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Volume 24, No. 3

"Neighborly "News from the Heart of Lookout Mountain"

March 2006

Mentone History and Charm



The name Mentone is from two root words: the Latin "Mens" meaning mind, and the Latin root word "tonus" meaning a stretching. The name Mentone means "toning of the mind" or "mind stretching." IT was named by Alice O'Rear, one of the early settlers, for Mentone, France. Mentone has always been considered to have special healing effects because of its pure, unpolluted air and its natural mineral springs.

There is much evidence that Indians lived in the caves in the Mentone area because of artifacts that have been found and studies by archaeologists that have been made. It is also evident that explorers touched the immediate area surrounding Mentone, especially the Spanish explorer, Hernando DeSoto, from whom many landmarks have been named.

The first house built in the Mentone area was about 1854 by Robert Vernon. This is the central structure of what is now St. Joseph's-On-The-Mountain Episcopal Church.

The Civil War played a large role in Mentone's history, as thousands of troops camped in the area along Little River and DeSoto Falls.

The Kirbys, Crows, Blalocks, Smith, O'Rears, Vernons, and Joneses made up the early settlers during the years of 1840-50. Others began to join them during the 1860s. After the Civil War, families moved into the Mentone area from the adjoining states and from across the seas. Early homes were of logs

notched into place. Neighbors came together and worked hurriedly to build homes. The women prepared country dinners for them. Although they had to work from dawn to dusk, they found time for church activities and social life. There were many people who played the fiddle, groups that sang, and people who liked to square dance.

At the turn of the century, Mentone became popular as a summer resort. The cool mountain breezes were a refreshing relief from the heat of the cities.

Among the interesting personalities and legends of Mentone are Martha Berry, founder of Berry College in Rome, Georgia, who gave her life helping young people who otherwise would have had no educational advantage; Miles Allgood, U.S. Congressman; Granny Dollar (half Cherokee and 100% mountain), and Colonel Milford Howard, a visionary whose lasting monuments glorify the mountain and God, rather than men.

Historically, it would be difficult to find a more interesting or a more alive place than Mentone. Its colorful folklore and history is as rich as any ever written or told.

Mentone, as it now stands, is one of the most intriguing week-end hideaways or vacation spots in Alabama. There are numerous antiques and crafts shops, a wedding chapel, a honeymoon cottage, fine dining at seven different establishments—all serving

specialty foods. Lodging in Mentone is quaint, quiet, and quite unique.

Mentone is the home of summer camping and has been since the early 1900s. Thousands of children come from all over the world to enjoy safe, inspiring, summer-fun experiences. Golfing and snow skiing are other recreational pastimes for people of all ages.

There are two festivals each year: Rhododendron Festival, the 1st weekend in May, which features artists and craftsmen displaying their handcrafted wares and live entertainment. The live native Rhododendron plants are always a sellout. Usually the Rhododendron plants are at their peak in their array of beauty around the third weekend in May. The Fall Colorfest is the third weekend in October. It's hard to improve on Mother Nature's show this time of year, but Mentone folks give it a shot! Storytelling, sing-alongs and dancing fill the crisp, cool fall air on Friday evening while the children roast marshmallows around the huge bonfire. Saturday and Sunday are filled with live entertainment all day, while artists and craftsmen display their handcrafted wares.

As a special place, Mentone qualifies naturally! It simply has everything good you'd expect to find in a Mountain environment—clean streams; lush, fragrant flora; unobstructed vistas; cool temperatures; and a certain peacefulness so hard to find nowadays. The air here is clear and crisp. There are no flashing neon signs—no shopping malls—no traffic jams. There's almost nothing to remind you of the city. Streets (*more like lanes*) are narrow and twisting paths of little resistance, with cottages tucked here and there. The poets have said it best...

(Continued to page 12.)

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

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

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



MAPA MEETING

February 7, 2006,
6:30 PM

The Mentone Area Preservation Association met at 6:30PM, February 7, 2006, at Dessie's Restaurant. President

Dessie Brown called the meeting to order for the purpose of discussing the Rhododendron Festival. Lucille Crowe gave the invocation. Present were Dessie Brown, Dot Crow, Marie Dillenbeck, Page Cunningham, Lucille Crowe and Leroy Crow.

Also present were many interested individuals and businesses. Those attending were: LC Moon (Mountain Memories), Anthony and Eleanor Teverino (Raven Haven B&B); Wesley and Ann Chesnut (The Chesnut Tree); Marilyn and Harry Action (The Hummingbird House); Kelvin and Tami Enfinger; Tom and Cindy Strickland; Jerome and Liz Stephens; Carol and Stan Gunter; Mamie Dougherty; Thomas and Stephanie McNeil; David and Claudia Wassom (Crystal Lake Lodge); Angela Wood, (Lookout Mountain Preferred Realty); Sarah Wilcox (Mountain Laurel Inn); Beverly Smith (Snappy Tees); Karen Britt (Mentone Hardware); Mr. and Mrs. Clarence and Virginia McDorman; Slate McDorman; Gwen Foster; and Debbie Guffey.

There were no minutes as the last meeting was the Christmas Party in December, and the members had previously voted to not meet in January and February, due to the weather.

The purpose of this meeting was to discuss the

reinstating of the Rhododendron Festival and to welcome new members who are interested in assisting with the Rhododendron Festival.

The procedure for putting on a festival was explained to all those attending. There were many new and exciting ideas brought before the meeting. With new members willing to assist in the work to put on a festival, it was decided that the Rhododendron Festival would be held on the weekend of May 5-7, 2006.

Members of Boy Scout Troop 106 have been instrumental in each of the festivals and they will again be assisting all the new volunteers. The media is to be notified and flyers will be placed about the area and mailed to the media. Applications will be mailed to the vendors who have participated in the past as well as any new vendors who are interested in attending.

Several suggestions for exhibitors included hands-on spinning, weaving, painting, pottery, woodworking, furniture, etc. The new members will be assisting in the locating of those who would like to do hands-on art exhibitions.

Publicity volunteers are Sarah Wilcox, Wesley Chesnut, Paul Todd, and Chas of the Wildflower Cafe.

New ideas were suggested for music to go along with the usual participants: Lookout Mountain Cloggers, Silver Liners, and others. Tony Goggans has agreed to be MC on the square during the festival; bonfires will be held on Friday and Saturday nights.

Following the discussions, the meeting was adjourned to have refreshments provided by Dot Crow, Lucille Crowe, Leroy and JoAnne Crowe.

The next meeting will be on Tuesday, March 7, at 6:30 PM at Dessie's Restaurant.



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PUBLIC NOTICE

THE MEETING DATES OF THE
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THE TOWN OF MENTONE
FOR THE FISCAL YEAR

2005-2006 ARE:

FEBRUARY 23, 2006

MARCH 23, 2006

APRIL 27, 2006

MAY 25, 2006

JUNE 22, 2006

JULY 27, 2006

AUGUST 24, 2006

SEPTEMBER 28, 2006

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

Lookout Mountain Natural Healing: The Spring Tonic- Sassafras albidum

By L.C. Moon

Sassafras has been used in the southern mountains for generations as a spring tonic to cleanse and tone the body's system. "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." - Quote from the Spring Wild Foods chapter of Foxfire 2.

As winter prepares to turn to spring I think of the sweet delicious taste of the lemony sassafras leaves. The small less mature leaves are so delicate it feels like they melt in my mouth. Foraging for food in the spring woods of Lookout Mountain is a delight with sassafras as one of the many blessings.

The small leaves are more easily accessible on the shrubby sassafras that has not yet matured to the 10 to 60 foot tall tree that it can become. While cutting firewood I am reminded of my love for the tree. Each time I cut into the wood of a down sassafras, the aroma of licorice within the tree blends with a sweet light lemon scent showering my senses.

