind, or performing horrible acts.

To combat these symptoms of anxiety, many people turn to alcohol and other drugs, including prescription tranquilizers and sleep aids. As an inexpensive, readily available sedative/hypnotic of high potency, alcohol remains far and away the most widely used and abused anti-anxiety drug. While alcohol can mitigate anxiety when consumed in moderate doses, it is nevertheless habit-forming: the longer it is used, the higher the concentration that is needed to produce the desired tranquilizing effect. In less than moderate doses, alcohol produces intoxication characterized by reduced motor control, impaired judgment, and often aggressive behavior. Excessive use leads to addiction, liver disorders, impaired brain function, and degenerative organ and nerve damage. In addition, alcoholic intoxication is implicated in the deaths of tens of thousands of motorists every year. It is also a key factor in a high percentage of cases of domestic violence, and it is universally known for its provocative role in other instances of criminal and social violence.

CAUTION: While kava produces no side effects when taken in moderate doses, its abuse can lead to health problems. A 1988 study of heavy kava users in Arnhem Land in Australia showed that excessive kava consumption, in the range of 310 to 440 grams of kava per week, contributed to deteriorating health. Such amounts require the consumption of gallons of kava per day—a significant feat. The study showed that heavy abusers suffered from shortness of breath, dry scaly skin, liver damage, malnutrition, and alterations in red and white blood cells and platelets. The malnutrition was due to the fact that drinking kava replaced much of the subjects' food intake. Alcohol and tobacco intake was also high among the people studied.

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A Friendly Valley View

By
ELOISE BROWN

The Jonquils are so brave and strong. They have fought their way up thru matted grass and leaves and faced cold breezes and storms and made the earth beautiful!

The Sunshine Club met at the home of Evelyn Clark, Feb. 24, for a covered dish lunch. I gave the devotional and a "funny", and we had a bountiful feast. Others present were Estie Palmer, Lillie Bowden, Billie Harper, Emily Alexander, Bobbie McLaren, Leona Chadwick, Ann Wright, Gladys Cobble, Sue Cooper, Susie Clark, Gladys Harris, Ruth Pickett, and little Megan.

Vivian Clark visited her daughter, Phoebe Anderson, her husband, Billy, and daughter, for a long weekend in Tuscaloosa, recently.

Christine and Walter Brooks are visiting Walter's brother, Floyd Brooks, frequently, in Crossville, AL, as he is seriously ill.

It's good to hear that S.B. Stinson is recuperating at home after being in BMC-DeKalb, seriously ill for several weeks.

Velma Hammond suffered a painful fall at her home. We hope she will soon be as good as new.

Keri Hale is able to be back at school part time, after her serious sledding accident during the ice storm.

Dr. Quimby fell and broke three ribs recently. He is feeling better at this time. He is at his son's home in Rockton, Ill.

Bill Blackburn's cousins, Jessie Mae Singer, from Greenville, SC, and Sarah Royce Padgett, of Gadsden, spent the day, recently, with him and Dot. They had lunch at The Dish in Mentone and visited other cousins and friends on Sand Mountain in the afternoon.

Ansley and John McGinnis from Florence, SC, spent a few days with Laura D. Allison and Elizabeth Coleman, and took Elizabeth to see Dr. Coleman, who is seriously ill in a Hospice facility in Dandy Springs, GA.

Doris and Jim Carmichael had a nice trip to Montgomery for the Alpha retirees party and awards dinner, where they were given recognition. They went on to Mobile for the retirement celebration for Rev. Tom Carter on Feb. 24. All the churches were represented where he had served--Fort Deposit, Gardendale, Valley head, and Spring Hill, where he had served for twenty-five years. He was at Valley Head Baptist Church in the sixties for about four years. They enjoyed renewing acquaintances with the family--Pat, his wife, who is teaching in Mobile and will retire in May, and the two children, Fran, and Van, and one grandchild. They are building a retirement home at Lake Martin in Auburn. Then, Doris and Jim drove to Dauphin Island and enjoyed the scenery. The azaleas were gorgeous!

Another good and useful person has been taken with the death of Shirley Jones Fowler. She will be remembered here as the daughter of Henrietta and Tom Jones. Tom Jones, of Valley Head, is her brother. Our sincere sympathy to her family and friends.

Willene Clark remains seriously ill. We hope she will recover completely very soon.

Congratulations to Melaney Brindle, Angela Corbin, and Brandi Shirley for being named on the Dean's List at Northeast Community College. Also, congratulations to Anna Nicole Rievely for her outstanding achievements and as a D.A.R. Good Citizen from Valley Head.

The Valley Head Baptist Church is very fortunate to get evangelist and gospel comedian, Jon E. Airbinder, to conduct their revival. He is a converted Jew and nationally known. The revival will be at 6:30 p.m., April 9-12. 6:30 p.m. on Monday night will be gospel comedy night.

I received the following news thru the mail.

Brittany Danielle Daniel celebrated her sixth birthday on Feb. 4. She is the daughter of Donald and Margie Daniel. Her

The Tongues of Hate

The storm of hate sweeps over us
Making fearful the night
With flames of rough rebellion
In destruction's awful blight.

Some think they should rule,
That their power is supreme,
They strive to make color a tool
To create a nightmarish dream.

Thru the darkness of ignorance
They are groping for the way,
When knowledge of God's purpose
Would make brighter every day.

O Prince of Peace and patience,
The hour is growing late,
Help us cool the flame
Of the fevered tongue of hate,

May Thy kingdom come in peace
Blessing every land,
With Eden's pure virginity,
That mankind can understand.

grandmother is Stella Pierce and her big sister is Heather Daniel. Brittany is in Mrs. Angie Bell's Kindergarten class at Valley Head School.

Congratulations to Lee and Diane Pierce on their new home. Also to Farris DeBerry, Diane's mother, who lives with them.

Please continue to pray for Lora Dell Perkins. She still isn't feeling well. Also for a speedy recovery for Willene Clark.

Postmaster Shannon Raines' husband, Dan, had heart surgery in Birmingham this month. He is doing well.

Happy Birthday to Patsy Griggs on Feb. 10. Hope she had a great day. Word at the post office is that she turned "29."

Stella Pierce celebrated her birthday on Feb. 20. She had a great day and delicious birthday dinner. She got a surprise visit from Lora Dell Perkins and Rev. and Mrs. Troy Wayne Young.

April Pierce has been sick lately. Hope she is feeling better by now.

I appreciate so much, these news items and all the help I get with news over the phone. Please call me and give me your news or write it and send it. Everyone is interested in your "doins", and likes to stay in touch.

I hope everyone is enjoying these beautiful Spring (?) days. Every day gets more beautiful with the lovely flowers and happy birds. My big mystery birds have returned. There are three, now. They are very interesting and different. I would like to know their identity.

It is a beautiful world. We should enjoy it and take good care of it!

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Lent Reminds

Lent reminds us of sad Gethsemane,
And bad Golgotha's cruel agony.
The Dogwood abloom, once straight and tall,
Now grows weak and gnarled, twisted and small,
But glories in its blooms with sacred blood,
And a crown of thorns symbolized in each bud,
Reminding of the gain instead of loss—
Never again to be crucifying cross.

A season when the dead and barren earth
Awakes to beauty, reminding of rebirth;
And verdant green pastures restore the soul
Reminding of peaceful, eternal goal.
A time when brown bulbs reach upward for life
And burst into colors and fragrance rife—
Reminding of Heaven's sweet perfection—
Living proof of the soul's resurrection.

The silken cocoons set butterflies free
To wing upward in delicate ecstasy
Reminding of sinners set free from sin,
Born again, new life and happiness to win.
It's a season of awakening, to prepare
Our hearts and minds to be worthy to share
Easter's fulfillment in hope born anew—
Lent reminds that sacrifice made promise true.

—Eloise Brown



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Edward Jones

NORTHEAST ALABAMA ADULT EDUCATION PROGRAM, DEKALB COUNTY BOARD OF EDUCATION OFFICE

GED

Now that the new millennium is off to a bustling start and some of your fears have subsided, are you waning a little on your New Year's resolutions? Maybe that new diet you tried only lasted a few days or that resolution to say only kind words to your spouse and children lasted only a day. If one of your resolutions was to get your GED this year but you have not made any effort toward reaching that goal, it is not too late. Now is an excellent time to get started. Once you pass the GED Test, you can go on to college, gain employment, or qualify for promotions in your present occupation. It is a stepping stone toward making your future brighter and more productive.