Sassafras as a sapling is light bright green with tan/grey bark forming in scaly lines and patches. Sassafras grows crooked and curvy with rough grey bark as a mature tree. It has three different shaped leaves- ovate, another leaf is three lobed and yet another less discussed shape takes on the appearance of a mitten. If in doubt that it is sassafras then pull off a leaf, crush and smell it. The wounded leaves have a lemony smell that reflects the sweet lemon taste.

Sassafras contains diaphoretic properties. Therefore if you need to sweat out a cold or fever, a sassafras tea has been and is used to increase perspiration to rid the body of toxins and problems related to the common cold and fevers.

Sassafras contains diuretic properties. A tea of sassafras promotes urination allowing it to benefit the liver, kidneys and bladder. Sassafras can be used in combination with dandelion to clean the blood and especially benefit the liver. Dandelion is a bitter vitamin and mineral packed herb that is made more palatable when combined with sassafras.

Sassafras like many botanicals has well known benefits- such as being a spring tonic- as well as being a back up herb for other disorders. For instance sassafras is known to work wonders for the stomach and bowels to relieve gas and colic. It would be one of my first choice in woods medicine for such a problem. However I may choose cultivated herbs such as catnip, fennel or chamomile to relieve stomach upsets if they are at hand.

More underlying benefits of sassafras are its antiseptic properties and as a result has allowed it to be applied as a wash for wounds and skin problems. Sassafras has also been used as an eye wash, internally and externally for varicose ulcers, taken warm as a spasm remedy and the oil of sassafras applied to toothaches to ease the pain.

Real Root beer. Sassafras was used for many years to flavor soft drinks, especially root beer- hence the name the root beer tree. Many drink manufacturers replaced sassafras with synthetic flavoring because of studies done that indicate the component safrole (contained in sassafras) has carcinogenic properties. According to Rosemary Gladstar author of Herbal Healing for Women, the safrole was isolated and extracted from the plant and injected into lab animals in extremely high doses. This not surprisingly did cause some cancerous tumors to form on the animals. However during my research I have found 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- not extracted well in water- so as to cause even less concern regarding the dangers of sassafras tea. To be safe it may not be wise to drink sassafras several times everyday for more than a week at a time.

Harvesting and Preparing

The most common medicinal parts of sassafras 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. Sassafras is also used as a culinary herb. The ground or powdered form of the dry leaf is

used in 'Gumbo file' and to thicken soups.

I enjoy harvesting sassafras roots from trees that are bush height and overly abundant in their location. This size of the tree does not always indicate the size of the root. I gently dig the soft mountain dirt away from the base of the sapling. I find which direction the root appears to be growing- straight down or off to one side. Then gently pull and wiggle the roots around. Sometimes the tree readily pulls right out of the earth as if it is ready to fulfill its destiny of medicine. Other times you must continue pulling the earth away from the root or the root will break off half way or at the base of the sapling. If I do not get the whole root I usually just leave it in the Earth because another sapling will grow from that root. The larger roots take some considerable time to dig around them in comparison to the average finger size sapling root. Some people harvest roots from large sassafras trees only taking part of the root in which case it is best to skin the root bark for making tea. The root can be harvested anytime of year. I prefer harvesting during early spring or late fall.

After you harvest the root it is best to wash thoroughly. I prefer to use the sapling roots, cut them in sections and either use them fresh or dry them in sections. I recommend cutting the root into pieces before drying. Sassafras must be dried in a well ventilated and non humid environment as it is prone to mold. If you do not have an herb dryer or dehydrator, you can use a little heat from the oven- 250 degrees with oven door cracked- to get some of the moisture out before placing in a well ventilated area. When sassafras completely dries, store in an air tight container.

A sassafras decoction tea- can be made of the roots or root bark whether it is fresh or dry. A tea decoction is different than a tea infusion. A decoction is a boiling method used to brew roots, bark and seeds- whereas a tea brewed from leaves generally should not be boiled but the leaves steeped in hot water.

I use the handful measuring method, in which I place a large handful of roots cut into approximately 6 inch pieces with one gallon of water. In order to make a tea decoction, the root and/or bark should be broken or cut into pieces and boiled. I prepare herbs in an enamel or glass pot- though sometimes use stainless steel- to protect the herbs from being altered from their original state. I am careful to keep the pot covered while boiling so the essence of the plant is contained in the tea. I recommend boiling for at least fifteen 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, cheesecloth or a nonmetal strainer. The tea can be served hot or cold.

Sassafras Jelly

Recipe from Foxfire 2

Combine 2 cups of sassafras tea, one package powdered pectin and 3 cups of honey. Fill Jars and let it thicken slowly.

You might like to step back in time this spring, clean the blood and tone the body with native sassafras. If you are looking for wild crafted sassafras I plan to begin harvesting in April. You may contact me to be put on the list that I harvest for or I will have it on hand in the store by or before the Rhododendron Festival. Keep in mind that it is wise to consult your healthcare provider before making any changes in your healthcare regimen. You are welcome to contact me with any questions or requests: (256)634-3333 www.MountainLifeMarket.com LCMoon03@aol or P.O. Box 224 Mentone, AL 35984

*** Last month I wrote about Hardwood Therapy. The Carya alba- shell bark hickory- has been a topic of discussion among my botanical friends and myself as we cannot find a reference to this tree in current botanical books. I got the reference to Carya alba in a book published in 1863, Resources of Southern Fields and Forests by Frances Peyre Porcher. He was a well known confederate physician hired by the surgeon general to prepare a treatise of southern botany containing medical, economical and agricultural information.

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An interview conducted by L.C. Moon with Cathy Haven Howard regarding a multimedia performance that Cathy is presenting on March 10th.

Q. What motivated you to approach the story of Siskeyah?

A. Over four years ago, my friend Joy Forrest, who is a Mentone resident, asked me to pray and meditate around what types of protocol would be the best for her to undertake after having cancer surgery. Joy lives on a very special piece of property overlooking the East Fork of the Little River.

Cherokee Grandmothers have been very important to Joy's journey in life. As I went into prayer & meditation, I began "to see" spirit grandmothers that to me represented the Native Americans that might have hid out in the caves during the time of the Removal and the Trail of Tears. I wrote down the messages that I had heard from the Grandmothers and shared this healing message with Joy.

Q. How were you further inspired to create the story of Siskeyah?

A. Later, I began hearing a more specific voice in my meditations. I came to understand the story of Siskeyah, a Cherokee Wisdom Keeper. Siskeyah, from the time she was 14, lived her life in an isolated canyon on the river on Lookout Mountain. She was originally in hiding with around 40 other female Wisdom Keepers from the clans and the tribes in the valleys and mountains around Lookout Mountain.

Q. It seems likely that some Native Americans may have experienced a reality similar to the Siskeyah story. It sounds to me like Siskeyah is fictional with underlying potential truths. Is this accurate?

A. Yes. There is no written record of a woman named Siskeyah, but more a knowing of events of the past that happened here on this mountain and in this area.

Q. You mentioned this was during the time of the Trail of Tears and the Removal. What is the reasoning behind protecting the "Wisdom Keepers"?

A. Siskeyah, and the women she refers to as the Sisters, was called together by chiefs who had a sense that the Removal was going to happen. They wanted to protect the truths that had been handed down orally for generations through the mother lines of the Wisdom Keepers in their tribes and clans.

Q. This is a story that can speak to both men and women that have respect for the culture of Native Americans. What will you share during your Siskeyah performance?

A. One of my greatest reasons for telling this story is to bring a further remembrance for the Native peoples that walked this area and mountain before us. Many people hid out in the caves around Mentone during the time of the Removal.

Many people know about Granny Dollar who hid with her family in the caves and then lived most of her life near a cabin close to DeSoto State Park. In telling Siskeyah's story, I hope to give a very

Siskeyah Speaks



personal view of the impact that Removal had on one woman's life. How difficult it was to make the personal decisions that she did to stay and protect the truths of the Wisdom Keepers.

Q. It is beautiful how stories of survival can relate to present day decisions and transcend time to touch our hearts. Stories of overcoming adversity can really share ideas of hope. The Native American "Wisdom Keepers" as you refer to them- kept sacred "the truths" and shared them through

storytelling. What kind of Siskeyah experiences will you share during the storytelling?

A. Siskeyah lived to be well into her sixties. She was living at the Bend in the River during the time of the Civil War and Sherman's army coming through on their way into Rome and Atlanta.

I will be telling stories also on how it was for her interior life to deal with her anger and peace at spending a life by the river. I will tell stories of what she saw as meaningful and what kept her going day after day. Many of the stories and underlying truths will have applications for present day life. These will include stories about the importance of listening to our inner voice, the following of a higher calling and how to bring more acceptance and contentment into our lives.

Q. What type of performance can people expect?

A. This is a multimedia performance meaning, that the main medium will be storytelling. While the stories are being told- there will be photos of the area and images of the main characters projected on a screen behind me. There will also be dance and native flute music interspersed throughout the performance.

Q. Are you sharing this as a storytelling performance because the story is of Native Americans who attempted to save their heritage through truths" handed down orally"?

A. Yes, on some level, I feel that this was told to me as a story, and even though I wrote it down, I feel that I wanted to share it in the way that I know it was shared for many generations, around a fire or circle.

Q. Where and when will the performance be?

A. It will be Friday March 10th at 7:00 PM at the Preston House. The Preston House is behind the Mentone Wedding Chapel which is off 106. There are directions to the Preston House on my website, which is www.heartwoodsanctuary.com or you can call 256 634-0503 for more information. A portion of the proceeds will go to the Mentone Area Arts Council.

L.C. Moon is a naturalist, writer and herbalist. More information on herbals or organic products can be found on her website www.MountainLifeMarket.com

Cathy Haven Howard is Owner of Heartwood Retreat Center. She has a BA and Graduate Work in Religious Studies. She has served as the Program Director of the Children's Trust Fund of Alabama, the state agency that works to prevent Child Abuse.

You Can Take The Girl Out Of Alabama, But You Can't Take The Alabama Out Of The Girl



Chrissie Frazier Griffith and Garrett Griffith

Chrissie Frazier (daughter of Charlie & Debbie Frazier of Mentone) had no idea that a six-month stay with her sister in Minnesota would turn into two years--and a wedding to a "northerner." But this Alabama girl made sure her southern roots weren't forgotten at her November 12, 2005, wedding to Garrett Griffith (son of Max and Lynn Griffith of Buffalo, MN). Alabama's "Hometown Honeymoon" played before the ceremony, and the bride and her father walked down the aisle to Lynrd Skynrd's "Sweet Home Alabama."

"Minnesota Nice" met a serious blast of Southern Charm. Four of the bridesmaids--maid of honor Christiana Gruendler, Kerri McMunn, Anna Worden, and Kaitlen Mims; flower girl Lily Meadows (daughter of Scott & Katie [Frazier] Meadows); the wedding coordinator, Kelly (Frazier) Dykstra; and the caterer, Kelley Garrett, are all Alabama girls. Niece Holland Dykstra (flower girl) and the groom's sister Jen Griffith (bridesmaid) were also a part of the ceremony officiated by Chrissie's brother-in-law, Pastor Eric Dykstra. The groomsmen were Kyler Killock, (best man), Matt Griffith, Chris Griffith, Nick Kraus, and Ryan Sodahl, all Minnesota boys. Chrissie and Garrett now live in Rockford, Minnesota.

Written By Chrissie Frazier Griffith



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



(12) **Street in Mentone** In this NEW construction offering 2 bedrooms, 2 baths, large family room with gas log fireplace, spacious kitchen/dining combo, screened front porch, side deck with Jacuzzi and more, sitting on a 1.23 acre wooded lot just minutes from downtown Mentone. \$162,000 (PLS #14394)



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



(14) **LOOKING FOR COUNTRY LIVING?** This 3 bedroom, 3-1/2 bath home offers hardwood and carpet, family room with fireplace, fully equipped kitchen, front and side porch, and is surrounded by 8 acres in a restricted subdivision could be it. Call today. \$219,000 (PLS #14536)



(15) **3000 sq. ft. home in 31st level home** Main level features living room with brick, shelves and fireplace. The kitchen/dining area has been completely remodeled with new Oak cabinets, ceramic tile flooring & countertops and new appliances. The second level has 2 BR and 2 full baths. The lower level has endless possibilities with a driveway room, laundry, possible 4th bedroom and additional bath. \$115,000 (PLS #14547)



(16) **THE COMMERCIAL POTENTIAL** is endless in this great location at Fischer's Crossroads. Most recently known as The Berryard, this rustic building sits on .87 acres and has 2 public bathrooms, gas wall heat and window air conditioning. This property is located inside the Fort Payne city limits. \$115,000 (PLS #14216)



(17) **Tucked away in downtown Mentone** - this home offers 4 bedrooms, 2 baths, fully equipped kitchen with granite countertops, antique mantel on fireplace, RV carport, large storage/hobby building/garage and a sauna. \$159,500 (PLS #14671)



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



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



(20) **The perfect first investment!** Rustic cabin in Hunter's Ridge featuring 2 bedrooms, 2 baths, Columbian cedar walls and ceilings, hardwood floors, front and back porches and a stacked rock fireplace. \$162,500 (PLS #14670)



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



(22) **Charming rustic cabin** with 190' on the brow with great view. The cabin has 3 bedrooms, 2 baths, living room with wood burning fireplace, kitchen/dining combo, central heat and air, enclosed porch upstairs, screened porch & 2 decks on the main level. Don't wait, this one won't last long! \$288,000 (PLS #14624) (PLS #14624)



(23) **This beautiful traditional - 5BR, 4 bath** brick home and farm is one of a kind in this area. Situated on over 40 rolling acres with circle drive, picture windows and gorgeous views. Land is approx. 18 acres cleared, nice large barn and livestock pond also on property. \$429,000 (PLS #14651)



(24) **Located on DeSoto Parkway**, this home offers 3 bedrooms, 3 1/2 baths, 2 lots, wood floors throughout, screened porch, deck with hot tub, 1 bedroom guest cottage, greenhouse and a spacious great room for relaxing...and the list goes on! Fresh interior and exterior paint, new light fixtures, new kitchen appliances and more. Must see to appreciate - only \$429,000. (PLS #14405)



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



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



(27) **Enjoy the beautiful view of Lookout Mountain** and the surrounding wildlife from your own private setting! Newly remodeled brick rancher features large double carport, landscaping, new carpet, vinyl, windows, central H&A, plumbing, ceilings, gutters, paint and ceiling fans. Convert the unfinished basement into a playroom, additional bedrooms or laundry. \$189,900 (PLS #14429)



(28) **Be the first to own this new construction** on the West Brow of Mentone. Features include 3 bedrooms, 2 baths, large living area with stacked rock fireplace and vaulted ceiling, pine floors throughout, screened porch and deck. Call today to see! \$299,000 (PLS #14624)