If you have not finished high school, please start making plans to complete that "unfinished business." Enroll in a GED class in your area right away to get the help you may need. Do not put it off any longer. You just have to make that first step of enrolling in a class. Once you make it, the others become easier. You will find a warm, friendly atmosphere in the classes where you will make new friends and enjoy the adventure that is set before you. Just choose the class location that is most convenient to you, and get started right away.

Anyone 18 years of age or older may enroll in the adult education classes offered FREE by the Northeast Alabama Area Adult Education Program. Classes are designed to help you improve your skills in English, math, social studies, science, and reading and to help you prepare for the GED Test. High school graduates may attend for brush-up also. There is no charge for the classes, and the books and materials are provided FREE. You may enroll at any time by attending the class most convenient to you. For further information, you may call one of the numbers listed below, or you may contact your local board of education or the Adult Education Coordinator in Rainsville at 638-2957 between the hours of 8:00 A.M. and 4:00 P.M. Classes are being held at the following locations.

Crossville High School - Rm 43

Mon & Thurs 6 - 9 PM
Phone: 528-7859

Rainsville Public Library

Mon & Tues 9-12 Noon
Mon & Tues 6-9 PM
Phone: 638-3311

Fort Payne Middle School Library

Tues & Thurs 6 - 9 PM
Phone: 845-0915

Ider High School

Tues & Thurs 5:30-8:30 PM
Phone: 632-2302

National Guard Armory (Ft. Payne)

Tues & Wed 9 - 12 Noon
Phone: 845-0915

Ruhama Jr. High School

tue & Thur 5-8 PM
Phone 845-3377

VOLUNTEERS

Old man winter is our constant companion these days. The weather is not suitable for many outdoor activities, and staying indoors gets awfully boring during these cold, dreary days of winter. If you need something to put a little spark in your day-to-day routine, may I suggest that you consider being a volunteer in the adult education program? It will get you out of the house and give you a chance to meet new people and add something to the lives of adults who are seeking to better themselves educationally.

The Northeast Alabama Adult Education Program is always needing volunteers to help the adults in our communities increase their educational levels. Volunteering does not involve a lot of time, but the benefits are worth it to yourself and to the person or persons you help. In the process of helping someone else's self-esteem to improve, you will be amazed at how much better you feel about yourself.

Would you like to help an adult learn to read or help an adult pass the high school equivalency test? You could even help a person from another country learn the English language. You can volunteer in one of the adult education classes that usually meet two to three hours a week, so it does not involve a great deal of time. You will receive a training session to help you feel adequately prepared, and you will also be given the materials to use with the students. If your schedule does not permit you to help during the time the class meets, you could work out a time with the student and teacher to meet at a time and location convenient to both you and the student. You can give whatever time your schedule will allow you to give.

It is a very rewarding experience because you get to watch the adults find pride in themselves as they improve their skills. Without the valuable help of volunteers, progress would be a lot slower. Our adult learners need to know that someone cares about them enough to sacrifice their time to help. You will find that you will receive back in self-satisfaction more than you give. It is so rewarding to be a part of helping adults better their educational level, which in turn has an impact on their overall quality of life. It is a gift that keeps on giving.

If you have at least a high school education and would be interested in serving as a volunteer with the adult education program, you may call the Adult Education Office in Rainsville at 638-2957 Monday through Friday between the hours of 8:00 A.M. and 4:00 P.M.

READING

Life is always full of challenges. With the new millennium offering a few challenges of its own, we have to learn to roll with the punches and get up and start all over again. If a person has a reading problem, his or her life is certainly beset with many challenges because all of life seems to revolve around reading and gaining understanding from what is read. Non-readers must struggle daily with such things as understanding the directions on how to assemble that new bicycle or other item that they just bought or how to read and understand the warnings that came with the new prescription the doctor ordered. Non-readers often feel inadequate, insecure, and embarrassed when faced with day-to-day situations that require reading. Their self-esteem is threatened, and life seems too painful at times. However, they do not have to remain in this condition. Help is available to them. If you or someone you know and care about has trouble reading, there is still hope for success by attending an adult reading class.

Reading classes are available in your area through the Northeast Alabama Area Adult Education Program. The reading classes are FREE and are open to any adult 18 or older. Books and materials are provided at no charge. The ability to read is one of the most valuable treasures in today's world. Please help spread the word about these classes because the ones who need the help are probably not able to read this article for themselves. Help make this opportunity available to all who need it. For further information, call one of the numbers listed below, or call your local board of education, or call the Adult Education Office in Rainsville at 638-2957 between the hours of 8:00 A.M. and 4:00 P.M. The classes are being held in the following locations:

READING CLASSES

Fort Payne Middle School

Tues 6 - 9 PM
Phone: 845-0915

Ider High School

Thurs 5:30 - 8:30 PM
Phone: 632-2302

Crossville High School - Rm 43

Thurs 6 - 9 PM
Phone: 528-7859

National Guard Armory (Ft. Payne)

Tues & Wed 9 - 12 Noon
Phone: 845-0915

English as a 2nd Language (ESL) CLASSES

Fort Payne Middle School

Tuesday & Thursday 4 - 6 PM
Phone: 845-0915

Spanish Mission

Iglesias Bautista
De Jesu Christo
(across from F.P.M.S.)
Tuesday 9 - 11 am
Phone: 845-0915



Lasey Goodwin

Dewayne and Lesia Goodwin of Fort Payne were able to bring their baby, Lasey Goodwin, home after four months in the hospital in Louisiana. They are so thankful to have Lasey home.

Grandparents are Rex and Barbara Goodwin of Fort Payne, and Carl and Rachel Author of Kentucky. Great grandmother is Helen Frazier of Mentone.

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BRAGGIN' By Larry Smalley

If my wife knew I was writing this, she would probably kill me. I want to brag on her a little and also let it apply to other older people who have done what she has.

When our boys got old enough to free her time (Marc was 19 and Josh 16), my wife decided she wanted to go back to school. We married when she got out of high school, so she never really had a good opportunity to finish her education. Gail was 42 years old, had raised a family, had a secure job working within the school system, but she wanted more. She did not do it for any reason other than she wanted to better herself and to fulfill a need or void she felt in her life.

Gail went to Northeast at night for a while and then started days. She finished with honors, and then transferred to Jacksonville State (JSU). She has given up a lot of things she has enjoyed over the years for her education. She has worked and studied so hard for countless weekends, when I knew she wanted to be doing flowers or other outside activities. She has left early for JSU and came in very late at night, only to have to study when she got in.

She had major back surgery this past year, and I know the three-hour drive each day leaves her in a lot of pain. The boys and I have watched as she has handled each of these obstacles. If she would have chosen to have walked away, nothing would have ever been said, but that is not my wife. She has not only stayed, but has been inducted into several clubs and sororities. She has been chosen as outstanding senior at JSU in her major. She was also chosen as outstanding student among American Colleges of Who's Who. She has maintained a 3.75 GPA in her field.

So, if it sounds like I am bragging, you are absolutely correct. It is an honor to know someone that will work that hard and learn to study again, because she wants to achieve a goal that she had to postpone for years.

I also hope this article will help someone older who has thought about going back, but was afraid of failure. But, most of all, I hope it sends a message to all high school students that "If Mom can do it, you have no excuses."

—Larry Smalley, Mentone.

P.S. She graduates in April



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The Church News

By
EVELYN GRAVES



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

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

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

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

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

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

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

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

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

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

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

The **Valley Head Baptist Church** invites you to attend Sunday School at 10 AM; Worship Service at 11 AM; Sunday Evening Worship at 6 PM; Midweek Service (Wednesday) at 6 PM; Brotherhood breakfast and devotional at 8:30 AM the first Sunday of each month; Women on Mission meet at 2 PM the second Tuesday of each month at different homes. The Evangelist and gospel comedian, Jon E. Airbinder, will conduct their revival, April 9-12. He is a converted Jew and nationally known. The revival will be at 6:30 p.m., each night, with Monday night being gospel comedy night.

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

St. Joseph's on-the-Mountain Episcopal Church services are Sunday at 10:30 AM, with Sunday School at 9:30 AM. Small groups meeting on Sun., Tue, and Wed. nights. A "Super Saturday" event -- a mini-Vacation Bible School with a circus theme, is planned for one Saturday each month. A prayer and praise service is held one Sunday night each month. Contact the church at 634-4476 for more information on any of their events or services. Everyone is welcome.

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

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

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

Mentone Wesleyan Church invites you to join us for Sunday School at 10 AM and worship service at 10:45 AM. Bible classes Wed. 7:00 -7:45. Ladies' Bible study and low-impact aerobics Wed. 7:00 -7:45. For additional information, call church office, 634-4210, Pastor Randy Addison. All are welcome!

Wildwood Seventh Day Adventist Church, Mentone Chapter, is currently holding services in the Woodmen of the World Hall in Valley Head. Song Service and Sabbath School 9:30-10:45. Worship Service 11:00-12:15. We invite you to visit with us. Pastor: Wilbur Atwood; Lay Pastor: Michael Schnaebellehner. Lots of exciting things are happening for our little church. Look in *The Groundhog* for further details of our cooking schools and health seminars. Lew and Darlene Keith are currently in the Philippines doing missionary work with Pastor Atwood. Things are going well there. We expect them home this month. Jesus is King!

The **Mentone United Methodist Church** services are at 11 AM each Sunday. Sunday school is at 10 AM. Everyone is welcome. The church members attended an Ash Wednesday Service on March 8. Beginning on March 9, and for four consecutive Thursdays there will be a Lent Bible Study Series to examine the crucifixion stories as described in the four gospels. Sunday, April 2, there will be a covered dish dinner followed by the opening of the cornerstone of the church, which was set around 1883. Not only will this open a window to the past, but we will also be creating one for the future by replacing the old time capsule with one of our own. Everyone is welcome to attend. You may donate photos--of events of the church, families, individuals, or the church at different times in its history. Other suggestions are welcome. Space is limited, so think small!!

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The Country Journal

By
BERNISE CROW

St. Patrick's Day is our only celebrated holiday in March, but we are so busy with spring cleaning and yard work we just celebrate every day knowing that spring is here about the twenty-first of the month.

Everyone in our area has been so busy cleaning up fallen trees and broken limbs from their property that there was not time for many other things. We have seen work crews from other states working with heavy equipment with lifts to reach the tops of tall trees. I think every tall tree in our yard had limbs broken right at the very top. We will be cleaning a long time after two boys have worked here four days, climbing and sawing limbs. Homer has them cutting back too much to suit me. I never could stand to look at big beautiful trees with nothing but nubs left on them, but it looks like I'll have to endure some for a while. It's getting close to time for opening shops around Mentone. We take our rest, and time to shop for more merchandise in the winter months, and then do spring cleaning in preparation for summer visitors. We always have some repairs to do, and I miss my brother, Don, who was always so kind to handle any emergencies or any major repairs I needed. That meant a great deal to me, and I probably never told him how much I appreciated and loved him. My last renter, Janice Harpole, has moved out, and I think I will just expand my shop and use this extra space. I'll need to rearrange things and do a little decorating, and that will give me an added space for larger furniture pieces. Being in a tourist area, we have never sold much furniture because most customers buy things they can put in the trunk of their car. This suits my preference, because I like to buy beautiful china, crystal, cut glass, decorative items, clocks and collectibles. Trends and fads go along with antiquing just as it does with decorating or architecture. A few years ago, we sold a lot of bottles—anything from Avon to Jim Beam. Now, there are not many requests for them, but the urge will hit someone to start collecting them again, and interest will be renewed. Primitives were the rage in the seventies, and do not seem to be as popular now as they were. Anyone furnishing a rustic weekend cabin here should be interested in old crockery, iron beds, country ladder-back chairs and Hoosier cabinets, with braided rugs on the floor. I love all those things, but Homer prefers something a little more sophisticated, so I can have them in my shop and enjoy them. I like the old iron cooking pots, copper pans polished to a sheen to go with them, Ball fruit jars for canisters, and a rough country table with benches on the side. When we were children, we sat on the benches at the farm table and the older people used the chairs. It seemed to be the acceptable way, then. We would get so cold at the table that we were shaking when we finished eating, and would run to the fireplace to warm. Old houses were not insulated and had only fireplaces to warm that one room. But it was cozy when a big fire was producing heat for that room, and everyone at my grandmother's house loved to tell stories and eat popcorn popped in a wire popper held over the hot coals. There was a closeness of family then that seems to be lost now. A meal is seldom shared by the entire family now. Each member of a family has a different schedule, and that makes it hard to get together for a sit-down meal. Maybe that is why I like the old country things; they bring back memories of families living closer together.

There is an interest now in furniture and other items made in the fifties, which were not very pretty but very serviceable for family living. These things were the beginnings of modern technology when Formica came into use, plastics were introduced for tableware—and it was a life saver when our four children were small. We got some colorful "daily ware." I believe it was called, that was almost indestructible. We never ate a meal that one of the children didn't knock over a glass of milk, splattering all over the kitchen, but the container did not break. The chrome and Formica-topped kitchen tables were sort of attractive and very easy to maintain with just a wipe of a damp

cloth. This was an improvement, I suppose, over oilcloth that covered and protected wood tables. I remember it being very special when we purchased new oilcloth, sold by the yard, from the "rolling store." The old one would be faded and worn by the time it was wiped many times. The Dish restaurant uses pretty floral plastic covers for their tables, which reminds me of oilcloth a little. They change them quite often, and it gives a new cheery atmosphere to the rustic room.

It was our privilege to host the Mentone Heritage Foundation, recently, and what a joy it was to get together again. We have not met in four years, since we did not get the Mentone Springs Hotel. Vernon Gray, who is moving to Mexico, could not be present, and Dr. Oscar Hussel had a conflict and could not come. Jean McGehee, Dr. Bill Berry, Alice Springer, and Linda Brown were here and we had enough for a quorum. We voted to give most of our funds to the library fund, but kept a small amount for postage, etc. And we did not disband. We will hope to be able to function as an organization and perhaps take on another project.

Beverly Hoyt called me recently from Colorado where she and Clyde make their home now, and she wants to send her regards to everyone at Mentone. Their son, Doug, and his wife, Dael, are living on the Parkway again in the log cabin. We are glad they are our neighbors again. Doug always has kept his Adopt-A-Mile clean, but he has a bad job now with all the limbs in the way. Beverly said Doug has just gotten his CPA degree. Congratulations! Doug was treasurer for the Mentone Heritage Foundation when we first organized and was a good financial advisor.

Louise MacMillon called me from Metairie, Louisiana, last week. She is not well now, or she would come back to visit Mentone. She loves it here and loves getting *The Groundhog* to keep tabs on happenings in the area. She is alone now, with no living family since her son, Richard, passed away a few years ago. She still has a sense of humor and we laughed a good bit. She used to come to the Hitching Post and get wound up in a good story, and we would laugh till we hurt. Homer and I plan to visit her soon. She doesn't walk now, except with a walker, and has someone staying with her round the clock.

We also had a beautiful letter from Rev. Harry and Margaret Russell. They live in Lakeland, Florida, and have visited us here in Mentone. Harry is a retired minister, loves to sing and writes beautiful poetry. (See this page for one of his poems.) We hope they visit us again this summer.

Happy St. Patrick's Day!!

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Eden's first dawn revealed,
that earth and heaven,
were joined in
a shining union,
wedded in holy wedlock
by the morning dew.

Following the chill
of the night before,
a veil of clear beauty
had appeared,
to cover
with a crystal mantel,
the ground around.

Caressed by the golden
hand
of the rising sun,
the shining cloak disap-
peared, leaving leaves
and blades of grass,
fresh faced, and clean.

Veiled in beauty,
adorned as a bride
for her beloved,
the whole creation
glistened with
glory all around.

Before there was rain
to water the earth,
God washed his world
with a mist like dew.

Then came the rain,
that brought the flood,
upon which
the Ark did float

When hungry
in the wilderness,
Israel did pine for bread,
God sent the dew,
which turned into manna.

That Christmas morn,
heaven reached down
to embrace earth,
and the two became one,
incarnate in the Son.

In pastures green
while shepherds
watched o'er sleepy sheep,
a golden glow
around them shone,
announcing a Savior
born in Bethlehem.

O'er dew kissed fields,
they followed on,
to see what great thing
that had come to pass,
even as they were told.

Returning, shepherds did
note the grass did glisten
along the way,
golden dewdrops formed
announcing, the
Child King is born today.

Across the open fields
the wafting wind
brought to their ears,
the sounds of
children laughing at play.

The common brook,
nearby, did seem to sing
as it danced its way
through the open meadow.

Returned they to their
flocks,
to find them safe, and
sound, resuming they
their common tasks
with glory all around.

O dew of God,
heaven's Divine Son,
refresh us
with the daily showers
of your love,
your precious
blood has won.

The King of Love
our life did share,
his throne a cradle
his crown a cross,
that we
might not suffer loss.

In faith obedient,
we follow
on that Golden Path,
which lead us
to the gates of home,
the house of God, at last.