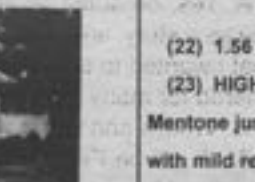
(29) **Native mountain foliage** creates a level of privacy for this 3 bedroom, 2 bath brick house sitting on 3 acres with 300' on the West Fork of Little River. Amenities include a split bedroom design, large family room with cathedral ceiling and mountain stone wood-burning fireplace, screened porch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



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



(31) **OPEN FOR BUSINESS IN DOWNTOWN MENTONE!** This retail shop is Zoned B-1 and would make a perfect gift shop or restaurant. Features original hardwood floors and walls with built-in shelving and 3 wooded counters. Commercial type kitchen with ceramic tile flooring, stainless steel sink, glassed front porch and side deck. \$89,500. (PLS #14154)



(32) 1.56 acres on the brow near DeSoto State Park. \$55,000 (PLS #10133)

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

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

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

(36) 12 acres of gently rolling, heavily wooded paradise. Great for getting close to nature. City water is available. \$79,900 (PLS #14534)

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LOWER EAST BROW, CLOUDLAND - Luxurious mountain home w/impresive view of the valley. Main level features entrance foyer, great room w/br, kitchen laundry, separate dining room, sunroom, half bath, 2 bedrooms a full bath. 2nd level master suite w/balcony open to great room below. Abundance of space & amenities. Garage Apartment w/full kitchen area. (No. G-001)



Lyerly Dam Road, Lyerly - Lovely period home sits on approx. 3.5 sheltered acres of ground and offers the charm of another era. An abundance of space, this home features downstairs entrance foyer, front parlor, formal dining room, living room, casual dining room, kitchen, laundry, downstairs master bed/bath w/whirling room. Upstairs offers 3 add'l bedrooms w/whirling areas, family room & full bath. CHAC, hardwood floors and many extras. Convenient to town & complete w/ky sewage, this home would be ideal for a B&B. Shown by appt. (No. G-027)



ALSOBROOK ROAD, CLOUDLAND - Away from the hustle and bustle! Located in a secluded area off the beaten path, this ranch-style home has been totally remodeled. Large great room with kitchen/dining area, spacious master suite with walk-in closet, 2 additional bedrooms *5 full bath. All new flooring, fresh paint, new decking, new kitchen cabinets, new bathroom fixtures. Located on private 1+/- acre lot. Asking \$84,888. (No. G-013) MLS #540883 REDUCED



Holly Springs Rd, Mentone - Excellent workmanship and attention to detail are obvious in this immaculate cottage featuring wood walls, floors & ceilings. Built in 1999, this lovely home is located in Laurel Creek Subdivision and offers great room, kitchen, loft, 2 bedrooms & 2 full baths. Situated on 2.8 acres-the perfect getaway. Priced at \$189,900. Shown by appointment only. Please call Susan Heape at 256-996-2309



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



ANNOUNCING "CREST VIEW" - private 7-tract development - Co. Rd. 103 - Water and Power - Brow, great views of Shiloh Valley.



GADSDEN AVENUE - Newly constructed home w/low-maintenance hardboard exterior. Offers great room w/stone fireplace, eat-in kitchen, 3 bedrooms & 2 full baths. Also features Canadian maple hardwood flooring, executive quality bath fixtures, corian countertops, custom kitchen cabinets & top of the line appliances 1+/- acres. MAKE OFFER.



LAURAWOOD SUBDIVISION, MENTONE - Custom home located on the brow of the mountain - Offers great room, custom kitchen, family room, 3 bedrooms, 2-1/2 baths, CHVAC, walk-in closet, hardwood/carpets. 3+/- acres w/200+/- feet of brow frontage. Call for more information and details.



East Fork Little River Estates - Custom home on approximately 8+/- acres. Lovely country-style home features spacious wraparound porch & private lot. Downstairs offers living room w/ fireplace, custom kitchen, dining room, laundry room, half bath, master bedroom & master bath w/walk-in shower & whirlpool tub. Upstairs offers family area, 2 bedrooms-each w/private bath. Priced at \$219,000.



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Rhododendron Garden Club News

By Linda Brown, Secretary

The regular meeting of the Rhododendron Garden Club was held at the M.E.R.F. Community House on February 14, 2006. President, Gethryn Giles, called the meeting to order at 12:30 p.m. Margaret Baker presented an inspirational minute using the theme of love. The members were led in the Pledge of Allegiance to the flag of the United States of America by Sue Schwarz.

Refreshments were served to twenty-one members and one guest, Nancy Krenkel, by Barbara Blalock, Linda Brown and Marilyn Blanton Campbell. The tables were decorated in a Valentine motif. An arrangement of pink, red, white and lavender flowers centered the serving table and heart-shaped glass containers, filled with Valentine candies, complimented each individual table.

Dianne Kuehl explained that Mr. Al Amador, who was listed as the speaker for the day, was unable to attend the meeting. She then introduced a member of the club, Martha Wood, and explained that Martha had consented to speak on the subject, *Pruning of Plants*.

Martha began her talk by defining pruning as: "when we cut, slice, or otherwise inhibit the growth of a plant to shape or control its size."

Some of the tools that can be used to prune plants are: a pair of scissors, a pocket knife, pruning shears, various kinds of saws, loppers and one of the most convenient, your fingernails.

She stated that if you are planning to move a large scrub or tree, it is a good idea to "root prune" it a year before you move it. This can be done by cutting a circle around the plant with a shovel deep enough to cut some of the roots. This forces the plant to produce more small roots, thus giving it a better chance of living when transplanted.

Pruning to remove dead or diseased wood can be done at any time of the year. But for successful pruning to control the size of your plants, the general rule is that if the plant begins blooming before May, prune immediately after blooms fade; if the plant begins to bloom in May or later, prune in late February or early March. Foliage plants can be pruned from January through mid-summer.

To prune and maintain the shape of your scrubs, this formula can be used. Cut one-third of the plant's growth from the middle, prune another one-third of the plant and leave one-third of the original growth intact.

Martha concluded her program with these instructions: when you need to know some specific question about a pruning problem, consult books and pamphlets on the subject and if you want your scrubs to flower, do not prune when buds are present.

The business meeting convened with the reading of the minutes of the previous meeting and the treasurer's report.

Martha Wood, horticulture chairman, reported on the Eastern bluebird. We need to erect nesting boxes for them because they are having a hard time making a come-back into our society.

She stressed that we should leave last year's nests in the present houses as the bluebirds will use this to stay warm in the cold weather. Clean out the houses in early spring and wash with a mild solution of bleach. She distributed a handout on the Eastern Bluebird which contained much useful information, including plans for two nesting boxes.

Jim Jones had donated three bluebird houses which Martha auctioned to the members. This proved to be a lot of fun and a good way to add funds to our treasury. Thank you, Jim!

Virginia Setze, Litter Control Chairman, announced a scheduled pick-up day for Highway 117. She asked that everyone plan to participate in this on March 15. Safety vests and bags will be provided.

A motion was made and passed to change the time of the meetings to 10:00 a.m. beginning with the March meeting.

Several scheduled events were discussed. One being the DeKalb-Cherokee Federation of Garden Clubs Plant Sale. This will be Saturday, April 8, beginning at 9:00 a.m. This is held at the Ruritan Building in Henagar, Alabama. The plants are displayed inside the building and this is a good time to purchase flowers and scrubs that are already acclimated for our area. The proceeds from this sale will be used to fund the VFW Fair Flower Show in September.

The recipient of the door prize was Liz Stephens. The next meeting will be: March 14 at the M.E.R.F. Community House at 10:00 a.m. Jan Wilkinson will present a program of slides of the wild flowers of our area.