Along the Way,
from day to day,
the journey
grows but brighter,
with glory all around.

So, from that Holy Morn,
until this present day,
whenever dew appears,
we are reminded
that the whole earth
was placed within
a Golden Zone,
when Christ the King
was born.

Another Advent
epiphany!

On the fourth Sunday of
that season upon the
lighting of the candle, we
were introduced to the
triumphant-sounding word
Rorate, the imperative of
the Latin verb *Rorare*,
meaning to drop dew.

(reminiscent of Isaiah 48:8)
Then, and following,
I began to envision
the above lines.

Christmas Eve - 6:43 a.m.

-S. Harry Russell

APRIL **FOOL'S** DAY

Seth B. Banks accepted to Indiana University School of Medicine



Seth B. Banks

Seth B. Banks, a senior at Wabash College in Crawfordsville, Indiana, was accepted to the Indiana University School of Medicine in November, 1999. He is a member of the entering class of August, 2000. Banks, son of Ben and Anita Banks, Marion, IN, and grandson of Max and Roberta Cash, Mentone Alabama, and Foyster and Matilda Banks, Marion, IN, will graduate in May with a major in biology and a minor in chemistry.

Banks cites Dr. Charles Isbell, retired local pediatrician, as being his inspiration to become a doctor. Seth contracted toxic shock syndrome when he was visiting Mentone, at the age of nine. Dr. Isbell's concern got him to UAB Children's Hospital for prompt diagnosis and care. Banks shadowed Dr. Prakash Joshi, Cardiologist, associated with Nasser, Smith & Pinkerton Cardiology, Inc. at the Heart Center of Marion during the summer of 1998. He shadowed Dr. Tim Hodges, Internist, in Carmel, IN, during the summer of 1999. Seth Banks was the valedictorian of Marion High School in 1996 and has been on the deans list at Wabash. He is a member and officer of Lambda Chi Alpha fraternity.

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UNITED STATES CENSUS 2000 WORKERS WILL BE MAKING THEIR ROUNDS IN THE NEXT FEW WEEKS

Census workers will be delivering official forms to every American to gather information and count how many of us there are. Please fill out the form and mail it in promptly. The United States Constitution requires a census of the United States every 10 years. Everyone living in the United States on April 1, 2000, must be counted. By completing your census form, you will make sure that you and members of your household are included in the official census count.

By law, the data gained must be kept confidential for at least 72 years, and the Census Bureau cannot share our individual records with any other government agency, including welfare agencies, the Immigration and Naturalization Service, the IRS, courts, police, or the military.

Most people do not realize how important the census really is. By completing and mailing in your census form, you can do something very important to help your community and state. Official census counts are used to distribute government funds to communities and states for highways, schools, health facilities, and many other programs you and your neighbors need. Without a complete, accurate census, your community may not receive its fair share.

The 1990 Census population count for Mentone is 474. The 2000 census will be critical for the town of Mentone to receive federal funds. There are about 180 billion dollars in funds for education, community development, and highway funds available; and, without an accurate count, millions of dollars in state and federal funds could be lost for an entire decade.

You can help in another way. Temporary workers are being hire throughout the United States to help complete the census. Call the local census office near you for more information on temporary employment. The telephone number is available from directory assistance, or you can look on the Internet at www.census.gov/jobs2000.

With your help, the census can count everyone fairly and accurately. Please do your part to help in this important

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RHODODENDRON CLUB MEMBERS HEAR PROGRAM ON PLANT NUTRIENTS

By Christina Wise

The February meeting of the Rhododendron Garden Club took place on the 9th of the month at the Mentone Community House. President Dallyne Jones called the meeting to order at 12:30 p.m. Guest Margaret Baker was welcomed to the meeting.

The devotional was given by Mickey Gough who dwelt on the theme of St. Valentine's Day. She read from the book of Corinthians, which speaks of love being kind, and read a very meaningful poem entitled, "The Gospel According to You."

The Pledge to the flag was repeated in unison.

A pleasing selection of refreshments had been prepared by hostesses, Gethryn Giles, Dallyne Jones, and Marie Dillenbeck.

The speaker required little introduction as she was the club's own Master Gardener, Ann Wright. The topic was plant nutrients. Mrs. Wright supplemented her address with handouts and spoke with authority on her subject. Her advice was always to start with a soil analysis test in order to identify any deficiencies or abnormalities, for only then can the appropriate fertilizer be introduced. The best place to seek such advice is through the Alabama Cooperative Extension System's Master Gardener Hotline on 1-888-576-2651 (Available April-October each year).

Ann explained in simple terms the somewhat complicated issues of soil pH and primary versus micro nutrients. She talked about each of the nutrients in turn, explaining the unique function of each and went on to compare and contrast the use and application of dry and liquid fertilizers. At the end of her presentation, Ann answered a multitude of questions from the floor.

The roll was called and the minutes of the previous meeting were read and accepted. The treasurer then gave her report, which was also approved.

Under old business, Tom Roark upheld his pledge to provide club members with seeds of the native sunflower and Solomon's seal. All members took advantage of his offer and accepted packets of these seeds from his wife, Peggy.

Volunteers were sought to work in the butterfly garden at Moon Lake School. Members were reminded that it is necessary to report to the principal's office for a pass before setting to work in the school grounds. It was also noted that the school's gazebo requires painting and that John Corey had donated the wood sealer.

A motion was made and carried that the club make a donation to MERF to compensate for the heating fuel used during the club's monthly meetings.

Under new business, a motion was made and carried that a donation be made towards the landscaping of the area surrounding the new Tourist Association building in Ft. Payne.

Members were then informed of the dates of the Atlanta Flower Show, 20-22 February, and that further information could be obtained from Martha Woods.

There being no further business, the meeting was adjourned.

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

The next meeting is March 14, at 12:30 p.m., at the Community House. The devotional will be given by Sister Deborah Kennedy. When the roll is called, please answer with the name of a plant disease you have encountered. The hostesses, Karen Wright, Patti Bryan, and Mary Crow, plan to decorate for St. Patrick's Day. Speaker Kay Scruggs will present a program on "Plant Diseases."





**The
Recipe
Corner**

By
SUE SCHWARZ

Spring is fast approaching and with it wonderful green leaves, which we hope will soften the damage done by the ice storm of January 2000. We will live with the evidence of the strength of that storm for many years to come. On a better note, Bill and I have lived our first continuous year in our home here and love it more than ever and feel very blessed to be a part of the community here.

Since I seem to be doing everything on short order these days, I thought I would share a couple of good quick short-cut recipes this month. Neither are main dish, but with a sandwich they will make a good quick meal.

CABBAGE AND APPLE SLAW

4 Cups store-bought cabbage slaw mix (the kind with red and green cabbage and carrots)

1 Large apple

Sweet and sour dressing

1/4 C cider vinegar

1/4 apple juice concentrate

1 teaspoon sugar

1/2 teaspoon salt

1/4 teaspoon celery seed

pepper to taste

Slice apple flesh away from the core. Cut the apple, unpeeled into neat matchstick-sized pieces. Combine with the cabbage mix in a bowl. Combine dressing ingredients in a small saucepan. Bring to a boil over moderate heat, then pour over cabbage mixture. Toss to coat and season with pepper to taste.

OVEN FRIES

One russet potato per serving

1/2 Tablespoon oil per potato

salt and pepper

Heat the oven to 475°F. Cut potatoes into about 12 wedges per potato, or slice as you would for french fries. Combine the potatoes with the oil and toss to coat the potatoes. Spray a cookie sheet with cooking spray and arrange the potatoes on the sheet. Bake at 475° for about 25 minutes or until crispy brown. Turn the potatoes about half way through the baking period. Salt and pepper to taste.



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MOON LAKE SCHOOL NEWS

The next PTO meeting is Tuesday, March 14. The program is being presented by the third grade. Refreshments will be served.

On Thursday, March 16, pictures will be taken of the basketball teams and the cheerleaders.

The 4-H Club will meet on Friday, March 17.

On March 18, the 5th and 6th grades will have a Spring Social from 6 to 8 PM in the gym.

The last day before Spring Break is March 24, and the first day after Spring Break is Monday, April 3.

Stanford Achievement Tests for 3-6 grades will be April 10-14. Teachers and students are busy preparing for those.

Aerospace Week is April 24-28. This is always a time of learning and fun.

Valley Head PTO

The Valley Head PTO held its regular February meeting Monday, February 7th. The winners of the Science Fair were announced and awarded prize money from the PTO. Attendance was great and everyone is hopeful there will be even more in March.