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

Mentone Wedding Chapel

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

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

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

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VELDA O'REAR SMITH REMEMBERED

A TRIBUTE TO MY MOTHER

VELDA O. SMITH

April 19, 1932 - February 24, 2004

A contemporary Christian song may seem like an odd choice as a tribute for a gospel-loving country girl like Mom. However, we played this song many times together in the car on the way to the doctor's appointments she had over the last year or so. She thought it was beautiful and it gave us the opportunity to dream about what heaven must be like.

We talked about Jesus and Daddy, the streets of gold, the sights that we could not even imagine, and the grandeur of it all. She told me she was ready to see all of these things, but the first thing she wanted to feel is what a deep, clear breath would feel like. Her answer so surprised me that it has stuck with me ever since. Her last breath here on earth was so peaceful that I actually believe we witnessed her first breath of Heaven when she was received by her Lord and Savior, Jesus Christ. What a Victory!

The Bible says in 2 Corinthians 4:16 "though outwardly we are wasting away; inwardly we are being renewed day by day." Outwardly she appeared frail and weak to us all. But inwardly she had more strength and determination and by the grace of God she was able to overcome so many obstacles. This is what made her a truly remarkable and outstanding lady. God renewed her spirit day by day so that until the very end she was still able to use her talents to be able to crochet so beautifully even while completely blind. I believe this was God's gift to her.

Mom grew up poor and without many opportunities. Had she the opportunity to go to college, she would have been a scholar. If she would have had the stamina to be an athlete, she would have been a fierce competitor. However, she was an accomplished seamstress and such a perfectionist. I teased her many times that she would not only touch the hem of His garment when she got to Heaven, but she would sew a few stitches as well. But her real calling was to be a wife and a mother, and in this role she was simply the best.

In God's Word, He promises that her afflictions here on earth are achieving for her an eternal glory that far outweighs them all. (2 Cor 4:17) Her eyes must be taking in all of Heaven's grandeur to a degree that those of us who can see may never know. She will hear the heavenly chorus with perfect pitch and harmony, her Daddy's voice above all others. And she will spend eternity with her one true love, our daddy Alvin. I can only imagine the joy they shared upon their long awaited heavenly reunion. They were married 24 years, they have been apart 24 years, and God chose to call Mom home on the 24th.

Our tears are only for the loss that we feel. But don't cry for Mom. She was ready. Today, let's celebrate her homecoming, knowing everything is as it should be.

Beth 2/26/06

Goodbye To A Sweet Friend

By Evelyn Graves

It is always sad to lose friends—especially classmates. I was saddened to learn of the death of Velda O'Rear Smith.

Velda was a quiet person who never created any problems in school. She was very intelligent, scoring highest in the class on SAT tests. She was studious and articulate in whatever she attempted. She excelled in Home Economics and loved cooking and sewing. These particular talents followed her throughout her life as she made a home for her family. As Velda's health began to fail, her sight failed also. She was no longer able to do the beautiful sewing she had always enjoyed, and she became dependent on others to see for her. She was incapacitated by a lung disease, and she suffered from many other health problems. She never let these maladies take away her spirit. She loved her family and had a very special relationship with each member. She enjoyed having fun and was always witty in her own quiet way.

Velda will be missed, but we can all take hope in the fact that our goodbyes are not forever. We will see her again, and she will be well and happy.

Thank you, Velda, for being a part of our lives, and for sharing the inner beauty that was so much a part of your being.

Velda Smith

April 19, 1932 - February 24, 2004

Velda O. Smith, 73, Chattanooga, passed away peacefully at home Friday morning, Feb. 24, 2006.

Mrs. Smith was a native of Mentone, Ala. She was the widow of Alvin E. Smith. She was the daughter of the late William Kelly and Thelma Cash O'Rear. She also was preceded in death by a sister, Theresa York.

She was a member of Christway Community Church and the Hope Sunday School Class.

Survivors include her daughter, Beth (Jeff) Prine, of Chattanooga; son, Richard (Debra) Smith, also of Chattanooga; stepdaughters, Delores Chambers, of Rising Fawn Ga.; Marie Schröder of Bryant, Ala.; and stepson, Otis Smith, of Chattanooga; two sisters, Clyde Tallent, of Mentone, Ala., and Jo Carson, of Valley Head, Ala.; brother, John O'Rear, of Mentone, Ala. Mrs. Smith is also survived by nine grandchildren; 17 great-grandchildren, three great-great-grandchildren; an aunt, Inez O'Rear; and several nieces and nephews.

Family and friends met at 2PM, CST Sunday at Bankhead Cemetery in Mentone, Ala., for graveside service and interment.

Memorial contributions may be made to Hospice of Chattanooga at 4355 Highway 58, Suite 101, Chattanooga, TN 37416.

"It's A BOY"



Forrest "Tyler" Dean

Jonathan and Tiffany Dean would like to announce the birth of their son, Forrest "Tyler" Dean. Tyler was born December 21, at BMC DeKalb. He weighed 7lbs.13 oz. Tyler was 20-1/2 inches long. Tyler's grandparents are David and Pam Dean of Valley Head; Delaine Dean of Henagar; Keith and Debra Hall of Crossville; and Phyllis Hall of Henagar. His great-grandparents are John and Edith Dean of Valley Head; Calvin and Myra Lanier of Rainsville; James and Diane Sargeant of Henagar; Dewayne and Eleanor Biddle of Henagar; and the late Grady and Verma Hall of Fyffe.



PFC Jonathan Dean

PFC Jonathan Dean deployed to Afghanistan on February 4th. Jonathan is a 2001 graduate of Valley Head High School. He is the husband of Tiffany Hall Dean and the father of Forrest "Tyler" Dean. He is the son of David and Pam Dean of Valley Head and Delaine Dean of Henagar.

The Deans would like to request everyone's prayers for their family and especially for Jonathan as he goes to defend the freedom of all Americans. Jonathan is a member of the 561st Military Police Company based in Fort Campbell, KY.



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SISKEYAH SCULPTURE BY JIM KAWUGA

MENTONE, ALABAMA HANDBOOK

Guide to Lodging, Restaurants and Shops
Ad space for the handbook is due on March
15th, 2006.

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

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1940 DEKALB COUNTY CHAMPIONS

This picture of the 1940 DeKalb County Champions (the
Valley Head football team) was submitted by L.D.
Culpepper. His is now 84-1/2 years old and wonders how
many of the boys are still around. If you remember this
picture and would like to contact him, his address is:
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DOWNTOWN MENTONE COMMERCIAL LOTS

Take advantage of this rare opportunity. This property is located in the middle of Mentone. This is a perfect location for a restaurant, or antique store. \$90,000.00 ea.

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Mentone Log Cabin located in scenic Laurel Creek. Pasture land also is included. This cabin is in a wooded area located on small lake. \$195,900



Mentone Brow front home whistles, and a breathtaking view of the valley below. Enjoy sunsets, train \$295,000.



Wildflower Art Show Mentone Town Square Saturday - May 20th, 2006

If you or someone you know creates fine art, please pick up an application at Town Hall. The art show is juried so that the artists and art lovers are assured this is a great quality show.

We hope to see you there!

Sponsored by the Mentone Area Arts Council

Mentone's History (Continued from page 1)

*Mentone, a place the Great God built,
Up near the sunlit sky.
There life is new and friends are true
And days too quickly fly;
Where wearied souls regain their power
And Sorrows leave in the night.
Where peace is born with each new morn,
A haven of joy and delight.*

Sidney Lanier Gibson



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

SEE YOU AT THE FESTIVAL!

LIBS FROM THE LIBRARY by Linda Brown

Thank you! You made the Winter Book Sale a great success! Thanks to everyone who braved the bad weather and brought us books to sell! Thanks to all of you who came out and bought books! Thanks to the members of the Board of Directors of M.E.R.F. for allowing us to use the community House! Thanks to everyone who helped to sort, carry and put the books out on the tables! Thanks to the men who did the heavy work of loading and unloading tables and boxes of books! Thanks to all of the FRIENDS of the Library who came each day and helped in any way that was needed! Thanks, Judy and Marilyn! A project of this size takes a lot of planning and these two ladies did a wonderful job. This sale was such a success that we hope to make it an annual happening. This proved to be a good time of the year for the sale as people seemed to have time to browse through the books longer.

Please continue to donate your books to the library. We will use what we need on our shelves, carry some to Chattanooga for trade-ins and use the others for our August Book Sale. We will have this one under the shelter of the library during the Longest Yard Sale week-end. We will need lots of books. Leave your books at the library during any of the community open hours.

As you are trying to catch up with your reading this winter, notice which books you have and which ones you would like to have available to check out of the library. Bring the list of those you would like to have in the library to us and we will do our best to find them and put them on the shelves for everyone to enjoy. This is a great help to our committee when they start to find new books.

I had hoped to have the winning essays from the Moon Lake Elementary School Essay Contest ready to put in this issue of *The Groundhog*. But, we have met with many technical difficulties! Just when the students had them ready to print, the printer at school went out! This delayed us for over a week because it happened during the President's Day holidays. I have now been able to collect them and they are in the hands of the judges. I will ask for the cover story of the April issue. If we can't have the front page, we will settle for space inside. It is fun to put them in *The Groundhog*. This might well be the first publication of the works of a great literary genius!

Dianne Kuehl trained two new volunteers on Saturday, February 25. She trained Mickey and Cynthia Luck. Welcome to both of you. We are very glad to have you as volunteers in our library. We have at least two more persons who are waiting for a suitable date to be trained. Dianne will continue to train volunteers until the month of May. This is a good way to meet the people of Mentone and perform a community service at the same time. If you are interested in becoming a volunteer and working an average of three or more hours a month in the library, let us know. We will be glad to brief you on the workings of the library and then schedule you for a time to work. There is always more than one person working at the library. This is a policy set forth by the members of the Board of Directors.

The program used to check books in and out is very user-friendly. You can tell us if working on Tuesday evenings or Saturday mornings will suit you best. If you are ever scheduled for a time that you cannot keep, it is very easy to call and reschedule.

The Reading for Pizza program is off to a great start. The last time I was at the library, I noticed that lots of stars were on the board. It seems that more classes are participating this time. If you are not familiar with the program, participating is very easy. Tell the volunteer on duty which grade or grades you have a child in at Moon Lake Elementary School. You can name one or more grades and each will get a star for each book that you check out. You may name the grade of a child, grandchild or any other child that you know at Moon Lake. The winner will be determined by the most stars given to their grade at the end of the determined period. This program will end in April and a Pizza Party will be given to the winner soon after.

Another "Meet the Author" program is being planned for this spring. Gene Giles has been in contact with a man who has recently written a book. Gene is trying to schedule a date for him to come to the library and speak to us about his book and to sign copies. As we all know, signed copies can become very valuable. Recently, a library patron came to the library and explained that he thought he had inadvertently brought one of his autographed books to the library in a boxful of books that he gave to us. We looked on the shelves and found it. We removed it from our records and gladly gave it back to him. Watch the bulletin boards around town for the details of this "signing".

Good news! Because of a change in procedure, the Moon Lake Community Library will be OPEN on Tuesday, March 21, and Saturday, March 25. Our calendar states that it will be closed because the information had to be prepared and set a long time ago. Thankfully, things do change. The world would be a very boring place if this were not true.

To become a FRIEND, a volunteer in the library or to make a suggestion, you may write to us at this address: Moon Lake Community Library
Post Office Box 481
Mentone AL 35984

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19 OPEN 10-2PM CHEF BEN'S BRUNCH	20 CLOSED	21 CLOSED	22 OPEN 9-3PM	23 OPEN 9-3PM	24 9-9 DINNER Live Music 6-9	25 9-9 DINNER Live Music 6-9
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(11) CANYON VIEW FOREST on the East rim of Little River Canyon. 5 acres wooded with Canyon View and access. Private Gated area. A must see. \$70,000. (Photo to the right.)



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Friends of Little River

Please take note of a correction for the article in the February issue of *The Groundhog* in which it stated that the Friends of Little River is a 501-C3 organization that is active and accepting donations for water testing kits. I misunderstood information given to me. I apologize for any confusion regarding the meeting agenda. Thank you, L.C. Moon.

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Fun for the whole family

"Look, Mom, There's a Bug in my Grits."

By Albert (AL) L. Jackson

How many remember the old days when it was fairly common to find some sort of insect in your food? I remember when my mom sat out on the porch with her lap full of beans, or some other kind of vegetable, picking the bugs and weevils out. She would look at every pea, bean, or whatever she had, one by one. Sometimes someone would ask, "Where's your mom", and I would say, "Oh, she's out on the back porch looking the peas or beans."

Of course, things are all different, now. Everything is harvested by machine. Everything has to be done quick. No time to look for bugs, etc. I wonder how many people in this time ever think about anything like this.

Do the people that do the canning of the stuff we eat now have a better way of picking the bugs out? No, they harvest the crops, bugs and all. We all eat them every day. Everything you eat that has been grown as a crop of some kind, has some parts of bugs, or insects, or the excrement therefrom. It would be next to impossible to harvest anything without bugs or insects. The Food and Drug Administration (FDA) allows this.

The FDA has set thousands of rules that allow a certain amount of bug parts, maggots, hairs, rodent droppings, and whatever you can think of. The FDA has "experts" that have set the amount allowed. Ha! Ha! Anyone with common sense would know that there is no way that this allowance could be enforced. These "experts" in filth and extraneous materials use a variety means based on the length of hairs, insect fragment size, etc. Who is going to see that which is allowed, and no more, is adhered to? Nobody!

Here are some examples: asparagus, cannot contain more than 40 thrips "small winged insects" with an aggregate length of seven millimeters or longer per hundred grams of asparagus. Boy, wouldn't you like to have the job of checking all the asparagus grown to see that this rule is abided by! Here are some more:

1. Macaroni and other noodle products: no more than 225 insect fragments per 225 grams.
2. Chocolate: no more than 60 insect parts and 1 rat hair per 100 grams
3. Ginger: no more than 3 mg of mammalian excreta per pound
4. Mushrooms: no more than 20 maggots of any size per 100 grams
5. Ground Pepper: no more than 475 insect fragments per 50 grams
6. Canned Pineapple: maximum mold count 20 per cent
7. Potato Chips: no more than 6 per cent rot
8. Tomato Catsup: maximum mold count 55 per cent
9. Hops: no more than 2500 aphids per 10 grams
10. Corn meal: one whole insect per 50 grams, and no more than 25 insect fragments per 25 grams
11. Do you like Raisin Bran? If your raisins seem to be moving, it may be because they are allowed up to 10 whole or equivalent insects and 35 drosophila fly eggs per 8 ounces.

Do you think our wonderful Federal Drug Administration looks after this? Think again.

Don't worry. Just eat it. Open your mouth and shove it in.