On Saturday, Feb. 25, the PTO held a workday for the school to put up playground equipment and spruce up the playground.

The PTO would like to offer their thanks to David Dean who voluntarily picked up tree branches and debris from the recent ice storms a few weeks ago. The PTO is also thankful to the town of Valley Head for its help.

PUBLICATION NOTICE

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•April due date is March 15-20.

•May issue due date is April 15-20.



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Legion Ladies Receive Letter of Commendation

by Marilyn Blanton Campbell

The ladies of American Legion Auxiliary Unit 215 at Mentone recently received a letter of commendation dated February 16, 2000, from Mrs. Carol M. Offi, Director of Activities at the Floyd E. "Tut" Fann State Veterans Home in Huntsville. As explained by Unit 215's President Syble Tipton, "It is the policy of this group of legion ladies to do what we can when we can. Ideally, we like to schedule one visit per season to the DeKalb County veterans, who now reside at the Fann Home, but that plan does not always work out. We have lots of ladies on our roster, yes, but the number of actives is very small. Therefore, when our active ranks get appreciably thinned by illness, ladies being out of town, and ladies who have prior commitments, we have to drop back and reconsider the situation. That is when we implement what we usually refer to as Plan B. When we are unable to make a visit to deliver Christmas cards, Valentines, etc., we try our best to pack those up in a suitable box and mail them to the Director of Activities at the Fann Home. She then distributes those for us, and we keep our germs at home."

Mrs. Tipton went on to explain, "Since our legion group has been doing projects relating to the Fann Home, the Director of Activities there has changed repeatedly. Right now, the person holding that position is Mrs. Carol M. Offi, and she is the one who signed our recent letter of commendation. We work hard on our projects, and we sincerely appreciate the fact that our endeavors are valued by the residents, their families, and the staff at the Fann Home."

"Mrs. Offi's letter reads in part, '...Your dedication to assisting our veterans is certainly commendable and greatly appreciated....' Our group of actives is indeed small, and most of our projects are modest, but we are very proud of what we do, and it makes us feel good to know that our efforts are important to somebody else who is part of the world outside Mentone."

"We fully intend to continue our policy of sending individual cards to the DeKalb County veterans in residence at the Fann Home on their birthdays, New Year's, Valentine's Day, St. Patrick's Day, Easter, Fourth of July, Halloween, Thanksgiving, and Christmas. We have a committee to handle that particular job, and our committee stays on top of the card sending faithfully."

"We would also like to encourage everybody to keep the resident vets at the Fann Home in your thoughts and prayers. That is a wonderful facility providing quality care for people, who are-for the most part-beyond home and family care. We have been in there lots of times totally unannounced, and we have never found anything that was other than it should be."



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Lookout Mountain Natural Healing: SASSAFRAS

By Laura Catherine a/k/a Moon

Sassafras is one of the many blessings that the soil of Lookout Mountain holds. Most people do not consider trees to be in the herb category, but sassafras is considered an herb. It is a tree that grows from 10 to 60 feet tall.

Sassafras has been used in the southern mountains for generations as a spring tonic to cleanse and tone the body's system. To quote a Foxfire book, "In the spring of the year when the blood is too thick, there is nothing so fine as a sassafras stick. It tones up the liver and strengthens the heart, and to the whole system new life doth impart."

Sassafras is well known for its diaphoretic properties. This means that it will increase perspiration so as to rid the body of problems such as the common cold and fevers.

Sassafras works well as a diuretic—it promotes urination. Its diuretic properties make it beneficial to the liver, kidneys and bladder. Sassafras used in combination with a bitter vitamin and mineral-packed diuretic herb like dandelion helps the body, as well as makes the dandelion more palatable.

Sassafras is known to work wonders for the stomach and bowels to relieve gas and colic. It has antiseptic properties, which makes it a good wash for wounds and skin problems. Sassafras can be used as an eye wash. It is used internally and externally for varicose ulcers. Sassafras can remedy a spasm if taken warm. The oil of sassafras applied to a toothache helps ease the pain.

Sassafras was used for many years to flavor soft drinks, especially root beer—hence the name the root beer tree. It has been replaced with synthetic flavoring because there have been studies done that indicated that the component safrole that sassafras contains has carcinogenic properties. According to Rosemary Gladstar author of *Herbal Healing for Women*, the safrole was extracted from the plant and injected into lab animals in extremely high doses. This did cause some cancerous tumors to form on the animals. However, there have been no cases in humans of sassafras related cancer or poisoning ever documented in all the history of sassafras consumption. Furthermore, safrole is highly insoluble in water, so as to cause even less concern regarding the dangers of sassafras tea. To be safe, it is wise to not drink sassafras for more than a week at a time.

Sassafras is one of the easiest trees to identify. It grows crooked and curvy with rough gray bark as a mature tree. As a sapling, sassafras bark is greenish. It has two different shaped leaves—one is ovate and the other is three lobed. If in doubt pull off a sassafras leaf, crush and smell it. The whole tree, when wounded, has a kind of lemony/licorice smell, in my opinion.

There are many different opinions on what part of the sassafras should be used. The most common medicinal parts of the tree that are used are the roots and the root bark. Other parts of sassafras that are occasionally used medicinally are the bark of the tree, the young tops and leaves. The powdered form of the leaf is used in Gumbo file and to thicken soups.

To harvest sassafras for medicinal use, I recommend harvesting the roots of trees that are approximately bush height. This will ensure that the roots are tender. Some people find bigger sassafras trees and take part of the root. The root can be harvested anytime of year, but for medicinal purposes, I recommend harvesting during fall or winter. A sassafras decoction or tea can be made of the roots or root bark whether it is fresh or dry.

After you harvest the root, it is best to wash—scrubbing thoroughly—and then peel the bark, if that is what you intend to use. I prefer to dry my roots whole if I am not going to use them soon. Then I break them into pieces. It may be easier to cut the root into pieces before drying. After sassafras dries, store in an air tight container.

In order to make a tea or decoction, the root and/or bark must be cut into small pieces then boiled in an enamel or glass pot. Keep the pot covered while boiling. I recommend boiling for at least ten minutes. Remember, the longer you boil the stronger the tea. Let the tea steep until cool enough to handle and strain it through a stainless steel mesh strainer or cheesecloth. The tea can be served hot or cold.

If you are looking for organically grown sassafras for tea, or if you would like a sapling to transplant, then write me c/o Mountain Memories, P.O. Box 224 Mentone, AL 35984. Keep in mind that it is wise to always consult your healthcare provider before making any changes in your healthcare regimen.

16 Ways To Really Listen To Your Kids

1. Try to remember: there is a reason we have two ears and only one mouth. Listen twice as much as you talk. (More than seven sentences in a row constitutes a lecture.)
2. Hang around with your kids, and just go with the conversational flow.
3. Be patient. Don't try to pull words out of your children's mouths. Don't finish their sentences.
4. Start listening early and don't stop. Communicating with kids is a little like staying in shape for a particular sport. You would never expect to be able to play a good game of tennis without a lot of practice. Listening and conversing with your kids works the same way.
5. When possible, face your child when you speak and when you are listening. Make eye contact.
6. Be a passive presence. Sit on the side of the sandbox. Watch a music video together. Read something aloud. Linger at the foot of your child's bed as you tuck her in for the night. Most children will ramble on just to keep you there.
7. Angry? Wait before you open your mouth to speak.
8. When you go to run an errand, take one child along for the ride. Private conversations increase your chances of hearing wonderful revelations.
9. Ask the right questions. Starting with the word *why* will always put someone on the defensive, especially a child.
10. Let your child in on something that happened to you. Request an opinion.
11. Think back to what happened in your child's life yesterday, and follow up: "How did it go on the playground?" "What did your teacher say about your art project?"
12. Establish a time in your busy life when your child knows you will be available to him. Working moms may want to consider an after-school telephone break, for instance.
13. Let your children feel what they feel. Don't try to talk them out of being sad or angry, even if you fail to understand why they're upset. Think back to the last time you were in tears about something and another adult said, "Oh, I really wouldn't worry about it." You have a right to your emotions, and so do your children.
14. Put down your newspaper. Turn off the TV. Stop doing your chores for a moment. Put aside all other thoughts and concentrate on the speaker.
15. Don't always point out mispronunciations or grammar mistakes. Listen, instead, for the point of the story.
16. "Know what, Mom?" is an invitation to which you should definitely RSVP.