News from Cub Scout Pack 106

It's been some time since our Cub Scouts submitted any news to The Groundhog. No, we haven't gone away...we're bigger and better than ever. Pack 106 now boasts 7 Tiger Cubs, 8 Wolf Cubs, 6 Bear Cubs, and 10 WEBELOS. Pack leadership has grown as well. Connie Hughes (10 Years of Cub Scout Leadership) is the Tiger Den Leader and Assistant Cubmaster. The Tiger Cub parents also stay at every meeting and help out, too. Kathy McMunn (3 Years in Cub Scout Leadership) is our Wolf Den Leader. A first-year leader is Danny Sinns, the Bear Den Leader, assisted by Heather and Lyle Nicely. Also, with 10 years of Cub Scout leadership is Mike Bare, the Cubmaster and WEBELOS Den Leader, assisted by Barbara Petersen. Many other parents and even some grandparents have been extremely helpful by staying and assisting wherever needed from week to week. With the number of Scouts we now serve, we couldn't possibly do it without your help. THANK YOU!

As we all know, the cost of living and raising a family is constantly going up. Parents already bear a considerable load of school expenses for their children. Since the Scout year coincides with the school year, the extra expenses can make Scouting cost-prohibitive for some families. We have 2 main goals for Pack 106. (1) We want to make sure a rich Scouting experience is within financial reach of every one of the boys in our pack. (2) We would like for our Scouts to have a hand in helping to pay for their Scouting fun.

You can help us achieve these goals! Spring will be upon us before we know it! Do you have some leaves that still haven't been raked up? ...got a garage that needs cleaning up? ...how about dead branches that the wind has brought down? LET US HELP!!! Our leaders, boys, and parents are willing and able to help you take care of these not-so-pleasant tasks.

"How much will it cost me?" you may ask... You decide how much our help was worth. 100% of your donation goes to the boys. Any boys who worked on

your project will share the money equally. When you reward our boys for a job well done, that money might be used to help send a Scout to Day Camp, buy a new Scout uniform, or maybe even purchase a tent and sleeping bag. The money can be used for whatever the Scout and his parents decide to use it for... as long as it directly impacts his Scouting experience.

Like the idea of getting some of those nasty little jobs taken care of? I thought so! Give us a call or drop us a note, telling us about the job you have for us. Give us a name, address, and a phone number where we can contact you to set up a workday. If you know a particular Scout you would like to help...tell us. If it's a big job or requires some dangerous work, we'll schedule extra leaders and parents to help with the project.

Cubmaster, Mike Bare (256) 634-4566
Asst. Cubmaster, Connie Hughes (256) 634-4428
Wolf Den Leader, Kathy McMunn (256) 634-4575

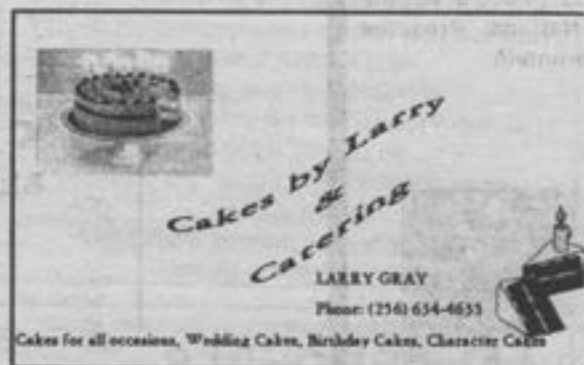
Once the job is done, decide how much our help was worth and mail a check to:

Cub Scout Pack 106
P.O. Box 223
Mentone, Alabama 35984

It's not necessary to tell us who worked on your job... we'll be keeping a list. But, if you want to tell our Scouts how much you appreciated their help...please send a note. We'll make sure they know how much they mean to you.

You say everything at your place is ship-shape already, but you still want to help support local Scouts? All donations are tax-deductible and are very much appreciated. A written receipt will be mailed to you for verification. Also, if you have any old Scout uniforms around, please consider donating them to our uniform closet.

Scouting is alive and well in Mentone! Thank you for helping us keep it that way!



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PAPA LEE

(An excerpt from TALES FROM THE DEEPER SOUTH by Sally S. King)

"When we were boys growing up, we knew every inch of this valley. There wasn't no part of that creek or the side of Lookout Mountain there that we hadn't explored.

Now, I grew up in an old family, that is, old to this valley here and we lived off down by the creek in a big old house that ain't standin' any more. It burned back in '39 and I just moved on off up here. But back then, when they was buildin' this highway here, US11, about 1929, it was still a fine house with a big kitchen and a huge fireplace. In the winter, we'd all sit around in there and listen to my Grandpa tell us stories.

Papa Lee was in his eighties. He'd lived through the Indian Wars and the Civil War. He'd seen the railroad build the tracks, and the minin' companies come in to tear up the mountain. He was born in that very house and we loved to hear him talk.

He'd sit there in his confederate jacket and cap, holdin' on to this old cane he'd carved out of rock maple, talkin' and spittin' 'bacca into the fire. He always had his jug of white whisky by his feet on the floor and ever now and then, he'd offer us a sip, but my Mama would yell at him and we never got none.

Now, one time he told us a story about somethin' peculiar. He said it was up on Lookout Mountain near the Indian Caves that he and his brother were huntin' one winter day for squirrel. They were movin' up the slopes listenin' and lookin' when they saw an Indian standing at the mouth of one of the caves.

They were surprised to see anyone up there. But there he was, and they called out to him. Just as they were making their way up to where he was, he darted back into the cave, but they went on anyway, climbing up the rocks until they were at the opening.

A spring bubbled out of the rocks in there and beside it was a small fire burning in a pit with wood piled to the side and a woven blanket laying on the ground.

They called out to him again but got no answer. Papa Lee took up a torch from the fire and they moved back deeper into the cave but never did find him inside.

They decided they'd better leave and headed outside again, a little disturbed by the man and the fire and the fact that they hadn't found him, but time passed and the incident was forgotten. Papa Lee said those people had mysterious ways we could never understand.

But years later, long after Papa Lee went on to that great Civil War Reenactment in the sky, they were buildin' that durned ol' interstate and the Highway Department was blastin' the hell out of the side of the mountain to build their road, a strange thing happened. People was talkin' about it for years.

They had all their equipment over there...bulldozers and scrapers and such. Things started to go bad! Fuel lines were cut and tires flattened, dynamite disappeared and the men started to get really nervous.

Then the day came when they were to blast the section of the mountain near the Indian Caves. The charges were set and the order given. Huge chunks of the mountain flew into the air scattering debris everywhere and rattling windows in houses for miles.

When the dust settled, the workers were horrified to see parts of skeletons scattered about. Seems they had blasted a burial. I can't help but think the man Papa Lee and his brother saw that day was there to die, but everybody here always believed it was that man's ghost who kept messin' with the Highway buildin'.

Now, you can say what you want, but stranger things have happend around these parts and I believe what Papa Lee told us. "Those people had mysterious ways we could never understand.

North Lookout Mountain Fire Protection District

The Volunteer Firefighters based in Mentone respond to the following types of calls at personal risk and without compensation:

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The
Country
Journal

By
BERNISE CROW

Time moves on, and it is good to see the signs of spring. The daffodils are bright and cheerful, and birds are busy at our house. It's hard to keep the feeder full, since the goldfinches and purple finches are here in flocks. It's interesting that we have a different kind of bird in the front yard from those in the side yard, where the large feeder hangs. Those in the front yard looking for bugs, worms, etc. The robin doesn't bother with the feeder that just provides seed. Doreen has had a problem in the front of the house where she parks her car. Some feathered friend (or foe) has been looking at himself in her side mirrors, and has left his "calling card" on both sides that she has had to clean with soap and water. It would be funny if it weren't so messy. Homer covered the mirrors with plastic bags, and so the little birdie will have to find another source where he can admire himself.