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Flashing News from The Shed

The Shed is proud to announce that the spring has sprung. This year The Shed has many new Perennials and Annuals, Water Plants, Shrubs and Roses. Before I begin, in several magazines they have really been talking about what is hot for this year and I have many listed below but just to make you aware that this is not all, Grasses are back and Penstemon is hot, and Hosta is in, Abutilon, Crossandra, Clerodendrum are back.

There is a large variety of new perennials for the year 2000, some of them are: Acanthus Mollis (Bear's Breeches), Spike Moss Fern, Actinidia (Variegated Kiwi vine), Agastache (Anise Hyssop)—Honey Bee Blue, Bletrilla, Strata (Hardy Orchid), Eupatorium - Chocolate, Euphorbia - Purpurea, Honeysuckle (Lonicera), Monarda Beebalm - Raspberry Wine, and last but not least Salvia Greggii (Autumn Sage) these are either new perennials of the year or were rated the number one perennial of the year. In annuals there are: new Cosmos, Snapdragons, Marigolds - Sweet Cream (PPAF), Verbena - Babylon (PPAF), Abutilon - Flowering Maple Orange, Clerodendrum - Blue Butterfly (PPAF), Crossandra Florida Sunset and much more too many for me to list. The Shed not only has this year's newest and hottest Perennials but also has last year's hottest and newest perennials such as: Redbuckia Goldstrum, Bog Sage, Penstemon, Japanese Painted Fern and much more. The Shed will also be carrying a large variety of shrubs many Hydrangeas, Wigellias, Crape Myrtle's and many evergreen shrubs. Very Limited on (Leatherleaf Mahonias) in Trees, Very Limited on the Weeping Contorted Cherries (White & Pink), large quantity of Bradford Pear Trees and much more. The Water garden area Lotus, Water Lilies, and hardy Bog plants for this area. A Rose when we speak of Roses it is hard to say how many varieties are out there. The Shed carries new Roses each and every year and close to 400. The Shed has provided a faster service on roses, you can come in and take a look at the new varieties we are carrying for this year and have us tag them for you that guarantees that you will get that favorite rose that you want. The Shed is a growing Nursery that is expanding out in many areas. We are happy to announce that not only will The Shed be carrying Water Garden Supplies and Chemicals but will also be handling Koi Fish and Supplies for them. The Shed is also carrying all Chemical Supplies for the Garden Such Fertilizers, for Vegetables, Perennials, Annuals, House Plants and Shrubs, also Ortho Chemical Sprays and Chemical Dust for those pesky bugs we all dislike so much. The Shed has all kinds of Dirt for your Garden such as Organic Humus, Topsoil, Potting Soil, Soil Conditioner, Cow Manure, and Professional Growing mix Berger. The Shed would like to say we hope that we have made it easier on your shopping needs for your gardening supplies. The Shed has so many new and existing things going on we are excited about it. The Shed also has a new distributor for Japanese Garden Art Supplies such as Bird Baths, Lanterns, Bamboo Fountains and much more. The Japanese Yard Art is so new to us please call for an Appt. and we will show you and discuss what is available to this area. This month is Spring and like I said lots of new things to look forward to for the new year, you should have already cut your roses back and butterfly bushes, trimmed your perennials, sprayed your fruit trees, shaped up your shrubs, and fertilized your shrubs and trees. Now it is time to get your beds ready if you have not already done so. If you grow seeds you should have already sown your seeds for vegetables, and annuals indoor, if it is wild flower seeds wait till the last frost. Gladiolus Bulbs are in at The Shed of course the newest and hottest colors for the year and it is time to be putting them out. The Shed also has many varieties of bulbs such as Tulips, Crocuses, Freesias, Iris, Lilies, and Amaryllis. Enjoy the spring and hope to see you soon. We still have a few open spaces for Landscaping this spring, it is not too late to get Free Advice on your yard or to Landscape it.

We Thank the Community for all you have done, see you soon.

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



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



ENJOY THE VIEW from the top of Lookout Mountain in Cloudland Ga.! Just listed, this 2-year-old custom-built mountain home! Pine board and batten blends with the view from the top of the brow that you can enjoy from your 12x34 deck! Massive mountain rock in the back yard overlooking the stream! Hike in our back yard, all 3+ acres of it, to the waterfalls! In the evening, start a fire in the rock fireplace and relax in the great room that has a vaulted ceiling and overlooking loft bedroom! Two other bedrooms are located in the west wing along with one full bath! Professionally decorated, it's worth the drive to see if privacy is on your agenda! Central HVAC, satellite dish, custom kitchen cabinets and all appliances! Restricted. Offered at only \$179,900. (No. G-2)

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

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

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Michael Austin Chambers Happy 5th Birthday

Michael Austin Chambers turned 5 years old Feb. 24th. He celebrated with a "Pokemon Party" on Sat., Feb. 26, at the American Legion in Mentone. Michael's parents are John and Mary Chambers of Mentone. Grandparents are Milton and Gail Chambers of Mentone, Juanita and John McGuire of Ft. Payne; Sanford Hartline of Mentone; Debra Johnston of Trenton, GA.; and the late Robert Johnston of Valley Head.

Great Grandparents are W.A. and Polly Chambers of Mentone.



Kyle McKinley Brubaker Birth Announcement

Kyle McKinley Brubaker was born on 11/19/99, at 9:57 a.m. He weighed 5#, 7 oz., and was 20" long. His parents are Linda and Scott Brubaker of Mentone. He has a brother, Nicholas. His grandmother is Margaret Lee of Loveland, Colorado.

We all praise and thank God for Kyle.



Nicholas Brubaker at 20 months THANK YOU

The family of Nicholas would like to sincerely thank all those prayed for us during Nicholas' surgery. We are grateful for all the prayers. God was with us since we found the tumor when we did and were able to have such successful results from the surgery. God answered the prayers and we felt grace and peace during Nicholas' surgery. Thank you all, so much.

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Our Lives In TV Terms

Submitted by Alma Crabtree

GOOD MORNING, AMERICA. would you like to know WHAT'S HAPPENING? We are standing at the EDGE OF NIGHT, living ONE DAY AT A TIME, and SEARCHING FOR TOMORROW; also hoping for A BRIGHTER DAY, that will take us to ANOTHER WORLD. Many become discouraged about the SECRET STORMS that confront us daily; and they believe that THAT'S INCREDIBLE, but should always remember that we have only ONE LIFE TO LIVE. Some of us have FAMILY FEUDS, and should take a vacation on the LOVE BOAT to FANTASY ISLAND. Many of us are only out for the GOOD TIMES, and others are too busy) trying to keep up with THE JEFFERSONS.

It's unfortunate that those who live like J.R. on DALLAS are looking down on those who live in the LITTLE HOUSE ON

THE PRAIRIE. There is much GUN-SMOKE on the STREETS OF SAN FRANCISCO, and the DOCTORS are busy with victims at the GENERAL HOSPITAL, with help from the NURSE and TRAPPER JOHN, M.D. Now whenever they lose a case they'll have to call QUINCY M.E. (Medical Examiner). So live carefully so you won't have a "big one" like Fred Sanford on SANFORD AND SON.

My friends, THE PRICE IS RIGHT, because with God there will be no LET'S MAKE A DEAL. We must either TELL THE TRUTH or FACE THE CONSEQUENCES: because the Lord has said, "I love ALL MY CHILDREN." So, let us follow the GUIDING LIGHT and remain in the LOVE OF LIFE, enjoying these HAPPY DAYS, for we are ALL IN THE FAMILY.

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



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(5) SECLUSION JUST OFF DESOTO PARKWAY. 3 bedrooms, 2-1/2 baths - mountain stone fireplace - CH/A - 1.9 acres of woods, wonderful rock formations. \$137,500.



(6) COUNTRY SOPHISTICATION! One look is all it will take for you to fall in love with this custom built home in the mountains. Only 4 years old with 3 BR, 2 baths, CH&A, 2 car garage, deck, built-in appliances, custom made cabinets and much more! Call today. Only \$125,000.



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



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

(9) COMMERCIAL POSSIBILITIES ON HWY 117. This 3 bedroom, 2 bath modular home comes with a fully equipped kitchen, living room, dining room, sunroom, central heat and air, 20x30 shed/garage and a nice landscaped yard on over 1 acre. Call today for more details. \$65,000.



(11) MENTONE SPRINGS HOTEL AND CALDWELL'S RESTAURANT. Historical Landmark in downtown Mentone currently being run as a bed and breakfast. Restaurant seats 100+ people. Great for weddings, receptions, conferences-endless possibilities. For more information, please call 256-845-8000. \$650,000.