We stayed in our little home in Chattanooga most of January and February and just hibernated. Doreen is so good to shop and cook for us here, and when we are away she gets a rest. Coy helps her care for Lobo, our beautiful dog who came to us and stayed. Coy has taught him to almost yodel by howling to him and the dog repeats it. It's hard to tell which one is Coy and which is Lobo. It's funny! We have really enjoyed the dog, almost as much as the birds. His only fault is that he likes to dig places to lie in a cool area, he looks like an Eskimo dog, and he likes cool weather. We may have to put a sprinkler out on the lawn for him to cool off, instead of digging up the flower beds.

Our precious friend, Elizabeth King (Lib) from Centreville, Alabama, died last week in a car accident right near her home. It was a shock to those of us who loved her so much. She was like a sister to me. We did go to the funeral, and I made the trip fine by spending the night there. She was loved by many people who had known her all her life. She was a member of Brent Baptist church, sang in the choir, and taught Sunday School for years.

Lib loved to come to Mentone and spent many weekends here with us. She and her husband, Kenneth, enjoyed sitting on the porch at the Hitching Post during summer months before Kenneth preceded her in death ten years ago. Kenneth was my first cousin and grew up here in Mentone before moving to Centreville and going into the building business, and where he met Elizabeth.

My good friend and neighbor, Dorothy Cyr, has had surgery, but is at home and we think she is doing well. She is a lovely, gracious lady who is busy with many things, and we hope she continues her good deeds. She was good to us when I had surgery last summer, and we enjoy working together with the garden club. She and her husband, Bill, grow many varieties of shrubs and flowers. Bill does rooting of plants that do well, so their yard is always attractive.

Doreen is going to manage the Crow's Nest Antiques shop! That is great! Now, I can go and sit with her while she does the work. She will make the place look much better, and I think we will have a better business. She has been to some sales and auctions, and is learning more about antiques and collectibles.

So many lovely cards and letters keep coming to me, and I love it. Keep those cards, letters and prayers coming! I'm feeling better. One special card comes often from Moon Lake Baptist, sent by Patricia Huiet. Thanks to all of you, and God be with you.

The

Church News

By Evelyn Graves



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

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

Lea's Chapel Baptist Church welcomes you to worship with us. 10AM Sunday Bible Study, 11AM Morning Worship, 6PM Evening Worship. Wednesday 6-8PM Awana (ages 4 to 18); 6:30PM Praise and Prayer time. Located at 4212 County Road 751, Valley Head. 635-2002.

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

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

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

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

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

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

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

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

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

Alpine Community Church, 1115 Hwy 337, Menlo, GA. Pastor Rev. Tommy Pledger.

Presbyterian Church Worship Service at Cloudland begins at 10AM (EST), and the **Menlo** Worship Service begins at 11:15AM (EST).

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

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

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

The **Mentone Revival Center** and Pastor LeRoy Nichols and wife, Nell, invite everyone to join in worship on Sunday at 10AM and 11AM, and Sunday night at 6PM. Wednesday night 6:30PM. Everyone is welcome.

(See March 18 **Yard Sale** info this page.)

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

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

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

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

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

The **Mentone United Methodist Church** services are at 11AM each Sunday. Sunday School is at 10AM. Pastor Les Brown welcomes everyone.

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

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Dial-a-Devotional

634-0103

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

YARD SALE!!

Mentone Revival Center

1744 Co Rd 642

Mentone, Alabama

Pastor LeRoy Nichols and members welcome everyone.

We are having a yard sale about the middle of March, March 18, starting at 7AM, Alabama time.

This yard sale is to help those in need of presents and clothes at Christmas.

YARD SALE!!

Indiana Wesleyan University Wind Ensemble in concert, Mentone Community Church, Sunday March 12, 11:00 AM.

FOODLAND

202 GREENHILL BLVD.
FT. PAYNE, AL 35967

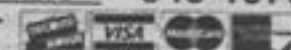
WE'RE OPEN

7 A.M. - MIDNIGHT

7 DAYS A WEEK

845-1970

WE ACCEPT



•WIC VOUCHERS •FOOD STAMPS

•QUANTITY RIGHTS RESERVED

•NONE SOLD TO DEALERS

WE FEATURE ALL THIS AND MORE

- Money Orders
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- Floral dept.
- Fresh Seafood
- Extended Lines of Gourmet Specialty & Diet Food



MENTONE

'RHODODENDRON FESTIVAL'

May 6th & 7th, 2006



Presented by MAPA
The Mentone Area Preservation Association
P. O. Box 50; Mentone, Alabama 35984



Presents

'2006 Rhododendron Festival'

Starting Friday evening May 5th at 6:30, a bonfire party and music will kick off our celebration of 'SPRING' on the MOUNTAIN!!!

On the Square in Downtown Mentone

Saturday evening May 6th at 6:30 we will have another bonfire party and music.

~~~~~Don't miss these fun affairs~~~~~

(In case of rain we will meet upstairs in The Crowe's Nest Antique Shop and enjoy the music)



Food MUSIC A Family Oriented Event

### LIVE ENTERTAINMENT

FELLOWSHIP

Southern Hospitality

ARTS & CRAFT

And much more!!!!

RHODODENDRON PLANTS WILL

BE AVAILABLE AT MAPA BOOTH

For more information, call (Page Cunningham - 997-9051 or

Dessie; E mail [dessiebrn@charter.net](mailto:dessiebrn@charter.net)

OR visit our website at [www.MentoneAlabama.org](http://www.MentoneAlabama.org)

(For Vendor Application or Information Please call Page at the above number or Email Dessie)

Or write to Mapa; P O Box 50; Mentone, AL 35984



## Rhododendron Festival 2006

### Friday - Sunday - May 5th - 7th

### Wanted:

### Local Artists and Craft Demonstrators!

We want locals to demonstrate their talent and display their work!

Back in time skills & crafts or any hand made art form:

Wood Work - toy makers - spinning and weaving- sewing/crochet/knitting - sculptors - painters - basket weavers - etc.....

If you are unable to demonstrate- we would still like for you to apply.

If you have any ideas for the festival please let us know.

We hope this year is the start of a revival of the local community displaying their talent, enjoying and participating more in the Spring Festival. We feel this year is a great year to get involved. Community is growing stronger in Mentone and it shows as so many people are working together to make this festival the best it can be.

Special thanks to all of the businesses and community that have come forth to join and help MAPA put on the Spring Festival.

If you would like to help prepare for the festival, please contact Ms. Moon 845-6030 or [LCMoon03@aol.com](mailto:LCMoon03@aol.com); or if you are wanting to be a demonstrator/vendor please email [pagec@bellsouth.net](mailto:pagec@bellsouth.net)

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

- Tuesday, March 7, 6:30 PM, MAPA Meeting, Dessie's Restaurant
- Monday, March 13, 6PM, Town Council Meeting, Mentone Town Hall meeting room, open to the public
- Tuesday, March 14, 10:00 AM, Rhododendron Garden Club, Mentone Community House
- Tuesday, March 14, American Legion meeting 6:30 p.m., American Legion Hall
- Tuesday, March 14, Moon Lake School PTO meeting 6:30 p.m., American Legion Hall
- Thursday, March 16, Mentone Book Club, 10 AM, Mentone Community House
- Friday, March 17, ST. PATRICK'S DAY
- Saturday, March 18, MLS Spring Break begins and on Monday, March 27, students go back to school
- Thursday, March 16, Mentone Planning and Zoning meeting, 5 PM, Mentone Town Hall
- Thursday, March 23, 4 PM, Waterworks Board Meeting, Mentone Waterworks Board Room, open to the public
- Saturday, April 1 - APRIL FOOL'S DAY and DAYLIGHT SAVINGS TIME BEGINS--remember to change clocks & check batteries
- Tuesday, April 4, 6:30 PM, MAPA Meeting, Dessie's Restaurant