(10) IF TWO'S NOT ENOUGH, this house has 5 bedrooms and 3 baths, two living areas with fireplaces, sunroom, screened porch and extra large hobby room. Four bedrooms offer balconies overlooking Lake Lahusage. Patios and lights to the water. \$225,000.

OTHER LISTINGS

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

(13) 10 ACRE TRACTS - gently rolling-heavily wooded-with creek. Close to downtown Mentone on private road. "Lightly" restricted. \$25,000.

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

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

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

(17) 1.75+ ACRES IN WEST FORK SUBDIVISION. \$28,500.

(18) SPECTACULAR VIEW - perk test done & ready to build on. 1 acre brow lot north of Mentone. City water available \$35,000.

(19) A RARE FIND - building lot inside of Mentone's city limits. Wonderful rock formations. \$15,000.

(20) 5 ACRES of heavily wooded peaceful seclusion. Minutes from DeSoto State park. \$50,000.

(21) BROW LOT on County Road 103 South of Mentone in Phase II of Lake on the Brow. \$45,000.

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

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

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

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

St. Patrick's Day

(Taken from Judy O'Daniel's column which appeared in the March 8 issue of the Times-Journal.)

So many legends have sprung up in connection with St. Patrick's life and works that it is difficult to distinguish between truth and legend.

According to Roman Catholic authorities, St. Patrick was born in 387 A.C. in Scotland near Dumbarton where his father served as magistrate. At 16, Patrick, whose original name was Maewyn, was captured by Irish marauders and sold as a slave to a Druid chief. The six years he spent in captivity inspired him with desire to convert the Irish from their pagan ways in later years.

After escaping at age 22 from his master, Patrick decided to give his life to religion and studied at the monastery of St. Martin in Tours, France. During the 18 years spent on the continent, he finished his studies, became a priest and later a bishop.

Pope Celestine I named him Patricius and sent him to Ireland on a missionary journey where he met much opposition. Druid priests resented his invading their land with his Christian ideas and converting their followers.

When the Druids tried to stone him, Patrick again escaped and reached his former master's home. He paid this Druid the price of his freedom and is said to have baptized the chief and all of his family in the Christian belief.

Many times Patrick barely escaped death at the hands of the Druids, but nothing could diminish his missionary fervor. Still he begged the pagans to hear his message.

In trying to explain the difficult matter of the "Trinity in Unity," he realized the people could not understand, so he picked a trefoil, or shamrock, and used its leaves to illustrate his meaning. This small white clover grows abundantly in Ireland and was used by the Druids to cure diseases. He told his listeners that the three leaves of the shamrock represented the three members of the Trinity. The stem was symbolic of the Godhead and the leaves the Three-in-One.

Patrick would ask, "Is it not as possible for the Father, Son, and Holy Ghost to be One, as it is for three leaves to grow upon a single stalk?" Thus, the saint explained and convinced his listeners of this truth, and the shamrock has been associated with St. Patrick ever since.

Several miracles have been ascribed to St. Patrick, including that he raised his own father from the dead. The main story usually remembered about this saint is that he drove the snakes from Ireland. Tradition tells that he banished all venomous serpents by beating a drum and causing the soil to be fatal to them the instant they touched it.

Until his death on March 17, 493 A.D., the saint visited and watched over all the churches and schools he had founded; he also encouraged pastors and consecrated many bishops. Today, he is still remembered for his work and many Irish churches and towns are named for him, such as Kilpatrick, Dalpatrick, Kirkpatrick, and others.

Because the very adventurous Irishmen emigrated and settled in various parts of the world, St. Patrick's Day has been observed around the world. It is said that the first celebration of this holiday in the U.S. took place in Boston because George Washington had so many Irishmen in his army.

As emigrants spread across our country, so did the parades and celebrating of St. Patrick's Day. Whether you are of Irish descent or not, I'm sure you will enjoy this much celebrated holiday. If you cannot attend one of the elaborate parades held around the country, then wear something green and serve your family something green for dinner.



About Our Town

By
LINDA BROWN



It looks as though Spring is here!! The temperature has been in the 70s for several days, and the forecast is for more of the same. Many of the spring flowers are blooming. The trees haven't put on buds yet, but I expect that they will very soon. The forsythias (or yellow bells) are blooming in some places, but have you noticed how sparse the blooms are? Maybe more blooms will appear later. There is a huge one in the yard of the Community House that only has a few blooms. Maybe the garden club ladies could look at it, it may need some TLC.

Someone who was reared here, moved away to make a living for his family and then moved back to retire, recently told me that living in Mentone is like living in a different world. He said it takes some major adjustment even for someone who lived here once.

One of the things that makes it hard to accept living here is how hard we have to work for anything we have. Even though we pay the same rate of taxes as those who live in more populated areas, we do not get the same benefits. (Is this a matter of logistics, there just aren't enough of us?)

Currently, Mentone is trying to raise money to purchase a newer fire truck, build a new library on the Moon Lake School property, have a banquet for the youngsters who play sports at Moon Lake, and I'm sure some others that I don't know about. Sometimes it gets very tiring. We do have two positive things going for us. Number one, the wonderful people who live here and do so much for the community. Number two, the great people who own homes or land here and respond to our needs when they are contacted. So many people have Mentone's best interest at heart.

Look at how long we are having to endure the terrible mess that our streets and roads are in because of the ice storm. This is not the fault of anyone in particular, we are just victims of the system. The Town of Mentone does not have a fund that will cover cleaning the streets, so we had to wait for FEMA to be approved to help us. Now we have to fill out many papers and wait for them to be processed. I don't know if DeKalb County will be able to apply for FEMA help or not. I hope so, many roads in Mentone are county roads. I commend the State of Alabama for getting Highway #117 cleaned so fast and so well. They saw the opportunity to hire contractors and acted on it. Having the chips put back into the environment is great!

Both water projects were delayed by the ice storm. They should be getting in full swing soon. One is a continuation of water lines on Highway #117 and the other is an eight-inch line coming into town. Both of these will help the water situation. The next planned project is the up-dating and redirecting of existing lines. I heard that an unplanned project may be a new water tank, but maybe the existing one will hold a little longer.

The town recently had to empty one tank and repair some leaks. Many repairs were made while it was empty, so maybe it is good for several more years. Jimmy Worthy and his son, Lee, are to be commended for the great job they did on this. The repairs were finished so quickly that the other tank did not run out and we were never without water. This was possible because of the good planning and fast work of everyone involved.

Most of you remember the election that won the volunteer fire departments of the county an amount of money from a small tax. This election is starting to pay off. The North Lookout Mountain Fire Protection District will receive their first money from this fund in March. All other volunteer fire departments in the county will also. This will be the first time that a stated amount of money will be coming in on a regular schedule. The designated money can be used only for fire protection services. The department will be using donations for such things as insurance on the fire fighters, vehicles and buildings, electricity and heat for the building, and the many

other expenses incurred that will not be covered by the tax money. Your donations will still be needed. This new money just makes it a little easier to maintain a good fire fighting system for Mentone and the surrounding area.

The Fire Department is planning to have a yard sale during the May Festival and will appreciate all donations. This is a good way to recycle items that you may want to change when you do your spring house cleaning. They accept anything, just so it's in good shape.

The Town of Mentone will have an election in August. All council positions and the position of mayor will be on the ballot. If you are interested in running for one of the positions, go by the town hall and ask Marie what you need to do. You must live inside the town limits to be eligible to run for any office.

Several of our "golden oldie" citizens are not feeling too well. I wish the best for them and hope they will feel better soon. I think you should start life knowing all that you do when you are older. Think of all the knowledge and wisdom that is stored in their library of the mind. I think the mind may be like a big library, when we forget something it is because we have stored it in one of the many closets and have forgotten which one to look in. Maybe scientists could discover a way to transfer knowledge and wisdom from one person to another. I love and admire our older citizens, they are truly Mentone's greatest treasure.

Take care of yourselves, enjoy this wonderful weather and don't work too hard in your gardens. There will always be another day.

Lookout Creek Fence Farm



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

Robert (Cub) Brown
256-635-6420

1952 Co. Rd 759
Valley Head, AL 35989



Stock Up On Supplies Cloudland TRADE CENTER

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- Tools

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

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Owner and AL/GA Broker
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Home: (256) 634-4169
1-888-256-1276
Cell: (256) 997-8138
Fax: (256) 634-4702



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



(2) **A ROOM WITH A VIEW** Adorable Cottage on the BROW, downtown "MENTONE", 3 bdr, 1-1/2 Bath newly remodeled, with Rock Fireplace, hardwood floors, open living room area, and new Tin Roof. \$125,000



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



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



(5) **50 ACRES, LOCATED IN CLOUDLAND, GA.** Great Farm with 20x40 Barn, Large Workshop, 3 outbuildings, Garage, 4 wells, year around spring, 3 garden areas, Grape Arbors, Approx. 5 acres cleared. Beautiful Hardwoods. 12x70 Mobile Home with Rock Foundation. Many more amenities. ~~\$465,000~~. Show by APPT. Only. REDUCED - \$157,000.



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



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



(8) **THREE STATES CAN BE SEEN**, from these Tracts located on the West Brow, in Dade County, Ga. Minutes from Chattanooga. 13 acres \$75,000.



(9) **DOWNTOWN Cloudland** built in 1928, 3 Bedroom, 2 bath. Two story Home with Tin roof, living with fireplace, screened porch, all new wiring, city water. \$65,000.



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



(11) **CUSTOM BUILT CABIN** at Laurel Creek Lakes. 1 yr old with large Great Room, kitchen dining combo. Tongue and Groove pine throughout. Flagstone Tile, Hardwood floors, raised pine cabinets, handmade Doors. 2 Bdrm (Loft) 2 Bath and 800 ft. of porches. \$115,000.



(12) **LOG CABIN ON EAST FORK LITTLE RIVER.** 3.4 acres with over 200 ft on the water. 2 Bdrm w/Loft Adobe Fireplace, Mexican Tile floors, Island Bar, 2 C/H/A systems, and 4 decks. Great potential \$135,000.



(13) **MOUNTAIN RIVER ESTATES** Direct access from Lookout Mountain Parkway on Hwy 117. 3 to 7 acre riverfront tracts starting at \$27,500. 5 to 15 stream tracts from \$17,500. Restricted covenants apply.



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



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

OTHER PROPERTIES

- (16) **WEEKEND/WEEKLY RENTALS**, available on the Brow and Downtown Mentone. 1,2,3 Bedrooms. \$85.00 and \$125.00 nightly. Call Angela Wood for more info.
- (17) **COUNTY ROAD 631, WOODED TRACTS** from 10 acres and up, ranging \$2,000 to \$2,500 an acre. Owner Financing to qualified buyers.
- (18) **OAKWOOD ESTATES** - 3 plus acre wooded and Pasture tracts available. Located in Mentone, County Road 106. Restricted Covenants. For permanent or Vacation Residential Homes. \$12,500 each.
- (19) **ALPINE AREA, RIVERSIDE DR.** 2 WEST FORK Riverview lots, city water available. Access to deep water for canoeing. \$35,000.
- (20) **VALLEY VIEW FOREST.** 5 to 17 acre tracts on East Brow overlooking Pleasant Valley and Weiss Lake; adjoins National Preserve. \$10,000 to \$35,000.
- (21) **B. LEE CROW SUBDIVISION** - 8 lots (approx. 4 acres) UNRESTRICTED, with Lake frontage. \$15,000.
- (22) **DESOTO PARKWAY, 3 ACRE BROW TRACT.** City water available, rock bluffs, level for building. Minutes from DeSoto State Park. \$90,000.
- (23) **50 ACRES** atop Lookout Mountain, Mentone. Fenced pasture land, established Lake, 2 barns, 3 outbuildings, SPRING HOUSE over year-around creek. The Old Homestead is surrounded by huge Oaks, and a view over the land and surrounding mountain ridges. Access from Bankhead Rd. and Hwy 117 S. Opportunity for one of the prettiest spots on Lookout awaits. \$175,000.

TOO MANY PROPERTIES TO LIST THEM ALL.
If L.M.P.R. doesn't have it, L.M.P.R. will find what you're looking for.

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

Moon Lake/Mentone Community Library nearing the \$50,000 match amount

Those wishing to donate to the Moon Lake/Mentone Community Library Fund can find donation cards at the Mentone Town Hall and at the Little River Hardware. These donations can be made in the name of a loved one to honor their name and/or memory. At the February meeting of the New Library Committee, Dr. Bill Berry announced that \$30,454.68 had already been donated.

The Mentone Heritage Foundation recently voted to give to the New Library the sum of \$8,000. Of that sum, \$1,000 comes from the Mentone

Area Preservation Association (MAPA), according to Bernice Crow who is on the Heritage Foundation committee. MAPA had donated that sum to the Heritage Foundation. With the addition of this donation, the total contributions to date are \$46,246.01.

An anonymous donor has pledged \$50,000, if the Library Committee can raise \$50,000 to match it. We are so close to that goal, and we need your help.

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

Donations are being accepted and can be mailed to New Library Fund, Moon Lake School, PO Box 166, Mentone, AL 35984.

Please help make this library a fantastic success. Your donations will help Moon Lake School AND the community. Community access to the library will be at times other than school hours and the library will be open to the public all year.

Support the new library, send in your donations. Thank you.



God's Minute

By Ruby Brock

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

Isaiah 26:3

What a wonderful promise! I can think of nothing I treasure more than peace. But the promise is only to those whose mind is stayed on God and trust him.

Sometimes our faith gets weak and we fail to trust him as we should. The only way we can build up our faith is through prayer.

Don't fail to PRAY!

DEKALB COUNTY LIBRARY BENEFIT

April 8-12, 2000

Items sought for club sale
Donations through March 25.



Making possible the purchase of items for which funds are not available for the DeKalb County Library and helping to provide a varied selection of donated books at great savings to the public are the purposes for the Fort Payne Culture Club annual sale. This year's suggestions for possible use of sale proceeds include:

- Hand-trucks for handling increasing/changing supply of books
- Two-drawer file cabinet
- Label printer for front desk in preparing library user cards
- Audio cassette duplicator to meet increased need, particularly for languages instruction tapes
- Overhead projector for use in the community room
- Computer desks/work stations
- Audio books to satisfy increased requests
- Display table/rack

Needs like these are the incentive for the sale. And you can be a part of it by donating books and other items you have already enjoyed.

Magazines are sold throughout the year by the library in the lobby. If you wish to help with this, please wait to bring magazines until after the sale, as storage space is limited.

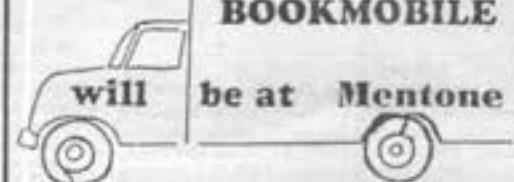
Donations for the sale will be accepted through March 25 to allow time for preparations to be completed.

Then you can enjoy shopping at the

"Leap to Learn" Sale, April 8 through 12, 2000.

The DeKalb County

BOOKMOBILE



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

March - 1, 15, 29

April - 12, 26

May - 10, 24

June - 7, *Vacation

July - 5, 19



April 2nd

SCHEDULE OF MEETINGS, EVENTS, AND OTHER DATES

- Sunday, March 12, Girl Scout Sunday
- Monday, March 13, 7 p.m., Mentone Town Council, Town Hall meeting room
- Tuesday, March 14, 6:30 p.m. American Legion Meeting, American Legion Hall, Mentone Covered Dish Supper, St. Patrick's Day Theme
- Friday, March 17, St. Patrick's Day
- Saturday, March 18, 6:30 p.m. Valley Head Band Annual Auction
- Sat/Sun, March 18, 9 a.m.-4 p.m.; March 19, noon to 4 - 17th Annual Northeast Home & Garden Show, Rainsville Civic Center
- Monday, March 20, 1st Day of Spring

- March 25-April 2, Spring Break Children out of School
- Saturday, April 1, April Fool's Day
- Sunday, April 2, Daylight Savings Time Begins (Remember to set your clocks ahead one hour)
- Tuesday, April 4, 7 p.m., MAPA meeting, Dessie's Kountry Chef
- April 8 through 12, DeKalb County Library "Leap to Learn" Sale sponsored by Fort Payne Culture Club
- Monday, April 10, 7 p.m., Mentone Town Council, Town Hall meeting room
- Tuesday, April 11, 6:30 p.m. American Legion Meeting, American Legion Hall, Mentone

VALLEY HEAD BAND AUCTION

MARCH 18, 6:30 P.M.

The Valley Head Band will hold it's annual band auction on March 18th. If you have any items you would like to donate, you may contact Campbell Smith at the school or any band booster. The auction will be held in the auditorium and begin at 6:30 p.m.

Many items are expected to be auctioned off and door prizes will be given.

If you have any questions, you may call the school at 635-6228,

Lendell Chappell at 845-2444,

Lisa Moore at 635-6527, or

Kat Johnson at 634-4514.

All donations are accepted.